

## **MUAY THAI (MTB) Cadets and Juniors Head Contact**

### Amateur MUAY THAI Rules

1. Elbow strikes are not allowed
2. Punches and Kicks
  - a) Kicks using shin or foot allowed to legs (inside & outside) and body
  - b) Kicks to body and head
  - c) Knees allowed to the body and legs.
3. No hip throws.
4. Clinching allowed as long as one fighter is active within the clinch.
5. No sweeps.
6. Sidekicks to front of legs NOT allowed.
7. Holding leg or foot is allowed whilst striking but with 2 steps rule

### DEFINITION OF LEGAL TECHNIQUES

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g. line drawn from the top of the hips through the navel).

Punches on arms do not score.

- \* Straight punches to head and body
- \* Hooks to head and body
- \* Uppercuts
- \* Spinning back fist NOT ALLOWED
- \* Spinning elbow NOT ALLOWED
- \* Neck wrestling
- \* Pushing to the body only not to face

### Kicks to Head and Body

- \* Roundhouse kick
- \* Push and front kick
- \* Side kick
- \* Spinning Back kick
- \* Jumping kicks
- \* Reverse kick
- \* Kicks to inner and outer legs
- \* Knee Strikes (to the body only)
- \* Holding Leg/Foot and Strike taking 2 steps

### DEFINITION OF ILLEGAL TECHNIQUES

1. Strikes to spine or knee joints.
2. Strikes to front of leg.
3. Head butts.
4. Punches to back of head.
5. Spitting/biting.
6. Knee strikes to head FOR ALL
7. Elbow strikes to head FOR ALL
8. No hip throws.
9. Cuffing, slapping.
10. Spinning sweeps.
11. Strikes to groin.
12. Striking opponent when knocked down.
13. Abusive language.
14. Striking opponent during Referee break.
15. Striking after the bell.

16. Holding leg/foot illegally (see definition of legal techniques).

17. Spinning Back fist / Elbow to head FOR ALL

If a foul is committed in the ring, the referee will determine the decision, where necessary along with the Association Representative as follows:

The fight will be stopped if the fighter that has fouled, injures or knocks out the opponent.

\* Intentional - the fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event.

\* Unintentional (see unintentional fouls).

Warnings

\* A caution.

\* Warning - deduct 1 point.

\* 2nd warning - deduct 1 point.

\* 3rd warning - disqualify the fighter.

Unintentional Fouls

1. Injury that stops a fighter; fight will be awarded to their opponent.

Disqualifications

1. Striking a fighter entangled or fallen through ropes.

2. Deliberately exiting the ring to avoid attack (Referee decision - may be given standing 8 count).

3. Fighter intentionally uses a foul technique.

4. Fighter drops gum shield 3 times during 1 round.

5. Spitting, biting, holding the leg or foot.

6. Spinning sweeps.

7. Abusive language.

8. Deliberate strikes to joints, spine.

9. Fighter fails to follow Referee instructions.

10. Fighter late for bout or no show.

11. Referee decides fighter has not the will to continue.

12. Fighter receives 3 warnings in one round.

13. Corner man enters the ring or touches the fighter without Referee's permission.

14. Other rules are broken.

SAFETY EQUIPMENT

Gum Shield

Mandatory

Shin +Instep

• Mandatory

Groin Protector

Mandatory

Head Guard

Mandatory

Body Protectors

Mandatory

Hand wraps

Mandatory

Boxing Gloves 10oz

Mandatory

Shorts

Mandatory

RULES AND FOULS

## (MTB) THAI BOXING RULES

Kicks

Includes kicks to inner and outer legs

Rounds

3x 1.5 min -3 x2 min final

Sweeps

ILLEGAL

Standing 8 Count

2nd 8 count in 1 round the bout will be stopped

Head Contact

Spinning Back Fist / Elbow

ILLEGAL

Direct Kick to Front of Legs

ILLEGAL

Strike to Groin

ILLEGAL

Strikes to Leg Joints

ILLEGAL

Throws

NO hip throws

Strikes with Elbows

ILLEGAL

Strikes with Knees

To the body only

Holding Opponent's Legs / Foot

May catch the leg taking 2 steps then let the leg go after technique