



## **Amt Tournament Thai Boxing rules in brief**

Equipment

10 oz boxing gloves

Elbow pads

Shin and instep

Head guard

Mouth guard

Groin guard

Chest guard and top (female)

Shorts

Bare top (male)

Techniques

**Boxing (no spinning back fist)**

**Elbows (no spinning or downward or jumping downward elbows)**

Kicks - low kick thigh and calf only (no attacks to joints)

Knee – knee to body and legs only! **No knee to head is permitted!**

Trips and flat take downs in clinch **(no judo style throws like hip throw etc)**

Clinch – must be active and dominant, **no use of the ropes allowed in clinch! No grabbing of shorts in the clinch!**

Only two steps max allowed once leg is taken!

**All rounds are scored by the judges!**

Scoring is on a 10-9 must system!

Extra round in event of a draw!

Warnings

1. Verbal
2. Verbal
3. Yellow card
4. Red card

**Referee has the right to jump to any level he/she deems necessary according to the severity of the offence committed!**