

RULES AND REGULATIONS OF AMATEUR MUAY THAI

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RULE 1: THE RING

The ring shall be constructed as follows:

1.1 Size: Square in shape with each side the following dimensions:

No smaller than 16 feet (4.87meters), no larger than 24 feet (7.30 meters), to be measured within the ropes.

1.2 Floor and Corner: Must be well constructed with no obstructions and with a minimum extension (drop off) outside the ring of at least 3 feet (91 cm). The minimum floor height should be 2 feet (0.61 meters) with a maximum of 4 feet (1.22 meters) from the building floor. The corner posts should have a diameter between four (10.00 cm) to five inches (12.70 cm) with a height of 58 inches (1.47 meters) from the ring floor. All four posts must be properly cushioned.

1.3 Ring Floor: The floor must be padded by cushioning, rubber, soft cloth, rubber mat, or similar material with a minimum thickness of 1 inch (2.50 cm) and a maximum of 1.5 inch (3.7 cm). The padding should be completely covered by a canvas cloth.

1.4 Ropes: Consisting of four ropes with a minimum diameter of 1.20 inches (3 cm) and a maximum of 2 inches (5 cm), stretched and linked to the four corner posts. The distance from the ring floor to the lower rope will be 18 inches (46 cm), to the 2nd rope 30 inches (76 cm), to the 3rd rope 42 inches and will be covered by a soft or cushioned material. Each rope will be joined together by two strong cords of 1.20-1.69 inches (3-4 cm) diameter AND will be an equal distance from each other.

1.5 Ring Steps: At least three (3) sets are required. The width of each step should be at least 3 feet (0.91 meters). One set is located at each corner and a third shall be positioned centrally from the doctor and other officials.

1.6 Plastic Bin: To be located at each of the boxer's corners for the disposal of tissue, bandages or any other garbage.

RULE 2: RING ACCESSORIES

2.1 Break area at both corners

2.2 One drinking water bottle and one spray-type bottle for each boxer (total of two of each). No other type of bottle is allowed at ringside.

2.3 Two towels, two swiveling seats for boxers to use during intervals.

2.4 Two buckets of water

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- 2.5 4 Tables and chairs for the officials.
- 2.6 Alarm bell or gong (with striker).
- 2.7 One or two stop clocks.
- 2.8 Score sheets.
- 2.9 Locking box for keeping the score sheets.
- 2.10 One set of round indicators from numbers 1 to 5, signs or boards.
- 2.11 Two pairs of spare boxing gloves
- 2.12 One spare set each of red and blue boxing trunks (optional).
- 2.13 Two pairs of headgear, one in red and one in blue corner (all uniform)
- 2.14 Two groin protector with one or two ties.
- 2.15 Two large cloth squares to facilitate a groin protector change or adjustment.
- 2.16 One First-aid Kit.
- 2.17 Blunt edged scissors.

RULE 3: BOXING GLOVES

3.1 Only gloves certified by WAMTAC will be used in any match. Authorized Gloves: Boxers shall wear the gloves that the organizer of the competition has placed at their disposal. Boxers are not allowed to wear their own gloves.

3.2 **Boxing glove requirements:** glove usage should correspond to the following weight divisions:

	<u>Weight Division:</u>	<u>Glove:</u>
a)	Pin weight	10 ounces (284 grams)
b)	Light Middle weight -Upwards	12 ounces (340 grams)

3.3 The weight of the leather shall not be more than half of the total glove weight, including the internal cushioning, which should always be in good condition. The laces are to be tied at the back of the wristband. To ensure compliance with the regulations, a qualified judge, referee or master appointed that day would inspect all gloves.

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RULE 4: HAND WRAPS

4.1.1 Only a soft material type may be used, sized 2 inches x 15 feet (2.5m long and 5cm wide). Plastic or plaster types are strictly prohibited. It is illegal to wet tape or wraps. The use of adhesive tape, size 1 inch x 8 feet is only allowed for covering the back of the wrist and must not be used to cover the knuckles.

4.1.2 A WAMTAC appointee will inspect all hand wrapping prior to the gloves being put on. Illegally wrapped hands will result in a 3-year suspension for offending clubs.

RULE 5: DRESS CODE

5.1 Boxer's Attire:

a) Only shorts may be worn, the color of which depends on the corner. Red, pink, maroon or other colors with a red stripe may be worn for the red corner and blue, light blue, black or other colors with a blue stripe may be worn for the blue corner. (In the event that a boxer does not have the preferred colors, they will be permitted to wear shorts of other colors as long their gloves, headgear and chest protectors are the appropriate color, corresponding to their corner, either red or blue). The dressing gown will be as specified by the W.A.M.T.A.C-Amateur Muay Thai.

b) To ensure the boxer's safety, a groin protector must be worn and tied only at the back.

c) Long hair must be tied.

d) Shin guards must be worn covering the shin and top part of the foot.

e) All boxers must wear mouthpieces during bouts.

f) For Women, chest or breast protectors must be worn during bouts in which the standard chest protector is not worn (i.e. B and A class bouts).

g) No metallic material, decorations or jewelry shall be worn by boxers during bouts

h) Boxers' toe nails must be kept short

i) Over-use of Vaseline, oil, fat or any similar substance by the boxer to gain unfair advantage will not be allowed.

j) Boxers may wear elastic ankle bandages to protect their feet.

k) Elbow pads must be in good condition in order to stay in place during the competition

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l) Headgear protection must be worn during all bouts of all classes, including Title Belt competitions

m) The Mongkon (traditional Thai Headpiece) may be worn by boxers while they are performing the traditional Thai “Wai Kru” dance. **During the Wai Kru, boxers must lower their heads a minimum of 3 times as per traditional practice.**

5.2 Any breach of the rules and regulations may result in a boxer’s disqualification. In the event of any equipment problems, the referee may temporarily halt the match until they the equipment is properly secured or replaced.

RULE 6: WEIGHT/AGE DIVISIONS & WEIGH-INS

6.1 Weight Divisions for Male & Female (Metric)

Weight Category	Over kg.	To kg.
Pin	42	45
Light Fly	45	48
Fly	48	51
Bantam	51	54
Feather	54	57
Light	57	60
Light Welter	60	63.5
Welter	63.5	67
Light Middle	67	71
Middle	71	75
Light Heavy	75	81
Cruiser	81	86
Heavy	86	91
Super Heavy	91	+

6.2 Weight Divisions for Male & Female (Imperial)

Weight Category	Over lbs.	To lbs.
Pin	92.4	99
Light Fly	99	105.6
Fly	105.6	112.2
Bantam	112.2	118.8
Feather	118.8	125.4
Light	125.4	132
Light Welter	132	139.7

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Welter	139.7	147
Light Middle	147	156.2
Middle	156.2	165
Light Heavy	165	178.2
Cruiser	178.2	189.2
Heavy	189.2	200.2
Super Heavy	202.2	+

6.3 Additional Weight Divisions for Male and Female Kids, Cadets & Juniors (Metric)

Weight Category	Over kg.	To kg.
Cotton Weight	38	40
Paper Weight	40	42

6.4 Additional Weight Divisions for Male and Female Kids, Cadets & Juniors (Imperial)

Weight Category	Over lbs.	To lbs.
Cotton Weight	83.6	88
Paper Weight	88	92.4

6.5 Junior Age/Weight Rules:

a) The age range for all non-adult boxers (*Kids, Cadets and Junior Age Divisions*) is no less than 10 full years of age and more than 18 full years of age as of the day on which the competition is held.

b) Younger boxers may compete in the Adult categories if they wish, but must satisfy the condition of weight class and their parents must sign a prescribed form of consent agreeing to the bout. The form **must** be signed in presence of the boxer's trainer.

c) Adult boxers **may not** compete in the Junior Category even if they fall in the same weight class:

- Kids (Male) - 10 to 12 years (before 12th birthday): **3 rounds x 1.5 min, 1 min break**
- Kids (Female) - 10 to 12 years (before 12th birthday): **3 rounds x 1.5 min, 1 min break**

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- Kids (Male) - 12 to 14 years (before 14th birthday): **3 rounds x 2 min, 1.5 min break**
- Kids (Female) - 12 to 14 years (before 14th birthday): **3 rounds x 2 min, 1.5 min break**
- Cadets (Male) - 14 to 16 years (before 16th birthday): **3 rounds x 2 min, 1 min break**
- Cadets (Female) - 14 to 16 years (before 16th birthday): **3 rounds x 2 min, 1 min break**
- Junior (Male) - 16 to 18 years (before 18th birthday): **3 rounds x 2 min, 1 min break**
- Junior (Female) - 16 to 18 years (before 18th birthday): **3 rounds x 2 min, 1 min break**

6.6 Weigh-Ins:

a) All boxers shall be weighed in his/her undergarments or shorts (plus top or bathing suit for women) no later than 4 hours prior to their matches.

b) Boxers must weigh in at no more than the maximum weight above and no less than the minimum weight below the limits of that category in which they agreed to fight for that bout. They are allowed **NO MORE THAN 3 ATTEMPTS** to weigh in. If the boxer is still outside of the set weight limits, then the fight will be cancelled or postponed.

c) Prior to the weigh-ins, all boxers are to sign a waiver form releasing any claims upon injuries that might occur during their bouts.

d) Prior to the weigh-ins, all boxers must be examined and certified as **fit** by a licensed doctor. Female boxers must sign a waiver confirming that they are **NOT** pregnant.

6.7 Competition Divisions:

Competitions will be organized into the following divisions and boxer classifications:

a) Modified Muay Thai:

Allowable techniques include punches, kicks (spinning), knees to the thigh and body, elbows (spinning) and clinching dependant on the experience division (class A, B and C) of the boxer. Modified Muay Thai will provide athletes with an opportunity to gain ring experience. Spinning back fist and elbow strikes to the top of the head are **NOT ALLOWED** in any bouts, A, B, C, or Title Bouts. An explanation of A, B and C classes is below:

NOTE: Knees to the head are NOT allowed in any class division or Title Bouts.

CLASS C – 1 to 10 fights; Full armor is worn (except for elbow pads, since elbow strikes are not allowed in this division). In this class division, **PROHIBITED** strikes include elbows, knees

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to the thighs and to the head. Knee strikes are permitted only to the body area covered by the chest protector.

CLASS B – 11 to 20 fights; Full armor is worn without chest protectors; women must still wear breast protectors; knees to thighs and body are permitted; elbows are permitted, which means that elbow pads must be worn. The only prohibited elbow strike is striking the top of opponent's head with a downwards elbow. Spinning back kicks are permitted.

CLASS A – 21+ fights; Full armor is worn without chest protectors. Shin guards are optional; women must still wear breast protectors; knees to body and thigh are permitted.

Title Belt Competitions: No chest protectors are to be worn; for female boxers, if one boxer decides to wear breast protection then the other boxer must also wear it. Shin guards are not preferred, however, will be permissible if one boxer has a minor shin injury, in which case both boxers must wear shin protection. Athletes with major shin injuries will not be permitted to fight for Title Belts. On site Doctors will determine whether shin injuries are minor or major.

RULE 7: WAI KRU AND ROUND DEFINITION

7.1 Prior to the start of the first round, both boxers shall perform the traditional Thai dance (Wai Kru) accompanied by the appropriate Thai traditional music, incorporating the Ching (cymbal), Klong Khaek (tom-tom) and Pee Java (Thai reed pipe). The Mongkon (Traditional Thai headpiece) must be worn by boxers during the Wai Kru dance (without Headgear), **During the Wai Kru, boxers must lower their heads a minimum of 3 times as per traditional practice.**

7.2 Amateur Muay Thai matches will consist of 3 rounds, 2 minutes per round with a 1-minute break between each round with the exception of boxers in the Kids, Cadets and Junior divisions. Any stoppages during the match for any reason will not be counted as part of the 2 minute round times. Title fights will consist of 5 rounds, 2 minutes per round with 1-minute break between each round.

RULE 8: BOXERS

8.1 Boxer's Eligibility:

- a) **Boxer's qualification.** All Boxer's must hold a current WAMTAC license and boxer's passport.
- b) **Physical condition.** No boxer who is not physically complete in all his members shall be allowed to fight. Boxers who can see with only one eye are not permitted to compete.

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c) **Medical capacity.** A boxer will not be permitted to compete if there is no certificate of his medical fitness, certified by the appointed doctor, in his competition history book.

d) **Blood tests.** The event roster, created by WAMTAC event administration staff and verified by the onsite medical practitioner, will identify athletes who have not submitted confirmation of their blood test results at the time of competition (including HIV and Hepatitis series). Copies of this event roster will be supplied to judges, the ring referee and the onsite medical practitioner prior to the commencement of competition.

During their competition, the referee and on site medical practitioner have the right to stop the fight if the athlete without the proper blood test results begins to bleed.

In this event, the fight will be scored as follows:

a) If the fight is stopped part way through **round 1**, **no score** will be issued. The fight result will be entered into the passport as “stopped with no score” (i.e. “No contest”).

b) If the fight is stopped part way **through round 2**, the fight will be **scored based on the results of round 1 only**.

c) If the fight is stopped part way **through round 3**, the fight will be scored based on the results of **round 1 and round 2 only**.

Athletes are required to mail or fax through their blood test results after the competition to the attention of Ajarn Khan Phady, address:

**164 Macatee Place
Cambridge, ON
N1R 6Z8**

The blood test results will be retained in the athlete’s files.

NOTE: Boxers will be excused for not have their blood work ready for the time of competition **NO MORE THAN 2 TIMES. Upon the 3rd time the fight will be cancelled or postponed until he/she provides the required medical documents.**

8.2 Boxer’s Duties:

- a) Respect safety at all times.
- b) Respect the rules of the sport.
- c) Respect the officials, and accept their decisions.
- d) Respect instructors, opponents, teammates and audience.
- e) Maintain dignity under all circumstances.

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RULE 9: CORNER MEN

- 9.1 Each boxer is entitled to have up to **2 corner men ONLY**.
- 9.2 The corner men may only enter the ring during the 1-minute break period.
- 9.3 **AT LEAST** 1 of the 2 corner men must be certified by WAMTAC
- 9.3 The corner men must have uniforms representing their gym.
- 9.4 Corner men may stop the fight by throwing in the towel (white towel) or standing on the edge of the corner and waving both hands to stop the fight.
- 9.5 A towel and a sponge must be available at their corners.
- 9.6 When the bell rings, the corner men may not be standing at the corner of the ring but must be seated on available chairs on the ground.
- 9.7 All coaches and corner men must respect the referee's decisions.
- 9.8 No corner man is entitled to screaming, yelling or offensive/obscene language.

RULE 10: Judge and Referee

A. **Neutrality:** to ensure neutrality, the referee and the 3 or 5 judges for each contest shall be selected by the commission of refereeing for WAMTAC and judging in accordance with the following directives;

- 10.1 That each such official shall be an approved referee/judge, by WAMTAC
- 10.2 That each such official shall be of different CLUBS from each of the boxers taking part in the contest. **[This rule will only be exercised when the number of member gyms, athletes and officials grows to a number that allows this to be feasible, to be determined and communicated by WAMTAC]**

THE REFEREE

- 10.3 The referee **must always be first** in the ring **before the boxer**.
- 10.4 All referees must be trained, tested, certified and registered as a referee by WAMTAC
- 10.5 **Duty:** The prime duty of the referee is to ensure the safety of the boxers to the maximum of his or her potential. The referee shall officiate in the ring. He or she shall be dressed in black or dark blue trousers, dark blue shirt with WAMTAC logo on the left side of the chest and black or dark colored, lightweight shoes without raised heels. He or she may use surgical gloves when officiating.

The Referee's Responsibilities:

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- a) To control the boxers in the ring.
- b) To check boxers for proper equipment such as gloves, groin protectors, mouthpieces, and chest protectors, proper fitting of shin guards, headgear, etc., after the Wai Kru.
- c) To gather both boxers together and discuss the rules after the Wai Kru.
- d) To use the following 3 spoken words to control the boxers as required:
“STOP”- when ordering the boxers to disengage in fighting.
“BREAK”- when ordering the boxers to separate.
“FIGHT” - when ordering the boxers to continue the match.
- e) The referee will collect the score sheets from the 3 judges at the end of the match, and then hand it to the Head Judge who will then inform the announcer to declare the results to the audience. After the winner is announced the referee will raise the hand of the winner.
- f) Replacing the referee during the bout: In case of an accident in which the referee is injured to the point where he or she is unable to continue, the timekeeper shall strike the gong to stop the bout, and the next WAMTAC judge available will act on his behalf.
- g) After a **boxer has committed 3 fouls**, the referee will tell the 3 judges to **deduct 1 (one) point**. If the boxer persists on breaking the rules, the referee may disqualify the boxer.

10.6 Referee’s Duties:

- a) To stop the match immediately if he or she considers one boxer as significantly more skilled or stronger than the other.
- b) To stop the match immediately when a boxer is in danger or is injured.
- c) To stop the match immediately if he or she considers one or both boxers to be faking or not committing their full efforts.
- d) To stop the match or warn a boxer of committing a foul or breaking the rules.
- e) To immediately disqualify a boxer who defiantly breaks the rules, injures or shows any aggression to the referee.
- f) To disqualify both the boxer and the corner men if his or her corner men deliberately break the rules or do not follow the referee’s directions.

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- g)** To disqualify any boxer who intentionally or accidentally commits the same foul three times in a single round or three times in a single bout (for Adults), two times in a single round or three times in a single bout (for Kids, Cadets and Juniors).
- h)** To stop the match if he considers a boxer who having received a count, unable to effectively continue the match.
- i)** To disallow any advantage to a boxer who intentionally fouls in any way.

10.5 Rule Infringement, Warnings: Prior to giving a warning for rule infringement, the referee shall stop the fight, use the correct warning signal to ensure the boxer understands and then indicate the offending boxer to the judges. Any boxer, who is so indicated or warned 3 times or more, may be disqualified. In the event of a serious rule infringement, the referee's decision is final.

10.7 The Purpose of A Warning: The purpose of a warning is to deter boxers from breaking rules during the fight and to protect the boxers from injury.

10.8 Count Procedure for a Boxer Falling Out of the Ring:

To ensure the safety of all boxers, it is not permissible to intentionally throw your opponent out of the ring. However, if a boxer falls through or over the ropes accidentally, the following rules will apply:

- a)** If a boxer falls through or over the ring ropes, the referee shall order his opponent to stand in the other corner and if the boxer remains outside the ropes, the referee shall start to count (a count to 20).
- b)** If a boxer falls out of the ring, the referee shall count to twenty (20) seconds.
- c)** If a boxer falls out of the ring, the referee will start counting; however, if the boxer returns to the ring before the count ends, he will not be penalized.
- d)** If anyone prevents the fallen boxer from returning to the ring, the referee shall warn the person or stop the fight if the person continues this action.
- e)** If both boxers fall out of the ring, the referee shall start counting. If one boxer tries to prevent his opponent from reentering the ring before the count ends, he or she will be warned or disqualified.
- f)** If both boxers fall out of the ring, the referee shall start counting; the one that returns to the ring before the count ends will be considered the winner. If neither boxer can, the result will go to score cards.

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RULE 11: THE JUDGES

11.1 Responsibilities:

- a) The judges are independent and free to score within the rules and normal practice.
- b) Each judge shall sit on a different side of the ring and should be isolated from the audience.
- c) The judges shall remain neutral during the match except when a rule violation is noticed. In such a case, the judge should notify the referee exclusively about the violation. This should be done during the 1-minute break period.
- d) At the end of each round, the judges shall complete the score sheets for that round.
- e) The judges are not allowed to leave their seats until the match ends and the results have been announced.

11.2 Uniform: The Judges shall wear black or navy blue pants and shirt with short or long sleeves with the WAMTAC logo on the left side of the chest, similar to the referee.

RULE 12: TIMEKEEPER AND ANNOUNCER

12.1 Seating for the timekeeper and announcer will be located next to the ring. The timekeeper must be provided with two watches, a hammer and a bell. He/she must ensure that any stoppage during the round **is not** part of the two-minute round time. During the one-minute break, he/she must notify the corner men that only ten seconds remain until the next round.

12.2 Duties and Responsibilities:

- a) A ten second warning will be given prior to the start of each round to enable the corner men to clear the ring.
- b) A bell will be used to signal the start and end of each round.
- c) Deductions of the break time will be performed according to the referee's instructions.
- d) The timekeeper shall ensure that all timings are correct by using both a watch and a stop clock.
- e) In the event that a boxer is receiving a count during rounds 1-2 and the round time ends (2 minutes), the bell should be rung immediately after the referee finishes the count and orders the boxers to continue.

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- f) In the final round, the bell should be rung immediately upon the round time reaching 2 minutes, even if the referee is still counting.

12.3 Announcer's Duties

- a) To announce the boxer's names, corner, fight record and weight prior to the fight and again as the boxers arrive in the ring.
- b) To order the corner men to leave the ring when the bell rings.
- c) To announce the round number at the start and finish of each round.
- d) To announce the winner's name and corner, when the referee raises the boxer's arm.

RULE 13: THE DECISION

Types of decisions are as follows:

13.1 Win on Points. At the end of a contest, the boxer who has been awarded more points by the majority of Judges will be declared the winner. If both contestants are injured or are counted out at the same time and cannot resume the contest, the Referee shall collect the points awarded to each contestant until fighting ended, the boxer receiving higher points being the winner. During tournaments intended to qualify a boxer for a national or world championship event, etc, a winner must be declared and there are to be no "draw" decisions.

13.2 Win by Voluntary Retirement: If a boxer withdraws willingly from the contest owing to injury or other reasons, or if he fails to resume boxing immediately after the rest interval, his opponent shall be declared the winner.

13.3 Win by Referee Stopping Contest.

a) RSC Outclassed. If a boxer, in the Referee's opinion, is being outclassed by his opponent, or is receiving excessive punishment, the Referee shall stop the contest and his opponent shall be declared the winner.

b) RSC Injury: If a boxer, in the Referee's opinion, is unfit to continue the contest due to either severe injury or other physical reasons, the contest shall be stopped and his opponent shall be declared the winner. The right to make such a decision rests with the Referee, who may consult the Doctor. If the Doctor is consulted, the Referee must follow his advice. It is suggested that the Referee should check whether the other contestant is injured or not, before making the decision.

The doctor has the right to stop the contest if there is sufficient medical reason not to allow further fighting. The first step the Doctor must take is to inform the Head Judge. Then they are to instruct the Referee to stop the contest.

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The Referee will stop the contest for the medical officials to examine the physical condition of the contestant to see whether he is fit enough to fight, using not more than one minute of time. (The medical official is the Doctor for that particular contest). When the Referee calls for the Doctor to assess the contestant, no one else to accompany them.

While the Doctor and the Referee are in the ring the seconds/corner men are forbidden to be in or on the edge of the ring.

If an illegal blow thrown by the injured boxer's opponent caused the injury, the referee will consider (and may consult with the judges) if the blow was thrown deliberately or by accident. The referee may decide to disqualify the boxer or issue a warning, in which case the bout will be judged as follows:

- i. If the fight is stopped part way through round 1, no score will be issued. The fight result will be entered into the passport as "stopped with no score" (i.e. "No contest").
 - ii. If the fight is stopped part way through round 2, the fight will be scored based on the results of round 1 only.
 - iii. If the fight is stopped part way through round 3, the fight will be scored based on the results of round 1 and round 2 only.
- c) **Being injured severely or often hit on the head (RSC Head):** If a boxer is severely injured or has received frequent blows to the head without being able to protect himself, as this may cause brain damage, the Referee will order the contest to stop immediately without having to count that contestant out, or, if already counting, without counting up to ten.
- d) **Being counted out according to the agreed rules (RSC Count Limit).** When any boxer is counted 3 times within 1 round or 3 times in different rounds, the contest will be stopped and his opponent will be declared the winner. For Kids Cadets and Juniors the limit will be 2 times within 1 round or 3 times in different rounds.

13.4 Win by Disqualification. If a boxer is disqualified from the contest, his opponent will be declared the winner. If both boxers are compelled to leave the contest, both shall be disqualified. Disqualified boxers will not receive any prizes, medals, cups, trophies, or rank in that competition.

13.5 Win by Knockout. If a boxer is "down" and fails to continue the contest within 10 seconds, his opponent will be declared the winner by a knockout.

13.6 No Contest. If the Referee orders the contest to be stopped due to incidents not the responsibility of the contestants nor within the control of the Referee, such as damage to the ring, electricity failure, etc., an announcement shall be made in these circumstances that "there is no competition". The Head Judge shall decide what further action is to be taken.

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13.7 Win by Walkover. When one boxer is in the ring and ready to fight and his/her opponent does not turn up after the announcement of his name within 5 minutes, the bell shall be rung and the Referee shall declare the boxer who is present to be the winner.

The Referee shall request the Judges to mark the result on the score sheets and collect them. He/she shall then tell the boxer who is present to go to the center of the ring, and raise his/her hand after declaring him/her the winner.

13.8 Win by Draw. Only in Exhibitions fights will this form of decision apply.

RULE 14: THE SCORING PRACTICE

The standard scoring practice is as follows:

14.1 A strike either by a punch, kick, knee or elbow.

14.2 Scoring from a strike:

- a) Points will be awarded for correct Muay Thai style, applied with hard and accurate strikes
- b) Points will be awarded for aggressive and dominating Muay Thai skill
- c) Points will be awarded for a boxer actively dominating his opponent
- d) Points will be awarded for the use of a traditional Thai style of defense and counter attack
- e) Points will be deducted from a boxer who fouls or breaks the rules

14.3 Non scoring strikes:

- a) A strike that is against the rules or that is not a Muay Thai strike
- b) A strike in defense against the leg or arm of an opponent.
- c) A weak strike.

14.4 Fouls: The judges will deduct points for any foul as directed by the referee.

14.5 Methods of Scoring:

- a) The maximum score for each round is 10 points, the loser scoring 9, 8 or 7.
- b) A drawn round will be scored as 10 points for both boxers.
- c) The winner's and loser's round will be recorded as 10:9 respectively.

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- d)** The winner and loser's scores in a round with a single count will be recorded as 10:8 respectively.
- e)** The boxer causing 2 counts against his opponent will obtain a score of 10:7 in favor.
- f)** Any boxer who commits a foul will have points deducted from his score in the round the foul was committed.
- g)** In the case of a draw at the end of the bout, the judges will have to select a winner. Draw decisions will be award only during exhibitions fight.

RULE 15: FOULS AND STRIKES VIOLATING THE RULES

- 15.1** Biting, eye gouging, spitting, or head butting.
- 15.2** Wrestling by use of back or arm locks, or any similar judo or wrestling style hold or to lift your opponent off his feet and throw him down.
- 15.3** Deliberately falling on one's opponent with knee or elbow.
- 15.4** Holding the ropes for any reason.
- 15.5** Swearing or the use of abusive, offensive or obscene language during the match.
- 15.6** Striking or injuring one's opponent after the referee has ordered the match to stop for any reason.
- 15.7** Deliberately attacking the groin area, which shall result in the offender to be penalized by the deduction of 1 point for each time committed. A boxer who has been hit in the groin may request a 5-minute break before continuing the match.
- 15.8** Any deliberate attempt to land a knee to one's opponent's face (in any class division).
- 15.9** Holding and punching one's opponent simultaneously.
- 15.10** Execution of a spinning back fist.
- 15.11** Hitting with the back of the fist.
- 15.12** Palming (hitting with the palm instead of the padded knuckle side of the glove)
- 15.13** Hitting a boxer who has any part of him/her outside the ropes.
- 15.14** Kneeing below the waist except A and B Class boxers who may knee the opponent's leg.

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- 15.15** Hitting to the back of the head.
- 15.16** Striking the kidneys.
- 15.17** Hitting the boxer while they are down.
- 15.18** Pulling the head down
- 15.19** Faking to be hurt.
- 15.20** Although striking while holding the leg is permitted, no more than two steps are allowed until the leg is released.
- 15.21** Throwing more than one elbow with the same arm, while holding opponent's neck with the other hand.
- 15.22** Attacking the joints (knee joint) or throwing knees to the head (in any class division)
- 15.23** Hooking the opponent's leg and making them fall (i.e. tripping/sweeping your opponent).
- 15.24** Holding your opponent for more than 10 seconds while kneeing him.
- 15.25** Spinning kicks are not allowed for Class C boxers (only for class A and B). Class B, A and Title Belt boxers are permitted to use spinning kicks.

RULE 16: KNOCK DOWN

- 16.1** **Definition:**
 - a)** Any part of the body touching the floor except the feet.
 - b)** Leaning against the ropes dazed, hurt or in a state of unconsciousness.
 - c)** Knocked out of the ring through the ropes.
 - d)** Inability of boxers to defend themselves
- 16.2** During a count, the referee will direct the opposing boxer to stand in the opposite corner. If he does not obey, the referee shall stop the count until he does so and then continue. The match will not continue until directed by the referee.
- 16.3** The count will have intervals of 1 second. From 1 to 10 during the count, the referee will signal with his hand, to ensure that the boxer receiving the count understands.
- 16.4** A boxer, on receiving a count, may not continue the match prior to a count of 8 and loses immediately on receiving a count of 10 in such a state.

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- 16.5** If both boxers fall down, the referee will direct the count to the last one that fell. If both boxers receive a 10 count, the decision will go to score cards. Should the boxers be against each other while sitting up, the referee will stop counting at that point.
- 16.6** If one of the boxers subsequently falls down again, the referee will continue to count.
- 16.7** A boxer not ready to fight again after a break while the bell rings, will receive a count, unless caused by a problem with his attire.

RULE 17: DOCTOR

17.1 Doctor's Qualifications. The doctor shall be licensed to practice medicine in the province in which the tournament is held. Such said Physicians may be recognized by WAMTAC to be ringside Physicians.

17.2 Duties and Responsibilities of the Doctor:

- a) Perform a physical check of the boxers prior to the weigh-in and signing a passport of verification ensuring that the boxer is physically fit to compete.
- b) Be in attendance during the program until the end of the last fight.
- c) Perform a physical check of the boxers before (inspect the boxer's eyes for signs of prohibited substance use) and after each match (to make sure the boxers are safe and healthy) and during the specified rest periods.

RULE 18: PROCEDURE AFTER A KNOCK OUT OR TKO

18.1 If a boxer is knocked unconscious or injured, only the doctor and the referee may enter the ring. Others may only enter at the doctor's directions.

18.2 A boxer losing by a KO or TKO will be immediately treated and undergo a physical examination by the doctor.

18.3 Recovery Period: after a match, a boxer is required to rest for a minimum of 7 days before fighting again, with the following exceptions:

- a) The First KO or TKO: minimum time to recover is 30 days/1month.
- b) The second KO or TKO: minimum time to recover is 90 days/3months
- c) The third KO or TKO: minimum time to recover is 1 year plus mandatory CAT SCAN

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RULE 19: DRUG USAGE

- 19.1 The use of illegal drugs or stimulants, either before or after the bout is strictly forbidden. Any users will be disqualified.
- 19.2 The use of anesthetic is allowed only by the approval of WAMTAC's Chief Medical Advisor, Medical Committee or the Ringside Physician.
- 19.3 All of the doping substances listed by the International Olympic Committee are also prohibited by WAMTAC. Substances may be added to this list at the recommendations of the WAMTAC's Chief Medical Advisor or Medical Committee.

RULE 20: SHAKING HANDS

- 20.1 Before and after the bout, both boxers shall shake hands to declare Amateur sportsmanship. The handshake will be performed before the first round, and after the result is announced. No handshakes are allowed **during** the bout.

RULE 21: DECISION APPEALS

- 21.1 Bout reviews will only be conducted when there is a legitimate, justified and provable reason for them. Some of these issues may include but are not be limited to:
- a) Bouts won by **unanimous decision do not qualify** for a Decision Appeal
 - b) Bouts won by a split decision do qualify for a Decision Appeal
 - c) Personal issues with a certain judge such as favoritism or a judge having personal ties to a boxer, may be raised in favor or against either of the boxers
 - d) An incorrect decision may be appealed based on confusion of corner color, for example, a score of 10:9 for blue may have been awarded to red due a misplaced name on the scorecards
 - f) A problem with the rounds being too long or too short.
 - g) Failure of equipment that caused an issue with the fight (ring breakdown etc.)
- 21.2. Any and all protests must be received by WAMTAC in writing within 10 days after the event for which the protest is taking place. The written Decision Appeal Protest shall state full

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reasoning of the appeal, as well as all data on boxers and officials involved. Any additional evidence should accompany the written protest such as statements, pictures, etc.

21.3. No protest will be considered without the submission of a \$200 Appeal Fee. The Appeal Fee will be refunded if the applicant wins their Appeal.

21.4. While WAMTAC videotapes all competitions, the club submitting a Decision Appeal Protest is permitted to provide WAMTAC with additional footage of the competition to be reviewed by the judges. If for some reason WAMTAC is not able to videotape that competition, the protestor's video will be considered in its place.

21.5. WAMTAC will provide all existing footage and evidence to the WAMTAC appointed and qualified judges who were not associated with the event in question, with the exception of the Head Judge of WAMTAC who will be present at all WAMTAC events. All protests will be resolved by WAMTAC within 30 days of the filed protest.

NOTE: About PRO Boxers

- a) Boxers who have competed in more than **three Professional bouts or are Professional Champions or Title holders** are not allowed to compete in WAMTAC events
- b) Boxers who have competed in **only three Professional bouts but not more than that and have not held a professional championship title** are eligible to compete in WAMTAC events.