

# Rules and Regulations

# MUAY SPORT

(For Amateur/ProAm Competition Only)



EUROPE ZONE



Zone Representative

ASIA ZONE



Zone Representative

GRADING/TEACHING CONTROL



Affiliate Member

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# INTRODUCTION TO MUAY SPORT

The word **MUAY** derives from the **Sanskrit** "*Mavya*" which means "*to bind together*". MUAY is referred to as the "**Art of Eight Limbs**" or the "**Science of Eight Limbs**" because it makes use of punches, kicks, elbows and knee strikes, thus using eight "points of contact", as opposed to "two points" (fists) in boxing and "four points" (hands and feet) used in other more regulated combat sports, such as kickboxing and karate.

MUAY is a martial art of very fine movements, but with exact executions. It has been developed since ancient days throughout Southeast Asia countries such as Cambodia, Myanmar, Thailand, Myanmar, Laos, Vietnam, Malaysia and Indonesia. The basic techniques of using the 8 limbs are almost similarly practiced by most nations no doubt some of them provide slightly different skills such as head-butting and etc. However the Siam monarchy promotes it as a culture and heritage since B.E. 2516 and today it became a world heritage as well.

In **Cambodia** it was known as '**Khmer Pradal Serey**' which emphasis more on elbow techniques and in **Laos PDR** it was known as '**Muay Lao**'. It is considered as a fighting art which practices throughout the country since the existence of the kingdom of Lao which the techniques used have many similarities as compared to Khmer Pradal Serey.

In **Myanmar** it was known as '**Lethwei**' or '**Burmese Traditional Boxing**' which emphasis on uses of knees, elbow strikes, head butt, punch and kick where else in **Thailand** it was known as Siamese '**Muay Boran**' or '**Ancient Thai Boxing**' of which head-butting is allowed. Later it was popularized as '**Muay Thai**', the modern Thai martial art with strong emphasis on knee and elbow strikes without head butt.

**Malaysian** called it '**Tomoi**', more popular in the northern states of the peninsular which believed to be descended from the older muay boran as its strong influences from the kingdom of Siam in the ancient day. The **Vietnamese** have their traditional martial arts called '**VoVinam**' and the **Indonesian** traditional martial art is known as '**Tarung Derajat**'.

At present, amateur Muay is widely favored and accepted in all continents throughout the world. Currently the **World Muay Federation (W.M.F.)** has permanent bodies operating in the following zones: Europe through the **European Muay Confederation (E.M.C.)**, SE Asia through **Southeast Asian Muay Federation (SEAMF)** which is a branch of **Asian Muay Federation (AMF)**, **Africa through Sub Saharan Africa Muay Federation (S.S.A.M.F.)** and they are all indebted and pay respect to all the late grandmasters and masters for their fine work to promote this wonderful martial art which has today captured the eyes in the world.

Today it has become very beneficial for the amateur Muay circles especially Muay disciples, officials, people of interest in general and those who love this fine combating art to help develop amateur Muay sport to the highest benefit and to stay forever.

Continuous fine tuning to its rules shall be done to create common understanding and equal opportunities in competitions and also to remove unnecessary hindrance of differences in religion believes which shall eventually foster better understanding and respect of different culture among all.

Foreword by: Antonio Krauss

# Table of Contents

<u>Contents</u>	<u>Descriptions</u>
	Cover page
	Introduction
	Table of Contents
<b>Chapter 1</b>	<b>RULES FOR COMPETITIONS</b>
Rule 1.0	Ring Specifications
Rule 2.0	Competition Equipments
Rule 3.0	Ring Equipments
Rule 4.0	Weight Divisions
Rule 5.0	Physical Examination and Weigh-in
Rule 6.0	Draw and Bye Procedure
Rule 7.0	Duration of Rounds
Rule 8.0	Ring Assistant (Second)
Rule 9.0	Decision Guidelines
Rule 10.0	Awarding of Points
Rule 11.0	Fouls
Rule 12.0	Knockdown or Fall
Rule 13.0	Procedure after Knock-out
Rule 14.0	Shaking of Hand
Rule 15.0	Minimum and Maximum Age Limit
Rule 16.0	Inter-nation Trophies or Challenge Cups
<b>Chapter 2</b>	<b>RULES FOR REFEREE, JUDGES AND OFFICIALS</b>
Rule 17.0	Referee and Judges
Rule 18.0	Qualifying of Referee and Judges
Rule 19.0	Referee
Rule 20.0	Judges
Rule 21.0	Jury
Rule 22.0	Timekeeper
Rule 23.0	Administration of Drugs
Rule 24.0	Attendance of Ring Doctor
Rule 25.0	Interpretation
<b>Chapter 3</b>	<b>STANDARD OPERATING PROCEDURES (S.O.P.) FOR THE REFEREE TO PERFORM DUTIES</b>

# Chapter 1: RULES FOR COMPETITIONS

## Rule 1.0

### RING SPECIFICATIONS

In general competitions, the ring must comply with the following regulations:

#### 1.1 Ring Size and Height

##### 1.1.1 Ring Size

The standard ring must be of square type with the following requirements;

<u>Type</u>	<u>Size &amp; Measurement</u>	<u>Standard of Uses</u>
A	Large - 7.30 meters ( <i>approx.24.0ft</i> )	All National and International competitions only.
B	Medium - 6.10 meters ( <i>approx.20.0ft</i> )	All Local and National competitions only.
C	Small - 4.90 meters ( <i>approx.16.0ft</i> )	Training purposes only. Not allowed for any competitions.

**NOTE:** The above mentioned measurements should be measured from one side of the inner edge to the other side of the inner edge of the ring ropes (not of the corner posts).

##### 1.1.2 Ring Height

For all types of ring size to be used for all competitions, the ring floor (top covered surface) must be lifted from the ground level of at least a minimum height of not less than or equal to 900mm (*approx.3.0ft*), and must be of maximum height of not more than or equal to 1200mm (*approx.4.0ft*).

However for training purposes, the ring can be lowered down to only or not less than 200mm (*approx.8in*) from the ground level and must ensure that the thickness of the floor padding is sufficiently enough to protect the trainees from injury.

##### 1.1.3 Ring Rope

There must be 4 ring ropes at least of 40mm (*approx. 1½in*) in diameter attached to the ring corner posts with a height from bottom to top (starting from the ring floor) at the gap interval of 400mm (*approx.16in*), 700mm (*approx.27½in*), 1000mm (*approx.39½in*) and 1300mm (*approx.51in*) respectively and it must be padded with smooth and soft materials. The inner parts of all four (4) ring corners must be safely padded with soft material.

Every rope on each side must be held by two (2) strong pieces of cloth with a width of not less than 25 – 40mm (*approx. 1 – 1½in*) wide with an equal spacing from each another. These pieces of cloth must be tightly tied to hold the ropes from getting loose.

##### 1.1.4 Ring Floor

The ring floor must be safely constructed at a level without any obstructions and it must be stretched out beyond the ring rope to the end of ring floor for at least or not less than 500mm

(*approx.20in*) to create a safe zone or to protect athlete from falling directly onto the ground floor.

The ring floor must be laid with felt, rubber, or similar flexible materials not less than 40mm (*approx. 1½in*) in thickness and to be firmly covered with a strong piece of canvas (must not be of slippery type) tightly and must be completely secured all over the whole (ring floor) area.

#### **1.1.5 Ring Corner**

All four (4) ring corners must be erected with posts of not less than 120mm (*approx.5in*) in diameter. They must be erected with the height not less than or equal to 1500mm (*approx. 60in*) from the ring floor and the inner corners of the ropes must be completely padded to prevent harm to the boxers. The red corner is always on the left side facing from the Chairman of the Ring Officials / Jury. The blue corner is always on the opposite diagonally across the red corner and the other two corners shall be white corner facing diagonally towards each another.

#### **1.1.6 The Step Ladder**

There shall always be three (3) step ladders of at least 900mm (*approx. 3.0ft*) wide each. Two (2) ladders are attached to both the opposite corner of red and blue respectively for the athletes and ring assistants to climb up and down from the ring. The third (3<sup>rd</sup>) ladder shall be attached to the neutral corner (white) for the Referee, Ring Doctor and Officials.

#### **1.1.7 Plastic Box / Bag**

Each neutral corner (white) shall be attached with a plastic box / bag outside the ring for the referee to dispose used cotton or tissues pads.

#### **1.1.8 Extra Ring**

Additional standard rings for the competition are allowed to be constructed if there are many contestants but must obtain prior permission from the organizing chairman/committee.

## **Rule 2.0**

### **COMPETITION EQUIPMENTS**

#### **2.1 Gloves**

The type of gloves used must be of 227 grams (*8 ounces*), 284 grams (*10 ounces*) and 340 grams (*12 ounces*) according to the division they compete in. However the organizing Technical Committee has the right to change the rule according to the suitability of each competition as to ensure it is safe for the competition. The athlete must put on the RED or BLUE color gloves according to his/her corner as provided or draw by the organizing committee and it must be of approved type by the Executive Committee of the Federation. All athletes must use the gloves that are provided by the organizing committee and is not permitted to use their own gloves.

#### **2.2 Hand Bandages**

Athletes are allowed to use only soft hand bandage not wider than 50mm (*approx.2 in*) and not longer than 3.0 meters (*approx.118in or 10.0ft*) or a kind of 'VELPEAU' cloth to wrap the athlete's hands. Other kinds of hand bandages are not permitted. It is absolutely prohibited to use rubber, glue tape or plaster as hand bandages. The athletes are allowed to use only one hand bandage for each hand.

However for international competitions or tournaments, the organizing committee shall normally provide the hand bandages for the game. All athletes shall wear new hand bandages provided by the appointed officials of the organizing committee in their respective dressing room before starting of their bout.

#### **2.3 Safety Gears: Head Guard / Body Protector / Elbow Supporters / Ankle Supporters**

All athletes shall be mandatory to protect themselves during the competition by wearing all the safety gears provided by the organizing committee as approved by the Executive Committee of the Federation. Any athlete who refuses to wear any of the above safety gear will be subjected to automatic disqualification and will not be allowed to compete.

**2.3.1** Using of bandages on ankles is absolutely prohibited.

**2.3.2** Athletes are prohibited from wearing shoes during competition and must ensure that their toenails must be closely and neatly cut and trimmed.

**NOTE:** Competition equipments from item 2.1 – 2.3 shall be provided by the organizing committee of which all equipments have been approved by the Executive Committee of the Federation of its type, make and brand. Any equipment not approved by the Executive Committee of the Federation shall not be permitted to be used for the competition.

#### **2.4 Protective Cup (Groin Guard)**

All athletes must wear protective cup made of strong material capable to protect the genital organs from knee or other kinds of blows.

#### **2.5 Mouthpiece (Gum shields)**

All athletes are compulsory to wear mouthpiece to protect their teeth and organs in their mouth from blows during the competition. Any athlete who intentionally spits his/her mouthpiece during the bout will be cautioned. If he/she repeated it again, point shall be deducted or will be disqualified from the competition, depending on the cases. If the mouthpiece gets loose or dropped from the athlete's mouth, the Referee will stop the action

immediately and will lead the affected athlete to his/her corner and clean the mouthpiece before the athlete is allowed to put it back into the mouth. During that stop time, no ring assistants are allowed to talk or provide any drink to their athlete.

## **2.6 Dress code**

All athletes must wear only Red or Blue sleeveless shirt or singlet (for men only) and half-thigh length shorts according to their allocated corner's color with the commercial advertisement / design not larger than 100 square millimeters (maximum of 100 mm only). Their shorts must show only their promoter's advertisement or word 'MUAY'. All advertisements must be approved by the Executive Committee and the organizing committee prior to be used. No vulgar or provocative advertisement is to be allowed.

**2.6.1** It is prohibited to wear belts or metal ornaments such as necklaces and etc.

**2.6.2** It is not permitted to apply Vaseline, fat, herbal ointment or all substances to take advantages over the opponent or offensive substances to the athlete's body or gloves.

**2.6.3** All athletes are to trim or shave their mustaches and beards neatly and to be clean-cut, if possible. However keeping of mustaches is permitted provided the length is not longer than the upper lip. For beards, it shall be subjected to the approval of the organizing committee of the day.

**2.6.4** The referee must not allow any athlete to wear improper dresses to participate in the bout. In the case that the athlete's gloves or dresses are improperly displaced; the Referee shall stop the action to correct the faults.

**2.6.5** For women athlete:

- a) Must wear shorts and T-shirt or sleeveless shirt (singlet is not allowed).
- b) Must wear breast protectors.
- c) Not allowed to wear hairnets, hats (berets) and hairpins or barrettes.
- d) Must wear soft protective covering to protect their genital organs.
- e) Hair must be properly and neatly weeded or tied-up.

## **Rule 3.0**

### **RING EQUIPMENTS**

The ring must always have the following equipments prior to the starting of the competition:

- 3.1** Three (3) chairs in each corner for the athlete and ring assistants.
- 3.2** Two (2) bottles of mineral/drinking water, two (2) non-breakable jugs (preferable plastic) and two (2) buckets to collect waste water from the funnel with a plastic tube attached or tray.
- 3.3** Two (2) revolving or stand-alone stools and two (2) laying trays, one set each at the respective corner for the athletes during round's interval.
- 3.4** Tables and chairs properly and accordingly arranged for the ring judges, doctor, other officials and jury.
- 3.5** Scorecards (conforming to the federation's regulation) with hard folders.
- 3.6** Minimum two (2) stopwatches (to be used-1 and spare -1).
- 3.7** One (1) set of Gong or manual bell.  
**\*\* Additional set of electrical/electronic bell is encouraged, if available.**
- 3.8** One (1) set of boxing time and bout markers.
- 3.9** One (1) set of the amplifier and microphone.
- 3.10** One (1) set of first aid kit.
- 3.11** One (1) scoreboard set.
- 3.12** One unit of (1) stretcher.
- 3.13** Two (2) sets of computers and printers.



**Rule 4.0**  
**WEIGHT DIVISIONS**

The Federation provided 16 divisions for competition as follows:-

<u>Division Limits</u>	<u>Not Less Than</u> KG	<u>Not Over Than</u> <u>Or Equal To</u> KG	<u>Glove</u> <u>Recommended</u> GRAMS
4.1 Cotton weight	35	39	227
4.2 Paper weight	39	42	227
4.3 Pin weight	42	45	227/284
4.4 Light Flyweight	45	48	227/284
4.5 Flyweight	48	51	227/284
4.6 Bantamweight	51	54	227/284
4.7 Feather weight	54	57	284
4.8 Lightweight	57	60	284
4.9 Light Welterweight	60	64	284
4.10 Welterweight	64	67	284
4.11 Light Middleweight	67	71	284/340
4.12 Middleweight	71	75	284/340
4.13 Light Heavyweight	75	81	340
4.14 Cruiserweight	81	86	340
4.15 Heavyweight	86	91	340
4.16 Super Heavyweight	91	& above.	340

**REMARKS:**

- a) For Junior (Boy and Girl), the division starts with Cotton weight to Lightweight only.
- b) For Women (Youth & Senior), the division starts from Pin weight to Cruiserweight only.
- c) For Men (Youth & Senior), the division starts from Pin weight to Super Heavyweight.
- d) For Super Heavyweight division, the organizing and ring committee shall determine to allow the bout to be competed depending on the athlete's equal competition in term of weight, height and competition experiences.

## **Rule 5.0**

### **PHYSICAL EXAMINATION AND WEIGH-IN**

#### **5.1 Physical Examination Procedure**

All athletes must be examined and certified by the doctor who is appointed by the Federation to ensure they are physically fit and healthy before weigh-in. It is possible to schedule the physical examination before the scheduled weigh-in time for a smoother flow of weigh-in time provided accordingly. However, any athlete who did not present their accreditation (Athlete's Record Book) and identification card (ID) for the physical examinations and weigh-in shall not be allowed to participate in the tournament.

#### **5.2 Weigh-in Procedure**

**5.2.1** All athletes must be ready for their weigh-in in the morning of the first day as schedule from 07.00-10.00 am. For the next day schedule, only competing athletes in the scheduled bout for the day are to weigh-in and to have their physical examinations done between 07.00-10.00 am.  
**NOTE: All physical examinations must be done by the appointed doctor before weigh-in.**

**5.2.2** The Ring Officials Committee which is appointed by the Federation has the authority to extend the scheduled time if there is any uncontrollable situation to delay the procedure. The bout can only be started with the minimum of THREE (3) hours after the weigh-in time ended. Should the bout is to start before the stipulated time, the Ring Officials Committee must request and obtained approval first from the Medical Committee to certify and ensure that the bout will not be harmful to the athletes who are scheduled to compete in the early bouts.

**5.2.3** The official weight as scaled in the first day is considered the athlete's weight throughout the tournament, but those scheduled to compete for the day must weigh -in every morning of the day prior to his/her scheduled bout. He/she must compete in the division of weight category as the official weight carried-out only.

**5.2.4** In each weigh-in day, all athletes are allowed to step onto the official scale ONCE only to determine the confirmation of official weight and the result shall be final. However, the out-scaled athlete's representative is allowed to put the affected athlete in a higher or lower division as his/her scaled weight if there is no contestant from the team contesting in that division provided it is still within the scheduled weigh-in timing. The Ring Officials Committee has every right not to allow any athlete from participating should the weigh-in time is over.

**5.2.5** Before each weigh-in, all athletes must be certified by the appointed Doctor approved by the Federation. Based on their physical examination, they must be physically fit and healthy enough to compete.

**5.2.6** The weight shall be scaled only with minimum inner coverings (underwear for men and panty and bra for women) and should be without added clothing. The scaled weight must be measured in kilograms and if possible, the use of electronic scale is encouraged.

**5.2.7** For women athletes:

All women athletes must declare and provide all data of medical provisions and shall sign to certify it. In the case of false data given, the organizer shall not hold any responsibilities and she must be self-responsible for its effect towards any misfortune. She will also have to declare herself in writing that she is not pregnant. All women athletes must be separated for

weigh-in and physical examinations from male athletes and there must be women officials accompanying on duty for weigh-in and physical examinations.

## **Rule 6.0**

### **DRAW AND BYE PROCEDURE**

#### **6.1 Draw Procedure**

The draw procedures must be done only upon or after the completion and close of physical examinations and weigh-in time. It must be done in front of the team representatives and must ensure that there shall be no athlete competing in two (2) consecutive bouts while other athletes in the same division do not engage in any bout. The draw must be drawn for the athletes of the first competing round first before those of bye bout or bouts. Athletes who do not engage in any bout shall not be awarded any prizes.

#### **6.2 Bye Procedure**

In a competition of more than FOUR (4) athletes, there must be a bye in the first bout to reduce the number of contests in the second and subsequent bout using the method of the power of two in multiplying, e.g. 4, 8, 16, 32, or 64. Athletes who are drawn on bye bout in the first bout must compete in the second round bout. If the number of byes in the first round bout is odd, the last athlete of bye must compete in the second round bout against the winner of the first round bout. If the number of bye bouts is even, the athlete of the bye bout must compete in the second round bout as their draw.

#### **6.3 Organizing Or Scheduling Of Competition Divisions**

It is recommended that the weight divisions shall start with the lightest division first; followed by next respective divisions up to the heaviest division of the day. For the next competing day, same procedures are to be followed.

The host or organizing committee is allowed to arrange the schedule for each competing day as they wish, but must be in accordance with the draw procedure as stipulated.

## **Rule 7.0**

### **DURATION OF ROUND**

- 7.1** For men youth and senior category, a bout shall consist of 3 rounds with 2 minutes of competing time per round and shall be given 1 minute of resting interval before starting the next round.
- 7.2** For women youth and senior category, a bout shall consist of 3 rounds with 2 minutes of competing time per round and shall be given each 2 minutes of resting interval before starting the next round.
- 7.3** For junior category, a bout shall consist of 3 rounds with 2 minutes of competing time per round and shall be given each 2 minutes of resting interval before starting the next round.
- 7.4** The time stopped for the bout interruption in cautioning, correcting of the athlete's dresses or the athlete's improper equipment or other causes, it shall be excluded from the mentioned competing time of the 2 minutes given.

## **Rule 8.0**

### **RING ASSISTANT (SECOND)**

- 8.1** Each competing athlete is allowed to have only a maximum of two (2) Ring Assistants who must abide to adhere to the rules as follows:-
- 8.2** Both the Ring Assistants of each corner are allowed to step on the ring, but only one (1) of them is allowed to step into the competing area of the ring (inner ring) during the round interval. All Ring Assistants must dress neatly and wear sport/canvas shoes (no shorts or slippers is allowed).
- 8.3** During the bout in action, all Ring Assistants remain seated on their allocated seats. They are not allowed stand or go near the ringside. Before starting of each round, the Ring Assistants must be responsible to clear their athlete's stool, towel, bucket and other belongings from the ring edge respectively.
- 8.4** The Ring Assistants, while on duty in their respective corner, must possess a towel and sponge for their athlete. They are empowered to give up the competition for their respective athlete upon observing that their athlete is in difficulties or too danger to continue the bout by throwing the towel or sponge into the ring, except that when the Referee is on counting mode.
- 8.5** The Chairman of the Ring Officials shall then immediately arrange for a meeting within the match Referee, Judges and the Ring Assistants. He/she must emphasize and inform them that any athletes who do not follow the rules will not only be deducted of points, but they may also be disqualified, if necessary.
- 8.6** The Ring Assistants must not shout unnecessarily, give any advice or encourage their athletes during the bout is on action. Should there is a violation towards interrupting the bout in action, they may be cautioned or be discharged from their duties. For their athlete, the Referee may caution, warn or disqualify him/her should any of the athlete's respective Ring Assistant break the rules.
- 8.7** Any Ring Assistants or officials who in any way encourage or provoke the spectators by words or actions to interrupt the competition shall be subjected to be prohibited from their duties in that competition. If any of the Ring Assistant is discharged by the Referee, that particular Ring Assistant must leave the arena for the rest of the scheduled bouts. However, during the competition from the first day until the last day, If the Ring Assistant is been discharged for the second time, he/she shall be prohibited from the Ring Assistant's duties indefinitely.

## **Rule 9.0**

### **DECISION GUIDELINES**

Categories of decisions are as follows:-

#### **9.1 Win By Points (W.P.)**

When the final bout ends, the athlete who received the judge's majority points is considered to win the bout. If both the athletes obtained injury and unable to continue or have been counted out of TEN (10) simultaneously, the judges must add up the scores of each athlete compiling from the first round until the bout is stopped. The athlete who scores more points shall win the contest.

#### **9.2 Win By Knockout (K.O.)**

If an athlete is knocked down or fall and he cannot continue within 10 seconds of count, his/her opponent will be awarded a win by knockout.

#### **9.3 Win by Disqualification (Disq.)**

If an athlete is disqualified, his/her opponent will be considered to win the contest. If both athletes are disqualified, it will be declared as "Disqualification". Any athlete who is been disqualified shall not be entitled to receive any award, medal, trophy, honorable plaque or a rating in classification of that tournament.

#### **9.4 Win by Retirement (Ret.)**

Should any of the athletes willingly withdraw from the contest because of injury or other reasons that he/she cannot continue the bout immediately after the resting interval, his/her opponent shall be awarded to win the contest.

#### **9.5 Win By The Referee Stopping The Contest (R.S.C.)**

##### **9.5.1 R.S.C.-H. (Head), R.S.C.-B. (Body) and R.S.C.-L. (Leg)**

The Referee must immediately stop the contest upon seeing that the athlete is in helpless condition and he/she is unable to control and protect himself/herself because of legal and hard blows or strikes which have potential or possibility of causing injury the brain, body or leg.

##### **9.5.2 Injury (Inj.):**

If the Referee sees that one athlete is not in such conditions that he/she can continue to compete in the bout because of other physical causes, the Referee must stop the contest and declares the injured athlete's opponent to win the contest.

Making the above-mentioned decision is the Referee's legal right whether or not he/she consults the Ring Doctor. However, after he consulted the Ring Doctor, the Referee must follow the Ring Doctor's suggestions. The Ring Doctor has every legal right to ask the Referee to halt the bout action if he/she finds sufficient reason to stop the competition to be continued due to medical ground. The first action for the Ring Doctor is to inform the Chairman of the Ring Officials in order for the flag to be raised to signal the Referee to halt the action of the bout.

In the final round of an international tournament or a single elimination tournament, if the injury of accidental causes occurs after the first round, the judges must add up the scores of either occur compiling from the first round until the time of injury. The athlete who scores more points shall win the contest. However, if the injury occurs in the first round of the bout,

the athlete who is not injured shall win the contest. For single elimination tournament, the result may be a draw if the injury occurs in the first round of the bout.

**9.5.3 Being outclassed (O/C):**

When the referee sees that one athlete has been outclassed or he/she has been repeatedly punished, the Referee must stop the contest and declares the outclassed athlete's opponent to win the contest.

**9.5.4 Compulsory Count Limits (Ct.L):**

When an athlete from the senior category has been counted THREE (3) times in the same round or FOUR (4) times compiling through the same bout, the Referee must stop the contest and he/she shall declare the counted athlete's opponent to win the contest.

For women and junior categories, the Referee will stop the contest when an athlete has been counted TWO (2) times in the same round or THREE (3) times compiling through the same bout.

**9.5.5 Win by Walkover (W.O.)**

When one athlete in the ring is ready for the bout, but his opponent does not show up after his name has been called, the Timekeeper shall strike the bell and after TWO minutes (2) had passed, the Referee will decide that the present and waiting athlete is the winner by 'walkover'. The Referee must inform all judges to record down the result in the score cards and he shall collect the score cards from them. After that the Referee shall direct the waiting athlete to the middle of the ring, wait for the decision to be announced and raises the athlete's hand to declare him/her to be the winner of the bout by walkover.

**9.5.6 No Contest (N.C.)**

The contest is declared "No Contest" which is without the winner or loser and the contest are stopped because of the following cases:-

- a) There are situations uncontrollable by the athletes or the referee e.g. damages to the ring, bad weather, and riots of spectators causing it impossible to continue the competition.
- b) Either or both athletes hold the competition or pretend to have a 'dishonorable' competition or either occurs intentionally to commit a foul. For the above case, either or both athletes are to be disqualified and be ordered to leave the ring immediately.

**9.5.7 Draw**

Only for the single elimination tournament between two sport clubs or two countries for a friendship bout that it may be agreed to have a draw when the majority of judges are equal or even. Besides, if there is an accidental injury in the first round, the contest result may be a 'draw' decision.

## **Rule 10.0**

### **AWARDING OF POINTS**

The awarding of points is from the decision points that are collected from the scorecards (Scoring card). All athletes are encouraged to perform permitted Muay fighting skills and techniques using fists, feet, knees and elbows to obtain as many points as possible.

#### **10.1 Criteria For Awarding Point**

##### **10.1.1 Scoring criteria:**

- a) In each round, the judges shall award points for each boxer accordingly to the rules and regulations when the athlete uses his fists, feet, knees and elbows as Muay fighting skills and techniques to attack his/her opponent with power strikes, accurately and unable to be defended by the opponent.
- b) However for close or clinching action, it is only allowed a maximum of THREE (3) seconds where the referee shall call for 'BREAK" and both athletes shall abide to the call immediately. Any delay in action by either or both athletes shall be caution or even be penalized by the Referee.

##### **10.1.2 Non-scoring criteria:**

- a) Athlete violating any one of the rules.
- b) Athlete attacking the opponent's arm(s) or leg(s) as a defensive move.
- c) The attack is lightly strike, without using power from body weight.

#### **10.2 Fouls**

During the action of each round, judges must consider the importance of fouls, cautioning and warning as far as it deserve. For deduction of point, the judges will record the points in the provided space for the athlete who committed a foul of each round.

#### **10.3 Scoring System**

Each round has a value of 10 points, but not in fraction. When each round ends, the more skillful athlete will get 10 points while his opponent shall get lesser points in proportion, but not less than 8 points. If both athletes are equally good, each athlete will get 10 points.

#### **10.4 Scoring Criteria**

The score is considered in accordance with criteria, which is one (1) point for each perfect blow, strike or hit by using the right skill or technique of Muay. The athlete who gets more points is the winner in each round.

#### **10.5 Ending Of The Bout**

When the bout ends and if the points awarded is as in 10.3, where both athletes obtained equal points, the decision must be considered for the athlete who possesses the following actions during the competition:



- a) He/she is more aggressive or if both athletes are of equally aggressive, the athlete with better styles shall win the contest or if it is still equal:
- b) He/she who is a better defender by protecting, holding, pulling, dodging, sidestepping and uses the art of Muay to his/her advantage to avoid the opponent's attacks (He/she who can protect himself from his/her opponent's blows or strikes or hit as to lessen the effectiveness and power of skills as well as to avoid direct blows or strikes) shall be awarded as winner.
- c) There must be a decision to declare the winner for every contest. However, for a single elimination tournament, there may be a 'draw' decision.

#### **10.6 Scoring Applications Of Muay Skills and Techniques**

Judges are to consider the athlete performing proper skills and techniques of 'Muay' using fists, feet, knees and elbows from the following criteria:

- a) Accurate strong blow or strike or hit on target.
- b) Opponent unable to defend the strong blow or strike or hit performed by the other athlete.
- c) Powerful blow or strike or hit thrown from shoulder, body, hip, arm or leg.
- d) Performing of 'Muay' skills and techniques according to the rules and regulations (not a foul act).

## **Rule 11.0**

### **FOULS**

#### **11.1 Caution, Point Deduction and Disqualification**

If an athlete disobeys the Referee's order, violates rules with unsporting behavior or action, or commits a foul, the referee shall have absolute power to caution the said athlete, to order for point deduction, or to disqualify him/her even without a caution according to the seriousness or appropriateness. In one bout, the point deduction will be executed only TWO (2) times. The third executing order of point deduction will immediately subject the athlete to punishment upon the athlete to be disqualified. The athlete shall be responsible for his/her Ring Assistants who violate the rules, as well.

#### **11.2 Characteristics Of Fouls:**

- a) Biting, pressing or poking the eyes, spitting onto the opponent or Referee, head butting or purposely striking the opponent during 'STOP' order time by the Referee.
- b) Throwing the opponent down and intentionally falling over him/her, boxing, stepping, pressing the elbows or knees on the opponent while falling down or trying to break the opponent's back.
- c) Using Judo or wrestling techniques to throw the opponent.
- d) Locking the opponent's neck or arms unprofessionally.
- e) Grabbing the rope to punch, kick, hit with elbow/knee or for other purposes.
- f) Going after the falling or getting up opponent.
- g) Pretending to fall down to take advantage.
- h) Using of provocative or rude words and/or act with unsporting behavior or manner during the bout.
- i) Holding, winging and wrestling the opponent which is illegal for Muay characteristics.
- j) Intentionally punching, kicking, elbowing and hitting the opponent's protective cup.
- k) Trying to attack the opponent immediately without stepping back after the Referee issued the order to 'BREAK' the action.
- l) Attacking the Referee or showing an aggressive manner towards the referee.
- m) Spitting out the mouthpiece (gum shield) intentionally.
- n) The Ring Assistants intentionally persuade, support and teaches their athletes or they do not sit on their seat during the bout in action.
- o) Grabbing or holding to the opponent for more than 3 seconds and refused to break upon the Referee's order.
- p) It is forbidden to catch the opponent's leg and push him (a plowing action) forward more than two (2) steps.

#### **11.3 The Referee Consulting The Judges**

If the Referee believes that there is a foul, but he/she does not see it, it may be refer to confirm or consult with the judges.

## **Rule 12.0**

### **KNOCKDOWN OR FALL**

#### **12.1 Knockdown or Fall**

After being attacked, the athlete touches the ring floor with any part of his/her body except the feet, or he/she leans on the ring ropes helplessly, or he/she is outside the ring ropes because of the attack, or is heavily beaten, but still manage to withstand it without falling down and he/she does not lean on the ring ropes, but nearly unconscious, it is considered that he/she is in a knockdown or "fall" condition.

#### **12.2 Counting**

In the case that an athlete is been attacked and knocked down, the Referee shall order the other opponent to go to the furthest neutral (white) corner as quickly as possible. At the same time, the Referee starts to count. When the boxer who falls, stand up again and the Referee order 'BOX', the bout is possibly to be continued.

If the athlete does not go to the neutral (white) corner as ordered, the Referee must stop the counting until that athlete follows the order. By then, the Referee shall continue to count the number next to the last counted one.

When the athlete is been knocked down, the Referee shall count loudly from ONE (1) to TEN (10) with one second interval. The Referee must show or use the hand signal simultaneously for every second he count in order for the boxer to recognize what he/she is counting. The Referee has to wait for a second to pass by before he/she counting ONE (1) after the athlete has been knocked down.

#### **12.3 Knockout (K.O.)**

If the athlete who fell manages to stand up before the Referee counts him/she out of TEN (10) and he/she is ready to continue, but the count is not yet EIGHT (8), the Referee must continue counting until EIGHT (8) before he order 'BOX' to continue the bout action. However if the athlete is counted out of TEN (10), his opponent will be consider to have won by knockout.

#### **12.4 When Both Athletes Are Down**

If both athletes fall down simultaneously, the Referee must continue counting as long as there is one athlete down on the floor. If both are still down and counted out of TEN (10), the bout will be decided by points accumulated since the beginning until the time of fall (unless if it is agreed otherwise). In the case that both athletes are down and they have their arms and legs tangled or one athlete is on top of the other, but trying to stand up, the Referee should wait for a while and he should not count.

#### **12.5 Down Again Without Being Attacked**

If the athlete is down and he/she manages to stand up before the count of TEN (10), he falls down again without being attacked. The Referee shall continue to count the number next to the last counted one.

#### **12.6 Unable To Continue The Bout**

If the athlete is unable to continue the bout immediately after a resting interval between rounds, it is up to the Referee to count or not.

#### **12.7 The compulsory count limits**

If the athlete from the men category has been counted for three (3) times during the same round or he has been counted for four (4) times compiling throughout the bout, the Referee must stop the contest. For the women and junior category, if the athlete has been counted for two (2) times in the same round or the athlete has been counted for three (3) times compiling throughout the bout, the Referee must stop the contest.

## **12.8 Counting Language**

The Referee shall always count in English language in all international competition. However local official language of the country can be used in local or national competition.

## **Rule 13.0**

### **PROCEDURE AFTER KNOCKOUT**

#### **13.1 Unconscious Athlete**

If the athlete is unconscious, only the Referee and the Ring Doctor are allowed to enter the ring. Other individuals may enter the ring if the Ring Doctor needs special or extra help.

#### **13.2 Medical Assistance**

The athlete who is knocked out by hard blows or strikes so severe that he/she cannot defend or protect himself/herself, the contest shall be stopped with immediate effect by the Referee. That particular athlete must be checked and be treated by the Ring Doctor immediately. In addition, the injured athlete must be transported back home or to a suitable accommodation by the responsible officials of the competition.

#### **13.3 The Case Of The Referee Stopping The Contest (R.S.C.)**

If the Referee stops the contest, he must inform Chairman of the Ring Officials for acknowledgement and the Referee must inform the judges to record "R.S.C.H. / R.S.C.B. / R.S.C.L" in the scorecards when he stops the contest because of so severe blows that the athlete is unable to continue the bout.

**Rule 14.0****SHAKING OF HAND**

Both athletes shall shake each another hand before and after the bout in a polite manner symbolizing that the competition is of sportsmanship spirit as well as friendship in accordance with the rules. Handshake shall be done after announcing of the bout result. It is not allowed to shake hand when the bout is in action.

## **Rule 15.0**

### **MINIMUM AND MAXIMUM AGE LIMITS**

#### **15.1 JUNIOR**

Minimum age: Not younger than 15 years old based on date of birth.

Maximum age: Not older than 17 years old based on date of birth.

#### **15.2 YOUTH**

Minimum age: Not younger than 17 years old based on date of birth.

Maximum age: Not older than 19 years old based on date of birth.

#### **15.3 SENIOR**

Minimum age: Not younger than 19 years old based on date of birth.

Maximum age: Not older than 37 years old based on date of birth.

#### **15.4 INTERNATIONAL TOURNAMENT (ALL CATEGORIES)**

Minimum age: Not younger than 15 years old based on date of birth.

Maximum age: Not older than 37 years old based on date of birth.

## **Rule 16.0**

### **INTER – NATION TROPHIES OR CHALLENGE CUPS**

#### **16.1 Awards**

Awards for international competitions can be trophies, prizes, or gifts to honor the participating teams in the following categories:

##### **16.1.1 Best Boxer**

##### **16.1.2 Accumulative points**

#### **16.2 Team Classifications**

**16.2.1** The team classifications must follow the following criteria:

- a)** The winner of each bout in the early round or the quarter-final round will receive one (1) point.
- b)** The winner of the semi-final round will receive two (2) points.
- c)** The winner in the final round will receive three (3) points.
- d)** Athletes who are unable to compete with each another may be awarded if there are sufficient reasons.

**16.2.2** In the case of two or more teams having equal points; the ranking will depend on the following criteria:

- a)** More gold medalists (champions) of the final round, if still equal:
- b)** More silver medalists (second places),if still equal:
- c)** More bronze medalists (third places).

##### **16.2.3 Awarding Points For The Team Competing Between Two Countries Or Clubs**

The athlete will receive two (2) points for his/her team when he/she wins each bout. The loser will receive one (1) point for his/her team for each bout, except the disqualified athlete who will not be receiving any point for his/her team.

## **Chapter 2: RULES FOR REFEREE, JUDGES AND OFFICIALS**

### **Rule 17.0**

#### **REFEREE AND JUDGES**

##### **17.1 An International Competition Bout**

There must be one (1) Referee to carry out duties in the ring, but not to score, five (5) capable Judges and at least three (3) Juries. There must be one (1) Chairman of the Ring Officials to supervise the bout. All the above mentioned officials must be approved by the Executive Committee of the Federation.

If there are not enough judges, it is possible to have three (3) instead of five (5) judges, but not valid for an international championship bout.

##### **17.2 Disagreement (Conflict of Interests)**

The officials who perform duties of the referee or judges of the bout must not perform duties of the team managers, coaches, or ring assistants for the any athletes or teams participating in the competition or to perform duty in the bout where the athlete is of similar nationality as his/her own.

##### **17.3 Disciplinary Measures**

The Executive Members of the Technical Committee of the Federation or their representatives have authorities to remove the referees or judges from the official lists (temporarily or permanently) when the jury considers that the referee's performance is ineffective or the judge's scoring system is unsatisfactory or unjustifiable.

##### **17.4 Replacement of Referee**

If the referee cannot perform his duties for the bout in action, the timekeeper must strike the bell to stop the action. The next neutral referee in the list will be assigned to control and manage the bout thereafter.

##### **17.5 Commitment**

The referees and judges appointed by the Executive Committee of Federation must accept the invitation to perform their duties unless one refuses the invitation personally with reasonable excuse.

If there is an organization responsible for the athlete's expenses or the competition of same characteristics, that organization must also be responsible for traveling and accommodation expenses for the referees and judges appointed for the competition.

##### **17.6 Qualifications to become and to be enlisted as referees/judges of the Federation at an International Competition**

**17.6.1** All candidates for international level need to pass the training and examination course for referees and judges organized by the Federation and must go through at least FIVE (5) compete bouts of competition. Their name must also be listed as referee and judge of the Amateur Muay Associations or Federations of their respective country for at least FOUR (4) years or have been appointed from such Amateur Muay Associations or Federations.



- a) He/she must have a health certificate from the doctor of that country certifying that he/she is physically fit and healthy enough to perform duties of the referee or judge.
- b) He/she must have the accreditation card or certification card or certification or logbook of referee and judge as evidence to show his/her experiences, physical fitness and the status of amateurism.
- c) He/she must have the ability to speak the international language well (preferably English).
- d) He/she must have been very successful in performing the referee's duties or the judge's duties throughout the period of appointment.
- e) For women's bout;
  - 1) Competition that involved women athlete's bout, the Referee can be either a woman or a man.
  - 2) The team of judges may consist of women or men.

## **Rule 18.0**

### **QUALIFYING OF REFEREE AND JUDGES**

- 18.1 Being men or women of good characteristics, physically fit and healthy. He/she shall be not younger than 20 years old and not older than 55 years old of age and must go through medical check-up every year to ensure of possessing a healthy body and mind (nerves) to be able to perform duties.
- 18.2 At least attained a graduation of senior high school level or equivalent.
- 18.3 Must pass the training course and the examination for referee and judge of the federation.
- 18.4 Possess a valid I.D. cards and the accreditation card of the referee or the judge (certificate) issued by the federation.
- 18.5 The referees and judges of the federation have three (3) levels following A, B and C. The referees and judges are classified by the Committee of the federation as appointment.
- 18.6 The referees and judges for an international level must be classified in level 'A' and must be very skillful and of vast experiences in performing their duty consistently and continuously every year for at least six (6) years under the observation of the federation.
- 18.7 There should be a selection for outstanding referees and judges in each tournament to raise the morale of the referees and judges.
- 18.8 For international referees and judges, he/she shall be examined by the international Referees and Judges Committee appointed at least once every four (4) years.
- 18.9 International referees and judges who do not pass the examination or the physical examination or eyesight failure shall be removed from the international list, but they may be appointed as international officials for the functions of the federation.
- 18.10 As for the honorable international referees and judges: The executive committee of the federation will consider to honor them indefinitely for the retired referees and judges who show great achievements of performances by presenting (awarding) them with the title of "The Honorable Referees and Judges of Amateur Muay" as a recognition and prestige for their loyal and outstanding services.
- 18.11 The referees and judges who do not follow the judge's rules and regulations or the ethics laid down by the federation shall be removed from the registration lists of the federation.

## **Rule 19.0**

### **REFEREE**

The referee's priority of duties is to safeguard and take care of the athletes from be harmed or undue injuries.

#### **19.1 The Referee's duties**

The Referee will perform his/her duty on the stage. The Referee must always wear navy blue or black trousers, white shirt with navy blue or black bowties and heelless shoes or boots. The Referee must also wear physician's gloves on both hands (as provided by the organizing committee) and shall strictly follow the below rules:

- a) Uphold the rules and justices.
- b) Closely control the bout at all times.
- c) Protect the weaker athlete from undue injuries.
- d) Inspect the athletes' gloves and dresses.
- e) When the athletes is ready to start, the Referee calls both of them to shake hand in the middle of the ring and then tell them to go back to their respective corners to put on their head guards and mouthpiece (gum shields) before the competition start.
- f) **The Referee must use THREE (3) commands as follows:**
  - 1) 'BOX' – To order the athletes to go into action or compete with each another.
  - 2) 'STOP' – To order the athletes to stop.
  - 3) 'BREAK' – To order the athletes to separate from each another.
- g) Show a correct signal or action to tell the athlete's fault for his/her rule violation.
- h) Collect the score cards from all judges when the bout is over. He/she examines the score cards and then hand them over to Chairman of the Ring Officials.
- i) The Referee shall not identify the winner in any other manners until the announcement is made. When the winner is announced, the Referee then only is allowed to raise the hand of the winner.
- j) When the Referee disqualifies an athlete or stops the contest, he/she must first notify the Chairman of the Ring Officials and all the judges, then the athletes involved and the reason why he/she stops the competition. The Referee then must collect the score cards and hand them over to the Chairman of the Ring Officials. The Chairman of the Ring Officials than shall inform the Ring Announcer to make a correct announcement to the spectators thereafter.

#### **19.2 Cautioning**

The Referee may caution the athletes at his/her liberty as an advice for the athletes to be careful or to prevent them from making any undesirable mistakes or to break any rules. It is

not necessary to stop the action immediately but the Referee may find a right time or moment during the bout to caution the athletes.

#### **19.2 Warning**

If an athlete commits a rule violation, but his/her fault is not too serious to be disqualified, the Referee must stop the action to warn him/her, and shall order for a point deduction. At this point of time, the Referee must show his hand signal to all the judges telling that there is an order to deduct the number of points and he must point to the athlete who will be deducted of points. If the same athlete has been ordered to be deducted of points for THREE (3) times in the bout, he will be automatically disqualified. After the point deduction procedure, the Referee shall order the competition to start again by mentioning 'Box'.

#### **19.4 The Referee's Physical Examination**

Before a Referee is allowed to perform his/her duties at the international level under these rules, he/she must have his/her physical examinations to be certified and shall be physically fit enough to perform duties in the ring. While on duty, the referee shall not wear eyeglasses but wearing of contact lens is allowed. In addition, before each scheduled program starts, the Referee must participate in the meeting organized by the medical committee.

#### **19.5 The Referee's Authority**

The referee has the authority as follows:

- a) To stop the competition upon observing that one of the athletes is too outclassed compared to the other.
- b) To stop the competition upon observing that one of the athletes is too severely injured to continue the bout.
- c) To stop the competition upon observing that both the athletes intentionally holding-up their actions during the game. In such cases, either or both athletes may be subjected to disqualification.
- d) To caution the athlete or to stop the action and to order point deduction from the said athlete who violated the rules or for other reasons in order to ensure justice is prevailed or to enforce the Muay ruling.
- e) To disqualify any athlete who ignores the Referee's command or aggressively offends the Referee during the bout.
- f) To discharge the Ring Assistant who violated the rules from their duty. The Referee had every right to disqualify the athlete whose Ring Assistant/s disobeys the Referee's order.
- g) For athlete who seriously violates the rule, the Referee has the authority to disqualify him immediately whether he/she has been or has not been cautioned or warned prior to this.
- h) To stop counting the athlete who is down when his/her opponent delay in moving back to the neutral (white) corner or he/she does not heel the Referee advise to do so intentionally.
- i) To interpret, decide or act upon any situations not provided in the rules by using common sense, logic or facts.

## **Rule 20.0**

### **JUDGES**

#### **20.1 The Judge's Duties:**

- 20.1.1** Judges shall decide to score independently and accordingly to the abilities of the athletes without fear and prejudice. They must also identify the winner of the bout in accordance with the rules provided.
- 20.1.2** During the bout, no judge is to speak to any of the athlete or other judges or other people except the Referee. However, if necessary, they may inform the Referee during the resting interval about happenings, e.g. the Ring Assistant's misconducts or loose ring ropes or etc. that is related to the competition only of which the Referee might have not notice during the bout action.
- 20.1.3** All judges must record the scores of both athletes in their respective scorecard as provided immediately after each round. When the bout ends, each individual judge must add up the score for each athlete, identify the winner and initial on the score cards. The decision of the judges must be posted on the scoreboard for the spectators to see.
- 20.1.4** Judges must not leave their seats until the referee declares the competition result.
- 20.1.5** Judges must wear navy blue or black trousers with belt, white shirt with navy blue or black bowties and proper shoes while on duty and if allowed, they may put on proper jacket over their shirt or the clothes provided by the Committee Officials of host nation.

## **Rule 21.0**

### **JURY**

#### **21.1 Appointment**

**21.1.1** For an international competition or championship bout, the Executive Committee of the Federation will be juries or will have the jurisdiction to appointment juries.

For each bout, there must be FIVE (5) juries as follows:

- a) ONE (1) Chairman of the Jury board.
- b) TWO (2) Vice Chairman (1 - training referees and 1 - contest organization).
- c) ONE (1) Secretary of the Jury board.
- d) ONE (1) Jury for Evaluation and Conclusion.

**21.1.2** All juries have to train and advise referees and judges to follow rules and regulations of the Federation including organize and control the competition as well as evaluate and summarize every obtained results.

**21.1.3** During the bout, juries must also record the score to examine the accuracy of judges' scoring for justice. Before each bout starts, the assignment of Referee and judges must be done by the Chairman of the Ring Officials or by the juries. The referees and judges who want to change duties need to obtain prior permission from the Chairman of the Ring Officials or the juries first before the change is allowed.

#### **21.2 The Juries' Duties**

**21.2.1** Each jury must score each bout and the scores will be compared to those scored by the judges of similar bout.

**21.2.2** The juries must examine the score cards of all the judges to ensure that;

- a) The score addition or total up is correct.
- b) The athlete's names are correct.
- c) The winner is correctly identified.
- d) All judges have signed the score cards and they must examine the decision from the score cards. Chairman of the Ring Officials shall inform the Ring Announcer of the athlete's name who had won by majority on totaling of all score cards before the official announcement is to be done via the P.A system to declare the winner.
- e) The Jury board on each duty period shall call for a post mortem meeting in the morning the next day to examine and discuss on the performances of the referees and judges who performed duties of previous bouts (yesterday or last night). Should it be found that any referees or judges performing his/her duty incorrectly or below the set standards, the jury

must make it known to the Executive Committee for acknowledgement purpose. In addition, the Jury board must call upon the affected referee or judge for questioning about his recent performances.

- f) The Jury board must make a report in writing to the Executive Committee of the Federation for acknowledgement purpose in case that a referee or judge has violated the rules of the Federations or gave improper or unsatisfactory scoring during on duty.
- g) In any cases, should an unusual situation arise which prevents the Referee from executing his/her duty on the day, the Jury board may order to stop the action until the situation returns to normal.
- h) The jury board or a jury may act immediately to solve the problem as necessary when considering that the situation causes difficulties to continue the competition.
- i) Juries must consult the Judge Committee and the Referee concerning any matters requiring decisions.
- j) Any athlete who intentionally commits a serious guilt, as it is contradictory to sportsmanship, the jury board has the authority to report his guilt to the Executive Committee of the Federation to publicize that the particular athlete has been disqualified to compete for a period of time. The Committee may also disqualify the athlete from receiving any prize or award.

### **21.3 Authority to Overrule the Referee and the Judges**

The decision of the referees and judges may be overruled by the Jury board in the following cases:

- a) When the Referee's decision is clearly contradictory to the provisions and rules of the Federation (In examining the case, the Jury board may use the VDO tape or video recording as evidence).
- b) If it is certain that more than one judge made mistakes in the score cards resulting in differences in decisions, actual evidences are to be used or concluded. (Example if there is contradictory arises, such as the judge decision is 3 : 2, but the jury decision is 3 : 0)
- c) Disagreement/Conflict of interests: Person who performed duty as Jury involving in the bout of international levels must not perform as the referees or judges in such mentioned competition.

### **21.4 Commitment of Juries and Organizer**

Jury who are appointed by the Executive Committee of the Federation must accept the invitation to perform his/her duties unless one refuses due to personal reason with reasonable excuse.

It shall be the organizer responsible for the jury's expenses or the competition of the same characteristics where the organizer shall be responsible for the traveling, food and lodging expenses including a daily allowance of USD100.00 a day for the jury appointed for the competition.

### **21.5 Protesting Procedures**

The team manager may protest, but it must be done within 30 minutes after ending of the bout together with a deposit fee of USD100.00 per protest. If the jury board finds the protest to be reasonable, the cross examination of the protest reason will be carried out. If the protest is success, the protester will be refund of their deposit fee.

## **Rule 22.0**

### **THE TIMEKEEPER**

#### **22.1 The Timekeeper's Duties**

- a) The main duty of the Timekeeper is to keep the number of rounds, competing time of the round, the resting interval time between rounds and the timeouts during the bout. The resting interval time between rounds must be ONE (1) or Two (2) full minute depending on the category of the competition which is provided by the rules and regulations.
- b) Five seconds before each round starts, the Timekeeper must clear the ring by ringing the bell once to order the Ring Assistants to get out of the ring and with a verbal order 'Out of the ring or Seconds out'.
- c) The Timekeeper must signal to start the round and to end the round by striking the gong loud or the bell for a few seconds.
- d) The Timekeeper must announce the round number quickly before signaling to start that particular round.
- e) The Timekeeper shall halt the time for a temporary stop or when the Referee order to stop the time. He /she shall continue the time once the Referee order the competition to be back in action.
- f) The Timekeeper must be alert at all times to keep the timing provided for the competition, including the Referee in counting action, as accurate as possible by a stopwatch or a clock.
- g) If an athlete falls towards the ending of the final round and the referee is counting, the Timekeeper shall not strike the gong/bell when the competition time of two (2) minutes expires, he must only strike the gong/bell when the Referee orders to 'Box'. However, for the final round of an international bouts, the Timekeeper shall strike the gong/bell when the competition time of two (2) minutes of last and final round expires, even though the referee is counting

#### **22.2 The Timekeeper's Sitting Position**

The Timekeeper must always sit at the ringside opposite to the corner where the referee stands or at the neutral (white) corner nearest to or on the right hand facing from the Chairman of The Ring Officials / Jury.



## **Rule 23.0**

### **ADMINISTRATION OF DRUGS**

#### **23.1 Doping**

It is prohibited to allow any athletes to use any drugs or chemical substances, which are not the athlete's usual consuming dietary.

#### **23.2 Punishment**

Any athlete or official who violates the regulations of drugs or prohibited substances shall be penalized by disqualification or being prohibited to continue the competition organized by the Federation. Any athlete who refuses to have a medical test or check-up after the bout upon request, are deem of the intention to violate the mentioned rules. The affected athlete shall be disqualified or prohibited from continuing to participate in any subsequent bout. Besides this, any official found to be encouraging the athlete to commit the offence shall be subjected to be penalized too.

#### **23.3 Local Anesthesia**

It is allowable to use certain substances for local anesthesia, but it must be approved by an appointed doctor from the Medical Committee prior to using it.

#### **23.4 Prohibited Substances**

Prohibited substance as listed by the International Olympic Committee (I.O.C.) is considered as doping substances of penalties. However, the Federation may add to the list certain doping substances as suggested by the Medical Committee, if it deems fit.

## **Rule 24.0**

### **ATTENDANCE OF DOCTOR**

#### **24.1 Attendance of Ring Doctor**

The appointed Ring Doctor must be present regularly at the contest and he/she should not leave the assigned seat unattended during the bout is in action. The Ring Doctor shall at all times be in attention until the last bout ends and until he/she completely attends the athletes of the last bout.

#### **24.2 Seat Assignment for the Doctor**

The Ring Doctor on duty must sit next to the jury. If the Ring Doctor considers that the bout should be stopped because of heavy blows, he/she must suggest to the Chairman of the Ring Officials / Jury to raise the flag for the Referee to stop the action. Then, the Ring Doctor will step into the ring to examine the injured athlete and for whom he suggests the Referee to stop the contest thereafter.

#### **24.3 A Medical Certification**

The athlete will not be allowed to participate in an international competition if he is not certified by an accredited doctor appointed by the organizing committee of the particular competition that he is physically fit and healthy enough to participate in the event he/she has wanted to compete.

#### **24.4 A Health Certificate**

All athletes are subjected to undergo complete medical checkup in their own country before he/she is allow to participate in a competition abroad and must have health certificate signed by an authorized doctor, which certify that before leaving the country the athlete is healthy, without injuries, without infectious diseases, or any weakening symptoms to affect the athlete's capabilities in the country of destination. The above mentioned health certificates may be included in the athlete's accreditation card or I.D. card as provided by the athlete's association or federation of which he/she represented. All athletes must show their health certificates to the Medical Officer in attendance during their physical examinations before the official weigh-in.

#### **24.5 The Athlete's Prohibitions**

- a) Any person with only one eye vision shall not be allowed to participate. Likewise those who wear spectacles or contact lens are also prohibited, unless approval can be obtained from the Medical Committee that he/she is capable to compete.
- b) Any person whom is of deaf-mute or epilepsy syndrome will be prohibited to compete as well.

#### **24.6 Cut and Abrasions**

Athlete who has cut stitched or uses bandages to cover the cuts, abrasions, hematomas and bruises in the head or face including nose, ears, and eyes are not allowed to compete. However, if the wound is completely and neatly covered, he/she can be consider for competition subject to the approval given by the appointed doctor in attendance.

Nevertheless, it is up to the doctor who administers the physical examination on the day that athlete is scheduled to compete.

#### 24.7 The Medical Handbook

Other medical regulations are specified in the medical handbook.

#### Rule 25.0

#### INTERPRETATION

Should the interpretation of rules or if any disagreement arises during the bout which is not provided in the rules or whatsoever, the Chairman of the Ring Officials and the Jury board shall make the final decision.

**Table of Matching and Byes for Drawing**

No. of athletes	No. of matches in 1 <sup>st</sup> round - final round	No. of Byes
3	1,1	1
4	2,1	-
5	1,2,1	3
6	2,2,1	2
7	3,2,1	1
8	4,2,1	-
9	1,4,2,1	7
10	2,4,2,1	6
11	3,4,2,1	5
12	4,4,2,1	4
13	5,4,2,1	3
14	6,4,2,1	2
15	7,4,2,1	1
16	8,4,2,1	-
17	1,8,4,2,1	15
18	2,8,4,2,1	14
19	3,8,4,2,1	13
20	4,8,4,2,1	12
21	5,8,4,2,1	11
22	6,8,4,2,1	10
23	7,8,4,2,1	9
24	8,8,4,2,1	8
25	9,8,4,2,1	7
26	10,8,4,2,1	6
27	11,8,4,2,1	5
28	12,8,4,2,1	4
29	13,8,4,2,1	3
30	14,8,4,2,1	2
31	15,8,4,2,1	1
32	16,8,4,2,1	-

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## **CHAPTER 3.0**

### **STANDARD OPERATING PROCEDURES (S.O.P.) FOR THE REFEREE TO PERFORM DUTIES**

#### **3.1 The Case of Complete Rounding Bouts**

- 3.1.1** Step into the ring before both the athletes and stand at the neutral (white) corner opposite (diagonally) to the Timekeeper or Bell corner.
- 3.1.2** Check the athlete's gloves (both), all safety gears and application of Vaseline to ensure all are in proper and nicely fitted position.
- 3.1.3** Call for the both athletes to shake hands before starting the bout.
- 3.1.4** Check the readiness of each individual judge involved in the bout.
- 3.1.5** Check the readiness of the Ring Doctor.
- 3.1.6** Check the readiness of the Ring Official and Jury.
- 3.1.7** Check the readiness of the Timekeeper and the bell to be used for the bout.
- 3.1.8** Order both the athletes to start by signaling and mentioning the word 'Box'.
- 3.1.9** Must control the bout according to the rules from the beginning until the end of the bout.
- 3.1.10** When the final round ends, collect the score cards from the judges and hand over to the Chairman of Ring Official for score tabulation.
- 3.1.11** Raises the winning athlete's hand and ensure both the winner and loser shake hands before alight from the ring.
- 3.1.12** Allow the athletes to say thank you and apologize to the opponent's Ring Assistants.
- 3.1.13** Step out of the ring only after both athletes alighted.

#### **3.2 The Case of Incomplete Rounding Bouts**

- 3.2.1** Must inform the situation to the Chairman of the Ring Officials first.
- 3.2.2** Inform all the judges (if decided by electronic scoring machine, the referee will not inform judges).
- 3.2.3** Collect the score cards from all the judges. (No collecting of score cards if decided by electronic scoring machine).

- 3.2.4** Call both the athletes to the middle of the ring, facing the Chairman of the Ring Officials (The red corner athlete on the right hand side and the blue corner athlete on the left hand side of the Referee).
- 3.2.5** Upon announcement made by the Ring Announcer, raise the winning athlete's hand and ensure both the winner and loser shake hands before alighting from the ring.
- 3.2.6** Allow the athletes to say thank you and apologize to the opponent's Ring Assistants.
- 3.2.7** Step out of the ring only after both athletes alighted.

### **3.3 Regulations Supplementary to Rules**

- 3.3.1** All amateur Muay athletes who compete in amateur Muay competitions, tournaments or championships regardless of levels, the athletes, ring assistants, team managers and officials must comply with the following regulations:
  - a) All athletes and ring assistants must go under between the 2<sup>nd</sup> and 3<sup>rd</sup> ring rope into the ring.
  - b) No one is allowed to jump across the highest (4<sup>th</sup>) ring ropes.
  - c) After stepping into the ring, the athletes shall stand at the middle of the ring, facing the Chairman of the Ring Officials, and pay respect to the spectators to all four directions of the ring either by waving hand, bowing or a gesture of their own country or religious culture (can be accepted) but must not be of vulgar or disrespect manner.
  - d) When the referee declares the bout result by raising the winner's hand, the same action of (c) must be repeated.
  - e) After the referee finalizes the process of the decision, the athletes shall have to pay respect to the opponent's ring assistants and coaches in order to apologize for all offenses and to show sportsmanship.
  - f) The ring assistants and coaches have to stay on their respective ring corner until the other athlete comes to pay respect
  - g) Both the winner and loser have to also pay respect to the referee after the result is announced.
  - h) Both athletes must do the same action as they stepped into the ring.

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