



USA Muaythai Pro/Am Rulebook

Use of Hand, Shin and Groin Protection and Other Safety Equipment	2
Termination of Bouts	4
Timely Medical Treatment of Injured Participants	5
Presence and Responsibility of Licensed Physicians	6
Performance Enhancing Drugs and Illegal Substances	7
Physical Examination	8
Emergency Medical Technicians, Equipment and Ambulance	10
Applicable Insurance Requirements	11
Requirements for Promoters	12
Qualifications and Selection of Referees and Judges	14
Qualifying Fighters and Bouts	15
Competition and Ring Area	16
Hand Wraps Requirements	18
Gloves and Materials	19
Use of Ointments	20
Scoring Methods and Decisions	21
Preparations to Stop Hemorrhaging	23
Suspensions and Recovery Periods	24
Pre-fight Rituals	26
Divisions & Weight Classes	27
Round Length, Bout Duration, Approved Strikes & Gear	29
Weigh-In's and Weight Loss	30
Fouls	31



Use of Hand, Shin and Groin Protection and Other Safety Equipment

All protective equipment must be pre-approved by USA Muaythai Executive Board.

Hand Wraps

In all professional and amateur weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 20 yards in length not more than two inches in width, held in place by not more than 10 feet of surgeon's tape, not more than two inches in width, for each hand.

The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist.

Strips of tape may be used between the fingers to hold down the bandages.

The bandages shall be evenly distributed across the hand. It is absolutely prohibited to "top – up" on the knuckles.

Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the inspector and, if warranted, in the presence of the manager or chief second of his or her opponent.

Substances other than surgeon's tape and gauze shall not be utilized. For example, pre-wraps shall not be used.

All hand wraps and all gauze applications must be inspected by a USA Muaythai official and signed off on before gloves are issued.

Gloves

Participants shall wear the gloves which USA Muaythai has designated for use and have been approved by USA Muaythai. Participants are only permitted to use USA Muaythai approved gloves.

Shin Protection

Athletes may wear ankle supports, one for each ankle, but not to be shin supports, or to roll half way down. Wrapping the ankles and/or legs, either under or over the support, with pieces of cloth or tape is not permitted.

Groin Protection

Athletes must wear a protective cup or a groin guard for the genital organs, made of strong material capable of protecting them from knee blows or other kinds of blows. The groin guard may be strung and tied with a knot behind the back and neatly covered ends. Metal groin protectors are required (males only).



Females must wear Breast Protection.

Shin Guards and Elbow Pads

The shin guards and elbow guards for competition shall be made of cloth. If taping is required it shall be supplied by the promoter.

Headgear

The head guard shall conform to USA Muaythai specifications and have no cheek protectors, chin guard or face shield. Athletes must come into the ring without their head guard - only after having been presented to the audience, sealing the ring, performing the Wai Kru, and shaking of hands has been completed shall it be put in. The head guard shall be taken off immediately after the contest is over and before the decision is announced. The head guard is not permitted to be removed or undone during a contest unless under the supervision of the referee.

Body Protector

If required, participants shall wear color conforming (red/blue) body projectors that conform with USA Muaythai standards.

Mouthguard

Participants are required to wear an approved, and properly fitted mouthpiece during competition and bring two approved and properly fitted mouthguards to the ring.



Termination of Bouts

The referee is the sole arbiter of a bout and is authorized to stop a bout.

Referees may stop a bout when they deem the following:

1. The physical condition of a participant so requires,
2. When a participant is out-classed;
3. A participant is not demonstrating their best efforts.

In the event of serious cuts or injuries, the referee may seek a recommendation from the physician whether the bout should be stopped.

During a bout, the ringside physician has the authority to terminate any bout in the opinion of such physician any participant has received severe punishment or is in danger of serious physical injury. In the event of any serious physical injury, the physician shall immediately render any emergency treatment necessary, recommend further treatment or hospitalization if required, and fully report the entire matter to the Commission within 24 hours and if necessary, subsequently thereafter. The physician may also require that the injured participant and corners remain in the ring or on the premises or report to a hospital after the contest for such period of time as such physician deems advisable.



Timely Medical Treatment of Injured Participants

During a bout the ringside physician has the authority to terminate any bout in the opinion of such physician any participant has received severe punishment or is in danger of serious physical injury.

In the event of any serious physical injury, the physician shall immediately render any emergency treatment necessary, recommend further treatment or hospitalization if required, and fully report the entire matter to USA Muaythai within 24 hours and if necessary, subsequently thereafter. The physician may also require that the injured participant and his corners remain in the ring or on the premises or report to a hospital after the contest for such period of time as such physician deems advisable.

Failure to comply with any of the physician instructions, will result in an indefinite suspension until such time as the participant is deemed medically fit to return to competition.



Presence and Responsibility of Licensed Physicians

For every event, the promoter shall retain a sufficient number of ringside physicians based, in part, on the number of bouts during an event and depending on pro/am bouts. Events in which 9 or more bouts are scheduled, shall require two (2) ringside physicians to be present. Events with 1 or more professional bouts shall require two (2) ringside physicians.

A bout shall not start or continue unless the physician(s) are actively licensed.

The ring doctor must be present at a designated seat throughout the competition and until the end of the last bout.

The following are the ring doctor's duties:

1. To check the athlete's physical fitness before the weigh-in to certify that the athletes are physically fit and healthy, without any prohibited disease or sickness as specified in the athlete's Book;
2. To give advice and suggestions to the referee on request;
3. To assist an unconscious athlete during a fight. Only the ring doctor is permitted to enter the ring. Other individuals may enter the ring if the ring doctor needs special help;
4. To lend medical assistance for a knocked-out or technically knocked-out athlete by thoroughly checking immediate treatment;
5. To conduct post medical assessments of each participant.

Televised bouts shall require two (2) physicians so that bouts may continue as one physician attends to participants in the dressing rooms or in the near proximity.



Performance Enhancing Drugs and Illegal Substances

It is prohibited to let the athlete use any drugs or chemical substances, which are not part of the athlete's usual diet.

It is possible to use substance for local anesthesia, but only with the ring doctor's approval.

The prohibited substances for athletes are categorized in accordance with the most recent WADA list of banned substances.

An athlete who uses a prohibited substance, or the person who gives the athlete a prohibited substance, must be penalized by USA Muaythai Executive Board.

An athlete or an official who violates regulations of drugs or prohibited substances must be penalized and prohibited from any bout or participation in any muaythai activities for a period of time decided by USA Muaythai Executive Board.

ADVANCED NOTIFICATION, RANDOM, OR FOR-CAUSE TESTING OF PARTICIPANTS

Noticed Testing: All participants in bouts designated by the Senior Official will be notified in advance that they will be tested for the use of any prohibited drugs, substances and methods identified by the World Anti-Doping Agency. If the Senior Official determines that testing of the participants should occur, promoters may be verbally informed before the conclusion of the weigh-in.

Random Testing: All participants scheduled to compete in any upcoming event are subject to random testing for the use of any prohibited drugs, substances and methods identified by the World Anti-Doping Agency. Random testing shall be conducted in accordance with a process established by the Senior Official. One day prior to the weigh in date, the Senior Official will utilize a mathematical calculation/formula in an Excel or Google spreadsheet to randomly select bout numbers and participants to undergo drug testing.

For Cause Testing: If the Senior Official has reason to believe that a participant scheduled to compete on any upcoming event may be under the influence of any prohibited drugs, substances and methods identified by the World Anti-Doping Agency, the Senior Official may order testing of the participant to determine whether or not the participant has taken, used or ingested any drugs, substances and methods.

Mandatory Testing: Testing may be mandatory for participants in bouts determined by the Senior Official to be championship bouts.

All testing identified above shall be conducted at the discretion of the Senior Official. In any bout which the Senior Official believes the interest of a combative sport so requires, the Senior Official may order both participants to submit to testing.



Physical Examination

Comprehensive Examination Requirements - Pro, Amateur, & Youth Athletes

In order to be considered medically eligible to compete, a comprehensive medical evaluation process must be completed by all professional participants. This process includes the following tests & bloodwork:

- Physical examination with clearance letter by MD or DO indicating athlete may compete in combat sports, valid on year from the date of competition
- HIV (oral swab will not be accepted)
- Hepatitis B Surface Antigen (HB sAg)
- Hepatitis C Antibody
- Pre-Fight Physical must be completed day of competition

Bloodwork required for ages 16+ only.

Pre-Fight Physicals

In addition to the foregoing, all participants fighting must undergo physical examinations, including neurological and neuropsychological examinations that indicate medical fitness. Participant physical examinations are generally performed at the weigh-in for each event. Each time a participant fights, the participant will undergo a comprehensive full physical examination, conducted by a licensed physician.

After the weigh-in, a participant will also be examined by a ring-side physician immediately before the bout to ensure that there are no changes to the fighter's health. A similar examination will also occur following each bout or if needed during the bout itself. A participant may be denied a license and/or suspended as a result of any abnormal findings during any such examinations.

High Risk Participants Medical Requirements

As competing in combat sports is highly physically demanding, USA Muaythai has established heightened screenings for certain participants who fall into high risk categories. A High Risk Participant is one who falls into any one, or more, of the following categories:

- 41+ years old;
- 6 consecutive losses in any manner in any combat sport;
- 3 consecutive losses by TKO/KO;
- 1+ year(s) of inactivity after start of professional career;
- 10 losses or more as a participant.



For any participant who falls into one, or more, of these categories, additional testing to assess cardiovascular and neurological fitness to fight may include:

- Magnetic Resonance Imaging (MRI) of the brain with susceptibility weighted imaging (SWI) or gradient echo imaging (GRE).
- Magnetic Resonance Angiogram (MRA) of the Brain.
- Neurological evaluation performed by a neurologist.
- Formal neurocognitive testing either via a neuropsychologist (pen and paper testing) or computerized testing such as ImpACT with a notation if any deterioration from the baseline (first) assessment (if available). For non-English speaking participants, an interpreter mediated testing or testing in native language is acceptable.
- Cardiac evaluation performed by a primary care physician/ internist with referral to cardiologist if needed.
- Additional blood work including a complete blood count (CBC) with platelet count and complete metabolic panel (SMA20) which includes hepatic tests, blood urea nitrogen, creatinine and glucose, lipid profile, thyroid profile.

Post-Bout Physical

All participants shall receive a post-bout medical evaluation conducted by a physician designated by USA Muaythai immediately following their participation in any bout. Any participant who has sustained any injury or actual knockout in a bout, shall receive appropriate medical examination and, where deemed necessary in the opinion of the physician, emergency treatment from the evaluating physician. Such physicians may direct the participant to a hospital or to another treating physician for additional medical treatment, as deemed appropriate in the professional medical opinion of the evaluating physician. Such examination and treatment may include, but shall not be limited to, any or all of the procedures as outlined in the comprehensive physical examination criteria or as directed by the ringside physician

Failure to submit to a post-bout examination will result in the participant being suspended indefinitely until such time that a comprehensive physical examination has been conducted and reviewed by USA Muaythai medical staff or a licensed physician retained by USA Muaythai .

Pre-Competition Medical Testing for Bloodborne Pathogens - Amended 10/19/2022

For the safety of all participants, USA Muaythai requires each participant regardless of age to undergo various tests to determine the presence of certain communicable diseases and/or other conditions.

The following tests must be completed before being eligible to compete:

- Hepatitis B Surface Antigen (HB sAg) (must be done within a six (6) of competition);
- Hepatitis C Antibody (must be done within six (6) of competition);
- HIV (must be done within six (6) of competition), no oral swab;
- Negative pregnancy test submitted with doctor verification (*female combatant only – must be done within 30 days of competing). The cost of the test is the responsibility of the participant.



Emergency Medical Technicians, Equipment and Ambulance

Promoters are responsible for ensuring that all bouts have a minimum of one Paramedic and one Emergency Medical Technicians (EMT's) onsite and must ensure that the Paramedic & EMT's have medical equipment that at a minimum contains the following items and is located within twelve feet of the ring:

1. A resuscitator;
2. An oxygen tank properly charged with suitable masks;
3. A stretcher;
4. An airway.

Promoters must arrange for an ambulance to be onsite throughout the entire event and must arrange for and give advance notice to the nearest hospital and persons in charge of its emergency room of such an event.

In consultation with the Senior Official, the promoter shall ensure that the ringside physician is aware of where the ambulance is staged. The staging area shall be that to allow the fastest egress from the ring to the ambulance and comply with all local and state laws.

No bout shall begin or continue without the presence of a staged ambulance with the required staffing and equipment.

The Senior Official may require additional medical equipment and personnel as appropriate.



Applicable Insurance Requirements

For authorized amateur events, the promoter must provide accident insurance coverage for each amateur participant covering medical, surgical and hospital care, with a minimum limit of ten thousand dollars (\$10,000) for injuries sustained in the bout, and coverage for payment of a death benefit of ten thousand dollars (\$10,000) payable to the estate of the amateur participant for death occasioned by injuries sustained in the match or exhibition

For authorized professional combative sports bouts, the promoter must provide the following accident insurance coverage to all professional participants participating in any bout promoted by or held under the control of such promoter or organizer:

1. coverage for medical, surgical and hospital care, with a minimum limit of fifty thousand dollars (\$50,000) for injuries sustained while participating in any program operated under the promotion or control of such promoter or organizer; and
2. coverage for payment of a death benefit of fifty thousand dollars (\$50,000) payable to the estate of the professional participant for death occasioned by injuries received during the course of a program in which such professional participated under the promotion or control of the promoter or organizer;

All such accident insurance as required herein shall, up to the maximum limits of the policy:

1. provide coverage for all medically necessary care and treatment for covered injuries; and
2. provide benefits on an expense incurred basis. Such coverage may be primary or secondary to any other applicable insurance coverage held by the covered professional.

Promoters are required to provide USA Muaythai with proof of the above insurance coverage at least seven days prior to the scheduled event. Failure to provide timely proof may result in cancellation of the event.



Requirements for Promoters

A license is required for a promoter of an professional or amateur sanctioned event. Promoters shall apply for a sanctioning by submitting an application in the manner prescribed by USA Muaythai and must be licensed prior to the applying for sanctioning. Incomplete or incorrect applications will not be accepted. All applications shall include at a minimum;

1. Individual Information
2. Business Information
3. Business Background Information
4. Responsible Party Information
5. Responsible Party Background Information including;
 - a. Any license revocation;
 - b. Any criminal convictions;
 - c. Any gambling related debts;
 - d. Any unsatisfied civil judgements
 - e. Any unsatisfied tax liens or judgements
 - f. Any suspension or revocations of surety bonds;
 - g. Any pending civil or criminal litigation
 - h. List of events promoted in the last five (5) years, which include, date and location;
 - i. A resume of experience and qualifications.
6. Attestation and/or affirmation that the information contained in the application s true and accurate
7. A Release of Liability and Authorization allowing USA Muaythai to conduct a background check in accordance with applicable USA Muaythai standards.
8. The application must also include:
 - a. Copy of an unexpired government issued photo identification;
 - b. Supporting documentation for any responses that were deemed as "Yes" responses to any application screening questions;
 - c. Disclosure of whom the promoter currently holds any management contract for, or has any financial interest in;
 - d. Any other information or documentation that USA Muaythai deems necessary to determine the fitness of the applicant.

Applications missing any required documentation or fee shall be deemed insufficient and rejected by USA Muaythai.

Promoters are responsible for ensuring that all participants and seconds are licensed and all applicable fees are paid for each event.

Each applicant for sanctioning shall pay the required fees before sanctioning is granted.

A person who applies for a sanctioning license must be a minimum of eighteen years old.



A promoter is required to have a sanctioning permit for each event. A completed permit application and appropriate fee must be submitted at least ninety days prior to the scheduled date of the event.

Promotion sanctioning permits will not be granted to promoters who owe any fees from previous events.

Any change to a previously approved sanctioning permit will require a new permit application and may require a fee and must be submitted as expeditiously as possible.

There are no limitations on the number of sanctioning permits allowed at any one time. However, USA Muaythai may deny a permit for the following reasons:

1. Back-to-back events;
2. Same-day events;
3. Inadequate number of officials to properly regulate the event;
4. Failure of a promoter or any person connected with the promotion to comply with any rule;
5. Inadequate or unsafe location, site or arena selection; or,
6. For other reasons indicating that the requested permit may not be in the best interest of the sport, the participants, spectators, or the officials.

Promoters are expected to comply with the following:

1. Fulfill all obligations of the sanctioning permit. Any promoter who cancels an event after a sanctioning permit is granted may be subject to disciplinary action and future permits may be denied.
2. By completing the permit, promoters agree to pay in guaranteed funds all officials' fees established by USA Muaythai within the time frames.
3. Ensure that all bouts are documented in the proper record keeping database for review. Failure to do so may result in the bout and/or event being canceled.
4. No weigh-in will begin without official fees paid in full. If the official fees have not been paid in full, the weigh-in cannot be rescheduled and the event will be canceled.



Qualifications and Selection of Referees and Judges

The names of the Referees and the Judges for each contest shall be selected by the President of Technical Officials in accordance with the minimum following directives:

- Each Referee and Judge shall be properly licensed in accordance with USA Muaythai standards;
- Have no financial or personal interest in any of the participants scheduled for the event;
- Have passed a minimum requirements education course conducted by USA Muaythai;
- Has read and understands the rules of USA Muaythai;
- Shall not operate under the influence of alcohol or illicit substances;
- Be on any type of disciplinary action with USA Muaythai or any other sanctioning body and/or state commission.
- Any other qualifications USA Muaythai deems necessary to ensure the safety of the participants in the event.

At USA Muaythai discretion, officials may be required to submit to a physical examination at their own expense to determine their fitness to perform.



Qualifying Fighters and Bouts

At least 30 days prior to an event, the promoter shall submit to the President of Officials and Vice President of Technical Officials the match up for each bout. Promoters shall ensure that each bout contains at least the following:

- Name of each fighter,
- The weight of each fighter,
- The number of rounds for each bout,
- The round length for each bout.

The President of Officials and Vice President of Technical Officials shall evaluate each bout for approval. In determining approval for bouts, the President of Officials and Vice President of Technical Officials may consider the following:

- Age of each fighter
- Weight difference of each fighter
- History of losses
- History of Technical knockouts, both as losses and wins,
- History of Knockouts, both losses and wins,
- Any medical history based on pre fight physical results,
- History of wins or losses in the last six (6) fights,
- Overall record, including none Muay Thai bouts,
- Pending or current suspensions which includes suspensions from any other commission and all combat sports such as MMA, Muay Thai, Kickboxing, Boxing or Bareknuckle,
- Disciplinary history with USA Muaythai,
- Skill level based on the matched bout,
- Any other information obtained from any State commission or other sanctioning organization.

Should a participant be denied from participation, the President of Officials and/or Vice President of Technical Officials shall inform the promoter via email. Once the bout has been approved by the President of Officials and Vice President of Technical Officials, it shall be uploaded into USA Muaythai approved database.

Approved bouts may be denied at any time based on new information received by the President of Officials and/or Vice President of Technical Officials.

Promoters are responsible for ensuring that each participant complies with all medical requirements set forth in these rules. Failure to do so will result in immediate removal from the event and/or disciplinary action.



Competition and Ring Area

In general competitions, the ring will be as follows:

The ring is a place constructed for competitions. The ring will be 6.10 x 6.10 meters for small size and 7.30 x 7.30 meters for larger size. Measurements shall be taken from the inner edge of the ring rope. It must be constructed sturdily and safely at a level without any obstructions. The ring floor must stretch out beyond the ring ropes at least 50 centimeters, but not more than 90 centimeters.

The ring floor must be placed at least 1.20 meters from the ground, but not more than 1.50 meters. In each of the four ring corners, one ring post of 10 to 12.5 centimeters in diameter is erected no more than 2.70 meters from the ground. The ring floor must be covered with soft material, such as rubber, soft cloth pieces, sponge, or similar material, in order to reach a thickness of at least 2.50 centimeters and not more than 3.75 centimeters. A top-up of canvas must cover the entire ring area, being tightly and smoothly secured.

The ring installation is to position the red corner on the left hand side of the Chairman of the ring official's table, the blue corner opposite to the red corner and the other two shall be neutral corners.

There shall be four (4) surrounding ring ropes of 3 to 5 centimeters in diameter, padded with smooth and soft material, attached tightly to the four corner posts. The ropes shall be attached at 45 centimeters, 75 centimeters, 1.05 meters and 1.35 meters from the ring floor, respectively as measured to the top of the ropes. The ropes of each side must be held by two strong pieces of cloth, 3 to 4 centimeters wide, equally spaced from each other. Such pieces of cloth must be tightly tied to hold the ropes. All four corners must be padded with cushioning or other material in good condition to protect the athletes from any harm. There must be a set of steps at the red corner and another one at the blue corner for the athletes and their seconds. A third set of steps shall be located near the neutral corner for the referee, doctor, etc.

Two boxes made of plastic or of other material shall be provided in both neutral corners: one box each (outside the ring) for the referee to dispose of cotton or fallen material.

The ring shall contain the following equipment:

- Two chairs (stools) or swivel chairs for athletes
- A mop to wipe the ring floor and two foot – towels
- Two small bottles for drinking water and two water spraying bottles
- Two towels
- Two buckets of water
- Tables and chairs for officials
- A bell
- One or two stopwatches
- Score cards
- A locked box for scorecards
- A set of round, time show-case, and bout markers
- A stretcher



- A pair of safety scissors
- Other instruments essential for the competitions (e.g. an amplifier and a microphone)



Hand Wraps Requirements

In all professional, amateur, and youth weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 20 yards in length not more than two inches in width, held in place by not more than 10 feet of surgeon's tape, not more than two inches in width, for each hand.

The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist.

Strips of tape may be used between the fingers to hold down the bandages.

The bandages shall be evenly distributed across the hand. It is absolutely prohibited to "top – up" on the knuckles.

Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the inspector and, if warranted, in the presence of the manager or chief second of his or her opponent.

Substances other than surgeon's tape and gauze shall not be utilized. For example, pre-wraps shall not be used.

All hand wraps and all gauze applications must be inspected by a USA Muaythai official and signed off on before gloves are issued.



Gloves and Materials

Gloves and all protective equipment shall be supplied by the promoter and approved by USA Muaythai Executive Board. No contestant shall supply their own gloves or safety equipment for participation.

For gloves used in competition, the leather portion must not be heavier than one-half (1/2) of the glove's total weight and the glove's inner pads must weigh at least one-half (1/2) of the total weight. It is not permitted to change the shape of the glove's inner pads or to rub the glove's inner pads spreading them from the original shape.

Athletes must use exclusively gloves certified by USA Muaythai Executive Board

The glove sizes for competitions are as follows:

The athletes in the Profession, Amateur, and Youth divisions must use the gloves of ten (10) ounces (284 grams).

Glove's laces must be tied with knots behind the wrists. Glove wearing must be inspected and stamped by the authorized glove inspector who must observe and control glove wearing to ensure that the athletes wear gloves according to the rules until the athletes step into the ring.



Use of Ointments

As in boxing and mixed martial arts, the application of limited Vaseline to the face at ringside is permissible. Unlike boxing and mixed martial arts, the use of Thai liniment (Namman Muay) is permissible and typically expected, to be applied to the fighter's body. Referees shall thoroughly inspect the gloves to make sure oil is not on the gloves .

Namman Muay liniment and Vaseline are the only authorized ointments for use.



Scoring Methods and Decisions

A score shall be awarded when athletes use fists, shins, knees, and elbows as muay thai fighting weapons to hit his opponent powerfully, accurately, unprotected, and according to the rules.

Scoring advantage is awarded to:

The athlete who goes on target with muay thai weapons the most.

- The athlete with heavier, more powerful, and the most accurate hits on target, using muay thai weapons.
- The athlete who can cause more physical exhaustion to his opponent by use of muay thai weapons.
- The athlete who shows a better style of aggressive attacks.
- The athlete who shows better defense of muay thai art and techniques.
- The athlete who violates the rules the least.

Scoring advantage is not awarded to:

- The athlete who violates any rule when using his muay thai weapons.
- Muaythai weapons strike on the opponent's arm(s) or leg(s) as his self-defense techniques.
- The hit is light, without power or body weight behind it.
- The athlete kicks on target, his kicking leg is caught by his opponent and he is thrown on the ring floor. The kicker however scores a point, if his leg is caught by the opponent and he pretends to fall on the ring floor (violation of rules).
- Throwing the opponent on the floor without using any muay thai weapon.

Scoring points system:

- Full ten (10) points are given to the winner of the round and his opponent may be given 9 – 8 – 7 points in proportion. Points are not given in fraction.
- For an even round, both athletes score a full ten (10) points (10:10).

The winner of a round scores ten (10) points and the loser scores nine (9) points (10:9)

The clear winner of a round scores ten (10) points and the loser scores eight (8) points (10:8)

The winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores eight (8) points (10:8)

The clear winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores seven (7) points (10:7)

The winner of a round with his opponent having been counted twice that round scores ten (10) points and the loser scores seven (7) points (10:7)

Athletes who have been warned 3 times for the same foul must lose one point in that round.

Scoring Techniques and Attributes



When we judge Muaythai, we're judging it holistically round by round: we're looking at overall who is winning, who is in control of the action, who is dominant in these five categories:

- Damage
- Balance
- Position
- Technique/style
- Composure/control

We're assessing each athlete for these attributes. Of all of these, damage is the easiest to see. The other four categories: balance, position, technique/style, and composure/control are more subtle.

Balance

The athlete's overall ability to absorb, avoid, withstand, and deliver Muay Thai weapons without compromising the integrity of their stance and posture needed to defend and execute powerful attacks.

Position

The athlete's overall ability to control space and distance favors their style and strategy of scoring, while negating or neutralizing their opponent's ability to control their own space and distance needed to successfully score or counter.

Technique/Style

The athlete's overall ability to deliver powerful technique and return to stance to be able to defend. The athlete's overall comparable ability to utilize their Muaythai style while exploiting the opponent's disadvantages.

Composure/Control

The athlete's overall ability to be efficient, clearly display composure in the face of adversity, stress, pain, and fatigue. The athlete's overall ability to control their tempo and their opponent's tempo with a clear intent to utilize an effective strategy.



Preparations to Stop Hemorrhaging

The use of ice may be used to stop hemorrhaging. Ice must be placed in a clear zip lock and sealed.

Excess water or ice on the ring or cage floor shall be wiped off immediately by the seconds.

Corners may also use an enswell, provided the enswell has been approved by the inspector.

USA Muaythai approves the discretionary use of coagulants to stop bleeding from cuts and lacerations sustained during a bout. The following is a list of coagulants for approved use:

- Adrenalin Chloride 1:1000
- Avitene
- Thrombin
- Qwick-AID

To ensure that there is no cross contamination with another vasoconstrictor and to prevent the spread of blood borne infections such as hepatitis and HIV, USA Muaythai approves the use of the above coagulants only in unexpired single dose unopened (sealed) vials. Use of multidose vials is not allowed by USA Muaythai.. Use of pre-opened vials and expired vials is not permitted under any circumstance by USA Muaythai. Use of pre-opened Qwick-AID is not permitted by USA Muaythai.

All coagulants intended for use must be approved prior to the bout by a USA Muaythai official.



Suspensions and Recovery Periods

All participants losing by way of a Technical Knock Out (TKO) resulting from head blows shall receive a medical suspension and shall not participate in any combative sports activity for a minimum period of thirty (30) days. Such suspensions shall include a no contact period.

All participants losing by way of a Knock Out (KO) shall receive a medical suspension and shall not participate in any combative sports activity for a minimum period of sixty days. At the discretion of the physician, longer suspension periods may be issued for either the TKO or KO. Such suspensions shall include a no contact period.

Participants shall receive a mandatory seven-day rest period after competing in an event. Day One (1) of the mandatory rest period shall commence on the first day following the event. Such suspensions shall include a no contact period.

A physician may issue a medical suspension any time he/she believes it to be in the best interest for the safety of an athlete (i.e., high blood pressure at pre-fight physical). In any/all cases, the decision by the physician to issue or extend a suspension is final.

In addition to any stated suspension decision, USA Muaythai may take into consideration the below factors in determining the length of suspension:

Single Occurrence of TKO/KO	
TKO/KO with LOC	30 Days
KO with LOC under 1 minute	90 Days
KO with LOC over 1 minute	180 Days
Single Occurrence of TKO/KO within 90-Day Period after Single Occurrence	
TKO/KO with LOC	90 Days
KO with LOC under 1 minute	180 Days
KO with LOC over 1 minute	360 Days
Third Occurrence of TKO/KO in a 365 Day Period	
TKO/KO without LOC	12 Months
Third KO with LOC (No Time Limit)	18 Months

*LOC is Loss of consciousness



At the conclusion of each bout and the post fight physical, the ringside physician shall fill out a suspension form indicating the length of suspension and signed by the participant. Refusal to do so will result in an indefinite suspension until such time the participant completes a full physical.

Should, after review, USA Muaythai decide to extend the suspension of any participant, a USA Muaythai representative shall send such notice via email to the participant indicating the extension of the suspension and the reason. Sending the suspension via email shall constitute proper service of the notification.



Pre-fight Rituals

Before the bout every athlete must pay homage in accordance with the art and customs of muaythai, accompanied by musical instruments of Javanese oboe: a Javanese tom-tom (drum), and a pair of small cup-shaped cymbals for rhythm. The bout will start after paying homage. Fighters shall Wai 3 times on the ground. (A recording on a PA system is allowed)

Wai Kru music shall not begin until the Referee checks all equipment and seconds show that the mouthpiece is ringside.

Athletes shall shake hands before the beginning of the first round and before the beginning of the final round, symbolizing that they will compete in the spirit of sportsmanship and in accordance with the official rules and regulations.



Divisions & Weight Classes

Pro Male & Female Ages 18+		
CLASS	KG	LBS
Mini Fly Weight	47.62	105
Light Fly Weight	48.99	108
Fly Weight	50.8	112
Super Fly Weight	52.16	115
Bantam Weight	53.52	118
Super Bantam Weight	55.34	122
Feather Weight	57.15	126
Super Feather Weight	58.97	130
Light Weight	61.24	135
Super Light Weight	63.5	140
Welter Weight	66.68	147
Super Welter Weight	69.85	154
Middle Weight	72.58	160
Super Middle Weight	76.2	168
Light Heavy Weight	79.38	175
Super Light Heavy Weight	82.55	182
Cruiser Weight	86.18	190
Heavy Weight	95	209
Super Heavy Weight	95 +	209 +

Amateur Male & Female Ages 18+		
CLASS	KG	LBS
Mini Fly Weight	47.62	105
Light Fly Weight	48.99	108
Fly Weight	50.8	112
Super Fly Weight	52.16	115
Bantam Weight	53.52	118
Super Bantam Weight	55.34	122
Feather Weight	57.15	126
Super Feather Weight	58.97	130
Light Weight	61.24	135
Super Light Weight	63.5	140
Welter Weight	66.68	147
Super Welter Weight	69.85	154
Middle Weight	72.58	160
Super Middle Weight	76.2	168
Light Heavy Weight	79.38	175
Super Light Heavy Weight	82.55	182
Cruiser Weight	86.18	190
Heavy Weight	95	209
Super Heavy Weight	95 +	209 +

YOUTH - AGES 16-17			
MALE		FEMALE	
KG	LBS	KG	LBS
45	99	42	92.4
48	105.6	45	99
51	112.2	48	105.6
54	118.8	51	112.2
57	125.4	54	118.8
60	132	57	125.4
63.5	139.7	60	132
67	147.4	63.5	139.7

YOUTH - AGES 14-15			
MALE		FEMALE	
KG	LBS	KG	LBS
38	83.6	36	79.2
40	88	38	83.6
42	92.4	40	88
45	99	42	92.4
48	105.6	45	99
51	112.2	48	105.6
54	118.8	51	112.2
57	125.4	54	118.8



71	156.2	67	147.4
75	165	71	156.2
81	178.2	75	165
86	189.2	75 +	165 +
91	200.2		
91 +	200.2 +		

60	132	57	125.4
63.5	139.7	60	132
67	147.4	63.5	139.7
71	156.2	67	147.4
75	165	71	156.2
81	178.2	71 +	156.2 +
81 +	178.2 +		

YOUTH - AGES 12-13			
MALE		FEMALE	
KG	LBS	KG	LBS
32	70.4	32	70.4
34	74.8	34	74.8
36	79.2	36	79.2
38	83.6	38	83.6
40	88	40	88
42	92.4	42	92.4
44	96.8	44	96.8
46	101.2	46	101.2
48	105.6	48	105.6
50	110	50	110
52	114.4	52	114.4
54	118.8	54	118.8
56	123.2	56	123.2
58	127.6	58	127.6
60	132	60	132
63.5	139.7	63.5	139.7
67	147.4	63.5 +	139.7 +
71	156.2		
71 +	156.2 +		

YOUTH - AGES 10-11			
MALE		FEMALE	
KG	LBS	KG	LBS
30	66	30	66
32	70.4	32	70.4
34	74.8	34	74.8
36	79.2	36	79.2
38	83.6	38	83.6
40	88	40	88
42	92.4	42	92.4
44	96.8	44	96.8
46	101.2	46	101.2
48	105.6	48	105.6
50	110	50	110
52	114.4	52	114.4
54	118.8	54	118.8
56	123.2	56	123.2
58	127.6	58	127.6
60	132	60	132
63.5	139.7	60 +	132 +
67	147.4		
67 +	147.4 +		



Round Length, Bout Duration, Approved Strikes & Gear

Division	Round Time	Strikes & Gear
Professional Regular & Title	5 x 3 Min Round 1 Min Rest	All strikes are permitted / No Gear
Professional Entertainment	3 x 3 Min Round 1 Min Rest	All strikes are permitted / No Gear
Amateur - Open Title	5 x 3 Min Round 1 Min Rest	All strikes are permitted / Elbow Pads Only
Amateur - Open	3 Rounds 3 Min Round 1 Min Rest	All strikes are permitted Elbow Pads - [Head Gear, Shin Guards Optional]
Amateur - Novice 0-3 Bouts	3 Rounds 2 Min Round 1 Min Rest	Punches, kicks, & elbows to the head are permitted Knees to the head are prohibited Head Gear, Shins Guards, Elbows Pads - [Chest Optional]
Youth 14-17	3 Rounds 2 Min Round 1 Min Rest	Punches, kicks, & elbows to the head are permitted Knees to the head are prohibited Head Gear, Shins Guards, Elbows Pads, Chest Protector
Youth 12-13	3 Rounds 1.5 Min Round 1 Min Rest	Punches & kicks to the head are permitted Knees & elbows to the head are prohibited Head Gear, Shins Guards, Elbows Pads, Chest Protector
Youth 10-11	3 Rounds 1 Min Round 1 Min Rest	All strikes to the head are prohibited Head Gear, Shins Guards, Elbows Pads, Chest Protector
<p>Note - Amateur bouts - Gear requirements and round times are based on the athlete with the lowest experience. IE: Athlete 1 has 4 bouts and athlete 2 has 2 bouts, it is considered a novice bout.</p> <p>Optional gear must be agreed upon by both parties</p>		



Weigh-In's and Weight Loss

Athletes must have at least three (3) hours of rest after the weigh-in, before the beginning of the bout.

Athletes shall be examined at the pre-fight examination to screen for excessive or extreme weight loss practices leading to dehydration.

Between the time of weigh-in and the beginning of the bout, a fighter shall not be permitted to lose and excess of 1% is not allowed.

USA Muaythai Executive Committee reserves the right to conduct any dehydrations test prior to the bout, including but not limited to specific gravity test, skin turgor test, and additional weigh ins.

Fouls

Minimum standards for Professional Muay Thai fouls must include the following:

- Head butting
- Downward pointed elbow strikes – ceiling to floor or 12 to 6 elbow strikes are prohibited
- Strikes to the groin – hits to the groin area/lower abdomen just below the navel called “neb” are permitted. Strikes to the testicles (cup area) are prohibited
- Direct attacks to the knee – side-kicks to the front of a combatants leg are illegal
- Strikes to the back of the head (rabbit punches)
- Strikes to the spine
- Strikes to the throat
- Striking a downed opponent
- Failure to obey the referees commands
- Striking an opponent under the referee’s or physician’s care
- Shoving, throwing, or wrestling an opponent except when pushing in a legal clinch
- Striking when the Referee calls a break
- Striking after the bell has sounded
- Holding the ropes or using the ropes as a weapon – pushing an opponent’s face across the ropes in attempt to cut them is illegal
- Timidity or intentionally avoiding contact
- The use of abusive language or abusive gestures
- Causing intentional delays such as repeatedly spitting out the mouthpiece
- Eye gouging
- Hair pulling
- Biting or spitting
- Holding the opponent’s shorts
- Interference from the fighters corner
- Tripping or sweeping an opponent – it is legal to kick an opponent off their feet. In Muay Thai a kick is considered an action that uses the top of the foot and/or front of the shin. It is possible to hook the foot and kick as long as the top of the foot and/or shin, not the side of the foot make contact with the opponent’s leg
- Hip throws, shoulder throws or leg throws
- Grasping the opponent’s lower back while also forcing an opponent’s spine to hyperextend
- Intentionally falling on an opponent pressing an elbow or knee upon him/her
- Wrestling, back or arm locks or any similar judo or wrestling hold
- Lifting and throwing an opponent to the canvas
- Attempting to “pile drive” an opponent’s head to the canvas
- Catching an opponent’s kick and pushing an opponent for MORE than three steps without attempting to deliver an attacking technique – it is permissible to catch your opponent’s kick, hold the opponent’s leg and take up to three steps. Intentionally falling to the canvas when a fighter’s kick is caught is prohibited – it is considered taking advantage over his opponent ff. Stepping on a fallen opponent