

Muay Thai Rules

Legal Strikes/Techniques: Amateur Muay Thai

- Closed fist or back fists.
- Knees to head and body.
- Forearm strikes, rounded elbows, downward elbows and rising elbows.
- Clinching as long as one (1) fighter is active within the clinch. Referee will break fighters for inactivity (holding, leaning, throwing fake knees) after four (4) seconds.
- Taking an opponent around the waist with both arms and twisting them off balance so they will fall.
- Neck Wrestling: By using neck and shoulder manipulation, you can spin and throw/dump an opponent to the canvas without using any part of your body as a barrier.
- Fighters are allowed to catch their opponent's leg and take one (1) step forward. After one (1) step, the fighter holding the leg must *STRIKE* before taking a second step or more or let go. It is not permitted to hold an opponent's leg and charge him to the ropes. You can "dump" a person if you catch their leg and throw it back towards them causing them to fall backwards but must do so within 2 steps (*see previous*). You can also catch under their knee while they are doing a swing knee and topple them over backwards but must do so within 2 steps (*see previous*).
- Sweeping: Sweeps (*with instep of foot*) are allowed and a fighter may "KICK" his/her opponents supporting leg with the top of their foot or shin.
- Spinning or pulling an opponent over the inside or outside of the leg and dumping him on the ground. However, the leg must clear immediately after the opponent is pulled or tripped over the knee. Clear means that the leg must be moved out of the way *BEFORE* the opponent hits the canvas. This means skipping the leg or slightly jumping to the side (*as long as it is moved from the original position*). Fighter must move the tripping leg while the opponent falls to the ground, or it will be deemed illegal and called a trip.

Explanation of Knockdowns or Standing 8 Count:

Standing 8s and knockdowns *MAY* be determined by the referee if the fighter is knocked down or stunned as a result from opponent's damaging strikes.

Turning your back on your opponent will result in a standing 8 count.

Balance shots where the knocked down fighter rises up immediately after being knocked down *MAY* not be counted as a knockdown or standing 8 count if determined by the referee to be a balance shot. However, if the knocked down fighter does not get up immediately, this may result in a standing 8 count even if originally deemed a balance shot.

Throws/Sweeps are never considered knockdowns.

Fouls: Amateur Muay Thai

- Strikes to the groin or to the front of an opponent's knee
- Direct (Side Kick Style) kicks to the front of a fighter's legs
- Over the hip throws: Using the hip or shoulder to throw an opponent in any kind of judo throw or reap. Stepping across, or in front of, your opponent's leg with your leg and bringing your opponent over your hip.
- Stepping on a fallen opponent. Twisting and pulling an opponent over the side of your body (*and then landing on top*).
- Illegal Trip: It is not permitted to position your foot next to your opponent and twist them over your stationary foot. You must clear the leg as your opponent falls or it is an illegal trip. An athlete *CAN* spin or pull an opponent over the inside or outside of the leg and dump him on the ground. However the leg being used to manipulate and dump the opponent to the ground can *NOT* stay in that position as the opponent goes to the floor. If it is set and stays in that position, that too is an illegal throw (*tripping*). In other words, the leg must clear immediately after the opponent is pulled or tripped over the knee. Clear means that the leg must be moved out of the way *BEFORE* the opponent hits the canvas. This means skipping the leg or slightly jumping to the side (*as long as it is moved from the original position*). Strangely, this means an athlete can trip over a leg but must move the tripping leg while the opponent falls to the ground, or it will be deemed illegal and called a trip.
- It is not permitted to grab an opponent in the clinch and then sweep his legs out using the back of one's own leg or calf. It is only permitted to *KICK* (*roundhouse or using the top of your foot*) an opponent's legs out (*shin, instep*).
- Lifting: It is not permitted to lift an opponent off of the ground in any way to throw them.
- Plowing: It is not permitted to take multiple steps forward after catching opponent's leg driving them into ropes
- Intentionally falling on top of an opponent to either strike with their knee or to intentionally hurt their opponent, by making it look like an accident.

Clothing and Equipment Guidelines: Amateur Muay Thai

REQUIRED:

- Protective groin cup
- Protective mouthpiece properly fitted
- Chest protection/sports bra and pelvic girdle (females only)
- Handwraps
 - Tape permitted on wrists and hands, but not knuckles
 - Regular handwraps secured by tape permitted
 - Handwraps must be signed off by GCA representative
 - Bandaging of each contestant's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the presence of GCA official.
- Muay Thai Gloves (taped and signed off by GCA representative)
- For those matches that include a fighter with less than three (3) fights, headgear and shin guards will be required unless both parties agree to fight without it.
- Thai-boxing shorts, kickboxing shorts, latex bike-style shorts, board shorts, vale tudo shorts

PERMITTED:

- Shin, instep, elbow, and/or knee supports
- Oil on face
- *NEW: Thai oil may be applied to legs only
- Rash guard or fitted top (females only)

*FORBIDDEN:

- Tape over knuckles

- Oil or grease on any part of the competitor's body (other than face & thai oil on legs)
- Apparel or equipment which includes metallic and/or hard plastic and/or edge or surface



Corner-men and Trainer Guidelines: Amateur Muay Thai

- Every fighter is required to have at minimum one corner man and a maximum of two
- Must stay **seated** in their fighter's corner during rounds
- Must stay off the ring floor
- Must obey the referee at all times
- Must conduct themselves with appropriate and proper sportsmanship
- During round breaks, only one corner-man is allowed in the ring/cage.
- Corner-men may spray (not pour) water and apply ice to a fighter in between rounds. No other substance may be applied to the body. The following substances may be applied to cuts with referee observing: petroleum jelly, adrenaline hydrochloride, avitene, and thrombin. Corner-men are responsible to dry the corner area before the next round continues.

How to Win: Amateur Muay Thai

- **Knockout:** Opponent is unable to intelligently defend himself following a strike
- **TKO:**
 - The physician or referee decides the opponent cannot continue due to a cut or other injury.
 - Opponent is taking excessive punishment, fails to show a willingness to continue, or for any reason the referee believes is necessary to preserve the fighter's safety
 - Opponent receives third 8-count within one round, 4th within bout.
- **Forfeit:** Opponent simply cannot or refuses to continue
- **Decision:** When the bout has ended after the specified time without a winner, the decision shall be determined by three judges.
 - Unanimous: All three judges award same contestant
 - Split decision: Two judges score for one contestant, one judge scores for the opponent
 - Majority decision: Two judges score for one contestant, one judges scores a draw
- **Draw:**
 - Unanimous draw – All three judges score the contest a draw
 - Majority draw – Two judges score the contest a draw

- Split draw – All three judges score differently
- **Disqualification:** Opponent is disqualified by the referee

Bout Time Lengths: Amateur Muay Thai

Non-Title Amateur Bouts:

Three (3) rounds, two (2) minutes each, with one (1) minute rest in between rounds.

Title Amateur Bouts:

Five (5) rounds, two (2) minutes each, with one (1) minute rest in between rounds.

Weight Classes: Amateur Muay Thai

Up to 105 lbs	Flyweight (females only)
105.1 lbs – 112 lbs	Super Flyweight
112.1 lbs – 118 lbs	Bantam Weight
118.1 lbs – 126 lbs	Featherweight
126.1 lbs – 135 lbs	Lightweight
135.1 lbs – 147 lbs	Welterweight
147.1 lbs – 160 lbs	Super Welterweight
160.1 lbs – 175 lbs	Middleweight
175.1 lbs – 190 lbs	Cruiserweight
190.1 lbs – 205lbs	Light heavyweight
205.1 lbs – 220 lbs	Heavyweight
Over 220 lbs	Super heavyweight

Contestants are allowed a 1lb allowance when weighing.

GCA may approve catch weight bouts subject to their review and discretion.