

## Amateur Muay Thai Kickboxing Rules

MT-Kickboxing Mandatory Equipment:

Head gear, Mouthpiece, Groin Protector, (preferably metal Thai-style)

Shin & Instep Guard, Chest Guard (women)

Gloves:

Under 100 lbs..... 10oz. 100– 120 lbs .....12oz

121 - 150 lbs..... 14oz 151 lbs and up ..... 16oz

MT Kickboxing General Rules

- No hitting to the back of the neck, throat, groin and joints.
  - No hitting when the opponent is down on the floor or when any part of the body is outside the ring
  - No arm locks, choking, head butts, knee strikes to the head, elbow strikes, biting spitting, and grabbing or holding of the leg.
  - No abusive language or poor sportsmanship in the ring.
  - No holding on the ropes.
  - No dropping of the mouthpiece on purpose.
  - Three two-minute rounds with a one minute rest between rounds
  - Three knocks down in one round will end the fight.
  - Loss of points, disqualification and stoppage of the fight will be determined by the referee.
- The referee may consult with the judges regarding his decisions.
- The referee can call for a standing eight-count and will conduct the count, not the timekeeper.
  - A fighter can be saved by the bell.
  - Bloody nose rule: first time \_\_ clean, Second time \_\_ warning, Third time \_\_ stop the fight
  - Judge should award the round to the fighter who executes the most punches and kicks. In close rounds the winner should be the fighter who executed the more effective blows.
  - Judge will use the 10- point system to score the fight. The winner of the round will receive 10 points and the opponent shall receive lesser amount. If the round is even, each fighter receives 10 points
  - Each fighter will be allowed 2 corner men (only one inside the ring)
  - A third party must verify fighter's weight.
  - A maximum of 5 lbs. weight difference will be allowed between fighters.
  - Youth division is under 17 years old. Youth fighter must be matched within a one year age difference or approved by parent and trainer.
  - Fighters must meet each other and shake hands before fight is set.