



IFMA 2021 Virtual Championships

TECHNICAL HANDBOOK | RULES & REGULATIONS



IFMA *Virtual*
Championships
#MUAYTHAICONNECTS

2021 VIRTUAL CHAMPIONSHIPS

#MuaythaiConnects

NO BORDERS. NO PASSPORTS. NO VISAS.

EVENT TIMELINE



National VC Qualifiers



Registration & VDO Submission



World VC Tournaments



Closing Ceremony World VC



Opening of UTS World Virtual Youth Festival



UTS World Virtual Youth Festival



Closing Ceremony UTS VYF



2021 IFMA VIRTUAL CHAMPIONSHIPS

The 2021 Virtual Championships will consist of 5 Tournaments & Disciplines.

A chance for the IFMA members to compete from their own homes in virtual fields of play over multiple tournament formats to vie for medals over competitions demonstrating muaythai skill, technique, culture, fitness, strength and stamina.

Although the event concept was conceived with the intention of bringing competition back during the onset of the pandemic lockdown in 2020, the success of the first edition ensured that this tournament format is here to stay. The second edition of the event will see two additional disciplines of Mai Muay as a mixed gender team event and the Shadow Ref competition, opening the doors to the virtual field of play for the Technical Officials.

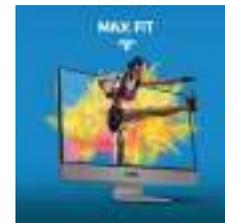
A legacy to continue bringing people together far beyond these challenging times. No borders, no visas, no passports needed. Muaythai Connects us all.



Wai Kru



Shadow Box



Max Fit



Mai Muay



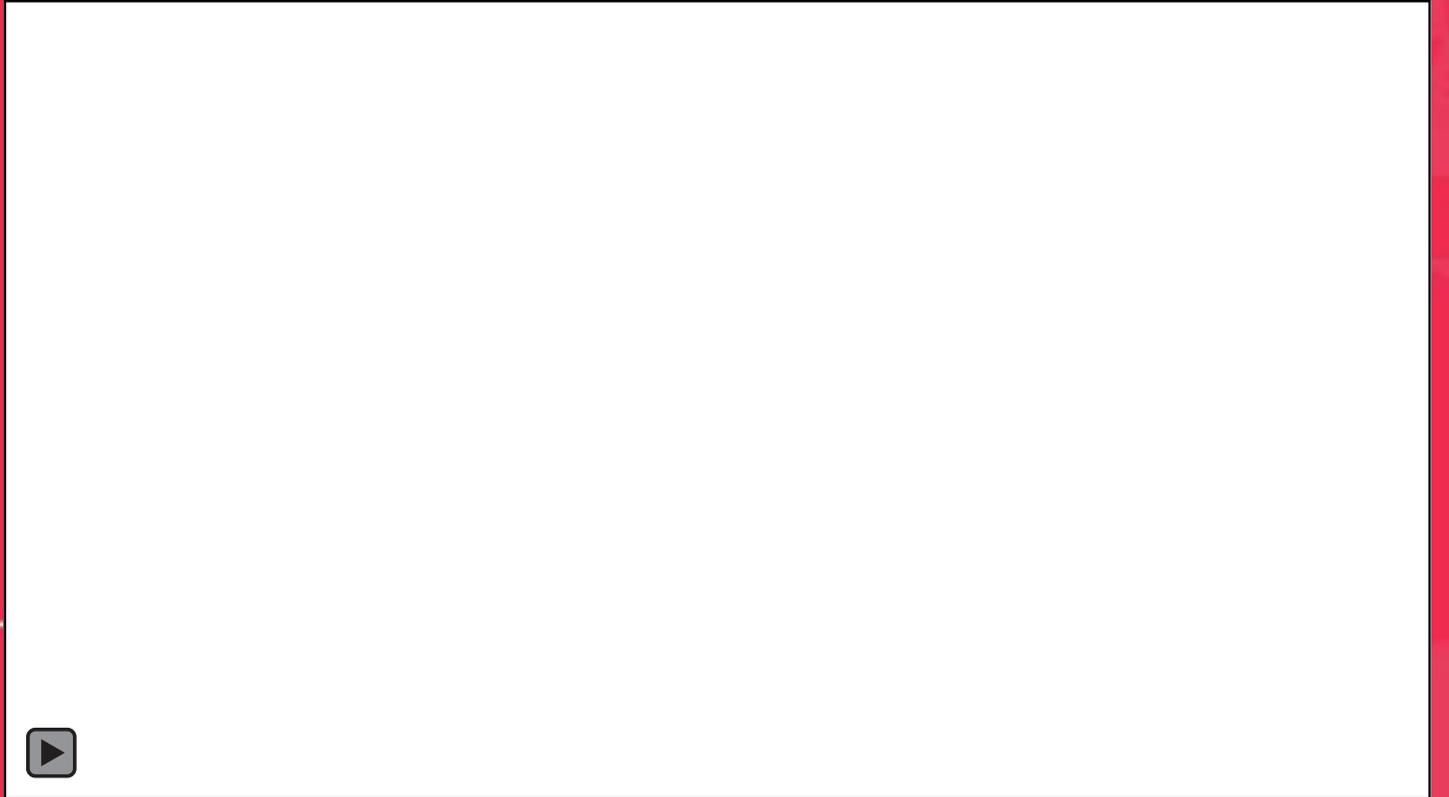
Shadow Ref



Youth Ambassador

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OFFICIAL TRAILER 2021 EDITION



INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS



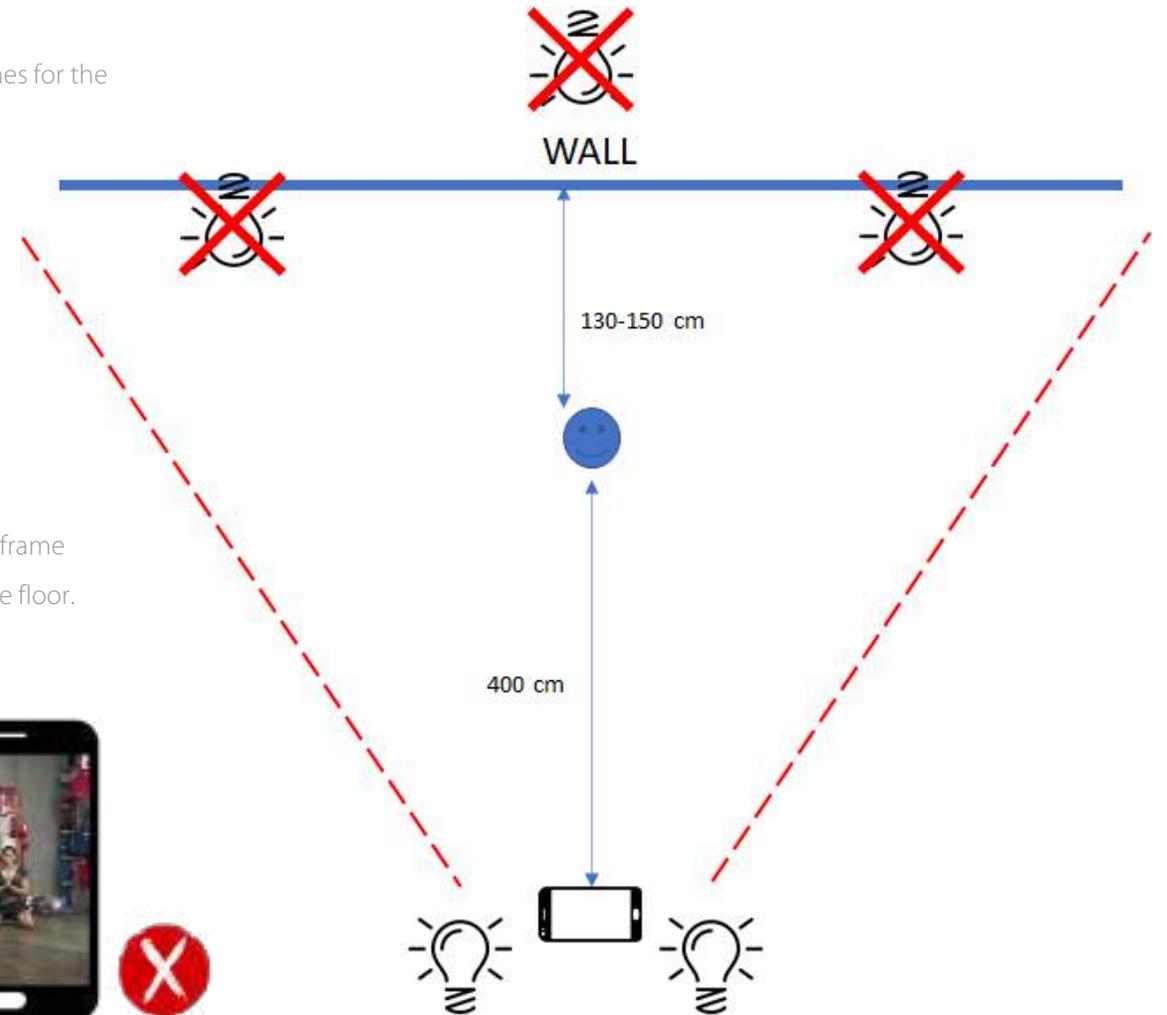
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VIDEO SUBMISSION GUIDELINES

Guidelines for Camera Framing for Competition

It is important that all participants follow the guidelines given when setting up their cameras/phones for the competition so that judges can view each competitor in a uniform view/frame/angle.

1. Cameras must be set up and remain in a static position (no moving/panning is permitted).
2. Measuring from a wall, camera should be positioned max. 400 cm from the wall.
3. Competitor should stand between 130 - 150 cm from the wall
4. Camera/phone must be positioned in LANDSCAPE.
5. Be sure to mark the boundary limits on either side so you know when you are out of frame.
6. Ensure light source is coming from the camera side (no backlighting)
7. For bouts which are competed LIVE online, you will be asked to mark your center position and frame boundaries when you enter the virtual arena. Please make sure you have tape ready to mark the floor.



VDO Submission Technical Requirements:

- Video format (AVI, MPEG-4, MOV)
- Video codec (H.264/MPEG-4 AVC)
- Video resolution (from 1280x720 to 1920x1080)
- Frame rate: 30 or 60 fps
- Screen ratio: (16:9)
- Video orientation: Landscape (Horizontal)Size (up to 200 MB)
- Video should be recorded in a good light with subject lit from the front, please avoid back lighting.
- A tripod/Steadicam could be used for videotaping (optionally).



01

WAI KRU



Rules & Regulations
OSM Approved



Wai Kru

The Wai Kru rules and competition criteria are developed through the close collaboration of the IFMA Culture & Heritage Commission and the One Standard Muaythai.

All rounds will be competed & judged by VDO submission.

VDO Submissions for the Wai Kru competition performance must be uploaded at the time of registration to the online registration platform.

Participants will be drawn into a bracket and judges will score the VDOs to determine the next round. Results and brackets will be live on the system once results are entered by the judges. The same performance will be judged for all proceeding rounds against the next opponent.

[SAMPLE WAI KRU MATCH](#)

Entries

Youths: -10 Co-Ed / -12 Co-Ed / -14 Co-Ed / -16 Co-Ed / -18 Co-Ed

Seniors (18-40 yrs): Male / Female

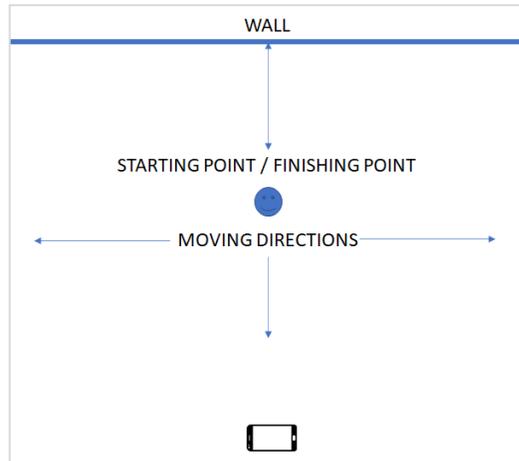
Masters (+40 yrs) : Male / Female

*** Participant Age division to be calculated as of August 1st 2021*



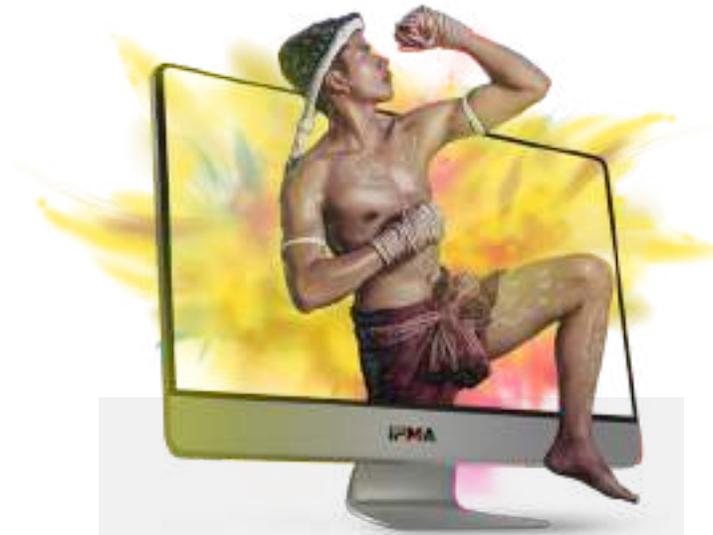
VDO Submission Rules:

- Max. 2 mins
- The Traditional Muaythai music known as “Sarama”, has to be used during the performance
- Direction of Wai Kru performance should be in 3 directions only (Front / Left / Right)



Competition Attire:

- Contestants must be dressed in Muaythai attire including Mongkon & Prajiad.
- Traditional Muay Boran costume or a creative homemade version of the traditional muay boran costume . *Costume creativity is scored.
- Hand wraps or rope bindings may be worn, but no gloves are permitted
- No shoes / No Socks / No Ankle guards



Judging Criteria:

- Timing & Rhythm
- Costume: Proper attire/Creativity
- Artistry: Grace/Continuity/Emotion
- Identity: Quality of postures / Level of postures
- Fulfilment of designated obligatory postures according to division (youth/senior)
- For Youth divisions: Focus point for judging is on creativity without loss of authenticity i.e. throwing of Hand grenade or firing machine guns etc. DO NOT score.
- For Senior divisions: Focus point for judging is on authenticity of movements and postures

Competition Rules:

- The performance must follow the traditional structure : STARTING → PROM NANG (Sitting Postures) → PROM YUEN (Standing Postures)
- Starting postures MUST include:
 1. Thep Panom
 2. Kom Krab
 3. Tha Wai Bangkom
 4. Pathom
 5. Prom
- Movement around the ring should be in the form of the YANG movements. Contestants may choose from the following:
 1. Yang Sam Khum
 2. Yang Suk Ka Sem
 3. Sod Soi Mala
 4. Chang Yaek Plok
 5. Pa Yak Dom Kwang

YOUTH Division :

- Prom Nang postures are up to the contestant
- Prom Yuen postures are up to the contestant

SENIOR Division :

- Prom Nang MUST include 3 of the following 6 postures:
 1. Lab Hok Mokkasak (Kumpakan Lab Hok)
 2. Mekkala Loah Kaew
 3. Song Mek (Tai Mek)
 4. Mae Pra Thoranee Beeb Muay Phom
 5. Sue Lak Hang
 6. Praya Krut Yut Naka
- Prom Yuen MUST include 3 of the following 6 postures:
 1. Yoong Ram Paen
 2. Na Rai Kwang Jak
 3. Chang Choo Nguang
 4. Pra Ram Plaeong Sorn
 5. Kum Pa Kan POUNG Hok
 6. Kun Paen Fun



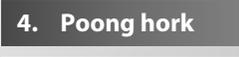
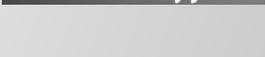
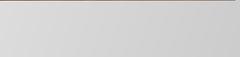
Postures & Identification (TBA)

Starting Postures					
POSTURE	THEP PANOM	KOM KRAB	THAWAI BANGKOM	PATHOM	PROM
IDENTITY	<ol style="list-style-type: none"> Siting on the heel Triangle arms Body upright 	<ol style="list-style-type: none"> Siting on the heel Triangle arms Body upright Repeat two times (Total 3 time) 	<ol style="list-style-type: none"> Arms crossed Bend Down Lean up Thumb to Forehead 	<ol style="list-style-type: none"> Sit Back on right heel, left foot front flat, left knee bent Hands on guard Body upright 	<ol style="list-style-type: none"> Shift body weight to the front leg Bend Down Perform flying motion
					

Prom Nang (Sitting) Postures

POSTURE	LAB HOK MOKKASAK (KUMPAKAN LAB HOK)	MEKKALA LOAH KAEW	SONG MEK (TAI MEK)	MAE PRA THORANEE BEEB MUAY PHOM	SUE LAK HANG	PRAYA KRUT YUT NAKA
IDENTITY	1. Pick up Spear 	1. Prom 2. Gather the marble 	1. Prom 2. Muan muay return 3. Song mek 3 time 	1. Prom 2. Lo na muan pom 	1. Prom 2. Tiger stance 	1. Pyakrut 
	2. Pray 	3. Moving the marble 	4. Stand up 5. Kuang mad 6. Taimek 3 times 	3. Lo na muan pom 	3. Low Squat 4. Tiger move 	2. Yud na ka 3. Tear naka nody 4. Tear naka nody 5. Sodsoi mala 
	3. Secret Spear 	4. Sod soi mala 5. Berg fah 		4. Sod soi mala 5. Kinnaree lieb tam 	5. Tepnimind 	6. kin naree 
	4. Prom					
	5. Sod soi mala					

Prom Yuen (Standing) Postures

POSTURE	NOK YOONG RAM PAEN	NA RAI KWANG JAK	CHANG SABAD NGUANG	PRA RAM PAENG SORN	KUM PA KAN POUNG HOK	KUN PAEN FUN MAHN	
IDENTITY	<p>1. Pick up Spear</p> 	<p>1. Yang samkhum</p> 	<p>1. Pya hong</p> 	<p>1. Pranob sorn</p> 	<p>1. Tab sorn</p> 	<p>1. Rab hork from pra prom</p> 	<p>1. Carry dab</p> 
	<p>2. Sod soi mala</p> 	<p>2. Kuang jak</p> 	<p>2. Elephant trunk up and move</p> 	<p>2. Yib kan sorn</p> 	<p>2. Leng sorn</p> 	<p>2. Choop hork</p> 	<p>2. Chak dab</p> 
		<p>3. Sod soi mala</p> 	<p>3. Chang sawadee 3 times</p> 	<p>3. Yib kan sorn</p> 	<p>3. Nao sorn</p> 	<p>3. Gnue hork</p> 	<p>3. Fun dab</p> 
		<p>4. Kinnaree lieb tam</p> 	<p>4. - Elephant dance</p> 	<p>4. Paeng som</p> 	<p>4. Poong hork</p> 	<p>4. Tad mai komnam</p> 	
		<p>5. Narai carry jak</p> 			<p>5. Du dasakorn</p> 	<p>5. Ma yong</p> 	

SYSTEM OF SCORING

Wai Kru Performances will be judged according to the following criteria:

1. 2 points for "Identity": Quality & Authenticity of the postures performed
2. 3 points for performance of all obligatory postures in the Starting/Sitting & Standing portions.
3. 1 point for direction & movement (use of yang for connecting postures)
4. 1 point for better timing & rhythm
5. 1 point for better Artistry: Grace & Emotion
6. 1 point for better Physicality: Balance/Power/Continuity of the postures
7. 1 point for better costume

Total is 10 points

SAMPLE WAI KRU BOUT

For your reference, see a Virtual Wai Kru Bout form the last event:

[SAMPLE WAI KRU MATCH](#)

SAMPLE WAI KRU BY MASTER

Here is an example of a Full Wai Kru performance by a Master from the IFMA Culture & Heritage Commission. This is only an example and is not intended be recreated as a VDO submission for VC Wai Kru participants.

[EXAMPLE WAI KRU](#)



WAI KRU SCORE SHEET

DATE	JUDGE	COUNTRY
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CRITERIA	MAX POINTS	RED	BLUE
		NAME: COUNTRY:	NAME: COUNTRY:
Identity: Quality of Postures / Authenticity	2		
Fulfillment of Obligatory Postures Starting/Sitting/Standing	3		
Direction & Movement	1		
Timing & Rhythm	1		
Artistry: Grace/Emotion	1		
Physicality: Balance/Continuity	1		
Costume	1		
TOTAL SCORE	10		
WINNER		<input type="checkbox"/> RED	<input type="checkbox"/> BLUE

[DOWNLOAD SCORESHEET](#)



02

SHADOW BOX

15





Shadow Box

This competition will focus on the contestants' ability to demonstrate the skill and technique in the art of Muaythai.

This will be competed via VDO Submission which participants must submit at the time of registration by uploading to the online registration platform.

Participants will be drawn into a bracket, and their submitted VDOs will be judged against their opponent.

Winners will advance to the next round on the bracket and will their VDO will be judged against the next opponent's VDO.

[SAMPLE SHADOW BOX MATCH](#)



It shall be competed over 3 rounds, with each round focusing on a designated set of criteria:

Round 1: Judging Focus: *SLOW / WARM-UP*

- display all 8 weapons
- technique
- movement
- balance
- defence
- combinations
- not single strikes

Round 2: Judging Focus: *SHOW COUNTER & DEFENCE*

- display all 8 weapons
- technique
- movement
- balance
- defence
- combinations
- not single strikes

Round 3: Judging Focus: *SHOW SPEED*

- display all 8 weapons
- technique
- movement
- balance
- defence
- combinations
- not single strikes



Shadow Box Divisions

- Youths: -10 Male / -10 Female / -11 Male / -11 Female / -12 Male / -12 Female / -13 Male / -13 Female / -14 Male / -14 Female / -15 Male / -15 Female / -16 Male / -16 Female / -17 Male / -17 Female / -18 Male / -18 Female
- Seniors (18-40 yrs): Male / Female
- Masters (+40 yrs) : Male / Female

*** Participant Age division to be calculated as of August 1st 2021*

Shadow Box Rounds & Times

- Under 10 - Under 13 > 3 rounds x 30 seconds
- Under 14 – Under 15 > 3 rounds x 45 seconds
- Under 16 - Under 18 > (3 rounds x 1 min)
- Senior 18-40 > (3 rounds: 1st round 2 min, 2nd & 3rd round 1 min)
- Masters – 40+ > (3 rounds x 1 min)

VDO Submission Rules

- Each participant entry must submit three (3) VDO clips for each Round (1,2, & 3)
 - Round 1: Demonstrating slow/ warm up
 - Round 2 : Demonstrating counter & defense
 - Round 3: Demonstrating Speed
- Each VDO Clip must be clearly labelled and uploaded according to the relevant round.
- Participants must use the round timings according to the age division in which they are competing

Competition Attire:

- Shorts (preferably muaythai shorts) with no visible branding
- T-shirt or singlet (preferably Red/Blue/Black or White) with no visible branding
- Hand wraps may be worn, but no gloves are permitted
- No shoes
- No socks or ankle guards



SYSTEM OF SCORING

Shadow Boxing matches will be judged according to the following criteria:

- display all 8 weapons
- technique
- movement
- balance
- defence
- combinations
- not single strikes

For each round, the judging shall be focused as follows:

1. Round 1: Slow / Warm-up
2. Round 2: Show Counter & Defence
3. Round 3: Show Speed & Strength



SHADOW BOX SCORE SHEET

DATE	JUDGE	COUNTRY
AGE/CATEGORY		

RED		BLUE	
NAME		NAME	
COUNTRY		COUNTRY	
POINTS	ROUND	POINTS	
	1 SHOW WARM-UP		
	2 SHOW COUNTER & DEFENCE		
	3 SHOW SPEED & STRENGTH		
	TOTAL SCORE	TOTAL SCORE	
	TOTAL		
RED	OVER-ALL WINNER	BLUE	

< 7 POINTS	8 - 15 POINTS	> 16 POINTS
10 - 9	10 - 8	10 - 7

SYSTEM OF SCORING:

CRITERIA	MAX POINTS
Display all 8 weapons	2
Technique	2
Movement	1
Balance	1
Defence	1
Combinations	1
Not single strikes	1
ROUND 1 - Slow Warm Up	
ROUND 2 - Counter/Defence	1
ROUND 3 - Speed & Strength	

DOWNLOAD SCORESHEET

BREAKDOWN OF A SCORESHEET

Let's take a look at a sample scoresheet for a Shadow Box Bout...



SHADOW BOX SCORE SHEET

DATE	15.07.20	JUDGE	Jane Doe	COUNTRY	AUS
AGE/CATEGORY	Senior Female				

RED			BLUE		
NAME	Max Mueller		NAME	Giorgio Vita	
COUNTRY	GER		COUNTRY	ITA	
POINTS		POINTS			POINTS
10		9		10	10
9		10		9	10
10		9		9	10
TOTAL SCORE	29		TOTAL SCORE	28	
RED	10		BLUE	9	

= 7 POINTS	= 16 POINTS	= 16 POINTS
10 - 9	10 - 8	10 - 7

SYSTEM OF SCORING

CRITERIA	MAX POINTS
Display all 8 weapons	1
Technique	1
Movement	1
Balance	1
Defence	1
Combinations	1
Not single strikes	1
ROUND 1 = Slow Warm Up	
ROUND 2 = Counter/Defence	1
ROUND 3 = Speed & Strength	

- Using the given System of scoring, give marks to each contestant for each round
- Keep the tally of scores in the designated fields.
- Score the round using 10-point must system
- Add up the total score of all the rounds
- Using the 10-point must system, score the over-all winner based on the total score.

SAMPLE SHADOW BOX BOUT

For your reference, see a Virtual Shadow Box Bout form the last event:

SAMPLE SHADOW BOX MATCH



03

MAX FIT





MAX FIT

This competition will focus on contestants' strength, power and stamina. It shall be competed over 3 rounds, with each round requiring contestants to complete as many of a designated exercise/drill within the allotted time per round.

- Round 1 drills will focus on Core
- Round 2 drills will focus on Power/Strength/Conditioning (focus on upper body)
- Round 3 drills will focus on Speed/Agility/Coordination (focus on lower body)

All the drills have been designed by the IFMA in close collaboration with other GAISF/Olympic recognised sport federations including UIPM – modern pentathlon, ICU – Cheerleading, FIG – Gymnastics, IJF – Judo and IPF – Powerlifting.

Contestants will be scored on the number of reps they can complete, as well as the quality and control demonstrated while performing the reps.

The tournament will be competed by VDO Submission and scored by 2-3 Judges. Participants will be drawn into a bracket, and their submitted VDOs will be judged against their opponent. Those that advance to the next round will have their next round VDO submission judged against their next opponent.

[SAMPLE MAX FIT MATCH](#)

Competition Attire:

- Contestants must wear:
 - Shorts or leggings with no visible branding
 - T-shirt or singlet (preferably Red/Blue/Black or White) with no visible branding
 - Sports shoes (recommended) or bare foot (optional)

Max Fit Divisions

- Youths: -10 Male / -10 Female / -11 Male / -11 Female / -12 Male / -12 Female / -13 Male / -13 Female / -14 Male / 14 Female / -15 Male / -15 Female / -16 Male / -16 Female / -17 Male / -17 Female / -18 Male / -18 Female
- Seniors (18-40 yrs): Male -75KG / Male 75+KG /
 Female -60KG / Female 60+KG
- Masters (+40 yrs) : Male -75KG / Male 75+KG /
 Female -60KG / Female 60+KG

*** Participant Age division to be calculated as of August 1st 2021*

Max Fit Rounds & Times

- Under 10 - Under 13 > 3 rounds x 30 seconds
- Under 14 – Under 15 > 3 rounds x 45 seconds
- Under 16 – Under 18 – Female >3 rounds x 1 min
- Senior 18-40 > 3 rounds: 1st round 2 min, 2nd & 3rd round 1 min
- Masters – 40+ > 3 rounds x 40 seconds

All Participants are required to use the designated Audio Guide to control the timing of the rounds for the recording of their VDO Submission. Please see the Audio Guides section.

VDO Submission Rules:

- All participants will be required to submit all 4 competition VDOs for all the rounds of the competition at the time of registration by uploading to the online registration platform. A registration will be deemed as incomplete, and participant will not be included into the draw unless all 4 VDOs are uploaded
- In order to ensure that all participants within a given age division are competing with the correct round timing and drills, all participants VDOs must be recorded using the relevant Audio Guide provided, corresponding to their age division and round of competition (preliminary, quarter final, semi final and final .



Youth -18, Masters & Seniors

Designated Match Drills

Preliminary Match Drills For Youth -18, Seniors & Masters		
Round 1	Round 2	Round 3
In and Out Plank Jacks	Table Top Toe Touches	Squat Kicks
WATCH VDO	WATCH VDO	WATCH VDO

Quarter Final Match Drills For Youth -18, Seniors & Masters		
Round 1	Round 2	Round 3
Prone Hand Claps	Row Push-Ups	Fighting Stance to Sprawl
WATCH VDO	WATCH VDO	WATCH VDO

Semi Final Match Drills For Youth -18, Seniors & Masters		
Round 1	Round 2	Round 3
Plank with Alternating Limb Raises	Modified Push-Up	V Lunges
WATCH VDO	WATCH VDO	WATCH VDO

Final Match Drills For Youth -18, Seniors & Masters		
Round 1	Round 2	Round 3
Asymmetric Plank Variation 2	Plank Extensions	Human Scale
WATCH VDO	WATCH VDO	WATCH VDO

Youth -10 to -16

Designated Match Drills

Preliminary Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Up and Down Planks	Walk-out Push-ups	Shuffle Jump Squat
WATCH VDO	WATCH VDO	WATCH VDO

Quarter Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Tuck Jumps	Single Arm Scapular Push-Ups	Air Squat
WATCH VDO	WATCH VDO	WATCH VDO

Semi Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
V-Up to Russian Twist	Alligator Jumps	180 Lunge Jumps
WATCH VDO	WATCH VDO	WATCH VDO

Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Asymmetric Plank Variation 1	Pike Push-Up	Dead Lift Hop
WATCH VDO	WATCH VDO	WATCH VDO

MAX FIT

AUDIO GUIDES

26



AUDIO GUIDES

The use of the Audio Guides for the recording of the VDO submission is OBLIGATORY. VDOs submitted without the use of the Audio Guide will not be accepted and disqualified. The Audio Guide have been created to ensure the same timing standard is observed across all participants' VDO submissions.

Please ensure to use the correct Audio Guide that corresponds to the Round of Competition being competed and the age division of the participant to ensure the correct timing of the round is applied.

The VDO submission of each round must be recorded in one long, and unedited recording with the Audio Guide playing during the recording.

Any edited VDOs with graphics, text or cuts will not be accepted and disqualified.

Max Fit Rounds & Times

- Under 10 - Under 13 > 3 rounds x 30 seconds
- Under 14 – Under 15 > 3 rounds x 45 seconds
- Under 16 – Under 18 – Female >3 rounds x 1 min
- Senior 18-40 > 3 rounds: 1st round 2 min, 2nd & 3rd round 1 min
- Masters – 40+ > 3 rounds x 40 seconds





PRELIMINARY ROUND BOUTS

Preliminary Match Drills For Youth -10 until -13			AUDIO GUIDE
Round 1: 30 secs	Round 2: 30 secs	Round 3: 30 secs	
Up and Down Planks	Walkout Push Ups	Shuffle Jump Squat	

Preliminary Match Drills For Youth -14 until -15			AUDIO GUIDE
Round 1: 45 secs	Round 2: 45 secs	Round 3: 45 secs	
Up and Down Planks	Walkout Push Ups	Shuffle Jump Squat	

Preliminary Match Drills For Youth – 16 to -18			AUDIO GUIDE
Round 1: 60 secs	Round 2: 60 secs	Round 3: 60 secs	
In and Out Plank Jack	Table Top Toe Touches	Squat Kicks	

Preliminary Match Drills For Seniors			AUDIO GUIDE
Round 1: 120 secs	Round 2: 60 secs	Round 3: 60 secs	
In and Out Plank Jack	Table Top Toe Touches	Squat Kicks	

Preliminary Match Drills For Masters			AUDIO GUIDE
Round 1: 40 secs	Round 2: 40 secs	Round 3: 40 secs	
In and Out Plank Jack	Table Top Toe Touches	Squat Kicks	



QUARTER FINAL ROUND BOUTS

Quarterfinal Match Drills For Youth -10 until -13			AUDIO GUIDE
Round 1: 30 secs	Round 2: 30 secs	Round 3: 30 secs	
Tuck Jumps	Single Arm Scapular Push-Up	Air Squat	

Quarterfinal Match Drills For Youth -14 until -15			AUDIO GUIDE
Round 1: 45 secs	Round 2: 45 secs	Round 3: 45 secs	
Tuck Jumps	Single Arm Scapular Push-Up	Air Squat	

Quarterfinal Match Drills For Youth - 16 to -18			AUDIO GUIDE
Round 1: 60 secs	Round 2: 60 secs	Round 3: 60 secs	
Prone Hand Claps	Row Push-up	Fighting Stance to Sprawl	

Quarterfinal Match Drills For Seniors			AUDIO GUIDE
Round 1: 120 secs	Round 2: 60 secs	Round 3: 60 secs	
Prone Hand Claps	Row Push-up	Fighting Stance to Sprawl	

Quarterfinal Match Drills For Masters			AUDIO GUIDE
Round 1: 40 secs	Round 2: 40 secs	Round 3: 40 secs	
Prone Hand Claps	Row Push-up	Fighting Stance to Sprawl	



SEMI FINAL ROUND BOUTS

Semi Final Match Drills For Youth -10 until -13			AUDIO GUIDE
Round 1: 30 secs	Round 2: 30 secs	Round 3: 30 secs	
V-Up to Russian Twist	Alligator Jumps	180 Lunge Jumps	

Semi Final Match Drills For Youth -14 until -15			AUDIO GUIDE
Round 1: 45 secs	Round 2: 45 secs	Round 3: 45 secs	
V-Up to Russian Twist	Alligator Jumps	180 Lunge Jumps	

Semi Final Match Drills For Youth – 16 to -18			AUDIO GUIDE
Round 1: 60 secs	Round 2: 60 secs	Round 3: 60 secs	
Plank w/ Alternating Limb Raises	Modified Push Up	V lunges	

Semi Final Match Drills For Seniors			AUDIO GUIDE
Round 1: 120 secs	Round 2: 60 secs	Round 3: 60 secs	
Plank w/ Alternating Limb Raises	Modified Push Up	V lunges	

Semi Final Match Drills For Masters			AUDIO GUIDE
Round 1: 40 secs	Round 2: 40 secs	Round 3: 40 secs	
Plank w/ Alternating Limb Raises	Modified Push Up	V lunges	



FINAL ROUND BOUTS

Final Match Drills For Youth -10 until -13			AUDIO GUIDE
Round 1: 30 secs	Round 2: 30 secs	Round 3: 30 secs	
Asymmetric Plank V 1	Pike Push-Up	Dead Lift Hop	

Final Match Drills For Youth -14 until -15			AUDIO GUIDE
Round 1: 45 secs	Round 2: 45 secs	Round 3: 45 secs	
Asymmetric Plank V 1	Pike Push-Up	Dead Lift Hop	

Final Match Drills For Youth – 16 to -18			AUDIO GUIDE
Round 1: 60 secs	Round 2: 60 secs	Round 3: 60 secs	
Asymmetric Plank V 2	Plank Extensions	Human Scale	

Final Match Drills For Seniors			AUDIO GUIDE
Round 1: 120 secs	Round 2: 60 secs	Round 3: 60 secs	
Asymmetric Plank V 2	Plank Extensions	Human Scale	

Final Match Drills For Masters			AUDIO GUIDE
Round 1: 40 secs	Round 2: 40 secs	Round 3: 40 secs	
Asymmetric Plank V 2	Plank Extensions	Human Scale	

SYSTEM OF SCORING

This competition will be focused on judging the contestant's level of strength, power & stamina based on their performances of a set of designated drills.

Please ensure you have watched all the VDO clips of each of the drills to ensure you understand how an ideal repetition should be performed to score.

There will be pre-customised score-sheets for each of the competition rounds according to the designated drills assigned for each bout.

Although the scoresheet will provide a space for judges to keep a tally on the number of repetitions performed by each contestant, the winner of a round shall be decided according to their performance as a whole and not solely on the number of repetitions completed.

Integrity, stance, posture, over-all clean execution etc., should also be taken into consideration when deciding the winner of a round.

Each round shall be scored in accordance with the 10-point must system.

[DOWNLOAD SCORESHEETS](#)

- Round 1 drills will focus on Core
- Round 2 drills will focus on Power/Strength/Conditioning (focus on upper body)
- Round 3 drills will focus on Speed/Agility/Coordination (focus on lower body)

MAX FIT SCORE SHEET
Abstrax/Sevion 76-10: Quarter Final Round

DATE		JUDGE		COUNTRY	
CATEGORY					
NAME RED			NAME BLUE		
COUNTRY			COUNTRY		

COUNT TALLY		ROUND 1		COUNT TALLY	
REPS	REPS	FRONT PLANK CLAP	REPS	REPS	REPS
Take a point multiplier					
TOTAL TALLY POINTS					
RED		WINNER ROUND 1		BLUE	

COUNT TALLY		ROUND 2		COUNT TALLY	
REPS	REPS	TABLE TOP ONE TOUCHES	REPS	REPS	REPS
RED		WINNER ROUND 2		BLUE	

COUNT TALLY		ROUND 3		COUNT TALLY	
LEFT	RIGHT	PLANKS	LEFT	RIGHT	
RED		WINNER ROUND 3		BLUE	

DETERMINED BY CHIEF OF TD					
REPS	REPS	REPS	REPS	REPS	REPS
RED		WINNER			BLUE
COUNTRY			COUNTRY		

MAX FIT SCORE SHEET
Year 10-15: Semi Final Round

DATE		JUDGE		COUNTRY	
CATEGORY					
NAME RED			NAME BLUE		
COUNTRY			COUNTRY		

COUNT TALLY		ROUND 1		COUNT TALLY	
REPS	REPS	MOUNTAIN CLIMBER		REPS	REPS
RED		WINNER ROUND 1		BLUE	

COUNT TALLY		ROUND 2		COUNT TALLY	
LEFT	RIGHT	SHOULDER PUSH-UP	LEFT	RIGHT	
RED		WINNER ROUND 2		BLUE	

COUNT TALLY		ROUND 3		COUNT TALLY	
LEFT	RIGHT	SHOULDER	LEFT	RIGHT	
RED		WINNER ROUND 3		BLUE	

DETERMINED BY CHIEF OF TD					
REPS	REPS	REPS	REPS	REPS	REPS
RED		WINNER			BLUE
COUNTRY			COUNTRY		

BREAKDOWN OF A SCORESHEET

Let's take a look at a scoresheet for a Senior Quarter Final Max Fit Bout...

- Round 3 : Perform as many V-lunges. This drill is split between Left and Right for each half of the round. See the corresponding instructional [VDO](#) for clarification on how an ideal rep should be performed.
- To Score this, use the COUNT TALLY box to track the number of reps done of each exercise.
- After both contestants have completed the round, also consider the quality, integrity, execution of the performance to score the winner of the round with the winner receiving 10 and loser receiving either 9, 8 or 7.

MAX FIT SCORE SHEET

Masters/Senior/16-18: Quarter Final Round

DATE: 15.09.21		JUDGE: Jane Doe		COUNTRY: THA	
CATEGORY: Senior Female -60KG					
RED			BLUE		
NAME: Suzie Wong			NAME: Maria Lopez		
COUNTRY: HKG			COUNTRY: ESP		

COUNT TALLY		ROUND 1	COUNT TALLY	
HANDS TAP THIGH (L)	HANDS CLAP BEHIND BACK (R)	PRONE HAND CLAPS	HANDS TAP THIGH (L)	HANDS CLAP BEHIND BACK (R)
19 = 19	= 5		20 = 20	11 = 11
19	10	Tally points multiplier	20	22
29		TOTAL TALLY POINTS	42	
RED	9	WINNER ROUND 1	10	BLUE

COUNT TALLY		ROUND 2	COUNT TALLY	
		TABLE-TOP TOE TOUCHES		
22 = 22			23 = 23	
RED	10	WINNER ROUND 2	9	BLUE

COUNT TALLY		ROUND 3	COUNT TALLY	
LEFT	RIGHT	V-LUNGES	LEFT	RIGHT
15 = 15	15 = 15		13 = 13	17 = 17
RED = 30	9	WINNER ROUND 3	10	BLUE = 30

BEHAVIOUR IN CASE OF TIE			
RED	ADVICE/REMARKS	BLUE	SCORE
28		29	
RED	WINNER	X	29
COUNTRY: HKG		COUNTRY: ESP	

- Round 1 : Perform as many Prone Hand Claps
 - Hands tap thighs count as 1
 - Hands clap behind back count as 2
- To score this you must consider which version of the rep the contestant has performed – tapping the thigh or clapping hands behind the back. You can use the different tally boxes to keep score. See the corresponding instructional [VDO](#) for clarification on how an ideal rep should be performed.
- In this example, the contestants have started doing the exercise clapping hands behind the back and then switched to the easier version tapping hands to the thighs
- Write the TOTAL TALLY according the tally marks
- Then use the point multiplier accordingly
- Then add up the total points
- Both contestants performed the repetitions well, so the judge scores according to who completed the most repetitions.
- Round 2 : Table-Top Toe Touches
- To score use the COUNT TALLY box to track the number of reps done of each exercise.
- See the corresponding instructional [VDO](#) for clarification on how an ideal rep should be performed.
- After both contestants have completed the round, also consider the quality, integrity, execution of the performance to score the winner of the round with the winner receiving 10 and loser receiving either 9, 8 or 7.
- Even though BLUE came out with the higher total tally points, RED corner performed much cleaner, stronger looking reps. So the Judge has given the round the RED 10-9.

04

MAI MUAY



Rules & Regulations
OSM Approved



MAI MUAY

In line with the IFMA vision towards development towards gender equality, this competition will be competed by mixed gender pairs teams.

This discipline requires the competitors to submit a choreographed Mai Muay demonstration which integrates and showcases the essential fighting art forms of traditional muaythai.

This will be competed & judged by VDO submission.

Participants will be drawn into a bracket and judges will score the VDOs to determine next round. Results and brackets will be live on the system once results are entered by the judges.

Those that advance to the next round will have their VDO submission judged against their next opponent.

Entries

Mai Muay will be a mixed gender Team Event requiring teams of 2, one male and one female.

System of Scoring:

- The Mai Muaythai Competition, shall be scored by three (3) or five (5) Judges to be assigned by the Chairman of the Jury. The Traditional Muaythai music known as “Kaek Jao Sen” must be used during the performance.
- The Highest score is 10 and the lowest is 0.
- Scores will be counted by discounting both the highest and lowest scores, therefore using the totals of the medium votes. Should these scores be equal, only one will be discounted.
- Decision will be given to the total marks regarding Winner in first position and Runner-up in 2nd position.

Judging Criteria:

- Costume authenticity & creativity (Muay Boran)
- Identity: Authentic Postures, Form, Choreography & Teamwork
- Realistic combat: Power, Speed, Control
- Artistry: Continuity, Grace and Emotion

Judge’s Criteria for Awarding Points:

Focus Area	Components	Physicality	Artistry
1	Identity	Speed	Posture connection
2	Movement	Power	Gracefulness
3	Power transfer	Balance	Emotion/feeling
4	Direction		

Team Entries

- Teams of two competitors
- One female competitor
- One male competitor
- Partners must belong to the same age group

Mai Muay Team Divisions

- Youths: -10 / -12 / -14 / -16 / -18
- Seniors: 18-40
- Masters: 40+
- *** Participant Age division to be calculated as of August 1st 2021*



COMPETITION SUBMISSION REQUIREMENTS

- Performers are not required to perform a full wai kru for the Mai Muaythai sequence.
- Performers must begin their sequence by prostrating to the canvas three (3) times before commencement of the Mai Muaythai sequence.
- Maximum time for the Mai Muay sequence is two (2) minutes. 3 points shall be deducted for less or exceeded time.
- Contestants are required to strictly show the full postures in the rules of Mai Muay. 3 points shall be deducted for failure to do so.
- Formats to be performed for Mai Muay There are 3 parts (levels) to be performed:

A. Mae Mai Level

Mae Mai Muaythai is the Main Posture of Muaythai as in the regulation list:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Mae Mai Movement <ol style="list-style-type: none"> 1. Plik Liem 2. Slide 3. Step 2. Mae Mai Mad (Punch) <ol style="list-style-type: none"> 1. Mad Trong (Straight Punch) 2. Mad Wieng (Hook Punch) 3. Mad Ngad (Upper Cut Punch) 3. Mae Mai Sork (Elbow) <ol style="list-style-type: none"> 1. Sork Tee 2. Sork Tad 3. Sork Ngad 4. Sork Sab 4. Mae Mai The (Kick) <ol style="list-style-type: none"> 1. The Chieng 2. The Tad 3. The Twat | <ol style="list-style-type: none"> 5. Mae Mai Kao (Knee) <ol style="list-style-type: none"> 1. Kao Trong 2. Kao Chieng 6. Mae Mai Teep (Push Kick) <ol style="list-style-type: none"> 1. Teep Trong 2. Teep Kang 3. Teep Lhang 7. Mae Mai Defending <ol style="list-style-type: none"> 1. Pad 2. Pid 3. Perd |
|--|--|

B. Look Mai Muaythai Level

Look Mai Muaythai is the Applied Posture from Mae Mai for offending or defending or the combination postures (Pleng Muay) for example.

Teams should include between 7-9 as per their designed choreography.

C. Highest Mai Muaythai Level

Highest Mai Muaythai is the mae mai or look mai that is performed with jumping or turn around for example:

- hanuman yieb long ka
- hiran muanpaen din
- pra ram dern dong
- narai kam samut



SYSTEM OF SCORING

Mai Muay Performances will be judged according to the following criteria:

1. 2 points for "Identity": Quality & Authenticity of the postures performed
2. 3 points for performance of all obligatory postures in the Starting/Sitting & Standing portions.
3. 1 point for better timing & rhythm
4. 2 points for better Artistry: Grace & Emotion
5. 2 points for better Physicality: Balance/Power/Continuity of the postures
6. Total is 10 points



MAI MUAY SCORE SHEET

DATE	JUDGE	COUNTRY
------	-------	---------

CRITERIA	MAX POINTS	RED	BLUE
		NAME COUNTRY:	NAME COUNTRY:
Identity: Quality of Postures / Authenticity	2		
Fulfillment of Obligatory Postures in the Mae Mai Level	1		
Fulfillment of Obligatory Postures in the Look Mai Level	1		
Fulfillment of Obligatory Postures in the Highest Mai Level	1		
Realistic Combat: Power/Speed/Control	1		
Timing & Rhythm	1		
Artistry: Grace/Emotion	1		
Physicality: Balance/Continuity	1		
Costume	1		
TOTAL SCORE	10		
WINNER		<input type="checkbox"/> RED	<input type="checkbox"/> BLUE

DOWNLOAD SCORESHEET

05

SHADOW REFEREE



Shadow Referee

In this category officials will be judged on their skills and their ability to recreate competition scenarios.

VDO submissions will be judged by 3 judges over a 3-5min video.

You may watch an example of a Shadow Ref VDO submission here:

[SAMPLE SHADOW REF VDO](#)

Participants will be drawn into a bracket and winners will advance on.

Participants will be required to imagine themselves to be in a real competition, picture the ring, the athletes and other R&J officials. They must create the scenario using the imagination showing all the compulsory movements and events.

Entries

Shadow Referee Divisions

- Each delegation/country may enter a maximum of 10 entries in total over the four divisions:
 - Male -40 / Male +40
 - Female -40 / Female +40

*** Participant Age division to be calculated as of August 1st 2021*



VDO Submission Rules:

- VDO Submissions must be a minimum of 3 Minutes and maximum of 5 minutes in length.
- Mark your boundary as shown in the Sample VDO.
- Use the Audio Guide to control the timing of your VDO. A bell will indicate the start of your VDO . There will be a signal at the 3 min mark to indicate the minimum required time. Your VDO may be a minimum of 3min but a maximum of 5min. There will be a final bell to signal at the end of 5 mins.

Judging Criteria:

- Use your imagination and creativity to create a scenario bout to showcase your skills in commanding the ring. It is up to the contestant the number of rounds they simulate .
- Submissions must include the minimum required events.
- Movements & gestures should be firm
- Show Fluidity as if in a real bout
- Commands must be loud and clear

Scoring System:

- Judging Focus:
 - Ring Entry
 - Posture/Movement
 - Commands
 - Minimum Required Events
 - End of Bout

Shadow Ref Divisions

- Female +40
- Female -40
- Male +40
- Male -40
- Participant Age division to be calculated as of August 1st 2021
- Maximum 10 entries total per delegation/country over all four divisions

Minimum Required Events:

- 1 x Knock Down : Perform at least one 8-count
- 2 x Cautions : Show caution gesture of at least 2 or more of fouls of your choice.
- 1 x Warning : perform a warning showing the point deduction
- 1 x Break: Simulate actions during the break and starting the next round

[SHADOW REF AUDIO GUIDE](#)



SYSTEM OF SCORING

Shadow Ref VDO Submissions will be judged according to the following criteria:

1. 1 point for the Ring Entry
2. 2 point for Posture & Movement
3. 2 points for Knowledge of the Commands
4. 1 point for Knock Down Count
5. 1 points for Warning
6. 2 points for Caution/Foul
7. 1 point for End of Bout

Total is 10 points



SHADOW REFEREE SCORE SHEET

DATE	JUDGE	COUNTRY
------	-------	---------

		RED	BLUE
CRITERIA	MAX POINTS	NAME: SURNAME: COUNTRY:	NAME: SURNAME: COUNTRY:
Ring Entry	1		
Posture / Movement	2		
Commands	1		
1 x KD Count (min.)	1		
1 x Warning (min.)	1		
2 x Cautions / Fouls (min.)	2		
1 x Break	1		
End of Bout	1		
TOTAL SCORE	10		
WINNER		<input type="checkbox"/> RED	<input type="checkbox"/> BLUE

DOWNLOAD SCORESHEET

06

Youth Ambassador





Youth Ambassador

This category is to give the chance to all aspiring youth leaders to earn their chance at being the official youth representative for the sport of Muaythai.

The winner of this competition (1 male and 1 female) will represent IFMA and muaythai at the UTS World Virtual Youth Festival 2021 in November.

Participants in this competition will need to show confidence, presence, charm and the ability to connect with people to convey their messages of friendship, solidarity, peace and unity.

This will be competed & judged by VDO submission.

SAMPLE MALE YOUTH AMBASSADOR

SAMPLE FEMALE YOUTH AMBASSADOR





VDO Submission Rules:

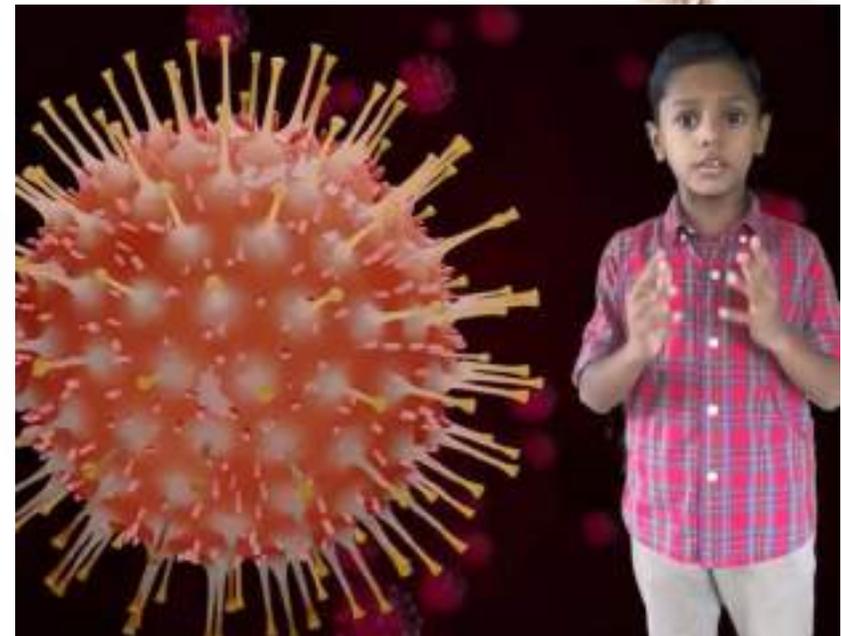
- Max. 3 mins, video can be cut and edited.
- Video is encouraged to have the following:
 - Athlete demonstrating muaythai
 - Why the athlete loves muaythai
 - Background about the athlete
 - Athlete aspirations in life
 - An inspirational message to the world on how to keep positive, healthy and mentally strong during these difficult times
- Video should be recorded in a good light with subject lit from the front, please avoid back lighting.
- Audio should be clear and clean of any background noise.

Judging Criteria:

- Creative muaythai piece
- Message about why the athlete loves muaythai
- Inspirational message

Youth Ambassador Divisions

- Youth Male -18
- Youth Female -18
- Teams may enter maximum of one entry per division





IFMA
Virtual
Championships
#MUAYTHAICONNECTS

No Passports.

No Visas.

No Borders.

muaythai connects us all.