



INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS

# RULES & REGULATIONS FOR INTERNATIONAL COMPETITION

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# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## TABLE OF CONTENTS

<b>REVISION HISTORY .....</b>	<b>13</b>
<b>RULE 1: DEFINITIONS &amp; INTERPRETATION .....</b>	<b>16</b>
1.1: GENERAL DEFINITIONS.....	16
1.1.1: Athlete.....	16
1.1.2: Bout (Contest).....	16
1.1.3: Competition (Division).....	16
1.1.4: Championship (Tournament).....	16
1.1.5: Field of Play (FOP).....	16
1.1.6: Ring.....	16
1.1.7: Contest Area.....	16
1.1.8: Refugee Athlete.....	16
1.2: ATHLETE & PARTICIPATION.....	16
1.2.1: Eligibility.....	16
1.2.2: Age Category.....	16
1.2.3: Weight Class.....	16
1.2.4: Khan Level.....	16
1.2.5: Second (Coach).....	16
1.3: OFFICIALS & GOVERNANCE.....	16
1.3.1: Technical Official.....	16
1.3.2: Team Technical Official (TTO).....	16
1.3.3: National Technical Official (NTO).....	16
1.3.4: International Technical Official (ITO).....	16
1.3.5: Technical Delegate (TD).....	16
1.3.6: Medical Commission Member (MCM).....	17
1.3.7: Chairman of the Jury (COJ).....	17
1.3.8: Jury.....	17
1.3.9: Referee.....	17
1.3.10: Judge.....	17
1.3.11: Timekeeper.....	17
1.4: COMPETITION STRUCTURE.....	17
1.4.1: Draw.....	17
1.4.2: Bye.....	17
1.4.3: Round.....	17
1.4.4: Rest Interval.....	17
1.4.5: Wai Kru.....	17
1.4.6: Mai Muay.....	17
1.5: SCORING & DECISIONS.....	17
1.5.1: Ten-Point Must System.....	17
1.5.2: Scoring Criteria.....	17
1.5.3: Knockdown.....	17
1.5.4: Down.....	17
1.5.5: Count.....	17
1.5.6: Knockout (KO).....	17
1.5.7: Referee Stops Contest (RSC).....	17
1.5.8: Disqualification (DQ).....	17
1.5.9: Walkover (WO).....	18
1.5.10: No Contest (NC).....	18
1.5.11: Draw.....	18



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

1.5.12: Round-by-Round (RbR) Scoring System.....	18
1.5.13: Strike-by-Strike (SbS) Scoring System.....	18
1.6: FOULS & CONDUCT .....	18
1.6.1: Foul.....	18
1.6.2: Caution .....	18
1.6.3: Warning.....	18
1.6.4: Deduction .....	18
1.6.5: Prohibited Techniques.....	18
1.7: MEDICAL & SAFETY .....	18
1.7.1: Medical Examination.....	18
1.7.2: Weigh-In.....	18
1.7.3: Medical Suspension.....	18
1.7.4: Head Injury Protocol.....	18
1.7.5: Protective Equipment.....	18
1.7.6: Team Doctor.....	18
1.8: INTERPRETATION .....	18
1.8.1: Shall .....	18
1.8.2: Should.....	18
1.8.3: May .....	18
1.8.4: Interpretation Priority.....	19
1.8.5: Language Authority.....	19
<b>RULE 2: DISCIPLINES &amp; PATHWAYS .....</b>	<b>19</b>
2.1: DISCIPLINE CATEGORIES .....	19
2.1.1: Muaythai Combat   Full Contact .....	19
2.1.2: Muaythai Technical   Semi Contact.....	19
2.1.3: Muaythai Cultural   No Contact.....	19
2.1.4: Discipline Development.....	19
2.2: APPLICATION OF DISCIPLINES.....	19
2.2.1: Rule Alignment.....	19
2.2.2: Competition Entry .....	19
2.2.3: Discipline Integrity.....	19
2.3: ATHLETE DEVELOPMENT FRAMEWORK .....	20
2.4: GOVERNANCE OF COMPETITIONS .....	20
2.4.1: Sanctioning.....	20
2.4.2: Compliance.....	20
<b>RULE 3: MUAYTHAI COMPETITIONS .....</b>	<b>20</b>
<b>RULE 4: WEIGHT CLASSIFICATIONS.....</b>	<b>20</b>
<b>RULE 5: MINIMUM &amp; MAXIMUM AGE LIMIT FOR ATHLETES.....</b>	<b>22</b>
5.1: AGE LIMITS.....	22
5.1.1: Cut-off Date.....	22
5.1.2: Year of Birth .....	22
5.1.3: Competition Year.....	22
5.2: COMPETITION PATHWAYS.....	22
5.3: AGE CATEGORIES .....	22
<b>RULE 6: KHAN LEVEL REQUIREMENT .....</b>	<b>23</b>
6.1: ATHLETES MINIMUM KHAN BY AGE CATEGORY.....	23
6.2: COACHES AND TECHNICAL OFFICIALS MINIMUM KHAN.....	23
<b>RULE 7: ROUNDS FOR MUAYTHAI COMPETITION.....</b>	<b>24</b>



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

<b>RULE 8: NATIONALITY.....</b>	<b>24</b>
8.1: ATHLETE NATIONALITY .....	24
8.1.1: Identification .....	24
8.1.2: Dual Nationality .....	24
8.1.3: Permanent Resident.....	24
8.1.4: Athletes Book .....	24
8.2: REFUGEE ATHLETE STATUS .....	24
8.2.1: Eligibility .....	24
8.2.2: Entry via Member Federation .....	25
8.2.3: Neutral Designation .....	25
8.2.4: Compliance.....	25
8.2.5: Rights and Quotas.....	25
8.2.6: Designation and Uniforms .....	25
8.2.7: Support Programmes .....	25
<b>RULE 9: PROCEDURES FOR HEAD INJURIES (KOH/RSCH).....</b>	<b>25</b>
9.1: MANDATORY PROBATION PERIOD .....	25
9.2: PROTECTIVE MEASURES.....	25
9.3: MEDICAL CERTIFICATION FOLLOWING PROBATION.....	26
<b>RULE 10: MEDICAL APTITUDE.....</b>	<b>26</b>
10.1: MEDICAL DECLARATION.....	26
10.1.1: Declaration of Non-pregnancy.....	26
10.1.2: Disability Clause .....	26
10.1.3: Minors Safeguarding and Consent.....	27
10.2: BLOOD TESTS.....	27
10.3: COMPETITION MEDICAL CERTIFICATION.....	27
10.4: PROHIBITED CONDITIONS .....	27
10.5: CUTS AND ABRASIONS .....	27
10.6: PHYSICAL READINESS .....	27
<b>RULE 11: MEDICAL EXAMINATION &amp; WEIGH-INS .....</b>	<b>28</b>
11.1: TIMING .....	28
11.1.1: Official Weigh-In .....	28
11.1.2: Pre-Contest Weigh-In .....	28
11.2: MEDICAL EXAMINATION .....	28
11.3: WEIGH-IN .....	28
11.3.1: Attendance.....	28
11.3.2: Clothing & Dress.....	28
11.3.3: Making Weight.....	28
11.3.4: Contentious Circumstance .....	28
11.3.5: Supervision .....	28
11.3.6: Staffing .....	29
11.3.7: Scale .....	29
11.4: FAILED .....	29
<b>RULE 12: ADMINISTRATION OF DRUGS &amp; DOPING .....</b>	<b>29</b>
12.1: DOPING .....	29
12.1.1: Anti-Doping Consent .....	29
12.1.2: Anti-Doping Education Requirement .....	29
12.2: PENALTIES .....	30
12.3: LOCAL ANESTHETICS .....	30
12.4: PROHIBITED DRUGS .....	30



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

<b>RULE 13: FIELD OF PLAY (FOP)</b> .....	<b>30</b>
13.1: COMPETITION AREA SETUP .....	30
13.2: ADDITIONAL RINGS .....	30
13.2.1: FOP Measurement .....	31
13.2.2 Technical & Rural Contest Area.....	32
13.3: MEDIA .....	32
13.3.1: International Social Media Team.....	32
13.3.2: Team Media .....	32
13.3.3: Video Instant Replay .....	32
13.4: SCORING DISPLAY .....	32
<b>RULE 14: THE RING</b> .....	<b>33</b>
14.1: SPECIFICATIONS .....	33
14.1.1: Size .....	33
14.1.2: Platform and Corner Pads.....	34
14.1.3: Floor Covering .....	34
14.1.4: Rope .....	34
14.1.5: Turnbuckles .....	34
14.2: RING EQUIPMENT .....	34
14.3: CORNER ACTIVITY .....	35
<b>RULE 15: ATHLETE EQUIPMENT &amp; DRESS</b> .....	<b>35</b>
15.1: GLOVES.....	35
15.1.1: Certification.....	35
15.1.2: Specification .....	35
15.1.3: Glove Supervision .....	35
15.1.4: When to Remove Gloves .....	35
15.2: BANDAGES & HAND WRAPS .....	35
15.2.1: Tape.....	36
15.2.2: Inspection .....	36
15.3: HEAD GUARD, SHIN GUARD, & ELBOW GUARD .....	36
15.3.1: Head Guard .....	36
15.3.2: Shin Guard & Elbow Guard.....	36
15.4: BODY PROTECTOR.....	37
15.5: GUM SHIELD.....	37
15.6: ANKLE PROTECTION .....	38
15.7: GROIN GUARD.....	38
15.7.1: Male Groin Guards.....	38
15.7.2: Female Groin Guards.....	38
15.8: FEMALE CHEST PROTECTION .....	38
15.8.1: Protective Equipment Review .....	39
15.9: CLOTHING & DRESS.....	39
15.9.1: Shorts .....	39
15.9.2: Shirts.....	40
15.9.3: Mongkon & Prajiad .....	40
15.9.4: Hair.....	40
15.9.5: Head & Body Covers.....	40
15.9.6: Facial Hair .....	41
15.9.7: Prohibited Dress .....	41
15.10: LINIMENT & VASELINE .....	41
15.11: NATIONAL FLAG .....	41
15.11.1: Alpha-3 Country Abbreviation.....	41
15.12: EQUIPMENT & DRESS INFRACTIONS.....	41



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

15.12.1: National Equipment Technical Official.....	41
<b>RULE 16: THE DRAW AND BYES .....</b>	<b>42</b>
16.1: THE DRAW .....	42
16.1.1: Round Robin System.....	43
16.1.2: Double Elimination and Repechage System.....	43
16.1.3: Exceptional Rule .....	43
16.1.4: Non Single Elimination Injuries .....	45
16.2: BYES.....	45
16.3: ORDER OF THE PROGRAM .....	46
16.4: CONTESTS PER COMPETITION DAY.....	46
16.4.1: Additional Contest Rest Allowance .....	46
16.4.2: Maximum Additional Contest .....	46
<b>RULE 17: THE SECOND (COACH) .....</b>	<b>46</b>
17.1: NUMBER OF SECONDS .....	46
17.1.1: Nationality.....	46
17.2: CONDUCT .....	46
17.2.1: During an Active Round.....	46
17.2.2: During the Rest Between Rounds.....	46
17.2.3: At Any Time .....	46
17.3: ATTIRE .....	47
17.4: REQUIRED SUPPLIES.....	47
17.5: COMPULSORY MEETING .....	47
<b>RULE 18: TIMEKEEPER &amp; ANNOUNCER .....</b>	<b>47</b>
18.1: DUTIES OF THE TIMEKEEPER.....	47
18.2: DUTIES OF THE ANNOUNCER.....	47
<b>RULE 19: STARTING A CONTEST .....</b>	<b>48</b>
19.1: PRESENTING FOR COMPETITION .....	48
19.2: PERFORMING THE WAI KRU .....	48
19.3: SHAKING OF HANDS.....	48
19.3.1: Authorised Times.....	48
<b>RULE 20: WAI KRU.....</b>	<b>48</b>
20.1: REQUIREMENT .....	48
20.2: FUNDAMENTAL ELEMENTS.....	48
20.2.1: Krob Kru.....	48
20.2.2: Rai Ram Muaythai.....	48
20.3: MUSIC.....	49
20.4: DURATION .....	49
<b>RULE 21: TECHNICAL OFFICIALS.....</b>	<b>49</b>
21.1: TECHNICAL DELEGATE (TD).....	49
21.2: MEDICAL COMMISSION MEMBER (MCM).....	49
21.3: CHAIRMAN OF THE JURY (COJ) .....	49
21.4: JURY.....	49
21.4.1: Assistant .....	49
21.5: REFEREE.....	49
21.6: JUDGES .....	49
21.6.1: Multi-Sport Tiered Events.....	49
21.7: TIMEKEEPER .....	49
21.8: NEUTRALITY .....	49
21.8.1: Randomised ITO Ring Schedule.....	50



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

21.9: CONFLICT OF INTEREST .....	50
21.9.1: Stakeholder Involvement .....	50
21.10: IMPAIRMENT.....	50
21.11: DISCIPLINARY ACTION.....	50
21.12: DRESS .....	50
21.12.1: Appearance .....	50
21.13: TEAM TECHNICAL OFFICIALS (TTO).....	50
21.14: NATIONAL TECHNICAL OFFICIALS (NTO).....	50
21.15: INTERNATIONAL TECHNICAL OFFICIALS (ITO).....	50
21.15.1: Qualifications .....	51
21.15.2: Obligation of Attendance.....	51
21.16: HONORARY TECHNICAL OFFICIAL .....	52
21.16.1: Technical Officials Statutory Retirement .....	52
21.17: REPORTS TO THE MEDIA.....	52
<b>RULE 22: TECHNICAL DELEGATE (TD) .....</b>	<b>52</b>
22.1: RESPONSIBILITIES .....	52
22.2: DUTIES.....	52
<b>RULE 23: MEDICAL COMMISSION MEMBER (MCM).....</b>	<b>52</b>
23.1: RESPONSIBILITIES .....	52
23.2: DUTIES.....	52
<b>RULE 24: CHAIRMAN OF THE JURY (COJ).....</b>	<b>52</b>
24.1: RESPONSIBILITIES .....	52
24.2: DUTIES.....	52
<b>RULE 25: JURY .....</b>	<b>53</b>
25.1: APPOINTMENT .....	53
25.1.1: Primary Duty .....	53
25.2: ROLES AND SPECIFIC DUTIES .....	53
25.2.1: Head Jury.....	53
25.2.2: Administration Jury.....	53
25.2.3: Protocol Jury.....	53
25.3: GENERAL DUTIES.....	53
25.3.1: Managing a Contest.....	53
25.3.2: Overruling the Referee and/or Judges .....	54
25.3.3: Managing a Technical Official Performance.....	54
25.3.4: Performing Non-Jury Duties .....	54
25.3.5: Reporting to the Chairman of the Jury.....	54
25.4: NEUTRALITY .....	55
25.5: ADDITIONAL DRESS .....	55
<b>RULE 26: REFEREE.....</b>	<b>55</b>
26.1: ADDITIONAL DRESS REQUIREMENTS .....	55
26.1.1: Communication Headsets .....	55
26.2: PRIMARY CONCERN .....	55
26.3: DUTIES.....	55
26.4: POWERS OF THE REFEREE.....	55
26.5: REPLACING THE REFEREE DURING THE CONTEST .....	56
26.6: MEDICAL CONSIDERATIONS.....	56
26.6.1: Compulsory Medical.....	56
<b>RULE 27: JUDGES.....</b>	<b>56</b>
27.1: DUTIES.....	56



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

<b>RULE 28: TEAM DOCTOR</b> .....	<b>56</b>
28.1: APPOINTMENT .....	56
28.2: RESPONSIBILITIES .....	57
28.3: AUTHORITY.....	57
<b>RULE 29: AWARDING OF POINTS</b> .....	<b>57</b>
29.1: SCORING MUAYTHAI SKILL.....	57
29.1.1: Target .....	57
29.1.2: Non-scoring Targets.....	57
29.1.3: Illegal Targets.....	57
29.2: TEN-POINT MUST SYSTEM .....	57
29.2.1: Steps for Awarding Points.....	57
29.2.2: Non-Awarding of Points.....	57
29.2.3: Assignment of a Round's Score.....	58
29.2.4: Deduction of Points.....	58
29.2.5: Method for Applying a Deduction of Points.....	58
29.3: END OF CONTEST .....	58
29.4: REAL TIME SCORING SYSTEM.....	59
29.4.1: Scoring a Muaythai Skill Strike.....	59
29.4.2: Sbs Scoring System Acceptance .....	59
29.4.3: Scoring Modes.....	59
29.4.4: Ten-Point-Must Round Conversion .....	59
29.4.5: Cumulative Round Score .....	59
29.4.6: In Case of a Draw .....	59
29.4.7: If a Winner Cannot be Determined .....	60
<b>RULE 30: DECISIONS</b> .....	<b>60</b>
30.1: WIN ON POINTS (WP) .....	60
30.2: WIN BY REFEREE STOPS CONTEST (RSC).....	60
30.2.1: Safety (RSCS) .....	60
30.2.2: Injury (RSCI).....	60
30.2.3: Head Strike (RSCH) .....	61
30.2.4: Body Strike (RSCB).....	61
30.2.5: Compulsory Count Limit (CCL).....	61
30.3: WIN BY KNOCK-OUT (KO).....	61
30.3.1: Head Strike (KOH).....	61
30.3.2: Body Strike (KOB) .....	61
30.4: WIN BY RETIREMENT (RET).....	61
30.5: WIN BY DISQUALIFICATION (DQ) .....	61
30.6: WIN BY WALK-OVER (WO) .....	61
30.7: NO CONTEST (NC) .....	62
30.8: DRAW .....	62
30.9: INCIDENTS IN THE RING OUTSIDE THE CONTROL OF THE REFEREE .....	62
30.10: ATHLETE OUTSIDE THE RING .....	62
30.11: POST CONTEST ETTIQUETE .....	62
30.12: PROTESTS .....	62
<b>RULE 31: FOULS</b> .....	<b>63</b>
31.1: TREATMENT OF FOULS .....	63
31.1.1: Cautions.....	63
31.1.2: Warnings.....	63
31.1.3: Disqualifications.....	63
31.1.4: Semi Contact (Muaythai Technical) Exceptional Rulings.....	63



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

31.2: TYPES OF FOULS .....	63
31.2.1: <i>Biting, head-butting, spitting</i> .....	63
31.2.2: <i>Pressing on opponent's eyes</i> .....	63
31.2.3: <i>Intentionally using chin to rub</i> .....	63
31.2.4: <i>Intentionally smothering or suffocating an opponent</i> .....	63
31.2.5: <i>Intentionally removing, unfastening, or displacing equipment</i> .....	63
31.2.6: <i>Intentionally expelling or removing the gum shield</i> .....	63
31.2.7: <i>Intending to impact the opponent with the canvas</i> .....	63
31.2.8: <i>Hooking or immobilizing the opponent's legs</i> .....	64
31.2.9: <i>Lifting an opponent</i> .....	64
31.2.10: <i>Locking/hyperextending the opponent's joints</i> .....	64
31.2.11: <i>Striking while holding the ropes</i> .....	64
31.2.12: <i>Falling on to an opponent</i> .....	64
31.2.13: <i>Striking an opponent who is down</i> .....	64
31.2.14: <i>Striking while having any part of the body</i> .....	64
31.2.15: <i>Obstructing an opponent from rising</i> .....	64
31.2.16: <i>Completely passive defence</i> .....	64
31.2.17: <i>Intentionally leaving the Contest Area</i> .....	64
31.2.18: <i>Striking the groin or cervical spine</i> .....	64
31.2.19: <i>Holding the opponent's leg</i> .....	64
31.2.20: <i>Striking an opponent after the round</i> .....	64
31.2.21: <i>Not following the Referee's command</i> .....	64
31.2.22: <i>Attempting to strike the opponent before the Referee</i> .....	64
31.2.23: <i>Useless, aggressive, or offensive utterance</i> .....	64
31.2.24: <i>Assaulting or behaving in aggressive manner</i> .....	64
31.2.25: <i>Applying water to an athlete</i> .....	64
31.2.26: <i>Use of excessive water</i> .....	64
31.2.27: <i>Using any forbidden substance</i> .....	64
31.3: RESTRICTED STRIKES BY DIVISION .....	64
31.3.1: <i>Semi Contact (Muaythai Technical)</i> .....	65
31.4: SECONDS .....	65
31.5: REFEREE CONSULTS JUDGES .....	65
31.6: POST-COMPETITION SANCTIONS .....	65
31.6.1: <i>Review Process</i> .....	65
31.6.2: <i>Sanctions</i> .....	65
31.6.3: <i>Notification</i> .....	65
31.6.4: <i>Appeals</i> .....	65
<b>RULE 32: KNOCKDOWN .....</b>	<b>65</b>
32.1: DEFINITION .....	65
32.1.1: <i>Down</i> .....	65
32.2: THE COUNT .....	65
32.2.1: <i>Starting the Count</i> .....	66
32.2.2: <i>Timing and Signal</i> .....	66
32.2.3: <i>Judge Treatment</i> .....	66
32.3: OPPONENT'S RESPONSIBILITIES .....	66
32.4: MANDATORY 8-COUNT .....	66
32.5: THE KNOCKOUT .....	66
32.6: COUNTING AT THE END OF A ROUND .....	66
32.7: THE SECOND TIME AN ATHLETE GOES DOWN WITHOUT A FRESH STRIKE .....	66
32.8: BOTH ATHLETES KNOCKED DOWN .....	67
32.8.1: <i>Double Knockdown</i> .....	67
32.8.2: <i>Mixed Cause Double Knockdown</i> .....	67



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

32.9: ATHLETE FAILS TO RESUME .....	67
32.10: ATHLETE OUTSIDE THE RING .....	67
<b>RULE 33: MEDICAL DOCTOR &amp; PROCEDURES .....</b>	<b>67</b>
33.1: DUTIES OF THE DOCTOR .....	67
33.1.1: Physical Examination .....	67
33.1.2: Competition Attendance .....	67
33.1.3: Advise the Referee.....	67
33.1.4: Attend an Unconscious Athlete.....	67
33.1.5: Provide Medical Attention .....	68
33.1.6: Post-Contest Examination.....	68
<b>RULE 34: WAI KRU &amp; MAI MUAY COMPETITIONS .....</b>	<b>68</b>
34.1: LIMITATION OF COMPETITIONS.....	68
<b>RULE 35: MINIMUM &amp; MAXIMUM AGE LIMIT FOR ATHLETES.....</b>	<b>68</b>
<b>RULE 36: MEDICAL REQUIREMENT .....</b>	<b>68</b>
36.1: APPLICATION.....	68
36.1.1: Concussion.....	69
36.2: COMPETITION ATTENDANCE .....	69
36.2.1: Attend an Unconscious Athlete.....	69
36.2.2: Provide Medical Attention .....	69
<b>RULE 37: NATIONAL TEAM DIVISIONS .....</b>	<b>69</b>
37.1: TEAM DIVISIONS .....	69
37.1.1: Male .....	69
37.1.2: Female.....	69
37.1.3: Mixed.....	69
<b>RULE 38: TIME FOR COMPETITION .....</b>	<b>69</b>
38.1: TIME FOR WAI KRU COMPETITION .....	69
38.2: TIME FOR MAI MUAY COMPETITION.....	69
38.2.1: Competition Total Time.....	69
38.2.2: Compulsory Completion Time .....	70
<b>RULE 39: FIELD OF PLAY (FOP).....</b>	<b>70</b>
39.1: ADDITIONAL RINGS .....	70
38.2: ADDITIONAL CONTEST AREA.....	70
39.3: MEDIA .....	71
<b>RULE 40: RING EQUIPMENT .....</b>	<b>71</b>
40.1: RING EQUIPMENT .....	71
<b>RULE 41: CONTEST AREA .....</b>	<b>71</b>
41.1: SPECIFICATIONS .....	71
41.1.1: Material.....	72
41.1.2: Size .....	72
41.1.3: Layout.....	72
41.1.4: Staging Area.....	72
<b>RULE 42: ATHLETE EQUIPMENT &amp; DRESS.....</b>	<b>72</b>
42.1: UNIFORM .....	72
42.1.1: Traditional Attire.....	72
42.2: MONGKON & PRAJIAD COLOUR .....	72
42.2.1: Traditional Mongkon.....	72



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

<b>RULE 43: MUSIC .....</b>	<b>73</b>
43.1: WAI KRU TO MAI MUAY.....	73
43.1.1: <i>Wai Kru Contest</i> .....	73
<b>RULE 44: THE DRAW AND BYES .....</b>	<b>73</b>
44.1: THE DRAW .....	73
44.1.1: <i>Contesting System</i> .....	73
<b>RULE 45: THE SECOND (COACH) .....</b>	<b>75</b>
45.1: NUMBER OF SECONDS .....	75
45.1.1: <i>Nationality</i> .....	75
45.2: CONDUCT .....	75
45.2.1: <i>During an Active Round</i> .....	75
45.3: ATTIRE .....	75
45.4: COMPULSORY MEETING .....	75
<b>RULE 46: TIMEKEEPER &amp; ANNOUNCER .....</b>	<b>75</b>
46.1: DUTIES OF THE TIMEKEEPER.....	75
46.2: DUTIES OF THE ANNOUNCER.....	75
<b>RULE 47: STARTING A CONTEST .....</b>	<b>76</b>
47.1: PRESENTING FOR COMPETITION .....	76
47.1.1: <i>Entering the Ring</i> .....	76
47.1.2: <i>Entering the Contest Area</i> .....	76
47.1.3: <i>When to Enter</i> .....	76
47.2: SIGNAL OF STARTING .....	76
47.2.1: <i>Wai Kru Finishes</i> .....	76
47.2.2: <i>Mai Muay Begins</i> .....	76
47.2.3: <i>Mai Muay Finishes</i> .....	76
47.2.4: <i>Present to Jury</i> .....	76
<b>RULE 48: TECHNICAL OFFICIALS.....</b>	<b>76</b>
48.1: COMPETITION MANAGER (CM) .....	76
48.1.1: <i>Responsibilities</i> .....	76
48.1.2: <i>Duties</i> .....	76
48.2: JURY.....	76
48.2.1: <i>Head Jury</i> .....	77
48.2.2: <i>Administration Jury</i> .....	77
48.2.3: <i>Protocol Jury</i> .....	77
48.3: JUDGES .....	77
48.3.1: <i>Qualification</i> .....	77
48.3.2: <i>Obligation of Attendance</i> .....	77
48.4: DRESS .....	77
48.4.1: <i>Appearance</i> .....	78
48.4.2: <i>Uniform</i> .....	78
48.4.3: <i>Additions</i> .....	78
<b>RULE 49: AWARDING OF POINTS.....</b>	<b>78</b>
49.1: SCORING WAI KRU & MAI MUAY .....	78
49.1.1: <i>Authentic</i> .....	78
49.1.2: <i>Completed Postures</i> .....	78
49.1.3: <i>Rhythmic</i> .....	78
49.1.4: <i>Fluidity</i> .....	78
49.1.5: <i>Personality</i> .....	78
49.1.6: <i>Costume</i> .....	78



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

49.2: WAI KRU STARTING POSTURES.....	78
49.2.1: Starting Postures:.....	78
49.3: PROM NANG (SITTING) POSTURES .....	78
49.3.1: Prom Nang (sitting) Postures:.....	78
49.4: PROM YUEN (STANDING) POSTURES.....	78
49.4.1: Prom Yuen (standing) Postures:.....	78
49.5: FINISHING (MOVEMENT) POSTURES .....	79
49.5.1: Finishing (movement) Postures:.....	79
49.6: JOINING (CONNECTION) POSTURES .....	79
49.6.1: Joining (connection) Postures: .....	79
49.7: MAI MUAY AWARDING POINTS.....	79
49.7.1: Performance Realism .....	79
49.7.2: Athlete Fitness.....	79
49.7.3: Other .....	79
49.7.4: Timing.....	79
49.7.5: Target .....	79
49.7.6: Realistic .....	79
49.7.7: Balance.....	79
49.7.8: Continuity.....	79
49.7.9: Conditioning.....	79
49.7.10: Costume .....	79
49.7.11: Spatial Awareness.....	79
49.7.12: Posture List.....	79
49.8: MUAYTHAI SKILL POSTURES .....	79
49.8.1: Basic Skill Posture Groups.....	80
49.8.2: Art of Muay Posture Groups .....	80
49.8.3: High Level Posture Group.....	80
49.9: ONE HUNDRED SCORING SYSTEM .....	80
49.9.1: Final Team Score .....	80
49.9.2: Jury .....	80
49.9.3: Draws .....	80
49.9.4: Time.....	80
49.9.5: Walk Over.....	80
49.10: DURING THE ROUND.....	80
49.10.1: Red and Blue Corner.....	80
49.10.3: Prom Nang/Yuen Four Directions .....	80
49.10.4: Mai Muay.....	81
49.10.5: Out of Ring .....	81
49.10.6: Injury .....	81
49.10.7: Retirement.....	81
<b>RULE 50: DECISIONS .....</b>	<b>81</b>
50.1: WIN BY RANKING (BR).....	81
50.1.1: Standings.....	81
<b>RULE 51: FOULS.....</b>	<b>81</b>
51.1: TREATMENT OF FOULS .....	81
51.1.1: Disqualifications.....	81
51.2: TYPES OF FOULS .....	81
51.2.1: Impolite Posture .....	81
51.2.2: Impolite Motion.....	81
51.2.3: Impolite Attitude .....	81
51.2.4: Improper use of Performance Area.....	81



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

51.2.5: Improper use of Ring .....	81
<b>RULE 52: TOURNAMENT AWARDS .....</b>	<b>81</b>
52.1: PRIZES.....	81
52.1.1: Muaythai, Wai Kru and Mai Muay Medal Awards .....	81
52.2: TEAM STANDINGS .....	81
<b>RULE 53: COMPLIANCE WITH THE RULES .....</b>	<b>82</b>
53.1: UNIFORMITY .....	82
53.2: SUPPLEMENTARY DOCUMENTS.....	82
53.3: RULE REVIEW CYCLE.....	82
<b>APPENDIX I: MUAYTHAI LOR PAO COMPETITION.....</b>	<b>83</b>
<b>APPENDIX II: CHOK LOM MUAYTHAI COMPETITION .....</b>	<b>83</b>
<b>APPENDIX III: KEETA MUAYTHAI COMPETITION.....</b>	<b>83</b>
<b>APPENDIX IV: YOUTH MUAY TALAY COMPETITION .....</b>	<b>83</b>
<b>APPENDIX V: VIRTUAL COMPETITIONS .....</b>	<b>83</b>
<b>APPENDIX VI: ETHICS OF R&amp;JS .....</b>	<b>84</b>
<b>APPENDIX VII: IFMA COMPETITION OATHS .....</b>	<b>85</b>
<b>APPENDIX VIII: CODE OF CONDUCT FOR R&amp;JS .....</b>	<b>86</b>
<b>APPENDIX IX: COMPETITION GUIDANCE (PAPERWORK).....</b>	<b>88</b>
MUAYTHAI JUDGE SCORE CARD AND JURY DECISION SHEETS.....	89
WAI KRU JUDGE SCORE CARD AND JURY DECISION SHEET .....	89
MAI MUAY JUDGE SCORE CARD, JURY POSTURE LIST AND JURY DECISION SHEET .....	90
<b>APPENDIX X: HYPERLINK REFERENCE TABLE .....</b>	<b>91</b>
<b>APPENDIX XI: IFMA MUAYTHAI PILLARS .....</b>	<b>92</b>



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## REVISION HISTORY

Version	Purpose/Change	Changed By	Action Date (DD/MM/YYYY)	Approved By	Action Date (DD/MM/YYYY)
3.0	<p><b>Inclusion of rule</b> 1: Definitions &amp; Interpretation, 2: Disciplines &amp; Pathways, 6: Khan Level Requirement, 8.2: Refugee Athlete Status, 10.1.2: Disability Clause, 10.1.3: Minors Safeguarding and Consent, 10.6: Physical Readiness, 11.3.4: Contentious Circumstance, 11.4: Failed, 12.1.2: Anti-Doping Education Requirement, 13.2.1: FOP Measurement, 13.2.2: Technical &amp; Rural Contest Area, 13.3.1: International Social Media Team Representative, 13.3.2: Team Media, 13.4: Scoring Display, 15.8.1: Protective Equipment Review, 15.12.1: National Equipment Technical Official, 16.1.1: Round Robin, 16.1.2: Double Elimination and Repechage System, 16.1.3: Finals Exceptional Rule, 16.1.4: Non Single Elimination Knockout Systems, 21.4.1: Assistant, 21.6.1: Multi-Sport Tiered Events, 21.8.1: Randomised ITO Ring Schedule, 21.9.1: Stakeholder Involvement, 21.13: Team Technical Officials (TTO), 25.1.1: Primary Duty, 26.1.1: Communication Headsets, 26.6.1: Compulsory Medical, 29.4: Real Time Scoring System, 30.10: Athlete Outside the Ring, 31.1.4: Semi Contact (Muaythai Technical) Exceptional Rulings, 31.2.3: Intentionally using chin to rub, 31.2.17: Intentionally leaving the Contest Area, 31.6: Post-competition sanctions, 40: Ring Equipment, 41: Contest Area, 42.2.1: Traditional Mongkon, 47.1.3: When to Enter, 48.1: Competition Manager (CM), 49.8: Muaythai Skill Postures, 49.10.7: Retirement, 51.2.4: Improper use of</p>	Technical Review Committee	21/04/2023	IFMA Exco	03/05/2026



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

<p>Performance Area, 52.1.1: Muaythai, Wai Kru and Mai Muay Medal Awards, 53.2: Supplementary Documents, 53.3: Rule Review Cycle, Appendix XI: IFMA Muaythai Pillars</p> <p><b>Update to rule 3:</b> Muaythai Competitions, 4: Weight Classifications, 5: Minimum &amp; Maximum Age Limit For Athletes, 7: Rounds for Muaythai Competition, 8.1.4: Athletes Book, 10.1.1: Declaration of Non-pregnancy, 11.1.2: Pre-Contest Weigh-In, 11.3.1: Attendance, 11.3.2: Clothing &amp; Dress, 11.3.6: Staffing, 13.2: Additional Rings, 13.3.2: Video Instant Replay, 14.1: Specifications, 14.1.4: Rope, 15.4: Body Protector, 15.8: Female Chest Protection, 15.9: Clothing &amp; Dress, 16.4.1: Additional Contest Rest Allowance, 17.2.3: At Any Time, 20.2: Fundamental Elements, 21.15.1: Qualifications, 21.16.1: Technical Officials Statutory Retirement, 25.2.2: Administration Jury, 25.2.3: Protocol Jury, 25.3.4: Performing Non-Jury Duties, 27.1: Duties, 29.1.1: Target, 29.1.3: Illegal Target, 29.2: Ten-Point Must System, 29.2.1: Steps for Awarding Points, 29.2.2: Non-Awarding of Points, 29.2.5: Method for Applying a Deduction of Points, 30.2.2: Injury (RSCI), 30.2.5: Compulsory Count Limit (CCL), 31.2.18 Striking the Groin or Cervical Spine, 31.3: Restricted Strikes by Division, 31.3.1: Semi Contact (Muaythai Technical), 32.1: Definition, 32.1.1: Down, 34: Wai Kru &amp; Mai Muay competitions, 35: Minimum &amp; Maximum Age Limit for Athletes, 36: Medical Requirements, 37: National Team Divisions, 38: Time For Competition, 44.1.1: Contesting System, 49.5: Finishing (Movement)</p>				
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# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

	Postures, 49.7: Mai Muay Awarding Points, 49.9.1: Final Team Score, Appendix X: Hyperlink Reference table				
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# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## RULE 1: DEFINITIONS & INTERPRETATION

**1.1: GENERAL DEFINITIONS** For the purpose of these Rules, the following terms shall apply:

**1.1.1: Athlete** An individual officially entered to compete in an IFMA-sanctioned championship.

**1.1.2: Bout (Contest)** A single match between two athletes conducted under IFMA rules.

**1.1.3: Competition (Division)** A category within a championship, defined by age, weight, gender, or discipline.

**1.1.4: Championship (Tournament)** The overall organised event comprising multiple competitions and bouts.

**1.1.5: Field of Play (FOP)** The designated competition area, including the ring or contest platform and all operational zones.

**1.1.6: Ring** The physical structure where full contact Muaythai bouts take place, constructed in accordance with IFMA specifications.

**1.1.7: Contest Area** The defined space used for semi-contact, Wai Kru, or Mai Muay competitions.

**1.1.8: Refugee Athlete** An athlete officially recognised as a refugee and unable to represent their country of origin.

## 1.2: ATHLETE & PARTICIPATION

**1.2.1: Eligibility** The criteria an athlete must meet to participate, including nationality, age, medical clearance, and registration.

**1.2.2: Age Category** The classification of athletes based on year of birth and competition year.

**1.2.3: Weight Class** The division in which an athlete competes, determined by official weigh-in.

**1.2.4: Khan Level** The recognised grading system indicating an athlete's or official's level of technical proficiency.

**1.2.5: Second (Coach)** The accredited individual responsible for assisting and supporting the athlete during a bout.

## 1.3: OFFICIALS & GOVERNANCE

**1.3.1: Technical Official** Any certified individual responsible for officiating or managing the competition.

**1.3.2: Team Technical Official (TTO)** An official appointed by a national team to support athletes.

**1.3.3: National Technical Official (NTO)** A Technical Official certified at national level by a National Federation.

**1.3.4: International Technical Official (ITO)** A Technical Official certified and appointed by IFMA for international championships.

**1.3.5: Technical Delegate (TD)** The senior official responsible for the overall conduct and technical integrity of the championship.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**1.3.6: Medical Commission Member (MCM)** The appointed medical authority responsible for athlete health, safety, and medical decisions.

**1.3.7: Chairman of the Jury (COJ)** The official overseeing the Jury and ensuring fair and consistent rule application.

**1.3.8: Jury** A panel of officials responsible for supervising contests and ensuring correct application of the rules.

**1.3.9: Referee** The official responsible for controlling the bout, enforcing the rules, and ensuring athlete safety.

**1.3.10: Judge** An official responsible for scoring the bout in accordance with IFMA criteria.

**1.3.11: Timekeeper** The official responsible for timing rounds, intervals, and counts.

## 1.4: COMPETITION STRUCTURE

**1.4.1: Draw** The process used to determine bout pairings within a competition.

**1.4.2: Bye** The advancement of an athlete to the next round without competing due to the structure of the draw.

**1.4.3: Round** A defined period of activity within a bout.

**1.4.4: Rest Interval** The period between rounds.

**1.4.5: Wai Kru** The traditional ritual performed by athletes prior to competition as a mark of respect.

**1.4.6: Mai Muay** A technical and artistic demonstration of Muaythai techniques judged on performance criteria.

## 1.5: SCORING & DECISIONS

**1.5.1: Ten-Point Must System** The scoring system where the winner of each round receives ten points and the opponent receives a lesser score.

**1.5.2: Scoring Criteria** The defined parameters used to evaluate effective Muaythai techniques, dominance, and control.

**1.5.3: Knockdown** A situation where an athlete is rendered down as a direct result of a legal scoring strike, requiring the referee to initiate a count.

**1.5.4: Down** A situation where an athlete is on the canvas or unable to continue momentarily without the direct result of a scoring strike.

**1.5.5: Count** The referee's audible count used to assess an athlete's ability to continue.

**1.5.6: Knockout (KO)** A result declared when an athlete has been counted to ten by the referee following a knockdown and is unable to continue.

**1.5.7: Referee Stops Contest (RSC)** A result declared when the referee stops the bout due to safety, injury, or an athlete's inability to continue.

**1.5.8: Disqualification (DQ)** A result declared when an athlete is removed due to rule violations or misconduct.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**1.5.9: Walkover (WO)** A result awarded when an opponent fails to present for the bout.

**1.5.10: No Contest (NC)** A bout declared invalid due to exceptional circumstances beyond control.

**1.5.11: Draw** A result where neither athlete is declared the winner.

**1.5.12: Round-by-Round (RbR) Scoring System** A scoring structure in which each round of a bout is evaluated independently before determining a cumulative bout result.

**1.5.13: Strike-by-Strike (SbS) Scoring System** A scoring system in which each individual Muaythai skill strike is evaluated in real time by Judges, with confirmed strikes recorded as scoring units that contribute to either cumulative scoring or Ten-Point Must round conversion depending on the approved scoring mode.

## 1.6: FOULS & CONDUCT

**1.6.1: Foul** Any action that violates IFMA rules, including illegal techniques or unsportsmanlike behaviour.

**1.6.2: Caution** An informal notice issued by the referee for minor rule infringements.

**1.6.3: Warning** A formal notice issued by the referee for rule violations that may result in penalties.

**1.6.4: Deduction** The removal of points due to fouls or infractions.

**1.6.5: Prohibited Techniques** Actions or strikes not permitted under IFMA rules or within specific divisions.

## 1.7: MEDICAL & SAFETY

**1.7.1: Medical Examination** A pre-competition health check to confirm an athlete's fitness to participate.

**1.7.2: Weigh-In** The official process of verifying an athlete's weight for eligibility within a weight class.

**1.7.3: Medical Suspension** A mandatory rest period following injury or stoppage.

**1.7.4: Head Injury Protocol** Procedures applied following head trauma, including KOH and RSCH classifications.

**1.7.5: Protective Equipment** Mandatory safety equipment including gloves, mouthguard, groin guard, and other division-specific requirements.

**1.7.6: Team Doctor** A qualified medical professional appointed by a National Federation or team, responsible for the medical care of its athletes during the championship, and subject to the authority of the Medical Commission Member (MCM).

## 1.8: INTERPRETATION

**1.8.1: Shall** Indicates a mandatory requirement.

**1.8.2: Should** Indicates a recommended practice.

**1.8.3: May** Indicates permission or discretion.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**1.8.4: Interpretation Priority** In the event of any inconsistency or dispute regarding the interpretation of these Rules, the following order of priority shall apply:

1. IFMA Rules & Regulations (this document)
2. Official IFMA Circulars and Technical Updates
3. IFMA Guidelines and Operational Manuals

The final authority for interpretation shall rest with the appointed Technical Delegate (TD) and/or Chairman of the Jury (COJ) at the championship.

**1.8.5: Language Authority** These Rules are published in English. In the event of any discrepancy between translated versions, the English version shall prevail.

## RULE 2: DISCIPLINES & PATHWAYS

Muaythai is a dynamic sport encompassing multiple disciplines and competition pathways. Athletes advance through structured divisions within their national teams, following standardised rules and development programmes to ensure fair play, technical mastery, and safety. Each pathway leads from grassroots participation to elite international contests, with oversight by the IFMA Executive Committee.

**2.1: DISCIPLINE CATEGORIES** IFMA competitions shall be conducted under the following recognised Muaythai disciplines:

**2.1.1: Muaythai Combat | Full Contact** The pinnacle discipline conducted under full IFMA rules, representing the highest level of international competition and forming the elite global competitive pathway.

**2.1.2: Muaythai Technical | Semi Contact** A high-performance technical discipline focused on precision, control, and scoring accuracy, supporting global development and structured athlete progression.

**2.1.3: Muaythai Cultural | No Contact** The cultural and heritage discipline preserving the traditional identity of Muaythai, including Wai Kru and Mai Muay performance.

**2.1.4: Discipline Development** IFMA reserves the right to develop and introduce additional disciplines in alignment with the evolution of Muaythai, subject to approval.

## 2.2: APPLICATION OF DISCIPLINES

**2.2.1: Rule Alignment** Each discipline shall be conducted in accordance with the specific rules, scoring systems, and equipment requirements defined within these Rules.

**2.2.2: Competition Entry** Athletes shall be entered into a discipline as defined by the competition regulations and may only participate in accordance with the requirements of that discipline.

**2.2.3: Discipline Integrity** The objectives, scoring criteria, and permitted techniques of each discipline shall remain distinct and shall not be interchanged unless expressly authorised by IFMA.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

**2.3: ATHLETE DEVELOPMENT FRAMEWORK** IFMA recognises structured athlete progression across its disciplines through the following pathways:

- Elite, Olympic performance pathway
- Development (U categories), age-based progression pathway
- Masters, post-elite or return-to-competition pathway

These pathways provide a framework for the organisation of competitions, divisions, and long-term athlete development within IFMA.

## 2.4: GOVERNANCE OF COMPETITIONS

**2.4.1: Sanctioning** All competitions must be sanctioned by IFMA or by the relevant National or Continental Federation operating under IFMA authority.

**2.4.2: Compliance** All disciplines and competitions shall comply with these Rules, including medical, safety, and officiating requirements.

## RULE 3: MUAYTHAI COMPETITIONS

Muaythai is a **Combat** (Full Contact) & **Technical Sport** (Semi Contact), and competitions are contests between two opposing individuals (Nak Muay) representing their national team. Each national team can only enter one (1) Athlete per division. The IFMA Executive Committee reserves the right to allow the host country to submit more than one (1) Athlete for pre-agreed divisions as per the hosting contract agreement.

## RULE 4: WEIGHT CLASSIFICATIONS

Age	MASTERS & ELITE				U24				U18			
	MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
Weight (KG)	1	45*	45	1	1	45	45	1		42	1	
	2	48	48	2	2	48	48	2	1	45	45	2
	3	51	51	3	3	51	51	3	2	48	48	3
	4	54	54	4	4	54	54	4	3	51	51	4
	5	57	57	5	5	57	57	5	4	54	54	5
	6	60	60	6	6	60	60	6	5	57	57	6
	7	63.5	63.5	7	7	63.5	63.5	7	6	60	60	7
	8	67	67	8	8	67	67	8	7	63.5	63.5	8
	9	71	71	9	9	71	71	9	8	67	67	9
	10	75	75	10	10	75	75	10	9	71	71	10



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

			(+) 75	11
11	81			
12	86			
13	91			
14	(+) 91**			

			(+) 75	11
11	81			
12	86			
13	91			
14	(+) 91			

10	75	75	11
		(+) 75	12
11	81		
12	86		
13	91		
14	(+) 91		

Age	U16			
	MALE		FEMALE	
			36	1
1	38	38	2	
2	40	40	3	
3	42	42	4	
4	45	45	5	
5	48	48	6	
6	51	51	7	
7	54	54	8	
8	57	57	9	
9	60	60	10	
10	63.5	63.5	11	
11	67	67	12	
12	71	71	13	
		(+) 71	14	
13	75			
14	81			
15	(+) 81			

Age	U14			
	MALE		FEMALE	
1	32	32	1	
2	34	34	2	
3	36	36	3	
4	38	38	4	
5	40	40	5	
6	42	42	6	
7	44	44	7	
8	46	46	8	
9	48	48	9	
10	50	50	10	
11	52	52	11	
12	54	54	12	
13	56	56	13	
14	58	58	14	
15	60	60	15	
16	63.5	63.5	16	
		(+) 63.5	17	
17	67			
18	71			
19	(+) 71			

Age	U12			
	MALE		FEMALE	
1	30	30	1	
2	32	32	2	
3	34	34	3	
4	36	36	4	
5	38	38	5	
6	40	40	6	
7	42	42	7	
8	44	44	8	
9	46	46	9	
10	48	48	10	
11	50	50	11	
12	52	52	12	
13	54	54	13	
14	56	56	14	
15	58	58	15	
16	60	60	16	
		(+) 60	17	
17	63.5			
18	67			
19	(+) 67			

Age	U10	
	MALE	FEMALE

Age	U8	
	MALE	FEMALE



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

Weight (KG)			18	1	1	16	16	1
	1	20	20	2	2	18	18	2
	2	22	22	3	3	20	20	3
	3	24	24	4	4	22	22	4
	4	26	26	5	5	24	24	5
	5	28	28	6	6	26	26	6
	6	30	30	7	7	28		
	7	32	32	8				
	8	34						
9	36							

- \*for inclusion into selected multi-sport events only, subject to approval by the IFMA Executive Committee.
- \*\*Masters 40+ and Masters 45+ athletes not permitted to take part.
- Athletes must compete in accordance with the IFMA eligibility regulations for sex-segregated and mixed competitions, as approved by the IFMA Executive Committee and aligned with applicable international sport governance standards. See also relevant IFMA policies on gender identity, eligibility, and inclusion adopted by the Executive Committee.

## RULE 5: MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES

**5.1: AGE LIMITS** Age eligibility for all divisions shall be determined using the calendar-year system.

**5.1.1: Cut-off Date** The official cut-off date shall be 31 December of the competition year.

**5.1.2: Year of Birth** An Athlete's division shall be determined exclusively by their year of birth.

**5.1.3: Competition Year** For the purpose of these Rules, the competition year runs from 1 January to 31 December.

**5.2: COMPETITION PATHWAYS** Athletes shall enter competition under one of the following pathways:

- **Elite**, Olympic performance pathway
- **Development** (U categories), age-based progression pathway
- **Masters**, post-elite or return-to-competition pathway

An athlete may only enter one pathway per competition.

## 5.3: AGE CATEGORIES

Age Category	Minimum Age	Maximum Age
Masters 45+	45	50
Masters 40+	40	44
Masters 35+	35	39



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

Elite	18	40
U24	18	23
U18	16	17
U16	14	15
U14	12	13
U12	10	11
U10	8	9
U8	6	7

- Athletes are eligible for an Age Category if they reach the minimum or maximum age during the competition year.

## RULE 6: KHAN LEVEL REQUIREMENT

All Athletes, Coaches, Seconds, and Technical Officials participating in IFMA-sanctioned events must meet the prescribed minimum Khan level requirement. Proof of valid Khan certification must be presented during registration or accreditation. Failure to meet the required level shall result in ineligibility to participate.

### 6.1: ATHLETES MINIMUM KHAN BY AGE CATEGORY

Age Category	Minimum Khan
Masters 45+	6
Masters 40+	6
Masters 35+	6
Elite	6
U24	6
U18	5
U16	4
U14	3
U12	2
U10	1
U8	1

### 6.2: COACHES AND TECHNICAL OFFICIALS MINIMUM KHAN

Role	Minimum Khan	Description
Manager / Senior Coach	10	International Instructor
Coach / Seconds	7	Assisting Instructor
Technical Officials	7	Assisting Instructor



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## RULE 7: ROUNDS FOR MUAYTHAI COMPETITION

Stopping of the contest by the Referee for a Warning, Caution, putting clothing or equipment into order or for any other reason is not included in the period of round. No additional round may be given. The Technical Delegate may adjust these formats for selected multi-sport events only, subject to approval by the IFMA Executive Committee.

Division	Round Time	# Rounds	Rest Time
Masters 40+ & 45+	2 minutes	3	1.5 minutes
Masters 35+	3 minutes		
Elite			
U24			
U18	2 minutes		1 minute
U16			
U14			
U12	1 minute		
U10			
U8			

## RULE 8: NATIONALITY

**8.1: ATHLETE NATIONALITY** An Athlete must be a member of a National Association, which is a member of IFMA, and the Athlete must also be a national of the country of the National Association.

**8.1.1: Identification** The Athlete must represent the same nationality as presented in their passport at accreditation.

**8.1.2: Dual Nationality** If an Athlete has more than one nationality, such Athlete can only represent one country and thereafter may not represent any other country, until after a period of three (3) years has elapsed. If the two National Associations concerned desire, they can ask IFMA to reduce or even to suppress this delay.

**8.1.3: Permanent Resident** The IFMA Executive Committee reserves the right to allow an Athlete to represent the country of which they are a permanent resident instead of their passport nationality, given that the Athlete has never represented the country of origin on their passport.

**8.1.4: Athletes Book** The Athletes Book, digital or physical, must reflect the athlete's nationality as recorded during accreditation. It is compulsory and must be presented at all medical checks and weigh-ins. The book must be collected at the end of each contest.

## 8.2: REFUGEE ATHLETE STATUS

**8.2.1: Eligibility** An athlete who has been officially recognised as a refugee by the relevant national authorities and/or the United Nations High Commissioner for Refugees, and who is unable to represent their country of origin, may be permitted to participate in IFMA events under a designated Refugee Athlete Status, subject to the conditions outlined below.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**8.2.2: Entry via Member Federation** Refugee athletes shall, in principle, be entered through a recognised IFMA Member Federation in the country of their current residence. Such Member Federation must confirm the athlete's eligibility, good standing, and compliance with IFMA Rules and Regulations, including anti-doping requirements.

**8.2.3: Neutral Designation** In exceptional circumstances, where an athlete is unable to be represented by a Member Federation, the IFMA Executive Committee may approve participation under a neutral designation, on a case-by-case basis, ensuring that all safeguarding, eligibility, and integrity requirements are met.

**8.2.4: Compliance** All refugee athletes must comply with the same sporting, medical, and anti-doping requirements as any other IFMA athlete, including adherence to the World Anti-Doping Code and IFMA Anti-Doping Rules.

**8.2.5: Rights and Quotas** Participation of refugee athletes shall not prejudice the rights or quotas of Member Federations, and the IFMA Executive Committee reserves the right to determine entry allocations, event eligibility, and competition categories in the best interest of fairness and sporting integrity.

**8.2.6: Designation and Uniforms** Refugee athletes approved under this Rule shall compete under a neutral designation defined as Équipe Muaythai des Réfugiés (EMR) and represented by the IFMA flag. The use of uniforms, insignia, and identification shall be regulated by IFMA to ensure neutrality and respect for the athlete's status.

**8.2.7: Support Programmes** IFMA may, in cooperation with relevant international organisations and partners, develop support programmes aimed at facilitating the safe participation, development, and integration of refugee athletes within the global Muaythai community.

## RULE 9: PROCEDURES FOR HEAD INJURIES (KOH/RSCH)

**9.1: MANDATORY PROBATION PERIOD** An Athlete shall receive a mandatory period of rest in the event of a Knock-Out or RSC caused by strikes to the head.

- One (1) KOH or RSCH: An Athlete who has been knocked out or for whom the Referee has stopped the contest due to receiving hard hits to the head rendering the Athlete defenceless or incapable of continuing, shall not be permitted to take part in competition of Muaythai or sparring for a period of at least thirty (30) days;
- Two (2) KOH or RSCH: An Athlete who has been knocked out as result of head hits or wherein the Referee has stopped the contest due to an Athlete having received hard hits to the head rendering the Athlete defenceless or incapable of continuing twice within a period of ninety (90) days, shall not be allowed to take part in Muaythai competition or sparring for a period of ninety (90) days from the second KOH or RSCH;
- Three (3) KOH or RSCH: an Athlete who has been knocked out as a result of head hits or wherein the Referee has stopped the contest due to the Athlete having received hard hits to the head rendering the Athlete defenceless or incapable of continuing three (3) times in a period of twelve (12) months, shall not be allowed to take part in Muaythai competition or sparring for a period of twelve (12) months from the third KOH or RSCH;

Each Knock-Out suffered as a result of head hits and each RSCH must be recorded in the Athlete's medical record, IFMA event management system (RSportz) and the Athletes National Federation must be informed.

**9.2: PROTECTIVE MEASURES** Any Athlete having lost a hard contest with many hits to the head or having been knocked down several times in some consecutive contests, may not be permitted to take part in Muaythai competition or



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

training for a period of at least 4 weeks after the last contest on the advice of the Medical Officer should they decide that it would be necessary.

**9.3: MEDICAL CERTIFICATION FOLLOWING PROBATION** Before resuming Muaythai after any periods of medical probation, an Athlete must be certified by a neurologist as fit to take part in Muaythai competition. The Athlete should undergo, if possible, a special examination, electroencephalogram (EEG) and, if necessary, a contrast-enhanced computed tomography (CCT) test. The results of examinations as well as the permission to resume competing shall be entered in the medical record.

## Communication of Obligations

National Associations must ensure that these medical and safeguarding obligations are communicated in an accessible way to all Athletes, including minors and Athletes with limited language proficiency, so that they fully understand the medical requirements, their responsibilities, and the procedures to follow for safe return to competition.

**All protective measures apply equally if a head injury occurs during training.**

## RULE 10: MEDICAL APTITUDE

**10.1: MEDICAL DECLARATION** No Athlete shall be allowed to compete without having a completed [IFMA Medical Declaration Form](#), which must be signed by an authorised Doctor of Medicine. The medical declaration must be completed in the English language stating that prior to leaving their country the Athlete was in good physical condition and not suffering from any injury, infection or disability liable to affect the Athlete's capacity to compete. The Athlete must be intact and of full body.

**10.1.1: Declaration of Non-pregnancy** Athletes aged 18 and above must sign the Declaration of Non-pregnancy. Athletes under this age require an additional signature from one of the Athlete's parents and/or legal guardians.

### Confidentiality and Purpose

Non-pregnancy declarations are required solely for the protection of Athlete health in a high-impact sport. These declarations shall be treated as confidential medical information and shall not be used for any other purpose.

### Periodic Review

The Medical and Gender Equality Commissions shall periodically review the format, necessity, and proportionality of non-pregnancy declarations at least every four (4) years, with reference to current medical evidence and international human-rights and gender-equality standards.

**10.1.2: Disability Clause** Any restriction on participation of Athletes with a disability, including not being intact or of full body, in combat or technical Muaythai competitions is based solely on medical and safety assessments in high-impact environments and shall not constitute discrimination. Athletes with a disability may still be eligible to compete in cultural Muaythai competitions, provided they meet the other necessary requirements.

### Inclusion and Cultural Pathways

The Medical, Athletes, and Gender Equality Commissions shall work together to explore safe, inclusive participation formats, including in Muaythai cultural competitions.

### Review Clause



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

These provisions shall be reviewed periodically, with the Medical, Athletes, and Gender Equality Commissions making recommendations for inclusive competition or demonstration formats consistent with Athlete safeguarding.

**10.1.3: Minors Safeguarding and Consent** All medical testing and documentation for Athletes under 18 must comply with applicable child protection and medical confidentiality laws in the Athlete’s home jurisdiction. Such testing may only be conducted with the informed consent of a parent or legal guardian, and the information shall be treated as confidential and used solely for Athlete health and safety purposes.

**10.2: BLOOD TESTS** In addition to the Medical Declaration, Athletes aged 16 and above must present completed HIV antibody & HBV (Hepatitis B Surface Antigen) & HCV (Hepatitis C Antibody) screening blood tests. The results must be printed on the letterhead of the laboratory that administered the tests and must have been completed within the 6 months prior to competition.

**10.3: COMPETITION MEDICAL CERTIFICATION** Additionally, on each day of competition the Athlete shall be certified as fit to compete by a qualified doctor of medicine who shall be approved by the Association under whose jurisdiction the competition is taking place, or in the World Championships, World Cup, Continental Championships, Continental Cup by the medical commission of IFMA or Continental Federation.

**10.4: PROHIBITED CONDITIONS** The prohibited conditions are referred to in the IFMA medical handbook.

**10.5: CUTS AND ABRASIONS** No Athlete shall be allowed to take part in any contest if the Athlete is wearing a dressing on a cut, wound, abrasion, laceration or blood swelling on the Athlete’s scalp or face including the nose and ears. An Athlete is allowed to compete if an abrasion is covered with steri-strip. The decision should be made by the doctor examining the Athlete on the day of competition.

**10.6: PHYSICAL READINESS** Athletes must observe mandatory recovery periods after each contest (bout) to ensure they are physically fit for their next contest or future competition (championship/tournament division):

No. of Rounds	Mandatory Rest Period
1	7 days
2-4	14 days
4-9	21 days
10+	28 days
KOH/RSCH	30 days

- Winning a competition within one (1) round, Athlete to rest for at least seven (7) days;
- Winning a competition within up to four (4) rounds, Athlete to rest for at least fourteen (14) days;
- Accumulating four (4) to nine (9) rounds across contests in a single tournament, Athlete to rest for at least twenty-one (21) days;
- Accumulating ten (10) or more rounds in a single tournament (multiple contests over consecutive days), Athlete to rest for at least twenty-eight (28) days; and
- Losing by Knock-Out Head (KOH) or Referee Stops Contest Head (RSCH), the Athlete must follow the recovery periods outlined in the Mandatory Probation Period; KOH/RSCH requirements supersede all other recovery rules.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## RULE 11: MEDICAL EXAMINATION & WEIGH-INS

**11.1: TIMING** Medical and weigh-in checks will be conducted at the following times

- **Official Weigh-In:** 1 day prior to the start of competition;
- **Competition Weigh-In:** Each morning of competition; and
- **Pre-Contest Weigh-In:** Any time prior to the Athletes contest.

Competition shall start no earlier than three (3) hours after the close of the Competition Weigh-in. A shorter time may be permitted by the Organising Committee or other IFMA authorized delegates after consulting the Medical Commission, should it be determined as suitable and not to be detrimental to an Athlete taking part in the early contests of the forthcoming session.

**11.1.1: Official Weigh-In** Will be conducted only at the discretion of the Technical Delegate.

**11.1.2: Pre-Contest Weigh-In** Will be conducted at any time prior, or after the Athletes contest by an appointed Jury member (*Administration or Protocol*) of the contest, as designated by the Technical Delegate or the Chairman of the Jury. If the Athletes pre-contest weight is found 5% above their qualified weight classification, or equal to the next weight classification they will be disqualified.

**11.2: MEDICAL EXAMINATION** Each day of competition the Athlete must be passed as fit to compete by the doctor appointed by the Organizing Committee immediately before being weighed in.

### 11.3: WEIGH-IN

**11.3.1: Attendance** Athletes in all weight divisions when required by the Technical Delegate, must complete a medical and weight check at the Official Weigh-In, which shall determine their weight for the entirety of competition. An Athlete may only compete in the weight classification for which he has qualified at the weigh-in.

When not required by the Technical Delegate, an Athlete shall present themselves only at the Competition Weigh-In each morning that they are scheduled to compete, to ensure that his actual weight on that day does not exceed the maximum of his weight class, and must pass the compulsory medical check.

- An Athlete who does not attend their weigh-in will automatically be disqualified (DSQ).

**11.3.2: Clothing & Dress** Athletes must complete their weigh-in in suitable lightweight undergarments, and in a fully prepared state for competition (e.g. no socks, facial hair shaved, trimmed toenails, etc)

**11.3.3: Making Weight** A competitor will be allowed to present himself/herself at the official scales only once at the weigh-in each day. The weight recorded on that presentation is final.

**11.3.4: Contentious Circumstance** An U24 athlete, approved by the Technical Delegate, who is likely to fail their weigh-in due to contentious travel circumstances, will be allowed a 0.5kg allowance. However, they will be required to make the Pre-Contest Weigh-in without exception on their first day of competition.

**11.3.5: Supervision** The Jury member designated the Head of Weigh-in will delegate two weigh-in teams (A & B, Male & Female) of Technical Officials to supervise the weigh-in. A delegate of the National Association of each Athlete may be present within the designated waiting area at the weigh-in but may not in any way interfere.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**11.3.6: Staffing** This section provides a recommendation for the number of Technical Officials required to conduct Athlete weigh-ins, based on the total number of Athletes scheduled for weigh-in on that day and the available time window.

- **Weigh-in Station**
  - A Weigh-in Station consists of three (3) Technical Officials:
  - One (1) for entry control, one (1) for weight measurement, and one (1) for documentation.
- **Jury Official (Head of Weigh-Ins)**
  - One (1) Jury Official shall be appointed as Head of Weigh-Ins. Responsibilities:
  - Oversee all weigh-in stations, ensure compliance with procedures, resolve disputes or irregularities, and validate weigh-in outcomes where required.
- **Processing Capacity**
  - One (1) Weigh-in Station processes approximately:
  - Twenty (20) Athletes per hour, forty to sixty (40-60) Athletes within a two to three (2-3) hour window.
- **Scaling of Stations**
  - 60 Athletes = 3 Technical Officials + 1 Jury (1 Station, 1 Ring);
  - 120 Athletes = 6 Technical Officials + 1 Jury (2 Station, 1-2 Rings);
  - 180 Athletes = 9 Technical Officials + 1 Jury (3 Station, 2-3 Rings); and
  - 300 Athletes = 15 Technical Officials + 1 Jury (5 Stations, 3-4 Rings).

Female weigh-ins shall be conducted separately using the same structure and staffing model.

**11.3.7: Scale** Electronic scales are recommended and shall present the weight in metric.

**11.4: FAILED** An athlete who fails to qualify for their weight classification or fails to pass the medical check will automatically receive a loss, and a Walk Over (WO) decision will be given. Their opponent will not be required to present themselves at the ring.

## RULE 12: ADMINISTRATION OF DRUGS & DOPING

**12.1: DOPING** The administration to an Athlete of drugs or chemical substances not forming part of the usual diet of an Athlete is prohibited. The doping regulations of the World Anti-Doping Agency (WADA) and the [IFMA Anti-Doping Code](#) shall be applied.

**12.1.1: Anti-Doping Consent** Athletes age 18 and above must sign the [IFMA Anti-Doping Consent Form](#). Athletes under this age will also require an additional signature from one of the Athletes parents and/or legal guardians.

**12.1.2: Anti-Doping Education Requirement**

- Athletes U16 and above must complete the [International-Level Athletes Education Program](#).
- Athletes U12–U14 must complete the [ADEL Youth Athletes Education Program](#).
- All coaches must complete the [Coaches of High Performance Education Program](#).
- All team doctors must complete the [ADEL for Medical Professional's Education Program](#).

**12.2: PENALTIES** Any Athlete or official violating this prohibition shall be liable to disqualification or suspension by IFMA.

**12.3: LOCAL ANESTHETICS** The use of local anaesthetics is permitted according to the discretion of a doctor of the Medical Commission.

**12.4: PROHIBITED DRUGS** The current World Anti-Doping Agency ([WADA](#)) [list of prohibited substances](#) shall constitute IFMA’s list of prohibited substances. Any Athlete taking such substances or any official administering such substances shall be subject to the penalties. IFMA may ban additional substances upon the recommendation of the IFMA Medical Commissions.

**RULE 13: FIELD OF PLAY (FOP)**

**13.1: COMPETITION AREA SETUP** The competition area shall be set up as per Fig. 1 or Fig. 2 as determined by the Technical Delegate.

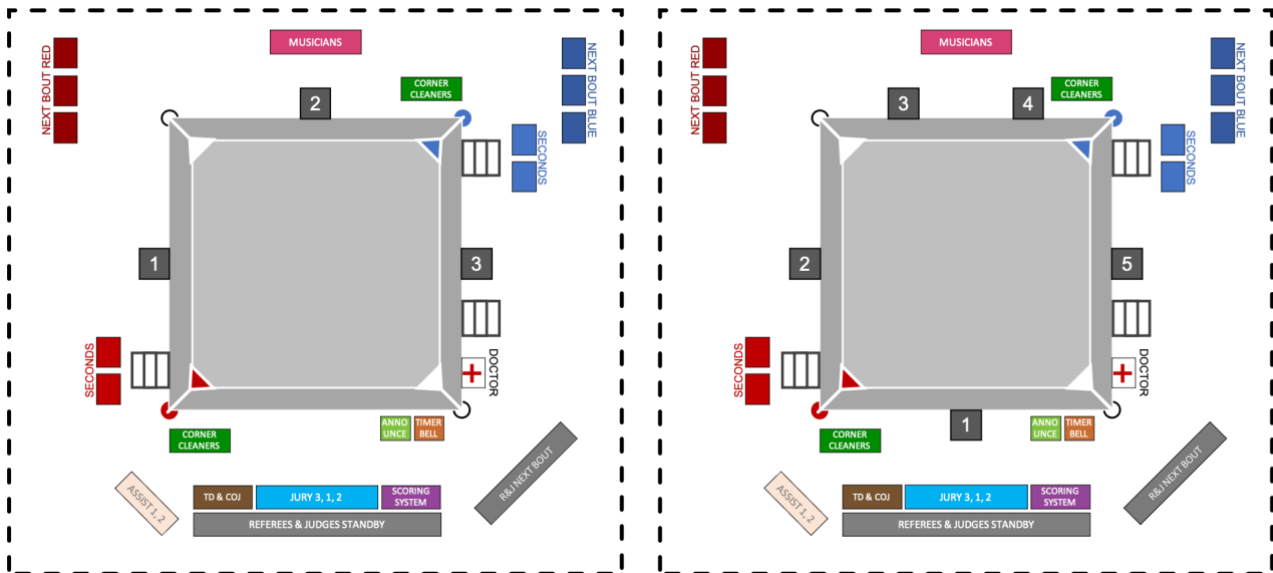


Figure 1 (3 Judges) & Figure 2 (5 Judges) – Competition Area Setup

**13.2: ADDITIONAL RINGS** Two or more rings may be used in championships as per Fig. 3 or Fig. 4. If more than one ring is used at an event, all rings shall utilize the same number of Judges seated around the ring.

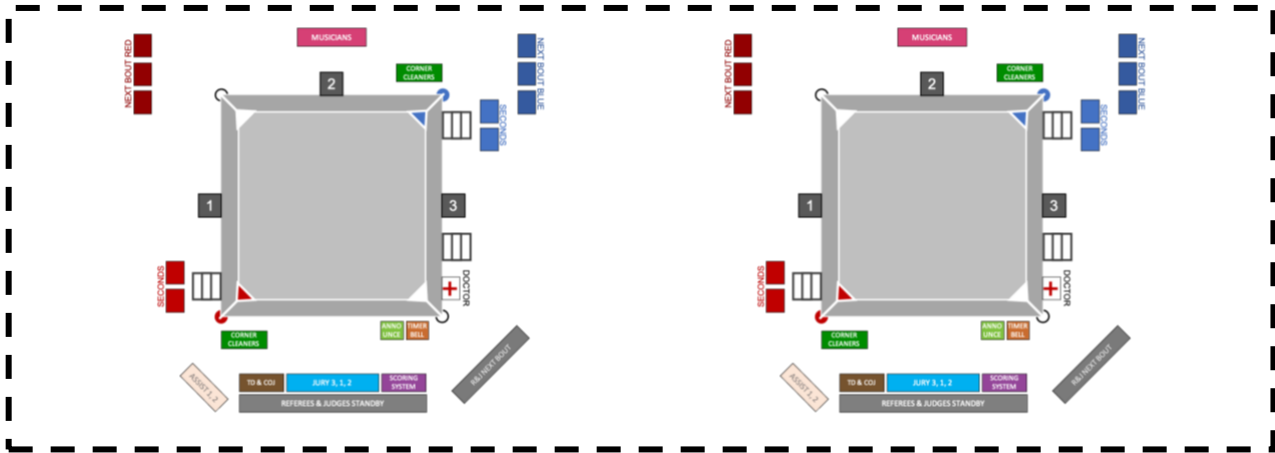


Figure 3 Competition Area Setup – Two Rings for 3 or 5 Judges

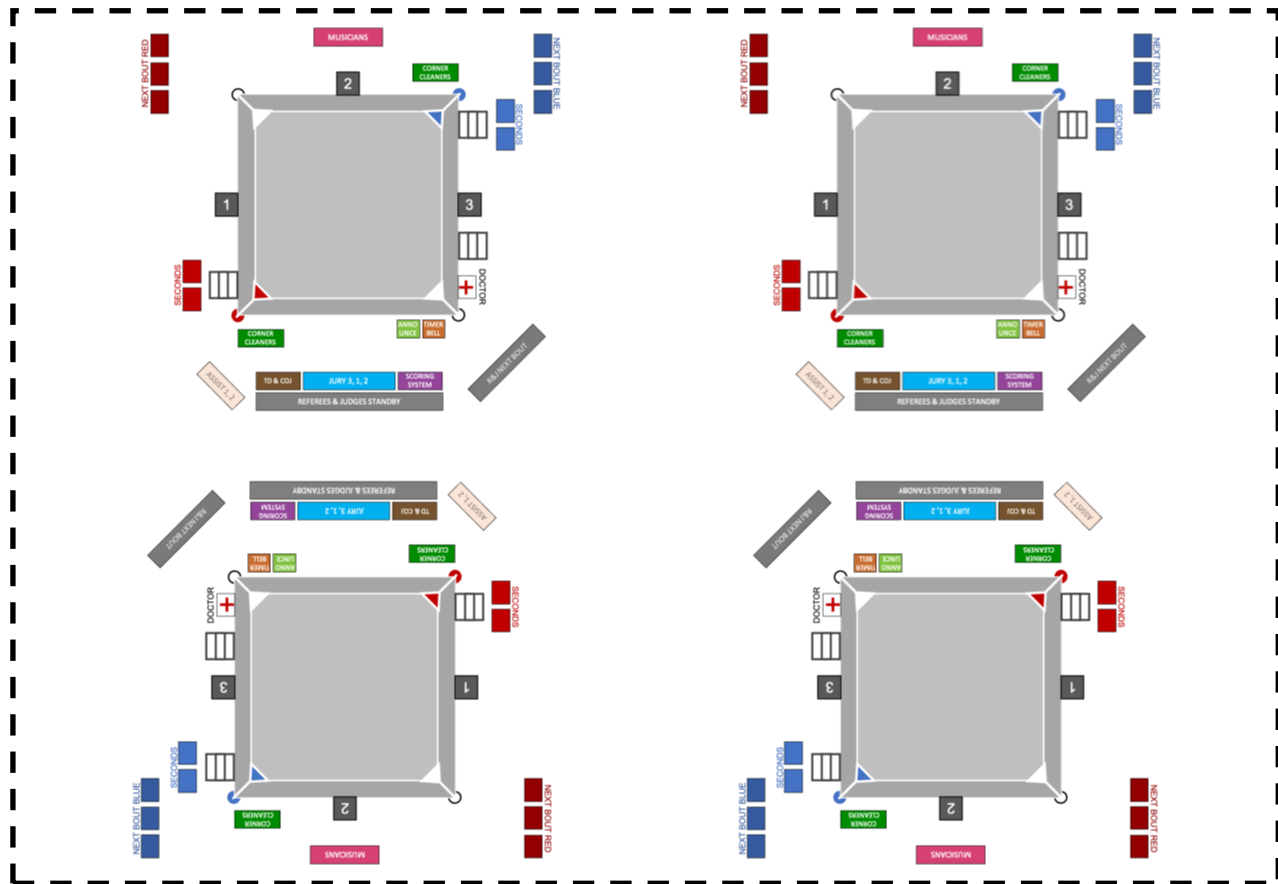


Figure 4 Competition Area Setup – Four Rings for 3 or 5 Judges

**13.2.1: FOP Measurement** The minimum FOP size is 18 meters by 18 meters, and for every additional ring, an extra 18 meters in width will be required, this is subject to change by the Technical Delegate.

**13.2.2 Technical & Rural Contest Area** The Technical Delegate may use a Contest Area in Muaythai technical & rural competitions, subject to approval by the IFMA Executive Committee. See Fig. 5 Technical & Rural Contest Area Setup and refer to rule 41: Contest Area.

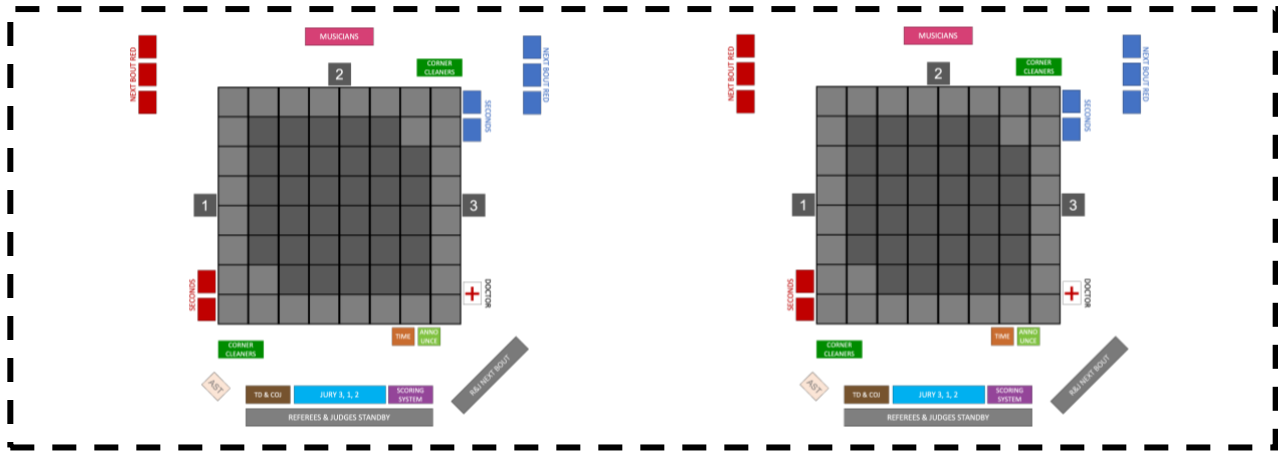


Figure 5 Technical & Rural Contest Area Setup – Two Contest Areas for 3 Judges

**13.3: MEDIA** Photographers, videographers, and other media may stand on the floor at either of the neutral corners without impeding the Doctor’s access to the ring stairs. The Technical Delegate may provide permission to specific media personnel to stand on the ring apron. The media must never stand behind the Judges or in front of the Jury at any time during competition, including during round breaks, and must ensure they do not obstruct or hinder the clear line of sight of the Judges or Jury.

**13.3.1: International Social Media Team** The designated representative(s) of the International Social Media Team, as accredited and appointed by IFMA, shall be granted unrestricted access to the Field of Play at all times during competition at IFMA-sanctioned events. Such access includes, but is not limited to, movement between neutral corners, the ring apron (where permitted by the Technical Delegate), and other approved areas for the purpose of capturing official photographs, video, social media content, and other media coverage. They must adhere to all provisions under Rule 13.3 and ensure their presence does not impede competition officials, medical personnel, or athletes.

**13.3.2: Team Media** Only one (1) media representative from each team is allowed to enter the FOP during a Team Athletes contest. This representative must comply with all the established rules governing media conduct, ensuring that they do not impede the competition or interfere with officials, athletes, or other media personnel. Under no circumstances may the media representative communicate with the Athlete or their Seconds during the contest, including during round breaks.

**13.3.3: Video Instant Replay** May only be used if the request is the result of an incident that brought the contest to an end. The actual terms of use and application of Video Assistant Referee (VAR) are defined in the official IFMA VAR Protocols and shall be approved by the Technical Delegate for each Championship.

**13.4: SCORING DISPLAY** Round-by-Round (RbR) and Strike-by-Strike (SbS) scoring display systems (see Fig. 6 & Fig. 7) must be visible to all stakeholders attending the competition.

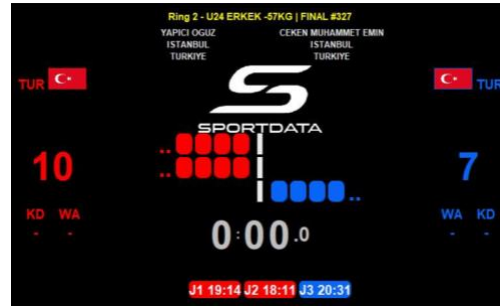
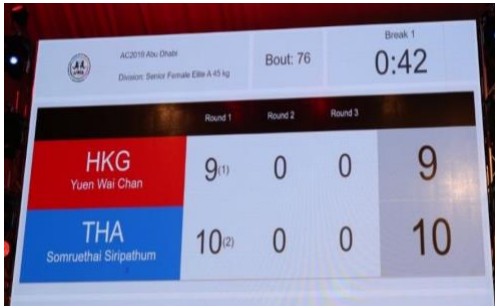


Figure 6 (Round-by-Round) & Figure 7 (Strike-by-Strike) – Electronic Scoring Systems

## RULE 14: THE RING

14.1: SPECIFICATIONS In all competitions, the ring shall conform to the following requirements (see Fig. 8 & Fig. 9):

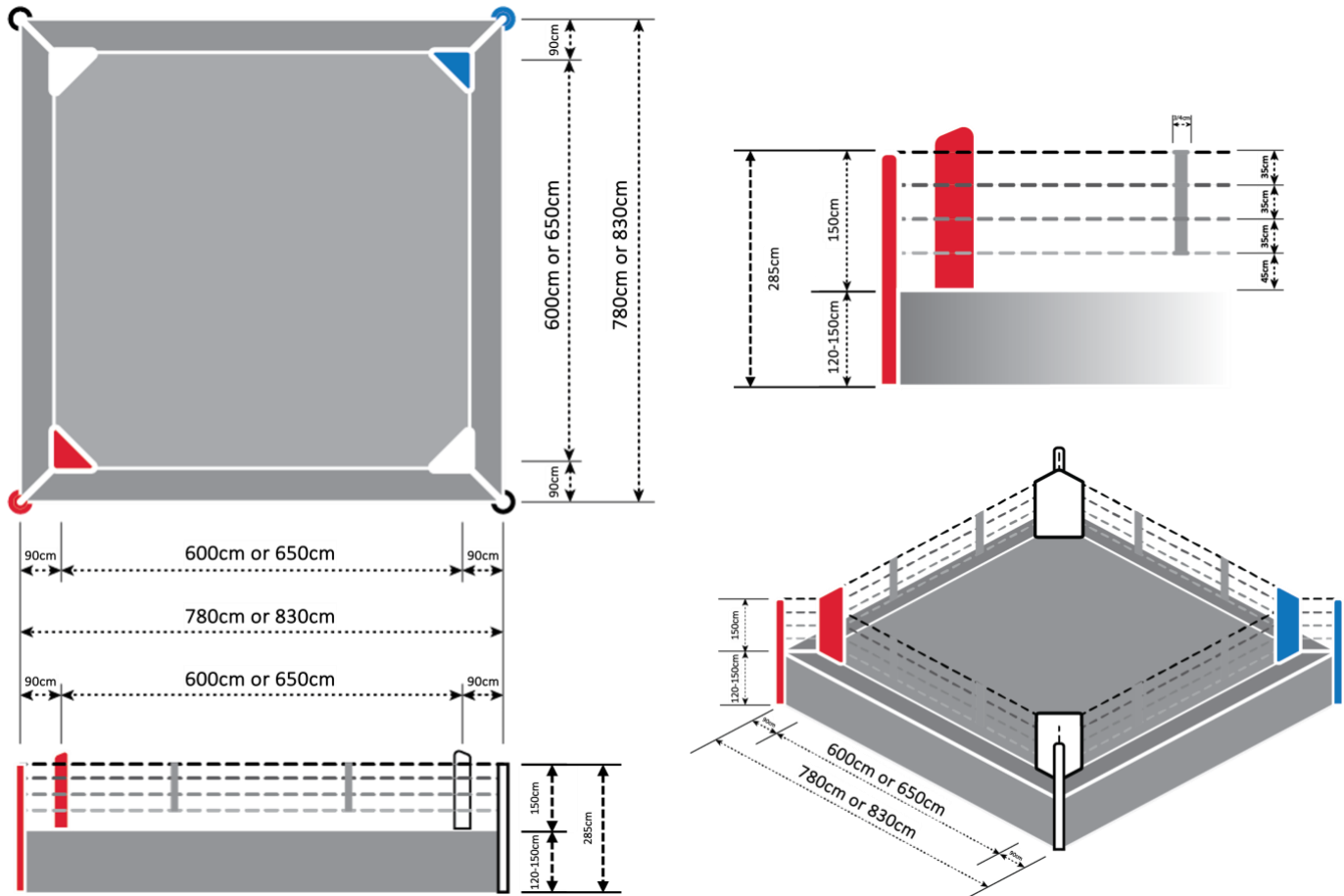


Figure 8 & Figure 9 - Ring Setup

14.1.1: Size The minimum size shall be 6m and the maximum size 6.5m inside the line of the ropes. The ring shall not be less than 1.2m or greater than 1.5m above the ground.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**14.1.2: Platform and Corner Pads** The platform shall be safely constructed, level and free from any obstructing projections and shall extend for at least 90 cm outside the line of the ropes. It shall be fitted with four corner posts which shall be well padded or otherwise so constructed as to prevent injury to the Athletes, measuring 10cm to 12.5cm in diameter, erected no more than 2.85m from the ground. The corner pads/posts should be arranged in the following way:

- Red – in the nearer left-side of the Jury’s table
- White – in the far left-side corner of the Jury’s table
- Blue – in the far right-side of the Jury’s table
- White – in the near right corner of the Jury’s table

**14.1.3: Floor Covering** The floor shall be covered with padding (felt, rubber or other suitable approved material having the same quality of elasticity) not less than 2.5 cm and not more than 3.75 cm thick. Canvas shall be stretched and secured in place over the padding, and both the padding and canvas shall cover the entire platform.

**14.1.4: Rope** There shall be 4 ropes with a thickness of minimum of 3 cm and maximum of 5 cm tightly drawn from the corner posts at 45 cm, 80 cm, 115 cm and 150 cm high respectively. The ropes shall be covered with a soft or smooth material. The rope shall be joined on each side, at equal intervals, by two pieces of closely textured canvas 3 to 4 cm wide. The pieces must not slide along the rope.

**14.1.5: Turnbuckles** The turnbuckles shall be covered by foam no less than 2cm thick and securely fastened with a Velcro cover or tape.

**14.2: RING EQUIPMENT** The following ring equipment shall be available:

- Three (3) sets of steps – one (1) set at each coloured corner for use by the contestants, and one (1) set in the neutral corner for use by the Referees and doctors;
- Six (6) seats – Four (4) seats for Seconds, with two (2) in each coloured corner. Two (2) stools for Athletes, one (1) in each coloured corner;
- Two (2) shallow trays – one (1) per coloured corner;
- Two (2) mops – one (1) per coloured corner;
- Table and chairs for Officials and competition staff;
  - For five (5) Judges: Five (5) tables with one (1) chair at each;
  - For three (3) Judges: Three (3) tables with one (1) chair each;
  - One (1) table for the TD or COJ and Assistant with two (2) chairs (when applicable);
  - One (1) table for the panel of the Jury with three (3) chairs;
  - One (1) table for the scorekeepers with two (2) chairs;
  - One (1) table for the Timekeeper and Announcer with two (2) chairs;
  - One (1) table for the Doctor and medical staff with two (2) chairs; and
  - Four (4) chairs for the corner cleaners.
- Plastic Bags – in the 2 neutral corners outside the ring, a small plastic bag shall be fixed in which the Referee and Doctor shall drop the cotton or tissue pads used to stop bleeding;
- White, powderless, non-latex gloves for Referees and medical staff;
- Multiple rolls of tape – at least two (2) red and two (2) blue rolls, or enough for competition use;
- Hairnets for Athletes with long hair;
- Gong (with striker) or bell;



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

- One (preferably two) stop watches;
- IFMA electronic scoring system or score cards;
- One microphone connected to the loudspeaker system and another for back up;
- One stretcher or access to a cot/gurney;
- A barrier at least a 1.5 m from the Officials tables around the ring to the spectators; and
- **Only IFMA approved rings are permitted.**

**14.3: CORNER ACTIVITY** The corner area inside the ropes shall be kept clean of water and debris. Bottles under compression are not permitted ringside.

## RULE 15: ATHLETE EQUIPMENT & DRESS

**15.1: GLOVES** Athletes shall wear the gloves which the organizer of the competition has designated for use and have been approved by IFMA. **Athletes are only permitted to use IFMA approved gloves.**

**15.1.1: Certification** IFMA will continue to establish the specification for the manufacture of competitive gloves for IFMA competition. Local Organizing Committees must seek approval from the appropriate IFMA Federation overseeing their competition; IFMA approves for the IFMA World Championships, the Continental Federation approves for Continental Championships, and National Associations approve for all competitions under their control. The organiser may normally use whatever IFMA approved gloves are most readily available unless the responsible IFMA organisation designates a specific manufacturer.

**15.1.2: Specification** The gloves shall weigh 10 ounces (284 grams) of which the leather portion shall not weigh more than half of the total weight and the padding not less than half the total weight. The padding of the gloves shall not be displaced or broken. All Athletes in any one contest must wear exactly the same gloves from the same manufacturer, and only clean and serviceable gloves of red and blue colour may be used.

**15.1.3: Glove Supervision** All gloves, wraps and bandages shall be fitted under the supervision of 1 or 2 knowledgeable individuals appointed for the purpose who will see that all the rules have been carefully observed. The Glove Supervisors should tape and sign the wrist of each pair of gloves fitted on an Athlete and will delegate security duties to ensure that all rules are observed until the Athletes enter the ring.

**15.1.4: When to Remove Gloves** The gloves shall be taken off outside of the ring after the contest decision is announced.

**15.2: BANDAGES & HAND WRAPS** A soft surgical bandaging (see Fig. 10) not longer than 5 m and whose width does not exceed 5 cm or a "Velcro" hand wraps (see Fig. 11) not longer than 5 m on each hand, is to be used - no other kind of bandage may be accepted. Bandages for use at Continental and World tournaments will be provided by the organising committee.



Figure 10



Figure 11

**15.2.1: Tape** The use of any kind of tapes - rubber or adhesive plaster - as bandages is strictly forbidden. A single strap of adhesive 7.5 cm long and 2.5 cm wide, may be used at the upper wrists to secure the bandages. Any taping applied outside these specifications shall be considered a violation and subject to action.

**15.2.2: Inspection** The bandages / hand wraps of the athlete shall be inspected before being provided their competition equipment. The hand wraps may be inspected at any later time by the Referee or Jury, including after a decision has been rendered. In the event that hand wraps are not present, or illegal taping is identified, the matter shall be reported to the Head of Jury. The matter shall be subject to disciplinary action following review.

**15.3: HEAD GUARD, SHIN GUARD, & ELBOW GUARD** The use of the head guard, shin guard, and elbow guards are mandatory, and shall be provided to Athletes by the Organizing Committee. **Only IFMA approved equipment is permitted.**

**15.3.1: Head Guard** The head guard (see Fig. 12 and Fig. 13) shall conform to IFMA 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, 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 Jury or Referee.



Figure 12



Figure 13

**15.3.2: Shin Guard & Elbow Guard** The shin guard (see Fig. 14) and elbow guards (see Fig. 15) for competition shall be made of cloth and must have Velcro fixing. If taping is required it shall be supplied by the Local Organizing Committee.



Figure 14



Figure 15

**15.4: BODY PROTECTOR** The use of a corner colour coordinated body protector (see Fig. 16 and Fig. 17) is mandatory for all Athletes competing in the U12 to U24, and Masters 40+ & 45+ divisions. It is not to be worn in Elite and Masters 35+ divisions.

Division	Body Protector
Masters 40+ & 45+	Yes
Masters 35+	No
Elite	No
U24	Yes
U18	
U16	
U14	
U12	
U10	
U8	



Figure 16



Figure 17

**15.5: GUM SHIELD** A gum shield (see Fig. 18) shall be worn by all Athletes before the commencement of a round. The gum shield should be form-fitted and not of the colour red or pink. It is forbidden for an Athlete to intentionally remove their gum shield during the contest and if the Athlete does so, the Athlete shall be cautioned, warned or disqualified. Should an athlete's gum shield be removed from their mouth, it should be rinsed by the Athlete's Second before being returned to the Athlete's mouth.



Figure 18

**15.6: ANKLE PROTECTION** No ankle protection (cloth anklet, tape, etc) may be worn.

**15.7: GROIN GUARD** The use of a groin guard is mandatory. To observe hygiene, all Athletes male and female must have their own groin protectors. Each groin guard must pass inspection prior to competition.

**15.7.1: Male Groin Guards** Male Athletes shall wear a metal (see Fig. 19) or polycarbonate (see Fig. 120) groin guard, and a jock strap may be worn in addition.



Figure 19



Figure 20

**15.7.2: Female Groin Guards** For Female Athletes, a polycarbonate (see Fig. 21) or foam (see Fig. 22) groin guard shall be worn.



Figure 21



Figure 22

**15.8: FEMALE CHEST PROTECTION** The use of chest protection is mandatory (see Fig. 23 to Fig. 26) for all Female Athletes competing in an Senior division to guard against hematoma formation within soft tissue areas of the breast proper. Each chest protector must pass inspection prior to competition.

Division	Chest Protection
Masters 40+ & 45+	Optional

Masters 35+	Yes
Elite	Yes
U24	Optional
U18	
U16	
U14	
U12	
U10	
U8	



Figure 23 to Figure 25



Figure 26

**15.8.1: Protective Equipment Review** The Medical and Gender Equality Commissions shall periodically review the mandatory or optional status of protective equipment for female and male Athletes in light of medical evidence, athlete feedback, and equity considerations.

**15.9: CLOTHING & DRESS** Athletes shall wear the competition clothing and dress when provided by the Organizing Committee, with lightweight undergarments in accordance with the following:

**15.9.1: Shorts** Muaythai shorts (see Fig. 27) must be worn for competition and the wording “Muaythai” clearly displayed on the front.



Figure 27

**15.9.2: Shirts** Male and female Athletes must wear a singlet (see Fig. 28) in red or blue according to their corner colour. Shirts shall be tucked into the belt line of the shorts.



Figure 28

**15.9.3: Mongkon & Prajiad** Athletes must wear the sacred headband (Mongkon) for paying homage during the Wai Kru. A Krueng-Wrang (Prajiad/arm band) with a leather or fabric amulet or charm may be put on around the upper arm, biceps or waist but must be neatly covered. The Referee or Jury may request that a Prajiad is removed if the strings are longer than 7-10 cm, or 5-7 cm for Youth categories, or delay competition by becoming undone/falling.

**15.9.4: Hair** Should be tied (ponytail, braided, etc) and must be secured in a hairnet to be contained within the head guard so as not to obscure the face of the Athlete and prevent risk to either Athlete from its movement. Hair clips are not permitted.

**15.9.5: Head & Body Covers** Head and body covers may be worn by Athletes to comply with cultural or religious requirements and shall consist of the following:

- **Female Athletes:** a head covering such as a full sport hijab or an individual skull cap made of white fabric.
- The head covering may be worn with an optional body suit (two-piece, consisting of tights and an upper body garment) made of white fabric, covering the legs to the ankles and the arms to the wrists.
- **Male Athletes:** tights made of white fabric, covering the legs to below the knee.
- **Only IFMA-approved attire** may be used to participate in the competitions (see Fig. 29).



Figure 29 – Athletes Head and Body Cover (white fabric)

## Non-Discrimination Principle

No Athlete shall be disadvantaged in selection, seeding, officiating, or competition opportunities on the basis of choosing to wear or not wear permitted religious or cultural head or body coverings, provided they meet safety and equipment requirements.

Application of this rule shall be consistent with the Federation’s principles of non-discrimination and equality.

**15.9.6: Facial Hair** Beards and moustaches are not permitted; Athletes must be clean shaven. Unless prior approval from the Technical Delegate for religious obligations requiring maintenance of a beard, a facial beard net must be worn.

**15.9.7: Prohibited Dress** No other object may be worn during the competition.

**15.10: LINIMENT & VASELINE** A reasonable amount of Vaseline is permitted on the face only for the purpose of reducing the risk of cuts. On any other part of the body, the use of grease, Vaseline, rubbing lineament, or products likely to be harmful or objectionable to an opponent is forbidden.

**15.11: NATIONAL FLAG** A country’s flag are not permitted to be displayed within the field of play.

**15.11.1: Alpha-3 Country Abbreviation** Only IFMA approved 3-letter country abbreviation press-on labels to be used on competition uniforms.

**15.12: EQUIPMENT & DRESS INFRACTIONS** The Referee shall exclude from the contest any Athlete whose equipment or dress does not conform to the standards set above. In the event of the Athlete’s glove or dress becoming undone during the contest, the Referee shall stop the contest to have it attended to.

**15.12.1: National Equipment Technical Official** Will be required to ensure the approved equipment and dress are made available to the Teams.

## RULE 16: THE DRAW AND BYES

**16.1: THE DRAW** The draw as per Fig. 30 to Fig. 35 must take place in the presence of official representatives of the teams concerned and must ensure where practicable that no competitor shall compete twice in the competition before all other competitors have boxed at least once. In special situations, the IFMA Executive Committee has the right to depart from this rule. The draw shall proceed first for the byes, and then for the Athletes to compete in the first series.

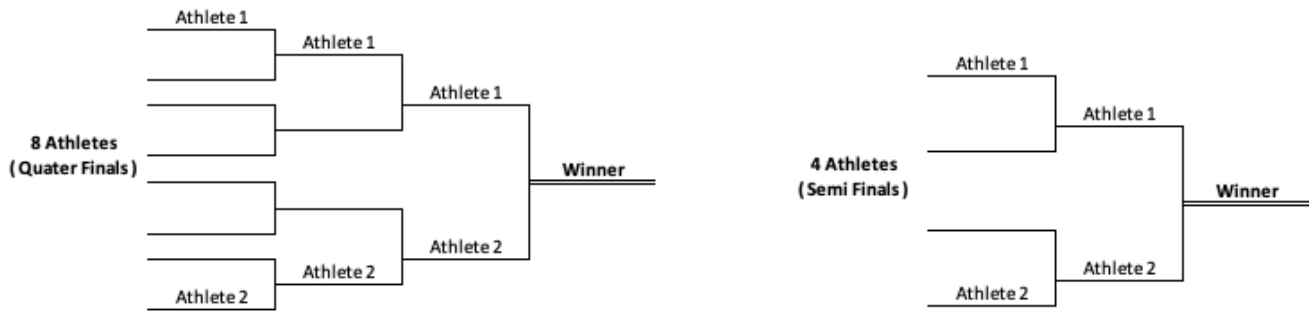


Figure 30 Drawing 'Single Elimination' Knockout System – Quarter, Semi and Finals

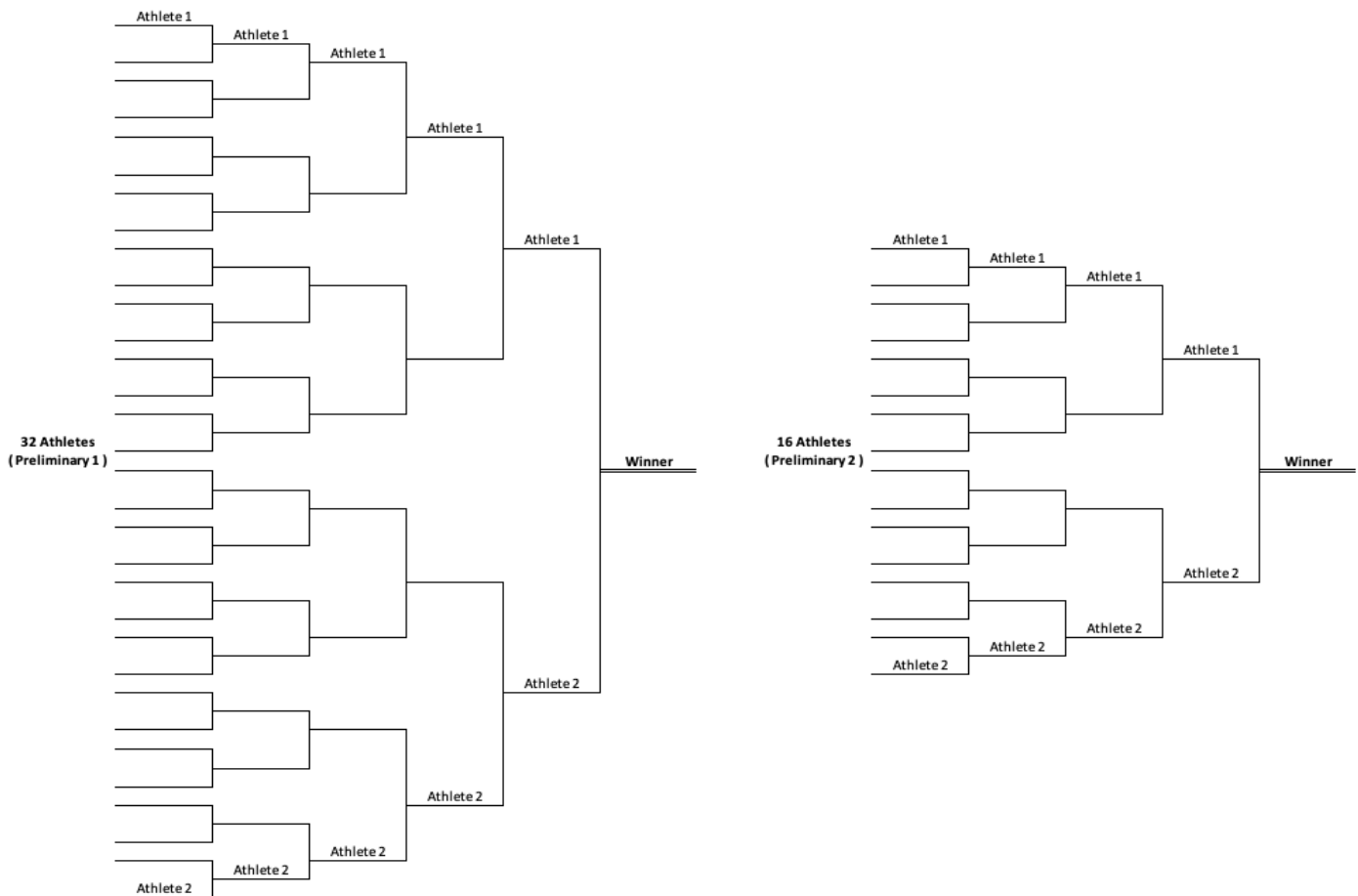


Figure 31 Drawing 'Single Elimination' Knockout System – Preliminary, Quarter, Semi and Finals

**16.1.1: Round Robin System** The Technical Delegate may use this format for selected rural competitions only, subject to approval by the IFMA Executive Committee.



Figure 32 Drawing 'Round Robin' System – Preliminary, Quarter, Semi and Finals

**16.1.2: Double Elimination and Repechage System** The Technical Delegate may use these formats for selected multi-sport events only, subject to approval by the IFMA Executive Committee.

**16.1.3: Exceptional Rule** The second Semi Finals of the Double Elimination will be contested over 3x2x1, with 1 CCL less than the normal format.

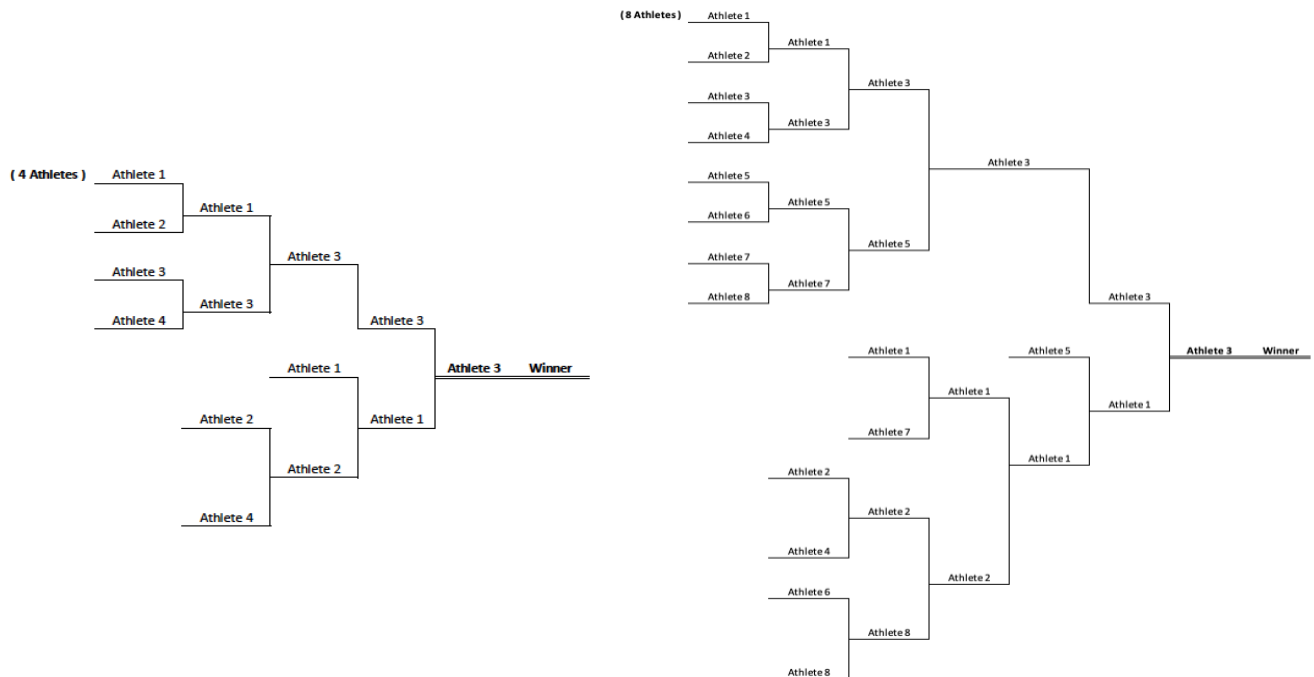


Figure 33 Drawing 'Double Elimination' Knockout System – Preliminary, Quarter, Semi and Finals



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

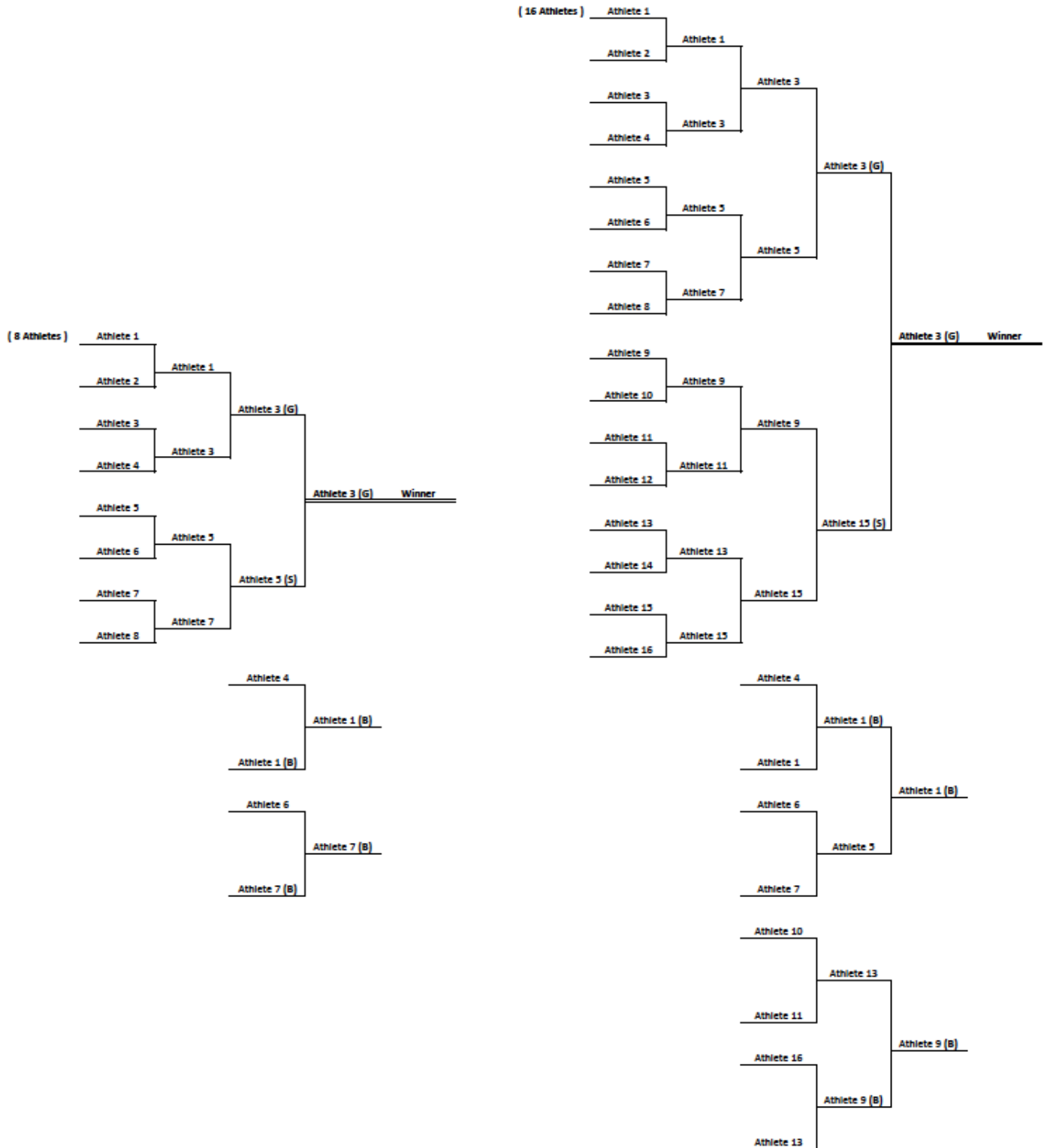


Figure 34 Drawing 'Repechage Elimination' Knockout System – Preliminary, Quarter, Semi and Finals

**16.1.4: Non Single Elimination Injuries** If an athlete receives a RSCH, KOH or an Injury that the Doctor determines to severe, then the athlete may not continue for the remainder of the competition or championship.

**16.2: BYES** In competitions where there are more than four (4) competitors, a sufficient number of byes shall be drawn in the first series to reduce the number of competitors in the second series to 4, 8, 16 or 32. Competitors drawing a bye in the first series shall be the first to compete in the second series. If there are an odd number of byes, the Athlete who draws the last bye will compete in the second series against the winner of the first contest in the first series. Where the number of byes is even, the Athlete drawing byes shall compete in the first contests of the second series in the order in which they are drawn.

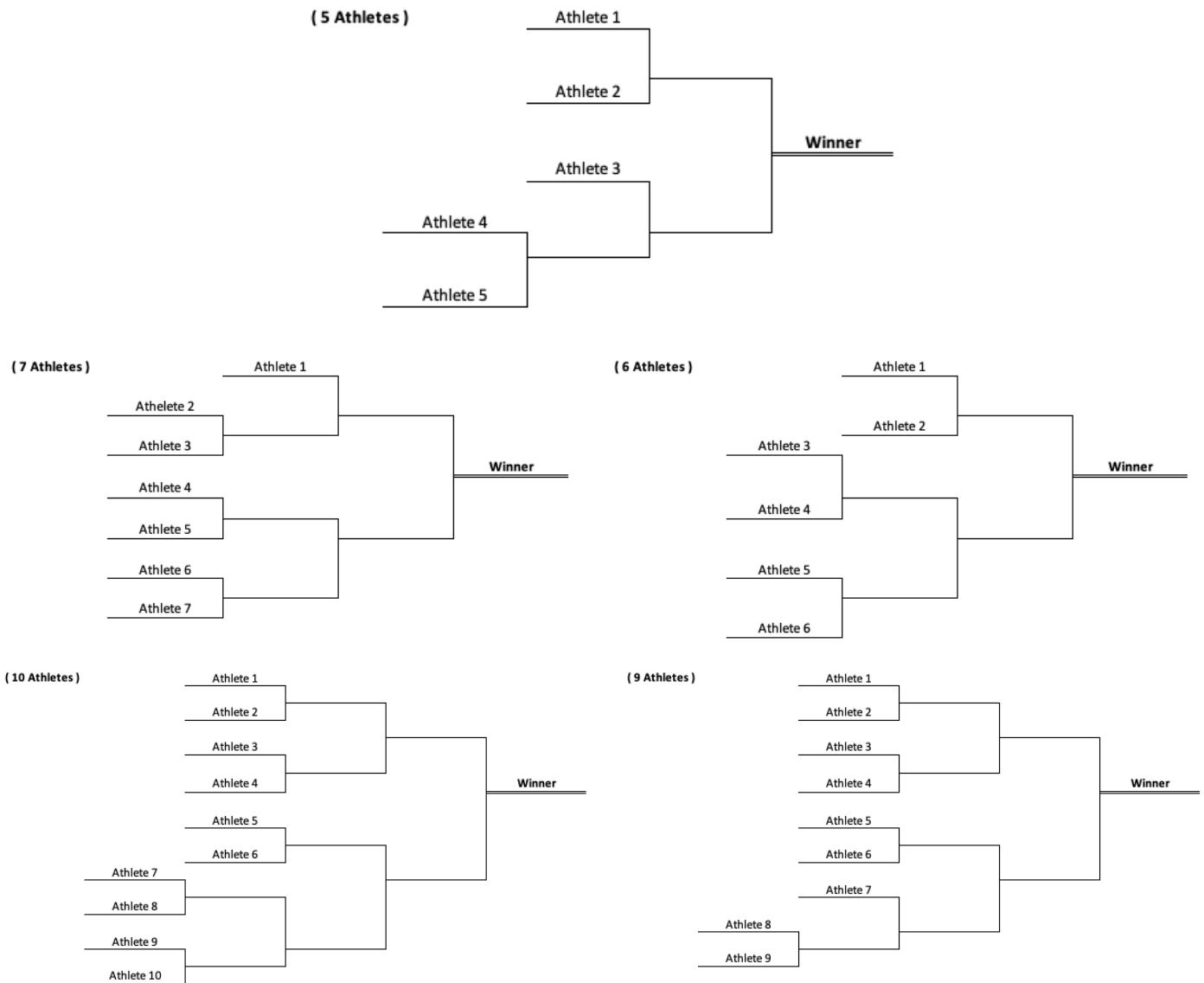


Figure 35 Drawing 'Single Elimination' Knockout System – Byes 5, 6, 7, 8, 9 and 10 Athletes



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

**16.3: ORDER OF THE PROGRAM** Where possible in the World Championships and Continental Championships, the order of the program should be arranged that the contests in a session are from lightest to heaviest. The wishes of the hosts may be accommodated as long as this does not call into question the results of the draw.

**16.4: CONTESTS PER COMPETITION DAY** An Athlete is only permitted to compete in a maximum of one (1) contests per day. In special circumstances, the IFMA or the Continental Federation has the authority to allow an Athlete to compete in more than one (1) contests per day.

**16.4.1: Additional Contest Rest Allowance** The Athlete must be allowed a minimum of two (2) hours rest between contests, with the exception of Round Robin competitions.

**16.4.2: Maximum Additional Contest** The Athlete must not exceed three (3) contests per day.

## RULE 17: THE SECOND (COACH)

**17.1: NUMBER OF SECONDS** Each competitor is entitled to a maximum of two (2) Seconds but may not compete with less than one (1).

**17.1.1: Nationality** The Second should be of the same nationality as their passport, or resident within the country of the national team presented at accreditation. At the discretion of the Technical Delegate, a Second may assist another nation during a contest.

**17.2: CONDUCT** The Seconds shall abide by the following rules:

### 17.2.1: During an Active Round

- The Seconds shall remain seated away from the platform of the ring. Before a round begins, they shall remove all objects from the ring platform (e.g. seats, towels, buckets, spray bottles, etc); and
- During a Count, Warning, or Time Out the Second shall not provide advice to their athlete.

### 17.2.2: During the Rest Between Rounds

- Only the two Seconds shall mount the apron of the ring and only one may enter the ring;
- A Second, who is outside the ropes, may not insert their body between the ropes and must reach over the top if tending to the Athlete;
- A Second will ensure that the Athlete faces toward the centre of the ring, with their back to their corner; and
- Seconds are permitted to spray a reasonable amount of water on the Athlete using a spray bottle. Using excessive amounts of water or spraying the Athlete by any other means (i.e. orally, with a wet towel) is prohibited.

### 17.2.3: At Any Time

- A Second has the authority to retire an Athlete. If they consider their Athlete to be in difficulty, they must step onto the ring apron directly in front of their designated corner (outside the ropes) and clearly signal the Referee by throwing a towel into the ring to indicate the contest should be stopped, except when the Referee is in the course of counting;
- Any Second who incites or encourages spectators through words, gestures, or conduct with the intent to influence officiating, protest decisions, or disrupt the orderly conduct of the bout shall be immediately removed from the contest and may be subject to further disciplinary action.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

- If a Second violates the rules they may be Warned or Disqualified. An Athlete may also be Cautioned, Warned, or Disqualified by the Referee for offences committed by their Seconds. If a Second is removed by the Referee from the corner, they may not be replaced by an alternate Second and shall not assist for the remainder of competition; and
- If a Second causes significant distress or engages in aggressive physical contact with an Athlete or Technical Official, deemed unacceptable by the Technical Officials, they will be expelled from the Field of Play (FOP), suspended from the competition/championship, or for a period determined by the IFMA Executive Committee, which could be up to one year or indefinite, and/or fined \$2,000 USD.

**17.3: ATTIRE** Seconds must wear the official uniform of their National Association and flat-heeled athletic shoes. Jeans, shorts, hats or caps, Seconds' jackets, vests, open-toe footwear, and any other inappropriate attire are not permitted..

**17.4: REQUIRED SUPPLIES** Each corner is required to have their own towel, spray bottle and water with the corner bucket. These items are not to be lent for use by any other Athlete to prevent the spread of bacterial-viral illnesses and contamination with regards to the IFMA anti-doping code.

**17.5: COMPULSORY MEETING** At each competition the Technical Delegate or the Chairman of the Jury shall arrange a Technical Meeting of the Officials and the Seconds who are going to work in each tournament and emphasize that IFMA rules will be followed.

## RULE 18: TIMEKEEPER & ANNOUNCER

**18.1: DUTIES OF THE TIMEKEEPER** Each contest shall have one (1) timekeeper who shall be seated ringside. The Timekeeper shall:

- Regulate the duration of the Wai Kru, and signal its end to the Referee and Athletes by hand signal or bell;
- Regulate the number and duration of the contest rounds;
- Regulate the intervals between rounds;
- Commence and end each round by striking the gong or bell;
- Indicate or give a signal of 10 seconds to clear the ring before the commencement of each round;
- Take off time when instructed to do so by the Referee;
- Regulate all periods of time and counts by a watch or clock; and
- If at the end of a round an Athlete is "down" and the Referee is in the course of counting, **the gong indicating the end of the round will not be sounded**. The gong will be sounded only when the Referee gives the command "CHOCK" indicating the continuation of the match.

**18.2: DUTIES OF THE ANNOUNCER** Each contest shall have one (1) announcer and where necessary one (1) translator who shall be seated ringside.

- Prior to the first contest of each day, announce the position, name and country of the Jury officiating the competition to the public.
- Announce the position, name and country of the Referee and Judges officiating the contest to the public, prior to the beginning of each contest, and only when the Referee appears in the ring;
- Announce the name, country or delegation, division, weight and corner colour of both Athletes to the public whenever they appear in the ring;



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

- Order “Seconds out” 10 seconds before the commencement of each round;
- Announce the beginning and end of each round; and
- Announce the result of the competition and name of the winner.

## RULE 19: STARTING A CONTEST

**19.1: PRESENTING FOR COMPETITION** The Athlete will approach the ring wearing the following equipment in a state ready to be used for competition:

- Bandages or Hand wraps;
- Gloves;
- Elbow guards;
- Shin guards;
- Groin guard;
- Chest protection (if used); and
- Body protector (if used).

The Mongkon, head guard, and gum shield shall be held by the Athlete’s Seconds in preparation for the contest.

The Athlete shall enter the ring between the 2<sup>nd</sup> & 3<sup>rd</sup> rope, or 3<sup>rd</sup> & 4<sup>th</sup> rope for Athletes in heavier weight divisions, and after having entered the ring will have the Mongkon placed on their head by their Second **before** presenting themselves to the Jury and Judges. The Athlete, in their corner, will then present themselves to the Referee for their equipment inspection.

**19.2: PERFORMING THE WAI KRU** After the equipment inspection is completed the Referee will signal the start of the Wai Kru.

**19.3: SHAKING OF HANDS** Before beginning and after a contest, Athletes shall shake hands or “Wai” in a proper manner, as a sign of a purely sporting and friendly rivalry in accordance with the rules.

**19.3.1: Authorised Times** The shaking of hands takes place before beginning the first round and after the announcing of the contest results. Any further shaking of hands between the rounds is prohibited.

## RULE 20: WAI KRU

**20.1: REQUIREMENT** Before the first round, every Athlete must perform the traditional Muaythai ritual of homage “Wai Kru” according to the customs of Muaythai.

**20.2: FUNDAMENTAL ELEMENTS** The Athlete must, at a minimum, perform the Starting Postures: Thep Pa Nom, and Kom Krab. To prostrate to the canvas three (3) times while wearing a sacred Mongkon. Athletes are encouraged to perform a proper Wai Kru consisting of all six (6) Starting Postures. It is not permitted to perform any other form of martial art ritual that is not a conventional part of the art of Muaythai.

**20.2.1: Krob Kru** Also known as “Sealing the Ring”, is not permitted before performing the Wai Kru, unless during the finals of a competition or championship.

**20.2.2: Rai Ram Muaythai** May only be performed during the finals of a competition or championship.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**20.3: MUSIC** The traditional Muaythai musical instruments (java pipe, small cymbals and two drums) will accompany the ritual. If a live band (Pi Muay) is not available, it is permissible to use Muaythai music played from a recording.

**20.4: DURATION** The duration of the Wai Kru on preliminary contests is at maximum 2 minutes the end of which shall be signalled by the Referee, however this may be further limited by the Organizing Committee.

## RULE 21: TECHNICAL OFFICIALS

**21.1: TECHNICAL DELEGATE (TD)** Each competition or championship shall be overseen by a Technical Delegate who shall be seated separately from the public, officials and in close proximity to the ring(s).

**21.2: MEDICAL COMMISSION MEMBER (MCM)** In the case of Continental or World Championships, a Medical Doctor or Physician from the IFMA Medical Commission must be present to oversee the medical team on the ring(s).

**21.3: CHAIRMAN OF THE JURY (COJ)** All officials at each competition or championship shall be overseen by the Chairman of the Jury who shall be seated separately from the public and in close proximity to the ring(s).

**21.4: JURY** Each contest shall be presided over by a minimum three (3) Jury members who shall be seated separately from the public and in close proximity to the ring.

**21.4.1: Assistant** The Jury may use an Assistant who shall be seated at the same table as the TD or COJ.

**21.5: REFEREE** Each contest shall be controlled by an IFMA or Continental Federation approved Referee who shall officiate in the ring but shall not mark a scoring paper for the same contest.

**21.6: JUDGES** Each contest shall be marked by five (5) or three (3) IFMA Judges who shall be seated separately from the public and immediately adjacent to the ring. If five (5) Judges are used, two (2) of the Judges shall be seated on the same side of the ring at a sufficient distance from the other, facing the Jury.

**21.6.1: Multi-Sport Tiered Events** For Tier 1 (Olympics; Summer, Youth, Para, Special) and Tier 2 (IWGA & WCG) contests, five (5) IFMA Judges shall score. For Tier 3 (Asian Indoor Games, SEA Games, Arafura Games, World Masters Martial Arts Masterships, FISU Games, Asian Beach Games) and Tier 4 (Senior World Championship, Youth World Championship, Continent Championship) contests, three (3) or five (5) IFMA Judges shall score.

**21.7: TIMEKEEPER** The Timekeepers shall be selected from the National Technical Officials provided by the LOC, or as deemed suitable by the Head of Referees.

**21.8: NEUTRALITY** The names of the Referee and the Judges for each contest shall be selected by the Jury in accordance with the following directives:

- Each Official shall be an approved Referee/Judge;
- That each such official shall be of different country and Association from each other and from each of the Athletes taking part in the contest;
- That each such official shall not be a national of or resident in any country which is a Dominion, Colony or Dependency of the country of any of the Athletes taking part in the contest;
- That in the event of a change of country of any Official, such official shall not officiate in any contest in which an Athlete of his original country is taking part or a Referee or Judge of that country is acting;



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

- In no case shall more than two (2) Officials in one contest come from the same continent;
- The Referees and Judges for the finals shall be approved by the Panel of Jury as a whole as being IFMA authorised persons; and

**21.8.1: Randomised ITO Ring Schedule** For competitions requiring more than one (1) ring, the RSpportz system will allocate ITO from the central pool of Technical Officials attending the event to each ring.

In the event of it being found impossible by the Jury in any case to comply with the above directives, the name or names of an Official or Officials may be drawn by lot by the Chairman of the Jury, or someone acting on his/her behalf, for the contest in question.

**21.9: CONFLICT OF INTEREST** A person acting as an Official shall not act as Team Manager, Trainer, or Second to any Athlete or team of Athletes in the same competition. Members of the Jury officiating at the World Championships, World Cup Competitions and Continental Championships shall not officiate as Referees and Judges at those Games or Championships.

**21.9.1: Stakeholder Involvement** If any member of the Jury has a stake in an Athlete who is competing (e.g., financial interest, personal connection), they must excuse themselves from officiating.

**21.10: IMPAIRMENT** No IFMA Official shall operate under the influence of alcohol or illicit substances.

**21.11: DISCIPLINARY ACTION** The IFMA Executive Committee, Continental Federation, or its duly authorized representative may, upon the recommendation of the Jury, may dispense (temporarily or permanently), with the services of any Referee who, in its opinion, does not efficiently enforce the rules of the IFMA, or any Judge whose marking or scoring of contests it considers not to be satisfactory.

**21.12: DRESS** Technical Officials are to wear dark blue or black trousers, black flat shoes (no heels), IFMA Official's shirt, and dark blue or black bowtie. The IFMA Official's shirt and bowtie may be replaced when approved by the Chairman of the Jury and Technical Delegate. Appropriate jackets may be used when authorised.

**21.12.1: Appearance** Officials are to be professional in appearance at all times, including but not limited to well-maintained personal hygiene, trimmed facial hair, and a lack of visible piercings or tattoos.

**21.13: TEAM TECHNICAL OFFICIALS (TTO)** are technical officials nominated by their National Association as part of a competing delegation and shall officiate only under the supervision of the Head of Referees. TTOs do not meet the international appointment requirements of the competition and are not from the host country. They may be supplied by attending National Associations to meet minimum participation or delegation requirements and may assist in officiating duties as assigned.

**21.14: NATIONAL TECHNICAL OFFICIALS (NTO)** are nominated by their National Association to officiate at international competition under the supervision of the Head of Referees. A country hosting an international championship is required to provide a set number of NTOs per the hosting agreement.

**21.15: INTERNATIONAL TECHNICAL OFFICIALS (ITO)** The title of "International Technical Official" shall be the highest title for a Referee or Judge of Muaythai. A person admitted to the International List shall be given a diploma of



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

“International Technical Official”. They shall also be given a badge of IFMA corresponding to their title and an identity card.

**21.15.1: Qualifications** Rules and regulations for qualifying as an International Technical Official are stipulated by the IFMA Executive Committee;

Title / Class / Rank	Minimum Khan	Minimum Duties Required	Minimum Events Attended
PITOC <sup>c</sup> Level 1 [I]	7	Combat / Technical Timekeeper, Judge, Referee	Senior & Youth World Championships
P/ITOC <sup>c</sup> Level 2 [II]	8	Cultural Timekeeper, Judge	Wai Kru & Mai Muay Asian Beach Games
ITOB <sup>b</sup> Level 3 [III]	9	Combat / Technical Protocol Jury, Head of Referees	World Masters Martial Arts Masterships, FISU Games
ITOB <sup>b</sup> Level 4 [IV]	10	Cultural Protocol Jury, Head of Judges	Wai Kru & Mai Muay SEA, Arafura Games
ITOB <sup>b</sup> Level 5 [V]	11	Combat / Technical Admin. Jury, Head of Weigh-Ins	Asian Indoor Games
ITOB <sup>b</sup> Level 6 [VI]	12	Cultural Administration Jury, Head of Results	Wai Kru & Mai Muay SportAccord, World Combat Games
ITOA <sup>a</sup> Level 7 [VII]	13	Combat / Technical Head of Jury - HOJ	European, African, Pan-American Games
ITOA <sup>a</sup> Level 8 [VIII]	14	Cultural Head of Jury - HOJ	Wai Kru & Mai Muay IWGA World Games
ITOA <sup>a</sup> Level 9 [IX]	15	Chairman of the Jury - COJ, Competition Manager - CM	Olympics; Summer, Youth, Para, Special

*\*Senior level ITOs will assist to the minor levels at all times*

**21.15.2: Obligation of Attendance** Should an International Technical Official be selected by the Executive Committee to participate in the World or Continental Championships and Cups, the National Association to which they have membership shall be obligated to send them unless they personally refuse for adequate reasons.

In nations where the responsibility of financing their teams or similar tournaments are handled by another organisation, that organisation will be responsible for the transport and maintenance of Officials selected to the tournament.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**21.16: HONORARY TECHNICAL OFFICIAL** The Executive Committee may award for life, the title of “Honorary Referee and/or Judge of Muaythai” to International Officials who have retired, and have displayed the requisite qualifications in a highly satisfactory manner.

**21.16.1: Technical Officials Statutory Retirement** Age is sixty (60) years, or sixty-five (65) years with proof of a medical certificate per additional year. Officials who have reached sixty-five (65) years and have ten (10) or more years of international service shall be allowed to continue in Judging, Jury, or Commission roles, provided they pass an annual health and competency assessment. All other active Technical Official duties must cease within six (6) months. No official may be removed from Judging, Jury, or Commission roles unless they fail the required assessment, as determined by the recommendation of the Medical Commission Member (MCM) or the Chairman of the Jury (COJ), or choose to step down voluntarily.

All assessments, appointments, and roles, including statutory retirement, honorary, and mentoring positions, shall be applied equally to all Technical Officials without discrimination on the basis of gender, gender identity, nationality, or other protected characteristics, and shall follow transparent, documented criteria.

**21.17: REPORTS TO THE MEDIA** Executive members, members of the Medical Jury, IFMA Commission members, and Referees/Judges acting as officials shall not make reports to the press, or make statements on Television or Radio, on matters relating to the competition or officiating at those events. Only the President or any person authorised by the President shall be entitled to speak to the media.

## RULE 22: TECHNICAL DELEGATE (TD)

**22.1: RESPONSIBILITIES** The Technical Delegate is responsible for all aspects of the Competition or Championship and reports directly to the Executive Committee.

**22.2: DUTIES** To observe and liaise with all parties of interest to the Competition or Championship.

## RULE 23: MEDICAL COMMISSION MEMBER (MCM)

**23.1: RESPONSIBILITIES** The Medical Commission Member is responsible for overseeing the medical team(s) of the Continental or World championships, and reports directly to the Technical Delegate.

**23.2: DUTIES** To observe and liaise with all parties of interest to the Championship, including a daily briefing with the ring Doctor(s) where necessary, and to give advice to the Doctor during a competition should an incident occur.

## RULE 24: CHAIRMAN OF THE JURY (COJ)

**24.1: RESPONSIBILITIES** The Chairman of the Jury is responsible for all aspects of the officials and field of play within a Competition or Championship and reports directly to the Technical Delegate.

**24.2: DUTIES** To observe and liaise with all parties of interest within the field of play for the Competition or Championship.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## RULE 25: JURY

**25.1: APPOINTMENT** During the International Competitions, the Chairman of the Jury for IFMA shall appoint a Jury. During the Continental Championship, the Jury shall be appointed by the Executive Committee of the Continental Federation, or in case there is not a Continental Federation, by the National Association concerned.

At each competitive session, the Jury shall consist of not less than (three) 3 persons per ring, including the Head Jury. Three of the Jury shall either be members of the Technical Official Commission or used to be on the list of nominated International Technical Officials. No additional Technical Officials shall sit at the Jury table during that session.

**25.1.1: Primary Duty** To watch, observe and oversee the bouts.

**25.2: ROLES AND SPECIFIC DUTIES** The panel of the Jury will consist of the following three (3) roles:

**25.2.1: Head Jury** reports to the Chairman of the Jury and / or the Technical Delegate and is responsible for all aspects of the competition relating to their ring, in and out of the field of play. The Head Jury must attend the official draw, managers meeting, technical officials meeting.

**25.2.2: Administration Jury** reports directly to the Head Jury, is considered the 'Head of Weigh-in' and is responsible for all administrative tasks relating to their ring, in and out of the field of play. This includes but is not limited to; verifying contests against the competition schedule, recording in the athlete's book, recording in the technical official's book, organising the weigh-in teams and result reporting.

**25.2.3: Protocol Jury** reports directly to the Head Jury, is considered the 'Head of Referees', and is responsible for all protocols relating to their ring, in and out of the field of play. This includes but is not limited to; assessment of referees, ring setup according to the technical standards, the correct members/staff are identifiable within the field of play, ensuring athletes and seconds are properly dressed before and during the contest, overseeing any situations within the ring such as a Doctor's inspection of an athlete, equipment checking, assigning the referee roster, referee assistance with training, impartiality and medical condition.

## 25.3: GENERAL DUTIES

### 25.3.1: Managing a Contest

- Wherever the electronic judging system is not used, the Administration Jury shall record his score of each contest witnessed by him and these scores shall be available for comparison with those of the Judges functioning in those contests;
- The Head Jury shall check the scoring papers of the Judges to ensure that:
  - The points are correctly totalled;
  - The names of the Athletes are correctly entered;
  - A winner is nominated;
  - The scoring papers are signed before the decision is announced; and
  - The Head Jury shall then inform the announcer the result of the contest.
- The Jury, may also take any immediate action they consider necessary to deal with circumstances which would prevent proper conduct of competition at any session; and
- Should an Athlete commit a serious and deliberate offense that is contrary to the spirit of sportsmanship, the Jury has the right to recommend the Executive Committee to declare him/her ineligible for competition for a



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

specific period. The Executive Committee or Continental Federation may deprive him/her of a medal or prize already won in that competition

## 25.3.2: Overruling the Referee and/or Judges

- Decisions of a Referee and/or Judge may be overruled by the Jury in the following ways:
  - When the Referee has given a decision which is clear it is against the Rules of IFMA; or
  - When it is obvious that the Judges have made a mistake in their scoring which results in a wrong decision.
- If circumstances should arise which would prevent the holding of a contest under proper conditions and if a Referee should take no efficient action concerning the situation, the Jury may order competition to cease until it may be satisfactorily resumed.

## 25.3.3: Managing a Technical Official Performance

- Jury members at each session will meet on the following morning to consider the officiating done by the Referee & Judges on the previous day and will make recommendations to the Executive Committee regarding any Referee or Judge whom they consider not to have performed at the required standard on the preceding day. Any Referee or Judge that performed official duties on the preceding day is required to be available for interview by the Jury;
- The Jury shall inform the IFMA Executive Committee in writing about any Referee or Judge whom in their opinion does not effectively enforce the Rules and Regulations of IFMA and Judge whose scoring of contest they consider unsatisfactory;
- The Jury members shall submit to the Executive Committee of IFMA, the Continental Federation, or in case there is no Continental Federation, the National Association concerned, any amendment to the panel of Referees and Judges that they consider necessary;
- The Jury members shall bring to the notice of the Executive Committee any Referee or Judge of the International Panel who, having been nominated to act as such by his Association and who, being present at, World Championships or Continental Championships, fails to be available for such duties without previously notifying the IFMA General Secretary of his absence and giving adequate reasons;
- If an official appointed for a contest is absent, the Jury may appoint from the roll of approved officials a suitable member to replace the absent member, reporting this change to the Executive Committee or Continental Federation as soon as it may be possible; and
- The acting Jury will consult the Commission of Refereeing and Judging with regards to any decisions or recommendations they may be required to take.

## 25.3.4: Performing Non-Jury Duties

- A member of the Jury may act as a Judge for an individual contest were failing to do so would result in the Neutrality of the Judges to be compromised; and
- If needed, the Administration and Protocol members of the Jury may be replaced with another qualified Official to retain Neutrality of the Officials.

## 25.3.5: Reporting to the Chairman of the Jury

- Each competition day, the Head(s) of the Jury will provide a report to the Chairman of the Jury, including Referee Roster(s), Weigh-in(s) confirmation and any additional technical information regarding their ring.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**25.4: NEUTRALITY** The members of the Jury at international contests, competitions and championships shall come from different countries.

**25.5: ADDITIONAL DRESS** Members of the panel of Jury should wear a jacket/blazer and dress tie.

## RULE 26: REFEREE

**26.1: ADDITIONAL DRESS REQUIREMENTS** The Referee is to wear black flat soled shoes without a raised heel, and is recommended to wear surgical gloves while officiating. Any accessories such as eyeglasses, jewellery, belt, and headwear are prohibited.

**26.1.1: Communication Headsets** May be used at the discretion of the Technical Delegate to provide additional support between the Head Jury and Referees during Tier 1 (Olympics; Summer, Youth, Para, Special) and Tier 2 (IWGA & WCG) contests.

**26.2: PRIMARY CONCERN** The care of the Athlete is the primary concern of the Referee.

**26.3: DUTIES** The Referee shall:

- Use 3 words of command in Thai:
  - **“YOOT” (Stop)** when ordering the Athletes to stop action;
  - **“YAEK” (Break)** when breaking a clinch, upon which command each Athlete shall step back to await the Referee’s command to continuing the competition; and
  - **“CHOCK” (Box)** when ordering the Athletes to continue.
  - **TIME** when ordering the Timekeeper to stop the countdown of the clock during the active round to attend to incidents inside and outside the ring.
- See that the rules and fair play are strictly observed;
- Check the gloves and dress of the Athletes;
- Maintain control of the contest in all its stages;
- Prevent a weak Athlete from receiving undue and unnecessary punishment;
- Referee shall visually demonstrate any infringement of the rules to an Athlete;
- Stop each round at the strike of the bell by commanding “YOOT” and obstructing the Athletes, directing them to their corner;
- At the end of a contest collect and check the papers of the Judges; after checking the Referee shall present these papers to the Jury, or on occasions when there is no Jury, to the announcer.
- When the Referee has stopped the contest, they shall first inform the Jury as to the reason such that the announcer can make the decision known to the public; and
- The Referee shall not indicate the winner, by raising an Athlete’s hand or otherwise, until the announcement has been made. When the winner of the contest is announced, the Referee shall raise the hand of the winning Athlete.

**26.4: POWERS OF THE REFEREE** The Referee is empowered to

- Terminate a contest at any stage if they consider it too one-sided (RSC: Safety);
- Terminate a contest at any stage if one of the Athletes has received an injury on account of which the Referee decides they should not continue (RSC: Injury);



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

- Terminate a contest at any stage if they consider the contestants are not competing in earnest. In such case they may disqualify one or both contestants;
- Caution an Athlete or to stop the contest to administer a Warning to an Athlete against fouls or for any other reason in the interests of fair play, or to ensure compliance with the rules;
- Disqualify an Athlete who fails to comply immediately with the Referee's orders, or behaves towards them in an offensive or aggressive manner at any time;
- Disqualify a Second who has infringed the rules and/or the Athlete themselves if the Second does not comply with the Referee's orders;
- With or without a previous Warning, disqualify a contestant for committing a serious foul;
- In the event of a knock-down, suspend a count, if an Athlete's opponent deliberately fails to retire to a neutral corner or delays to do so; and
- Interpret the rules insofar as they are applicable or relevant to the actual contest to decide and take action on any circumstance of the contest which is not covered by a rule.

**26.5: REPLACING THE REFEREE DURING THE CONTEST** If a Referee is incapacitated in the course of a contest, the timekeeper shall strike the gong to stop the contest and the next available neutral Referee on the IFMA list shall be instructed to control and order the contest to be resumed.

**26.6: MEDICAL CONSIDERATIONS** The Referee shall be free any conditions or ailments that may compromise their ability to perform their duties. The use of contact lenses for corrective vision is permitted.

**26.6.1: Compulsory Medical** All Referees must undergo a medical examination at the earliest opportunity following a competition weigh-in, during a competition or championship.

## RULE 27: JUDGES

### 27.1: DUTIES

- Each Judge shall independently evaluate the merits of the 2 contestants and decide the winner according to the rules;
- A Judge shall not speak to an Athlete or to another Judge, nor to anyone else except the Referee during the contest, but may, if it is necessary, at the end of a round, bring to the notice of the Referee any incident which they may appear not to have noticed, such as the misconduct of a Second, loose ropes, etc;
- The number of points awarded to each competitor shall be entered by a Judge on their RbR scoring system or paper immediately after the end of each round, or during the bout if using the SbS scoring System;
- At the end of the contest a Judge shall total the points, nominate a winner, sign their scoring paper and submit their scorecard to the Referee; and
- A Judge shall not leave their seat until the decision has been announced to the public.

## RULE 28: TEAM DOCTOR

**28.1: APPOINTMENT** Each National Federation may appoint a Team Doctor to support its athletes during the Competition or Championship.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

**28.2: RESPONSIBILITIES** The Team Doctor is responsible for the medical care and supervision of the athletes of the National Federation.

**28.3: AUTHORITY** The Team Doctor shall be subject to the authority of the Medical Commission Member (MCM), whose decision shall be final in all medical matters.

## RULE 29: AWARDING OF POINTS

**29.1: SCORING MUAYTHAI SKILL** A Muaythai skill is a punch, kick, knee or elbow applied with force and intent to cause effect. One score will be awarded for each Muaythai skill that strikes against a scoring target without being blocked, guarded against, or infringing the rules.

**29.1.1: Target** The Target for Muaythai means, any part of the body except the groin and cervical spine (C1–C7 vertebrae, including the occipital bone, referred to as the back of the neck).

**29.1.2: Non-scoring Targets** The gloves, forearms, foot, and shin are not scoring targets, unless a strike is applied with enough force to affect a non-scoring target (e.g. a high kick against the gloves of a blocking opponent off-balances the target.)

**29.1.3: Illegal Targets** The groin and cervical spine are not scoring targets and intentional strikes against these may be considered fouls.

**29.2: TEN-POINT MUST SYSTEM** When each round shall be scored individually (Round-by-Round, RbR scoring System), in which at least one Athlete shall be awarded 10 points. No fraction of points may be given.

### 29.2.1: Steps for Awarding Points

- First, an Athlete wins the round when utilising more **scoring Muaythai skills** than the opponent;
  - A difference of 7 or less scoring Muaythai skills between the athletes is a **small margin**;
  - A difference of 8 to 14 scoring Muaythai skills between the athletes is a **large margin**; and
  - A difference of 15 to 21 scoring Muaythai skills between the athletes is a **total domination**.

If the Athletes are equal in scoring Muaythai skill, then

- Second, an Athlete wins the round when using **more forceful Muaythai skills** than the opponent;
  - Semi Contact (Muaythai Technical): the Athlete wins the round based on effective light-contact execution rather than raw force.

### 29.2.2: Non-Awarding of Points

- Striking with **lack of Muaythai skills**;
- Strikes which are **effectively blocked by the opponent's forearms/gloves or shins/feet**;
- Striking with **lack of force** even when those strikes have landed on target;
  - Semi Contact (Muaythai Technical): strikes exceeding light-contact expectations shall be considered a foul.
- Throwing the opponent without striking; and
- Striking while infringing any of the rules.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**29.2.3: Assignment of a Round's Score** At the end of each round, 10 points shall be awarded to the better (more skilful in Muaythai) Athlete, and the opponent proportionately less (9-8-7 respectively).

- 10 points will be awarded to each Athlete if they are even in the round;
- 10 points will be awarded to the Athlete who wins the round by a **small margin, the opponent will receive 9 points**;
- 10 points will be awarded to the Athlete who wins the round by a **large margin, the opponent will receive 8 points**;
- 10 points will be awarded to the Athlete who wins the round by a **total domination, the opponent will receive 7 points**; and
- The Athlete will have their **number of total points reduced by one (1) for each Warning** received if the Judges are in agreement with the Warning.

**29.2.4: Deduction of Points** If the Referee provides a Warning to one of the Athletes the Judges may award a point to the other competitor. When a Judge decides to award a point to an Athlete in agreement with a Referee Warning they shall place a "W" in the appropriate column against the points of the warned competitor to show that they have done so. If the Judge decided not to award a point, they shall place the letter "X" against the points allotted for that round to the warned Athlete indicating the reason they have done so.

During each round, a Judge shall assess the seriousness of and shall impose an appropriate scoring penalty for any foul witnessed whether or not the Referee has observed such foul. If a Judge observes a foul apparently unnoticed by the Referee and imposes an appropriate penalty on the offending Athlete, they shall indicate that they have done so by placing in the appropriate column the letter "J" against the points of the offending Athlete and indicate the reason.

**29.2.5: Method for Applying a Deduction of Points** If a Judge is in agreement with a Referee's Warning or observes a foul and imposes a Judge's Warning, the following shall apply:

- Under the Ten-Point Must System, the Athlete receiving the Warning shall have **one (1) point** deducted from their total points;
- Under the Real Time Scoring System, **five (5) points** shall automatically be awarded to the opponent.

**29.3: END OF CONTEST** A winner must be nominated in all tournaments. If at the end of a contest a Judge finds that the Athletes are equal in total score, the Judge shall determine a winner by applying the Steps for Awarding Points across the entirety of the contest.

- If the Athletes are equal in both scoring Muaythai skill and the forcefulness of their Muaythai skill then an Athlete wins the round by any of following:
  - Showing **less exhaustion or less bruising** than the opponent;
  - Showing **more willingness to lead off or aggressive intention to compete** than the opponent;
  - Having **better defence** by which the opponent's Muaythai skills effectively blocked or made to miss;
  - Having **better Muaythai style** than the opponent; and
  - Having **less infringement of the rules** than the opponent.

In Exhibition Matches, a draw decision may be awarded.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**29.4: REAL TIME SCORING SYSTEM** When each Muaythai skill strike is scored individually (Strike-by-Strike, SbS Scoring System), each confirmed strike contributes to scoring. The SbS Scoring System may be operated in one of two approved modes, as defined below.

**29.4.1: Scoring a Muaythai Skill Strike** The Judge shall observe a Muaythai skill strike delivered against the opponent and press either the Red or Blue button on the control panel. This shall be recorded as an Individual Score. The strike must comply with the Rules and Regulations.

**29.4.2: SbS Scoring System Acceptance** For the SbS Scoring System to accept a strike as a confirmed score, a **majority of the Judges** must press either the Red or Blue button within one (1) second of the first Judge's input.

- For **five Judges**, at least three Judges are required.
- For **three Judges**, at least two Judges are required.

This shall be recorded as an Accepted Score.

**29.4.3: Scoring Modes** The SbS Scoring System shall operate under one of the following approved scoring modes, as determined by the Technical Delegate for the competition:

- **Ten-Point-Must Conversion Mode:** Confirmed strikes are used to determine the winner of each round and are converted into a Ten-Point-Must scoring allocation. The leading Athlete shall receive ten (10) points, and the opponent shall receive a corresponding score based on the strike difference.
- **Pure SbS Accumulated Mode:** All confirmed strikes shall be awarded one (1) point each. Scores are recorded per round and accumulated across all rounds of the contest to determine the final result.

**29.4.4: Ten-Point-Must Round Conversion** At the end of each round, the difference in confirmed Muaythai skill strikes between Athletes shall be converted into a Ten-Point-Must scoring result as follows:

- 0 scoring Muaythai skills between the athletes is a **10-10 Round**;
- 7 or less scoring Muaythai skills between the athletes is a **10-9 Round**;
- 8 to 14 scoring Muaythai skills between the athletes is a **10-8 Round**; and
- 15 to 21 scoring Muaythai skills between the athletes is a **10-7 Round**.

The leading Athlete shall receive ten (10) points, and the opponent shall receive the corresponding Must score based on the above scale.

**29.4.5: Cumulative Round Score**

- **Ten-Point-Must Conversion Mode:** Each Athlete's Ten-Point-Must round scores shall be accumulated across all rounds of the contest. At the conclusion of the bout, the cumulative Ten-Point-Must total shall determine the Final Score.
- **Pure SbS Accumulated Mode:** Each Athlete's confirmed strike totals shall be accumulated across all rounds of the contest. At the conclusion of the bout, the Athlete with the higher number of confirmed strikes shall determine the winner.

**29.4.6: In Case of a Draw**



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

- **Ten-Point-Must Conversion Mode:** If the cumulative final score results in a draw, the result shall be resolved using cumulative SbS confirmed strike totals recorded by each Judge across all rounds.
  - **Five Judges:** The highest and lowest individual Judge cumulative SbS confirmed strike totals shall be removed. The average of the remaining three Judges' totals shall be applied to determine the winner.
  - **Three Judges:** The winner shall be determined by the majority decision of the three Judges based on their individual cumulative SbS confirmed strike totals. If all three Judges are split (e.g., one vote each for Red, Blue, tie), the result shall proceed to the forced decision procedure.
- **Pure SbS Accumulated Mode:** If the cumulative confirmed strike totals result in a draw, the result shall be resolved using the same Judge-level cumulative SbS method as defined above for five or three Judges respectively.

**29.4.7: If a Winner Cannot be Determined** If the result remains a draw after the above procedure, all Judges must register a final decision by pressing either Red or Blue on the control panel. The Athlete receiving the majority decision shall be declared the winner. A winner must be determined in all contests, except where otherwise specified (e.g., exhibition matches).

## RULE 30: DECISIONS

**30.1: WIN ON POINTS (WP)** At the end of a contest, the Athlete who has been awarded the decision by a majority of the Judges shall be declared the winner. If both Athletes are injured, knocked-out simultaneously or cannot continue the contest the Judges shall record the points gained by each Athlete up to its termination; the competitor with the most points shall be declared the winner.

### 30.2: WIN BY REFEREE STOPS CONTEST (RSC)

**30.2.1: Safety (RSCS)** If an Athlete, in the opinion of the Referee, is in danger or is receiving excessive punishment or hard strikes, the contest shall be stopped and his/her opponent declared the winner;

**30.2.2: Injury (RSCI)** If an Athlete, in the opinion of the Referee, is unfit to continue due to injury sustained from legal strikes or other action or is incapacitated for any other physical reasons, the contest shall be stopped and the opponent declared the winner.

In cases of apparent **serious injury**, including but not limited to suspected fractures, joint dislocations, vomiting, or uncontrolled bleeding, the Referee shall immediately stop the contest, declare RSCI and seek medical assessment.

- The right to make this decision rests with the Referee, who may consult the Doctor at the neutral corner for no more than one (1) minute. If the Doctor advises to stop the contest, the Referee must follow their advice. It is recommended that the Referee checks the other Athlete for injury also before making this decision;
- When a Referee calls a Doctor to examine an Athlete inside the ring only these 2 individuals should be present. No Seconds should be allowed into the ring or on the apron; and
- If an accidental injury should happen in the final round of a gold medal contest, the winner will be decided on majority points scored from all preceding rounds only.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

The Doctor shall only examine an Athlete during the rest under direct instruction from the Referee. In such cases that the Doctor advise the contest to be stopped, the Referee shall instruct the Timekeeper to begin the round time. The referee will then immediately stop the contest and declare the opponent the winner by RSC Injury.

**30.2.3: Head Strike (RSCH)** When an Athlete has received hard head blows or strikes to the head rendering the Athlete defenceless and incapable of continuing the contest. The term RSCH is not to be used when an Athlete is simply outclassed and is receiving too many scoring hits without themselves scoring. Special consideration is paid to Athletes who receive a RSCH;

**30.2.4: Body Strike (RSCB)** When an Athlete has received a hard strike to any part of the body except the head rendering the Athlete defenceless and incapable of continuing the contest;

**30.2.5: Compulsory Count Limit (CCL)** The Referee stops the contest when a prescribed limit of counts has been reached, depending on the division of competition.

- U24, Elite and Masters 35+: 3 counts in the same round or 4 counts in the whole contest;
- U18, Masters 40+ and Masters 45+: 2 counts in the same round or 3 counts in the whole contest; and
- U8, U10, U12, U14, and U16: 2 counts in the whole contest.
  - In all divisions for a count to be considered part of the CCL, it must be initiated by a Muaythai Skill.

**30.3: WIN BY KNOCK-OUT (KO)** If an Athlete is “knocked down” and fails to resume competing within the count of “SIB” (10), the Athlete’s opponent shall be declared the winner by a knock-out.

**30.3.1: Head Strike (KOH)** When an Athlete has received hard head blows or strikes to the head rendering the Athlete defenceless and incapable of continuing the contest;

**30.3.2: Body Strike (KOB)** When an Athlete has received a hard strike to any part of the body except the head rendering the Athlete defenceless and incapable of continuing the contest.

**30.4: WIN BY RETIREMENT (RET)** An Athlete’s opponent shall be declared the winner when

- The Athlete does not leave their corner after the rest between rounds;
- The Athlete does not wish to continue after receiving a count; or
- The Athlete’s Second surrenders on their behalf.

**30.5: WIN BY DISQUALIFICATION (DQ)** If an Athlete is disqualified, the opponent shall be declared the winner. If both Athletes are disqualified, the decision shall be announced accordingly. A disqualified Athlete shall not be entitled to any prize, medal, trophy, honourable award or grading, relating to any stage of the competition in which the Athlete has been disqualified; in exceptional cases it shall be open to the Executive Committee (or in their absence, the Jury or the person responsible for the conduct of the event) to rule otherwise. All such decisions, where not made by the Executive Committee, shall be subject to review and confirmation by it on receiving such report of the incident as it may require.

**30.6: WIN BY WALK-OVER (WO)** Where an Athlete presents them self in the ring fully attired for competing and the opponent fails to appear after their name has been called out by the announcement system, the bell has sounded, and a maximum period of 2 minutes has elapsed, the Referee shall declare the first Athlete to be the winner by a “Walk-over”. Referee shall first inform the Jury accordingly and summon the Athlete to the centre of the ring for the presentation of the decision.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**30.7: NO CONTEST (NC)** A contest may be terminated by the Referee inside the scheduled duration owing to a material happening outside the responsibility of the Athletes or the control of the Referee such as the ring becoming damaged, the lighting has failed, exceptional weather conditions, etc. In such circumstances, the contest shall be declared “No Contest” after a maximum period of 10 minutes has elapsed and in the case of Championships, the Jury shall decide the necessary further action.

**30.8: DRAW** A draw may only occur in Exhibition Matches, where two Clubs or two Nations may agree to permit a draw as a contest decision. A draw occurs when the majority of the Judges have scored the competition equally.

**30.9: INCIDENTS IN THE RING OUTSIDE THE CONTROL OF THE REFEREE** If something should occur that does not allow the contest to continue within 1 full minute after the bell has rung for the beginning of the first (1<sup>st</sup>) round (e.g. power failure), the contest shall be stopped and the Athletes will compete again in the last contest of the same competitive session, or first contest on the program of the next day's session.

If the incident occurs 1 full minute after the bell has rung for the beginning of the first (1<sup>st</sup>) round, the Judges are asked to give a decision as to the winner of the contest, or the Jury can decide on necessary further action.

**30.10: ATHLETE OUTSIDE THE RING** Should one or both Athletes fall Outside the Ring the Referee shall immediately command “YOOT” and begin to count the seconds elapsing. The Athlete(s) should make their way back into the ring unassisted and unhindered within a count of “Yee-Sib” (20). If the Athlete(s) do not return within 20 seconds, the Referee should decide:

- Win by Referee Stops Contest Injury (RSCI), Head Strike (RSCH), Body Strike (RSCB) or Compulsory Count Limit (CCL);
- Win by Knock-Out Head (KOH) or Knock-Out Body (KOB);
- Win by Retirement (RET);
- Win by Disqualification (DQ); or
- Draw.

The Referee should ensure that the Athlete(s) are not assisted or hindered in any manner. Should this occur, the Referee should stop the count immediately and the offending party should be warned, continuing the count after the necessary action has been taken.

**30.11: POST CONTEST ETTIQUETE** Before and after the decision is announced, Athletes must have a show of respect to one another, the opponents Seconds and the Referee by either shaking hands or “Wai”.

**30.11.1: Opponents Spray Bottle** Drinking from the opponent's spray bottle is prohibited to limit the risk of spreading bacteria, illness and contamination with regards to the IFMA anti-doping code.

**30.12: PROTESTS** A protest must be lodged by the Manager of a team within thirty (30) minutes after the decision has been announced, or within five (5) minutes if the contest is a gold medal match.

After the decision is announced, the protest shall be made in writing and handed to the Technical Delegate or Chairman of the Jury, along with a protest fee of \$500 USD. If the Jury agrees to review, necessary action may be taken on the matter. If the protest is upheld, the money will be refunded with a deduction of \$100 USD for administration. If the decision is upheld, the protest fee will not be refunded and will remain with IFMA or the Continental Federation.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## RULE 31: FOULS

**31.1: TREATMENT OF FOULS** The Athlete who commits fouls can, at the discretion of the Referee, be Cautioned, Warned, or Disqualified without a Warning.

**31.1.1: Cautions** A Caution is an admonishment given by the Referee to an Athlete to check or prevent undesirable practices of the less serious infringements of the rules. To do so Referee will not necessarily stop the contest but may find a suitable safe opportunity during a round to admonish an Athlete for an infringement of the rules. A Caution shall be accompanied by the appropriate physical signal for the offense committed. **If an Athlete is given three (3) of the same Caution in a contest, they shall receive a Warning.** Should an Athlete receive many cautions for different types of fouls the Referee may apply a warning for unsportsmanlike conduct.

**31.1.2: Warnings** If an Athlete commits repeated or serious infractions of the rules, the Referee shall stop the contest and clearly demonstrate the infringement. The Referee will inform the Jury of the Warning, then point to the Athlete and to each of the Judges to signal that a Warning has been given. After giving the Warning, the Referee shall order the Athletes to resume competition.

A Referee having once administered a Warning for an infringement on the rules cannot issue a Caution for the same type of offense. **If an Athlete is given three (3) Warnings in a contest they will be disqualified.**

**31.1.3: Disqualifications** For major or dangerous infractions of the rules, the Referee may immediately disqualify an Athlete.

### 31.1.4: Semi Contact (Muaythai Technical) Exceptional Rulings

- **Tactical Avoidance:** Athletes intentionally leaving the Contest Area to avoid being struck by a Muaythai skill;
  - 1<sup>st</sup> occurrence a Caution, 2<sup>nd</sup> & 3<sup>rd</sup> occurrences Warnings, and 4<sup>th</sup> occurrence a Disqualification.

*An Athlete who is struck by a Muaythai skill or forced out of the Contest Area by their opponent shall not be considered as intentionally leaving the Contest Area.*
- **Prohibited Impact Outcome:** In Semi Contact, no Athlete shall be injured or knocked down by a Muaythai skill;
  - A one (1) minute rest and medical assessment shall be given, and if the Athlete cannot continue, the opponent shall be Disqualified.
  - In the case of a knockout, the opponent shall be Disqualified immediately.

**31.2: TYPES OF FOULS** If the Athlete intentionally commits the following fouls:

31.2.1: **Biting, head-butting, spitting** at an opponent;

31.2.2: **Pressing on opponent's eyes** with the thumb;

31.2.3: **Intentionally using chin to rub** an opponent's face;

31.2.4: **Intentionally smothering or suffocating an opponent** by covering the mouth and nose;

31.2.5: **Intentionally removing, unfastening, or displacing equipment;**

31.2.6: **Intentionally expelling or removing the gum shield;**

31.2.7: **Intending to impact the opponent with the canvas** using a non-Muaythai technique, such as but not limited to;

- Tripping (*sweep*) an opponent without using a Muaythai skill when making 3 points of contact with the body;
- Throwing an opponent using the hip; or
- Tackling the opponent's body or legs.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

- 31.2.8: Hooking or immobilizing the opponent’s legs using the calf, ankle, or heel of the foot;
- 31.2.9: Lifting an opponent by the body;
- 31.2.10: Locking/hyperextending the opponent’s joints in the arms, legs, head/neck, or back;
- 31.2.11: Striking while holding the ropes or making any unfair use of the ropes;
- 31.2.12: Falling on to an opponent who is lying on the floor;
- 31.2.13: Striking an opponent who is down on the floor or who is in the act of rising;
- 31.2.14: Striking while having any part of the body other than the feet touching the floor;
- 31.2.15: Obstructing an opponent from rising or re-entering the ring;
- 31.2.16: Completely passive defence by means of double cover or intentionally falling to avoid a hit;
- 31.2.17: Intentionally leaving the Contest Area to avoid being struck by a Muaythai skill;
- 31.2.18: Striking the groin or cervical spine of the opponent;
  - o If the Athlete is unintentionally struck by a Muaythai skill to the groin or cervical spine (C1–C7 vertebrae, including the occipital bone, referred to as the back of the neck), and unable to continue the contest, the Referee has the power to count the Athlete or pause the contest for up to 3 minutes to allow the hit Athlete to take a rest. If Athlete refuses to resume the contest after 3 minutes rest the opponent will be declared the “winner”;
- 31.2.19: Holding the opponent’s leg and pushing forward more than two (2) steps in any direction without striking with any one of the Muaythai skills;
- 31.2.20: Striking an opponent after the round has ended;
- 31.2.21: Not following the Referee’s command to “YOOT” (“Stop”) or “YAEK” (“Break”) and take a step back;
- 31.2.22: Attempting to strike the opponent before the Referee has ordered “CHOCK” following the command to “YOOT” or “YAEK”;
- 31.2.23: Useless, aggressive, or offensive utterance during the contest;
- 31.2.24: Assaulting or behaving in aggressive manner towards the Referee at any time;
- 31.2.25: Applying water to an athlete by means other than a spray bottle;
- 31.2.26: Use of excessive water during the rest between rounds causing a delay starting the next round;
- 31.2.27: Using any forbidden substance acknowledged by World Anti-Doping Agency (WADA) or IFMA Anti-Doping Code.

## 31.3: RESTRICTED STRIKES BY DIVISION Use of a restricted Muaythai skill in a given division is considered a foul

Division	Restricted Muaythai Skills
Masters 40+ & 45+	No restrictions
Masters 35+	
Elite	
U24	
U18	
U16	No elbow or knee strikes to the head
U14	
U12	No strikes to the head
U10	
U8	



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

**31.3.1: Semi Contact (Muaythai Technical)** Athletes shall use controlled, light contact. Full-power strikes are prohibited. Any strike delivered with excessive force constitutes a foul.

**31.4: SECONDS** Each Athlete can be held responsible for their Seconds’ actions.

**31.5: REFEREE CONSULTS JUDGES** If a Referee has any reason to believe that a foul has been committed which Referee has not seen, they may consult the Judges.

**31.6: POST-COMPETITION SANCTIONS** In cases where an Athlete commits a **serious or dangerous foul** such as biting, headbutting, or striking an Athlete while on the ground, further action may be taken after the competition in addition to any in-bout penalties.

**31.6.1: Review Process** The IFMA Technical Committee may review the bout footage and bout report to determine if further action is necessary. Any further sanctioning must receive final approval from the IFMA Executive Committee.

**31.6.2: Sanctions** May include, but are not limited to:

- Suspension from competition for a defined period (typically six (6) to nine (9) months);
- Monetary fines (typically USD 1,000 to 5,000) to cover necessary legal and medical fees;
- Disqualification from rankings, titles, or awards;
- Mandatory retraining or disciplinary education requirements.

**31.6.3: Notification** The Athlete and their National Federation will be formally notified of any post-competition sanction in writing within a reasonable period following the event.

**31.6.4: Appeals** The Athlete has the right to appeal the sanction in accordance with the IFMA Disciplinary and Appeals Code.

## RULE 32: KNOCKDOWN

**32.1: DEFINITION** An Athlete is considered “Knocked Down”

- If Athlete touches the floor with any part of his body other than their feet as the result of a strike or series of strikes and shows difficulty rising;
- If Athlete hangs helplessly on the ropes as the result of a strike or series of strikes;
- If Athlete is outside or partly outside the ropes as the result of a strike or series of strikes; or
- Following a hard strike the Athlete has not fallen and is not lying on the ropes, but is in a semi-conscious state and in the opinion of the Referee cannot defend themselves effectively.

**32.1.1: Down** A downed Athlete is one that has touched the canvas with any other part of the body which is not their feet, and has not received a strike from their opponent. If they show difficulty in rising, they can be considered Knockdown by the Referee and counted.

**32.2: THE COUNT** In the case of a Knockdown the Referee shall immediately command “YOOT” and begin to count the seconds elapsing. The Referee shall count aloud from one (1) to ten (10) in the Thai language:

#	THAI	ENGLISH
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# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

1	NUENG	ONE
2	SONG	TWO
3	SAAM	THREE
4	SII	FOUR
5	HAH	FIVE
6	HOK	SIX
7	JED	SEVEN
8	BAED	EIGHT
9	KOUW	NINE
10	SIB	TEN

**32.2.1: Starting the Count** Before the number “NUENG” (1) is counted, an interval of one second must have elapsed from the time when the Athlete has been struck, and the time of announcing “NUENG” (1).

**32.2.2: Timing and Signal** The Referee shall have intervals of one second between the numbers counted and, starting with the index finger, shall indicate each second with their hand in a manner that the Athlete who has been Knocked Down may be aware of the count.

**32.2.3: Judge Treatment** The Judge shall note a “KD” (Knockdown) on their scoring sheet when the Referee had given a count to an Athlete, no points shall be awarded or deducted from an Athlete. When an Athlete is considered Knocked Down due to a strike to the head, the Judge shall then enter “KD+H” (Knockdown to the head) on their scoring sheet.

**32.3: OPPONENT’S RESPONSIBILITIES** If an Athlete is knocked down the opponent must at once go to the neutral corner as designated by the Referee, facing toward the centre of the ring and waiting with their arms at their side. If the opponent does not go to the neutral corner on the command of the Referee, the Referee shall stop counting until the opponent has done so. The counting shall be then continued where it has been interrupted.

The opponent may only continue against the Athlete who is Knocked Down after the latter has gotten up and the Referee resumes the contest on the command “CHOCK”.

**32.4: MANDATORY 8-COUNT** When a Referee administers a count to an Athlete the contest shall not be continued until the Referee has reached the count of “BAED” (8), even if the Athlete is ready to continue before then.

**32.5: THE KNOCKOUT** If the Athlete is unable to continue by the count of “BAED” (8) the Referee shall continue to count to “SIB” (10). At “SIB” (10) the contest ends and shall be decided as a “Knockout”.

**32.6: COUNTING AT THE END OF A ROUND** In the event of an Athlete being Knocked Down at the end of a round, the Referee shall continue to count. Should the Referee count to “SIB” (10) the Athlete shall be deemed to have lost the contest by Knockout (KO). Should the Athlete recover by the count of “BAED” (8) the Referee shall immediately use the command “CHOCK”.

**32.7: THE SECOND TIME AN ATHLETE GOES DOWN WITHOUT A FRESH STRIKE** If an Athlete is Knocked Down as the result of a strike and the contest is continued after the count of “BAED” (8) has been reached, but the Athlete falls again without having received a fresh strike, the Referee shall continue the counting from “BAED” (8).



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**32.8: BOTH ATHLETES KNOCKED DOWN** If both Athletes are Knocked Down at the same time, counting will be continued as long as one is still Knocked Down. If both Athletes remain Knocked Down until “BAED” (8) the contest will be stopped and the decision given in accordance with the points awarded up to the time of the Knockdown.

**32.8.1: Double Knockdown** Where both Athletes are Knocked Down due to legal head strikes, the contest result shall be recorded as Win by Points (WP), based on scores up to the time of stoppage. Both Athletes shall additionally be recorded as RSCH or KOH for medical documentation purposes, reflecting head strike involvement.

**32.8.2: Mixed Cause Double Knockdown** Where both Athletes are Knocked Down and one Knockdown is due to a legal body strike while the other involves head impact, and neither Athlete is able to continue after the count of eight (8), the contest shall be declared RSCB or KOB for the Athlete affected by the body strike. Both Athletes shall additionally be recorded as RSCH or KOH where head impact is identified, and RSCB or KOB where body impact is identified.

**32.9: ATHLETE FAILS TO RESUME** An Athlete who fails to resume competing immediately after the termination of the rest interval, or who when Knocked Down by a strike, fails to resume within 10 seconds, shall lose the contest.

**32.10: ATHLETE OUTSIDE THE RING** Should one or both athletes fall Outside the Ring the Referee shall immediately command “YOOT” and begin to count the seconds elapsing. The athlete(s) should make their way back into the ring unassisted and unhindered within a count of “Yee-Sib” (20).

The referee should ensure that the athlete(s) are not assisted or hindered in any manner. Should this occur, the referee should stop the count immediately and the offending party should be warned, continuing the count after the necessary action has been taken.

Should one athlete be unable to return into the ring before the count of “Yee-Sib” (20), the athlete within the ring will be declared the winner by “Referee Stops Contest (RSC-)”.

If both Athletes remain Outside the Ring with a full count of “Yee-Sib” (20) the contest will be stopped and the decision given in accordance with the points awarded up to the time of the occurrence.

## RULE 33: MEDICAL DOCTOR & PROCEDURES

**33.1: DUTIES OF THE DOCTOR** A Doctor of Medicine for Muaythai should be a well-trained doctor in the sport.

**33.1.1: Physical Examination** During the medical examination period the Doctor shall check the health of Athlete and certify that the Athlete is fit to compete before the weigh-in.

**33.1.2: Competition Attendance** The Doctor shall sit close to the ring with unimpeded access to the neutral corner steps nearest the Jury. The Doctor shall be in attendance throughout competition and should not leave this place until having examined the two (2) Athletes who participated in the last contest of the session.

**33.1.3: Advise the Referee** The doctor shall give instruction to the Referee upon their request. The Doctor shall not examine an Athlete during the rest between rounds unless instructed to do so by the Referee.

**33.1.4: Attend an Unconscious Athlete** If an Athlete is rendered unconscious, only the Referee and the Doctor summoned should remain in the ring unless the doctor requires extra help.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

**33.1.5: Provide Medical Attention** An Athlete who has been rendered unconscious as a result of a head hit in a contest or wherein the Referee has stopped the contest due to the Athlete having received hard hits to the head rendering the Athlete defenceless or incapable of continuing, shall be examined by a Doctor immediately afterwards and recommend aftercare or follow up examinations to the Athlete and their Seconds. The Athlete will be accompanied to their accommodation by one of the officials on duty at the event.

**33.1.6: Post-Contest Examination** The Doctor should examine each Athlete following a contest if there are any concerns of injury.

## RULE 34: WAI KRU & MAI MUAY COMPETITIONS

The Wai Kru & Mai Muay competitions highlight Muaythai’s cultural heritage, with Wai Kru performed as an individual **Ritual Dance** and Mai Muay as a duo-based performance of **Traditional Techniques**. Each national team can only enter one (1) Athlete (Nak Gila) per division for the individual Wai Kru contest and one (1) Team of two (2) Athletes per division for the duo Mai Muay contest.

**34.1: LIMITATION OF COMPETITIONS** An athlete may participate in only one (1) cultural division of either the Wai Kru or Mai Muay competition, but not both, and only one (1) combat or technical division of the Muaythai competitions.

## RULE 35: MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES

The Athlete’s age eligibility for all divisions shall be determined using the calendar-year system.

Age Category	Minimum Age	Maximum Age
Masters 60+	60	-
Masters 50+	50	59
Masters 40+	40	49
Masters 35+	35	39
Elite	18	40
U24	18	23
U18	16	17
U16	14	15
U14	12	13
U12	10	11
U10	8	9
U8	6	7

## RULE 36: MEDICAL REQUIREMENT

**36.1: APPLICATION** All medical requirements shall be in accordance with RULE 10, except where modified below to reflect the non-contact nature of Muaythai Cultural competition.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

**36.1.1: Concussion** Should an Athlete accidentally be rendered unconscious during a Mai Muay contest for a period longer than ten (10) seconds, they must inform the Medical Commission immediately after their performance, and inform the Doctor during their medical check on the morning of their Muaythai bout. Coaches, Seconds, and Technical Officials who observe or suspect a loss of consciousness or concussion must also report this immediately to the Medical Commission or Doctor. Failure to do so may constitute a disciplinary offence.

**36.2: COMPETITION ATTENDANCE** The Medical person shall sit close to the competition area with unimpeded access. They shall be in attendance throughout competition and should not leave this place until having examined the last Athlete(s) who participated in the last contest of the session.

**36.2.1: Attend an Unconscious Athlete** If an Athlete is rendered unconscious, only a Medical person summoned should remain in the competition area unless the Medical person requires extra help.

**36.2.2: Provide Medical Attention** An Athlete who has been rendered unconscious as a result of a head hit in a contest, shall be examined by a Medical person immediately afterwards and recommend aftercare or follow up examinations to the Athlete and their Seconds. The Athlete will be accompanied to their accommodation by one of the officials on duty at the event.

## RULE 37: NATIONAL TEAM DIVISIONS

**37.1: TEAM DIVISIONS** For duo format competitions:

- 37.1.1: Male** Both Athletes from the Team must be Male;
- 37.1.2: Female** Both Athletes from the Team must be Female; and
- 37.1.3: Mixed** Athletes from the Team must include one Female and one Male.

## RULE 38: TIME FOR COMPETITION

**38.1: TIME FOR WAI KRU COMPETITION**

Division	Performance Time	Rest Time
U24, Elite & Masters	4 to 5 minutes	as per division schedule
U8 – U18		

**38.2: TIME FOR MAI MUAY COMPETITION**

Division	Performance Time	Rest Time
U24, Elite & Masters	5 to 6 minutes	as per division schedule
U8 – U18		

**38.2.1: Competition Total Time** In an individual format Wai Kru competition the minimum allowed time is four (4) minutes, and the total allowed time is five (5) minutes. For a duo format Mai Muay competition the minimum allowed time is five (5) minutes, and the total allowed time is six (6) minutes.

**38.2.2: Compulsory Completion Time** In an individual format Wai Kru competition the Athlete must have completed their performance by no more than six (6) minutes. For a duo format Mai Muay competition the maximum time allowed is seven (7) minutes. The Jury will instruct the music to stop once the compulsory completion time is reached.

## RULE 39: FIELD OF PLAY (FOP)

The competition area shall be set up as per Fig. 36 or Fig. 37 as determined by the Technical Delegate.

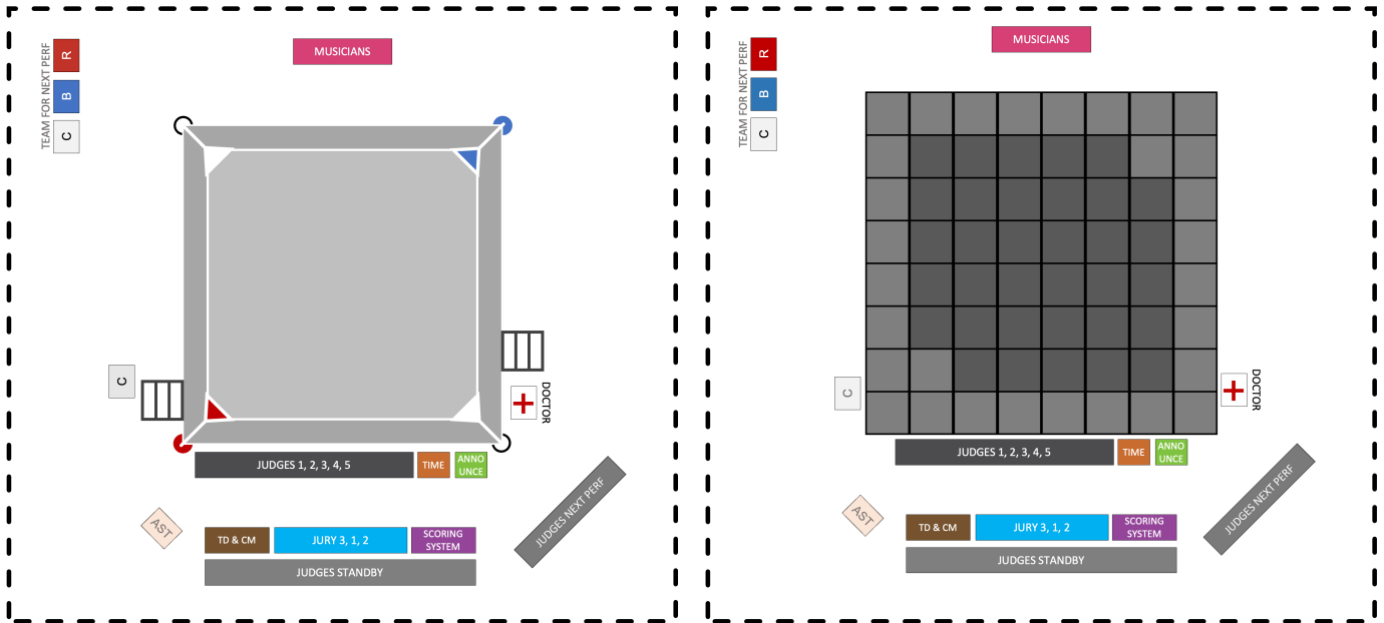


Figure 36 (Ring) & Figure 37 (Contest Area) Competition Area Setup

**39.1: ADDITIONAL RINGS** Two or more rings may be used in championships per Fig. 38. If more than one ring is used at an event, all rings shall utilize the same number of Judges seated at the ring.

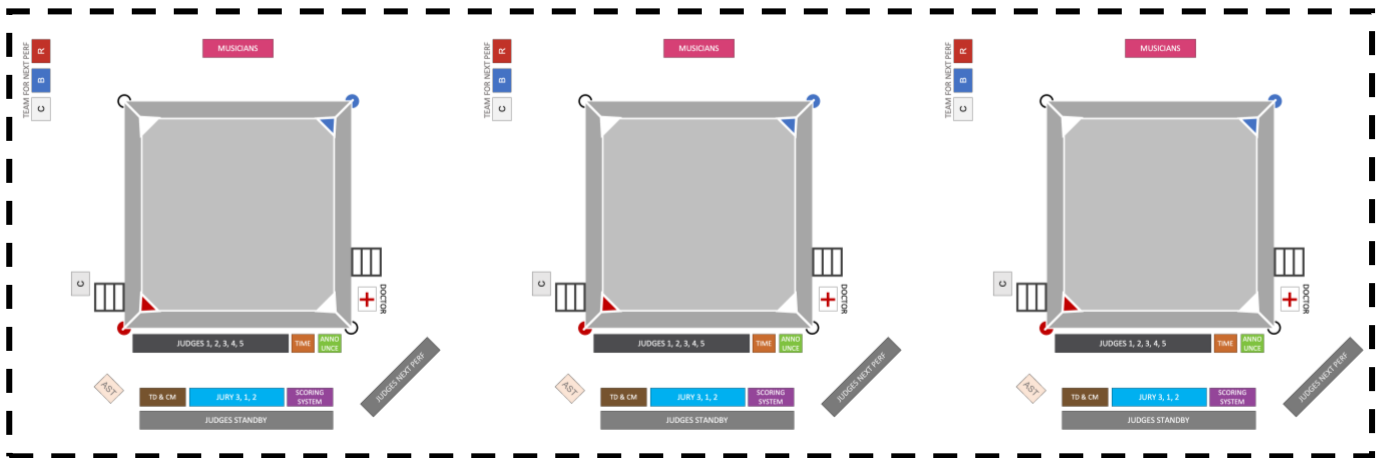


Figure 38 Competition Area Setup – Three Rings

**38.2: ADDITIONAL CONTEST AREA** Two or more contest areas may be used in championships per Fig. 39. If more than one contest area is used at an event, all contest areas shall utilize the same number of Judges.

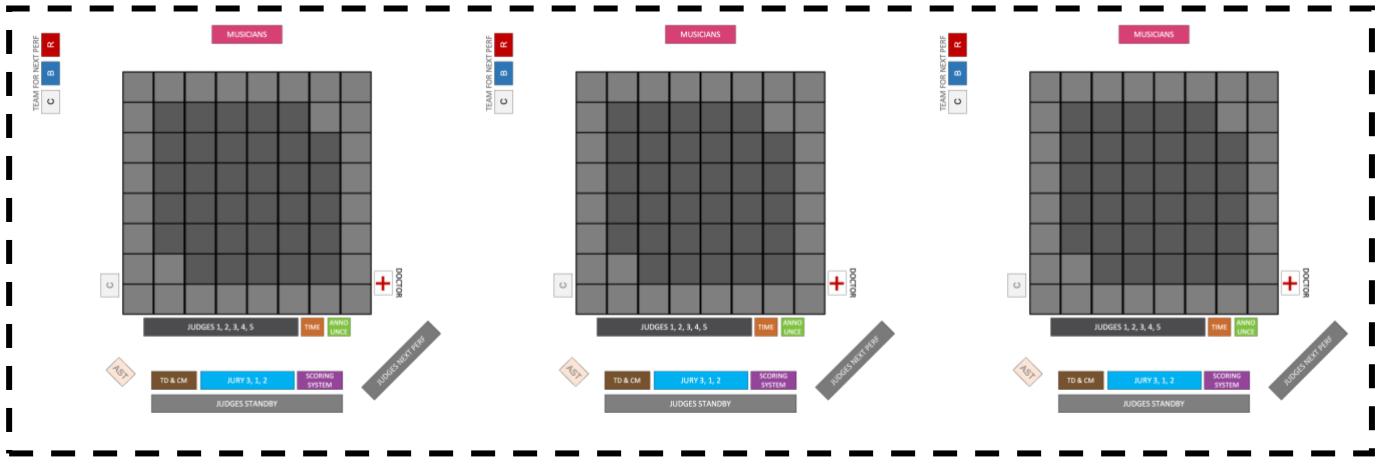


Figure 39 Competition Area Setup – Three Contest Areas

**39.3: MEDIA** Photographers, videographers, and other media may stand on the floor from the middle of the red / white corners, all the way round to the blue / white corners without impeding the Doctor's access to the ring stairs. The Technical Delegate may provide permission to specific media personnel to stand on the ring apron or contest area. The media should never stand behind the Judges or in front of the Jury at any time during competition.

## RULE 40: RING EQUIPMENT

**40.1: RING EQUIPMENT** The following ring equipment shall be available:

- Two (2) sets of steps – one (1) set at the red corner for use by the contestants, and one (1) set in the neutral corner closest to jury for use by the doctors;
- One (1) seat – one (1) seat for the coach;
- Table and chairs for Officials and competition staff;
  - One (1) table for the panel of the Judges with five (5) chairs;
  - One (1) table for the panel of the Jury with three (3) chairs;
  - One (1) table for the scorekeepers with two (2) chairs;
  - One (1) table for the Timekeeper and Announcer with two (2) chairs;
  - One (1) table for the Doctor and medical staff with two (2) chairs; and
- Gong (with striker) or bell;
- One (preferably two) stop watches;
- IFMA electronic scoring system or score cards;
- One microphone connected to the loudspeaker system and another for back up;
- One stretcher or access to a cot/gurney;
- A barrier at least a 1.5 m from the Officials tables around the ring to the spectators; and
- **Only IFMA approved rings are permitted.**

## RULE 41: CONTEST AREA

**41.1: SPECIFICATIONS** In all competitions, the contest area shall conform to the following requirements (see Fig. 40):

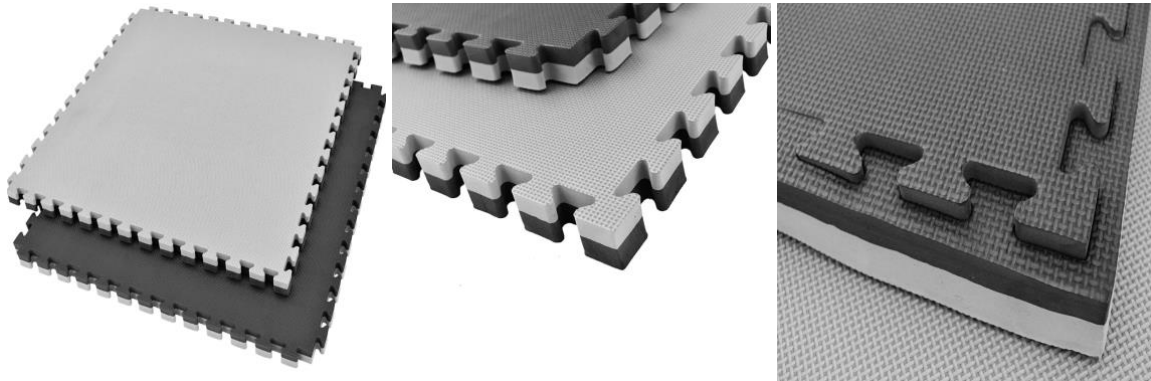


Figure 40 – Contest Area Matting

**41.1.1: Material** Non-toxic EVA (Ethylene Vinyl Acetate) Foam Interlocking mats.

**41.1.2: Size** Mats should be 1m<sup>2</sup> with a thickness between 4-5cm. The contest area minimum size shall be size 8m from straight edge to straight edge. Sixty four (64) pieces of matting will be required to create the contest area for competition.

**41.1.3: Layout** The mats should be set as 6x6 black or blue mats centred in the Field Of Play, surrounded by 1 grey or red mat around the edge of the black or blue matting, with the straight edge edging attached in the respective colour. There should be four (4) grey or red mats in two opposite corners, with one corner being to the near left of the Jury to represent the athletes area.

**41.1.4: Staging Area** Where staging is to be used, all staging will require wheelchair access. Please refer to your countries own health & safety regulations regarding this.

## RULE 42: ATHLETE EQUIPMENT & DRESS

Athletes should wear the traditional Muay Boran (Blue) uniform as per Fig. 41, in any colour except for black, and be approved by IFMA.

**42.1: UNIFORM** There are two elements the athlete should consider:

- Costume must consist of a traditional top and short appropriate for athlete gender; and
- Accessories including traditional hand bindings (hand wraps) and sash belt.

**42.1.1: Traditional Attire** Athletes must not wear provocative uniforms.

**42.2: MONGKON & PRAJIAD COLOUR** Athletes should wear their respective IFMA Khan level colour, or any mix of colours other than Silver, Silver & Gold, and Gold which shall be worn by the Technical Officials only, unless the athlete has qualified for these IFMA Khan levels.

**42.2.1: Traditional Mongkon** Athletes must wear a traditional Mongkon, no additional ornaments are permitted.



Figure 41 – Athlete Muay Boran Uniform

## RULE 43: MUSIC

The traditional Muay Boran musical instruments (java pipe, small cymbals and two drums) will accompany the ritual. If a live band (Pi Muay) is not available, it is permissible to use Muay Boran music (known as ‘Sarama’ Wai Kru and ‘Keck Jao Sen’ Mai Muay) played from a recording.

**43.1: WAI KRU TO MAI MUAY** For duo format Mai Muay contests, the transition from Wai Kru music to Mai Muay music will happen only when the Athletes have completed their Wai Kru performance. The Mai Muay music will not stop until the Teams have completed their full performance.

**43.1.1: Wai Kru Contest** For individual format Wai Kru contests, the music will not stop until the Teams have completed their full performance.

## RULE 44: THE DRAW AND BYES

**44.1: THE DRAW** The draw as per Fig. 42 must take place in the presence of official representatives of the teams concerned and must ensure where practicable that no competitor shall compete twice in the competition before all other competitors have performed at least once. In special situations, the IFMA Executive Committee has the right to depart from this rule.

**44.1.1: Contesting System** The ranking system format for all competitions and championships will be used:

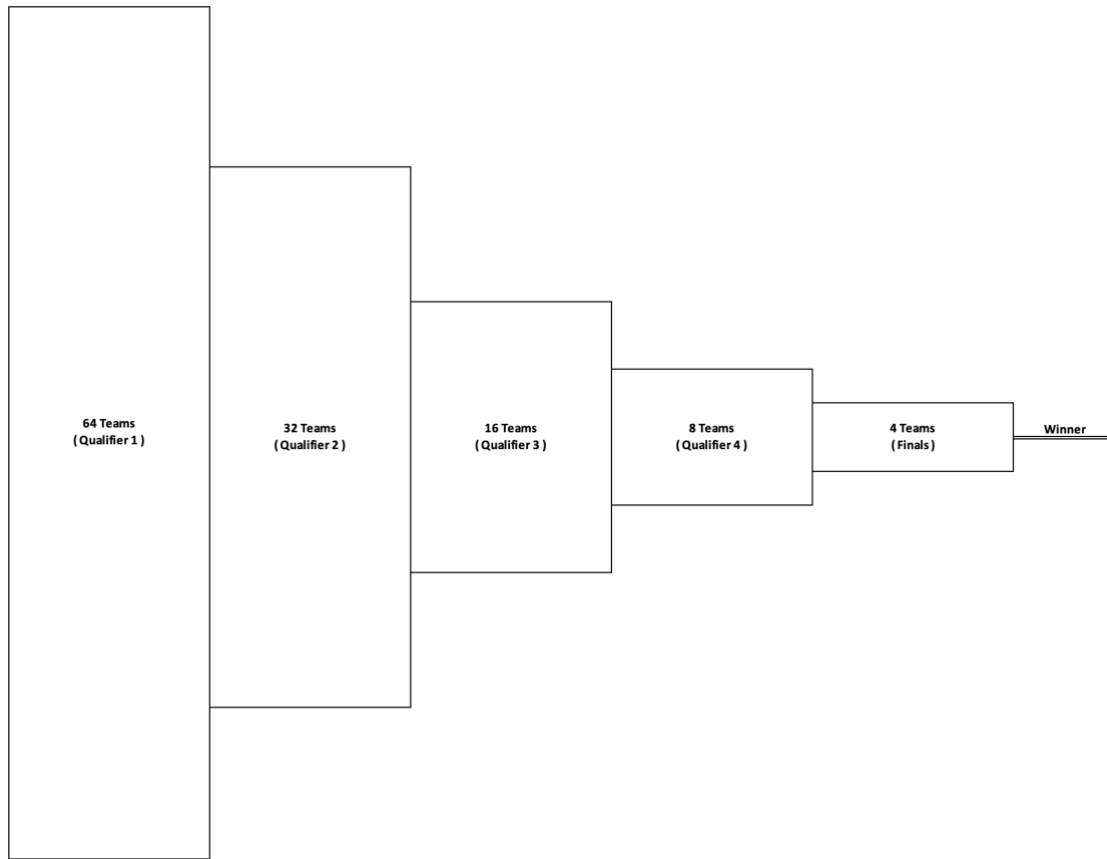


Figure 42 Drawing 'Ranking' System – Qualifiers and Finals

Teams	Rounds
4	1-2
5 – 8	1-3
9 – 16	1-4
17 – 32	1-5
33 – 64	1-6
65 – 128	1-7
129 – 256	1-8

- for further team grouping is possible under the system power of two;
- when limitation of competition or championship days, the first round grouping is unlimited;
- the IFMA Executive Committee has the right to amend as necessary;
- there must be no more than 4 teams in the finals; and
- no less than 2 teams in the first round.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## RULE 45: THE SECOND (COACH)

**45.1: NUMBER OF SECONDS** Each competitor is entitled to a maximum of one (1) Second but may not compete with less than one (1).

**45.1.1: Nationality** The Second should be of the same nationality as their passport, or resident within the country of the national team presented at accreditation. At the discretion of the Technical Delegate, a Second may assist another nation during a contest.

**45.2: CONDUCT** The Seconds shall abide by the following rules:

### 45.2.1: During an Active Round

- The Seconds shall remain seated away from the platform of the ring or contest area. Before a round begins, they shall remove all objects from the ring platform or contest area (e.g. seats, towels, buckets, spray bottles, etc).

**45.3: ATTIRE** Seconds must wear the uniform of the National Association with flat heeled athletic shoes, or the traditional Muay Boran (Red) uniform except for black, and be **approved by IFMA**. Jeans, shorts, hats/caps, leather jackets, vests, open toe footwear, and other inappropriate attire are not permitted.

**45.4: COMPULSORY MEETING** At each competition the Technical Delegate or the Competition Manager shall arrange a Technical Meeting of the Officials and the Seconds who are going to work in each tournament and emphasize that IFMA rules will be followed.

## RULE 46: TIMEKEEPER & ANNOUNCER

**46.1: DUTIES OF THE TIMEKEEPER** Each contest shall have one (1) timekeeper who shall be seated within the competition area. The Timekeeper shall:

- Regulate the duration of the Wai Kru;
- Regulate the duration of the Mai Muay; and
- Take note of the Teams Wai Kru time, and Mai Muay time.

**46.2: DUTIES OF THE ANNOUNCER** Each contest shall have one (1) announcer and where necessary one (1) translator who shall be seated within the competition area, next to the Timekeeper.

- Prior to the first contest of each day, announce the position, name and country of the Jury officiating the competition to the public;
- Announce the position, name and country of the Judges officiating the contest to the public, prior to the beginning of each group of contests;
- Announce the group class, division, Athlete(s) name, Team country or delegation to the public whenever the Team appears at the ring for contest;
- Announce the beginning and end of each round; and
- Announce the result of the competition and name of the winner.



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## RULE 47: STARTING A CONTEST

**47.1: PRESENTING FOR COMPETITION** The Athletes will approach the competition area wearing the following equipment in a state ready to be used:

- Traditional Muay Boran Uniform; and
- Krueng-Wrang.

The Mongkon shall be held by the Athlete's Coach in preparation for the contest.

**47.1.1: Entering the Ring** Athletes shall enter the ring between the 2<sup>nd</sup> & 3<sup>rd</sup> rope, and after having entered the ring will have the Mongkon placed on their head by the Coach before presenting themselves to the Jury and Judges.

**47.1.2: Entering the Contest Area** Athletes shall enter the contest area from the left side, and after having entered the contest area will have the Mongkon placed on their head by the Coach before presenting themselves to the Jury and Judges.

**47.1.3: When to Enter** Athletes shall enter the ring or contest area after the previous Athlete(s) or Team's Score has been announced.

**47.2: SIGNAL OF STARTING** An Athlete will signal the Jury that the Team is ready to start the Wai Kru. The Head of Jury will confirm the Athlete signal, and the performance, music and time will begin.

**47.2.1: Wai Kru Finishes** for individual contests when the Athlete is standing facing towards the Jury in the centre of the ring or contest area, for duo event it is when the Athletes are standing in their own corners.

**47.2.2: Mai Muay Begins** when the Athletes pull their Mongkon down from their head and place it around their neck.

**47.2.3: Mai Muay Finishes** when the Athletes are standing in their own corners.

**47.2.4: Present to Jury** Athletes must present themselves to the Jury and Judges before leaving the ring or contest area.

## RULE 48: TECHNICAL OFFICIALS

**48.1: COMPETITION MANAGER (CM)** Each cultural competition or championship shall be overseen by a Competition Manager who shall be seated separately from the public, officials and in close proximity to the performance area(s).

**48.1.1: Responsibilities** The Competition Manager is responsible for all cultural aspects of the officials and field of play within a Competition or Championship and reports directly to the Technical Delegate.

**48.1.2: Duties** To observe and liaise with all parties of interest within the cultural field of play for the Competition or Championship.

**48.2: JURY** Each contest shall be presided over by a minimum three (3) Jury members who shall be seated on a platform stage separately from the public and within the competition area.

**48.2.1: Head Jury** reports to the Competition Manager and / or the Technical Delegate, and is responsible for all aspects of the competition relating to their ring or contest area, in and out of the field of play. The Head Jury must attend the official draw, managers meeting, technical officials meeting.

**48.2.2: Administration Jury** reports directly to the Head Jury, is considered the 'Head of Results' and is responsible for all administrative tasks relating to their ring or contest area, in and out of the field of play. This includes but is not limited to; inspecting the teams Mai Muay postures list for their performance, verifying the judges scoresheets, contests against the competition schedule, recording in the athlete's book, recording in the technical officials book and result reporting.

**48.2.3: Protocol Jury** reports directly to the Head Jury, is considered the 'Head of Judges', and is responsible for all protocols relating to their ring or contest area, in and out of the field of play. This includes but is not limited to; observing time allowance, ring and contest area setup according to the technical standards, the correct members/staff are identifiable within the field of play, ensuring seconds are properly dressed before and during the contest, overseeing any situations within the ring such as a Doctor's inspection of an athlete, assigning the judges roster, judges assistance with training, impartiality and medical condition.

**48.3: JUDGES** Each contest shall be marked by five (5) IFMA Judges who shall be seated separately from the public and immediately adjacent to the ring or contest area. When five (5) Judges are used, all Judges shall be seated on the same side of the ring or contest area at a sufficient distance from the other, facing away from the Jury.

**48.3.1: Qualification** The ITO Judges must have passed the IFMA Wai Kru & Mai Muay Khan exam. All NTO Judges should have knowledge and understanding of the Art and Science of Muaythai.

**48.3.2: Obligation of Attendance** Should a National Association submit a Team of Athletes to a contest, competition or championship, they should provide at least one (1) Technical Official per six (6) divisions.

**48.4: DRESS** Technical Officials are to wear the traditional IFMA Muay Boran uniform in black as per Fig. 43, with black sandals.



Figure 43 – Technical Officials Muay Boran Uniform



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**48.4.1: Appearance** The IFMA Muay Boran uniform with Gold trim will be worn by all approved Jury members and IFMA ITO Judges, the NTO Judges will wear the IFMA Muay Boran uniform with Silver trim only.

**48.4.2: Uniform** The ITO and NTO Judges uniform will be made available at international championships, and the Jury uniforms will be bestowed upon them during an official ceremony by the IFMA Culture & Heritage commission.

**48.4.3: Additions** A black or skin tone colour sleeveless shirt can be worn underneath the top of the uniform, and a black or skin tone colour leggings can be worn underneath the bottom of the uniform for comfort.

## RULE 49: AWARDING OF POINTS

**49.1: SCORING WAI KRU & MAI MUAY** The duo format Mai Muay contest has a maximum combined total score of 100 points. The Wai Kru has a maximum total score of 100 points during an individual format Wai Kru contest and a maximum sub total score of 35 points during a duo format Mai Muay contest.

The following categories will be used to deduct points for minor infringements during Wai Kru contests and the Wai Kru section of duo format Mai Muay contests:

**49.1.1: Authentic** Correct postures used;

**49.1.2: Completed Postures** Full identity performed;

**49.1.3: Rhythmic** Performed in good rhythm;

**49.1.4: Fluidity** Postures flow uninterrupted and smoothly;

**49.1.5: Personality** Artistically correct; and

**49.1.6: Costume** Remains in place throughout, and is IFMA approved.

**49.2: WAI KRU STARTING POSTURES** All Athletes must perform all Six (6) of the Wai Kru Starting Postures. The Starting Postures have a maximum total score of 20 points (individual), or 5 points (duo).

**49.2.1: Starting Postures:** 1. Thep Pa Nom, 2. Kom Krab, 3. Kob Pramae Thoranee, 4. Tha Wai Bangkom, 5. Pathom and 6. Prom.

**49.3: PROM NANG (SITTING) POSTURES** Athletes must perform four (4) of the seven (7) Wai Kru Prom Nang Postures. The Prom Nang (sitting) Postures have a maximum total score of 20 points (individual), or 10 points (duo).

**49.3.1: Prom Nang (sitting) 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. Paya Krut Yut Naka and 7. Sao Noi Pa Paeng.

**49.4: PROM YUEN (STANDING) POSTURES** Athletes must perform four (4) of the seven (7) Wai Kru Prom Yuen Postures. The Prom Yuen (standing) Postures have a maximum total score of 20 points (individual), or 10 points (duo).

**49.4.1: Prom Yuen (standing) Postures:** 1. Yoong Ram Paen, 2. Na Rai Kwang Jak, 3. Chang Choo Nguang, 4. Pra Ram Plaeong Sorn, 5. Kum Pa Kan Pong Hok, 6. Kun Paen Fun Mahn and 7. Hong Hoen.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**49.5: FINISHING (MOVEMENT) POSTURES** Athletes must perform all five (5) Finishing movements. The Finishing has a maximum total score of 20 points (individual), or 5 points (duo).

**49.5.1: Finishing (movement) Postures:** 1. Yang Sam Khum, 2. Payak Dom Kwang, 3. Kwang Liaw Lang, 4. Tad Mai Kom Nam and 5. Yang Suk Ka Sem.

**49.6: JOINING (CONNECTION) POSTURES** Athletes can perform the Joining Postures (9). The Joining (connection) Postures have a maximum total score of 20 points (individual), or 5 points (duo).

**49.6.1: Joining (connection) Postures:** 1. Sod Soi Mala, 2. Khuang Mad, 3. Muan Muay, 4. Chang Yaek Plok, 5. Klub Hua Sanam, 6. Klum Choeng Kru, 7. Doo Dussakorn, 8. Fon Long Choeng and 9. Kinaree Liab Thom.

**49.7: MAI MUAY AWARDING POINTS** The Mai Muay has a maximum total score of 65 points. The Teams must forward their performances on the Jury Posture List form, to the Administration Jury no less than sixty (60) minutes before the start of the competition for inspection. All Muaythai Skill postures must be taken from the IFMA Khan syllabus and contain a blend of 'Basic Skill', 'Art of Muay' and 'High Level' posture groups.

The following are guidelines for awarding points:

**49.7.1: Performance Realism** A maximum total score of 30 points;

**49.7.2: Athlete Fitness** A maximum total score of 25 points; and

**49.7.3: Other** A maximum total score of 10 points.

The following categories will be used to deduct points for minor infringements during Mai Muay contests:

**49.7.4: Timing** Not too fast, not too slow;

**49.7.5: Target** Correct target used for technique;

**49.7.6: Realistic** Techniques used realistically;

**49.7.7: Balance** Correct balance through-out;

**49.7.8: Continuity** Fluid and does not pause;

**49.7.9: Conditioning** Athlete looks strong at the end;

**49.7.10: Costume** Remains in place throughout, and is IFMA approved;

**49.7.11: Spatial Awareness** Full use within the competition area; and

**49.7.12: Posture List** All postures on submitted Jury list completed.

**49.8: MUAYTHAI SKILL POSTURES** All Athletes must perform the Muaythai skill postures from the IFMA Khan syllabus;



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**49.8.1: Basic Skill Posture Groups** Athletes must perform the techniques from each of the three (3) Basic Skill Posture Groups: 1. Stance/Moving, 2. Weapons; Punch, Elbow, Knee, Push Kick, Kick and 3. Defence.

**49.8.2: Art of Muay Posture Groups** Athletes must perform at least ten (10) technique from the two (2) Art of Muay Posture Groups: 1. Muaythai Tactic; Punch, Elbow, Knee, Push Kick, Kick and 2. Muaythai Strategy; Punch, Elbow, Knee, Push Kick, Kick.

**49.8.3: High Level Posture Group** Athletes under 17 years of age must perform three (3), and athletes 17 years and older must perform a minimum of five (5) of the nine (9) High-Level Postures: 1. Hiran Muan Paendin, 2. Jorake Fad Hang, 3. Kwang Liew Lang, 4. Kacha Tokman, 5. Hanuman Tayan, 6. Hanuman Yieb Longo, 7. Narai Kan Samut, 8. Rue Sri Bod Ya and 9. Rue Sri Hern.

**49.9: ONE HUNDRED SCORING SYSTEM** Each round shall be scored individually, in which at least one Athlete or Team can be awarded a maximum of 100 points. No fraction of points may be given by the Judges.

**49.9.1: Final Team Score** For the final team score;

- the highest and lowest scores will be removed,
- all three (3) remaining Judges scores will be added together to give a total team score,
- time deduction points will be removed here,
- the total team score will be divided by ten (10),
- and then be divided by three (3) to give the round / final team score.

The round / final team score will be shown to two (2) decimal places e.g. 9.064 and 9.063 etc becomes 9.06, whilst 9.065 and 9.066 etc becomes 9.07.

**49.9.2: Jury** It is the duty of the Jury to confirm the final scores and scoring papers of all the Judges, before confirming the official final results.

**49.9.3: Draws** Should the final team scores be equal, the combined total scores of all five (5) Judges shall be calculated to determine the higher-ranked team. Should the draw remain after total scoring, the Judges shall be asked to select the higher-ranked team based on the superior overall performance of the Wai Kru or Mai Muay.

**49.9.4: Time** Should the Athlete(s) or Teams Overrun or Underrun the allowed Time, 1 point deduction for every ten (10) full seconds. Maximum deduction 5 points.

**49.9.5: Walk Over** Athlete(s) or Teams failing to appear at the competition area, after their name or country has been called out by the announcement system, and a maximum period of 2 minutes has elapsed, the Jury shall declare the Athlete or Team lose by "Walk Over" (WO).

**49.10: DURING THE ROUND** Athletes and Teams must abide by the following principals;

**49.10.1: Red and Blue Corner** The Athlete in the Red Corner will perform the Prom Nang (sitting) postures and the Athlete in the Blue Corner will perform the Prom Yuen (standing) postures.

**49.10.3: Prom Nang/Yuen Four Directions** The Athlete must perform the sequences facing all four (4) sides of the competition area.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

**49.10.4: Mai Muay** The Athletes must perform the Mai Muay immediately after the end of the Wai Kru.

**49.10.5: Out of Ring** The Athletes will be given a maximum of two (2) minutes to continue their performance should they fall out of the ring.

**49.10.6: Injury** In case of an injury requiring a doctor to be called into the competition area, the Judges shall record the points gained by the Athlete(s) or Team up to its termination.

**49.10.7: Retirement** Where an Athlete(s) or Team walks out from the contest area and does not return within ten (10) seconds, the Jury shall declare the Athlete or Team lose by “Retirement” (RET).

## RULE 50: DECISIONS

**50.1: WIN BY RANKING (BR)** At the end of the competition or championship, the Team who has been awarded the most points in their final performance shall be declared the winner.

**50.1.1: Standings** The Team with the highest score will be awarded first place, and the Team with the lowest score will be awarded last place. All other Teams will ranked between first and last place dependent on their final score.

## RULE 51: FOULS

**51.1: TREATMENT OF FOULS** The Athlete or Team who commits fouls can, at the discretion of the Judges and Jury, have points deducted, or be Disqualified without a Warning.

**51.1.1: Disqualifications** For major/blatant infractions of the rules the Jury may opt to immediately disqualify an Athlete or Team.

**51.2: TYPES OF FOULS** If the Athlete intentionally commits the following fouls:

**51.2.1: Impolite Posture** towards an opponent;

**51.2.2: Impolite Motion** towards an opponent;

**51.2.3: Impolite Attitude** towards an opponent;

**51.2.4: Improper use of Performance Area** by being outside; and

**51.2.5: Improper use of Ring** ropes and corner padding use is forbidden.

## RULE 52: TOURNAMENT AWARDS

**52.1: PRIZES** In international competition, cups or prizes of honour may be presented. **No medal shall be awarded to an Athlete who has not competed at least once.**

**52.1.1: Muaythai, Wai Kru and Mai Muay Medal Awards** First place athletes will receive a Gold medal, Second place will receive a Silver medal, and joint Third place will receive a Bronze medal each.

**52.2: TEAM STANDINGS** The team standings shall be determined in the following manner

- 1 mark - The winner of each contest in the preliminary rounds or quarter finals contest;
- 2 marks - The winner of each contest in the semi-finals contest; and
- 3 marks - The winner of the final contest.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

The marks shall be awarded for contests that are won by Walk-Over as an Athlete MUST progress through the tournament bracket to proceed to the next contest.

In the case of 2 or more teams obtaining an equal number of marks, the placing shall depend on:

- The number of victories in the finals; and if this is equal
- The number of second places; and if this is equal
- The number of third places.

## RULE 53: COMPLIANCE WITH THE RULES

**53.1: UNIFORMITY** These IFMA Rules & Regulations apply to all IFMA's competitions, and all IFMA Continental and National Associations must follow and respect these competition rules. No National Association may develop its own Competition Rules & Regulations that are contradictory to these rules. However National Associations may, for National competitions, alter these rules to reflect National laws or regulations as long as the alteration does not diminish the rules, especially with regards to medical and safety requirements.

**53.2: SUPPLEMENTARY DOCUMENTS** All supplementary documents referenced in these Rules (including but not limited to the IFMA Medical Handbook, IFMA VAR Protocols, and IFMA Anti-Doping Code) shall be published in a centralised online repository and linked via Appendix X: Hyperlink Reference Table.

**53.3: RULE REVIEW CYCLE** These Rules shall be reviewed and updated periodically, taking into account current medical, technical, and equity standards. Reviews should occur at intervals sufficient to maintain alignment with international best practices and major competition cycles.

**THESE RULES SHALL RESCIND ALL PREVIOUS RULES OF IFMA**



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

## APPENDIX I: MUAYTHAI LOR PAO COMPETITION

[The rules of Muaythai Lor Pao competition](#) will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX II: CHOK LOM MUAYTHAI COMPETITION

[The rules of Chok Lom Muaythai competition](#) will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX III: KEETA MUAYTHAI COMPETITION

The rules of Keeta Muaythai competition will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX IV: YOUTH MUAY TALAY COMPETITION

[The rules of Youth Muay Talay competition](#) will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX V: VIRTUAL COMPETITIONS

[The rules of Virtual competitions](#) will be provided as supplementary document at each Championship as approved by the Technical Delegate.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

## APPENDIX VI: ETHICS OF R&Js

### APPENDIX VI: Guidance for R&Js

- Along with Athletes safety, Referees and Judges top priority is to hold integrity and fairness.
- R&Js must **avoid all conflicts** of interest.
- R&Js must show tolerance and consideration to each other in any circumstances and must remember that everyone is working as a team. This also includes showing respect and appreciation to the Local Organising Committee / Host Federation or Association.
- R&Js must not retaliate against fellow Judges over any contest decisions.
- R&Js should not engage in any conversation with anyone regarding any contest decisions.
- R&Js should understand that growth and improvement comes from continuous learning.
  - R&Js should learn from critiques and take them in the spirit as they are given and do not become defensive as critiques are there to help improvement.
  - R&Js should learn by watching the contests they are not assigned to work as there is always room for improvement and to learn from the others.
- R&Js must be punctual to all arrangement including meetings and seminars.
- R&Js must maintain a professional decorum around the Field of Play as spectators and media are constantly watching.
- R&Js must ensure their uniform is clean and tidy.
- The R&J Lounge is the main location for R&Js. This area should not be left, except for going to the bathroom or if requested by IFMA Staff. When it becomes necessary to leave the Lounge for whatever reason, R&Js must inform one of their colleagues.
- R&Js must not receive any cash and must not accept any gift that could be considered as bribery
  - Any dining or social event with the R&Js' own National Association, or other National Association, which has not been approved by IFMA
  - Any gift from any National Association which has not been approved by IFMA.
- R&Js should not consume any alcohol/drugs that would affect their decision making before and during the competition.
- R&Js should also be careful with over indulgence with alcohol after the competition.
- Outside of the Competition Venue, R&Js should make themselves available to the Supervisor and/or any IFMA Staff for meetings, discussions, etc.
- R&Js should not engage with any form of media/press without prior approval from IFMA.
- R&Js should remain neutral all the time and should refrain from talking to Athletes and/or Seconds around of the Field of Play and in the Competition Venue.
- R&Js should not have mobile phones, computers and/or any communication devices in the Competition Venue. These items should be left in the hotel room.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

## APPENDIX VII: IFMA COMPETITION OATHS

### APPENDIX VII: IFMA Competition Oaths

**IFMA Athletes Oath** During IFMA competition, an Athlete will be selected to read the IFMA athletes' oath during the opening ceremony;

"In the name of all the competitors, I promise that we shall take part in the < Name of Event > respecting and abiding by the rules of the International Federation of Muaythai Associations, committing ourselves to the five principles of our IFMA, being HONOUR, TRADITION, RESPECT, EXCELLENCE and FAIRPLAY and in the true spirit of sportsmanship and the honour of our teams and nations."

**IFMA Coaches Oath** During IFMA competition, a Coach will be selected to read the IFMA coaches' oath during the opening ceremony;

"In the name of all the coaches, I promise that we will strictly follow the code of ethics, good governance, respecting and abiding by the rules of the International Federation of Muaythai Associations, in the true spirit of sportsmanship and fair play. We lead by example to our athletes and uphold the fundamental principles of IFMA being HONOUR, TRADITION, RESPECT, EXCELLENCE AND FAIR PLAY."

**IFMA Officials Oath** During IFMA competition, an R&J will be selected to read the IFMA officials' oath during the opening ceremony;

"In the name of all the judges, referees and officials, I promise that we shall officiate in the < Name of Event >, for Muaythai here in < Location of Event > with complete impartiality, respecting and abiding by the rules of the International Federation of Muaythai Associations, in the true spirit of sportsmanship, ensuring that sportsmanship and fair play is fully adhered to by all competitors, and upheld in accordance with the fundamental principles and pillars of IFMA, being HONOUR, TRADITION, RESPECT, EXCELLENCE and FAIRPLAY."



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

## APPENDIX VIII: CODE OF CONDUCT FOR R&Js

### APPENDIX VIII: Code of Conduct for R&Js

#### DIGNITY

- CODE 1) I shall not be under the influence of alcohol while officiating or participating in any IFMA Competition, including all related meetings and weigh-ins.
- CODE 2) I shall not smoke in the Competition Venue.
- CODE 3) I shall not conduct myself in any manner that may bring the sport of Muaythai and/or IFMA into disrepute.

#### INTEGRITY

- CODE 4) I shall not collude or collaborate with any party by violating any Rule (as applicable).
- CODE 5) I shall not socialize with or become intimate with Athletes and/or Seconds and/or other team delegation members, or enter into any relationship or take any action that casts doubt on my impartiality as an ITO.
- CODE 6) In the event that I believe any relationship may cause a perception of bias I shall declare the relationship in advance to IFMA Headquarters for consideration in appointments.
- CODE 7) I shall at all times conduct myself in a professional and ethical manner, giving due regard to the Supervisor.
- CODE 8) I shall not, directly or indirectly, solicit, accept or offer any form of remuneration or commission, nor any concealed benefit, service or gift of any nature that could be considered as a bribe or undue influence, connected with anyone related to any Competition in which I participate. I confirm that any approaches or offers made in this regard shall be reported immediately to a relevant person.
- CODE 9) Only official souvenirs as approved by IFMA Headquarters may be given or accepted, as a mark of respect or appreciation for my contribution.

#### CONFIDENTIALITY

- CODE 10) When performing my duties as an ITO, I shall not communicate with anybody about any competition related issue within the Competition Venue and/or any other location for the entire period of the competition and after, especially to persons from my own country such as National Association members, Executive Committee members, media and the public. I shall not comment about any competition related issues on social media.
- CODE 11) I shall treat any information I may receive from IFMA or learn in the course of my duties as an ITO as confidential and will not inform others including but not limited to those involved in National Association team delegations.



# IFMA MUAYTHAI RULES & REGULATIONS

*INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS*

## RESPONSIBILITY

- CODE 12) I shall be on time for all Competitions assigned to me.
- CODE 13) I shall be available to attend any ITO's meetings on or before the Competition day.
- CODE 14) I shall fulfil all duties assigned to me by the Supervisor.
- CODE 15) I shall not use or carry any electronic communication device, including but not limited to a mobile phone, a laptop and a tablet computer inside the Competition Venue.
- CODE 16) I shall maintain a good physical condition, personal hygiene and a professional appearance at all times when performing my duties as an ITO.
- CODE 17) I shall not criticize or attempt to explain calls or decisions made by other ITO, unless where requested by the Supervisor to do so.
- CODE 18) I shall respect all IFMA Rules.

I agree to be bound by this Code of Conduct and acknowledge that any infringement of this Code of Conduct may be referred to the IFMA Disciplinary Commission / IFMA Executive Committee and disciplinary investigation and sanction against me.

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## APPENDIX IX: COMPETITION GUIDANCE (PAPERWORK)

Reference Point	Requirement
<b>IFMA Muaythai Referee and Judge(s)</b>	
	IFMA Bout / Contest Schedule
	IFMA Referee & Judge Roster
	IFMA Judging Score Cards
<b>IFMA Muaythai Jury</b>	
	IFMA Bout / Contest Schedule
	IFMA Referee & Judge Roster
	IFMA Judging Score Cards (spare)
	IFMA Jury Decision Sheet
	IFMA Rules and Regulations
<b>IFMA Wai Kru &amp; Mai Muay Judge(s)</b>	
	IFMA Bout / Contest Schedule
	IFMA Judge Roster
	IFMA Judging Score Cards
<b>IFMA Wai Kru &amp; Mai Muay Jury</b>	
	IFMA Bout / Contest Schedule
	IFMA Judge Roster
	IFMA Judging Score Cards (spare)
	IFMA Posture List
	IFMA Jury Decision Sheet
	IFMA Competition Standings List
	IFMA Rules and Regulations



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## MUAYTHAI JUDGE SCORE CARD AND JURY DECISION SHEETS

**SCORE CARD**

Ring: \_\_\_\_\_ Bout No.: \_\_\_\_\_ Division: \_\_\_\_\_ Weight: (kg) \_\_\_\_\_

Judge: (Ref #) \_\_\_\_\_ Country: \_\_\_\_\_ Judge No.: \_\_\_\_\_

Date: \_\_\_\_\_ Referee: \_\_\_\_\_ Country: \_\_\_\_\_

R		B	
Athlete Name		Athlete Name	
Country		Country	
Cautions and Warnings	Points	Points	Cautions and Warnings
	1		
	2		
	3		
Total		Total	

Remarks in Case of a Draw

Less Exhaustion or Less Striving  Willingness to Lead Off or Aggressive  Better Defence  Better Muaythai Style  Less Infringement of the Rules

**Red** WINNER **Blue**

W.P.	W.O.	Disq.	Ret.	N.C.	K.O.	R.S.C.	Round
					H	B	Injury
							1 2 3

IFMA - 06/07/2024 - 001 Judge Signature: \_\_\_\_\_

**JURY DECISION**  
(Round by Round)

RING: \_\_\_\_\_ BOUT NO.: \_\_\_\_\_

BOUT DIVISION: \_\_\_\_\_

W.P.  W.O.  Disq.  Ret.  No Contest  K.O.  R.S.C.

RED WINNER BLUE

COUNTRY COUNTRY

SCORE

JUDGES

Round 1 2 3

H B Injury Safety C.C.L.

Jury Name: \_\_\_\_\_ Country: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_ Jury Signature: \_\_\_\_\_

**JURY DECISION**  
(Strike by Strike)

RING: \_\_\_\_\_ BOUT NO.: \_\_\_\_\_

BOUT DIVISION: \_\_\_\_\_

W.P.  W.O.  Disq.  Ret.  No Contest  K.O.  R.S.C.

RED WINNER BLUE

COUNTRY COUNTRY

SCORE

JUDGES

Round 1 2 3

H B Injury Safety C.C.L.

Jury Name: \_\_\_\_\_ Country: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_ Jury Signature: \_\_\_\_\_

## WAI KRU JUDGE SCORE CARD AND JURY DECISION SHEET

**JUDGE SCORE**  
(Wai Kru - Individual Format)

JUDGE No.: \_\_\_\_\_ PERFORM No.: \_\_\_\_\_ RING / CONTEST: \_\_\_\_\_

Division: \_\_\_\_\_ M [ ] - F [ ] TEAM \_\_\_\_\_ Class A / B / C: \_\_\_\_\_

CONTENT	FULL SCORE
<b>1 STARTING POSTURES (all 6)</b> Thep Pa Nom / Kom Krab / Kob Pramae Thoranee / Tha Wai Bangkom / Pathom / Prom	20
<b>2 PROM NANG - Sitting (pick 4)</b> 1. Lab Hok Mokkasak (Kumpakan Lab Hok) 2. Mikkala Loah Kaew 3. Song Mek (Tai Mek) 4. Mae Pra Toranee Beeb Muay Phom 5. Sue Lak Hang 6. Praya Krut Yut Naka 7. Sao Noi Pra Paeng	20
<b>3 PROM YUEN - Standing (pick 4)</b> 1. Soong Bam Paem 2. Nai Rai Kwang Lak 3. Chang Chao Nguaeng 4. Pra Rama Plang Som 5. Kum Pa Kan Pong Hok 6. Ban Paem Fun Mahn 7. Hong Hoen	20
<b>4 FINISHING - Movement (all 5)</b> 1. Yang Sam Khum 2. Pa Yak Dom Kiasang 3. Kwang Liaw Lang 4. Tad Mai Kom Nam 5. Yang Suk Ka Sem	20
<b>5 JOIN - Connection (optional)</b> 1. Sod Sol Mala 2. Khuang Mad 3. Muan Muay 4. Chang Yaek Plok 5. Klub Hua Sanam 6. Klum Choeng Kru 7. Doo Dussakom 8. Fan Long Choeng 9. Kinaree Liab Thom	20

Identity (10) Artistic (10)

Authentic - Completed Postures Rhythmic - Fluidity - Personality - Costume

Judge Name: \_\_\_\_\_ Country: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_ TEAM TOTAL: \_\_\_\_\_

**JURY DECISION**  
(Wai Kru - Individual Format)

PERFORM No.: \_\_\_\_\_ RING / CONTEST: \_\_\_\_\_

Division: \_\_\_\_\_ M [ ] - F [ ] TEAM \_\_\_\_\_

WAI KRU SCORE

J1	J2	J3	J4	J5

TEAM TOTAL

TIME DEDUCTION By Jury: -5 / Initial = / 3

Jury Name: \_\_\_\_\_ Country: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_ Jury Signature: \_\_\_\_\_



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## MAI MUAY JUDGE SCORE CARD, JURY POSTURE LIST AND JURY DECISION SHEET

**INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS**

**JUDGE SCORE**  
(Mai Muay - Duo Format)

JUDGE No. ....  
PERFORM No. ....  
RING / CONTEST .....

Division \_\_\_\_\_ M [ ] - F [ ] TEAM \_\_\_\_\_  
--- WAI KRU SCORE --- Class A / B / C

CONTENT	FULL SCORE	DEDUCTIONS
<b>1. STARTING POSTURES (all 6)</b> Thep Pa Nam / Kom Krab / Kob Pramae Thoranee / Tha Wai Bangkom / Patsorn / Poon	5	
<b>2. PROM NANG - Sitting (pick 4)</b> 1. Lah Hok Mookasak (Kumpasorn Loh Hok) 2. Mekkala Loah Kaew 3. Song Mek ( Tai Mek) 4. Mae Pra Toranee Beeb Muay Phom 5. Sue Lak Hang 6. Praya Krut Yut Naka 7. Sao Noi Pra Paeng	10	
<b>3. PROM YUEN - Standing (pick 4)</b> 1. Young Ram Paen 2. Nai Rai Kwang Jak 3. Chang Choo Nguang 4. Pra Rama Plaeng Soru 5. Kum Pa Kan Pong Hok 6. Kun Paen Fun Mahn 7. Hong Hoen	10	
<b>4. FINISHING - Movement (all 5)</b> 1. Yang Sam Khum 2. Pa Yak Dom Kwang 3. Kwang Liaw Lang 4. Tad Mai Kom Nam 5. Yang Suk Ka Sem	5	
<b>5. JOIN - Connection (optional)</b> 1. Sod Soi Mala 2. Khuang Mead 3. Muam Muay 4. Chang Yaek Plok 5. Khui Hua Samran 6. Khum Chong Kru 7. Doo Dusakkom 8. Fun Long Chong 9. Khinree Liab Thom	5	
<b>SUB TOTAL SCORE</b>	<b>35</b>	

--- MAI MUAY SCORE ---

CONTENT	FULL SCORE	DEDUCTIONS
<b>1. PERFORMANCE REALISM</b> <i>Timing - Target - Accuracy - Disturbance power, and direction of over actions</i>	30	
<b>2. ATHLETE FITNESS</b> <i>Balance - Continuity - Conditioning</i>	25	
<b>3. OTHER</b> <i>General appearance - Personality</i>	10	
<b>TOTAL SCORE</b>	<b>65</b>	

MAXIMUM TOTAL SCORE FOR COMBINED WAI KRU & MAI MUAY IS 100

Judge Name \_\_\_\_\_ Country \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ TEAM TOTAL \_\_\_\_\_

**INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS**

**JURY POSTURE LIST**  
(Mai Muay - Duo Format)

JURY No. ....  
PERFORM No. ....  
RING / CONTEST .....

Division \_\_\_\_\_ M [ ] - F [ ] TEAM \_\_\_\_\_  
--- WAI KRU POSTURES ---

POSTURES	RED CORNER ATHLETE	BLUE CORNER ATHLETE
<b>PROM NANG (sitting)</b>	1.	1.
	2.	2.
	3.	3.
	4.	4.
<b>PROM YUEN (standing)</b>	1.	1.
	2.	2.
	3.	3.
	4.	4.

--- MAI MUAY POSTURES ---

POSTURES	RED CORNER ATHLETE	BLUE CORNER ATHLETE
<b>BASIC SKILL</b>	Up to your discretion	Up to your discretion
<b>ART OF MUAY (Cherg Muay)</b>	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.
	6.	6.
	7.	7.
	8.	8.
	9.	9.
	10.	10.
<b>HIGH LEVEL (jump, turning)</b>	1.	1.
	2.	2.
	3.	Under 18 years + 3 Postures
	4.	Under 18 years + 3 Postures
	5.	Over 18 years + 3 Postures

Jury Name \_\_\_\_\_ Country \_\_\_\_\_ Time Received \_\_\_\_\_ Date \_\_\_\_\_ Jury Signature \_\_\_\_\_

**INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS**

**JURY DECISION**  
(Mai Muay - Duo Format)

JURY No. ....  
PERFORM No. ....  
RING / CONTEST .....

Division \_\_\_\_\_ M [ ] - F [ ] TEAM \_\_\_\_\_  
--- WAI KRU & MAI MUAY SCORE ---

J1	J2	J3	J4	J5
<b>TEAM TOTAL</b>				

TIME DEDUCTION By Jury  / 5 Initial  / 10 = / 3

Jury Name \_\_\_\_\_ Country \_\_\_\_\_ Date \_\_\_\_\_ Jury Signature \_\_\_\_\_

### THE ART AND SCIENCE OF MUAYTHAI

'National Cultural Heritage of Thailand'

**MUAYTHAI**  
( Combat / Technical – Sparring )

*Single Elimination  
Tournament Elimination*

*Muaythai – Muay  
Muay Kard Chuek*

**MAI MUAYTHAI**  
( Performance – Artistic )

*Wai Kru & Mai Muay  
Muaythai Lor Pao  
Chock Lom Muaythai  
Keeta Muaythai  
Pongkan Tua*

**IFMA Culture & Heritage Commission**



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## APPENDIX X: HYPERLINK REFERENCE TABLE

Reference Point	Hyperlink
<b>IFMA Compulsory Forms</b>	
IFMA Athlete Consent – Event & Anti-Doping Form	<a href="#">IFMA Athlete Consent Form.pdf</a>
IFMA Athlete Medical Declaration Form	<a href="#">IFMA Athlete Medical Declaration Form.pdf</a>
<b>Additional Information</b>	
IFMA Medical Handbook	<a href="#">IFMA_Medical_Handbook.pdf</a>
IFMA Anti-Doping Code	<a href="#">IFMA Anti-Doping Code.pdf</a>
WADA Prohibited List	<a href="#">WADA Prohibited List</a>
IFMA VAR Protocols	<a href="#">IFMA_VAR_Protocols.pdf</a>
IFMA Procedures for Seconds on FOP	<a href="#">IFMA Procedures for Seconds on FOP</a>
IFMA Conduct Policy	<a href="#">IFMA Conduct Policy.pdf</a>
<b>Additional Rules &amp; Regulations</b>	
IFMA Muaythai Lor Pao Competition R&R's	<a href="#">IFMA Muaythai-Lor-Pao Competition R&amp;R</a>
IFMA Chok Lom Muaythai Competition R&R's	<a href="#">IFMA Chok-Lom-Muaythai Competition R&amp;R</a>
IFMA Keeta Muaythai Competition R&R's	<a href="#">IFMA_Keeta-Muaythai_R&amp;R</a>
IFMA Youth Muay Talay Competition R&R's	<a href="#">IFMA Youth-Muay-Talay R&amp;R.pdf</a>
IFMA Virtual Competition R&R's	<a href="#">IFMA Virtual R&amp;R</a>
<b>Approved Equipment Suppliers</b>	
MTG Fight Gear	<a href="http://www.mtgfightgear.com">www.mtgfightgear.com</a>
FBT Sports	<a href="http://www.fbtsports.com">www.fbtsports.com</a>
Wesing	<a href="http://www.wesingstore.com">www.wesingstore.com</a>
Dragondo	<a href="http://www.dragondo.com">www.dragondo.com</a>
Top Ten	<a href="http://www.budoland.com">www.budoland.com</a>



# IFMA MUAYTHAI RULES & REGULATIONS

INCLUDING WAI KRU, MAI MUAY, FULL CONTACT AND SEMI CONTACT COMPETITIONS

## APPENDIX XI: IFMA MUAYTHAI PILLARS

### APPENDIX XI: IFMA MUAYTHAI PILLARS

**Muaythai Combat** | Full Contact – Pinnacle discipline under full IFMA rules, forming the elite global competitive pathway.

**Muaythai Technical** | Semi Contact – High-performance technical discipline with precision scoring, scalable for global development and youth progression.

**Muaythai Cultural** | No Contact – Cultural and heritage pillar safeguarding Wai Kru, Mai Muay, and the traditional identity of Muaythai.

***“HONOUR, TRADITION, RESPECT, EXCELLENCE AND FAIR PLAY”***



[www.muaythai.sport](http://www.muaythai.sport)