

MUAYTHAI AUSTRALIA

# Rules & Regulations



## Muaythai Australia Ltd is:

- Known as the MTA
- The peak body [National Sporting Organisation (NSO)] for Muaythai in Australia, as recognised by the Australian Sports Commission.
- A National Sporting Organisation (NSO) that is registered Company limited by guarantee and is not for profit.
- MTA is the affiliated with the International Federation of Muaythai Associations (IFMA).

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## MUAYTHAI AUSTRALIA INC (MTA)

MTA rules are the approved rules for Muaythai Competitions in Australia. They are designed to ensure Australia follows a national and unified rules system that follows the principles and guidelines of the sport of Muaythai. The rules are to be implemented by trained MTA Officials only. The use of these rules is contingent on them being officiated by MTA Officials. The technical Committee for any rule interpretation is MTA President, MTA Director of Officials and MTA Promoter Director.

All promotions sanctioned by the MTA that include one off bouts are sanctioned as WMC events and utilise these rules for all one off bouts, 4 or 8 man events. Every state has varied legislation and the rules must be adapted for legal use/approval in each state.

MTA rules are to be utilised for any tournaments that are set for State and National Championships and selection events for international competition. MTA rules are based on the WMC (World Muaythai Association) rules for adults. This is overlaid with a class-based athlete system in order to ensure we have a development system from Novice to Professional. Junior rules follow the principles of the IFMA rules but are adapted to the Australian environment for development of novices and one-off bouts.

These rules are for one-off matches, development shows, and routine competitions in Australia. Any deviation from these rules requires written permission from MTA after consideration of the purpose and circumstances of the deviation. State Combat Sports legislation must always be followed and supersedes all MTA rule requirements. MTA is duty bound to promote Muaythai and therefore to lobby the government for permission to follow the rules of our sport.

All MTA rules are to be utilised uniformly across Australia. These rules are for all classes of competition, and athletes including ELITE (A-Class), COMPETITOR (B-Class), NOVICE (C-Class). These rules cover ELITE, COMPETITOR, NOVICE, and JUNIOR bouts. This could also read – A-class - Professional, B-class, Amateur, C-Class – Development. States without legislation should use A class for professional and B class for amateur delineation.

These rules are required for any MTA endorsed promotion or competition. MTA endorsement is contingent on the promotion always following these rules and government legislation.

MTA is the sport of Muaythai with some rule adjustments for the development of juniors in competition.

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## RULE 1: RING REQUIREMENTS

**In general competitions, the ring will be as follows:**

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

**1.2.** The ring floor must be placed at least 60cm from the ground, preferably 1.2m but not more than 1.50 meters. In each of the four ring corners, one ring post of 10 to 12.5 centimetres in diameter is erected no more than 2.70 meters from the ground. The ring floor must be covered with soft material, such as rubber, soft cloth pieces, sponge, or similar material, to reach a thickness of at least 2.50 centimetres and not more than 3.75 centimetres. A top-up of canvas must cover the entire ring area, being tightly and smoothly secured.

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

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

**1.5.** Two boxes made of plastic or of other material shall be provided in both neutral corners: one box each (outside the ring) for the referee to dispose cotton or fallen material. Athletes compete out of either the red or blue corner. Promoters may utilise other colours for the corners; for example, black and white, or black and red for athletes shorts and promotions. If the two corner colours are distinctive to each other.

## RULE 2: RING EQUIPMENT FOR COMPETITION

**The ring shall contain the following equipment:**

- Two chairs (stools) or swivel chairs for Athletes
- A mop to wipe the ring floor
- Two towels
- Tables and chairs for officials
- A bell or siren
- 2 stopwatches – timers.
- Score cards
- A locked box for scorecards
- A set of round, time show-case, and bout markers
- A stretcher
- A pair of safety scissors

- Other instruments essential for the competitions (e.g. an amplifier and a microphone)

### RULE 3: PROTECTIVE EQUIPMENT

- State legislation MUST be followed and supersedes any MTA rules.
- These rules are the minimum standard for MTA regardless of state legislation or the lack of legislation.
- All protective equipment MUST be MTA approved and checked by an official at the competition.
- Equipment can be shared if an approved cleaning station (covid standard) is utilised.
- Personal equipment can be approved for use by the state reps as part of a covid management plan.
- No additional padding/strapping is authorised on any part of the body, unless authorised by a MTA official.
- Protective equipment should be red or blue representing the athletes corner, black may be used if not possible.

The equipment shown is to demonstrate the standard required by MTA for the Class of competition. The brands shown are not all endorsed by MTA; they are only a sample of the style and protection required as a MINIMUM standard. Recommended Brands suitable for competition are: Twins, Top King, Yakkao, Fairtex, MTG.



HEAD GEAR



GLOVES



SHIN PADS



CHEST GUARD



ELBOW GUARD



HANDWRAPS



ANKLE GUARDS



MALE



FEMALE



FEMALE CHEST GUARDS

### RULE 4: GLOVES

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

**4.2.** Athletes must use exclusively gloves certified/approved by MTA. They must be approved by the Head Official at each event.

**4.3.** Gloves are preferred as lace up however Velcro gloves are acceptable if approved by the head MTA official:

- Glove laces must be tied with knots behind the wrists.
- Gloves must be taped to cover any laces or strapping, the colour of their respective corner.
- Gloves must be inspected and stamped by the authorised glove inspector (MTA Official) who must observe and control glove wearing to ensure that the Athletes wear gloves according to the rules until the Athlete's step into the ring.

**4.4.** The glove sizes for competitions are as follows:

#### **Juniors and Novice (B + C Class)**

- Must wear ten (10) ounce gloves.

#### **A-Class & Professional:**

- Between Super Featherweight and Welterweight division must wear eight (8) ounce gloves (67kg and below).
- Super Welterweight division and over must wear gloves of ten (10) ounces (67kg and above).

### RULE 5: HAND BANDAGES

**5.1.** All C-Class athletes, Juniors 14 and below are to wear hand wraps only. All State and National tournaments are in hand wraps only. NO TAPE.

**5.2.** Athletes must wrap their hands with soft hand bandages no longer than six (6) meters and no wider than five (5) centimetres for each hand.

**5.3.** Athletes may use strapping tape, no longer than one (1) meter and no more than two and a half (2.50) centimetres wide for each hand, to top-up on the wrist or back of the hand.

**5.4.** No tape of any type is to cover the knuckles or build up the knuckles. One strip is authorised between the knuckles to tie the wraps in but must not protrude.

**5.5.** Athletes can use their own hand wraps or have their hands wrapped by their trainer.

**5.6.** All hand wraps MUST be inspected and approved by an MTA (or Government) official for ALL bouts.

## RULE 6: ATTIRE

**6.1.** Athletes must wear shorts neatly at half-thigh length. An athlete's shorts must NOT be the colour of the other corner. Shorts should preferably be the same as or close to the corner representing. Shorts cannot be split at the sides exposing underwear.

**6.2.** Athletes must wear groin protection for the genital organs, made of strong material capable to protect them. The use of the groin guard is mandatory. For male athletes, a metal groin protector shall be worn a jock strap may be worn in addition. For female athletes, a female groin protector shall be worn.

**6.3.** Athletes fingernails and toenails must be closely and neatly cut.

**6.4.** Athletes shall wear a headband (Mongkon) only when they pay homage (Waikru) before the bout. During the bout Athletes may wear an inscribed cloth, amulet, or charm around the upper arm (Prajiad). If the amulet interferes with the flow of the bout, it must be removed immediately by the referee or corner.

**6.5.** Athletes may wear ankle supports, one for each ankle, but not to be shin supports, or to roll half way down. Wrapping the ankles and legs with pieces of cloth is not permitted.

**6.6.** Ankle supports are not to be padded and may only be made of cloth. Nothing is to be worn under the ankle support.

**6.7.** Any strapping MUST be approved by an MTA official at the same time as hand wraps are inspected. Strapping must not give an advantage to the athlete for impact.

**6.8.** Athletes shall not wear belts, jewellery or any dangerous ornaments as determined by an official.

**6.9.** Liniment is allowed on the athlete but cannot be excessive, Vaseline can be used in minimal quantities to limit cuts. Vaseline, liniment or related products cannot be used on any attire including gloves.

**6.10.** Form fitted gum shields must be worn during the contest.

**6.11.** Additional Protective Equipment:

- Head Gear
- Chest Guards
- Shin Guards
- Elbow Guards

Are to be worn in accordance with the rules and is superseded by any government legislation.

## RULE 7: RING ENTRY / PAYING HOMAGE (WAI KRU)

### 7.1. Entering the Ring

- Athletes may enter the ring over, through or under the ropes. If proceeding over the ropes the athlete should wear the Mongkon. If going through or under the Mongkon is placed on immediately after entering.
- Athletes proceed to the centre of the ring to acknowledge judges upon returning to their corner they will be inspected for their equipment check by the referee.

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

## 7.2. Paying Homage

- The Mongkon is to be worn by all athletes while sealing the ring and performing the Wai Kru, the minimum an athlete can perform is sealing the ring. Exemptions can be applied for by state reps if required for promotional reasons. Wai Kru music is played during and throughout the bout.
- Athletes are encouraged to perform a proper Wai Kru consisting of Starting Postures, Sitting Postures and Standing Postures. A time limit may be used for promotional reasons.

## RULE 8: WEIGHT DIVISIONS

**8.1.** Athletes must be a minimum of 18 years old to compete as an adult.

**8.2.** Athletes competing against each other must not be more than 2 weight divisions apart or 5kgs.

**8.3.** Catch weights are approved for non-title bouts but not encouraged.

### For Tournamants and C Class

WEIGHT CLASS	KILOGRAMS
ATOM	45
JUNIOR FLY	48
FLY	51
BANTAM	54
FEATHER	57
JUNIOR LIGHT	60
LIGHT	63.5
WELTER	67
JUNIOR MIDDLE	71
MIDDLE	75
FEMALE ONLY	75+
SUPER MIDDLE	81
CRUISER	86
HEAVY	91
SUPER HEAVY	96
HULK	120+

### A Class, B Class, WMC Title Bouts, Professionals

WEIGHT CLASS	KILOGRAMS
MINI FLY	47.62
JUNIOR FLY	48.99
FLY	50.80
JUNIOR BANTAM	52.16
BANTAM	53.52
JUNIOR FEATHER	55.34
FEATHER	57.15
JUNIOR LIGHT	58.97
LIGHT	61.24
JUNIOR WELTER	63.50
WELTER	66.68
JUNIOR MIDDLE	69.85
MIDDLE	72.58
SUPER MIDDLE	76.20
LIGHT HEAVY	79.38
SUPER LIGHT HEAVY	82.55
CRUISER	86.18
HEAVY	95
SUPER HEAVY	95+



**9.1. Tournament & C Class:**

- Athletes must have at least three (3) hours of rest after the weigh-in, before the beginning of the bout. Amateurs are recommended to weigh in on the same day as the bout. Recommended time is between 3 and 6 hours from the competition. But not greater than 24 hours from the competition.
- C-class bouts on a professional event can be approved to weigh in at the 24hr weigh, by the head MTA official, as long as both athletes are present, and neither is disadvantaged.

**9.2. MTA tournaments:**

- Athletes must weigh in on the day of each competition day.
- Night before weigh ins can be approved to assist tournament management but must be followed up by day of competition weigh ins for finals and subsequent days.
- Athletes must weigh-in with Muaythai shorts (& crop top for females).
- The athlete's manager or their representative may witness the weigh-in from outside the weigh in area only. Parents and spectators are not allowed in the tournament weigh in area.

**9.3. B Class**

- B-class only events can have either a 24 hr or same day weigh in as determined by the promoter and the Head state official.

**9.4. Professional – A Class Elite Athletes**

- Must be conducted no more than 24hrs prior to the commencement of competition.
- Professional and Pro-Am events should have one official weigh in.

**9.5. Medical**

- Before weigh-in, the Athletes must have their medical paperwork confirmed. This must be sighted and approved by the Head Official.
- Athletes must present or have evidence of serology test (including HIV and all classes of Hep) and a medical approval to compete.
- Blood tests are required for 16 and older and must be no older than 6 months.
- Medicals must be conducted annually for athletes. Medicals are valid for 12 months.
- State CSA books are allowed or the medical must be on MTA medical paperwork with original copies of serology.

**9.6. Females**

- Athletes MUST be given the opportunity to weigh in in private. A private female weigh in can only be conducted by other female's officials/witness. Tournaments can not be conducted this way.

**9.7. Juniors (under 18)**

- Should be screened from public view for all weigh ins. An athlete wishing to participate in promotional activities for the bout that may include viewing the weigh in can elect to be viewed however cannot be compelled to. Approval of ALL photos of anyone under 18 must be provided with written consent. Photos of any junior in underwear are not permitted and must not be publicised.

## 9.8. Video

- A video weigh in can occur if conducted on an official set of scales and an MTA representative is supervising.
- Video weigh ins can only be conducted due to distance from the official weigh in being more than 100km.
- A video weigh in must site the individual and the scales, and only in circumstances where the amateur competition does not provide travelling allowances or accommodation for the athlete.
- MTA official may ask for the scales to be tested with a 20kg weight plate.
- No video weigh in for Tournament, Professional (A Class), International or Title bout.

## RULE 10: SECONDS

**10.1.** Tournaments, B and C class bouts may have a maximum of two (2) seconds. Only 1 second is allowed to enter the ring during round breaks.

**10.2.** A Class and Elite (professional) bouts a maximum of three (3) corner persons is allowed. Only two (2) seconds are allowed to enter the ring during round breaks.

### 10.3. Seconds Duties

- During the bout seconds must remain seated. Before each round they must clear all towels, water bottles and other materials from the ring platform.
- The safety of the athletes and to give tactical advice to the athlete. Seconds cannot say anything about or too the opponents corner or athlete. All advice should be sportsmanlike and professional.
- During the bout breaks seconds must correct any attire in readiness for the bout.
- If applying water on Athletes, the seconds shall not wet the ring floor. They must also towel the excess water off the Athlete. Liniment cannot be applied during the bout. Vaseline can only be applied as first aid for cuts and must be minimal.
- Seconds must wear uniforms or shirts with their boxing camp symbol, which are in no way offensive or abusive.
- The Athlete's coach may give up for his Athlete by stepping into the ring or throwing in a towel in front of the referee. They cannot throw in any other object and not while a count is in progress.
- Seconds cannot touch the ring during the bout. Any banging or climbing on the ring (unless to throw in the towel) will result in the referee stopping the bout. The corner will be warned and the athlete may be penalised a point if the referee deems the interference unsportsmanlike or interferes in the conduct of the bout.

**10.4.** Seconds are responsible for their own equipment and medical supplies for the bout consisting of:

- Water/Bucket
- Ice (In a bag that does not leak)
- Towel/s
- Adrenaline of 1/1000 solution, mixed with Vaseline or other substances as approved by ring doctor.
- First aid equipment including: Gauze, Cotton buds, safety scissors, Wound bandages, Absorbent cotton bandages or wound soft bandages.

The primary concern of the referees should be the care of the Athletes.

### **11.1. Referees Attire:**

Referees must wear black trousers, black flat soled shoes and shirts with MTA emblem on the shirt. All officials **MUST** wear the same attire. Any accessories such as eyeglasses, jewellery, belt, and headwear are prohibited. Fingernails must be closely and neatly cut.

### **11.2. Referees Duties**

- To use three commands as follows:
  - YUD/STOP: To order the Athletes to stop.
  - YAK/BREAK: To order the Athletes to separate from each other. After the YAK/BREAK command both Athletes must step back at least one step before awaiting the referees command.
  - CHOK/BOX: To order the Athletes to start/continue the bout.
- To prevent a weaker athlete from receiving undue and unnecessary punishment.
- Control that the rules and fair play are strictly observed.
- To interpret rules and implement the rules. Or to decide to act upon any situations not provided in the rules.
- To closely control the bout at all times.
- To inspect the Athlete's gloves, attire and gum shields.
- Referees shall show a clear and proper signal when cautioning an athletes foul.
- When the referee disqualifies an Athlete because of a serious rule violation or stops the bout, they must notify the Chairman of the ring officials for their reasons.
- Referees shall not allow Athletes who intentionally violate the rules to gain advantage (e.g. grabbing ropes to kick, knee his opponent, or prevent falling etc.).
- Referees shall not engage in any action which may influence the bout in any way, so that the athletes may gain or lose advantage (e.g. fast or slow counting, warning or not warning, etc.).
- At the end of the bout, the referee must collect the score cards from the three judges and hand them to the Chairman of the ring officials for inspection.
- At the end of the bout, the referee shall bring both Athletes to the centre of the ring facing the Chairman's table. He will then raise the winner's hand according to the announcement.
- Referees shall neither criticize nor give an interview about the future bouts or past bout results without permission from MTA Executive Board.

### **11.3. Powers of the Referee**

- To terminate the contest at any stage if it is considered to be too one-sided.
- To terminate the contest upon seeing that the Athlete is too seriously injured to continue the bout. They may consult the ring doctor and must follow the doctor's suggestion after consultation.
- To terminate the contest upon seeing that the Athlete is not in earnest to compete. In this case, either Athlete or both may be disqualified.
- To stop counting upon seeing that if they continue the count, the Athlete may be in danger.

- To stop the count when the opponent does not go to the furthest neutral corner or comes out from the neutral corner before the count is finished.
- To stop the bout to warn or caution the Athlete who violates the rules.
- To disqualify an Athlete who ignores, harms, or aggressively offends the referee.
- For the Athlete who severely violates rules, the referee has the power to disqualify them or may declare the bout of 'no decision' after warning or cautioning, or without a previous warning or caution.

#### **11.4. Procedure for Athletes Outside the Ring**

- When an athlete has fallen outside the ring, the referee must order the opponent to the neutral corner. If the athlete outside the ring is too slow to get back into the ring the referee shall count immediately.
- When one or both athletes fall outside the ring, the referee shall count to twenty (20). If the Athlete/s manages to get into the ring before the count of twenty, the bout shall continue. If either athlete tries to delay the referee shall warn the offender. The referee may disqualify the athlete who disobeys to lose the bout or of 'No Decision'.
- The referee shall stop counting if the Athlete that has fallen outside the ring is obstructed or delayed in getting up into the ring by any person. The referee shall clearly warn the offender and continue the count. If the offender disobeys, the referee shall stop the bout and inform the Chairman of the ring officials.
- If both Athletes fall outside the ring, and only one athlete proceeds to enter the ring before the count of twenty (20). The referee shall declare that Athlete the winner. However, if both Athletes cannot get back into the ring before the count of twenty, the referee shall declare a draw.

### **RULE 12: JUDGES**

Judges must dress as the referees. They may however wear eyeglasses.

#### **12.1. Judges Duties:**

- Judges must sit in the allocated seats around the ring.
- During the bout, judges shall not speak with the Athletes or any other people. If necessary, they may speak with the referee during the resting intervals between rounds to inform the referee in case of an incident (e.g. seconds' misconduct, loose ropes).
- Judges shall score independently and accordingly to the rules. They must record scores on the score cards immediately after each round and they must add up the scores of both Athletes for each round.
- Judges must identify the winner and sign the score cards before handing them to the referee.
- Judges shall not leave their seats until the referee declares the contest result.
- Judges shall neither criticize nor give an interview about the future bout results or the past bout results without permission from MTA Executive Board.

## RULE 13: HEAD OFFICIAL

### 13.1. Head Official/Chairmen Duties:

- To assign referees and judges for duties within the competition program. A head official must be appointed for each competition.
- To monitor the performance of referees and judges as stated by the rules and regulations. In case any referee or judge performs his duty incorrectly or ineffectively, the head of the ring officials shall report his assessment to MTA board.
- For an A Class WMC Australian Title (or above) the Head Official may elect to have 5 judges (if suitably qualified judges) are available for the event.
- To solve competition problems and report incidents to the competition manager.
- To advise referees and judges on any decision-making matter.
- To monitor all score cards are completed, signed and information is correct.
- To notify the ring announcer the bout result to be pronounced to the public.
- To notify the promoter and report to MTA Board for punishment considerations in case the Athlete intentionally and severely violates any rule, which is contradictory with ethics and sportsmanship.
- In case there is an unusual incident from which the referee and judges are unable to continue to work, Chairman of the ring officials shall act immediately, by all means, to continue the contest.

### 13.2. Head Official Powers:

Chairman of the ring officials may overrule the referee and judges by reversing the decision of the referee and judges only for the following cases:

- If the referee's decision is contradictory with the Rules and Regulations.
- If the judges have incorrectly added up scores, resulting in a different decision from factual evidence.

## RULE 14: TIMEKEEPER / ANNOUNCER

**14.1.** The timekeeper and the announcer must sit beside the ring at designated seats.

### 14.2. Timekeeper duties:

- To monitor the number of rounds, competing time for each round, resting interval time between rounds and time of time-outs.
- To signal for the beginning and the ending of each round by striking the bell.
- To signal five (5) seconds before the beginning of each round for the ring to be cleared.
- To deduct the time of interruptions or the time stopped by referee order from the total round time
- To monitor for the correct time with a stopwatch or a clock throughout the entire duration of the bout.
- The timekeeper shall not give the bell signal while the referee is counting, despite the round time expiration. The timekeeper shall strike the bell when the referee orders (CHOK) or "BOX".

### 14.3. Announcer's duties:

- To announce athletes names, boxing camp or nation and weights to the spectators when the Athletes enter the ring.
- To announce that the seconds must leave the ring when they hear the warning signal from the timekeeper.
- To announce the beginning and ending of each round.
- To announce the verdict of the contest and identify the winner.

## RULE 15: DECISIONS

### 15.1. Winning on Points:

- At the end of the bout, the Athlete with the judges majority decision wins the contest.

### 15.2. Win by Knockout (KO):

- In case an Athlete is knocked down and cannot continue the bout within ten (10) seconds, his opponent wins by knockout.

### 15.3. Win by Technical Knockout (TKO):

- In case an Athlete very clearly outclasses their opponent.
- In case the opponent cannot continue the contest immediately after the resting interval of a round.
- In case the opponent is seriously injured and cannot continue the contest.
- In case the opponent has been counted for more than two (2) times (i.e. 3 times) in one round, or more than four (4) times (i.e. 5 times) in the entire fighting contest. This is a compulsory count limit. Seniors only.
- In case the opponent has fallen out of the ring and cannot get back into the ring after the referee has counted to twenty (20).
- In case his opponent spontaneously withdraws from the contest due to injury or other causes.

### 15.4. Win by Disqualification:

- An Athletes opponent severely violates the rules and the referee disqualifies them, whether there has been any previous warning or caution.

### 15.5. Win by Walkover:

- In case an Athletes opponent does not pass the ring doctor's physical examination, cannot make weight, or does not show up to compete as scheduled.

### 15.6. Draw Decision:

- The majority decision is even as a draw.
- In case both Athletes are knocked down and they have been counted out of ten (10).
- In case both Athletes have fallen out of the ring and they have been counted out of twenty (20).
- In case both Athletes are so seriously injured that they cannot continue the contest.

### 15.7. No Decision:

- In case the referee considers that either Athlete is not in earnest and declares that "there is no decision for this bout as the red corner / blue corner / or both Athletes compete dishonourably".

### **15.8. No Contest:**

- In case the Athletes have been warned and cautioned by the referee and persist on continuing with the breach.

### **15.9. Cancellation of Contest:**

- In case of ring damage, a riot from spectators, or an unexpected situation causing it impossible to continue the contest.

## **RULE 16: SCORING SYSTEM**

**16.1.** A point will be awarded for each Muaythai skill that strikes a scoring target without being blocked, guarded against, or infringing the rules. A strike consists of a punch, kick, knee or elbow and must land powerfully and accurately.

### **16.2. Scoring advantage is awarded to:**

- The Athlete who lands on target more than their opponent with Muaythai strikes.
- The Athlete with more force and power using Muaythai skill.
- The Athlete who can cause more physical exhaustion and damage to their opponent by use of Muaythai skill.
- The Athlete who shows a more aggressive style.
- The Athlete who demonstrates better defence with Muaythai techniques.
- The Athlete who violates the rules the least.

### **16.3. Scoring advantage is not awarded to:**

- The Athlete who violates any rule.
- Muaythai strikes on the opponents arm(s) or leg(s) as is their self-defence techniques. (That the strike to the arms is blocked and has no effect on the opponent balance, posture and does not score damage)
- The hit is light, without power or body weight behind it.
- An Athlete is thrown on the ring floor after having their kick caught.
- Throwing the opponent on the floor without using any muaythai weapon.
- A strike after the bell or after the referee has called break/stop.
- A strike after a foul or using a foul to strike.

## **RULE 17: SCORING POINTS**

**17.1.** A full 10 points must be given to the clear winner of the round and their opponent proportionally less, (eg.10-9, 10-8). No fraction of points may be given.

**17.2.** For an even round, both Athletes score a full ten (10) points (10:10). In tournaments a DRAW cannot be given.

### 17.3. KD/8 Counts

Scoring a 10-8 Round:

If the athlete receives an 8 count, one (1) point is deducted from that athlete. The point is deducted after the round has been scored.

- An athlete has won the round (10-9), their opponent has received an 8 count (1 point deduction). The final points of this round will be 10-8.
- An athlete has won the round 10-9, the athlete who won the round received an 8 count (1 point deduction). The round becomes 9-9 but as we have the 10 must system the final points of this round will be 10-10.

Scoring a 10-7 Round:

- An athlete has won the round (10-9), their opponent has received two (2) 8 counts. The final points of this round will be 10-7.
- An athlete has dominantly won the round (10-8), their opponent has received an 8 count (1 point deduction). The final points of this round will be 10-7.

### 17.4. Warning/Foul

A point will be deducted when an athlete has received a warning (1 point deduction), the Referee will show the judges the offending foul.

- An athlete has won the round (10-9), their opponent has received a Warning (1 point deduction). The final points of this round will be 10-8.
- An athlete has won the round 10-9, the athlete who won the round received a Warning (1 point deduction). The round becomes 9-9 but as we have the 10 must system the final points of this round will be 10-10.

## RULE 18: FOULS

**18.1.** An athlete who commits a foul can be warned, cautioned or disqualified at the discretion of the referee depending on the severity of the foul.

**18.2.** The Athlete who commits any of the following is considered a foul:

- Biting, eye poking, spitting on the opponent, sticking out tongue to make faces, head butting, striking, or any similar action.
- Throwing, back breaking, locking the opponent's arms, using Judo and wrestling techniques.
- Falling over, going after a fallen opponent or an opponent who is getting up.
- Grabbing/Holding the ropes to fight or for other purposes.
- Using provocative manners and verbal taunts during contest.
- Disobeying the referee's command.
- Knee striking at the groin area. (An athlete may receive up to 5 min recovery time for an intentional knee strike).
- Catching the opponent's leg and pushing forwards more than two (2) steps without using any Muaythai strikes.
- If an Athlete pretends to fall on the ring floor after their kicking leg is caught or in clinching.
- When both Athletes fall out of the ring and either Athlete tries to delay getting back into the ring.



- Using forbidden substances as specified by SPORT INTEGRITY AUSTRALIA. Refusing a SIA anti-doping test in or out of competition.
- Violating any of the rules

## RULE 19: KNOCK DOWN

**19.1.** An Athlete is considered down whenever they're in any of the following states:

- Any part of their body, except feet, touches the floor. (no cart-wheel kicks)
- An athlete leans, holds, or sits on the ring ropes to not fall.

**19.2.** Following a hard hit, an athlete has not fallen and is not lying on the ropes, but is in a semiconscious state and cannot, in the opinion of the referee, defend adequately and continue the round safely.

**19.3.** In case the knocked down Athlete manages to stand up and is ready to continue the bout before the referee has counted to eight (8). In such case, the referee must continue counting until (8) before giving the order (CHOK) or 'fight'.

**19.4.** If the knocked down Athlete is ready to continue at the count of eight (8) and the referee commands 'Fight', but the athlete falls again without any additional strikes, the referee shall continue the count from eight (8).

**19.5.** If the referee has counted out an athlete to ten (10), the bout shall be considered finished. In such case, the referee shall declare the knocked down Athlete to have lost the bout by 'knockout.'

**19.6.** In case both Athletes fall on the ring floor simultaneously, the referee shall proceed on counting and shall keep on counting as long as there is one Athlete on the ring floor.

- If both Athletes cannot manage to stand up at the count of ten (10), the referee shall declare a 'draw.'
- In case the Athletes are trying to stand up, but have their arms or legs tangled, or one Athlete is on top of the other, the referee must stop the count and separate them. They shall then continue the count in case one of the Athletes is still on the ring floor.

**19.7.** In case of a knockdown, the referee must wait for one (1) second before beginning the count.

- Counting should be loud from one to ten with one-second interval.
- Along with counting, the referee must show a hand signal for each second to notify the Athlete of the number of counts.

**19.8.** In case an Athlete is not ready to continue the bout following a resting interval between rounds, the referee must count, unless it is due to improper dressing.

## RULE 20: RING DOCTOR / PROHIBITED DRUGS

**20.1.** The Ringside Dr has the authority to STOP a contest at anytime based on his/her professional Medical opinion in the interest of the safety of the athletes.

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

**20.3.** The following are the ring doctor's duties:

- To check the Athlete's physical fitness to compete prior to the bout at the weigh in or before the bout at the competition. The Dr must determine the athlete is performing without any prohibited disease or sickness as specified in the Athlete's Book.
- To give advice and suggestions to the referee when requested.
- To assist an unconscious Athlete during a bout. Only the ring doctor is permitted to enter the ring. Other individuals may enter the ring if the ring doctor needs special help.
- To lend medical assistance for a knocked-out or technically knocked-out Athlete by thoroughly checking immediate treatment.

**20.4.** To check and diagnose the Athletes after their bouts, to notify them of their recovery periods before the next bout as the following regulations:

- After a five-round bout, the Athletes must rest at least twenty-one (21) days before the next bout.
- The winner in round 1 or 2, must rest at least seven (7) days.
- The winner in a three-round bout or in round 3, must rest at least fourteen (14) days.
- An Athlete who loses by technical knockout (TKO) or knockout (KO) must rest a minimum of thirty (30) days. If an athlete receives a technical knockout (TKO) or knockout (KO) in two (2) consecutive bouts the athlete must rest a minimum of 90 days.
- Any loss by KO must be given a medical clearance before competing again.
- In a 4 or 8-man competition or tournament the rest period of 28 days applies. If the athlete loses in round 1 then normal rest periods apply. A tournament, 4 or 8-man competition are considered 1 event.

**20.5. Prohibited Substances**

- It is prohibited to let the Athlete use any drugs or chemical substances, which are not part of the Athlete's usual diet. All SIA prohibited substances apply.
- It is possible to use substance for local anaesthesia, but only with the ring doctor's approval.
- The prohibited substances for Athletes are categorised in accordance with the WADA list of banned substances.
- An Athlete who uses a prohibited substance, or the person who gives the Athlete a prohibited substance, must be penalised by MTA Executive Board and reported to SIA.
- An Athlete or an official who violates regulations of drugs or prohibited substances must be penalised and prohibited from any bout or participation in any Muaythai activities for a period decided by MTA Executive Board.
- Any Athlete who refuses to have a medical check-up following a bout will be prohibited from any bout. Any official who encourages the Athlete to commit such offense will be prohibited from competitions.
- All females 16 years and over MUST have a pregnancy test or complete a pregnancy declaration (and provide evidence) of this within 72hours of the competition.

**RULE 21: DOMESTIC COMPETITIONS SANCTIONED BY MTA/WMC**

- Rules and regulations, as described in this document, shall apply to all domestic MTA/WMC competitions equally.
- All International tournaments, Championships, and MTA title bouts must follow MTA protocols for title bouts.

- MTA/WMC international competitions or titles MUST be approved by MTA Board.

## RULE 22: INTERPRETATION OF UNSTATED RULES

- In the case of any complication or if MTA official Rules and Regulations does not provide a clear statement for a given situation, the referee, or the Head officials, shall make the final decision.
- MTA/WMC state representative should provide advice on the any State legislation effecting the rules.
- All title decisions must be decided by people with no 'conflict of interest' in the awarding of the title bout. At all ages and levels, MTA MUST maintain credibility and set itself as the highest standard in Muaythai.
- An athlete must compete according to their biological genderism.

## RULE 23: FEMALE COMPETITION

Rules and regulations for female Muaythai competition will follow the rules and regulations as above, except for the following adapted supplements:

Female Athletes must wear the same attire as male Athletes (muaythai shorts) with the addition of sleeveless, short-sleeved shirts, or a crop top.

Athletes must neatly tie their hair to not interfere with the bout, clinching or cause any disadvantage to the opponent. Hair must not obscure vision at any time. Hair accessories may be rubber or made of elastic cloth. Bands should be of a suitable size and should not contain metal or rigid plastic parts.

Hair must be placed inside of the head gear. A hair net is recommended.

Female Athletes have the option to wear a breast (chest) protector. Juniors with a developed breast MUST wear a breast protector unless wearing a chest guard. Groin protector are optional for A-class and mandatory for juniors, 14+ and C, B class. The Athlete may use her personal protectors if they are approved by MTA.

Head & Body Cover Head and body covers may be worn by Athletes to comply with cultural requirements and shall consist of the following:

- A head covering such as a full sport hijab similar to the ResportOn design or an individual skull cap of black or white fabric.
- An optional body suit (two piece, tights and upper body) of black or white fabric covering of the legs to the ankles and covering the arms to the wrists.



Female Athletes must weigh-in wearing clothes of no altering effect upon the Athlete's weight. Weigh-in officials must offer females a restricted area to weigh in or a weigh-in room that must be a completely covered room or a completely curtained area.

All female bouts follow the same round times as males.

In female competitions Head officials should endeavour to include female officials where appropriate and qualified.

## RULE 24: FOUR/EIGHT MAN COMPETITIONS

Four (4) & Eight (8) man tournaments/competitions are allowed under the following circumstances:

- All athletes are present at the weigh in.
- A Dr MUST approve the continuance of each athlete after each bout.
- The 8 count limit is 4 for the entire tournament.
- An athlete who loses a bout cannot fill in for an athlete who is out. If an athlete has lost > he is out.
- That the weight division spread is not greater than 4kg, except for 95kg+
- 8 man tournaments can have a reserve bout (not a reserve athlete) so the winner of that bout can replace an injured (winning) athlete who cannot continue. Must be approved by head official for circumstances of replacement. A athlete cannot be replaced in the final.

## ATHLETE CLASS SYSTEM

Athlete Class registration and development pathways.

For adults on MTA/WMC events athletes can be distinguished by class. Promotions can be one or more classes and athletes can compete at the class which provides a fair match. All bouts must be in accordance with state and legislation, and athlete registration requirements.

### C-Class (Development/Novice):

- All athletes recommended to start in C-class, with a minimum of 3 bouts before transitioning to B Class.
- Once an athlete commences C-Class bouts they are part of MTA athlete system of development.
- C Class is an amateur/novice level. Distinguished by padding requirements and optional elbows.
- Promoters can have C-class bouts on any level event, however C-class is designed for novice/development days.
- Rounds are 3 by 2 min. 90 sec rounds can be approved by the State Head official.
- **Mandatory Equipment** – Head Gear, Shin Pads, Elbow Pads, Gloves, Groin Protection, Mouthguard.

### B-Class (Amateur):

- Athletes can commence at B-class if they are experienced and skilled enough to compete.
- Athletes are recommended to have at least 3 bouts in C-class before transitioning to B-class.
- An athlete's trainer is required to approve starting competition in B-class. B-class could be amateur or professional depending on government legislation requirements.
- Rounds are 2 min over 3 or 5 rounds with 1 min breaks. Distinguished by elbow guards and 10oz gloves, even if athletes are on professional shows or a registered Pro.
- Athletes should transition to A-Class after they have 12- 15 bouts of experience. Transition to A-class must be approved by the athletes MTA registered trainer.
- B-class is for athletes ready to compete after developing from a novice.
- Athletes should remain at B-class until they are ready to be a professional and A-class athlete.
- All amateur (B-class) titles are 5 by 2 min rounds with 1 min break.
- At National/International MTA/IFMA tournaments B-class athletes may compete either 2 or 3 min round bouts.
- **Mandatory Equipment** – Elbow Pads, Gloves, Groin Protection, Mouthguard.

#### A-Class (Professional/Elite):

- This is the High Performance Level.
- Round time is 3 min over 3 or 5 rounds with 1 or 2 min breaks.
- A-class is for experienced athletes, 15 plus bouts is recommended.
- All titles are 5 by 3 min rounds with 2 min break. 5 by 3 min round bouts with 1 min break can be approved by head state official.
- A-Class transition - An athlete (and their camp) is recommended to seriously consider the implications and level of being an A-class athlete. At this class, A class athletes can be matched with any other A-class athlete and are considered an ELITE athlete. A-class cannot compete for MTA titles.
- **Mandatory Equipment** – Gloves, Groin Protection (male), Mouthguard.

#### Juniors:

- Juniors must follow the rules and requirements as per their age group.
- The junior class system mirrors the adult system for development and experience HOWEVER a junior record IS NOT an adult record and must be considered when matching against adults from 16+.
- Juniors are NOT A-class competitors even if they have A-class experience. Round times for Juniors are always 2 min rounds for A/B Class and 90 sec for C-class.

#### PADDING REQUIREMENTS BY CLASS 18+

- Groin protection for males is mandatory for all classes.
- Groin protection for females is optional for A class and mandatory for B and C class.
- Breast protection for females is optional for all classes.
- Hand Wraps only for C class.
- MTA hand wrap for A and B class.

CLASS	MANDATORY	RECOMMENDED
C	Head Gear – Shin Pads – Elbow Pads Gloves – Mouthguard – Groin Protection	Chest Guards
B	Elbow Pads - Gloves – Mouthguard Groin Protection	Head Gear – Shin Guard
A	Gloves – Mouthguard Groin Protection (male)	Groin Protection (female)

#### BOUNDS BY CLASS 18+

- Bout numbers are recommended before moving class system

CLASS	BOUNDS	ROUNDS	BREAK	RULES
C	0-4	3x 90sec/2min	1min	Muaythai/FTR
B	5-15	3/5x 2min	1min	Muaythai/FTR
A	15+	3/5x 3min	2min	Muaythai/FTR

Athletes are classed based on their experience but can compete in another class if the match is fair and state registration is consistent with the match. All registered competitors are in the Athlete Class system. The Athlete Class system overlaps the Professional and Amateur system in all respects. The system runs in conjunction with or parallel to Combat Sports state legislation.

Where state legislation requires registration of an athlete by Professional or Amateur status, that registration is to be based on the requirements of the class status by which an athlete wishes to compete. Government requirements are to be followed, but cannot be down-graded to fall below MTA Athlete Class requirements.

State MTA bodies (affiliate state members) should have a data base of registered athletes and to list which class each athlete is competing in. C-B-A class bouts are defined as the type of competition.

All athletes are recommended to start in C class. Athletes can also commence at B-class competition depending on experience, the match available and the competition.

The Class system is specific to MTA and does not mirror the IFMA system. IFMA is for international elite competition tournaments

The system is designed as a developmental system. A-Class athletes should not step back to B-Class bouts, however B-class athletes can compete with an A-class and C-class can compete in B-Class in a fair match.

MTA NATIONALS AND MTA TOURNAMENTS. Classes for MTA National and State title events may vary for each event as required for the fair conduct and matching of an event.

## JUNIOR BOUTS

MTA/WMC primary purpose of junior competitions is to develop youth in a safe and organised sporting environment. The rules and regulations are setup for the safety of Junior Muaythai development in Australia. One off bouts rules may differ from tournaments rules.

Junior matching is predominately done by ability and fairness with many other factors for good risk management examined including: experience, ability, record, height, other Combat Sports competition, weight and age of competitor.

MTA Weight divisions are to be used for all junior bouts. If a rule is required for something not covered, it can be referred to the head judge for adjudication and/or MTA Executive.

As with ALL MTA rules; the jurisdiction of the competition and relevant state legislation (if any) supersedes ALL MTA regulations regarding junior competition. However, the spirit of these rules should be followed. MTA state organisations should always make the case to state legislators regarding MTA rules being the model of competition that is preferred.

### Overall Guidelines and general rules for ages 17 and Under.

- All categories have a mandatory scale of padding requirements based on the age and experience of the athlete. The padding requirements are based on the junior and less experienced athlete.
- **Age Brackets** – Athletes can cross age brackets if the opponents are not more than 23 months apart in age. The rules for the younger athlete apply.
- **Waivers** - (all paperwork) – Must be signed by the legal guardian.
- **Identification** - MTA registration, birth certificate, passport, school ID or equivalent must be sighted at weigh in to determine proof of name and age.
- **Medical Requirements** – All juniors MUST have a medical conducted by a registered medical Dr. The medical must be on an MTA medical form or CSA book. Medicals are valid for 12 months. Blood tests are valid for 6 months. Blood tests are not required for children 15 and under.
- **Registration** – ALL junior athletes must be members of MTA registered Club. States may require individual registration in addition to club registration. The registration book MUST be used at all competitions including with other organisation's to record bout details.
- **Youth Weights** - Weight Divisions are to be used. Catch weight can be agreed on for one off bouts excluding titles. If youth weights are greater than 4kg different the bout cannot go ahead.
- Youths can go up or down one weight division in a tournament.
- **Weigh In** - All junior bouts are to be conducted under same day weigh in conditions. Weigh ins the night before the competition are approved as long as they do not exceed 24hrs.
- **Weigh In Time** - Both athletes MUST weigh in at the same time under the same conditions. All weigh ins are to be no earlier than 6:00am and NLT than 3 hours from the commencement of the first bout of the event.

### ADDITIONAL JUNIOR RULES

- Juniors should not 'cut weight'. MTA does not support any method of junior weight cutting that is in addition to a healthy diet and exercise, so athletes are competing as close to natural weight as possible.

**Any method of dehydration or rapid weight loss is not approved and may result in disqualification of the athlete at the weigh in.**

- The referee will terminate the contest if the bout has reached Compulsory Count Limit (CCL). For 15 and under the CCL is 2x8 counts in for the entire bout. For 16+ the CCL is 3x8 counts in one round or 4 in entire bout. For a Junior title at 14+ the CCL is increased to 3 for a 5 round bout.

**A count will be given by the referee for the safety of the athlete when there is: A lack of defensive skills and awareness. To prevent the weaker athlete from undue punishment.**

- Notes on 8-counts – For youth under 18 years: Officials must view the bout with added caution and safety. An 8 count is not always an automatic deduction of a point but for added safety to allow the athlete to recompose and recover.

A junior athlete is stopped if they are downed from a single clean powerful strike to the head, that was firm and obvious. That it was not a slip or flash (or a result of a takedown). A 10 count is not required as the ref can stop it immediately for safety reasons and immediate treatment. If the referee believes the downed athlete was not downed from a clean effective strike to the head, they can count the athlete to determine if they can continue safely.

#### **PADDING REQUIREMENTS – JUNIOR**

- Head gear is required for all Junior Bouts.
- Elbow guards are NOT required for 0-3 bouts when there is no elbows.
- 10oz gloves for all divisions. Velcro or lace up.
- Mouth guard required for all divisions – must not be red or pink.
- Groin guard mandatory for males.
- Groin guard mandatory for females 14+.
- Female breast plate protector NOT required when a chest guard is worn.

<b>AGE</b>	<b>0 -5 BOUTS</b>	<b>6 -10 BOUTS</b>	<b>11+ BOUTS</b>
<b>10-11</b>	Head Gear – Shin Guards Chest Guard – Gloves	Head Gear – Shin Guards Chest Guard - Elbow Guards - Gloves	Head Gear – Shin Guards Chest Guard – Elbow Guard Gloves
<b>12-13</b>	Head Gear – Shin Guards Chest Guard – Gloves	Head Gear – Shin Guards Elbow Guards – Gloves Chest Guards (optional)	Head Gear - Elbow Guards Gloves Shin Guards (optional)



14-15	Head Gear – Shin Guards Chest Guard – Gloves	Head Gear – Shin Guards Elbow Guards – Gloves Chest Guards (optional)	Head Gear - Elbow Guards Gloves Shin Guards (optional)
16-17	Head Gear – Shin Guards Gloves Chest Guards (optional)	Head Gear – Elbow Guards Gloves Shin Guards (optional)	Head Gear - Elbow Guards Gloves

#### RESTRICTED RULES FOR JUNIORS

- No Elbows for 0-3 bouts.
- No Head contact for 10-11yrs.
- No Knees & elbows to the head for 12-13yrs.
- Head Contact (kicks & punches only) for 10-11yrs may be approved by State President with written consent by parents for 11+ bouts.
- All bouts must have a one (1) min rest between rounds

AGE	0-3 BOUTS	4-10 BOUTS	11+ BOUTS
10-11	No Head Contact	No Head Contact Elbows to Body	Head Contact – Permission Only
12-13	No Knees & Elbows to the Head	No Knees & Elbows to the Head Elbows to Body	No Knees & Elbows to the Head Elbows to Body
14-15	No Knees & Elbows to the Head		
16-17	No Knees & Elbows to the Head		

#### RULES & GUIDELINES FOR AGE DIVISIONS

**TYKES** – 8 – 9 years.

Spans 8<sup>th</sup> birthday until the day before their 10<sup>th</sup> birthday. (no titles in this division).

This division is Muaythai **Light**. It is designed for development only. It is a competition however, close bouts can be a draw more often than other divisions. LIGHT means that tykes are officiated strictly. Any head contact receives one warning, 2nd contact is a disqualification. Contact is to be controlled and aimed for skill over power. A tyke can get warned for any lack of control, uncontrolled aggression or infringement. 2 warnings is point deduction. 3 is a disqualification. Tykes are scored on technique, effectiveness, balance, composure and sportsmanship. If one opponents head is pulled down (posture broken), and knees to the body are restricted or head contact is risked, a 5 count is given for safety.

- Bout is 3 by 1 min rounds.
- Head strikes are forbidden.
- Takedowns and sweeps are forbidden.
- Elbows are forbidden.

**Mandatory MTA approved Protective Equipment:**

- Head gear
- 10oz gloves
- Chest guards
- Cloth shin guards (to the knee)
- Groin guards.
- Mouth guard

**KIDS - 10 - 11 years.**

Spans 10th Birthday until day before their 12th Birthday. (there is no titles in this division)

- Bout is 3 by 90 sec rounds.
- For 10 or more bouts – 2 min rounds are authorised.
- Head strikes are forbidden.
- Fouls are to be immediately pulled up by the referee. 1 warning is given.
- A point is deducted for a second offence. The bout is stopped if a third warning is required.
- All Muaythai weapons can be used to the body only for 4+ bouts experience.
- No elbows for 0-3 bouts.

**Mandatory MTA approved Protective Equipment:**

- Head gear
- 10oz gloves
- Chest guards.
- Cloth shin guards (to the knee).
- Groin guards
- Mouth guard

**CADETS - 12 - 13 years.**

Spans - 12th Birthday until day before their 14th Birthday.

- State/Australian Title bouts are 5 x 2 min. Athletes MUST exceed 10 bouts experience.
- 3 x 90 second rounds with less than 5 bouts. For 5 bouts or more bouts are 2 min rounds.
- All bouts are 3 rounds maximum.
- Head strikes are allowed with boxing and kicking (no elbows or knees to the head).
- Fouls are to be immediately pulled up by the referee. 1 warning is given. A second warning is an automatic point deduction. The bout is stopped if a third warning is required.
- All Muaythai weapons can be used to the body only.

**Mandatory MTA approved Protective Equipment:**

- Head gear
- 10oz gloves
- Chest guards – for first 5 bouts.
- Cloth shin guards (to the knee) – Optional after 11 bouts.

- Groin guards for males and females
- Elbow guards
- Mouth guard

#### **CADETS - 14 - 15 years**

Spans - 14th Birthday until day before their 16th Birthday.

- State/Australian Title are 5 x 2 min rounds. 1 min rest breaks.
- 0-3 bouts experience is NO Elbows.
- Bouts consist of 3 by 2 minute rounds.
- 90 sec bouts can be approved.
- Head strikes are allowed in accordance with MTA rules.
- For the athletes first 3 bouts – elbows are not permitted to the head.

#### **Mandatory MTA approved Protective Equipment:**

- Head gear
- 10oz gloves
- Elbow guards
- Chest guards – (for first 5 bouts)
- Cloth shin guards (to the knee). Optional after 11 bouts.
- Groin guard
- Mouth guard
- Female breast guard. (not required if wearing a chest guard)

#### **JUNIOR - 16 - 17 years.**

Spans - 16th Birthday until day before their 18th Birthday.

- State/Australian Title are 5 x 2 min rounds. 1 min rest breaks.
- 0-3 bouts experience is NO Elbows.
- Bouts consist of 3 x 2 minute.
- Head strikes are allowed in accordance with the general MTA rules.

#### **Mandatory MTA approved Protective Equipment:**

- Head gear
- 10oz gloves
- Elbow guards
- Cloth shin guards (to the knee). Optional after 5 bouts.
- Groin guards for males and females
- Female chest guard – mandatory. (not required if wearing a chest guard)
- Mouth guard – form fitted required.
- Chest guard – (optional for first 5 bouts)

Age date is determined by the age at the day of the weigh in for the competition.

## JUNIOR TITLES

- State and National Junior titles are available from 12 years.
- Each state can determine eligibility in the state for junior titles.
- National titles are to follow all title protocols.
- All title decisions must be done based on the principles of, best available athletes based on rankings.
- State and National Champions are awarded at MTA Nationals or state events.
- Junior state or National titles can be awarded belts or trophies depending on the state. Junior records – Are kept concurrent from joining but are also recorded per age.
- Stadium belts for juniors is not authorized for MTA shows.

## JUNIORS vs ADULTS

- In the exceptional case that an Athlete under the age of 18 full years old participates in a competition against an Athlete whose full age is 18 years old, the rules and regulations for competition for under 18 years shall be applied.
- The minimum age for an Athlete to compete against an adult is 16 years at the date of the bout. A junior cannot compete with someone more than 5 years their senior.
- Parental permission is required for every bout and must be provided to MTA for permission for the bout to occur.
- Juniors cannot compete with Adults for titles.
- A junior 15 years or under cannot compete against an adult under any circumstances.

**All Rules & Regulations are the same for Junior and Adults bouts unless specified in this section.**

## TITLE BOUTS & CHAMPIONS

MTA can sanction/approve amateur and professional State and National title Bouts. All titles for one off events are WMC Titles. State and National Championships (tournaments) will determine the MTA Champion in each division.

State bodies can approve WMC Amateur Titles. Promotion Titles – MTA may endorse a 'Promotion Title' if a promoter is following this model of competition and not using any other professional sanctioning body. All promotional Titles must follow MTA rules, be officiated by MTA approved officials and only suitably ranked athletes to be endorsed.

## WMC TITLES (A-Class)

- MTA can approve amateur WMC titles in accordance with the titles policies. These titles are in accordance with WMC weight Divisions for one off bouts and must follow the policies of MTA and be approved by MTA Titles Commission.
- Athletes must be the top ranked, active and available athletes for the level of the title. Titles policies determine the procedures for titles. State bodies can organise or endorse state titles. All titles are for Australian passport or permanent residence only.

**WMC Professional Titles:** Only for A-class, registered professional, ranked and experienced athletes.

**State Title:** Athletes must be from the same State or a State combination governed by MTA. (For example NT and WA can compete for WA titles.)

**Australia Title:** Athletes must rank and be approved by Titles Commission.

**WMC International:** Top ranked Australia Athlete (WMC Australian title holder) v's International top ranked International opponent.

#### WMC AMATUER TITLES (B-class athletes only)

**State title:** Athletes must be from the same state or a state combination governed by MTA. (For example NT and WA can compete for WA titles.)

**West Coast Title** – Only WA, NT, SA.

**East Coast Title** – Only QLD, NSW, ACT, VIC, TAS.

State Title – Additional Guidelines to Policy.

State titles are determined by the state MTA/WMC representative/board and overseen by the national executive. For State titles, the athletes should reside in that state or compete regularly in that state and be known to come from that state. State titles cannot be held for states that are not incorporated sporting bodies with a functioning board. NT can compete for WA titles. ACT can compete for NSW titles. TAS can compete for Vic titles. NT, Tas and ACT cannot have their own state titles unless approved by the national board (in exemptional circumstances if two high ranked athletes come from that state), or that state grows to be able to incorporate and affiliate with the MTA. Consideration must be given for smaller states not to downgrade the national standard of title holders.

#### ALL TITLES

All titles must follow MTA state and national title policies for MTA. Exemptions can be given if approved by MTA executive for all titles. For example: 2 athletes from the same state could compete for a national title if they are the unquestionable best 2 in Australia and ranked in the top 3 and that the bout doesn't preclude any state title holder from an opportunity to compete for the title. All avenues of athlete availability and athletes have been exhausted before this option can even be requested.

#### OFFICIATING AUSTRALIAN PROFESSIONAL TITLES

All Australian titles must have an official approved by the Director of Officials officiating the title bout. The expense of this will be negotiated with the promoter and state body on a case-by-case basis. An interstate (approved) Official acting as a judge is REQUIRED for ALL Australian Titles.

Australian & International Titles must have all officials for the bout approved by the Director of Officials.

All Australian and International titles MUST be filmed professionally for later viewing in the event of a protest. Any Social media publication/comment of the bout by an applicant for the protest automatically rules the protest invalid.

#### WEIGHT CUTTING / WEIGH-IN GUIDELINES. (additional to rules)

- MTA athletes in states with a CSA MUST follow the government medical guidelines.
- All MTA athletes are to complete an MTA Medical, every 12 months, in all states with no government registration requirements. MTA medical is to be on a MTA medical form.
- All MTA Athletes must complete a weigh cut declaration if requested at a weigh in.
- Junior's/ Novices can weigh in on the same day of the competition or the night before as long as 24hours is not exceeded and both athletes weigh in at the same time under the same conditions.

- State Representatives can approve an event weigh in at the event for C-class events.
- Weigh ins are to be conducted in Muaythai shorts (+ crop top for females). Weigh ins should be public with consideration for privacy. There is to be NO naked weigh ins. Clothing is included in the weight.
- Juniors MUST weigh in in Muay Thai shorts. Singlet/crop top for females.
- All athletes must cut weight safely and not follow any rapid weight loss or dehydration methods. Professional advice must be sought for any weight reduction program to ensure it is healthy, safe and follows medical guidelines for safe weight loss over a multi week period.

## NATIONALS GUIDELINES

The MTA Nationals is for all MTA competitors. You will be matched with anyone in your division according to your experience. The event is for Juniors 10-17yrs and Seniors 18-40yrs. Nationals is run in alignment with IFMA and MTA rules & regulations as this is the pathway for the Australian Team. Tournament guidelines below may be used as part of the Nationals. Athletes must include all of their combat experience upon registration. National MTA Champion is the OPEN division only. Depending on entries and time available for the tournament, round times may vary per class.

### SENIOR

EXPERIENCE	ROUND	CLASS	PADDING
0 - 3	3 x 2 x 1	C - Class	10 oz gloves, head gear, cloth shin guards, groin guard. Elbow guards, Chest Guards.
4 - 10	3 x 2 x 1	B - Class	10 oz gloves, head gear, cloth shin guards, groin guard. Elbow guards, Chest Guards.
5 +	3 x 3 x 1	Under 23	10 oz gloves, head gear, cloth shin guards, groin guard. Elbow guards, Chest Guards.
10 +	3 x 3 x 1	Elite	10 oz gloves, head gear, cloth shin guards, groin guard. Elbow guards.

### JUNIOR

DIVISION	ROUND	RULE	PADDING
Youth 16 - 17	3 x 2 x 1	Muaythai/FTR	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.
Youth 14 - 15	3 x 2 x 1	Muaythai/FTR	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.
Youth 12 - 13	3 x 1.5 x 1	No Knees/Elbow to Head	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.
Youth 10 -11	3 x 1 x 1	No Head Contact	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.

Junior divisions are in three classes - A, B and C Class. Athletes must include all bouts in registration. This includes all combat sports and development days.

- A Class 10+ Bouts
- B Class 4-9 Bouts
- C Class 0-3 Bouts

## WEIGHT DIVISIONS

ELITE		UNDER 23		16 -17YRS		14 – 15YRS		12 - 13YRS		10 – 11YRS	
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MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
45	45	45	45		42		36	32	32	30	30
48	48	48	48	45	45	38	38	34	34	32	32
51	51	51	51	48	48	40	40	36	36	34	34
54	54	54	54	51	51	42	42	38	38	36	36
57	57	57	57	54	54	45	45	40	40	38	38
60	60	60	60	57	57	48	48	42	42	40	40
63.5	63.5	63.5	63.5	60	60	51	51	44	44	42	42
67	67	67	67	63.5	63.5	54	54	46	46	44	44
71	71	71	71	67	67	57	57	48	48	46	46
75	75+	75	75+	71	71	60	60	50	50	48	48
81		81		75	75	63.5	63.5	52	52	50	50
86		86		81	75+	67	67	54	54	52	52
91		91		86		71	71	56	56	54	54
91+		91+		91		75	71+	58	58	56	56
				91+		81		60	60	58	58
						81+		63.5	63.5	60	60
								67	63.5+	63.5	60+

## TOURNAMENT GUIDELINES

Class combination or levels can be adjusted by MTA depending on entrants and available pool of athletes. The priority is fair matching based on record, ability and experience.

Tournaments may also follow a seeded draw in order to ensure matches are fair and allow athletes a fair chance to progress. Athletes can then progress through the event after performing (proving themselves) in their first round.

Even in an open draw tournament seeding can be approved by MTA Executive to allow for fair matches. For example. If there is only 4 entrants, 1 can compete with 3 and 2 can compete with 4 in order to give the top 2 ranked athletes a fair shot at the championship. If there is only 3 athletes, the top ranked athlete should be given preference to go to the final so the other athletes have to earn the right to compete for the championship. Seeding may be done inside a class or overall.

Classes for these events are determined in order to promote the participation in the competitions. To have a fair tournament for all that includes a developmental system of development. Rules for National Tournaments are MTA rules.

Classes for tournament entry. Divisions may be combined based on numbers. Permission may be given to compete in the open division for suitable athletes.

Note:

- The class break up can vary depending on the numbers of entry.
- Athletes can compete up 1 class or 1 weight division. They must select this on entry.
- One off match at tournaments can follow rules for one of bouts as required on the approval of MTA Executive. This would be for a Professional title or main event type bout.
- B class entrants can enter A class (open) if they want to compete for the Championship.
- It does not matter in a tournament if you are registered as a professional or amateur if your total record determines your class entry.
- 17+ years can compete against an adult under adult conditions is approved by their parent and trainer.

#### 18 + Tournament Requirements:

EXPERIENCE	ROUND	CLASS	PADDING
0 - 3	3 x 2	C - Novice	10 oz gloves, head gear, cloth shin guards, groin guard. Elbow guards.
4 - 10	3 x 2	B - Intermediate	10 oz gloves, head gear, cloth shin guards, groin guard. Elbow guards.
11 +	3 x 3	A - Open	10 oz gloves, head gear, cloth shin guards, groin guard. Elbow guards.
20 +	3 x 3	Elite	A-class padding – bouts will be matched.

#### Juniors:

DIVISION	ROUND	RULE	PADDING
Youth 16 - 17	3 x 2	Muaythai/FTR	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.
Youth 14 - 15	3 x 2	Muaythai/FTR	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.
Youth 12 - 13	3 x 1.5	No Knees/Elbow to Head	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.
Youth 10 - 11	3 x 1	No Head Contact	10 oz gloves, head gear, cloth shin guards, groin guard, Elbow guards, Chest guard.

Additional:

- Juniors can compete up 1 age bracket if no suitable opponent available.
- Juniors can compete up one weight division if no suitable opponent available.
- Juniors can compete up one class if no suitable opponent available.



- If a junior moves UP > the rules and conditions apply for the bracket moved into.
- This MUST be approved by both trainer and Guardian in writing. Electing to compete 'up' means competing at the higher age rules.

#### Junior Weight Divisions:

<b>TYKES 8- 9 y</b>	<b>KIDS 10 – 11 y</b>	<b>CADETS 12 – 13 y</b>	<b>JUNIORS 14 – 15 y</b>	<b>YOUTH 16 – 17 y</b>
22 – 25 kg	28 – 31 kg	31 - 33 kg	36 – 39 kg	42 – 45 kg
25 – 28 kg	31 - 33 kg	33 – 36 kg	39 – 42 kg	45 – 48 kg
28 – 31 kg	33 – 36 kg	36 – 39 kg	42 – 45 kg	48 – 51 kg
31 – 33 kg	36 – 39 kg	39 – 42 kg	45 – 48 kg	51 – 54 kg
33 – 36 kg	39 – 42 kg	42 – 45 kg	48 – 51 kg	54 – 57 kg
36 – 39 kg	42 – 45 kg	45 – 48 kg	51 – 54 kg	57 – 60 kg
39 – 42 kg	45 – 48 kg	48 – 51 kg	54 – 57 kg	60 – 63.5 kg
42 – 45 kg	48 – 51 kg	51 – 54 kg	57 – 60 kg	63.5 – 67 kg
45 + kg	51 + kg	54 – 57 kg	60 – 63.5 kg	67 – 71 kg
			63.5 – 67 kg	71 – 75 kg
				75 – 81 kg
				81 – 86 kg
				86 – 91 kg
				91 – 95 kg
				95 + kg

- TYKES: Weight spread between athletes must not exceed 3kg.
- KIDS: Weight spread between athletes must not exceed 4kg.
- CADETS: Weight spread between athletes must not exceed 3kg.
- JUNIORS: Weight spread between athletes must not exceed 4kg.

## IFMA

International Federation of Muaythai Associations (IFMA) is the MTA International body. It is IOC recognised. IFMA is the international governing body of Muaythai for amateur and professional and has amalgamated with the WMC in 2019. MTA pays an annual license fee to be the IFMA representative in Australia and a member country of IFMA.

- International IFMA competitions can be attended by selected MTA athletes and officials only. All athletes representing Australia are selected by MTA selection committee.
- IFMA competitions internationally are A-class (Elite) with an under 23 division available. All bouts at IFMA International Tournaments are counted towards an athletes domestic record.
- IFMA Junior Worlds is A-class for juniors and only the best national athletes will get to compete at IFMA. Rankings MTA will manage the rankings of athletes through the rankings, title and classes commission.

## RANKINGS

Rankings nationally are for athlete promotion and for promoters to view an athletes status for matching. Titles are intended for the top ranked athletes only. Refer to the Titles policy for more information. Weight categories are in accordance with WMC weight Divisions. Athletes will be able to update their records on MTA web page portal and rankings will be published on the web page.

#### Scoring:

	PROFESSIONAL (3MIN ROUNDS)	AMATUER (2MIN ROUNDS)
WIN	<b>4 POINTS</b>	<b>3 POINTS</b>
DRAW	<b>3 POINTS</b>	<b>2 POINTS</b>
LOSS	<b>2 POINTS</b>	<b>1 POINT</b>

#### Competition Records:

An athlete competition record includes ALL bouts from their first competition. This includes inter club matches, sparring days, junior bouts, international bouts. It also includes kickboxing and K-1 Bouts. All athletes and trainers MUST disclose EVERY combat sports bout the athlete has had when providing an athlete record. This should stipulate how many bouts at any other combat sports and ALL Muaythai bouts at any level. Other factors such as other martial art experience like Kyokushin competitions etc MUST be disclosed. Bouts should be distinguished between Junior and Senior bouts if an athlete has had both.

MTA clubs should support and conduct MTA competitions and MTA should support clubs and grow Muaythai as a unified sport.

#### MTA OVERVIEW

MTA is the national sporting organisation for Muaythai and has a unified national set of rules. The class base system is an effective way to manage athlete pathways and develop a system that allows for a stronger base and quality Professional athletes.

It should give more options to a promoter and make MTA a more attractive body for promoters. The class base registration and athlete system is an enhancement to a rule-based system. It is an effective way to grow a true national sport and represent MTA to local, state and federal legislators. It is critical to the Australian Sports Commission that MTA appears as a national sport and this system meets that criteria. Above all, it is about developing athletes and what is best for them.

State registration requirements and legislation will always make our national approach varied however MTA MUST set the agenda and not have it set for them. The aim to take ownership of our sport. The policies and regulations of MTA are the base standard for all MTA events. MTA requirements are the minimum standard for all states. State legislation supersedes MTA requirements on a state-by state basis, however, do not alter the minimum requirements of MTA.

Individual State legislation can determine the registration requirements and conditions of an athlete, but that applies to that state only and does not make it a mandatory requirement for other states or influence MTA policies and rules as a national organisation.

