



"MILLENNIUM SERIES"

**USMTA BRIEFING ON
MUAY THAI RULES
FOR COMPETITIVE
FIGHTERS**

2006 - 2010 EDITION

USMTA Briefing on Muay Thai Rules for Competitive Fighters:

- a). knees are permitted to the head legs and body except to the spine. Knee techniques are subject to both fighters agreeing to the rules.
- b). elbow strikes, are permitted to the body, legs and head, except to the spine. Elbow techniques are subject to both fighters agreeing to the rules.
- c). low kicks and spinning kicks may be used to the legal targets on the legs, these targets are, from the ankle to below the knee, from above the knee to the hip and upper inside thigh. Kicking the 'hamstring' (back of the knee), though not quite an illegal technique, it is often frowned upon, as the hamstring is still classified as part of the knee.
- d.) All kicks to the body and the legs are shin kicks, heel kicks, push kicks, (teep) only. No toe kicks to any area of the legs are allowed.
- e.) all legitimate boxing techniques are allowed

FOULS:

Fouls may be classified at the discretion of the referee, into three categories: 1-point, 2-point and 3-point fouls. The referee will base his decision as to the severity of the penalty on the intent of the fighter committing the foul and the result of the foul. At the time of the infraction, the referee will indicate to the scorekeeper the number of points that are to be subtracted from each scoring judge's ballot at the end of the round, or he may simply issue a warning to the fighter, wherein no points will be subtracted. Fouls include:

1. Head butting.
2. Striking or kicking to the groin. Striking or kicking any area below the waist in a Full Contact Karate match. Under Freestyle Rules, roundhouse type kicks are allowed below the waist, to four inches above the knee. Under Oriental and Thai Rules, roundhouse type kicks are allowed to the entire leg, except for that area that extends for two inches above and two inches below the midpoint of the knee. Thai Rules also allow hook kicks to the target areas of the legs.
3. Intentional striking or kicking to the back of the head, the throat.
4. Linear, or straight-in, striking or kicking or kneeing to the spine.

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5. Punching or kicking a fighter when he is down. A fighter is normally considered down when any part of his body other than his feet touches the floor. However, if a fighter is on his way to the floor, his opponent may continue to attack until his shoulders or head have touched the canvas. A fighter who is sitting on the canvas is not down, a fighter who has his shoulders above the bottom rope is not down. A fighter on his knees is not down unless the fighter is rising from the canvas after the referee has stepped in.
6. Intentionally pushing, shoving or wrestling an opponent to the canvas or out of the ring with any part of the body except in a legal clinch technique.
7. Attacking on the break when both fighters have been instructed to take a step back by the referee.
8. Attacking after the bell has sounded to end the round.
9. Holding and hitting; except, holding with one hand, especially behind the neck, and hitting with the other hand. A "clinch" is permitted for the purpose of executing knee strikes to the front or sides of the torso, thighs both inside and outside - upper body, ribcage, and chest. Elbow strikes are permitted while in a clinch technique provided that the fighter is attempting legal elbow and knee strikes he may continue the "clinch" leaving the referee the freedom to break the fighters at his discretion.
10. Grabbing or holding onto an opponents foot or leg is allowed, provided that the attempt is made with a follow-up technique, and must be executed away from the illegal area around the knee joint.
11. Holding the ropes with one hand while striking or defending with the other hand or the legs.
12. Purposely going down without being hit, which will result in referee automatically administering an 8-count, as specified in the rule on knock downs (no points will be subtracted from the score card by the scorekeeper in this case, but the judges will consider this just as any knockdown).
13. The use of abusive language in the ring or corner, as determined by the referee.
14. Intentionally evading contact.
15. Intentionally delaying the contest through improper equipment, seconds remaining in the ring after the start of the round, beginning a round without a mouthpiece or by intentionally dropping or spitting out the mouthpiece, etc.

NOTE : A fighter who executes a fouling technique which is deemed malicious (with the intent of causing injury above and beyond the scope reasonably expected in a bout of this nature), may be subject to bearing the medical, as well as related recovery and recuperation expenses of the fighter who is injured as a result of such a fouling technique. If a fighter is injured from a fouling technique and the fighter is allowed to continue, and, if the fight is stopped later on in the bout due to further damage to the injury, the scorecards will be consulted. If the fighter who did the fouling is ahead, a technical draw is awarded. If the fighter who is fouled is ahead, he wins the bout by a technical decision.

1. SCORING THE FOULS

When the referee determines that a foul has been committed and that the fight will continue, the scorekeeper will automatically deduct the appropriate number of points on each scoring judge's scorecard.

When both fighters commit fouls, the appropriate points will be deducted from each scoring judge's scorecard for each fighter.

In the event that a fighter commits two 3-point fouls in one round, or commits the same foul two or more times during the course of the bout, the fighter may be disqualified by the referee. The referee may also let the fight continue if he feels that no malicious intent was involved, and instruct the scorekeeper to deduct the appropriate points for each foul. No fighter will be scored less than zero in a round.

2. FOULING, STOPPING THE BOUT

If the referee determines that the fouled fighter needs time to recover, he may stop the bout (and the time) and give the injured fighter a reasonable amount of time to recover, up to a maximum of five (5) minutes under normal circumstances. At the end of this reasonable rest period the referee and the ring doctor will determine if the fouled fighter can continue the bout. If he can, time in that round will be resumed, and the bout will continue.

The scoring of the foul will be based on the following determination by the referee.

A. If the referee determines that the foul was obviously committed by one of the fighters, and that the fouled fighter did not contribute to the injury (by ducking into a knee, moving into an oncoming forehead, etc.), the referee will instruct the scorekeeper to deduct the appropriate number of points from the scorecard of the fighter committing the foul.

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B. If the referee determines that the injured fighter was responsible for his own injury, the referee will not penalize his opponent in any manner. In this case, if the referee or ring doctor determines that the injured fighter is unable to continue, he will lose by technical knockout.

C. If the referee determines that there was no fault attributable to either fighter (that the injury was caused by both fighters), the referee will allow the injured fighter time to recover as in (A) above, but will not penalize either fighter. If, at the end of the recovery period, the referee or the ring doctor determines that the fouled fighter cannot continue, the scores will be added prior to that round and the bout awarded to the fighter leading at that time. This foul is referred to as a "no fault" foul and the decision is a "technical decision". If the "no fault" foul occurs in the first round of any fight the referee will declare a "technical draw

D. Blind Fouls - If an injury occurs due to a suspected foul, that the referee was unable to see (blind foul), the Referee may, at his sole and final discretion, confide with any or all of the three judges, both the Senior AMTJRA Official and the USMTA Representative, to determine where the fault may be placed. He may consider any, all, or none of the opinions expressed by these officials, in making his determination. However, the final call is in the hands of the Senior officials who can determine under close consultation with all parties the end result based upon the prior round or rounds of the bout and the conduct of the fighters. In World Title bouts which may be televised, the referee in conference with the senior officials and representatives may, at his sole discretion, ask for a replay of the technique in question before rendering the decision. A referee's decision on fouls may be overruled at ringside only by the USMTA Representative, in attendance, and then clear error or misapplication of the rules. A Referee's position is not always the deciding factor in Muay Thai and a bout should not be taken under the context of Boxing, Kickboxing rules or regulations or any other form of ring oriented sport.