

**ASSOCIATION OF BOXING COMMISSIONS UNIFIED RULES
AND GUIDELINES FOR MUAY THAI REPORT**

PRESENTATION: AUGUST 3, 2011

**ASSOCIATION OF BOXING COMMISSIONS ANNUAL
CONVENTION, WASHINGTON D.C.**



PHOTO BY Ray Kasproicz, Courtesy of Muay Thaimex

SUBMITTED BY :

COMMITTEE CHAIR NICK LEMBO, NEW JERSEY

ON BEHALF OF ABC PRESIDENT TIM LUECKENHOFF

**ASSOCIATION OF BOXING COMMISSIONS
2009-2011 MUAY THAI COMMITTEE FOR UNIFIED
RULES**

(PROFESSIONAL AND AMATEUR)

COMMITTEE MEMBERSHIP:

CHAIRMAN NICK LEMBO, NEW JERSEY

MIKE MAZZULLI, MOHEGAN SUN

JOE MILLER, OKLAHOMA

BERNIE PROFATO, OHIO

PAT REID, EDMONTON

DR. SHERRY WULKAN, NEW JERSEY

**CHAIRMAN'S ADVISORY COMMITTEE EXPERT
APPOINTMENTS AND BIOGRAPHIES**

JOHN E. BAKER

VLADIMIR BORODINE

MICK DOYLE

CLINT HEYLIGER

SAMASEK KANTHAWONG

COBAN LOOKCHAOMAESAITONG

TONY MOORE

TONY MYERS

SIRAPHOP RATANASUBAN, JR.

KAENSAK SOR PLOENCHIT

STEPHEN STROTMeyer

MANUEL R. TANGCO

KUMRON VAITAYANON

JOHN E. BAKER –

John E. Baker, Ph.D, P.E.

WBC - Muay Thai - North American Federation

2010: Ring Chairman - WBC Muay Thai World Championship event in Haikou, China

2010: Attended WBC Annual Conference in Cancun Mexico. Attended judges seminars and special WBC Muay Thai sessions. Judged WBC Muay Thai Mexican National Championship fight at finale of convention.

2010: Appointed as President of North America Federation for WBC Muay Thai by Pol. General Kovid Bhakdibhumi, Muay Thai Chairman of Thailand and WBC Vice President

2010: Licensed as Judge for Muay Thai events by California State Athletic Commission. Judged WBC World Championship fights.

2009 to Pres: Muay Thai training at One Kick Nick's in Las Vegas, NV. Trained by Master Nick Blomgren and Master Lukechang.

2009: Attended follow-up judge and rules conferences and training at World Boxing Council - Muay Thai headquarters in Bangkok, Thailand with Prof. Anek Hongtongkam, WBC Muay Thai Chairman of Ring Officials

2008 to Pres: Licensed as Judge by Nevada State Athletic Commission for Muay Thai events. Judged numerous Muay Thai events and WBC Muay Thai National and International Championship events

2008 Attended WBC Annual Conference in Chengdu, China. Attended special WBC Muay Thai sessions regarding Muay Thai Rules and Regulations/ Scoring Criteria per Sports Authority of Thailand (SAT) Section 15.1

2008: Re-Certified in San Diego, CA as a WBC-Muay Thai Judge and Referee by Dej Nokweed Sri-Ampai with WBC-Muay Thai, WBC USA Ring Official
November 2010

2008: Attended Muay Thai Judging Training and follow-up training in Bangkok, Thailand with Professor Anek Hongtongkam, WBC-Muay Thai chairman of Ring Officials

2008: Certified in Bangkok, Thailand as a WBC Muay Thai Judge and Ring Official by Pol. General Kovid Bhakdibhumi, Muay Thai Chairman of Thailand and WBC Vice President

2007: Certified as Judge with World Muay Thai Federation in Bangkok, Thailand

2004: USA Delegate to World Muay Thai Council Annual Meeting in Bangkok,

Thailand

2004: Muay Thai Judge Training in Bangkok, Thailand with Professor Radom of WBC Muay Thai

2004: Attended World Muay Thai Council meeting in Bangkok, Thailand as delegate of USA

2003 to 8: Vice President of Muay Thai International Association (MTIA)

2003 to 8: Muay Thai training at Master Toddy's in Las Vegas, NV. Reached 3rd level Brown Belt rank. Trained by Master Toddy and Master Chan.

2003 to Pres: Judge and Ring Supervisor at Muay Thai numerous amateur fighting events in Nevada and California. Responsible for coordination and training of ring officials, and instruction to judges regarding Muay Thai round-scoring criteria.

2003 to Pres: Muay Thai training in Bangkok, Phuket, and Chaingmai, Thailand at numerous Muay Thai camps on 11 international trips

VLADIMIR BORODINE-

Vladimir Borodine is a trainer and instructor at Boridin's Gym in Brooklyn, New York. He was born in Odessa in the Ukraine, Russia. He has competed in over 250 contests and was a national champion of the Ukraine. He was a five time Soviet army champion. He was presented with his Kru at the Master Pimu camp in Bangkok, Thailand long after starting with Grandmaster Thom Harnick of Holland and continuing his studies with Arjarn Tony Moore, Kru Vtali Rykov of Russia, Hadj Bettahar of France and Marco DeCesaris of Italy. He has organized many muay thai tournaments and has been a multiple time representative of US national muay thai teams. He founded the first muay thai association in Russia. He is a licensed muay thai and kickboxing judge with the New Jersey State Athletic Control Board.

MICK DOYLE-

Mick Doyle is a former two time World Muay Thai champion. Born and raised in Dublin Ireland Mick began fighting professionally at the age of 16 and emigrated to the United States in 1986. On April 25th, 1996, Mick was appointed Head Coach of the first ever United States Muay Thai Team. In May of that year Mick

traveled with the team to Thailand to train and compete in the Princes Cup World Championship where they took third place. He was also the first ever promoter to stage a legitimate National Kickboxing and Muay Thai championship tournament in association with the International Kickboxing Federation (IKF). He has worked with many federations and sanctioning bodies all around the world to ensure that the art of Muay Thai stays strong and continues to grow and gain worldwide popularity. To date he has trained 6 World Champions and 27 National Champions and continues to train fighters out of his gym in Omaha Nebraska.

CLINT HEYLIGER-

Arjarn Clint Heyliger is the founder of the United States Muay Thai Association – Native American League (USMTA – NAL) in 1991 and the American Muay Thai Judge and Referee Association (AMTJRA) in 1993, making the U.S.A. the first nation outside of Thailand to have an officiating branch just for judging and refereeing Muay Thai.

He is a veteran of martial arts for 46 years and has studied several martial arts disciplines, including: Shotokan, Judo, Kendo, Kung-Fu (Black Tiger System), Muay Thai, and Muay Chao Cherk. Clint has trained under such renowned instructors as the late Master Graham Ballance, Master Kim Wilson, Master Ronnie Green and Arjarn Thongpresert Trithara. He has been recognized and endorsed by the late Arjarn Sammai Massaman, Grandmaster of Buddhai Sawan Institute of Swordsmanship of Bangkok.

Clint is internationally credited with pushing forward American Muay Thai to the world, and in 1994 he became a founding member of the World Muay Thai Council (WMTC) in Bangkok, Thailand. That same year he entered America into the European Muay Thai Union (EMTU) of Italy and the International Federation Muay Associations (IFMA) of Bangkok, Thailand. He became a member of the World Muay Thai Federation (WMTF). Clint became a member of the AMTAT and was made the official United States Representative of the Amateur Muay Thai Association of Thailand by the late Khun Bunyeun Savandana, President of the AMTAT.

He is credited with re-drafting the English regulations of the AMTAT. Clint brought the first U.S. Amateur Muay Thai team (Team Muay Thai – U.S.A-I) to Thailand representing America in the 1996 “Princess Cup” of Thailand World Championships. Arjarn Heyliger produced the very first Muay Thai league, representing the interests of Native American Muay Thai competitors.

He is currently the only U.S. instructor in the rare ‘Chun Ghoy’ Combat fighting system, taught by the late Grandmasters Louis and Thomas Reed. He specialized in blade training and combat concepts and qualified in CQB, has instructed members of the DEA and NYPD, U.S. Navy Seals, and Federal

Officers of the Justice Department. Clint was inducted into the CBKBT Hall of Fame. He is currently a member of the U.S. Diplomatic Corps.

He has authored, amended and produced the Rules and Regulations related to competitive American Muay Thai since 1991. These regulations have been used, adopted and translated into several languages since then and continue to be used and adapted today.

Arjarn Clint Heyliger was born in 1956. He was educated in England. Having traveled throughout Europe, Asia, S.E. Asia and the Caribbean, he returned to the U.S. in the late 1980's and moved to New York City, where he now resides.

SAMASEK KANTHAWONG-

Samasek is a three time muay thai world champion with over 225 professional muay thai fights. Samasek is a well respected fighter and trainer, both in the United States and Thailand. He is a sought after trainer who frequently teaches at seminars and trains young fighters.

COBAN LOOKCHAOMAESAITONG-

Coban is a renowned 5 time muay thai world champion and 2 time Lumpini champion with over 270 fights in a 23 year career. He is a well respected trainer and a licensed muay thai referee and judge with the New Jersey State Athletic Control Board.

Video of Coban competing can be viewed at:

<http://www.youtube.com/watch?v=D7gline-QnA>

ANTHONY (TONY) MOORE-

Tony is one of the foremost authorities on the Martial Arts of Thailand in the Western world. Having traveled to Thailand on more than fifty occasions, he has been taught by some of Thailand's top Instructors, including: Arjarn Panya Kraitus, Arjarn Pan Lang (Kru Lang) and of course the most famous teacher of the Thai Martial Arts, the late Grand Master Samai Messamarn of the Buddhai Swan Institute.

He is Chairman of the Technical Committees for the British Thai Boxing Council, the British Association of Muay Thai Officials and Technical Advisor to the Irish, Romanian and United States Muay Thai Associations.

In 1991, Tony was awarded a White Mongkon, the highest award in Muay Thai by the Secretary of the International Muay Thai Association, Mr Kachorn Prowsree and Thailand's Crown Property Bureau Official, Mr Virasak Tokakuna, who also bestowed him with the Thai name "Singh Pra Dtom" – meaning "Wise lion".

Tony and the BTBC Demonstration Team regularly give displays and exhibitions of the Thai Martial Arts at the major Thai festivals held through Britain. Following one such display, Tony was invited to have lunch with the Thai Ambassador at the Royal Thai Embassy in London, as part of the celebrations for the King of Thailand's 70th birthday.

In 1994 Tony was invited to give a demonstration of Krabi Krabong before her Majesty Queen Sirikit of Thailand, as part of the Buddhai Swan (Thailand) Demonstration Team on the occasion of Queen Sirikit's birthday.

In 2002 Tony was appointed the Buddhai Swan Institute Representative for Europe and received the Standard (flag) to promote not only the Buddhai Swan Institute but also the traditional Martial Arts of Thailand throughout Europe. Tony is the only person ever to have been allowed to use the name Buddhai Swan outside Thailand and counts this award as his greatest honour.

In 2005 South African publishers, New Holland, published Tony's first book worldwide. Entitled "Muay Thai – the Essential Guide to Thai Boxing", the book has received many accolades from sources around the world. It sold 18,000 copies in the first few months of issue.

In December 2005 Chief Technical Officers of the British Thai Boxing Council Arjarn Lec Chaikawrung and Arjarn Boonkun Chuicharoen promoted Tony to the rank of Arjarn at a special ceremony held in Manchester to celebrate this unique achievement and to commemorate Tony's dedication to the promotion of the Martial Arts of Thailand throughout Great Britain, Europe and the U.S.A.

Although Tony has been officially authorized to use the title "Arjarn", meaning "head teacher" or "professor", Tony still prefers to use the name "Kru", meaning "Instructor" or "Coach". Tony sees himself first and foremost as a student of the Thai Martial Arts.

HONOURS:

- British Light Middleweight Thai Boxing Champion, retired undefeated in 1992.
- British All-Styles Light Middleweight Champion, retired undefeated in 1992.

- Champion of Champions (Hong Kong), 1988. First Westerner to win an Eastern Title.
- First Westerner to be awarded the Gold Sash 9th degree Instructor (Arjarn) Grade in Krabi Krabong (Thai Weapons) in 1999.
- Presented with the Official Standard for the Buddhai Swan Samnak Daab Si Ayutthaya and asked by the school to carry the name forward into the Western world.
- Judge/Referee at South East Asian Games held in Chiang Mai, Thailand in 1995.
- Trainer of one European, sixteen British and multiple Northern Counties champions at Junior and Senior level, amateur and professional.
- Chairman of the British Thai Boxing Council.

TONY MYERS, M. A.-

INTERNATIONAL OFFICIATING QUALIFICATIONS:

- World Muaythai Council (WMC)
- Professional referee/judge (qualified in 1998), International Federation Muaythai Amateur (qualified in 1996).

MUAY THAI POSITIONS HELD:

- Head of Judging and Refereeing and Judge and Referee Education for the United Kingdom Muaythai Federation (UKMF).
- Chief Advisor on Officiating and on Judge and Referee Education for the Irish Muaythai Council (IMC).
- Chief Advisor on Rules and Regulations for the Scottish Thai Boxing Association (STBA).
- Senior Referee/Judge and Technical Advisor for the World Muay Thai Organisation (WMTO).
- Senior judge/referee British Thai Boxing Council (BTBC).

ACADEMIC CREDENTIALS:

- Current academic post: Senior Lecturer in Sports Studies and Physical Education at Newman University College in Birmingham, U.K.
- M.A. sports Studies, dissertation on "Technique Selection in Muay Thai" passed with distinction.
- Currently in the final stage of a Ph.D. dissertation on Muay Thai judging, estimated completion date in January of 2010.

MUAY THAI OFFICIATING EXPERIENCE:

- Twenty years of experience. Refereed at national, international and world level in Britain, Europe, Kazakhstan and Thailand.
- Selected in 2002 to referee live on national Thai TV and in front of Thai Royalty in Bangkok.

MUAY THAI COACHING EXPERIENCE:

Coached a number of British, Commonwealth and World champions over a the years, including:

- Peter Crooke. Former WAKO World Professional Super Welterweight Muay Thai Champion.
- Winston Walker. WAKO World professional Muay Thai Middleweight champion.
- Damian Hood. Former BTBC British professional Middleweight Muay Thai champion. Current WAKO-pro professional Commonwealth Light Heavyweight Muay Thai champion. Currently ranked number one Light Heavyweight in the U.K.
- Karla Hood. Former ISKA British professional Muay Thai ladies Junior Welterweight Champion. Ranked number one in the U.K. for 5 years.
- Reece Crooke. Former ISKA European professional Bantamweight Muay Thai champion. WAKO British professional Bantamweight Muay Thai champion. ISKA Commonwealth professional Bantamweight Muay Thai champion.
- Will Hastings. Former BTBC British professional Light Welterweight Muay Thai champion. Voted best pound for pound U.K. fighter in 1997 by Combat magazine.
- Dean James. Current ISKA professional Commonwealth Bantamweight Muay Thai Champion. Voted the 2nd most technical U.K. Muay Thai fighter in 2008 by Fighters magazine.
- Liam Robinson. Former ISKA British professional Welterweight Muay Thai Champion. Current Golden Belt World professional Welterweight Muay Thai champion.

SELECTED MUAY THAI RELATED PUBLICATIONS:

Myers, T.D. & Nevill A.M. (2008). "The Effects of Different Judging Styles on Technique Selection of Elite Thai and U.K. Muay Thai Competitors." Poster presentation at the BASES annual conference at Brunel University 2 – 4 September, 2008.

Myers, T.D., Balmer, N.J., Nevill, A.M. & Al-Nakeeb, Y (2006). "Evidence of Nationalistic Bias in Muaythai." *Journal of Sports Science and Medicine CSSI*, 21-27.

Myers, T.D. (2007). "Cultural Differences in Judging Muay Thai.", abstract BASES abstracts, *Journal of Sports Sciences*, 25(3): 235 – 369.

Myers, T.D. & Balmer, N.J., (2007). "Political Bias in Muay Thai and Its Consequences," abstract BASES abstracts, *Journal of Sports Sciences*, 25(3): 235 – 369.

Myers, T.D., Nevill, A.M. & Al-Nakeeb, Y. (in review). "An Examination of Judging Consistency in a Combat Sport". *The Quantitative Journal of Sport*.

Myers, T. D. (2000). "Judging a Thai Boxing Contest." *United Kingdom MuayThai Magazine*. July/August, pp. 35-38.

SIRAPHOP RATANASUBAN, JR.-

Siraphop's family has been involved with the most, and the largest scale, most renowned, and highly prominent muay thai promotions ever presented in Thailand's rich history, or anywhere in the world. The company profile can be found at www.onesongchai.com.

KAENSAK SOR PLOENCHIT-

Kaensak was the 1989, and 1990 fighter of the year, going a combined 15-0 in the 2 years. He held titles at both Lumpinee and Raja in multiple weight divisions, and was also involved in the 1993 fight of the year. He is a well respected trainer and a licensed muay thai judge and referee with the New Jersey State Athletic Control Board.

Video of Kaensak fighting and teaching can be found at:

http://www.youtube.com/watch?v=JU_9maW7IDs&feature=player_embedded

or

http://www.youtube.com/watch?v=JU_9maW7IDs

Kaensak highlights

<http://www.youtube.com/watch?v=HhXspG2vUXw&feature=related>

Kaensak teaching

STEPHEN STROTMAYER-

Stephen Strotmeyer is the head trainer at Khaay Muay Sit-Kangmongkorn in Pittsburgh, Pennsylvania. He has trained, fought and been a trainer for nearly a decade in the sport of Muay Thai. Having retired from professional fighting, his sights are set on training younger fighters and, of particular interest, in the officiating of Muay Thai, notably in the U.S.A.

SOME RING ACCOMPLISHMENTS INCLUDE:

- Super Bantam/Featherweight A-Class fighter; 19-5-2.
- IFMA World Championships.
- Fighter (2004).
- Captain (2006 & 2007).
- Fought on Channel 7 and UBC-TV in Thailand.

TITLES:

- WKA U.S. Muay Thai Featherweight champion (2004).
- WKA U.S. Amateur Kickboxing Lightweight Champion (2003).
- USKBA Lightweight Amateur Muay Thai Champion (2003).
- Battlegrounds Muay Thai Lightweight East Coast Champion (2003).
- USMTA Midwest Lightweight Muay Thai Champion(2002).

FOUGHT FOR:

- X-1 Thailand World Title in Hua Hin, Thailand (2007).
- WKA North American Featherweight Muay Thai title (2003 & 2005).
- Superfight competitor in the King of San Da World Championships (2004).

NOTABLE OPPONENTS:

- Tongchai Khamlayok Fairtex (Thailand).
- Graeme Ness (Scotland).
- Darren Robson (Canada).
- Songkreat (Thailand).
- Saruul-Od (Mongolia).

- Salma Sakayev (Kazakhstan).
- Tomas Dupuy (France).
- Jose Villarisco (USA).
- Terrence Hill (USA).

RANKINGS:

- #3 IKF Bantamweight Pro, modified Muay Thai.
- #1 IKF Featherweight amateur Muay Thai (2004).
- #2 IKF Lightweight amateur Muay Thai (2003).

OFFICIATING:

- Interim USKBA Thaiboxing Coordinator (2005 – 2007).
 - USMF East Coast Coordinator (2004 – Present)
 - USMTA Certified Kru (2005).
 - **WMC/IFMA Official courses (2004, 2007).**
-

MANUEL R. TANINGCO-

Manuel R. Taningco is a martial artist veteran with over 45 years experience. Taningco founded Tama Martial Arts Center in 1976. He is also the current president of the World Muay Thai Kickboxing Association (WMA). He has been promoting Muay Thai tournaments since 2000 in Midwest area and has trained both fighters, judges and referees.

He has studied more than several disciplines, Tien Shan Pai Kung-fu (65th generation disciple), Tai-chi, Filipino Kali and family Kali/Panantukan/sikaran, Kempo Jujitsu, Aikijijutsu, and BJJ.

Studied Muay thai and Kali since 1979 for ten years under Dan Inosanto; Muay thai under Sakasem, Saekson, and Vut. Certified Instructor under United World Muay Thai Association (UWMTA). Helped trained as a sparring partner of brother-in-law Alan Schroeder in Boxing. Alan went on to become 5 time champion in Golden Gloves in Dayton in late 70's to early 80's.

Have Trained fighters from their humbling beginning to their becoming a professional fighters like Christian Toleque, T.G. Gear, Joe Shilling, Robert Walker Jr. and Neal Rowe. Neal Rowe is one of the current trainers for UFC Rich Franklin.

Contract Occupation for the US Government US Armed Special Forces.
Designed the curriculum for and trained US Armed Forces-Security Forces for

Close Quarter Tactical Combat in 2004 (preparing troops going to IRAQ). Trained also local, State law enforcements and Swat Teams. Was invited by US Marines to train their instructors in Quantico, Virginia 2005. Taught and trained the Special Action Forces (special unit designed to seek terrorists) in Philippines and the Philippine Marine Instructors in CQC in 2004.

Director (Muay Thai Division) for the Ohio's Arnold's Martial Arts Festival in the last two years. Responsible for writing the rules and regulations, matching and refereeing. Has refereed and judge in the last 30 years in all aspects of both full contact and other martial arts competitions nationally and internationally

More than several "Hall of Fame" inductees awards, along with being champion in 1980 full contact "Stick Fighting". In 1993 coached the USA team (Lei Tai-similar to Sanshou) in Taiwan with over 40 countries. Winning the coveted 3rd place in the World Championship, and the "Most Spirited Award". Taningco came out of retirement in 1994 (38) to fight in St. Petersburg, Russia, representing the USA Team: winning the team and individual division. Upon the results of the competition, he was invited by Estonia, Siberia, and Venezuela to train their fighters. He currently conducts seminars on Muay Thai, Panantukan, Sikaran, Kali and CQC.

Wrote "Rules and Regulations for the Muay Thai competition in Ohio" accepted by Ohio Athletic Commission. Published the book of "Wings of Thoughts", Handbook for Aikijujitsu, Kempo Jujitsu for adults and children, Tien Shan Pai Handbook, and currently working on several subjects involving tactical combat and Muay Thai handbook.

Developed a working relationship with other Canadian Teams and produced the (US Team versus Canada Team) in our last show in Cincinnati, Ohio.

KUMRON VAITAYANON-

Mr. Kumron Vaitayanon, known professionally as Master K, is a nationally-recognized martial arts instructor and is one of the leading authorities on Muay Thai in the United States. Master K was born on January 11, 1938 and raised in Prapradeng, Thailand, about 45 minutes outside of Bangkok. Master K became interested in Muay Thai beginning at an early age and trained himself through most of his childhood. Beginning at the age of 13, he received training from his cousin, who was a professional Muay Thai fighter and a champion in the bantamweight category.

Between 1953 and 1962, Master K was a professional Muay Thai fighter in Thailand. He developed fighting techniques using the "eight limbs" of Muay Thai. He became well-known for his powerful elbow techniques, inspiring his motto,

“Elbow KO.” During his professional fighting career in Thailand, Master K had a record of 71 wins and 4 losses.

During the time that he fought professionally, Master K attended school, and in 1962, he received an associate’s degree in photography and public relations from the Technical Institute of Thailand. In 1962, at the age of 24, Master K retired from fighting professionally and began working at the Government Savings Bank of Thailand in the public relations department. He continued to work as a Muay Thai instructor in Thailand.

In 1970, the bank sent Master K to the United States to study public relations and advertising in New York City. In New York, Master K worked as a public relations representative for the Thai Association. In 1972, he received a certificate in advertising from the Institute of Advertising. During his two-year stint in the United States, Master K performed Muay Thai demonstrations throughout the New York City and New Jersey area. In 1973, Master K returned to Thailand, where he resumed working for the bank and subsequently became the bank’s head of public relations. He continued to work as a Muay Thai instructor.

In 1984, at the age of 46, Master K returned to the United States, and he and his family settled in Paterson, New Jersey. He worked as a professional photographer for weddings and schools and as a Muay Thai instructor in northern Virginia, New York, and New Jersey.

In 1992, Master K established the Suriya Sak Muay Thai team. The members of the team have fought in numerous Muay Thai competitions throughout the United States. The team has grown significantly over the years and is based in a number of locations throughout the United States. Master K has trained several hundred students, male and female, in Muay Thai. His students have ranged in age from their teens into their 50s and have included police officers and agents with the United States Secret Service. Many of Master K’s former students have become instructors with their own boxing camps. In 2007, Master K was inducted in to the USA Martial Arts Hall of Fame.

REPORT –

Background

On July 30, 2009, at the Association of Boxing Commissions annual convention in New Orleans, Nick Lembo presented a report entitled “Guidelines For Muay Thai”. This presentation was intended to provide information to those Commissions who were not overly familiar with the sport. For example, several

jurisdictions had contacted New Jersey, prior to the report, with regard to questions about amateur and/or professional rule sets and officiating, after promoters had contacted them to possibly stage muay thai events in their jurisdiction. Lembo noted that while many commissions have rule sets for the sports of boxing, mixed martial arts, and even kick boxing, few had established rule sets for muay thai. It was suggested that the lack of a unified rule set, or at least an ABC recognized guide rule set might be hampering the growth of the sport. After the presentation, ABC President Tim Lueckenhoff saw fit to form a committee to present a full rules report regarding professional and amateur muay thai. This Committee was to study the issues present for one year and report back at the following year's annual convention (2010).

At the 2010 convention, Lembo made a brief presentation noting the progress of the committee, but asked for one more year in order to provide the in depth review and discussion that the sport deserved. The advisory panel was still engaging in deep discussions with the Committee. ABC President Leuckenhoff granted the extension.

This report is the culmination of the meetings, detailed input, and mass of correspondence of the committee and the expert appointments. The input from this worldwide group of highly decorated men in the sport proved invaluable. It was a true and amazing honor to even discuss their sport with them. Their participation led to a product that has much more worth. That being said, it does not mean that all the experts agreed on every point within the report. There are certainly some points of contention. Such would be expected when discussing a subject matter steeped in such rich tradition, meaning and history.

In addition to the expert panel, special mention must be made of Mr. Robert Reiter of Muay Thaimis for his unyielding assistance and support. His true love of the sport is self-evident and I am grateful for his participation. Others who provided noteworthy and esteemed input on this project include Chris Ballard, Rigel Balsamico, David Ross, Anthony Salcedo, Chris Tran and Chris Wagner.

It is our hope that this report assists member athletic Commissions to be more comfortable and well versed in the rules and traditions of this fine sport.

History

This form of unarmed combat originated in the country of Thailand. The sport's name Muay Thai evidences the connection that the sport has to the country of Thailand and the need to incorporate their traditions.

The sport evolved from Muray Boran meaning “ancient boxing”. After the reported occurrence of a death in the ring, King Rama the VII pushed for some rules to be instituted such as using gloves and covering the feet and ankles in cotton. At this time, the term muay thai became more commonly used when the contests utilized these new requirements.

Muay Thai is commonly referred to as “The Art of Eight Limbs” because the hands, shins, elbows and knees are all utilized to strike with. Thus, there are eight points of contact to utilize for striking.

March 17 is celebrated in certain parts of the world as “Boxer’s Day” or “National Muay Thai” day to honor the sport and the story of King Burma and Nai Knanom Tom. Tom fought ten Burmese Lethwei champions and defeated them all in succession.

Muay Thai is a stand up combative sport which typically places an emphasis on striking with the knees and the elbows. Two common kicks in the sport are the foot jab and an angle kick to the ribcage area which is based on rotational movement of the body. Kicking is typically performed with the shin as opposed to the foot. Push kicks are also used frequently, but primarily as a defensive technique. Unlike boxing, the fighters are not separated when they clinch (assuming activity). The clinch is the position where the knee and elbow strikes are mainly delivered. Several methods are used to block strikes, where such defense is an integral part of the sport.

Muay Thai also involves the practicing of pre-fight rituals performed by each contestant prior to the start of the contest and such rituals must be permitted.

General Guidelines

This document is being prepared in an effort to offer unified rules and general guidelines to consider when reviewing a proposed muay thai event. Unlike boxing and mixed martial arts, muay thai does not currently have a unified rule set.

There will always some contention between the “pure” rules as utilized in Thailand and what would commonly be accepted in North America.

I am a firm believer in unified rules across jurisdictions which I believe helps to further the growth of a sport.

Pre-Fight Rituals

The referee should order the fight to start only after the contestants have completed their pre-fight rituals, in accordance with Thai traditions. The Referee should instruct the seconds/corner men to remove any ceremonial garb when their fighter returns to his corner after he/she has performed the pre-fight ritual.

However, Commissions may wish to notify the contestants of a time limit on their pre-fight rituals. (for example, three minutes maximum)

Amulets are sacred and highly respected items believed to bestow blessings and protection. All Muay Thai fighters must use the *mongkon*, a head circlet, which is worn until completion of the Ram Muay ritual dance, and the *prajed*, a woven armband. The *prajed* contains a small Buddha image and is worn throughout the match. Such must be neatly wrapped and covered with cloth.

The special relationship between a Muay Thai fighter and his trainer are gracefully expressed during the Ram Muay that precedes every Muay Thai match. This ancient tradition is a further demonstration of the fighter's respect and gratitude. The Ram Muay is a series of gestures and movements performed in rhythm to ringside musical accompaniment. The Ram Muay developed differently in various regions under different teachers. Two fighters performing identical Ram Muay rituals would know they studied under the same teacher or came from the same school, and likely would not compete against each other. Today, it is not so easy to tell the difference in rituals. Wearing the traditional *mongkon* head circlets created from monk's writings that are wrapped in silk thread, the fighter moves gracefully in the center of the ring, bowing in all directions. The ritual is a gesture of respect for the fighter's trainer and family.

The sarama or musical accompaniment to Muay Thai accompanies the Ram Muay as well as the contest itself. The music is performed by musicians playing oboes, Thai drums and cymbals. The tempo of the music varies. During the Ram Muay it is slow and to respect the mood of the ritual. When the fight commences the tempo is increased.

Use of Ointments, Etc. (Namman Muay)

As in boxing and mixed martial arts, the application of limited Vaseline to the face at ringside is permissible. Unlike boxing and mixed martial arts, the use of Thai liniment (Namman Muay) is permissible and typically expected, to be applied to the fighter's body.

Namman Muay, however, is a specific item and should not be confused with other oils, greases, ointments, balms or butters such as Tiger Balm, IcyHot or Cocoa Butter.

Groin Protection

Unlike boxing or mixed martial arts, Commissions should mandate and require that muay thai contestants, at any level, wear a steel cup.

Suggested Weight Classes

Mini Flyweight	From 100 pounds but not over 105 pounds
Light Flyweight	Must be over 105 pounds but not over 108 pounds
Flyweight	Must be over 108 pounds but not over 112 pounds
Super Flyweight	Must be over 112 pounds but not over 115 pounds
Bantamweight	Must be over 115 pounds but not over 118 pounds
Super Bantamweight	Must be over 118 pounds but not over 122 pounds
Featherweight	Must be over 122 pounds but not over 126 pounds
Super Featherweight	Must be over 126 pounds but not over 130 pounds
Lightweight	Must be over 130 pounds but not over 135 pounds
Super Lightweight	Must be over 135 pounds but not over 140 pounds
Welterweight	Must be over 140 pounds but not over 147 pounds
Super Welterweight	Must be over 147 pounds but not over than 154 pounds
Middleweight	Must be over 154 pounds but not over than 160 pounds
Super Middleweight	Must be over 160 pounds but not over than 168 pounds
Light Heavyweight	Must be over 168 pounds but not over 175 pounds
Cruiserweight	Must be over 175 pounds but not over than 190 pounds

Super Cruiserweight	Must be over 190 pounds but not over 210 pounds
Heavyweight	Must be over 210 pounds but not over 230 pounds
Super Heavyweight	230 pounds and up

It is recommended that the unwritten custom of the one pound allowance for non-title bouts be continued, but only if provided for in the written bout contract or by regulation.

Commissions may also approve catch weight bouts, subject to their review and discretion. For example, the Commission may still decide to allow the contest if it feels that the contest would still be fair, safe and competitive if a set catch weight is set in advance.

In addition, if one athlete weighs in at 227 pounds while the opponent weighs in at 232, the Commission may still decide to allow the contest if it feels that the contest would still be fair and competitive. This would be despite the fact that the two athletes weighed in at differing weight classes.

No Fighter shall be permitted to lose more than 2% of his/her bout weight after initially failing to make weight. The weight loss described in subsection 3 must not occur later than 1 hour after the initial weigh-in.

Commissions should establish and make known to promoters the maximum allowable weight differences for contestants for each weight class. For example,

. No unarmed combatants may engage in a contest or exhibition, without the approval of the Commission or the Commission's representative if the difference in weight between unarmed combatants exceeds the allowance shown in the following schedule:

up to 118 lbs.....	not more than 3 lbs.
118 lbs.-126 lbs.....	not more than 5 lbs.
126 lbs.-160 lbs.....	not more than 7 lbs.
160 lbs.-175.....	not more than 9 lbs.
175 lbs.-195 lbs.....	not more than 12 lbs.
195lbs.and over	no limit.

Training for Referees and Judges

The Committee suggests that parties who hold training courses to educate current or prospective muay thai and/or referees, submit their full course training materials to this specific ABC Committee for our review and comment.

Upon approval of a submitted course curriculum, this Committee will notify the ABC President as to which courses have been reviewed and approved.

The ABC President can then list on its website or issue a press release noting that a course has been reviewed and endorsed by the ABC.

The Committee strongly suggests that each Commission utilize properly trained muay thai judges and referees and continually evaluate their performances and competency. In addition, post-event performance reviews should be conducted, and training and review courses should be regularly held for all officials, including inspectors.

Handwraps

All contestants shall be required to gauze and tape their hands prior to all contests.

In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 20 yards in length not more than two inches in width, held in place by not more than 10 feet of surgeon's tape, not more than two inches in width, for each hand.

The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist.

Strips of tape may be used between the fingers to hold down the bandages.

The bandages shall be evenly distributed across the hand. It is absolutely prohibited to "top – up" on the knuckles.

Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the inspector and, if warranted, in the presence of the manager or chief second of his or her opponent.

Substances other than surgeon's tape and gauze shall not be utilized. For example, pre wraps should not be used.

Females

Females competitors should be allowed to compete in the same round time lengths and number of rounds as men.

Gloves

Gloves should be supplied by the promoter and approved by the commission. No contestant shall supply their own gloves for participation.

Gloves must weigh a minimum of eight ounces or above. Weight Class of 160 lbs. and above must wear 10 ounce Gloves. With Commission approval, six ounce gloves may be permitted for for weight classes up to, and including featherweight.

Gloves must not be squeezed, kneaded or crushed to change the original shape.

The gloves used in the competitions must have the leather portion not heavier than one-half of the glove's total weight and the glove's inner pads must weigh at least one-half of the glove's total weight.

Gloves must only be placed on the Fighter in the presence of an Inspector.

New replacement Gloves must be kept at ringside.

All gloves must have the distal portion of the thumb attached to the body of the glove so as to minimize the possibility of injury to an opponent's eye.

Gloves should be wiped by referee after knockdown, slip or fall of contestant before the fallen contestant may resume competing, the referee shall wipe the gloves with a damp towel or the referee's shirt.

Downward Pointed Elbow Strikes-

Ceiling to floor or 12 to 6 elbow strikes should be prohibited.

Double Knockout Situations-

The referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury. If a contest or exhibition is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Scoring-

Muay Thai suggests that techniques should be strong and delivered with power to score. Judges should not only make an assessment of the actions of the contestant delivering the blow. They must also assess the effect of the technique on the opponent. These assessments include stopping an opponent's advance, unbalancing the opponent, slowing the opponent's own offense, and causing the opponent to show pain.

The winner in Muay Thai is the stronger fighter over the entire contest length. This means that the fighter needs to maintain physical and mental equilibrium as well as demonstrating their superiority in technique. Landing a strike, in and of itself, does not always mean that it is a scoring strike.

The 10 point must system, as utilized in boxing, is the preferred scoring method at this time.

The 10 point must system is defined as follows:

All bouts will be evaluated and scored by three judges.

The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for an even round, which is scored (10-10).

Effective striking is judged by determining the number of legal strikes landed by a contestant and the significance of such legal strikes.

Fighting area control is judged by determining who is dictating the pace, location and position of the bout

Effective aggressiveness means moving forward and landing a legal strike.

Effective defense means avoiding being struck while countering with offensive attacks.

The following objective scoring criteria shall be utilized by the judges when scoring a round;

1. A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows dominance in a round;
2. A round is to be scored as a 10-9 Round when a contestant wins by a close but clear margin, landing the greater number of effective legal strikes and other maneuvers;
3. A round is to be scored as a 10-8 Round when a contestant wins a round by a wide margin and damages his opponent.
4. A round is to be scored as a 10-7 Round when a contestant totally and completely dominates in a round and damages his opponent.

TECHNIQUES which have a visible impact on the Opponent should be weighed most heavily.

- a. Consider the Effectiveness of the Strike, its Strength, and Target and how much it causes Disadvantage to the Opponent.
- b. Knocking the Opponent to the ground with a legal Strike.
- c. Unbalancing the Opponent with a legal Strike.
- d. Techniques that cause the Opponent to stop advancing.
- e. Techniques that force an Opponent to cover up and limit his/her offense.
- f. Defense and ability to evade the Opponent's attack.
- g. Maintenance of proper Footwork, Balance, Stance and Stamina.

ROUND ONE: Generally Scored as 10/10 but a note is made as to the better Fighter, unless clear Dominance or Knock Downs are present.

ROUND TWO: Can also be scored as 10/10 if is close or the losing Fighter in Round One wins by a small margin.

Rounds one and two are commonly scored as 10-10 rounds because it is usually difficult to declare a winner when both fighters are fresh, strong and utilizing proper technique. The reason for the later rounds being scored decisively is because the judge can now see the accumulative effect of the earlier blows and more clearly determine which fighter is fresher, stronger, and still maintaining proper technique.

ROUNDS THREE, FOUR AND FIVE: Are to be Decisively Scored for one Fighter.

In the sport of muay thai, a much greater emphasis is placed on how a fighter finishes the fight. Analogies are often made to a marathon race. Although one fighter may begin strongly and dominate early in the fight, it is the finish that is important and a boxer behind early can be overtaken and lose. Greater emphasis is given to a fighter finishing strongest over the last three rounds.

For amateur bouts, it may be preferable to promote 5 rounds of 1.5 minute rounds, rather than 3 rounds of 2 minutes. If using 3 round bouts, it is advisable to notify all involved parties that the first round will be scored on its own merits and should not be assumed to be a 10-10.

Scoring Techniques:

The technique, preferably should be a muay thai technique and not a kick or strike from another form of martial art. The technique should have a visible effect on an opponent. If a technique strikes the opponent's arms or shin, then generally the technique doesn't score. However, there are exceptions. For example, if a kick makes contact with a fighter's arm and physically moves the person being kicked or causes them to lose balance, solely due to the kick's power, that kick would score; although not as highly as a kick that had the same effect but cleanly made contact with the body.

The most scored techniques are those that have the greatest effect on the opponent. It is not the number or variety of techniques delivered but their effectiveness that is important in determining the winner of a fight. For example, it is possible for one competitor to use one type of technique exclusively and win if the use of that technique results in that competitor delivering more, effective techniques than their opponent (one competitor may win by only kneeing their opponent.)

The judges must ignore the sounds at ringside and focus on looking carefully at each technique. Corner persons and the crowd at muay thai events are very vocal and typically yell each and every single time that their chosen contestant seems to land a strike. Judges should only score techniques which they actually see land.

Scoring of incomplete rounds-

There should be scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

Bout Results

1. KNOCKOUT:

- a. When an Opponent is unable to regain his/her feet prior to the Count of Ten.
- b. When any Fighter falls out of the Ring, the Referee shall Count immediately.
 - (i) If the Count reaches 20, the fallen Fighter cannot come up on the Ring and he/she will lose by K.O.
 - (ii) If the fallen Fighter can come up on the Ring before Counting up to 20, he/she can continue the Fight.

2. TECHNICAL KNOCKOUT:

- a. When the Referee orders the Fight stopped because it is determined that one Fighter is not fit to continue.
- b. When a Fighter cannot answer the Bell for the upcoming Round or is so badly cut that it is too dangerous to continue.

3. SUBMISSION:

- a. When one Fighter notifies the Referee that he/she no longer wishes to continue.
- b. When a licensed Second assigned to a Fighter throws in the towel.

4. **UNANIMOUS DECISION:** All three Judges score in favor of one Fighter.
5. **MAJORITY DECISION:** Two Judges score in favor of one Fighter and one Judge has is a draw.
6. **SPLIT DECISION:** Two Judges score in favor of one Fighter, while one Judge scores in favor of the other.
7. **DISQUALIFICATION:** Due to an intentional fouls or fouls, a Referee may Disqualify a Fighter.
8. **TECHNICAL DRAW:** In case of an intentional violation which causes injury AND the Fight is continued BUT is later stopped because of the initial foul, the Referee should stop the Fight and give a TKO Draw
 - a. If the scores are equal OR
 - b. If the fouled Fighter is behind on the cards.
9. **TECHNICAL DECISION:**
 - a. In case of an intentional violation which causes injury AND the Fight is continued BUT is later stopped because of the initial foul, the Referee should declare a Victory **for the fouled Fighter** if he/she is ahead on the cards.
 - b. If a Fight cannot continue due to an unintentional foul but enough Rounds have been completed, the Referee shall declare a Victory **for the Fighter ahead on the score cards**.
10. **NO CONTEST:** In case of an unintentional violation which causes injury so serious that the Fight cannot be continued BUT less than enough Rounds have been completed.
11. **DRAW:** When the score cards result in a three way tie.
12. **MAJORITY DRAW:** When two Judges score the Fight a Draw AND one Judge has declared a Victor.

Fouls-

The following are fouls and will result in penalties if committed:

1. Head Butting
2. Strikes to the Groin- hits to the groin area/lower abdomen just below the navel called 'neeb' is permitted and is classic technique. This is the reason why Thai boxers wear a steel cup to protect the testicles as opposed to a western style boxer full groin protector. Thus, strikes to the testicles (cup area) are what are to be considered as fouls.
3. Direct Attacks to the Knee- it is considered unsporting in Thai to side kick an opponent to the front of the knee
4. Strikes to the Back of the Head
5. Strikes to the Spine
6. Strikes to the Throat
7. Striking a Fighter while he/she is Down
8. Striking a Fighter while he/she is under the Referee's care
9. Shoving, Throwing or Wrestling an Opponent except when Pushing in a legal Clinch
10. Striking when the Referee has called a Break
11. Striking after the Bell has sounded
12. Holding the Ropes or using the ropes as a weapon, for example pushing an opponent's face across the ropes in an attempt to cut them.
13. Timidity or intentionally avoiding contact
14. The use of abusive language or abusive gestures
15. Causing intentional Delays in the action, such as repeatedly spitting out the Mouth Piece
16. Eye Gouging
17. Hair Pulling

18. Biting or Spitting
19. Holding the Opponent's shorts
20. Interference from a Fighter's Seconds
21. Tripping or Sweeping an Opponent- Using trips and sweeps; it is legal to kick an opponent off their feet. A kick is considered to be an action that uses the top of the foot and/or front of the shin. It is possible to hook the foot and kick as long as the top of the foot and/or shin, and not the side of the foot, make contact with the opponent's leg.
22. Hip Throws, Shoulder or Leg Throws
23. Grasping the Opponent's Lower Back while also forcing an opponent's spine to hyperextend.
24. Intentionally falling on a down Opponent, pressing Elbow or Knee upon him/her
25. Wrestling, back or arm locks or any similar judo or wrestling hold
26. Attempting to 'pile-drive' an opponent's head into the canvas
27. Catching an opponent's kick and pushing an opponent for MORE than three steps without attempting to deliver an attacking technique. (i.e. permissible to catch your opponent's kick, hold your opponent's leg, and take up to three steps)
28. After kicking with his kicking leg being caught, the boxer pretends to throw himself down on ring floor. It is considered taking advantage over his opponent.

Fouls are subject to the Discretion of the Referee. Fouls may result in a Warning, a Point Deduction of one to two Points or Disqualification. The Referee will base his Decision on the Severity of the Foul and the Intent of the Fouling Fighter.

The referee may consider :

1. A Fighter who Violates the Rules intentionally but does not put the Opponent at a Disadvantage or Injure him/her shall be given one Warning or be assessed a one Point Deduction.
2. A Fighter who Violates the Rules intentionally and puts the Opponent at a Disadvantage or makes him/her unable to continue the Fight shall be Disqualified and lose the Fight.

3. In case of an unintentional Violation, the Referee shall give no more than two Warnings before assessing a Point Deduction.

Fouls Further Explained:

1. **DIRECT (SIDE KICK STYLE) KICKS** to the Front of a Fighter's Legs are illegal.

2. **HIP THROWS:**

a. Over the Hip Throws such as in Japanese arts like Judo, Jujitsu, Karate, Sambo, or San Shou are illegal.

b. A Fighter is not allowed to use the Hip or Shoulder to Throw an Opponent in any kind of Judo Throw or Reap.

c. A Fighter is not allowed to Step across or in front of an Opponent's Leg with his/her own Leg and bring the Opponent over his/her Hip.

d. Taking an Opponent around the Waist with both Arms and Twisting him/her off balance so the Opponent will fall is legal.

3. A Fighter is not allowed to Twist and Pull an Opponent over the side of his/her body and then land on top.

4. It is an Intentional Foul when a Fighter plans, with the sole intention of falling on top of his/her Opponent, to either strike with the knee or to intentionally hurt the Opponent while down, by contriving to make it look like an accident.

5. Stepping on a fallen Opponent is illegal.

6. **ILLEGAL TRIPS:**

a. If a Fighter positions a Foot next to the Opponent and Twists him/her over the Leg, it is an illegal Trip unless the Leg is cleared as the Opponent falls.

b. If a Fighter Spins or Pulls the Opponent over the inside or outside of the Leg and Dumps him/her on the ground, it is an illegal Trip when the Leg being used to Manipulate and Dump the Opponent stays in that position as he/she goes down.

c. If the Leg is Set and stays in that position, it is an illegal Throw or Trip.

d. The Leg must Clear immediately after the Opponent is Pulled or Tripped over the Knee. Clear means that the Leg must be moved out of the way before the Opponent hits the canvas by skipping the leg or slightly jumping to the side, as long as it is moved from the original position. Taking out an Opponent's Footing is legal only if the Tripping Leg is withdrawn from contact as he/she falls to the ground.

7. NECK WRESTLING:

a. If in a Clinch with Arms around each other's Shoulder, such as to deliver or defend from an Elbow Strike, twisting the Opponent using the Upper Body in such a way that he/she will fall to the ground is allowed.

b. By using Neck and Shoulder manipulation, it is legal for a Fighter to Spin and Throw/Dump an Opponent to the canvas without using any part of his/her body as a barrier.

8. SWEEPING:

a. A Fighter is allowed to Roundhouse Kick the Opponent's supporting Leg with the Top of his/her own Foot or Shin, taking out the Opponent's footing, but Karate style Sweeps with the Foot's Instep is illegal.

b. It is illegal to take out the Opponent's footing in the Clinch by Sweeping the back of his/her supporting leg with the back of Fighter's own Leg or Calf.

9. LIFTING: It is illegal in any way to Lift an Opponent off the ground and Throw him/her on the canvas.

If a Fighter Clinches the Opponent around the Waist and Lifts the Opponent off the ground, Twisting and Throwing the Opponent around to the side and onto the canvas in a Suplex.

Scoring the foul to be performed by the Scorekeeper

Fouls may result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.

Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

Foul Procedures-

If a foul is committed, the referee shall:

1. call time;
2. check the fouled contestant's condition and safety; and
3. assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.
4. When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.
5. The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

Time Considerations for Fouls

Low Blow Foul

A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five minute time allotment the fight cannot be restarted and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

Fighter who is not fouled by low blow but another foul:

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can

continue in the contest, the referee shall as soon as practical restart the fight. However, unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use at their discretion.

For a foul other than a low blow, the fouled fighter is not guaranteed 5 minutes of recovery time. If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the fighter cannot avail himself of the remaining time.

If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be re-started and the contest must end.

Fouls: Intentional.

1. If the referee determines that a contest or exhibition may not continue because of an injury caused by an intentional foul, the unarmed combatant who committed the intentional foul loses by disqualification.

2. If the referee determines that a contest or exhibition may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges and shall deduct two points from the score of the unarmed combatant who committed the intentional foul.

3. If an injury caused by an intentional foul results in the contest or exhibition being stopped in a later round:

(a) The injured unarmed combatant wins by technical decision, if he is ahead on the scorecards; or

(b) The contest or exhibition must be declared a technical draw, if the injured unarmed combatant is behind or even on the scorecards.

4. If an unarmed combatant injures himself while attempting to foul his opponent, the referee shall not take any action in his favor and the injury must be treated the same as an injury produced by a fair blow.

Fouls : Accidental.

1. If a contest or exhibition is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can

continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of a foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who was fouled, the referee may order the contest or exhibition continued after a reasonable interval. Before the contest or exhibition begins again, the referee shall inform the Commission's representative of his determination that the foul was accidental.

2. If the referee determines that the contest or exhibition may not continue because of an injury suffered as the result of an accidental foul, the contest or exhibition must be declared a no decision if the foul occurs during the first three rounds of a contest or exhibition that is scheduled for six rounds or less or the first four rounds of a contest or exhibition that is scheduled for more than six rounds.

3. If an injury inflicted by an accidental foul later becomes aggravated by fair blows and the referee orders the contest or exhibition stopped because of the injury, the outcome must be determined by scoring the completed rounds and the round during which the referee stops the contest or exhibition.

Rings

The ring specifications must meet the following requirements. The ring may be no smaller than twenty feet square and no larger than thirty-two feet square within the ropes. One of the corners must have a blue designation, the corner directly across must have a red designation. The ring floor must extend at least eighteen inches beyond the ropes. The ring floor must be padded with ensolite or similar closed-cell foam, with at least one inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps and ridges may not be used. The ring platform must no be more than four feet above the floor of the building and must have suitable steps for the use of the contestants. The steps should be placed in both of the fighter's corners, and a third set of steps should be located in a neutral corner for Commission use. Ring posts must be made of metal, not more than three inches in diameter, extending from the floor of the building to a minimum height of fifty-eight inches above the ring floor, and must be properly padded in a manner approved by the commission. Ring posts must be eighteen inches away from the ring ropes. There must be at least four ring ropes not less than one inch in diameter and wrapped in soft material. The lowest rope must be no higher than twelve inches from the ring floor. There must not be any obstruction or object, on any part of the ring floor. There should be at least two rope ties per side of the ring.

Rule Meetings:

In many jurisdictions, group rule meetings have been commonplace in the reviewing of rules, fouls and other considerations. It is recommended that individual meetings between the bout supervising referee and each competitor in the contest be conducted backstage in the locker room or another appropriate location. Many times contestants will ask questions of the official when the rules are covered individually in private, when they would have been hesitant to ask the same question in front of their competitor. This also provides the referee to observe any peculiar idiosyncrasies of the fighter, such as an odd speech pattern, nervous ticks, or different eye colors.

This does not supersede the ability of the Commission to have a general rules meeting about the requirements and also discuss items such as a fighter's time to report, the location, interaction with the inspectors, available liquids and foods, taping requirements and so on, with all the fighters gathered en masse.

Weight Loss

Athletes shall be examined at the pre-fight examination to screen for in excessive or extreme weight loss practices leading to dehydration.

Consumables

Only water or an approved electrolyte drink by the Commission may be consumed during the bout. The use of banned substances is grounds for DISQUALIFICATION and administrative disciplinary action. Particular attention should be given to amateurs consuming energy drinks prior to the contest.

Time Between Bouts-

Unless otherwise cleared by a Commission ringside physician, a Contestant shall not appear in a subsequent event unless:

Four days have elapsed since his last contest or exhibition if the contest or exhibition lasted not more than 4 rounds.

Seven days have elapsed since his last contest or exhibition if the contest or exhibition lasted 5 or 6 rounds.

Fourteen days have elapsed since his last contest or exhibition if the contest or exhibition lasted 7 or 8 rounds.

Twenty-one days have elapsed since his last contest or exhibition if the contest or exhibition lasted 9 or 10 rounds.

Thirty days have elapsed since his last contest or exhibition if the contest or exhibition lasted 11 or 12 rounds.

Protective Equipment:

1. All male fighters must wear a steel cup to protect their groin.
2. Women must wear Breast Protection and Rash Guards for shirts.
3. All fighters must wear an approved mouth guard.

Appearance:

1. Shirts and rashguards are not permitted. (males only)
2. Shoes are not permitted.
3. No Head Bands during the Contest.
4. No jewelry or body piercing.
5. Hair must be trimmed or tied back. No hair lotions, creams or sprays.
6. Beards are subject to trimming.
7. Thai shorts are to be worn by the contestants, as opposed to other types of shorts or long pants.
8. Knee or ankle braces are not permitted.

During the bout, the fighters may wear an inscribed cloth, an amulet, or an inscribed charm around the upper arm or strung around the waist, but neatly wrapped and covered with cloth. However, wrapping the ankles or legs with pieces of cloth is prohibited.

Referee:

The Referee uses the following three orders. (*Thai version in brackets*).

1. Stop! (*Yed!*) When he or she wants the Fighters to stop the fight.
2. Break! (*Yak!*) When he or she wants the Fighters to separate.
3. Fight! (*Chok!*) When he or she wants the Fighters to continue the fight.

ROUND LENGTH – PROFESSIONAL: Are up to five Rounds, three minutes each, with a one minute rest period between each Round.

ROUND LENGTH – AMATEURS: Are up to five Rounds, up to two minutes each, with a one minute rest period between each Round.

EXPERIENCE CLASSES – AMATEURS:

CLASS “A” AMATEURS: Elbows with Pads or Knees to the Head may be permitted.

CLASS “B” AMATEURS: Entry level competitors. Elbows or Knees to the Head are not permitted.
Head Guards, Shin Guards, Elbow Pads and Body Protectors may be worn.

Considerations:

A fighter cannot be saved by the bell in any round, including the final round.

The three knockdowns rule could be in effect for knockdowns caused by strikes to the head.

The standing eight count can be utilized.

Duration of fight cards:

Minimum number of rounds for program. a promoter shall not schedule fewer than Twenty-five rounds on any one program, without prior Commission approval.

Maximum number of rounds for program. a promoter shall not schedule more than Fifty rounds on any one program, without prior Commission approval.

Seconds:

Only one of the seconds may be inside the ring ropes during a period of rest.

Any excessive or undue spraying or throwing of water on an unarmed combatant by a second during a period of rest is prohibited.

One-sided contest or exhibition; risk of serious injury.

1. The referee may stop a contest or exhibition at any stage if the referee determines that the contest or exhibition is too one-sided or if either unarmed combatant is in such a condition that to continue might subject the unarmed combatant to serious injury.

2. The referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury. If a contest or exhibition is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Procedure for counting; knockdown; knockout; technical draw.

1. When an unarmed combatant is knocked down, the referee shall order the opponent to retire to the farthest neutral corner of the ring, by pointing to the corner, and shall immediately begin the count over the unarmed combatant who is down. The referee shall audibly announce the passing of the seconds, accompanying the count with motions of his arm, with the downward motion indicating the end of each second.

2. The timekeeper, by effective signaling, shall give the referee the correct 1-second interval for his count. The referee's count is the official count. Once the referee picks up the count from the timekeeper, the timekeeper shall cease counting. No unarmed combatant who is knocked down may be allowed to resume competing until the referee has finished counting to eight. The unarmed combatant may take the count either on the floor or standing.

3. If the opponent fails to stay in the farthest corner, the referee shall cease counting until he has returned to his corner and shall then go on with the count from the point at which it was interrupted. If the unarmed combatant who is down arises before the count of 10, the referee may step between the unarmed combatants long enough to assure himself that the unarmed combatant who has just arisen is in condition to continue. If so assured, he shall, without loss of time,

order both unarmed combatants to go on with the contest or exhibition. During the intervention by the referee, the striking of a blow by either unarmed combatant may be ruled a foul.

4. When an unarmed combatant is knocked out, the referee shall perform a full 10-second count unless, in the judgment of the referee, the safety of the unarmed combatant would be jeopardized by such a count. If the unarmed combatant who is knocked down is still down when the referee calls the count of 10, the referee shall wave both arms to indicate that he has been knocked out.

5. If both unarmed combatants go down at the same time, the count must be continued as long as one is still down. If both unarmed combatants remain down until the count of 10, the contest or exhibition must be stopped and the decision is a technical draw.

6. If an unarmed combatant is down and the referee is in the course of counting at the end of a period of unarmed combat, the bell indicating the end of the period of unarmed combat must not be sounded, but the bell must be sounded as soon as the downed unarmed combatant regains his feet.

7. When an unarmed combatant has been knocked down before the normal termination of a period of unarmed combat and the period of unarmed combat terminates before he has arisen from the floor of the ring, the referee's count must be continued. If the unarmed combatant who is down fails to arise before the count of 10, he is considered to have lost the contest or exhibition by a knockout in the round containing the period of unarmed combat that was just concluded.

8. If a legal blow struck in the final seconds of a period of unarmed combat causes an unarmed combatant to go down after the bell has sounded, that knockdown must be regarded as having occurred during the period of unarmed combat just ended and the appropriate count must continue.

Procedure when unarmed combatant has fallen through or been knocked through ropes.

1. An unarmed combatant who has been knocked or has fallen through the ropes and over the edge of the ring platform during a contest or exhibition:

(a) May be helped back by anyone except his seconds or manager; and

(b) Will be given 20 seconds to return to the ring.

2. An unarmed combatant who has been knocked or has fallen on the ring platform outside the ropes, but not over the edge of the ring platform:

(a) May not be helped back by anyone, including, without limitation, his seconds or manager; and

(b) Will be given 10 seconds to regain his feet and get back into the ring.

3. If the seconds or manager of the unarmed combatant who has been knocked or has fallen pursuant to subsections 1 and 2 helps the unarmed combatant back into the ring, such help may be cause for disqualification.

4. When one unarmed combatant has fallen through the ropes, the other unarmed combatant shall retire to the farthest corner and stay there until ordered to continue the contest or exhibition by the referee.

5. An unarmed combatant who deliberately wrestles or throws an opponent from the ring, or who hits him when he is partly out of the ring and is prevented by the ropes from assuming a position of defense, may be penalized.

. An unarmed combatant shall be deemed to be down when:

1. (a) Any part of his body other than his feet is on the floor; or

(b) He is hanging over the ropes without the ability to protect himself and he cannot fall to the floor.

2. A referee may count an unarmed combatant out if the unarmed combatant is on the floor or is being held up by the ropes.

Respectfully submitted,

Nick Lembo
August 2011