

Rules & Regulations

1. Definitions and Competition Class

- Semi-contact Muay Thai: Striking permitted with 16oz gloves for Teens and Adults, 12oz for Youths 11 years of age or under of lighter weight and body frame, shin guards and headgear, mouth piece and groin cup are mandatory and each competitor shall provide his/her own safety equipment as stated above.
- Strikes controlled (No Knockouts) to score points. Clinch are limited to 3 seconds with no activity. Knockouts and Heavy striking are Not Permitted and will be Strictly enforced; excessive force may be penalized or result in disqualification.
- Divisions: By age (Youth, Teens, Adult, Seniors), sex (Male/Female), and weight class. Age cutoffs follow organizer policy (commonly Youth: 8–12, 13–15, Teen: 16–17, Adult: 18+, Seniors 50+).
- Skill classes: Novice/Beginner, Intermediate, Advanced/Elite. Promoter determines eligibility.

1. Weight Classes (Promoter may adjust within reason)

- Youth and junior classes: narrower 5–10 lb increments.
- Adult common male classes (example): Straw/115, Fly/125, Bantam/135, Feather/145, Lightweight/155, Welter/170, Middle/185, Heavy/205, Super Heavy/220+
- Adult female classes: similar structure, different weight ranges (e.g., 105, 115, 125, 135, 145, 155, 165+).
- Weight tolerance: commonly 1–2 lb allowance day-of for non-title bouts. Weigh-ins usually day-of or day-before per promoter.

1. Match format and duration

- Rounds: Semi-contact: 2 rounds of 2 minutes each for adults; youth 2 rounds of 1.5 minutes.
- Rest between rounds: 60 seconds.
- Overtime: If tied, referee and/or judges may call an extra round decision using tie breaker criteria of 1.5 or 2.0 minutes.
- Stoppage: Fight stopped for injury, excessive contact, at referee discretion. Knockdowns are not allowed. In the unlikely even of a knockdown, match may be stopped per promoter rules.

1. Allowed techniques

- Punches: jab, cross, hook, uppercut to legal target areas (head, torso).
- Kicks: roundhouse, teep (push kick), front, low kicks to legs, body and head as allowed.
- Knees: permitted to body and legs. No Knees to Head.
- Elbows: No use of Elbows and are prohibited in semi-contact rules to reduce cuts.

- Clinch: Limited duration (e.g., 3 seconds) and only with activity. Prolonged clinch-forcing is broken by the referee. No Throws.
- Sweeps/Takedowns: Lead foot to opponent's Lead foot are allowed. Catch hook, and sweep are allowed. No ground fighting permitted.
- Referee separates and restarts standing.

1. **Prohibited techniques**

- Elbows, 12/6 not permitted, spinning elbow, axe kicks to face, strikes to groin, back of head, spine, throat, kidneys, small joint manipulation.
- Headbutts, biting, hair pulling, fish-hooking, eye gouging, striking a downed opponent, intentionally hitting after break or bell.
- Excessive force intended to injure or cause knockout—Referee discretion to penalize.
- Unsportsmanlike conduct, intentional fouls, or ignoring referee commands.

1. **Protective Equipment (Required)**

- 12oz for youths 11 years of age or younger; 16 oz gloves for Teens and Adults
- Headgear: mandatory in all amateur/semi-contact bouts (full headgear).
- Shin guards: mandatory (full-length shin and instep protection).
- Mouthguard: required (boil-and-bite or custom).
- Groin protector/cup: required for males; And pelvic protector for females recommended.
- Chest protector: recommended for youth and sometimes female competitors.
- Hand wraps: cotton elastic recommended.
- Shorts/attire: Muay Thai shorts usually require.

1. **Scoring system**

- Points-based scoring emphasizing technique, control, and clean strikes rather than damage.
- Scoring: 10-point must system per round.
 - 10-point must system: Round winner gets 10; 9 depending on dominance. Criteria: effective striking (accuracy, impact within semi-contact limits), number of clean hits, technique variety (kicks, knees and punches), ring generalship, defense, and sportsmanship.
 - Point-per-strike; Judges/officials award points for clean, controlled scoring techniques: e.g., punch, kick to body/leg, kick to head, clinch and knee.
- Judges: (Usually 3 ringside judges) sometimes a center referee also has score influence. Judges score each round by way of raising hand pointing to the chosen competitor/winner of each round, in which majority decision determines winner.
- Criteria weighting: Clean technique and legal scoring zones with accurate striking, technique, form and control. Control and following referee commands matter.

1. **Fouls and penalties**

- Penalty progression: warning → point deduction → disqualification depending on severity and repetition.
- Common fouls: intentional low blows, strikes to back of head, headbutts, biting, striking after break, ignoring referee, excessive clinch, unsportsmanlike conduct.
- Referee options: verbal warning, deduct points, disqualification, or no contest for accidental injury.
- Accidental fouls causing injury: If fight stopped due to accidental foul before minimum time (e.g., before 2nd round in multi-round fights), may result in a no contest decision. After minimum time 2nd Round, decision will be made by judges for technical decision.
- **Referee Duties and Authority**
- Maintain safety, enforce rules, control the bout pace, break clinches, stop illegal techniques, administer warnings/penalties.
- Can stop bout for injury, excessive force, or rule breaches.
- Counts knockdown (unintentional/accidental) Depending on organizer, unintentional/accidental knockdowns may trigger a 10-count or immediate stoppage. In most semi-contact events knockdowns are rare and may be judged as a point advantage rather than full knockout.
- Referee issues mandatory equipment checks and confirms gloves/shin guards/mouthguards are secure.
- 1. Judges and officials
 - Judges: 3 scored judges around the ring score rounds independently (with Center Referee having scoring influence. Judges must be certified by the promoter, local sanctioning body, or recognized federation.
 - Timekeeper: manages round/rest intervals and signals bell.
 - Injury protocol: immediate stoppage and medical assessment for suspected concussion; mandatory withdrawal if signs present.