



**REGULATION**

**ARBITRATION**

**MUAY THAI**

**JANUARY 2020 EDITION**



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## **MUAY THAI ARBITRATION RULES**

### **1. OFFICIAL REGULATIONS**

This regulation replaces all previously issued standards. It includes the official MUAY THAI standards.

These rules apply to all member countries. Requirements and circumstances can be taken into account, if necessary.

The official language of the IRC worldwide is English. This set of rules can be translated with a license from the IRC into other languages. In case of inaccuracies, only the official English version will be valid.

Without the express written approval of GBF or IRC, these rules cannot be changed. This includes electronic, digital, physical and all other forms of reproduction.

This set of rules can be obtained free of charge from the official website, <http://www.gbfglobal.com/>

#### **1.1 OFFICIAL GBF SPORTS EVENTS STAFF**

**Supervisor: Main responsibility as the highest authority**

**Fighting director: 1 Competition director**

**Judges and Referees: 1 Central Referee**

**3 score judges**

**1 Judge Crono**

**Others: 1 Speaker**

**1 Doctor**

# MUAY THAI ARBITRATION RULES

## 1.2 OFFICIAL UNIFORMITY REFEREES

GBF staff must wear black long trousers, a technical polo shirt with the GBF logo and black shoes.



Referees will not have watches, chains, bracelets, rings, and others. These objects could injure the competitors if a referee has to intervene quickly.

The GBF logo must be worn on the polo shirt at left chest level and the word REFEREE must be displayed on the back of the polo shirt at an appropriate size that can be seen.

Central referees are recommended to use latex gloves to avoid any infection.

GBF officials with more than 6 dioptres (weakness of sight) cannot perform the function of a central referee.

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## 1.3 COMPETITION DIRECTOR

National and international fights as well as championships must be conducted by a referee and three judges.

While the central referee is leading the fight, the scoring judges will be positioned so that they can observe the fight without any disturbance or being interrupted by something or someone.

## 1.4 CENTRAL REFEREE

The referee conducts the competition and may make the necessary decisions in the present case, in accordance with the rules of competition.

He is at the side of the fighters, he is the only person who can be in the ring during the fight. The Referee may not use any metal objects during his function. The use of contact lenses is permitted.

The Referee must check that the ring and the fighters' clothing are in order. He will call the fighters, inform them and ensure that all rules are followed during the fight, however he may warn the fighter, with a warning or disqualification all depending on the seriousness of the offence.

Between rounds, the fighter must take his initial position in the neutral corner.

Once the fight is over the referee will wait for the decision of the judges, to announce the result, after which he will incite the sporting embrace of the competitors.

The referee will remain in his initial position until both teams have left, being the last one to leave in case of a change of referees.

The referee has three words of command during the bout "FIGHT" (start or restart the bout), "BREAK" (break up), "STOP" (stop the bout) and timing.

At the call of "BREAK" any further fighting action will be stopped. Both fighters shall immediately take a step back, only then can the fight be resumed without additional command. Pushing away the opponent is forbidden. The fighters separate themselves, then the fight can continue.

If the voice of "BREAK" by the referee is not obeyed, the referee shall announce "STOP" and stop the fight, and may warn, admonish, or if necessary demand compliance with the rules from the contestants.

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In a situation of considerable use of fighting force by the fighters, in which they have not seen any infringement, the referee must consult the judges, if they have seen a prohibited act and it will be decided by majority vote to apply a warning or disqualification to the offender.

In the event that the Judges have not seen any prohibited action, the action will be considered to be correct. In this case, a wrestler who describes himself as a victim of a prohibited act will be sanctioned.

Variants: Of the three, the first judges the action as correct, the second judges the action as incorrect, and the third due to poor visibility saw nothing, the technique is considered correct.

If a wrestler is injured, the referee must act in accordance with the provisions of the anti-regulatory actions.

After the warnings the Referee is obliged to show both in body language and verbal the prohibited technique first to the competitors, then to the SUPERVISOR or MARKER.

The referee will collect the score form from the assigned judges at the end of the fight (in titles in play it will be done after each round), evaluate if everything is correct and then give it to the Supervisor.

If a fighter is not present until the initial signal is given

The central referee is obliged to start the count, if the competitor standing before 10 seconds, the referee will count up to 8 seconds, this competitor will be warned by the score judges as if he had fallen with a protective count.

If a contestant after a fall is to be given a protective count, the referee will first send the other contestant to the neutral corner and start the count after 1 second. The referee will not wait to start the count at the other contestant's arrival at the neutral corner.

Only if the competitor stands or moves to another place not indicated, then the count is stopped and the competitor will once again be ordered to the neutral corner.

If the contestant does not obey the referee's instructions, the referee will issue a warning or disqualification.

In a case of strong impact where it is clear that the contestant will not get up within 10 seconds and is not able to continue the fight, the official doctor will be called immediately.

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The Arbitrator can ignore any account and can immediately give the decision of K.O. If a contestant, before the end of the 10 seconds, stands up to continue the fight, the referee, before allowing the fight to continue, shall have this contestant observe his gaze and attitude during the count to ensure that he can continue the fight. The position on guard does not mean at any time that he is able to continue, only after the referee's observation, when the word "FIGHT" or 9-10 K.O. is given.

The order "BREAK" will only be given when the competitors are in the form of a grip.

The contestants shall separate by themselves by means of struggles, immediately or by the word "BREAK" by the referee, the contestants are in the obligation to separate completely and make a distance between them.

One of the anti-relative actions is for example: hitting with the head, which has the consequence that the fighter is warned or disqualified, if he was warned after an anti-relative action and he performs the same forbidden technique, the warned competitor will be punished and eventually disqualified.

If a fighter intentionally spits out his mouthpiece, the Referee will have to pick it up and hand it to the corner personnel for cleaning and again hand it to the fighter.

Any fighter who intentionally spits out the mouthpiece will be penalized with 1 minus point (-1).

## 1.5 JUDGES

The warnings will be placed on the scoring form by the judges in the following manner (W for faults), if a competitor is counted he will have to mark it with a (KD), 10-8 automatically on the first KD and for each of the supplementary counts one point will be deducted from the affected fighter.

W: Faults

KD: Protection Accounts

Each judge will assign a winner according to the regulation and the merits obtained.



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Judges shall not talk to each other, except to the central judge, nor shall fighters or their corner assistants deal exclusively with the referee.

At the end of each round he may address the referee to comment on any assessment of an action (inappropriate behaviour, state of the ring, state of protection, etc...).

A judge will not abandon his position until the verdict is announced.

Both referees and judges working at an event will refrain from showing favouritism towards any team or competitor, even if it is their own case (applauding, cheering, gesturing, etc...)

The score sheets will be of the GBF's own model and will be filled in completely and signed, clearly and precisely.

The work of a judge in addition to the above will be to evaluate round by round and the final result of the bout, with the following commands

RED	BLUE
10	10
10	9
10	8
10	7

We will take great care in designating such results since a small mistake, far from harming a competitor in the result, will make lose the credibility and professionalism not only of the judge who makes the mistake but of the whole refereeing team.

An example of a common error is to mark a 9-9, 8-8 etc... to a null round, since always the null round, will be 10-10.

Each judge must independently assess the merits of each fighter and choose the winner according to the rules.

## 1.6 TIMER

He is responsible for maintaining the time of the rounds (2 or 3 minutes) as well as the pause time, 10 seconds before the start of the round, an acoustic signal will be given as a signal for the start of the round and he will clear the Coach's ring and

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Assistants. This signal also informs the central referee of the start and end of the round.

To stop time, the referee will signal with a gesture (T-shape) with his hands to the timekeeper to stop the clock. In case the Referee forgets to stop the time (e.g. to adjust a guard or if a mouth guard has been dropped) the time will also be stopped by the Timekeeper as long as the Supervisor orders it.

## 1.7 SUPERVISOR

He is primarily responsible for the refereeing and organizational functioning of each event in general.

### WEIGHING AND MEDICAL CHECK-UP

The official weigh-in takes place one day before and according to circumstances or agreements at the latest up to 2 hours before the start of the competition.

The weighing will be done on an electronic scale or a roman scale (weight scale), under the presence of a GBF Supervisor, and the Refereeing Officials.

All fighters will be weighed on the same scale at the same location.

A medical check will be carried out after the weighing. If the result of the check is negative the competitor will not be allowed to compete, the decision of the Doctor is final and there is no possibility of appeal.

The consumption of stimulants before or during the competition is strictly forbidden. An anti-doping test can be carried out after the competition without notice to the fighter.

When a doctor discovers the consumption of prohibited substances in a wrestler, he/she will be sanctioned with a closure for a limited time, if it occurs after the final result of the competition, this result will have no value.

The GBF respects the final decision of WADA (World Anti Doping Association). This decision will be valid from the day the test was performed and the current anti-doping list.

The assigned Medical Doctor will always be required to remain in his or her place near the ring. If for any reason the Doctor leaves his place, the competition cannot be continued while he takes his place again.

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The assigned Doctor as well as the trainer may not enter the ring under any circumstances, when the fight is not definitely over. This means the immediate termination of a fight. The Doctor can control the fighter from the outside of the ring, and decide whether the competitor can continue the fight or not.

In the event of a serious injury, the official Injury Report must be completed, and by all Officials present, signed and delivered to the Supervisor for safekeeping.

The Supervisor will immediately control all protests.

## 2. PRE-COMPETITION CONTROL

Before starting the competition the Supervisor has to make sure that

- a) The GBF (International Sportpass) Federation Licences and Competition Sports Passports are in force and a Doctor is present.
- b) The necessary Official Staff assigned to the competition are present.
- c) Each competitor is weighed, checked and fit to compete. Only the GBF weight categories are valid, they apply equally to the World Ranking
- d) That the weight according to their category is maintained, there will be no tolerance for the dispute of titles.
- e) The ring, the floor of the ring, gloves etc., are in order according to the rules, a stopwatch, an acoustic signal, a microphone must be on the main referee's table.
- f) Coach and Assistants are wearing sports clothes (sports uniform and sports shoes).
- g) The competitors, according to their discipline, have the appropriate clothing.
- h) That the wrestlers before the competition do not rub themselves with prohibited substances (except Vaseline on the face).
- i) That the wrestlers are dry before the start of the competition and after each break.
- j) Photographers and camera staff are not allowed to take photos or video on the scoring form.
- k) Banners and notices, which will be placed in the ring, may not obstruct the competitors as much as the public in the event.

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l) If one or more of the requirements are not met, the Supervisor must notify the organisers of the changes to be made. The Organiser is obliged to repair any defects immediately.

## 1. THE RING

All competitions will be held in an AIBA standard quadrilateral with 4 ropes.

The size of the internal part of the ring will be from 5.30 m to 6.50 m

The ring platform cannot be lower than 91cm and not higher than 122cm.

If the platform is higher than this, the place where the judges are located must be raised so that the judges have an adequate view of the entire platform.

The ring shall have 4 ropes, measuring at least 3 cm and no more than 5 cm thick.

These ropes must also be lined with a soft bandage or something smooth, the measurements from the floor of the ring must be 45 / 80 / 115 and 150 cm. The ropes are connected with tensioners to the posts, which must be at least 50 cm from the ropes to the posts.

The wrestlers' corners must have different colours (red and blue), the neutral corners must be white.

To protect against injury padded cushions (corner posts) shall be installed in each corner.

The ropes must be connected at least on each side with 2 belts 3 to 4 cm wide without buckles at equal intervals, so that the distances from the ropes are secured. These straps cannot slide along the ropes.

The floor of the ring must be covered with a felt mat or similar material, which is not less than 1.5 cm and more than 2.5 cm thick.

Above the mat must be an extended and tight awning. The felt and the awning must cover the entire ring platform. The ring must be installed in such a way that no competitor can be injured..

# MUAY THAI ARBITRATION RULES

## 3.1 RING EQUIPMENT

At the red and blue corners there should be stairs to allow easy access to the ring for competitors. In these corners there should also be a small stool, as well as a spittoon and a broom with a towel for cleaning.

The ring should be well lit with special lamps as far away as possible.

The judges must have a table and chairs on three sides of the ring, and on the fourth side there must be enough tables and chairs for other official and organizational personnel (Supervisors, Timekeeper, Speaker, etc.)



## 4. COMPETITOR CLOTHING COACHS

The wrestler must present himself properly with his competition clothes in the Ring depending on the discipline. Wrestlers who are not properly dressed depending on their discipline may be sanctioned.

If any protective equipment is damaged or missing, the fighter has a maximum time of 5 minutes to put his equipment in order, by order of the referee.

# MUAY THAI ARBITRATION RULES

## MUAY THAI

### PROFESSIONAL - PROFESSIONAL NEO

- Shorts (shorts)
- Male - female pelvic protector
- Set of bandages
- Gloves
- Oral
- Shin guards (NEO PROFESSIONALS - Optional)
- Elbow pads (NEO PROFESSIONALS - Optional)

In NEO PROFESIONAL the Shin Guard Set (Optional),

In NEO PROFESIONAL the Kneeling Set and Elbow Set (Optional).

In all female categories, they must use Breast Protector.

- Only in MUAY THAI competitions, the use of MONGKOL and PRAJEADS is allowed

### AMATEUR - JUNIOR

- Shorts (shorts)
- Male - female pelvic protector
- Set of bandages
- Gloves
- Oral
- Shin Guard Set
- Kneeling Set
- Helmet
- Bibs (Obligatory in the categories JUNIOR and AMATEUR Class C - B)

In all female categories, they must use Breast Protector.

For men without a T-shirt, for women it is allowed to wear a T-shirt but without sleeves or any kind of top; for wrestlers it is compulsory to use the breast protector as well as the pelvic zone protector.

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- Shorts (shorts)

The use of glasses, contact lenses, buckles, straps and belts is prohibited, as well as the use of necklaces, earrings, piercings and other metal objects that can cause injury. The wrestler can have the face covered with a small layer of Vaseline, the rest of the body must be free of fat and dry.

The wrestler must not wear any kind of patch (plaster or tape) on the face or visible parts of the body as well as bandages. (Bandages to protect an injury are not prohibited, but may only be worn under clothing and must not be hard).

## GLOVES FOR COMPETITION

In PROFESSIONAL, up to 153 lbs / 69.5 kg will compete with 8 OZ gloves, competitors above that weight with 10 OZ gloves. If a fighter is under 69.5kg and their opponent is heavier, both competitors must wear 10oz gloves.

All fighters weighing more than 69.5kg will always have to compete with 10 OZ gloves.

The gloves must be tightly tied with no laces hanging out. They can be fixed with a soft tape (tape), for titles in play the gloves must be new.

All other categories will use 10 OZ gloves.

## HELMETS

The use of the protective helmet (amateur model) is compulsory in all JUNIOR (E-Class) and AMATEUR (C-B Class) categories.

In NEO PROFESSIONAL and PROFESSIONAL, no helmet is used.

## RACING BIBS - KNEEPADS

Bibs, knee pads and elbow pads are compulsory in all MUAY THAI categories (MALE - FEMALE), in JUNIOR categories (Class E).

## BANDAGES

PROFESSIONAL and NON-PROFESSIONAL bandage (Maximum 2 soft bandages of 5 meters by 5 cm wide for each hand).

One 5 m long and 2.5 cm wide roll of tape per hand.

Must be applied smoothly and without covering the knuckles.

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The shocking front will only be covered by gauze (no spaghetti tape, no hard material (cardboard or plastic, etc...), allowing a strip of tape in the interdigital space to hold the dressing in place.

In fights for a Class A or Class B title, an officer will be present in the dressing room for the duration of the dressing of both hands.

In PROFESSIONALS, the bandages must be checked and signed before the gloves are put on, and may be checked after the bout .

If this infraction is found in the ring the fighter must be penalized.

If the finding is made during or immediately after the fight, he will be disqualified. The gloves must be put on while in the dressing room, the official supervisor must give instructions for the control and monitoring of the bandages as well as the return of the gloves.

In PROFESSIONAL NEO and AMATEUR and the rest, soft bandages will be used.

### **COACH / ASISTANTS**

Only three (3) people per corner are allowed, there can only be one coach during the break inside the Ring.

During the fight, it is forbidden for the coach to be in the ring standing or sitting or standing on the stairs, for this purpose chairs are available (mandatory use).

Shouting from the corner may only come from one person in a manner corresponding to general custom.

It is expressly forbidden to give instructions while the wrestler is in the neutral corner or to the wrestler who is being treated or who is being protected.

If this rule is not respected, there is the possibility of a penalty, warning the disqualification of the wrestler, and a warning for misconduct to the trainer.



# MUAY THAI ARBITRATION RULES

## 5. CLASIFICATION – DURATION OF THE FIGHT

The fighters will be classified according to their victories (not by fighting), in different classes.

The classification will be as follows:

AFFICIATE (Class D): Minimum 10 bouts or 5 victories or be NATIONAL CHAMPION

AMATEUR (Class C): Minimum 15 bouts with 5 wins or be NATIONAL CHAMPION.

AMATEUR (Class B): Minimum 20 bouts with 10 wins or be NATIONAL CHAMPION

NEO PROFESSIONAL: Minimum 20 fights with 10 victories or be NATIONAL CHAMPION

PROFESSIONAL

The minimum age for professional fights in the GLOBAL BOXING FEDERATION (GBF) is 18 years old (Special cases under 18 and not less than 16 years old, under the supervision of the National Arbitration Committee (with parental permission). In this case, the respective applicable laws of each country must be followed. All wrestlers must present to the Supervisor their valid identity card during the weigh-in.

### 5.1 DURATION OF THE FIGHT AND ROUND

#### MUAY THAI (NO TITLE AT PLAY)

MALE	FEMALE
JUNIOR (Class E) 3 x 1,30 x 1 break	JUNIOR (Class E) 2 x 1,30 x 1 break
AMATEUR (Class C-B) 3 x 2 x 1 break	AMATEUR (Class C-B) 2 x 2 x 1 break
PROFESSIONAL NEO 3 x 3 x 1 break	PROFESSIONAL NEO 3 x 2 x 1 break
PROFESSIONAL 5x 3 x 1 break	PROFESSIONAL 4 x 2 x 1 break
PROFESSIONAL (MASTER) 3 x 2 x 1 break	PROFESSIONAL (MASTER) 3 x 2 x 1 break

# MUAY THAI ARBITRATION RULES

Important note: In case of Tournaments by elimatory:

**MALE - FEMALE**

**JUNIOR (E-Class) 2 X 1.30 X 1 rest (Qualifying)**

**3 x 1.30 x 1 break (Final).**

**AMATEUR (Class C - B) 2 X 2 X 1 rest (Qualifying)**

**3 x 2 x 1 break (Final).**

**In FEMALE the finals will be 2 x 2 x 1**

## PROFESSIONAL NEO (TITLE AT PLAY)

MALE	FEMALE
<b>WORLD</b> 3 x 3 x 1 break	<b>WORLD</b> 5 x 2 x 1 break
<b>INTER-CONTINENTAL</b> 3 x 3 x 1 break	<b>INTER-CONTINENTAL</b> 5 x 2 x 1 break
<b>CONTINENTAL</b> 3 x 3 x 1 break	<b>CONTINENTAL</b> 4 x 2 x 1 break
<b>NATIONAL</b> 3 x 3 x 1 break	<b>NATIONAL</b> 4 x 2 x 1 break

## PROFESSIONAL

MALE	FEMALE
<b>WORLD</b> 5 x 3 x 1 break	<b>WORLD</b> 5 x 2 x 1 ó 3 X 3 X 1 break
<b>INTER-CONTINENTAL</b> 5 x 3 x 1 break	<b>INTER-CONTINENTAL</b> 5 x 2 x 1 ó 3 X 3 X 1 break
<b>CONTINENTAL</b> 5 x 3 x 1 break	<b>CONTINENTAL</b> 5 x 2 x 1 ó 3 X 3 X 1 break
<b>NATIONAL</b> 5 x 3 x 1 break	<b>NATIONAL</b> 5 x 2 x 1 ó 3 X 3 X 1 break

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## PROFESSIONAL (MASTER) 46 years onwards (TITLE IN PLAY)

MALE	FEMALE
<b>WORLD</b> 7 x 2 x 1 break	<b>WORLD</b> 6 x 2 x 1 break
<b>INTER-CONTINENTAL</b> 6 x 2 x 1 break	<b>INTER-CONTINENTAL</b> 5 x 2 x 1 break
<b>CONTINENTAL</b> 5 x 2 x 1 break	<b>CONTINENTAL</b> 4 x 2 x 1 break
<b>NATIONAL</b> 4 x 2 x 1 break	<b>NATIONAL</b> 3 x 2 x 1 break

The rest time for all modalities will be 1 minute between rounds.

## 6. WEIGHT CATEGORIES

### 6.1 PROFESSIONAL - PROFESSIONAL NEO MALE

CATEGORY	KILOS	LIBRAS
SUPER ATOMWEIGHT	-50,500	111
FLYWEIGHT	-51,800	114
BANTAMWEIGHT	-54,500	120
SUPERBANTAMWEIGHT	-56,400	124
FEATHERWEIGHT	-58,200	128
LIGHTWEIGHT	-60,0	132
SUPERLIGHTWEIGHT	-62,300	137
LIGHTWELTERWEIGHT	-64,500	142
WELTERWEIGHT	-66,800	147
SUPERWELTERWEIGHT	-69,500	153
LIGHTMIDDLEWEIGHT	-72,300	159
MIDDLEWEIGHT	-75,0	165
SUPERMIDDLEWEIGHT	-78,100	172
LIGHTHEAVYWEIGHT	-81,400	179
LIGHTCRUISERWEIGHT	-84,600	186
CRUISERWEIGHT	-88,200	194
SUPERCRUISERWEIGHT	-91,800	202
HEAVYWEIGHT	-96,400	212
SUPERHEAVYWEIGHT	+96,500	+212

# MUAY THAI ARBITRATION RULES

## 6.2 PROFESSIONAL – PROFESSIONAL NEO FEMALE

CATEGORY	KILOS	LIBRAS
ATOMWEIGHT	-49,100	108
SUPERATOMWEIGHT	-50,500	111
FLYWEIGHT	-51,800	114
SUPERFLYWEIGHT	-53,200	117
BANTAMWEIGHT	-54,500	120
SUPERBANTAMWEIGHT	-56,400	124
FEATHERWEIGHT	-58,200	128
LIGHTWEIGHT	-60,0	132
SUPERLIGHTWEIGHT	-62,300	137
LIGHTWELTERWEIGHT	-64,500	142
WELTERWEIGHT	-66,800	147
SUPERWELTERWEIGHT	-69,500	153
LIGHTMIDDLEWEIGHT	-72,300	159
MIDDLEWEIGHT	-75,0	165
SUPERMIDDLEWEIGHT	+75,0	+165

## 6.3 AMATEUR – JUNIOR MALE

CATEGORY	KILOS
BANTAM LIGHT WEIGHT	-51
BANTAMWEIGHT	-54
FEATHERWEIGHT	-57
LIGHTWEIGHT	-60
LIGHTWELTERWEIGHT	-63,500
WELTERWEIGHT	-67
LIGHTMIDDLEWEIGHT	-71
MIDDLEWEIGHT	-75
LIGHTHEAVYWEIGHT	-81
CRUISERWEIGHT	-86
HEAVYWEIGHT	-91
SUPERHEAVYWEIGHT	+91

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## 6.4 AMATEUR - JUNIOR FEMALE

CATEGORY	KILOS
BANTAMWEIGHT	-48
FEATHERWEIGHT	-52
LIGHTWEIGHT	-56
MIDDLEWEIGHT	-60
HEAVY LIGHTWEIGHT	-65
HEAVYWEIGHT	-70
SUPER HEAVY WEIGHT	+70

## 7. WEIGHING

To safeguard the proper functioning of all these regulations, they will be required:

- Passport
- Federal license in force.
- Proof of medical examination
- Parent or guardian authorization, model that GBF will make available to the fighters (minors).

### 7.1 WEIGHING PROCEDURES

The wrestlers categories JUNIOR (Class E) - AMATEUR (Class C - B) - NEO PROFESSIONAL will be weighed the same day of the event.

# MUAY THAI ARBITRATION RULES

PROFESSIONAL NEO fights with title in play and PROFESSIONAL fights with or without title the weigh-in will be done 24 hours before the event.

## 7.2 OVERWEIGHT

For all PROFESSIONAL and NON-PROFESSIONAL competitors who are overweight the following regulations apply: Up to 2kg over = 20% penalty, up to 3kg over = 40% penalty of the bag.

The exchange retained from the bag by the supervisor, will be divided 50% for the opponent and 50% for the promoter. International title fights the overweight of a fighter has the following additional rules.

Without a GBF Supervisor there will be no weighting of a title fight. Both fighters must be without any excuse at the same time, to be weighed in the same place and on the same scale. Other arrangements or agreements are also not allowed.

When a competitor for a title fight does not give the agreed weight, he must give a new weight one hour later. If the weight is not in order again, the competitor must be weighed at least 8 hours before the fight for the last time.

If the official champion does not give the weight for the title it must be immediately declared vacant. If the challenger does not give the weight, the fight will be a non-title fight and may only be conducted as a normal fight.

## 8. PROHIBITED ACTIONS

- a) Heading.
- b) Blows to the genitals.
- c) Hitting or pushing against the face, eyes or throat with the thumb of the glove.
- d) Pushing them with the wrist, hand or shoulder.
- e) Spitting, biting, scratching and answering.
- f) Hitting the opponent's back, and any other attack after "break" or "stop".

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- g) Hitting the opponent if he is off the ropes.
- h) Continuing the fight when the opponent no longer has the ability to fight. This is valid when a different part of the body, except the soles of the feet touch the ground.
- i) Unsportsmanlike and intentional behaviour by running away before the fight.
- j) Simulating a serious punch, being false/underhand.
- k) Insults to the referees, opponents, officials and spectators.
- l) Pushing against the opponent.
- m) Throwing or projecting at your opponent using the hip or legs or any JUDO technique.
- n) Holding the ropes so that the opponent is blocked or hooked.
- o) Holding on to the ropes and executing attacks.
- p) Deliberately spitting out the mouthpiece with the intention of paralysing the fight.
- q) Failure of the fighter or coach to comply with the referee's orders
- r) Attacking with elbows.
- s) Hitting with the inside of the gloves, with the wrist or with the side of the glove
- t) Lowering the head below the waist.
- u) Using fighting techniques, such as dislocations to the arms and legs.
- v) Sweeping and low blows to the legs.
- w) Grabbing the lower back, damaging the spine.
- x) Grabbing the leg and walking more than two steps without hitting.
- y) Deliberately hitting the testicles.

### **SPECIAL RULES FOR SPINNING BACKFIST**

Spinning backfist is allowed in all disciplines. This technique can only be performed when it is with the reverse side of the glove, facing the opponent. In the deliberate attempt with forearm or side part of the fist (hammer), or without eye contact with the opponent, the referee must caution the fighter.

If the wrestler repeats the same action, the Referee will immediately stop the fight and penalise with a minus point. When a line-up fist is made with the elbow, the referee must remove 2 points.

If the fighter continues to apply the same actions, he will immediately be disqualified. If a fighter is injured in any of the above actions and the referee awarded the offender either a warning or a point less the offender will be disqualified.

# MUAY THAI ARBITRATION RULES

For Class D and Class C - B the spinning back fist is prohibited.

## 9. ANTI – REGULATORY ACTIONS

If a wrestler after a foul or a collision in which he has suffered an injury, the fight shall be resumed upon authorization by the referee.

If the referee notices that one of the wrestlers is injured by a voluntary fault, the referee has to stop the fight and the time will automatically stop.

The injured wrestler has a maximum recovery time of five minutes.

The doctor must be consulted and the referee will decide if the injured wrestler can continue the fight, or if the fight is stopped. If the Referee is in doubt and cannot clarify the situation, all three Judges will be consulted.

The decision is made by 2:1 or 3:0, and determine whose fault it is.

A) If the Referee applies unequivocally that the opponent is at fault for his injury, he will punish the offender with a minus point (-1).

When the doctor ends the fight due to this injury, the offender will lose by disqualification.

B) If the Referee determines that the injured fighter is the same as the culprit for his injury, the fighter will not be punished.

When the doctor ends the fight due to this injury, the injured fighter loses by "technical knockout".

C) If the Referee determines that none of the wrestlers has committed any fault, it will be decided as an accidental collision, and no wrestler will be penalized.

The fight will be interrupted and time will be stopped.

After more than five minutes of interruption, the doctor will stop the fight and there will be a "technical decision".

If this case occurs in the first round a technical draw will be decided.

If this case occurs after at least two complete rounds in a "non-titled" bout the scoring forms will be collected.

The fighter with the most points up to this point is declared the winner.



# MUAY THAI ARBITRATION RULES

If this case comes to happen after at least three complete rounds in a "titled" fight the score forms will be collected.

The fighter with the most points up to this point is declared the winner.

## 10. SCORING TECHNIQUES

In order to determine a point score using scoring techniques, points will be counted at the end of each round for decision making

TECHNIQUES	CONTACT AREA
<ul style="list-style-type: none"><li>• - All blows with the fist, and twisting blows with the reverse side of the glove.</li><li>• - Leg techniques ( Heel, sole, instep, external edge of foot directly or with a circular and inverse turn)</li><li>• - Techniques with the "Low kick" tibia with the front or back leg.</li><li>• - Circular hits with the tibia</li><li>• - All knee techniques</li><li>• (Amateur is not valid at the head) Class A-B valid at the head)</li><li>• - Projections</li><li>• - Elbow strikes</li><li>•</li></ul>	<ul style="list-style-type: none"><li>• - Head (face, and sides), Chest, sides of the body and stomach.</li><li>• - Chest, Stomach, Arms, Legs (Face and sides of trunk)</li><li>• - Thighs (inner and outer side)</li><li>• of the front or rear leg</li></ul>

## 11. SCORING FORM

11.1 EVALUATION FOR SCORING

WHAT TECHNIQUES DO THEY SCORE

# MUAY THAI ARBITRATION RULES

All techniques can score equally well on MUAY THAI according to their power and precision. To understand at what level they score each one you can use a system that helps us to measure by degrees the hits.

A set of Grade A strokes will be the ones that I have scored the most and will make us win an assault since they are considered precise and decisive techniques...

The following are the techniques of Grade B are the next to score according to their effect.

The techniques of Grade C are techniques that enter quite clearly but do not have as much effect as those of Grade B, and those of Grade D are those that only score when there are none of the other previous ones.

## FIST HITS

If a fist strike results in a protection score this technique scores the same as any other that causes the same effect...this will give two points of difference in the scores (10-8), in case the fighter who receives the score continues to win the round the score would not be (10-8) but would be (10-9), in our system of grading effectiveness this will be a Grade A technique.

If a punch clearly impacts, causing the opponent to back up or lose his balance, this will be a Grade B punch.

If a punch or combination of punches clearly impacts the opponent but causes no effect it will normally not score unless there was no other action to score this would be a Grade D.

If the hits are blocked there is no point.

## ELBOW BALLS

If the elbow strike results in a protection count, as with fists this would be a Grade A strike giving a score of (10-8) on the round unless the elbow continues to clearly win the round which would be (10-9).

If the elbow clearly impacts by cutting, backing up or losing balance this would be a Grade B hit.

If the elbow clearly enters but does not visually damage or have any effect on the fighter it only scores if there is no other action to score Grade D.

If the elbow is blocked it does not score.

# MUAY THAI ARBITRATION RULES

## KICKS

If a kick hits any part of the body, head or legs resulting in a protection score this will be a Grade A hit giving a score of 10-8, but if the receiver of the score wins the round very clearly this will be a 10-9.

If the kicks to the legs (low kicks) cause the receiver to back up or lose balance or clearly cause pain this will be a Grade B hit.

If the kicks impact on the legs causing the fighter to fall to the floor of the ring this would be a Grade B+ punch, i.e. it scores a little higher than the previous one.

If the kick connects in the torso this would be a Grade B punch.

If the kick engages the forearm causing the fighter to back up or lose balance this would be a Grade B punch.

If the connecting kick to the forearm has no effect on the fighter, it is a Grade C punch.

If the kick hits the neck, it is a Grade B punch.

If the kick is blocked it is not a punch.

## KNIVES

If a knee strikes the body, legs or head resulting in a protection count as all other strikes it will be a Grade A strike resulting in a score of (10-8) or in the case of the one being counted the round will clearly win (10-9) ,i.e. the count will only subtract one point.

If a straight knee strikes the body this will be Grade B.

If a side knee (KAO TII) impacts the torso it will be only Grade C.

If a knee impacts on the arms but with power acting on the opposite side, it will be a Grade C blow.

If a knee impacts on the legs causing imminent pain, it will be a Grade C blow.

If a knee only impacts on the legs without causing effect it is a Grade D blow.

If the knee is blocked it does not puncture.

# MUAY THAI ARBITRATION RULES

## TEEPS (FRONT KICKS)

If a TEEP impacts any part of the body causing a protection score this is equal to any of the other techniques being Grade A strikes and scoring (10-8) or (10-9)

If a TEEP connects anywhere on the body by slowing down and causing the fighter to fall to the ground this will be a Grade B+ hit

If TEEP impacts and causes the opponent to lose his balance, this will be a Grade B hit.

If TEEP impacts but causes no visible effect this will be a Grade D hit.  
If TEEP is blocked it will not score.

In short, kicks and knees that impact on the body and head tend to be considered more effective than kicks and knees on other parts of the body even if they have the same physical effect on our opponent.

To score fists, low kicks and elbows, these have to cause physical effect or cause imminent damage to the opponent. For example if a fighter is kicked causing him to fall to the ground this is considered an effective technique.

As we said before if a fighter is able to impact kicks and knees clearly on the opponent's body or head, these techniques are qualified as strong techniques if they are performed with balance even if they do not cause visual effect or infringe clear damage.

If the kicks or knees impact on the opponent's back it is considered a good point as it shows that the opponent cannot block or protect himself.

We have to know the game of MUAY THAI to know if we are winning or losing and how to lift the fight this is what great fighters master but it can help us a little to judge a fight when it is very even.

Some fighters use the following system to read the fight: 1 point for fists and low kicks, 2 points for circular knees to the body, 3 points for circular kicks and straight knees to the body, and 4 points for clear kicks to the neck. This does not mean that they are counting the points on their head but they do have it as a guide.

## **MUAY THAI ARBITRATION RULES**

For example if a fighter is hit with a circular kick he knows that to equal this he has to hit with another circular or straight knee to the body or hit with two circular knees (KAO TII) or with three clear fists or strong low kicks.

It is very important that all the techniques to score well must be thrown with power and precision and in balance.

### **WHO WINS THE FIGHT**

The WORLD MUAY THAI COUNCIL contemplates that the one who shows a better style of boxing combined with strong, powerful and precise blows, aggressive and dominant MUAY THAI on his opponent and using the traditional techniques of defense and counterattack will win the fight.

In the rules of the LUMPINEE Stadium the fighter who connects the most hits to his opponent, hitting clearly, powerfully, damaging his opponent's physique, wins the round.

We have to take into account that there are fights that are judged assault by assault but in MUAY THAI the total fight is judged with the best score in the last rounds the most important ones the third and the fourth, the fifth when the two are very equal. The last rounds are the ones that decide which fighter is the strongest, just like a long-distance runner the strongest fighter at the end will be the winner.

This will be done when they are 5x3 bouts and the authentic rules of the MUAY THAI FULL RULES are accepted by both teams.

For the rest of the bouts that do not have these conditions, all the techniques mentioned above will be evaluated, without having a survey of what is mentioned in the part of the rounds.

### **WHO WINS THE ASSAULT**

1 The boxer who hits the clearest THAI weapons on his target will win the round: For example, the boxer who connects the most kicks and knees to his opponent's body wins the round if you move your opponent with your kicks and unbalance your opponent first and then move on. Any other technique scores even more clearly.

You can hit when moving forward, backward or to the sides but it is very important to regain your balance and position after each hit.

## **MUAY THAI ARBITRATION RULES**

Fists, elbows and low kicks score whenever they cause great effect on the opponent.

2. The boxer who makes the heaviest and most powerful attacks will win the round. All strikes must have power and weight to score correctly especially elbows, fists and low kicks.

3. The boxer who does the most damage to his opponent wins the round. For example, if the same number of punches are thrown, the boxer who is most tired will receive more points for receiving more punches or being cut from an elbow or similar damage.

4. The boxer who shows more attacking techniques will win the round. In case the round cannot be decided as neither fighter is equal and no scoring techniques are performed.

The one who attacks and is more aggressive will win the round.

5. The best defenses, attacks and counterattacks will win the round.

6. The fighter with the least number of fouls in the round.

### **TECHNICAL VARIETY DOES NOT INFLUENCE PUNCTUATION**

That is to say that there are fighters who can win their fights with only very few techniques, for example only knees or kicks etc.

### **THE BEST RATED TECHNIQUES**

The first of these is any kind of technique that knocks out the opponent by preventing him from fighting

The second those techniques that force the referee to perform a protection count are Grade A techniques, unbalancing your opponent with a kick and then combining it with another strong technique.

Throwing your opponent to the ground with a Grade B+ punch or kick  
Continuously throw your opponent to the ground by dominating the fight.

Also the judges look at the total dominance and the effectiveness in general, that you have success in your attacks without being able to be responded with equal precision and force in general this will give the winner of the assault or combat.

# MUAY THAI ARBITRATION RULES

Maintain a good physical and mental attitude. There is also a lot of emphasis on good guarding, movement and balance, it is very important that the fighter does not look too tired or hurt.

## FIGHTERS WHO NORMALLY LOSE THE ROUND

Turn your back on your opponent while he attacks.

Avoiding the fight.

Committing fouls continuously.

Holding on to the ropes to stop the fight or entering the clinch to avoid the fight or falling to the ground when your leg is caught etc...

## 11.2 SCORING CRITERIA

### MUAY THAI

- 1- A good and very even round will be given 10 points to the two boxers.
  - 2- The one who is a little above will be given 10 points and the opponent 9 points.
  - 3- The clear winner of a round will be given 10 points and his opponent 8 points.
  - 4- The winner of a round will be given 10 points and his opponent will be given 8 points if he has received a score.
  - 5- The clear winner of a round that his opponent has received a score will be given 10 points and his opponent 7 points.
  - 6- The winner of a round whose opponent has received two counts in the same round will be given 10 points for 7 to his opponent.
- .10-10 there is no winner.
  - .10-9 a clear winner of the round
  - .10-9 both are knocked out but one wins the rest of the round
  - .10-8 a protection score.
  - .10-8 a total and superior dominance of one of the fighters.
  - .10-7 two protection accounts.

## DECISIONS

By KO: when the opponent cannot continue to fight after the referee's count or because of a heavy blow.

By technical KO: when one of them is much inferior or is strongly injured or when the fighter cannot continue the fight after the rest time or, by

## MUAY THAI ARBITRATION RULES

doctor's recommendation or after receiving three counts in a round or a total of five in the fight.

When the fighter cannot continue because of an unintentional illegal hit he is a loser by technical KO but if it is because of a foul the opponent is disqualified.

A win can be obtained by disqualifying the opponent for committing fouls.

It is won by points when you are ahead on the judges' cards at the end of the bout.

It is said that without a decision when neither fighter fights properly or refuses the fight.

NO ANSWER when the ring is spoiled or problems in the hall or public prevent the continuation of the fight.

It is a null fight when the judges' score is the same for both fighters.

The punch will be considered correct if the kick hits effectively.

Punches without any power will not be evaluated.

In the GBF there is only the "point 10 system".

After each round, the judges will have written down their note on the point protocol, scores and negative points must be deducted.

A subsequent change to the protocol is not possible without the supervisor's signature. No round can be valued with less than 6 points

Fights for titles have to be evaluated separately and will be handed over during the break between the rounds to the referee and handed over to the supervisor.

In case of a draw or equality, in the sum of the rounds each judge will incline preference to the fighter, considering:

- a) Effectiveness of defence, of attacks, balance between hand and foot techniques.
- b) General impression of the performance
- c) Increased resilience and capacity to recover
- d) Get more action, especially in the last round.

The judges will use the observations section of the score sheet to justify their decision.



# MUAY THAI ARBITRATION RULES

## BASES OF MUAY THAI

To be able to understand and correctly score a MUAY THAI fight we have to familiarize ourselves with various aspects of the art.

We have to learn, how to read a fight, the techniques that are legal and illegal, the traditional MUAY THAI techniques and their correct use, plus several aspects of the fight that teach us to know who is the winner of a MUAY THAI fight.

Under the rules of this association and out of respect for the tradition of Muay Thai, the WAI KRU is mandatory, the RAM MUAY will not be mandatory it will be optional, if the maximum time stipulated will be 3 minutes.

## 12. INTERRUPTION OF THE FIGHT

**Injuries:** When the Referee wants to ask questions about the fighter's injuries, the fight will be paused under the command of "time stop". Neither the trainer nor the doctor may cross the ring by himself. The referee may accept the doctor's decision or not.

During the fight, the doctor may intervene at any time, even without asking the referee if he suspects that one of the fighters needs to be examined.

In order to do so, he must first inform the official timekeeper or supervisor that the fight is to be stopped. A short examination of the injured fighter may be carried out, and observe the severity of the injury, in one case clean some blood from the wound but the injured person cannot be completely treated.

The decision whether the fight can continue or not is in any case under the direction of the referee.

It is the recommendation from the medical point of view to end the fight and the referee will accept this decision, the fight will be ended, and the result will be given according to the rules.

## MUAY THAI ARBITRATION RULES

a) A fighter falls out of the ring: If a fighter is thrown, pushed out of the ring, he can be helped by anyone else, but not by his trainer or corner staff. The referee will stop the fighting time and give him a reasonable amount of time to get back in the ring when the wrestler, if not

sufficiently quickly, the referee will start the countdown and the judges will score a KD.

Intentional behaviour by the opponent is being determined, which may have some consequences.

b) Not respecting the rules: If there is a violation of the rules, the referee stops the fight and gives a warning to the irregular contestant, or gives a negative point in the affected corner and the reason (e.g. indicated by the judge, point minus the red corner for low hit), this will be scored and a point deducted at the end of the round.

c) Abandonment of a fighter: A fighter who is injured or exhausted may voluntarily end the fight, by announcing his decision by raising his hand, or not continue the fight again after a rest round. Losing result by abandonment.

d) Throwing in the towel: If the coach believes or sees that he has to end the fight, he may do so by throwing in a towel in front of the referee.

### 13. PROTECTION ACCOUNTS

Each fighter can receive an unlimited amount of bills during the fight, that is decided by the Referee. Three or more beads in a round automatically end the fight.

A fighter is considered knock-down, when he touched the ground with another part of the body due to the impact of the blow, except the soles of his feet.

If a boxer is counted once or more, he will be each time scored one point less, in the scoring protocol

Before the Referee starts counting, send the other fighter to the neutral corner that is furthest away and start counting.

The count is made at least up to number 8, even if the fighter is able to continue the fight before 8. The bell never saves a fighter from the count.

## MUAY THAI ARBITRATION RULES

2. If the fighter does not respect the referee's order or leaves during the count from the neutral corner, the referee stops the count and resumes it when he is in the assigned neutral corner.
3. When the referee has counted to 8 and the fighter who has been counted is in condition to continue the fight (on guard) the referee will give the signal for continuation.
4. A fighter may also receive a knock-down, when injured, when tired, if he is not in condition to continue the fight,

The referee will count you up to 8 and if you are unfit you will count up to 10.

5. When both fighters receive a knock-down at the same time, they will be counted and whoever stands up and is in a position to continue before 10 seconds, will be given a KO.

If both fighters are in a position to continue the fight, it will be continued normally.

6. The throwing in of the towel by the coach as a stop symbol during the count has no influence, the referee has the discretion to count to 8 or continue the count to 10.
7. When a fighter is lying down and being counted, only the Ring Physician, his trainer or the referee may remove the mouthpiece, in case the Physician has to intervene due to serious injuries, the fighter will be treated outside the ring.

## 14. POSSIBLE DECISIONS

### MEASURES IN CASE OF K.O.

1. When a fighter has to finish the fight before the allotted time because he has suffered a K.O. to the head or a T.K.O. due to injuries to the body, he may not fight for at least 4 weeks which will be written on the competition passport.

## MUAY THAI ARBITRATION RULES

A training break of 2 weeks is recommended. After the closure the fighter should go to the doctor for an ENCEPHALOGRAM (EEG).

2. The doctor has to assign other average checks after conversations, look at how many closures he has and listen to his opinions, this will be written on the form of the SUPERVISOR which will be stamped and signed by him.

The closure will be written on your fighter's license which must also be signed and stamped by the Physician or supervisor.

3. If a fighter suffers a K.O. or T.K.O. again within the first 6 months after a closure, he is prohibited from fighting again for a period of 3 months.

4. In case of a third K.O. T.K.O. on the head this fighter will have a closure for a period of 12 months.

### CLEANING OF THE GLOVES

When a fighter during the fight touches the ring floor with his gloves, the Referee shall clean the fighter's gloves before calling "FIGHT".

### JUDGES DECISIONS

JUDGE A	JUDGE B	JUDGE C	RESULT
A	A	A	UNANIME
A	B	A	MAJORITY
A	A	NULL	MAJORITY
A	B	NULL	NULL
A	B	NULL	INDECISE
NULL	NULL	NULL	NULL

# MUAY THAI ARBITRATION RULES

## DECISION CHANGES

Every decision made by the jury is a fact and cannot be changed. In fights for the title, decisions can be reviewed only after an official protest to GBF headquarters

When:

- a.) There is reasonable suspicion among individual members of the jury
- b.) There is an error in the points protocol that distorts or falsifies the result.
- c.) There is a clear violation of these rules, only the GBF competition rules will be valid.

## 15. PROTEST

All parties/teams are subject to the recent/last decision of GBF headquarters.

The GBF cannot at any time decide between local laws or those which contravene them.

A protest will be lodged with the Supervisor. With a deposit of a fee of £100 and for title fights £200, the protest is made in writing with brief grounds for the facts to which the protest is made.

Protests against the decision in title fights must be submitted within ten days after the fight by e-mail to GBF headquarters.

A protest against judges' decisions in general is inadmissible, unless there is detectable misconduct by a judge.

If the protest is accepted and valid, the protest fee will be refunded if it is not accepted and will remain at the IRC office.

Protests that are introduced in the form of fouls, wild gestures, insults, etc.

This can have other consequences, both for the fighter and his coach or manager

# MUAY THAI ARBITRATION RULES

## 16. CHAMPIONS AND TITLE HOLDERS

Each champion can defend in the first six months of his title against a suitable voluntary opponent in the ranking.

After six months, it is the mandatory defence of the title and the opponent is suggested by the GBF and they must be accepted or declared vacant.

Each champion has to respond within seven days, according to a challenge.

If a champion in more than 12 months has not defended his title, he is declared inactive.

In the case of a recent title defence after 12 months the champion who is in the first place in the world ranking must be accepted as his opponent.

If a champion more than 18 months has not defended his title, he is declared inactive.

The GBF may without the knowledge of the champion give the title as vacant and decide on a title fight with other fighters.

If a champion is convicted of a proven offence by a court of law, the title is automatically declared by the GBF to be vacant.

If a champion wins a higher title, his lower title is automatically removed.

If a champion wins the same title in a higher or lower weight category, he can keep both titles for six months.

He then has to give up or surrender one of his titles voluntarily.

## TIES DURING THE FIGHT FOR A TITLE

In national and international titles, in case the judges give them as a draw, the following will be valid:

1. It is the vacant title, then the referee will not give any extra round will be decided according to the three criteria 1st effectiveness 2nd technical 3rd offensive in chronological order

2. In the event of a title defence, the title holder by "technical decision" will win

# MUAY THAI ARBITRATION RULES

## 17. PROMOTER LICENSE

Each official GBF promoter must sign a contract with GBF Head Office to obtain a licence as a GBF PROMOTER. This licence is extended to the date of deposit for 12 consecutive months. The points and requirements found in the promoter's licence must be met, on both sides without exception.

In the international championships (International Champion, Continental Champion, Intercontinental Champion, World Champion) the judges, referees and supervisor will be granted by GBF headquarters without any refusal.

The registration of any title fight must be made known 30 days before the planned date to GBF Head Office, with the corresponding title form, as well as at the time of registration the corresponding fee to be paid in one of the GBF accounts.

## INFORMATION GUIDE

### TECHNICAL IMPLICATIONS FOR FIGHTERS, COACHES WHEN TRAINING MUAY THAI

The main function of this informative guide is to know how to read a fight, to win, to know how to lose it, to claim arbitration decisions, in that way it will be possible to separate the work of the Kickboxers and we will try to adjust as much as possible to the line of work of the VERY THAI, sometimes so conflictive.

The way MUAY THAI's fights are judged means that we have to take into account a number of important aspects when training.

Maintaining a good position and balance is very important to prevent your opponent from scoring well and that your own points in a correct guard and movement can be considered the foundation of the MUAY THAI.

It is very important that the use of good guard position and balance is automatic and when you perform an attack technique always return quickly to your guard position. This is very important to protect yourself as your opponent will be ready to attack you from the moment you finish your attack, if you don't return quickly to your guard position it will be very difficult for you to block and this will cause your opponent's counter attack to make you lose your balance resulting in a positive score for your opponent.

## **MUAY THAI ARBITRATION RULES**

Good movement makes it easy for you to use your attack and defence weapons in the MUAY THAI.

It is very important to be able to perform the techniques in balance and effectiveness always controlling your body during and after the attack.

A good position makes that you economize your movements being able to make technical series, one after another.

It is not very good to dance around your opponent if your balance is not good because with a simple kick you would lose your balance and the result would be good for the opponent.

In MUAY THAI it's a foul to drop to the ground when your opponent grabs your leg. Standing up when your kick is grabbed is a technique that needs to be trained.

Movements and balance are fundamental in body to body and must be practiced together with neck, arm and knee grips as it is very easy to lose your balance when you are gripped.

It is very important to save your energy during the whole fight, especially in the first rounds.

You must attack when you feel strong and use defensive techniques such as TEEP while you are recovering.

Find the gaps and test your opponent's answers by observing their mistakes and opening up gaps for our techniques.

You have to select the techniques according to your strength and physical condition knowing at all times which ones score the most.