



W.K.M.A and B.I.K.M.A

Amateur Thai-boxing Rules and Regulations

ADULT SECTION

- 1 All competitors must wear 10oz regulation boxing gloves, groin guard and gumshield.
- 2 All contestants below B class must wear shin and instep pads.
- 3 All contestants rated B class or above will compete with footpads.
- 4 Round will be of 2 minute duration – Title contests will be of 4 round duration for Area title and 5.round duration for National and International titles.

TECHNIQUES THAT ARE ALLOWD

All punching including spinning punches.

All kicks to the body and head.

Roundhouse kicks to the inside and outside of the thigh.

Sweeps, hip throws, clinching, knee strikes to the body and thigh.

Elbow strikes to the body.

TECHNIQUES THAT ARE NOT ALLOWD (FOULS)

Head butting.

Striking to the head with any part of the arm other than the gloved first.

Striking to the groin.

Attacking with the knee to any part of the body above the chest.

Attacking with the elbow to any part of the body above the chest.

Striking to the back of the head.

Striking any part of the neck, including the throat.

Punching any area of the back, including the kidneys.

Linear, straight-in kicking, or striking with the knee to the back, including the kidneys.

Attacking an opponent when they are down. (For the purpose of applying this term 'down' means when any part of the contestants body other than their feet touches the floor.)

Takedowns or throat other than hip-throws.



TECHNIQUES THAT ARE ALLOWD (FOULS) – continued:

Intentionally pushing, throwing or wresting an opponent out of the ring.

Punching, kicking or in any way attacking the joints of the arm or legs.

Attacking on the back without first taking a step back.

Attacking after the referee has said stop.

Attacking after the bell has sounded to the end of the round.

Attacking before the referee has said FIGHT to begin or restart a round.

Holding an opponent whilst punching to their head.

Grabbing and holding an opponent's arm.

Holding onto the ropes as a means of aiding an attack or defence.

Attacking an opponent whilst springing off the ropes.

Purposely going down without being hit.

Striking with the palm of the glove.

Hitting or flicking with an open glove or thumb.

Attacking an opponent when they are partly through or caught in the ropes.

Constantly avoiding contact with an opponent.

Spitting out the gumshield.

Turning the back on an opponent during the course of the round. (Except to execute a spinning technique).

Ducking the head lower than an opponents chest.

The use of abusive language.

Disobeying the referees instructions.

Intentionally delaying a contest by seconds remaining in the ring after the referee has ordered them now out, through wearing improper equipment, or not wearing regulation protective equipment.

Arguing with the referee. (If the arguing being done by the contestants seconds the referee may penalise the fighter by deduction of points disqualification).

Any form of un-sportsmanlike behaviour.



General Rules

- 1 All competitors must be from a registered camp and hold a current licence and insurance, which will be checked on the day, at the weigh-in and medical.
- 2 The competitor must have the Full permission of his senior instructor to compete at the event and their own qualified corner staff.
- 3 The competitor AND corner staff must be correctly attired. Thai boxing shorts to be worn by all fighters, corner jackets and or club t-shirts with smart trousers for corner staff.