

# WMC RULES AND REGULATIONS

## PROFESSIONAL AND PROFESSIONAL-AMATEUR

### ❖ DRESS CODE FOR ATHLETES :

	MALES	FEMALES
<b>ATTIRE</b>	<ul style="list-style-type: none"> <li>Muay Thai shorts. [Black/Blue/Red/White]</li> <li>No tee shirt/shirt.</li> <li>Pra Jiad – Arm band to be worn while performing Wai Kru.</li> <li>Mongkhon – Head band to be worn while performing Wai Kru.</li> </ul>	<ul style="list-style-type: none"> <li>Muay Thai shorts. [Black/Blue/Red/White]</li> <li>Sleeveless / short sleeved tee shirt.</li> <li>Pra Jiad – Arm band to be worn while performing Wai Kru.</li> <li>Mongkhon – Head band to be worn while performing Wai Kru.</li> </ul>

### ❖ PROTECTIVE GEAR :

ITEM NAME	PROFESSIONAL AMATEUR	PROFESSIONAL
<b>GUM SHIELD</b> [Any colour except <b>RED</b> .]	<b>ALLOWED.</b>	<b>ALLOWED.</b>
<b>ELBOW PADS</b> [ <b>RED/BLUE</b> ]	<b>ALLOWED.</b>	<b>NOT ALLOWED.</b>
<b>SHIN GUARDS</b>	<b>ALLOWED.</b>	<b>NOT ALLOWED.</b>
<b>GROIN GUARD</b> [Metal groin guards for male athletes, foam groin guards for female athletes.]	<b>ALLOWED.</b>	<b>ALLOWED.</b>

### ❖ PROHIBITED ITEMS :

- Athletes should not wear or carry any metallic object during their fight.
- Athletes should be clean shaved. (beard and/or moustache is not allowed.)
- Athletes should not be smeared with excessive amounts of Vaseline/oil.

### ❖ MEDICAL COMPLIANCE :

- Athletes should be declared medically fit by a registered medical professional and are required to submit a medical certificate of fitness along with entry form.

### ❖ ROUND DURATION:

- 18 years & above - 3 rounds of 2 minutes, 1 minute rest.

### ❖ DRAW & FACE OFF:

- Draw shall take place after medical examination & weigh-in.
- Face Off take place after weigh-in in the presence of Chairman.
- No Medal for any athletes without having boxed.

#### ❖ WAI KRU:

- Before the first round of each bout, every athlete must perform the traditional Muay Thai ritual of homage “WAI KRU” with traditional Wai Kru music.
- Athlete must bow down 3 times on the mat.
- Maximum time for Wai Kru is 1 minute.

#### ❖ SECOND:

- Each competitor is entitled for 3 seconds. (The chairman must be informed about the chief second and his assistant before the bout).
- Only 2 seconds may enter the ring side.
- Before bout, seconds shall remove seats, towels, buckets, ice pack etc. from ring.
- The boxer’s chief second may give up for his boxer by stepping into the ring.
- Seconds may spray water using spray bottle only to cool down athletes.
- Violation of rules by seconds may cause disqualification or warning of the athletes.
- Seconds must wear uniforms or shirts with their boxing camp symbol, which are in no way offensive or abusive.

#### ❖ PROTEST:

- Protest can be lodged within 10 minutes (in Final Bout, within 5 minutes) of the final decision by authorized manager.
- Protest should be in written and submit to the Chairman of the Jury along with protest fee - Rs. 5,000/-.
- If Protest is valid – no public announcement, decision will change and official result will be given to the respective managers.

#### ❖ DECISIONS:

- Win by Point: As per the points given by the judges. If both athletes are injured, or are knocked-out simultaneously, and can’t continue the contest, the judges shall record the points gained by each athlete up to its termination.
- Win by Retirement: If an athlete retires immediately after the rest between rounds.
- Win by Referee Stopping Contest (TKO):
  - a) TKO: When an athlete is outclassed or is unfit to continue
  - b) Injury: In the opinion of referee, athlete is unfit to continue due to injury from correct hits or any other physical reason – stop the bout and opponent declared the winner (If referee consult the doctor, then referee should follow doctor’s advice). If doctor comes into the ring, no second is allowed. If injury happens in final round of a gold medal bout, winner will be decided on majority points scored from all preceding rounds only.
  - c) Referee Stopping Contest for Head Injuries (RSCH): Athlete has received hard head blows or hits to the head – rendering the athlete defenseless – incapable of continuing contest. (no RSCH to Outclassed Athlete)
  - d) Referee Stopping Contest for Body Injuries (RSCB): Athlete has received hard to any part of body except the head – rendering the athlete defenseless – incapable of continuing contest. (no RSCB to Outclassed Athlete)

- e) If both the fighter falls down of the ring and could not able to come up into the ring within 20 counts.
- f) Compulsory Count Limits (CCL):  
18 and above - 3 counts in same round or 4 counts in whole bout
- Win by Disqualification:  
If an athlete is disqualified, opponent shall be declared the winner. If both athletes are disqualified, decisions shall be announced accordingly. A disqualified athlete shall not be entitled to any prize, medal, trophy etc. (some exceptions are there)
- Win by Knock-out:  
If an athlete is down and fails to resume boxing within 10 seconds.
- Win by Walk-over:  
When an athlete fails to present himself/herself in the ring within 2 minutes after called outname in public address system. The opponent will be winner by Walk-over.

#### ❖ **AWARDING OF POINTS:**

- The points will be awarded to the athlete strikes the opponent by Muay Thai skills like Punching, Kicking, Kneeing or Elbowing with force and lands on target without being blocked or guarded against.
- Points will be awarded when the athlete break the balance of the opponent according to therules.
- Target for muaythai means 'Any Part of the Body' except for the groin.
- Ten Points System:  
At the end of each bout, the better (more skillful in muaythai) athlete shall receive 10 points(no fraction) and the opponent less (10 – 9 or 10 – 8 etc.)
- Steps for awarding points:
  - a) An athlete wins the round by striking, using more muaythai skill than his/her opponent.
  - b) An athlete wins the round by using more forceful muaythai skill than his/her opponent.
  - c) An athlete wins the round by showing less exhaustion than his/her opponent.
  - d) An athlete wins the round by showing more effect than his/her opponent.
  - e) An athlete wins the round by using a superior and more deserve muaythai style than his/her opponent.
  - f) An athlete wins the round by having less infringement of the rules than his/her opponent.
- Non awarding of points:
  - a) Striking with a lack of muaythai skills
  - b) Strikes are blocked by opponent's arms or legs
  - c) Striking with lack of force
  - d) Striking with infringing rules
- Scoring system:
  - a) Winner of a round will always get 10 points (Compulsory 10 Points system)
  - b) Opponent will be awarded 9 or 8 or 7 according to the points differences (small margin – 10:9, big margin – 10:8, small margin with warning – 10:7)
  - c) 10 : 10 can only be given when the winner of the round has received a warning.
  - d) 1 point will be deducted for 2 warning. This point may be awarded to the opponent.

- Equal in points, winner should be judged by:
  - a) Most dominating player
  - b) Better style of Muay Thai.
  - c) Better defense.

#### ❖ **FOULS:**

- 'Caution', 'Warning' and 'Disqualification'
- Fouls are imposed when –
  - a) Do not obey the instructions of referee
  - b) Acts against the competition rules
  - c) Unsportsmanlike behavior
  - d) Commits fouls
  - e) Using provocative manners during contest.
- Caution – can be given without stopping a contest (3 cautions for same type of foul means Warning).
- Warning – shall stop the contest; demonstrate the infringement, pointed out the athletes and to each of the judges. Two warning may cause 1 addition point to the opponent score.
- Disqualification – may be given without warning for Serious Fouls or Offence. In one contest, 3 warnings mean automatic disqualification.
- Boxers who have been warned must lose one point in that round.

#### ❖ **TYPE OF FOULS / VIOLATIONS:**

- Biting, Head-butting, Spitting on opponent, Pressing opponent's eyes with thumb
- Intentionally spitting Gum-shield
- Throwing by bending the lower back of opponent. Lifting up the opponent
- Striking opponent's Achilles Heel from back
- Falling over fallen opponent
- Attacking opponent who is down
- Holding the rope and attack or unfair use of ropes.
- Locking opponent's arm of head.
- Passive defense or intentionally falling to avoid hit
- Disrespectful behavior
- Not stepping back when ordered to 'Yaek'
- Kneeing in groin of the opponent (if unintentionally, referee will stop the bout for 5 minutes to recover, if not then loser)
- Holding opponent's leg – pushing forward more than 2 steps – without striking any muaythai skills
- When both athletes fall out of the ring – one tries to obstruct other to getting back
- Behavior of the Seconds
- Using Judo Techniques – foul
- Sweeping – foul
- Groin hit – serious foul (may be directly warning without caution)

#### ❖ **KNOCK –DOWN:**

- Any part of his body, except feet, touches the floor.
- He stands, leans, or sits on the ring ropes.
- Any part of his body, or the whole body, is out of the ropes.
- Following a hard hit, he has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the referee, continue the round.
- In case the knocked down boxer manages to stand up and is ready to continue the fight before the referee has counted to PAD or eight (8). In such case, the referee must continue counting

until 8 before he/she orders CHOK or “fight”.

❖ **THE COUNT:**

- In case of Knock-down – referee shall immediately begin to count the seconds in Thai language at the Eye-Level of the KD athlete showing his/her fingers (index finger first) in a semi-circle pattern from outside to inside.
- After rest interval – if athlete fails to resume boxing – count begins.

NUENG	ONE
SONG	TWO
SAAM	THREE
SII	FOUR
HAH	FIVE
HOK	SIX
JED	SEVEN
BEAD	EIGHT
KOUW	NINE
SIB	TEN

- If during counting, opponent does not go to the neutral corner – referee shall stop counting until the opponent has done so (advantage of KD athlete).
- Mandatory 8 (BEAD) count: Once the counting will start, its mandatory to count till 8 eventhe athlete is ready before that.
- If after 8 counts, athlete is ready – bout is continued – but athlete falls again without any fresh hit – referee shall continue the count from BEAD (8).
- If both athletes are down – counting will be continued as long as one of them is still down. If both remain down till SIB (10) – decision will be given according to the points awarded before KD.
- Knock-Out (KO):  
After the referee has counted to SIB (10). In case of RSCH or RSCB, no need to count till 10. Depending on the condition of the athlete, referee can stop counting and declare his/her decision.

❖ **SHAKING OF HANDS:**

- Before beginning and after bout – for purely sporting and friendship
- In between ‘Beginning of first round’ and ‘Announcement of the result’ shaking of hands is prohibited.

❖ **DOPING:**

- NADA (National Anti-Doping Agency) doping regulations should be followed.
- Doping test is mandatory for all the athletes before their respective bouts.