



New Zealand Muaythai Federation

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New Zealand Muaythai Federation (NZMF)

Rules and Regulations for Muaythai Competition in New Zealand

Endorsed by the International Federation Muaythai Amateur - IFMA

NZMF rules are the New Zealand n approved rules for WMC and IFMA. They are designed to ensure New Zealand follows a national rules system that follows the principles and guidelines of IFMA and WMC. IFMA rules are to be utilised for ALL tournaments that are set for Island and National Championships. These rules are for one-off matches, development shows, and routine competitions in New Zealand . ELITE athletes are to follow WMC Rules for all title bouts with the addition of the rules outlined here for one of non-title matches.

These rules are for all classes, of athletes including ELITE (A-Class), COMPETITOR (B-Class), NOVICE (C-Class), DEVELOPMENT (D-Class). ELITE AthleteS compete under World Muaythai Council (WMC) rules with some NZMF rule clarifications for NON TITLE bouts that are included here. These rules cover COMPETITOR, NOVICE, and JUNIOR bouts. Rules for COMPETITOR, NOVICE and JUNIORS are based on IFMA rules but adjusted for one off matches and development pathways.

The NZMF rule system is designed to develop the sport through athlete participation from novice, amateur to professional through the integration of an athlete athlete class system.

All NZMF rules are to be utilised uniformly across New Zealand.

ELITE RULE ADDITIONS TO WMC RULES FOR New Zealand

WMC Rules apply for all aspects of ELITE bouts with the addition of the following allowances:

1. Bouts for males and females are to fight the same round length and times in all competitions.
2. Bouts can be either 3 by 3min rounds with a 2 minute break (standard) or 3 by 3 min with 1 min breaks.
3. Bouts can be 5 by 3 min rounds and not be title bouts.
4. There is no 4 round bouts or 2 min round bouts for ELITE athletes.
5. ALL bouts for ELITE are Full Thai rules. Mod Thai bouts are not supported by the WMC or NZMF rules. This rule will be implemented Jan 2019 however this will be phased in over 12 months. In 2019, Area representatives can give an approval for Mod Thai on request for 2019. Jan 1 2020 is the cut off for any Mod Thai bouts.
6. Elbow guards can be worn by ELITE Athletes with less than 10 fights if requested. Both athletes must wear them.
7. 4 and 8 man competitions are allowed under the following circumstances:
 - All athletes are present at the weigh in.
 - All athletes are of the same experience and within 3kg of each other between 55 - 76kg, 4kg of each other between 77 and 91kg, or over 91kg where 5 kg is acceptable.
 - A Dr MUST approve the continuance of each athlete after each bout.
 - A athlete must not have more than 4 eight counts during the tournament.
 - A athlete who loses a bout cannot fill in for a athlete who is out if he/she lost by stoppage or had 2 eight counts during the bout.
8. All athletes must be available for WADA testing on request.

Section 1

Athlete Class System and Protective Equipment schedules.	4
Full Thai Rules	5
WMC, NZMF and IFMA	5
Athlete Payment	5
Rankings	5
Athlete Class registration	5
Titles	5
NZMF Athlete Class System - over view and definitions	9
Approved Equipment for NZMF competitions - schedule and descriptions	11

Section 2

General Competitions	14
Rule 1. The Ring.....	14
Rule 2. Ring Equipment for Competition	14
Rule 3. Gloves.....	15
Rule 4. Hand Bandages	15
Rule 5. Attire	15
Rule 6. Age, Weight Divisions and Weigh-in	15
Rule 7. Paying Homage (Wai Kru) and Rounds	18
Rule 8. Seconds	18
Rule 9. Referees	20
Rule 10. Judges	23
Rule 11. Head Official	23
Rule 12. Timekeeper and Announcer	24
Rule 13. Decisions	24
Rule 14. Scoring System	25
Rule 15. Fouls	27
Rule 16. Knock Down	27
Rule 17. Ring Doctor & Drugs and Prohibited Substances	28
Rule 18. Domestic and International Competitions Sanctioned by NZMF	28
Rule 19. Interpretation of Unstated Rules	28

Section 3

Female Competitions	29
<i>Rule 20. Attire</i>	<i>29</i>
<i>Rule 21. Weigh-in</i>	<i>2</i>
<i>Rule 22. Rounds</i>	<i>2930</i>
<i>Rule 23. Gender Identification</i>	<i>29</i>
<i>Rule 24. Referee and Judges</i>	<i>30</i>

Section 4

NZMF Junior Bouts - Overview	32
NZMF Junior Competition	
- Age Group break up and rules per age including required protective equipment	32
NZMF Junior titles, junior records.	36
Competitions for Under 18 (Juniors)	36
<i>Rule 25. Gloves</i>	<i>36</i>
<i>Rule 26. Weight Divisions and Weigh-in.</i>	<i>36</i>
<i>Rule 27. Juniors v's Adults</i>	<i>36</i>
 NZMF Junior Weight Divisions	 37

Section 1 - NZMF Athlete CLASS SYSTEM

The NZMF is a national sporting organisation and has a unified national set of rules. NZMF rules are approved and endorsed by IFMA and the WMC for use in New Zealand for matches for Muaythai.

Introduction:

A class base system is an effective way to manage athlete pathways and develop a system that allows for a stronger base and quality professional athletes. It should give more options to a promoter and make the NZMF a more attractive body for promoters. The class base registration and athlete system is an enhancement to a based system. It is an effective way to grow a true national sport and represent the NZMF to local and national legislators. It is critical to the New Zealand Sports Commission that the NZMF appears as a national sport and this system meets that criteria. Above all, it should make the NZMF more attractive to clubs and individuals.

The system will take flexibility, education and an implementation program however by Dec 2020; it should be fully implemented at all levels for it to be effective. NZMF Area representatives **MUST** lead the way and ensure compliance and education to all clubs and promoters. To believe in the system as the future.

The aim to take ownership of our sport.

The policies and regulations of NZMF are the base standard for all NZMF events. NZMF requirements are the minimum standard for all Areas.

Athletes are categorised by experience and managed in a class system from D to A class, (D-development, C-Novice, B-Competitor, A-Elite) depending on the athlete's experience, ability and choice.

Athletes will be registered and have every fight counted by the class they are registered in whilst always maintaining an overall fight score to measure experience. Moving up a class re-sets the athlete count to zero - for that class only. Therefor maintain a record of overall fights plus how many per class. A athlete's history is transparent, but starts again every time they move up a class. The move between classes can be a choice by a athlete or it can be enforced by a maximum experience levy or imposed by the NZMF.

Full Thai Rules is Muaythai

From 2018 NZMF is developing the sport fully and separating itself from all other organisations. NZMF is the peak body for Muaythai and deviations from the standard rules of Muaythai are not acceptable in any circumstances. All bouts in A, B and C class are FULL THAI. All A-Class fights are FULL THAI RULES. All Title fights are FULL THAI RULES. From January 2019; all NZMF adult shows are FT and no compromise is given for Mod Thai bouts. The NZMF principle is Mod Thai is not a sport.

The NZMF is a sporting organisation to promote Muaythai. Its strength is in its member clubs being Muaythai clubs. It is not a sanctioning body, it is a member organisation that conducts competitions for its member clubs and athletes. The NZMF clubs should support and conduct NZMF competitions and the NZMF should support clubs and grow Muaythai. Mod Thai is not a sport.

To develop participation in Muaythai it requires greater reach to trainers and clubs to train for Muaythai. One of the ways to do this is have rules that everyone follows and trains for. Head gear and elbow guards is a more effective pathway to Muaythai than no head gear and Mod-thai.

D-Class have the option for NO ELBOW bouts, as these classes as specifically for participation and athlete development. Inter-club sparring, people commencing the sport as older athletes, your regular gym people who want to compete but only train on a casual basis.

WMC - World Muaythai Council - ELITE RULES

The WMC governs professional Muaythai internationally. The WMC rules and regulations apply to ALL A-Class bouts. All international bouts in A-Class and any title above New Zealand n Title in A-Class are sanctioned by the WMC. All other Classes are governed by NZMF. There is NO amateur WMC. There is NO-junior WMC. Only A-Class, which is professional, in regard to WMC definitions.

NZMF - New Zealand Muaythai Federation

NZMF is the peak body for Muaythai in New Zealand . The NZMF is the New Zealand n representative for IFMA and the WMC. It is the only governing body recognised by the New Zealand n Sports Commission. It manages all bouts in all classes. It manages A-Class on behalf of the WMC. A, B, C and D-Class are managed by NZMF.

IFMA - International Federation of Muaythai Amateur

IFMA is the international governing body of Amateur Muaythai. IFMA in New Zealand is managed by NZMF. International IFMA competitions can be attended by selected NZMF athletes and officials only. All athletes representing New Zealand are selected by the NZMF selection committee.

All NZMF competitions for selection of a team for any IFMA competition are to be in accordance with IFMA rules and regulations. IFMA tournaments may be held for Island or national championships.

IFMA competitions are conducted on a Athlete Class System. IFMA, A and B Class are for their competitions only and do NOT mirror NZMF class system or define it. The international Athletes Class for international competition will be determined by NZMF selection board at the time of selection for all national teams. Many New Zealand A class athletes are only B-class for international IFMA events.

All bouts at IFMA International Tournaments are counted towards a athlete's domestic record.

IFMA Tournaments can be conducted in New Zealand . If this is the case they will be conducted under NZMF Class system for all domestic tournaments that are not IFMA International selection events. Any International IFMA tournament's in New Zealand will be managed by IFMA in conjunction with NZMF as the host.

Payment of Athletes

The payment of athletes is an issue between the athlete, (his/her management) and the promoter and has NO relationship to the class of the athlete or to NZMF. The management of a athlete's payment and all issues associated with being paid to compete is the responsibility of the athlete/manager/agent. A athlete can be paid to compete in any class and it has no effect on their status. A B-class athlete can be paid to compete if the promoter determines the athlete worthy.

All payments to athletes MUST be legal, accountable and in accordance with New Zealand Tax, workplace and consumer law. The NZMF supports all registered professional athletes being paid on any commercial show in order to grow the sport and participation of athletes.

All income from sponsorship is not covered by the NZMF. All sponsorship agreements do not supersede any rules, policies or regulations regarding the wearing of sponsorship material or advertising of sponsors. The NZMF may dis-allow the representation of a athletes sponsor at an NZMF event if the NZMF believes the sponsor does not follow the principles or codes of conduct of the NZMF or may bring the NZMF into disrepute, either directly or by association.

Rankings

NZMF will manage the rankings of athletes through the rankings, title and classes commission. D-Class athletes are not ranked but their experience is recorded in their NZMF book. Rankings will be in place for C, B and A Class athletes. The same point system applies for each status to determine the rankings.

Win is 3 points. Draw is 2 points. Loss is 1 point. KO is an 1 point. Disqualification is zero points.

Classes of Athletes

All registered competitors are broken in to a Athlete Class system. The Athlete Class system replaces the Professional and Amateur system in all respects. All NZMF is now a Athlete Class based system.

An NZMF promoter can match a bout by Athlete Class only.

Athlete Class registration

The NZMF will maintain the database of registered athletes. This is done through the nzmf.rsportz.com platform

All athletes should commence in either D or C class. Most people will commence on shows as C-class athletes, for either development days, as amateur athletes, or novice athletes.

Athletes can remain in D-Class as this level is designed for participation purposes but cannot go backwards. D-Class is only a competition sparring level for inter-club, local level only.

Once an athlete commences C-Class bouts he/she is a part of the NZMF athlete system of development. C Class is an amateur/novice level and all bouts follow the C-class padding requirements. An athlete can remain at C-class for as long as they desire but are only to be matched in accordance with their C-class record. Once a transition to B-Class, he/she cannot compete at C or D Class bouts. (You cannot go backwards principle). If an athlete has more than 1 bout at the class above, he/she is at that class.

An athlete is required to have a mandatory 5 bouts in C-Class before transitioning to B-Class. An athlete can remain in B-class for as long as they desire. An athlete can seek approval from the NZMF to progress faster through the system based on factors including, previous experience, foreign athlete or experience at a related combat sport.

Previous Combat Sports experience can be considered if an athlete wants to commence competing at B or A class, but approval must be given by NZMF ranking, title and classes commission on recommendation from their Area NZMF representative. This exemption will be considered on a case by case basis upon application from the athlete. Bouts can-not be matched between classes.

All athletes are to be registered with NZMF and ALL bouts are to be recorded on the NZMF database with the class of the athlete clearly stated. All bouts are recorded by the class the athlete is at. All bouts outside NZMF are to be recorded.

A junior athlete with experience can commence as a B-Class athlete or an A-class athlete depending on experience. This can be approved by the Area representative of an athlete.

WMC and NZMF Title's - The NZMF is responsible for educating all clubs, trainers and the public regarding the difference between C, B and A class athletes. All titles must follow the NZMF titles protocols. A-Class titles are WMC.

Athletes cannot compete down a class. If an athlete competes up a class more than once, they remain in that class. An athlete cannot compete for a title in a class above their registration without a min of 3 bouts in the new class.

NZMF titles are for COMPETITOR (B-Class) athletes. WMC titles are for ELITE athletes.

To have a long-term development view, C-class must be a competition scene that athletes can proudly compete under C-class rules and develop experience before transitioning to B-class. B-class must be the strongest base of athletes to enlarge and improve the pool of competitors and stronger professionals.

North or South Island Titles - additional guidelines to policy.

Island titles are determined by the Island NZMF representative and overseen by the national executive. For Island titles; the athletes should reside in that Island or fight regularly in that Island and be known to come from that Island.

It must be approved by the national board.

NZMF Titles are available for each Island. There is no minimum amount of fights for a title but the athlete must be ranked high enough to deserve a title shot. Athletes competing for title must be the highest ranked athletes available and approved by the titles commission.

Forms can be found on the website nzmuaythai.com

WMC TITLES - ELITE level Titles following WMC (Elite Rules)

NZMF TITLES - Competitor Level Titles.

National and Inter-island titles for NZMF can be competed if agreed to by the Rankings and Titles Commission. Refer to the policy on titles for clarification of eligibility.

The following titles are available for the highest ranked, most active and deserving athletes.

New Zealand Title

Island Title (also called state title)

JUNIOR TITLES

Are available for island and national titles for ages 14 and above. Junior titles are for trophies and prestige and do not include belts. Juniors cannot fight adults for titles or for adult titles.

ALL TITLES

All titles must follow the NZMF Island and national title policies for NZMF and WMC titles. Exemptions can be given if approved by the NZMF executive for all titles. For example: 2 athletes from the same island could compete for a national title if they are the unquestionable best 2 in New Zealand and ranked in the top 3 and that the bout doesn't preclude any island title holder from an opportunity to fight for the title. All avenues of athlete availability and athletes have been exhausted before this option can even be requested.

Promoters/stadiums can have promoter/stadium belts as determined by promotion.

NZMF Athlete Class System - The classes.

A-Class - ELITE - Professional Level. WMC title level.

B-Class - COMPETITOR - Amateur Level. NZMF title level.

C-Class - NOVICE - Amateur.

D-Class - Development.

All classes follow the can't 'step down' principle. The system is designed to start in C-class, have 4 bouts min and transition to B-class when ready. A athlete can stay in C-class as long as they desire if matches are available however a athlete should transition to B-class between 4-10 bouts in C-class. B-class is for athletes with 5 or more bouts experience. Athletes should remain at B-class until they are ready to be a professional and A-class athlete. B-class is the main division to get experience and develop as a athlete. C-class is to get started and develop skills and habits. A-class is for experienced athletes, generally for 15 plus bouts. D-Class is an optional developmental level

A Class: ELITE - WMC rules and regulations.

All A - Class bouts **MUST** be officiated by NZMF officials and be hosted on a NZMF event registered and approved by NZMF. A-class athletes **MUST** be a registered Professional. ELITE fights are under WMC rules and regulation except where these rules super seeds them.

Definition: A-Class is for experienced athletes. B-Class athlete can transition to A-Class after 10 fights at B-class or upon application to NZMF. A-class athletes **CANNOT** compete for a B-Class title, NZMF title.

Round Time:	3 min rounds for males and females. 2 min break however 1 min breaks are optional.
Rounds:	All fights are 3min rounds. Fights can be either 3 rounds or five rounds. Titles are 5 rounds.
Rules:	Full Thai

B Class: COMPETITOR - NZMF rules and regulations. (equivalent to Amateur level fights and amateur Titles)

Definition: B-Class is for athletes with a min 3 fights experience at C-class. A B-Class athlete can transition to A-Class after a minimum of 10 fights or upon request to NZMF. A B-class athlete **CANNOT** fight for an A-Class title without first having at least 3, A-class fights. A athlete can start in B-class upon approval from the NZMF if he/she has combat sports experience or is from overseas. B-class is for NZMF titles.

Round Time: Area Rep	2 min rounds for males and females. (B-class can fight 3 by 3 min if approved by
Rounds:	Fights are 3 rounds or 5 rounds for athletes with 10 fights or more. Titles are 5 rounds.
Rest breaks:	1 minute.
Rules:	Full Thai - (elbow guards for ALL B-class)

Padding: As per table on page 2.

C Class: NOVICE - NZMF rules and regulations: (NZMF rules with the following adjustments)

Definition: C-Class is for novice/amateur athletes. A C-Class athlete can transition to B-Class after a minimum of 3 fights or upon request to NZMF. A C-class athlete must commence competition at C-class unless approved by NZMF.

A athlete can stay in C-Class for as long as desired however can transfer to B-Class on their 4th fight. A C-Class athlete can fight a B-Class athlete with less than 10 fights but only in accordance with C-Class rules and padding requirements.

Round Time:	2 min rounds for males and females. (no titles)
Rounds:	All fights are 3 rounds.
Rest breaks:	1 minute.
Rules:	Full Thai. Mod Thai can be approved for 2018.

Padding: As per table on page 2.

D Class: NZMF rules and regulations: (NZMF rules with the following adjustments)

All D-Class fights can be hosted on a NZMF event or hosted at a NZMF club as long as the event is registered and approved by Area NZMF rep. Events **MUST** be conducted in a standard approved boxing ring. An NZMF official must be present to oversee the event. Judges can either be registered NZMF officials or made up of the experienced coaches supporting the event to ensure fairness.

Definition:D-Class is for novice athlete's development. Designed only for competition level

sparring, inter-club bouts and development training. All athletes **MUST** fight D-Class to compete in a D-Class event. There is no minimum or maximum amount of fights for D-Class however it is a development step only designed for athletes to commence/experience competition. It is suitable for Muaythai students who are not yet ready for C-class due to experience, age or fitness but still wish to try competition. A C-class athlete can compete at D-class, if fairly matched. D-class events can be a fund-raising event, inter club and may or may not charge an entry fee.

Round Time:	90sec or 2 Min rounds for males and females.
Rounds:	All fights are 3 rounds.
Rest breaks:	1 minute.
Rules:	NZMF rules.

Protective equipment: As per table on page 20.

All protective equipment **MUST** be NZMF approved and check by R&J at the competition.

ELITE Men and Women. Gloves as per WMC Rules. Head gear is optional for first 10 bouts. Elbow guards are optional for first 10 bouts. Shin guards are not to be worn. All other protective equipment as outlined in WMC rules.

ITEM		Mandatory for:
HEAD GEAR	Open Face. Can be the corner colour or Black. C and D Class - mandatory. B -Class for first 10 fights.	B, C and D class fights. B-Class can remove after 10 bouts.
Gloves	10oz gloves D, C and B class. A-Class - as per WMC rules.	Velcro for D, C. Velcro/Lace B-class
SHIN GUARDS	Cloth shin guard to the knee and covering the instep. D-Class - Training padded shin guards.	C - Class. Mandatory. D - Class
ELBOW GUARDS	Cloth and cover elbow	D, C-Class, B-class. Required for B-class for first 10 fights.
Mouth guard	Form fitted	ALL bouts
Groin Guard - male	Steel	ALL bouts
Groin Guard - female	Plastic, padded.	Mandatory
Chest Guards - female	Mandatory for females unless they are wearing a body shield	Mandatory
Hand Wraps	B-Class. Wrap rules as per NZMF rules. A-Class - as per WMC rules.	A, B, D, C - Class

Approved equipment for NZMF competitions.

The equipment shown is to demonstrate the standard required by NZMF for the Class of competition. The brands shown are not endorsed by NZMF; they are only a sample of the style and protection required as a MINIMUM standard.

D-Class protective equipment:



10-16oz Gloves



Shin Guards



Male Groin Guard



Head Gear



Elbow Guards



Wraps

C-Class protective equipment:



10oz Gloves (lace or Velcro)



Shin Guards-cloth



Male Groin Guard



Elbow Guards-cloth



Head Gear - Open face



Female Chest Guard



Wraps

B-Class protective equipment



10oz lace up gloves
Male Groin Guards



Ankle Guards (optional)



Elbow Guards

A-Class protective equipment



8/10oz lace up gloves Male Groin
Guards *Junior/ Cadets protective
equipment*



Ankle Guards (optional)



Female groin guard



10oz Gloves (lace or Velcro)



Shin Guards-cloth



Male Groin Guard Elbow Guards-cloth



Head Gear - Open face



Chest Guard



Wraps

Section 2 - General Competition Rules

ELITE RULE ADDITIONS TO WMC RULES FOR New Zealand

These rules cover the following amendments to WMC rules for ALL Elite Bouts.

ELITE (A-Class) follow WMC rules for all title bouts. These rules cover ELITE rules for all bouts.

ELITE bouts rules have the following addition's of the following allowances:

1. Bouts for males and females are to fight the same round length and times in all competitions.
2. Bouts can be either 3 by 3min rounds with a 2 minute break (standard) or 3 by 3 min with 1 min breaks.
3. Bouts can be 5 by 3 min rounds and not be title bouts.
4. There is no 4 round bouts or 2 min round bouts for ELITE athletes.
5. ALL bouts for ELITE are Full Thai rules. Mod Thai bouts are not supported by the WMC or NZMF rules. This rule will be implemented Jan 2019 however this will be phased in over 12 months. In 2019, area representatives can give an approval for Mod Thai on request for 2019 only. Jan 1 2020 is the cut off for any Mod Thai bouts.
6. Elbow guards can be worn by ELITE Athletes with less than 10 fights if requested. Both athletes must wear them.
7. 4 and 8 man competitions are allowed under the following circumstances:
 - All athletes are present at the weigh in
 - All athletes are of the same experience and within 3kg of each other between 55 - 76kg, 4kg of each other between 77 and 91kg, or over 91kg where 5 kg is acceptable
 - All athletes are of the same experience and within 5kg of each other.
 - A Dr MUST approve the continuance of each athlete after each bout.
 - A athlete must not have more than 4 eight counts during the tournament.
 - A athlete who loses a bout cannot fill in for a athlete who is out if he/she lost by stoppage or had 2 eight counts during the bout.
8. All athletes must be available for WADA testing on request.

Rule 1. The Ring

In general competitions, the ring will be as follows:

- 1.1. The ring is a place constructed for competitions. The ring will be 6.10 x 6.10 meters for small size and 7.30 x 7.30 meters for larger size. Measurements shall be taken from the inner edge of the ring rope. It must be constructed sturdily and safely at a level without any obstructions. The ring floor must stretch out beyond the ring ropes at least 50 centimetres, but not more than 90 centimetres.
- 1.2. The ring floor must be placed at least 60cm from the ground, preferably 1.2m but not more than 1.50 meters. In each of the four ring corners, one ring post of 10 to 12.5 centimetres in diameter is erected no more than 2.70 meters from the ground. The ring floor must be covered with soft material, such as rubber, soft cloth pieces, sponge, or similar material,

to reach a thickness of at least 2.50 centimetres and not more than 3.75 centimetres. A top-up of canvas must cover the entire ring area, being tightly and smoothly secured.

- 1.3. The ring installation is to position the red corner on the left-hand side of the Chairman of the ring official's table, the blue corner opposite to the red corner and the other two shall be neutral corners.
- 1.4. There shall be 4 surrounding ring ropes of 3 to 5 centimetres in diameter, padded with smooth and soft material, attached tightly to the four corner posts. The ropes shall be attached at 45 centimetres, 75 centimetres, 1.05 meters and 1.35 meters from the ring floor, respectively as measured to the top of the ropes. The ropes of each side must be held by two strong pieces of cloth, 3 to 4 centimetres wide, equally spaced from each other. Such pieces of cloth must be tightly tied to hold the ropes. All four corners must be padded with cushioning or other material in good condition to protect the boxers from any harm. There must be a set of steps for each corner. A third set of steps shall be located near the neutral corner for the referee, doctor, etc.
- 1.5. Two boxes made of plastic or of other material shall be provided in both neutral corners:
one box each (outside the ring) for the referee to dispose cotton or fallen material.

Athletes fight out of either the red or blue corner. Promoters may utilise other colours for the corners; for example, black and white, or black and red for athletes shorts and promotions. If the two corner colours are distinctive to each other.

Regardless of the corner colour, athletes are fighting in red and blue protective equipment and representing red and blue corner for all decisions and officiating.

Rule 2. Ring Equipment for Competition

The ring shall contain the following equipment:

- Two chairs (stools) or swivel chairs for boxers
- A mop to wipe the ring floor and two towels
- Two towels
- Tables and chairs for officials
- A bell or siren
- 2 stopwatches
- Score cards
- A locked box for scorecards
- A set of round, time show-case, and bout markers
- A stretcher
- A pair of safety scissors
- Other instruments essential for the competitions (e.g. an amplifier and a microphone)

Rule 3. Gloves

- 3.1. For gloves used in competition, the leather portion must not be heavier than one-half (1/2) of the glove's total weight and the glove's inner pads must weigh at least one-half (1/2) of the total weight. It is not permitted to change the shape of glove's inner pads or to rub the glove's inner pads spreading them from the original shape.
- 3.2. Boxers must use exclusively gloves certified by the NZMF Executive Board.
- 3.3. The glove sizes for competitions are as follows:
 - All bouts for NZMF for Juniors, novice, and competitor are to wear 10oz gloves. Gloves are preferred as lace up however Velcro gloves are acceptable if approved by the head NZMF official. Glove's laces must be tied with knots behind the wrists. Gloves must be taped to cover any laces or strapping. Glove wearing must be inspected and stamped by the authorised glove inspector (NZMF Official) who must observe and control glove wearing to ensure that the boxers wear gloves according to the rules until the boxer's step into the ring.
 - Bouts for ELITE are to be in lace up in accordance with WMC Rules.

Rule 4. Hand Bandages

- 4.1. Boxers must wrap their hands with soft hand bandages no longer than six (6) meters and no wider than five (5) centimetres for each hand.
- 4.2. Boxers may use strapping tape, no longer than one (1) meter and no more than two and a half (2.50) centimetres wide for each hand, to top-up on the wrist or back of the hand. It is absolutely forbidden to top-up on the knuckles except in Elite bouts.
- 4.3. Boxers can use their own hand wraps or have their hands wrapped by their trainer. All wraps must be signed and approved by an NZMF official prior to gloves being placed on the boxer.

Rule 5. Attire

- 5.1. Boxers must wear shorts neatly at half-thigh length, without shirt or shoes. A athlete's shorts must NOT be the colour of the other corner. Shorts should preferably be the same as or close to the corner representing. Shorts cannot be split at the sides exposing underwear.
- 5.2. Boxers must wear groin protection for the genital organs, made of strong material capable to protect them from knee blows or other kinds of blows. The use of the groin guard is mandatory. For male athletes, a metal groin protector shall be worn a jock strap may be worn in addition. For female athletes, a female groin protector made from foam shall be worn.
- 5.3. Boxers' fingernails and toenails must be closely and neatly cut.
- 5.4. Boxers shall wear a headband (Mongkol) only when they pay homage (Waikru) before the bout. During the bout boxers may wear an inscribed cloth, amulet, or charm around the upper arm (Prajiad). If the amulet interferes with the flow of the fight, it must be removed immediately by the referee or corner.
- 5.5. Boxers may wear ankle supports, one for each ankle, but not to be shin supports, or to roll half way down. Wrapping the ankles and legs with pieces of cloth is not permitted. Ankle guards are not to be padded and may only be made of cloth. Nothing is to be worn under the ankle guards.

- 5.6. Boxers shall not wear belts, jewellery or dangerous ornaments.
- 5.7. Liniment is allowed on the athlete but cannot be excessive, dripping or running. Vaseline can be used in minimal quantities to limit cuts. Vaseline or liniment cannot be used on any attire. Gloves are to be free of any gasoline, liniment or related products. A athlete will be fouled for wiping his/her gloves on their person.
- 5.8. Form fitted gum shields must be worn during the contest. It is forbidden for an athlete to intentionally remove their gum shield during the contest and if the athlete does so, the athlete shall be warned or disqualified. If an athlete has his gum shield knocked out, the referee shall take the athlete to the athlete's corner - have the gum shield cleaned and returned to its proper position. While this is being done, the second is not allowed to talk to his/her athlete.
- 5.9. During the bout, if the boxers' gloves or attire is improperly displaced or against the rules, the referee shall stop the fight immediately to correct the faults.
- 5.10. Protective Equipment. Gloves, mouth guards, groin protectors are outlined above. Other padding is required in accordance with experience, age, government legislation and rules of the fight. It is of note to repeat that all padding requirements in the rules are superseded by Government legislation in all instances where the Government legislation is more stringent. If the NZMF regulations are more stringent, they are to be enforced.
- 5.11. Protective equipment is detailed at attachment 1 to these rules.

Rule 6. Age, Weight Divisions and Weigh-in

- 6.1. Boxers must be at least 18 years old to compete as an adult. An experienced 17 year old may compete as an adult as approved by the Board
- 6.2. Boxers competing against each other must not be more than three (3) kg's weight difference.
- 6.3. Boxers must have at least three (3) hours of rest after the weigh-in, before the beginning of the bout. A weigh in period of 24 hours is recommended.
- 6.4. Junior weights, ages, and specific rule requirements are detailed in the Junior NZMF section of these rules.

6.5 Weight divisions should be divided as follows:

CLAS S	KILOGRAMS
Mini Fly Weight	47.62
Junior Fly Weight	48.99
Fly Weight	50.80
Junior Bantam Weight	52.16
Bantam Weight	53.52
Junior Feather Weight	55.34
Feather Weight	57.15
Junior Light Weight	58.97
Light Weight	61.24
Junior Welter Weight	63.50
Welter Weight	66.68
Junior Middle Weight	69.85
Middle Weight	72.58
Super Middle Weight	76.20
Light Heavy Weight	79.38
Super Light Heavy	82.55
Cruiser Weight	86.18
Heavy Weight	95.00
Super Heavy Weight	95.00+

6.5. Weigh-in's

- 6.5.1. Weigh ins can be conducted no more than 24 hours prior to the commencement of the competition for one off matches/single day/night competitions.
- 6.5.2. For all tournament style competitions: weigh in's must be conducted on the day of the competition. The boxers must weigh-in with minimal clothes on the contest day between 07:00-09:00 on the competition day. A min of 5 hours between weigh in and bout is required.
- 6.5.3. Before weigh-in, the boxers must have their medical paper work confirmed. Boxers must present or have evidence of a blood tests and a medical approval to compete. Blood tests and medicals **MUST** be conducted annually for athletes. For an unregistered athlete, blood tests and medicals must be no older than 3 months prior to their bout.
- 6.5.4. physical examination of the athlete must occur prior to the bout at either the weigh in to competition. The athlete must be checked by a registered doctor to certify that they are physically fit to compete.
- 6.5.5. The boxer's manager or his representative may witness the weigh-in.

6.5.6. By video. Weigh ins cannot be conducted by video (phone or any other method) for any tournament, title fights, when the weigh in is the on the same day as the competition or international events. If both parties agree, a video weigh in can occur if it conducted on an official set of scales and a NZMF representative supervisors. Video weigh ins can only be conducted due to distance from the official weigh in being more than 100km. A video weigh in must site the individual, the scales set at zero and record the weight viewed when athlete is standing on them and the scales can be clearly sighted. Video weigh in are only an option for amateur shows for

interisland/country athletes who cannot make the official weigh in, in circumstances where the amateur competition does not provide travelling allowances or accommodation for the athlete.

6.5.7. Females Athletes MUST be given the opportunity to weigh in in private. A private female weigh in can only be conducted by other female's officials/ witness.

6.5.8. Juniors (under 18) and females should be screened from public view for all weigh in's. A athlete wishing to participate in promotional activities for the bout that may include viewing the weigh in can elect to be viewed however cannot be compelled to.

Rule 7. Paying Homage (Wai Kru) and Rounds

7.1. The athlete must enter the ring over the top rope or if desired by females - under the bottom rope. A mongkol is to be worn by all athletes ceiling the ring. Before the bout every boxer must pay homage in accordance with the art and customs of muaythai. Thai music is to be played during all rounds of a bout and whilst the athlete is ceiling the ring. The bout will start after paying homage.

7.2. Boxers shall shake hands before the beginning of the first round and before the beginning of the final round, symbolising that they will compete in the spirit of sportsmanship and in accordance with the official rules and regulations.

7.3. Amateur bouts consist of either 3 by 2 min rounds or 5 by 2 min rounds. Title fights MUST be five by 2 minute rounds. All bouts have a one minute break. The time shall be stopped in case of interruptions for cautioning, warning, correction of the boxers' attire, or other similar causes, and shall be excluded from the competing time of that round.

7.4. IFMA tournaments or any competition for selection for an international competition may conduct bouts in accordance with IFMA rules including 3 min rounds with a 1 min break.

Rule 8. Seconds

8.1. In general competitions, each boxer can have a maximum of two (2) seconds. The referee must be informed about the chief second and his assistant before the bout. Only 1 corner person is allowed in the ring during round breaks for all amateur bouts.

8.2. Second's Duties:

8.2.1. The safety of the athlete and to give tactical advice to the athlete. Seconds cannot say anything about or too the opponents corner or athlete. All instructions and advice must not be abusive in any form. All corner advice should be sportsman like and professional. If they violate the rule, the referee will warn, caution, or dismiss them from their duties.

8.2.2. During the bout, the seconds must stay on their seats. Before each round, they must clear towels, water bottles, and other materials from the ring platform.

8.2.3. During a round interval, the seconds must check the boxer's attire in readiness for the bout. If there is any problem, the seconds must notify the referee immediately to solve it.

8.2.4. If applying water on boxers, the seconds shall not wet the ring floor. They must also towel the boxer. Liniment cannot be applied during the bout. Vaseline can only be applied as first aid for cuts and must be minimal.

8.2.5. Seconds must not use abusive words and shall not hurt the boxers during or after the bout.

8.2.6. Seconds must wear uniforms or shirts with their boxing camp symbol, which are in no way offensive or abusive.

8.2.7. The boxer's chief second may give up for his boxer by stepping into the ring or throwing in a towel in front of the referee.

8.2.8. Seconds are not allowed to throw sponges or any other object in to the ring into the ring at any time, particularly during counting.

8.2.9. Seconds cannot touch the ring during the bout. Any banging on the ring or climbing the ring (unless to throw in the towel) will result in the referee stopping the bout. The corner will be warned and the athlete may be penalised a point if the referee deems the interference unsportsmanlike or interferes in the conduct of the bout,

8.2.10. Seconds may arrange their own material, equipment and medical supplies at their corners as follows:

- Water for drinking in a clear water bottle for viewing.
- Ice must be double bagged and not leaking.
- Towels
- Adrenaline of 1/1000 solution, mixed with vasoline or other substances as approved by ring doctor.
- First aid equipment including; Gauze, Cotton buds, A pair of safety scissors, Wound bandages, Absorbent cotton bandages or wound soft bandages.

Rule 9. Referees

The primary concern of the referees should be the care of the boxers.

9.1. Referees' Attire:

- 9.1.1. Referees must wear black trousers, and shirts or pullovers with NZMF emblem on the left chest pocket. All officials **MUST** wear the same attire.
- 9.1.2. Referees must wear light shoes without heels.
- 9.1.3. Referees shall not wear eyeglasses or metal ornaments.
- 9.1.4. The referees' fingernails must be closely and neatly cut.

9.2. Referees' Duties:

- 9.2.1. To prevent a weaker boxer from receiving undue and unnecessary punishment.
- 9.2.2. Control that the rules and fair play are strictly observed.
- 9.2.3. To interpret rules and implementing the rules or to decide or to act upon any situations not provided in the rules.
- 9.2.4. To closely control the bout at all times.
- 9.2.5. To inspect the boxer's gloves, attire and gum shields.
- 9.2.6. To use three commands as follows:
 - “หยุด” (YUD): To order the boxers to stop OR ‘STOP’
 - “แยก” (YAK): To order the boxers to separate from each other. After the YAK command both boxers must step back at least one step before engaging the fight again. OR ‘BREAK’
 - “ชก” (CHOK): To order the boxers to fight. OR ‘FIGHT’
- 9.2.7. Referees shall show a clear and proper signal to tell the offending boxer's fault.
- 9.2.8. When the referee disqualifies a boxer because of a serious rule violation or he stops the bout, he must notify the Chairman of the ring officials for his reasons.
- 9.2.9. Referees shall not allow boxers who intentionally violate rules, to gain advantage (e.g. grabbing ropes to kick or knee his opponent, etc.).
- 9.2.10. Referees shall not engage in any action which may influence the bout in any way, so that the boxers may gain or lose advantage (e.g. fast or slow counting, warning or not warning, etc.).
- 9.2.11. At the end of the bout, the referee must collect the score cards from the three judges and hand them to the Chairman of the ring officials for inspection.
- 9.2.12. At the end of the bout, the referee shall bring both boxers to the centre of the ring facing the Chairman's table. He will then raise the winner's hand according to the announcement.
- 9.2.13. Referees shall neither criticise nor give an interview about the future fight results or the past fight results without permission from the NZMF Executive Board.

9.3. Referees' Powers:

- 9.3.1. To terminate the contest at any stage if he considers it to be one-sided.
 - 9.3.2. To terminate the contest upon seeing that the boxer is too seriously injured to continue the bout. He may consult the ring doctor and he must follow the doctor's suggestion after consultation.
 - 9.3.3. To terminate the contest upon seeing that the boxer is not in earnest to fight. In this case, either boxer or both may be disqualified.
 - 9.3.4. To stop counting upon seeing that if he continues the count, the boxer may be in danger.
 - 9.3.5. To stop the count when the opponent does not go to the furthest neutral corner or he comes out from the neutral corner before the count is finished.
 - 9.3.6. To stop the fight to warn or caution the boxer who violates rules or for other reasons to apply justice or to enforce rules.
 - 9.3.7. To disqualify the boxer who ignores the referee's commands or who harms the referee or who aggressively offends the referee.
 - 9.3.8. To dismiss from duty the second who disobeys rules. The referee may disqualify the boxer whose second disobeys the referee's orders.
 - 9.3.9. For the boxer who severely violates rules, the referee has the power to disqualify him or he may declare the bout of "no decision" after warning or cautioning, or even without previous cautioning or warning.
 - 9.3.10. To warn the boxer who violates the rules, the referee must stop the fight before he clearly warns the offending boxer in order that the boxer understands the cause and objective of the warning. The referee must show a hand signal, pointing to the boxer to inform all judges that there is a warning. The referee must disqualify the boxer who has been given three warnings or declare "no decision." If it is a serious offense, the referee may disqualify him even though there has been no previous caution or warning.
 - 9.3.11. The referee may caution a boxer. A Caution is a procedure to notify the boxer that he must be careful and to prevent the boxer from making a mistake which is against the rules.
- 9.4.0 Counting procedure for boxers outside the ring
- 9.4.1. When a boxer has been attacked by his opponent's legal weapons, and as a result, has fallen outside the ring, the referee must order his opponent to go to the furthest neutral corner. If the boxer outside the ring is too slow to get into the ring, the referee shall count immediately.
 - 9.4.2. When a boxer, or both, falls outside the ring, the referee shall count to "ยี่สิบ"(20). If the boxer manages to get into the ring before the count of twenty, the bout will continue and the boxer loses no point.
 - 9.4.3. The referee shall stop counting if the boxer that has fallen outside the ring is obstructed or delayed going up into the ring by any person. The referee shall clearly warn the offender and continue the count. If the offender disobeys, the referee shall stop the bout and inform the Chairman of the ring officials.

- 9.4.4. When both boxers fall outside the ring, the referee shall count. If either boxer tries to delay getting in the ring, the referee shall stop counting and clearly warn the offender and continue the count. If the offender disobeys, the referee shall disqualify that boxer to lose the fight or of “no decision”.
- 9.4.5. If both boxers fall outside the ring, the referee is counting and a boxer can get back into the ring before the count of twenty, the referee shall declare that boxer the winner. However, if both boxers cannot get back into the ring before the count of twenty, the referee shall declare a draw.

Rule 10. Judges

- 10.1. Judges must dress as the referees. They may however wear eyeglasses.
- 10.2. Judges' Duties:
 - 10.2.1. Judges must sit one on each of the four sides of the ring with a distance from the spectators. If 4 judges. If 3 judges then one side is left clear of all officials.
 - 10.2.2. During the bout, judges shall not speak with the boxers or any other people. If necessary, they may speak with the referee during the resting intervals between rounds to inform the referee in case of an incident (e.g. seconds' misconduct, loose ropes).
 - 10.2.3. Judges shall score independently and accordingly to the rules. They must record scores in the score cards immediately after each round and they must add up the scores of both boxers for each round.
 - 10.2.4. Judges must identify the winner and sign the score cards before handing them to the referee.
 - 10.2.5. Judges shall not leave their seats until the referee declares the contest result.
 - 10.2.6. Judges shall neither criticise nor give an interview about past results without permission from the NZMF Executive Board.

Rule 11. - Head Official

- 11.1. Head Official/Chairmen Duties:
 - 11.1.1. To assign referees and judges for duties within the competition program. A head official must be appointed for each competition.
 - 11.1.2. To monitor the performance of referees and judges as stated by the rules and regulations. In case any referee or judge performs his duty incorrectly or ineffectively, the head of the ring officials shall report his assessment to the NZMF board.
 - 11.1.3. To solve competition problems and report incidents to the competition manager.
 - 11.1.4. To advice referees and judges on any decision-making matter.
 - 11.1.5. To monitor all score cards for the correct score sum, boxers' names, identification of the winner and the judges' signatures.
 - 11.1.6. To notify the ring announcer about the fight result to be pronounced to the public.
 - 11.1.7. To notify the promoter and report to the NZMF Executive Board for punishment considerations in case the boxer intentionally and severely violates any rule, which is contradictory with ethics and sportsmanship.

11.1.8. In case there is an unusual incident from which the referee and judges are unable to continue to work, Chairman of the ring officials shall act immediately, by all means, to continue the contest.

11.2.0 Head Official Powers:

11.2.1. Chairman of the ring officials may overrule the referee and judges by reversing the decision of the referee and judges only for the following cases:

- if the referee's decision is contradictory with the rules & regulations
- if the judges have incorrectly added up scores, resulting in a different decision from factual evidence.

Rule 12. Timekeeper and Announcer

12.1. The timekeeper and the announcer must sit beside the ring at designated seats.

12.2. Timekeeper's duties:

12.2.1. To monitor the number of rounds and competing time for each round, resting interval time between rounds, and time of time-outs.

12.2.2. To signal for the beginning and the ending of each round by striking the bell.

12.2.3. To signal five (5) seconds before the beginning of each round for the ring to be cleared.

12.2.4. To deduct the time of interruptions or the time stopped by referee order from the total round time.

12.2.5. To monitor for the correct time with a stopwatch or a clock throughout the entire duration of the fight.

12.2.6. The timekeeper shall not give the bell signal while the referee is counting, despite the round time expiration. The timekeeper shall strike the bell when the referee orders "ชก" (CHOK) or "fight".

12.3. Announcer's duties:

12.3.1. To announce names, boxing camps or nations, corners, and weights of both boxers to the spectators, when boxers enter the ring.

12.3.2. To announce that the seconds must leave the ring when they hear the warning signal from the timekeeper.

12.3.3. To announce the beginning and ending of each round.

12.3.4. To announce the verdict of the contest and identify the winner.

Rule 13. Decisions

13.1. Winning on Points:

- At the end of the bout, the boxer with the judges' majority decision wins the contest.

13.2. Winning by Knockout (KO):

- In case a boxer is knocked down and cannot continue the fight within ten (10) seconds, his opponent wins by knockout.

13.3. Winning by Technical Knockout (TKO)

- In case a boxer outclasses his opponent very clearly or one-sidedly outpoints his opponent.
- In case the opponent cannot continue the contest immediately after the resting interval of a round.
- In case the opponent is seriously injured and cannot continue the contest.
- In case the opponent has been counted for more than two (2) times (i.e. 3 times) in one round, or more than four (4) times (i.e. 5 times) in the entire fighting contest.
- In case the opponent has fallen out of the ring and cannot get back into the ring after the referee has counted “ยี่สิบ”(YISIP) or twenty (20).
- In case his opponent spontaneously withdraws from the contest due to injury or other causes.

13.4. Winning by Disqualification:

- In case his opponent severely violates the rules and the referee disqualifies him, whether there has been any previous warning or cautioning.

13.5. Winning by Walkover:

- In case a boxer's opponent does not pass the ring doctor's physical examination, cannot make weigh-in, or does not show up to compete as scheduled.

13.6. A Draw Decision:

- The majority decision is even as a draw.
- In case both boxers are knocked down and they have been counted out of ten (10).
- In case both boxers have fallen out of the ring and they have been counted out of twenty (20).
- In case both boxers are so seriously injured that they cannot continue the contest.

13.7. No Decision:

- In case the referee considers that either boxer is not in earnest and he declares that “there is no decision for this bout as the red corner / blue corner / or both boxers fight dishonourably”.

13.8. No Contest:

- In case the boxers have been warned and cautioned by the referee and persist on fighting.

13.9. Cancellation of Contest:

- In case of ring damage, a riot from spectators, or an unexpected situation causing it impossible to continue the contest.

Rule 14. Scoring System

- 14.1. A score shall be awarded when boxers use fists, feet, knees, and elbows as muaythai fighting weapons to hit his opponent powerfully, accurately, unprotected, and according to the rules.
- 14.2. Scoring advantage is awarded to:
 - 14.2.1. The boxer who goes on target with muaythai weapons the most.
 - 14.2.2. The boxer with heavier, more powerful, and the most accurate hits on target, using muaythai weapons.
 - 14.2.3. The boxer who can cause more physical exhaustion to his opponent by use of muaythai weapons.
 - 14.2.4. The boxer who shows better style of aggressive attacks.
 - 14.2.5. The boxer who shows better defence of muaythai art and techniques.
 - 14.2.6. The boxer who violates the rules the least.
- 14.3. Scoring advantage is not awarded to:
 - 14.3.1. The boxer who violates any rule when using his muaythai weapons.
 - 14.3.2. .
 - 14.3.3. The hit is light, without power or body weight behind it.
 - 14.3.4. The boxer kicks on target, his kicking leg is caught by his opponent and he is thrown on the ring floor.
 - 14.3.5. Throwing the opponent on the floor without using any muaythai weapon.
 - 14.3.6. A strike after the bell or after the referee has called break/stop.
- 14.4. Scoring points system:
 - 14.4.1. Full ten (10) points are given to the winner of the round and his opponent may be given 9 or 8 points in proportion. Points are not given in fraction.
 - 14.4.2. For an even round, both boxers score full ten (10) points (10:10).
 - 14.4.3. The winner of a round scores ten (10) points and the loser scores nine (9) points (10:9) The clear winner of a round scores ten (10) points and the clear loser scores eight (8) points (10:8). This **MUST** be a completely dominate round and should include a knockdown that is decisive.
 - 14.4.4. The winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores eight (8) points (10:8).
 - 14.4.5. Boxers who has had a point taken by the referee for a foul losses the point after the score is given. So, a 10-9 round is then deducted 1 from the person who lost the point so it could be 9-9 or 10-8.

Rule 15. Fouls

The boxer who intentionally behaves in any of the following mode is considered foul:

- 15.1. Biting, eye poking, spitting on the opponent, sticking out tongue to make faces, head butting, striking, or any similar action.
- 15.2. Throwing, back breaking, locking the opponent's arms, using Judo and wrestling techniques.
- 15.3. Falling over or going after a fallen opponent or opponent who is getting up. Rope grabbing to fight or for other purposes.
- 15.4. Using provocative manners and verbal taunts during contest.
- 15.5. Disobeying the referee's command.
- 15.6. Knee striking at the groin area (e.g. holding for knee striking at the groin and straight knee striking at the groin area). For such violations, the referee has the right to allow a resting time-out, not more than five (5) minutes long. If the knee-struck boxer refuses to continue, the referee shall declare the fight a no contest if the fight is in the first or second round. If the fight is in the 3,4,5 rounds the referee can go to the score cards for a result, disqualify the striker if the intent was serious and calculated. IF a draw at this stage, it is a no contest.
- 15.7. Catching the opponent's leg and pushing forwards more than two (2) steps without using any weapons. The referee shall order the boxer to stop and shall give him caution. After two cautions, the referee shall deduct a point from the fouler.
- 15.8. If a boxer pretends to fall on the ring floor after his kicking leg is caught or in clinching. This is taking advantage over his opponent and the referee shall give him a caution. If the boxer repeats the action and the referee has given him two cautions, he shall deduct a point from the fouler.
- 15.9. When both boxers fall out of the ring and either boxer tries to delay getting back into the ring.
- 15.10. Using forbidden substances as specified by WADA.
- 15.11. Violating any of the rules.

Rule 16. Knock Down

A boxer is down whenever he is in any of the following states:

- 16.1. Any part of his body, except feet, touches the floor. (no cart-wheel kicks at C-B class)
- 16.2. He/she stands, leans, or sits on the ring ropes to not fall.
- 16.3. 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.
- 16.4. In case the knocked down boxer manages to stand up and is ready to continue the fight before the referee has counted to “แปด” (PAD) or eight (8). In such case, the referee must continue counting until “แปด” (8) before he orders “ชก” (CHOK) or “fight”.

- 16.5. If the knocked down boxer is ready to continue before the count of “สิบ” or ten (10), but he falls again without any additional blow. In such case, the referee shall continue to count from the number he was interrupted at.
- 16.6. In case the referee has counted out of “สิบ” or ten (10), the bout shall be considered finished. In such case, the referee shall declare the knocked down boxer to have lost the bout by “knockout.”
- 16.7. In case both boxers fall on the ring floor simultaneously, the referee shall proceed on counting and shall keep on counting as long as there is one boxer on the ring floor. If both boxers cannot manage to stand up until they are counted out of “สิบ” or ten (10), the referee shall declare a “draw.” In case the boxers are trying to stand up, but have their arms or legs tangled, or one boxer is on top of the other, the referee must stop the count and separate them. He shall then continue his count in case one of the boxers is still on the ring floor.
- 16.8. In case of a knockdown, the referee must wait for one (1) second before he begins counting loudly from one to ten with one-second interval. Along with his counting action, the referee must show a hand signal for each second to notify the boxer of the number of counts.
- 16.9. In case a boxer is not ready to continue the bout following a resting interval between rounds, the referee must count, unless it is due to improper dressing.

Rule 17. Ring Doctor and Prohibited Drugs.

- 17.1. The ring doctor must be present at a designated seat throughout the competition until the end of the last bout. The following are the ring doctor's duties:
 - 17.1.1. To check the boxer's physical fitness to compete prior to the bout at the weigh in or before the bout at the competition. The Dr must determine the athlete is performing without any prohibited disease or sickness as specified in the Boxer's Book.
 - 17.1.2. To give advice and suggestions to the referee on request.
 - 17.1.3. To assist an unconscious boxer during a fight. Only the ring doctor is permitted to enter the ring. Other individuals may enter the ring if the ring doctor needs special help.
 - 17.1.4. To lend medical assistance for a knocked-out or technically knocked-out boxer by thoroughly checking immediate treatment.
 - 17.1.5. To check and diagnose the boxers after their bouts to notify them their recovery periods before the next bout as the following regulations:
 - After a five-round bout, the boxers must rest at least twenty-one (21) days before the next bout.
 - The winner in one round must rest at least seven (7) days.
 - The winner in a three-round bout must rest at least fourteen (14) days.

- The loser by knockout or technical knockout must rest at least thirty (30) days. In case losing by knockout or technical knockout because of two (2) consecutive head blows, the boxer must rest at least ninety (90) day's. (*See Health and safety policy*) Any loss by KO must be given a medical clearance before competing again. In a 4 or 8-man competition or tournament the rest period for a 5-round fight applies. If the athlete loses in round 1 then normal rest periods apply. A tournament, 4 men or 8 men are considered 1 event.
- Drugs and Prohibited Substances

- 17.2. It is prohibited to let the boxer use any drugs or chemical substances, which are not part of the boxer's usual diet.
- 17.3. It is possible to use substance for local anaesthesia, but only with the ring doctor's approval.
- 17.4. The prohibited substances for boxers are categorised in accordance with the WADA list of banned substances.
- 17.5. A boxer who uses a prohibited substance, or the person who gives the boxer a prohibited substance, must be penalised by the NZMF Executive Board.
- 17.6. A boxer or an official who violates regulations of drugs or prohibited substances must be penalised and prohibited from any bout or participation in any muaythai activities for a period decided by the NZMF Executive Board.
- 17.7. Any boxer who refuses to have a medical check-up following a bout will be prohibited from any bout. Any official who encourages the boxer to commit such offence will be prohibited from competitions.
- 17.8. All females 16 years and over MUST sign a waiver stating they are not pregnant.

Rule 18. Domestic Competitions Sanctioned by NZMF

- 18.1. Rules and regulations, as described in this document, shall apply to all domestic NZMF competitions equally.
- 18.2. All international tournaments, Championships, and NZMF title fights must follow the NZMF protocols for title bouts.
- 18.3. There are no international NZMF competitions. All international bouts are WMC rules.

Rule 19. Interpretation of Unstated Rules

In the case of any complication or if the NZMF official Rules and Regulations does not provide a clear statement for a given situation, the referee, or the Head officials, shall make the final decision.

Section 3 - Female Competitions

Rules and regulations for women's muaythai competition will mainly follow the muaythai competition rules and regulations for men described in Section 1, except for the following adapted supplements:

Rule 20. Attire

- 20.1. Female boxers must wear the same attire as male boxers with the addition of sleeveless, short-sleeved shirts, or crop top.
- 20.2. Female boxers must neatly tie their hair, without tangling ends, which can interfere in the contest. Hair accessories may be rubber or made of elastic cloth. Bands should be of a suitable size and should not contain metal or rigid plastic parts.
- 20.3. Head Gear requires females to place their hair in a hair net under the head gear.
- 20.4. Female boxers must wear a breast (chest) protector, and an abdomen (groin) protector. The boxer may use her personal protectors if they are approved by the NZMF Executive Board.

Head and body cover: Head and body covers may be worn by athletes to comply with cultural understanding and shall consist of the following: An optional body suit (two piece, tights and top/body suit) of white coloured material (one colour only) allowing covering of the legs to the ankles and covering the arms to the wrists. A head covering such as a full sport hijab similar to the Resport. On design or an individual skull cap of white coloured material), or an optional body suit (two piece) of a light colour material covering the legs and arms to the ankles and wrists, as well as a full sport hijab. Only IFMA approved attire can be used to participate in the competitions. (see below)



Rule 21. Weigh-in

- 21.1. Female boxers must weigh-in wearing clothes of no altering effect upon the boxer's weight.
- 21.2. Weigh-in officials must offer female's a restricted area to weigh in or a weigh-in room that must be a completely covered room or a completely curtained area.

Rule 22. Rounds

- 22.1. All female bouts MUST follow the same round times as men.

Rule 23. Gender Identification

- 23.1. Female boxers must be feminine gender by birth only. Gender examination may

not be conducted by the medical check-up doctor to any other official personnel.
A protest may be given and the match will be postponed pending inquiry.

Rule 24. Referee and Judges

- 24.1. Referee and judges in female competitions should endeavour to be female. In exceptional cases only the referee and judges may be male but the referee should be female where possible.

Section 4 - NZMF JUNIOR BOUTS

The NZMF primary purpose of junior competitions is to develop youth in a safe and organised sporting environment.

One off bouts differ from tournaments unless it is a designated IFMA competition, NZMF Island/nationals for selection for an IFMA event; these rules apply always. If a rule is required for something not covered, the IFMA rules will apply for juniors.

As with ALL NZMF rules; the jurisdiction of the competition regarding junior competition, the spirit of these rules should be followed.

Junior Age Division Break Ups and Rules

Overall Guidelines and general rules for 17 and Under.

**NZMF rules and regulations is setup for the safety of Junior Muaythai development in New Zealand . The rules are for all NON IFMA tournaments or selection tournaments national teams.
For all international competitions - IFMA rules apply.**

All categories have a scale of padding requirements based on the age/experience of the athlete. The padding requirements are based on the junior and less experienced athlete.

AGE BRACKETS - Athletes can cross age brackets if the opponents are not more than 23 months apart in age. The rules for the younger athlete apply.

Waivers (all paperwork) - Must be signed by the legal guardian.

Identification. NZMF registration. Birth certificate - passport - school ID or equivalent must be sighted at weigh in to determine proof of age, name and age.

Medical Requirements - All junior's MUST have a medical on a NZMF medical form and blood tests that are not more than 12 months old. This should be done in conjunction with registration. Blood tests are not required for children 14 or under.

Registration - ALL junior athletes must be registered with the NZMF. Registration is for 12 months. The registration book MUST be used at all competitions including with other organisations to record bout details.

Safety equipment is MANDATORY and cannot be negotiated or adjusted.

Weigh Ins. Weight Divisions are to be used at all time. There is to be no use of catch weights. If a child is overweight by more than 500 grams the bout will not continue.

Children's weights. All junior bouts are to be conducted under same day weigh in conditions. All weigh in are to be no greater than 12 hours before the bout with at a minimum of 3 hours between weigh in and the bout. For competitions with a 24 hour weigh in - juniors must weigh in again for the official weight, no great than 12 hours before. Promoters MUST factor in junior weigh in's to host junior bouts.

Titles bouts for juniors may require a 24 hr weigh in for promotional purpose with adults however the official weight must be recorded no great than 12 hours from the bout.

Children should not 'cut weight'. The NZMF does not support any method of junior weight cutting that is in addition to a healthy diet and exercise, so athletes are competing as close to natural weight as possible.

Age Group break ups for rules.

Juniors are matched for 1 off bouts with children that are no greater than 23 months older or younger.

The age division determine the rules and padding required.

All junior bouts have a 1 min rest break between rounds.

All junior bouts require the wearing of a Mong Kong, going over the top rope and the ceiling of the ring prior to the bout commencing. All juniors must wear Muaythai clothing.

8-counts - For children under 18 years; referees and judges must view the bout with added caution and safety than with adults. For children under 16 years the imposition of an 8 count on a athlete should be allowed for safety reasons and not be an automatic deduction of a point. Judges should consider that an 8 count can be given for an effective strike that downs an opponent, in which case stopping the fight should seriously be considered anyway. An 8 count can also be given by a athlete receiving multiple blows that are undefended, but of low impact, as defensive skills must be evident. This is for athlete safety and to continue the fight. Judges can determine if it is a 10-8 round but do not have give a mandatory 8, for an 8 count if that stoppage is to review the athlete and give them time to recoup mentally. *The advantage is given to the winner but for juniors under 16, 8 counts are for safety and not automatic scoring disadvantages.*

For all juniors - 3 by 8 counts in one fight is an automatic stoppage. 2 by 8 counts due to damage or lack of defensive skills and awareness, in one round is an automatic stoppage for any junior under 16.

TYKES - 8 years to 9 years (there is no titles in this division).

This division is MUAYTHAI LIGHT. It is designed for development only. It is a competition however, close bouts can be a draw more often than other divisions. LIGHT means that tykes are officiated strictly. Any head contact receives one warning, 2nd contact is a disqualification. Contact is to controlled and aimed for skill over power. The referee is to utilise a YELLOW CARD system. A tyke get a yellow card for any lack of control, uncontrolled aggression or infringement. 2 cards is point deduction. 3 cards is a disqualification. To control power, tykes are scored on technique, balance, composure and sportsmanship. If one opponents head is pulled down (posture broken), an 5 count is given for safety.

Spans - 8th Birthday until day before his/her 10th Birthday.

- Bouts consist of 3 by 1 min rounds.
- Head strikes are forbidden. Fouls are to be immediately pulled up by the referee. 1 warning is given. The fight is stopped if a second warning is required.
- Takedowns are forbidden.
- Elbows are forbidden.

Mandatory NZMF approved Protective Equipment:

- Head gear

- 10oz - 12oz gloves
- Chest guards are mandatory
- Cloth shin guards (to the knee)
- Groin guards for males. Optional for females.
- Mouth guard

KIDS - 10 years to 11 years (there is no titles in this division).

Spans - 10th Birthday until day before his/her 12th Birthday.

- Bouts consist of 3 by 1 min rounds for children with less than 4 fights experience. For children with 3 or more fights experience 90 sec bouts are authorised. For 5 or more fights - 2 min rounds are authorised.
- Head strikes are forbidden. Fouls are to be immediately pulled up by the referee. 1 warning is given. A point is deducted for a second offence. The fight is stopped if a third warning is required.
- All Muaythai weapons can be used to the body only.

Mandatory NZMF approved Protective Equipment:

- Head gear
- 10oz gloves
- Chest guards - for first 3 fights only.
- Cloth shin guards (to the knee) - for first 8 fights minimum.
- Groin guards for males. Optional for females
- Mouth guard

Cadets - 12 years to 13 years. (there is no titles in this division)

Spans - 12th Birthday until day before his/her 14th Birthday.

- Bouts consist of 3 by 90 second rounds for children with less than 4 fights. For 4 fights or more bouts are 2 min rounds. All bouts are 3 rounds maximum.
- Head strikes are allowed with boxing and kicking. Fouls are to be immediately pulled up by the referee. 1 warning is given. A second warning is an automatic point deduction. The fight is stopped if a third warning is required.
- All other Muaythai weapons can be used to the body only. Loosing posture in the clinch is a negative and will be viewed by judges as a weakness.

Mandatory NZMF approved Protective Equipment:

- Head gear
- 10oz gloves

- Chest guards - for first 3 bouts.
- Cloth shin guards (to the knee) - for first 8 bouts minimum.
- Groin guards for males and females
- Mouth guard

If a both children have had over 3 fights - chest guard can be removed.

Teens - 14 years to 15 years (Island and National's titles can be held in this division).

Spans - 14th Birthday until day before his/her 16th Birthday.

- Bouts consist of 3 by 2 minute. Title bouts are 5 by 2 minute.
- Head strikes are allowed in accordance with the NZMF rules. For the athletes first 6 bouts - elbows are not permitted to the head.
- Head gear
- 10oz gloves
- Elbow guards (for elbow fights)
- Chest guards - (for first 3 fights then optional)
- Cloth shin guards (to the knee). Optional after 6 fights.
- Groin guards for males and females
- Mouth guard

Youth - 16 years to 17 years (Island and National's titles can be held in this division).

Spans - 16th Birthday until day before his/her 18th Birthday.

- Bouts consist of 3 by 2 minute. Title bouts are 5 by 2 minute.
- Head strikes are allowed in accordance with the NZMF rules. For the athletes first 3 bouts - elbows are not permitted to the head.
- Head gear - mandatory
- 10oz gloves
- Elbow guards - mandatory
- Cloth shin guards (to the knee). Can be removed after 5 fights.
- Groin guards for males and females
- Female chest guard - mandatory.
- Mouth guard - form fitted required.

Junior Titles

Junior titles are available from 14 years. National and Island titles are to follow all title protocols. All title decisions must be done based on the principles of, best available athletes based on rankings. All title decisions must be decided by people with no - 'conflict of interest' in the awarding of the title bout. At all ages and levels, the NZMF MUST maintain credibility and set itself as the highest standard in Muaythai.

Presentation/Titles belts - Junior Island champions should NOT be awarded belts and instead should be awarded trophies. Athletes at normal bouts should be awarded medals. This is in order to reduce the cost of promoters and to have title belts as exclusive to adults.

Junior records - Are kept concurrent from joining but are also recorded per age.

Promoters/stadiums can have stadium belts as determined by promotion.

JUNIOR COMPETITION RULES (17 YEARS AND UNDER)

Rules and regulations for muaythai competition for boxers under the full age of 18 years old will follow the muaythai competition rules and regulations for adults described in Section 2, except for the following adapted supplements:

Age date is determined by the age at the day of the weigh in for the competition.

Rule 25. Gloves

Glove sizes for competitions for boxers under the full age of 18 years old must be 10oz gloves and follow the same rules as per adults regarding Velcro or lace up.

Rule 26. Weight Divisions and Weigh-in.

- 26.1. Boxers under the full age of 18 years old follow the same weight division as adult athletes as per the IFMA rules weight division. Weight division for each age and category are detailed in the junior section of the rules.

Rule 27. Juniors v's Adults

- 27.1. In the exceptional case that a boxer under the age of 18 full years old participates in a competition against a boxer whose full age is 18 years old, the rules and regulations for competition for under 18 full years old boxers shall be applied.
- 27.2. The minimum age for a boxer to compete against an adult is 16 years at the date of the fight. A junior cannot compete against someone more than 3 years their senior.
- 27.3. Parental permission is required for every bout and must be provided to the NZMF for permission for the bout to occur.
- 27.4. Juniors cannot fight Adults for titles.
- 27.5. A junior 15 years or under cannot compete against an adult under any circumstances.

NZMF JUNIOR WEIGHT DIVISIONS

All weights are in kilograms.

Tykes - 8 years to 9 years - Boys & Girls.

22- 24 / 24 - 26kg / 26 - 28 / 28-30 / 30-32 / 32-34 / 34-36 / 36-38 / 38 - 40/
40-42 42kg - 44 / 44-46kg/46-48/ 48 +(weight spread between athletes must
not exceed 3 kg)

Kids - 10 years to 11 years - Girls & Boys

28-30kg / 30-32 / 32-34 / 34-36 / 36-38 / 38 - 40 / 40 - 42 /42-44 / 44-46 / 46-48 / 48-50
50kg - 52 / 52-54 / 54 - 56 / 56 - 58 / 58-60 / 60-63.5 / 63.5-67 / 67kg+ (weight spread
between athletes must not exceed 3 kg)

Cadets - 12 years to 13years - Boys & Girls

30-32kg / 32-34 / 34-36 / 36-38 / 38-40 / 40-42 / 42-44 / 44-46 / 46-48 / 48-50 / 50-52
52-54 / 54-56 / 56-58 / 58-60 / 60-63.5 / 63.5-67 / 67-70 / 70-73 / 73kg+ (weight spread
between athletes must not exceed 4 kg)

Teens - 14 years to 15years - Boys & Girls

36-38kg / 38-40 / 40-42 / 42-45 / 45-48 / 48-51 / 51-54 / 54-57 / 57-60 / 60-63.5 /
63.5-67 / 67-70 / 70-73 / 73-76 / 76-79 / 79-82 / 82kg+ (weight spread between athletes
must not exceed 5 kg)

Youth - 16 years to 17years - Boys & Girls

42-45kg / 45-48 / 48-51 / 51-54 / 54-57 / 57-60 / 60-63.5 / 63.5-67 / 67-70 / 70-73
73-76 / 76-79 / 79-82 / 82-85 / 85-88 / 88-91 / 91-95/ 95kg+Open (weight spread between
athletes must not exceed 5 kg)