

All combatants must be minimum 12 years old or older with a minimum of two years previous training.

RULE 1: THE RING

- A ring approved by the Authority

RULE 2: BOXING GLOVES

Gloves

- All gloves must be first approved by the Inspector
- Weight 146 lbs. and below must have 10oz. gloves
- Weight 147 lbs. and above must wear 12oz. gloves

Hand Wraps

- In all weight classes an unlimited amount of hand bandages of soft gauze maybe used.
- A boxer weighing up to and including 146 lbs may have his or her hands held in place not more than 9 ft. (2.74 m) per hand of surgeon's tape 1 in. (2.54 cm) in width.
- A boxer weighing over 146 lbs. is permitted to have his or her hands held by not more than 11 ft. (3.25 m) per hand of surgeon's tape 1 in. (2.54 cm) in width.
- In no case may the binding of surgeon's tape be applied within 1 in. (2.54 cm) of the knuckles of the boxer's hand and it shall not cover the knuckles in any way, but surgeon's tape may be applied between the fingers and knuckles from the palm of the hand to the back of the hand in order to hold the gauze covering the knuckles in place.
- Before bandaging the hands, if not more than 6 in. (15.24 cm) per hand of tape 1 in. (2.54 cm) in width is used and no tape is placed across the knuckles, it is permissible to place surgeon's tape across the back of each hand.
- Before a boxer enters the ring, the boxer's completed bandages shall be examined by an inspector and signed or stamped on each hand by the inspector signifying approval, and shall not be altered in any manner thereafter.
- All fighters must wear approved shorts.
- Females must wear a sport bra type top.
- Males are topless.

RULE 3: PROTECTIVE EQUIPMENT TO BE WORN BY FIGHTERS

- Head gear
- Boxing gloves

- Mouth piece
- Shin guards
- Chest or breast protectors for females
- All combatants must wear chest protectors ages 12, 13 & 14.
- Groin protectors

NOTE- All female fighters must wear approved chest protection which does not cover abdominal section (bra type protector)

RULE 4: FOULS AND STRIKES VIOLATING THE RULES

- Biting, eye gouging, spitting, or head butting.
- Wrestling by use of back or arm locks, or any similar judo or wrestling style hold or to lift your opponent off his feet and throw him down.
- Deliberately falling on one's opponent with knee or elbow.
- Holding the ropes for any reason.
- Swearing or the use of abusive, offensive or obscene language during the match.
- Striking or injuring one's opponent after the referee has ordered the match to stop for any reason.
- Deliberately attacking the groin area, this shall result in the offender to be penalized at the discretion of the referee. A fighter who has been hit in the groin may receive up to a 5-minute break before continuing the match at the discretion of the doctor or referee.
- Any deliberate attempt to land a knee to one's opponent's face (in any class division).
- Palming (hitting with the palm instead of the padded knuckle side of the glove)
- Hitting a fighter who has any part of him/her outside the ropes.
- Hitting to the back of the head.
- Hitting the fighter while they are down.
- Faking to be hurt.
- Although striking while holding the leg is permitted, no more than two steps are allowed until the leg is released.
- Attacking the joints (knee joint) or throwing knees to the head (in any class division)
- Holding your opponent for more than 10 seconds while kneeing him.
- No spinning heel kicks to the head.
- No kicks to head for fighters under the age of 19.
- No elbows to head
- No knees to the head
- No ax kicks

RULE 5: DRESS CODE

1. Fighter's Attire and Protective Equipment

- a. To ensure the fighter’s safety, a groin protector must be worn and tied only at the back.
 - b. Long hair must be tied.
 - c. Shin guards must be worn covering the shin and top part of the foot.
 - d. All fighters must wear mouthpieces during bouts.
 - e. For Women, chest or breast protectors must be worn during bouts.
 - f. No metallic material, decorations or jewellery shall be worn by fighters during bouts.
 - g. Fighters’ toe nails must be kept short
 - h. Vaseline only around eyes, nose. Nothing else allowed.
 - i. Fighters may wear elastic ankle bandages to protect their feet.
 - j. Headgear protection must be worn during all bouts of all classes, including Title Belt Competitions
 - k. The Mongkon (traditional Thai Headpiece) may be worn by fighters while they are performing the traditional Thai “Wai Kru” dance.
2. In the event of any equipment problems, the referee may temporarily halt the match until they the equipment is properly secured or replaced.

RULE 6: WEIGHT/AGE DIVISIONS & WEIGH-INS

1. Weight Divisions for Male & Female

	Weight Category	Over lbs.	To lbs.
10 OZ Gloves	Pin	92.4	99
	Light Fly	99	105.6
	Fly	105.6	112.2
	Bantam	112.2	118.8
	Feather	118.8	125.4
	Light	125.4	132
	Light Welter	132	139.7
	Welter	139.7	147
12 OZ Gloves	Light Middle	147	156.2
	Cruiser	178.2	189.2
	Heavy	189.2	200.2
	Super Heavy	199.2	+

- 2 Age and Weight Rules :
 - a. 3-2 Min rounds for under 19- 1 min rest
 - b. Adult 19 and up 3-3 min rounds -1 min rest.
 - c. Title fights up to 5-3 min rounds - 1 rest

3 Weigh-Ins

- a. All fighters shall be weighed in his/her undergarments or shorts (plus top or bathing suit for women) within 36 hours of the event. Only one time weigh in for fighter to be, no more than contracted weight. All fighters must be within five pounds of their opponent. If there is more than a five pound difference the Medical Advisor or The Authority will decide if the fight will occur.
- b. Prior to the weigh-ins, all fighters are to sign a waiver form releasing any claims upon injuries that might occur during their bouts (under 19 their parent).
- c. Prior to the weigh-ins, all fighters must be examined and certified as **fit** by a licensed doctor. Female fighters must provide a pregnancy test no more than 7 days old or do a test at the premedical.

4 Competition Divisions:

Competitions will be organized into the following divisions and fighter classifications:

a) **Modified Muay Thai:**

Allowable techniques include punches, kicks (spinning) to body only, knees to the thigh and body, elbows to body, clinching , and sweeping(no knees or elbows to head. Kicks to the head are allowed for ages 19 and older). Modified Muay Thai will provide athletes with an opportunity to gain ring experience.

NOTE: Knees, elbows to the head are NOT allowed in any class division or Title Bouts. Ax kicks are illegal. No kicks to the head for ages under 19.

RULE 7: FIGHTERS

1. **Fighter's Eligibility:**

- a. **Fighter's qualification** - All Fighter's must hold a current amateur license from NSCSA.
- b. **Medical Capacity** - A fighter must complete a medical (Annually) and a premedical before a fight. All Medical Forms, for the Annual Medical must be completed and submitted to The Authority no later than **THREE MONTHS** from completion date. If any part of the annual is not completed and submitted to The Authority within the three months, the full Annual Medical must be **REDONE!!**

2. **Fighter's Duties:**

- a. Respect safety at all times.
- b. Respect the rules of the sport.
- c. Respect the officials, and accept their decisions.
- d. Respect instructors, opponents, team mates and audience.
- e. Maintain dignity under all circumstances.

RULE 8: CORNER MEN

1. Each fighter is entitled to have up to **2 corner men ONLY**.
2. The corner men may only enter the ring during the 1-minute break period.
3. **All corner men must be licensed**
4. Corner men may stop the fight standing on the edge of the corner and waving both hands to stop the fight.
5. When the bell rings, the corner men must be seated on available chairs on the floor.
6. All coaches and corner men must respect the referee's decisions.
7. No corner man is entitled to screaming, yelling or offensive/obscene language.

RULE 9: JUDGE AND REFEREE

Neutrality: to ensure neutrality, the referee and the 3 judges for each contest shall be selected by the NSCSA.

1. That each such official shall be an approved referee/judge.
2. The referee **must always be first** in the ring **before the fighter**.
3. All referees and judges must be trained, certified and registered with the NSCSA.

The Referee's Responsibilities:

1. To control the fighters in the ring
2. To check fighters for proper equipment such as gloves, groin protectors, mouthpieces, and, proper fitting of shin guards, headgear, etc.,
3. To use the following 4 spoken words to control the fighters as required:
 - "STOP"**- when ordering the fighters to disengage in fighting.
 - "BREAK"** - when ordering the fighters to separate.
 - "FIGHT"** - when ordering the fighters to continue the match.
 - "TIME"** - the fighting time for a round has expired.

Referee's Duties:

1. To stop the match immediately if he or she considers one fighter as significantly more skilled or stronger than the other.

2. To stop the match immediately if he or she considers one or both fighters to be faking or not committing their full efforts.
3. To stop the match or warn a fighter of committing a foul or breaking the rules.
4. **May** immediately disqualify a fighter who defiantly breaks the rules, injures or shows any aggression to the referee.
5. May disqualify both the fighter and the corner men if his or her corner men deliberately break the rules or do not follow the referee's directions.
6. May disqualify any fighter who intentionally or accidentally commits the same foul three times in a single round or three times in a single bout (for Adults), two times in a single round or three times in a single bout (for Kids, Juniors).
7. To stop the match if he considers a fighter who having received a count, unable to effectively continue the match.
8. To disallow any advantage to a fighter who intentionally fouls in any way.

Rule Infringement, Warnings:

Prior to giving a warning for rule infringement, the referee shall stop the fight, use the correct warning signal to ensure the fighter understands and then indicate the offending fighter to the judges. Any fighter, who is so indicated or warned 3 times or more, may be disqualified. In the event of a serious rule infringement, the referee's decision is final.

The Purpose of a Warning:

The purpose of a warning is to deter fighters from breaking rules during the fight and to protect the fighters from injury.

Count Procedure for a Fighter Falling Out of the Ring:

To ensure the safety of all fighters, it is not permissible to intentionally throw your opponent out of the ring. However, if a fighter falls through or over the ropes accidentally, the following rules will apply:

- a. If a fighter falls out of the ring (completely off the ring apron) the fighter has to the count of 20 seconds to return to the ring and be ready to resume fighting.
- b. If a fighter falls out of the ring and onto the apron of the ring, the fighter has 10 seconds to return inside the ropes and be ready to resume fighting.
- c. If anyone prevents the fallen fighter from returning to the ring, the referee shall warn the person or stop the fight if the person continues this action.
- d. If both fighters fall out of the ring, the referee shall start counting. If one fighter tries to

prevent his opponent from re-entering the ring before the count ends, he or she will be warned or disqualified.

- e. If both fighters fall out of the ring, the referee shall start counting; the one that returns to the ring before the count ends will be considered the winner. If neither fighter can, the result will go to score cards.

RULE 10: THE JUDGES

Responsibilities:

- a. The judges are independent and free to score within the rules and normal practice.
- b. Each judge shall sit on a different side of the ring and should be isolated from the audience.
- c. The judges shall remain neutral during the match except when a rule violation is noticed. In such a case, the judge should notify the referee exclusively about the violation. This should be done during the 1-minute break period.
- d. At the end of each round, the judges shall complete the score sheets for that round.
- e. The judges are not allowed to leave their seats until the match ends and the results have been announced.

RULE 11: TIMEKEEPER AND ANNOUNCER

1. Seating for the timekeeper and announcer will be located next to the ring. The timekeeper must be provided with two watches, a hammer and a bell. He/she must ensure that any stoppage during the round **is not** part of the two or three-minute round time. During the one-minute break, he/she must notify the corner men that only ten seconds remain until the next round.
2. **Duties and Responsibilities:**
 - a. A ten second warning will be given prior to the start of each round to enable the corner men to clear the ring.
 - b. A bell will be used to signal the start and end of each round.
 - c. At the end of each round, the bell should be rung, even if the referee is still counting.
3. **Announcer's Duties:**
 - a. To announce the fighter's names, corner, fight record and weight prior to the fight and again as the fighters arrive in the ring.
 - b. To announce the round number at the start of each round.
 - c. To announce the winner's name and corner.

RULE 12: THE DECISION

1. When the fight is stopped:

- a. If the fight is stopped part way through **round 1**, **no score** will be issued. The fight result will be entered “stopped with no score” (i.e. “No contest”).
- b. If the fight is stopped part way **through round 2**, the fight will be **scored based on the results of round 1 only**.
- c. If the fight is stopped part way **through round 3**, the fight will be scored based on the results of **round 1 and round 2 only**.

2. Win on points:

At the end of a contest, the fighter who has been awarded more points by the majority of Judges will be declared the winner. If both contestants are injured or are counted out at the same time and cannot resume the contest, the Referee shall collect the points awarded to each contestant until fighting ended, the fighter receiving higher points being the winner

3. Win by Voluntary Retirement:

If a fighter withdraws willingly from the contest owing to injury or other reasons, or if he fails to resume boxing immediately after the rest interval, his opponent shall be declared the winner.

4. Win by Referee Stopping Contest:

a. RSC Outclassed

If a fighter, in the Referee’s opinion, is being outclassed by his opponent, or is receiving excessive punishment, the Referee shall stop the contest and his opponent shall be declared the winner.

b. RSC Injury

If a fighter, in the Referee’s opinion, is unfit to continue the contest due to either severe injury or other physical reasons, the contest shall be stopped and his opponent shall be declared the winner. The right to make such a decision rests with the Referee, who may consult the Doctor. If the Doctor is consulted, the Referee must follow his advice. It is suggested that the Referee should check whether the other contestant is injured or not before making the decision.

The doctor has the right to stop the contest if there is sufficient medical reason not to allow further fighting. Then instruct the Referee to stop the contest.

The Referee will stop the contest for the medical officials to examine the physical condition of the contestant to see whether he is fit enough to fight, using not more than one minute of time. (The medical official is the Doctor for that particular contest). When the Referee calls for the Doctor to assess the contestant, no one else to accompany them.

While the Doctor and the Referee are in the ring the seconds/corner men are forbidden to be in or on the edge of the ring.

If an illegal blow thrown by the injured fighter's opponent caused the injury, the referee will consider (and may consult with the judges) if the blow was thrown deliberately or by accident. The referee may decide to disqualify the fighter or issue a warning, in which case the bout will be judged as follows:

i. If the fight is stopped part way through round 1, no score will be issued. The fight result will be entered into the passport as "stopped with no score" (i.e. "No contest").

ii. If the fight is stopped part way through round 2, the fight will be scored based on the results of round 1 only.

iii. If the fight is stopped part way through round 3, the fight will be scored based on the results of round 1 and round 2 only.

c. **Being injured severely or often hit on the head (RCS Head):**

If a fighter is severely injured or has received frequent blows to the head without being able to protect himself, as this may cause brain damage, the Referee will order the contest to stop immediately without having to count that contestant out, or, if already counting, without counting up to ten.

5. **Win by Disqualification**

If a fighter is disqualified from the contest, his opponent will be declared the winner. If both fighters are compelled to leave the contest, both shall be disqualified. Disqualified fighters will not receive any prizes, medals, cups, trophies, or rank in that competition.

6. **Win by Knockout**

If a fighter is "down" and fails to continue the contest within 10 seconds, his opponent will be declared the winner by a knockout.

7. **No Contest**

If the Referee orders the contest to be stopped due to incidents not the responsibility of the contestants or within the control of the Referee, such as damage to the ring, electricity failure, etc., an announcement shall be made in these circumstances that “there is no competition”.

8. Win by Walkover

When one fighter is in the ring and ready to fight and his/her opponent does not turn up after the announcement of his name within 5 minutes, the bell shall be rung and the Referee shall declare the fighter who is present to be the winner

RULE 13: THE SCORING PRACTICE

The standard scoring practice is as follows:

1. A strike either by a punch, kick, knee or elbow.
2. Scoring from a strike
 - a. Points will be awarded for with hard and accurate strikes
 - b. Points will be awarded for aggressive and dominating skill
 - c. Points will be awarded for a fighter actively dominating his opponent
 - d. Points will be awarded for the use of defense and counter attack
3. Non scoring strikes
 - a. A strike that is against the rules or
 - b. A strike in defense against the leg or arm of an opponent.
 - c. A weak strike.
4. Fouls
 - a. The judges will deduct points for any foul as directed by the referee. Points will be deducted from a fighter who fouls or breaks the rules
5. Methods of scoring
 - a. The maximum score for each round is 10 points, the loser scoring 9, 8 or 7.
 - b. A drawn round will be scored as 10 points for both fighters.
 - c. The winner's and loser's round will be recorded as 10:9 respectively.
 - d. The winner and loser's scores in a round with a single count will be recorded as 10:8 respectively, only if the fighter scoring the single the count wins the round.

- e. The fighter causing 2 counts against his opponent will obtain a score of 10:7 only if the fighter scoring the two counts wins the round.
- f. Any fighter who commits a foul will have points deducted from his score in the round the foul was committed.

14: KNOCK DOWN

1. Definition
 - a. Knock down from a strike, other than a sweep, when any part of the body touching the floor except the feet.
 - b. Leaning against the ropes dazed, hurt or in a state of unconsciousness.
 - c. Knocked out of the ring through the ropes.
2. During a count, the referee will direct the opposing fighter to stand in the neutral corner. If he does not obey, the referee shall stop the count until he does and then resume the count. The match will not continue until directed by the referee.
3. The count will have intervals of 1 second. From 1 to 10 during the count, the referee will signal with his hand, to ensure that the fighter receiving the count understands.
4. A fighter, on receiving a count, may not continue the match prior to a count of 8 and loses immediately on receiving a count of 10 in such a state.
5. If one of the fighters subsequently falls down again, the referee will continue to count.
6. A fighter not ready to fight again after a break while the bell rings, will receive a count, unless caused by a problem with his attire.

RULE 15: DOCTOR

a) Doctor's Qualifications.

The doctor shall be licensed to practice medicine in the province in which the tournament is held.

b) Duties and Responsibilities of the Doctor:

- a. Perform a physical check of the fighters prior to or after the weigh-in.
- b. Be in attendance during the program until the end of the last fight.
- c. Perform a physical check of the fighters after each match.

RULE 16: PROCEDURE AFTER A KNOCK OUT OR TKO

1. If a fighter is knocked unconscious or injured, only the doctor and the referee may enter the ring. Others may only enter at the doctor's directions.
2. A fighter losing by a KO or TKO will be immediately examined by the doctor.
3. Recovery Period: after a match, a fighter is required to rest for a minimum of 7 days before fighting again, with the following exceptions:
 - a. The First KO or TKO: minimum time to recover is 60 days/120 days.
 - b. The second consecutive KO or TKO: minimum time to recover is 120 days.
 - c. The third consecutive KO or TKO: minimum time to recover is 1 year plus mandatory CAT SCAN

RULE 17: DRUG USAGE

1. The use of illegal drugs or stimulants, either before or after the bout is strictly forbidden. Any users will be disqualified.
2. All of the doping substances listed by the International Olympic Committee are also prohibited.

RULE 18: SHAKING HANDS

1. Before and after the bout, both fighters shall shake hands to declare Amateur Sportsmanship. The handshake will be performed before the first round, and after the result is announced. No handshakes are allowed **during** the bout.

NOTE: About PRO Fighters- fight as a pro, you cannot return to an amateur.