



Thaiboxing INDIA



Thaiboxing Rules



Mat Sports – Discipline



Mat Sports

Thai Light

Musical Thai



Mat Sports - Officials



Officials

- **Chairman of the Appeal Committee**

The Chairman of the Referee Committee shall act as head of the Appeals Board.

- **Chief Referee of the Mat Sports**

Their main responsibility is to organize the central referees and judges and to observe every single match in order to be ready to educate referees and judges in case of mistakes or to be able to handle protests.

- **Referee**

They will have the power to control the Mat and Fighters.

They first responsibility is the safety of the fighters.

They shall have the power to stop the match & to give penalties.

They must give all commands in English.

- **Judge**

They shall check fighters before match to ensure proper safety equipment is being used. when a judge sees what he considers a legal score, he/she must indicate so immediately by electronic score/manual score sheet(Thai Light)



Mat Sports



Note

- All referees, judges and officials represented in the tournament are not allowed to take action for its team/nation as coach or in other way act/behave partial(screaming and move as a coach/fan)
- It is NOT allowed to change role from official to coach during the same championship
- Only the Chief Referee and the Supervisor/Observer can change a Referee's decision in case of 'material mistake'



Mat Sports – Referees Uniform



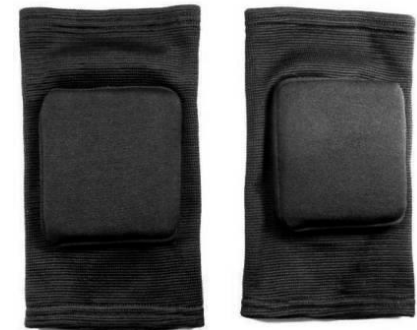
Referees/Judges : Uniform



- Black jacket with emblem of Thaiboxing India
- Black T-shirt with short sleeves
- Black trousers without turn-ups
- Dark blue or black socks
- All black gym shoes without heels, laces and no logos of any color

Mat Sports – Safety Equipment

Safety equipment :Thai Light





Mat Sports – Fighters Uniform



Uniform



Thai Light

Mat Sports – Coach/Second

Uniforms

- Coach / Second should wear Team uniform

Not allowed

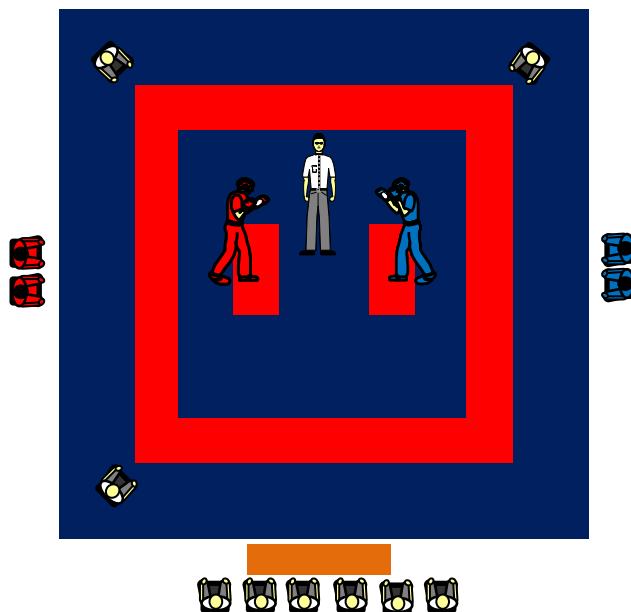




Mat Sports – Fighting Area



Fighting area



Thai Light



Mat Sports – Age Categories



Age Categories

Categories	Age
Younger Cadets 1	6 - 8 years old & 9-11
Older Cadets 2	12 - 14 years old
Juniors Category	15 - 17 years old
Youth Category	18 - 19 years old
Senior Category	19 - 40 years old

- If a Junior/Senior competes in World or Continental Championships, they can not then go back competing as Junior again and must stay within senior categories going forward at all world and continental championships
- However A Junior who has competed as a senior in World or Continental championship can continue to compete as junior in all other international events, excluding the above



Mat Sports - Round



Round

Categories	Round
Younger Cadets 1	2 x 1.30 minute rounds with 1 minute break
Older Cadets 2	2 x 1.30 minute rounds with 1 minute break
Junior Category	3 x 2 minute rounds with 1 minute break
Youth Category	3 x 2 minute rounds with 1 minute break
Senior Category	3 x 2 minute rounds with 1 minute break



Mat Sports – Exit Rules



Exit Rules

Exit	Penalty
1 st Exit	Minus -1 penalty point
2 nd Exit	Minus -1 penalty point
3 rd Exit	Minus -1 penalty point
4 th Exit	Disqualification

Mat Sports - Exit

EXIT



Stepping on the line should not be considered as stepping out

Mat Sports - Exit

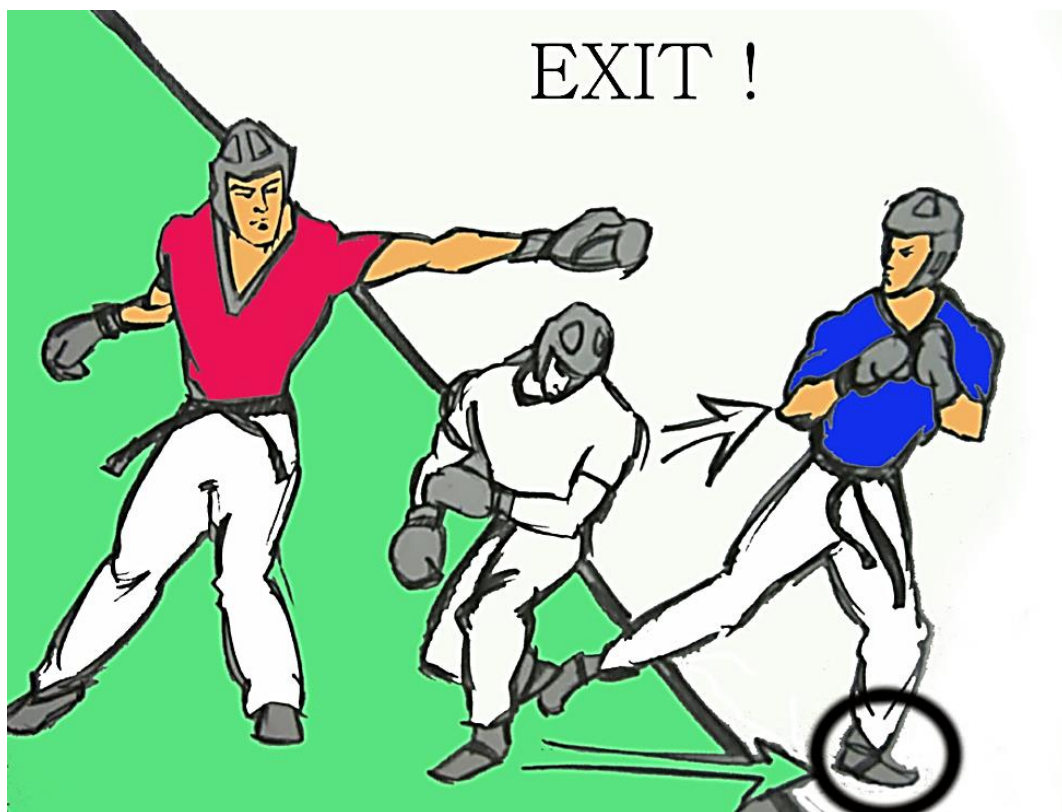
EXIT



Stepping outside the line, even with only one foot

Mat Sports - Exit

EXIT



Voluntary Exit

Mat Sports - Exit

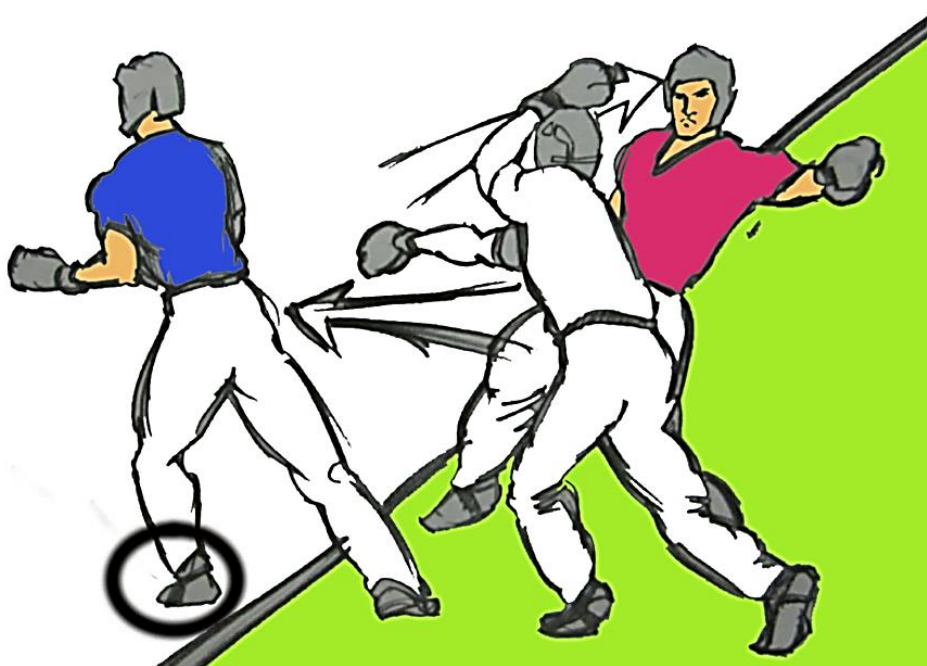
EXIT



*If the fighter lands outside the area after the technique,
he does not score*

EXIT

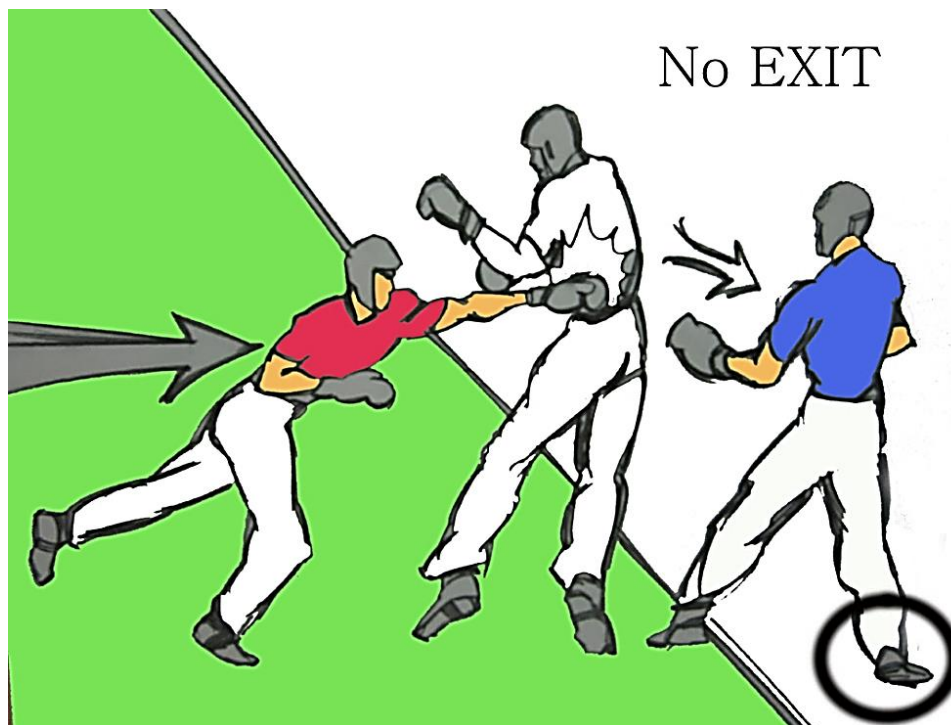
No EXIT



Not voluntary EXIT

Mat Sports - Exit

EXIT

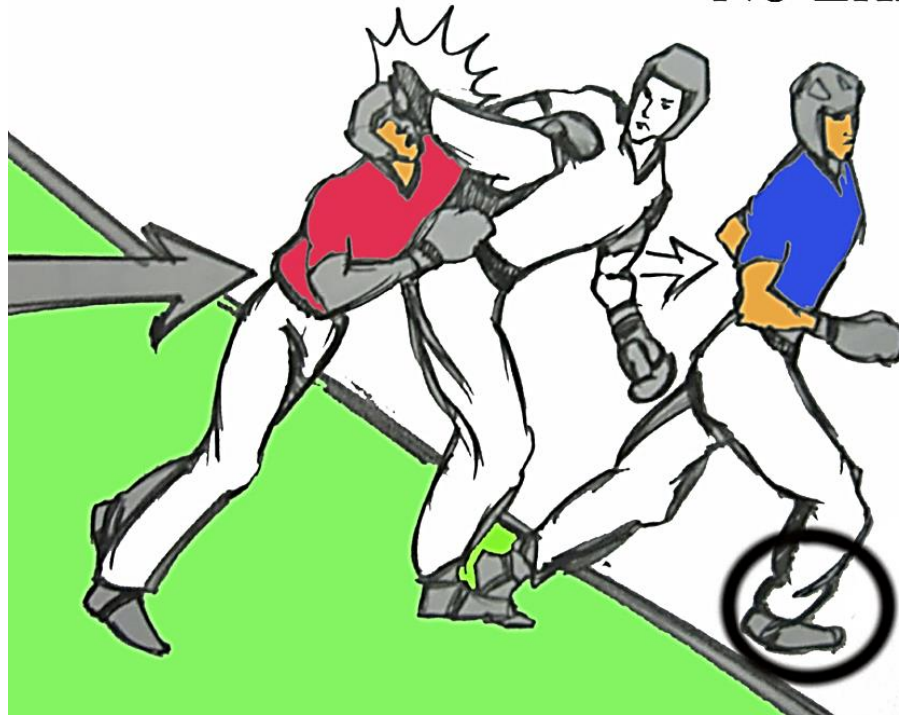


If the fighter went outside the line as a result of hit or kick, it is not classed as a voluntary exit

Mat Sports - Exit

EXIT

No EXIT



***If the fighter is pushed out by the other fighter,
it is not a voluntary exit and the score will stand***



Mat Sports – Rule Violations



Rule Violations

Violations	Penalty
1 st Verbal Warning	Discretionary Warning
1 st Official Violation	Official Warning
2 nd Official Violation	Official Warning -1 penalty point
3 rd Official Violation	Official Warning -1 penalty point
4 th Official Violation	Disqualification

Warnings will be carried over throughout the Match to all rounds



Mat Sports – Illegal Techniques



Illegal Techniques and Action

- **Attack's with any technique other than regulation**
- **Avoiding or refusing to fight**
- **Leaving the Fighting Area(exit)**
- **Attack with malicious or excessive contact**
- **Grabbing/holding**
- **Attacking or verbally abusing on Official either inside or outside the Mat**
- **Spitting out his mouth-guard voluntarily**
- **Attack an opponent on the ground**
- **A fighter cannot indicate time when he is in a corner under pressure from his opponent**



Mat Sports – Illegal Techniques



Illegal Techniques and Action

- **Coaches/Coach Second**
 - Inappropriately Arguing/Commenting on a score given
 - Inappropriately Arguing/Commenting on a score not given
 - Attacking or verbally abusing on Official either inside or outside the Mat
 - For any violation of rules by a coach, the referee will give penalties to his fighter
- **The referee has the right to give on official warning to the athlete who is nit ready for the fight or is late coming to the MAT.**

If a athlete comes to the Mat inappropriately dressed he/she will not be disqualified immediately; instead they will be given **2 minutes to remedy matters.**

If the 2 minutes times is expired and the athlete is not ready, he/she will be disqualified.



Mat Sports – Legal Techniques



Legal Techniques : Hands

Thai Light

All kind of boxing
punches

Back fist

Ridge hand

Hook punch

Uppercut



Mat Sports – Legal Techniques



Legal Techniques : Kicks

Front kick

Side kick

Back kick

Roundhouse kick

Hook kick with sole

Crescent kick

Axe kick with sole

Jump kick

Spinning kick

Foot sweep



Mat Sports – Target Areas



Legal Target Areas

	Thai Light
Head	Front Side Forehead
Torso	Front Side
Legs	Thigh inside & outside Below Ankle/ Mid-calf



Mat Sports – Target Areas



Illegal Target Areas

	Thai Light
Head	Back of the head Top of the head
Torso	Neck Top of the shoulders Back of the torso
Legs	Calf (except for Foot sweeps)



Mat Sports – Scoring



Scoring

	Thai Light
Punch	1 pt
Kick to the body	1 pt
Kick to the leg(thigh)	1 pt
Food sweep	1 pt
Kick to the head	2 pts
Jumping kick to body	2 pts
Jumping kick to head	3 pts



Mat Sports – Scoring



Scoring Criteria

- **A legal technique strikes a legal target**
- **Clean/Controlled contact**
- **Reasonable power**
- **Looking at the point of contact**
- **Good technique, speed, focus, balance, distance**
- **No score**
 - If they are contrary to the regulations
 - Simply touches or brushes
 - If they land on the arms
 - If they are weak and do not come from legs, body or shoulders.



Mat Sports – Scoring



Score

Thai Light

Maximum Score

+15(Two judges have the contest +15)



Mat Sports – Draw



Draw

Thai Light

The highest points in the last round
(in electronic scoring system)

If there is a draw , and last round is equal 'More active' 'more kicks'
'better defense and style and techniques



Mat Sports – Injuries



Injuries

- **The match shall be stopped only long enough for the Medic/Doctor to decide whether or not the injured Fighter can continue**
- **The Medic/Doctor shall have only two minutes to decide**
- **Decision**
 - If there were no Rules violations by the uninjured Fighter, that Fighter shall win by forfeiture
 - If there was a Rules violation by the uninjured Fighter, the injured Fighter wins by disqualification
 - If the injured Fighter is declared fit to continue by the Medic/Doctor, then the Fight shall resume
 - **After consultation with a doctor, the referee may give a warning and penalize a fighter who ABUSES MEDICAL TIME**



Mat Sports – Decision



Decision : Thai Light

Decision

- Winner by points
- Winner by disqualification of the opponent
- Winner by stopping the fight(referee stops contest)
- Winner by not showing up
- Maximum score(+15)
- Knocking out of the opponent by uncontrolled blow to the head
- Excessive Exits



Mat Sports – Changing a decision



Changing a decision

- **All public decisions are definitive and cannot be changed unless by appeal committee**
 - Clear and Fundamental Mistakes which occurred in calculating the points are discovered
 - One of the Judges declares he made a mistake and switched the scores of the fighters



Mat Sports – KD & KO



Knock out & Knock down

- * The Purpose of counting and registering knock down after powerful and uncontrolled strikes is to give time to recover and to make sure that knock downed thaiboxer can continue the fight safely . The main purpose of counting is protecting and health of thaiboxer
- * A thaiboxer is considered to be knocked down if :
 - * If thaiboxer touches the floor with a part of his body other than his feet following a strike or series of strikes .
 - * If after strike or series of strikes thaiboxer is not fallen to the floor , but is in a state of semi- consciousness and by the central referee's opinion , not able to continue fighting .
- * In the case of KD, the central referee must immediately start counting out the seconds.
 - In all age categories knock down should be counted as a minus point [-1]
 - Next knock down by powerful and uncontrolled strikes will lead to second minus point.
 - Third knock down by powerful and uncontrolled strikes will lead to disqualification
 - On the other side , to avoid manipulation by thaiboxer who is knock out , the knock out [KO] will automatically mean that he is not allowed to continue participation at same tournament .



Mat Sports – Musical Thai



Presentations/Length/Time

- **Presentations**

There are time limits for all form categories. There is 2 minutes maximum time, and 1 minute minimum (including presentation), the competitor starts his / her form after their presentation from their first movement after their presentation, this can be a Trick, Gymnastic or Martial arts technique, after which they must start straight away.

- **Music CD'S, Ipod, Smartphone**

All competitor must have 1 track/ File on their CD'S / Ipod / Smartphones



Mat Sports – Musical Thai



4 Eliminations

- **All musical forms categories / age groups will have eliminations: the final 4 competitors with the highest scores will compete again on the final day of the tournament.**
- **For the Finals the top four competitors will then compete in the order of their elimination scores, The person with the lowest score performs first and the person with the highest score performs last.**



Mat Sports – Musical Thai



Divisions

Styles	Martial Arts/weapons
Hard styles	Traditional form of thaiboxig
Hard styles weapons	Kama, Sai , Nunchku , short - stick

- **Competitors must choose from Hard style or Hard style weapon, (i.e. Hard - OpenHand + Hard Weapons, Competitors cannot enter both Hard Category**
 - **Competitors must be bare footed.**



Mat Sports – Musical Thai



Criteria of judging in order

Criteria of Judging

Basics	Stances, Punches, Kicks and Blocks according to the basic technique of the original styles
Balance	Strength, Focus (Perfect balance and movements done with energy)
Degree of difficulty	Kicks, Jumping kicks, Spinning kicks, Tricks, Combinations, Gymnastic movements
Synchronization	The relationship between movement and music
Manipulation of Weapons	The competitor must show perfect control with blocks, strikes and mastery of the weapon being used by doing outstanding work with their weapon



Mat Sports – Musical Thai



Scoring

- **After a musical forms performance 4 judges and 1 head judge will score the performance**
- **Highest and lowest marks will be deducted, the five remaining marks will make the final score**
- **Draw**
 - In case of a draw for first, second or third place (All 5 scores are compared and the highest scores are highlighted)
 - The competitor with the most highlighted scores wins
 - If there is still a draw both competitors will compete again



Mat Sports – Musical Thai



Minus Points

Minus Points

1.0 point	If the competitor drops their weapons/s on the floor
Up to 0.5	If the competitor loses control of the weapon If the competitor loses their balance If the competitor loses synchronization with their music If the competitor performs any disallowed movements More than five[5] Gymnastics movements
Up to 0.3	If the competitor is wearing jewellery or piercings of any kind



Mat Sports – Musical Thai



Minus Points

Minimum Marks(Lowest score)

If a competitor breaks off / stops their performance before the end

If the competitor releases their weapons more than five (5)

If the competitors weapon/s breaks or falls apart

If they drop their weapon a second time

If swear words are heard in the music

If a competitor uses props ie: Blindfolds, theatrical costumes, etc



Ring Sports



Ring Sports

Low Thai

Knee Thai



Ring Sports - Officials



Officials

- **Chairman of the Appeal Committee**

The Chairman of the Referee Committee shall act as head of the Appeals Board.

- **Chief Referee of the Ring Sports**

Their main responsibility is to organize the central referees and judges and to observe every single match in order to be ready to educate referees and judges in case of mistakes or to be able to handle protests.

- **Referee**

check the safety equipment and clothes of the fighters.

Make sure that a weakened Athlete does not suffer unjust and unnecessary blows.

Make sure that the rules of fair play are strictly observed.

Supervise the whole of the bout.



Ring Sports - Officials



Officials

- **Judge**

Each Judge must independently consider the merits of the two fighters, and must choose the winner, according to the regulations.

A Judge will either use the electronic scoring system or in case of manual system mark the number of points (Total Points at the end of three rounds) granted to each fighter on his score sheet.

- **Special Note.**

All Referees, Judges working at a tournament, **whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism** (screaming, cheering like any coach/fan).



Ring Sports – Referees Uniform



Referees/Judges : Uniform



- Black jacket with emblem of Thaiboxing India
- Black T-shirt with short sleeves
- Black trousers without turn-ups
- Dark blue or black socks
- All black gym shoes without heels, laces and no logos of any color



Ring Sports – Fighters Uniform



Uniform



Low Thai & Knee Thai



Ring Sports – Coach/Second

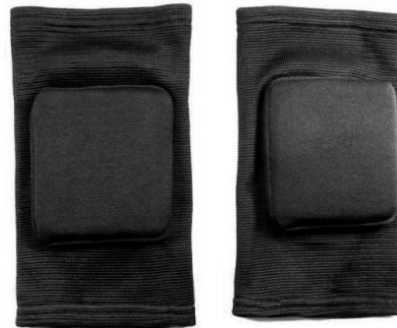


Competition Area



Ring Sports – Safety Equipment

Safety equipment : Low Thai & Knee Thai





Ring Sports – Age Categories



Age Categories

Categories	Age
Juniors	15 - 17 years old
Youth	18 - 19 years old
Seniors	19 to 40 years old



Ring Sports - Round



Round

Categories	Round
Juniors	3 x 2 minute rounds with 1 minute break
Youth	3 x 2 minute rounds with 1 minute break
Seniors	3 x 2 minute rounds with 1 minute break



Ring Sports – Rule Violations



Rule Violations

Violations	Penalty
1 st Violation	Official Warning
2 nd Violation	Award penalty -1 point
3 rd Violation	Award penalty -1 point
4 th Violation	Disqualification

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down. If he does it the second time he gets an official warning.



Ring Sports – Prohibited Techniques



Prohibited Techniques and Behavior

- **Attack's with any technique other than regulation**
- **Turn ones back on the opponent, run away, fall down...**
- **To perform somersault kicks.**
- **Attack an opponent who is caught between the ropes**
- **Attack an opponent who is falling to the floor or is already on the floor**
- **Continuing after the command "stop" or "break" or end of the round has been given.**
- **To oil the face or the body (Vaseline is allowed).**
- **To spit out or drop the mouth-guard voluntarily.**
- **Attacking or verbally abusing on Official either inside or outside the Ring**
- **Attack an opponent on the ground**



Ring Sports – Prohibited Techniques



Prohibited Techniques and Behavior

- **Coaches/Coach Second**
 - Inappropriately Arguing/Commenting referee/judge's decision
 - Inappropriately Arguing/Commenting on a score given or not given
 - Attacking or verbally abusing on Official either inside or outside the Ring
 - Warning given to the seconds counted against the thaiboxer
- **The referee has the right to give on official warning to the thaiboxer who is nit ready for the fight or is late coming to the Ring.**

If a thai-boxer comes to the Mat inappropriately dressed he/she will not be disqualified immediately; instead they will be given 2 minutes to remedy matters.

If the allowed time is up and the thaiboxer is not ready, he/she will be disqualified.



Ring Sports – Legal Techniques



Legal Techniques : Hands

Low Thai

All boxing punches

Back Fist

Spinning Back Fist

Knee Thai

All boxing punches

Back fist

Spinning back fist

Elbow

Note: Holding the opponent's neck or shoulders with two hands in order to perform one knee attack. Knee attack must be performed 3 sec in low thai & 5 sec in knee thai.



Ring Sports – Legal Techniques



Legal Techniques : Kicks

Low Thai	Knee Thai
Front kick	Front kick
Side kick	Side kick
Roundhouse kick	Roundhouse kick
Hook kick	Hook kick
Crescent kick	Crescent kick
Axe kick	Axe kick
Jump kick	Jump kick
Foot Sweep	Foot Sweep
Spinning kick	Spinning kick
Using shin	Using shin
Knee Kick to body and head	Heel kick to the thigh Knee Kick to body and head



Ring Sports – Target Areas



Legal Target Areas

	Low Thai	Knee Thai
Head	Front	Front
	Side	Side
	Forehead	Forehead
	Top	Top
Torso	Front	Front
	Side	Side
Legs	Hip	Hip
	Thigh	Thigh
		Shin
	Below Ankle/ Mid-calf	Below Ankle/ Mid-calf



Ring Sports – Target Areas



Illegal Target Areas

	Low Thai	Knee Thai
Head	Back of the head	Back of the head
Torso	Neck, Throat	Neck, Throat
	Top of the shoulders	Top of the shoulders
	Back of the torso	Back of the torso
	Lower abdomen	Lower abdomen
Legs	Groin Calf (except for Foot sweeps)	Groin



Ring Sports – Scoring



Scoring

	Low Thai	Knee Thai
Punch to body or head	1 pt	1 pt
Kick to body	1 pt	1 pt
Kick to head	2 pt	2 pt
Kick to the leg	1 pt	1 pt
Food sweep	1 pt	1 pt
Jumping kick to body	2 pt	2 pt
Jumping kick to head	3 pt	3 pt
Knee or jumping knee attack to body	1 pt	1 pt
Knee attack to hips	1 pt	1 pt
Elbow to body/head		1 pt



Ring Sports – Scoring



Scoring Criteria

- **A legal technique strikes a legal target**
- **Good technique with absolute balance**
- **Full power and speed**
- **Looking at the point of contact**
- **Good timing and correct distance**
- **Sporting Attitude**
- **No score**
 - If they are contrary to the regulations
 - If they land on the arms
 - If they are weak and do not come from legs, body or shoulders
 - If they are partly deviated or blocked.
 - If they simply touch, brushes or pushes an opponent.
 - If the thaiboxer loses their balance or falls down while hitting or sweeping



Ring Sports – Draw



Draw

- If the match ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the fighter with the highest points in the last round



Ring Sports – Injuries



Injuries

- **If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances**
- **If a thaiboxer remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.**
- **In case of the cut or bleeding the official Doctor should decide within 2 minutes if a competitor can continue or not. The medical treatment of the injury is not allowed in this period.**



Ring Sports – On the floor



On the floor

- If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- If he hopelessly hangs on the ropes after a blow or a series of blows.
- If he finds himself outside the ropes, partly or completely, after a blow or a series of blows
- If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi- consciousness and, in the Referees opinion, not able to continue fighting
- If both thaiboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. Nevertheless this winner will be suspended from further participation in this tournament because of the KO and in accordance with TBIF Rules



Ring Sports – Decision



Decisions

Decision

- Victory via points(P)
- Victory via abandonment(AB)
- Victory via stoppage(RSC, RSC-H)
- Victory via disqualification(DISQ)
- Victory via default(WO)
- The 3 knock down rule is valid(TKO)
 - * younger juniors : 2 knock down rule



Ring Sports – Changing a decision



Changing a decision

- **All public decisions are definitive and cannot be changed unless:**
 - Mistakes which occurred in calculating the points are discovered
 - One of the Judges declares he has made a mistake and switched the scores of the fighters

Thank you for your attention