

International Muay Thai League Competitor Rules Manual



Mission Statement

Our mission is to promote the art of Muay Thai and elevate the standards of competition in North America by providing safe and fair competitions.

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Board of Governors



David Neal Brown
President



Brooke Pete
Director

Gender, Age Groups, Weight Classes and Divisions

Gender

Male
Female

Age groups

Children 5-9
Youth 10-15
Adult 16+
Senior 50+

Weight

	lbs		lbs
MINI FLEA WEIGHT	56-60	JUNIOR FEATHER WEIGHT	119-122
JUNIOR FLEA WEIGHT	61-65	FEATHER WEIGHT	123-126
FLEA WEIGHT	66-70	JUNIOR LIGHTWEIGHT	127-130
MINI CUB WEIGHT	71-75	LIGHTWEIGHT	131-135
JUNIOR CUB WEIGHT	76-80	JUNIOR WELTERWEIGHT	136-140
CUB WEIGHT	81-85	WELTERWEIGHT	141-147
MINI JOEY WEIGHT	86-90	JUNIOR MIDDLEWEIGHT	148-154
JUNIOR JOEY WEIGHT	91-95	MIDDLEWEIGHT	155-160
JOEY WEIGHT	96-100	SUPER MIDDLEWEIGHT	161-168
MINI FLYWEIGHT	101-105	LIGHT HEAVYWEIGHT	169-175
JUNIOR FLYWEIGHT	106-108	CRUISERWEIGHT	176-190
FLYWEIGHT	109-112	HEAVYWEIGHT	191-208
JUNIOR BANTAM WEIGHT	113-115	SUPER HEAVYWEIGHT	209+
BANTAM WEIGHT	116-118		

Divisions

Novice: No experience necessary. This category is meant to be fun and to introduce the competitor to the sport. Contact is moderate and safety gear is high.

Amateur Division 1: This is the first layer of amateur division. This is a full contact category, but full safety gear is still used.

Amateur Division 2: This is the next step up from Amateur Division 1. It allows the competitor to get experience before going into the highest level of amateur division.

Amateur Division 3: This division uses minimal gear and maximum contact. Competitors in this division are elite athletes with dreams of turning pro.

Professional: These are competitors who are compensated for a match. Professionals represent the highest level of competition in Thai boxing and consider it a career. There are no professional divisions for Child, Youth, or Senior age groups.

Children and Youth divisions

	General Rules	Round Length	Gear 56 lbs-70 lbs	Gear 70 lbs+
Novice	Full contact legs Moderate contact body Light contact head No elbows	3 x 1.5 minute rounds 1 minute rest	14oz gloves Head gear Body protector Cloth shin guards Mouth piece Groin protector	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector
Amateur Division 1	Full contact legs Moderate contact body Light contact head No elbows	3 x 2 minute rounds 1 minute rest	14oz gloves Head gear Body protector (children only) Cloth shin guards Mouth piece Groin protector	16 oz gloves Head Gear Body protector (children only) Cloth shin guards Mouth piece Groin protector
Amateur Division 2	Full contact legs Moderate contact body Light contact head Elbows allowed if the state allows	4 x 2 minute rounds 1 minute rest	14oz gloves Head gear Body protector (children only) Mouth piece Groin protector Elbow pads	16 oz gloves Head Gear Body protector (children only) Mouth piece Groin protector Elbow pads
Amateur Division 3	Full contact legs Full contact body Moderate contact head Elbows allowed if the state allows	5 x 2 minute rounds 1 minute rest	14oz gloves Head gear Mouth piece Groin protector Elbow pads	16 oz gloves Head Gear Mouth piece Groin protector Elbow pads

Adult Division

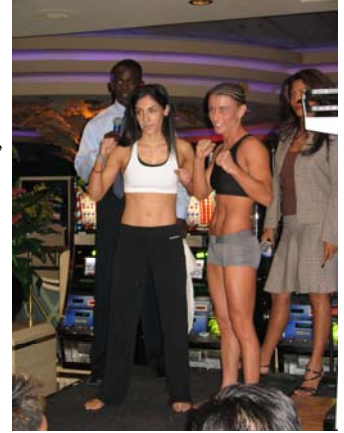
	General Rules	Round Length	Gear 100-147 lbs	Gear 148-175 lbs	Gear 175+ lbs
<i>Novice</i>	Full contact No elbows	3 x 1.5 minute rounds 1 minute rest	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector
<i>Amateur Division 1</i>	Full contact No elbows	3 x 2 minute rounds 1 minute rest	14 oz gloves Head Gear Cloth shin guards Mouth piece Groin protector	16 oz gloves Head Gear Cloth shin guards Mouth piece Groin protector	16 oz gloves Head Gear Cloth shin guards Mouth piece Groin protector
<i>Amateur Division 2</i>	Full contact Elbows allowed if the state allows	4 x 2 minute rounds 1 minute rest	12 oz gloves Head Gear Cloth shin guards Mouth piece Groin protector Elbow pads	14 oz gloves Head Gear Cloth shin guards Mouth piece Groin protector Elbow pads	16 oz gloves Head Gear Cloth shin guards Mouth piece Groin protector Elbow pads
<i>Amateur Division 3</i>	Full contact Elbows allowed if the state allows	5 x 2 minute rounds 1 minute rest	10 oz gloves Mouth piece Groin protector	12 oz gloves Mouth piece Groin protector	14 oz gloves Mouth piece Groin protector
<i>Professional</i>	Full Contact Elbows allowed if the state allows	5 x 3 minute rounds 1 minute rest	8 oz gloves Groin protector Mouth piece	10 oz gloves Groin protector Mouth piece	12 oz gloves Groin protector Mouth piece

Senior Division

	General Rules	Round Length	Gear
<i>Novice</i>	Moderate contact No head contact No elbows	3 x 1.5 minute rounds 1 minute rest	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector Elbow pads
<i>Amateur Division 1</i>	Moderate contact No head contact No elbows	3 x 1.5 minute rounds 1 minute rest	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector Elbow pads
<i>Amateur Division 2</i>	Moderate contact Light head contact No elbows	3 x 2 minute rounds 1 minute rest	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector Elbow pads
<i>Amateur Division 3</i>	Moderate contact Moderate head contact Elbows allowed if the state allows	3 x 2 minute rounds 1 minute rest	16 oz gloves Head Gear Body protector Cloth shin guards Mouth piece Groin protector Elbow pads

Weigh In

- Weigh ins are required before each match no less than 30 hours prior to the match.
- At the weigh in each competitor must verbally agree to fight each other.
- If one competitor does not make weight, the other competitor has the option of accepting the fight, reject the fight, or fighting as an “exhibition” which does not count towards the official record.
- Due to the negative effects of dehydration or drastic measure to make weight, the IML may ask for an unofficial weigh in 60 days and or 30 days prior to a match.
- There will be a gear inspection by the rules chairman at the weigh in.
- There will be a brief rules meeting at the weigh in.



Pre-Match Physical

- All competitors will have a pre-match physical with an IML appointed physician.
- If the physician deems the competitor unfit to compete the match will be canceled and declared “No-contest”.
- There is no appeal to the physician’s decisions



Ram Muay

- All competitors have the option of performing the ram muay before their match. Maximum time 3.5 minutes.
- Division 3 and Professionals must perform the Ram Muay before their match.
- Exactly 3.5 minutes will be allotted for the Ram Muay. The Ram Muay must be completed during this period.
- The competitor will be stopped if they go past the allotted period.
- The competitor should wear a mongkol while performing the Ram Muay, but must remove it before the match starts.
- The competitor may wear flower garlands and other amulets and adornments, but they must be removed before the match begins.
- Prajit or armbands may be worn during the match, provided there are no metal or sharp or protruding parts on them.

Corner people

- Division 2 and below competitors are allowed 2 corner people.
- Only one corner person may be inside the ring ropes during the rest period.
- Division 3 and above competitors may have 3 corner people with only two inside the ropes during a rest period.
- Corner people should throw in the towel if they feel their competitor may be seriously injured.
- The use of smelling salts in the corner is prohibited.
- Putting anything caustic or irritating on the competitor’s gloves is prohibited i.e. boxing oil, tiger balm, or chloroform.
- Corner people must refrain from abusive language or actions toward competitors including their own, judges, referees, and audience members.
- Corner people can be ejected from the stadium for unsportsmanlike conduct.
- Corner people must clear the ring 5 seconds before the end of the rest period.
- Failure to exit the ring and have the corner clear of water and debris will result in a foul point to the competitor.

General rules

- All matches will take place in a ring. The ring will measure 24'x24' outside the ropes and 20'x20' inside the ropes. There will be four ropes on the ring.
- The referee has absolute control of the ring. All competitors are obligated to follow all of the instructions, directions and/or rulings of the referee. Failure to do so may result in immediate default of the offending competitor and elimination from the competition.
- The match will start when the timekeeper rings the opening bell.
- The timekeeper will signal 30 seconds to the end of the round by pounding on the canvas twice.
- The timekeeper will signal 10 seconds to the end of the match by pounding on the canvas four times.
- The bell will signify the end of the round. All action must stop when the bell sounds.
- The timekeeper will signal 10 seconds until the end of the rest period by giving the command "CLEAR THE CORNERS".
- A point deduction can be issued by the referee if the corners are not clear of water and other debris by the starting bell.
- There is no need to come to the center of the ring at the beginning of the match for a rules discussion and a "glove touch". All rules discussion are held at the rules meetings.
- There is no need to touch gloves at the beginning of a match. Shake hands at the end of the match.
- The referee will do a gear inspection prior to the beginning of the match.
- The referee can give a standing 8 count at any time for any reason.
- The referee will give a standing 8 count if a competitor is not defending his/her self or if they appear overwhelmed.
- A competitor may receive a maximum of 3 standing eight counts in a round and 4 standing eight counts in a total match. If the competitor exceeds this the match will be declared a TKO.
- If a competitor is knocked out of the ring, referee will give a standing 20 count for the competitor to return to the ring. If the competitor does not return within the count, the match will be declared a TKO.
- If there is a gear malfunction, the referee may stop the clock, however if the malfunction persists, the referee may issue an 8 count.
- If a competitor continuously spits out their mouth piece, the referee may issue an 8 count.
- If a competitor is injured from an illegal technique, the referee may stop the clock and allow the competitor as much time as is necessary to recover. If the referee believes the competitor is stalling, he may issue an 8 count.
- The referee may stop the clock to get a physician's opinion on whether a competitor may continue.
- The referee will only begin the 8 count or the knock down count when the opposing competitor has reached a neutral corner.
- When a competitor is knocked down, the referee will begin a ten count as soon as the opposing competitor reaches a neutral corner. If the competitor is unable to continue by the count of ten, the match is declared a knock out.
- If a competitor's glove touches the canvas, the referee will wipe them before the action continues.
- If the referee gives the command "STOP" both competitors should cease all action until the referee gives the command "FIGHT".
- If the referee gives the command "BREAK" competitors should cease all action and step back from each other and wait until the referee gives the command "FIGHT".
- The referee may opt to use the Thai commands:
 - Chok=fight
 - Yut=Stop
 - Yaek=Break
 - Yut Di= match over

Post-Match Physical

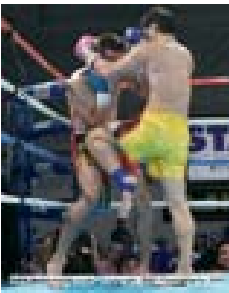
- After the match a physician will examine the competitors and decide if a mandatory recovery time is needed.
- Boxers that suffered concussion by KO, should not participate in sparring sessions for 45 days and no less than 30 days after concussive trauma, including but not limited to KO's, and should not compete in any combat sports match in less than 75 days.
- All competitors shall receive written notification of these obligations.
- Highly contested matches (matches where significant damage is received) may receive a mandatory rest period as well.
- Physician's decisions can not be appealed.

Technique

Muay Thai has a long time honored tradition. It is easily recognizable for its power and grace in the ring.

Here are some of the techniques that distinguish Muay Thai.

- Attacks to the legs are allowed
- Knees to the body and legs are allowed
- As long as there is action in the clinch, the clinch will not be broken by the referee
- Elbows are allowed in the higher divisions if the state allows them
- Leg sweeps are legal
- Grabbing the kick and holding the leg is legal
- Sweeps and strikes done off the grabbed leg are legal as long as the leg is not held longer than a 3 count
- Muay Thai throws are legal



Wins and Decisions

Knock out: When a competitor is knocked down and can not continue within a count of ten by the referee. Knock outs are not allowed in moderate and light contact matches and will result in a disqualification of the offending competitor.

Technical Knock Out:

When a competitor cannot continue due to injury or fatigue.

When a corner throws in a towel.

When the referee stops the match because one competitor is clearly overwhelmed and to defending themselves.

If a competitor is knocked out of the ring and cannot continue within a 20 count.

If the competitor receives more than 3 eight counts in a single round or 4 eight counts within a match.

If a competitor is cut or injured and the ring side physician declares the competitor unable to continue.

Unanimous Decision: When all the judges award the majority of points to one competitor.

Majority Decision: When two out of three judges decide in favor of one competitor.

Forfeit: If a competitor fails to show for any reason or leaves the match.

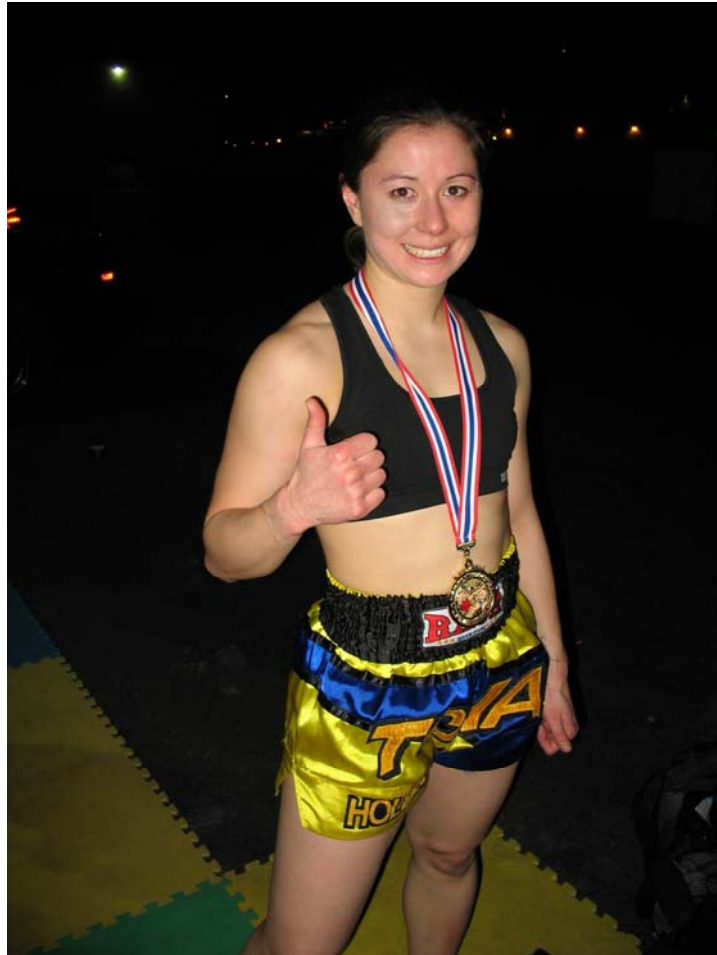
Disqualification: If a competitor is injured or knocked out from an illegal technique, the offending competitor is disqualified and the win goes to the injured competitor

No Contest:

if a competitor is

If both competitors

at the weigh in



banned for any reason
refuse to fight each other

Scoring

- There will be no fewer than 3 judges per match and no more than 5 judges per match.
- There will be an equal number of jury members.
- Scoring is done on a “20 point must” system.
- For each round, the judge will award the winner of the round a 20 and the loser of the round either 19 or 20 minus any points deducted for fouls.
- The criteria for determining a winner are listed below.
- If one judge scores the match a draw and each of the other judges sides for one blue and one red, the match will be declared a draw.
- If all three judges score the match dead even the match will be declared a draw.
- The jury will certify that all scoring is added correctly and the correct winner is selected. If the jury feels there is a problem with the judging, they have the authority to override the judges decision.

Scoring categories

1. Most punches landed– powerful, clear, clean technique, and damaging
2. Most kicks landed–powerful, clear, clean technique, and damaging
3. Controlling the clinch
4. Solid defense
5. Effective offense– leading off more and more aggressive
6. Most damage delivered
7. Muay Thai Technique
8. Controlling the ring
9. Courage and spirit
10. Most exciting fighter

Fouls and point deductions

Any competitor receiving more than 10 points or more fouls during a round will be disqualified.

The referee reserves the right to disqualify any competitor without prior warning if they feel the violation is flagrant.

The following techniques are NOT legal and will result in point deductions

-1	Knock down (not a slip)
-2	Striking to the back of the head
-2	Striking to the back
-2	Striking to the groin
-2	Intentionally striking to the knee joint
-2	Excessive contact in moderate contact matches
-2	Joint manipulations as in Jujitsu
-2	Non-Muay Thai throws as in Judo
-2	Intentional falling on an opponent
-2	Inaction
-5	Throwing a competitor on their head
-5	Striking an opponent when they are down
-5	Unsportsmanlike conduct

Protesting a decision

- Any competitor may protest a decision except a decision of the IML physician
- An official protest must be filed with the rules chairman prior to the end of the event.
- There is a \$100 non-refundable protest fee to prevent unnecessary fillings.
- A protest will automatically result in a hearing by the Board of Governors.
- The Board of Governors will review available video and issue a new decision which cannot be appealed.

Disqualification from participation

- The IML may ban anyone from participation in IML events for any reason
- If a competitor violates IML drug use policy will be banned for no less than 1 year.
- If an academy or a trainer shows a pattern of violating IML drug or illegal procedures they and all of their students may be banned from IML participation.
- If a competitor, trainer or officials of an academy throw or conspire to throw a match they will be banned from IML participation.
- If competitors, trainers, or officials of an academy place bets on their match, they will be banned.
- If a competitor, trainer, corner person, or any other participant assaults a judge, referee, other competitor or member of the audience they will be banned.
- If a competitor, trainer, or officials of a academy show any involvement in mafia, gang, or outlaw biker affiliations, they will be banned.
- If anyone attempts to bribe a referee, judge, or any IML official they will be banned from IML events.
- If anyone consistently shows poor sportsmanlike conduct, is abusive and runs others down, they may be banned from IML events.
- Concerns about ethics violation may be made in writing to the IML Board of Governors.
- Any banned individuals or academies will be notified in writing with an explanation of why the ban is instituted and what the term of that ban is.
- A banned competitor will not be rated and any titles held will be declared “vacant”.
- Any individual may contest a ban in writing to the Board of Governors.
- A “contest” will automatically trigger an investigation into the matter and a hearing with all concerned parties. The Board of Governors decision at the hearing will be final.

Advancing in Divisions

- Competitors advance in Divisions by accumulating points.
- If a competitor clearly has too much skill to be in a particular division, the Board of Governors may issue an advance.
- If a competitor believes they belong in a higher division, they may request an advance which may be granted by the Board of Governors pending a review.
- No competitor may go down in Divisions after competing in that division.

Competing in a match counts as 1 point.

Winning a match counts as 1.5 points

Novice: No more than 9 points

Amateur Division 1: 9 points

Amateur Division 2: 9 points

Amateur Division 3: No Limit

Professional

Professional designation

- Any Division 3 Amateur may declare their intention to go professional at any time.
- The term Professional implies that competing is their full time job and they are receiving prize money and or sponsorship.
- A competitor in any division may receive travel expenses without being considered professional.
- Any travel expenses that the promoter agrees to offer will only be reimbursed after the final match of the evening.
- A competitor in any class may receive a prize in money or gifts with a value of \$1000 or less without being considered professional.
- Any arrangement for travel expenses or prize money is the sole responsibility of the promoter and should be put in writing prior to the match with a copy being sent directly to the IML.
- A competitor in any class may receive sponsorship for tuition at an academy without being considered professional.
- When a competitor receives sponsorship in cash or merchandise that exceeds the cost of tuition at an academy, they must declare it to the IML and they will be designated professional.
- Failure to declare compensation may result in being banned from IML events.

Titles within Amateur Division 3 and Professional division

State Champion
Regional Champion
National Champion
World Champion

- There are no titles below Amateur Division 3
- The IML will designate which matches are title matches and who are the top contenders.
- Every title holder must make a defense of their title twice per year.
- Failure to defend their title will result in a loss of title and that title will be declared vacant.

Ranking

Ranking is for Division 3 Amateurs and Professionals only.

Rankings are based primarily on points, but they are also subjective and will be reviewed by the Board of Governors and will include:

- Willingness to compete
- How highly contested each match has been
- The amount of damage received and delivered
- The fitness level of the competitor
- Fighting style and experience



Medical

All sports carry risk. Muay Thai is a high contact sport. It is important that you assess your health and carefully decide if you want to compete.

- Every competitor should see their physicians for a thorough physical before getting into competition.
- All competitors should get a thorough physical at least once per year.
- Division 3 and above competitors are required to get a complete physical and have their physician fill out a medical certification form no later than 4 weeks before the match.
- All adult and senior Division 3 Amateurs are required to get a blood test and certify they are HIV and Hepatitis negative.
- Physician's certificate must be filed with the IML.
- If the competitor is involved in an accident such as a car accident after the date of certification, they must declare it to the IML and be recertified by a physician prior to the match.
- High Risk competitors should undergo extensive examinations by their physicians prior to a match. High risk competitors include:
 - Boxers over 35 years of age,
 - Boxers with high exposure bouts,
 - Boxers with poor performances, such as 3 consecutive losses secondary to TKO/KO, or six consecutive losses.
 - Boxers with history of severe concussions,
 - Boxers who have not boxed in 3 years.
- No one will be allowed to compete if they have sustained a knock out or other serious head injury within the last 75 days.
- IML assumes no liability for failing to observe these regulations and physician's recommendations. IML further assumes no liability for fraud in reporting one's physical condition.
- All competitors shall execute a Waiver/Release of Liability as a condition of competing.

Drug Uses

Drug use and illegal performance enhancing procedures are strictly forbidden by the IML and will result in automatic suspension from participating in IML events.

Prohibited drugs and procedures are:

Steroids

Alcohol

Stimulants: amphetamines, fencamfamine, cocaine, ephedrine etc.

Narcotics: heroine, morphine, etc

Sedative's: Barbiturates, Phenobarbital, secobarbital etc.

Hallucinogens: Marijuana, LSD, mescaline, etc.

Diuretics: furosemide, thalazide etc.

Androstenedione and related hormone precursors

Infusion of red blood cells

The use of plasma or red blood cell expanding drugs

Any substance identified as a Controlled Substance under the laws of the State of Washington.

All legal drugs (under prescription or not) unless approved by the IML physician prior to the competition.

- A competitor may be asked to take a drug test at any time. IML officials may show up randomly at a competitor's gym and request a drug test.
- Competitors may be randomly selected to take a drug test after their match.
- Competitors are obligated to pay all of the costs associated with all drug tests.
- All title matches including division 3 and Pro are required to take a drug test immediately after their match.
- Failure to comply will result in dismissal from all IML events and any titles won will be revoked.
- If a positive result is determined by the drug test, a second drug test will be administered. If the second test shows positive, the competitor's titles will be revoked, they will be suspended from all IML events for no less than one year, and they may be fined.
- If the winning competitor tests positive, the match will be recorded as "no contest" and any title held will be declared "vacant".
- Competitors suspended from the IML may not return without appeal to and approval from the official IML board.
- Due to its blood thinning effects, competitors should not take aspirin 14 days prior to their match

Approved Supplements

The only supplements that are allowed are over the counter supplements for athletic performance. No supplements are recommended or encouraged. Each competitor must weigh the pros and cons of adding anything to their diet and is solely responsible for the results.

Creatine is allowed.

Approved gear

- All participants should wear Thai shorts and have the option of wearing a T-shirt.
- No lewd or inappropriate clothing is allowed.
- Competitors may wear their own gear, except for gloves, as long as it is approved by the rules chairman prior to a match.
- Ankle supports are allowed.



Gloves:

- It is important that gloves be consistent and match regulations, therefore all gloves will be provided by the promoter.
- Gloves may be secured by three wraps of duct tape.

Shin Guards:

- There is a big difference between cloth and leather shin guards, therefore one can not be substituted for the other.
- Approved cloth Shin Guards are: Century and Proforce.
- All shin guards will be approved by the rules chairman and check before each bout by the referee.
- Shin Guards are the sole responsibility of the competitor and will not be provided.
- Shin Guards should be secured by three wraps of duct tape that should cover a exposed buckles and Velcro



Mouth Piece:

- Double Mouth Pieces are recommended, but any style is acceptable.
- Wipps and Brain Pads are highly recommended.
- It is recommended that competitors have a spare Mouth Piece.





Head Gear:

Boxing style head gear are the only style allowed.

Approved head gear styles are: Master Toddy brand, Ultra Gear, Title, and Combat Sports.

Head gear should cover the cheeks and chin, but not the nose. No cross bars are allowed.

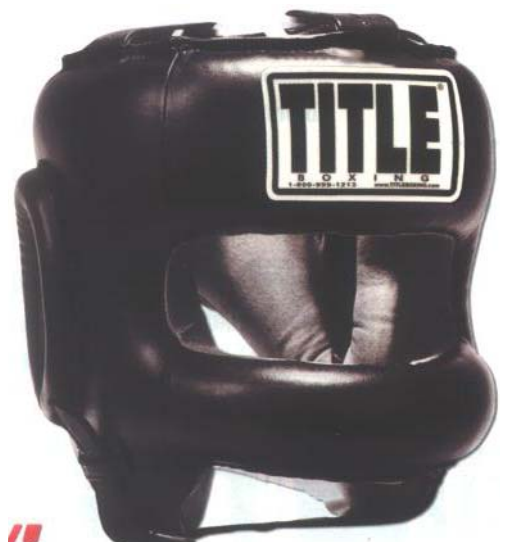
Head Gear should fit securely and not move around in the clinch.

All Head Gear will be approved by the rules chairman and checked before each bout by the referee.

Head Gear are the sole responsibility of the competitor and will not be provided.



This style is only allowed in Children's divisions. Not youth, adult, or senior divisions



This style is not allowed in any division. Face cages and cross bars are not allowed.



Body protectors:

Body Protectors must be reversible and have an obvious Red or Blue side to match the corner of the competitor.

Protectors must fully cover the chest, ribs and belly of the competitor.

Tae Kwon Do hogu are acceptable as well as Windy style Muay Thai protectors.

No Protectors that have a hard or rough surface will be allowed. If a competitor does not have a body protector, one will be provided by the rules chairman.

Groin Protectors:

Groin protectors are required for all matches

Female groin protectors are recommended but will not be checked.

Thai style steel groin protectors are required for Division 3 amateur and professional competitions.

The referee will do a cup check before each match.



Competition Officials

Promoter
Chairman
Judge
Jury
Referee
Scorekeeper
Time Keeper
Certifying Physician
Ring side physician
Seconds
EMTs
Security
Announcer

Definitions

Mongkol
Praeng or Prajit