

8. Part – Thai Boxing

The rules for this style are as per K-1 rules except for...

The following are acceptable techniques...

1. Knee attacks to the body and kicks with the shin to the thighs, body and the head (and the arm if used with force).
2. Clinching (holding) and attacking at the same time with knees and elbows or any strikes.
3. Elbow strikes to the body.
4. Flat throws below the waist line, only in clinching situations.
5. The use of Spinning Back Fist only with focus on the opponent.
6. The use of Kicks to the whole leg above or below the knee.

Under Thai rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the Referee's estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint.

Under Thai rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.

It is the Fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

Full Contact Kicks against the opponent's guard in Thai Boxing shall be scored, as they have a damaging effect upon the opponent.

Shin Protectors are compulsory (not voluntary) in Thai Boxing

The Following are Fouls in Thai Boxing...

-All forms of biting are prohibited.

- All strikes, blows and punches executed with the palm side of the gloves are prohibited.
- All kicks to the back and the back of the neck are prohibited.
- Any form of butting with the head is prohibited.
- All attacks (strikes, punches, kicks) against the joints are prohibited.
- Kicks to the groin are prohibited.
- Attacking a downed Opponent or an Opponent who touches the floor with his/her gloves is - prohibited.
- Spitting out one's tooth protector (gum-shield) is prohibited.
- Any kind of throwing above the waistline
- Holding the ropes and attacking an opponent, also in clinching situations
- Punching to the back or top of the head
- Linear or striking/kicking to the spine
- Strikes and kicks after the Referee calls stop, or after the bell.

7.1.0 Thai Boxing Scoring Criteria

7.1.1 The winner of a bout is determined by two main scoring criteria:

- a) The number of clean Muay Thai techniques striking a legitimate target, or used successfully against an opponent.

Muay Thai techniques include all punching techniques using the fist and forearm, all elbow strikes, all knee strikes, Round

Kicks, Front, Side and Back Push Kicks and Muay Thai throws.

Legitimate targets include all areas of the body (except deliberately striking the groin area or any part of the back), the tibia

(shin) when used in a blocking action, and the forearm when used in a blocking action.

Notes: strong Kicks to the upper arm score.

- b) The effectiveness of the techniques.

7.1.2 Effectiveness

Effective techniques are defined as Muay Thai techniques delivered on balance and have a

physical effect on a competitor.

To be considered effective techniques, strikes or throwing actions are to comprise of one of the following.

I) to cause a loss of a Fighter's balanced position. (They are moved physically either due to the power of the strike, good timing or because of a Fighter's loss of balance)

or...

II). to cause them to show physical or psychological distress, (showing fear or pain).

III). Round Kicks delivered with force cleanly hitting the body or neck are considered effective, even without causing loss of position. Similarly, straight Knee Strikes or Circle Knees, delivered with force and striking with the point of the knee, also are considered effective without obvious effect.

IV). All Elbow Strikes that cut are considered effective without any other obvious effect.

V). If a Fighter kicks an opponent on target, but that kicking leg is caught by their opponent, the Kicker scores a point. However, if after their kick is caught, they are knocked down to the canvas by a kick, the Fighter kicking their opponent to the canvas scores as well. However, if the Kicker with his kicking leg caught by an opponent pretends to fall down on the ring floor, they are considered guilty of violating the rules. In this case, no Fighter scores a point.

7.1.3 Notes:

The winner of a bout is the Fighter who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes.

If the number of strikes scored by each competitor is equal, and one Fighter was clearly more proactive in attempting to attack during the bout, they should win the bout.

If the number of strikes scored by each Fighter is equal and no contestant has clearly attacked more, the Fighter who shows better offensive skills, defensive skills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout.

If Fighters are otherwise equal and one Fighter clearly fouls consistently, that Fighter who

violates the rules loses the bout.

If neither Fighter delivers any effective strikes, the Fighter that lands more ineffective strikes should be awarded the bout.

7.1.4 Fouls

- Biting, head butting, eye poking, sticking out the tongue to taunt an opponent.
- Using Judo and Wrestling throws.
- Hyper-extending an opponent's spine using a "back breaking type hold" is to be considered a Foul.
- Catching an opponent's leg and pushing forwards more than two steps without either contestant using any attacking techniques.
- After a Fighter gets their leg caught, they deliberately drop to the floor to avoid being hit.
- Any knee strike to an opponent's protective cup is a Foul. If the Referee considers this to be a forceful strike, they can award up to a maximum of five minutes to recover. After this period, if the injured Fighter refuses to continue, the Judges must decide whether it was a purposeful Foul or an accidental Foul. The rules on injuries are the same as for Full Contact (Section 5.2.5).
- Deliberately kicking upwards, targeting the protective cup is considered a Foul. However, if the protective cup is kicked accidentally when attempting to kick another target, this is not a foul and the injured Fighter must continue.
- Disobeying the Referee's commands cannot be allowed, and will be treated as a Foul.
- Impeding an opponent from rising from the canvas or getting back into the ring is also to be considered a Foul.

7.1.5 Scoring procedure for the contest

A Full ten (10) points are given to the winner of the round and his opponent may be given 9 - 8 - 7 points in proportion.

a) For an even round, both boxers score full ten (10) points (10:10)

b) The winner scores ten (10) points and the loser scores nine (9) points (10:9)

- c) The clear winner of a round scores ten (10) points and the loser scores eight (8) points (10:8)
- d) 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).
- e) The clear winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores seven (7) points (10:7)
- f) The winner of a round with his opponent having been counted twice in that round scores ten (10) points and the loser scores seven (7) points (10:7)
- g) The Fighter who has been cautioned must not get full ten points in that round. The Referee's Caution can cost one (1) point each.