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JUNIOR AMATEUR MUAY THAI RULES & REGULATIONS

INTRODUCTION

Evidence supports that children who are active & participate in sports develop better life skills. They learn that winning and success comes from hard work and commitment, that to lose or be defeated is okay, it is having the strength and determination to get up and carry on that is more important. Through team work they learn to integrate and support each other. They learn to follow good leadership but equally think on their own feet. Through sports they are taught to follow rules and to show respect, discipline and fair play. Spending hours in Cyberspace on games consoles and computers teaches none of this and isolates children, leaving them ill prepared for their adult lives.

We do not think children should be banned from eating sweets and playing 'computer' games, it's about moderation. However, children should be actively supported and encouraged to integrate, to participate in teams or to support each other through competition.

What is equally important though is the need to regulate these sports so that children can 'play' in as safe an environment as possible.

This is especially true for all 'contact' sports and predominately, sports involving combat.

With this in mind the British Ring Sports (BRS) have put together the following rule set:


JUNIOR AMATEUR THAI BOXING RULES

1. Referees

The referee's primary job is the safety of the fighter. This is even more evident with juniors. To ensure the junior fighter is protected from unnecessary injury it is the referee's responsibility to show more vigilance when officiating on a junior contest. This will be implemented by the following:

- i. The referee should ensure that they are extra sensitive & vigilant if a junior fighter is being dominated excessively during a fight. They can do this by utilising the 8 count or stopping the fight.
- ii. Only 1x 8 count should be given in a round, if a second 8 count is given the fight must be stopped.
- iii. A maximum of 2 x 8 counts through the duration of the fight if a 3rd 8 count is given then the fight must be stopped.
- iv. No flash-knockdown is applied. If a junior is felled by head contact then the 8 count is automatically given even if they stand up and seem unaffected.
- v. An 8 count can be given to a standing opponent who is in distress or is unable to protect themselves.
- vi. If a junior fighter looks overly distressed the referee can stop the fight upon assessing.

2. Junior fight rules

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Head-gear & gum-shields:

- i. There will no requirement for junior fighters to wear protective head-gear or gum-shields with the exception of group 3 where the wearing of gum-shields is mandatory.
- ii. Research has shown that a lack of head gear actually reduces the risk of concussion.
- iii. Head-gear can obscure peripheral vision making it harder to see strikes aimed at the side of the head (for head contact rules) in addition the flow of the fight can be interrupted several times when head-gear becomes loose or dislodged during clinching.
- iv. Younger Junior fighters have a higher gag reflex when wearing gum-shields and again this can disrupt the flow of the fight.

3. GROUP 1 - Juniors aged 5 years old to 11 years old

- i. Head contact is **NOT** allowed.
- ii. Kicks, knees and elbows to the head are not allowed.
- iii. Spinning back fists are not allowed
- iv. All GROUP 1 juniors must wear mandatory 8oz gloves, and groin boxes.


4. GROUP 2 - Juniors aged 12 years old to 15 years old

- i. Head contact is **NOT** allowed
- ii. Kicks, knees and elbows to the head are not allowed.
- iii. Spinning back fists are not allowed
- iv. All Group 2 junior fighters must wear mandatory 10oz gloves, body armour, shin-pads, and groin boxes.

5. GROUP 3 - 16 years old to 17 years old

- i. Head contact with punches and kicks is allowed
- ii. Knees to the head are not allowed
- iii. Elbows are not allowed
- iv. Spinning back fists are not allowed
- v. All group 3 juniors must wear mandatory 10oz gloves, shin-pads, groin guards and gum-shields.

IMPORTANT: Please note that if a fighter aged 16 upwards fights without shin-pads then this will be recognised as a C class fight and will not come under junior rules Muay Thai

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6. The Ring

Requirements: In all competitions, the ring shall conform to the following:

- i. Size: The minimum size shall be 16 feet and the maximum size 20 feet
 - a. inside the line of the ropes.
- ii. Platform and Corner Pads: The platform shall be safely constructed, level and free from any obstructing projections. It shall be fitted with four (4) corner posts which will be well padded or otherwise so constructed as to prevent injury to the boxers.
- iii. Floor Covering: The floor padding shall not be less than 1.5 cm. and not more than 2.00cm thick over which canvas shall be stretched and secured in place. There should be four (4) ropes

7. Ring equipment (To be provided by the promoter)

- i. Tables and chairs for officials
- ii. Gong (with striker) or bell.
- iii. Stop watches/timers
- iv. Pads of scoring paper conforming to the pattern drawn up by The BRS
- v. Paramedics & RV on site.


8. Gloves

- i. The gloves shall weigh 8 ounces - 10 ounces Velcro or Lace Up.
- ii. Glove Inspection: All gloves and bandages shall be inspected under the supervision of a knowledgeable official who is appointed for the purpose and who will see that all rules have been carefully observed.

9. Weighing-in and Medical

NB: Up to date licences are accepted from any legitimate organisation

- i. A competitor must be passed as fit to compete by the doctor appointed by the organizing committee before being weighed in. To ensure a smooth running of the weigh-in, the organizing committee may decide to begin the medical examination at an earlier time.
- ii. At the medical examination and weigh-in the boxer is required to produce their record book/Licence to the officer in charge.
- iii. Contestants at all weigh-ins are required to be ready to weigh in at the specified time given by BRS. It is in the power of the organizing committee to relax this condition if unavoidable delay occurs.


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- iv. Competition shall not commence earlier than 3 clear hours from closure of weigh-in or a shorter time may be authorised by The BRS after consultation with the medical team and not liable to be detrimental to the boxers health and safety if participating in earlier bouts.
- v. Officiating personnel approved by the BRS must be in attendance and supervise all weigh-ins
- vi. Junior competitors are only allowed to present themselves at the official scales once. No junior is allowed to 'sweat off' weight' prior to competition and post weigh-in
- vii. The final weight is shown by the scale. Male boxers will weigh-in wearing light underwear only and female boxers will weigh-in wearing light underwear and a bra top.
- viii. Weight is shown in metric scale (KG) – Electronic scales are recommended.



10. Junior weight categories:

5 - 6 Yrs	-18.0	11-12 Yrs	-28.0	15yrs	-48.0
5 - 6 Yrs	-20.0	11-12 Yrs	-30.0	15Yrs	-50.0
5 - 6 Yrs	-22.0	11-12 Yrs	30.0	15Yrs	-52.0
5 - 6 Yrs	-24.0	11-12 Yrs	-22.0	15Yrs	-54.0
5 - 6 Yrs	-26.0	11-12 Yrs	-24.0	15Yrs	-56.0
5 - 6 Yrs	-28.0	11-12 Yrs	-26.0	15Yrs	-58.0
5 - 6 Yrs	-30.0	11-12 Yrs	-28.0	15Yrs	-60.0
5 - 6 Yrs	Plus 30.0	11-12 Yrs	-30.0	15Yrs	-62.0
7 - 8 Yrs	-22.0	11-12 Yrs	-32.0	15Yrs	-64.0
7 - 8 Yrs	-24.0	11-12 Yrs	-34.0	15Yrs	-66.0
7 - 8 Yrs	-26.0	11-12 Yrs	-36.0	15Yrs	-68.0
7 - 8 Yrs	-28.0	11-12 Yrs	-38.0	15Yrs	-70.0
7 - 8 Yrs	-30.0	11-12 Yrs	-40.0	15Yrs	-72.0
7 - 8 Yrs	-32.0	11-12 Yrs	-42.0	15Yrs	-74.0
7 - 8 Yrs	-34.0	11-12 Yrs	-44.0	15Yrs	-76.0
7 - 8 Yrs	plus 34.0	11-12 Yrs	-46.0	15Yrs	-78.0
9 -10 Yrs	-22.0	11-12 Yrs	-48.0	15Yrs	Plus 78.0
9 -10 Yrs	-24.0	11-12 Yrs	-50.0	16-17yrs	-48.0
9 -10 Yrs	-26.0	11-12 Yrs	-52.0	16-17Yrs	-50.0
9 -10 Yrs	-28.0	11-12 Yrs	-54.0	16-17Yrs	-52.0
9 -10 Yrs	-30.0	11-12 Yrs	plus 54.0	16-17Yrs	-54.0
9 -10 Yrs	30.0	13-14 Yrs	-40.0	16-17Yrs	-56.0
9 -10 Yrs	-22.0	13-14 Yrs	-42.0	16-17Yrs	-58.0
9 -10 Yrs	-24.0	13-14 Yrs	-44.0	16-17Yrs	-60.0
9 -10 Yrs	-26.0	13-14 Yrs	-46.0	16-17Yrs	-62.0
9 -10 Yrs	-28.0	13-14 Yrs	-48.0	16-17Yrs	-64.0
9 -10 Yrs	-30.0	13-14 Yrs	-50.0	16-17Yrs	-66.0
9 -10 Yrs	-32.0	13-14 Yrs	-52.0	16-17Yrs	-68.0
9 -10 Yrs	-34.0	13-14 Yrs	-54.0	16-17Yrs	-70.0
9 -10 Yrs	-36.0	13-14 Yrs	-56.0	16-17Yrs	-72.0
9 -10 Yrs	-38.0	13-14 Yrs	-58.0	16-17Yrs	-74.0
9 -10 Yrs	-40.0	13-14 Yrs	-60.0	16-17Yrs	-76.0
9 -10 Yrs	-42.0	13-14 Yrs	-62.0	16-17Yrs	-78.0
9 -10 Yrs	-44.0	13-14 Yrs	-64.0	16-17Yrs	Plus 78.0
9 -10 Yrs	plus 44.0	13-14 Yrs	-66.0		
		13-14 Yrs	-68.0		
		13-14 Yrs	Plus 68.0		

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11. General rules & definition of legal techniques for Junior Muay Thai competition

- i. Elbow strikes are not allowed **Note: Elbows to the body are allowed but will carry little in the way of scoring. (No spinning back elbows are allowed)*
- ii. Knee strikes to the head are not allowed
- iii. Spinning back fists are not allowed
- iv. Hip throws and hooked leg sweeps are not allowed
- v. Striking a fallen or falling opponent is not allowed
- vi. Punches to the head are only allowed in junior fighters group 3
- vii. Kicks the head are only allowed in Junior fighters group 3
- viii. Kicks using the foot or shin are allowed to the inside and outside of the legs and to the body by all juniors groups 1, 2 & 3
- ix. Knees are allowed to the body and legs by all junior groups 1, 2 & 3
- x. Clinching (Prumb) is allowed by all junior groups 1, 2 & 3 providing at least one fighter is active and scoring during the clinch or a fighter is attempting to secure a position to attempt a knee or take-down. The referee can allow up to 5 seconds to assess before breaking.
- xi. Grabbing the leg and ploughing forward is allowed by all junior groups 1, 2 & 3 providing no more than two steps forwards is implemented and then followed by a strike or release.


9. Definition of legal strikes and techniques

PUNCHES

- i. These must be to the permitted target area.
- ii. If to the head (Junior Group 3 only) the punches must land on the front and sides of the head. Punches to the top or back of the head are not allowed.
- iii. If to the body (All junior groups 1, 2 & 3) punches are allowed to the front and sides only and must be above the belt line. (This is determined by an imaginary line across the naval)

All boxing punches are allowed with the exception of:

- i. Spinning back fists
- ii. Snapping back fists or back hands
- iii. Hammer fists (using edge of hand)

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KICKS

These must be to the permitted area.

All Muay Thai kicks are allowed with the exception of:

- i. No deliberate kicks are allowed to the groin. However, if the kick is considered by the referee to be accidental then the fighter must continue. Failure to do so will result in an 8 count or stoppage.

KNEES

These must be to the permitted area.


Knees are allowed to the front, back & sides of the body and the outer sides of the leg

All Muay Thai knees are allowed with the exception of:

- i. No knees to the head are allowed in all junior groups 1, 2 & 3.
- ii. No knees to the groin are allowed in all junior groups 1, 2 & 3

12. Definition of illegal techniques

- i. Head butts.
- ii. Punches to back of head.
- iii. Spitting/biting.
- iv. Knee strikes to head
- v. Elbow strikes to head
- vi. Hip throws.
- vii. Suplex throws/Hyper extending the back
- viii. Spinning sweeps.
- ix. Intentional Kicks to the groin. (Unless deemed by the referee as an accidental kick, in which case the fighter must continue or be counted or stopped if unable to do so. Knees to the groin are deemed as a foul intentional or unintentional)
- x. Striking opponent when knocked down.
- xi. Abusive language.
- xii. Striking opponent after Referee calls break.
- xiii. Striking after the bell.
- xiv. Spinning Back fist / Elbow to head

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10. Fouling

Depending upon the severity and intent of the foul the referee will determine which warning or disqualification is appropriate and, if necessary initiate as follows:

- i. Verbal caution.
- ii. 1st warning - deduct 1 point.
- iii. 2nd warning - deduct 1 point.
- iv. 3rd warning - disqualify the fighter.

The referee may also stop the bout or disqualify the boxer if:


- The referee decides that the boxer does not have the will to continue.
- The fighter is outclassed.

The fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event.

11. Types of Foul.

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

- i. Striking a downed fighter
- ii. Striking a fighter entangled or fallen through ropes.
- iii. Deliberately exiting the ring to avoid attack.
- iv. Fighter drops gum shield 3 times during 1 round.
- v. Corner man enters the ring or touches the fighter without Referee's permission.
- vi. Biting, eye poking, spitting on the opponent, sticking out tongue to make faces, head butting, striking, or any similar action.
- vii. Throwing, back breaking, locking the opponent's arms, using Judo and wrestling techniques.
- viii. Falling over or going after a fallen opponent or opponent who is getting up. Rope grabbing to fight or for other purposes.
- ix. Using provocative manners during contest.
- x. Disobeying the referee's command.
- xi. 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 a caution. After two cautions, the referee shall warn the boxer.
- xii. If a boxer pretends to fall on the ring floor after their kicking leg is caught. This is considered to be taking advantage over their opponent and the referee shall give them a caution. If the boxer repeats the action and the referee has given two cautions, they shall receive a warning.

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- xiii. 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 him as the loser or “no decision”.
- xiv. When both boxers fall out of the ring and either boxer tries to delay getting back into the ring.
- xv. Failing to follow the referee’s instructions.
- xvi. Violating any of the rules.

12. Duration of Rounds

- i. Groups 1 & 2: 5 rounds of 1 minute duration
- ii. Group 3: 5 rounds of 1 minute duration

All round breaks are 30 seconds duration

SUMMARY

- The safety of the Junior fighter is paramount and imperative and no compromise of the above rules is allowed to jeopardise this.
- Scoring of Junior Muay Thai will adhere to the same scoring criteria as Adult Muay Thai
- Due to the differences in growth spurts in Juniors, officials from BRS will have the final say regarding fair matching.
- Weighing in will be conducted on the same day as the competition.