



# IFMA RULES & REGULATIONS

## RULE 1: MUAYTHAI COMPETITIONS

Muaythai is a **Combat Sport**, and competitions are contests between two opposing individuals (Nak Muay) representing their national team. Each national team can only enter one (1) Athlete per division. The IFMA Executive Committee reserves the right to allow the host country to submit more than one (1) Athlete for pre-agreed divisions as per the hosting contract agreement.

## RULE 2: WEIGHT CLASSIFICATIONS

Gen der	MASTERS & ELITE				U24				U18			
	MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
Weight (KG)	1	45*	45	1	1	45	45	1			42	1
	2	48	48	2	2	48	48	2	1	45	45	2
	3	51	51	3	3	51	51	3	2	48	48	3
	4	54	54	4	4	54	54	4	3	51	51	4
	5	57	57	5	5	57	57	5	4	54	54	5
	6	60	60	6	6	60	60	6	5	57	57	6
	7	63.5	63.5	7	7	63.5	63.5	7	6	60	60	7
	8	67	67	8	8	67	67	8	7	63.5	63.5	8
	9	71	71	9	9	71	71	9	8	67	67	9
	10	75	75	10	10	75	75	10	9	71	71	10
			(+) 75	11			(+) 75	11	10	75	75	11
	11	81			11	81					(+) 75	12
	12	86			12	86			11	81		
	13	91			13	91			12	86		
14	(+) 91**			14	(+) 91			13	91			
								14	(+) 91			

  

Gen der	U16				U14				U12			
	MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
Weight (KG)			36	1	1	32	32	1	1	30	30	1
	1	38	38	2	2	34	34	2	2	32	32	2
	2	40	40	3	3	36	36	3	3	34	34	3
	3	42	42	4	4	38	38	4	4	36	36	4
	4	45	45	5	5	40	40	5	5	38	38	5
	5	48	48	6	6	42	42	6	6	40	40	6
	6	51	51	7	7	44	44	7	7	42	42	7
	7	54	54	8	8	46	46	8	8	44	44	8



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8	57	57	9	9	48	48	9	9	46	46	9
9	60	60	10	10	50	50	10	10	48	48	10
10	63.5	63.5	11	11	52	52	11	11	50	50	11
11	67	67	12	12	54	54	12	12	52	52	12
12	71	71	13	13	56	56	13	13	54	54	13
		(+) 71	14	14	58	58	14	14	56	56	14
13	75			15	60	60	15	15	58	58	15
14	81			16	63.5	63.5	16	16	60	60	16
15	(+) 81					(+) 63.5	17			(+) 60	17
				17	67			17	63.5		
				18	71			18	67		
				19	(+) 71			19	(+) 67		

- \*for inclusion into selected multi-sport events only, subject to approval by the IFMA Executive Committee.
- \*\*Masters 40+ and Masters 45+ athletes not permitted to take part.
- An athlete must compete according to their biological genderism.

## RULE 3: MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES

**3.1: AGE LIMITS** The Athlete's age category for competition shall be determined by their age, calculated from their year of birth, as at the first day of the competition's official medical check and weigh-in.

### 3.1.1: Competition Pathways

Athletes shall enter competition under one of the following pathways:

- **Elite**, Olympic performance pathway
- **Development** (U categories), age-based progression pathway
- **Masters**, post-elite or return-to-competition pathway

An athlete may only enter **one pathway per competition**.

Age Category	Minimum Age	Maximum Age
Masters 45+	45	50
Masters 40+	40	44
Masters 30+	30	39
Elite	18	40
U24	17	23
U18	16	17
U16	14	15
U14	12	13



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U12	10	11
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## RULE 4: ROUNDS FOR MUAYTHAI COMPETITION

Stopping of the contest by the Referee for a Warning, Caution, putting clothing or equipment into order or for any other reason is not included in the period of round. No additional round may be given. The Technical Delegate may adjust these formats for selected multi-sport events only, subject to approval by the IFMA Executive Committee.

Division	Round Time	# Rounds	Rest Time	
Masters 40+ & 45+	2 minutes	3	1.5 minutes	
Masters 30+	3 minutes		1 minute	
Elite				
U24				
U18	2 minutes			
U16				
U14				1.5 minutes
U12				1 minute

## RULE 5: NATIONALITY

**5.1: ATHLETE NATIONALITY** An Athlete must be a member of a National Association, which is a member of IFMA, and the Athlete must also be a national of the country of the National Association.

**5.1.1: Identification** The Athlete must represent the same nationality as presented in their passport at accreditation.

**5.1.2: Dual Nationality** If an Athlete has more than one nationality, such Athlete can only represent one country and thereafter may not represent any other country, until after a period of three (3) years has elapsed. If the two National Associations concerned desire, they can ask IFMA to reduce or even to suppress this delay.

**5.1.3: Permanent Resident** The IFMA Executive Committee reserves the right to allow an Athlete to represent the country of which they are a permanent resident instead of their passport nationality, given that the Athlete has never represented the country of origin on their passport.

**5.1.4: Athletes Book** The Athletes book should reflect the Athletes nationality presented at accreditation. The compulsory Athletes book must be presented at all medical and weigh-in checks. It must be collected at the end of every contest.

## RULE 6: PROCEDURES FOR HEAD INJURIES (KOH/RSCH)

**6.1: MANDATORY PROBATION PERIOD** An Athlete shall receive a mandatory period of rest in the event of a Knock-Out or RSC caused by strikes to the head.

- One (1) KOH or RSCH: An Athlete who has been knocked out or for whom the Referee has stopped the contest due to receiving hard hits to the head rendering the Athlete defenceless or incapable of continuing, shall not be permitted to take part in competition of Muaythai or sparring for a period of at least thirty (30) days;



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- 27.2.8: Hooking or immobilizing the opponent's legs using the calf, ankle, or heel of the foot;
- 27.2.9: Lifting an opponent by the body;
- 27.2.10: Locking/hyperextending the opponent's joints in the arms, legs, head/neck, or back;
- 27.2.11: Striking while holding the ropes or making any unfair use of the ropes;
- 27.2.12: Falling on to an opponent who is lying on the floor;
- 27.2.13: Striking an opponent who is down on the floor or who is in the act of rising;
- 27.2.14: Striking while having any part of the body other than the feet touching the floor;
- 27.2.15: Obstructing an opponent from rising or re-entering the ring;
- 27.2.16: Completely passive defence by means of double cover or intentionally falling to avoid a hit;
- 27.2.17: Striking the groin or cervical spine of the opponent;
  - o If the Athlete is unintentionally struck by a Muaythai skill to the groin or cervical spine (C1-C7 vertebrae, including occipital bone), and unable to continue the contest, the Referee has the power to count the Athlete or pause the contest for up to 3 minutes to allow the hit Athlete to take a rest. If Athlete refuses to resume the contest after 3 minutes rest the opponent will be declared the "winner";
- 27.2.18: Holding the opponent's leg and pushing forward more than two (2) steps in any direction without striking with any one of the Muaythai skills;
- 27.2.19: Striking an opponent after the round has ended;
- 27.2.20: Not following the Referee's command to "YOOT" ("Stop") or "YAEK" ("Break") and take a step back;
- 27.2.21: Attempting to strike the opponent before the Referee has ordered "CHOCK" following the command to "YOOT" or "YAEK";
- 27.2.22: Useless, aggressive, or offensive utterance during the contest;
- 27.2.23: Assaulting or behaving in aggressive manner towards the Referee at any time;
- 27.2.24: Applying water to an athlete by means other than a water bottle or spray bottle;
- 27.2.25: Use of excessive water during the rest between rounds causing a delay starting the next round;
- 27.2.26: Using any forbidden substance acknowledged by World Anti-Doping Agency (WADA) or IFMA Anti-Doping Code.

## 27.3: RESTRICTED STRIKES BY DIVISION Use of a restricted Muaythai skill in a given division is considered a foul

Division	Restricted Muaythai Skills
Masters 40+ & 45+	No restrictions
Masters 30+	
Elite	
U24	
U18	
U16	
U14	No elbow or knee strikes to the head
U12	No strikes to the head

## 27.4: SECONDS Each Athlete can be held responsible for their Seconds' actions.

## 27.5: REFEREE CONSULTS JUDGES If a Referee has any reason to believe that a foul has been committed which Referee has not seen, they may consult the Judges.