



MUAYTHAI
WOMENS FESTIVAL OF MARTIAL ARTS 2019
May 28 to 31, 2019
Harrison Plaza, Manila

TECHNICAL RULES AND REGULATIONS
Combat and Waikru/Mai Muaythai

The rules and regulation presented hereafter are in accordance with the current rules and regulations of the International Federation of Muaythai Amateur (IFMA) approved by the Technical Committee, the Executive Board of IFMA and are the governing rules and regulations to govern the conduct of Muaythai event.

Participants

- All Participants should come from accredited/recognize chapter and members of MAP (the sole governing body of Muaythai Amateur in the Philippines) all contestant NOT coming from our Accredited/Recognized chapter of the MAP shall execute a waiver in writing to the effect that he or she will abide by the IFMA Rules and regulations as the same is the rules and regulations being implemented and observed by the Muaythai Technical Officials in the conduct of the **2019 Muaythai Womens Festival of Martial Arts**, in order to have a UNIFORMITY in decision making. Failure or refusal to do so, the head Muaythai Technical Official has the right to refuse/deny the participation of the concerned Muaythai Boxer.

Medical Check-up and Weigh-in

- All contestants must have a Medical Check-up and Official Weigh-in on the opening day of the bout and all bouts thereafter outlined in the technical handbook in the morning of their competition for each bout.
- Muaythai Boxers Record Book must be presented at every medical check-up (book amounting to three hundred pesos Php. 300.00) is available during the team managers meeting). As per IFMA rule 23/all Female contestant must additionally submit pregnancy test results taken not less 4 weeks prior to the competition.

Changing Weight Divisions

- On the morning of the official weigh-in, if a contestant finds her weight above the previous declare weight; she is permitted to move up to a higher weight division.

Drawing of Lots for Pairing

The Draw will be carried out after the Medical Check-up and Weigh-in. During this, the Team Manager or Coach or a selected representative from each Team/ Chapter must be present.

Sports equipment and Competition attire

Sports equipment

All sports equipment used by athletes in competition must comply with the International Federation of Muaythai Amateur (IFMA) Rules and Regulations.

- A contestant must wear the official uniform shorts and sleeveless shirt in red or blue, according to his corner. The uniform is available from MAP during the Team Managers meeting. The contestant must wear a Mongkol (sacred headband) during the Waikru before the fight. An amulet maybe worn around the upper arm or wrist but must be neatly covered. The contestant must wear the standard head-guard, gloves, shin guard, elbow guard and body guard as provided by the Organization Committee.

Contestants are required to wear their own groin-guard (male & female), breast (female only) & gum-shield. Toenails must be short.

Hand wraps (Combat competition)

- Contestant must wear the wraps provided by the Organizing Committee.

Competition Conduct

- All contestants must behave according to the IFMA code of ethics (See-<http://www.ifmamuythai.org/technical-reference/ifma-code-of-ethics/>) – as a good sportsman and follow the rules and regulations as laid out. Contestants will be penalized for any violations.

Appealing Decision

- All appeals should be in accordance with the rules of the International Federation of Muaythai Amateur (IFMA) for International tournaments and competition.

Award and Prizes

- In each division, the winner of the Final bout will be the Champion and awarded with the Gold medal. The other finalist will receive the silver medal and @ Bronze medals will be awarded to the semi-finalist.

- **Waikru and Mai Muaythai competition general rules and regulation**

1.1 Each Team can enter only one (1) Waikru Team (two contestants) per division.

1.2 Each Team must enter 2 contestants.

1.3 Contestants should wear the Traditional Muay Boran

1.4 The Traditional Muaythai music, known as “Sarama”, has to be used during the performances of the Wai Kru.

1.4 Each performance cannot last for longer than Five (5) minutes waikru no longer than two (2) minutes and Mai Muaythai competition not longer than three (3) minutes.

- a. In addition, contestants may choose from one of the following PROMS:
PROM NANG (sitting)

PROM YUEN (standing)

Each sequence has to be perform facing the 4 sides of the ring.

Note: Contestants from the same Team must NOT perform the same PROM

The PROM NANG sequence has to be performed facing the 4 sides of the ring, when completed the contestant should rise and move towards the corner of the ring.

Movement about the ring for both Waikru Sequences should be in the form of the YANG movements.

Both contestants should finish the sequence in their own corner.

2.1 Contestants are required to strictly follow the rules of Waikru/Mai Muaythai and prohibited to display any impolite posture, motion, or attitude toward his/her opponent.

2.2 Mai Muaythai Competition.

Both waikru performers are required to perform mai muaythai immediately after the end of the waikru.

The following are the guidelines for awarding of points.

1. A proper costume (muay boran)
2. Proper performance of waikru
3. Friendly (nice and firm) move on attacking and defending
4. The way of fight looks real
5. Creative thinking about the fight

2.3 Method for Judging Wai Kru Competition, five (5) Judges will be assigned by the Chairman of Jury of Wai Kru.

2.3.1.1 The Highest score is 10 and the lowest is 8.

2.3.1.2 Scores will be counted by discounting both the highest and lowest scores, therefore using the totals of the medium votes. Should these scores be equal, only one will be discounted.

2.3.1.3 Decision will be given to the total marks regarding Winner in first position and Runner-up in 2nd position.

Combat Categories and Division

Youth 10 – 11 Yrs. Old

| Kilograms | Name |
|-----------|------|
| 30 | |
| 32 | |
| 34 | |
| 36 | |
| 38 | |
| 40 | |
| 42 | |
| 44 | |
| 46 | |

Youth 12 – 13 Yrs. Old

| Kilograms | Female |
|-----------|--------|
| 32 | |

| | |
|----|--|
| 34 | |
| 36 | |
| 38 | |
| 40 | |
| 42 | |
| 44 | |
| 46 | |

Youth 14 – 15 Yrs. Old

| Kilograms | Female |
|-----------|--------|
| 38 | |
| 40 | |
| 42 | |
| 45 | |
| 48 | |
| 51 | |
| 54 | |
| 57 | |
| 60 | |

Youth 16 – 17 Yrs. Old

| Kilograms | Female |
|-----------|--------|
| 42 | |
| 45 | |
| 48 | |
| 51 | |
| 54 | |
| 57 | |
| 60 | |
| 63.5 | |
| 67 | |

Seniors 18 – 40Yrs. Old

| Kilograms | Female |
|-----------|--------|
| 45 | |
| 48 | |
| 51 | |
| 54 | |
| 57 | |
| 60 | |
| 63.5 | |
| 67 | |

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