



Amt Tournament Thai Boxing rules in brief

Equipment

10 oz boxing gloves

Elbow pads

Shin and instep

Head guard

Mouth guard

Groin guard

Chest guard and top (female)

Shorts

Bare top (male)

Techniques

Boxing (**no spinning back fist**)

Elbows (**no spinning or downward or jumping downward elbows**)

Kicks - low kick thigh and calf only (no attacks to joints)

Knee – knee to body and legs only! **No knee to head is permitted!**

Trips and flat take downs in clinch (**no judo style throws like hip throw etc**)

Clinch – must be active and dominant, **no use of the ropes allowed in clinch! No grabbing of shorts in the clinch!**

Only two steps max allowed once leg is taken!

All rounds are scored by the judges!

Scoring is on a 10-9 must system!

Extra round in event of a draw!

Warnings

1. Verbal
2. Verbal
3. Yellow card
4. Red card

Referee has the right to jump to any level he/she deems necessary according to the severity of the offence committed!