



# **Aotearoa Muay Thai Association.**

## **RULES AND REGULATIONS FOR MUAY THAI COMPETITIONS**

### **RULE 1: THE RING**

1.1) The boxing ring must be equipped with an approved safety mat and shall measure no less than 18 feet (5.5meters) nor more than 24 feet (7.3 metres) square between the ropes unless mutually agreed to by both camps and authorised by both the local combat sports commission and the

1.2) The ring shall be required to have four (4) ropes for safety. The ropes may extend as high as 4 feet (1.22 metres) from the canvas and shall not be less than 1 inch (2.54 cm) in diameter, wrapped securely in a soft material and hung to a normal tightness.

1.3) The ring shall have two (2) easily accessible stairways for the boxers and personnel to walk in and out safely, and steps available for medical personnel to enter the ring. All four (4) corners must be covered with corner pads for the protection of the boxers.

### **RULE 2: SECONDS**

2.1) A fighter may have three (3) seconds, but only two (2) seconds are allowed into the ring during a round interval with the chief second identified in the AMTA rules meeting.

The Seconds Duties:

2.2) The seconds are allowed to give verbal advice only, from a safe distance, during the fight, if they violate the rule, the referee will warn, caution, or discharge them their duties. Banging on the ring or swinging on the ropes, delaying a 2nds out call or entering the ring before the bell are all forbidden and will not be tolerated.

2.3) During the bout, the seconds must stay on their seats. Before each round, they must clear towels, water bottles, and other materials from the ring edge.

2.4) During a round interval, the second must check the fighter's gloves, shorts, or any other relevant items, if there are any problems, the chief second must notify the referee immediately to solve them.

2.5) Seconds shall not use rude words and they shall not hurt (physically) the fighters during the bout, or after.

2.6) Seconds should wear a corner jacket/vest, with no rude words or rude symbols on the corner jackets.

2.7) Seconds may arrange their own material, equipment, and medical supplies at their corners as follows:

Water

Ice

Towels

The adrenaline of 1/1000 solution or other substances as approved ring doctor

Gauze

Cotton buds

A pair of safety scissors

Wound bandages

Absorbent cotton bandages or wound soft bandages

2.8) Fighter's chief second may look to pull their fighter from a fight to protect their safety by stepping up onto the ring apron to grab the attention of the referee. He/she is not allowed to throw a sponge or a towel into the ring. And the final decision to call off a bout will rest with the referee who may consult with the ringside doctor.

### RULE 3: REFEREES

3.1) The referees must wear blue or black trousers, a black polo shirt with official AMTA logo on the left-hand side pocket, and wear lightweight boots or a AMTA branded polo shirt. Their fingernails must be neatly cut.

3.2) The Referee's duties:

The referee's main priority is safeguarding and protecting fighters from undue injuries.

The referee must always uphold rules and justice.

The referee must closely control the bout at all times with a duty of care for both fighters as his/her priority.

The referee must inspect the fighter's gloves, dresses, and gum shields.

The referee must use three commands as follows.

"STOP": To order the fighter to stop.

"FIGHT": To order the fighter to separate from each other. After the "STOP" command, both fighters must step back at least one step before engaging in the fight again.

The referee must utter strong verbal utterances to offending fighters.

The referee shall not allow a fighter who intentionally violates rules to gain an advantage, e.g., grabbing ropes to kick or knee his opponent, etc.

The referee shall not engage in any action which may jeopardise the fighters who may gain or lose advantages, e.g., fast-slow counting, warning or no warning, etc.

At the end of each round, the referee must collect the scorecards from the three judges. After that, he/she will hand all score cards to the AMTA supervisor for tabulation on the scoring master sheet.

The referee shall neither criticise nor give an interview about the future fights or the past fight results unless he gets permission from Chairman of the ring officials.

#### The Referee's Power:

To stop the contest when seeing that one boxer is outclassing the other to the extent that there is a risk to the health and safety of a fighter.

To stop the contest when seeing that the fighter is too seriously injured to continue to fight. He/she may consult with the ring doctor for professional consolation.

To stop the contest when seeing that the fighters intentionally disrupt the in this case, either fighter or both may be disqualified.

To stop the counting when seeing that if he continues the count, the fighter may be in danger.

To stop the count when the opponent has not gone to the furthest neutral corner before the count is finished.

To stop the action to warn or caution the fighter to violate rules or for other reasons to restore justice or enforce rules.

To disqualify the fighter who ignores the referee's commands, who physically harms the referee, or who aggressively offends the referee.

To discharge from duty, the second who disobeys the referee may disqualify the fighter whose second disobeys the referee's orders.

For the fighter who severely violates rules, the referee has the power to disqualify him, or he may declare the bout "no decision" after warning or cautioning, or even without any previous warning or cautioning.

To caution the fighter who violates the rules, the referee must stop the action before he/she cautions the offended boxer so that the fighter understands the cause and objective of the referee must show a hand signal, pointing to the fighter to inform all judges that there is a caution. The referee must disqualify the fighter who has been given three cautions or declare "no decision" if it is a serious offence, the referee may disqualify him even though there is no previous caution.

Counting procedure for fighters outside the stage.

When a fighter has been attacked by his opponent's legal weapons, and as a result, the fighter falls off outside the stage, the referee must order his opponent to go to the furthest neutral. If the boxer outside the stage is too slow to get into the stage, the referee shall count immediately.

For the fighter falling outside the ring, the referee shall count to twenty (20).

When a fighter or both falls off outside the ring, the referee shall count to twenty (20).

If the fighter manages to get into the ring before the count of twenty, the bout will continue.

When a fighter falls off outside the ring, the referee shall stop if the fighter is obstructed or delayed going up into the ring by any person. The referee shall clearly warn the offender and continue the count. If the offender disobeys, the referee shall stop the bout and disqualify a fighter.

When both fighters fall off outside the ring, the referee shall count. If either boxer tries to delay the action, the referee shall stop counting and clearly warn the fighter. After that, the referee will continue the count. If the offender disobeys, the referee shall disqualify that boxer to lose the fight or of "No Decision."

If both fighters fall off outside the ring, the referee shall. When a fighter can get back into the ring before the count of twenty, the fighter the winner.

However, if both fighters cannot get back into the ring before the count of twenty, the referee shall declare a draw.

#### RULE 4: JUDGES

4.1) Judges must dress the same as the referees. They may wear eyeglasses when performing their duties. The judge's duties are as follows:

4.2) Each judge must sit next to the ring on three sides with no one impeding their view. During the bout, the judges shall not speak with anyone. If necessary, they may speak with the AMTA appointed supervisor during the resting interval of rounds to inform them that there have been some incidents e.g., the second's misconduct and losing of ropes, etc.

4.3) Judges must score the bout objectively, with clear and independent thought, and score according to the rules. They must record scores on the score cards immediately after each. They must sign the score cards before handing them to the referee.

4.4) Judges shall not leave their seats until the ring announcer declares the official result and the referee raises a winner's hand or both for a draw.

4.5) Judges shall neither criticise nor give an interview about fight results or the past fight results unless they get permission from the chairman of the ring officials.

#### RULE 5: TIMEKEEPER

5.1) The timekeeper must sit beside the ring at designated seats. Their duties are as follows

5.2) The timekeeper's duties: To keep the number of rounds and fighting time for each round, resting interval time between rounds, and time of time-outs.

5.3) To signal for the beginning and the ending of a round by striking the bell.

5.4) To signal for five (5) seconds before beginning each round to clear the stage.

5.5) To deduct the interruption time or the time stopped by the referee's order.

5.6) To always keep the correct time by stopwatch or clock.

5.7) The timekeeper shall not give the bell signal while the referee is counting even though the fighting time of that round. The timekeeper will strike the bell when the referee order "ขึ้น" (CHOK).

## RULE 6: DECISIONS

### Winning by Points

When the bout ends, there are three possible outcomes for winning on points.

Unanimous Decision (UPD), all 3 judges favour the same fighter.

Split Decision (SPD) 2 judges favour one fighter & 1 judge favours the other fighter.

Majority Decision (MPD) 2 judges favour one fighter & 1 judge scores a draw.

### Winning by Knockout (KO)

If the fighter is knocked down and cannot continue the fight after ten (10) seconds, their opponent will win by knockout.

### Winning by Technical Knockout (TKO)

A fighter wins the contest by technical knockout in such conditions as follows:

When a fighter outclasses their opponent very clearly or one-sided out-points their opponent in such conditions that his opponent may be seriously injured.

When his/her opponent cannot continue the contest immediately after the resting interval of a round.

When his/her opponent is so seriously injured that he cannot continue the contest.

When his/her opponent has had a 3rd 8 count in the fight. Standing 8 counts included, or if the referee deems it unsafe to continue.

When his opponent has fallen out of the ring and he cannot get back into the ring after the referee has counted twenty (20)

His/her opponent willfully withdraws from the contest because of injury or other causes.

Winning by Disqualification of Opponent

No Titles Contests

In case a fighter does not pass the ring doctor's physical examination, or he/she does not show up to compete as scheduled, the title will be declared a "No Contest"

\*In a title contest when the champion cannot make weight or pass the physical examination or fails to show then his title will be declared vacant.

\*If the challenger can't make weight the event will be declared a no contest.

A Draw Decision

A contest will be decided as a draw on the following condition:

There are three possible scoring decisions for a drawn contest:

Unanimous Draw (UD) All 3 judges score the contest a draw

Majority Draw (MD) 2 judges score it a draw, and 1 judge has a winner

Split Draw (SD) judge scores it a draw and the other 2 judges have a different winner.

When both fighters are knocked down, they have been counted out of ten (10).

When both boxers have fallen out of the ring, they cannot continue.

No Decision

When the referee considers that either boxer or both "fight dishonourably," he declares that "There is no decision for this bout as the red corner / blue corner / or both fighters fight dishonourably"

No Contests

In case the fighters intentionally spoil the fight or continually avoids engagement outside of usual counter striking and they have been warned and cautioned by the referee, but they keep on spoiling the fight, the referee shall stop the contest and shall declare "No contest for his bout."

Cancellation of Contest

In case of the ring damage, a riot from spectators, or an unexpected situation causing it impossible to continue the contest, the referee shall cancel the contest and declare "Cancellation of the contest."

Injuries:

Vacated Titles

If a current AMTA champion fights in any Muay Thai contest, in or under his/her championship weight category, and loses by KO or TKO, his/her AMTA title will be declared vacant.

## RULE 7: SCORING PROCEDURES

Competent scoring must be done using the following criteria:

When the fighter uses their fists, feet, knees, and elbows as effective and controlled Muay Thai fighting weapons to attack their opponent powerfully, accurately, and according to the rules with effective and powerful techniques scoring higher than less effective strikes. The effective execution of any weapon will score higher than a less effective/timid execution of another weapon.

### Scoring Procedures

Fighters who can do more damage to their opponent using all Muay Thai fighting weapons effectively, with heavier, powerful, and accurate attacks on their opponent, using clear, effective aggression with their offensive skills (damage), ring-craft skills (dominance), and defensive skills (disruption) by Muay Thai arts and techniques, all contribute to a boxer winning the round – with extra credibility leaning towards the effective execution of attacking techniques.

### The Ten Point Must System & Scoring Explained

The winner of a round must have 10 points

The loser of a round will get 9, 8, 7, or a low of 6, depending on various factors in the round.

If there is no clear winner, both fighters will get 10 points – if in doubt – score it even point deductions by a referee for fouls in a championship fight are accumulated on the supervisor's master sheet

A 10-10 score shall be given when a judge's mental computation at the end of the round is not clear enough to give a highly questionable round to either fighter.

Just because you have been instructed against scoring even rounds, it would be unfair to a fighter to score a round in favour of the other fighter if your mental computer witnessed no difference.

A 10-9 score shall be given in a round with a slight advantage in overall action favouring one fighter.

A 10-9 score shall be given, also, when there is a clear advantage but not an overwhelming advantage.

A 10-8 score shall be given when there is a knockdown, and the rest of the round is a very slight advantage for the fighter who scored the knockdown

A 10-8 score shall be given when there is an overwhelming one-sided round; even without a knockdown, a real beating by one of the fighters over the other shall be always a 10-8 round

A 10-9 score shall be given to fighter A when fighter B takes an eight-count, but B clearly and unquestionably wins the rest of the round, before and after the knockdown

A 10-10 score shall be given when a knocked down fighter gets up and then knocks down his rival with the rest of the round, somehow even

A 10-9 score should be given when both fighters are knocked down – but one of them wins the rest of the round

A 10-7 score shall be given on two knockdowns of the same fighter – but always consider what happened before and the knockdowns

No round should be scored lower than 10-6

Make sure that your scorecard is accurate and reflects your decision on each round before handing the card to the referee

At the start of each round, a judge will set his/her mental computer at the sound of the bell to 10-10, even or no advantage count

When a judge's mind is immersed – without any distraction to compute even scoring – and sees no difference in the action of the fighters precisely at the end of the round – this is a 10-10 round

Your competent mental computing has one of the fighters slightly ahead of the other based on what you witnessed over the entire round. As we do not want many even rounds, a slight advantage should be a 10-9 round (Close)

Your computing of the actions leads you to have one of the fighters ahead after completing the entire round. This is also a 10-9 round (Moderate)

Your computing of the actions leads you to have one of the fighters winning the round by a large margin of victory. This is also a 10-9 round (Decisive)

Your mental count sees one fighter give a one-sided beating and hurt their opponent throughout the round – the only thing missing was a knockdown. This is a 10-8 round – don't fear being right (Extreme Decisive)

Clean and effective strikes: Landing punches, elbows, knees, or kicks to the scoring area of your opponent with power, volume, and accuracy to cause damage, domination, or disruption to your opponent



**Damage:** If a fighter is trying to hurt their opponent, a judge should look for evidence of damage knocking your opponent down, staggering your opponent, significant blows that slow your opponent's attacking prowess

**Domination:** If a fighter is trying to control their opponent, a judge should look for evidence of domination, an overwhelming advantage in strikes landed repeated initiates action during exchanges repeatedly lands the last strike in exchanges

**Disruption:** If a fighter is trying to prevent their opponent from hurting or controlling them, a judge should look for evidence of disruption, effective counter strikes that alter an opponent's strategy that force an opponent to grab, and hold strikes that force an opponent into a defensive posture

**Effective Aggression:** A forceful willingness to attack your opponent (either moving forward, backward or remaining stationary) where your strikes land accurately and force on your opponent. Remember, there is a fundamental difference between effective aggression and aggression

**Ring Generalship:** Controlling the balance, pace, positioning, and style of the fight to a greater degree than that of your opponent

**Defence:** Displaying successful evasive manoeuvres to avoid being hit and showcasing defensive mechanisms as part of an offensive strategy to attack your opponent and negate their attacks

Concentrate on your task over the entire fight

- Treat each round separately
- Never look back at the previous round · Do not look forward to the next round
- Look for: Damage, Dominance, Disruption
- Evaluate: Effective Aggression, Ring Generalship & Defence

When scoring knockdowns, one knockdown in a round is not automatically a 10-8 round, two knockdowns in a round is not automatically a 10-7 round, and three knockdowns in a round are not automatically a 10-6 round; a judge must also take into consideration what happened in action before and after the knockdown (s)

Clinch scoring

Scoring in the clinch

- (i) Muay Thai technique must land on target with power
- (ii) Muay Thai technique must be effective, or it is not scored
- (iii) Muay Thai technique must not have a foul or follow a foul

Clinch general

- (i) Where scoring clinching techniques are applied by one or both fighters, the clinch will be allowed to run.
- (ii) Where both fighters are using a non powerful clinch technique, then the clinch will be stopped.
- (iii) If both fighters are working for a dominant clinch position without any striking, the clinch will be allowed to run for a period if both fighters are working and not locking, holding, or being inactive.
- (iv) If both fighters cannot work to a dominant clinch position, the clinch will be stopped immediately.
- (v) If one fighter applies for an effective lock position, for a period, the clinch is stopped.
- (vi) If one fighter applies a successful defence technique where no more scoring techniques can be applied, the clinch is stopped.

#### RULE 8: VIOLATIONS OF RULES

Biting, eye-poking, spitting on the opponent, head butting or striking to the groin.

Back-breaking, using Judo throws and wrestling techniques - 1 point deduction, without warning

Intentional rope grabbing to gain advantage over your opponent.

Using provocative manners and words during the contest.

Disobeying the referee's orders.

Knee striking at the opponent's protective cup, e.g., neck holding for knee striking at the protective cup, straight knee striking at the protective cup, or jumping knee striking at the protective cup. For these violations, the referee has the right to allow a resting time-out not more than five (5) minutes for the boxer who's protective, the referee shall declare him/her as the loser or "no decision".

Catching the opponent's leg and pushing forwards more than two (2) steps without using any weapon. The referee shall order a fighter to stop and give a warning. After two warnings, the referee shall caution him.

Catching the opponent's leg and pushing forwards more than two (2) steps without using any weapon OR illegal sweep such as back of leg or trip. The referee shall order a fighter to stop and give a warning. After 1 warning a 1 point deduction will be issued.

When both fighters fall out of the ring and either boxer tries to delay the action.

Any strikes to the back of the head, neck, or spine.

Deliberate kicks to the groin area. After 2 accidental groin strikes a fighter will be warned. If a 3rd strike happens then the offending fighter will be deducted 1 point.

## RULE 9: KNOCKDOWNS

A "knockdown" means a situation when a fighter falls to the canvas from a legal strike in which the referee must do a mandatory 8-count.

A fighter leans helplessly on the ring ropes or leans on the ring ropes, or he/she sits on the ring ropes caused by legal strikes in which the referee must either call the bout off or give the fighter a mandatory 8-count.

After serious blows, he/she manages to withstand them without a fall, but in the condition that he/she cannot defend himself.

### Procedure for a knockdown

In case a fighter is attacked, and he/she is knocked down, the referee shall count at the same time he orders the opponent to go to the furthest neutral corner. If the opponent disobeys this order, the referee must stop counting until that fighter goes to the furthest neutral corner. By then, he/she will continue to count the number next to the last counted one. When the knocked-down boxer stands up and is ready.

In case the knocked down fighter manages to stand up before the referee

counts out of ten (10), and ready to continue, but his count is not yet 8 the referee must continue counting until (8) before he orders (FIGHT) to continue the bout.

If the knocked down fighter is ready to continue before the count of 8 Or ten (10), but he falls again without any additional attacks; the referee shall continue to count the number next to the last counted one.

In case both fighters fall simultaneously, the referee shall keep on continuing if there is still one boxer in the ring. If both fighters cannot manage to stand up until they are counted out of 8 or ten (10), the referee shall declare a "draw." If both down fighters have their arms or legs tangled or one fighter is on top of the other but trying to stand up, the referee must stop the count and separate them. After that, he continues his count if there is still one fighter down on the ring floor.

In case of a knockdown, the referee must wait for one (1) second to pass by before he/she starts counting loudly from one to ten with a one-second interval. Along with his counting action, the referee must show a hand signal each second for that boxer to recognize the count.

In case there is one fighter not ready to continue the bout immediately after the resting interval between rounds, the referee must count unless due to improper dressing or the ring floor and stage are not in good condition for the contest.

## 8 COUNTS:

- A fighter can be given a standing 8 count if he is clearly not defending himself and is taking substantial damage.
- A 3rd 8 count at any stage of the fight, the fight will be stopped. With exception to specific class rules that differ slightly. 8 counts will be in line with the class being fought.
- The fight can be stopped at any stage should the referee have concerns for a fighter's safety to continue.
- A fighter can not be saved by the bell if an 8 count is started when the bell goes. Coaches must not enter the ring until the bell has sounded.

## RULE 10: HANDSHAKES & RESPECT

Both fighters shall shake hands before beginning of the first-round contest and before beginning of the final round contest symbolising that they will compete in the spirit of sportsmanship and in accordance with rules.

## RULE 11: RING DOCTOR

The ring doctor's duties: The ring doctor must be at a designated ringside seat throughout the contest until the last bout ends. The following are also the ring doctor's duties:

To check the fighter's physical examination before the weigh-in to certify that the fighter is physically fit and healthy, without any prohibited disease or sickness.

To give advice and suggestions to the referee on request and to offer medical attention to fighters who may require immediate medical treatment.

## **DRESS CODE**

Fighters must wear shorts neatly at half-thigh length, without a shirt or shoes. A fighter's shorts must not be the same colour as the other corner. Shorts should preferably be the same as or close to the corner representing.

Fighters must wear groin protection for the genital organs, made of strong material capable of protecting them from knee blows or other kinds of blows. The use of the groin guard is mandatory. For male fighters, a metal groin protector and a jock strap may be worn in addition. For female fighters, a female groin protector shall be worn

Fighter's fingernails and toenails must be closely and neatly cut.

Fighters shall wear a headband (Mongkon) only when they pay homage (Wai Kru/Ram Muay) before the bout. During the bout, fighters may wear an inscribed cloth, amulet, or charm around the upper arm (Prajiad). If the amulet interferes with the flow of the bout, it must be removed immediately by the referee or corner.

Fighters may wear ankle supports, one for each ankle, but not to be shin supports or to roll halfway down. Wrapping the ankles and legs with pieces of cloth is not permitted. Ankle guards are not to be padded and may only be made of cloth. Nothing is to be worn under the ankle guards.

Fighters may strap an ankle for support if the strapping does not protrude outside an ankle guard and does not provide padding for contact, only support for hyperextension or rolling. Any strapping of ankles must be approved by the appointed AMTA supervisor at the same time as hand wraps are inspected. Strapping must not give an advantage to the athlete for impact. Fighters cannot wear belts, jewellery, or any dangerous ornaments as determined by the AMTA supervisor.

Liniment is allowed on the fighter but cannot be excessive, dripping, or running. Vaseline can be used in minimal quantities to limit cuts. Vaseline or liniment cannot be used on any attire. Gloves are free of any liniment or related products, and the referee must check gloves before the start of each round.

Form-fitted gum shields must be worn during the contest. It is forbidden for a fighter to intentionally spit out their gum shield during the contest, and if the fighter does so, the fighter will be warned or disqualified for continuous infractions.

Where a match is using 4oz (MMA style gloves), gloves will be of a reputable brand, in good condition, and both fighters must have exact same gloves.

#### Class and Title Rules and Guidelines.

Titles are based on a points rankings system based on the New Zealand Muay Thai and Kickboxing Records Database which is kept by the AMTA and accessible to anyone at any time. This information is gathered via Promoters, Social Media, Live Streaming etc

Win = 3 points

Loss = 1 point

Draw/Unscored Novice = 1 point

Fighting with elbows or with elbow pads bonus = 1 point

Winning by knockout or TKO bonus = 1 point

When declaring a fighter's record, the fighter/coach must declare only Kickboxing or Muay Thai records. All other codes the record must be supplied for wins and losses, as well as any other experience, this experience is necessary but will not gain additional points.

### **AMTA CLASS RULES**

#### **Youth Under 9 (5-8yrs)**

**Rounds: 3 x 2 minutes, 1 minute rest.**

**Restrictions: No head strikes of any kind**

**Mandatory Equipment:**

**Gum shield**

**Groin guard**

**Elastic shin guards**

**Hand wraps**

**Elbow pads**

**Chest protection**

**6-8oz gloves over 50kg, 6oz gloves under 50kg**

#### **Youth Under 12 (9 -11yrs)**

**Rounds: 3 x 2 minutes, 1 minute rest.**

**Restrictions: No head strikes of any kind**

**Mandatory Equipment:**

**Gum shield**

**Groin guard**

**Elastic shin guards**

**Hand wraps**

**Elbow pads**

**Chest protection**

**6-10oz gloves**

**Youth Under 15 (12-14yrs)**

**Rounds: 3 x 2 minutes, 1 minute rest.**

**Restrictions: Punches to head allowed**

**Mandatory Equipment:**

**Gum shield**

**Groin guard**

**Elastic shin guards**

**Hand wraps**

**Elbow pads**

**8-10oz gloves**

**Youth Under 18 (15-17 yrs)**

**Rounds: 3 x 2 minutes, 1 minute rest.**

**Restrictions: Punches and Kicks to head allowed**

**Mandatory Equipment:**

**Gum shield**

**Groin guard**

**Elastic shin guards - After 3 bouts shin guards are to be removed, this includes non scored and exhibition experience.**

**Hand wraps**

**Elbow pads**

**8-10oz gloves**

**Adult C Class (18+ Novice)**

**Bouts: 0-5 including unscored novice, exhibition and fights since age 16.**

**Rounds: 3 x 2 minutes**

**Rules: No knees to head. Elbows allowed.**

**Mandatory Equipment:**

**Gum shield**

**Groin guard**

**Elastic shin guards**

**Hand wraps**

**Elbow pads**

**16oz gloves**

**Head and chest protection optional for 1 or both fighters**

**Adult B Class (18+ Amateur)**

**Bouts: 6-10**

**Rounds: 5 x 2 minutes**

**Rules: Full Muay Thai**

**Mandatory Equipment:**

**Gum shield**

**Groin guard**

**Hand wraps - Tape and Gauze, tape can be used up to 5mm from the back of the knuckle when fist is clenched**

**Elbow pads**

**10oz gloves 64kg and over**

**8oz gloves under 64kg**

**Adult A Class**

**Rounds: 5 x 2 minutes OR 5 x 3 PRO A CLASS and AMTA A Class Titles. AMTA endorses payment of both athletes in A Class, either per round or by negotiation.**



**Mandatory Equipment:**

Gum shield

Groin guard

Hand wraps - Tape and Gauze, tape can be used up to 5mm from the back of the knuckle when fist is clenched

10oz gloves 64kg and over

8oz gloves under 64kg

**TITLES**

Youth: National only. Must have 6 wins

A Class: National: Must have 8 wins and 3 fights with elbows. North and South Island: Must have 6 wins and 2 fights with elbows. 5 x 3 minute rounds, 2 minute rests.

**TITLE APPLICATION and RETENTION**

All titles are to be defended or vacated after 3 months if challenged, unless a medical certificate is produced

It is the responsibility of a champion or champions representative to communicate to the AMTA representative their intention to defend their title before the expiration of the 3 month period.

If a current champion loses a regular non title fight by knockout or TKO the title they hold will become vacant immediately

**TITLE MATCHING PROCEDURE**

1. TITLES WILL ONLY BE ORGANISED VIA PROMOTERS
2. THE PROMOTER WILL WORK WITH THE SANCTION TO CONFIRM TITLE and ELIGIBILITY
3. FIGHTERS MUST BE ON THE AMTA FIGHTER RECORDS DATABASE.
4. FIGHTS WILL BE MATCHED TO THE APPROPRIATE RULE SETS, THESE WILL NOT BE CHANGED.
5. COACHES MUST CONFIRM ALL FIGHT EXPERIENCE, INCLUDING YOUTH AND NOVICE MATCHES WITHIN 48 HOURS OF REQUEST BY PROMOTER OR AMTA

## **SANCTIONING**

We will request the AMTA H&S Pdf filled out, and the judges and refs approved by AMTA. Any belts must be paid for at this time.

## **BLOOD TESTS**

Any fighter 16 years or over is required to have a blood test for Hepatitis B, C and HIV. The test dates are valid for 1 year. There is no tolerance on this time period, and any fighter that does not provide a blood test at the medical checks will not be allowed to fight.

## **STAND DOWNS**

AMTA has a 7 week stand down period for any KO, the use of a brain scan or a DR clearance to shorten this time will NOT be accepted. AMTA sanctioned shows must follow this rule AND/OR any other stand down recommendations in line with the Southern Fight Medics Concussions Book.

Any fighter who is recommended by a medic post fight that a stand down or rest period is advised is strongly encouraged, along with the fighters coach to follow the recommendations, however this cannot be enforced.

A fighter who has lost via TKO (Head) will have a 5 week stand down before fighting on an AMTA promotion

If a fighter has a 2nd KO within a year of the first, the stand down period is 14 weeks.

## **WEIGHT LIMITS & WEIGH INS.**

Fights are matched at class weights not catch weights.

### **Weight Cutting Rules**

1. A video may be requested prior to the match being confirmed. If requested the COACH must submit this within 36 hours.
2. There is zero tolerance for these fighters missing weight.
3. Fighters will be weighed in the night before and must be on the agreed fight weight. If a fighter misses weight then they have a 2 hour time period to get on weight. They must re weigh in using the same scales, and this must be videoed and shared with the opponent. If the opponent is still overweight then follow steps 4 or 5 below
4. Missing weight by 50-500grms will incur a 1 point deduction from the judges final score.
5. Missing weight by over 500 grms will disqualify the fighter.

**RANDOM HYDRATION TESTING AT THE MEDIC CHECK IS PERMITTED BY THE AMTA SANCTIONER, OR IF REQUESTED BY A MEDIC.**

## **TRANSGENDER COMPETITION**

Transgender Females or Male fighters identifying as Female competing against biological Female athletes will not be sanctioned by AMTA.

AMTA reserves the right to take responsibility for the safety of all athletes no matter the level of competition or Sport NZ policy and/or Government Sex Self I.D Legislation.

Transgender Male athletes are able to compete with Females providing any hormonal treatments used to transition are within Drug Free Sport NZ tolerances. The testing of these athletes will be required to monitor growth hormone supplements and testosterone levels are at the level normal for a Female athlete.

Check out NZ Sports Info Sheet here [Transgender Athletes and Doping](#)

This also extends to the privacy of Female and Male athletes changing rooms and toilets. Transgender Male or Female fighters or any person identifying as the opposite sex are excluded from these areas, this includes coaching staff and officials.

This rule also applies to Males and Females in general.

Competition between two Transgender Males or two Transgender Female athletes will be sanctioned and these athletes will be able to compete providing they are matched fairly based on weight and experience. They must also be within any hormone or supplement levels deemed acceptable by Drug Free Sport NZ. Failing to provide information requested or not in regards to an athletes biological sex when an athletes name is put forward for competition to an AMTA promoter will be deemed as serious misconduct and a lifetime ban from all AMTA shows will be enforced.

## **DRUG FREE SPORT**

AMTA does not allow the use of performance enhancing supplements, medication or practices that are deemed illegal by Drug Free Sport New Zealand. This includes in or out of competition. Please check out <https://drugfreesport.org.nz/substances/> for information. The use of CBD supplements is permitted, this both within AMTA and DFNZ.

## **SCALES**

Scales used for weigh-ins must be accurate and be able to read the same in 2 different floor positions, bathroom scales can only be used if they read the same in 2 different positions without being moved, and proven with a certified weight. A kettle bell is fine or a plate weight, however the exact weight of these items or anything else must be proven first elsewhere and written on them to use at weigh in. This is to ensure that they too are accurate. If scales cannot be moved and measured accurately in 2 positions without being fiddled with then they are not to be used.

THE WEIGH IN WILL PROCEED AT THE PROMOTERS SPECIFIED TIME, THE NIGHT BEFORE THE SCHEDULED FIGHT. THIS INCLUDES IF ONE FIGHTER IS RUNNING LATE. HOWEVER IF THIS HAPPENS BOTH FIGHTERS NEED TO BE VIDEOED.

#### **VIDEO WEIGH INS**

Are not permitted.

#### **AMTA WEIGHT CLASSES**

Piwakawaka Weight 26kg - 300grm tolerance

Pukeko Weight 30kg - 300grm tolerance

Tui Weight 34kg - 300grm tolerance

Kea Weight 38kg - 300grm tolerance

Koromiko Weight 42kg - 300grm tolerance

Kiwi Weight 46 kg - 300grm tolerance

Fly Weight 50kg

Bantam Weight 54kg

Feather Weight 58kg

Light Weight 62kg

Light Welter Weight 64kg

Welter Weight 68kg

Middle Weight 72kg

Super Middle Weight 76kg

Light Heavy Weight 80kg

Super Light Cruiser Weight 84kg

Cruiser Weight 88kg

Super Cruiser Weight 92kg

Heavy Weight 96kg

Super Heavy Weight 100+ kg