



ISKA SINGAPORE MUAY THAI RULES

PROMOTING SAFETY, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN COMBAT SPORTS EVENTS IN SINGAPORE

The Official International Sports Kickboxing Association – Muay Thai Rules V 1.0

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1.0 CONTEST AREA REQUIREMENTS

Enclosure Type Contest Area Specifications

In all competitions, the contest area shall be circular or have at least six (6) equal sides and shall be no less than 6m wide and no more than 9.8m wide.

The enclosure posts must be made of metal, extending from the floor of the building to a minimum height of 1.5m above the ring floor, and must be properly padded in a manner approved by the ISKA Singapore. The padding shall be completely covered by a non-slip canvas, duck or similar material tightly stretched and laced to the platform of the contest area. Material that tends to gather in lumps or ridges must not be used.

The floor height should be a minimum of 0.3m and a maximum of 1.2m above the floor of the building. The floor must be padded by a layer of rubber, soft cloth, rubber mat or other suitable material that is approved by the ISKA Singapore with a minimum thickness of 2.5cm and a maximum of 3.7cm.

The walls of the enclosure shall be made of a suitable chain link fence coated with vinyl or an appropriate substance (i.e. powder coat). There must not be any obstruction on any part of the walls surrounding the contest area.

There must not be any obstruction, without limitation on any part of the ring floor. Any logos or images painted onto the canvas/cloth must consist of a non-slip material/paint.

The contest area may have one or two entrances.

Ring Type Contest Area Specifications

In all contests, the size of the ring shall be no less than 5m x 5m & no more than 9.0m x 9.0m inside the line of ropes. The ring lighting must be appropriate and adequate for the conduct of combat sport contests.

All contest rings shall:

- Have a minimum floor height of 0.3m with a maximum of 1.2m from the building floor.
- All four posts must be properly cushioned.
- Be padded with materials approved by the ISKA Singapore.
- There will be four (4) ropes and where possible five (5) ropes with a minimum diameter of 3cm and a maximum of 5cm, stretched and linked to the four corner posts.
- The distance between the four (4) or five (5) ropes from the lower rope and to the top rope will be evenly spaced.
- The top rope shall be between 1.2m and 1.4m above the ring platform.
- The bottom rope shall be between 0.3m and 0.6m above the ring platform.
- The ropes will be covered by a soft or cushioned material and shall be joined on each of the four sides at equal intervals by rope stays hung vertically, that are not less than 3cm and not more than 4cm wide, and that do not slide along the ropes.
- A minimum of two (2) rope stays must be used on each side of the ring. Turnbuckles shall be covered by suitable padding.
- The floor must be padded by a layer of rubber, soft cloth, rubber mat or other suitable material that is approved by the ISKA Singapore with a minimum thickness of 2.5cm & a maximum of 3.7cm

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- The padding shall be completely covered by a non-slip canvas cloth that is stretched & secured in place.
- Any logos or images painted onto the canvas/cloth must consist of a non-slip material/paint.
-

All Contest Area Step Requirements

Safety Enclosure

- A set of steps is required for each entrance to the height of the enclosure platform.
- The Medical Practitioner must be seated next to one set of steps.

Ring Type Enclosure

- At least 3 sets of steps are required to the height of the ring platform.
- One set is to be located at each Contestant's corner and a third shall be positioned at the neutral corner closest to the Medical Practitioner and other Officials.
- All steps shall be kept clear of obstructions at all times.

Enclosure Contest Area Construction and Maintenance

Newly constructed enclosures must have a Certified Structural Engineer Report prior to being used. Enclosures must be checked for wear and tear every three years and an updated Certified Structural Engineer Report obtained.

Ring Contest Area Construction and Maintenance

Newly constructed rings must have a Certified Structural Engineer Report prior to being used. Rings must be checked for wear and tear every three years and an updated Certified Structural Engineers Report obtained.

A Certified Structural Engineer Report must include:

- Level of metal fatigue.
- Damage sustained to supporting boards.
- All wear and tear.
- The load capacity – load capacities must be greater than 850kg or equal to 12 people.

A contest area shall not be used by a Promoter for a contest or contests unless the area has been inspected & by a Certified Structural Engineer. A report detailing compliance with the specifications above must be provided to the commission.

Compulsory Contest Area Requirements:

In all contests, the following is required:

- Oxygen supply unit.
- Stretcher.
- Spare set of gloves for each Contestant.
- A bell in good working order.
- Two stopwatches or timekeeping devices.
- Whistle & clacker.
- Judges Scorecards
- Stool in each corner.
- Tables and chairs for officials.
- Bin in Neutral/Doctors corner for swabs & gloves from Medical Practitioner & Referees.

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Other Permitted Contest Area Requirements:

Drinking bottles, buckets, and spray bottles. No other type of bottle permitted ringside.

Sponges & Towels

One set of round indicators, signs or boards.

Blunt edged scissors.

Extra tape for taping gloves.

Two (2) seats for the Seconds

2.0 DRESS CODE

Hand Bandages and Tape

In all competitions the hand bandages and tape shall conform to the following specifications and Conditions:

Hand bandages must be:

Crepe, gauze or a soft cloth type material

Not be more than five (5) metres long and five (5) centimetres wide for each hand.

Placed on both of the Contestant's hands.

There is to be no hard build-up of any material over the knuckles.

Adhesive tape must be:

- Used to secure the bandages on each hand of the Contestant.
- Adhesive tape should be no more than two & a half 2.5m long & two & a half 2.5Ccm wide for each hand.
- Adhesive tape may be applied to the back of each of the Contestant's hands but shall not be applied to cover the Contestant's knuckles.
- Tape cannot reach beyond or cover the knuckles when the fist is closed.
- Adhesive tape applied directly on the skin is permitted.
- Thin strips of adhesive tape may be placed between the fingers to aid in keeping the bandage in place.

Bandaging and Taping of Contestant's Hands & Feet:

In all competitions the bandaging and taping of Contestants hands shall conform to the following specifications and conditions

- Shall be conducted in the dressing rooms. Contestants arriving at a contest venue with their hands already wrapped will be asked to remove the hand wraps and have them re-wrapped at the venue.
- May if necessary be conducted under the supervision of an ISKA Singapore Referee or Commissioner.
- Shall be inspected, signed or stamped by an ISKA Singapore Referee or Commissioner.
- Bandages or tape shall not be affixed in any way that the contest Referee or the ISKA Singapore consider detrimental to an opponent.
- Taping and bandaging of the feet & ankles is not permitted. It provides an unnecessary reinforcement of the foot which may be detrimental to the Opponent.
- Normal elastic ankle wraps, and or soft shin/ instep type shin guards are more than adequate.

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- A normal elastic type ankle, knee, wrist or elbow support may be worn by a Contestant to prevent injury, however insertion of any sort of padding is prohibited.
- It must be worn on the specified joint and must not have any buckle, zip, clip or strap that may be detrimental to an Opponent.
- Any ankle, knee, wrist or elbow support to be worn is subject to inspection and approval of the ISKA Singapore.
- The use of footwear is prohibited.
- Gloves In all competitions, gloves shall conform to the following standards and specifications: Gloves must be the same type, weight, and style. All gloves must be approved in advance by the ISKA Singapore Rep.
- All gloves will be provided by the Promoter in red and blue (or can be distinguished with red and blue tape) and distributed to the fighters according to their assigned corner color.
- The Promoter must ensure that there are adequate sizes for all Contestants.
- No Contestant shall supply their own gloves for competition.
- Gloves shall be new or near new, with new laces and without any misshapen or lumpy padding, worn or cracked leather or in any way imperfect.
- If gloves are in any way imperfect, they shall be changed before the contest begins.
- Breaking, roughing or twisting of the gloves is not permitted.
- If a glove becomes damaged during a contest, it shall be replaced during the interval between rounds, unless, at the discretion of the Referee, the contest is stopped during the round to have the glove replaced, in which case the Timekeeper shall stop the clock and restart it when the round is resumed.
- Promoters shall provide an extra set of gloves (two pairs Red & Blue) at ringside in case gloves are broken or damaged during a contest.
- Gloves shall not be put on unless an ISKA Singapore Referee or Commissioner has stamped or initialed the bandages.
- A Contestant may be fitted with gloves immediately prior to the contest under the supervision of a Referee or Commissioner.
- After lacing on and tying at the back of the wrist, the laces of the gloves must be securely covered by adhesive tape and signed by a Referee or Commissioner.
- If Velcro gloves are used, Velcro must also be securely covered by adhesive tape.
- Gloves used in any contest must be of the same design/style and of the same weight. Welterweight and BELOW 8 ounce 226 grams. Super Welterweight and ABOVE 10 ounce 283 grams.

Protective Equipment

In all competitions, the protective equipment shall conform to the following standards and practices.

Male Contestants:

- Must wear a groin protector.
- The groin protector must be approved by the ISKA Singapore Rep or the Referee.
- If the groin protector is secured by ties, these must be tied only at the Contestant's back.

Female Contestants:

The ISKA Singapore recommends that Female Contestants wear suitable groin & breast protection. Breast protectors must be:- Of a personal size, made of a soft material, and have no hard clips or such that could harm the wearer or Opponent, and are firm enough not to shift during a contest. To observe hygiene, all Contestants shall use their own personal groin & breast protectors.

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Mouthguards

In all competitions, Contestants mouthguards shall conform to the following standards and practices:

All Contestants shall wear a properly fitted mouthguard during a contest.

The Contestant's mouthguard shall be examined by the Referee prior to the contest and shall be worn in the mouth by the Contestant at the start of each round.

Should a Contestant drop the mouthguard during a round, the Referee shall stop the contest & call time.

Their Opponent will be directed to the neutral corner, whilst the Contestant is taken to their corner and the mouthguard is re-fitted under the supervision of the Referee.

Both Contestants are not to receive any instructions from their corners during this time.

Contest Attire - Contestants

In all competitions the following dress standards shall be adhered to by Contestants:

A contestant must be clean & tidy in appearance. This includes not wearing any attire that displays any obscene language, offensive images or profanity.

A Contestant's hair shall not be allowed to interfere with the vision or safety of either Contestant. Facial hair must be neat and soft with no stubble. If the hair or facial hair of a Contestant presents a hazard or will interfere with the supervision & conduct of the contest, the Contestant may not compete, unless corrected to the satisfaction of the ISKA Singapore.

Only appropriate mixed martial arts shorts, board shorts, Kickboxing, Thai Boxing shorts or Full Contact pants are to be worn as approved by the ISKA Singapore Representative.

Male contestants must be naked from top to the waist.

Female Contestants must wear a short-sleeved (above the elbow) or sleeveless form-fitting rash guard, sports top and/or sports bra approved by ISKA Singapore. No loose-fitting tops are allowed.

Single elastic bandages (ankle wraps) may be worn on the ankles to prevent sprains, however insertion of any sort of padding or shin guard etc. is not allowed. Toenails & fingernails must be clipped.

Shoes and any type of padding on the feet are prohibited during competition

No metallic materials, decoration or jewellery is to be worn. Mouthguard and Boxing gloves as specified above.

The use of white petroleum jelly or similar substance by the Contestant anywhere other than the face is not allowed.

Any infringement to the dress code may result in Contestant disqualification.

In the case of any problem with the gloves themselves, the Referee may temporarily halt the match until the problem is corrected.

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The Mongkhon may be worn when performing Wai Kru (paying respect to one's teacher) prior to the bout. Amulets can only be worn on the arm or waist during the bout & must be of a soft material to avoid injury.

Contest Attire - Officials

In all competitions, the following dress standards shall be adhered to by the ISKA Combat Officials:

Referees shall be neatly dressed in black dress pants, official ISKA shirt and shoes without a heel. Black shoes shall be worn. The Referee shall not wear glasses, watch, necklace, rings or any other object which may injure a Contestant. Referees may wear surgical gloves when officiating in the ring. Judges and Timekeepers shall be neatly dressed in black dress pants, official ISKA shirt, black dress shoes, and a blazer if applicable.

Other Dress Code Matters

In any contest:

The Cornermen & Seconds shall be clean & tidy in appearance. This includes not wearing any attire that displays any obscene language, offensive images or profanity.

Foreign Substances

Before the contest starts, the Referee shall inspect both Contestants, any protective equipment worn and the gloves. Ensuring that no foreign substances have been applied to either the body of the Contestants, protective equipment or gloves, to the detriment of the Opponent, and must take steps to ensure that there are no foreign substances are held by the Seconds.

Excessive application of Vaseline is not permitted and its use is at the discretion of the Referee. Excessive external use of water is not permitted and its use is at the discretion of the Referee.

3.0 CONDUCT OF THE CONTESTS

Minimum age to participate in an Amateur Muay Thai Contest

Contestants are to be over the age of 9 years for Amateur Muay Thai contests under ISKA Singapore rules.

Minimum age to participate in a Professional Muay Thai Contest

Contestants are to be over the age of 17 years for Professional Muay Thai contests under ISKA Singapore rules.

Minimum experience to participate in a Professional Muay Thai Contest

A Contestant may not compete as a Professional under ISKA Singapore with less than 6 bouts of experience. Boxing, K1 Kickboxing, Oriental Rules, Muay Thai, Sanda, Submission Grappling & MMA, or similar legitimate forms of Combat Sports are acceptable forms of contest experience. Professional applications will be granted at the discretion of the ISKA Singapore National Director.

Minimum additional equipment for all Muay Thai Contestants

Minimum equipment for all contestants is gloves, mouth guard and groin guard (depending on gender)

AGE GROUP RESTRICTION ON CONTEST ROUND LENGTH:

Duration of rounds for contestants are limited to the following:

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JUNIOR 9 –16 yrs Maximum of 3 by 2 minute rounds.

SENIOR 17 yrs + Maximum of 5 by 3 minute rounds.

Weight Divisions

The following weight classifications will apply to all ISKA Singapore Muay Thai Contests.

Atom	No Min Limit to 48kg	Super Welter	67.1 to 70kg
Straw	48.1 to 50.5kg	Light Middle	70.1 to 72.5kg
Flyweight	50.6 to 52kg	Middle	72.6 to 75.0kg
Super Fly	52.1 to 53.5kg	Super Middle	75.1 to 78kg
Flyweight	50.5 to 53.5kg	Light Heavy	78.1 to 81.5kg
Bantam	53.6 to 55kg	Light Cruiser	81.6 to 85kg
Feather	55.1 to 57kg	Cruiser	85.1 to 88.5kg
Super Feather	57.1 to 59kg	Super Cruiser	88.6 to 95kg
Light	59.1 to 61kg	Heavyweight	95.1 to 100kg
Super Light	61.1 to 63.5kg	Super Heavy	Over 100 kg
Light Welter	63.6 to 65kg		

Welterweight & below: 8 oz Gloves Welter 65.1 to 67kg

Super Welter & above 10 oz Gloves

In all non-championship and championship contests, there can be no weight allowances. The participants must compete within the same weight class. The ISKA Singapore may not approve catch weight bouts. Competitors must compete within weight divisions without any other associated limitations.

Weigh-in

The weigh-in should take place no earlier than 24 hours prior to the promotion taking place, and no later than three hours prior to the contest. The Contestant shall be weighed with minimum clothes.

Competitors must weigh in within two (2) hours of the official weigh in start time Prior to the contest, all Contestants must be examined and certified fit to compete in a contest by a licensed Medical Practitioner.

Contestants must present their Contestant Record Book or an equivalent acceptable record of contests to both the Medical Practitioner and ISKA Singapore Rep for authentication.

Title Bouts

If a Fighter cannot make weight at the official weigh-in and that Fighter is the Champion, the title will be declared vacant and the bout will ensue. Should the Challenger win the bout, they will become Champion. In the event the former Champion wins the bout, the title will be declared vacant, and a run off for the title

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will be established, according to the rules of the ISKA Singapore. If the Fighter who cannot make weight is the Challenger, the bout will proceed as scheduled; however, should the Challenger win the bout, the title will be declared vacant, and a run off will be established, according to the rules of the ISKA Singapore. In either case, the Fighter who cannot make weight will also be subject to the purse penalties as specified in the contract and by the ISKA.

Round Definition

A Muay Thai contest shall consist of:

Between three (3) & five (5) rounds of either two (2) or three (3) minutes duration for all Male contests.

Between three (3) & five (5) rounds of two (2) minutes duration for all Female contests.

Junior, Cadet & Novice bouts may consist of three (3) rounds of one & a half (1.5) minutes duration subject to approval by the ISKA Singapore Representative.

Muay Thai elimination contests cannot allow for an extension round in the case of a draw. The Judges must declare a winner.

There will be a one minute rest period between each round for all rounds of two minutes duration.

There will be a two minutes rest period between each round for all rounds of three minutes duration.

Contestants shall shake hands before the beginning of the first round and before the beginning of the final round, symbolising that they will compete in the spirit of sportsmanship and in accordance with the official rules and regulations.

The time shall be stopped in case of interruptions for cautioning, warning, correction of Contestants' attire, or other similar causes, and shall be excluded from the competing time of that round.

Exhibition Contests

Exhibition Muay Thai Contests may be conducted in accordance with the Commissions policies & conditions for Exhibition Permits. Contestants who participate in an exhibition contest must be novice contestants and not have any previous experience in combat sports – i.e. Boxing, K1 kickboxing, Oriental Rules, Muay Thai, Sanda, Submission Grappling or MMA. Contestants with previous combat sports experience may only participate at the discretion of the ISKA Singapore and may be subject to further registration conditions.

A Referee must be in the ring while an exhibition contest is in process to ensure the safety of the Contestants. Exhibitions must be announced as such. They may be scored by Judges and decisions may be announced. Contestants taking part in exhibitions must hold current registration and have a pre-bout medical examination. All exhibition bouts must be conducted in 16 ounce, 452 grams Gloves, Shin Guards, Chest Guards, Elbow Pads & Head Guards. Exhibition contests cannot be run as eliminator events. Contestants can only compete once at any given event. All Exhibition Contests are subject to ISKA Singapore approval.

Demonstration Bouts

Demonstration bouts maybe allowed at the discretion of the ISKA Singapore. A demonstration bout will be between 3 x 2 minute rounds and 5 x 3minute rounds. (Subject to Competitor Age & Class)

A Referee must be in the ring while a demonstration bout is in process to ensure the safety of the Contestants. Demonstration bouts must be announced as such and no decision shall be made on the

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outcome. Contestants taking part in a demonstration bout must hold current registration and have a pre-bout medical examination.

Demonstration bouts will be subject the Age and Experience Limit Requirements above. In addition the minimum protective equipment required will be 16 ounce Gloves and Shin Guards. Demonstration bouts cannot be run as eliminator events. All demonstration bouts are subject to ISKA Singapore approval.

Elimination Contests

Eliminator contests may be allowed at the discretion of the ISKA Singapore. All Muay Thai Eliminator Contests will consist of 3 x 2 minute rounds or 3 x 3minute rounds. The Final will consist of 3 x 3 minute rounds. The Ringside Doctor must complete a health check on all Contestants after each contest. The Doctor has final say to determine whether a Contestant can continue to progress to the next round.

One or two reserve bouts may be held prior to the elimination bouts. If for any reason a winning Contestant is unable to continue to the next stage of the tournament, a reserve match Competitor, the Contestants most recent Opponent or another Competitor from within the tournament pool can take their place. There are exceptions (eg. a fighter who lost by knockout will not be eligible to replace another Competitor)

All Muay Thai elimination tournament Contestants must attend the official weigh in, pre bout medical examination & satisfy registration requirements of. Contestants must be cleared by the Ringside Medical Practitioner after each contest to allow progress to the next stage of the tournament.

No Extension Round in case of Draw In Muay Thai Elimination tournament matches:

Each match is scheduled for three (3) rounds in duration. If at the end of the contest the decision is a draw, the Judges must make a decision by reference to the ISKA Singapore Scoring criteria & guidelines on the scorecards. Extension rounds will not be allowed. Drawn rounds (particularly in the finals) must be avoided whenever possible.

Paying Homage (Wai Kru) and Customs

Before the bout Contestants may pay homage in accordance with the art and customs of Muay Thai. This usually involves sealing the ring & performing Ram Muay. Contestants may wear a Mongkhon during this ceremony, which must be removed prior to the commencement of the contest

Permitted Striking Techniques

Muay Thai contests allow for an array of full contact striking techniques. Strikes permitted include punches, kicks, knee strikes and elbows. (subject to competitor class & agreement).

- Punches: Straight punches, hooks, body rips, uppers cuts, back fist & spinning back fist.
- Kicks: Front kicks, side kicks, back kicks, thigh and shin kicks & jumping kicks.
- Knees: Knee kicks, jumping knees & grappling knees are permitted.
- Elbows: Elbow strikes are permitted subject to agreement.
- Sweeps: To the lower portion of the calf or ankle

All punches must land with the knuckle part of the glove. No other part of the glove, palm or forearm can be used. Back fist & spinning back fist strikes must land with the padded knuckle portion of the glove, between the wrist & knuckles. It is considered a foul to land the back fist with the elbow or forearm unless the use of elbows is previously agreed. It must land with the padded part of the glove.

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Kicks are allowed to the inside & outside of the leg, as well as the upper body & head. Kicks must connect with the ball of the foot, the instep, the heel, side of the foot or the shin from below the knee to the instep.

Knee kicks, jumping knees & grappling knees are permitted in Muay Thai. Restrictions on knees to the head may be agreed in novice bouts & approved by the ISKA Singapore.

Elbow strikes are permitted in Muay Thai & may be used with or without padding as per age & experience limit requirements detailed above.

Note: Downward Pointed Elbow Strikes ie. Ceiling to floor (12 to 6) elbow strikes are PROHIBITED MANEUVERS. Any variation in arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.

Sweeps must be executed with the instep or shin and be delivered to the inside or outside lower portion of the calf or ankle to unbalance the Opponent. Contestants may follow-up the sweep with a strike but must land the strike on the Opponent prior to any part of their body touching the floor (other than the soles of the feet). As always, striking a downed Opponent is illegal. A successful sweep is not considered a knockdown.

Non scoring strikes:

- A strike which is against the rules.
- A strike that is blocked or countered by an Opponent's defence.
- A weak strike or an ineffective blow.

Scoring Method

The scoring shall be by the 'Ten Point Must' system, where the winner of a round must be awarded ten points while the loser receives anywhere from nine to seven points, depending on the decisiveness by which the round was won.

Points will be awarded for the following:

- Clean, hard and accurate legal strikes.
- Aggressive and dominating skill.
- Actively dominating the Opponent.
- Defence and counter-attack.

Even Round 10 10 Neither contestant dominates the other with superiority in effectiveness of technique

Slight Edge 10 9 One Contestant dominates with a marginal superiority in effectiveness of technique

Wide Edge 10 8 One Contestant dominates with exceptional superiority in effectiveness of technique

One Sided 10 7 One Contestant dominates with an overwhelming superiority in effectiveness

(One or two knockdowns, serious consideration for stopping contest)

(One point deduction is mandatory for a knockdown).

Elements to be considered when scoring close rounds include:

- The immediate and cumulative effect of blows landed.
- The number of effective clean blows landed.
- Effective aggression.
- Contest area control/Ring craft and skill

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- Defence
- Sportsmanship

Awarding of points:

Whether an effective and accurate attack is recognized, and damage is inflicted on the Opponent by authorized fighting techniques. Points will be awarded in this priority:

- Number of downs
- The overall Effect or Damage inflicted on the Opponent
- Number of clean hits
- Degree of effective aggressiveness (points in the offensive)

Judges should base their scores on the relative effectiveness of each Contestant in a given round. An official knockdown always demonstrates superior effectiveness. However, a contestant who is knocked down more from instability than from an Opponent's blow, may be able to return from the knockdown and dominate the round by a large enough margin to be judged the winner. Also, the weight given to an official knockdown scored by one Contestant must be equal to the weight given to an official knockdown scored by the Opponent.

Judges should look at the strikes effectiveness in dominating an Opponent or limiting an Opponent ability to engage in offensive action. Effective strikes that visually effect the Opponents, balance, momentum, fatigue & confidence weigh far more heavily than glancing blows that have little effect. Heavier impact strikes that have visible impact and immediate effect on the Opponent will be given more weight than the number of strikes landed.

Awarding of points Cont...

A scoring blow is a legitimate strike landed on the scoring part of the body, the strike being neither deflected nor partially blocked, and landed with impact & effect on the Opponent. The scoring part of the body is the front side of the body. Formed by an imaginary line starting from the top of the head, behind the ears and running down the shoulders and sides and across the front of the body from the top of the hip bones (belt line). This is a scoring target area for all legitimate punches, elbows, kicks & knee strike. The inside & outside of the legs, above & below the knees is a scoring target area for all authorised kicking & knee techniques.

Strikes that cause an Opponent to appear stunned, stagger, favour a leg that has been kicked or cause the appearance of a cut or bruise. Strikes that cease the Opponents forward movement or cause them to become defensive or hastily retreat after being struck weigh highly. Debilitation (or fatigue) caused by the accumulative impact of strikes on an Opponent will also be weighed.

Legal strikes that have immediate or cumulative impact with the potential to contribute towards the end of the contest are deemed effective. The immediate impact weighs more heavily than the cumulative impact. If neither Contestant shows an advantage in impact of the strikes, the number of strikes will determine the most effective Competitor.

Effective Aggression is determined by the extent to which a Contestant forces the action & attempts to finish the fight. This includes moving towards the Opponent and attempting to land effective legal strikes that cause the Opponent to lose balance or force a defensive action. The aggressive action must be an

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effective attempt to land legal strikes that force the Opponent to exert energy when protecting or defending themselves.

Further, a Contestant who aggressively presses an Opponent but fails to land threatening legal techniques, should not be judged as favourably as the Contestant who back-pedals and counter-attacks with visible impact.

More specifically, the judges shall award points to contestants on the basis of round by round outcomes and in accordance with the following:

The elements of the number of clean effective blows landed, clean hitting, weight of blows; effective aggression, contest area control/ring craft, defence and sportsmanship. A clean knockdown will command a one-point advantage to the Contestant delivering such a blow, apart from other points gained or lost in that round.

SCORECARDS

At the end of the contest, the Referee shall collect the scorecards from the Judges. The Referee shall check then deliver the scorecards to the Official Scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the ISKA Recorder assigned to verify them. The majority opinion of the three Judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

Drawn rounds should be avoided whenever possible unless, after all elements are taken into account, a Judge cannot separate the Contestants. Whenever a Judge deducts a point for fouls or illegalities when directed by the Referee, they shall mark the scorecard accordingly to testify such. Those deductions will be taken from the Contestants total score at the completion of the contest.

All scorecards and sheets shall be handed to the Official ISKA Singapore Recorder on completion of the contest. A record of the scorecards and recorder sheets, duly signed and witnessed will be kept by the ISKA Singapore Rep for a minimum of 2 years. The Commission will be given access to the scorecards after each bout for the purpose of recording the scores and results.

When a points decision is awarded, the individual scores may be announced. A Judge must not keep Secondary cards or tallies of points.

Only official ISKA Singapore & Commission scorecards and tally sheets shall be used.

4.0 OFFICIAL REQUIREMENTS AND DUTIES

Ringside Officials

All ISKA Singapore Muay Thai contests shall have the following registered ringside officials:
A non-scoring Referee who shall be the Head Official in the contest and shall maintain supervision and control over the contest while it is in progress.

Three Judges who will evaluate and score each round and be seated on different sides of the ring in a central position.

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A Timekeeper, but preferably two Timekeepers, who will keep the time of the rounds and rest periods and count for the knockdown call.

The mandatory Medical Practitioner who as per Part VII, Section 49 of the Combat Sports Act 1987, shall be present at ringside. It is the aforementioned Medical Practitioner's duty to inform the Referee officiating to terminate the contest if they are of the opinion that a Contestant should not continue to participate in the contest because of the Contestant's medical condition.

Conduct of Industry Representatives

An ISKA Singapore Official must not wager on the result of a contest in which they officiate or publicly predict the result of a contest in which they will officiate. An Official must not align themselves with any Contestant and must always be totally impartial. Confidence in their ability and judgment is a most important factor in the make-up of a first class Official. The audience must not sway the Officials and when a decision is given, must display strength of character irrespective of the audience. Under no circumstances should names, reputations, creed, nationality or colour have any influence whatsoever on any Official's Judgement.

Upon arrival at the promotion venue and prior to commencing official duties, Officials shall report to the Medical Practitioner for a medical examination to determine whether they are fit to officiate in the contest, if they feel it is required. Officials, Contestants and registered Industry Representatives that are participating in the event, must not consume illicit drugs or alcohol on the day of a promotion, until their duties are completed.

Duties and Responsibilities of the Promoter

The responsibilities of an ISKA Singapore Promoter include, but are not limited to, the following:

The Promoter must ensure they are currently registered and be aware of all conditions attached to this registration.

A promotion permit has been issued in relation to the scheduled contests and all conditions placed on this permit are adhered to.

Ensure that all weigh-in conditions are adhered to.

Promotion personnel – Officials, Trainers, Managers etc... are present at the weigh-in and/or contests and are registered with the Commission as required.

The contest area has been set-up and approved by ISKA Singapore prior to the contest, including the provision of a Certified Structural Engineer's Certificate as required.

Contestants are reasonably matched, are registered with the Commission or another approved authority, and have current serology and fitness certificates.

The nearest hospital is notified of the date, time and location of the event, no less than five days prior to the event. A stretcher and oxygen delivery system are present ringside for all contests.

Ensure that all promotion personnel follow the instructions of the Promoter and the ringside Commissioners.

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If people outside the ring continually harass a Contestant, Referee, Judges or any other Officials, the Referee may seek the Security in attendance to deal with and/or remove such people. The Promoter must ensure that sufficient security is provided to handle this situation.

Duties and Responsibilities of the Referee

- An ISKA WA Referee's prime concern is the safety & welfare of Contestants, and the enforcement of rules. The four basic commands a Referee is to use are "stop", "box", "break" and "time" and they should be expressed clearly and with authority on all occasions.
- Understand and be familiar with the rules of a Muay Thai contest.
- Evaluate both Contestants' techniques neutrally and fairly during the contest.
- Maintain control of the contest at all stages.
- Prevent a weak Contestant from receiving undue and unnecessary punishment.

Referee's Commands

- Referees can use Thai or English commands as follows:
- (YUD) (STOP): To order the Contestants to STOP.
- (YAK) (BREAK): To order the Contestants to separate from each other & BREAK. After the YAK command Contestants must step back at least one step before engaging again.
- (CHOK) (BOX): To order the Contestants to BOX.
- (TIME): To order the Timekeeper to stop the clock.

ISKA Singapore Referees shall ensure that the taping and bandaging of Contestant's hands comply with the rules by inspection. They must stamp, sign or initial the bandages before a Competitor is fitted with gloves. The Referee must ensure that the glove laces are securely tied to the back of the hands and that the laces are covered with suitable tape. If Velcro gloves are used, Velcro must also be securely covered by adhesive tape. If during a contest the laces, tape or Velcro come loose, the Referee must call "stop" and order the laces or Velcro be secured and re-taped. They must signal the Timekeeper that the clock is to stop and signal to restart it when the contest resumes.

The Referee shall ensure the contest area equipment is correctly set up and officials are in place prior to the start of a contest. Ensure that the canvas and apron are free of any equipment, foreign matter, excess water or blood. They shall ensure the ropes are properly taut and the tapes between the ropes, corner buckles and padding are secure.

Preferably at the weigh-in, but prior to the start of a contest the Referee must ensure that both of the Contestants understand the rules, give each Contestant specific instructions to obey the rules & follow their instructions. The Referee must ensure that both Contestants are wearing the correct protective equipment & attire. The Referee shall give Contestants final instructions in the centre of the contest area, prior to the start of the contest. At this time the Referee shall seek confirmation from each Judge and the Medical Practitioner to ensure they are ready and then signal to the Timekeeper to sound the bell.

A Referee should whenever possible avoid physically "breaking" Contestants and should express authority in verbal commands. Upon the Referee ordering "yak" or "break" Contestants must stop engaging and take one step back before continuing to box. Continued failure by a Contestant to comply with the Referee's commands may cause a deduction of points or disqualification.

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Apart from cautions "in running" a Referee shall always give the order to "yud" or "stop" before warning or cautioning a Contestant and "yak" or "break" before moving between them to disengage. The order to "chok" or "box" is made at the commencement of the round and to instruct the Competitors to engage.

When a Referee orders Contestants to "yud" or "stop" and calls "time", the Timekeeper shall stop the watch and only restart it when the Referee orders to "chok" or "box".

The Referee must always ensure that no other persons or objects are in or on the ring/enclosure or on the apron while the round is in progress; They must immediately stop the contest until they are removed. The Referee shall not permit Seconds to slap on the canvas or distract Contestants.

If any incident occurs, be it covered by the rules or is unusual or irregular, and such incident warrants the stoppage of the contest & the Referee's view of the incident is unsighted or partly obscured. They may order time out by signalling "time" to the Timekeeper. After sending both Contestants to opposing neutral corners they may confer with the Judges and Supervisor before making a decision.

When a Contestant has been knocked down and the Referee considers a count is pointless, they should wave both arms above their head to signal the contest is terminated and immediately remove the Contestant's mouth piece and call the Medical Practitioner to the ring, to attend the "down" Contestant.

A Referee should terminate a contest at any stage if they believe the Contestants are not competing in earnest. The Referee may disqualify one or both Contestants or declare a "no-contest".

If during a round a Referee or Judge is injured, becomes ill or is unable to continue, the Timekeeper shall sound the bell and stop the round. The supervisor shall appoint another Referee or Judge to officiate.

If the Referee has been replaced the time will resume from when it was stopped. If a Judge is replaced, then the replacement Judge will use the incapacitated Judge's scorecard for the remainder of the contest. The interrupted round must be re-started from the beginning.

In a round in which a Contestant receives a cut, the Referee must advise the Judges and Recorder as to whether the cut was caused by a legitimate blow, or by accidental means, or a deliberate foul.

When the result is known the Referee must raise the winner's hand in a determined and unhesitating manner.

A Referee may perform the duties of a Judge and a Timekeeper.

If people outside the contest area harass a Contestant, Referee, Judges or any other Officials, the Referee may seek the Security in attendance to deal with and/or remove such people. The Promoter must ensure that sufficient security is provided to handle this situation.

The Powers of the Referee include the right to:

- Terminate a contest at any stage if they consider it too one-sided.
- Terminate a contest at any stage if one of the Contestants has received an injury on account of which the Referee decides the Contestant should not continue.
- Terminate the contest at any stage if they consider the Contestants are not fighting in earnest, in which case the Referee may disqualify one or both Contestants.

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- Caution a Contestant, or stop the contest and administer a warning to a Contestant, against fouls or for any other reason in the interest of fair play, or to ensure compliance with the rules.
- Disqualify a Contestant who fails to comply immediately with the Referee's orders, or behaves towards them in an offensive or aggressive manner at any time.
- Disqualify a Contestant's Second who has infringed the rules and the Contestant himself if the Second does not comply with the Referee's orders.
- With or without previous warning, disqualify a Contestant for committing a foul. When a Referee considers a Contestant should be warned or lose points for a foul, they must call "stop" or "yud" and "time", then demonstrate their decision by:
 - - Sending the other Contestant to a neutral corner.
 - - Indicating clearly to the Judges the Contestant who is being penalised & demonstrating the foul committed
 - - Indicating clearly the number of points to be deducted if any before ordering the bout to continue.
- The round will resume when the Referee orders "box". Make a decision arising from any circumstances or conditions not mentioned in the rules in so far as they are applicable or relevant to the actual contest, or to decide and take action on any circumstance of the contest which is not covered by the rules. A Referee's decision may be overridden by the Ringside Medical Practitioner when the considerations of health or safety are involved.

The Referee shall declare a contest terminated when:

A Contestant is knocked out or is unable to properly provide a defence and there may be a danger of serious injury to the Contestant.

A Contestant has received a serious injury, and after consultation with the Medical Practitioner, the Referee considers serious consequences may result to the health of the Contestant if the bout is allowed to Continue. When the Chief Second or Trainer "throws in the towel" or otherwise indicates that they want the bout stopped. Unless the Referee is in the act of counting over the Contestant, then they shall finish the count to render the appropriate (KO/TKO) decision.

The Medical Practitioner instructs the Referee to stop a contest because the Medical Practitioner is of the opinion that a Contestant is exhausted or injured to such an extent as to be unable to provide a defence or to continue that contest.

Referee's Signals

When the Referee orders "yak" or "break" to the Contestants whilst engaging they must stop attacking and take at least one step back before continuing to attack. When the Referee orders "yud" or "stop" the Contestants must stop attacking & await further instruction from the Referee.

If one or both Contestants are in danger of coming out of the ring, or either Contestants effectiveness is hindered by the ropes, or if there is a problem with protective equipment, contest area or attire the Referee shall call "yud" or "Stop". Both Contestants shall stop engaging immediately until the Referee has rectified the problem and instructs them to continue.

When a Referee considers a Contestant should be officially cautioned, warned or lose points for a foul, they must call "stop" or "yud" and signal "time" to the Timekeeper, then demonstrate their decision by:

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- Sending the non offending Contestant to a neutral corner.
- Indicate clearly to the Judges the Contestant who is being penalised & demonstrating the foul committed.
- Indicate clearly the number of points to be deducted if any, before ordering the bout to continue. The time of the round will resume when the Referee orders "box".

When a contest is terminated by KO or TKO, the Referee shall indicate that the match is over by crossing their hands above their head.

A Referee may perform the duties of a Judge or Timekeeper.

Duties and Responsibilities of the Judges

The duties of the Judges are as follows:

To sit ringside in their appointed positions & remain seated until the decision is announced. Each Judge shall independently and impartially Judge the merits of the Contestants and score according to the rules.

Keep score throughout each round to determine how many more effective strikes one Contestant has landed over the other Contestant to determine the score.

Award to each competitor the appropriate number of points, documenting the score on the official scorecard immediately after the end of each round and before signing the card and handing it to the Referee.

Apply the scoring system for a contest as is declared by the Referee, such as points deducted.

The Judges shall not speak to a Contestant, or to another Judge, or to anyone else except the Referee during the contest, but may if necessary at the end of a round bring to the notice of the Referee any incident which the Referee may appear to have missed, such as misconduct of a Second, loose ropes etc

- A Judge shall not allow anyone to see their scorecards.
- A Judge shall not leave their seat until the verdict has been announced to the public.
- Judges are required to follow the instructions of the Referee in control of the contest.
- Judges must not keep Secondary cards or tallies of points during a contest.
- A Judge may perform the duties of a Timekeeper.

Duties and Responsibilities of the Timekeeper

Timekeepers shall use two stopwatches or digital time keeping devices, one for the general time and the Second for a knock down count. In the event of a knockdown, Timekeepers shall commence the count immediately, in a loud voice & demonstrate the count with their hands elapsing seconds until the Referee takes up the count.

If near the end of any round, except the last round, a Contestant is down and the Referee is in the course of counting over him, the bell indicating the end of the round will not be sounded. If the Contestant rises before ten (10) is counted and the Referee gives the command "chok" or "box" (indicating the continuation of the contest), the bell will then be sounded to end the round.

The intervals between rounds shall be one minute's duration for contests of two minute rounds & two minutes duration for contests of three minute rounds. The Timekeeper will announce "Seconds out" in a

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loud clear voice ten (10) Seconds before the minute is up and sound a warning buzzer or whistle, indicating the Seconds must leave the ring and all foreign objects must be removed from the ring & apron.

When a Referee orders the Contestants to “yud” or “stop”, and calls “time”, the Timekeeper shall stop the watch and only restart it when the Referee orders to “chok” or “box”.

If a Referee or Judge is injured or becomes ill during a contest and is unable to continue, the Timekeeper shall ring the bell to terminate the round. On the replacement of that Official, that round shall recommence as a full round. If there are no other registered Official available to fulfil the position of the Referee or Judge, the Timekeeper must sound the bell to signal the end of the contest. The contest will be declared a ‘No Contest.’

The Timekeeper shall sound the clacker ten (10) seconds before the end of each round to notify the Referee that the end of the round is near. They must also sound the bell at the precise moment & shall not lengthen or shorten the periods of contest time or intervals. The Timekeeper shall at all times ensure the Referee has heard the bell.

A Referee or Judge may perform the duties of a Timekeeper.

Duties and Responsibilities of the Medical Practitioner

The duties of a Medical Practitioner at any contest shall be to:

Sit at the immediate ringside during a contest.

Provide all necessary medical equipment other than that provided by the Promoter i.e. oxygen supply unit and stretcher.

Terminate any contest where, in his or her opinion, a Contestant is exhausted or injured to such an extent as to be unable to defend himself or avoid further injury. The Medical Practitioner will then blow a foghorn to obtain the Referee’s attention, indicating that they wish to have the contest stopped. In this case the Referee must abide by the Medical Practitioners’ decision to terminate the contest.

Duties and Responsibilities of the Trainer

The prime objective of Trainers is the safety, health and welfare of their Contestants and shall:

Do all possible to properly prepare them for any contest. Ensure they do their best not to overmatch them. Ensure the Contestant is examined by the Medical Practitioner post-contest if the Contestant has sustained a knockout, heavy punishment or injury. Ensure that any injuries are properly attended to & any instructions from the Medical Practitioner are strictly followed.

During the round, Trainers must be seated at least half a metre away from the contest area. During a bout Trainers shall not slap the canvas or use any tactics to distract the Referee, or distract the Opponent. At the call of “Seconds out” or the sounding of the whistle, Trainers must immediately vacate the contest area & ensure the stool & all other objects are removed from the contest area & apron before the bell sounds to start the round.

All Trainers should be clean, neatly dressed & act in a sportsman like manner. Trainers must be registered with the Commission & may act as a Second.

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Duties and Responsibilities of the Seconds

Every Contestant is permitted no more than three (3) Seconds including the Trainer in their corner. Only one (1) Second and one (1) Trainer may enter the contest area during rest periods between rounds. Seconds must be registered with the Commission.

A Second shall:

Assist the Contestant as advised by the Trainer.

Assist the Trainer in the preparation of the Contestants.

During the round, Seconds must be seated at least half a metre away from the contest area.

At the call of 'Seconds out' or the sounding of the whistle, immediately vacate the contest area and remove the stool and all other objects from the contest area and apron before the bell sounds to start the round.

The Seconds shall only use the following equipment:

- White petroleum jelly.
- Sterile cotton wool or cotton wads.
- Sterile gauze.
- Cotton bud sticks.
- Blunt-edged surgical scissors.
- Ice bag.
- Adhesive tape.
- Water buckets and drinking receptacles.
- Solution of adrenalin 1/1000.
- Surgical Spirits

No stimulant shall be used other than cold water sprinkled on the body or used as a mouthwash. Seconds shall not apply petroleum jelly to any part of the Contestant's body other than the face.

Seconds are not to use on a Contestant:

- Iron chloride solution.
- Monsol solution.
- Ammoniated liniment.
- Smelling salts.

Where the Trainer or Chief Second considers the Contestant is in danger of being seriously injured, a towel may be thrown into the contest area, or other similar action taken to indicate a desire to terminate the fight, whereupon the Referee shall terminate the contest.

A Second shall not:

Act as a Manager or Trainer unless that Second has that registration. A Second must not attempt in any way to procure a contest for the Contestant.

A Contestant's Second(s) must not slap the canvas during the contest or act in an unseemly manner. Any inappropriate behavior (e.g. abusive language or gestures) may lead to their Competitor losing points or being disqualified. They may also be relieved of their duties for the match and/or the remainder of the tournament in progress, at the discretion of the Chief Referee.

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5.0 RULES OF THE CONTEST

Cut-Eye Rules

These rules apply when a contest is stopped because of a cut or cuts to the surrounds of the Contestant's eyes.

Cut eye – legitimate

The Referee shall declare a 'legitimate cut eye' where: A laceration to the eye or its surrounds occurs and the laceration is caused by a legitimate blow. As a consequence of the legitimate laceration, the Contestant sustaining the injury is unable to continue the fight, the Referee shall declare the Contestant who delivered the blow to be the winner TKO (cut eye).

Cut eye – deliberate

The Referee shall immediately stop the contest & notify the Judges of a foul where a Contestant has sustained a laceration to an eye or its surrounds due to a deliberate:

Head clash.

Use of palm heel.

Any other foul.

In the event of a cut eye from a deliberate foul the Referee shall: Disqualify the offending Contestant if the injured Contestant is unable to continue, or may deduct points from the offending Contestant. If the injured Contestant is deemed fit to continue after consultation with the Medical Practitioner, the Referee shall continue the contest.

If a contest is later stopped due to the deterioration of a laceration to an eye or its surrounds then:

If the cut Contestant is ahead on points, the Referee shall declare that Contestant the winner of the contest.

If the cut Contestant is behind on points, the Referee shall declare the contest a technical draw. In the event that the offending Contestant of a deliberate cut eye ruling is also lacerated and the contest is terminated either immediately or within the first third of the scheduled contest, then the Referee may at their discretion: Disqualify the Contestant who inflicted the deliberate cut eye, or declare the contest to be a technical draw.

In the event that the offending Contestant of a deliberate cut eye ruling is also lacerated and more than the first third of the scheduled contest is completed and the contest is not terminated immediately, then the Referee shall:

At the end of the contest tally the points and where the offending Contestant is ahead on points the Referee shall declare the contest a technical draw.

If the offending Contestant is behind on points, then the Referee shall declare the Contestant who received the deliberate cut eye to be the winner.

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Cut eye – accidental

Where, in the Referee's opinion, a laceration to an eye or its surrounds is caused by an accident, it shall be declared an accidental cut eye.

In the event of an accidental cut eye causing the contest to be terminated prior to completion of the first third of the scheduled contest rounds, the Referee shall declare the contest to be a technical draw.

If the contest is terminated due to an accidental cut eye after the first third of the scheduled contest rounds are complete. The Referee shall declare the Contestant ahead on points at the end of the previous round to be the winner.

If a Contestant's Seconds stop a contest due to an accidental cut, irrespective of the cause it shall not direct a Referee, if in his or her opinion after consultation with the Medical Practitioner, does not warrant a stoppage. If the corner demands a stoppage under these conditions, the Referee shall declare the other Contestant the winner by TKO.

Accidental Injury

If a Contestant cannot continue because of an injury not attributable to legal strikes, a Win by TKO Injury shall be awarded to the Contestant who can continue. However, this shall not apply in the case of the cut-eye or low blow foul rule.

If an accidental clash of heads or fall renders one or both Contestants temporarily unable to continue. The Referee may consult with the attending Medical Practitioner to assess the Competitors condition. If in the Medical Practitioner's opinion the Competitor may continue on in the contest, they are allowed up to five (5) minutes to recover, at the Referee's discretion.

Accidental Foul

If a bout is stopped because of an accidental foul, the Referee shall determine whether or not the Contestant who has been fouled can continue. The Referee may consult with the attending Medical Practitioner. If the Contestant's chances have not been seriously jeopardised as a result of the foul, the Referee may order the bout continued after a reasonable interval of up to five (5) minutes.

Should an accidental foul terminate a bout during the first third of a scheduled contest, the Referee shall declare the contest to be a technical draw.

If an accidental foul causes the receiving Contestant to be unfit to continue, after the first third of the scheduled contest rounds are complete. The bout shall be terminated. The Scorekeeper shall tally all scores, subtracting all penalties. If the injured Contestant is behind on points in the majority opinion of the Judges, then the Referee shall declare the contest to be a technical draw.

But if the injured Contestant has a lead in points, then the Referee shall declare him or her to be the winner by technical decision.

Low Blow Foul

A Contestant who has been struck with a low blow is allowed up to five (5) minutes to recover from the foul as long as in the Medical Practitioner's opinion the Competitor may possibly continue on in the contest. If the Contestant states that they can continue on or before the five (5) minutes of time have

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expired, the Referee shall, as soon as practical, restart the contest. If the recipient of the low blow is unable to continue the contest, or goes over the 5 minute time allotment the termination procedures of the accidental foul rule above shall apply.

Failure to Leave Corner

If the Chief Second advises the referee his contestant cannot continue, the contestant will lose by TKO. If there is no such advice and the contestant refuses to leave the corner the referee will apply a count and, on reaching ten, declare the Opponent to be the winner by KO.

If the Contestant leaves the corner before the count ends, the Referee may order a point deduction, if they consider the Opponent has been significantly inconvenienced, before ordering the contest to continue.

Inspection during Rest Period

Unless it is beyond doubt that an injured or distressed Contestant is not in a fit condition to continue the Referee will allow him or her the full minute's rest between rounds before checking his or her condition. The Timekeeper shall sound the bell at the appropriate time for the next round but shall not start his/her clock until the Referee orders "chok" or "box".

The Referee may order the contest to be terminated on his or her own discretion or at the discretion of the Medical Practitioner and then give the Judges a ruling on what decision relates to the specific circumstance.

Medical Examinations

The Referee may halt a contest at any time and employ the use of the Medical Practitioner to examine a Competitor.

The other Contestant will be ordered to the farthest neutral corner whilst the examinations take place.

Compulsory Eight Count

In the event of a knockdown;

- The Timekeeper shall start the count immediately.
- The Referee shall order the standing Contestant to the furthest neutral corner.
- Shall take up the count with the Timekeeper and apply the compulsory eight count to the knocked down Contestant.
- Will count off each second by calling it's number and indicating each second with the appropriate number of fingers until reaching the minimum count of eight.
- May complete the ten count on a Contestant who has risen during the count, if they decide the Contestant is unfit to continue.
- Shall stop the count if the standing Contestant leaves the neutral corner and shall not resume the count until that Contestant has returned to the allocated neutral corner.

Standing Eight Count

If a Contestant has been hit by a blow or series of blows and is on their feet, but in a semi-conscious state, or is being held up/supported by the ropes or enclosure and cannot defend themselves, the Referee must apply an eightcount.

The Referee shall direct the Contestant's Opponent to a neutral corner, then begin counting from one to eight, examining the stunned Contestant as he or she counts. If, after completing the standing

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eight-count, the Referee determines that the Contestant is able to continue, they shall order the bout to resume.

But if the Referee determines that the Contestant is not able to continue, they shall stop the contest and declare the Contestant's Opponent to be the winner by technical knockout.

Knockdown

A Contestant shall be deemed down when:

- Any part of his/her body other than the feet touch the canvas as a direct result of a legitimate blow or series of blows.
- They appear helpless or unable to defend themselves against the ropes or enclosure, or being supported by the ropes or enclosure.
- He or she is rising from the down position and the Referee has not yet given the command "chok" or "box".
- If a Contestant is legitimately knocked down the Referee shall complete a compulsory eight count, whether or not the Contestant rises before the count of eight is reached.
- If a Contestant fails to rise before the count of ten, they have lost the contest by KO.
- Should a Contestant slip, fall, be pushed down, trips, or voluntarily go down, they shall immediately rise to their feet. Failure to do so may cause the Referee to commence a count as in the case of a knock down. If the Contestant does not rise to their feet presenting themselves as ready to continue prior to the count of ten they will lose by TKO.

The Referee shall ensure Contestant's gloves are free from dirt or debris before ordering "chok" or "box". In the case of knockdowns, or the Referee calling "stop", Contestants shall not resume boxing until the order to "box" is given.

The bell in any round except the last round, where the final bell terminates the contest, cannot save a Contestant.

Knockdown Count

In the event of a knockdown, the Timekeeper shall start the count immediately. The Referee shall pick up the count from the Timekeeper. The Referee may complete a ten count on a Contestant who has risen during the count, if they decide the Contestant is not fit to continue.

Double Knockdown

If both fighters are knocked down, the count will proceed in the normal way. If only one rises before the count ends, that Contestant will win by KO.

If both rise before the count of ten and the Referee has decided that only one is fit to continue, that Competitor will win by KO. If neither Contestant rises before the count, or both rise before the count of ten and the Referee's decision is that neither is fit to continue, the result will be a 'no decision'.

Three Knockdown Rule

In the event of a Contestant being knocked down three times in one round, the contest will be terminated and the Opponent declared the winner by KO. If a Contestant is knocked down a total of four times during a bout, the contest will be terminated and the Opponent declared the Winner by KO. But if at any time the

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Referee determines that a Contestant is not able to continue, he or she shall stop the contest and declare the Contestant's Opponent to be the winner by technical knockout TKO.

The Referee will in all circumstances have the authority to stop a contest or allow it to continue, regardless of the number of knock downs or standing eight-counts.

Stalling

A Contestant who intentionally refuses to engage an Opponent or who deliberately clinches or holds onto an Opponent without attempting to score, shall receive an immediate caution or warning from the Referee. If the Contestant continues to utilize such passive tactics they may have point/s deducted from their score as determined by the Referee.

Loss of Mouthguard

Should a Contestant lose his mouthguard the round will be stopped until the mouthguard has been cleaned and replaced. Should the mouthguard be lost in an exchange the Referee shall wait until the cessation of the exchange to order its replacement. In the event that the mouthguard is intentionally expelled, the Referee may at his discretion penalise the offending Contestant with point's deduction, or for continual occurrences deduct further points or disqualify the offending Contestant.

Out of the Ring

If a Contestant is knocked out of the ring or falls out of the ring onto the apron, they must return inside the ropes, unaided, within ten (10) seconds. Failure to do so shall result in the Contestant being counted out.

Should a Contestant be knocked out of the ring or falls out off the apron to the floor outside the ring base, they must return inside the ropes, unaided, within twenty (20) seconds or be counted out.

Stopping a Contest

The Referee shall put the safety of Contestants above all else in making a decision to stop a contest. ISKA Singapore's principle of "Safety First" applies to all Muay Thai contests.

The Referee is the only person empowered to stop a contest. However, shall accept the direction from the Medical Practitioner to end a contest. The Referee & Medical Practitioner are the only individuals authorized to enter the fighting area at any time during a contest. Only the Referee, Chief Official or Medical Practitioner can call a stop to the action while the timer is running if it is in the interests of Contestant or public safety.

The Referee must stop a contest when:

In their opinion, a Contestant is exhausted or injured to such an extent as to be unable to defend themselves or is unable to continue.

A Contestant suffers three knockdowns in one round or a five knockdown in a contest.

When the Chief Second or Trainer 'throws in the towel' or otherwise indicates that they want the bout stopped. Unless the Referee is in the act of counting over the contestant, then they shall finish the count to render the appropriate (KO/TKO) decision.

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The Medical Practitioner instructs the Referee to stop a contest because the Medical Practitioner is of the opinion that a Contestant is exhausted or injured to such an extent as to be unable to provide a defence or to continue that contest.

Decisions

At the end of a contest, after the scorecards have been assessed or a decision is made by the Referee, the result shall be announced as one of the following:

- Win by knockout.
- Loss by knockout.
- Win by technical knockout.
- Loss by technical knockout or injury.
- Win on points - unanimous, majority or split decision.
- Loss on points - unanimous, majority or split decision.
- Draw - unanimous, majority or split decision.
- Win on disqualification.
- Loss on disqualification.
- Win by technical decision.
- Loss by technical decision.
- Technical draw.
- No-contest.
- No-decision.

What the decisions mean:

Win by knockout is when a Contestant is rendered unconscious due to legitimate strikes KO. Or a Contestant fails to rise from a knockdown before the count of ten, they have lost the contest by KO. If a Contestant has been knocked down three (3) times in one round, or is knocked down a total of five (5) times during a bout, the contest will be terminated and the Opponent declared the Winner by KO.

Win by technical knockout is when a Referee stops a contest to protect a Competitor from damage or harm or a downed Contestant fails to present themselves as ready to continue prior to the count of ten TKO.

If a Competitor cannot continue because of an injury not attributable to legal strikes they will lose by technical knockout or injury.

A unanimous decision is when all cards have the same result.

A majority decision in a win is when two cards have the same winner and the third has a draw.

A split decision in a win is when two cards have the same winner and the third has a win to the other.

A majority decision in a draw is when two cards have a draw and the third a winner.

A split draw is when all cards differ in result: e.g. 1 red corner, 1 blue corner and 1 draw.

Disqualification occurs when an injury sustained during competition due to an intentional foul is severe enough to terminate a contest or Referee determines that a Competitor has blatantly disregarded the rules.

A technical decision occurs when a Contestant is accidentally injured owing to a cut or injury occurring from an accidental head clash or fall. If the contest is stopped before one third of the scheduled rounds

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have been completed, the contest shall be declared a technical draw. If one third of the scheduled rounds have been completed before the injury becomes severe enough to stop the contest, then the Contestant who is ahead on points shall be declared the winner by technical decision.

Cautions & Warnings

The Referee may issue a caution or warning for minor infringements of the rules. After the initial caution or warning, if the prohibited conduct persists, the Referee can issue a point/s deduction or disqualification. Severity of the penalty relates to the impact the illegal act had on the bout. A competitor should never profit from an illegal act or foul.

Disqualification

Should a Contestant be disqualified, the Referee shall report details to the ISKA Representative who shall take any action, deemed necessary. The Referee has the discretion to intervene in the case of unfair acts not covered in these rules & regulations and may Caution, Warn, Deduct point/s from or Disqualify the offending Competitor.

It is the Referee's responsibility to decide if a foul was accidental or deliberate. If his or her view of the foul was unsighted or partly obscured, they may confer with the Judges & Supervisor prior to making a decision but shall have the final decision.

No-Contest

The Referee can declare a no-contest when, in their opinion, the two Contestants are not doing their best, when both repeatedly ignore the rules or disobey them after several warnings, or when a contest, in the opinion of the Referee, is not being conducted honestly by one or both Contestants.

If a no-contest decision is given, the Referee shall report to the ISKA Singapore on the matter.

No-Decision

A No-Decision may be given if a contest is stopped in unusual circumstances, such as a ring collapsing or a long power or lighting failure. The Referee should consider the circumstances prior to making a decision and if in any doubt may consult with the ISKA Singapore Representative & Commissioners.

Fouls

Any Contestant guilty of foul tactics in a bout shall be given an immediate caution, warning or have point/s deducted from their total score, as determined by the Referee. The use of foul tactics also may also result in the immediate disqualification of that Competitor. The following tactics are considered fouls:

- Attacking after the command to “break”, “yak” or the command to “stop”, “yud”.
- Attacking after the bell has sounded ending the round, or when the Opponent is out of the ring.
- Attacking an Opponent who is down or is rising from a knockdown.
- Striking an Opponent in the groin (kneeing, kicking or punching the Opponent in the area under the navel shall be considered as a low-blow and will be ruled as a low blow foul)
- Striking deliberately on the back part of the body, the spine or back of the head/neck.
- Attacking the side of the head and area around the ears are not considered as the back of the head and are valid target areas.
- Attacking the Opponent who turns around and shows their back.
- The Referee may also give a caution, warning or order point/s deduction to the Competitor who showed their back as losing the will to fight.

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- The Referee shall order the Contestant to “stop” and may give a caution, warning or point/s deduction.
- Throwing, tripping, back breaking or using Judo and wrestling techniques.
- Deliberately falling onto or over a downed Opponent.
- Holding or using the ropes or enclosure for any purpose, whether it be offensively or defensively.
- No ground based Grappling or Wrestling permitted.
- No Striking on the ground of any kind.
- Hitting with the inside palm, or butt of the hand or wrist.
- Deliberate use of any scraping blow, or rabbit blow, or jabbing the eyes with the thumb of the glove.
- Deliberately head butting an Opponent or charging dangerously with the head down.
- Deliberately striking the groin, spine, throat, women’s breasts, or that part of the body over the kidneys.
- Kicking directly into the knee, or striking below the belt in any unauthorized manner.
- Pretending to fall on the ring floor after the kicking leg is caught to avoid attack.
- Purposely going down without being hit, and/or refusing to rise on direction from the Referee.
- Anti-joint techniques (striking or applying leverage against any joint).
- Holding or clinching the Opponent without attacking to avoid attack.
- Intentionally pushing, shoving, wrestling or throwing an Opponent out of the ring or contest area.
- Spitting, biting, abusive language, provocative gestures or any unsportsmanlike action.
- Failure of a Contestant or the Seconds to obey the Referees instructions.
- Interference or abuse of any kind by a Contestant or his Seconds.

Catching the Opponent’s leg and pushing forwards more than two (2) steps without using any weapons.
Downward pointing elbow strike (12 to 6): Linear “straight up straight down” elbow strike is prohibited.

Injuries Sustained by Fair Blows and Fouls:

If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured Contestant loses by technical knockout.

If an injury sustained during competition as a result of an intentional foul, as determined by the Referee, is severe enough to terminate a bout, the Contestant causing the injury must lose by disqualification.

If an injury is sustained during competition as a result of an intentional foul, as determined by the Referee, and the bout is allowed to continue, the Referee shall notify the Judges & Scorekeeper to deduct point/s from the Contestant who committed the foul.

If an injury sustained during competition as a result of an intentional foul, as determined by the Referee, causes the injured Contestant to be unable to continue, the injured Contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured Contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

If a Contestant injures themselves while attempting to commit a foul, the Referee may not take any action in their favour. The injury shall be treated in the same manner as any injury produced by a fair blow.

If an injury sustained during competition as a result of an accidental foul, as determined by the Referee, is severe enough for the Referee to stop the bout immediately, the bout shall result in a technical draw if stopped before one third (1/3) of the scheduled contest has been completed.

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If an injury sustained during competition as a result of an accidental foul, as determined by the Referee, is severe enough for the Referee to stop the bout immediately, the bout shall result in a technical decision awarded to the Contestant who is ahead on the score cards at the time the bout is stopped provided that more than one third (1/3) of the scheduled contest has been completed.

Incomplete rounds shall not be scored.

Restrictions Following a Knockout

The Contestant must not participate in a contest for a period of at least 30 days.

For the second consecutive time, the Contestant must not participate in a contest for a period of at least 60 days.

For the third consecutive time, the Contestant must not participate in a contest for a period of 90 days or for such longer period.

Restrictions Following a Contest

Where a Contestant has participated in a contest the Contestant shall not compete again for seven days.

Where a Medical Practitioner has endorsed a Contestant's certificate of registration with a specific date, the Contestant shall not compete before that date.

Elimination Contests

Eliminator contests maybe allowed at the discretion of the ISKA Singapore. All eliminator contests will consist of 3 x 2 minute rounds or 3 x 3minute rounds. The Final will consist not more than 3 x 3 minute rounds. The Ringside Medical Practitioner must complete a health check on all Contestants after each contest they take part in. The Medical Practitioner has the final say whether a Contestant can continue to progress to the next round.

6.0 MISCELLANEOUS

Shaking Hands

The shaking of hands or touching of gloves takes place before beginning the first round and before the beginning of the last round. Any further shaking of hands or touching of gloves is not compulsory.

Protests

Any protest must be lodged to the ISKA Singapore by hand or email no later than 7 days after the contest in question.

The decision given in a contest by a Referee and/or Judge shall be final, unless:

- The ISKA Singapore Representative and or the Commission can verify a proven mathematical error on the scorecards. An announcement of a decision has been incorrectly conveyed, extraordinary circumstances and/or a disregard of the rules.

In this case the ISKA Singapore Representative can overturn the decision, document it & announce the decision publicly at the next available opportunity.

Drugs

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It is the responsibility of the Contestant and their Trainer to check and ensure that the Contestant is not taking any medication or mixture that is prohibited.

Any Contestant testing positive for prohibited substances shall be dealt with by ISKA Singapore at a special meeting. The ISKA Singapore can suspend a Competitor, remove them from the ratings, declare any ISKA title held by the Contestant vacant, or any other penalty it considers necessary, depending on the severity of the offence.

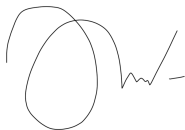
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Mustafa Kamal
ISKA Singapore National Director

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7.0 ATTACHMENTS

Event Name:	Date:	
Referee Name:	Weight Limit:	Bout Number:

Fighter Name:		Fighter Name:		
Gym:		Gym:		
RED			BLUE	
Remarks	Points	ROUND	Points	Remarks
		1		
		2		
		3		
		4		
		5		
		TOTAL		
Judging Remarks: "W" Warning by Referee, "J" Warning by Judges, "KD" Knock Down				
	RED		DRAW	
			BLUE	
W.P. / K.O. Head / K.O. Body / R.S.C. H / R.S.C. B / R.S.C. Injury / R.S.C. Outclass / R.S.C. CCL / W.O. / D.Q. / N.C. / N.D.				
1 / 2 / 3 / 4 / 5		Name / Signature:		

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RE: Protest in regard to the fight between

_____ (Blue Corner) and _____ (Blue Corner)

for a decision on the ____/____/____ (Event Date) at _____ (Event Name) .

The ISKA Singapore formally acknowledges your protest and will follow the formal "Protest" Guidelines of the ISKA Singapore. Any protest must be lodged to the ISKA Singapore by hand or email no later than 7 days after the contest in question.

The decision given in a contest by a Referee and/or Judge shall be final, unless:

- The ISKA Singapore Representative and or the Commission can verify a proven mathematical error on the scorecards.
- An announcement of a decision has been incorrectly conveyed, extraordinary circumstances and/or a disregard of the rules.

In this case the ISKA Singapore Representative can overturn the decision, document it & announce the decision publicly at the next available opportunity.

ISKA Protest Process

The Protest process will be conducted in the following way.

1. ISKA Singapore will conduct a protest review. Your letter will be reviewed by the ISKA Singapore Representative to determine:
 - If there is sufficient cause to warrant further review.
 - If it is determined that there is no grounds for a protest - it will be dismissed.
 - If it is determined that you do have grounds for a protest, then the formal ISKA Protest process will be undertaken.
2. The ISKA SEA will be informed of your protest and the results of that bout temporarily put on hold.
3. The rules will be reviewed in regard to the particular concerns you have raised.
4. Video footage of the match will be reviewed by the ISKA Singapore Representative and ISKA Singapore Officials.
5. The ISKA Singapore Representative will consult the decision with the Commission, ISKA Singapore Officials as needed.
6. The rules and footage will be used to make a preliminary decision – This will be sent to the ISKA SEA for clarification.
7. The ISKA Singapore Representative will contact you and provide you with a formal ISKA Singapore position.
8. If you are unhappy with the ruling - the protest can be sent to the ISKA SEA to make a ruling.
9. The ISKA SEA, will review the footage & the ISKA Singapore ruling and either support or dismiss the protest.

Please note

1. Clear documentation of the issue or concern is required to establish the grounds for protest.
2. Video footage of the match must be received before any actions can be taken.
3. Protest Rulings or Decisions made by the ISKA Singapore are rarely overturned by the ISKA SEA.
4. Protests lodged cost \$100.

Signed: _____ Date: _____

Name: _____ Gym: _____

Position: _____

Specific issues & concerns can be attached in writing or email mus@cmmuaythai.com .