

# **TBA-SA**

## **Amateur & Professional**

### **Rules & Requirements**



**Thai Boxing Association-Sanctioning Authority**  
*"Sanctioning Muay Thai Worldwide"*

PO Box 3507, Urbandale IA 50323  
[www.TBASanctioning.org](http://www.TBASanctioning.org)

## DIVISIONS, CLASSES & WEIGHT BRACKETS

### Divisions:

Juniors-ages 7-16. Age 17 is considered a junior fighter when approved within the state. Juniors will not be matched more than 24 months apart in age. (Please refer to each states guidelines on age)

Adult-age 17 and older. A 17 yr old fighter cannot fight someone more than 7 years older.

Senior fighters are age 42 and older.

### Amateur Classes: Adults and Juniors, both Female and Male:

Class C (0-3 fights)

Class B (4-9 fights)

Class A (10+ fights)

Unless bout is in an “open” tournament setting, a fighter cannot fight more than one class up or down. (i.e. Class C fighters can fight opponents in Class C or Class B, but not Class A. Class B fighters can fight opponents in Class C, Class B or Class A. Class A fighters can fight Class B or Class A fighters.)

Fight records must include all fighting experience (i.e. MMA, Kickboxing, Boxing, etc)

### Status

Amateur -- No monetary award is paid. Trophies, medals, or belts may be awarded.

Professional -- Ages 18+ Fighters will receive monetary payment to fight.

\*Note- NO “self-trained” fighters will be allowed to compete on a TBA-SA sanctioned event. ALL fighters MUST be associated with a trainer/gym for verification of status and experience.

### Junior Weight Brackets:

Junior Atomweight	62 & Under
Junior Flyweight	62.1-67
Junior Bantamweight	67.1-72
Junior Featherweight	72.1-77
Junior Lightweight	77.1-82
Junior Welterweight	82.1-87
Junior Middleweight	87.1-92
Junior Light Heavyweight	92.1-97
Junior Cruiserweight	97.1-102
Junior Heavyweight	102.1-107

*Juniors fighting above 107.1 will be classified the same as the Adult Weight Brackets.*

NOTE: If fighters do not fall within same weight bracket, they may still fight as long as fighter’s weights fall within similar approved range of and trainers agree.

This option does not apply to Title Fights!

### Junior and Adult Weight Brackets:

Atomweight	107.1-112 (112 & Under)
Flyweight	112.1-117
Bantamweight	117.1-122
Featherweight	122.1-127
Lightweight	127.1-132
Super Lightweight	132.1-137
Light Welterweight	137.1-142
Welterweight	142.1-147
Super Welterweight	147.1-153
Light Middleweight	153.1-159
Middleweight	159.1-165
Super Middleweight	165.1-172
Light Heavy	172.1-179
Light Cruiserweight	179.1-186
Cruiserweight	186.1-195
Heavyweight	195.1-215
Super Heavyweight	215.1 & Above

# TBA-SA APPROVED MUAY THAI RULES

## TBA-SA Muay Thai Rules: Legal and Illegal Strikes Amateur & Professional

(As approved by the TBA-SA Board of Directors, Revised 2011)

*\*\*Notice: The TBA-SA respects the rules and regulations honored in each state and will abide by the rules of each state if they differ from the rules listed below. Whichever set of rules consist of stronger safety requirements will be used as the guidelines for the event being sanctioned by the TBA-SA.*

### LEGAL STRIKES

#### **Punching Strikes:**

All Levels: All punches of boxing are allowed to the body and to the head. This would include the jab, cross, hook, uppercut, overhand, and spinning backfist. NO punches to the back of the head! This applies to Junior, Amateur and Professional bouts.

#### **Elbow Strikes:**

Juniors & Amateur

Class C - Elbows to the body only. No elbows to the head or spring, or spinning back elbows.

Class B & A - Elbows to the body are allowed. Elbows to the head are allowed (must also allowed within the state in which the event is being held). TBA-SA approved elbow pads must be worn by both fighters. (This will go into effect September 2011. Until then, All Amateur classes will only allow elbows to the body.)

*\*Amateur Elimination Tournaments--Elbows to the head (with pads) will be allowed, beginning at the MTC 2012, in Class A. Classes B & C will allow elbows to the body only.*

Professional--Elbows to both the body and the head are allowed. This includes spiking elbows and spinning elbows. No elbows to the back of the head or the spine.

#### **Knee Strikes:**

Junior & Amateur--Knees are allowed to the body and legs. No knees to the head.

Professional--Knees are allowed to the legs, body, and head.

#### **Kicking Strikes:**

Junior & Amateur--All types of kicks are allowed to the head and body.

Professional--All types of kicks are allowed to the head and body.

## TBA-SA APPROVED MUAY THAI RULES (CONTINUED)

### **Clinching:**

Clinching is allowed for all fighters: Juniors, Amateurs and Professionals. All strikes (as applicable to amateur and professional) may be used. The amateur fighter may NOT pull the head down, as knees to the head are not allowed. Professional fighters MAY pull the head down to apply a knee strike. Excessive clinching without strikes will be broken up by referee.

### **Throws:**

Throws from the clinch range are allowed. These must be done with the arms, knees, and legs to off balance the opponent and “dump” or “throw”. No Judo throws, hip tosses, take downs, or body slams are allowed. No picking up the opponent to body slam, as in the MMA competitions. No “tripping” allowed. A fighter is NOT allowed to intentionally fall on top of the opponent to cause injury. ALL sweeps must be done w/front of shin.

### **ILLEGAL STRIKES**

NO striking the back of the head

NO striking the spine

NO striking the groin

NO sweeps w/ back or side of legs.

NO hip throws or Judo throws

NO picking up opponent and slamming to the canvas

NO headbutts

NO hammerfist strikes

NO “plowing”. Must strike for every step taken, if holding a caught leg.

Note: All of the above are considered “fouls”. If referee determines foul is intentional, a point will be deducted. If referee determines the foul is unintentional, a warning will be given for first occurrence. Subsequent fouls will receive a point deduction. The downed opponent has up to 5 minutes to recover (at the discretion of the referee). Referee reserves the right to end fight after subsequent fouls if he/she feels it is in the best interest of the fighters.

### **“No Contest” Decisions**

If an opponent is fouled in the first round and, as a result, cannot continue, AND the referee rules the foul as accidental, the bout will be ruled a ‘no contest’. If bout has completed the first round, and fouled opponent cannot continue, the decision will go to the judge’s score cards to determine a winner. This of course, will also be determined by whether or not the ring referee dictates the foul was “accidental” or “intentional”. An intentional foul will award the win to the downed fighter. An accidental foul will award the win to the fighter winning completed rounds on the judge’s score cards.

## TBA-SA REQUIRED SAFETY EQUIPMENT

### SAFETY EQUIPMENT FOR AMATEUR BOUTS:

Juniors, regardless of age or experience, **MUST** wear headgear, shin guard, handwraps, mouth guard and groin protection (female groin protection is optional).

Amateur—Class C must wear headgear, shin guard, handwraps, mouth guard and groin protection. (female groin protection is optional)

Amateur—Class B must wear shin guard, handwraps, mouth guard and groin protection. (female groin protection is optional). Class B fighters may fight without headgear, ONLY if both fighters and coaches agree. Both fighters will wear similar gear. Not one with headgear and the other without.

Amateur—Class A must wear shin guard, handwraps, mouth guard and groin protection (female groin protection is optional). Class A fighters will fight without headgear. Class A fighters may fight without shin guards, ONLY if both fighters and coaches agree. Both fighters will wear similar gear. Not one with shin guards and the other without.

*\*Amateur Elimination Tournaments--ALL Juniors and Amateurs will be required to wear ALL safety equipment: headgear, shin guards (regardless of experience class), elbow pads (determined by experience class), mouth guard, and groin protection (female groin protection is optional).*

**Head Gear** -- Headgear may have cheek protection but cannot have nose or chin protection. Photos of approved headgear are available on TBASanctioning.org

**Shin Guard** -- Shin guards must cover shin and instep, may be cloth, leather, or neoprene, and can pull on or fasten with Velcro or buckles. Any metal clasps must be covered with tape. Type of shin guard must be uniform throughout event. Promoter will designate which type fighters will wear: all in cloth or all in leather.

**Elbow pads** -- In amateur bouts where elbows are allowed to the head, elbow pads must be worn regardless of experience class and are supplied by promoter. Ends **MUST** be taped down.

**Handwraps** -- Junior and Amateur fighters may use training hand wraps or gauze and tape. Professional fighters must use gauze and tape. Tape must be one finger's width back from knuckles. All fighters must have wraps checked and signed by TBA-SA Representative or Referee before putting on fight gloves. If not signed, fighter will be disqualified when gloves are removed in ring after fight.

**Ankle Supports** -- Cloth supports only. No Taping.

**Gloves** -- Gloves must be TBA-SA approved gloves. All gloves will be provided by promoter. No fighter may use their own. 10 oz. will be used for all weight divisions up to Super Middle. Light Heavyweight divisions and up will wear 12 oz. gloves.

### SAFETY EQUIPMENT FOR PROFESSIONAL BOUTS:

Professional -- Fighters will wear mouth guard, handwraps, and groin protection (female groin protection is optional). No other padding will be allowed. Gloves must be red and blue 10 oz., TBA-SA approved, fight gloves and will be provided by promoter. No fighter may use their own gloves!

## TBA-SA RING RULES

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#### **Standing 8 Count:**

This will be in effect for all bouts, both amateur and professional. All fighters must engage. If you are not fighting back/defending yourself, the ring referee will stop the action and administer an 8 count to ensure your safety. This will also be scored the same as a knockdown on the judge's scorecards. (Not to be confused with a "Flash Knockdown") \*Cannot be 'saved by the bell'.

#### **3 KnockDown Rule:**

If a fighter receives blows that knocks him/her down 3 times in any single round, requiring the referee to issue a 10 count, the fight will be stopped and pronounced a TKO.

#### **Flash KnockDown:**

The "flash" knockdown is in effect in all bouts, both amateur and professional. If a fighter is knocked down, but gets back up immediately with no signs of damage, at the discretion of the ring referee, it may be declared a flash knockdown and no 10 count will be administered. This will NOT count as a knockdown on the judge's scorecards. This rule is at the discretion of the referee. Sometimes a fighter is Knocked OUT on impact (and eyes roll back in head) and then wake up upon their head bouncing off the canvas and get right back up. The referee may see this and issue a 10 count to ensure the fighters is able to continue. In this case, it will be scored as a knockdown on the judge's scorecards.

### LENGTH OF ROUNDS

Juniors—Three two-minute rounds. One minute rest. Title fights will be three two-minute rounds.

Amateur--All non-title bouts will be three two-minute rounds. One minute rest.

*All tournament title bouts will be Three two-minute rounds. One minute rest.*

*All Regional, U.S., North American, and World title bouts (non-tournament) will be five two-minute rounds. One minute rest*

Professional--Non-title bouts may be three three-minute rounds, four three-minute rounds, or five three-minute rounds (promoter-fighter negotiation). All will have One minute rest.

*All title bouts will be five three-minute rounds. One minute rest.*