



International Fight and Fitness Sports Federation

Thai Boxing (Muay Thai) Competitions in IFSF

1. Weight Classes:

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Competitors are categorized into weight divisions to ensure fair matchups. Typical weight classes include:

- Flyweight (up to 115 lbs)
- Bantamweight (116-122 lbs)
- Featherweight (123-126 lbs)
- Lightweight (127-135 lbs)
- Welterweight (136-147 lbs)
- Middleweight (148-160 lbs)
- Light Heavyweight (161-175 lbs)
- Heavyweight (over 175 lbs)

2. Rules and Techniques:

- **Allowed Strikes:** Thai Boxing allows the use of fists, elbows, knees, and shins for striking.
- **Techniques:** Techniques include punches, kicks, knee strikes, and elbow strikes.
- **Clinch Fighting:** Fighters can engage in clinch fighting to deliver knee strikes and control their opponent.

3. Scoring System:



- **Effective Strikes:** Points are awarded for clean and effective strikes, with emphasis on techniques that demonstrate power, control, and technique.
- **Dominance:** Judges also consider ring control, effective use of combinations, and aggression throughout the match.

4. Rounds and Duration:

- **Professional Matches:** Typically consist of five 3-minute rounds with a 2-minute break between rounds.
- **Amateur Matches:** Rounds may vary but commonly three 3-minute rounds for safety and developmental purposes.

5. Attire and Equipment:

- **Traditional Muay Thai Shorts:** Fighters wear traditional Muay Thai shorts and are barefoot in the ring.
- **Hand Wraps and Gloves:** Hand wraps are worn under gloves, which are typically between 8 oz to 10 oz for lighter weight classes and up to 12 oz for heavier divisions.
- **Mouthguard:** Mandatory for all fighters.
- **Groin Protector:** Required for male fighters.

6. Refereeing and Officials:



- **Matches are overseen by a referee responsible for enforcing rules, ensuring fighter safety, and maintaining fair play. Additional judges score the bout from different angles around the ring.**

7. Knockouts and Decisions:

- **Knockout (KO):** Occurs when a fighter is unable to continue due to strikes or cannot beat the referee's count.
- **Decision:** Matches are decided by judges' scorecards if the bout goes the distance.

8. Tradition and Respect:

- Thai Boxing emphasizes respect for opponents, officials, and the art itself, with fighters expected to demonstrate sportsmanship and adherence to traditional customs such as the Wai Kru (pre-fight ritual).

9. Anti-Doping Measures:

- IFSF enforces anti-doping regulations to ensure fair competition and athlete safety. Random drug testing may be conducted before or after matches.

10. Championships and Tournaments:



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- **IFSF organizes championships and tournaments where fighters compete for titles within their weight divisions and earn recognition within the global Muay Thai community.**

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Join IFSF Muay Thai Competitions and Experience the Art of Thai Boxing at Its Finest!
