



NEWCOMER GAMES

MUAY THAI MODIFIED RULE BOOK

NEWCOMER GOALS

The Newcomer Games Tournament is a tournament aimed strictly for N-CLASS and C-Class in the sport of Muay Thai. It is intended as an introductory tournament, a notch below a normal MMA Tournament. Rules are slightly modified in order to make it the tournament safer.

THIS TOURNAMENT IS ONLY OPEN TO AMATEURS

CATEGORIES of FIGHTERS

N Class:

N class is the starting point for most fighters. 0-3 Fights

Time: 3 X 1.5 minute rounds with no knees or elbows to the head and both wear shin pads.

C Class: Fighters with 4 or more fights.

Time: 5 X 1.5 minute rounds with no knees or elbows to the head but no shin pads are worn.

Muay Thai competitions shall be held inside a ring or cage.

Referees must also fulfill other conditions, requirements, and duties set forth in other official documents related to referees. ALL WKF sanctioned event will be officiated by official WKF Referees.

Chief Supervisor

The Chief Supervisor shall be responsible for managing all referees and supervising the work in all competition areas, Cage and/or rings.

Attire

Referees shall wear a MMAAS shirt or WKF T shirt with collar, black trousers. Shirts will be tucked into trousers at all times.

To minimize injuries, referees may not wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempt from this rule since no body contact with contestants is possible.

The use of medical gloves is recommended.

Weight

Tolerance

A 1 kg or 2.2 lbs tolerance will be given in non-championship matches. No tolerance shall be given to contestants in championship matches.

Overweight

Contestants may have one hour to make weight should they be overweight upon weigh in.

The MMAAS may allow an overweight contestant to participate in a catch weight match if both contestants agree to participate and if the difference in weight between contestants does not exceed the maximum weight spread allowance shown in the chart above. This allowance does not apply to contestants under 19 years of age.

WEIGHT CLASSES

The following weight classes shall be used for all events:

MEN AND WOMEN

WEIGHT IN LBS

WEIGHT IN KG

Strawweight

108.1 lbs. and *Below 49.09 kg and *Below

Atomweight

108.1 lbs. - 112 lbs. 49.13 kg - 50.90 kg

Flyweight

112.1 lbs. - 117 lbs. 50.95 kg - 53.18 kg

Bantamweight

117.1 lbs. - 122 lbs. 53.22 kg - 55.45 kg

Featherweight

122.1 lbs. - 127 lbs. 55.50 kg - 57.72 kg

Lightweight

127.1 lbs. - 132 lbs. 57.77 kg - 60 kg

Super Lightweight

132.1 lbs. - 137 lbs. 60.04 kg - 62.27 kg

Light Welterweight

137.1 lbs. - 142 lbs. 62.31 kg - 64.54 kg

Welterweight

142.1 lbs. - 147 lbs. 64.59 kg - 66.8 kg

Super Welterweight

147.1 lbs - 153 lbs. 66.9 kg - 69.5 kg

Light Middleweight

153.1 lbs. - 159 lbs. 69.6 kg - 72.3 kg

Middleweight

159.1 lbs. - 165 lbs. 72.4 kg - 75 kg

Super Middleweight

165.1 lbs. - 172 lbs. 75.1 kg - 78.2 kg

Light Heavyweight

172.1 lbs. - 179 lbs. 78.3 kg - 81.4 kg

Light Cruiserweight

179.1 lbs. - 186 lbs. 81.5 kg - 84.5 kg

Cruiserweight

186.1 lbs. - 195 lbs. 84.6 kg - 88.6 kg

Super Cruiserweight

195.1 lbs. - 215 lbs. 88.7 kg - 97.7 kg

Heavyweight

215.1 lbs. - 235 lbs. 97.8 kg - 106.8 kg.

Super Heavyweight

235.1 lbs. and UP 106.8 kg. And UP

I. APPROVED SAFETY EQUIPMENT

- **GLOVES**

8 Ounce Gloves - C CLASS

12 Ounce Gloves - N CLASS.

- **HEADGEAR**

MANDATORY FOR ALL FIGHTERS UNDER 18 YEARS OLD AND MANDATORY FOR ALL FIGHTERS WITH LESS THAN 3 BOUTS

- **SHIN PADS**

MANDATORY FOR ALL FIGHTERS UNDER 18 YEARS OLD AND MANDATORY FOR ALL FIGHTERS WITH LESS THAN 3 BOUTS

- **SHORTS**

MUAY THAI SHORTS - *No MMA Shorts! No Boxing Shorts!*

SHORTS cannot extend lower than 3 inches from the **TOP** of the knee.

II. KICKS & STRIKES

A. ELBOW STRIKES

- Dropping or Spiking Downward or Thrusting Elbows (*Where the fist is ABOVE the Elbow on Impact*) are Illegal and NOT ALLOWED!
- Spinning Elbows NOT ALLOWED!
- Spinning Back Fist NOT ALLOWED!

ALL N-CLASS and Fighter Under 18 Years Old - No Elbows or Knees to the Head or to the Body

ALL C-CLASS Elbows are allowed to the body and the Head.(****)

(****) Use of Elbow Pads.

B. KNEES

ALL C-CLASS

Knees are Only Allowed Below the Shoulder Line - Body and Legs. (*No Groin of course*)

ALL N-CLASS and Fighter Under 18 Years Old - No Knees to the Head or to the Body

C. KICKS

All standard martial art / Kickboxing Kicks are Allowed.

Cartwheel Kick - NOT ALLOWED!

SIDE KICKS

6 inches above to 6 inches below the knee are **NOT ALLOWED.**

D. CLINCHING

- Clinching is only allowed when opponents are FACING EACH OTHER.
- Clinching is allowed as long as 1 fighter is ACTIVE WITHIN the clinch.
- If there is inactivity for a period of 3 seconds, the referee will break the fighters.
- Fighters may NOT grab an opponent from behind and lift to throw.
- Grabbing around your opponent's lower spine and hyper-extending their back is NOT ALLOWED.

E. THROWS - TRIPS - SWEEPS

Taking an opponent around the waist with both arms and twisting them off balance so they will fall is ALLOWED.

NO HIP THROWS

Over the hip throws such as in Japanese arts like Judo, Jutitsu, Karate, Sambo, or San Shou are NOT ALLOWED

G. THROWING & SWEEPING

- Fighter may "KICK" (*roundhouse or using the top of your foot*) their opponents legs out striking with the top of their foot or shin, NOT the instep as in a karate style sweep.
- You can not sweep with the instep of your foot or your calf.
- You can not lock an opponent's neck (*Like a Headlock*) and executing a hip throw.
- You can not grab an opponent in the clinch and then sweep their legs out.
- You can not catch an opponent's leg and using the calf to trip/sweep them off their feet
- You can not trip your opponent with your ankle.
- You can not leg sweep or kick the back of the supporting leg out of your opponent using your calf or inside of your foot.
- You can not trap your opponent's arms in a waist lock and lift them to throw

H. LIFTING

You can NOT lift an opponent off of the ground to throw them.

This is illegal and points could be deducted of continues use this move.

I. PLOWING

Fighters are allowed to catch their opponents leg and take 2 steps forward.

You can "dump" a person if you catch their leg and throw it back towards them causing them to fall backwards but must do so within 2 steps (*see previous*).

You can also catch under their knee while they are doing a swing knee and topple them over backwards but must do so within 2 steps (*see previous*).

AFTER TWO STEPS

The fighter holding the leg must STRIKE before taking a third step or more or let go!

You can not hold a leg and charge/push an opponent to the ropes.

You can not catch an opponent's leg and use your other arm to push them off balance while taking more than two steps forward.

III. FLASH KNOCKDOWNS

Flash Knockdown Rule is in effect for all bouts.

In TRUE Muay Thai as with these rules, FLASH KNOCKDOWNS, where the knocked down fighter rises up immediately after being knocked down are usually not counted as knockdowns with a standing 8 count.

HOWEVER, if the fighter is "ROCKED" by the shot taken, the referee can make the decision to give an 8 count if he/she feels necessary, no matter how fast the fighter rises after the fall.