

Sanger Muay Thai Rules _2

RULES:

no knockout high level sparring system

No Headgear option rule: Only for fighters over the age of 18 and must have a minimum of 3 fights

General Rules:

1. Fighters may kick above the waist and to the legs.
2. Leg kicks (shin or foot) are allowed to BOTH inside & outside of the legs but not the knees.
3. Foot Pads are Optional.
4. DIRECT SIDE KICKS TO THE LEGS ARE NOT ALLOWED!
5. SHIN AND INSTEP PADS - Mandatory - Must be secured to the leg by tape. - NO DUCK TAPE! - ALLOWED: Cloth Slip On ONLY! NO Velcro Closure & NO METAL!
6. CLOTHING: SHORTS: - Shorts are Mandatory in all International Rule Bouts. - NO PANTS! - The bottom of the shorts must be 3 inches ABOVE THE KNEE. - WOMEN/GIRLS: - ALL Women must wear a minimum of a Sports Bra with Padding.
7. There is no Kick Minimum.
8. Spinning Backhands/Fists are Legal.
9. No Clinching like in Muay Thai.
10. Fighters will be asked to break as in FCR or Boxing.
11. No Elbows allowed.
12. No Knees allowed.
13. Foot sweeps are legal to the "FRONT" Foot as long as the striking foot is not higher than the ankle. 14. If a fighter's rear is square to the ropes, BOTH feet become targets for a sweep.

General Rules: Adults over 18

1. CLOTHING: SHORTS - Shorts are Mandatory in all Muay Thai Bouts. - NOT PANTS! - The bottom of the shorts must be 3 inches ABOVE THE KNEE. - ALL Women must wear a minimum of a Sports Bra with Padding.
2. SHIN AND INSTEP PADS - Mandatory - Must be secured to the leg by WHITE MEDICAL TAPE. - NO DUCT TAPE! - ALLOWED: Cloth Slip On ONLY! NO Velcro Closure & NO METAL!
3. KNEES - Only Below the Shoulder Line. - No Knee strikes are allowed to the groin or joints (Knees) of the leg.
4. Direct (Side Kick Style) kicks to the front of a fighters legs are NOT ALLOWED.

5. ELBOWS - Allowed To The Body & Head. - Fighters Must Wear CVMT Approved Elbow Pads. - NO Dropping, Spiking, Downward or Rising Elbows that make contact with ANY "Point - Tip" of the Elbow. - FOREARM STRIKES - Some may call this an "Elbow", However, it is not. A "FOREARM" strike that strikes HORIZONTAL to the body such as in Martial Arts "ARE ALLOWED".

6. 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.

7. CLINCHING - 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.

8. NO HIP THROWS Over the hip throws such as in Japanese arts like Judo, JuJitsu, Karate, Sambo, or San Shou are illegal. You can NOT use the hip or shoulder to throw an opponent in any kind of judo throw or reap. No stepping across, or in front of, your opponent's leg with your leg and bringing your opponent over your hip.

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

10. NECK WRESTLING If in a clinch with arms around each other's shoulder, as to deliver or defend from an elbow strike, twisting the opponent using the upper body in such a way that you will fall to the ground is allowed. By using neck and shoulder manipulation, you can spin and throw/dump an opponent to the canvas without using any part of your body as a barrier. This is fully legal.

11. PLOWING Fighters are allowed to catch their opponent's leg and take 1 step forward. After 1 step, the fighter holding the leg must STRIKE before taking a second step or more or let go! You can not hold a leg and charge an opponent to the ropes. 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).

12. Stepping on a fallen opponent is illegal. Commonly one sees an athlete twist and pull an opponent over the side of their body (and then land on top), this is illegal.

13. It is considered an Intentional foul when a fighter plans, with the sole intention, of falling on top of their opponent to either strike with their knee or to intentionally hurt their opponent, by making it look like an accident.

14. ILLEGAL TRIP If you position your foot next to your opponent and twist them over your foot you must clear the leg as your opponent falls or it is an

illegal trip. An athlete CAN spin or pull an opponent over the inside or outside of the leg and dump him on the ground.

However the leg being used to manipulate and dump the opponent to the ground can NOT stay in that position as the opponent goes to the floor. If it is set and stays in that position, that too is an illegal throw (tripping). In other words, the leg must clear immediately after the opponent is pulled or tripped over the knee. Clear means that the leg must be moved out of the way BEFORE the opponent hits the canvas. This means skipping the leg or slightly jumping to the side (as long as it is moved from the original position). Strangely, this means an athlete can trip over a leg but must move the tripping leg while the opponent falls to the ground, or it will be deemed illegal and called a trip.

15. SWEEPING Sweeps (With instep of foot) are not allowed but a fighter may "KICK" his/her opponents supporting leg with the top of their foot or shin, NOT the instep as in a karate style sweep. You can not grab an opponent in the clinch and then sweep their legs out. Common example is to kick the back of the supporting leg out of the opponent using the back of one's own leg or calf, this is illegal. All you can do is KICK (roundhouse or using the top of your foot) an opponent's legs out (shin, instep). **16. LIFTING** You can NOT in any way lift an opponent off of the ground to throw them. Common to see an athlete clinch their opponent around the waist, lift their opponent off the canvas and then twist and throw them around to the side and onto the canvas. This is illegal and points could be deducted if you continue to use this move.

17. Spinning Backhands/Fists are Legal.

General Rules: JUNIORS AGES 8-17

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- CVMT

TOURNAMENT GENERAL RULES FOR "MODIFIED" INTERNATIONAL STYLE ONLY ALLOWED TO MATCH MIXED RULE FIGHTERS WHO DO NOT HAVE A MATCH AT END OF REGISTRATION. Some FCR & IR/MTR fighters agreed to do this when they did not get a match. *Fighters are required to wear shin pads & full foot pads that secure to the foot and cover the heel. *Leg kicks are allowed but only to the OUTSIDE of the FRONT leg only and ABOVE THE KNEE. *There will be no kick minimum. *Fighters are requested to wear "Shorts" so that the officials can clearly see the Knee line. SHORTS: The bottom of the shorts must be 3 inches ABOVE THE KNEE. CLOTHING - MEN/BOYS - May wear a T-Shirt, Tank Top or Rash Guard but it must be TUCKED INTO the fighters shorts at the waist AT ALL TIMES. Although allowed, the wearing of ANY Upper Body clothing is NOT RECOMMENDED THOUGH. - WOMEN/GIRLS - MANDATORY: Must wear a T-Shirt, Tank Top or Rash Guard - Must be TUCKED INTO the fighters shorts at the waist AT ALL TIMES. - ALL Women must wear a minimum of a Sports Bra with Padding. - Molded Chest Protectors are acceptable yet optional.

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CVMT TOURNAMENT RULES: MUAY THAI

EQUIPMENT:

- GLOVES - All Gloves Shall Be Provided by The Promoter. - All Amateurs will wear 10 oz. Fight Gloves. - 12 oz Fight Gloves Can be worn by Heavyweight Fighters (Over 215 Lbs) if Both Fighters Agree To Do So.
- FIGHT SHORTS - Kickboxing or Muay Thai shorts are mandatory. - Shorts cannot extend lower than 3" from the top of the knee. - Pants are not allowed. - NO Padded Spandex Shorts Allowed.
- MOUTHPIECE - MUST be a full fitted mouthpiece. - Two mouthpieces are SUGGESTED: - If at any time a mouthpiece is lost and cannot be found, the fighter that lost the mouthpiece will lose by disqualification.
- MALE / MEN - Cups are Mandatory / NO Boxing Cups!
- FEMALE / WOMEN - Pelvic Protectors are Optional. - Padded Bra is Optional. - HEAD GEAR - Must be CVMT Approved.
- Competition Headgear ONLY! NOT Training Headgear!
- NO Chin Bar Allowed. - NO Over Padded Ear Pads. - NO Oversized Cheek Protectors. - SHIN GUARDS - Must be CVMT Approved.

LEGAL STRIKING AREAS:

- HEAD - Front of face (From the ears forward). - NO Strikes Behind the Ear. - NO Rabbit Punches - Strikes to the Back of the Head or to the Base of the Skull.
- BODY - Front of Body. - Ribs. - NO Strikes to the Spine.
- THIGHS - Inside and outside ONLY. - NO Direct Kicks to the Front of the Thigh. - LEGAL STRIKES - PUNCHES - Legal Strikes with the Front Padded Portion of the Glove. - Spinning Backfist - Striking with the Back Padded Portion of the Glove - ABOVE THE WRIST LINE.
- NO Hammer Strikes!
- KICKS - Majority of all Kicks are Legal to legal Striking Areas. - NO Cartwheel Kicks. - KNEES - CVMT gives an option in the Unified Rules to allow a full clinch and knees as long as you are working. Clinch and knees can last up to 3-5 seconds. The Referee must separate the fighters after the aforementioned time elapses. The aforementioned rule adjustment should be made clear in the match-making process. - Jumping knees - Below the neck and above the waist. - No Knees to The Head.

KNOCKDOWNS: - A legal strike causing a fighter to touch the mat with anything other than the bottom of their feet. - 8 Count Is In Effect. - 3 Knock Down Rule Is In Effect. - The Bell CANNOT Save You in Any Round.

- 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. FOULS: - NO Elbows. - NO Rabbit Punches. - NO Strikes to the Spine. - NO Holding the Leg. (Catching the leg is allowed as long as you counter quickly.) - NO Calf / Cut Kicks - Striking below the Knee. - NO Sweeps - Striking Boot to Boot. - NO Neck Throws. - NO Hip Throws. - NO Lifting your Opponent. - ACCIDENTAL FOULS -

3 ROUND FIGHTS - If an ACCIDENTAL foul occurs in the first round and the fighter CANNOT continue, the fight will be called a TECHNICAL DRAW. - If an ACCIDENTAL foul occurs after the bell of the second round and the fighter CANNOT continue, the second round will be scored, and we go to the score cards for a TECHNICAL DECISION.

- 5 ROUND FIGHT - If an ACCIDENTAL foul occurs in the second round and the fighter CANNOT continue, the fight will be called a TECHNICAL DRAW.

- If an ACCIDENTAL foul occurs after the bell of the third round and the fighter CANNOT continue, the second round will be scored, and we go to the score cards for a TECHNICAL DECISION.



CVMT CLASSICS

Amateur Kickboxing / Muay Thai Tournament

RULES - REGULATIONS - INFORMATION

Please read carefully. Failure to comply with the rules below could result in disqualification.

RULESTYLES



CVMT TOURNAMENT GENERAL RULES: **INTERNATIONAL STYLE**

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2. Leg kicks (shin or foot) are allowed to BOTH inside & outside of the legs but not the knees.
3. Foot Pads are Optional.
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CVMT TOURNAMENT GENERAL RULES: **FULL RULES - MUAY THAI STYLE / ADULTS OVER 18:**

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CVMT TOURNAMENT GENERAL RULES: **UNIFIED KICKBOXING STYLE:**

EQUIPMENT: - GLOVES - All Gloves Shall Be Provided by The Promoter. –

All Amateurs will wear 10 oz. Fight Gloves. - 12 oz Fight Gloves Can be worn by Heavyweight Fighters (Over 215 Lbs) if Both Fighters Agree To Do So. - FIGHT SHORTS - Kickboxing or Muay Thai shorts are mandatory. - Shorts cannot extend lower than 3" from the top of the knee. - Pants are not allowed. - NO Padded Spandex Shorts Allowed. - MOUTHPIECE - MUST be a full fitted mouthpiece. - Two mouthpieces are SUGGESTED: - If at any time a mouthpiece is lost and cannot be found, the fighter that lost the mouthpiece will lose by disqualification. - MALE / MEN - Cups are Mandatory / NO Boxing Cups! - FEMALE / WOMEN - Pelvic Protectors are Optional. - Padded Bra is Optional. - HEAD GEAR - Must be CVMT Approved. - Competition Headgear ONLY! NOT Training Headgear! - NO Chin Bar Allowed. - NO Over Padded Ear Pads. - NO Oversized Cheek Protectors. - SHIN GUARDS - Must be CVMT Approved. LEGAL STRIKING AREAS: - HEAD - Front of face (From the ears forward). - NO Strikes Behind the Ear. - NO Rabbit Punches - Strikes to the Back of the Head or to the Base of the Skull. - BODY - Front of Body. - Ribs. - NO Strikes to the Spine. - THIGHS - Inside and outside ONLY. - NO Direct Kicks to the Front of the Thigh. - LEGAL STRIKES - PUNCHES - Legal Strikes with the Front Padded Portion of the Glove. - Spinning Backfist - Striking with the Back Padded Portion of the Glove - ABOVE THE WRIST LINE. - NO Hammer Strikes! - KICKS - Majority of all Kicks are Legal to legal Striking Areas. - NO Cartwheel Kicks. - KNEES - CVMT gives an option in the Unified Rules to allow a full clinch and knees as long as you are working. Clinch and knees can last up to 3-5 seconds. The Referee must separate the fighters after the aforementioned time elapses. The aforementioned rule adjustment should be made clear in the match-making process. - Jumping knees - Below the neck and above the waist. - No Knees to The Head. KNOCKDOWNS: - A legal strike causing a fighter to touch the mat with anything other than the bottom of their feet. - 8 Count Is In Effect. - 3 Knock Down Rule Is In Effect. - The Bell CANNOT Save You in Any Round. - 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. FOULS: - NO Elbows. - NO Rabbit Punches. - NO Strikes to the Spine. - NO Holding the Leg. (Catching the leg is allowed as long as you counter quickly.) - NO Calf / Cut Kicks - Striking below the Knee. - NO Sweeps - Striking Boot to Boot. - NO Neck Throws. -

NO Hip Throws. - NO Lifting your Opponent. - ACCIDENTAL FOULS - 3 ROUND FIGHTS - If an ACCIDENTAL foul occurs in the first round and the fighter CANNOT continue, the fight will be called a TECHNICAL DRAW. - If an ACCIDENTAL foul occurs after the bell of the second round and the fighter CANNOT continue, the second round will be scored, and we go to the score cards for a TECHNICAL DECISION. - 5 ROUND FIGHT - If an ACCIDENTAL foul occurs in the second round and the fighter CANNOT continue, the fight will be called a TECHNICAL DRAW. - If an ACCIDENTAL foul occurs after the bell of the third round and the fighter CANNOT continue, the second round will be scored, and we go to the score cards for a TECHNICAL DECISION.

EQUIPMENT INFORMATION



FIGHT GLOVES:

SUPPLIED BY VFS

1. Mandatory For All Fighters In All Rule Styles.
2. ALL Fighters will wear 10 Ounce Velcro Closure Competition Gloves Provided By The CVMT.
3. Gloves will have Velcro Straps to secure their fit.
4. Gloves will have an attached thumb.
5. Once on, Wrist area must be covered by either white athletic tape or vinyl CVMA approved "Glove" tape.

HEADGEAR:

MUST BE SUPPLIED BY FIGHTER Mandatory For All Fighters In All Rule Styles Headgear that are sold with the word "Training" in their title are not legal "Competition" headgear for CVMT Amateur Kickboxing. (Just like they are not allowed in USA Amateur Boxing) The issue with "TRAINING" Headgears is that they usually have the large ear padding or the jaw bars. When you look at the LEGAL Competition Headgear you will notice there is no Jaw Bar and the Ears are far less padded. Training Headgear range between 16 - 18 ounces depending on the size while Competition headgear is 10 ounces. Don't Get Disqualified!

GROIN/PELVIC PROTECTORS:

MUST BE SUPPLIED BY FIGHTER

1. MANDATORY For All MALE Fighters.
2. OPTIONAL For All FEMALE Fighters In All Rule Styles.
3. Must be supplied by each fighter.
4. We recommend a full tuck under groin cup.
5. TRAINING Style (Boxing Mainly), No Foul Protectors are "NOT" allowed.

SHIN PADS:

MUST BE SUPPLIED BY FIGHTER

1. Mandatory For All Fighters In All Rule Styles
2. Must Cover Shin & INSTEP.
3. Cloth Slip On ONLY! NO Velcro Closure & NO METAL!
4. NO Soccer Guards.
5. ANY Brand is acceptable meeting the above requirements

ELBOW PADS:

MUST BE SUPPLIED BY FIGHTER

1. Mandatory For All ADULT Fighter's In FULL RULES Muay Thai.
2. Must Be CVMT Approved Elbow Pads.
3. Must extend a minimum of 3 inches Above & Below the Elbow.
4. Cloth Slip On ONLY! NO Velcro Closure & NO METAL!

HANDWRAPS:

MUST BE SUPPLIED BY FIGHTER

1. Mandatory For All Fighters In All Rule Styles.
2. Must be supplied by each fighter.
3. "Cloth handwraps" or "Pro Style Wraps" are allowed for Amateur fighters.
4. One winding of surgeon's adhesive tape, not over one and one-half inches wide, placed directly on the hand to protect that part of the hand near the wrist.
5. Said tape may cross the back of the hand twice but shall not extend within one inch of the knuckles when hand is clenched to make a fist.
6. Contestants shall use soft surgical bandage not over two inches wide, held in place by not more than two yards of surgeons adhesive tape for each hand.

7. One 10 yard roll of bandage shall complete the wrappings for each hand.
8. Contestant, if requested, may witness the wrapping of his/her opponent's hand.
9. Under NO CIRCUMSTANCES shall there be ANY tape on the Front side of the knuckles!
10. DO NOT WET your handwraps after being wrapped.
11. The CVMT event Referee, CVMT event Representative or the State Athletic/Boxing Commission representative shall inspect all wraps and will sign across the back of the hand if approved before the gloves are allowed to be placed and secured on the fighters hands. - CLOTH HANDWRAPS - Cloth Handwraps are also allowed, but still need to be secured with Medical Tape and signed off by an CVMT Ring Official prior to the bout.

MOUTHPIECE/MOUTH GUARD:

MUST BE SUPPLIED BY FIGHTER Any good mouth guard is accepted. It is not mandatory for you to have a "double" mouth guard or a certain brand of mouth guard. As long as it fits comfortable and protects your teeth and is "Fitted" meaning if you open your mouth it does not just fall out, you can use it.

CHEST PROTECTOR:

ADULT WOMEN ONLY - MUST BE SUPPLIED BY FIGHTER - WOMEN ALL Women must wear a minimum of a Sports Bra with Padding. - Molded Chest Protectors are "NOT" allowed. - "TRAINING" Chest Protectors are "NOT" allowed.

FIGHTER'S ADDITIONS:

BELOW FOR CVMT CLASSIC TOURNAMENTS ONLY BODY RUBS: - Vasoline is the only substance that can be used on a fighters face. - Vasoline, Abilene and Liniment Rubs such as Muay Thai Oil etc. can be used on the body. - HOWEVER - NONE may be used in excess and the CVMT Referee may require you to wipe it ALL off if you stand to begin the bout with excessive amounts on. - Liniment Rubs - May be used to warm-up a fighter prior to their bout. - NO Liniment may be applied "DURING" the bout. - NO Liniment can be applied above the shoulders to the neck and/or head. - The following are NOT ALLOWED: Baby Oil, Ben Gay, Icy Hot, and any other comparison sports cremes. - MUAY THAI ACCESSORIES - Arm Bands (Prajioud) Arm bands may be worn by fighters. - However, they cannot "Hang Reach" down past the elbow. - If the bands slip down, you will be asked to take them off. - Ankle Wraps/Supports: Fighters may wear athletic style ankle supports. MANDATORY DRESS CODE: - ALL Muay Thai & International Rule Fighters Must wear SHORTS. - ALL Muay Thai Bouts MUST WEAR ONLY "MUAY THAI" SHORTS!!! - The bottom of the Shorts must be 3 inches ABOVE THE KNEE. - Cannot be MMA or Board Shorts!

JUNIOR FIGHTERS:

JUNIOR DIVISIONS - AGES 8 to 17

All fighters in each bracket must be no more than 24 months apart in age. Junior Fighters under the weight of 147 lbs can only have a 5 lb maximum weight spread. - See Weight Classes - Click [HERE](https://www.cvmkickboxing.com/WCweights.htm). <https://www.cvmkickboxing.com/WCweights.htm> Junior Fighters over the weight of 147.1 lbs will follow standard weight spreads as noted in the CVMT Weight Classes: Click [HERE](https://www.cvmkickboxing.com/WCweights.htm). <https://www.cvmkickboxing.com/WCweights.htm> Juniors Ages 15 and under: 90 Second Rounds - 1 Minute Rests. Juniors Ages 16 & 17 shall fight in 2:00 Minute Rounds - 1 Minute Rests.

SEEDING:

FIGHTERS ARE SEEDED ACCORDING TO THE DATE THEIR REGISTRATION IS RECEIVED AT THE CVMT OFFICE If a Tie on Day RECEIVED, the tie will be broken by the earliest time the registration was received online. BOUT TIMES - BOUT LENGTH

ALL ADULT BOUTS Are 3, 2 Minutes Rounds - 1 Minute Rests.

Juniors Ages 8 to 15: 1:30 Minute Rounds - 1 Minute Rests.

Juniors Ages 16 & 17: 2:00 Minute Rounds - 1 Minute Rests.

BOUTS ENDING IN A DRAW:

If a bout ends in a draw or majority draw after the scheduled 3 rounds, the fighters will fight 1 more round to break the draw and continue this if necessary until 2 of the 3 judges determine a majority winner or all 3 judges pick the same winner. 5 ROUNDS MAXIMUM

Records:

record up to date and more so, for Medical Safety Reasons, TKO, KO, Injury, Stoppage, Etc. Add the layout and the People Chart

PROTESTS:

There will be NO PROTESTS OF ANY BOUTS ACCEPTED.

DIVISION REQUEST CHANGES

ONCE YOU ARE ALREADY REGISTERED:

You cannot move from your originally registered division / weightclass or rule style once registered UNLESS there are: NO OTHER FIGHTERS in your division / weightclass. The division / weightclass you are "REQUESTING" to move to has equal or more fighters who all have equal or greater skill level as the division you originally registered in.

BOOKING FIGHTS PRIOR TO THE CVMT SUPER FIGHTS:

Once registered, We respectfully ask all fighters "NOT" to book a bout 45 days prior to the Tournament. The reason for this is because if you get injured or stopped by a TKO or KO inside 45 days prior to the Tournament, you would be given an automatic medical suspension that would at the very least be 30 days or more. If this happens, you would also drastically hurt the other fighters in your bracket. This would be worse if there are only you and one other fighter in your bracket. ESPECIALLY if the other fighter has paid travel expenses to come a long way for the Tournament.