



OFFICIAL RULES

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§ 1: DEFINITIONS

Amateur: An athlete of any age who has never competed for any money prize or a prize that exceeds the value of thirty-five dollars, or teaches, pursues, or assists in the practice of boxing or mixed martial arts as a means of obtaining a livelihood or financial gain.

Bout: Participation in an organized exhibition of unarmed combat in the following disciplines, sanctioned or unsanctioned: Muaythai, Mixed-Martial arts (MMA), kickboxing, boxing, Sanshou.

Bout Agreement: The agreed-to terms and conditions of a bout between SFL and a professional athlete.

Candidate: An athlete who registers to participate in a SFL Fights Live event.

Caution: a referee's advice or admonishment to a competitor. Its purpose is to curtail or prevent undesirable practices or address minor rule infractions.

Champion: The designated topmost athlete.

Coach: A person who is involved in instructing the Competitor during competition.

Continental Champion: The topmost athlete in a particular weight division, as designated by SFL and among athletes that reside in different countries of the same continent (Example: North American Continental Champion - USA vs. Mexico)

Doping: The occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through Article 2.8 of the *World Anti-Doping Code*.

Event: A SFL Fights Live ® ("SFL") Muaythai contest.

Exhibition Bout: A bout where no winner is decided and is for demonstration purposes only.

Gym: An athlete's affiliated martial arts school.

Muaythai Skill: The delivery of blows to the upper, middle, and lower regions of the body using fists, elbows, knees, and shins. Muaythai movements trigger the extensive rotation of the hips for full force with each punch, kick, elbow, knee, and block. Muaythai skill also involves the delivery of punches, kicks, elbows, and knees while clinching.

National Champion: The topmost athlete in a particular weight division as designated by SFL, and among athletes of the same **country**, *but* of a different region, province, or political sub-division.

Participant: A candidate who has been selected to compete in a SFL event.

Professional: An athlete who receives payment for their participation in a SFL event.

Region: For the purposes of Regional and National Championships: the U.S.A. geographic regions are as follows:

- **Northwest Region:** Alaska, Idaho, Montana, Nebraska, North Dakota, Oregon, South Dakota, Washington, Wyoming
- **Southwest Region:** Arizona, California, Colorado, Hawaii, Kansas, Nevada, New Mexico, Oklahoma, Texas, Utah
- **Northeast Region:** Connecticut, Delaware, Illinois, Indiana, Iowa, Maryland, Maine, Massachusetts, Michigan, Minnesota, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont, Washington D.C., Wisconsin
- **Southeast Region:** Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, Missouri, North Carolina, South Carolina, Tennessee, Virginia, West Virginia

Regional Champion: The topmost athlete in a particular weight division as designated by SFL, and among athletes of the same region.

Sanctioning Entity: An independent state-licensed sporting organization that functions in an oversight capacity.

SFL: SFL Fights Live ®

Spectator: A person in attendance who is not an athlete, not directly involved in coaching the athlete during the event, or a member of event's official staff.

Standby List: A list of candidates not selected to participate in SFL; however, are readily available to participate.

Strike: Any deliberate blow delivered by a competitor that lands on any unprotected part of the opponent's body, with exception to the groin.

Title Bout: A bout where SFL designates the winner to be the topmost athlete in a particular weight division.

WADA: World Anti-Doping Agency.

Warning: An admonishment given to a competitor who commits a foul during a bout.

Weight Division: A group of competitors with a similar weight and experience. The lb. (pound) will be the official weight designation of Siam.

World Champion: The topmost athlete in a particular weight division as designated by SFL, and among athletes that reside in different continents.

§ 2: ELIGIBILITY

2.1 Eligibility: Amateur athletes ages eight (8) years and up and professional athletes ages 18 years and up are eligible to participate in SFL events. No professional may compete in an event exclusive to amateurs.

2.2 Registration: Athletes must register to be a candidate for SFL events online at www.siamfights.com/registration. SFL will select athletes to fill vacancies in events based on the available pool of candidates.

2.3 Prior Training: SFL events feature highly skilled amateur and professional athletes who routinely train in a formal setting; therefore, only candidates who possess formal training and exceptional skill may participate in events. SFL must verify each athlete's training and competitive history through official databases and the athlete's personal records.

2.4 Candidate Selection Criteria: SFL will grant selection priority in the following order: former and current SFL champions, US Muaythai Open® national champions, past SFL participants, athletes based on their skill and reputation, and athletes who belong to gyms that have a positive record of accomplishment with Siam.

2.5 Declining Bouts: Athletes may decline a bout without penalty for any reason insofar that SFL receives the notification no later than thirty-days (30) prior to their scheduled appearance in an event. Athletes may decline a bout at any time for medical reasons or for extenuating circumstances.

2.5.1 Alternate Opponents: In the event of a pre-bout decline, SFL will make every reasonable attempt to replace the removed athlete with one of similar weight, experience, and skill. Athletes on the standby list will have priority selection over those who are not on the list.

2.5.2 Refusals: Athletes may refuse to accept a bout with an alternate opponent without penalty if they can articulate specific reasons why the proposed bout would be unfair based on a discrepancy in weight, experience, or skill.

2.6 Bout Order: SFL will determine the order of bouts at its own discretion.

2.7 No-shows: If an athlete fails to appear at the weigh-in venue without justification, SFL will assume that the athlete has declined the bout. If an athlete appears in the ring fully attired and ready for competition, but their opponent fails to appear after two minutes of the announcement of his/her name on the public address system, the referee will declare the present athlete to be the winner of the bout. SFL will record a loss on the loser's official record.

2.8 Exclusivity: Athletes who accept a SFL bout will refrain from competing in any martial arts competition within thirty days (30) of an event.

2.9 Penalties: Athletes who violate the provisions of this section will be suspended from future SFL events.

§ 3: RINGSIDE EQUIPMENT

3.1 SFL will provide the following ringside equipment during each bout:

- Seats: two (2) seats for the Seconds of each corner and one (1) stool for each athlete
- (3) Tables and nine (9) chairs for officials
- One (1) gong, bell, or other signaling device
- One (1) stopwatch
- Judges' scorecards
- One (1) stretcher
- One (1) wheelchair

3.2 Coaches are required to have the following items ringside during each bout:

- One (1) corner tote or bucket
- One (1) plastic bottle for the athlete's hydration and mouth rinsing
- One (1) plastic spray bottle
- Two (2) towels

§ 4: DRESS CODE

4.1 Authorized Dress: Athletes must wear Muaythai shorts (see Fig.1). Female athletes must wear a sleeveless shirt, or athletic top (see Fig.2).

Fig.1



Fig.2



4.2 Athletes who participate in a sponsored event are required to wear the sponsor-provided clothing *or* official SFL clothing.

4.3 Traditional Garb: Athletes may wear the sacred headband (MongKon) to pay homage their trainer. In addition, athletes may wear a Krueng-Wrang (prajiad/arm band) with an amulet or charm around the upper arms, biceps.

4.4 Jewelry: Athletes will not wear any jewelry or other sharp or blunt objects during the bout.

4.5 Dangerous Articles: SFL prohibits personal adornments that could cause danger to an athlete or their opponent.

4.6 Dress Infraction: The Referee may provide competitors a reasonable amount of time to correct violations of this section.

§ 5: ATHLETE EQUIPMENT

5.1 Mouthpieces: Competitors will wear a form-fitting mouthpiece during a bout.

5.1.1 Competitors will not intentionally remove their mouthpiece during the bout.

5.1.2 If a competitor has his mouthpiece knocked out, the referee will take the competitor to their corner to have the mouthpiece cleaned and then returned to its proper position. The second may not to talk to his/her competitor during this procedure.

5.2 Groin protectors: Male competitors are required to wear a jock straps (Fig.4) or athletic supporter (Fig. 5). Female competitors have the option to wear a groin protector (see Fig.6). All competitors must supply their own groin protectors.

Fig.4

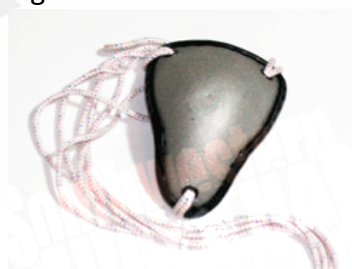


Fig.5



Fig.6



5.3 Head Protector: The use of an open-faced competition-grade head protector is mandatory for all competitors 17 years old and younger. SFL will provide competitors with the head protector.

5.5 Elbow pads: Elbow pads are mandatory for all amateur competitors; SFL will provide elbow pads to all competitors

5.5.2 Shin guards are mandatory for competitors 17 years old and younger; SFL will provide shin guards to all competitors.

5.6.1 Female Chest Protection: Female competitors may use specialty chest protectors (Fig. 8) , however, they must supply their own.

Fig. 7



5.7 Lubricants: Competitors may use conservative amounts of petroleum jelly and boxing lineament; however, any excess must be removed prior the start of the bout.

5.7.1 Competitors may apply petroleum jelly to their face in order to reduce the risk of cuts. SFL prohibits the application of petroleum jelly, lineament, or any foreign substance to any equipment (gloves etc.).

5.8 Ankle or foot supports: Competitors may wear a maximum of two of either kind of supporter.

5.9 Eyewear: SFL strictly prohibits the wearing of eyeglasses, however, competitors may wear soft contact lenses.

§ 6: BANDAGES & GLOVES

6.1 Bandage specifications: Competitors are required to use a soft surgical bandage no longer than 180 inches and whose width does not exceed 5 cm, or a “Velpeau” bandage no longer than 180 inches on each hand. SFL forbids the use of any other bandage.

6.2 No competitor will place bandages on the foot, or any other part of the body other than the hands.

6.3 Competitors may use gauze and tape to wrap their hands, however, they may not apply the tape directly to the skin or to any part of the knuckle.

6.4 Authorized Gloves: SFL will provide gloves to each competitor; competitors may not wear their personally-owned gloves.

6.4.1 The following table lists the approved glove sizes:

§ 6.4.1: SFL GLOVE SIZES		
Athlete's Weight	146 lbs. (66.22 kg) or less	147 lbs. (66.67) or more
Size of glove	10 oz.	12 oz.

6.5 Glove specifications: SFL will establish specifications for the manufacture of boxing gloves for use during the competition. Manufacturers wishing to obtain SFL's approval for their gloves must submit a sample for inspection and final approval by SFL. After such final approval, SFL will provide manufacturers with an official notice to signify the approval.

6.6 Glove supervision: SFL will appoint one or two knowledgeable officials to supervise glove and bandage fitting. Officials will enforce SFL's rules pertaining to gloves and they will delegate inspection duties to other officials if necessary.

6.7 Glove removal: Competitors will remove their gloves immediately after the bout is over and before the announcement of the decision.

§ 7: MEDICAL

7.1 Blood Testing: Blood testing requirements will vary depending on local laws and regulations. Refer to announcements regarding the requirements for each event.

7.2 Pregnancy Screening: All female athletes ages 15 and older must undergo a hCG urine pregnancy test. SFL will offer the tests free of charge.

7.3 Pre-Medical Screening: A qualified physician will examine and screen each competitor prior to the weigh-in and will render a decision as to whether a competitor is physically fit to compete in SFL.

7.4 Medical Suspensions: No athlete may participate in SFL while on a medical suspension issued by a duly empowered sanctioning entity.

§ 8: WEIGH-IN & WEIGHT DIVISIONS

8.1 Weight Divisions: See **Appendix A** for the weight divisions table (designated in lbs.)

8.2 The Weigh-in: A weigh-in will take place one day prior to the official start of SFL.

8.3 Weigh-in Supervision: SFL authorized officials will supervise the weigh-in. A delegate of the competitor's gym may be present at the weigh-in, but they may not interfere in the proceeding.

8.4 Post weigh-in transfers: Competitors will only participate in the weight division determined at the time of the official weigh-in, *unless*, both opponents fail to make weight and agree to compete in a new weight divisions.

8.5 No athlete will be permitted to cut 4.5 lbs. or more to make weight.

8.6 Weighing instruments: SFL will utilize hospital-grade scales to determine official weights. SFL will calibrate all instruments prior to weigh-in.

8.7 SFL will acknowledge the weight shown on the official SFL scale only.

8.8 Weigh-in attire: SFL prohibits weighing-in in underwear only or stripping nude.

§ 9: TITLE BOUTS

9.1 General Provision: This section shall outline additional provisions regarding title bouts.

9.2 Weigh-in Requirements: All challengers for title bouts must weigh-in within the weight limits of the title.

9.2.1 Defending champions who fail to weigh-in within the limits of the title shall relinquish their title.

9.3 Reverting to a Non-title Bout: Should opponents cancel a title bout, SFL may allow the bout to proceed as a non-title bout.

9.4 Vacant Divisions: Athletes who compete in a weight division that does not have a designated champion may compete for the vacant title.

17.5 Age-restricted Divisions: Champions in age-restricted divisions will relinquish their title when their age exceeds the division's maximum allowable age.

17.6 Championship Weight Rules: Champions shall have the right to determine the maximum allowable weight for the title bout insofar that it does not exceed the maximum allowable weight for the title's weight division.

17.7 Vacating Titles: Champions who fail to defend their title within one (1) year shall lose their "Champion" designation and SFL shall deem the title to be vacant.

17.8 World Title Qualifications: "World Title" bouts must feature at least one (1) athlete who has participated in at least:

- Fifteen (15) sanctioned Muaythai bouts if the athlete is fifteen (15) years or older, with more wins than losses, *or*
- Ten (10) sanctioned Muay Thai bouts if the athlete is less than fifteen (15) years old, with more wins than losses

§ 10: ROUNDS

- 10.1 Wai Kru: Due to time constraints, competitors will refrain from the performing the “Wai Kru”; however, “sealing of the ring” prior to the beginning of the bout is permitted.
- 10.2 Rounds: Bouts will consist of three (3), 2-minute rounds with one (1) minute of rest in between each round.
- 10.3 Special provisions for Pee-wee: Pee-wee athletes will compete in three (3), 1:30- rounds with one (1) minute of rest.
- 10.4 Stoppage: Any stoppage of a bout for warnings, cautions, counting, adjustments of clothing or equipment, or for any other reason deemed appropriate by the referee will not affect the round duration.
- 10.5 Draws: In event that the judges’ bout ruling results in a draw, SFL will add one (1) additional round to the bout. The winner of the additional round will be the winner of the bout.

§ 11: THE SECOND (COACHES)

- 11.1 All seconds must be registered members of the United States Muaythai Federation (USMF). All seconds must submit a completed Coach’s Registration Form and registration fee to SFL prior to participating in the tournament.
- 11.2 Applicability: Seconds must abide by these official rules; non-compliance will be punishable by the disqualification of seconds or competitors by SFL officials.
- 11.2.2 The referee will reserve the right to remove seconds who violate SFL rules. Any removed second must immediately vacate the competition area and they must not return without the consent of the referee.
- 11.3 Number of seconds: Each competitor is entitled to two (2) seconds ringside. Seconds must register with SFL prior to the first day of competition.
- 11.3.1 While the tournament is underway, competitors may replace their second with any **registered** second at their discretion.
- 11.4 Ring occupancy: Both seconds may mount the ring’s apron, but only one (1) may enter the ring.
- 11.4.1 No second will remain on the ring platform during the bout.
- 11.5 Additional duties: Seconds will remove seats, towels, buckets, etc. from the ring platform before the beginning of each round.

11.6 “Throwing in the towel”: A second will signal the referee to end the bout by throwing a towel into the ring when she/he considers their competitor to be in danger.

11.6.1 No second will “throw in the towel” during the referee’s count.

11.6.2 One (1) second will always be in possession of the towel during the bout.

11.7 Interference: Seconds may not incite spectators by words or signals, nor will they advise or encourage a competitor during a bout.

11.8 SFL will arrange a meeting with the seconds to disseminate the rules of SFL.

§ 12: THE REFEREE

12.1 Referee Duties: The Referee’s primary concern is of the competitors’ safety. The Referee’s main duties are to:

- Officiate in the ring during the bout
- Detect and enforce violations of SFL rules
- Notify competitors of any infraction via verbal explanation or gesture
- Always maintain control of the contest
- Prevent needless injuries
- Inspect the competitor’s clothing and equipment
- Any other duties deemed necessary by SFL

12.2 Commands: Competitors will always obey the Referee’s commands. The Referee will issue three (3) standard commands to competitors during the bout:

- “Stop” - Competitors must cease sparring
- “Box” - Competitors must continue sparring
- “Break” - Competitors must separate and step away from the opponent

12.3 Referees will not interrupt a round where a competitor receives a hard strike to the head that renders them incapable of mounting an immediate defense; Referees will provide competitors with a reasonable amount of time to recover and to mount a defense.

12.4 Referees will refrain from stopping a bout based solely on one competitor being the recipient of most of the scoring hits, while failing to score for him or herself.

12.5 Issuance of “cautions”: Referees will not stop a bout to issue a caution, but they will use a reasonable amount of time to address the competitor of concern.

12.6 Issuance of “warnings”: If Referee intends to warn a competitor, they will stop the bout and demonstrate the foul committed. Referee will then notify the Judges by pointing to the offending boxer, and then to each of the three (3) Judges.

12.7 Powers to Terminate the Bout: The Referee will terminate a bout if they have reasonable cause to believe that a competitor is incapable of competing in a bout, and further participation may cause unnecessary injury to that competitor.

12.8 Powers to Disqualify (DQ): The Referee will DQ a competitor if they have a reasonable cause to believe that the competitor:

- Is intentionally defying the rules or committing fouls
- Engages in unsportsmanlike conduct
- Fails to comply with the Referee's commands
- Behaves in a disrespectful or aggressive manner towards any official
- Deliberately fails to retreat to a neutral corner or delays to do so after a knockdown.
- Incurs an excessive number of fouls or warnings (three [3] or more)
- Is not genuine in their performance ("flopping", purposefully granting the opponent an easy victory)

12.8.1 If a Referee DQs a competitor or stops a bout, he/she will immediately inform the Judges of the circumstances surrounding the decision to DQ or stop.

12.8.2 Winning by DQ: Referees will declare a DQ competitor to be the loser of the bout.

12.8.3 If the Referee determines that an intentional foul caused an injury to a competitor and that competitor cannot continue because of the injury sustained, then the Referee will DQ the offending competitor.

12.9 Interpretation of the Rules: Referee's will interpret the rules insofar as they are applicable or relevant to the contest and they may act based on their discretion to address any circumstance not covered by the official rules.

§ 13: FOULS

13.1 General Provision: An athlete who commits a foul will be subject to a verbal warning by the Referee. If the athlete repeats a foul, the Referee will deduct one point from the athletes score. If the athlete further commits the same foul, the Referee may at their discretion, terminate the bout, DQ offender, and award the opponent with a win. Referees may DQ an athlete for excessive fouling.

13.2 Repeat Offenses: Referees will issue a mandatory warning to athletes who have received one (1) caution related to the same type of foul.

13.2.1 Athletes may receive a maximum of one (1) warning per infraction, per bout. Referees will deduct points for subsequent warnings for the same infraction.

13.3 Double Jeopardy: A Referee who previously issues a **warning** for a foul cannot issue a **caution** for the same type of offense

13.4 Judges Discretion: Judges reserve the right to assess the seriousness of fouls and may impose an appropriate scoring penalty for any foul witnessed by him/her, regardless if the Referee observed such foul.

13.5 Ability to Consult Judges: Referees who have a reasonable cause to believe that an athlete has committed a foul that she/he was unable to observe, may consult the Judges to determine if a foul did occur.

13.6 Low Blows: A low blow is a strike to the groin area. See **Appendix C** for the low blow procedure.

13.7 See **Appendix D** for the full list of fouls.

§ 14: JUDGES

14.1 Duties of Judges: Judges will independently analyze each competitor and will decide the winner of a bout according to SFL rules and conventional Muaythai standards.

14.2 Judges will use annotate scores awarded to each competitor on an official scorecard at the end of each round.

14.2.1 After the bout, the judges will tally the score, nominate a winner, and sign the scorecard.

14.2.2 The scorecard will be a public record; Information seekers should inquire to SFL in writing.

14.3 Judges will not leave their seat until the announcer delivers the verdict to the public.

14.4 Judges will not speak to anyone except for the referee during the bout; however, upon the bout's completion, they may notify the referee of any incident that may have gone unnoticed during a bout (example: misconduct of a second, loose ropes, slippery mat, etc.).

14.5 Powers to Overrule: The Principal Judge will have the power to overrule a lesser Judge's opinion.

14.6 Protests: Athletes or their designee will direct disputes of Judges' decisions to the sanctioning body only. SFL will not have the authority to overturn bout decisions.

§ 15: SCORING, & DECISIONS

15.1 Scoring Generally: Muaythai round scoring is based on objective criteria; however, subjectivity will remain an inherent feature of the sport. Judges have the authority to render decisions based on their discretion, which is to be guided by their knowledge, skills, training, and experience.

15.1.1 Objectivity: SFL judges will render scoring decisions predicated on observable and articulable evidence.

15.2 Awarding of Scores: Judges will award credit to athletes for blows that land on an opponent's unprotected body by way of punches, kicks, knees, or elbow strikes; *however*, athletes will not receive credit if their opponent blocks or guards against it.

15.3 Muaythai Skill Demonstration: In circumstances where neither athlete is dominant, judges will give preference to the athlete who demonstrated the most apparent Muaythai skill. In determining the athlete with the most apparent Muaythai skill, Judges will consider the quantity and quality of strikes with Muaythai skill.

15.3.1 Other Considerations: Judges may consider the following additional factors in their decision-making:

- Less exhaustion or less bruising.
- More aggression
- Less rule infractions
- Showing a strong defense - blocking, parrying, sidestepping, etc. and by causing the opponent's strikes to miss.

15.4 Scoring System: The "10-9-8" scoring system will be judges' official quantitative measure of athletes' relative performances in a round.

15.4.1 Judges will determine an athlete's score based on the following criteria:

- Judges will award the dominant athlete a score of "10" and the surpassed athlete a score of "9" when based on the evidence, dominance was more likely than not to have been displayed.
- Judges will award the dominant athlete a score of "10" and the surpassed athlete a score of "8" when based on the evidence, dominance was substantially more probable to have been displayed.
- Judges will award the dominant athlete a score of "10" and the surpassed athlete a score of "7" when based on the evidence, dominance was overwhelming beyond a reasonable doubt.

15.4.2 Winning by score: Judges will sum each athlete's round score at the end of the bout; the athlete with the highest score will win the bout.

15.5 Deductions: The referee will recommend score deductions for athletes who commit fouls.

15.5.1 See Appendix B for the allowable strikes for each age range.

15.6 No Decision: Judges will issue a "no decision" ruling if both athletes cheat or fail to compete in a genuine manner. SFL will consider both athletes to be the loser in the event of a "No Decision".

15.7 No Contest: Judges will issue a “no contest” ruling if the ring becomes damaged, which prevents the bout from continuing, or if an external event occurs during the bout that causes it to be permanently stopped.

15.8 Scoring Appeals: SFL will not receive requests for scoring appeals. Athletes and coaches may request a scoring appeal to the overseeing sanctioning entity only. The appeals process may differ depending on the sanctioning entity; therefore, interested parties should direct all appeals-related questions to the applicable sanctioning entity.

15.8.1 Continuance of Competition: A competition that is underway will not be stopped as a result of a scoring appeal. The overseeing sanctioning entity will consider and adjudicate appeals in a timeliness according to its own policies and procedures.

15.8.2 Overturned Decisions: The overseeing sanctioning entity will have the sole authority to overturn appealed decisions.

15.8.3 The overseeing sanctioning entity will notify SFL in writing of all appeals and scoring changes. SFL will amend the national database to reflect any appeal decision.

§ 16: THE TIMEKEEPER

16.1 Duties of Timekeeper: The main duty of the Timekeeper is to regulate the number and duration of the rounds, and the intervals between rounds.

16.2 Time Measurement: The Timekeeper will use a digital time keeping device to measure time.

16.3 Signaling: To indicate the beginning and end of each round, the Timekeeper will strike a gong or bell, or create a distinct audible tone using an approved signaling device.

16.3.1 The Timekeeper will present an audible signal ten (10) seconds before the start of a round; all Seconds will depart the ring at the sounding of the signal.

16.4 The Referee will count at a pace of one (1) count per second.

16.4.1 The Referee will count and make a gesture with his/her hand in a method that the knocked-down athlete could reasonably decipher each hand signal to represent a passing second.

16.4.2 Knockdown Procedure: During “Knockdowns”, the Timekeeper will assist the Referee by raising her/his hand while making hand gestures that represent the passing of time.

16.5 Mandatory Eight-count: When an athlete becomes “down” as the result a forceful strike, the Referee will make an interrupted verbal count to eight (8); the Referee will not stop the count before she/he reaches eight (8) regardless if the athlete recovers before the count reaches eight (8).

16.6 Continuations: If a downed athlete recovers after a count of eight (8), but falls again immediately after without first being struck, then the Referee will issue a new count beginning with the number eight (8).

16.7 Suspending the Count: The Referee will suspend the count if an opponent fails to depart to the neutral corner and she/he will continue to suspend it until the opponent moves fully into the corner. Referees will continue their count from the point of interruption.

16.8 Pausing: The Timekeeper will pause time for temporary stoppages and/or when instructed to do so by the Referee.

16.9 “Saved-by-the-bell: If an athlete is “down” and the Referee is counting, the Timekeeper will not signal the end of a round if time expires during the count. In such situations, Timekeepers will only signal the end of the round when Referee issues the command “BOX” or terminates the bout.

§ 17: KNOCKDOWNS

17.1 Definition: An athlete is “down” when:

- A strike causes an athlete to touch the floor with any part of his/her body other than the foot
- An athlete hangs helplessly on the ropes as the result of a strike
- An athlete falls partially or completely outside of the ropes because of a strike
- An athlete is in a semi-conscious state because of a strike

17.2 Opponent’s Responsibilities: if an athlete is down, his/her opponent must immediately retreat to a neutral corner designated by the Referee. He/she may only continue the bout after the opponent has recovered and has received the Referee’s command to “BOX”.

17.3 The Knockdown Count: The Referee will begin to count aloud from one (1) to ten (10), in approximately one (1) second after the moment of the knockdown. Downed athletes may continue the bout at any time within ten (10) counts.

17.3.1 The Knockout (KO): The Referee will terminate the bout upon issuing a knocked down athlete a ten-count (10); the standing opponent will earn a KO and a win.

17.3.2 If the Referee identifies an emergency after a knockdown and she/he summons the Ring Doctor before reaching the count of ten (10), then the standing athlete will win the bout by KO.

17.4 No “Saved by the bell”: The Referee will continue to count should an athlete go down at end of round. If the Referee reaches a count of ten (10), then the standing opponent will be awarded a KO and a win.

17.5 Technical Knockout (TKO) – The Referee will award an athlete with a TKO and a win if the opponent:

- Voluntarily forfeits for any reason while the bout is underway
- Coach “throws in the towel” on their behalf
- Receives three (3) eight-counts during one bout
- Fails to resume the bout immediately after the rest period in between rounds
- By a Referee’s opinion, is grossly outmatched, receiving excessive punishment, or is unfit to continue
- By the Referee or Ring Doctor’s opinion, is unfit to continue the bout due to medical reasons or an injury sustained because of a legitimate strike
- Fails to resume the bout after rising from a knockdown
- Is knocked out of the ring and is unable to return into the ring without assistance within thirty (30) seconds

17.6 Double KO: If both athletes suffer a KO then the Referee will declare both athletes to be the loser by KO.

17.7 Double Knockdowns: If both athletes go down at the same time, the Referee will continue the count if one of them is still down.

§ 18: RING DOCTOR & RELATED PROCEDURES

18.1 A licensed medical doctor will serve as Ring Doctor and they will sit at ringside for the duration of every bout.

18.2 The main duties of the Ring Doctor are as follows:

- Examine the health of athletes
- Certify that athletes are fit to compete before the weigh-in and during competition
- Provide medical opinions pertaining to the injuries sustained to the athletes upon the Referee’s request.
- Make no delay in terminating the bout when she/he has a reasonable cause to believe that an athlete would not be able to compete due to a medical condition.
- Examine each athlete post-bout and certify that they are in good health.

18.3 A Ring Doctor will signal the termination of a bout by notifying the Referee, mounting the ring’s apron, or notifying the Timekeeper to strike the gong/bell.

18.4 Unconscious Athlete: If an athlete goes unconscious, the Referee and the Ring Doctor will make no delay in rendering medical assistance to the unconscious athlete. All others present must remain outside of the ring unless summoned by the Ring Doctor or Referee.

18.5 Hospital Evaluation: If an athlete goes unconscious for more than one (1) minute, medical staff will transport the athlete to the nearest hospital (if possible, to the neurosurgery department) for treatment and further evaluation.

18.5.1 Athletes covered by §18.5 will contact SFL or its designee within the first 24 hours of the occurrence and inform SFL of any changes to their medical condition.

18.6 Head Hits: The Ring Doctor will make no delay in examining an athlete who suffers a KO because of a head hit, or when the Referee stops a bout because an athlete receives hits to the head that render the athlete defenseless or incapable of continuing the bout.

18.7 Precautionary Cooling off: The Ring Doctor may advise any athlete who receives numerous hits to the head, or has been knocked down several times, to refrain from competition or training for a period of at least 30 days.

§ 19: AWARDS

19.1 General Provision: Athletes are not eligible to receive an award, symbolic artifact, or designation unless they have competed and won at least one bout.

19.2 SFL Organizing Committee will determine the type, design, and criteria for awards for each event.

19.4 Duplication: No person or entity will duplicate a SFL award without the expressed written consent of SFL and its parent company, SFL Fight Productions, LLC.

19.5 Replacements: SFL will not offer replacement awards if the original is lost or damaged.

§ 20: SPORTSMANSHIP

20.1 Respect: athletes will touch gloves at the beginning of a bout to foster a friendly rivalry and respect between opponents; Athletes who touch gloves during rounds do so at their own risk.

20.2 Athletes will shake hands or offer the opponent a sportsmanlike gesture after the Judges' decision.

20.3 Prohibited Conduct: No person will engage in a physical altercation with another person while they are present at SFL, except during and official contest overseen by the sanctioning body and approved by SFL. Anyone violating this provision is subject to immediate ejection and suspension from future SFL events.

20.4 Dishonesty: No person will willfully misrepresent an athletes' bout record or make a false statement or representation about an athlete that has the potential to influence the tournament. SFL will disqualify and suspend first-time violators from all SFL events for a

calendar year beginning on the date the offense was proven false. A second violation will trigger a lifetime ban from all SFL or SFL subsidiary events.

20.5 The United States Muaythai Federation (USMF) Ethics Committee will have the authority to investigate allegations of misconduct by athletes, coaches, and officials and will be duly empowered to impose sanctions if the alleged violator is found responsible for misconduct. Sanctions may include suspensions, and in the most severe cases, a lifetime ban from national events.

20.6 SFL has adopted the ethics guidance set forth by the International Federation of Muaythai Amateur (IFMA) Preamble and Article 2 of the [Code of Ethics](#)

20.7 SFL has adopted the regulations set forth by the [World Anti-Doping Agency \(WADA\)](#).

20.8 WADA Penalties: SFL will disqualify any athlete, coach, or official guilty of the prohibitions set forth by the WADA. In addition, guilty parties will face an indefinite suspension from future SFL events including SFL.

§ 21: UNITED STATES MUAYTHAI FEDERATION (USMF)

22.1. Effective June 1, 2017, all U.S. competitors and coaches must be a registered member of the USMF. For more information about the USMF, visit: www.unitedstatesmuaythafederation.org.

- These rules will rescind all previously published rules of SFL.

APPENDIX A- WEIGHT DIVISIONS

Designated in lbs.

Age Range	Masters Male (40 years old +)	Masters Females (40 years old +)	Adult Males (18 years old +)	Adult Females (18 years old +)	Junior Males (15, 16, & 17 years old)	Junior Females (15, 16, & 17 years old)	Intermediate Boys (13 & 14 years old)	Intermediate Girls (13 & 14 years old)	Bantam Girls & Boys (11 & 12 years old)	Pee-wee Boys (8,9 &10 years old)	Pee-wee Girls (8,9 &10 years old)
Division	109.0 – 119.0	95.0- 99.0	109.0 – 119.0	95.0- 99.0	99.1 – 109.0	92.5 – 99.0	60.1 -66.0	60.1 -66.0	60.1- 66.0	50.1- 60.0	50.1- 60.0
	119.1 – 125.0	99.1 – 105	119.1 – 125.0	99.1 – 105	109.1 – 119.0	99.1 – 109.0	66.1 – 72.0	66.1 – 72.0	66.1 – 72.0	60.1 – 66.0	60.1 – 66.0
	125.1 – 132.0	105.1 – 112	125.1 – 132.0	105.1 – 112	119.1 – 125.0	109.1 – 119.0	72.1 – 79.0	72.1 – 79.0	72.1 – 79.0	66.1 – 73.0	66.1 – 73.0
	132.1 – 140.0	112.1 – 119	132.1 – 140.0	112.1 – 119	125.1 – 132.0	119.1 – 125.0	79.1 – 86.0	79.1 – 86.0	79.1 – 86.0	73.1 – 79.0	73.1 – 79.0
	140.1 – 148.0	119.1 – 125	140.1 – 148.0	119.1 – 125	132.1 – 140.0	125.1 – 132.0	86.1 – 92.5	86.1 – 92.5	86.1 – 92.5	79.1 – 86.0	79.1 – 86.0
	148.1 – 156.5	125.1 – 132	148.1 – 156.5	125.1 – 132	140.1 – 148.0	132.1 – 140.0	92.6 – 99.1	92.6 – 99.1	92.6 – 99.1	86.1 – 92.5-	86.1 – 92.5-
	156.6 – 165.0	132.1 – 140	156.6 – 165.0	132.1 – 140	148.1 – 156.5	140.1 – 148.0	99.2 – 106	99.2 – 106	99.2 – 106	92.6 – 99.0	92.6 – 99.0
	165.1 – 172.0	140.1 – 147	165.1 – 172.0	140.1 – 147	156.6 – 165.0	148.1 – 156.5	106.1 – 112.5	106.1 – 112.5	106.1 – 112.5	99.1 – 106	99.1 – 106
	172.1 – 181.0	147.1 – 156.5	172.1 – 181.0	147.1 – 156.5	165.1 – 172.0	156.6 – 165.0	112.6 – 119.0	112.6 – 119.0	112.6 – 119.0	106.1 – 112.5	106.1 – 112.5
	181.1 – 190.0	156.6 – 165	181.1 – 190.0	156.6 – 165	172.1 – 181.0	165.1 – 172.0	119.1 – 125.0	119.1 – 125.0	119.1 – 125.0	112.6 – 119.0	112.6 – 119.0
	190.1 – 200.0	165.1 – 178.5	190.1 – 200.0	165.1 – 172	181.1 – 190.0	172.1 – 181.0	125.1 – 132.0	125.1 – 132.0	125.1 – 132.0	119.1 – 125.0	119+
	200.1 – 215	178.6 +	200.1 – 215	172.1 – 178	190.1 – 200.0		132.1 – 140.0	132.1 – 140.0	132.1 – 140.0	125+	
	215.1 +		215.1 +	178 +	200.1 – 215		140.1 – 148.0	140.1+	140+		
					215.1 +		148.1 – 156.5				
							156.6+				

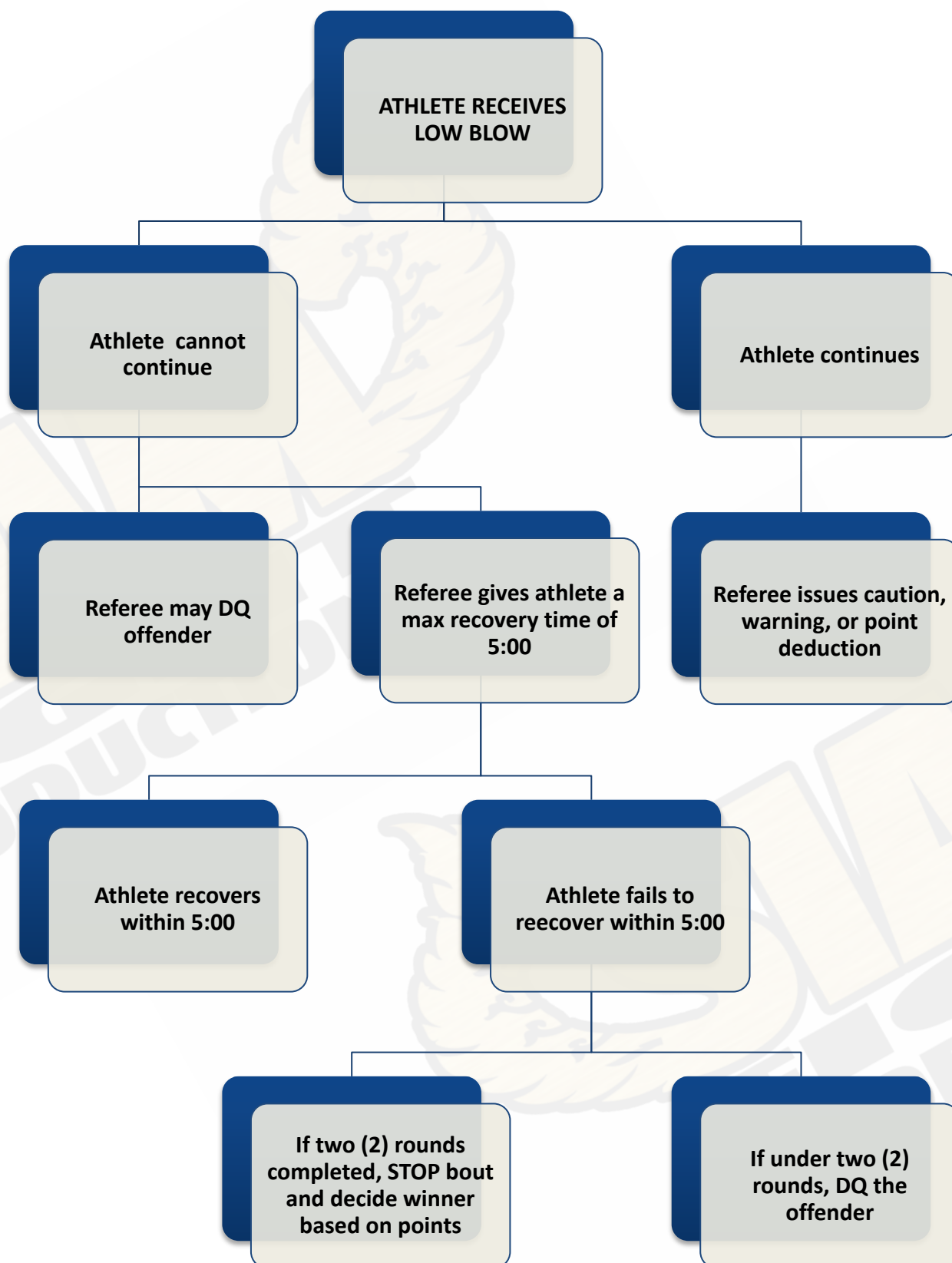
APPENDIX B: SFL RULES AT-A-GLANCE

SFL RULES AT-A-GLANCE: PROFESSIONAL CLASS*	
	Professional Adult (Ages 18 +)
ROUND LENGTH	2:00 min x 5
PROHIBITED STRIKES	<ul style="list-style-type: none"> Any strike directly to the spine Any strike directly to the knee Any strike to the groin
REQUIRED EQUIPMENT	<ul style="list-style-type: none"> Groin Protector (Male) Mouth Guard

SFL RULES AT-A-GLANCE: ALL AMATUR CLASSES & DIVISIONS*					
	Adult (Ages 18 +)	Junior (Ages 15 - 17)	Intermediate (Ages 13 & 14)	Bantam (Ages 11 & 12)	Pee-wee (Ages 8 - 10)
ROUND LENGTH	2:00 min x 3	1:30 min x 3	1:30 min x 3	1:30 min x 3	1:30 min x 3
PROHIBITED STRIKES	<ul style="list-style-type: none"> Knees to the head Any strike directly to the spine Any strike directly to the knee Any strike to the groin 	<ul style="list-style-type: none"> Elbows & knees to the head Any strike directly to the spine Any strike directly to the knee Any strike to the groin 	<ul style="list-style-type: none"> Elbows & knees to the head Any strike directly to the spine Any strike directly to the knee Any strike to the groin 	<ul style="list-style-type: none"> Any strike to the head Any strike directly to the spine Any strike directly to the knee Any strike to the groin 	<ul style="list-style-type: none"> Any strike to the head Any strike directly to the spine Any strike directly to the knee Any strike to the groin
REQUIRED EQUIPMENT	<ul style="list-style-type: none"> Elbow pads Groin Protector (Male) Mouth Guard 	<ul style="list-style-type: none"> Open-faced head protector Shin guards Elbow pads Groin protector (Male) Mouth guard 			

* Subject to change per local laws and regulations

APPENDIX C – LOW BLOW PROCEDURE



APPENDIX D- FOULS

SFL §17.7: PROHIBITED CONDUCT (FOULS)

STRIKES	REPULSIVE BEHAVIOR	MANEUVERS	OBSTRUCTION
Strikes to the back of the head	Attempting to strike an opponent after the referee has ordered a "BREAK"	Attempting to "pile-drive" an opponent's head into the canvas	Facing away from an opponent to avoid a strike
Strikes to the spine	Biting	Grasping an opponent's lower back while hyperextending their spine	Holding the opponent's leg while moving forward & without striking
Strikes to the throat	Hair pulling	Hip throws, shoulder, or leg throws	Holding the ropes or making any unfair use of the ropes
Side-kicks to the front of the opponent's knee	Head-butting	Locking the opponent's arm or head	Intentionally falling down on a on an opponent
Striking an opponent who is down or who is in the act of rising from the mat	Intentionally spitting out the mouthpiece	Shoving, throwing, or wrestling an opponent, except when pushing in a clinch	Intentionally falling down to avoid being struck
Kneeing at the face or groin of the opponent*	Pressing an opponent's eye with the thumb	Throwing, bending the back of opponent with Judo or Wrestling maneuvers	Not stepping back when ordered to "BREAK"
Striking after the bell has sounded	Making unnecessary contact with, or behaving aggressively towards the referee	Tripping or sweeping an opponent**	Preventing the opponent from returning to the ring after falling out
	Spitting at an opponent		
	Trash-talking during the bout		
	Violations of the World Anti-Doping Agency (WADA) or SFL Anti-Doping Code.		

* If a competitor receives an unintentional knee strike to the head or groin and cannot immediately continue the bout, then the referee will pause the bout for five (5) minutes to allow the affected competitor to recover. If the competitor fails to recover after five (5) minutes, the referee will declare them the loser of the bout.

** Kicking an opponent's foot to cause them to lose balance is permissible as long as the striker uses the top of the foot and/or the front of the shin.

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