

SMOKER RULES AND GUIDELINES

Equipment

MANDATORY EQUIPMENT – MOUTH GUARD AND CUP - NO EXCEPTIONS!!

0-3 fights 16 oz gloves, Headgear, and shin guards – NO EXCEPTIONS

Over 4 fights 16 oz gloves - Headgear and shin guard optional

Rounds

3 – Two (2) Minute rounds

Acceptable strikes

The rules for Amateur Muay Thai are stipulated in the USMTA rules and regulations and are the basic requirements such as knees to the body, clinching, boxing techniques, low and high kicks and all Muay Thai techniques. Twist throws to escape from clinches are allowed.

Fouls:

1. No elbows of any kind
2. No over the shoulder Judo or Jujitsu style throws are allowed
3. Head Butting
4. Striking the groin
5. Spitting at the opponent or officials
6. Attacks to the lower spine with either the knee or elbow
7. Striking a contestant when he is down (A contestant is considered knocked down when any part of his body other than his feet are touching the floor e.g. shoulder, or glove) except when it is seen to be an accidental slip by the Referee
8. Intentionally pushing, shoving or wrestling an opponent out of the ring with any part of his body
9. Attacking on the break, when both fighters have been ordered to take one step back by the Referee
10. Attacking after the bell has sounded to end the round
11. Holding with one glove around the neck and hitting with the other
12. Holding the ropes with one hand while punching or kicking
13. Purposely going down without being hit. The Referee will automatically administer and eight (8) count and the Judges will consider this a knockdown
14. Needless utterance of abusive language, including the contestants corner-men
15. Intentionally evading contact by turning the back or going down without being hit.
16. Any shoulder, stomach or hip throws
17. Purposeful dropping of the gum shield (mouth piece)
18. Stepping on your opponents foot preventing him from moving or kicking