



Muaythai Ontario

Rules & Regulations for Tournament Competition

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INTRODUCTION

These Rules and Regulations are designed to provide a comprehensive code governing Judged Competitions sanctioned by Muaythai Ontario. Updates to this document will be published online at www.muaythaiontario.org.

DEFINITIONS

MINISTRY DEFINITIONS: The following definitions are provided by the Ontario Sport Recognition Policy:

CONTEST: A contest means a competitive event or exhibition where:

- Spectators are admitted, expressly or by implication, for a fee or for free; or
- Athletes are required to directly or indirectly pay a fee to participate; or
- The event is recorded for commercial broadcast; or
- Any other circumstance prescribed by the ministry.

LIGHT CONTACT: The use of controlled techniques. No contact to the head is permitted, nor is any contact which may or is intended to result in harm.

FULL CONTACT: The purposeful use of physical force, including contact which does not meet the definition of Light Contact.

MUAYTHAI ONTARIO DEFINITIONS: The following definitions are provided by Muaythai Ontario:

EXHIBITION: A contest in which no judges are present, and no contestant is declared a winner.

EXHIBITION EVENT: An event comprised entirely of Exhibition contests.

LIGHT CONTACT EVENT: An event comprised entirely of Light Contact contests.

FULL CONTACT JUDGED CONTEST: A Full Contact contest in which judges are present and one contestant may be declared a winner.

FULL CONTACT EXHIBITION: A Full Contact contest in which no judges are present, and no contestant is declared a winner.

LIGHT CONTACT EXHIBITION: A Light Contact contest in which no judges are present, and no contestant is declared a winner.

RULE 1: AMATEUR COMPETITION

1.1: DEFINITION: Competition held by an Amateur Organization in which participants receive no compensation for their performance.

1.2: PROFESSIONAL ATHLETES: Are defined as those who, in any full contact combat sport, have received consideration for athletic performance beyond a reasonable expense reimbursement, competed under a professional contract or are on any professional ranked list.

Professional Athletes are able to participate in Muaythai Ontario amateur competition where it complies with the laws of the local jurisdiction and athletic commission (if applicable).

RULE 2: MEDICAL APTITUDE

2.1: MEDICAL CERTIFICATION: No Athlete shall be allowed to participate in Full Contact competition without having completed a Medical Declaration form, which must be signed by a physician. The Medical Declaration must be dated within 1 year prior to the competition date. Additionally, on each day of competition the Athlete shall be certified as fit to compete by a qualified Doctor of medicine who shall be approved by MTO.

2.1.1: DECLARATION OF NON-PREGNANCY: Female Athletes age 18 and above must sign the Declaration of Non-pregnancy.

2.1.2: DECLARATION OF PARENTAL APPROVAL: Athletes under the age of 18 will also require an additional signature from one of the Athletes parents and/or legal guardians.

2.2: BLOOD TEST: In addition to the Medical Declaration, Athletes age 16 and above must present completed HIV antibody & HBV (Hepatitis B Surface Antigen) & HCV (Hepatitis C Antibody) screening blood tests. The results must be printed on the letterhead of the laboratory that administered the tests and must have been completed within the 1 year prior to competition date.

2.2.1: CUTS AND ABRASION: No Athlete shall be allowed to take part in any contest if the Athlete is wearing a dressing on a cut, wound, abrasion, laceration or blood swelling on the Athlete's scalp or face including the nose and ears. An Athlete is allowed to compete if an abrasion is covered with collision or steri-strip. The decision should be made by the Doctor examining the Athlete on the day of competition.

2.3: PROHIBITED CONDITIONS: The prohibited conditions are referred to in the medical handbook.

RULE 3: MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES

Age Category	Minimum Age	Maximum Age
Master	41	55
Senior	18	40
U23	18	23
Youth 16-17	16	17
Youth 14-15	14	15
Youth 12-13	12	13
Youth 10-11	10	11
Youth 8-9	8	9

RULE 4: EXPERIENCE CLASSIFICATIONS FOR ATHLETES

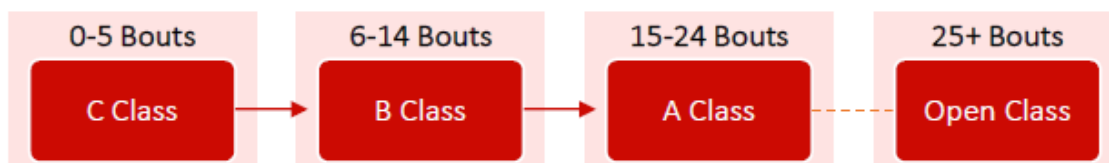
4.1: TYPES OF EXPERIENCE CONSIDERED: An Athlete's experience across all full contact, striking based combative sports (Muaythai, Kickboxing, Sanshou, MMA, etc) is considered when determining their experience class. All levels of competition are considered, including but not limited to judged contests, demonstrations, smokers, and exhibitions (full contact). Light Contact contest, with no head contact, will not score as record (Eg: Kids Youth Movement with no head

contact)

Athletes with considerable combat sport experience outside of Muaythai may require additional review by the MTO Board of Directors before determining the appropriate experience class for competition.

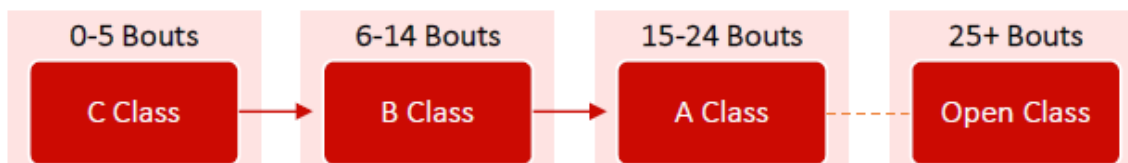
4.1.1: PROFESSIONAL EXPERIENCE: Muaythai Ontario sanctions competitions for amateur athletes only. Athletes with professional combat sport experience who wish to compete in an MTO-sanctioned event must first fill and submit a Return to Amateur form (available online, see also Rule 6.6). While athletes with professional experience are assumed to compete in A-Class or Open Class, athletes will be placed in an experience class commensurate with their total combat sport experience and while prioritising the safety of the athlete and the experience class of potential competitors.

4.2: CLASS DIVISIONS: U23 18-23, SENIOR 18-40 & MASTER 41-55:



4.2.1: OPEN CLASS: Is an optional class of competition that Youth 14-15, 16-17, U23, Seniors, and Master Athletes will participate once they have reached 25+ bouts of experience. Participation in Open Class does not prevent continued competition in A Class in case they are upgraded by the Board with less than 25 fights.

4.3: YOUTH 14-15 & 16-17



4.4: YOUTH 8-9, 10-11 & 12-13



4.5: CHANGING EXPERIENCE CLASS Please see Rules 6 & 9.

RULE 5: WEIGHT CLASSIFICATIONS FOR ATHLETES

Age	SENIOR 18 – 40 MASTER 41 - 55				U23 - 18 - 23				YOUTH 16 - 17			
	MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
Sex	KG / LBS		KG / LBS		KG / LBS		KG / LBS		KG / LBS		KG / LBS	
Weight (KG/LBS)	1	45 / 99	45 / 99	1	1	45 / 99	45 / 99	1			42 / 92.4	1
	2	48 / 105.6	48 / 105.6	2	2	48 / 105.6	48 / 105.6	2	1	45 / 99	45 / 99	2
	3	51 / 112.2	51 / 112.2	3	3	51 / 112.2	51 / 112.2	3	2	48 / 105.6	48 / 105.6	3
	4	54 / 118.8	54 / 118.8	4	4	54 / 118.8	54 / 118.8	4	3	51 / 112.2	51 / 112.2	4
	5	57 / 125.4	57 / 125.4	5	5	57 / 125.4	57 / 125.4	5	4	54 / 118.8	54 / 118.8	5
	6	60 / 132	60 / 132	6	6	60 / 132	60 / 132	6	5	57 / 125.4	57 / 125.4	6
	7	63.5 / 139.7	63.5 / 139.7	7	7	63.5 / 139.7	63.5 / 139.7	7	6	60 / 132	60 / 132	7
	8	67 / 147.4	67 / 147.4	8	8	67 / 147.4	67 / 147.4	8	7	63.5 / 139.7	63.5 / 139.7	8
	9	71 / 156.2	71 / 156.2	9	9	71 / 156.2	71 / 156.2	9	8	67 / 147.4	67 / 147.4	9
	10	75 / 165	75 / 165	10	10	75 / 165	75 / 165	10	9	71 / 156.2	71 / 156.2	10
	11	81 / 178.2	(+75 / 165)	11	11	81 / 178.2	(+75 / 165)	11	10	75 / 165	75 / 165	11
	12	86 / 189.2			12	86 / 189.2					(+75) / 165	12
	13	91 / 200.2			13	91 / 200.2			11	81 / 178.2		
	14	(+91 / 200.2)			14	(+91 / 200.2)			12	86 / 189.2		
								13	91 / 200.2			
								14	(+91 / 200.2)			

YOUTH 14 - 15				YOUTH 12 - 13				YOUTH 10 - 11				YOUTH 8 - 9			
MALE		FEMALE		MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
	KG / LBS	KG / LBS			KG / LBS	KG / LBS			KG / LBS	KG / LBS			KG / LBS	KG / LBS	
		36 / 79.2	1	1	32 / 70.4	32 / 70.4	1	1	30 / 66	30 / 66	1	1	24 / 52.8	24 / 52.8	1
1	38 / 83.6	38 / 83.6	2	2	34 / 74.8	34 / 74.8	2	2	32 / 70.4	32 / 70.4	2	2	26 / 57.2	26 / 57.2	2
2	40 / 88	40 / 88	3	3	36 / 79.2	36 / 79.2	3	3	34 / 74.8	34 / 74.8	3	3	28 / 61.6	28 / 61.6	3
3	42 / 92.4	42 / 92.4	4	4	38 / 83.6	38 / 83.6	4	4	36 / 79.2	36 / 79.2	4	4	30 / 66	30 / 66	4
4	45 / 99	45 / 99	5	5	40 / 88	40 / 88	5	5	38 / 83.6	38 / 83.6	5	5	32 / 70.4	32 / 70.4	5
5	48 / 105.6	48 / 105.6	6	6	42 / 92.4	42 / 92.4	6	6	40 / 88	40 / 88	6	6	34 / 74.8	34 / 74.8	6
6	51 / 112.2	51 / 112.2	7	7	44 / 96.8	44 / 96.8	7	7	42 / 92.4	42 / 92.4	7	7	36 / 79.2	36 / 79.2	7
7	54 / 118.8	54 / 118.8	8	8	46 / 101.2	46 / 101.2	8	8	44 / 96.8	44 / 96.8	8	8	38 / 83.6	38 / 83.6	8
8	57 / 125.4	57 / 125.4	9	9	48 / 105.6	48 / 105.6	9	9	46 / 101.2	46 / 101.2	9	9	40 / 88	40 / 88	9
9	60 / 132	60 / 132	10	10	50 / 110	50 / 110	10	10	48 / 105.6	48 / 105.6	10	10	42 / 92.4	42 / 92.4	10
10	63.5 / 139.7	63.5 / 139.7	11	11	52 / 114.4	52 / 114.4	11	11	50 / 110	50 / 110	11	11	(+ 42 / 92.4)	(+42 / 92.4)	11
11	67 / 147.4	67 / 147.4	12	12	54 / 118.8	54 / 118.8	12	12	52 / 114.4	52 / 114.4	12				
12	71 / 156.2	71 / 156.2	13	13	56 / 123.2	56 / 123.2	13	13	54 / 118.8	54 / 118.8	13				
		(+71/156.2)	14	14	58 / 127.6	58 / 127.6	14	14	56 / 123.2	56 / 123.2	14				
13	75 / 165			15	60 / 132	60 / 132	15	15	58 / 127.6	58 / 127.6	15				
14	81 / 178.2			16	63.5 / 139.7	63.5 / 139.7	16	16	60 / 132	60 / 132	16				
15	(+81/178.2)					(+) 63.5	17			(+) 60 / 132	17				
				17	67 / 147.4			17	63.5 / 139.7						
				18	71 / 156.2			18	67 / 147.4						
				19	(+71/156.2)			19	(+67/147.4)						

5.2: CATCH-WEIGHTS: All MTO bouts will proceed under the appropriate gender, age, and weight division for matched athletes. MTO will not administer any catch-weight divisions. Any agreements on a catchweight are informal agreements made outside of MTO administration. If an informal agreement is made on a catch-weight, MTO will nevertheless proceed under the appropriate MTO weight division, regardless of any informal agreement.

RULE 6: PRE-COMPETITION REQUIREMENTS (ATHLETES)

6.1: RULES & REGULATIONS: Prior to competing in any MTO-sanctioned event, all athletes must read the Rules & Regulations contained in this document. MTO member athletes must adhere to all rules, regulations, and policies published by MTO. Failure to do so may result in disciplinary action at the discretion of the Board of Directors.

6.2: MEDICAL HANDBOOK: Prior to competing in any MTO-sanctioned event, all athletes must read the Medical Handbook.

6.3: ANNUAL MEDICAL DECLARATION: Prior to competing in any MTO-sanctioned event, all athletes must successfully complete and bring with them the Annual Medical Declaration. Note: This requires a doctor's visit and blood test and may take several weeks to complete. Any athlete who fails to present a filled and signed Annual Medical Declaration will not be allowed to compete.

6.4: MTO MEMBERSHIP: Prior to competing in any MTO-sanctioned event, all athletes must purchase an MTO membership. Athlete memberships may be purchased once per year, and are valid from the day they are purchased

until December 31st of that calendar year. MTO member athletes must be associated with an MTO member club (gym), which must be their primary location of training.

6.5: DIVISION UPGRADES: For any athlete seeking to compete in a higher division than their current experience class, they must complete a Division Upgrade form. The request to upgrade an athlete's division for a single event may be accepted or denied by the Board of Directors of MTO. A successful Division Upgrade request is only valid for the specific event/tournament for which it was necessary.

6.6: RETURN TO AMATEUR: For any athlete seeking to compete in an MTO-sanctioned amateur competition, who has previously competed in a professional competitive event, they must complete a Return to Amateur Form. The request to return to amateur competition may be accepted or denied by the Board of Directors of MTO. A successful Return to Amateur form is only valid so long as that athlete continues to compete in amateur-only competitions. If the athlete competes in another professional competition, they will need to fill another Return to Amateur form in order to compete in subsequent MTO amateur competitions.

RULE 7: POST-COMPETITION REQUIREMENTS (ATHLETES)

7.1: DOCTOR ASSESSMENT: After each competitive bout, the athlete must immediately report to the ringside doctor for a post-competition medical assessment. Each athlete must be assessed by a qualified Canadian physician both before the competition (during weigh-ins) and after the competition (immediately upon exiting the ring).

7.2: CONCUSSION SAFETY: If a competitive bout was stopped for any reason related to head injury (RSCH, knockout, etc.), the athlete must immediately report to the ringside Concussion Safety Officer.

RULE 8: WEIGH-IN

8.1: MEDICAL EXAMINATION: Each day of competition the Athlete must be passed as fit to compete by the physician approved by Muaythai Ontario immediately before being weighed in.

8.2: WEIGH-IN: A contestant may only compete in the weight for which he has qualified at each official weigh-in. Delegates authorised by MTO shall supervise the weigh-in and an Athlete's Coach or corner may be present at the weigh-in but may not in any way interfere.

8.2.1: MAKING WEIGHT: A competitor will be allowed to present themselves at the official scales only once at the weigh-in each day. The weight recorded on that presentation is final.

8.2.2: TIMING: The weigh-in will be conducted every day of competition immediately following the medical certification. Weigh-ins will begin 3-4 hours in advance of competition and must be completed a minimum of 1 hour prior to the commencement of competition.

8.2.3: ATHLETE ATTIRE: The Athlete must weigh in wearing Muaythai shorts and female Athletes should also wear a sports bra or tight-fitted crop top.

8.2.4: WEIGH-IN ALLOWANCE: Zero (0) allowance is permitted.

8.2.5: FAILURE TO MAKE WEIGHT: An Athlete who fails to make weight by more than 5% of the contest maximum will not be permitted a second attempt.

8.2.6: SCALE: A digital or medical scale is required. For tournament competitions, MTO will provide an extra scale for

unofficial weight checks. Athletes may check their weight on the unofficial scale before proceeding to the official weigh-in scale.

6.3: TOURNAMENT FORMAT COMPETITIONS: Tournament competition may allow for an additional medical examination and weigh-in the day prior to competition in order to finalize competition brackets.

The weight registered at the official weigh-in on the first day decides the weight class of the Athlete for the duration of the competition, but they will still be required to weigh-in each day on which they are scheduled to compete to ensure that their actual weight on that day does not exceed the maximum of their weight class.

An Athlete will be allowed to present themselves at the official scales only once at the weigh-in each day. The weight recorded on that presentation is final. For an Athlete who has failed to make weight on the first day of weigh-ins it is permissible for their Coach to enter them for the higher or lower weight for which they are qualified, provided that space is still available in the bracket and no more than two Athletes from the same club are allowed to be registered. Extra fees may apply for this change in competitive division. An extra electronic scale will be provided by MTO for checking the weight before proceeding to the official scale for the Athlete they need to check their weights.

6.3.1: TIMING FOR TOURNAMENT COMPETITIONS: Medical and weigh-in checks will be conducted at the following times:

- **Registration Weigh-In:** 1 day prior to the start of competition;
- **Competition Day Weigh-In:** Each morning of competition; and
- **Pre-Contest Weigh-In:** Any time prior to the Athletes contest.

6.3.2: PRE-CONTEST WEIGHT: The Athletes pre-contest weight is found 5% above their qualified weight classification, or equal to the next weight classification they will be disqualified.

RULE 9: MATCHING ATHLETES FOR COMPETITION & ATHLETE UPGRADES

9.1: COMPETITIVE DIVISION: An Athlete's competitive division is a combination of their Gender, Age Category, Experience Classification, and Weight Classification (e.g. Female Senior C 54 kg). In judged competition, Athletes may only be paired against other Athletes of the same competitive division.

9.2: CHANGING COMPETITIVE DIVISION: (ATHLETE UPGRADES) An Athlete whose abilities are better aligned to a different Age Category or Experience Class may request an upgrade by completing and submitting an Upgrade Form to the Board of Directors. The upgrade request must be sent and approved 2 days prior to the event. On occasion, special cases may be upgraded and approved by the Board of Directors on the day of the competition.

9.2.1: PERMANENCY OF UPGRADES: Approved Experience Class upgrades are NOT permanent. Age Category upgrades do not prevent an Athlete from continuing to compete at their natural Age Category or the right division

9.3: CURRENCY OF MEMBERSHIP: All athletes seeking to compete must keep a current MTO membership. Athlete memberships may be purchased once per year and are valid from the day they are purchased until December 31st of that calendar year, at which time they expire. All competing athletes must bring proof of their membership currency to each competition.

9.4: MEMBER CLUBS: When competing, all athletes must represent a training facility that holds a current MTO club

membership. That training facility must be the athletes' primary location for training Muay Thai. Athletes will not be permitted to compete under a facility that does not hold a current MTO club membership. Athletes will not be permitted to compete under a facility which is not their primary training facility.

9.5 ATHLETE COMPETITIVE HISTORY: All athletes must disclose their accurate competitive history prior to competing in an MTO sanctioned event. Athletes who do not disclose their accurate competitive history are subject to disciplinary action at the discretion of the MTO Board of Directors.

9.6 NON-GOVERNMENT SANCTIONED EVENTS: All athletes are prohibited from being involved in any capacity (whether as an athlete, coach, or official) in any combative sport event in Canada which is not sanctioned by a government-recognized Provincial Sport Organization/Multi-Sport Organization. Athletes who are discovered or reported to be involved in non-sanctioned competitive activities may be subject to disciplinary action at the discretion of the MTO Board of Directors. Athletes should take note that any MTO's insurance policy does not cover athletes competing in non-MTO-sanctioned events.

RULE 10: WAI KRU & ROUNDS

10.1. WAI KRU- REQUIREMENT: Before the first round, every Athlete must seal the ring and may opt to perform the traditional Muay Thai ritual of homage "Wai Kru" according to the customs of Muaythai.

10.1.1. FUNDAMENTAL ELEMENTS: The Athlete must, at a minimum, bow to the canvas three (3) times while wearing a sacred Mongkon. Athletes are encouraged to perform a proper Wai Kru consisting of Starting Postures, Sitting Postures and Standing Postures. It is not permitted to perform any other form of martial art ritual that is not a conventional part of the art of Muay Thai.

10.1.2: YOUTH WAI KRU ELEMENTS: In Youth Muay Thai competition an Athlete may opt to limit their Wai Kru to only prostration on the canvas.

10.1.3. MUSIC: The traditional Muay Thai musical instruments (java pipe, small cymbals and two drums) will accompany the ritual. If a live band is not available, it is permissible to use Muay Thai music played from a recording.

10.1.4: DURATION: The duration of the Wai Kru on preliminary contests for U23, Senior and Master is at maximum 2 minutes the end of which shall be signalled by the Referee; however this may be further limited by the Jury.

10.1.5: YOUTH WAI KRU DURATION: In Youth Muay Thai competition the duration of the Wai Kru is limited to 1 minute.

10.2: ROUNDS FOR STANDARD COMPETITION

Age Category	Open Class	A Class	B Class	C Class
Master 41-55	3 rounds x 3 min 1 minute rest		3 rounds x 2 min 1 minute rest	
Seniors 18-40 U23 18-23				
Youth 16-17		3 rounds x 2 min 1 minute rest		
Youth 14-15				
Youth 12-13			3 rounds x 1.5 min 1 minute rest	
Youth 10-11			3 rounds x 1 min 1 minute rest	
Youth 8-9				

Stopping of the contest for warning, cautions, putting clothing or equipment into order or for any other reason is not included in the period of round. No additional time may be given.

8.3: TOURNAMENT FORMAT COMPETITIONS: There is Open Class for tournament format competitions with the same gear requirements as A-Class. Winners of Open-Class divisions in MTO-sanctioned tournaments will be considered for international tournaments, such as the Pan-American or World Championship tournament.

RULE 11: ATHLETE EQUIPMENT & DRESS

11.1: GLOVES: Athletes shall wear the gloves which the organiser of the competition has placed at their disposal and which have been approved by MTO. The gloves must be red and blue and coordinate with the colour of the Athlete’s corner. Athletes are not allowed to wear their own gloves. For Single show events, the promoter may provide different colour gloves for the corner.

11.1.1: SPECIFICATION: The gloves shall weigh 10 ounces (284 grams) the leather portion shall not weigh more than half of the total weight and the padding not less than half the total weight. The padding of the gloves shall not be displaced or broken. All Athletes in any one contest must wear exactly the same gloves from the same manufacturer, and only clean and serviceable gloves of red and blue colour may be used.

11.1.2: GLOVE SUPERVISION: All gloves, wraps and bandages shall be fitted under the supervision of 1 or 2 knowledgeable individuals appointed for the purpose who will see that all the rules have been carefully observed. They will delegate security duties to ensure that all rules are observed until the Athletes enter the ring.

11.1.3: WHEN TO REMOVE GLOVES: The gloves shall be taken off immediately after the contest is over, after the decision is announced, inside or outside of the ring.

11.2: BANDAGES & HAND WRAPS: A soft surgical bandaging (see Fig. 1) not longer than 2.5m and whose width does not exceed 5cm or a “Velcro” hand wraps (see Fig. 2) not longer than 2.5m on each hand should be used. No other type of bandage may be used. Athletes are only permitted to use one or the other one, never both at the same time. Hand wraps may be inspected at any time.



Fig.1



Fig.2

No tape allowed in any competitions or single shows other than securing upper wrist. A decision may be reversed if an Athlete’s bandages or wraps do not adhere to the rules.

11.2.1: TAPE: The use of any kind of tapes- rubber or adhesive plaster as bandages is strictly forbidden. A single strap of adhesive 7.5cm (3 inches) long and 2.5cm (1 inch) wide may be used at the upper wrists to secure the bandages.

11.2.2: EXCEPTION FOR TAPE TITLE FIGHT ONLY: Title Fight ONLY, tape will be allowed in Single Show as long as it is applied to the hand, but must remain 2.5 cm (1 inch) back from the knuckles. A single, flat strip of tape is permitted between each finger. No bumpers or rolled tape is permitted. This rule applies to single-event competitions only, and does not apply to tournament competitions.

11.2.3: TAPE INSPECTION: The bandages / hand wraps of the Athlete shall be inspected before being provided their competition equipment. The hand wraps may be inspected at any later time by the Referee or Jury, including after a decision has been rendered.

11.2.4: DECISION REVERSAL: A decision may be reversed if an Athlete’s bandages or wraps do not adhere to the rules.

11.3: HEAD GUARD, SHIN GUARD, & ELBOW GUARD: The use of the head guard, shin guard, and elbow guards are required in the following classes.

Table for Tournament Competitions:

Class	Shin Guards	Elbow Guards	Head Guard
Open, U23, Seniors, Master	Yes	Yes	Yes
Open All Youth	Yes	Yes	Yes
A	Yes	Yes	Yes
B	Yes	Yes	Yes
C	Yes	Yes	Yes

11.3.1: HEAD GUARD: The use of the head guard (see Fig. 3 and 4) is mandatory in all classes of experience and competition. The head guard shall have no cheek protectors, chin guard or face shield. Athletes must come into the ring without their head guard only after having been presented to the audience, sealing the ring, and Wai Kru has been completed should they put it on. The head guard shall be taken off immediately after the contest is over and before the decision is announced.

The head guard is not permitted to be removed or undone during a contest unless under the supervision of the Judges or Referee.



Fig.3



Fig.4

11.3.2: SHIN GUARD & ELBOW GUARD: The shin guard (see Fig. 5) and elbow guards (see Fig. 6) for competition shall be made of cloth.



Fig.5



Fig.6

11.4: BODY PROTECTOR: The use of a corner colour coordinated body protector is mandatory for all Athletes competing in the Youth 8-9, Youth 10-11, Youth 12-13, Youth 14-15, and Youth 16-17. It shall conform with MTO specifications as it is the responsibility of the Event Host/Promoter of an event to provide body protectors to the Athlete.



Fig.7



Fig.8

11.4.1: BODY PROTECTOR FOR TOURNAMENT: All Youth and U23 divisions must wear body protectors, there are no exceptions for sanctioned tournament competitions.

Age Category	Open Class	A Class	B Class	C Class
Master 41-55		No body protector		
Senior 18-40		No body protector		
U23 18 -23		Body protector		
Youth 16-17		Body protector		
Youth 14-15		Body protector		
Youth 12-13			Body protector	
Youth 10-11			Body protector	
Youth 8-9			Body protector	

11.5: MOUTH GUARD: Mouth guards (see Fig. 9) shall be worn by all Athletes before the commencement of a round. The mouth guard should be form-fitted. It is forbidden for an Athlete to intentionally remove their mouth guard during the contest and if the Athlete does so, the Athlete shall be warned or disqualified. If an Athlete has their mouth guard knocked out, the Referee shall take the Athlete to the Athlete’s corner to have the mouth guard cleaned and returned to its proper position. While this is being done, the second is not allowed to talk to their Athlete.



Fig.9

11.6: ANKLE PROTECTION: In tournament format competition no ankle protection (cloth anklet, tape, etc) may be worn. In single contest competition, anklets are permitted, but no tape will be allowed underneath the ankle support.

11.7: GROIN GUARD: The use of a groin guard by Athletes is mandatory for both male and female Athletes. Male Athletes shall wear a metal (see Fig. 10) or polycarbonate (see Fig. 11) groin guard, and a jock strap may be worn in addition. For female Athletes, a polycarbonate (see Fig. 12) or foam (see Fig. 13) groin guard shall be worn. To observe hygiene, all athletes male and female must have their own groin protectors.



Fig. 10



Fig. 11



Fig. 12



Fig. 13

11.8: FEMALE CHEST PROTECTION: The use of chest protection is mandatory for all female Athletes (Youth U23, Senior, and Masters) where Body Protectors are not used, to guard against hematoma formation within soft tissue areas of the breast. Each chest protector must pass inspection prior to competition.

Table for Chest Protectors

Age Category	Open Class	A Class	B Class	C Class
Master 41-55		Chest Protection		
Senior 18-40		Chest Protection		
U23 18 -23 Tournament		Optional with Body Protector (Vest)		
Youth 16-17		Optional with Body Protector (Vest)		
Youth 14-15				
Youth 12-13				
Youth 10-11				
Youth 8-9			Optional with Body Protector (Vest)	



Fig. 14



Fig. 15



Fig. 16



Fig. 17

11.9: CLOTHING & DRESS: Athletes shall be dressed in accordance with the following:

11.9.1: MONG-KON & PRAJIAD: Athletes must wear the sacred headband (Mong-Kon) for paying homage before entering the ring. A Krueng-Wrang (Prajiad/armband) with an amulet or charm may be put on around the upper arm, biceps or waist but must be neatly covered. The Referee may request that a Prajiad is removed if the strings are longer than 5cm.

11.9.2: SHORTS: Muay Thai shorts must be worn for competition and the belt line clearly demarcated. No substitutes are permitted. No tights no MMA shorts



11.9.3: SHIRTS: If worn, clothing on the upper body must be close fitting and approved by the Referee as fit for competition. At minimum, a sports bra is required for female Athletes.

11.9.4: SHOES: Athletes are not permitted to wear shoes. Or socks. Trimmed toenails are a must in order to compete.

11.9.5: HAIR: Hair length of the frontal scalp area should see no interference with the vision of the athlete. Hair may be secured with rubber bands or allied banding devices. Hair must be secured within the head guard so as not to obscure the face of the Athlete and prevent risk to either Athlete from its movement.

11.9.6: HEAD & BODY COVER: Head and body covers may be worn by Athletes to comply with cultural requirements and shall consist of the following:

- A head covering such as a full sport hijab similar to the ResportOn design or an individual skull cap of white or black fabric.
- An optional body suit (two piece, tights and upper body) of white or black fabric covering the legs to the ankles and covering the arms to the wrists.
- Only MTO approved attire can be used to participate in the competitions (see Fig. 18).

Note that in international competition, only white fabric may be used.



Fig.18

11.9.7: FACIAL HAIR: Beards and moustaches are allowed provided that they do not provide impact protection, do not interfere with competition and are clean.

- Short beard or stubble in the chin or lower face area is permissible: the Athlete should be trimmed to 1/2 inch in length or face disqualification;
- A moustache is permitted insofar as its terminal ends do NOT extend the angle of the mouth, the moustache hairs themselves, must be less than 2 cm and not extend downwards into the upper lip and mouth area: In this case it should be trimmed to regulation;
- Facial sideburns are permitted insofar as the sideburn hairs themselves, must be less than 2 cm; in this case it should be trimmed to regulation.

11.9.8: PROHIBITED DRESS: No other object may be worn during the competition. In the case of cultural traditions, some latitude is to be given such that the Athlete or opponent shall not be rendered susceptible to injury which may result from articles of dress, amulet, hair style, skin jewel carried by a given Athlete. The final decision will be rendered by the Jury after discussion with the Chief Physician.

11.9.9: NATIONAL FLAGS: Country flags are not permitted to be displayed within the field of play.

11.10: LINEAMENT & VASELINE: Rubbing lineament is permitted in moderation and may only be used on the body of the Athlete. A reasonable amount of Vaseline is permitted only on the face for the purpose of reducing the risk of cuts.

A mixture of Vaseline and lineament is not permitted.

11.11: EQUIPMENT & DRESS INFRACTIONS: The Referee shall exclude from the bout any Athlete whose equipment or dress does not conform to the standards set above. In the event of the Athlete's glove or dress becoming undone during the bout, the Referee shall stop the contest to have it attended to.

11.12: PRESENTING FOR COMPETITION: The Athlete will approach the ring wearing the following equipment in a state ready to be used for competition:

- Head Gear;
- Gloves;
- Elbow guards;
- Shin guards;
- Groin guard;
- Chest protection (if used); and
- Body protector (if used).

The Mongkon, head guard, and gum shield shall be held by the Athlete's Seconds in preparation for the contest.

The Athlete shall enter the ring between the 2nd & 3rd rope, or 3rd & 4th rope for Athletes in heavier weight divisions, and after having entered the ring will have the Mongkon placed on their head by their Second before presenting themselves to the Jury and Judges. The Athlete, in their corner, will then present themselves to the Referee for their equipment inspection before the Wai Kru.

RULE 12: SECONDS

12.1: NUMBER OF SECONDS: Each competitor is entitled to 2 seconds (one Coach and one Corner.)

12.3: REGISTRATION OF SECONDS: All seconds (coaches and corners) must attend registration during the designated registration and weigh-in time allotted for the competitive event. All seconds must present the relevant forms to the MTO official administrators within the registration time period.

12.3.1: Documents:

- Proof of Identity: Both seconds must provide a valid proof of identity (drivers licence, passport, etc);
- Current MTO Coach Membership: Both seconds must provide proof of their current MTO membership as a coach. MTO memberships are valid from the day they are purchased until December 31st of each calendar year, at which time they expire. Each coach must be a member of an MTO member club, which must also be their primary location of coaching.
- Vulnerable Sector Check/ Enhanced Police Information Check: Both seconds must provide valid and current background checks. MTO will only accept background checks completed within the calendar year prior to the competition date. Meaning, like MTO memberships, MTO will only accept background checks that have been completed after January 1st of each calendar year.
- Proof of Coaches Course Certificate: In order to qualify as a second at an MTO-sanctioned competitive event,

each second must complete an MTO Certified Coaches Course (minimum C-level), and produce the certificate of completion. MTO Coaches Course certification signifies that the second has been instructed in MTO rules & regulations, understanding their role as a coach, developing morals and expectations of a coach, and technical knowledge of Muay Thai. All Ontario-based coaches seeking to second must complete the MTO Coaches Course. Exceptions will be considered for out-of-province coaches at the discretion of the MTO Board of Directors.

12.3: CONDUCT: The Seconds shall abide the following rules:

- Only the two Seconds shall mount the apron of the ring and only one may enter the ring;
- During the contest, the Seconds shall remain seated away from the platform of the ring. Before a round begins, they shall remove from the platform of the ring any seats, towels, buckets, water bottles, etc;
- The Second, while in the corner, shall be in possession of a towel for the Athlete. A Second may give up for a competitor and may, when he considers his Athlete to be in difficulties, throw the towel into the ring-except when the Referee is in the course of counting.
- See additional information in the Code of Conduct available on the MTO website.

12.3.1: AT ANY TIME:

- A Second can retire an Athlete and may, when they consider their Athlete to be in difficulty, throw the towel into the ring to signal the end of the contest-except when the Referee is in the course of counting;
- No bad advice, bad assistance or bad encouragement or aggressive physical contact shall be given to an Athlete by a Second;
- Any Second encouraging or inciting spectators by words or signs to advise or encourage an Athlete during the progress of a round shall not be permitted to continue to act as a Second at the tournament where the offence is committed.
- If a Second violates the rules they may be Warned or Disqualified. An Athlete may also be Cautioned, Warned, or Disqualified by the Referee for offences committed by their Seconds. If a Second is removed by the Referee from the corner, they may not be replaced by an alternate Second and shall not assist for the remainder of competition.

12.3.2: DURING THE REST BETWEEN THE ROUNDS:

- A Second will ensure that the Athlete faces toward the centre of the ring with their back to their corner; and
- Seconds are permeated to spray a reasonable amount of water on the Athlete using a water bottle or a spray bottle.
- Using excessive amounts of water or spraying the Athlete by any other means (i.e orally, with a wet towel) is prohibited.
- A Second whom is in violation of the rules will be disqualified and/or may cause the Athlete to be warned or disqualified; and
- No bad advice, bad assistance or bad encouragement shall be given to an Athlete by a Second during the progress of the rounds. If a second violates the rules, they may be warned or disqualified. Their athlete may also be cautioned, warned or disqualified by the Referee for offences committed by their Seconds. Any Second encouraging or inciting spectators by words or signs to advise or encourage an Athlete during the progress of a

round shall not be permitted to continue to act as a second at the tournament where the offence is committed. If a Second is removed by the Referee from the corner, they shall not assist for the remainder of competition and they can not be replaced.

- A Second, who is outside the ropes, may not insert their body between the ropes and must reach over the top if tending to the Athlete;

During a Count, Warning, or Time Out the Second shall not provide advice to their Athlete

12.4: CORNER AND COACH ATTIRE: Seconds may wear flat heeled athletic shoes. Seconds should be in non-offensive athletic apparel. Jeans, shorts, hats, and open toe footwear are not permitted.

12.5: CORNER SUPPLIES: Each Corner is required to bring their own equipment. At a minimum, a corner must possess a white hand towel as a precaution for potential athlete retirement. MTO recommends corners also have their own white medical tape, scissors, and water bottle with the corner bucket. These items are not to be lent for use by any other Athletes to prevent the spread of bacterial-viral illnesses. Between rounds, only ice/water and Vaseline may be used. No other substances may be used on the Athlete between rounds.

12.6: ACTIVITY IN NON-MTO EVENTS: Coaches are not permitted to be involved in any capacity (including as athlete, coach, or official) in any combative sport in Canada that is not sanctioned by a Provincial Sport Organization/Multi Sport Organization. If a coach is found to have participated in a non-MTO-Sanctioned combative event, that coach may be subject to disciplinary action at the discretion of the MTO Board of Directors.

RULE 13: SHAKING OF HANDS

13.1: PURPOSE: Before starting the first round and after the bout, Athletes shall shake hands in a proper manner, as a sign of a purely sporting and friendly rivalry in accordance with the rules.

13.2: AUTHORISED TIMES: The shaking of hands takes place before beginning the first round and after the announcing of the bout results. Any shaking of hands or touching of gloves during rounds is performed at the risk of the athlete, and may result in an opponent striking.

RULE 14: ADMINISTRATION OF DRUGS, ETC.

14.1: DOPING: The administration to an Athlete of drugs or chemical substances not forming part of the usual diet of an Athlete is prohibited. The doping regulations of the World Anti-Doping Agency (WADA) shall be applied.

14.2: PENALTIES: Any Athlete or official violating this prohibition shall be liable to disqualification or suspension by MTO.

14.3: LOCAL ANESTHETICS: The use of local anaesthetics is permitted only by the MTO Medical Doctor.

14.4: PROHIBITED DRUGS: The current World Anti-Doping Agency (WADA) and Canadian Centre for Ethics in Sport (CSES) lists of prohibited substances shall constitute MTO's list of prohibited substances. Any Athlete taking such substances or any official administering such substances shall be subject to the penalties. MTO may ban additional substances upon the recommendation of the Muaythai Canada or IFMA Medical Commissions.

RULE 15: AWARDING OF POINTS

15.1: SCORING: A Muay Thai skill is a punch, kick, knee or elbow applied with force and intent to cause effect, One score will be awarded for each Muay Thai skill that strikes against a scoring target without being blocked, guarded against, or infringing the rules.

15.1.1: TARGET: The Target for Muay Thai means, any part of the body except the groin and spine.

15.1.2: NON-SCORING TARGETS: The gloves, forearms, foot, and shin are not scoring targets, unless a strike is applied with enough force to have an effect on a scoring target (e.g. a high kick against the gloves of a blocking opponent off-balances them).

15.1.3: ILLEGAL TARGETS: The groin is not a scoring target and intentional strikes against the groin may be considered fouls. Intentional strikes to the spine may also be considered a foul.

15.2: TEN POINTS MUST SYSTEM: Each round 10 points shall be scored individually, in which at least one Athlete shall be awarded 10 points for each round. No fraction of points may be given. At the end of each round, the better (more scoring Muay Thai skills) Athlete shall receive 10 points and the opponent proportionately less. When Athletes are equal in merit, each shall receive 10 points.

15.2.1: STEPS FOR AWARDING POINTS:

First: An Athlete wins the round when utilising more scoring Muay Thai skills than the opponent;

- A difference of 7 or less scoring Muay Thai skills between the athlete is a small margin;
- A difference of 8 -14 scoring Muay Thai skills between the athlete is a clear margin;
- A difference of 15-21 scoring Muay Thai skills between the athlete is a total domination

If the Athletes are equal in scoring Muay Thai skill, then;

Second: An Athlete wins the round when using more forceful Muay Thai skills than the opponents.

15.2.2: NON-AWARDING POINTS:

- Hitting with lack of Muay Thai skills;
- Hits which are appropriately blocked by the opponent's (forearms /gloves) or shins/feet;
- Hitting with lack of force even when those hits have landed on target;
- Throwing the opponent without hitting; and
- Hitting while infringing any of the rules.

15.2.3: SCORING SYSTEM:

- 10 points will be awarded to the Athlete who wins the round, and the opponent proportionately less (9-8-7 respectively);
- 10 points will be awarded to each Athlete if they are even in the round;

- The Athlete who wins the round by a small margin will receive 10 points, the opponent will receive 9 points;
- The Athlete who wins the round by a clear margin will receive 10 points, the opponent will receive 8 points
- The Athlete who wins the round by a total domination will receive 10 points, the opponent will receive 7 points;
- When an Athlete receives an 8-count for a Tournament, the 8-count will not trigger any automatic scoring (different from a single event competition). For clarity, an athlete who receives an 8-count during a round in a tournament may still win the round based on points.
- Athletes will lose 1 point for each warning received.

15.3: END OF CONTEST: At the end of a contest each Judge will tally the Athlete's points and nominate the Athlete with the greater number of points as the winner. The Judge will then remit their scorecard to the Referee for submission to the Jury.

A winner must be nominated in all tournaments. If at the end of a contest a Judge finds that the Athletes are equal in total score, the Judge shall determine a winner by applying the Steps for Awarding Points across the entirety of the contest.

If the Athlete are equal in both scoring Muaythai skill and the forcefulness of their skill Muay Thai skill then an Athlete win the round by any of:

- Showing less exhaustion or less bruising than the opponent;
- Showing more willingness to lead off or aggression intention to compete than the opponent;
- Having a better defence by which the opponent's Muaythai skill effectively blocked or made to miss;
- Having better Muay Thai style than the opponent; and
- Having less infringement of the rules than the opponent.

In Exhibition matches or single shows a Draw decision may be awarded.

RULE 16: FOULS

16.1: TREATMENT OF FOULS: The Athlete who commits fouls can at the discretion of the Referee be cautioned, warned, or disqualified without warning.

16.1.1: CAUTIONS: A Referee may caution with or without stopping a contest. A caution shall be accompanied by the appropriate physical signal for the offence committed. Three (3) cautions of the same type of foul will mandate a warning be issued. An Athlete may receive caution for different types of fouls; e.g. the Referee may apply a warning for unsportsmanlike conduct.

16.1.2: WARNINGS: If the Referee intends to warn an Athlete for a repeated or serious infraction of the rules they shall stop the contest, send the opponent to the neutral corner, and demonstrate the infringement. The Referee will then lead the Athlete to the centre of the ring and signal to each of the 3 Judges that a special warning has been

given.

A Referee having once administered a warning for a particular foul cannot issue a caution for the same type of offence. If an Athlete is given three (3) warnings in a contest they will be disqualified.

16.1.3: DEDUCTION OF POINTS: If the Referee provides a Warning to one of the Athletes the Judges may award a point to the other competitor. When a Judge decides to award a point to an Athlete in agreement with a Referee Warning they shall place a "W" in the appropriate column against the points of the warned competitor to show that they have done so. The Athlete receiving the Warning will be deducted one (1) point from their total points.

16.1.4: DISQUALIFICATIONS: For major/dangerous infractions of the rules the Referee may opt to immediately disqualify an Athlete.

16.2: TYPES OF FOULS:

- Biting, head-butting, spitting at an opponent, pressing on opponent's eyes with the thumb;
- Intentionally spitting out mouth guards;
- Bending the back of opponent
- Intentionally smothering an opponent by covering the mouth and nose;
- Intentionally removing, unfastening, or displacing equipment;
- Intending to impact the opponent with canvas using a non-Muay Thai technique, such as but not limited to;
 - Tripping an opponent without using a Muay Thai skill when making 3 points of contact with the body;
 - Throwing an opponent using the hip (Judo or Wrestling techniques);
 - Tackling the opponent's body or legs
- Using the bottom of the foot to trip an opponent;
- Hooking or immobilising the opponent legs using calf, ankle or heel of the foot to trip them;
- Lifting an opponent by the body;
- Locking /hyper-extending of the opponent's joints in the arms, legs, head/neck or back.
- Attacking while holding the ropes or making any unfair use of the ropes;
- Falling on to an opponent who is lying on the floor;
- Attacking the opponent who is down or who is in the act of rising;
- Striking while having any part of the body other than feet touching the floor;
- Obstructing an opponent from re-entering the ring;

- Completely passive defence by means of double cover and intentionally falling to avoid a hit;
- Striking the groin of the opponent, if the Athlete is unintentionally hit by Muaythai skill and unable to continue the fight, the Referee will pause the fight for up to 5 minutes to allow the hit Athlete to take a rest. If Athlete refuses to resume the fight after 5 minutes rest they will be declared as “loser” and the opponent will be declared the “winner”.
- Holding the opponent’s leg and pushing forward more than two (2) steps in any direction without striking with any one of the Muay Thai skills (plowing);
- Striking an opponent after the round has ended;
- Not following the Referee’s command to “YOOT” (“Stop”) or “YAEK” (“Break”) and take a step back;
- Attempting to strike the opponent before the Referee has ordered “CHOCK” (Fight) following the command to “YOOT” or “YAEK”;
- Useless, aggressive, or offensive utterance during the contest;
- Assaulting or behaving in aggressive manner towards the Referee at any time;
- Applying, water to an Athlete by means other than a water bottle or spray bottle;
- Use of excessive water during the rest period between rounds causing a delay starting the next round;
- Using any kind of forbidden substance acknowledged by the World Anti-Doping Agency (WADA) or MTO Anti-Doping Code.

16.3: RESTRICTED STRIKES BY EXPERIENCE CLASSIFICATION AND AGE: Use of a restricted strike in a given competitive division is considered a foul.

Age Category	Open Class	A Class	B Class	C Class
Master 41-55	All legal Muaythai techniques		No knees or 12-to-6 (spiking) elbow to head	No knees or elbows to head
Senior 18-40 U23 18-23				
Youth 16-17	All legal Muaythai techniques			
Youth 14-15				
Youth 12-13			No knees or elbows to head	
Youth 10-11				
Youth 8-9			No strikes to the head	

16.4: SECONDS: Each Athlete can be held responsible for their Seconds’ actions.

16.5: REFEREE CONSULTS JUDGES: If a Referee has any reason to believe that a foul has been committed which Referee has not seen, he/she may consult the Judges and Jury.

RULE 17: THE DOWNED ATHLETE

17.1: DEFINITION: An Athlete is considered “down”

- If Athlete touches the floor with any part of his body other than his/her feet;
- If Athlete is outside or partly outside the ropes; or

When an Athlete is considered “down” the Referee will stop and reset the competitors inside the ring.

17.2: KNOCKDOWN: If an Athlete is in distress or unable to recover from a “down” position, they are considered to be knocked down. In addition, the Athlete may be considered knocked down if:

- If Athlete touches the floor with any part of his body other than his/her feet as the result of a strike or series of strikes and shows difficulty rising;
- If Athlete hangs helplessly on the ropes result of a strike or series of strikes;
- If Athlete is outside or partly outside the ropes result of a strike or series of strikes; or
- Following a hard strike the Athlete has not fallen and is not lying on the ropes, but is in a semi-conscious state and in the opinion of the Referee cannot continue the round.
- The Athlete is no longer actively defending themselves;
- The Athlete is in need of protection by the Referee to prevent injury;
- The Athlete had a lapse in consciousness;

17.3: THE COUNT: In the case of a Knockdown, the Referee shall immediately command “Yoot” and begin to count the seconds elapsing. When an Athlete is “down” the Referee shall count a loud from one (1) to ten (10) in the Thai /English/French language:

#	THAI	ENGLISH	FRENCH
1	NUENG	ONE	UN
2	SONG	TWO	DEUX
3	SAAM	THREE	TROIS
4	SII	FOUR	QUATRE
5	HAH	FIVE	CINQ

6	HOK	SIX	SIX
7	JED	SEVEN	SEPT
8	BAED	EIGHT	HUIT
9	KOUW	NINE	NEUF
10	SIB	TEN	DIX

Referees shall have intervals of one second between the numbers and leading with their index finger shall indicate each second with their hand in such a manner that the Athlete who has been knocked down may be aware of the count. Before the number “NUENG” (One) is counted, an interval of one second must have elapsed from the time when the Athlete has fallen to the floor, and the time of announcing “NUENG” (One).

If the opponent does not go to the neutral corner on the command of the Referee, the Referee shall stop counting until the opponent has done so. The counting shall be then continued where it has been interrupted. The Judge shall note a “KD” (Knockdown) on their scoring sheet when the Referee has given a count to an Athlete. When an Athlete is considered knocked down due to a hit to the head, the Judge shall then enter “KD+H” (Knockdown to the head) on their scoring sheet

17.4: OPPONENT’S RESPONSIBILITIES: If an Athlete is knocked down, the opponent must at once go to the neutral corner as designated by the Referee, waiting with their arms at their side. They may only continue against the opponent who is knocked down after the latter has gotten up and the Referee resumes the bout on the command “CHOCK”.

17.5: MANDATORY 8 COUNT: When an Athlete is “down” as the result of being hit, the bout shall not be continued until the Referee has reached the count of “BAED” (8), even if the Athlete is ready to continue before then.

17.6: THE KNOCK-OUT: If the Athlete is unable to continue by the count of “BAED” (8) the Referee shall continue to count to “SIB” (10). At “SIB” (10) the bout ends and shall be decided as a “Knock-out”.

17.7: COUNTING AT THE END OF A ROUND: In the event of an Athlete being Knocked down at the end of a round, the Referee shall continue to count. Should the Athlete recover by the count of “BAED” (8) the Referee shall immediately use the command “CHOCK”.

17.8: THE SECOND TIME AN ATHLETE GOES DOWN WITHOUT A FRESH HIT: If an Athlete is “down” as the result of a hit and the bout is continued after the count of “BAED” (8) has been reached, but the Athlete falls again without having received a fresh hit, the Referee shall continue the counting from the count of “BAED” (8).

17.9: BOTH ATHLETES DOWN: If both Athletes go down at the same time, counting will be continued as long as one of them is still down. If both Athletes remain down until “BAED” (8) the bout will be stopped and the decision given in accordance with the points awarded up to the time of the Knock-down.

17.10: ATHLETE FAILS TO RESUME: An Athlete who fails to resume boxing immediately after the termination of the rest interval, or who when knocked down by a hit, fails to resume within 10 seconds, shall lose the contest.

17.11: ATHLETE OUTSIDE OF THE RING: Should one or both Athletes fall Outside the Ring the Referee shall immediately command “YOOT” and begin to count the seconds elapsing. The Athlete(s) should make their way back into the ring unassisted and unhindered within a count of “Yee-Sib” (20).

The Referee should ensure that the Athlete(s) are not assisted or hindered in any manner. Should this occur, the referee should stop the count immediately and the offending party should be warned, continuing the count after the necessary action has been taken.

Should one Athlete be unable to return into the ring before the count of “Yee-Sib” (20), the Athlete within the ring will be declared the winner by “Referee Stops Contest (RSC-)”.

If both Athletes remain Outside the Ring with a full count of “Yee-Sib” (20) the contest will be stopped and the decision given in accordance with the points awarded up to the time of the occurrence.

RULE 18: DECISIONS

18.1: WIN ON POINTS: At the end of a bout, the Athlete who has been awarded the decision by a majority of the Judges shall be declared the winner. If both Athletes are injured, or are knocked-out simultaneously, and cannot continue the contest, the Judges shall record the points gained by each Athlete up to its termination, the competitor with the most points shall be declared the winner.

18.2: WIN BY REFEREE STOPS CONTEST (RSC)

18.2.1: SAFETY (RSCS) If an Athlete, in the opinion of the Referee is being outclassed or is receiving excessive punishment, the bout shall be stopped and his/her opponent declared the winner;

18.2.2: INJURY (RSCI) If an Athlete, in the opinion of the Referee, is unfit to continue due to injury sustained from legal strikes or other action or is incapacitated for any other physical reasons (e.g. joint dislocations, vomiting, profuse nasal bleeding), the contest shall be stopped and the opponent declared the winner.

- The right to make this decision rests with the Referee, who may consult the Doctor at the neutral corner. If the Doctor advises to stop the contest, the Referee must follow their advice. It is recommended that the Referee checks the other Athlete for injury also before making this decision;
- When a Referee calls a Doctor into the ring to examine an Athlete, only these 2 officials should be present. No seconds should be allowed into the ring or on the apron; and
- If the injury should happen in the final round of a gold medal contest, the winner will be decided on majority points scored from all preceding rounds only.

The Doctor shall only examine an Athlete during the rest under direct instruction from the Referee. In such cases that the Doctor advises the contest to be stopped, the Referee shall instruct the Timekeeper to begin the round time. The Referee will then immediately stop the contest and declare the opponent the winner by RSC Injury.

18.2.3: HEAD (RSCH): When an Athlete has received hard head blows or hits to the head rendering the Athlete defenceless and incapable of continuing the contest. The term RSCH is not to be used when an Athlete is simply

outclassed and is receiving too many scoring hits without themselves scoring. Special consideration is paid to Athletes who receive a RSCH;

18.2.4: BODY (RSCB): When an Athlete has received a hard hit to any part of the body except the head rendering the Athlete defenceless and incapable of continuing the contest; and

18.2.5: COMPULSORY COUNT LIMIT (CCL): The Referee stops the bout when a prescribed limit of 8 counts has been reached, depending on the age category of competition:

- Senior, U23 and Master: 3 counts in the same round or 4 counts in the whole bout.
- Youth 16-17: 2 counts in the same round or 3 counts in the whole bout.
- Youth 8-9, 10-11, 12-13, and 14-15: 2 counts in the whole bout.

18.3: WIN BY KNOCK-OUT (KO): If an Athlete is “down” and fails to resume competing within 10 seconds, the Athlete’s opponent shall be declared the winner by a Knock-out.

18.4: WIN BY RETIREMENT (RET): An Athlete’s opponent shall be declared the winner when:

- The Athlete does not leave their corner after the rest between rounds;
- The Athlete does not wish to continue after receiving a count; or
- The Athlete’s second surrenders on their behalf.

18.5: WIN BY DISQUALIFICATION (DQ): If an Athlete is disqualified, the opponent shall be declared the winner. If both Athletes are disqualified, the decision shall be announced accordingly. A disqualified Athlete shall not be entitled to any prize, medal, trophy, honourable award or grading, relating to any stage of the competition in which the Athlete has been disqualified; in exceptional cases it shall be open to the Board of Directors (or in their absence, the Jury) to rule otherwise. All such decisions, where not made by the Board of Directors, shall be subject to review and confirmation by it on receiving such report of the incident as it may require.

18.6: NO CONTEST (NC): A bout may be terminated by the Referee inside the scheduled duration owing to a material happening outside the responsibility of the Athletes or the control of the Referee such as the ring becoming damaged, the lighting has failed, exceptional weather conditions, etc. In such circumstances, the bout shall be declared “No contest” and in the case of Championships, the Jury shall decide the necessary further action.

18.7: WIN BY WALK-OVER (WO): Where an Athlete presents themselves in the ring fully attired for boxing and the opponent fails to appear after their name has been called out by the public address system and a maximum period of 5 minutes has elapsed, the Referee shall declare the first Athlete to be the winner by a “Walk-over”. Referee shall first inform the Judges to mark their papers accordingly, collect them and then summon the Athlete to the centre of the ring and after the decision is announced, raise the Athlete’s hand as winner.

18.8: DRAW: There are no draws in MTO-sanctioned tournaments.

18.8.1: TITLE & TOURNAMENT FORMAT COMPETITIONS: Draws are not permitted tournament format competitions, nor in bouts contesting for a vacant title; should a draw occur any Judges who scored the bout a draw must elect a winner on their scorecard.

18.9: INCIDENTS IN THE RING OUTSIDE THE CONTROL OF THE REFEREE: If an event occurs that does not allow the bout to continue within 1 minute after the bell has rung for the beginning of the first or second round (e.g. power failure), the bout shall be stopped and the Athletes will box again in the last bout of the same day of competition.

If the incident occurs in the last round of a bout, the contest shall be terminated, and the Judges are asked to give a decision as to the winner of the bout.

18.9.1: POST CONTEST ETIQUETTE: Before and after the decision is announced, Athletes must show respect to one another, the opponents Seconds and the Referee by either shaking hands or “Wai”.

18.9.2: OPPONENTS WATER BOTTLE: Drinking from the opponent's water bottle is prohibited to limit the risk of spreading bacteria, illness and contamination with regards to the IFMA anti-doping code.

18.9.3: TOURNAMENT FORMAT COMPETITIONS: If the incident occurs in the last three bouts of a bracket on the program, the Athletes shall be asked to box the first bout on the program of the next bracket. The Athlete shall only need to be weighed and medically examined again if their bout is moved to the next tournament day.

18.10: PROTESTS: A protest must be verbally lodged by the Coach of an Athlete within thirty (30) minutes after the decision has been announced, or within five (5) minutes if the contest is a gold medal match followed by a written/electronic protest provided to the Jury. If the Jury agrees to review, necessary action will be taken on the matter and a protest fee of \$300 CAD must be submitted to Muaythai Ontario within 24 hours. If the protest is upheld, the money will be refunded with a deduction of \$100 CAD for administration. If the decision is upheld, the protest fee will not be refunded and will remain with MTO.

RULE 19: MEDICAL DOCTOR & PROCEDURES

19.1: DUTIES OF THE DOCTOR: A Doctor for Muaythai should be a well-trained Doctor in this sport.

19.1.1: REQUIRED ATTENDANCE: The officiating Doctor should be seated next to the ring beside the Jury, closest to the steps to enter. The Doctor shall sit close to the ring at a provided place and stay until they have examined the two (2) Athletes who participated in the last bout of the session.

19.1.2: PHYSICAL EXAMINATION: The Doctor shall check the health of Athlete and certify that the Athlete is fit to fight before the weigh-in.

19.1.3: ADVISE THE REFEREE: The Doctor shall give instruction to the Referee upon his/her request.

19.1.4: ATTEND AN UNCONSCIOUS ATHLETE: If an Athlete is rendered unconscious, then only the Referee and the Doctor summoned should remain in the ring unless the doctor needs extra help.

19.1.5: PROVIDE MEDICAL ATTENTION: An Athlete who has been Knocked out as a result of a head hit in a bout or wherein the Referee has stopped the bout due to the Athlete having received hard hits to the head rendering the Athlete defenceless or incapable of continuing, shall be examined by a Doctor immediately afterwards and official suggestions of after care shall be given to the Corners of the Athlete.

RULE 20: KNOCK-OUT & RSCH

20.1: MANDATORY PROBATION PERIODS

- One (1) RSCH: An Athlete for whom the Referee has stopped the contest due to the Athlete having received hard hits to the head rendering the Athlete defenceless or incapable of continuing, shall not be permitted to take part in competition of Muay Thai or sparring for a period of at least thirty (30) days after the RSCH;
- One (1) Knock-out: An Athlete who has been knocked out as a result of a head hit during a contest shall not be permitted to take part in competition of Muay Thai or sparring for a period of at least forty-five (45) days after the Athlete has been knocked out;
- Two (2) Knock-outs or RSCH: An Athlete who has been knocked out as result of head hits or wherein the referee has stopped the contest due to an athlete having received hard hits to the head rendering the Athlete defenceless or incapable of continuing twice within a period of ninety (90) days, shall not be allowed to take part in Muay Thai competition or sparring for a period of ninety (90) days from the second Knock-out or RSCH;
- Three (3) Knock-outs or RSCH: An Athlete who has been knocked out as a result of head hits or wherein the referee has stopped the contest due to the Athlete having received hard hits to the head rendering the Athlete defenceless or incapable of continuing three (3) times in a period of twelve (12) months, shall not be allowed to take part in Muay Thai competition or sparring for a period of twelve (12) months from the third Knock-out or RSCH;

Each knock-out suffered as a result of head hits and each RSCH must be recorded in the Athlete's medical record.

20.2: EXTENDED PROBATION: Any Athlete having lost a hard bout with many hits to the head or having been Knocked down several times in some consecutive contests, may not be permitted to take part in Muay Thai competition or training for a period of at least 4 weeks after the last contest on the advice of the Medical Officer should they decide that it would be necessary.

20.3: MEDICAL CERTIFICATION FOLLOWING PROBATION: Before resuming Muay Thai after any periods of medical probation, an Athlete must be certified by a neurologist as fit to take part in Muay Thai competition. The Athlete should undergo, if possible, a special examination, electroencephalogram (EEG) and, if necessary, a contrast-enhanced computed tomography (CCT) test. The results of examinations as well as the permission to resume competing shall be entered in the medical record.

All protective measures apply equally if a head injury occurs during training.

RULE 21: OFFICIALS

21.1: MTO REGISTRATION: Every Official, including Jury, Judges, and Referees, must hold a current MTO Officials Membership. MTO Memberships are valid from the day they are purchased until December 31st of each calendar year, at which time they expire.

21.2: OFFICIALS REQUIRED DOCUMENTS: Each Official must possess the following documents, and must be prepared to present them to a Head Official upon request:

- **Proof of Identity:** Officials must provide a valid proof of identity (drivers licence, passport, etc);
- **Current MTO Official Membership:** The Official must provide proof of their current MTO membership as an official. Each official must be a member of an MTO member club, which must also be their primary location of coaching/training.
- **Vulnerable Sector Check/ Enhanced Police Information Check:** Officials must provide valid and current background checks. MTO will only accept background checks completed within the calendar year prior to the competition date. Meaning, like MTO memberships, MTO will only accept background checks that have been completed after January 1st of each calendar year.
- **Proof of Officials Course Certificate:** In order to qualify as an Official at an MTO-sanctioned competitive event, each official must successfully complete an MTO Certified Officials Course, and produce the certificate of completion. MTO Officials Course certification signifies that the second has been instructed in MTO rules & regulations, understanding their role as a coach, developing morals and expectations of a coach, and technical knowledge of Muay Thai. All Ontario-based coaches seeking to second must complete the MTO Coaches Course. Exceptions will be considered for out-of-province coaches at the discretion of the MTO Board of Directors.

21.3: JURY: Each contest shall have one (1) appointed Jury who presides over the three (3) Judges and shall be seated at the head table.

21.4: REFEREE: Each contest shall be controlled by an MTO approved Referee who shall officiate in the ring but shall not mark a scoring paper for the same bout.

21.5: JUDGES: Each contest shall be marked by three (3) MTO Judges who shall be seated separately from the public and immediately adjacent to the ring.

21.6: TIMEKEEPER: Each contest shall have one (1) Timekeeper who shall be seated at the head table.

21.7: NEUTRALITY: The names of the Referee and the Judges for each contest shall be selected by the Jury in accordance with the following directives:

- Each official shall be an approved Referee/Judge; and
- That each official shall not be associated with the Athletes taking part in the contest.

21.8: CONFLICT OF INTEREST: A person acting as Referees or Judges shall not act as team manager, trainer of or second to any Athlete or team of Athletes at the same time as the Athlete's contest or bout.

21.9: IMPAIRMENT: No MTO official shall operate under the influence of alcohol, cannabis or illicit substances.

21.10: DISCIPLINARY ACTION: The MTO Board of Directors or its duly authorised representative may, upon the recommendation of Jury, may dispense (temporarily or permanently), with the services of any Referee who, in its opinion, does not efficiently enforce the rules of the MTO, or any Judge whose marking or scoring of contests it considers not to be satisfactory.

21.11: DRESS: MTO Officials are to wear black trousers, black shoes, and their MTO Official's shirt. Appropriate jackets

may be used when authorised.

RULE 22: THE JURY

22.1: APPOINTMENT: The MTO Board of Directors shall appoint a Jury for each competition or delegate that decision to an appropriate party.

22.2: HEAD OFFICIAL: The MTO Board of Directors shall appoint one Head Official for each competition. The Head Official will be chiefly responsible for the administration of MTO sanctioning duties, organising other officials, and generally overseeing the competitive event.

22.3: COMPULSORY MEETING: At each competition the Technical Delegate or the Jury shall arrange a Technical Meeting of the Officials, Seconds, and Athletes who are going to work in each tournament and emphasize that MTO rules will be followed.

22.4: DUTIES: The Jury shall record their score of each bout witnessed and these scores shall be available for comparison with those of the Judges functioning in those bouts.

- The Jury shall check the scoring papers of the judges to ensure that:
 - The points are correctly totalled;
 - The names of the Athletes are correctly entered;
 - A result is decided;
 - The scoring papers are signed before the decision is announced; and
 - The Jury shall then inform the announcer the result of the competition.
- The Jury shall inform the MTO Board of Directors in writing, about any Referee or Judge whom in their opinion does not effectively enforce the rules and regulations of MTO and Judge whose scoring of contest they consider unsatisfactory;
- Any Referees or Judges that perform official duties are required to be available for the interview (meeting) by the Jury.
- Overruling the Referee and/or Judges: Decisions of a Referee and/or Judge may be overruled by the Jury in the following ways:
 - When the Referee has given a decision which is clear it against the Rules of MTO; or
 - When it is obvious that the Judges have made a mistake on their score sheets which results in a wrong verdict.
- If an official appointed for a contest is absent, the Jury may appoint from the roll of approved officials a suitable member to replace the absent member, reporting this change to the Board of Directors as soon as it may be possible;
- If circumstances should arise which would prevent the holding of a contest under proper conditions and if a

Referee should take no efficient action concerning the situation, the Jury may order competition to cease until it may be satisfactorily resumed;

- The Jury, may also take any immediate action they consider necessary to deal with circumstances which would prevent proper conduct of competition at any session; and
- Should an Athlete commit a serious and deliberate offence that is contrary to the spirit of sportsmanship, the Jury has the right to recommend and the Board of Directors to declare the Athlete ineligible for competition for a specific period of time. The Board of Directors may deprive the Athlete of a medal or prize already won in that competition.

22.5: SEATING ARRANGEMENTS: The Jury shall sit between the Doctor and the Timekeeper at ringside.

22.6: OVERRULING THE REFEREE AND/OR JUDGES:

- Decisions of a Referee and/or Judge may be overruled by the Jury in the following ways:
 - When the Referee has given a decision which is clear it against the Rules of MTO; or
 - When it is obvious that the Judges have made a mistake in their scoring which results in a wrong decision.
- If circumstances should arise which would prevent the holding of a contest under proper conditions and if a Referee should take no efficient action concerning the situation, the Jury may order competition to cease until it may be satisfactorily resumed.

RULE 23: THE REFEREE

23.1: DRESS: The Referee is to wear flat soled shoes without a raised heel, and must wear surgical gloves while officiating. Any accessories such as eyeglasses, jewellery, belt, and headwear are prohibited.

23.2: PRIMARY CONCERN: Safety of the Athlete is the primary concern of the Referee.

23.3: DUTIES: The Referee shall:

- Control the safety of the bout;
- See that the rules and fair play are strictly observed;
- Maintain control of the contest at all its stages;
- Prevent a weak Athlete from receiving undue and unnecessary punishment;
- Check the gloves and dress of the Athletes;
- Referee shall use 3 words of command in either Thai/English:
 - “YOOT” (“Stop”) when ordering the athletes to stop fighting;
 - “YAEK” (“Break”) when breaking a clinch, upon which command each athlete shall step back to await the referee’s command to continuing the competition; and
 - “CHOCK” (“Fight”) when ordering them to continue.

- Referee shall indicate to an Athlete by suitable explanatory signs of gestures any infringement of the rules;
- Stop each round at the strike of the bell commanding “Yoot” (Stop) and obstructing the Athletes and sending them to their corner;
- At the end of a contest collect and check the papers of the 3 Judges where applicable; after checking Referee shall hand these papers to the Jury;
- The Referee will inspect the bandages of both Athletes before the decision is made and report any infringement of the rules to the Jury for evaluation;
- When the Referee has stopped the contest they shall first inform the Jury as to the reason such that the announcer can make the decision known to the public; and
- The Referee shall not indicate the winner, by raising an Athlete’s hand or otherwise, until the announcement has been made. When the winner of the bout is announced, the Referee shall raise the hand of the winning Athlete; and
- When the Referee has disqualified an Athlete or stopped the bout, he/she shall first inform the Jury which Athlete has been disqualified or the reason for which he/she has stopped the bout, to enable the Jury to instruct the announcer to make the decision known to the public.

23.4: POWERS OF THE REFEREE: The Referee is empowered to:

- Terminate a contest at any stage if he/she considers it too one-sided (RSC: Outclassed);
- Terminate a contest at any stage if one of the Athletes has received an injury on account of which the Referee decides they should not continue (RSC: Injury);
- Terminate a contest at any stage if they consider the contestants are not competing in earnest. In such case he may disqualify one or both contestants;
- Caution an Athlete or to stop the fight during a contest and administer a Warning to an Athlete against fouls or for any other reason in the interests of fair play, or to ensure compliance with the rules;
- Disqualify an Athlete who fails to comply immediately with his orders, or behaves towards him in an offensive or aggressive manner at any time;
- Disqualify a Second who has infringed the rules and/or the Athlete themselves if the Second does not comply with the Referee’s orders;
- With or without previous Warning, disqualify a contestant for committing a serious foul;
- In the event of a Knock-down, suspend a count, if an Athlete deliberately fails to retire to a neutral corner or delays to do so; and
- Interpret the rules insofar as they are applicable or relevant to the actual contest to decide and take action on any circumstance of the contest which is not covered by a rule.

23.5: CAUTIONS: A Referee may caution an Athlete. A caution is in the nature of advice or admonition given by the Referee to an Athlete to check or prevent undesirable practices of the less serious infringements of the rules. To do so Referee will not necessarily stop the contest, but may find a suitable safe opportunity during a round to admonish an Athlete for an infringement of the rules. A caution shall be accompanied by the appropriate physical signal for the offence committed. If an Athlete is given 3 of the same caution in a contest, they shall receive a Warning. No further cautions of the same type will be issued once a warning has been issued; only further Warnings.

23.6: WARNINGS: If an Athlete infringes the rules, but does not merit disqualification for such infringement, the Referee shall stop the contest and shall issue a Warning to the offender. The Referee shall order the Athletes to stop prior to delivering the Warning. The Warning shall be clearly given and in such a way that the Athlete understands the reason and the purpose of the warning. The Referee shall signal with his hand to each of the Judge that a special Warning has been given and shall clearly indicate to them the Athlete whom he has warned and that a point is to be deducted. After giving the Warning, the Referee shall order the Athletes to “CHOCK”/“Fight”. If an athlete is given 3 warnings in a contest, they shall be disqualified.

23.7: REPLACING THE REFEREE DURING THE BOUT: If a Referee is incapacitated in the course of a bout, the timekeeper shall strike the gong to stop the bout and the next available neutral Referee on the MTO list shall be instructed to control the bout and order boxing to be resumed.

23.8: MEDICAL CONSIDERATIONS: The Referee shall be free of any conditions or ailments that may compromise their ability to perform their duties. The use of contact lenses for corrective vision is permitted.

RULE 24: JUDGES

24.1: DUTIES

- Each Judge shall independently evaluate the merits of the 2 contestants and decide the winner according to the rules;
- A Judge shall not speak to an Athlete or to another Judge, nor to anyone else except the Referee during the contest, but may, if it is necessary, at the end of a round, bring to the notice of the Referee any incident which (the Referee) may appear not to have noticed, such as the misconduct of a Second, loose ropes, etc;
- The number of points awarded to each competitor shall be entered by a Judge on their scoring paper immediately after the end of each round;
- At the end of the contest a Judge shall total the points, nominate a winner, sign their scoring paper and submit their scorecard to the Referee; and
- Judge shall not leave their seat until the verdict has been announced to the public.
- Each contest should be marked by five (5) or three (3) MTO who shall be seated separately from the public and immediately adjusted to the ring. If five judges (5) are used, two (2) of the judges will be seated on the same side of the ring at a sufficient distance from each other facing the Jury.

24.2: SEATING ARRANGEMENTS: The Judges shall sit individually in the middle of each side of the ring.

RULE 25: TIMEKEEPER & ANNOUNCER

25.1: DUTIES OF TIMEKEEPER:

Each contest shall have one (1) timekeeper who shall be seated ringside;

The Timekeeper shall:

- Regulate the duration of the Wai Kru and signal it end to the Referee and Athlete by the signal or bell,
- The main duty of Timekeeper is to regulate the number and duration of the rounds, the intervals between rounds. The intervals between rounds shall be of one (1) full minute in duration;
- Timekeeper shall commence and end each round by striking the gong or bell;
- Indicate or give a signal of 10 seconds to clear the ring before the commencement of each round;
- Timekeeper shall take off time for temporary stoppages or when instructed to do so by the Referee;
- Timekeeper shall regulate all periods of time and counts by a watch or clock;
- If, at the end of a round, an Athlete is “down” and the Referee is in the course of counting, the gong indicating the end of the round will not be sounded. The gong will be sounded only when the Referee gives the command “CHOCK” indicating the continuation of the match.

25.1.1: SEATING ARRANGEMENTS: The Timekeeper shall sit beside or near the Jury, opposite the Doctor.

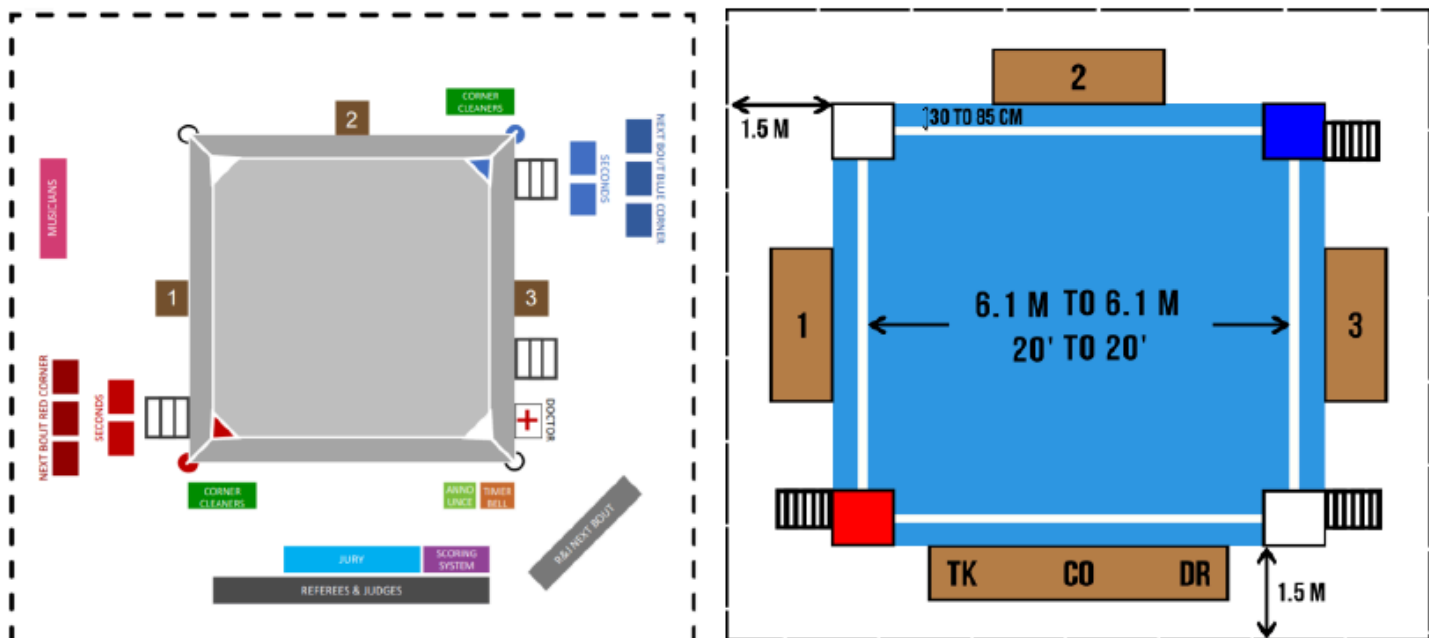
25.2: DUTIES OF ANNOUNCER:

- Announce the name, club or country, weight and corner colour of both Athletes to the public whenever they appear in the ring;
- Order “seconds out” 10 seconds before the commencement of each round;
- Announce for the starting and ending of each round; and
- Announce the result of the competition and name of the winner.

25.3: SEATING ARRANGEMENTS: Both the timekeeper and the announcer shall be seated directly at the ringside during the competition.

RULE 26: THE RING

26.1: SPECIFICATIONS: In all competitions, the ring shall conform to the following requirements:



26.1.1: MEDIA: Photographers, videographers and other media may stand on the floor at either of neutral corners without impeding the Doctor’s access to the ring stairs. The Jury may provide permission to specific media personnel to stand on the ring apron. The media should never stand behind the Judges or in front of the Jury at any time during competition round breaks.

26.1.2: SIZE: The minimum size shall be 4.9m (16’) and the maximum size 6.1m (20’) inside the line of the ropes for in-house competitions. The minimum size shall be 6.1m (20’) inside the line of the ropes for all Single Shows. The ring shall not be less than 90 cm (2’ 11”) or more than 1.20 m (3’ 11”) above the ground.

26.1.3: PLATFORM AND CORNER PADS: The platform shall be safely constructed, level and free from any obstructing projections and shall extend for 30 to 85 cm (12” to 2’ 9”) outside the line of the ropes. It shall be fitted with four corner posts which shall be well padded or otherwise so constructed as to prevent injury to the athletes. The corner pads/posts should be arranged in the following way:

- Red in the nearer left-side of the Jury’s table
- White in the far left-side corner of the Jury’s table
- Blue in the far right-side of the Jury’s table
- White in the near right corner of the Jury’s table

26.1.4: FLOOR COVERING: The floor shall be covered with felt, rubber or other suitable (approved) material having the same quality of elasticity, not less than 1.5cm and not more than 2cm thick over which canvas shall be stretched and secured in place. The felt, from the rubber or other approved material and canvas shall cover the entire platform.

26.1.5: ROPE: There shall be 4 ropes with a thickness of minimum of 3 cm and maximum of 5 cm tightly drawn from the corner posts at 40cm, 70cm, 100 cm and 130 cm (15.7”, 27.5”, 39.25”, 51.25”) high respectively. The ropes shall be covered with a soft or smooth material. The rope shall be joined on each side, at equal intervals, by two pieces of closely textured canvas 3 to 4 cm wide. The pieces must not slide along the rope.

26.1.6: TURNBUCKLES The turnbuckles shall be covered by foam no less than 2cm thick and securely fastened with a Velcro cover or tape.

26.1.7: STEPS: The ring shall be provided with at minimum 1 set of steps set in the neutral corner for use by the Referee and Doctors.

26.2: CORNER ACTIVITY: The corner area inside the ropes shall be kept clean of water and debris. Bottles under compression are not permitted ringside.

26.3: TOURNAMENT FORMAT COMPETITIONS: Two or more rings may be used in tournament format competitions.

RULE 27: RING EQUIPMENT

27.1: REQUIREMENTS The following ring equipment shall be available:

- Six (6) Seats – Four (4) seats for seconds, with two (2) in each coloured corner. Two (2) stools for athletes, one (1) in each coloured corner;
- Table and chairs for officials;
 - Ensure that there are tables located on three sides of the ring with two chairs at each. (One table and two chairs, on 3 sides);
 - Ensure a larger table(s) on the additional 4th side with chairs to allow for the Jury, Doctor, Timekeeper etc.; and
 - Ensure there is a barrier at least a 1.5m from the Judges/tables around the ring to the spectators.
- Two (2) shallow traps - one per coloured corner;
- Two mops - one (1) per coloured corner;
- Plastic Bags - in the 2 neutral corners outside the ring, a small plastic bag shall be fixed in which the Referee and Doctor shall drop the cotton or tissue pads used to stop bleeding.
- White or coloured powder-less non latex gloves for the Referee or medical staff.;
- Steps beside the Doctor's seat at the table for quick access to the ring;
- Gong (with striker) or bell;
- Wooden clapper for 10 second warning;
- One microphone connected to the loudspeaker system and another for back up;
- One (preferably two) stop watches;
- A barrier at least a 1.5m from the Officials tables around the ring to the spectators
- MTO score cards; and
- One stretcher or access to a cot/gurney.

- Two towels
- Two buckets of water
- A locked box for score cards
- A set of round, boxing time, and bout markers
- Two fighter's shorts, red and blue each
- Two protective cups or protective coverings for the fighters' genital organs
- Two women chest protector
- A pair of safety scissors

27.2: CORNER ACTIVITY: The corner area inside the ropes shall be kept clean of water and debris. Bottles under compression are not permitted ringside.

RULE 28: THE BALLOT AND BYES IN TOURNAMENTS

26.1: THE BALLOT: The ballot shall take place ahead of time in the MTO office in the presence of the official representatives of the team concerned and must ensure that. No competitor of the same weight classification and experience class shall box twice in the competition before all other competitors have boxed at least once. In special situations, the Board of Directors of MTO has the right to depart from this rule, especially if MTO chooses to use an electronic ballot platform.

26.2: BYES: Where there are more than 4, 8, 16 or 32 competitors, a sufficient number of byes shall be drawn in the first series to reduce the number of competitors in the second series. Competitors drawing a bye in the first series shall be the first to box in the second series. If there are an odd number of byes, the Athlete who draws the last bye will compete in the second series against the winner of the first bout in the first series. Where the number of byes is even, the Athlete drawing byes shall box the first bouts in the second series in the order in which they are drawn.

28.3: BOUTS PER COMPETITION DAY: An Athlete is only permitted to compete in a maximum of two (2) bouts per day. In special circumstances, the Board of Directors has the authority to allow an Athlete to compete in more than two (2) bouts per day.

28.4: ADDITIONAL CONTEST REST ALLOWANCE: The Athlete must be allowed a minimum of two (2) hours rest between contests.

28.5: MAXIM ADDITIONAL CONTEST: The Athlete must not exceed three (3) contests per day.

RULE 29: TOURNAMENT AWARDS

29.1: PRIZES: In provincial competition, cups or prizes of honour may be presented. No medal shall be awarded to an athlete who has not competed at least once.

29.2: TEAM STANDINGS: The team standings shall be determined in the following manner

- 2 marks - The winner of each bout in the semi-finals bout; and
- 3 marks - The winner of the final bout.

The marks shall be awarded if a bout cannot take place as an athlete MUST progress through the tournament bracket to proceed to the next bout.

In the case of 2 or more teams obtaining an equal number of marks, the placing shall depend on:

- The number of victories in the finals; and if this is equal
- The number of second places; and if this is equal to
- The number of third places.

RULE 30: SINGLE CONTEST COMPETITION AWARDS & TITLES

30.1: PRIZES: In non-tournament competition, Event Hosts may present cups, trophies, medals, plaques, and other prizes of honour to Athletes in recognition of their performance. Belts and event Titles will not be awarded except as follows;

- Fighters with a record of 20+ fights will be permitted to participate in a Provincial Title Belt;
- Special circumstances must be approved by the MTO Board of Directors. Fighters with a 15-0 record will be permitted to participate in a Provincial Title Belt;
- Youth Provincial Title Belt will also be permitted with Board approval; All Youth must follow RULE 9 and RULE 9.3.
- No promoter belts, only Belts and Titles approved by MTO Board are permitted.

30.2: MUAYTHAI ONTARIO TITLES: may be contested by two Athletes where following requirements are met:

- Both Athletes are residents of Ontario;
- The Athletes are competing in the Youths, Senior, or Master age category;
- The Athletes are competing in either A and Open Class with approval by MTO Board of Directors;
- The Athletes are competing in an official Muaythai Ontario weight class (see Rule 5); and
- Both Athletes are ranked top 5 in their division.

Athletes must be solicited for in the order of their rankings unless an Athlete has already a Title contest with the current champion.

30.3: DEFENDING A TITLE: Athletes who have been awarded a Provincial Title Belt must defend the title once every 14 months. If the result of a contest in which a title is being defended is a Draw, the Title is successfully defended and remains with the Title holder.

A Title may not be defended more than once per 30 days.

30.4: VACATING A TITLE: An Athlete vacates a Title when:

- The Title holder fails to defend their Title within 14 months of it being last contested;

- The Title holder is scheduled to defend a Title and withdraws from competition within 5 calendar days of competition without providing a valid doctor’s note prohibiting the Athlete from competition;
- The Title holder fails to make the scheduled weight on a title defence; or
- The Title communicates their intent to voluntarily vacate a Title in writing to Muaythai Ontario.

RULE 31: MUAYTHAI ONTARIO RANKINGS

31.1: ONTARIO RANKINGS In official Muaythai Ontario weight classes are maintained at Muaythai Ontario.org for Athletes whose:

- Age category is either Youths, U23, Senior or Master; and
- Experience class is either A or Open.

31.2: CALCULATION OF RANKING An Athlete is ranked in a division (Gender + Age + Experience + Weight) by comparing

- The sum of their points in that division within the last 24 months; and
- Every other Athlete’s 24 months point total in the same division.

Should there be a tie in points, the Athlete with the most recent contest shall be ranked higher.

31.3: RANKING POINTS An Athlete is awarded ranking points for their participation in recognized competition. At present time, recognized competition consists of:

- All Muay Thai Ontario competition;
- Muaythai Canada tournament competition; and
- IFMA tournament competition.

Points awarded to an Athlete are specific to an official Muaythai Ontario weight class, and carry across age categories and experience classes.

31.3.1: RANKING POINTS AWARDED PER CONTEST: An Athlete is awarded points for the outcomes achieved in recognized competition as follows:

Results	Single Fight	Provincial Title Fight	Provincial Tournament	National Championship	International Championship/Title Fight	IFMA-WMC	IFMA Olympic
Win	50	75	100	150	200	300	400
Draw	10	20	30	40	50	50	-
Loss	5	10	15	20	30	40	40

31.3.2: RANKING POINTS AWARDED FOR TOURNAMENT PLACEMENT: In addition to the points award per contest, Athletes who place in Muay Thai Ontario, Muaythai Canada, or IFMA tournaments receive bonus points as follows:

Results	Provincial	National	International	IFMA-WMC	IFMA Olympic
Gold	75	100	200	300	400
Silver	50	75	175	275	375
Bronze	25	50	150	250	350

RULE 32: DISCIPLINARY POLICIES

32.1: REPORTING: Reported incidents of any violation of the MTO Rules & Regulations, Code of Conduct, or other policies will be discussed by the Board of Directors and addressed within 30 days of the report.

32.2: INVESTIGATION: An impartial member of the MTO Board of Directors may investigate a reported violation. That investigation may involve contacting the individual(s) who reported the incident, the individual(s) who are being accused, or any potentially relevant individuals.

32.3: BOARD EVALUATION: Based on the findings of the investigation, the matter may be referred to the Board of Directors for evaluation.

32.4: BOARD DECISION: The Board will decide on disciplinary action by a simple majority vote. That decision will be communicated to the individual(s) accused of the violation as well as the reporter(s).

32.5: PENALTIES: Disciplinary actions may include, but are not limited to:

32.5.1: Warning: An individual may be given an official warning as a result of their violations.

32.5.2: Suspension of Membership: The MTO Board of Directors may decide to suspend the individual(s) membership for a period of time (e.g. 30 days, 90 days, six months), during which time the individual(s) will not be permitted to participate in MTO-sanctioned competitive events as an athlete, coach, or official. In extreme cases, memberships may be permanently suspended.

32.5.3: Reconciliation: The MTO Board of Directors may decide to order an individual(s) to apologise to the individual(s) harmed by their actions. The Board may couple a suspension of membership with an apology (e.g. the individual's membership is suspended until they reconcile with the harmed individual).

32.5.4: Loss of Title/Ranking: If the accused individual is a current MTO title holder or is officially ranked by MTO, the Board may decide to strip the individual of their title/ranking.

32.5.5: Other Penalties: The MTO Board of Directors may decide on disciplinary action not listed here, depending on each individual case and circumstance.

THESE RULES SHALL SUPERSEDE ALL PREVIOUS RULES OF MUAYTHAI ONTARIO. MTO WILL INCLUDE FURTHER REVISIONS ONCE WE RETURN TO COMPETITION.