



X3 Sports

Muay Thai Semi-Contact Tournament Rules



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EQUIPMENT:

Competitors are required to wear the following protective gear:

Head Gear

Mouth Guard

Hand Wraps

16oz. Gloves

Muay Thai or MMA Shorts

Groin Protector

Shin Guards

WEIGH-INS:

Weigh-ins will take place the morning of the competition. Each competitor will be matched according to height, weight, age, gender and experience. If there is no one in your bracket you may either fight up or you can be refunded



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REGISTRATION:

Competitors must register online before the event. You will not be able to register at the door

Every competitor must complete a fighters waiver, if under 18 a parent/guardian must sign

YOU ARE NOT OFFICIALLY REGISTERED UNTIL PAYMENT IS RECEIVED!



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RULES:

This is a semi-contact event. All matches emphasize technique; not power. **NO KNOCKOUTS ARE ALLOWED! ABSOLUTELY NO STRIKES WITH THE INTENT TO DO DAMAGE ARE ALLOWED!** All matches are 3×2 minute rounds with a 1 minute rest. Best 2 of 3

STRIKING (ALLOWED):

All strikes with the hands in accordance with standard boxing rules are allowed.

Kicks to the head, body and legs.

Front push kicks.

Knees to the body.

Active clinch.

Foot sweeps.

NOT ALLOWED:

NO KNOCKOUTS.

NO ELBOWS.

NO KNEES TO THE HEAD OR FACE.

NO KNEE STOMPS.

NO KICKS OR STRIKES TO THE JOINTS.

NO FLYING KICKS.

NO SPINNING BACK FISTS.

NO STRIKES TO THE GROIN.

NO STRIKES TO THE BACK OR SPINE.

NO PROFANITY OR UNSPORTSMANLIKE CONDUCT.



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JUDGING:

The referee will also be the judge. A fighter wins the round if the Ref points to their corner. To win the match a fighter must win two of three rounds. The referee may disqualify a fighter or deduct points at any time for illegal strikes or unsportsmanlike conduct.

You will be scored on volume and accuracy with kicks and strikes

AWARDS:

First and Second place competitors receive an Award.