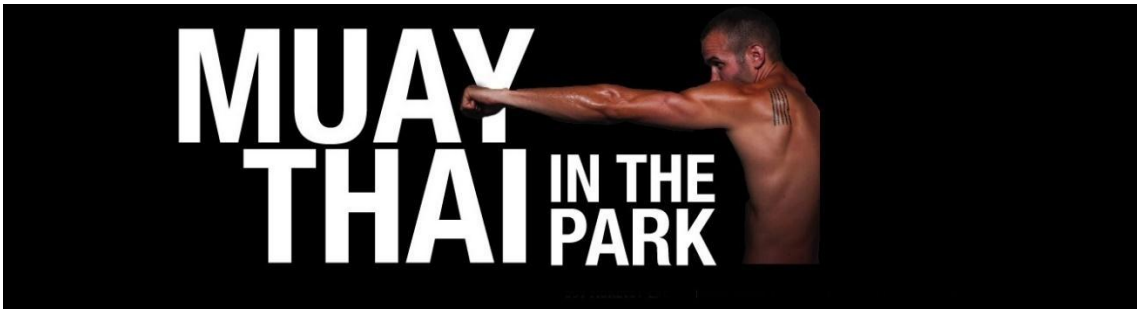
Greeting Athletes and Coaches!

Thank you for participating in **Muay Thai in the Park**. Muay Thai in the Park is a Muay Thai fight event at the Arashi Do Martial Arts school in Sherwood Park. This event first took place in 2011 at our original Sherwood Park location. We are very happy to have you as part of our event and excited for an afternoon of Muay Thai action!



Event Details

Date	Sunday May 28, 2023
Location	Arashi Do Martial Arts (Sherwood Park) 38 Sioux Road, Sherwood Park, Alberta, T8A 4X1
Event Time	12:15pm to 4:30pm
Weigh-ins	Between 10:30am - 1130am (Doors open for fighters at 10:00am)
Spectator Ticket Info	$30 **Purchase in advance at arashidosherwoodpark.com/events** (There are no physical tickets only a guest list. Each athlete gets 2 corners/coaches, Gyms with more than one fighter can bring 3 corners/coaches)

Please help to promote this event by inviting friends and family to come and support you!

RULES

SECTION I - PREPARATION

1. **WEIGHT** – The competitors' weight was gathered by the promoter prior to making matches so that the organizer could evenly match athletes. If adult fighters are not below the weight max, the opponent's coach will have the option to forfeit the match if they are not comfortable with the discrepancy. Please double check the weight that was submitted for accuracy. Children and teens will not cut weight and reasonable allowances will be made.
2. **WAI KRU** - Fighters will only seal the ring. No Wai Kru *unless instructed* otherwise in advance.
3. **MONGKOL & PRAJIED** - Athletes must wear the sacred headband (Mong-Kon) for paying homage before entering the ring. A Krueng-Wrang (Prajied/arm band) with an amulet or charm may be put on around the upper arm, biceps or waist but must be neatly covered. Students are permitted to wear the prajied earned in gradings but are not permitted to wear prajieds that could be mistaken for colours within the Lom Pa Yu grading system (Black, Solid Brown, Red & Black etc) The referee may request that a Prajied is removed if the strings are too long or delay competition by becoming undone/falling.
4. **HANDWRAPS** - Fighters can wear cloth handwraps the same as in training. Taping of the hands is permitted but the fighter must provide their own tape and gauze. If using handwraps, one strip of tape can be used to cover the wrist on top of the cloth handwrap.
5. **GLOVES** - Athletes shall wear the gloves which the organizer of the competition has placed at their disposal, and which have been approved by the organizers. The gloves must be red and blue and coordinate with the colour of the athlete's corner.
6. **HEADGEAR** – Will be provided by the organizers. If you have headgear you prefer to wear you can request to use it after the rules meeting upon inspection.
7. **SHINPADS** – Fighters must provide their own cloth shinpads with instep protection. Tape is permitted below the knee and around the ankle only.
8. **GROIN GUARD** - The use of a groin guard by male athletes is mandatory and recommended for female athletes. Male athletes should wear a metal or polycarbonate groin guard, and a jock strap may be worn in addition. For female athletes, a polycarbonate or foam groin guard is recommended. To observe hygiene, all athletes. male and female must have their own groin protectors.
9. **SHORTS** – The athlete shall wear Lom Pa Yu Muaythai shorts. Please bring your Team Muaythai shorts to the event in both white and black if you have them.

SECTION II – COACHES AND CORNERS

1. **NUMBER OF SECONDS** Each competitor is entitled to 2 seconds (one coach and one corner.
2. **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;

3. **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.
4. **CORNER SUPPLIES** - Each corner is required to have their own towel, sponge, squeeze bottle and water with the corner bucket. These items are not to be used to any other athlete to prevent the spread of bacterial-viral illnesses.
5. **BETWEEN ROUNDS** - only ice/water and Vaseline may be used. No other substances may be used on the athlete between rounds.

SECTION III - SCORING

1. **AWARDING A POINT** whenever the athlete hits the opponent by punching, kicking, kneeing, with force, lands on a scoring target without being blocked, guarded against, or fouling.
2. **NON-SCORING TARGETS** - The gloves, forearms, foot, and shin are not scoring targets, unless a strike is applied with enough force to influence the scoring target (eg. a high kick against the gloves of a blocking opponent off-balances them.)
3. **TEN POINTS SYSTEM** - 10 points shall be awarded for each round. No fraction of points may be given. At the end of each round, the better (more skillful in Muaythai) athlete shall receive 10 points and the opponent proportionately less. When athletes are equal in merit, each shall receive 10 points.
4. **AWARDING POINTS**
    - An athlete wins the round when hitting more with Muaythai skills than the opponent;
    - An athlete wins the round when using a more forceful Muaythai skill than the opponents;
    - An athlete wins the round when showing less exhaustion or less bruising;
    - An athlete wins the round when showing more aggression or willingness to lead off;
    - An athlete wins the round when having a better execution of Muaythai skill;
    - An athlete wins the round when executing better ring generalship;
    - An athlete wins the round when having better defense (blocking, parrying, side-stepping, etc.) by which the opponent's attacks have been made to miss; and
    - An athlete wins the round when having less infringement of the rules.
5. **NON-AWARDING OF POINTS**
    - Hitting with lack of Muaythai skills;
    - Hits which are appropriately blocked by the opponent's arms or legs;
    - 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.
6. **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 large margin will receive 10 points, the opponent will receive 8 point or 7 points respectively;
    - When an athlete receives an 8-count; the athlete who receives an 8-count in a round will receive 8 points, the opponent will receive 10 points;
    - The athlete who receives two 8-counts in a round will receive 7 points, the opponent will receive 10 points;
    - The counted athlete may receive lower scores if the opponent is winning by a large margin; If both athletes receive an 8-count, scoring continues as if each count did not occur; and
    - The athlete will lose one (1) point after each warning received after the first warning.

- 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 Chief Official.

7. **FOULS** The athlete who commits fouls can at the discretion of the referee be cautioned, warned, or disqualified without warning.
8. **CAUTIONS** A referee may caution with or without stopping a contest. A caution shall be accompanied by the appropriate physical signal for the offense committed. Three (3) cautions of the same type of foul will mandate a warning be issued.
9. **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 offense. If an athlete is given three (3) warnings in a contest they will be disqualified.
10. **DISQUALIFICATIONS** For major/dangerous infractions of the rules the Referee may opt to immediately disqualify an athlete.
11. **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
    - Throwing with Judo or Wresting techniques;
    - Using the bottom of the foot to trip an opponent;
    - Using the heel or calf to hook around an opponent's leg to trip them;
    - 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;
    - Attacking while holding the ropes or making any unfair use of the ropes;
    - Locking of the opponent's arm or head;
    - Holding the back of an opponent's head while striking repeatedly to the face ("feeding");
    - Completely passive defense by means of double cover and intentionally falling to avoid a hit;
    - Useless, aggressive, or offensive utterance during the contest;
    - Not stepping back when ordered to "YAEK" ("Break"). Attempting to hit the opponent immediately after the referee has ordered "YAEK" and before taking a step back;
    - Assaulting or behaving in aggressive manner towards the referee at any time;
    - 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";
    - Holding the opponent's leg and pushing forward more than one step without striking with any one of the Muaythai skills (Plowing);
    - Obstructing an opponent from re-entering the ring;
    - Striking an opponent after the round has ended

There will be no KO's allowed. If a fighter stuns an opponent from hitting too hard, especially to the head, the offending fighter receives a warning. If it is severe or flagrant it could result in disqualification or a one-point deduction based on the referee's decision. In the event of an accidental KO or knockdown, the fight will be stopped, and it will be ruled a no contest. If one fighter is dominating and wearing down the other fighter through good technique by wearing down the body, legs or breaking the spirit, or if the fighter is out of shape or adrenalized and can't defend themselves, the fight will be stopped and ruled in favour of the dominating opponent.

CHECKLIST FOR FIGHTERS

- Mouthguard
- Groin cup
- Lom Pa Yu Team Thai shorts (if you have both Black and White bring both)
- Cloth handwraps
- Cloth shinpads
- Warm-up equipment including your own boxing gloves and clothing to stay warm
- Towels x 2 (large and small)
- Water Bottle
- Food/Energy/Hydration for after weigh-ins
- Mongkol if you have your own (otherwise to be provided by your team/coach)

CHECKLIST FOR COACHES

- Fight robes and vests if you have them. If not, one can be provided
- Team Mongkol if you have one. If not, one can be provided
- Tape for shinpads, handwraps (wrists)
- Ice pack and/or large ziplocs
- Corner bucket
- Disposable vinyl, nitrile or latex gloves
- Vaseline
- Thai Liniment
- Towels (large and small)
- Q-tips
- Thai pads and belly pad (there are some at the Sherwood dojo as well)
- Indoor shoes

Thanks for participating in our event. If you have any questions, please email Derek at **derek@arashidosherwoodpark.com**