

RULES & REGULATIONS



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01. ABOUT ROAR CHAMPIONSHIP

01.1 Roar Championship– A Dream Project to promote Professional Muay Thai sport and to create a Combat entertainment industry in INDIA along with other sports such as MMA & BJJ. After successfully hosting XMC Prelims Fight Night on 20th Jan 2018 in Bengaluru, now starting Roar Championship-Muay Thai League, scheduled to happen on every month. Fighters from various styles like Muay Thai, Kickboxing, and Wushu & Karate back grounds are eligible to send their profile.

01.2 Golden Mongkhon : - Is an open national level Muay Thai Championship, hosted under Pro – Am Muay Thai rules, which will now on going to be a yearly event, hosted by Roar Team

02. COMPETITION EQUIPMENTS

02.1 **Gloves:** - Only gloves provided by organizers need to be used.

02.2 **Elbow Guards:** - Only Elbow Guard provided by organizers need to be used.

02.3 **Shine Guards:** - Only Shine Guard provided by organizers need to be used.

02.4 **Mouthpiece:** - All athletes must wear mouth piece to protect their teeth and organs in their mouth from blows during the competition.

02.5 **Groin Guard:** - All athletes must wear protective cup made of strong material capable to protect the genital organs from knee or other kinds of blows.

02.6 **Shorts:** - Only Muay Thai shorts are allowed MMA or any other sport shorts are strictly banned.

02.7 **Mongkhon & Pra Jiad:** - Only thin & cotton Pra Jiad is allowed to wear during Fight, Mongkhon must be removed after Wai Kru performance.

03. COVID 19

- 03.1 **Mask:** - except active athlete everyone needs to wear a face mask team or athlete without mask may get disqualified.
- 03.2 **Spitting or Sneezing:** - Fighter assistance need carry their own bucket and fighter need to spit & sneeze only in that.
- 03.3 **COVID 19 test:** - If fighter is traveling from red zone area must carry their own Covid-19test report.

04. LEGAL TARGET AREAS

- 04.1 All Kind, A Body Head & Leg Kicks are allowed
- 04.2 All Kind, A Body Head & Leg Punches are allowed
- 04.3 All Kind, A Body Head & Leg Elbows are allowed
- 04.4 All Kind, A Body Head & Leg Knee are allowed
- 04.5 Clinching, Sweeps & takedowns are allowed (*Judo/MMA/Grappling/Wushu takedowns are strictly not allowed*)

05. FOULS

05.1 Striking: -

- Swinging hands (Commonly known as Desi punch)
- Attack to the throat, Back of the head, Spine, Groin, neck.
- Attack with the head-butts
- Attacking on the Back / Fallen opponent
- Holding Rope
- Continuing to fight after “Yuth” “stop” or “break” command
- Stepping on fallen fighter / putting any kind pressure on fallen opponent well trying to standing back
- 12 to 6 elbows are not legal
- Flying knees are not allowed

05.2 Clinching: -

- Inactive clinch for 5sec will be stopped,
- Maximum clinch time per attempt is 10sec, Clinching will be stopped on 10sec
- Holding Rope
- Striking / Pushing / Sweeping well referee trying to separate clinch

05.3 Behavior: -

- Trash talk to any officials
- Not following officials or Security guidelines
- Protesting a result output in the ring or arena
- Fighters team misbehavior with the staff or officials
- Talking to other fighters in greenroom or in the arena and provoking them while doing so
- Alcohol, smoking or any kind of energy drinks including cough syrup strictly not allowed. Any of this Carried by a fighter or fighter team member to venue will lead direct disqualification.
- Nose or any kind of inhaler during fights is not allowed.

06. TIMINGS

06.1 All qualification fights: -

- 3 Rounds
- 2:00 min (120 seconds) x 1:00 min Break (60 seconds)

06.2 Final fights

-3 Rounds

-3:00 min (180 seconds) x 1:00 min Break (60 seconds)

07. SCORING

07.1 Score able: -

- Successfully landed Punches, kicks, elbow & knees to the legal targets
- The boxer with heavier, more powerful and the most accurate hits on target, using Muay Thai weapons
- Dominating Clinching
- Muay Thai Technical Sweeps & takedowns
- Mae Mai Muay or look Mai Muay techniques
- Carrying a best Muay style
- Defence & counters
- Being aggressive sportily

07.2 Non Score able: -

- Swinging hand/punches wild (Commonly known as Desi punching)
- Teeps {Push kicks} (unless opponent falls for teeps or take 3steps to recover)
- Connecting from forearms
- Falling with the opponent while attempting to takedown or sweep
- Striking without power

08. WEIGHING IN

08.1 **Stare down & Weighing in:** - Day before the fight official Weighing in & Stare down all fighter must pass and Be within their weight

08.2 **Final Weighing in:** - 2hr before the fight there will be final weighing in all fighter must pass and be within their weight. IF the fighter don't make weight will affect his payrolls.

IF FIGHTER FAIL TO MAKE WEIGHT THEY WILL PULLED OUT THE FIGHT

NOTE: - Organizers holds all the rights to make any lost moment changes in order to host the successful event, Fighters safety, sport promotion in the country and to justify Sponsors, Producers & Stake holder's interest.

Checked & Prepared By:

Hemanth Kumar

CEO of Roar Championship

Representative of WMF (World Muay Federation)

Former member of WPMF (World Professional Muay Thai federation)

www.hemanthboke.com