

INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS

RULES & REGULATIONS FOR INTERNATIONAL MUAYTHAI LOR PAO INCLUSIVE

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IFMA



สหพันธ์มวยไทยโลก



IFMA MUAYTHAI LOR PAO RULES & REGULATIONS

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REVISION HISTORY

Version	Purpose/Change	Changed By	Action Date (DD/MM/YYYY)	Approved By	Action Date (DD/MM/YYYY)
0.01	Improvements for language and clarity.	Technical Review Committee	28/07/2023	IFMA Exco	26/10/2023
0.02	Inclusion of rules 4.2.2: Para Coach Meeting, 12.3.2: Inclusive Guidelines Para Athlete, Appendix I: Inclusive Para Athlete Classifications Removed rule 14.2.1: Performance Direction Update to rules 4.2: Para Athlete Groups, 4.2.1: Para Athlete Class, 5: Time for Competition, 16: Awarding of Points	Technical Review Committee	05/03/2024	IFMA Exco	16/03/2024
0.03	Update to rules 1: Muaythai Lor Pao Competitions, 2: Minimum & Maximum Age Limit For Athletes, 12.2: Equipment and Dress, 16: Awarding of Points	Technical Review Committee	17/06/2024	IFMA Exco	24/09/2024



IFMA MUAYTHAI LOR PAO RULES & REGULATIONS

RULE 1: MUAYTHAI LOR PAO COMPETITIONS

Muaythai Lor Pao refers to **Padwork**, where athletes perform striking combinations on pads held by their Coach. Competitions are team-based. Each national team may enter one (1) Team containing one (1) Athlete (Nak Gila) and one (1) Second (Coach) per division.

1.1: LIMITATION OF COMPETITIONS An Athlete may take part in only one (1) cultural division of the Muaythai Lor Pao competition, and only one (1) combat division of the Muaythai competition.

RULE 2: MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES

The Athlete's age for competition shall be determined as at the first day of a competition's medical check.

Age Category	Minimum Age	Maximum Age
Senior	49	55
Senior	41	48
Senior	33	40
Senior	25	32
Senior	17	24
Youth	16	17
Youth	14	15
Youth	12	13
Youth	10	11
Youth	8	9
Open	8	55

RULE 3: MEDICAL REQUIREMENT

3.1: MEDICAL DECLARATION No Athlete shall be allowed to compete without having a completed [IFMA Medical Declaration Form](#), which must be signed by an authorised Doctor of Medicine. The medical declaration must be completed in the English language stating that prior to leaving their country the Athlete was in good physical condition and not suffering from any injury, infection or disability liable to affect the Athlete's capacity to compete.

3.1.1: Declaration of Non-pregnancy Athletes age 18 and above must sign the Declaration of Non-pregnancy. Athletes under this age will also require an additional signature from one of the Athletes parents and/or legal guardians.

3.1.2: Concussion Should an Athlete accidentally be rendered unconscious during a Muaythai Lor Pao contest for a period longer than ten (10) seconds, they must inform the Medical Commission immediately after their performance, and inform the Doctor during their medical check on the morning of their Muaythai bout.

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

3.3: COMPETITION ATTENDANCE The Medical person shall sit close to the competition area with unimpeded access. They shall be in attendance throughout competition and should not leave this place until having examined the last Athlete(s) who participated in the last contest of the session.

3.3.1: Attend an Unconscious Athlete If an Athlete is rendered unconscious, only a Medical person summoned should remain in the competition area unless the Medical person requires extra help.



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3.3.2: Provide Medical Attention An Athlete who has been rendered unconscious as a result of a head hit in a contest, shall be examined by a Medical person immediately afterwards and recommend aftercare or follow up examinations to the Athlete and their Seconds. The Athlete will be accompanied to their accommodation by one of the officials on duty at the event.

RULE 4: NATIONAL TEAM DIVISIONS

4.1: TEAM DIVISIONS Including Teams for competitions can be mixed or same gender:

4.1.1: Athlete The Athlete from the Team must not have any underlying health condition that leads to a permanent eligible impairment; and

4.1.2: Para Athlete The Athlete from the Team must have an underlying health condition that leads to a permanent eligible impairment, which must belong to one of ten eligible impairment types. ([chapter 3.13 IPC handbook](#))

4.2: PARA ATHLETE GROUPS Inclusive Muaythai Lor Pao competitions have three (3) distinct impairment groups:

- Physical Impairment;
- Visual Impairment; and
- Cognitive Impairment.

4.2.1: Para Athlete Class Muaythai Lor Pao minimum impairment criteria is defined on the basis of scientific research, which assesses the impact of impairments on the sport's activities. As such we recognise the four (4) eligible impairments:

- Para Wheelchair (PW) and Para Amputee (PA) - A1, A2, A3, A4, I1, I2, I3, I4, K1, K2, K3, K4;
- Para Visual Impairment (PVI) - B1 (total blindness), B2 (moderate), B3 (less severe); and
- Para Autistic or Down Syndrome (PS) - C1, C2, C3.

List of Inclusive Para Athlete Classifications [Appendix I](#).

4.2.2: Para Coach Meeting At each competition the Technical Delegate shall arrange a Technical Meeting of the Para Seconds who are going to work in each tournament and emphasize that IFMA Para rules will be followed.

RULE 5: TIME FOR COMPETITION

5.1: TIME FOR MUAYTHAI LOR PAO COMPETITION

Division	Performance Time	Rest Time
Senior	5 to 6 minutes	as per division schedule
Youth		
Mixed		

5.1.1: Compulsory Completion Time For a Muaythai Lor Pao competition the maximum time allowed is seven (7) minutes. The Jury will instruct the Team to stop their performance once the compulsory completion time is reached.

RULE 6: FIELD OF PLAY (FOP)

The competition area shall be set up as per Fig. 1 or Fig. 2 as determined by the Technical Delegate.

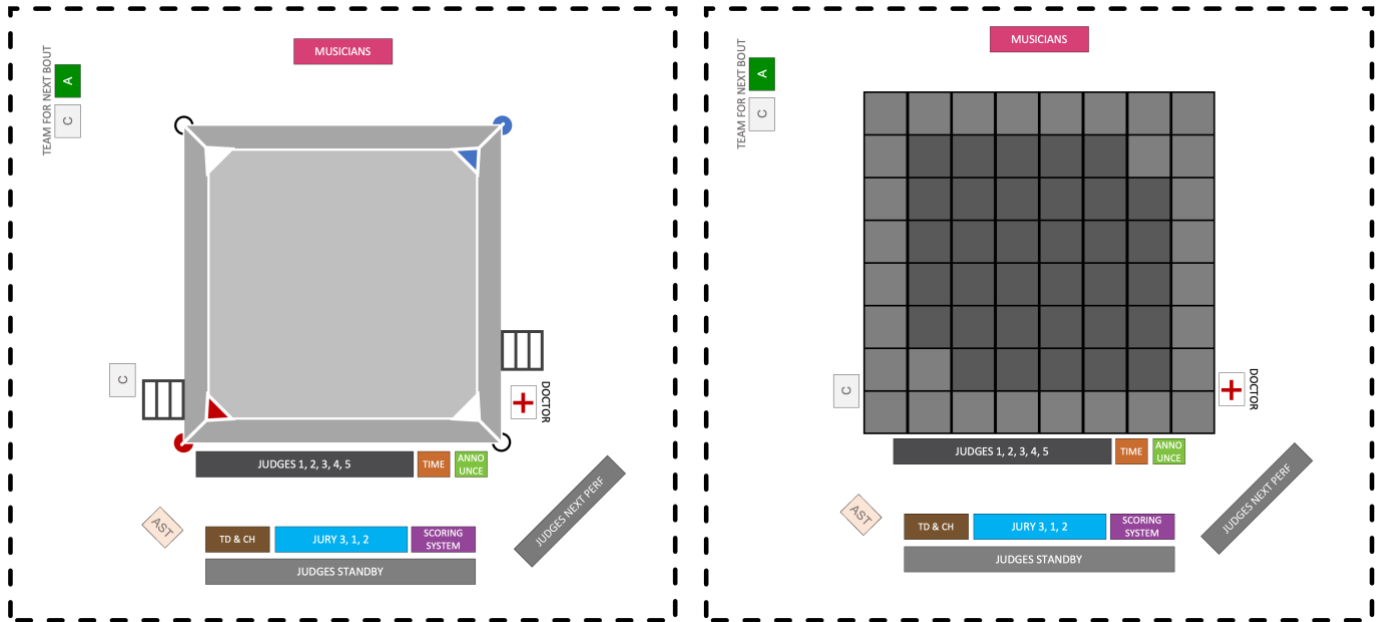


Figure 1 (Ring) & Figure 2 (Contest Area) Competition Area Setup

6.1: ADDITIONAL RINGS Two or more rings may be used in championships. If more than one ring is used at an event, all rings shall utilize the same number of Judges seated at the ring.

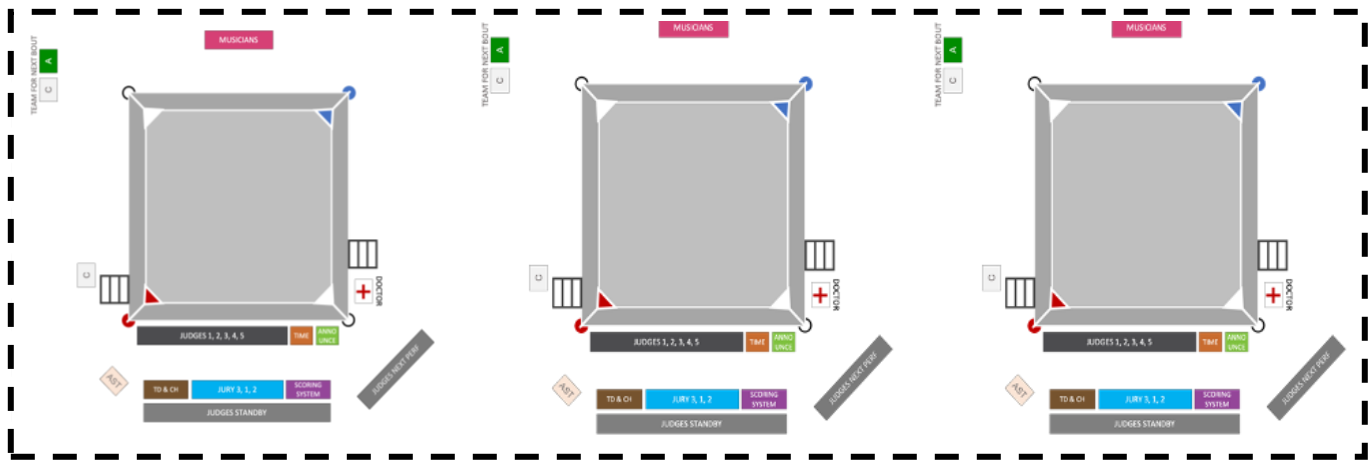


Figure 3 Competition Area Setup – Three Rings

6.2: ADDITIONAL CONTEST AREA Two or more contest areas may be used in championships. If more than one contest area is used at an event, all contest areas shall utilize the same number of Judges.

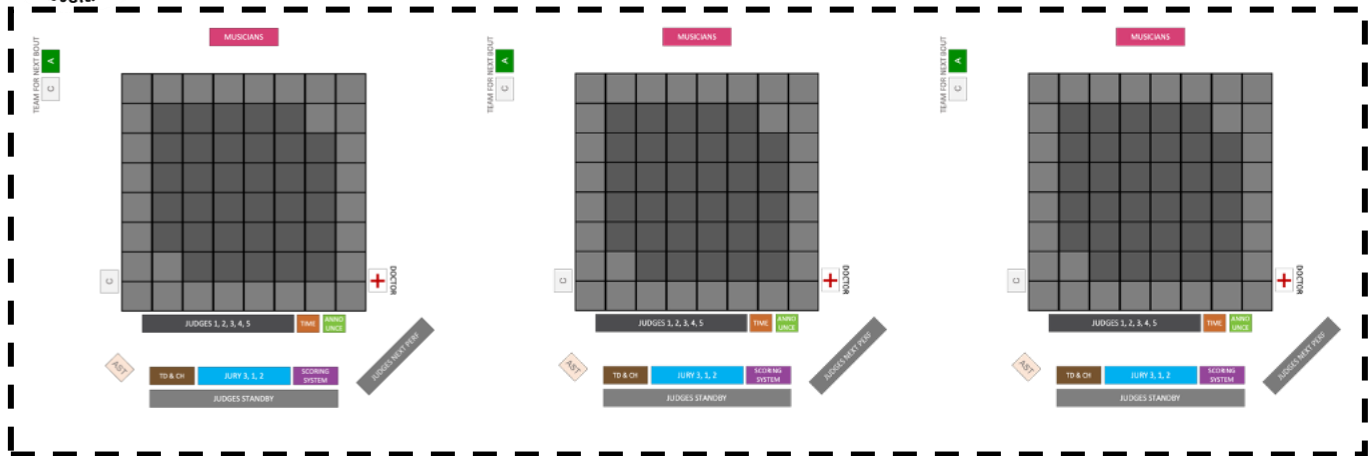


Figure 4 Competition Area Setup – Three Contest Areas

6.3: MEDIA Photographers, videographers, and other media may stand on the floor from the middle of the red / white corners, all the way round to the blue / white corners without impeding the Doctor's access to the ring stairs. The Technical Delegate may provide permission to specific media personnel to stand on the ring apron or contest area. The media should never stand behind the Judges or in front of the Jury at any time during competition.

RULE 7: THE RING

7.1: SPECIFICATIONS In all competitions, the ring shall conform to the following requirements (see Fig. 5 & Fig. 6):

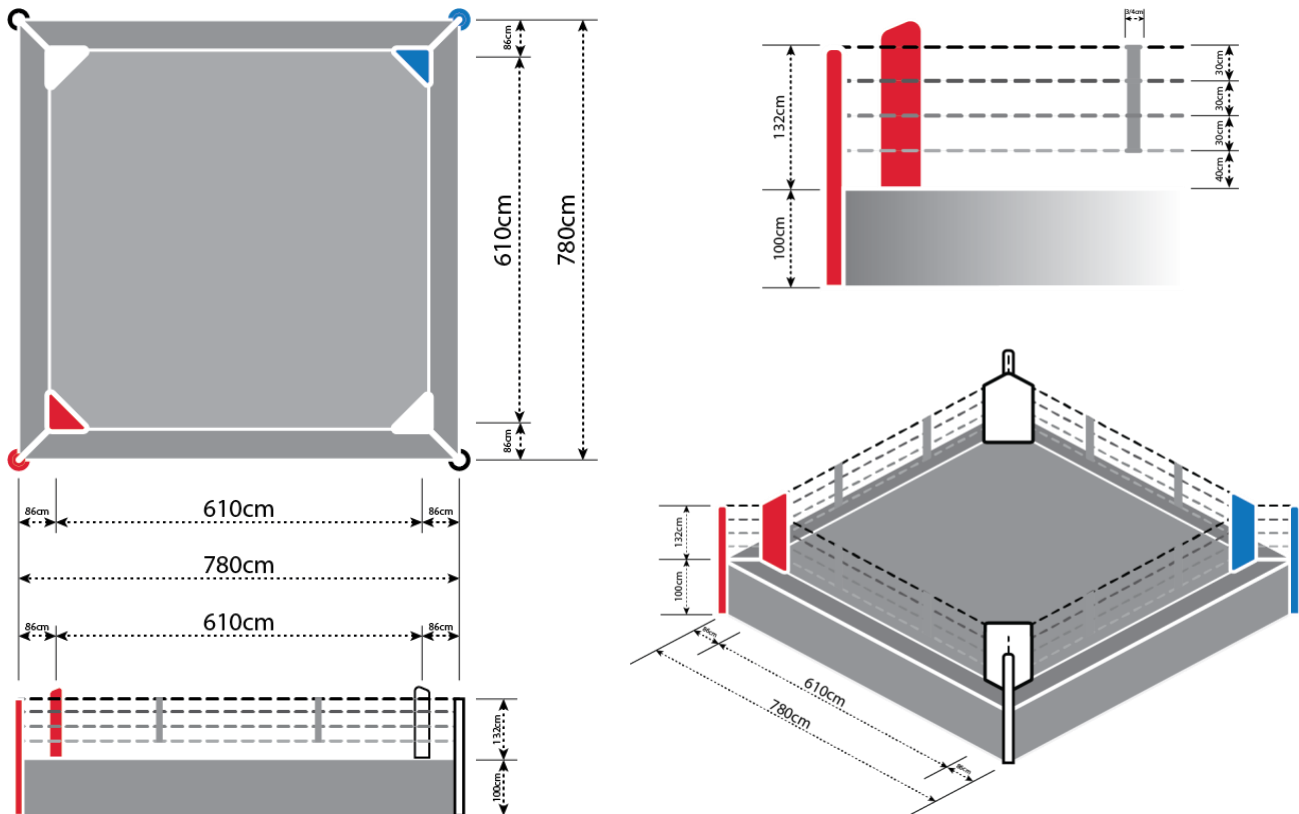


Figure 5 & Figure 6 Ring Setup



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7.1.1: Size The minimum size shall be 4.9m and the maximum size 6.1m inside the line of the ropes. The ring shall not be less than 0.90m or greater than 1.20m above the ground.

7.1.2: Platform and Corner Pads The platform shall be safely constructed, level and free from any obstructing projections and shall extend for at least 85 cm 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

7.1.3: Floor Covering The floor shall be covered with padding (felt, rubber or other suitable approved material having the same quality of elasticity) not less than 1.5 cm and not more than 2 cm thick. Canvas shall be stretched and secured in place over the padding, and both the padding and canvas shall cover the entire platform.

7.1.4: 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 40 cm, 70 cm, 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.

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

7.2: RING EQUIPMENT The following ring equipment shall be available:

- Two (2) sets of steps – one (1) set at the red corner for use by the contestants, and one (1) set in the neutral corner closest to jury for use by the doctors;
- One (1) seat – one (1) seat for the coach;
- Table and chairs for Officials and competition staff;
 - One (1) table for the panel of the Judges with five (5) chairs;
 - One (1) table for the panel of the Jury with three (3) chairs;
 - One (1) table for the scorekeepers with two (2) chairs;
 - One (1) table for the Timekeeper and Announcer with two (2) chairs;
 - One (1) table for the Doctor and medical staff with two (2) chairs; and
- Gong (with striker) or bell;
- One (preferably two) stop watches;
- IFMA electronic scoring system or score cards;
- One microphone connected to the loudspeaker system and another for back up;
- One stretcher or access to a cot/gurney;
- A barrier at least a 1.5 m from the Officials tables around the ring to the spectators; and
- **Only IFMA approved rings are permitted.**

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

RULE 8: CONTEST AREA

8.1: SPECIFICATIONS in all competitions, the contest area shall conform to the following requirements (see Fig. 7):

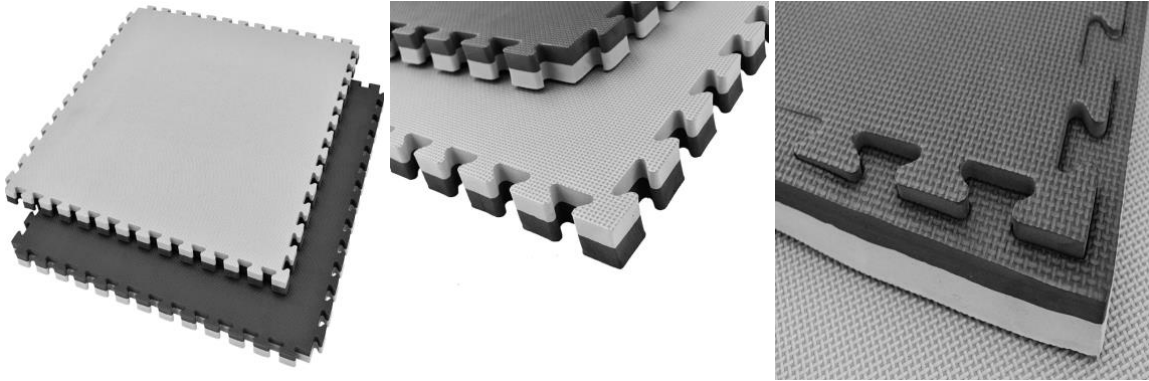


Figure 7 – Contest Area Matting

8.1.1: Material Non-toxic EVA (Ethylene Vinyl Acetate) Foam Interlocking mats.

8.1.2: Size Mats should be 1m² with a thickness between 4-5cm. The contest area minimum size shall be size 8m from straight edge to straight edge. Sixty four (64) pieces of matting will be required to create the contest area for competition.

8.1.3: Layout The mats should be set as 6x6 black or blue mats centred in the Field Of Play, surrounded by 1 grey or red mat around the edge of the black or blue matting, with the straight edge edging attached in the respective colour. There should be four (4) grey or red mats in two opposite corners, with one corner being to the near left of the Jury to represent the athletes area.

8.1.4: Staging Area Where staging is to be used, all staging will require wheelchair access. Please refer to your countries own health & safety regulations regarding this.

RULE 9: ATHLETE EQUIPMENT & DRESS

Athletes should wear the traditional Muay Boran (Blue) uniform in any colour except for black, and be **approved by IFMA**.

9.1: UNIFORM There are two elements the athlete should consider:

- Costume must consist of a traditional top and short appropriate for athlete gender; and
- Accessories including boxing gloves, hand wraps or bandages and sash belt.

9.1.1: Traditional Attire Athletes must not wear provocative uniforms.

9.2: MONGKON & PRAJIAD COLOUR Athletes should wear their respective IFMA Khan level colour, or any mix of colours other than Silver, Silver & Gold, and Gold which shall be worn by the Technical Officials only, unless the athlete has qualified for these IFMA Khan levels.

9.2.1: Traditional Mongkon Athletes must wear a traditional Mongkon, no additional ornaments are permitted.



Figure 8 – Athlete Muay Boran Uniform

9.3: PARA ATHLETE APPARATUS Athletes equipment must fall within in the range of acceptability by the International Paralympic Committee, and not perceived to be technodoping by gaining an unfair advantage. No additional branding is permitted on any apparatus (*flags, logos, sponsors, etc.*), unless forming part of the athletes national uniform.

9.3.1: Wheelchairs and Prosthetics Refer to the International Paralympic Committee [world para athletics – rules and regulations](#) (7. *Technology and Equipment*).

RULE 10: MUSIC

The traditional Muay Boran musical instruments (java pipe, small cymbals and two drums) will accompany the ritual. If a live band (Pi Muay) is not available, it is permissible to use Muay Boran music (known as ‘Sarama’ Wai Kru and ‘Keck Jao Sen’ Lor Pao) played from a recording.

10.1: WAI KRU TO LOR PAO The transition from Wai Kru music to Lor Pao music will happen only when the Athletes have completed their Wai Kru performance. The Lor Pao music will not stop until the Teams have completed their full performance.

RULE 11: THE DRAW AND BYES

11.1: THE DRAW The draw must take place in the presence of official representatives of the teams concerned and must ensure where practicable that no competitor shall compete twice in the competition before all other competitors have performed at least once. In special situations, the IFMA Executive Committee has the right to depart from this rule.

11.1.1: Contesting System The ranking system format for all competitions and championships will be used:

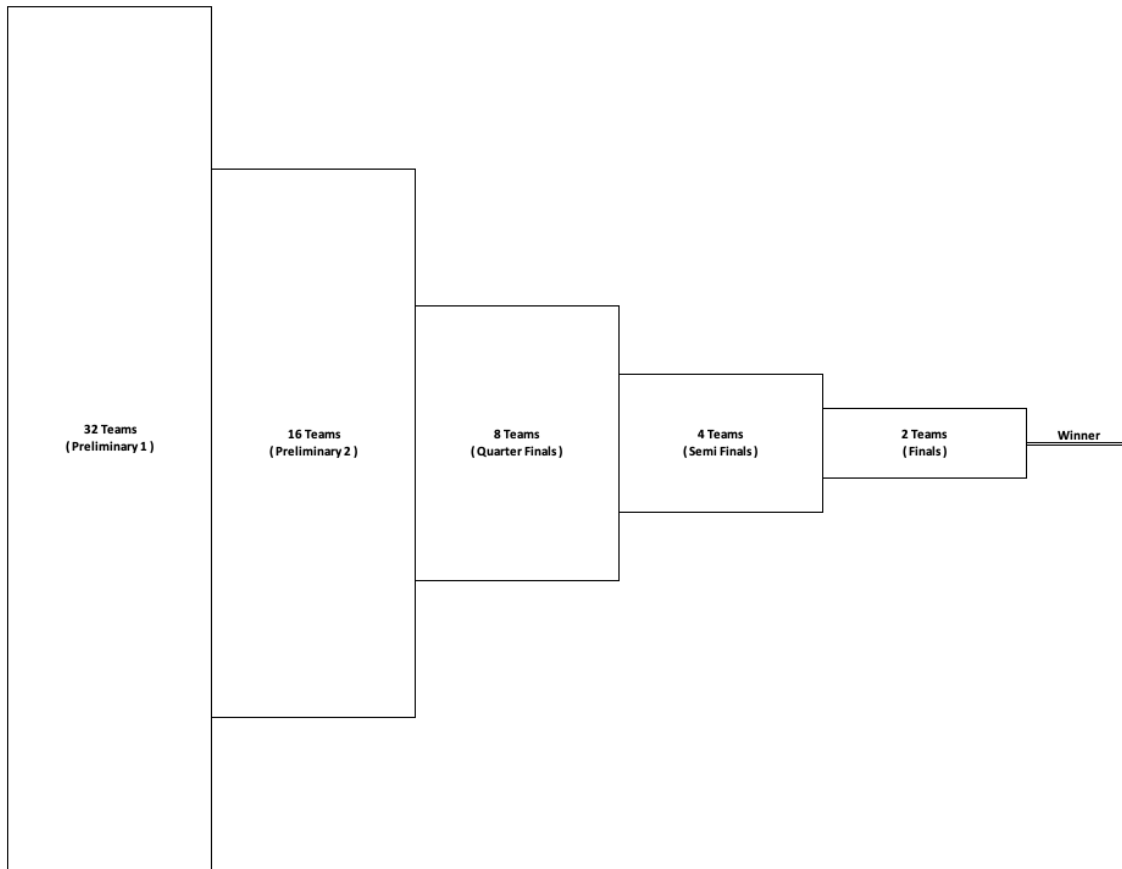


Figure 9 Drawing 'Ranking' System – Preliminary, Quarter, Semi and Finals

Teams	Rounds
4	1-2
5 – 8	1-3
9 – 16	1-4
17 – 32	1-5
33 – 64	1-6
65 – 128	1-7
129 – 256	1-8

- for further team grouping is possible under the system power of two;
- when limitation of competition or championship days, the first round grouping is unlimited;
- the IFMA Executive Committee has the right to amend as necessary;
- there must be no more than 2 teams in the finals; and
- no less than 4 teams in the first round.

RULE 12: THE SECOND (COACH)

12.1: NUMBER OF SECONDS Each competitor is entitled to a maximum of one (1) Second but may not compete with less than one (1).

12.1.1: Nationality The Second should be of the same nationality as their passport, or resident within the country of the national team presented at accreditation. At the discretion of the Technical Delegate, a Second may assist another nation during a contest.

12.2: EQUIPMENT AND DRESS There are two elements the seconds should consider:

- Seconds must wear the uniform of the National Association consisting of a top and tracksuit bottom with flat heeled athletic shoes, or the traditional Muay Boran (Red) uniform except for black, and be **approved by IFMA**. Jeans, shorts, hats/caps, leather jackets, vests, open toe footwear, and other inappropriate attire are not permitted; and
- Coaching Apparel being Kick Pads, Belly Guard and Shin Pads **approved by IFMA**.



Figure 10 – Seconds National Association and Traditional Muay Boran Uniform

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

12.3.1: During the Wai Kru

- The Seconds shall remain in the furthest white or left corner facing the Jury.
- Before the round begins, they shall prepare their coaching apparel, and remove all objects from the ring platform or contest area (e.g. seats, towels, buckets, water bottles, etc).

12.3.2: Inclusive Guidelines Para Athlete

- The Second may join the Para Athlete who is part of the cognitive impairment group during the performance solely to guide direction.

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



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RULE 13: TIMEKEEPER & ANNOUNCER

13.1: DUTIES OF THE TIMEKEEPER Each contest shall have one (1) timekeeper who shall be seated within the competition area. The Timekeeper shall:

- Regulate the duration of all sections; and
- Take note of the Teams Total time.

13.2: DUTIES OF THE ANNOUNCER Each contest shall have one (1) announcer and where necessary one (1) translator who shall be seated within the competition area, next to the Timekeeper.

- Prior to the first contest of each day, announce the position, name and country of the Jury officiating the competition to the public;
- Announce the position, name and country of the Judges officiating the contest to the public, prior to the beginning of each group of contests;
- Announce the group class, division, Team country or delegation to the public whenever the Team appears at the ring for contest;
- Announce the beginning and end of each round; and
- Announce the result of the competition and name of the winner.

RULE 14: STARTING A CONTEST

14.1: PRESENTING FOR COMPETITION The Teams will approach the competition area wearing the following equipment in a state ready to be used:

- Athletes wearing gloves, hand wraps or bandages, traditional Muay Boran uniform and krueng-wrang.
- Coach's wearing national association uniform, kick pads, belly guard and shin pads.

The Mongkon shall be held by the Athlete's Coach in preparation for the contest.

14.1.1: Entering the Ring Teams shall enter the ring between the 2nd & 3rd rope, and after the Athlete having entered the ring will have the Mongkon placed on their head by the Coach before the Team presents themselves to the Jury and Judges.

14.1.2: Entering the Contest Area Teams shall enter the contest area from the left side, and after the Athlete having entered the contest area will have the Mongkon placed on their head by the Coach before the Team presents themselves to the Jury and Judges.

14.1.3: When to Enter Teams shall enter the ring or contest area after the previous Team's Score has been announced.

14.2: SIGNAL OF STARTING The Athlete will signal the Jury that the Team is ready to start their performance. The Head of Jury will confirm the Athlete signal, and the performance, music and time will begin.

14.2.1: Performance Finishes when the Athlete signals the Jury.

14.2.2: Present to Jury Teams must present themselves to the Jury and Judges before leaving the ring or contest area.



IFMA MUAYTHAI LOR PAO RULES & REGULATIONS

RULE 15: TECHNICAL OFFICIALS

15.1: JURY Each contest shall be presided over by a minimum three (3) Jury members who shall be seated on a platform stage separately from the public and within the competition area.

15.1.1: Head Jury reports to the Chairman of the Jury and / or the Technical Delegate, and is responsible for all aspects of the competition relating to their ring or contest area, in and out of the field of play. The Head Jury must attend the official draw, managers meeting, technical officials meeting.

15.1.2: Administration Jury reports directly to the Head Jury, is considered the 'Head of Results' and is responsible for all administrative tasks relating to their ring or contest area, in and out of the field of play. This includes but is not limited to; verifying the judges scoresheets, contests against the competition schedule, recording in the athlete's book, recording in the technical officials book and result reporting.

15.1.3: Protocol Jury reports directly to the Head Jury, is considered the 'Head of Judges', and is responsible for all protocols relating to their ring or contest area, in and out of the field of play. This includes but is not limited to; observing time allowance, ring and contest area setup according to the technical standards, the correct members/staff are identifiable within the field of play, ensuring seconds are properly dressed before and during the contest, overseeing any situations within the ring such as a Doctor's inspection of an athlete, assigning the judges roster, judges assistance with training, impartiality and medical condition.

15.2: JUDGES Each contest shall be marked by five (5) IFMA Judges who shall be seated separately from the public and immediately adjacent to the ring or contest area. When five (5) Judges are used, all Judges shall be seated on the same side of the ring or contest area at a sufficient distance from the other, facing away from the Jury.

15.2.1: Qualification The ITO Judges must have passed the IFMA Muaythai Lor Pao OSM exam. All NTO Judges should have knowledge and understanding of the Art and Science of Muaythai.

15.2.2: Obligation of Attendance Should a National Association submit a Team of Athletes to a contest, competition or championship, they should provide at least one (1) Technical Official per five (5) divisions.

15.3: DRESS Technical Officials are to wear the traditional IFMA Muay Boran uniform in black, similar to the Bovytaopolsawat design, with black sandals.



Figure 11 – Technical Officials Muay Boran Uniform

15.3.1: Appearance The IFMA Muay Boran uniform with Gold trim will be worn by all approved Jury members and IFMA ITO Judges, the NTO Judges will wear the IFMA Muay Boran uniform with Silver trim only.

15.3.2: Uniform The ITO and NTO Judges uniform will be made available at international championships, and the Jury uniforms will be bestowed upon them during an official ceremony by the IFMA Cultural & Heritage commission.

15.3.3: Additions A black or skin tone colour sleeveless shirt can be worn underneath the top of the uniform, and a black or skin tone colour leggings can be worn underneath the bottom of the uniform for comfort.

RULE 16: AWARDING OF POINTS

16.1: SCORING WAI KRU & LOR PAO The Muaythai Lor Pao contest has a maximum combined total score of 100 points. The Wai Kru has a maximum total score of 35 points during Muaythai Lor Pao contests.

The following categories will be used to deduct points for minor infringements during the Wai Kru for Muaythai Lor Pao contests:

- 16.1.1: Authentic** Correct postures used;
- 16.1.2: Completed Postures** Full identity performed;
- 16.1.3: Rhythmic** Performed in good rhythm;
- 16.1.4: Fluidity** Postures flow uninterrupted and smoothly;
- 16.1.5: Personality** Artistically correct; and
- 16.1.6: Costume** Remains in place throughout, and is IFMA approved.

16.2: WAI KRU STARTING POSTURES All Athletes must perform all six (6) of the Wai Kru Starting Postures. The Starting Postures have a maximum total score of 5 points.

16.2.1: Starting Postures: 1. Thep Pa Nom, 2. Kom Krab, 3. Kob Pramae Thoranee, 4. Tha Wai Bangkom, 5. Pathom and 6. Prom.



IFMA MUAYTHAI LOR PAO RULES & REGULATIONS

16.3: PROM NANG (SITTING) POSTURES Athletes can perform four (4) of the seven (7) Wai Kru Prom Nang Postures. The Prom Nang (sitting) Postures have a maximum total score of 10 points.

16.3.1: Prom Nang (sitting) Postures: 1. Lab Hok Mokkasak (Kumpakan Lab Hok), 2. Mekkala Loah Kaew, 3. Song Mek (Tai Mek), 4. Mae Pra Thoranee Beeb Muay Phom, 5. Sue Lak Hang, 6. Praya Krut Yut Naka and 7. Sao Noi Pa Paeng.

16.4: PROM YUEN (STANDING) POSTURES Athletes can perform four (4) of the seven (7) Wai Kru Prom Yuen Postures. The Prom Yuen (standing) Postures have a maximum total score of 10 points.

16.4.1: Prom Yuen (standing) Postures: 1. Yoong Ram Paen, 2. Na Rai Kwang Jak, 3. Chang Choo Nguang, 4. Pra Ram Plaeong Sorn, 5. Kum Pa Kan Pong Hok, 6. Kun Paen Fun Mahn and 7. Hong Hoen.

16.5: FINISHING (MOVEMENT) POSTURES Athletes can perform all five (5) Finishing movements. The Finishing has a maximum total score of 5 points.

16.5.1: Finishing (movement) Postures: 1. Yang Sam Khum, 2. Payak Dom Kwang, 3. Kwang Liaw Lang, 4. Tad Mai Kom Nam and 5. Yang Suk Ka Sem.

16.6: JOIN (CONNECTION) POSTURES Athletes can perform the Joining Postures (9). The Join (connection) Postures have a maximum total score of 5 points.

16.6.1: Join (connection) Postures: 1. Sod Soi Mala, 2. Khuang Mad, 3. Muan Muay, 4. Chang Yaek Plok, 5. Klub Hua Sanam, 6. Klum Choeng Kru, 7. Doo Dussakorn, 8. Fon Long Choeng and 9. Kinaree Liab Thom.

16.7: LOR PAO AWARDING POINTS The Lor Pao has a maximum total score of 65 points. The Teams must forward their performances on the Jury Posture List form, to the Administration Jury no less than sixty (60) minutes before the start of the competition for inspection. All Muaythai Skill postures must be taken from the IFMA Khan syllabus and contain a blend of 'Basic Skill', 'Art of Muay' and 'High Level' posture groups.

The following are guidelines for awarding points:

16.7.1: Performance Realism A maximum total score of 30 points;

16.7.2: Athlete Fitness A maximum total score of 25 points; and

16.7.3: Other A maximum total score of 10 points.

The following categories will be used to deduct points for minor infringements during the Lor Pao for Muaythai Lor Pao contests:

16.7.4: Timing Not too fast, not too slow;

16.7.5: Target Correct target used for technique;

16.7.6: Realistic Techniques used realistically;

16.7.7: Balance Correct balance through-out;

16.7.8: Continuality Fluid and does not pause;

16.7.9: Conditioning Athlete looks strong at the end;

16.7.10: Costume Remains in place throughout, and is IFMA approved;

16.7.11: Spatial Awareness Full use within the competition area; and

16.7.12: Posture List All postures on submitted Jury list completed.



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16.8: MUAYTHAI SKILL POSTURES All Athletes must perform the Muaythai skill postures from the IFMA Khan syllabus;

16.8.1: Basic Skill Posture Groups Athletes must perform the techniques from each of the three (3) Basic Skill Posture Groups: 1. Stance/Moving, 2. Weapons; Punch, Elbow, Knee, Push Kick, Kick and 3. Defence.

16.8.2: Art of Muay Posture Groups Athletes must perform at least ten (10) technique from the two (2) Art of Muay Posture Groups: 1. Muaythai Tactic; Punch, Elbow, Knee, Push Kick, Kick and 2. Muaythai Strategy; Punch, Elbow, Knee, Push Kick, Kick.

16.8.3: High Level Posture Group Athletes under 18 years of age must perform three (3), and athletes 18 years and older must perform a minimum of five (5) of the nine (9) High-Level Postures: 1. Hiran Muan Paendin, 2. Jorake Fad Hang, 3. Kwang Liew Lang, 4. Kacha Tokman, 5. Hanuman Tayan, 6. Hanuman Yieb Longo, 7. Narai Kan Samut, 8. Rue Sri Bod Ya and 9. Rue Sri Hern.

16.9: ONE HUNDRED SCORING SYSTEM Each round shall be scored individually, in which at least one Team can be awarded a maximum of 100 points. No fraction of points may be given by the Judges.

16.9.1: Final Team Score For the final team score;

- the Judges individual total scores will be divided by ten (10),
- the highest and lowest scores will be removed,
- all three (3) remaining Judges scores will be added together to give a total team score,
- the total team score will then be divided by three (3) to give the round / final team score.

The round / final team score will be shown to two (2) decimal places e.g. 9.064 and 9.063 etc becomes 9.06, whilst 9.065 and 9.066 etc becomes 9.07.

16.9.2: Jury It is the duty of the Jury to confirm the final scores and scoring papers of all the Judges, before confirming the official final results.

16.9.3: Draws Should the final team scores be equal, the Judges will be asked to pick a winner from the performance of the Wai Kru.

16.9.4: Time Should the Teams Overrun or Underrun the allowed Time, 1 point deduction for every ten (10) full seconds. Maximum deduction 5 points.

16.9.5: Walk Over Teams failing to appear at the competition area, after their country has been called out by the announcement system, and a maximum period of 2 minutes has elapsed, the Jury shall declare the Team lose by "Walk Over" (WO).

16.10: DURING THE ROUND Athletes and Teams must abide by the following principals;

16.10.1: Out of Ring The Athletes will be given a maximum of two (2) minutes to continue their performance should they fall out of the ring.

16.10.2: Injury In case of an injury requiring a doctor to be called into the competition area, the Judges shall record the points gained by the Team up to its termination.

16.10.3: Retirement Where a Team walks out from the contest area and does not return within ten (10) seconds, the Jury shall declare the Team lose by "Retirement" (RET).



IFMA MUAYTHAI LOR PAO RULES & REGULATIONS

RULE 17: DECISIONS

17.1: WIN BY RANKING (BR) At the end of the competition or championship, the Team who has been awarded the most points in their final performance shall be declared the winner.

17.1.1: Standings The Team with the highest score will be awarded first place, and the Team with the lowest score will be awarded last place. All other Teams will be ranked between first and last place dependent on their final score.

RULE 18: FOULS

18.1: TREATMENT OF FOULS The Athlete or Team who commits fouls can, at the discretion of the Judges and Jury, have points deducted, or be Disqualified without a Warning.

18.1.1: Disqualifications For major/blatant infractions of the rules the Jury may opt to immediately disqualify an Athlete or Team.

18.2: TYPES OF FOULS If the Athlete intentionally commits the following fouls:

18.2.1: Impolite Posture during contest;

18.2.2: Impolite Motion during contest;

18.2.3: Impolite Attitude during contest;

18.2.4: Improper use of Coach Apparel All strikes to the athlete must be given by the coaching apparel, and all strikes received by the coach must be against the coaching apparel;

18.2.5: Improper use of Performance Area by being outside; and

18.2.6: Improper use of Ring ropes and corner padding use is forbidden.

RULE 19: TOURNAMENT AWARDS

19.1: PRIZES In international competition, cups or prizes of honour may be presented. **No medal shall be awarded to an Athlete who has not competed at least once.**

19.1.1: Muaythai Lor Pao Medal Awards First place athletes will receive a Gold medal, Second place will receive a Silver medal, and joint Third place will receive a Bronze medal each.

RULE 20: COMPLIANCE WITH THE RULES

20.1: UNIFORMITY These IFMA Rules & Regulations apply to all IFMA's competitions, and all IFMA Continental and National Associations must follow and respect these competition rules. No National Association may develop its own Competition Rules & Regulations that are contradictory to these rules. However National Associations may, for National competitions, alter these rules to reflect National laws or regulations as long as the alteration does not diminish the rules, especially with regards to medical and safety requirements.

THESE RULES SHALL RESCIND ALL PREVIOUS RULES OF IFMA

APPENDIX I: INCLUSIVE PARA ATHLETE CLASSIFICATIONS

APPENDIX I: Inclusive Para Athlete Classification Table of Impairments

A - Physical Impairment (Amputee)	A1	Upper limb amputation. Includes above-elbow amputees and bi-amputees
	A2	Upper limb amputation. Includes arm amputees and bi-amputees below the elbow.
	A3	Lower limb amputation. Includes above-the-knee amputees and bi-amputees.
	A4	Lower limb amputation. Includes amputees and bi-amputees below the knee.
B - Visual Impairment	B1	Total visual impairment. It includes individuals with no perception to light in both eyes with an inability to recognize the shape of a hand at any distance or direction.
	B2	Partial visual impairment. It includes individuals who have figure perception, with the ability to recognize the shape of a hand up to a visual acuity of 2/60 or a visual field of less than five degrees.
	B3	Subnormal visual impairment. It includes individuals who can define images with a visual acuity of 2/60 to 6/60 or a visual field between 5 and 20 degrees. Also includes monocular.
C - Cognitive Impairment	C1	Clinical diagnoses of cognitive impairments that include, but are not limited to, autism spectrum disorders (ASD) and attention deficit hyperactivity disorder (ADHD).
	C2	Clinical diagnoses of cognitive impairments including, but not limited to, Down syndrome and other syndromic conditions where technical learning is not compromised.
	C3	Intellectual and cognitive disabilities. It includes individuals with any degree of functional or clinical

		disability of cognitive functions where technical learning is not compromised.
I - Physical Impairment (Paralysis)	I1	Serious and irreversible complications of polio. Individuals with severe sequelae of poliomyelitis in the upper limbs.
	I2	Serious and irreversible complications of polio. Individuals with severe sequelae of poliomyelitis in the lower limbs.
	I3	Mild or moderate and irreversible complications of polio. Individuals with mild or moderate sequelae of poliomyelitis in the upper limbs.
	I4	Mild or moderate and irreversible complications of polio. Individuals with mild or moderate sequelae of poliomyelitis in the lower limbs.
K - Physical Impairment (Vertebrae/Spinal Cord)	K1	Cervical spinal cord injury. Individuals with lesions in the cervical segments (C1 to C8), which are related to movements and sensitivity of the cervical region and upper limbs.
	K2	Upper thoracic spinal cord injury. Individuals with lesions in the upper thoracic segments (T1 to T7), which are related to movements and sensitivity of the chest and part of the upper limbs.
	K3	Low thoracic spinal cord injury. Low thoracic spinal cord injury. Individuals with lesions in the lower thoracic segments (T8 to T12), which are related to movements and sensitivity of the abdomen and part of the upper limbs.
	K4	Lumbar spinal cord injury. Individuals with lesions in the lumbar segments (L1 to L5), which are related to the movements and sensitivity of the lower limbs.



IFMA MUAYTHAI LOR PAO RULES & REGULATIONS

MUAYTHAI LOR PAO JUDGE SCORE CARDS, JURY POSTURE LIST AND JURY DECISION SHEET

INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS

JUDGE SCORE
(Muaythai Lor Pao)

JUDGE No.
PERFORM No.
RING / CONTEST

Division _____ M [] - F [] - X [] TEAM _____
--- WAI KRU SCORE --- Class A / B / C

CONTENT	FULL SCORE	DEDUCTIONS
1. STARTING POSTURES (all 6) Theo Pa Nam / Kim Krob / Koo Pramsee Thoranee / Thu Wai Bangkon / Pethon / Pethon	5	
2. PROM NANG – Sitting (pick 4) 1. Lab Hok Mokkasak (Kumpakon Lab Hok) 2. Mekkala Loah Kaew 3. Song Mek (Tai Mek) 4. Mae Pra Toranee Beeb Muay Phom 5. Sue Lak Hang 6. Praya Krut Yut Naka 7. Sao Noi Pra Paeng 8. Kun Paen Fun Mahn 7. Hong Hoen	10	
3. PROM YUEN – Standing (pick 4) 1. Yoong Ram Paen 2. Nai Rai Kwang Jak 3. Chang Choo Nguang 4. Pra Rama Paeng Sorn 5. Kum Pa Kan Pong Hong 6. Kun Paen Fun Mahn 7. Hong Hoen	10	
4. FINISHING – Movement (all 5) 1. Yang Sam Khum 2. Pa Yak Dom Kwang 3. Kwang Liaw Lang 4. Tad Mai Kom Nam 5. Yang Suk Ka Som	5	
5. JOIN – Connection (optional) 1. Sod Sai Mala 2. Khung Mee 3. Muay Muay 4. Chang Yek Plok 5. Khub Hua Samam 6. Khum Chong Kru 7. Doo Dussakorn 8. Fon Long Chong 9. Kineee Liab Thom	5	
TOTAL SCORE	35	

--- LOR PAO SCORE ---

CONTENT	FULL SCORE	DEDUCTIONS
1. PERFORMANCE REALISM <i>Timing – Target – Realistic (controlled power, not dramatic or over action)</i>	30	
2. ATHLETE FITNESS <i>Balance – Continuity – Conditioning</i>	25	
3. OTHER <i>Practical / Special Appearance / Performance</i>	10	
TOTAL SCORE	65	

MAXIMUM TOTAL SCORE FOR COMBINED WAI KRU & LOR PAO IS 100

Judge Name _____ Country _____ Date _____ Signature _____ TEAM TOTAL _____

INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS

JURY POSTURE LIST
(Muaythai Lor Pao)

PERFORM No.
RING / CONTEST

Division _____ M [] - F [] - X [] TEAM _____
--- WAI KRU POSTURES ---

POSTURES	ATHLETE
PROM NANG (sitting)	1. _____ 2. _____ 3. _____ 4. _____
PROM YUEN (standing)	1. _____ 2. _____ 3. _____ 4. _____

--- LOR PAO POSTURES ---

POSTURES	ATHLETE
BASIC SKILL <i>Up to your discretion</i>	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
ART OF MUAY (Cheng Muay)	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
HIGH LEVEL (jump, turning)	1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Under 18 years = 3 Postures
Over 18 years = 5 Postures

Jury Name _____ Country _____ Time Received _____ Date _____ Jury Signature _____

INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS

JURY DECISION
(Muaythai Lor Pao)

PERFORM No.
RING / CONTEST

Division _____ M [] - F [] - X [] TEAM _____

MUAYTHAI LOR PAO SCORE

J1	J2	J3	J4	J5

TEAM TOTAL

TIME DEDUCTION By Jury: -5 Initial _____ = / 3

Jury Name _____ Country _____ Date _____ Jury Signature _____



THE ART AND SCIENCE OF MUAYTHAI

'National Cultural Heritage of Thailand'



MUAYTHAI

(Combat – Sparring)

*Single Elimination
Tournament Elimination*

*Muaythai – Muay
Muay Kard Chuek*

MAI MUAYTHAI

(Performance – Skill)

*Wai Kru & Mai Muay
Muaythai Lor Pao
Chock Lom Muaythai
Keeta Muaythai
Pongkan Tua*



IFMA Culture & Heritage Commission




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