



POLSKIE ZRZESZENIE MUAYTHAI

POLISH MUAYTHAI FEDERATION



Member of:

International Federation of Muaythai Amateur (IFMA AND EMF) – member of SPORTACCORD
European Muaythai Federation (EMF)



RULES AND REGULATIONS

The Rules and Regulations presented hereafter are in accordance with the current rules and regulations of the International Federation of Muaythai Amateur (IFMA), the European Muaythai Federation (EMF) approved by the Technical Committee and the Executive Board of IFMA and EMF.

Qualifications of the Contestants

- A Contestant in the Senior A Division must be at least 17 years old, but not more than 35 years old
- A contestant in the Senior B Division (**both Female and Male**) must be at least 18 years old, but not more than 25 years old.
- A Contestant in the Junior Division must be not less than 16 years old, and not more than 17 years old (**The Junior Division spans from his/her 16th birthday until the day before his/her 18th birthday*).
- A Contestant in the Cadets Division must be not less than 14 years old, and not more than 15 years old (**The Cadets Division spans from his/her 14th birthday until the day before his/her 16th birthday*).





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- A Contestant in the Kids Division must be not less than 12 years old, and not more than 13 years old (**The Kids Division spans from his/her 12th birthday until the day before his/her 14th birthday*).
- A contestant must be of the same nationality as the National Federation, which has entered them. Proof of identity, will be established by production of a passport or an official document or its copy from the country for which the competitor has been entered, along with a Boxer Book upon registration/weigh in. If a competitor has more than one nationality, such competitor can only represent one country and thereafter may not represent any other country, until after a period of three (3) years has elapsed. If the two federations concerned desire, they can ask IFMA and EMF to reduce or even to suppress this delay in conformity with the IFMA and EMF Rules and Regulations.
- The EMF Executive Board reserves the right to allow participants to represent the country of which they are a permanent residence instead of their passport nationality, given that the boxer has never represented the country of origin on their passport.





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Divisions of the Competition

Note: If there are less than 3 contestants in any division, the competition will not be held for that weight division.

Kids Boys (12-13 years) KG: 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 63.5, 67, 71, +71

Kids Girls (12-13 years) KG: 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 63.5, +63.5

Cadets Male (14-15 years) KG: 38, 40, 42, 45, 48, 51, 54, 57, 60, 63.5, 67, 71, 75, 81, +81

Cadets Female (14-15 years) KG: 36, 38, 40, 42, 45, 48, 51, 54, 57, 60, 63.5, 67, 71, +71

Juniors Male (16-17 years) KG: 45, 48, 51, 54, 57, 60, 63.5, 67, 71, 75, 81, 86, 91, +91

Juniors Female (16-17 years) KG: 42, 45, 48, 51, 54, 57, 60, 63.5, 67, 71, 75, +75

Class B Male (18-25 years) KG: 48, 51, 54, 57, 60, 63.5, 67, 71, 75, 81, 86, 91, +91

Class B Female (18-25 years) KG: 45, 48, 51, 54, 57, 60, 63.5, 67, 71, 75, +75

Class A Male (17+ years) KG: 48, 51, 54, 57, 60, 63.5, 67, 71, 75, 81, 86, 91, +91

Class A Female (17+ years) KG: 45, 48, 51, 54, 57, 60, 63.5, 67, 71, 75, +75





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Participants

- National teams of all EMF Member countries (**with membership fees paid up to 2014*) are invited to participate at the championships.
- Each team is allowed to send only one contestant for each weight category in A class (male, female) and only one contestants for each weight category in B class.
- Participants of B class division should pay 20 Euro entrance fee.
- All divisions must buy official uniform of the European Championships. The cost of the set of uniform is 50 Euro.

Team Delegates

Each team should consist of:

1 Team Manager, Team Officials (coaches), Contestants, Team Referee.

Each team must bring at least one international or intercontinental R&J to contribute to the running of the competition. If a team does not bring R&J the NF has to pay for bringing his/her replacement – 300 Euro at the registration.





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Medical Check-up and Weigh-in

All contestants must have a Medical Check-up and Official Weigh-in on the opening day of the Championships outlined in the technical handbook. Each contestant must then have a Medical Check-up and Weigh-in in the morning of their competition for each bout. Boxers EMF ID card must be presented at every Medical Check-up. As per IFMA Rule 23, all contestants must have in their possession a certificate signed by an authorised doctor of medicine, stating that prior to leaving his country he was in good physical condition and not suffering from any injury, infection or disability liable to affect his capacity to box in the country being visited. Such certificate must be together with blood analysis results for HIV, Hepatitis A and Hepatitis B. These documents must be presented at the medical examination before the general weigh-in. The medical certificate & blood test cannot be older than 6 months.

All female contestants must additionally submit pregnancy test results taken no less than 4 weeks prior to the competition.

All R&J must have in their possession, their blood analysis results for HIV, Hepatitis A and Hepatitis B that are not older than 6 months. This is to be submitted to the Technical Delegate during the first R&J briefing.

Changing Weight Divisions

On the morning of the official weigh-in, if a contestant finds his/her weight above the previous declared weight, he/she is permitted to move up to a higher weight division only in case if there is no athlete in the higher division.





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Drawing of Names

The Draw will be carried out after the Medical Check-up and Weigh-in. During this, the team manager or coach or a selected representative from each country must be present.

Appearance of Contestant

A contestant must wear the official IFMA/EMF EC2014 uniform shorts and sleeveless shirt in red or blue, according to his corner. The uniform must be purchased from EMF at the Team Manager meeting. The contestant must wear a Mongkom (sacred headband) during the Wai Kru before the bout. An amulet may be worn around the upper arm or wrist but must be neatly covered. The contestant must wear the standard head-guard, gloves, shin guard, elbow guard, and bodyguard (*B class, Juniors, Kids and Cadets only) as provided by the Organizing Committee. No others may be substituted. Contestants are required to wear their own groin-guard (male & female), breast protection (female only), ankle guard (optional) & gum-shields. Toenails must be short and no beard is allowed.

3/4 selves and leggings of a firm fitting non compression material, white color are allowed for female athletes.





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Timing of Rounds

- A CLASS:

For seniors, it will be 3 rounds of 3 minutes each for both male and female competitors. A full 1 minute of rest shall be given between the rounds.

- B CLASS:

For seniors, it will be 3 rounds of 3 minutes each for both male and female competitors. A full 1 minute of rest shall be given between the rounds.

- JUNIORS:

- For Junior it will be 3 rounds of 2 minute each. A full 1 minute of rest shall be given between the rounds.
- For Cadets it will be 3 rounds of 1 minute and 30 seconds each. A full 1 minute of rest shall be given between the rounds.
- For Kids it will be 3 rounds of 1 minute each. A full 1 minute of rest shall be given between the rounds.

Competition Conduct

All contestants must comply with the code of ethics according to the IFMA and EMF (See - <http://www.IFMAmuaythai.org/technical-reference/IFMA-code-of-ethics/>) - as a good sportsman and follow the rules and regulations as laid out. Contestants will be penalized for any violations.





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Ringside Doctor

There shall always be a doctor ringside. One doctor will be appointed as Chairman.

Appealing Decisions

All appeals should be in accordance with the rules of the International Federation of Muaythai Amateur (IFMA) for international tournaments and competitions.

Awards and Prizes

In each division, the winner of the Final bout will be the Champion and awarded with the Gold medal. The other finalist will receive the Silver medal and 2 Bronze medals will be awarded to the 2 semi-finalists.

There will be no official medal ceremony for B-class.

The team with the highest points total will receive the European Championship Trophy. An outstanding contestant will receive an Honour Trophy. The contestant who performs the most beautiful Wai Kru will receive an Honour Trophy.

Venue and Date

- The Championships will be held in Krakow from 21st – 28th September 2014.
- The Opening Ceremony and first bouts will be held on the 23rd of September 2014.
- The Final Bouts will be held on the 28th of September 2014.

