

POINT MUAY THAI

NO KNOCKOUTS – SEMI CONTACT

These events are designed to grow and develop Muay Thai technique without the risk of injury.

Any strike making full contact (or even appearing to be full contact) can result in disqualification.

The goal is to “play” Muay Thai to build fighter IQ and develop reflexes in a relaxed learning environment.

Fighters must win by points, using a 10-point must system scored at the end of the bout.

Required Equipment

Mandatory safety gear for all participants:

- Boxing gloves
 - Adults: 16 oz
 - Youth over 120 lbs: 14 oz
 - Youth under 120 lbs: 12 oz
- Mouthpiece
- Headgear
- Groin cup
- Shin guards
- Athletic shorts above the knee (no pockets).

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DIVISION RULES

General Rules

- No knockouts or technical knockouts allowed.
- Hand and foot strikes to the head must be semi-contact only (treat it like sparring).
- Any knockout may result in disqualification or no contest.
- If a fighter quits or cannot defend due to exhaustion, the opponent wins by default.
- A referee may stop the bout after a single warning for safety reasons.
- Emotional or excessive behavior is discouraged (e.g., aggressive reactions or yelling).
- No strikes to the back, spine, groin, or knee joints.
- Respect and sportsmanship are required.

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DIVISION RULES

Bout Lengths

- Typically 2 rounds, with a 3rd overtime round only if each athlete wins one round.
- Adults: 2-minute rounds.
- Youth: 90-second rounds.
- Break between rounds: 1 minute.

Banned Techniques

- No knees to the head.
- No elbows.
- No jamming/plowing (catching a kick and driving forward).
- No takedowns or shooting for legs.
- No hip throws.
- No leg teeps (risk of knee hyperextension).
- No “Saenchai” cartwheel kicks.
- No heel tripping (only controlled sweeps with the front of the foot/leg allowed).
- No axe kicks.

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DIVISION RULES

Judging & Scoring Philosophy

- A “W” = Score +1, and a “L” = Learning (losses do not negatively affect athletes).
- PMT is a developmental sport focused on experience and mat time rather than winning.
- Three judges score each bout.
- Bouts are judged on effective strikes landed in legal target areas.
- Clinch work, ring awareness, and use of varied techniques can earn points.
- Judges ultimately determine who performed better using points to guide a 10-9 decision.
- If fighters are even after two rounds and safely defending themselves, a 3rd round may be used as a tiebreaker.