

Fighter/corner information handout (Muay-Thai)

General information

- Fighters: Try on BOTH gloves at glove assignment. Gloves are occasionally mismatched (two lefts, different sizes, etc.) and it is difficult to correct this during the event.
- All fighters and corners must have a valid Minnesota fighter or corner license.
- Only the fighter and their approved licensed corners are allowed in the technical zones. Technical zones include locker rooms, walkway to cage/ring, blocked off area around cage/ring, and any other area under the oversight of the Office of Combative Sports (OCS). **No family, friends, sponsors, etc are allowed in the technical zones.**
- Managers, promoters and other non-licensed fight team members will NOT be allowed all-access to the technical zone areas. Any managers or promoters that want to be granted access to briefly speak with their fighter will need to speak with one of the lead inspectors and be escorted into the technical zone. OCS can at any time fully restrict technical zone access for managers and promoters.
- No alcohol or drugs (prescription or street) are permitted in the technical zones.
- Only water, juice and sports drinks (ie. Gatorade, Body Armor) are allowed in the technical zones. All allowable beverages must be in a sealed container. **Reusable water bottles are not allowed.**
- No heavy foods are allowed in the technical zones. Only sealed snacks, fruit, etc are allowed.
- Fighters should provide their own towel, bucket and Vaseline. Vaseline must be applied cage/ringside prior to entering the cage/ring. Once Vaseline has been applied, the fighter may not be touched by anyone other than the referee, inspector or OCS representative. Vaseline is allowed to be applied in the cage/ring between rounds.
- When walking to the cage/ring, it is acceptable for fighters to “high-five” or “fist bump” members of the crowd. However, the fighter’s gloves MUST be wiped down with a clean towel upon entering the cage/ring.
- Please be respectful of the other fighters and corners in the locker room.
- All fighters, corners, and cutmen must check-in with OCS upon arriving at the event and be issued a wristband gaining them access to the technical zones. **NOTE: Only fighters, corners and cutmen with a valid license and photo ID will be issued a wristband. Each fighter is allowed a limited number of persons in the locker room and in their corner.**
- Fighters are not allowed to wear any facial cosmetics or excessive hair care products. Only soft and non-abrasive materials shall be used to secure hair. Bobby pins are not allowed to hold hair in place.
- Any creams or liquids used to treat cuts or other impairments must be approved by the ringside physician. Smelling salts are not allowed. Vaseline that is pre-mixed with a coagulant is NOT allowed. Any mixing of this sort must be done in the presence of an inspector.
- The use of Thai liniment is permissible to be applied to a fighter before a bout and may be applied to the fighter’s entire body (from the chest down). Thai liniment (such as Namman Muay) is a specific item and should not be confused with other oils, greases, ointments, balms or butters, such as Tiger Balm, IcyHot

or Cocoa Butter. If it is to be used, Thai liniment must be applied in the locker room or elsewhere backstage before the bout and may not be reapplied after the fighter leaves the locker room. The Thai liniment must be completely dried before the fighter enters the cage/ring for competition. It is at the inspector or referee's discretion if a fighter has used an excessive amount of liniment. The inspector or referee may have the fighter wipe off the liniment if they determine an excessive amount has been used.

- After their bout, fighters should immediately exit the cage/ring and go directly to the designated area for medical examination. Fighters should not be stopping to interact with crowd, family or friends. Fighters will be notified ahead of time if they are to remain in the cage for interviews. Additionally, coaches/teams should not enter the cage post-fight to take photos unless given permission ahead of time.
- All fighters must see the ringside physician following their bout. Failure to do so will result in the fighter being placed on an indefinite medical suspension until cleared by their primary care physician.
- All fighters, regardless of winning or losing, will be put on a mandatory 14-day rest suspension. Any additional suspensions will be issued by the ringside physician and the fighter will be given a copy of their suspension notice which they, or their representative, will sign.

Pre-fight rituals

- The referee shall order the fight to start after the completion of any pre-fight rituals, in accordance with Thai traditions.
- The corners are responsible for removing any ceremonial garb after their fighter completes their pre-fight ritual.
- The length of time for a pre-fight ritual shall be no more than three minutes in length. OCS and the promotion reserve the right to reduce or eliminate the amount of time given for pre-fight rituals at any point.
- Fighters may use the mongkon, a head circlet, which is worn until completion of the Ram Muay ritual dance, and the prajed, a woven armband that is worn throughout the match. The prajed must be neatly wrapped and covered with cloth.

Hand wrapping

- Fighters must provide their own hand wrapping materials. Check with your promoter to see if they have these materials available should you need them.
- **Hand wraps shall be restricted to no more than 20 yards of soft gauze, not more than two inches wide. The gauze shall be held in place by no more than 10 feet of adhesive tape, no more than two inches wide for each hand. The adhesive tape shall not cover any part of the knuckles when the hand is clenched to make a fist. The use of water, or any other liquid or material, on the tape is strictly prohibited. NOTE: An inspector must approve all hand wrapping materials before you begin wrapping your hands.**
- The tape may cross the back of the hand twice but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist.

- Tape or gauze may be used between the knuckles, provided it is no higher than the padding on the knuckles. Excessive cording of tape not allowed.
- Stacking (ie.gauze, tape, gauze, tape) is not allowed.
- Any pads made to be placed on the back of the hand must be approved by an inspector.
- Once a fighter's hands are wrapped, and/or gloved, the fighter is not permitted to leave the locker room area unless accompanied by an inspector. This includes bathroom trips and warming up. The inspectors will make every effort to accommodate requests to accompany fighters where they wish, but if a fighter leaves the supervision of the inspectors, the hand wraps will have to be redone.

Corner nformation

- The number of corners is dependent on the type of fighter (professional or amateur) and type of fighting surface (ring or cage).
- OCS may increase or decrease the maximum allowable corners based on venue size and promotion requests.
- Fighters are allowed to have one cutman, working exclusively as a cutman, that would not count towards the maximum allowed corners. The designated cutman cannot provide instruction or coaching in the locker room or during a bout.
- Corners/cutmen should remain seated during the duration of the rounds and wait to get up until the end of a round.
- Corners should only be providing direction to their fighter and not speaking to the opponent, the opponent's team or officials. Only clean language should be used in the corner.
- Cell phones are only allowed to be used as timekeeping devices in the corners. Cell phones cannot be used to record the fight, take photos, make calls or send/receive texts.

Corner limits for cage

- Amateur fighters are allowed no more than two corners and professional fighters are allowed no more than three corners.
- Professional and amateur fighters competing in a title fight are allowed three corners.
- Two corners will be allowed in the cage between rounds. OCS can restrict this at any time.
- If a cutman enters the cage in-between rounds, then only one corner can enter at that time.

Corner limits for boxing ring

- Fighters are allowed no more than three corners for all non-title fights and no more than four corners for all title fights.
- One corner is allowed in the ring and two corners are allowed on the apron. OCS can restrict this at any time.
- If a cutman enters the ring in-between rounds, then only one corner can enter at that time.

Equipment

- All equipment needs to be in good condition and MUST be approved by your inspector prior to use.
- Fighters must provide their own protective cup, properly fitted mouthguard and fight shorts. Fighters may wear a steel cup.
- All amateur fighters may wear head gear, body protectors, shin guards and elbow pads. Both fighters must agree on the protective equipment being worn prior to the bout and it must be listed in the bout agreement.
- ***Other than a fighter's hands, there will be no taping, covering or protective gear of any kind on the upper body. This includes, but is not limited to, joint sleeves, padding or any form of brace or body gauze/tape.***
- ***A fighter may use soft neoprene type sleeves to cover only the ankle joints. Approved sleeves may not have padding, Velcro, plastic, metal, ties or any other material considered to be unsafe or that may create an unfair advantage. The sleeves must be black in color, with the exception of matching the combatant's assigned corner with sleeves being red or blue in color as appropriate.***
- Fight shorts must be in good condition. Fight shorts must not contain any sort of pockets or have loose strings. Any shorts with a tie waistband must have the extra string tucked into the shorts. Fight shorts must not contain zippers, metal snaps/buttons, gems or other accessories that may harm themselves or their opponent. Any screen printing that is peeling from the shorts must be removed completely. ***The hem of the fight shorts may not extend below the mid-thigh. Any material worn under the fight shorts may not extend below the hem of the shorts.***
- All prajed's must be neatly wrapped and covered with soft cloth.
- Male fighters cannot wear shirts or rashguards during competition.
- No head garbs are allowed to be worn during competition and must be removed by fighter's corner.
- No jewelry or body piercing to be worn during competition. No shoes are permitted.
- Female fighters must wear a short sleeved (above the elbow) or sleeveless form fitting rash guard and/or sports bra. No loose-fitting tops are allowed.
- Female fighters may wear breast protection.

NOTE: All fighter and/or coach bags and equipment will be checked by OCS prior to being allowed access to the technical zones. Any items deemed to be illegal will need to be removed from the bag(s) and brought out of the building before the fighter and/or corner(s) are allowed to enter the technical zones.