



Education Class RULES Scrimmage or score based on mutual agreement between participants and coaches. - Athletes are assessed on attributes such as Balance, Position, Timing, and accuracy.

- NHC Divisions: No direct strikes such as punches, straight front kicks, elbows, and knees allowed to the opponent's head. Roundhouse kicks to the opponent's head are allowed.

- LHC Light Head Contact Divisions: NO knockouts are intent to knockout allowed. No knees or elbows to head allowed. - Neck/head grabbing/holding/pushing/manipulation is allowed within the "plum" or clinch.

- No head contact (NHC) for Youth ages 12 yr. old and under (No intentional head strikes-punches/kicks/elbows/knees). Roundhouse kicks to the head are allowed.

- Athletes in the Teens (13-17 yr. old.) and Adult Divisions can choose either NHC or LHC bouts.

- Kicks allowed to legs and body (front and back). Kicks are also allowed to arms and shoulders.

- Direct attacks to knees are illegal.

- Clinch work must be active with intent to strike and score. Clinching to achieve better positioning for a strike is allowed but must be followed with a strike.

- Leg hooking/reaping, as well as hip throws, are illegal - Knees allowed to the body (no knees to the head)

- Kick catch allowed (one technique/one step) - No elbow strikes allowed

- Athletes need a minimum of 3 "E" class bouts before moving up to "D" class ROUNDS and ROUND LENGTHS * Youth 4-6-year-olds: 2, 1-minute rounds. 30-second rest. * Youth 7-11-year-olds: 3, 1-minute rounds. 30-second rest.

* Youth 12-14-year-olds: 3, 1.5-minute rounds 45-second rest.

* Teens 14-17 yr. old 3, 2 min rounds (1.5 minutes optional). 45-60 second rest.

* Adults: 3, 2-minute rounds. 60-second rest. Mandatory Items as well as Other Considerations: All Athletes must wear Muaythai shorts T-shirts MUST be tucked in the waistband All male competitors must wear groin cup (females in near future too) Open Face Headgear In the future, all athletes will need to wear elbow pads and knee pads (for D class they will be provided by host) If one athlete is clearly overwhelming/outclassing the other, MDL Officials will ask the more skilled athlete to work on defense and a few counter-attacks. If the match it's still overwhelming, Officials will make the rounds shorter. For example, instead of a 1.5-minute round, it becomes a 60 second round, etc. The promoter will try to find another match for a more aggressive athlete. The referee will make effort to try to catch athletes (especially Youth) while they are getting swept to prevent injury.