

OREGON STATE POLICE
Oregon State Athletic Commission
500 Airport Rd SE Salem OR
TELEPHONE: 503-871-5091
FAX: 503-540-1440

Muay Thai/Kickboxing Ruleset Agreement

Note: Athletes competing under division 130, Muay Thai/Kickboxing must agree one of the below rulesets prior to bout approval. Should an agreement not be received, competitors will compete in the most restrictive form of kickboxing allowed under OSAC rules.

CHECK ONE:

■ **MUAY THAI:**

- Elbows to legal striking areas are allowed (Amateur competitors **MUST** wear approved elbow pads)
- Thai Clinch with legal strikes and knees are permitted for up to five (5) Seconds (Amateur competitors **MAY NOT** knee to the head while in a Thai or Half Thai clinch).
- Knees to the head while not clinched are permitted in amateur and Professional competition.
- “Dirty boxing” and elbows are permitted while in a Half Thai clinch.
- Spinning backfist are legal provided strike land with padded portion of glove.
- Spinning elbows are legal (Amateurs **MUST** land technique with elbow pad, not the forearm)
- When catching a kick, one step forward or backward, or any legal striking technique is permitted before releasing the leg.
- Trips are legal.
- **NO** striking off a referee break.

■ **“GLORY” STYLE KICKBOXING:**

- See above minus:
- Elbows are **PROHIBITED**.
- Leg trips are legal
- Throws, or pushing of any kind in an attempt to off balance opponent are illegal.
- Amateur competitors **MAY NOT** knee the head.

■ **KICKBOXING:**

- See above except:
- No elbows
- No strikes while in clinch (Full Thai clinch)
- No trips, throws, or sweeps.
- When catching a kick, one legal strike is allowed before releasing the leg.
- Legal strikes while in a half Thai clinch are permitted.
- Knees to head are NOT allowed in amateur competition.

Competitor Name

Signature

Date