



# SAFE MUAYTHAI GUIDE

Think Safe. Play Safe. Stay Safe.

**Sport**  
SINGAPORE

LIVE BETTER THROUGH SPORT

## A Sport Safe Singapore

Sport Singapore (SportSG) recognises that safety must be a fundamental component of our sporting culture and a prerequisite for every healthy lifestyle. It is tasked to promote safety throughout Singapore's sporting community and to inculcate a safety-first mentality in the minds of every stakeholder. Therefore, SportSG has set a corporate goal of zero injuries, in the belief that all accidents are preventable. Emphasising the need for personal accountability, SportSG also urges people to be responsible for the safety of others. For more information, please visit [sportsingapore.gov.sg/sports-education/sports-safety](https://sportsingapore.gov.sg/sports-education/sports-safety)



## Acknowledgement

SportSG would like to thank and acknowledge Singapore Muaythai Federation (SMF) for its participation in the consultation process and for the provision of materials and photos towards the production of this guide. Their feedback and suggestions greatly improved the final delivery of this publication.



**Think Safe. Play Safe. Stay Safe.**

Another initiative by the Safety Management Division, ActiveSG

# CONTENTS

Introduction	2
Conducting a risk assessment	3
Major disciplines of Muaythai	4
Safety guidelines	5
Types of protective equipment	6
Trainees' code of conduct	7
Responsibilities of trainees	8
Safety checklist for coaches	9
Coaches' code of conduct	11

### Disclaimer

The information contained in this publication is not intended to be professional advice. Sport Singapore, the content contributors and the distributors of this publication will not bear any responsibility for any action taken or any reliance placed as a result of reading any part or all of the information provided in this publication, or for any error, flaw or deficiency in or any omission from the information provided. Sport Singapore and its partners make no warranty of non-infringement, reliability or fitness for any particular purpose, or warranty of any kind, express or implied, in relation to the information provided in this publication. Readers shall use it with discretion, and shall exercise care and diligence for their own and/or their charges' personal safety.

### Copyright

Sport Singapore owns the rights to, or is permitted to reproduce, the information and materials provided in this publication. No part of this publication may be reproduced or copied for any commercial purposes without the prior written consent of Sport Singapore.



## MAJOR DISCIPLINES OF MUAYTHAI

The different disciplines in Muaythai are practised for various reasons. It can be for fitness, self-defence, competition or as a cultural art form. The major disciplines of Muaythai are **Muay, Muay Boran, Krabi Krabong, Muay Talay, Muay Aerobic.**

### Muay

Muay, also known as Muaythai, Thai Boxing or Thai Kickboxing is the competition sport which is either competed at the professional level over 5 rounds of 3 minutes per round, or by amateur rules over 3 rounds of 3 minutes per round. It is known as the sport of eight limbs where practitioners utilise their fists, elbows, shins and knees. Amateur practitioners wear a head guard, elbow guards, shin guards and gloves whilst the professionals use only the gloves. This discipline of Muaythai is included into the official programme of many multi-sport games such as the World Games, the FISU World University Championship programme, Asian Beach Games, Asian Indoor & Martial Art Games, World Combat Games, SEA Games, TAFISA Games and many more.

### Muay Boran

Muay Boran is the umbrella term for “Hand-to-Hand Combat” or self-defence in Muaythai. In Thailand It consists of five disciplines – Muay Chaiya, Muay Korat, Muay Lopburi, Muay Tahsuh and Muay Pala Sueksa (or Muay Panakorn). They can be identified by their different stances and techniques. Muay boran bouts were traditionally fought with rope bindings on the hands (Kad Chuek). Today, competitions are held as demonstrations with very little contact or full contact.

### Krabi Krabong

Krabi Krabong is the weapon-based discipline of Muaythai. The system includes the main weapons - the curved sword (Krabi) and staff (Krabong).

### Muay Talay

This is a fun take on Muaythai and is competed on the beach or over a body of water. Competitors compete whilst sitting on a beam using balance and strength, with the victor being the opponent that remains on the pole.

### Muay Aerobic

This is a total work out programme which includes Muaythai training tools such as pad work, bag work, circuit and body strength training. Fitness centres around the world use this unique high calorie burning work out programme either in one-to-one personal training (PT) sessions or group circuit training sessions.

\*Information extracted from <https://www.ifmamuythai.org/muaythai-disciplines/>

## SAFETY GUIDELINES

As with any sport, there is always the risk of accidental injury. It has been revealed that Muaythai fighters perceive the risk of injury in their own sport to be slightly below average risk, which is significantly less than their perceived risk of injury for other collision sports, including popular combat sports such as boxing, mixed martial arts and judo.

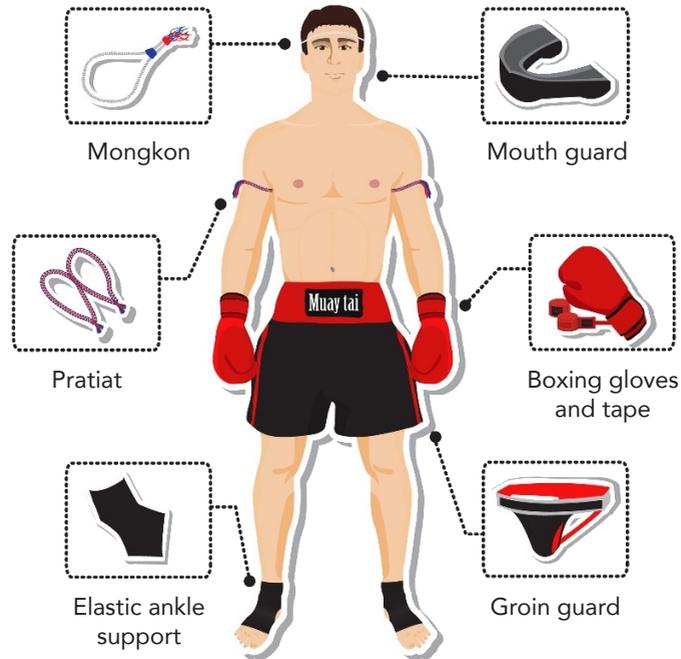
In Singapore, trainees below the age of 13 are strictly prohibited from sparring. They are also not permitted to deliver elbow and knee strikes, and head shots, and can only engage in light contact.

Moreover, sparring is recommended after 8 – 12 months of regular training (approximately 5 – 6 lessons per week consecutively) subject to the coaches' evaluation and approval.

# TYPES OF PROTECTIVE EQUIPMENT

Below are examples of the different parts of the outfit and accessories that are worn in a Muaythai competition.

## Standard Gear For Fighter



## Additional Gear

- Head Guard
- Protective Vest
- Shin Guard
- Head and body covers may be worn



# TRAINEES' CODE OF CONDUCT

The foundations of Muaythai is built on five important pillars: tradition, respect, honour, excellence and fairplay. The following code of conduct shall be adhered to by all trainees of Muaythai:

- Observe the rules of Muaythai at all times
- Respect the authority of and decisions by referees, organisers and all other Muaythai disciplinary bodies
- Ensure that Muaythai is always conducted in a disciplined and sporting manner
- Cooperate in ensuring that the spirit of the rules of Muaythai are upheld
- Shall not abuse, threaten or intimidate a referee, organiser or other official, on or off the ring or during practice
- Shall not do anything which adversely affects the sport of Muaythai, Singapore Muaythai Federation (SMF), or any commercial partner of the sport



## RESPONSIBILITIES OF TRAINEES

It is the participants' responsibility to get a qualified coach. Participants may contact the SMF for qualified coaches.

Without the cooperation and support of the participants, it will be difficult to maintain a safe training environment for the sport.

The participants must inform the coaches if they have any pre-existing medical condition, are not physically and/or mentally fit, need to take a break during training, or have difficulties executing techniques taught.

They must observe the safe practices of the sport. For example, avoid horseplay during training, stay hydrated, ensure that objects that may cause injury are removed, wear the required protective equipment whenever necessary, learn the skills progressively and pay attention to the correct and proper way of technique execution.

They also have the responsibility of keeping themselves healthy by giving themselves sufficient rest and recovery of the body, which includes getting quality sleep. They have to also watch their diet and avoid taking drugs or smoking and having contact with potential source of infection.



## SAFETY CHECKLIST FOR COACHES

For participants to have a safe training environment for the learning and enjoyment of Muaythai, the coaches shall:

- Create and maintain a health and safety policy with risk assessments and emergency plans
- Plan the training appropriate for the age, ability and state of development of the trainees
- Require all participants and their parents or guardians, to sign an indemnity form
- Have valid first aid and CPR/AED training certifications
- Have a first aid kit, fully stocked with an adequate supply of the correct medical equipment and consumables
- Be prepared to summon professional medical help by having an emergency action plan
- Check the training area to make sure it is safe by removing hazards – for example, obstacles, obstructions or any kind of debris (like bits of sharp wood, stones, rocks, dried leaves and loose tiles) lying around, potholes, undulations, gaps between mats and wet patches
- Ensure that there is sufficient space for trainees to spar and perform drills
- Ensure that the changing room is clean and dry
- Be aware of any medical conditions or physical limitation of each participant
- Ability to adapt moves for those with injuries or disabilities
- Ensure that trainees are fit, physically and mentally, for training
- Ensure trainees maintain the highest standard of personal hygiene including keeping fingernails short and grooming hair neatly
- No hard objects to be worn during trainings and competitions as they may cause injuries
- Inculcate the discipline of Muaythai and the spirit of sportmanship and fair play in the participants
- Conduct proper warm-up and cool-down
- Provide hydration breaks in training regime

## COACHES' CODE OF CONDUCT

- Allow adequate rest in between vigorous exercises based on the physical capacity of the trainees
- Remind participants who are feeling fatigue to take longer break or stop training, if required, for their well-being
- Increase workout intensity gradually
- Introduce skills and exercises progressively
- Avoid exercises and techniques that are harmful and outdated
- Demonstrating techniques in a sequential manner where students learn at their own pace using proper techniques
- Provide stretching routines, matted flooring and protective safety equipment
- Use close-fitting and approved protective gear for sparring
- Ensure that participants use training equipment correctly and safely
- Check training equipment to ensure that it is well-maintained and safe for use
- Ensure that participants know and observe the rules
- Match participants according to size, physical maturity, skill level and experience
- Allow sparring or the performing of difficult techniques only under proper supervision
- Warn participants of inherent risks of difficult moves
- Forbid horseplay and unruly behavior
- Disallow violence and dangerous techniques
- Ensure that participants take care of minor injuries immediately so that they do not become serious
- Keep records of injuries that occur during training
- Stress the importance of observing safety practices when they are engaged in their own training

Every coach has a duty to care for and safeguard a trainee's welfare, during the activities conducted at clubs, events, competitions, trips or wherever Muaythai is practised. We believe that everyone has the right to protection from abuse. All suspicions and allegations of abuse and poor practice will be taken seriously and responded to swiftly and appropriately by SMF. All coaches should demonstrate exemplary behavior. With this in mind, we expect all coaches to follow the guidelines below when working with trainees:

- Should have an ongoing commitment to their own training and work with others (i.e. referees, medical team, parents) to ensure the safety and enjoyment of all players in order that they can develop the sport
- Always work in an open environment (e.g. avoiding private or unobserved situations and encouraging open communication)
- Maintain a safe and appropriate distance (e.g. it is not appropriate for staff or volunteers to have an intimate relationship with trainees and/or to share a room with them)
- Always put your trainee's welfare first as this is far more important than winning or achieving goals
- Build balanced relationships based on mutual trust that empowers them to share in the decision-making process
- Make Muaythai inspiring, enjoyable and promote fair play
- Promote good behavior within the rules of Muaythai
- Keep up to date with technical skills, qualifications and insurance in sport
- Strive to be positive role models – this includes not smoking or drinking alcohol while on duty or within the gym premises
- Give constructive feedback rather than negative criticism
- Recognise the developmental needs and capacity of our trainees – avoid overtraining and/or pushing them against their will
- Keep a written record of any injury that occurs, along with the details of any medical treatment given



**Sport**  
SINGAPORE

Partner in Sport



Giving Hope  
Improving Lives.

3 Stadium Drive  
Singapore 397630

[sportsingapore.gov.sg](http://sportsingapore.gov.sg)