



2023

# INFORMATION

BELGIAN YOUTH  
MUAYTHAI CHAMPIONSHIPS

EVENT GUIDE BOOK

VKBMO

ATHLETES & COACHES

All you need to know

# BELGIAN MUAYTHAI YOUTH CHAMPIONSHIPS 2023

BBasic information

## REGISTRATION

One responsible person for each club does the registration for ALL participants.

- Payment of all participants at once

## LOCATION

Steenweg op Zevendonk 18  
2300 TURNHOUT

## WEIGH-IN

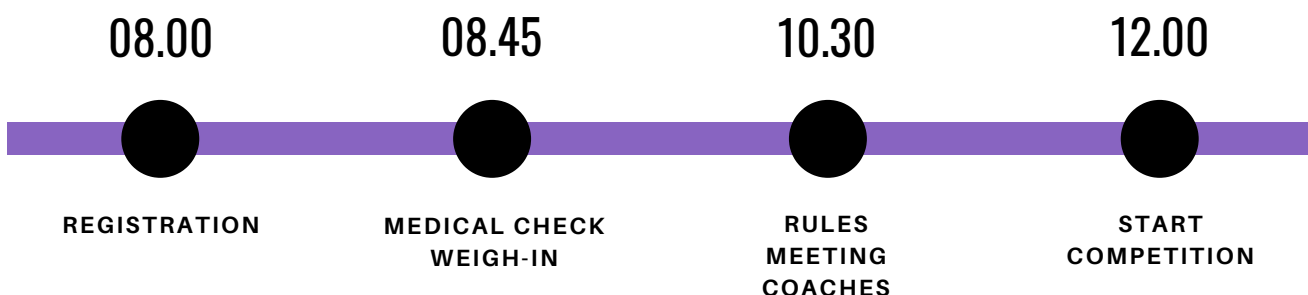
Weigh-ins will be in waves.  
Anyone who is late for his/her wave will not be able to participate.

## RULES MEETING

At least one coach for each club must be present at the rules meeting. This will take place in the competition area.

The basic competition rules can be found at [www.vkbmo.be/reglementen](http://www.vkbmo.be/reglementen). The adjustments specific for the Belgian Championships can be found further in this guide book.

## TIMELINE



VLAAMSE  
**KICKBOKS  
MUAYTHAI**  
ORGANISATIE



# BELGIAN MUAYTHAI YOUTH CHAMPIONSHIPS 2023

Registration and payment

## REGISTRATION

One responsible person for each club does the registration of ALL participants. All others do not have access to this space.

### STEP 1

Sign up by club name

### STEP 2

Control of number of participants + number of allowed coaches

### STEP 3

Make payment

### STEP 4

Participant cards will be stamped and you will receive your entrance bracelets.

### STEP 5

Go to the **MEDICAL CHECK + WEIGH-IN**

## PAYMENT

Only cash payments can be accepted.

20 euro for each participant.

**VKBMO will cover 50% of the participation fee for its own members - 10 euros/participant.**

## NUMBER OF ALLOWED COACHES

1-2 athletes = 2 coaches allowed

3 or more athletes = 3 coaches allowed



# BELGIAN MUAYTHAI YOUTH CHAMPIONSHIPS 2023

Medical check & weigh-in

## GENERAL

Each competitor will go through the medical checkup and weigh-in at the ring in which his/her category will be fighting. The registered category is stated on your participant sheet. It is not allowed to weigh-in at another ring.

## PREPARATION

Make sure your athlete is ready before going to weigh-ins.

### STEP 1

Toenails are clipped short.

### STEP 2

Weigh-in in underwear is not allowed. Make sure the athletes wear the following attire:

- Muaythai short
- T-shirt or singlet (not a top without covering the belly)
- No shoes or socks (slippers are allowed)

### STEP 3

Required documents.

- ID card
- Competition **book** (VKBMO/LFKBMO or other licence (**book**) for foreign clubs)
- Participant sheet

## WAVES

### SATURDAY

- 08.45 - 09.15 medical check & weigh-in for 10/11 years old
- 09.30 - 10.00 medical check & weigh-in for 12/13 years old

### ZONDAG

- 08.45 - 09.15 medical check & weigh-in for 14/15 years old
- 09.30 - 10.00 medical check & weigh-in for 16/17 years old



## COMPETITION CLOTHING

### PROVIDED BY FEDERATION

- Shin guard & elbowprotection
- Gloves
- Bodyprotector
- Helmet

### SELF SUPPLY

- Groin guard also for girls (metal for boys from 16 years and older)
- Mouth piece
- Singlet (no T-shirt), the color doesn't matter
- Muaythai shorts (no K1, running shorts, spandex, ...)
- Bandages

## COVERING CLOTHING

Since February 2022, a new rule on covering clothing has been in effect.

Covering clothing is allowed for any athlete under the following conditions:

- The clothing has one neutral color black or white. Prints, advertising or logos are not allowed.
- The clothing has no pockets, zippers or buttons.
- Covering trousers are fitted and reach to the ankles. These pants will always be worn under Muaythai shorts.
- A covering top is fitted and reaches to the neck and wrists. This top will always be worn under a singlet (no T-shirt).
- A sports hijab consists of one piece and fits around the face and neck.

It is allowed to choose to cover only certain parts of the body. If in doubt whether the clothing meets the requirements, you can always contact the secretariat or one of the main officials.



## TAPING

Taping is not allowed. Only one piece of tape on the wrist to fix the bandage is allowed.

## ENTERING THE RING & WAI KRU

### PRELIMINARY BOUTS

- Athlete enters the ring between the ropes (not over or under).
- Mongkol should not be worn.
- Coaches do not enter the ring before the end of the first round.
- Wai Kru will not be performed in the preliminary bouts.

### FINALS

- Athlete enters the ring between the ropes (not over or under).
- Mongkol must then be placed on the athlete's head by the coach.
- Coaches do not enter the ring before the end of the first round.
- A short Wai Kru will be performed (4 corners).

## EDUCATIONAL INTERVENTION

During the youth competitions (10-15 years) no 8 counts are given. However, the official can make an educational intervention in which he/she checks whether or not the athlete in question can continue the competition. This intervention does NOT result in a point deduction.





## PERMITTED TECHNIQUES

### 10/11 YEARS

- Headcontact: forbidden
- Punches, kicks, elbow and knee techniques on the upper body and legs are allowed
- Sweeping without prior action,
- Heelhooks, judo and hip throws are prohibited

### 12/13 & 14/15 YEARS

- Headcontact: controled (no KO to the head allowed)
- Spinning backfist: forbidden
- Elbow and knee techniques are forbidden to the head, allowed to the body
- Sweeping without prior action
- Heelhooks, judo and hip throws are prohibited

### 16/17 YEARS

- Heafdcontact: allowed
- Spinning backfist: forbidden
- Elbow techniques are allowed with the exception of twisted techniques.
- Knee techniques to the head are forbidden, only allowed to the body
- Sweeping without prior action
- Heelhooks, judo and hip throws are prohibited

## ROUND TIMES & REST

Each category will be fully completed before going to the next one. Between the semi-final and final match, the winning athlete will be given 5 minutes extra time to rest if desired.

10/11 years // 3x1 min - 30 sec. rest

12/13 years// 3x1 min - 30 sec. rest

14/15 years// 3x1 min - 30 sec. rest

16/17 years// 3x2 min - 60 sec. rest



# BELGIAN MUAYTHAI YOUTH CHAMPIONSHIPS 2023

Location, hotel & parking

## LOCATION

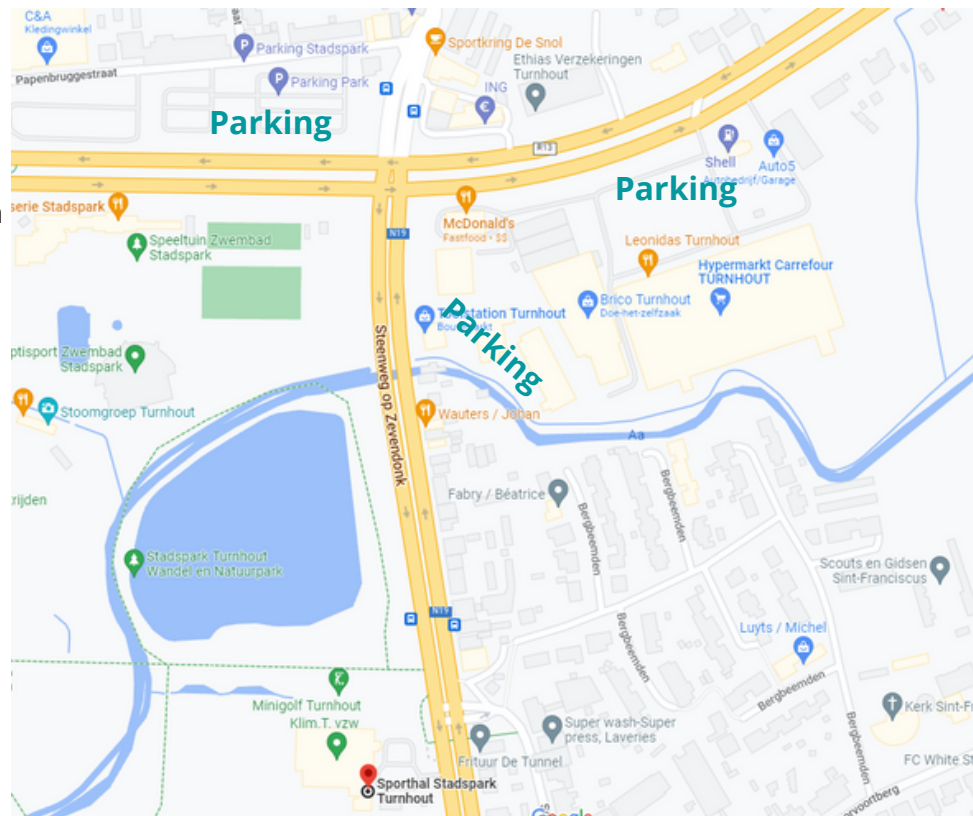
Sporthal 't Stadspark - Steenweg op Zevendonk 18, 2300 TURNHOUT

## PARKING

The parkingspace in front of the venue are reserved for the ambulance, doctor and officials. There is enough parkingspace in the surrounding areas.

## PUBLIC

Ticket: 15 euro/day



Sporthal

## HOTEL

Turnhout City Hotel - 3 km  
[www.turnhoutcity-hotel.be](http://www.turnhoutcity-hotel.be)



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