



# TECHNICAL BOUTS GUIDE

This quick guide provides a rules overview for athletes and coaches participating in the US Open Technical Bouts. **This is not a substitute for the [Official Rules](#).** Please familiarize yourself with the Official Rules to ensure smooth and successful tournament experience.

## I. What are US Open Technical Bouts?

A US Open Technical Bout is a sanctioned bout with special rules that only permit strikes that are light-contact in nature. Technical bouts differ from the standard US Open Championships in that it is designed as a steppingstone, to give fighters an opportunity to compete in a more forgiving environment. Technical bouts are a great way for newer fighters to gain ring experience and for newer coaches to gain leadership experience. These bouts are designed to lessen the risk of injury, to build confidence, to educate, and to be fun and rewarding.

## II. Bout Rules & Scoring

### What to Expect

- **Technical bouts can be held on a mat or inside a ring.**
- For **youth** (under age 18): **3 x 1:30** minute rounds with 1 minute rests.
- For **adults** (18 and older): **3 x 2:00** minute rounds with 1 minute rests.
- To manage time constraints, the referee may stop the contest early if any contestant wins their first two rounds.
- Judging: Referees and judges will score you based on your Muay Thai technique, volume of strikes, and defense. **They will NOT consider power or damage in their evaluations.**
- You will receive a post match **Fighter Report Card™** detailing your performance and serving as a training aid

**The following strikes are strictly forbidden in US Open Technical Bouts to ensure a safe, developmental environment:**

- **NO** deliberate strikes to the face or head for youth athletes (under 18).
- Light strikes to the head are allowed for **adult** athletes (18+)
- **NO** deliberate elbow strikes.
- **NO** strikes delivered with the **intent** to stagger or injure your opponent.
- **NO** strikes against an opponent who is already staggered.
- Any other strike that constitutes a foul per the US Open Official Rules
- Referees will issue yellow and red cards to signal when intensity violations occur
  - **Yellow:** An official warning, an additional violation will result in a DQ
  - **Red:** Referee stops the contest, offender receive's DQ

## III. Registration

### Eligibility:

- Athletes 8 years old and up are eligible to compete.
- No membership or federation affiliation is necessary to compete

### Registration Process:

- Register [online](#).
- Pay required athlete fees.
- **Two free coaches** per team, \$20 for additional coaches. Coaches will register in person, during the weigh-in.

### Refunds/Deferrals:

- **All fees are non-refundable**, except for if you are in a lone bracket and unable to be matched.
- **No Deferrals**
- **Transfers:** You may change weight divisions, but you must pay a **\$10 transfer fee** for each request made before the event, \$20 on the day of the event
- **Spectators:** Refer to the event page for ticket information
- **Awards:** Participants will receive a commemorative medal

## IV. Experience Limits

- There will be **TWO (2) experience classes** for Technical Bouts. They are:
  - **Entry Class:** 0-5 amateur bouts of prior experience
  - **Experienced Class:** 6+ amateur bouts of prior experience
- **A "Bout" Defined:** any demonstration of technique or training in unarmed combat, which is attended by members of the public, including any such demonstration involving the sale of tickets or collection of admission fees. **Please be advised that some exhibitions described as being "light contact," "modified contact," or "point" style may still qualify as a "bout."** Contact the US Open if you are unsure if certain experience counts as a bout.
- **Important Note:** Competing in a US Open Technical Bout **counts as one "bout"** on your official US Open record.

## V. Weigh-In Rules

- **Schedule:** Refer to the event announcements on the official website
- **Missed Weight:**
  - One re-weigh at the end of weigh-in, otherwise must transfer (fee)

## VI. Mandatory Equipment

- **Gloves:** Any brand of your choice
  - 12 oz: Youth
  - 16 oz: Adults
- **Head Protector:** Mandatory, must be Open-faced
- **Shin Guards:** Mandatory, Cloth
- **Chest Protector:** Mandatory, US Open provided
- **Groin Protector:** Mandatory for males; optional for females.
- **Mouthpiece:** Mandatory, form-fitting, required at all times during bout.
- **Hand Wraps:** Max 180 inches. No tape directly on skin/knuckles.

## VII. Ringside Coach Rules

- **Limit:** No more than two registered coaches will be allowed ringside.
- Coaches must have the following items ringside during each bout:
  - One (1) corner tote or bucket
  - One (1) plastic bottle for the athlete's hydration and mouth rinsing
  - One (1) plastic spray bottle
  - Two (2) clean towels
  - Wound care instruments
- **Ring Access:** Only one coach will be allowed inside the ring in between rounds, except for during emergencies.

## VIII. Medical Requirements

- No formal medical forms needed however, consult with your physician before participating to ensure Technical Bouts are safe and appropriate for you.