



2024

INFORMATION

BELGIAN YOUTH
MUAYTHAI CHAMPIONSHIPS

EVENT GUIDE BOOK
VKBMO

ATHLETES & COACHES
All you need to know

BELGIAN MUAYTHAI YOUTH CHAMPIONSHIPS 2024

BBasic information

LOCATION

Familie van Rysselberghe 2
9000 GENT

WEIGH-IN

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

PRE-REGISTRATION

Early collection of the team's envelope is possible by APPOINTMENT via britt@vkbmo.be

Only on Wednesday January 10, 2024 between 2:00 PM and 7:00 PM. Payment is made in cash, with exact change and for the entire team.

Address: Bredabaan 210 B - 2170 Merksem

CHANGE OF CATEGORY

You can change categories until January 5th, via email britt@vkbmo.be. Changes after this date can only be made subject to payment of an administrative fee.

From January 6th to January 10th '24 = 10 euros per change to be paid upon registration.

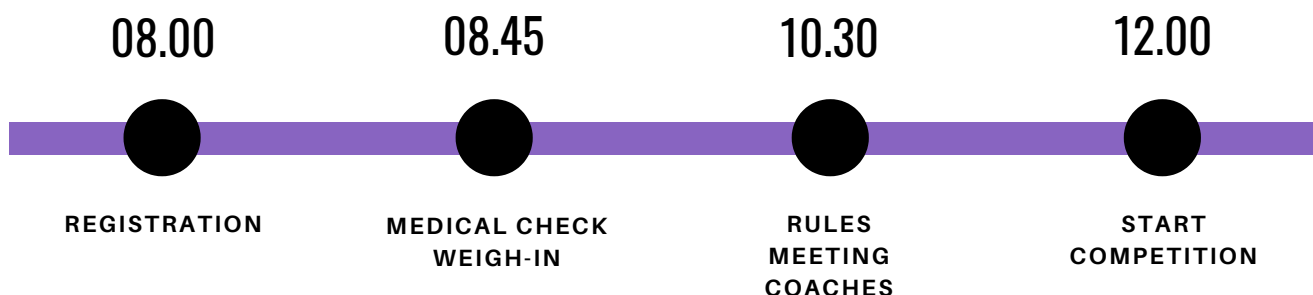
From January 11 '24 and on the day of the event = 20 euros in cash

REGISTRATION

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

- Payment of all participants at once

TIMELINE



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BELGIAN MUAYTHAI YOUTH CHAMPIONSHIPS 2024

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

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

For an extremely large team, an exception for one extra coach can be requested or extra wristbands can be purchased. The number of coaches allowed in the warm-up zone is limited due to safety regulations. We therefore count on your cooperation and understanding.

Request a substantiated exception before January 5 via britt@vkbmo.be. Parents and supporters are not allowed in the warm-up/competition zone!



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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**)/ **VA number** 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

- 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 (**only the 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 is prohibited
- 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 is prohibited
- Heelhooks, judo and hip throws are prohibited

16/17 YEARS

- Headcontact: 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 is prohibited
- Heelhooks, judo and hip throws are prohibited

ROUND TIMES & REST

Each category will be fully completed before going to the next one. There is always at least one match between the semi-final and final matches.

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// 3x1,5 min - 60 sec. rest



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Location, hotel & parking

LOCATION

Familie van Rysselberghedreef 2- 9000 GENT

PUBLIC

Ticket: 15 euro/day



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