



The 3rd Asian
Youth Games
Bahrain 2025

Muay

Technical Handbook

V2





Technical Information

1. Dates

The Muay competition of the 3rd Asian Youth Games will be held from 23 October 2025 to 26 October 2025 at The Exhibition World Bahrain, Kingdom of Bahrain.

2. Venues

The Muay competition of the 3rd Asian Youth Games will be held at Exhibition World Bahrain. The competition venue is 25 kilometers away from the Athletes' Accommodation.

3. Events

The Muay competition of the 3rd Asian Youth Games consists of Boys & Girls U17 Years: Athletes born between 2008 – 2011 (aged 14 and 17 Years Old) will be eligible to compete.

The Muay competition of the 3rd Asian Youth Games consists of 17 events, including eight (8) men's events, eight (8) women's events and one (1) mixed event as follows:

Men's (8):

- Combat 14-15 : -45KG, -48KG, -51KG
- Combat 16-17 : -54KG, -57KG, -60KG
- Wai Kru : 14-15yo, 16-17yo

Women's (8) :

- Combat 14-15 : -40KG, -45KG, -48KG
- Combat 16-17 : -48KG, -51KG, -54KG
- Wai Kru : 14-1yo, 16-17yo

Mix (1)

- Mai Muay Mixed Team : 14-17yo

Bout duration will be set in accordance with the competition regulations established by IFMA.

Men and Women Combat bouts consist of three rounds of two minutes each. The rest time between rounds will be one minute.

In an individual format Wai Kru contests, the minimum allowed time is four (4) minutes, and the total allowed time is five (5) minutes.

For a duo format Mai Muay contests, the minimum allowed time is five (5) minutes, and the total allowed time is six (6) minutes.

Electronical scoring system will be used in all bouts and will be approved by the IFMA and OCA.





4. Competition Schedules

Daily Medical Examination and Weigh-in: 7:00-9:00;

Location: TBC

Date	Day	Time	Event	Place
Oct 21, 2025	Tue	All day	Arrivals	Golden Tulip Hotel
Oct 22, 2025	Wed	09.00-12.00	Technical meeting	TBC
		10.00-12.00	Team manager meeting and official draw	
		13.00-15.00	R/J meeting	
		TBC	Opening Ceremony	EWB
Oct 23, 2025	Thu	07.00-09.00	Daily Medical Check-up and weigh-in	TBC
		10.00-12.00	Wai Kru and Mai Muay Preliminary	EWB
		14.00-21.00	Preliminary bouts 1	EWB
Oct 24, 2025	Fri	07.00-09.00	Daily Medical Check-up and weigh-in	EWB
		10.00-12.00	Wai Kru and Mai Muay Quarter	
		14.00-21.00	Quarter bouts	
Oct 25, 2025	Sat	07.00-09.00	Daily Medical Check-up and weigh-in	EWB
		10.00-12.00	Wai Kru and Mai Muay Semi	
		14.00-21.00	Semi bouts	
Oct 26, 2025	Sun	07.00-09.00	Daily Medical Check-up and weigh-in	TBC
		10.00-13.00	Wai Kru and Mai Muay Finals and Medal ceremony	EWB
		14.00-18.00	Finals and Medal ceremony	EWB

Note: The competition schedule may be subject to change after the completion of the Muay entries check.





5. Sport Entries

5.1 - Eligibility

- Only the OCA member NOCs and IFMA member National Federations are entitled to send athletes to participate in the Muay competition of the 3rd Asian Youth Games.
- Only athletes who comply with the OCA Constitution and Rules and its By-law are entitled to compete in the Muay competition.
- Only athletes who comply with the Muay Code of Conduct established by the IFMA and OCA are entitled to compete in the Muay competition

5.2 - Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March, 2025 (Manama Time, GMT +3)
- Entry by Number: from 10:00 30 June 2025 to 23:59 21 July 2025 (Bahrain Time, UTC +3)
- Entry by Name: from 10:00 1 August 2025 to 23:59 to 31 August 2025 (Bahrain Time, UTC +3)

5.3 - Entry Policies

- Individual: Each NOC may enter a maximum of one (1) athlete per event.
- Total: Each NOC may enter a maximum of Eight (8) male athletes and eight (8) female athletes and two (2) mix male and female.

5.4 - Age Limitation

- 14 -15 years old - (U16) Athlete must be born between 2010 and 2011 (inclusive).
- 16- 17 years old - (18) Athlete must be born between 2008 and 2009 (inclusive).

5.5 - Restriction:

- Please refer to the Sport Entries Guide for more information about restrictions.
- Pregnant athletes are not allowed to participate in the competition according to the regulations established by the IOC.
- Any NOC that withdraws its athletes or teams after the submission of the final entries by name or the Team Draw phase will be faced with disciplinary action by the OCA Executive Board.

6. Arrival and Departure

- Teams arrival is fixed two (2) days before the competition and depart one (1) day after it ends.

7. Technical Official

- IFMA has the right to appoint the Technical Delegate and International Technical Officials (ITOs) in coordination and approval of the OCA. In the event of any violation of the Games Rules and Regulations by any participant, the OCA has the right to revoke his or her accreditation card and propose replacement of the participant concerned.
- NOC can send 1 R&J certified by IFMA
- National Technical Officials shall be appointed by the Bahrain Muaythai Federation.





8. Muay Entry Check, Technical Meeting and the Official Draw

The Muay Entry Check, Technical Meeting and the Official Draw will be held on 22nd October 2025, exact timings to be confirmed:

- Muay Entry Check: at 08:00-17:00
- Technical Meeting: at 9:00-12:00

Team Delegations must provide the following documents for each Athlete, signed and completed as required (Athlete's Consent, Medical Declaration, and Declaration of non-pregnancy attached in appendix):

- Copy of passport Athlete's Record Book (with completed Annual Medical Examination) Code of Conduct, signed and date.
- Athlete's Medical Declaration issued within the previous six (6) months, signed and stamped by a doctor.
- Declaration of Non-Pregnancy signed and dated (women athletes only).
- Original laboratory documentation attesting no HIV or hepatitis B+C transmission risk, no older than six (6) months.

Each Team Delegation may appoint a maximum of two (2) people to attend its Muay Entries Check. The Muay technical team recommends appointing the Team Manager and the Team Doctor.

The Muay Committee will inform Team Delegations of their exact appointment time prior to the event. The Muay Entries Check is mandatory for all Team Delegations, and teams should make all necessary arrangements to arrive 10 minutes in advance to meet their appointment. Each Team Delegation may appoint a maximum of two (2) people to attend its Muay Entries Check. The Muay technical team recommends appointing the Team Manager and the Team Doctor.

9. Competition System

- The Championships will be conducted according to IFMA Rules & Regulations for International Competitions.
- The Official Draw will be conducted by IFMA officials through an system draw.
- There will be one (1) Referee and three (3) Judges for each combat bout, and five (5) Judges for each Wai Kru and Mai Muay contest in accordance with electronic draw by Scoring System.

10. Competition Rules

- The Muay competition of the 3rd Asian Youth Games will be held as per the latest competition regulations established by IFMA and OCA.
- In case of any disagreement in the interpretation of these rules, the English version shall prevail. Any unforeseen circumstances not covered by these rules shall be resolved as follows:
 - Technical issues: Resolved in accordance with the rules and regulations established by the IFMA;
 - General issues: Resolved in accordance with the Olympic Council of Asia (OCA) Constitution and Rules.

11. Competition Format

- The Muay competition adopts a single elimination system, through which the loser of each bout will be eliminated until there are two (2) athletes left to compete in the final. Two (2) losers of the semi-finals will be ranked third jointly and, therefore, be awarded bronze medals.





12. Protest and Appeals

- No protests are allowed in the 3rd Asian Youth Games Muay competition.
- Any athlete/NOC may appeal to the Court of Arbitration for Sport (CAS), in the event that the athlete/NOC believes that there has been a violation of technical rules or the OCA Constitution, as long as the appeal is not related to reversing the decision of the referee or result.

13. General Rules and Regulations

13.1 Rules

13.1.1 Eligibility Code (OCA 52)

To be eligible to participate in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA in accordance with the Olympic Charter;
- b) Respect the spirit of fair play and non-violence, and adhere to the rules of the sport;
- c) Comply fully with the WADA and OCA Anti-Doping Rules and refrain from using any substances or methods prohibited by these organizations;
- d) The Member NOC must ensure that any competitor entered in the OCA Games is a national of the country represented by the respective NOC;
- e) Disputes concerning the determination of the country a competitor may represent in the OCA Games shall be resolved by the OCA Executive Board (EB), unless the eligibility code specified in the Constitution has already been fulfilled and is undisputed.

13.1.2 Nationality of Competitor (OCA By-Law to Rule 52)

- a) All infringements of IOC Rule 41, Rule 42, their respective Bye-laws, and the eligibility codes of International Federations (IFs), must be reported by the relevant Member to the OCA for review by the EB. The EB's decision shall be final.
- b) A competitor who holds dual or multiple nationalities may elect to represent any one of those countries. However, after representing one country in the Olympic Games, OCA Games, or in continental, regional, or world championships recognized by the relevant IF, the competitor may not represent another country unless they meet the criteria outlined in subsection (c) below, which applies to those who have changed or acquired new nationality.
- c) A competitor who has previously represented a country in the Olympic Games, OCA Games, or any continental, regional, or world championship recognized by the relevant IF, and who has subsequently changed or acquired a new nationality, may not represent their new country in the OCA Games until a period of three (3) years has elapsed from the date of change or acquisition.
- d) If a state, country, or colony gains independence; a country becomes incorporated into another through a change of borders or sovereignty; or if a new NOC is recognized by the OCA, a competitor may continue to represent the country to which they previously belonged. Alternatively, they may choose to represent the new country, or be entered in the OCA Games by the newly recognized NOC, if applicable. This choice may only be made once and is irreversible.
- e) In cases not expressly addressed in these Bye-laws—especially where a





competitor may be eligible to represent a country other than the one of which they are a national, or where a choice of representation exists—the EB shall make the final decision. Such decisions may be general or case-specific and may include additional requirements regarding nationality, citizenship, domicile, or residence, including the duration of any waiting period. Unless expressly permitted by the EB, no competitor, coach, or official participating in the OCA Games may allow their name, image, likeness, or sports performance to be used for advertising purposes during the Games.

13.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programmed a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the IFMA technical rules;
- c) However, the following numbers cannot be exceeded:
 - For individual events, two competitors from each Member;
 - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the IFMA concerned;
 - For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event.

13.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

13.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOCs, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.





13.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In this case it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

13.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

14. Equipment and Clothing

- Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and the regulations established by the IFMA. Neither athletes nor technical officials will be permitted to attach any form of commercial advertising to his or her competition uniform without prior approval from the OCA and 3rd Asian Youth Games Organizing Committee

15. Doping Control

- During Bahrain 2025 AYG, doping control examinations will be carried out in conformity with the Rules of the OCA Medical Committee and the WADA code and guidelines.

16. Victory Ceremony

- Gold, silver and bronze medals will be awarded to the athletes ranked the top three (including joint third place) of each event respectively.
- Fifteen minutes before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

17. Approval of the Technical Handbook

- The Technical Handbook has been approved by the the IFMA Technical Delegate On 26/5/2025





18. Key Contact Information

Federations	
International Federation of Muaythai Associations (IFMA)	
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19. Appendices

19.1 Field of Play

