



2020 IFMA VIRTUAL CHAMPIONSHIPS

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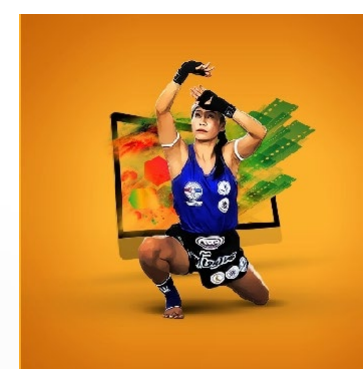




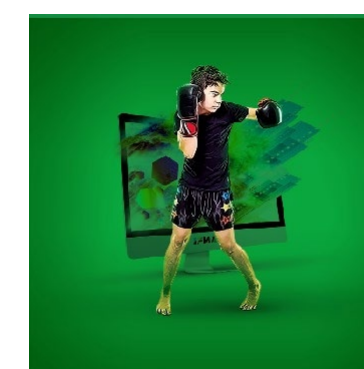
2020 IFMA VIRTUAL CHAMPIONSHIPS

The 2020 Virtual Championships will consist of 4 Tournaments & Disciplines. A chance for the IFMA members to compete from their own homes in virtual fields of play over multiple tournament formats to vie for medals over competitions demonstrating muaythai skill, technique, culture, fitness, strength and stamina.

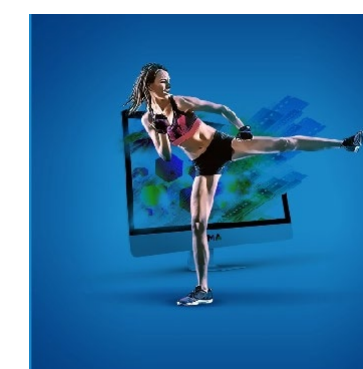
Although the event concept was conceived with the intention of bringing competition back during the pandemic lockdown era, this tournament format is here to stay. A legacy to continue bringing people together far beyond these challenging times. No borders, no visas, no passports needed. Muaythai Connects us all.



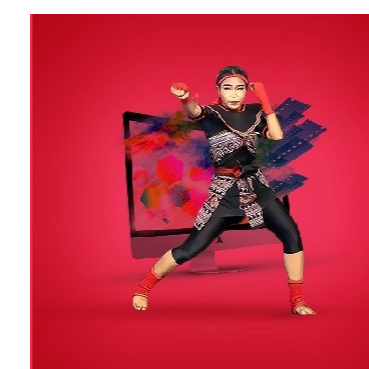
WaiKru



Shadow Box



Max Fit



Aero FIT

02

RULES & REGULATIONS

Guidelines for Camera Framing for Competition

It is important that all participants follow the guidelines given when setting up their cameras/phones for the competition so that judges can view each competitor in a uniform view/frame/angle.

1. In order to ensure you can hear the commands and signals well, it is recommended to connect to Blue Tooth ear buds or speakers.
 2. Cameras must be set up and remain in a static position (no moving/panning is permitted).
 3. Measuring from a wall, camera should be positioned max. 400 cm from the wall.
 4. Competitor should stand between 130 - 150 cm from the wall
 5. Camera/phone must be positioned in LANDSCAPE.
 6. Be sure to mark the boundary limits on either side so you know when you are out of frame.
 7. Ensure light source is coming from the camera side (no backlighting)
 8. For bouts which are competed LIVE online, you will be asked to mark your center position and frame boundaries when you enter the virtual arena. Please make sure you have tape ready to mark the floor.
- Here is a [VDO](#) to show you what you can expect upon entering the virtual arena for a LIVE Max Fit match.



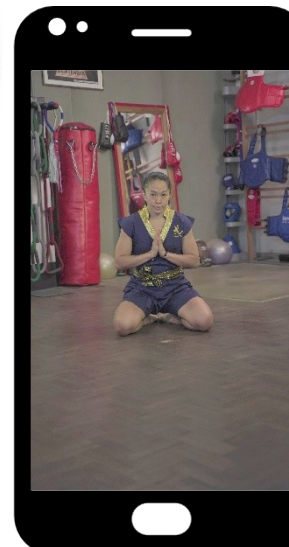
Ideal framing in Landscape view
Subject is positioned at centre of the frame.



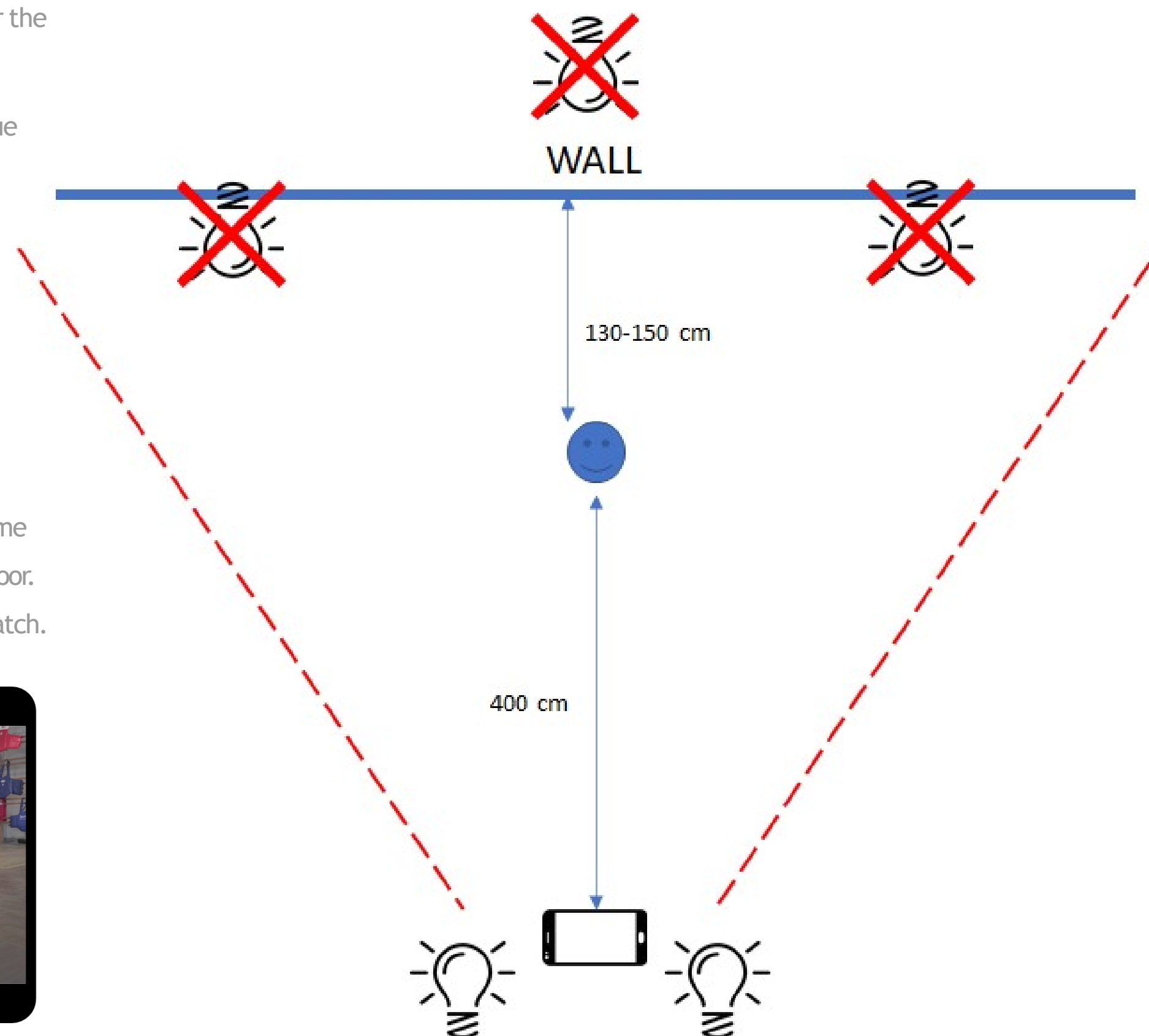
Subject is positioned too far back



Subject is positioned too close



Do not use Portrait view (Vertical)





Wai Kru

Promoting and fostering the cultural aspects of Muaythai, as well as initiating cultural exchange is one of IFMA's main philosophies.

All preliminary rounds will be competed & judged by VDO submission.

Participants will be drawn into a bracket and judges will score the VDOs to determine next round. Results and brackets will be live on the system once results are entered by the judges.

Finals shall be judged LIVE. Finalists will be informed of their scheduled competition time slot and must enter the virtual arena via link given. The Arena will be attended by the judges and the 2 opponents who shall take turns to perform their 3-minute Wai Krulive.

Judges will then score the performances and a winner is declared to move on to the next round.

Wai Kru Divisions

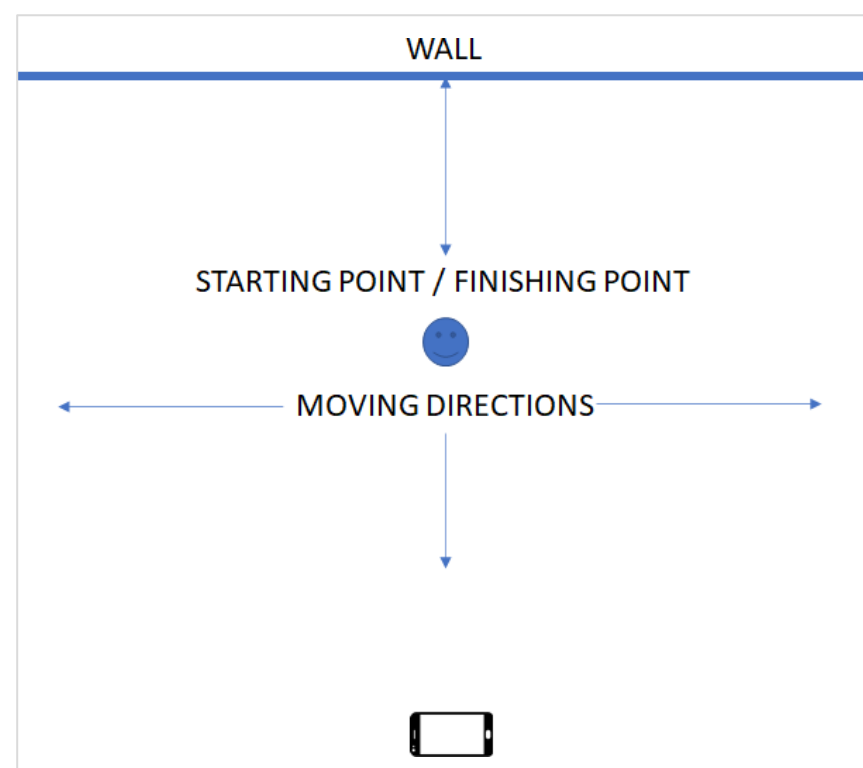
Youths: -10 Co-Ed /-12 Co-Ed/ -14 Co-Ed /-18 Co-Ed

Seniors (18-40 yrs): Male /Female

Masters (+40 yrs) :Male /Female

VDO Submission Rules:

- Max. 3 mins. Points will be deducted for overtime
- Direction of Wai Kru performance should be in 3 directions only (Front /Left /Right)



- Contestants must be dressed in Muaythai attire including Mongkon. *Costume creativity is scored.
- Video should be recorded with a microphone (you can use an integrated microphone on your device)
- Video should be recorded in a good light with subject lit from the front, please avoid back lighting.
- A tripod/Steadicam could be used for videotaping (optionally).



VDO Submission Technical Requirements:

- Video format (AVI, MPEG-4, MOV)
- Video codec (H.264/MPEG-4AVC)
- Video resolution (from 1280x720 to 1920x1080)
- Frame rate: 30 or 60 fps
- Screen ratio: (16:9)
- Video orientation: Landscape (Horizontal) Size (up to 200MB)

YOUTH Division Rules:

- The performance must follow the traditional structure : STARTING - PROM NANG (Sitting Postures) - PROM YUEN (Standing Postures)
- Starting postures MUST include:
- Thep Panom + Kom Krab (Bow 3 times)
- Sitting & Standing postures are up to the contestant

SENIOR Division Rules:










- The performance must follow the traditional structure : STARTING - PROM NANG (Sitting Postures) - PROM YUEN (Standing Postures)
- Starting postures MUST include: Thep Panom +
- Kom Krab (Bow 3 times)
- Prom Nang MUST include 2 of the following 6 postures:
 1. Lab Hok Mokkasak (Kumpakan Lab Hok)
 2. Mekkala Loah Kaew
 3. Song Mek (Tai Mek)
 4. Mae Pra Thoranee Beeb Muay Phom
 5. Sue Lak Hang
 6. Praya Krut Yut Naka
- Prom Yuen MUST include 2 of the following 6 postures:
 1. Yoong Ram Paen
 2. Na Rai Kwang Jak
 3. Chang Sabad Nguang
 4. Pra Ram Paeng Sorn
 5. Kum Pa Kan Pong Hok
 6. Kun Paen Fun Mahn






























Judging Criteria:

- Ring Setting for effective visibility for judging (placement of the camera, lighting etc.)
- Time
- Proper attire
- Balance/Power/Coordination
- Quality of postures /Level of postures
- Fulfilment of designated obligatory postures according to division (youth/senior)
- For Youth divisions: Focus point for judging is on creativity without loss of authenticity i.e. throwing of Hand grenade or firing machine guns etc. DO NOT score.
- For Senior divisions: Focus point for judging is on authenticity of movements and postures


















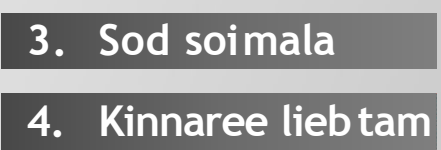


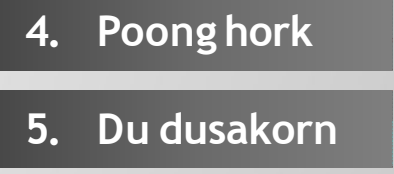


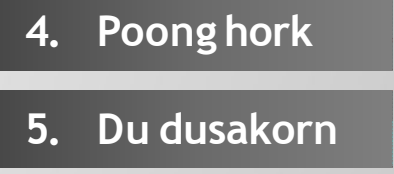
Postures & Identification

Starting Postures					
POSTURE	THEP PANOM	KOM KRAB	THAI WAI BANGKOM	PATHOM	PROM
IDENTITY	<ol style="list-style-type: none"> Siting on the heel Triangle arms Body upright  	<ol style="list-style-type: none"> Siting on the heel Triangle arms Body upright Repeat two times (Total 3 time)  	<ol style="list-style-type: none"> Arms crossed Bend Down Lean up Thumb to Forehead  	<ol style="list-style-type: none"> Sit Back on right heel, left foot front flat, left knee bent Hands on guard Body upright 	<ol style="list-style-type: none"> Shift bodyweight to the front leg Bend Down Perform flying motion  

Prom Nang (Sitting) Postures

POSTURE	LAB HOK MOKKASAK (KUMPAKAN LABHOK)	MEKKALA LOAH KAEW	SONG MEK (TAIMEK)	MAEPRA THORANEE BEEB MUAYPHOM	SUE LAKHANG	PRAYA KRUT YUT NAKA
Y IDENTITY	1. Pick up Spear 	1. Prom 	1. Prom 	1. Prom 	1. Prom 	1. Pyakrut 
	2. Pray 	2. Gather the marble 	2. Muan muayreturn 	2. Lo na muan pom 	2. Tiger stance 	2. Yud naka 
	3. Secret Spear 	3. Moving the marble 	3. Songmek 3 time 	3. Lo na muan pom 	3. Low Squat 	3. Tear naka nody 
	4. Prom 	4. Sodsoi mala 	4. Stand up 	4. Sod soimala 	4. Tiger move 	5. Sodsoi mala 
	5. Sodsoi mala 	5. Berg fah 	5. Kuang mad 	5. Kinnaree lieb tam 	5. Tepnimind 	6. kin naree 
			6. Taimek 3 times 			

Prom Yuen (Standing) Postures

POSTURE	NOK YOONG RAM PAEN	NA RAI KWANG JAK	CHANG SABAD NGUANG	PRA RAM PAENG SORN	KUM PA KAN POUNG HOK	KUN PAEN FUN MAHN
Y IDENTITY	1. Peacock spreads tail 	1. Yang samkhum 	1. Pya hong 	1. Pranob sorn 	1. Tab sorn 	1. Rab hork from pra prom 
	2. Sodsoi mala 	2. Kuang jak 	2. Elephant trunk up and move 	2. Yib kansorn 	2. Leng sorn 	2. Chak dab 
		3. Sod soimala 	3. Chang sawadee 3 times 	3. Tawat sorn 	3. Gnue hork 	4. Tad mai komnam 
		4. Kinnaree lieb tam 	4. Elephant dance 	5. Du Dusakorn 	4. Poong hork 	5. Ma yong 
				6. Kum cherngkru 	5. Du dusakorn 	

02

SHADOW BOX



Shadow Box

This competition will focus on the contestants' ability to demonstrate the attack and defence skill and technique in the art of Muaythai.

This will be competed LIVE in a virtual arena and scored by 2-3 Judges.

Participants will be drawn into a bracket, and will be given their assigned competition time slot and provided with a link to enter the virtual competition arena where the judges will be in attendance.

Winners will advance to the next round on the bracket and will be provided with a new link and competition time slot.

It shall be competed over 3 rounds, with each round focusing on a designated set of criteria:

Round 1: Judging Focus: SLOW /WARM-UP

- display all 8 weapons
- technique
- movement
- balance
- defence
- combinations
- not single strikes

Round 2: Judging Focus: SHOW COUNTER & DEFENCE

- display all 8 weapons
- technique
- movement
- balance
- defence
- combinations
- not single strikes

Round 3: Judging Focus: SHOW SPEED & STRENGTH

- display all 8 weapons
- technique
- movement
- balance
- defence
- combinations
- not single strikes



Shadow Box Divisions

- Youths: -10 Male /-10 Female /-11 Male /-11 Female /-12 Male /-12 Female /-13 Male /-13 Female /-14 Male /14 Female /-15 Male /-15 Female /-16 Male /-16 Female /-17 Male /-17 Female /-18 Male /-18 Female
- Seniors (18-40 yrs): Male /Female
- Masters (+40 yrs) :Male /Female

Shadow Box Rounds & Times

- Under 10 - Under 13 > 3 rounds x 30 seconds
- Under 14 - Under 15 > 3 rounds x 45 seconds
- Under 16 - Under 18 - Female > 3 rounds x 1 min
- Senior 18-40 > 3 rounds: 1st round 2 min, 2nd & 3rd round 1 min
- Masters - 40+ > 3 rounds x 1 min

Virtual Field of Play Rules

Please ensure you are appropriately dressed.

Competitors will be invited into their Virtual Arena 20 minutes before the start of the competition. Technical Host will make the checks with the competitors to ensure [framing](#) is correct and lighting is sufficient.

Upon entering the arena, please ensure to show respect to your opponent and your judges with the traditional “Wai”.

Competitors will receive a briefing by the judges to ensure they understand the format of the competition, and understand the signals that will be given to indicate the beginning and end of their round.

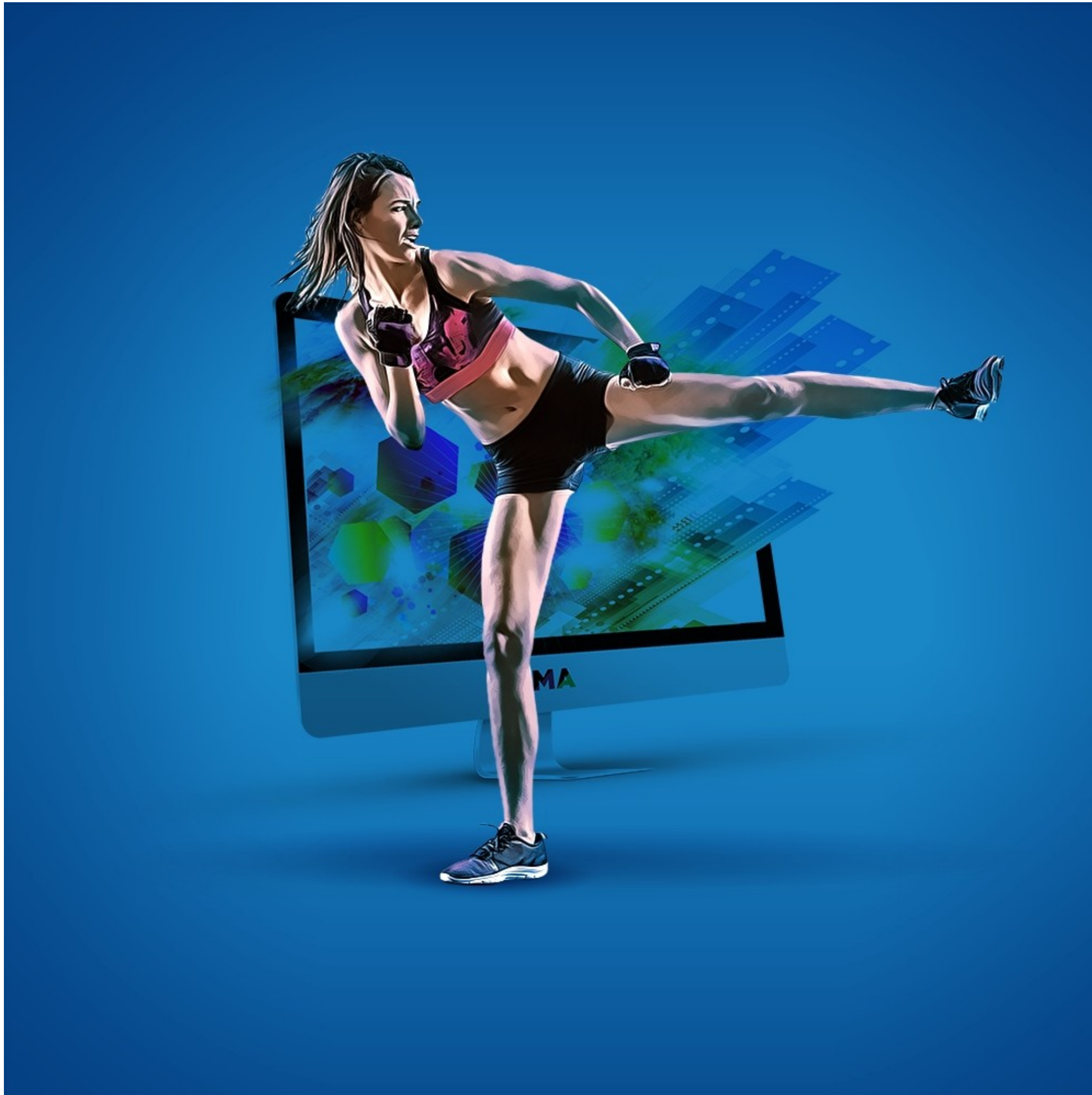
- Whilst waiting for your opponent to finish their round, you must remain standing and visible to the Judges at all times.
- You may not sit between rounds.
- You may not go off screen between rounds.
- You may take water which should be in reaching distance so that you do not go off screen.

How a Bout will Run....

1. There will be a 10 second beep countdown to the beginning of Red Corner’s 1st round
2. The Round will begin on the Bell signal
3. There will be a 10 second click countdown towards the end of the round
4. A Bell will signal the end of the Red Corner’s 1st Round.
5. There will be a 20 second interval between the end of Red Corner’s 1st round and the beginning of Blue Corner’s 1st round.
6. There will be a 10 second beep countdown to the beginning of Blue Corner’s 1st round
7.Repeat from Step 2 etc.

05

MAX FIT



MAX FIT

This competition will focus on contestants' strength, power and stamina.

This will be competed live in a virtual arena and scored by 2-3 Judges.

Participants will be drawn into a bracket, and will be given their assigned competition time slot and provided with a link to enter the virtual competition arena where the judges will be in attendance.

Winners will advance to the next round on the bracket and will be provided with a new link and competition time slot.

It shall be competed over 3 rounds, with each round requiring contestants to complete as many of a designated exercise/drill within the allotted time per round.

Contestants will be scored on the number of reps they can complete, as well as the quality and control demonstrated while performing the reps.

- Round 1 drills will focus on Core
- Round 2 drills will focus on Power/Strength/Conditioning (focus on upper body)
- Round 3 drills will focus on Speed/Agility/Coordination (focus on lower body)

Max Fit Divisions

- Youths: -10 Male /-10 Female /-11 Male /-11 Female/ -12 Male /-12 Female /-13 Male /-13 Female /-14 Male /14 Female /-15 Male /-15 Female /-16 Male /-16 Female /-17 Male /-17 Female /-18 Male /-18Female
- Seniors (18-40yrs): Male -75KG /Male 75+KG /
Female -60KG /Female60+KG
- Masters (+40 yrs) : Male -75KG /Male 75+KG /
Female -60KG /Female60+KG

Max Fit Rounds & Times

- Under 10 - Under 13 > 3 rounds x 30 seconds
- Under 14 - Under 15 > 3 rounds x 45 seconds
- Under 16 - Under 18 - Female >3 rounds x 1 min
- Senior 18-40 > 3 rounds: 1st round 2 min, 2nd & 3rd round 1 min
- Masters - 40+ > 3 rounds x 40 seconds



Designated Match Drills

Youth 16-18, Masters & Seniors

Preliminary Match Drills For Youth -18, Seniors & Masters

Round 1

Full Sit Ups with 1, 2s

[WATCH](#)
[VDO](#)

Round 2

Burpees

- Full push-up=2
- Knee push-up =1

[WATCH](#)
[VDO](#)

Round 3

Perform as many Right Kick ups until halfway through the round

Perform as many Left Kick ups for the rest of the round

[WATCH](#)
[VDO](#)

Quarter Final Match Drills For Youth -18, Seniors & Masters

Round 1

Mountain climbers
drive knee to chest

[WATCH](#)
[VDO](#)

Round 2

- Ab curl from sit to stand position followed by 1, 2's
- Without using hands will count as 2
 - Using hands will count as 1
 - Using both hands will count as 0.5

[WATCH](#)
[VDO](#)

Round 3

Perform as many Star Jumps until halfway through the round
Perform as many alternating knees for the rest of the round
Knees must be at least to belly button level

[WATCH](#)
[VDO](#)

Semi Final Match Drills For Youth -18, Seniors & Masters

Round 1

Side plank knee drives right knee to right elbow until half time

Side plank knee drives left knee to left elbow for rest of round

[WATCH](#)
[VDO](#)

Round 2

Speed Walk-Outs

[WATCH](#)
[VDO](#)

Round 3

Perform as many deep squat with alternating knees

Squat must be to 90 degrees
Knees must be at least belly button level

[WATCH](#)
[VDO](#)

Final Match Drills For Youth -18, Seniors & Masters

Round 1

V-ups

[WATCH](#)
[VDO](#)

Round 2

Perform as many in and out plyo push-ups

- Full push-up=2
- Knee push-up =1

[WATCH](#)
[VDO](#)

Round 3

Perform as many deep squats until halfway through the round

Perform as many alternating push kicks for the rest of the round

[WATCH](#)
[VDO](#)

Youth 10-15

Designated Match Drills

Preliminary Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Full Sit Ups with 1-2's	Push-ups	Perform as many Right Kick ups until halfway through the round Perform as many Left Kick ups for the rest of the round
WATCH VDO	WATCH VDO	WATCH VDO

Quarter Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
mountain climbers drive knee to chest	T-Rotation (from plank position walk hands backward to feet to pike position)	Perform as many Star Jumps until halfway through the round Perform as many alternating knees for the rest of the round Knees must be at least to belly button level
WATCH VDO	WATCH VDO	WATCH VDO

Semi Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Leg Raises	Speed Walk-Out	Perform as many squat with alternating push-kicks Squat must be to 90 degrees Kicks must be at least belly button level
WATCH VDO	WATCH VDO	WATCH VDO

Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Full Spring Ups	Burpees - Full push-up=2 - Knee push-up =1	Deep Squat Jump Squats with 1,2
WATCH VDO	WATCH VDO	WATCH VDO

Virtual Field of Play Rules

Please ensure you are appropriately dressed.

Competitors will be invited into their Virtual Arena 20 minutes before the start of the competition. Technical Host will make the checks with the competitors to ensure [framing](#) is correct and lighting is sufficient.

Upon entering the arena, please ensure to show respect to your opponent and your judges with the traditional “Wai”.

Competitors will receive a briefing by the judges to ensure they understand the format of the competition, and understand the signals that will be given to indicate the beginning and end of their round.

Please ensure you have studied the exercise/drill that you must perform from the relevant Match Drill table above. Check the instructional/sample VDO clip for each drill to ensure you are framing yourself and facing in the correct direction to perform the drill. You should do your best to copy the framing/positioning of the sample clip.

- Whilst waiting for your opponent to finish their round, you must remain standing and visible to the Judges at all times.
- You may not sit between rounds.
- You may not go off screen between rounds.
- You may take water which should be in reaching distance so that you do not go off screen.

How a Bout will Run....

1. There will be a 10 second beep countdown to the beginning of Red Corner’s 1st round
2. The Round will begin on the Bell signal
3. There will be a 10 second click countdown towards the end of the round
4. A Bell will signal the end of the Red Corner’s 1st Round.
5. There will be a 20 second interval between the end of Red Corner’s 1st round and the beginning of Blue Corner’s 1st round.
6. There will be a 10 second beep countdown to the beginning of Blue Corner’s 1st round
7. Repeat from Step 2 etc for the first 2 rounds of each competitor
8. **In matches where Round 3 requires a drill to be done on the Right side for half the round and Left side for the other half of the round, there will be a 10 second click countdown towards the end of the first half of the round, then a bell. Another Bell will then sound to signal beginning of the second half of the round to perform the Left side of the drill. There will be a 10 second click countdown towards the end of the second half of the round, then a bell to end the round.

06

Aero FIT



Aero FIT

This will be competed & judged by VDO submission.

Participants will be drawn into a bracket and judges will score the VDOs to determine next round. Results and brackets will be live on the system once results are entered by the judges.

Finals shall be judged LIVE. Finalists will be informed of their scheduled competition time slot and must enter the virtual arena via link given. The Arena will be attended by the judges and the 2 opposing teams who shall take turns to perform their 3-minute max. Aero FIT routine live. Judges will then score the performances.

VDO Submission Rules:

- Max. 3 mins choreographed sequence to music
- Teams must consist of 2 in any gender combination
- Routine choreography must demonstrate fitness components
- Video should be recorded with a microphone (you can use an integrated microphone on your device)
- Video should be recorded in a good light with subject lit from the front, please avoid back lighting.
- A tripod/Steadicam could be used for videotaping (optionally).

VDO Submission Technical Requirements:

- Video format (AVI, MPEG-4, MOV)
- Video codec (H.264/MPEG-4AVC)
- Video resolution (from 1280x720 to 1920x1080)
- Frame rate: 30 or 60fps
- Screen ratio: (16:9)
- Video orientation: Landscape (Horizontal)Size (up to 200 MB)

Judging Criteria:

- Creative choreography
- Fitness Components
- Balance/Power
- Creative Costume
- Coordination & Synchronicity

Aero FIT Divisions

- Youths: -10 /-12 /-14 /- 18
- Seniors: 18-40 /18-40
- Masters: 40+ /40+





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