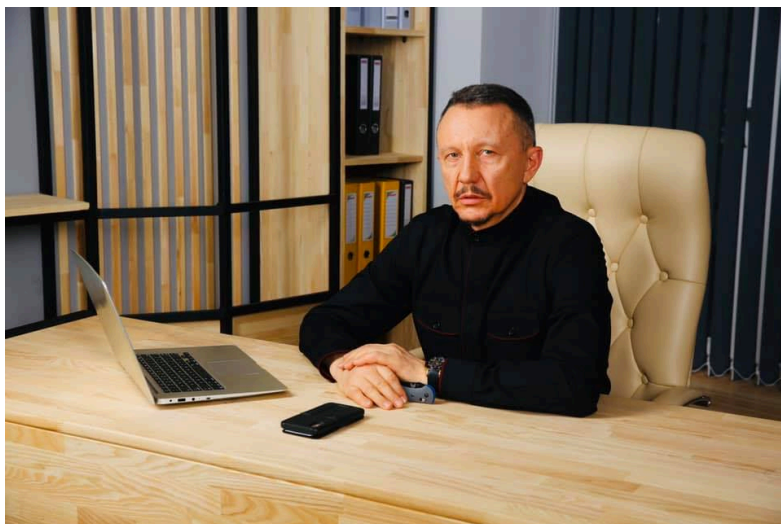




EUROPEAN LETHWEI FEDERATION

The European Lethwei Federation (ELF) is the official governing body of Myanmar Lethwei in Europe. ELF is officially recognized by the International Lethwei Federation (ILF) & the Myanmar Traditional Lethwei Federation (MTLF) in Myanmar.



Aleksandr Shlychkov, President of the European Lethwei Federation

With an extensive experience in sports governing body, Mr. Aleksandr Shlychkov has been appointed as President by U Thein Aung, President of MTLF and U Ne Win, President of the ILF.

Mr. Shlychkov insists that promoters have the responsibility to ensure that teams, coaches and managers understand the requirements needed in order to take part in Lethwei matches, under the ELF sanctioning body.

Due to varying country legislations, some countries may have to adapt and slightly modify the acceptance of Lethwei. However, the rules have been adapted so they do not effect the traditions and values of Lethwei.

OFFICIAL RULES

Myanmar Traditional Rules, Modern Rules (Tournament), and Amateur Rules

1. Fighters clothing / Attire

1. Fighters will only wear Lethwei style shorts. No pockets, buttons, or studs.
2. Gauze Bandage can be used to support the feet and ankles. All foot and ankle support's must be open toed and reach only as far as the lower section of each calf muscle, just above the ankle.
3. Fighters must wear a groin protector. Female fighters can wear one optionally.
4. Fighters must have a mouth protectors.
5. No headwear is to be in place/worn during professional level bouts. The only allowance is an elastic band designed to hold long hair in a bun type style.
6. Both fighters must wear on their waist, a triangular flag of the colour (red or blue). The colour utilized by each fighter should represent the respective fighter's corner colour. To be provided by the promoter at the event.

3. Hand / Foot Wrapping (Professional only)

1. Fighters shall wrap their feet with gauze bandage at a maximum length of 1 meter.
2. Only 1 layer of tape is permitted to be placed directly across the knuckle area of each hand/ fist. One layer of tape is permitted across all other areas of the bandage/gauze.
3. Fighters are permitted to utilize blue or red electrical tape around their hands and feet. The colour utilized by each fighter should represent the respective fighter's corner colour. Electrical tape will be provided by the event promoter. The tape shall be wrapped around each wrist no more than 4 times, cross the back of the hand, and circle the palm/back of hand area no more than 3 times before being secured at the wrist. Electrical tape is not to cover any area of the knuckle.
4. No hard, or, hardened objects, or, other materials are to be placed on, in, or around the wrapped areas of the hands and feet, or elsewhere on the body other than where permitted elsewhere in the rules.
5. Hand and feet wrapping shall take place in-front of an official, or, a ELF appointed official. The official shall sign the back of each hand, and top of each foot once they are happy with the wrapping has satisfactorily completed.
6. Fighters finger and toe-nails are to be clipped back to a satisfactory level.
7. Fighters shall single wrap their hands with gauze bandage only. Bandages per hand, shall be a minimum of 3mtrs and a maximum of 4.5mtrs long, and no more than 5.7cm wide. Fighters are permitted to place a thin folded cotton pad, or, a separate layered section of gauze/bandage across the knuckle area. This padding/layering should sit no more than 1cm in height/thickness when applied. The main gauze/bandage should hold the pad in place during the wrapping process.

4. Classes

PRO

Pro Class : 5x3min

- There will be either 5 or 4 rounds per bout.
- All rounds are 3 minutes.
- 2 minutes rest between each round.
- Only wraps. No protection.
- Fighters matched based on skills and experience. Promoter's discretion.

AMATEUR

A Class : **5 fights or more (recommandation)**

- 3x3min
- There will be 3 rounds per bout.
- All rounds are 3 minutes.
- 2 minutes rest between each round
- Headgear
- Elbow pads
- No shin protection
- 6oz. Amateur MMA gloves Free fingers

B Class : **0 to 5 fights (recommandation)**

- 3x3min
- There will be 3 rounds per bout.
- All rounds are 3 minutes.
- 2 minutes rest between each round
- Full gear
- Headgear
- Elbow pads
- Shin pads
- 6oz. Amateur MMA gloves Free fingers

C Class : **Beginner** :

- 3x2min
- There will be 3 rounds per bout.
- All rounds are 3 minutes.
- 2 minutes rest between each round
- Full gear
- Headgear
- Elbow pads
- Shin pads
- 6oz. Amateur MMA gloves Free fingers

5. Fighters attitude

1. Fighters should be of sound mind and not under the influence of alcohol or narcotics, or any substance that could affect their, or, others, safety during a bout.
2. Fighters shall be courteous at all times, in victory or defeat. (Swearing, spitting, erratic behaviour) will not be tolerated, and could result in disciplinary proceedings.

3. Fighters shall be aware of the rules and expectations set upon them by the ELF and associated partners.

6. Oils / Grease

1. Warm up/prep oils are permitted for use. All use of this should be in a way that the oil is fully rubbed into the fighter's skin and will not effect, either maliciously or accidentally, them, or their opponent in any way during the fight.
2. Vaseline/petroleum Jelly is permitted for use on the facial area of a fighter.
3. No other oils, greases, or balms are permitted.

7. During the Bout

1. At the start of a bout, only corner teams, master of ceremonies, ELF officials, the referee, and ring women/men (round cards), are to be in the ring. Once the pre-fight ceremony is completed the referee is to clear the ring urgently in readiness for the bout.
2. All fighters are to pay their respects with a bow, to the referee and ringside officials when they enter the ring.
3. Myanmar fight music should be played. Provided by the ELF.
4. It is also expected that each fighter performs the 'Lekkha Moun' 'Opponent Challenge' as they enter the ring, before the bout starts. The 'Lekkha Moun' can be repeated at any point during the bout if the fighter wishes to re-challenge their opponent.
5. The 'Lethwei Yay' along with the 'Lekkha Moun' may also be completed at the end of the bout. This is not compulsory but is expected. In the very least, respects to all ringside officials and the referee should be portrayed.
6. Only the referee and the 2 opposing fighters are permitted in the ring during each round, unless a medical review/emergency is required. Then the medical team can enter the ring only.
7. Each fighter is permitted to have 3 team members in their corner. (Head Coach/Instructor and 2 seconds)
8. Between rounds, only 1 of the corner team can enter the ring to attend to their respective fighter.
9. Fighters must defend themselves at all times.
10. No smelling salts are permitted for use during the bout. Salts can be used following the end of the final round.
11. Between rounds the only other persons permitted to enter the ring are the round announcer, the Ring round woman/Man, and Medics/Doctor.
12. At the end of the fight all corner teams, master of ceremonies, ELF officials, referee, photographers, authorized sponsors, Promoter(s), managers, and if necessary, medics are only permitted to be in the ring. Once the post-fight ceremony is completed the officials are to clear the ring urgently in readiness for the next bout.

13. **Myanmar Traditional Rules** - The bout will be decided by either knockout (KO), forfeit (fighter giving up, or disqualified), referees stoppage, Doctors/Medics stoppage, or corner stoppage (TKO). If by the end of the bout there is no KO/TKO then the bout is declared as a draw. Fighters are to be between the minimum age of 18yrs, and the maximum age of 50yrs in Myanmar, and 45yrs years in Europe, to take part in a bout under these rules.
14. **Modern Rules (Tournament)** - The bout will be decided by either knockout (KO), forfeit (fighter giving up, or disqualified), referees stoppage, Doctors/Medics stoppage, corner stoppage (TKO), or, by Judges points decision. Fighters are to be between the minimum age of 18yrs, and the maximum age of 50yrs in Myanmar, and 45yrs in Europe, to take part in a bout under these rules.
15. **Amateur Rules** – The bout will be decided by either knockout (KO) (age dependent and class level for inclusion of the knockout rule), forfeit (fighter giving up, or disqualified), referees stoppage, Doctors/Medics stoppage, corner stoppage (TKO), or, by Judges points decision. Fighters can be between the minimum age of 8yrs, and the maximum age of 45yrs in Europe to take part in a bout under these rules.

8. Fight Result (All Rules)

The result of a bout should be made as follows

1. A Knock-Out (KO) is given by the referee when a fighter falls onto the floor or ropes for the full 10 second count and is deemed to be unconscious, or, is not physically able to stand up unaided, or, are showing signs of concussion and disorientation. Doctors / medics should be called if a fighter is knocked out.
2. If a referee initiates a count, then a clear and loud 10 count (over 20 seconds) is to be made by the referee. If the fighter does not convincingly re-gain their feet, by the end of the count, then the fight ends by KO, and victory is given to their opponent.
3. The technical knockout (TKO) is when a fighter is in a position that could result in further damage or trauma to themselves if the fight continues, i.e. a fighter is incoherent during a 10 count period, or, is not showing appropriate signs that they can provide adequate self-protection, or, are turning their back, or, are showing too much passivity due to a class difference. A time out should be called by the referee, and consultation with the Doctor/ Medic should be sought. The Medics/Doctors decision in this situation is final.
4. If there is a count, it is to be counted up-to 10, at a rate of 1 count every 2 seconds, i.e. 20 seconds.
5. When a count takes place, a minimum of 8 seconds should be called before a 2 minute time out can be called. (Referees discretion)
6. There should be no more than 3 counts given in one round, if it is necessary to fulfill a 4th count then an automatic TKO should be given.
7. If 4 counts take place in the entire bout, then a KO should be declared.
8. The initiation of the 2 minute time out rule is classed as a standing count, and therefore should be used in conjunction with the 2 previous rules above.

9. A fighter or the corner team can call the bout to an end/forfeit if they think they are being outclassed. i.e. throw in the towel. This must be made absolutely clear to the referee.
10. In traditional rules (Challenge Bout), if there is no TKO/KO by the end of round 5 the bout is declared a draw.
11. In modern tournament rules if there is no TKO/KO by the end of round 5 then the decision will be decided by the judge's score cards.
12. For Challenge Bouts, a fighter can take a special two minutes rest, i.e. time out, (only once per bout) at any-time during rounds one to four, this includes during a count, but only after the referee has counted to 8. If the fighter is knocked out, or struggling to stand up, the referee should allow the corner team into the ring to recover their fighter immediately. If the fighter is unconscious, disoriented, concussed, or showing signs of other head trauma, then the Doctor/Medic(s) should be called immediately. It is the Doctors/Medics discretion at this point as to whether the fighter can continue.
13. A 2-minute time out request by the corner/fighter should be made absolutely clear to the referee. The referee cannot be held responsible if he/she did not hear the request. See referee's rules for further details.
14. A time out is not permitted to be taken in the last round, round five.
15. If a fighter signals to the referee that they have a problem with their equipment, it is at the referee discretion, as to whether an official time out is to be allowed. In this situation a fighter is permitted to leave the ring to attend to their issue. The referee must re-check the fighter for safety purposes on re-entry to the ring. It is the referee discretion on how long a time out should be given, but in the interests of the fighter, the opponent, and the event spectators. If too long is taken, then a forfeit may be applied, giving victory to the opponent.
16. Once the bout result is known, the referee will formally raise the left hand of the victor, or, in the case of a draw, both hands will be raised.

9. The Referee

There will be one referee to oversee the bout. The referee shall:

1. Be fully versed in the rules of each bout that they are to be officiating.
2. Be fully aware, and not under the influence of alcohol or narcotics.
3. Be clean and presentable at all times.
4. Wear a ELF logo badge on their left chest area, or, a ELF referees white polo shirt, or white shirt.
5. Shall, speak clearly, and authority, at all times, so that each fighter understands the expectations upon them.
6. Be in controls of the bout, at all times.
7. Act in accordance with the rules of the ELF and associated promotions.
8. Act in a way so as to not bring the ELF and its associated partners into disrepute.

9. Be courteous while in the duties of their profession.
10. Ensure that fighters are not under the influence of alcohol and, or, narcotics.
11. Dismiss any corner team member to the stands/back room who is deemed to be unfit to be in control of a fighter while the bout is taking place and is deemed to be under the influence of alcohol or narcotics, or, is displaying unreasonable behavior.
12. Report, through the official channels (ELF event Supervisor) immediately of any issues experienced, or witnessed issue/event, relating to misconduct, injury, or criminality by, or to, any ELF member or associated partner, or their property.
13. Complete a ELF post bout report. This should include full details of the bout: TKO/TKO's;8 counts; time out provisions; the Judges decisions (scoring bouts), any concerns etc.
14. Witness the wrapping of hands and feet, and sign accordingly, as required by these rules.
15. Check that the fighter is wearing the correct attire, and, is presented according to the requirements of these rules.
16. Stop the fight if they consider that one fighter is significantly, and, or, violently outclassing the other and there is potential for serious injury or trauma occurring if the bout goes on any longer.
17. Pause the fight and refer to the Doctor/Medic if any of the fighters are badly wounded. Ensure that a clear timeout request is given to the official time-keeper.
18. Take and adhere to advice from the Doctor/Medic on progression of the fight, in the interests of fighter safety.
19. Order the fighters to stop fighting so as to caution him in case he breaks the rules, or, in other words to enable the competition to proceed fairly and in compliance with the rules.
20. Ensure that the fight maintains a good level of combat, and that fighters do not become too passive, or, stop fighting. Disqualification, TKO, can be awarded if a fighter continually maintains passivity after 3 referee warnings.
21. Corner teams are able to, request forfeit of the fight between or during rounds if they feel that their fighter is being outclassed, or, is being overwhelmed by their opponent which has, or, will cause severe trauma. This is to be communicated loudly and clearly so that the referee hears the request. A white towel can be thrown in also to aid as a visual request to the referee. The referee will request a 2-minute maximum time out if this happens during a round, and consult with all parties, including medical staff if needed. The referee will make an informed decision as to whether the bout continues or is ended. Ending the bout by forfeit will result in a loss by TKO. Referees informed decision is final.
22. Express clearly to the time-keeper if they require a 2-minute time out. This should be carried out by placing both hands in the shape of a 'T' away and in-front of their body. The time-keeper will signal to the referee the start of the time out.
23. Provide up-to 2 warnings to a fighter for misconduct, or passivity, during the bout. The 3rd time should result in disqualification. In Global modern rules a point deduction should take place at the point of a second warning, and then disqualification at the 3rd time.
24. Warn the corners 10 seconds before the start of the next round.

25. Provide a pre bout rules and expectations briefing to all fighters and corners.

10. Permitted Techniques

1. All punches.
2. All elbow strikes.
3. Head-butt, utilizing all areas of the head, and aimed at any part of the upper torso.
4. All knee strikes.
5. All kicks.
6. All Clinching & Throwing techniques
7. All Sweeps, Trips, and Reaps.
8. Throwing/slamming – From around the body, under hooks, or legs. Utilizing legs, knees, arms.
9. Back-hands.
10. Submissions : Guillotine chokes, head and arm chokes are allowed while standing in the clinch. The fighter cannot win by submission.
11. Spinning techniques.
12. Attacking a fighter who is crouching, or squatting.
13. Attacking a fighter who is turning their back.

11. Prohibited Techniques

1. Eye-gouging, poking the eyes.
2. Spitting/biting
3. Cursing – Bad or violent language towards your opponent, or officials, or spectators.
4. Intentional attack to the groin.
5. Scratching or scraping.
6. Spiking an opponent (Intentional throwing and opponent onto their head, or, neck)
7. Intentional strikes to the throat.
8. Slapping to the face
9. Attacking a downed fighter. A downed fighter is one that is kneeling, or has a hand touching the floor, or, is on their side on the floor, or, is on their stomach on the floor, or, is on their back on the floor.

10. Jumping off parts of the ring, other than the canvas floor.

11. Holding the ropes.

12. Weight

1. Promoters are to ensure that formal weigh-ins take place 24hrs prior to the start of a bout. Promoters can permit extra time during the weigh in proceedings for fighters who need to lose some extra weight. If they still do not make the weight by the end of the official weigh in proceedings, then a forfeit or catch weight scenario should be determined.
2. Promoters are permitted, at their discretion, to request that fighters weigh in up-to 3 times prior to the start of a bout, but no later than 24hrs prior to the bout taking place.
3. All fighters are to make the weight within the respective category that is formally agreed and signed for with the event promoter. The event promoter will submit notification of this agreement to the ELF through use of the bout sanctioning form. The notification should include details of the final weigh in, and any re-adjustments needed to categories than what was agreed at the initial point of matching.
- 4.
5. Failure to submit this notification agreement within the allotted time will render the bout void for ELF sanctioning.
- 6.
7. Amateur fighters that miss the agreed weight for their category can discuss with their Team, Promoter, and Opponent, whether it is feasible to continue the bout. As long as they are in agreement the bout can continue.
- 8.
9. C, B, and A Class Pro fighters that miss the agreed weight for their category can discuss with their Team, Promoter, and Opponent, whether it is feasible to continue the bout. As long as they are in agreement the bout can continue. However, in this situation the purse/ticket sales re-imburement of the fighter that misses the weight requirements is automatically forfeited by them and given to their opponent by the promoter. (This rule is at the discretion of the promoter. further contractual changes/implications may be included as part of this rule.
- 10.
11. If disputes occur regarding the loss of a purse, or, return on ticket sales, due to agreements around weight management then it is up to the official promoter of the event to organize adequate and suitable mediation, and resolution of the issue. With the fighters, or, and, their management team(s). This is not a ELF issue if they have not acted as the promoter, only the sanctioning body.
- 12.
13. If a fighter weighs in over, or, under, the agreed weight category limit, and all parties have agreed to continue, then either a catch weight bout, or forfeit, should be declared. This should be communicated through the appropriate channels to the ELF, with adequate completion and communication of bout notification and agreement forms, to the ELF within 24hrs of the bout taking place. If a catch weight bout is declared and a title was originally on the line, then this is then forfeited, i.e. the bout becomes a standard challenge bout. In this case all prior agreed fees and charges remain valid, as this is an issue caused by the fighter, and, or their training/management team not ensuring that the weight is achieved in time, and not through the fault of other parties.

13. Medical

1. All fighters who are to compete within a Traditional Rules (Challenge Bout), or, Myanmar Modern Rules bouts/tournaments, are to ensure that they follow the medical

rules carefully and correctly. Trainers, Managers, and Promoters are responsible for ensuring that fighters have the required medicals. Further medical requirements detail can be found on the respective medical forms.

2. Medicals shall be completed as follows.

- All Professional level fighters must undergo an annual medical check to ensure that they are suitable for competitive Lethwei. This should be carried out by a qualified and registered medical Doctor. It is the fighters/promoters/management team's responsibility to ensure that the fighter meets this requirement. The relevant fighters medical form should be completed by the registered medical Doctor during this review, and submitted to the ELF once completed, regardless of the outcome. These documents are available from the ELF web-site.
- If an annual medical has not been carried out, then a registered Doctors review 4 weeks prior to the bout should take place, no later than 4 weeks. A ELF disclaimer can be submitted by a fighter, but only once, subject to ELF authorization, if a Doctors review is not possible. However, submitting a medical disclaimer is solely at the risk and responsibility of the fighter, their management, corner/training team, representative, and promoter. It is the bout promoter's responsibility to ensure that this rule is fulfilled.
- A thorough medical review on the day of the bout at the venue, to be performed by event provisioned qualified medical staff.
- A thorough post fight medical on the day of the bout at the venue, to be performed by event provisioned qualified medical staff. Medical staff should also provide advice for after event awareness and treatment.
- Medical forms shall be requested by the fighter or training team from the promoter, they can also be found on the ELF website.

3. Medical form types are to be requested from the promoter and completed as per age requirements: 8 – 15yrs, 16 – 18yrs, and 19 - 45yrs.

4. All fighters are to ensure that they provide the promoter with completed medical forms within the time frames as set out in this and associated documents.

5. All Traditional and Myanmar Modern Rules fighters are to ensure that they complete the required medicals within the required time frames. Failure to do this correctly may result in cancellation of the bout.

6. If a fighter suffers a concussion or knockout, then they will be banned from taking part in any ELF related event for 4 weeks from the time they sustained the injury. If a fighter suffers a concussion or knockout following this period, and both have been sustained within a 12 month period, then the fighter will be banned from taking part in a ELF sanctioned event for a further 3 months. If a fighter suffers a 3rd concussion/ knockout in a 12 month period then a full review of competitive suitability will be carried out under safety concerns.

14. Doctors/Medics

1. It is a requirement that suitably qualified medical staff are present at the event/promotion to carryout pre and post bout medical checks, as required by this and its associated documentation. It is the event promoter's responsibility to ensure adequate

and suitably qualified and equipped medical staff are in attendance throughout the time of the event.

2. It is the ELF's preference that a minimum of 1 Doctor and 2 medics are in attendance at all events, and are present at ringside at all times. Doctors are to be suitably qualified, registered, and equipped. They are also expected to have a sound knowledge of boxing/combat sports injury and trauma. Medics should also be of an advanced 'Paramedic' qualification, and, be equipped to respond and manage severe trauma injuries caused in combat sports, specifically Lethwei. It is the responsibility of the event promoter to ensure that this rule is adequately implemented.
3. One medic should be present in the corner of each fighter at all times during the bout. The medic should provide the fighter with an adequate assessment during each of the rounds, and, inform the referee of any issues, concerns, or requests to stop the bout, before the start of each round.
4. When a reference is made regarding 'suitably qualified', this means that Doctors and medics are professionally qualified to a level where they can correctly respond to and manage the type and severity of an injury(s) that could be sustained by a fighter in a Lethwei bout. i.e. breaks, bleeding, concussion, unconsciousness, eye sight problems, balance issues, breathing problems, nausea, sickness, internal bleeding, major head trauma, cardiac arrest.
5. Ensure that any medication that is required by a fighter is not contravening the laws of the land, and, won't provide the opponent with a dis-advantage.
6. Ensure that fighters have any legal and authorized medication with them, i.e. inhalers etc.
7. Provides all sanctioned fighters with a thorough post fight review, and advise accordingly for, or, if further medical consultation is required.
8. Ensure that they complete the correct ELF pre & post bout medical form(s).
9. Ensure that they have all necessary functioning equipment to provide adequate medical safety and response routines during the event.

15. Promoters

1. Are to ensure that fighters formally agree to, and uphold, the rules as set out by this document.
2. Are to ensure that Health & Safety Laws are conformed to at all times during, and in the promotion of an event.
3. Are to ensure that all fighters and their management/training team(s) with who they are promoting have fully completed, dated, and signed, all formal ELF documentation as required by this document, and have formally communicated it to the ELF within the timelines as stated in this document.
4. Are to ensure that they also formally agree to the rules as set out in this document, or, within the necessary time frames provide a formal dispute to the ELF.
5. Have appropriately qualified officials and staff for their event, as stated in this rules document.

6. Have appropriately qualified and equipped medical staff for their event, as stated in this document.
7. Have adequate security staff in place, so as to ensure the security and safety of any ELF officials, and sanctioned fighters.
8. Have adequate provisions in place so as to ensure that all ELF sanctioned fighters can prepare for their bout(s) adequately. This includes a team prep and warm up area, any equipment as stated within this document, and suitable bathroom type facilities, i.e. toilets, body washing etc. Provision of refreshments is optional and at the discretion of the promoter.
9. Have adequate provisions in place for all ELF officials, either permanent or temporary. This means that the referee's attire is correct (ordered in good time), that there is a suitable area for relaxation between bouts, and that refreshments are available throughout the event.
10. Have provided all officials with a copy of their associated rules, and, communicated any queries or issues in good time.
11. Ensure that all equipment required upon them as per this rules document is available, adequate, and of a sturdy standard.
12. Are to ensure that the type and size of the competition ring is suitable to the requirements of the desired competition. The promoter is to determine the size of the ring; however, it should be no more than a minimum of 14 feet along all sides, on the inside of the roped area. It should have no fewer than 4 correctly fitted ropes along all sides, have sufficient sprung flooring with a smooth un-tarnished canvas cover, have adequate padding against all corners, and an appropriate apron around all sides of the base.
13. Ensure that the ring has adequate lighting, and audio/sound provisions.
14. Ensure that a secure barrier is in place and maintained at all times around all sides of the ring. This should be 2 placed at a minimum of 1.5 meter from the back of the ring officials chair(s).
15. Ensure that adequate ringside furniture, equipment, and refreshments is in place for officials.
16. Are to ensure that if titles are to be sanctioned then this is formally requested no later than 4 weeks before the event. This is to ensure that the turn around and delivery of title belts with manufacturers can be adequately completed. However, if it is intended that the title belt is to be used for promotional purposes then it would be advisable to order the respective belt much earlier. Delivery dates and times cannot be guaranteed.
17. Are to ensure that all ranking bout fees are paid no later than 7 days prior to the event taking place. See ranking bout documentation for further details.
18. Are to ensure that all title bout fees are paid on request of the sanctioning. See title sanctioning documentation for details.
19. Contact the ELF for all bout sanctioning, and title sanctioning fees

20. Are to ensure that they take responsibility for providing foreign/travelling fighters with adequate information, on hotels, roads, trains, airports, parking, taxis, refreshment areas etc.
21. Are to ensure that all person attending the event are safe and secure.
22. Are to ensure that all persons attending the event have adequate bathroom and refreshment facilities.
23. Are to ensure that any ELF bout is promoted in a respectful and suitable manner.
24. Are to ensure that lighting of the event and arena space is adequate.
25. Are to ensure that announcement systems are in place, adequate and working.
26. Are to ensure that event music is appropriately managed.
27. Are to ensure that all officials are suitably attired, look respectful, and are in possession of the correct equipment to carryout their duties. i.e. referees safety gloves, judges score cards, time-keeper's clock and ELF forms, 10 second warning clacker, and bell, etc.
28. Are to ensure that when referring to any bout, or, fighter, that has, or is, to be sanctioned by the ELF, either ranking, or, title fight, that the ELF is adequately represented in each communication, or, promotion. This should include communication of the ELF logo and name, stating that they are the sanctioning body. See disciplinary rules for further details.
29. The ELF does not accept liability for the late arrival of title belts, or, any issue that is beyond its control, due to late sanctioning requests, and, or, caused by the manufacturer, or, postal/courier services that they choose to use.
30. Are to liaise with fighters and, or, their respective management/training team(s) to ensure that all rules adhered to, and that all documentation is completed in the required time.

16. Managers

1. Are to conform to the requirements of these rules, and, inline with the requirements of event/bout promoters, and, in the interests of fighter development and safety.

17. Corners & Training Teams

1. Are to conform to the requirements of these rules, and, in-line with the requirements of event/bout promoters, and, in the interests of fighter development and safety.
1. Only 3 members of a corner team are to be present at ringside during a bout.
2. Only 1 member of a corner team are permitted to enter the ring between rounds.
3. Corner/training teams are to ensure that their fighters have the correct clothing and equipment as set out in this document.

4. Corner/training teams are able to request forfeit of the fight between or during rounds if they feel that their fighter is being outclassed, or, is being overwhelmed by their opponent which has, or, will cause severe trauma. This is to be communicated loudly and clearly so that the referee hears the request. A white towel can be thrown in also to aid as a visual request to the referee. The referee will request a time out if this happens during a round, and consult with all parties, including medical staff if needed. The referee will make an informed decision as to whether the bout continues or is ended. Ending the bout by forfeit will result in a loss by TKO. Referees informed decision is final.
5. Corner/training teams are to abide by the direction of the referee and event officials, at all times.
6. Corner/training teams are to ensure that they, abide by the rules, as set out in this document, at all times.
7. Corner/training teams are subject to disciplinary rules if they breach the terms of this document.

18. Judges

1. Only for modern rules bouts.
2. There are to be 3 Judges at ringside, actively scoring the bout at all times.

19. Time-Keeper

1. A minimum of one Time-keeper per bout is required.
2. Time-keepers are to maintain the time accuracy of the bout duration. They should also log the start, end, and time out times and durations during the bout on the ELF time keeping form.
3. They are to ensure that the timings of each round and their intervals are precisely upheld with the requirements of the type of bout being undertaken. Promoters and referees are to provide accurate information to the time-keeper in good time of either the event. This is to be ratified by the nominated event ELF Supervisor/Official on the day of the event.
4. Time-keepers are to ensure that a fully functioning and accurate digital clock is in their presence at all times during the bout. A fully functional spare clock should also be provided. Promoters/event management are to ensure that this is in place and should be ratified by the nominated ELF event official.
5. Timekeepers are to, loudly sound a 10 second warning before the start and end of each round. A clacker, or horn, type sound should be used for this, either electronically, or, manually.
6. If a referee requests a 2-minute time out, for what ever reason, they are to express this clearly to the time-keeper by placing their hands in a 'T' formation away from and in-front of their body. The time-keeper is to respond back to the referee with a clear thumbs up once the timeout formally starts on the clock.

20. Officials

1. At least one ELF official should be in attendance at an event weigh-in, and the main show. This does not include the referee, judges, or time-keepers. Where the term 'ELF Official' is used, this is used in relation to describe the event/promotion supervisor(s).
2. Officials at weigh-ins will over-see the proceedings, and formally log that the correct weight of each fighter is achieved. If a fighter does not make weight, then they have until the end of the days proceedings to achieve the desired weight. Following further failure, the promoter must then make the decision as to whether a catch weight bout takes place, or, the bout is forfeited. In a catch weight scenario, no title can be competed for.
3. ELF officials will be at promotions/shows to monitor and ensure that the requirements of ELF rules, standards, and ethics are upheld by the event/promotion, management teams, trainers, fighters, judges, referees, time keepers, Doctors, medics, and any other staff who fall under the requirements of this sanctioning body.
4. The ELF will assign officials based on the size and nature of a show/promotion.
5. ELF Officials have the right under the commissioning of the Council to stop any Lethwei bout, or event/promotion, at ANY time, if they feel that there is a significant risk to Health & Safety, or, that the law has been, or is about to be infringed/broken.
6. ELF Referees and Officials are required to submit an event/promotion report on completion of the attended event/promotion, and within 7 days of its completion.
7. ELF Officials will be at ringside throughout the duration of any Lethwei bouts.
8. ELF Officials are also available to all event/promotion staff who seek advice and guidance on the proceedings of a Lethwei Bout.

21. Disputes & Disciplinary

1. If a dispute occurs, or, it is formally reported to the ELF that a party has behaved in a way that is not in the interests of the sport, the ELF, or its associated partners, then a disciplinary case will be raised. Outcomes of these cases could result in the fighter/team/promoter/manager/ELF official's suspension, ban, or, the stripping of titles, and, or, reduction or removal of ranking positions.
2. Fighters, management team(s), or training teams that formally dispute the rules in relation to an issue that has arisen through something that their opponent has or has not done as set out in this document are to do so no later than 14 days prior to a bout taking place, and no more than 14 days following the bout completion.
3. If a dispute regarding these rules occurs prior to a bout, then a meeting should be arranged through appropriate channels by the promoter of the event for all parties involved. A discussion will take place and views on specific rules given. The ELF council will then consult internally and communicate a final decision no later than 14 days prior to the bout taking place.
4. If a dispute occurs in relation to the promotion of the event that a specific fighter was, or, is about to take part in, then this should in the first instance be raised with the

promoter. If the promoter deems that this should also involve the ELF, then the promoter is to formally notify the ELF. In this circumstance all notifications should be made within 14 days prior to an event, and no more than 14 days following an event.

5. If following a dispute or disciplinary proceedings, it is acknowledged that a criminal act has potentially occurred then the respective authorities will be contacted.
6. If following a dispute, or disciplinary proceeding, it is acknowledged that further legal assistance is required, then this will be handled via the ELF's appointed Lawyers. See the ELF contacts page on our website for details of our chosen sport's legal professionals.
7. It is at the ELF's discretion to refuse the sanctioning, or, ranking of a fighter, a bout, or, an event, if the association feels that it will bring the association into disrepute. This decision is final and not negotiable.
8. The use of performance enhancing substances are categorically prohibited. The ELF and all the associated federations conform to the standards and ethics as required by the World Anti Doping Agency (WADA).
9. Any fighter suspected of, or found to be, using illegal performance enhancing substances will be subject to disciplinary proceedings, with the potential of a life time ban from all competitive involvement and practice at any MTBF, WLC, ILFJ, BLC and ELF associated establishments, or events being enforced upon them.

Disclaimer

The ELF does not take any responsibility for financial loss that has been incurred, prior to, during, or, after, an event has completed, where it has acted solely as a governing, sanctioning, or ranking body. Unless, the ELF is involved in a formally agreed joint promotion.

The ELF does not take any responsibility for, or, of, the health and safety of any non ELF permanent or temporary staff/team/event member during, or, after, and event has completed, where it has acted solely as a governing, sanctioning, or ranking body. Unless, the ELF is involved in a formally agreed joint promotion.

The ELF does not take any responsibility for injuries sustained by, or, to, any-body, or, person(s) involved in bouts that have been arranged and promoted by non ELF promotions/organizations.

The ELF does not take any responsibility for injuries, or health issues, sustained by, or, to, any-body, or, person(s) involved in pre bout training programmes, or, during bouts, or, at any time following completion of bouts. This is solely a matter between the promoter, management team(s), trainers, and the fighter(s).

The ELF does not take any responsibility for issues relating to members of the public, unless, the ELF is involved in a formally agreed joint promotion, or, the promotion is solely promoted by the ELF. In the case of a jointly promoted event, the rule would be subject to further discussion with all promotional parties before formally being introduced within final agreements.

The ELF does not take any responsibility for non ELF promotion(s)/organizations, their communications, or actions.

Non ELF promotions/organizations means, where the event promoter(s)/organizer(s) has had sole control over the events proceedings, other than where ELF sanctioning, ranking, or governing rules are required.

Where it is stated as non ELF permanent staff, or, team member, it is meant that they don't hold a permanent and, or, on-going voluntary, or, re-numerated role within the association.

The ELF does not accept liability, or responsibility, if the sanctioning of a bout, or, event is withdrawn by the Council due to a fighter, or, promoter, failing to provide adequate documentation. The necessity of this rule is further increased where fighter medical documentation is not provided, either adequately, or, in the required time frames, as stated in this and associated documentation.

The ELF is not responsible for financial loss caused to a fighter, or promoter(s), and their associates/partners, due to a fighter(s), management team(s), training team(s), or, and, their associated representatives for not abiding by the rules as set out in this and its associated documents.

The ELF does not accept liability for the late arrival of title belts, or, any issue that is beyond its control, and, or, caused by the manufacturer, or, postal/courier services that they choose to use.

It is a requirement that all fighters, promoters, trainers, managers etc. fully read and understand these rules. It is the responsibility of the fighter, their training team, their manager(s), and the promoter, to ensure that these rules are read, fully understood, and adhered to at all times.

It is the responsibility of the promoter to ensure that they also return completed, and where appropriate, signed documentation relevant to the sanctioning of their event, to the ELF within the required time frames.

It is the responsibility of the promoter, and, or, the fighters management team to ensure that the fighters documentation is provided to them, completed, and returned to the ELF within the required time frames.

Once a fighter engages with the promoter, and, in turn accepts to take part in a bout of Lethwei, they are also accepting responsibility and full liability under the requirements of this sanctioning bodies rules, regulations, and requirements. It is the promoters responsibility to ensure that all parties and stakeholders are fully aware of the rules, and fully understand them.

Acceptance of fighters taking part in competitive Lethwei bouts is solely between the fighter, the promoter, and their associated party's, and therefore the ELF holds no part in financial, Health & Safety, or legal agreements, proceedings, or disputes, that may arise through disagreements between fighters and promoters, and or, associated stakeholders.

The ELF only acts as a sanctioning and governing body, unless otherwise stated when the council agrees to partake in a joint promotion.

