

نافس
NAFES



الاتحاد السعودي للملاكمة
SAUDI MUAYTHAI & KICKBOXING FEDERATION



Boxing, Muay Thai & Kickboxing Technical Regulations for Private Clubs

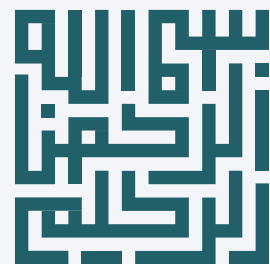




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A/ Technical Requirements





1. Coaches

1.1 Boxing

	Occupation	Classification Required	Minimum Number
1	Head Coach	<ul style="list-style-type: none">➤ 3 stars – International Standards➤ 2 stars – International standards	Not less than 1
2	Assistant Coach	<ul style="list-style-type: none">➤ 1 stars – International Standards➤ Saudi National Level - Advanced	Not less than 2

1. Coaches

1.2 Muay Thai & Kickboxing

	Muay Thai	Kickboxing
1	<ol style="list-style-type: none"> The coach must be certified by Saudi Muay Thai Federation. Brown White Mongkol or has participated in Muay Thai official tournaments. The presence of coaches who are familiar with the laws of Muay Thai. A minimum of one coach Required certificates: proof that he has previously trained in clubs or federations, and proof of his experience - attending courses approved by the International Game Federation First aid course 	<ol style="list-style-type: none"> The coach must be certified by Saudi Kickboxing Federation. Black Belt – 1 Dan from an accredited international federation. The coach must have certified training certificates and have training experience or participated in kickboxing tournaments Required certificates: proof that he has previously trained in clubs or federations, and proof of his experience - attending courses approved by the International Game Federation First aid course
2	The federation has the right to review the required experiences and certificates before accrediting the trainer	The federation has the right to review the required experiences and certificates before accrediting the trainer



2. Facilities

2.1 Boxing

2.1.1 The training area must not less be than 60 square meters.

2.1.2 Toilets (Separate for Females and males)

2.1.3 Shower rooms (One for each male or female player)

2.1.4 Locker rooms (Separate for Females and males)

2.1.5 Treatment / Medical room

2.1.6 Central ventilation system or air vents

2.1.7 Surveillance cameras throughout the club, except for the toilets, locker rooms & shower rooms



2. Facilities

2.2 Muay Thai & Kickboxing

- 2.2.1** Existence of an arena for Muay Thai and kickboxing (the length of the arenas varies according to the area of the place, from 4.9 to 6.1 meters with suitable ground).
- 2.2.2** Having felt type of floors to reduce the severity of bumping into playing the game.
- 2.2.3** Shower rooms. (A room for each male and/or female player)
- 2.2.4** The sports equipment in the club as the coach sees fit to assist in training.
- 2.2.5** Adequate space between sports equipment.



Appendix

Training

- Allocating separate training times for the junior and senior groups, independent of training times for the youth and first-class groups.
- Commitment to sports uniform.
- No training in the absence of coaches or assistants.
- Not to compete without the presence of coaches and assistants.



3. Equipment

- 3.1 Boxing ring sizes:** 4,90 square meters or 6,10 square meters (optional For Boxing)
- 3.2 Hanging bags:** 12 count, 50 cm distance between bags (Boxing)
- 3.3 Wall mirrors:** 120 cm x 60 cm, number 12, the distance between the mirrors 50 cm(Boxing)
- 3.4 Boxing Gloves:** Issue 12, Specifications 10 and 12 oz(Boxing)
- 3.5 Sack Gloves:** Issue 12, Specifications 10 and 12 oz(Boxing)
- 3.6** Head, Mouth and Testicular Protectors: Issue 12, Sizes S, M, L (Boxing)
- 3.7** Medicinal Balls: Issue 12(Boxing)
- 3.8** Weights 3.8 kg, 1 kg, 2 kg, 3 kg, 4 kg, and 5 kg
- 3.9** Jump Rope: Number 12
- 3.10** Rubber Wheels: Number 12(Boxing)
- 3.11** Basketball: Issue (2) (Boxing)
- 3.12** Handball: Number (2) (Boxing)
- 3.13** Football: Number (2) (Boxing)

Muay Thai and Kickboxing add-ons

- Protective equipment for the Head, teeth, chest, legs, Groin Guard
- Existence of training targets (Punching Mitts)
- Hanging bags 6 count minimum, 150 cm distance between bags.



4. Safety

- 4.1 The facility shall adhere to the health protocols of the Ministry of Health and the Ministry of Sports.
- 4.2 Upon acceptance of the player, the club requires the submission of a medical examination stating that the participant is medically fit, and the club bears full responsibility for this.
- 4.3 Providing (6) wall sterilizers.
- 4.4 Providing (3) thermometers.
- 4.5 Providing masks.
- 4.6 Provide first aid.
- 4.7 Emergency exit.
- 4.8 Civil liability insurance for the facility.
- 4.9 Upon acceptance of the player, the player is required to submit a medical examination stating that the participant is medically fit and the club is held the full responsibility for that.
To obtain it, please fill out the following form (by the player): <https://forms.gle/xmjjJcdSnauVsWX5A>
Then fill in the following form (by the hospital / clinic): <https://forms.gle/5wK4jzx3Ud4gGhN8A>



4. Safety

4.10 Upon acceptance of the player, the player is required to submit a medical examination stating that the participant is medically fit and the club is held the full responsibility for that.

➤ To obtain it, please fill out the following form (player form): <http://sfsm.org.sa/mos20>

➤ Then fill in the following form (hospital / clinic form): <http://sfsm.org.sa/mos10>

4.11 Having a certified physiotherapist for the team or a valid contract with a clinic from the Saudi Federation for Health Specialties. In the event that a specialist is available but not accredited, one can apply for accreditation by filling out the following form by the Saudi Federation for Sports Medicine (SFSM) <http://sfsm.org.sa/mos30>

****** If needed, SFSM provides a list of physiotherapists. To request, please click on: <http://sfsm.org.sa/mos40>



4. Safety

4.12 First Aid - Provide first aid kit with adequate equipment as it's stipulated here <http://sfsm.org.sa/mos70> as per SFISM's minimum standards, and to have an ambulance car during games & tournaments (if available).

****** For your convenience, we have prepared a ready-made first aid kit, to obtain it please click on the below:

<http://sfsm.org.sa/nafes/>

- ✓ **Small Bag:** SAR 12,650 (up to 50 persons)
- ✓ **Large bag:** SAR 14,375 (up to 100 persons)

4.13 Fire alarm system according to the requirements of the Civil Defense



5. Competition

- 5.1** The club is allowed to participate as a team in the internal championships (in all categories) that are approved by the federation for the sports season in case the license is obtained.
- 5.2** The Saudi Arabian Olympic Committee and Federations issues the conditions and instructions regulating the internal and external participations, whether in training camps, tournaments or competitions, and circulates them to the sports federations to work in accordance with them.

B/ Administrative Requirements





6. Membership

- 6.1** Application for membership in accordance with the Federation's form
- 6.2** A statement containing the appropriate facility and equipment
- 6.3** A statement of the names, qualifications and experiences of the technicians and supervisors of the game.
- 6.4** Adherence to the regulations & decisions issued by the Federation
- 6.5** Receipt of payment of the fee for joining the Federation
- 6.7** Any requirements that the Association deems necessary in the future.



7. Fees

7.1 Boxing

- 7.1.1** The financial fee for the applicant for a license for new clubs will be free for the first two years, and the renewal is an amount of (2,500) two thousand five hundred Saudi riyals per year.
- 7.1.2** The monetary fee for the applicant applying for a license for the currently existing clubs, an amount of (5,000) five thousand Saudi riyals per year.

7.2 Muay Thai and Kickboxing

- 7.2.1** Membership fees are 7000 SAR annually



8. Violations & Penalties

- 8.1** In the event of a violation, a warning shall be directed to the facility.
- 8.2** The violation must be addressed by the facility within one week from the date of the warning.
- 8.3** In the event that the violation is not addressed during the above-mentioned period, a fine will be imposed.
- 8.4** If the same violation is repeated, the fine will be doubled.
- 8.5** If the violation is repeated for the third time, a period of time is given for the correction, and if the correction is not made within a week, the association suspends the game license and is prohibited from practicing for a month. It will reopen after the correction and the payment of the fine three times after signing a pledge.
- 8.6** Membership in the Federation will be canceled in the event of failure to correct and repay.



8. Violations & Penalties

	Violation	Penalty
1	Failure to adhere to trainers' standards	SAR 5,000
2	Failure to comply with safety standards	SAR 10,000
3	Non-compliance with appropriate clothing for exercises	SAR 1,000
4	Not providing sports equipment	SAR 2,000

THANK YOU