

Reading exercise. Answer the questions below. ↓

Rules of Muay Thai

Muay Thai has no more than 5 rounds; each round lasts 3 minutes with a 2-minute rest in between. No additional round is allowed. The boxers must wear only gloves and trunks.

A referee is present to ensure the safety of the boxers. A panel of three judges will complete a score sheet at the end of each round. At the end of the match, the scores are added and the winner is named.



Points will be given to the attacker for the correct strikes of Muay Thai and when the attacks hit at the right points of the opponent's body. A boxer will get points too if he can parry his opponent's attacks and counter-attack effectively.

The judges will deduct points for any foul moves observed such as biting or spitting at the opponent, pulling the opponent's hair and grabbing the opponent's arms or neck.

correctly attack the
opponent and block

points will be deducted

There are 5 rounds

the referee

There are 5 judges

There are 3 judges

Q1: How many rounds in Muay Thai?

Q2: What will happen if you make foul moves,
such as spitting or biting?

Q3: Who ensures the safety of the boxers?

Q4: How can you score points?

Q5: How many judges are there?

The wrong answer: