



Technical Manual Muaythai



DISCLAIMER

All information in this guide was correct at the time of going to press. Changes to schedules, procedures, facilities and services, along with any other essential updates, will be communicated to Teams by Competition Management if required. Changes to the Competition Schedule will also appear on the Games-Time Website, while any changes to the Training Schedule will be communicated by the Sport Information Centre in the Athletes Village or Sport Information Desk at the Competition Venue.



Welcome

The 3rd European Games Kraków-Małopolska 2023 will welcome more than 7,000 athletes, 3,000 supporting Team Officials and about 1,200 Technical Officials from across Europe to participate in elite-level sport competition.

We aim to provide all participants with optimal conditions so that they are able to perform at their best.

This Technical Manual will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule and key dates.

The Technical Manual also includes details of the relevant venue, medical, anti-doping, training and competition related services, as well as the key policies and procedures that will be in place during the Games.

We hope that this Manual helps with your planning in the weeks remaining before the European Games 2023. We look forward to welcoming you to European Games Kraków-Małopolska 2023 for 12 days of competition that puts sport first and sets a tradition for the European Games.



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1. General Information

MUAYTHAI Competition at the European Games Kraków-Małopolska 2023 will be held from 23 June to 28 June 2023 at the Sports Arena Myślenice.

The estimated number of Athletes in the MUAYTHAI Competition is 80.

1.1. Key Dates

Date	Event
2 June 2023	Sports Entries submission deadline
23 June 2023	Arrival Day
24 June 2023	Technical Meeting, Weigh in and Official Draw
25 June 2023	Start of the Competition – Quarter-finals
26 June 2023	Semi-finals
27 June 2023	End of the Competition – Finals
28 June 2023	Departure Day

1.2. Competition Management

Position	Name
Muaythai Competition Manager	Joanna Zapert
Muaythai Venue Manager	Rafał Simonides

1.3. European Muaythai Federation (EMF)

Position	Name	NOC Code
EMF President	Gennadiy Trukhanov	UKR
EMF Secretary General	Rafal Szlachta	POL
EMF Technical Delegate	Dr Erdogan Aydin	TUR

1.4. Technical Officials (TOs)

The total number of ITOs is 20.

Erdogan	Aydin	TUR
Amary	Ndiaye	FRA
Andrii	Grossu	MDV
Bogdan	Rybka	POL
Farid	Garayev	AZB
Gunter	Plank	AUT
Jens	Wilke	GER
Mahmood	Al Debi	IRQ
Eric	Ekambi	FRA
Rodolfo	Meoni	ITA
Abdolhalim	Barazandeh	IRI
Fredrick	Johnson	SWE
György	Vojvoda	HUN
Hamit	Durmaz	TUR
Omar	Almarzooqi	UAE
Yerbol	Sultanov	KAZ
Derya	Akgun	NED
Merve	Nur Öz	TUR
Payman	Shilan	SWE
Linda	Radon	GER

The total number of NTOs is 4.

Kapusta	Andrzej
Kołodziej	Dariusz
Kossakowski	Adam
Hohenauer	Marek

Competition Staff

Ringside Doctors	2	Ringside Doctors
Equipment Managers	1	Equipment Managers
Timekeepers	2	Timekeepers
Gong Operators	2	Gong Operators

1.5. Medal Events

Men's Events (5)	Women's Events (5)
Combat 60 KG	Combat 51 KG
Combat 67 KG	Combat 54 KG
Combat 71 KG	Combat 57 KG
Combat 81 KG	Combat 60 KG
Combat 91 KG	Combat 63.5 KG

1.6. Competition Format

Number of medal events

10 Events with a quota of 8 athletes per event

• Type of events:

Round Robin Tournament

• Type of competition:

Bracket


• Competition phases

- Quarter-finals
- Semi-Finals
- Finals on Day 3

1.7. Competition Rules

The Muaythai Competition will be held in accordance with the editions of the following documents that are forced at the time of the Games:
<https://muaythai.sport/muaythai-rules/>.

Protests and Appeals



Protests and Appeals will be carried out in accordance with Rule 26.11 of the International Federation of Muaythai Associations (IFMA) Rules & Regulations, which can be found at www.muaythai.sport/muaythai-rules/.

1.8. Competition Draw

The Official Draws will take place on the 24 June 2023 at Hotel Wyspianski; 15 Westerplatte Street, 31-033 Kraków.

1.9. Clothing and Equipment

o Competition Uniform

Subject to compliance with applicable IF/EF rules and the decision as to what clothing their athletes should wear for competitions during the Kraków & Małopolska 2023 European Games is left to the discretion of the participating NOCs. No other restrictions exist.

The aim of the above provision is to allow teams to use competition clothing that is already available (e.g., world cup uniforms), both for the sake of sustainability and the cost.

The following equipment will be used for the Muaythai competition:

- Boxing Rings: IFMA Approved Ring as per Rule 11 of the IFMA Rules and Regulations;
- Gloves: Athletes shall wear the gloves which the organizer of the competition has designated for their use and have been approved by IFMA. Athletes are only permitted to use IFMA-approved gloves;
- Hand wraps: These shall be provided by the IFMA and contained within the Competition Kit which must be purchased by each NOC/NSA for their athletes;
- Head Guard, Shin Guard, & Elbow Guard: The use of the head guard, shin guard, and elbow guards is mandatory, and shall be provided to Athletes by the organizer. Only IFMA-approved equipment is permitted;
- Groin Guard: The use of a groin guard is mandatory. To observe hygiene, all Athletes male and female must have their own groin protectors. Each groin guard must pass inspection prior to competition.
- Male Groin Guards must comply with Rule 12.7.1 of the IFMA Rules & Regulations;
- Female Groin Guards must comply with Rule 12.7.2 of the IFMA Rules & Regulations;

- Female Chest Protection: The use of chest protection is mandatory for all Female Athletes competing in a Senior division to guard against haematoma formation within soft tissue areas of the breast properly. Each chest protector must pass inspection prior to competition and must comply to rule 12.8 of the IFMA Rules & Regulations.

○ **Out of Competition Clothing**

Subject to compliance with the applicable EOC rules and regulations, NOCs have the sole and exclusive authority to prescribe the out of competition clothing worn by the members of their delegation. Two (2) manufacturer’s identifications and one (1) NOC sponsor logo of no more than 30 cm² each can be displayed on each piece of out of competition clothing.

No alcohol or tobacco product producers’ logos, no betting companies’ logos will be allowed.

No sponsors’ logos can be displayed on the uniforms worn by the members of the delegations during Opening and Closing Ceremonies, as well as during Medal Ceremonies.

1.10. Late Athlete Replacement Policy (LAR)

Starting on 3 June 2023, 00:00 CEST, the Late Athlete Replacement Policy becomes active and will be strictly enforced. NOCs should note that replacement Athletes should have been included in the accreditation long list by 5 May 2023.

The LAR policy is only applicable to those sports/disciplines in which the quota place has been allocated to the NOC.

Two procedures* are available for NOCs to replace confirmed Athletes after the Sports Entries deadline:

- Medical or injury-related LAR – to replace an athlete if he/she is injured after 2 June 2023. The deadline for submission of medical or injury-related LAR is two hours before the technical meeting or weight draw as appropriate in the related discipline;
- Non-medical LAR – each NOC is given a quota for the replacement of Athletes for other reasons. The deadline to submit non-medical LAR is 24 hours before the Technical Meeting as appropriate in the related discipline.

NUMBER OF ATHLETES IN NOC DELEGATION	QUOTA FOR NON-MEDICAL LAR
1-10	1

11-20	2
21-50	5
51-100	10
101-150	15
151+	20

*The LAR form and detailed procedure and approval process will be communicated to all NOCs by 16 May 2023.

1.11. Doping Control

During the EG2023, an extensive Anti-Doping Control Program will be implemented. In total, 1,200 urine and blood samples are going to be collected, which means that statistically around 17% of Athletes present at the Games will be subjected to doping control. Tests will be carried out in-competition and out-of-competition. The Anti-Doping Program will be managed under the auspices of the International Testing Agency (ITA). Analyses of samples collected during the Games will be carried out in a laboratory accredited by the World Anti-Doping Agency (WADA). In order to ensure high quality, the work of anti-doping controllers will be evaluated by an international team of independent observers appointed by the World Anti-Doping Agency.


If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.

Where the Athlete already has a TUE granted by their National Anti-Doping Organization or International Federation for the substance or method in question and provided that such TUE has been reported in accordance with Article 5.5 of the International Standard for Therapeutic Use Exemptions, EOC will automatically recognize it for purposes of the EG2023 without the need to review the relevant clinical information.

In cases of emergency related to the need to use medicine which contains prohibited substances or methods considered as prohibited for medical purposes during the EG2023, please contact the ITA with a request for further instructions. The ITA is the organization that, on behalf of the EOC, is responsible for the review of TUEs during the EG2023.

EOC Anti-Doping Rules are applicable to all Athletes competing at the EG2023. All NOCs, Athletes, Athlete Support Personnel and Medical Personnel should be familiar with the EOC Anti-Doping Rules as they cover the applicable procedures for Therapeutic Use Exemptions (TUEs) and athlete whereabouts. The EOC Anti-Doping Rules are available at <https://www.eurolympic.org/wp-content/uploads/2019/01/2021-EOC-Anti-Doping-Rules.pdf>.

- **Doping control rules and program**



During the EG2023, the World Anti-Doping Code in the amended version, which entered into force on 1 January 2021, and relevant international standards apply. The organizer of the event does not introduce any modifications in this regard.

1.12. Sports Information

Sport Information Desk (SID) will be available at each Competition Venue while venue is opened and will provide a variety of services to NOCs as follows:

- General Sport Information;
- the distribution of Start Lists, draw lists and results;
- Training Schedule information for open and pre-allocated training;
- Weigh-In schedule;
- sign up for bookable Training sessions;
- sport-specific requirements;
- Lost and Found (at Competition Venues only)

1.13. Competition Schedule

During the Games, there may be delays, postponements, or cancellations of competitions. Should this occur, NOCs will be informed of the revised competition schedule through at the Competition Venue.

Changes will also appear on the Games-time website www.european-games.org

1.14. Weather Information

At the turn of July and June the highest average temperatures of the year and the most sunlight hours during the day. The city in the south of Poland sees an average daily temperature of 19°C (around 65°F). The highs for the month reach all the way to 25°C (about 77°F) and the lows drop down to 12°C (about 54°F).

There are rain falls an average of 69 mm over 17 days. Precipitation on a day is 50 percent.

A cloudy day is 33 percent, a windy day is also 33 percent. There's also a 50/50 fog.

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include forecast for the current day as well as summary forecast for up to three days in advance. The weather forecast will be regional and will be updated throughout the day as required.



2. Competition Venue Information

2.1.Key Information

Venue: Sports Arena Myslenice

- distance 34 km from the Athletes' Village, travel time approximately 40 minutes
- venue capacity: 600 spectators seats
- address: 9 Zdrojowa Street, 32-400 Myslenice

2.2.Venue Access

During the event, competitors depending on their discipline will be provided with shuttle buses or dedicated cars.

The K&MEGOC will provide a regular shuttle service between Athletes' Villages, Main Accreditation Centre, Media and Volunteers Centre, Competition Venues / Training Venues, Official Hotels, airports and train stations as well. The shuttle service will run every 30-45 minutes and during the rush hours every 15-20 minutes. The shuttle service will start operating two days before the first game starts and will end one day after the last game ends at each Sport Venue.

On an operating day the shuttle service will start running two hours before the first activities at the venue (K&MEGOC will provide an individual transfer service for earlier hours if requested) and the last shuttle vehicle will leave 90 minutes after the last game.

OC will provide a shuttle service between Kraków and Myslenice respectively.

2.3.Field of Play (FoP)

The FoP for Muaythai will include two (2) boxing rings. Each boxing ring will be contained within a court area of 16 m x 12 m.

2.4.Venue Services and Facilities

Athletes' Changing Rooms

Changing Rooms, four (4) for women and four (4) for men, are available at the Sports Arena Myslenice and include showers, toilets, and changing areas.

Athletes' Refreshments Area

Access to snacks and beverages will be provided to Athletes in the Athletes' Refreshments Areas at the Competition Venues. Snacks and beverages at the Sports Venues will be available on both Competition Days and Official Training



Days. All snack stations will be designed for self-service, but the catering staff will be responsible for replenishing them.

Snacks will be available at official sports facilities:

on Competition Days: 1h before the start of the first game to 0.5 h after the end of the last game

on official Training Days: 0.5 hours before the start of the first training up to 0.5 hours after the end of the last training of the day.

The following refreshments will generally be provided for Athletes and Team Officials at Competition Venues and Athletes' Lounges:

- Still water in 0.5l bottles at room temperature and chilled;
- Hot beverages-coffee and tea;
- Whole fruits – primarily bananas, but also apples, pears, and oranges;
- 100% apple and orange juice;
- Fruit and natural yogurts, also a vegan option;
- Granola bars;
- Isotonic drinks in bottles.

Broadcast Mixed zone and I-Zone

All Competition Venues will include the Mixed Zone split between the Rights Holding TV Channels (Flash Zone), radio reporters, news agencies, press, and Games News Service. There will be also Interview Zone provided for all the non-right TV and radio crews.

Doping Control Station

At each Competition Venue, there will be an anti-doping control station, which meets criteria established by ITA and WADA. Doping control stations consist of waiting rooms, processing rooms, and toilets where the samples will be collected. The station's premises should be clean and provide comfort and privacy to the Athletes and Doping Control Personnel. At doping control stations, competitors will have access to sealed drinks in the form of bottled still water.

Lost and Found

All reports of lost items at the Venue should be directed to SID. This is also the location where all found, at the Athletes Area or Field of Play items should be delivered. Items will be kept at the Venue until the end of the competition, at which point they will be transferred to SIC in AVL.

Medical Services

Medical services will be provided at Competition Venues, Training Sites, and Non-Competition Venues.



The following medical services will be provided at the Venue:

Ambulances with a doctor or paramedic equipped with Advance Life Support Equipment;

Pedestrian Parts with a Paramedic, Basic Life Support Equipment;

Medical Aid Points with a doctor or system nurse or paramedic, and Advance Life Support Equipment.

Venue Evacuation and Emergency procedures

In the unlikely event of a venue evacuation, a public announcement message will be broadcast within the venue that will provide directions.

On hearing the evacuation message, athlete groups onsite should follow the directions of the K&MEGOC workforce and leave the venue via indicated routes, and report to the designated evacuation assembly points. Details on the locations of the assembly points for each venue will be provided.

3.Team Leaders Information

3.1.Pre-competition Procedures

Team Leaders' Meeting

Date: 24 June 2023

Time: TBD

Location: Wyspianski Hotel; 15 Westerplatte Street, 31-033 Kraków

Short description: EMF General Secretary, Technical Delegate, Chairman of Judges, Technical Officials, K&MEGOC Muaythai Competition Manager, and Muaythai Venue Manager will preside over the meeting.

A maximum of two representatives from each NOC can attend this meeting, accompanied by a Language Service Team member or a NOC Assistant, if necessary.

Official Draw

Date: 24 June 2023

Time: TBD

Location: Hotel Wyspianski; 15 Westerplatte Street, 31-033 Kraków

3.2.Competition Procedures

Weight in

Daily Weigh-In will take place at Wyspianski Hotel; 15 Westerplatte Street, 31-033 Kraków, each Competition Day.

Warm-up

The Warm-Up Area will be located at the Training site located next to the Sport Myslenice Arena.

The Warm-Up area will be available to the Athletes before they are called to compete.


Call Room procedures

The Call Room will be located in Sports Arena Myslenice.

Athletes should be present in the Call Room, where the following procedures will take place:

Equipment Distribution Point

The tournament equipment distribution point will be located at the Sports Arena Myslenice. For detailed information, please see Appendix 2.



Athletes should be present at the equipment distribution point no more than two (2) contests before their own contest, where the following procedures will take place:

- Gloves, head guard, shin guard, and elbow guard will be provided;
- Athletes must exchange their accreditation cards to receive the equipment;

Gloves Supervision

Before entering FoP, all athletes must pass the Glove Supervision point, where the delegated glove supervisors will check that the gloves, wraps, and bandages have been fitted in accordance with the IFMA rules and regulations. The Glove Supervisors shall tape and sign the wrist of each pair of gloves fitted on an Athlete to confirm inspection has passed before an athlete can enter the FoP.

3.3.Post-competition Procedures

Doping Control

Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a Doping Control Chaperone as soon as possible after the former have finished competing. It is the responsibility of the Athlete to remain under continuous observation of the Doping Control Chaperone after notification. The notified Athlete may invite a team representative or Team Doctor to the Doping Control Station along with them.


During doping control, competitors will be instructed by the doping control officer about the procedure and rights and obligations related to the control. All tests should be carried out without advanced notice, the Athlete should be the first person to be informed about the selection for doping control. During doping control, Athletes should report what medicines they have used in the last 7 days and should submit their comments on the testing process.

Broadcast Mixed Zone and Flash-Zone

All the Athletes must exit FoP via the Mixed Zone.

After the competition or Medal Ceremony, all the Athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Volunteers will take care of the interview time in each section of the Mixed Zone. Team Coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for interview possibilities.

After passing through the Mixed Zone, Athletes will be free to return to the Changing Room or go to Medical/Doping procedures unless they are requested for interviews in the Interview Zone (outside the Mixed Zone) or press conference.



Journalists wanting to interview someone would make a request to Press Operations Volunteers who will escort the Athlete. By default, all three medalists and all Polish Athletes will be accompanied by Volunteers for interviews. Press Attaches, DCOs, and LANS Team members will be able to escort Athletes into the Mixed Zone if needed. Once in the Mixed Zone, the Athlete would be interviewed by the member of the press who requested the interview.

There will be a time limit for the interviews that will be clearly explained by the Volunteer before the start of the interview. The Volunteer has the right to interrupt the interview if it significantly exceeds the time. There will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same Athlete.

The Mixed Zone will be managed by Press Operations Volunteers to help facilitate introductions or questions and ensure the Interview Zone remains an informal area and that no media “scrum” is created.

All the medalists will be asked to attend a short press conference after the Medal Ceremony and pass through the Mixed Zone. Volunteers or Press Operations representatives will make their way to the official transport which will take them to City or Main Press Centre. After the press conference, Athletes will not come back to the FoP.

Result Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.european-games.org.

Delivery of printed results information is available only at Competition Venues and to time-critical services. Selected reports will be available for collection from SID at the Venue and SIC in AVL.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from www.european-games.org.

Medal Ceremonies


All Medal Ceremonies at the 3rd European Games 2023 will occur on or next to FoP. Before each Medal Ceremony, all the medalists are gathered in the waiting area accompanied by Volunteers (people responsible for each kind of sport assigned by Competition Managers).

Medal Ceremony Staff will be on hand to advise and guide all Athletes before, during, and after their Medal Ceremony.

As a rule, Medal Ceremony is held right after the sports session is finished.

All announcements for the Medal Ceremony will be made in two languages – English and Polish.

It is not allowed to ascend the podium wearing hats, sunglasses, carrying national flags, or any other symbols or memorabilia apart from the Games' mascots. Signs,



mobile phones, cameras, electronic devices, bottles, items of sports equipment, and items with political statements are prohibited on the podium. If any Athlete is in possession of any of these items, the latter is handed to the Medal Ceremonies Manager for the duration of the Ceremony. During the Ceremony, no commercial, political, religious, or racial propaganda or demonstration is permitted. Any action of this kind entails penalties foreseen by the EOC.

No one, but the winners can be awarded medals or allowed to ascend the podium.

Athletes will be required to wear their NOC official uniform throughout the Medal Ceremony.

It is the responsibility of each Athlete/Coach to ensure that the Athlete has their full tracksuit with them and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony.

Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.

During the Medal Ceremony, in addition to the medals, K&MEGOC plans to present the winning Athletes with official mascots of the 3rd European Games 2023.

Athletes ranked:

- first,
- second,
- and third (x2)

respectively (as well as those sharing the places, if it is outlined by the competition rules) take their places behind the podium.

The rewarding the prize-winners goes as follows:

The ceremony begins with the medal(-s) and the mascot(-s) awarded to the Athlete (team) ranked third.

Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.

In case of the athlete (-s)' absence at the ceremony, this ceremony cannot be postponed.

4. Training Information

4.1. Key Information

Training Site for Muaythai will take place next to Hotel Wyspianski; 15 Westerplatte Street, 31-033 Kraków.

The Venue will be open for training from 24 June to 27 June 2023.

4.2. Training Information and Regulations

Each Training Session is open and does not need to be pre-booked. First come first served.

The Training Site will have controlled access for accredited Team Members only, public access will not be allowed.

Training Access:

TAPs allow registered members of an NOC delegation, who are considered essential to the athletes' preparation for the European Games, to have access to training venues (and competition venues which are used for training).


-This pass allows access to training venues and competition venues, only on the days when there is no competition taking place at that specific venue.

NOC applies for a TAP through the EGO's Guest Pass system. On arrival guest/visitor presents at the venue an EGIAC and/or official document valid for the TAP process (e.g. passport or official travel document for foreigners, ID or driver's license for nationals, etc.), if not accredited, to establish identity.

TAP can only be requested for sports venues and competition days where the NOC has competitors.

For every twenty (20) athletes (the number shall be rounded up), one (1) TAP will be allocated per day, for example:

- 1-20 athletes 1 TAP per day
- 21-40 athletes 2 TAP per day
- 41-60 athletes 3 TAP per day
- 61-80 athletes 4 TAP per day
- 81-100 athletes 5 TAP per day
- 101-120 athletes 6 TAP per day
- 121-140 athletes 7 TAP per day

- 
- 141-160 athletes 8 TAP per day
 - 161-180 athletes 9 TAP per day
 - 181-200 athletes 10 TAP per day
 - 201-220 athletes 11 TAP per day
 - 221-240 athletes 12 TAP per day
 - 241-260 athletes 13 TAP per day
 - Etc.

4.3.Venue Facilities

The Training Site will contain puzzle mats floor. Training equipment will include punch bags and other supporting equipment.



5.Official Hotel for Muaythai Delegations

5.1.Key Information

Official accommodations will be provided to Muaythai delegations organised by IFMA. For more information and booking management, please contact nareerat.v@muaythai.sport

5.2.Period Information

Arrival Day: 23 June 2023

Departure Day: 28 June 2023

Appendix 1. Event Competition Schedule

Date	Time	Type	Competition Phase	Boxing Ring
Friday, 23 June 2023		Arrival Day		
Saturday, 24 June 2023		Training Day, weigh in and drawing		
Sunday, 25 June 2023		Competition Day 1		
	<i>Afternoon session</i>			
	14:00-21.00	Men's and Women's	Quarter-finals	1,2
Monday, 26 June 2023		Competition Day 2		
	<i>Afternoon session</i>			
	15:00-18.00	Men's and Women's	Semi-finals	1,2
Tuesday, 27 June 2023		Competition Day 3		
	<i>Afternoon session</i>			
	15:00-18.00	Men's and Women's	Finals	
Wednesday, 28 June 2023		Departure Day		

Appendix 2. Venue Maps





KRAKÓW MAŁOPOLSKA
EG2023
3rd EUROPEAN GAMES

Organising Committee