



Invitation to the IFMA Nordic Championships in Stockholm, Sweden, 26-27 of January November 2024

Dear President,

We hereby like to announce the 2024 Nordic Muaythai Championships to be held on 26-27 of January in Stockholm, Sweden.

This is an official invitation for your national team to participate in the Nordic Muaythai Championships (NC) competition. The Nordic Championships event includes weight categories of Youth (min age 15, max age 17), U23 and senior, as per International Federation of Muaythai Associations (IFMA) rules, see further information on the following pages.

The event will be held at Kampsportstadion in the center of Stockholm. The organizers *Southside Muaythai* and *Kampsportstadion* together with the *Swedish Muaythai Federation* are looking forward to welcoming the Nordic IFMA Teams to Kampsportstadion, Stockholm.

Best Regards,

Southside Muaythai, Kampsportstadion and the Swedish Muaythai Federation



Information about the event

Date: January 26-27, 2024

Place: Lidingövägen 1, Stockholm (KampSportstadion)

Time schedule (tentative):

Friday 26/01:

12:00 medical and weigh-in

16:00 fights start

Saturday 27/01:

09:00 medical and weigh-in

15:00 fights start

Registration: All participants must be registered to the event via the registration platform (ifmalive.com) and must have a valid IFMA membership on the platform (20USD/year).

Last day to register: 2024-01-04

Fighter fee: A fee of 30EUR/fighter is to be paid to (mark the payment with "NC+name"):

From foreign bank:

Bank: Swedbank

IBAN: SE33 8000 0832 7992 4713 2252

BIC: SWEDSESS

From Swedish bank:

Bankgiro 802468-1754

For questions about the event please contact Southside Muaythai on email: info@southsidearena.se

Accommodation: Accommodation is not included in the fee. Stockholm has a number of suitable hotels that can accommodate the Nordic Teams and we have selected three that we recommend. Note that it is the responsibility of each team to book their accommodation:

- Clarion Collection Hotel Tupto (600 m from the venue), <https://www.strawberry.se/hotell/sverige/stockholm/clarion-collection-hotel-tupto/>
- Scandic Park (750 m from the venue), <https://www.guestreservations.com/scandic-parkstockholm/booking>
- Best Western Hotel Karlaplan (1 km from the venue), <https://www.hotelkarlaplan.se/en/welcome>



Tournament Uniform

Rules and Regulations

The Nordic Championships for youth will be held according to the Swedish junior C-class rules, match length is 3x2 minutes. Knees to the head and elbows are not allowed. Weight classes according to the IFMA rules. Youth in ages 15-17 years old can participate. The rules are available on the webpage of the Swedish Muaythai Federation:

<https://www.muaythai.se/wp-content/uploads/2021/01/SMTF-REGLER-ver-2.2.pdf>

The Nordic Championships for U23 and senior elite will be held according to IFMA Rules and Regulations: 3x3 minutes and no restrictions of muaythai skills.

The Rules and Regulations presented hereafter are in accordance with the current Rules and Regulations of the International Federation of Muaythai Associations (IFMA) approved by the Technical Committee and the Executive Board of IFMA.

Protective gear as provided by the organizers:

- Head protection
- Body protection
- Shin guards
- Gloves (10oz)

Each participant is required to bring:

- Muaythai shorts
- Hand wraps
- Mouth guard
- Personal protective equipment (groin protection/breast protection) **Participating teams**
- National Teams of IFMA members Nordic countries (with membership fees paid up to 2024) are invited to participate at the championships.
- Each country is allowed to send only one national team to participate in the championships.
- Each team is allowed to send only one contestant for each weight category of each division (male/female).
- Each participating team must enter at least one (1) Team Technical Official (R&J).

Changing of weight division

No change of weight division is allowed after registration (18th of January).

Drawing of names

The draw will be carried out by the Swedish Muaythai Federation officials.



Competition conduct

All contestants must behave accordingly to the IFMA Code of Ethics as a good sportsperson and follow the rules and regulations as laid out. Contestants will be penalized for any violations.

Appealing decisions

All appeals should be in accordance with the Rules & Regulations of the International Federation of Muaythai Associations (IFMA) for international tournaments and competitions. **Weight classes**

Gender	MALE		FEMALE	
	Weight (KG)	1	45	45
2		48	48	2
3		51	51	3
4		54	54	4
5		57	57	5
6		60	60	6
7		63.5	63.5	7
8		67	67	8
9		71	71	9
10		75	75	10
			(+) 75	11
11		81		
12		86		
13		91		
14	(+) 91			

Medical Paperwork Requirements

All athletes must present their [Athlete’s Consent form](#), [Medical Declaration Form](#). athletes, there is an additional requirement of a valid blood test for Hep B, Hep C and HIV made not later than 6 months on the accreditation day (26th JAN 2024)

Doping Control

Athletes and technical officials participating in the IFMA Nordic Junior Championships are bound to and must comply with IFMA Anti-Doping Rules. These rules, which are compliant with the World Anti-Doping Code and its international standards, can be downloaded from the IFMA website at: https://muaythai.sport/wp-content/uploads/2020/12/IFMA_Anti-Doping-Rules_2021.pdf

The Anti-Doping Agency of Sweden will conduct in-competition tests as Testing Authority during the event. Samples will be collected by the Anti-Doping Agency and analyzed by a WADA-accredited lab. Collection and analysis will be carried out in accordance with the International Standard for Testing, the International Standard for Laboratories and the 2024 Prohibited List.



During the event period, athletes can be tested at any time or place, urine or blood, with no advance notice. The event testing plan may include finishing placement tests, random tests, pre-competition tests and target tests.

It is each athlete's personal duty to ensure that no prohibited substance enters his or her body. Athletes are responsible for any prohibited substance, or its metabolites or markers found to be present in their samples (see Article 2.1.1 of the Code and IFMA Anti-Doping rules).

The World Anti-Doping Code permits athletes to apply for TUEs, i.e., the permission to use, for therapeutic purposes, substance or methods in the Prohibited List in force where use otherwise be prohibited. IFMA recognises TUEs that have been granted by National Anti-Doping Organisations (NADOs). After an athlete submits duly completed TUE application with the required supporting medical documentation to IFMA, it can take up to 30 days to receive the decision of the IFMA TUE Committee, and a TUE certificate if the application is approved. For more information regarding TUE application please visit the IFMA website: <https://muaythai.sport/tues/>

In the case of an Anti-Doping Rule Violation, IFMA is responsible for the initial results management process and taking the decision of imposing any sanctions to the 2024

Nordic Championships, such as disqualification. IFMA will also manage the imposition of sanctions over and above those relating to the 2024 Nordic Championships, such as period of ineligibility.

TUEs

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For more information regarding TUE application please visit the IFMA website:

<https://muaythai.sport/tues/>

The TUE application form can be found here:

https://muaythai.sport/wp-content/uploads/2022/08/IFMA_tue_application_form.docx

Safeguarding Policy & Procedures

The IFMA is committed to supporting a safe and enjoyable environment throughout IFMA events and daily operations of the international federation, that safeguard welfare of athletes and IFMA family members from any kind of discrimination, harassment, and abuse.

For IFMA safeguarding refers to all of the actions IFMA takes to keep all children and vulnerable at risk groups they come into contact with safe – and includes the proactive measures put in place to ensure they do not come to harm as a result of any direct or indirect contact with the federation. Child safeguarding encompasses the prevention of physical, verbal, sexual and emotional abuse, neglect and maltreatment of children by employees and other persons whom the federation is responsible for, including contractors, business partners, visitors to premises and volunteers. As



abuse occurs in many different forms, IFMA has a zero-tolerance policy stating that no abuse or cause of harm towards children and vulnerable groups is tolerated in any form. IFMA states that all children have an equal right to protection regardless of any personal characteristic, including their age, gender, ability, culture, racial origin, religious belief and sexual identity. It is also important to note that certain forms of abuse disproportionately affect girls, and there is additional vulnerability and increased risk for children who have a physical or mental disability, lesbian, gay, bisexual, transgender, intersex or other identified young people, children from minority ethnic groups, displaced or refugee children, and those who are under institutional care.

For more information, please consult the IFMA Safeguarding Policy here:

https://muaythai.sport/wp-content/uploads/2021/03/SAFEGUARDING-POLICY_FINAL.pdf

We are looking forward to seeing you in Stockholm Sweden, for the 2024 Nordic Championships!

Sincerely,

The Swedish Muaythai Federation
Southside Muaythai
KampSportstadion