



CLASS-D GUIDE

I. Registration

Eligibility:

- Must be 8+ years old.
- U.S. citizenship is not required.
- Class-D is **OPTIONAL**. You may compete in a tougher division if you choose.

Registration Process:

- Register [online](#).
- Pay required athlete/coach fees.

Refunds/Deferrals:

- All fees are non-refundable, exception: unmatchable bracket.
- Class-D athletes are not eligible for a deferral
- **Transfers:** You may change weight divisions, but you must pay a **\$10 transfer fee** for each request.
- **Spectators:** must purchase a spectator ticket to the US Open
- **Awards:** You receive a participation medal to commemorate your experience.

II. Experience Limits

- You must have between 0-2 amateur bouts of prior experience
- **A "Bout" Defined:** any demonstration of technique or training in unarmed combat, which is attended by members of the public, including any such demonstration involving the sale of tickets or collection of admission fees. **Please be advised that some exhibitions described as being "light contact", "modified contact", or "point" style may still qualify as a "bout"**. Contact the US Open if you are unsure if certain experience counts as a bout.
- **Important Note:** Competing in a Class-D contest **counts as one "bout"** on your official record which helps you get into Class-C safely and quickly.

III. Weigh-In Rules

- **Schedule:** The weigh-in is one day before the tournament.
- **Missed Weight:**
 - One re-weigh attempt within 1 hour.
 - Max 2 lbs weight cut allowed.

- **Penalty:** If bout proceeds (opponent consent, <5 lb difference), forfeits one point in round 1.

IV. Mandatory Equipment

- **Gloves:** US Open® Licensed Gloves Only.
 - 10 oz: ≤ 146 lbs
 - 12 oz: > 147 lbs
- **Head Protector*:** Open-faced, mandatory.
- **Shin Guards*:** Cloth, mandatory for amateurs.
- **Elbow Pads*:** Mandatory for amateurs (divisions permitting elbow strikes).
- **Chest Protector*:** Mandatory, US Open provided
- **Groin Protector:** Mandatory for males; optional for females.
- **Mouthpiece:** Form-fitting, required at all times during bout.
- **Hand Wraps:** Max 180 inches. No tape directly on skin/knuckles.

*Except for the chest protector, you must bring your own equipment. Approved equipment will be for sale at each event at a discount.

V. Ringside Coach Rules

- **Limit:** Max two registered coaches ringside.
- **Ring Access:** One coach in ring between rounds. No coach on apron during the round.

VI. Bout Rules & Scoring

What to Expect in the Ring

- Rounds: Bouts consist of three 90-second rounds with 60-second rest periods.
- You may compete in a maximum of two contests per day.
- Judging: Referees and judges will score you based on your Muay Thai technique, volume of strikes, and defense. They will NOT consider power or damage in their evaluations.
- You will receive a post match Fighter Report Card™ detailing your performance and serving as a training aid

The following strikes are strictly forbidden in Class-D to ensure a safe, developmental environment:

- NO deliberate strikes to the face or head.
- NO deliberate elbow strikes.
- NO strikes delivered with the intent to stagger or injure your opponent.
- NO strikes against an opponent who is already staggered.

VII. Medical Requirements

- **Physical Exam:** Pass a physical exam certified by a licensed medical doctor and complete the [fighter paperwork](#).
- **Blood Testing Required (Ages 16+):** Negative lab results for Hepatitis B, Hepatitis C, and HIV.
- **Pregnancy Test (Females 15+):** Mandatory urine test (provided free of charge).

Summary

This quick guide provides a rules overview for athletes and coaches participating in the Class-D (Development) Tournament. **This is not a substitute for the [Official Rules](#).** Please Familiarize yourself with the Official Rules to ensure smooth and successful tournament experience.