

SPOTLIGHT

(Published September 1, 2023)

Number and Duration of Rounds for Amateur and Professional Muay Thai and Kickboxing

Effective March 21, 2023, the Michigan Unarmed Combat Commission adopted rules of engagement for amateur and professional kickboxing and muay thai. Under [Rule 104\(1\)](#), “[a]ll kickboxing and muay thai events must adhere to the requirements for boxing events in section 54a of the” Unarmed Combat Regulatory Act (the “Act”). [Section 54a\(2\)\(a\)](#) of the Act states, in part, that “the length of each individual boxing contest is determined by the department but does not exceed 10 rounds, of not more than 5 minutes' duration, with at least a 1-minute rest period between each round.”

Pursuant to Rule 104(1) and Section 54a(2)(a), the department determines that number and duration of rounds for amateur and professional kickboxing and muay thai are as follows:

Kickboxing Rounds

Professional:	Up to 10 rounds, up to 3 minutes per round, with 1 minute rest between rounds.
Amateur:	Up to 9 rounds, up to 2 minutes per round, with 1 minute rest between rounds.

Muay Thai Rounds

Professional:	Up to 5 rounds, 3 minutes per round, with 1 minute rest between rounds.
Amateur:	Up to 5 rounds, 2 minutes per rounds, with 1 minute rest between rounds.

The number and duration of rounds for these unarmed combat sports is consistent with the Association of Boxing Commissions and Combative Sports Unified Rules of [Professional](#) and [Amateur](#) Kickboxing and its recommended [Unified Rules and Guidelines for Muay Thai](#).

Authority: MCL 338.3654a(2)(a); Mich Admin Code, R 339.104(1).