



NATIONAL CHAMPIONSHIPS

DECEMBER 2-9 | 2023

LAFAYETTE  LOUISIANA

MEDIA GUIDE

**2023 USA BOXING
NATIONAL CHAMPIONSHIPS**

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EVENT INFORMATION

LOCATION:

Cajundome
444 Cajundome Blvd.
Lafayette, LA, 70506

COMPETITION SCHEDULE:

Monday, December 4th - Thursday, December 7th
12:00 p.m. and 6:00 p.m. CT
Friday, December 8th
12:00 p.m. CT

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ADMISSION COST:

Daily Pass: \$10
Week Pass (Monday-Friday): \$50

EVENT PAGE AND LIVESTREAM:

<https://www.usaboxing.org/2023-usa-boxing-national-championships>



EVENT SCHEDULE

Tournament Draw

Sunday, December 3: Approx. 1:00 p.m. CT

Competition Schedule

Monday, December 4 - Thursday, December 7: 12:00 p.m. and 6:00 p.m. CT

Friday, December 8: 12:00 p.m. CT

Finals Schedule

Wednesday, December 6th: Bantam and Intermediate (females)

Thursday, December 7th: Bantam and Intermediate (males)

Friday, December 8th: Junior, Youth, and Elite Non-Olympic weight classes (males and females)



USA BOXING HISTORY

Amateur Boxing origin began in 1888 and was officially recognized as a sport in the United States. In 1904, the US had its first inaugural Olympic boxing team step into the ring on a global stage.

Olympic-style boxing is a crafty, fast paced, and one of the fiercest sports within the Olympic Pantheon. The sport of boxing brings bright lights, fearless but patient boxers, and riveting action that has the fans out of their seats. The adrenaline rush and pure passion these boxers show for the sport creates a sport like no other in the Olympics and draws attention to the public eye. Boxing provides vivid imagery and intense thrill of competition that the fans can watch in any other Olympic sport. Many boxing legends began their hall of fame careers in amateur boxing such as George Foreman, Muhammad Ali and Roy Jones Jr.

USA Boxing training center and headquarters are located in Colorado Springs, Colorado. USA Boxing looks over many boxing tournaments around the country at all levels of boxing, from local, regional, and national levels to the sponsorship of national and international dual competitions. The organization is also responsible for selecting teams to represent the United States in prestigious international events, including the Olympic Games, World Championships and Pan American Games.

Amateur boxing has given opportunities to thousands of men and women to compete. Olympic-style boxing puts boxers on a global stage all over the World and carves a unique identity and regulation which is distinct from the professional boxing scene. USA Boxing oversees all amateur boxing in the United States. Women's boxing made its boxing debut in October 1993. Ever since, Women have made a significant presence in USA Boxing and the sport globally, participating in officially recognized amateur boxing both in the United States and on the international stage. Now, in 2023, approximately 3,000 female boxers register annually with USA Boxing, USA Boxing officially uplifted its ban on women's boxing due to the lawsuit filed by Dallas Malloy. Malloy was 16 at the time, and after winning the lawsuit she shortly became victorious over Heather Poyner. Finally, in 2012 the Olympic games welcomed Women's boxing following a decision made by the International Olympic Committee (IOC). Claressa Shields would go on and etch her name in the history books as she captured the first gold medal in USA Boxing history. Shields went even further to cement her legacy in the sport by becoming the first American boxer, male or female, to win consecutive gold medals.

The Olympic Games Paris 2024 will contest a total of 13 weight divisions, six women's and seven men.

To view the entire roster of U.S. Olympic boxing teams from 1904, [click here](#).

Furthermore, USA Boxing not only supports national and international competitions but also conducts clinics and training camps aimed at equipping athletes and coaches with international-level techniques. USA Boxing and Olympic-style boxing in the United States is built upon its 56 Local Boxing Committees (LBCs). These LBCs, in collaboration with coaches, athletes, and officials, constitute the backbone of the sport in the United States.

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HOW TO QUALIFY

For the 2023 USA Boxing National Championships

Division	Minimum Bout Experience Requirement	Minimum Bout winning Percentage Requirement
Elite Male	15	.5
Youth Male	15	.5
Junior Male	20	.5
Intermediate Male	15	.5
Bantam Male	10	.5

Division	Minimum Bout Experience Requirement	Minimum Bout winning Percentage Requirement
Elite Female	5	.25
Youth Female	5	.25
Junior Female	5	.25
Intermediate Female	0	0
Bantam Female	0	0

Division	Date of birth range: start	Date of birth range: end
Elite	01/01/1984	12/04/2005
Youth	01/01/2006	12/31/2007
Junior	01/01/2007	12/31/2009
Intermediate	01/01/2010	12/31/2011
Bantam	01/01/2012	12/31/2013



2024 HIGH PERFORMANCE HIGHLIGHTS

2024 Youth High Performance Team

In 2024, all champions in the youth division from the 2023 USA Boxing National Championships will advance to the 2024 Youth Team Selection Camp, taking place April 28-May 12, 2024, in Chula Vista, California. Boxers will be evaluated according to the USA Boxing High Performance Evaluation Guidelines and those meeting the minimum evaluation scores will be selected to the 2024 Youth High Performance Team. Full details on the 2024 Youth High Performance Selection Procedures can be found [here](#).

The 2024 Youth High Performance Team will participate in the following camps and competitions:

- Youth Team General Prep Camp – September 8-22, 2024
- Youth World Championships Camp & Competition – TBD – October/November

2024 Junior High Performance Team

USA Boxing is currently determining whether a Junior High Performance training camp will take place in 2024, due to budget and schedule limitations caused by the Olympic year. Updates will be provided on the 2024 Junior High Performance Team plans once determined.

USA Boxing Ranking Points

In addition, all boxers competing in Lafayette will be looking to earn points towards their USA Boxing National Rankings. The top eight boxers in each weight category receive points towards their rankings. This event serves as the first rankings event of 2024.

Additional rankings information can be found [here](https://bit.ly/USABoxingRankings): <https://bit.ly/USABoxingRankings>



A VIEWER'S HANDBOOK TO BOXING

THE BOUT: Bouts fluctuate due to the age groups of the boxers competing. The elite division bouts feature three rounds, each with a duration of three minutes with a one-minute rest in between the rounds.

Winning on points (WP): This is the most common way to win. The points are determined by reviewing the final scores on the electronic scoring system after the bout. The winner will be decided based on the judges' scoring. The bouts are won in either a unanimous or split decision. In case the bout is halted, even if it's mid-round, due to an unintentional foul causing injury and prompting the referee to stop the contest, this regulation applies. Similarly, if both boxers sustain injuries simultaneously, resulting in the referee stopping the contest, this rule comes into effect and will be declared the winner of the bout on points by either unanimous or split decision. The bout may be ended by the referee due to an event that is out of the boxer's or referee's control, such as the destruction of the ring, failure of the lighting supply, forces of nature and other similar unforeseen conditions. Under such circumstances, the judges will evaluate the round and will judge the two boxers' performance up to the stoppage. The boxer who has more points is announced the winner of the bout. In the event of a boxer suffering an open cut because of an accidental foul, the referee is allowed to pause the bout and escort the boxer to a medical assessment. If such a stoppage occurs, the bout's outcome will be determined by the scorecards. No tied bouts are allowed. If the total scores given by each judge, accounting for any deductions, are equal when the bout concludes, the judges will be tasked with selecting a bout winner under the following circumstances: a. One (1) judge has a draw the other judges are evenly split, or b. Two (2) judges have even scores and the other judges do not score unanimously; or c. Three (3) or more judges have even scores i. In manual (paper) scoring after the judge scores the round, the judge is requested to select an overall bout winner in case a tiebreaker is necessary ii. In the electronic scoring system if a tiebreaker is necessary the judge's keypad will blink. The judge will then nominate an overall bout winner.

Winning by abandonment (ABD): Winning by abandonment occurs when either the boxers or their coach concedes or decides to "throw in the towel," resulting in the match to stop.

Winning via referee stopped contest (RSC):

1. If a boxer is unable to resume boxing in the ring immediately following the break in between rounds, the opponent will be declared winner of the bout by RSC.
2. If the referee feels a boxer is being outboxed or is receiving excessive hard blows, the bout will be stopped, and the opponent will be declared the winner of the bout by RSC.
3. If a boxer is unable to continue boxing after a knockdown, the opponent will be declared the winner of the bout by RSC.
4. If a bout is stopped by the referee in charge following the advice of a ringside doctor, the opponent will be declared the winner of the bout by RSC.

Winning by Knockout (KO):

1. If a boxer is knocked down and fails to resume boxing before the referee counts to ten (10), the opponent will be declared the winner of the bout by KO.
2. If an emergency arises and the referee calls the ringside doctor into the ring before reaching a ten-count for the injured boxer, the opponent will be declared the victor of the bout via KO.
3. In the event a double KO occurs, the round must be scored up to the end of the bout. The boxer ahead in points will be considered the winner.



A VIEWER'S HANDBOOK TO BOXING (CONT.)

COMMON FOULS- Listed below are some of the frequent fouls that could result in cautions issued to boxer: hitting below the belt; holding, kicking or striking the opponent with anything other than the gloved knuckles; lying against the ropes or using them unfairly; using offensive language; not breaking on command; and behaving aggressively towards the referee. Even no defense (passive defense) is unfair and foul. When a boxer commits a foul, the referee typically issues a caution to the boxer and signifies the infraction through specific hand gestures.

After three cautions for the same foul, the referee will warn the boxer, which results in the boxer losing a point. Upon the third warning for the same foul, the boxer is disqualified. Here are more common fouls:

- 1) Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, and pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes.
- 2) Hitting with open glove, the inside of the glove, wrist or side of the hand
- 3) Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch.
- 4) Pivot blows i.e., backhand.
- 5) Lying on, wrestling, and throwing in the clinch
- 6) An attack on an opponent who is down or who is in the act of rising
- 7) Holding and hitting or pulling and hitting
- 8) Holding or locking, on the opponent's arm or head, or pushing an arm underneath the arm of the opponent.
- 9) Ducking below the belt of the opponent
- 10) Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow.
- 11) Speaking
- 12) Not stepping back when ordered to break.
- 13) Attempting to strike opponent immediately after the referee has ordered "break" and before taking a step back.
- 14) Assaulting or behaving in an aggressive manner towards a referee at any time
- 15) Spitting out the mouthpiece (mouthguard or gumshield) intentionally without receiving a correct punch will cause the boxer to receive a mandatory warning.
- 16) If the mouthpiece falls out after the boxer has received a correct punch, and if this happens for the third time, the boxer will receive a mandatory warning.
- 17) Keeping the advanced hand straight to obstruct the opponent's vision.
- 18) Biting an opponent
- 19) Faking/simulating such as an injury



TERMS AND DEFINITIONS

Bob and weave: moving the head in an evasive fashion, up and down, and side to side.

Bout: a single word synonym for a boxing match.

Card: a synonym for a boxing event with multiple boxing bouts.

Caution: A boxer who does not obey the instructions of the referee, acts against the rules of boxing, boxes in any unsportsmanlike manner, or commits fouls, will, at the discretion of the referee. If a referee intends to warn a boxer, the referee must say “stop” and demonstrate the infringement. The referee must then indicate to the boxer and then to the Official in charge.

Clinch: when both boxers mutually hold each other. “Holding” is a foul when one boxer is restricting the other boxer.

Combination: series of punches.

Knockdown: When boxers touch the floor with anything other than their feet. They are also considered “down” if they are dangling on the ropes or are partially outside the ropes from a blow. A boxer can be considered “down” while standing up from taking a serious blow or blows to the head and the referee stops the match.

Feint: a synonym for “fake,” most commonly used with a foot, hand, shoulder, or eyes.

Field of Play (FOP): the competition ring area where the athletes box, and the judges judge.

Hand-wraps: fabric used to protect the hands.

Head gear: a soft helmet used to protect the head during training and competitions.

Jab: straight blow at chin level.

KO: a knockout happens when a boxer has gone down from the result of a punch and cannot resume boxing by the count of ten (10). After the referee has said “ten,” the bout ends and must be decided as a KO. The referee may stop the count if in his/her opinion the boxer is in immediate need of medical attention.

Low Blow: After a low blow, if the offended boxer does not complain and the low blow was not hard and intentional, the Referee must signal the foul without interrupting the Bout. Also, after a low blow, if the offended boxer does complain, the referee will have two (2) options:

- 1) The offending boxer will be immediately disqualified if it is an intentional and hard blow.
- 2) Start an eight (8) count.

After the eight (8) count, the Referee will have two (2) options:

- 1) The boxer is fit to continue: the referee may give a warning to the offender and the bout will continue.
- 2) The boxer is unfit to continue: the referee will give a certain amount of time to the boxer to try to recover with a maximum of up to ninety (90) seconds.

After above mentioned timeframe, the referee will have two (2) options:

- 1) The boxer is fit to continue: the referee may give a warning to the offender and the bout will continue.
- 2) The boxer is unfit to continue: the opponent will be declared the winner of the bout by RSC-I.



TERMS AND DEFINITIONS (CONT.)

NGB: National Governing Body. Every sport under the US Olympic & Paralympic Committee is recognized as an NGB.

Officials: judges, referees, timekeepers, glove table supervisors, etc.

Orthodox: a right-handed boxer.

Parry: a defensive move where a boxer redirects a punch.

Rabbit punch: an illegal blow to the back of the opponent's neck.

Referee: the person who operates in the ring and whose main concern is the safety of the athletes.

Ring: the place where a combat between fighters of similar weight takes place.

Ringmanship (Ring Generalship): used to describe the ability and skills to control the competition area.

Round: a segment of the boxing match, similar to a period or quarter in other sports. There are always three (3) rounds, with 60 seconds separating each round, but depending upon the age and experience of the boxers, the duration of each round will vary.

R.S.C. (Referee Stopped Contest): a bout is terminated due to a clear supremacy of the opponent. It can be determined by the referee and/or the ringside doctor.

Sanction: a boxing event is registered with USA Boxing; every amateur boxing event where there are spectators and a fee need to be "sanctioned" with USA Boxing.

Second: Once a coach enters the Field of Play (FOP), they are referred to as a "second," with the boxer being the "principal."

South paw: a left-handed boxer.

Spar: practice boxing, usually with bigger training gloves, and headgear.

Stick and move: using jabs and footwork to score and evade.

Throw in the towel: expression meaning that a boxer has given up.

Warning: If a boxer receives a referee's warning, the Official in charge will record the warning in the Scoring System and each warning will reduce the total score of the offending boxer by one (1) point. The third warning in a bout will automatically disqualify the boxer.

Uppercut: a punch with an upward trajectory that can be performed with both hands and is aimed at the opponent's chin, it can also hit the dorsal abdominal area.

