



2025 USA Boxing High Performance Policies & Procedures

USA Boxing High Performance members, including athletes, coaches, officials, and volunteers must conduct themselves in a sportsmanlike and professional manner, holding themselves accountable to USA Boxing's Code of Conduct and Team Rules during the entirety of all national and international events, including the time spent travelling to and from the host location. Unsportsmanlike conduct or disobeying rules may result in removal from the team, event, and participation in future USA Boxing events.

Sportsmanlike conduct is defined as, but is not limited to respect for opponents, competition officials, employees, the public; respect for facilities, privileges, and operation procedures; the use of courtesy and good manners; acting responsibly and maturely; refraining from the use of profane or abusive language; and abstinence from illegal and banned drugs.

High Performance Staff as referenced below includes:

- **High Performance Director**
- **National Team Head Coach**
- **Assistant High Performance Director – Operations**
- **Assistant High Performance Director – Sport Performance**
- **National Team Development Coach**
- **National Team Resident Coach**
- **National Team Strength & Conditioning Coach**
- **High Performance Manager**
- **High Performance Coordinator**
- **High Performance Medical Director**
- **National Team ATC/PT**
- **National Team Sport Dietitian**
- **Assigned medical/support staff.**

USA Boxing USAB High Performance High Performance policies and procedures are in place to ensure the safety of USAB High Performance USAB High Performance athletes and staff. The following set of rules outlines specific policies and procedures that all USAB High Performance Members must adhere to, in addition to the USA Boxing Code of Conduct and Elite Athlete Contract (if applicable), that all athletes are required to sign and adhere to:



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General

1. USAB High Performance members will act in a way that will bring respect and honor to themselves, their teammates, USA Boxing, and the United States.
2. Athletes will recognize, respect, and adhere to the authority of USA Boxing's appointed coaches, team leaders, sport performance and medical staff.
3. Emotional misconduct, physical misconduct, bullying, harassment, and hazing are all prohibited.
4. USAB High Performance members must respect the property of others at all times.
5. Absolutely no alcohol is permitted for any athlete for the entire duration of the event.
6. Absolutely no performance enhancing drugs, performance inhibiting drugs, stimulants, or recreational drugs are permitted for the entire duration of the event.
7. USAB High Performance members must meet all minimum eligibility requirements as outlined in the selection procedures.
8. USAB High Performance members are required to wear designated USA Boxing apparel at all official team functions and events.
9. During team travel, athletes are required to wear designated team travel gear, as outlined by the High Performance Staff prior to departure.
10. Athletes are prohibited from selling team apparel and equipment.
11. The athlete will be responsible for the cost of lost team apparel and/or equipment and will be resupplied upon a case-by-case basis.
12. All Team Members are required to have an active Teamworks account and app on their phone. Team Members are to contact the Assistant High Performance Director – Operations, High Performance Manager, and/or High Performance Coordinator immediately if there are any issues with their account/app.

Training Camp

13. Athletes will be provided with five (5) days to respond to any invitation to attend a USA Boxing USAB High Performance Training Camp, when possible.
 - 13.1. Extensions must be submitted to the High Performance Assistant Director – Operations, High Performance Manager, and/or High Performance Coordinator, no less than 24 hours prior to the deadline.
 - 13.2. Athletes who miss the deadline and do not request an extension forfeit their roster spot at the Training Camp.
14. If an Athlete is not able to attend the full training camp, the Athlete must sign a High Performance Waiver Request Form with the dates they will be absent and the reason for the absence.
 - 14.1. The waiver must be requested from the High Performance Staff and must be submitted before the invitation deadline.
 - 14.2. Approval for the absence is up to the discretion of the High Performance Staff.



15. Once Athletes have accepted their place at the Training Camp, they assume all financial responsibility for any flight changes made more than 24 hours after the timestamp delivery of the itinerary.
16. If an athlete misses a flight for reasons other than flight delays, flight cancellations, or other extenuating circumstances, the athlete will be financially responsible for all costs associated with their rescheduled transportation to the training camp.
17. Athletes must not miss any team activities outlined in the Training Camp Schedule, unless excused by a High Performance Staff Member prior to the start of the activity.
 - 17.1. If the Athlete is to miss any session for any reason, the Athlete is to notify the High Performance Staff no less than 30 minutes prior to a scheduled appointment or session.
18. Athletes are responsible for bringing all USA Boxing allocated gear and apparel to each training camp they are selected for.
 - 18.1. If an athlete does not bring the required gear and apparel, the athlete is responsible for the cost of replacing those items.

Housing

19. Curfew is 12:00 am local time every day during camps unless changed in writing by the High Performance Staff.
20. Curfew is 11:00 pm local time every day during competitions unless changed in writing by High Performance Staff.
 - 20.1. Athletes are not permitted to leave their assigned room after curfew for any reason except in an emergency or to use the restroom.
 - 20.2. If an athlete feels they must leave the room after curfew for any reason other than an immediate emergency, they are required to contact and speak with the High Performance Staff before doing so.
21. Athletes are required to sleep in the room assigned to them by the High Performance Staff.
 - 21.1. Any issues regarding the need to change rooms must be brought to the attention of the High Performance Staff.
22. Athletes are not permitted in any room assigned to another country.
 - 22.1. Athletes can congregate in common areas prior to curfew if they choose.
23. Athletes must keep their assigned room neat and tidy, be respectful of the cleaning staff, and follow all rules set forth by the host hotel or training center.
 - 23.1. The athlete is also responsible for tidying up his/her room prior to departure from camp/competition.



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- 23.2. Athletes will be responsible for any costs associated with an untidy or damaged room.
- 23.3. Athletes under the age of eighteen (18) must be accompanied by a member of the High Performance Staff when traveling off site.

Scheduled Team Activities

- 24. Athletes are required to attend and arrive at all team functions a minimum of 15 minutes prior to the scheduled start, to include meetings, practices, press conferences, competitions, etc. unless excused or otherwise instructed by the High Performance Staff.
- 25. Athletes are required to be prepared with the necessary equipment for optimal performance prior to all scheduled team activities.
 - 25.1. This means having all the necessary training equipment (hand wraps, gloves, headgear, etc.) ready prior to the start of the training session.
- 26. Athletes are required to wear team apparel at all scheduled team activities.
- 27. The use of cell phones or other electronics during scheduled team activities is prohibited.
- 28. Unless approved by USA Boxing, only official team members/camp participants are permitted at team meetings, team meals, training sessions and competitions.
 - 28.1. Visitors are welcome to attend competitions and support the team from designated spectator areas.
 - 28.2. Visitors are also expected to follow USA Boxing's Code of Conduct.
- 29. If currently enrolled in school, all athletes must attend scheduled study hall sessions unless given permission by the High Performance Staff. Alternative options will be provided for those not currently enrolled in school.
 - 29.1. If athlete misses a scheduled tutoring session without prior notification of at least 2 hours prior to session, the athlete will be financially responsible for covering the cost of the missed tutoring session unless excused by USA Boxing High Performance staff due to extenuating circumstances.
- 30. USAB High Performance members are required to participate in scheduled media activities if compatible with training and competition schedule, when requested by USA Boxing.
- 31. Unless given permission by the High Performance Staff, all athletes must attend all competition sessions that a Team USA athlete is competing in.

Competition

- 32. Only accredited USAB High Performance coaches, staff or other USAB High Performance members shall be permitted to warm-up or accompany athletes in the designated competition area.
- 33. USAB High Performance members are not permitted to conceal or cover up any USA Boxing sponsor, supplier or licensee brand, or any other identification appearing on USA Boxing apparel and equipment.



34. Unless approved by the High Performance Staff, USAB High Performance members are not permitted to mingle with parents, personal coaches, or friends before competition.
 - 34.1. Athletes will be granted time to mingle with parents, personal coaches, or friends after they have finished their bout each day. The amount of time allotted will depend on the team schedule and transportation schedule.
35. Athletes who have won a medal are required to attend the medal stand ceremony, in the required team apparel, unless excused by the High Performance Staff due to injury.
 - 35.1. The medal ceremony designated apparel includes team track suit and shoes provided by USA Boxing.
36. Athletes are required to compete in all scheduled competition bouts they advance to, unless medically disqualified or approved, in writing, by USA Boxing.
37. Athletes are not permitted to leave the hotel or competition venue while abroad for any reason without prior approval from a member of the High Performance Staff. Furthermore, athletes must inform a High Performance Staff member when they return to the hotel or competition venue.
 - 37.1. Athletes under the age of eighteen (18) must be accompanied by a member of the High Performance Staff at all times when leaving the hotel or competition venue while abroad

Family & Friends

Training Camps

38. Family, friends, personal coaches, and other visitors can attend scheduled training sessions on a case-by-case basis, with the prior approval of the High Performance Staff.
 - 38.1. Requests to observe training sessions must be submitted in writing to the High Performance staff no less than 7 days prior to the start of the training camp.
39. Guests permitted to observe training sessions are to respectfully remain around the perimeter of the training area.
40. Please note that guests may not have access to certain facilities due to OPTC policies and High Performance Staff reserves the right to hold private training sessions.
41. Family, friends, personal coaches, and other visitors are not permitted to be in team members' rooms or in the dormitory building.



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- 41.1. Athletes wanting to meet with guests must obtain permission from the High Performance Staff prior to the guest's arrival.
- 41.2. Furthermore, any guest that is permitted to meet with an athlete must do so in common areas.
- 42. Family, friends, personal coaches, and other visitors are expected to follow USA Boxing's Non-Athlete Code of Conduct, as well as any OPTC Guidelines.

Competition

- 43. Unless approved by USA Boxing prior to start, only official team members are permitted at team meetings, team meals, training sessions and competitions.
 - 43.1. Visitors are welcome to attend competitions and support the team from designated spectator areas.
- 44. Only accredited USAB High Performance coaches, staff or other USAB High Performance members shall be permitted to warm-up or accompany athletes in the designated competition area.
- 45. Unless approved by the High Performance Staff, USAB High Performance members are not permitted to mingle with parents, personal coaches, or friends before competition.
- 46. Family, friends, personal coaches, and other visitors are expected to follow the USA Boxing's Code of Conduct.

Sport Performance

- 47. It is expected that each athlete shows up to their training session ready to train within an appropriate amount of time to address any individual needs (foam roll, additional warm up, etc.) that does not conflict with the team training session.
- 48. Throughout the duration of a training camp, you will be asked to be outfitted with wearable technology (heart rate monitors, sleep monitors, etc.) during training as well as outside of training times. Your compliance with these measuring devices is critical in giving the performance staff a diagnostic perspective into each individual athlete to improve performance. Other forms of technology you will be asked to comply with include but are not limited to force plate testing and velocity-based motion capture.
- 49. Certain software and applications will be required of you to aid in the performance staff's communication with the athlete. Among those are, but not limited to, Train Heroic (main Strength and Conditioning platform utilized for programming), Teamworks Nutrition (main Nutrition and meal tracking platform), and Kinduct Athlete (athlete monitoring platform). These apps must be downloaded with accounts created prior to your first training session.
- 50. Nutrition services will be provided to support each boxer's metabolic health using a periodized year-round approach to fueling. Nutrition interventions will be individualized based on the athlete's needs & goals.
 - 50.1. Athletes are required to report to camp and maintain their weight according to the weight management guidelines within this document, unless



otherwise directed in writing by the USAB High Performance Sports Dietitian.

51. Each athlete will be given a vending machine fob card with a daily allotted number of credits during camp. If you lose your fob card, you will be charged \$3.00 to replace it.
 - 51.1. Falsely reporting your weight by either deception or manipulating the scale during your weigh in will be grounds for removal from a training camp and/or competition.
52. Athlete attendance is mandatory at all strength and conditioning sessions, nutrition appointments, teaching kitchens, unless ample notice is given excusing the athlete directly to the person leading the specific session, in writing.
53. Further detail for extended policies for Sport Performance are within the USA Boxing Sport Performance Policies and Procedures,

Medical Management

54. Athletes shall promptly notify USA Boxing High Performance Medical Staff in writing of any illness or injury that interferes with, or could reasonably be expected to interfere with, in any manner with the Athlete's High Performance Schedule.
55. Should an Athlete be ill or injured and unable to meet the requirements listed within the High Performance Schedule, Athlete will be required to report to a USOPC Network Clinic or other medical provider, approved by USA Boxing, to undergo a thorough examination to determine if the athlete has medical reasons to forego any planned event in which Athlete has been selected to compete and to ensure they receive proper care.
 - 55.1. Athletes shall comply with the full treatment and rehabilitation plan as prescribed by USA Boxing, USOPC or other agreed upon healthcare provider.
56. If an Athlete is unable to participate fully in a training session or scheduled team activity due to injury or illness, he or she is required to communicate with USA Boxing High Performance Medical Staff for an evaluation no less than 30 minutes prior to the start of the session, unless the Athlete has received prior written approval to be absent from the session.
57. Any boxing related medical appointments made for medical treatment outside of the Olympic & Paralympic Training Center (OPTC) Sports Medicine Department must be reported to the USA Boxing medical staff.



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- 57.1. Athletes shall provide all documentation from boxing-related medical appointments scheduled outside of the OPTC Sports Medicine Department as requested by USA Boxing medical staff.
- 58. Athletes training at the Olympic & Paralympic Training Center are expected to attend all scheduled medical appointments and rehabilitation sessions unless receiving prior written approval from medical staff.
 - 58.1. If an athlete does not attend a scheduled appointment at OPTC Sports Medicine, he or she may be liable for decreased or suspended Sports Medicine and Recovery Center privileges.
- 59. Athletes training at the Olympic & Paralympic Training Center who receive equipment from USA Boxing medical staff are required to return said equipment upon conclusion of use or request by USA Boxing medical staff. Athletes who fail to return the equipment may be responsible for the cost to replace the equipment.

Weight Management

- 60. All USA Boxing athletes selected to participate in training camps and/or competitions must abide by the following weight management policies. In the event an Athlete fails to make weight at a competition or follow the Athlete Weight Management Guidelines listed below, whether held in the United States or a foreign country, athlete may be subject to the following penalties.
 - 60.1. Dismissal from trip and liability for reimbursement of all expenses for said competition paid on Athlete's behalf by USA Boxing including, airfare, transportation, per diem, and housing.
 - 60.2. Possible forfeiture of athlete stipend for the entire term of the contract and removal from team
- 61. At all competitions at which the Athlete represents USA Boxing, the Athlete shall meet the weight class in which he or she is selected to compete.
 - 61.1. Athletes must weigh in every morning of camp, Monday - Friday unless instructed otherwise.
- 62. Official weigh-ins will be conducted at the conclusion of the morning's first training session. Multiple weigh ins per day are allowed, but the morning weigh in must be attended to be counted as an official weigh in. To account for fluctuations in weight due to travel, an average of the first week's official weigh-ins will be taken for the first week only. USG hydration tests may also be requested to ensure proper hydration status throughout camps as well as leading up to competition, or as needed. Athletes are asked to maintain or be below a Urine Specific Gravity (USG) of or below 1.025 (USG<1.025)



Athlete Guidelines Within 21+ days of Competition

Elite Men's Weight Divisions		Elite Women's Weight Divisions	
Class	7% or LESS	Class	7% or LESS
55kg	58.85	51kg	54.57
60kg	64.20	54kg	57.78
65kg	69.55	57kg	60.99
70kg	74.90	60kg	64.20
80kg	85.60	65kg	69.55
90kg	96.30	70kg	74.90
90kg+	-	75kg	80.25

Athlete Guidelines Within 14 days of Competition

Elite Men's Weight Divisions		Elite Women's Weight Divisions	
Class	5% or LESS	Class	5% or LESS
55kg	57.75	51kg	53.55
60kg	63.00	54kg	56.70
65kg	68.25	57kg	59.85
70kg	73.50	60kg	63.00
80kg	84.00	65kg	68.25
90kg	94.50	70kg	73.50
90kg+	-	75kg	78.75

Athlete Guidelines Within 7 days of Competition

Elite Men's Weight Divisions		Elite Women's Weight Divisions	
Class	3% or LESS	Class	3% or LESS
55kg	56.65	51kg	52.53
60kg	61.80	54kg	55.62
65kg	66.95	57kg	58.71
70kg	72.10	60kg	61.80
80kg	82.40	65kg	66.95
90kg	92.70	70kg	72.10
90kg+	-	75kg	77.25



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Media and Communication Guidelines

General Media Guidelines:

1. USA Boxing strongly encourages athletes and coaches to accept USA Boxing's follow request on all social media accounts.
2. Athletes are prohibited from posting anything that does not live up to USA Boxing's Code of Conduct, standards, and/or expectations. This includes but is not limited to profanity and obscene comments/images and defamatory comments against USA Boxing, the US Olympic & Paralympic Committee (USOPC), the US Olympic & Paralympic Training Center (USOPTC), or affiliated sponsors/partners.
 - 2.1. If USA Boxing determines that an Athlete's social media post violates any of the above criteria, he or she will be asked to remove it from his or her social media accounts immediately.

US Olympic & Paralympic Training Center (OPTC) and Chula Vista Elite Athlete Training Center (CVEATC) Guidelines:

3. Filming and photography are not allowed in the dorms, cafeteria, or Sports Medicine.
4. Any filming, photography, and/or documentary work at the OPTC or CVEATC is not allowed unless prior written approval is received from Zack Chavez, Communications Manager of USA Boxing, and the USOPC Communications Staff.
5. If approved for filming or photography, you must follow all rules outlined by USA Boxing and the USOPC.
6. Content may not be sponsored.
7. No additional sponsor branding can be brought into the space (i.e. banners, signage, product placement)
8. No brands on nonessential training gear visible in content. Examples: water bottles, bags, hats, etc.
9. Athletes can wear typical training clothing (regardless of logos)
10. NGB encouraged to provide official training gear (not mandatory)
11. Athletes may capture social media content for their personal social media (not sponsored). The capture may not contain athletes who are from other sports, not involved in the boxing training camp, or that do not give permission to be included.
12. USA Boxing encourages athletes to mention that he or she is at the USOPTC and/or use an establishing shot of our Team USA IP.
13. Please tag #TeamUSA, as well as tag USA Boxing, and appropriate sponsors.

When at home gyms:

14. For USA Boxing to be able to help promote its team members, all filming or photography conducted at home gyms must be in USA Boxing's sponsorship apparel/equipment. If an athlete or coach is shown wearing apparel or using equipment



that is not a USA Boxing sponsor, USA Boxing will not be able to promote the story. This includes newspaper interviews, television interviews, etc.

Media Request:

15. All media requests for boxers must be sent to USA Boxing Communications and Digital Media Manager, Zack Chavez, at ZChavez@usaboxing.org for approval and scheduling
16. If a boxer has a publicist or manager handling interview requests, please connect Zack Chavez and this person to work together regarding interviews.
17. All interviews taking place during High Performance events, including training camps, and international competitions, must receive prior approval from Zack Chavez before scheduling.

The Athlete Ombuds Office provides cost-free, independent, and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and USA Boxing. To contact the Athlete Ombuds Office:

- PHONE: (719) 866-5000
- EMAIL: ombudsman@usathlete.org
- WEBSITE: www.usathlete.org

Please see the Ombuds Policy located at <https://bit.ly/OmbudsPolicy> for more [information](#).

Acknowledgement:

By signing below, you acknowledge and accept all expectations for your behavior while in attendance at any USA Boxing Training Camp and Competition. You understand and acknowledge that violations of the policies and procedures above, as well as those in the Team Manual, may result in removal from the event and future USA Boxing USAB High Performance training camps and competitions.



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Athlete Name

Athlete Signature

Date