



# NATIONAL RULE BOOK

Effective January 1, 2026



Member of United States Olympic Paralympic Committee

# USA BOXING

## National Rule Book

### TABLE OF CONTENTS

<b>COMPLIANCE TO THE RULES.....</b>	<b>4</b>
<b>DEFINITIONS .....</b>	<b>4</b>
RULE 1. MEMBERSHIP .....	8
RULE 2. MEMBER IN GOOD STANDING .....	9
RULE 3. INSURANCE COVERAGE .....	9
RULE 4. SANCTION REQUIREMENTS.....	9
RULE 5. BOXER'S QUALIFICATION: MEDICAL ASPECTS.....	10
RULE 6. USADA ANTI-DOPING REGULATIONS .....	12
RULE 7. CLASSIFICATION OF BOXERS .....	12
RULE 8. ELIGIBILITY OF BOXERS .....	14
RULE 9. MATCHED BOUTS .....	16
RULE 10. DEVELOPMENTAL BOUTS.....	17
RULE 11. WEIGH-INS.....	17
RULE 12. OFFICIAL DRAW .....	18
RULE 13. DURATION AND NUMBER OF ROUNDS .....	18
RULE 14. SCORING SYSTEM .....	19
RULE 15. DECISIONS.....	21
RULE 16. FOULS.....	23
RULE 17. LOW BLOW .....	24
RULE 18. CAUTION, WARNING, DISQUALIFICATION .....	24
RULE 19. KNOCKDOWN .....	25
RULE 20. REFEREES.....	26
RULE 21. JUDGES.....	28
RULE 22. USA BOXING REFEREE & JUDGE MANAGEMENT .....	28
RULE 23. RINGSIDE PHYSICIANS .....	28
RULE 24. TIMEKEEPER & BELL OPERATOR.....	29
RULE 25. OFFICIAL ANNOUNCER .....	29
RULE 26. COACHES / SECONDS .....	29
RULE 27. RING.....	31
RULE 28. RING ACCESSORIES.....	31
RULE 29. EQUIPMENT CONTROL – GLOVE TABLE.....	32
RULE 30. FIELD OF PLAY (FOP) .....	32
RULE 31. OFFICIAL IN CHARGE.....	32
RULE 32. DEPUTY OFFICIALS IN CHARGE.....	33
RULE 33. REFEREES' EVALUATOR & JUDGES' EVALUATOR.....	33
RULE 34. RULES FOR BOTH REFEREES AND JUDGES.....	33
RULE 35. <i>LEFT BLANK FOR FUTURE POTENTIAL NEW RULE</i> .....	34
RULE 36. GLOVES.....	34
RULE 37. HEADGEAR.....	35

RULE 38.	BANDAGES / HAND WRAPS .....	36
RULE 39.	MOUTHPIECE.....	37
RULE 40.	COMPETITION UNIFORM AND PROTECTOR.....	37
RULE 41.	AFFILIATED ORGANIZATIONS NATIONAL TOURNAMENTS.....	38
RULE 42.	USA BOXING CORRESPONDENCE .....	38
APPENDIX A - DUTIES OF AND GUIDELINES FOR COMPETITION OFFICIALS.....		39
APPENDIX B – USA BOXING ATHLETE CODE OF CONDUCT .....		47
APPENDIX C - USA BOXING NON-ATHLETE CODE OF CONDUCT .....		49
APPENDIX D – USA BOXING R&J MANAGEMENT SYSTEM .....		51
APPENDIX E – BOXERS’ UNIFORM GUIDELINES .....		52
APPENDIX F – WEIGHT CATEGORIES AND DIVISION REFERENCE CHART .....		53
APPENDIX G – FORMS AND WAIVERS .....		54
APPENDIX H – MASTERS BOXING.....		63
APPENDIX I - DEVELOPMENTAL BOUTS.....		65
APPENDIX J - USA BOXING SANCTIONS .....		66
APPENDIX K – RECORD OF COMBAT SPORTS VERIFICATION .....		67
APPENDIX L – FIELD OF PLAY RING SET-UP DIAGRAMS.....		69

## COMPLIANCE TO THE RULES

These USA Boxing National Rules are the rules which USA Boxing Local Boxing Committees (LBC), Affiliate Members, boxing members, clubs and boxing families must follow and respect in any of its competitions in accordance with activities at all levels. USA Boxing Local Boxing Committees, Affiliate Members, and/or clubs may not develop their own rules.

No Rule Book or manual can anticipate every circumstance or question. After reading the Rule Book, if you have any questions, please email [membership@usaboxing.org](mailto:membership@usaboxing.org) with "RULE BOOK" in the subject line. USA Boxing reserves the right to modify, change or update these rules and policies without prior notice.

## DEFINITIONS & ACRONYMS

**ABD** - Abandon

**Advancing Competition** - A competition where boxers advance to another level, i.e. state, regional and national tournaments.

**Affiliated Organizations or Group Member** - Not-for-profit sports organizations which meet the requirements of applicable federal law, that register as Affiliated Organizations and that conduct, on a level of proficiency appropriate for the selection of athletes to represent the United States in international athletic competition in the sport of boxing, a national program or regular national athletic competition in the sport of boxing.

**Bout** - A boxing contest between two boxers taking place as part of a competition.

**Boxer** - Any athlete who participates in a competition and who is registered by USA Boxing.

**Boxing Event** – an event sanctioned by USA Boxing or state athletic commissions, where participants contest against each other using only their fists, in accordance with a defined set of rules. USA Boxing events are administered using the USA Boxing Rule Book.

**Chief of Officials** - The official designation of the LBC-elected person responsible for overseeing officiating in the LBC and holds a seat on the LBC Board of Directors.

**Club** - A physical boxing facility or program, with member coaches and boxers that registers as a such within the LBC jurisdiction, and which agrees to conduct its programs in accordance with and agrees to be bound by the rules and regulations of USA Boxing and meet all registration requirements of USA Boxing.

**Coach Certification** - The permission to act as a coach in USA Boxing Competitions after the person passes examinations and obtains a certification granted by USA Boxing.

**Confederation** - A group of National Federations, recognized by the International Federation and belonging to the same continent.

**Daily Weigh-In** - The scheduled weigh-in for boxer's competing on that day.

**Delegation** - Participating team members including boxers, coaches, team physicians and team managers in any competition.

**Deputy Official in Charge** - The person(s) who are appointed by the Official in Charge to be responsible for Field of Play issues in any competition when more than one ring is run simultaneously.

**DQ** - Disqualification.

**Dual Match** - A competition featuring boxers from teams representing two clubs, organizations, or countries.

**Event Organizer** - The individual who is the host or owner of a USA Boxing sanctioned competition.

**Exhibition** - A boxing engagement used for entertainment, in which the boxers show or display their skill without necessarily striving to win. Often a winner is declared but the bout is not officially recorded. Exhibition Bouts are **NOT** allowed in USA Boxing.

**Field of Play (FOP)** - The competition area, which extends approximately 20 feet outside the platform of the ring for boxing.

**General Weigh-In** - A legacy, pre-draw check of documents, medical status, and weight to confirm the registered weight category. Not used by as a best practice at USA Boxing and International advancing Tournaments because it is outdated with online registration/document verification and can cause financial harm under the Common Sense Policy. Boxers must still weigh in on the days they box (daily weigh-in). May be used only upon Executive Director approval based on a joint request from the LBC Chief of Officials and Official-in-Charge submitted no less than 30 days before the tournament draw.

**Gloves** - USA Boxing/ International Federation approved equipment that is worn on the hands to protect them.

**Headgear** - USA Boxing/ International Federation approved equipment that is worn on the head to protect it.

**International Federation** - international non-governmental organization recognized by the International Olympic Committee (IOC) as administering one or more sports at the world level.

**International Federation Competitions** - All competitions of the International Federation.

**Individual Physical Combat Sports** are any combat sport which utilizes striking (punches, kicks, etc.) as a primary technique in a sporting contest. Boxing, Karate, Kickboxing, Muay Thai, MMA, Sumo, Taekwondo, and such other sports, are deemed **Individual Physical Combat Sports**. Judo, Brazilian Jiu-jitsu (BJJ), Aikido, Wrestling, and other such sports are NOT considered Individual Physical Combat Sports, as striking is not a primary technique used during competition. USA Boxing may assess a sport's classification as an Individual Physical Combat Sport at any time.

**Judge** - The person who allocates points during a bout based on each boxer's performance in the ring in respect of the USA Boxing Technical Rules.

**Local Boxing Committee (LBC)** - Member organizations of USA Boxing that promote and administer Amateur/Olympic-style boxing at the local level under the jurisdiction of USA Boxing.

**Medical Handbook** - The rules published by USA Boxing in relation to the medical standards required to be observed by all registered members of USA Boxing prior to, during and after any competition as stated in the USA Boxing Medical Handbook.

**NCBA** - National Collegiate Boxing Association

**National Federation** - Any federation that is admitted into membership by the International Federation.

**National Governing Body (NGB)** - The national governing body designated as such by the United States Olympic Paralympic Committee.

**NLA** - National Latino Boxing Association

**National Level Competitions** - Boxing competitions organized and/or sanctioned by a particular National Federation and to which only boxers that are citizens from that national federation participate.

**National Technical Officials (NTO)** - Officials appointed by USA Boxing, excluding R&Js such as the Official in Charge, the Deputy Official In Charges, the Referee's Evaluator, the Judge's Evaluator, the Draw Commissioner, the Medical Jury members, the R&J Coordinator, the Equipment Manager, and appointed Tournament Staff.

**Non-advancing Competition** - Any competition where the winners do not advance to another competition, tournament, or international competition.

**Official Draw** - The ceremony to draw the boxers to decide the bout schedules in each Weight Category.

**Official in Charge (OIC)** – Certified Level II or Level III official who has completed OIC training, who is designated by the LBC Chief of Officials to serve as the head official for an LBC, non-advancing competition. For national events, OICs are chosen by the USA Boxing national office.

**Referee** the person who ensures that the USA Boxing Competition Rules are followed by the boxers during their bouts.

**Restriction Affidavit** the forms filled out by the ringside physician post-bout to recommend medical restrictions and/or protective restrictive measures: including the restriction affidavit and incident report forms.

**SafeSport** - providing a national sport culture of respect and safety so that every athlete can thrive on and off the field of play.

**Sanction** - A certificate of approval issued by USA Boxing for events.

**Sanctioned Boxing Event** – A boxing event regulated by USA Boxing, State athletic commission or tribal athletic commission, recognized to operate by the rules and regulations set forth by USA Boxing and boxing events sanctioned by state athletic commission.

**Seconds** - Coaches working the corner who are certified by USA Boxing and who are credentialed to

act in the field of play.

**Seeding** - The practice of placing competitors in a preliminary ranking prior to the draw for purposes of avoiding the top-ranked competitors from meeting in the earliest rounds of the tournament.

**Sex Eligibility Policy** – Please refer to the Sex Eligibility Policy at <https://www.usaboxing.org/about-us/compliance-policies>

**Sparring** - A form of training where two boxers simulate the act of boxing in a controlled environment, under the guidance of a USA Boxing registered coach. Sparring is to be used exclusively for training purposes, at a training facility and during business hours. Sparring as entertainment is prohibited.

**Unsanctioned Boxing Event** – A boxing event not approved by USA Boxing or the state athletic commission, which is set to operate under a different set of rules and regulations not approved by USA Boxing. See Rule 1.5 for more information.

**USA Boxing** - The National Governing Body of the USOPC and National Federation of the International Federation, which governs all Olympic and international boxing in the United States of America.

**USA Boxing Competition** - Competitions sanctioned by USA Boxing, to include LBC, state, regional, national, and international events occurring in the United States of America.

**U.S. Center for SafeSport** - Reinforces respect, safety and health in sport, equipping sport organizations with tools to address issues of abuse before they occur.

**USIBA** – United States Intercollegiate Boxing Association.

**USOPC** - United States Olympic Paralympic Committee.

## **RULE 1        MEMBERSHIP**

- 1.1** USA Boxing athlete member shall **NOT** box in any boxing competition or compete in an individual physical combat sport competition that is not sanctioned by USA Boxing.
- 1.2** All participating members: boxers, coaches, officials, ringside physicians, must be members of USA Boxing, to participate in USA Boxing activities, including but not limited to club training, sparring sessions, and competitions.
- 1) All non-athletes are required to successfully pass a background screening every year.
  - 2) All non-athletes are required to complete SafeSport Training annually.
  - 3) All members must provide both a residence and mailing address upon registration.
- 1.3** Every non-athlete member of USA Boxing shall submit to an annual background screening; disqualification criteria are listed under the SafeSport tab on USA Boxing's website. USA Boxing will use a criminal background check agency to gather information about prior criminal history, which may disqualify an individual from USA Boxing membership.
- 1) Incarcerated athletes. Inmates are not authorized to register or participate in USA Boxing.
- 1.4** Boxers must be registered with the LBC in which they reside and have been passed as physically sound by the ringside physician immediately before and after the bout. (Pre and post bout physicals)
- 1.5** A boxer may not represent a club or an organization that is not a member of an LBC or USA Boxing. Any boxer who boxes for a club or organization, which is not a registered member of the LBC, must enter the contest as "unattached."
- 1.6** Any boxer, coach or official who participates in an unsanctioned or unregulated combat sport is ineligible to participate in competition as an athlete or non-athlete member of USA Boxing. An appeal may be considered through USA Boxing's grievance and complaint process.
- 1) Any boxer who has participated in an individual physical combat sport competition may join USA Boxing. However, the participant will be required to disclose his/her competition record when applying for USA Boxing membership and will not be allowed to compete in future individual combat sport competitions.
  - 2) Any boxer who has participated as a professional in any physical combat sport shall not be eligible to compete as an athlete in USA Boxing.
  - 3) Boxers, coaches, and officials may not participate in events of organizations that are not in good standing with USA Boxing.
  - 4) Non-Athletes are allowed to coach or officiate in events sanctioned by State Athletic Commissions or take place on Military Bases and tribal commissions. Note: USA Boxing's insurance doesn't cover the non-athlete while coaching/officiating at these events.
- 1.7** Athlete members **SHALL** disclose all previous combat sports experience at the time of registration or renewal. Additional combat sport experience acquired outside those



periods must be reported to USA Boxing immediately. Failure to report said experience could subject the member to disciplinary action. See Appendix K.

## **RULE 2 MEMBER IN GOOD STANDING**

**2.1** To be considered a member in good standing, all participants to include athletes, officials, referees, judges, ringside physicians, coaches, and team officials, must have a current membership and be properly certified to participate in any and all USA Boxing competitions.

**2.2.1** Members classified under the following are not eligible to participate in USA Boxing sanctioned competitions.

- 1) Administrative Hold (members on administrative hold may still participate in a limited capacity, at the discretion of USA Boxing.)
- 2) Medical (medical suspension)
- 3) In-Progress
- 4) Suspended

## **RULE 3 INSURANCE COVERAGE**

**3.1.** All registered athletes and non-athletes of USA Boxing are eligible for insurance coverage and should review USA Boxing's Insurance Manual, which is posted on the website at <https://www.usaboxing.org/rulebook/forms-and-documents/insurance-forms>

## **RULE 4 SANCTION REQUIREMENTS**

**4.1** See the USA Boxing Sanction Manual at <https://www.usaboxing.org/usa-boxing-rulebook> and Addendum J for all sanction requirements.

### **4.2 Sanction Fees and LBC Rate Card (LBC Additional Fee Charges)**

- 1) USA Boxing sets the national sanction fee for each type of sanctioned event. LBCs may charge an additional fee over and above the base national fee; LBC Board of Governors approve the LBC portion of the sanction fee. Each LBC rate card listing will be posted on the USA Boxing website and on any applicable LBC website and social media platform. LBC Rate Cards shall include, but not be limited to:
  - a. All Membership Fees (Boxer, Non-Athlete, Club)
  - b. Sanction Fees
    - i. Promotion Fees
    - ii. Glove Fees
    - iii. Ring Rental
    - iv. Event Production Costs
    - v. Stipend/Gas Reimbursement for event officials

- 2) The USA Boxing national office in consultation with the USA Boxing Board of Directors reserves the right to review fee schedules. A national fee schedule will be posted on the USA Boxing website.

#### **4.3 Financial Statement of Competition**

- 1) The multi-day tournaments, Golden Gloves Tournaments, Pro-Am Shows and Third Party and Charitable Fundraising Events sanction holders shall be required to file an event report.
- 2) The LBC Board of Directors or his/her designee must provide an after-event report with the input of LBC Leadership on practical information to be collected such as number of bouts, number of officials used, number and types of injuries.

## **RULE 5 BOXER'S QUALIFICATION: MEDICAL ASPECTS**

### **5.1 Medical Certification**

- 1) Annual Sports Physical with signature and stamp by medical professional.
  - a. **Athlete members ages 41 or older must use the USA Boxing Masters Physical Form.**
- 2) The boxer must be considered fit to compete upon examination by a Ringside Physician before beginning competition.
- 3) Boxers are required to produce applicable releases available in Appendix G
  - a. Release to Compete with Braces
  - b. Release to Compete with Breast Implants
  - c. Release to Compete after Lasik Surgery
- 4) To comply with federal regulations and for the safety of our members, athlete physicals are **NOT** to be stored in the passbook.

### **5.2 Prohibited Conditions**

Refer to current USA Boxing Medical Manual at <https://www.usaboxing.org/physician> for prohibited conditions. Examples:

- 1) Wearing a steri-strip or dressing on an abrasion or wound
- 2) Soft wraps on lower extremities are allowed but must not have any exposed or non-padded hard plastic or metal components. No soft wraps, other than hand wraps, are allowed on the upper extremities.
- 3) Facial Hair - A boxer is not required to be clean shaven to participate in local or regional sanction events that do not lead to USA Boxing National and International competition. The beard cannot extend past the natural line created by the boxer's collarbone while head is facing straight forward.
  - a. Beards are not allowed at international competitions subject to International Federation rules.
  - b. Boxers participating in junior age division and younger are not required to be clean shaven at local, regional, or national competitions. However, if the boxer has facial hair past the collarbone line, it must be cut.
- 4) Lenses other than soft contact lenses.
  - a. If a boxer is wearing soft contact lens and loses a lens during a bout:
    - i. The boxer accepts to continue to box, the bout will continue.

- ii. The boxer does not accept to continue to box without the contact lenses, will lose by ABD.
- 5) Kinesiology Tape (K-Tape) may be used from the waist down and to the back of the body, but if it comes loose, it may not be re-applied.

### 5.3 Knockout - KO

When the result of the bout is Knockout, the ringside physician must complete and sign a Restriction Affidavit. This restriction shall be updated in the USA Boxing Database and the form must be sent to the USA Boxing national office and Local Boxing Committee of the restricted boxer. The Restriction Affidavit must indicate how many rest days should be prescribed or the protective restrictive measures and be delivered to the Official in Charge by the ringside physician. When the result of the bout is a Referee Stops Contest (RSC), the ringside physician may issue a Restriction Affidavit.

### 5.4 Protective Restrictive Measures

- 1) One Knockout - A boxer who has been knocked out as a result of head blows during a contest or wherein the referee has stopped the contest due to the boxer having received hard blows to the head, making this boxer defenseless or incapable of continuing, will not be permitted to take part in competitive boxing or sparring for a period of at least 30 days after the boxer has been knocked out.
- 2) Two Knockouts - A boxer who has been knocked out as a result of head blows during a contest or wherein the referee has stopped the contest due to a boxer having received hard blows to the head, making this boxer defenseless or incapable of continuing twice in a period of 90 days, will not be permitted to take part in competitive boxing or sparring during a period of at least 90 days from the second knockout.
- 3) Three Knockouts - A boxer who has been knocked out as a result of head blows during a contest or wherein the referee has stopped the contest due to the boxer having received hard blows to the head, making this boxer defenseless or incapable of continuing three times in a period of 12 months, will not be permitted to take part in competitive boxing or sparring for at least one (1) year from the third knockout.
- 4) If a boxer has been knocked out or received a severe head blow which results in a bout being terminated, the ringside physician will classify the seriousness of the concussion and prescribe the medical restriction period as follows:
  - a. In the event of no Loss of Consciousness (LOC), there is a minimum restriction of 30 days.
  - b. In the event of LOC for less than one (1) minute, there is a minimum restriction of 90 days.
  - c. In the event of LOC for more than one (1) minute, there is a minimum restriction of 180 days.
  - d. Any boxer who suffers a second LOC within 90 days of resuming boxing after a first LOC will have the highest applicable medical restriction period doubled.
  - e. Any boxer who suffers three (3) LOCs within 365 days will be suspended for a minimum of 540 days from the date of the third LOC.
  - f. Any boxer who has a medical restriction must not train or spar during the restricted period.
- 5) All protective measures must also apply if a knockout and/or concussion occurs during training or anywhere else. The coach will be responsible for reporting all incidents to USA Boxing.
- 6) If one boxer is knocked out by a blow after “break” or “stop” and is counted “ten” (10),

the win by disqualification will not permit this boxer to continue boxing in the competition.

- 7) Boxers returning from protective restrictive measures must receive written clearance from a qualified medical physician and inform their Local Boxing Committee before returning to boxing. (Restriction Affidavit).
- 8) When a medical restriction is placed by a ringside physician, it will be for a minimum of 30 days.

## **RULE 6      USADA ANTI-DOPING REGULATIONS**

- 6.1      USA Boxing conforms to the United States Anti-Doping Agency's Rules and Regulations (USADA.)
- 6.2      See the U.S. Anti-Doping Agency website for the anti-doping rules and for information on Therapeutic Use Exemption (TUE) Forms, [www.usada.org](http://www.usada.org).

## **RULE 7      CLASSIFICATION OF BOXERS**

- 7.1      **Age Classification for USA Boxing National Tournaments**
  - 1) The age of a boxer is determined using his/her year of birth.
  - 2) Boxers ages 35 to 40 shall declare Elite, Master or both according to Appendix H Masters Boxing Policy.
  - 3) Boxers between the ages of 19 to 40 are categorized as Elite Boxers.
  - 4) 18-year-old boxers may opt to compete as elite boxers at advancing national events as long as they have turned 18 by the beginning date of competition.
  - 5) Boxers between the ages of 17 to 18 are categorized as Youth Boxers.
  - 6) Boxers between the ages of 15 to 16 are categorized as Junior Boxers.
  - 7) Boxers between the ages of 8 to 14 are categorized as Prep Boxers. The age of the boxer must not be over 14 years old. The range of the ages of the boxers participating in these competitions must not be more than two (2) years.
    - a. Prep Boxers (Girls and Boys) – minimum age 8, using the actual birth date, maximum age 14.
    - b. Age divisions. The Prep program will consist of three age divisions.
      - i. Pee Wee Division, ages 8, 9 and 10 years. 8-year-olds can only box 8- and 9-year-olds at LBC club events.
      - ii. Bantam Division, ages 11-12 years.
      - iii. Intermediate Division, ages 13-14 years

## 7.2 Weight Classification: \* Projected Olympic Weight Categories

### ELITE and YOUTH MALE WEIGHT CLASSES

Category Name	Male
Flyweight	110 lbs (50 kg)
Bantamweight	121 lbs (55 kg)*
Lightweight	132 lbs (60 kg)*
Welterweight	143 lbs (65 kg)*
Light Middleweight	154 lbs (70kg)*
Middleweight	165 lbs (75 kg)
Light Heavyweight	176 lbs (80 kg)*
Cruiserweight	187 lbs (85 kg)
Heavyweight	198 lbs (90 kg)*
Super Heavyweight	198+ lbs (90+ kg)*

### ELITE and YOUTH FEMALE WEIGHT CLASSES

Category Name	Female
Light Flyweight	106 lbs (48 kg)
Flyweight	112 lbs (51 kg)*
Bantamweight	119 lbs (54 kg)*
Featherweight	125 lbs (57 kg)*
Lightweight	132 lbs (60 kg)*
Welterweight	143 lbs (65 kg)*
Light Middleweight	154 lbs (70 kg)*
Middleweight	165 lbs (75 kg)*
Light Heavyweight	176 lbs (80 kg)
Heavyweight	176+ lbs (80+ kg)

### JUNIOR, INTERMEDIATE, BANTAM & PEE-WEE WEIGHT CLASSES

Weight Class	Junior	Intermediate	Bantam	Pee-Wee
				50lbs
				55lbs
			60lbs	60lbs
			65lbs	65lbs
		70lbs	70lbs	70lbs
		75lbs	75lbs	75lbs
		80lbs	80lbs	80lbs
		85lbs	85lbs	85lbs
	90lbs (USA only)	90lbs	90lbs	90lbs
	95lbs (USA only)	95lbs	95lbs	95lbs

Pinweight	101lbs (46kg)	101lbs	101lbs	101lbs
Light Flyweight	106lbs (48kg)	106lbs	106lbs	106lbs
Flyweight	110lbs (50kg)	110lbs	110lbs	110lbs
Light Bantamweight	114lbs (52kg)	114lbs	114lbs	114lbs
Bantamweight	119lbs (54kg)	119lbs	119lbs	119lbs
Featherweight	125lbs (57kg)	125lbs	125lbs	125lbs
Lightweight	132lbs (60kg)	132lbs	132lbs	132lbs
Light Welterweight	138lbs (63kg)	138lbs	138lbs	138lbs
Welterweight	145lbs (66kg)	145lbs	145lbs	145lbs
Light Middleweight	154lbs (70kg)	154lbs	154lbs	154lbs
Middleweight	165lbs (75kg)	165lbs	165lbs	165lbs
Light Heavyweight	176lbs (80kg)	176lbs	176lbs	176lbs
Heavyweight	176+lbs (80+kg)	176+lbs	176+lbs	176+lbs

### 7.3 Number Rounds/Maximum Duration:

Males & Females Elite:	Three, 3 minute rounds
Males & Females Youth:	Three, 3 minute rounds
Males & Females Junior:	Three, 2 minute rounds
Males & Females Intermediate:	Three, 2 minute rounds
Males & Females Bantam:	Three, 1½ minute rounds
Males & Females Pee-Wee:	Three, 1½ minute rounds

### 7.4 Advancing Tournaments

For any USA Boxing advancing tournament, the official Event Fact Sheet is incorporated into and enforceable as part of the Rule Book for that event. The Fact Sheet sets event-specific requirements such as but not limited to: entry prerequisites/minimum bouts and available weight classes, age-division determination, weigh-ins, equipment, and draw protocols and may be more restrictive than the Rule Book; where restrictive, the Fact Sheet controls for that event. All boxers, coaches, officials, and organizers must comply.

### 7.5 Common Sense Rule

USA Boxing reserves the right to provide some latitude to make the best use of resources (time and money). An example would be a boxer advancing to a regional tournament who is unopposed may not be required to travel to the tournament to weigh in. Said boxer would advance to the national tournament and be required to weigh in at that time. When exercised, the common-sense rule may not give someone a competitive edge or affect the safety of the boxer.

## RULE 8 ELIGIBILITY OF BOXERS

### 8.1 Nationality

- 1) Any boxer participating in USA Boxing advancing competitions must be a citizen of the United States of America either through birth or naturalization.
- 2) Any boxer participating in USA Boxing non-advancing competitions may be of any nationality at the discretion of the tournament organizer. See the following chart:

Athlete	Event				
	Club Show	Non-advancing tournament	Advancing tournament not leading to international competition	Advancing tournament leading to international competition	Box-offs leading to international competition
U.S. Citizen	Yes	Yes	Yes	Yes	Yes
Permanent Resident	Yes	Yes	Yes	No	No
Refugee Status	Yes	Yes	Yes	No	No
Non-Resident	Yes	Yes	Yes	No	No
Foreign Athlete	Yes	Yes	Yes	No	No

- 3) Nationality requirements for advancing competitions include:
  - a. If a boxer has represented USA Boxing in any International Federation Competition and is also a national of two or more countries simultaneously, this boxer must select only one National Federation to enter International Federation Competitions. In this case, once the boxer selects one National Federation, this boxer must not enter any International Federation Competition as a participant of the changed National Federation for three (3) years.
  - b. Once a boxer selects another National Federation other than the United States that boxer shall not return to compete in any USA Boxing advancing competitions for a period of three (3) years.
- 4) For the determination of the three (3) year period, USA Boxing will rely on the International Federation database of all boxers to trace their competition records.
- 5) Prior to any USA Boxing National Competition, USA Boxing must confirm the nationality and eligibility of all boxers. Boxers must present valid proof of citizenship to all National competitions which includes U.S. Birth certificate or U.S. passport. If not provided at competition registration said boxer will not compete in competition.
- 6) If a complaint on the eligibility of a boxer is received, the Official in Charge must immediately report this to the USA Boxing Executive Director and if an ineligibility case is confirmed, the Official in Charge must immediately disqualify the boxer and inform all parties.
- 7) When the nationality is in question, USA Boxing has the right to request the following documents as a proof:
  - a. Birth Certificate
  - b. Citizenship Identity Papers, i.e., U.S. Passport

## 8.2 Eligibility of Amateur Combat Sports Participants

- 1) Any boxer that competes in an amateur combat sports event is eligible to compete in USA Boxing upon meeting the following requirements:
  - a. Individuals who have competed in amateur combat sports must declare their record at the time of registration for USA Boxing membership.
  - b. Individual needs to complete form verifying record (Appendix K).
  - c. An amateur boxer shall not compete against a professional boxer or professional



athlete of another combat sport.

2) Restricted Participation

- a. Professional boxers and other individuals who have competed as professionals in combat sports, including, but not limited to mixed martial arts, Tough-Man events, kickboxing, cage fighting, are prohibited from competing in Olympic-style boxing.
- b. See Rule 1.1 - A USA Boxing athlete member shall NOT compete in any boxing or individual physical combat sport competition that is not sanctioned by USA Boxing.

### 8.3 Passbook

- 1) Athletes who wish to participate in USA Boxing sanctioned events MUST present their USA Boxing passbook to the event coordinator, or its designee. \*
  - a. Failure to do so will result in not being permitted to enter the competition until such time that the participant can present their passbook, or the registration for the event competition has closed.
  - b. Non-athletes (coaches and officials) may show electronic verification to participate.

*\*Official in Charge has the right to relax this rule upon verification of the boxer's current registration and annual physical.*

2) Coaches' passbooks must include a minimum of a Green Level Certification before being sent to the LBC Registration Chairperson.

3) Officials' passbooks must include a minimum of Officials Pathway Certification before being sent to the LBC Registration Chairperson.

## RULE 9 MATCHED BOUTS

### 9.1 Parameters of Matched Bouts – see Appendix F

Matched bouts must be in accordance with age and weight limitations described as in the Rules Reference Chart, Appendix F.

- 1) Boxers must always adhere to the competition rules of the lower age division.
  - a. Length of rounds: at the lower age category.
- 2) Pee-Wee Male Boxers and Female Boxers may compete against each other at the local level.
- 3) Headgear must be worn at all LBC competitions.
- 4) **No boxer under the age of 18 may weigh-in naked.** When necessary, a boxer over the age of 18 may take off their underwear; however, prior to the removal of their underwear the weigh in area must be cleared of all boxers under the age of 18. An official scale must be used.
- 5) Experience of boxers must be considered when making match bouts. The consideration of total number of bouts and the winning percentages of their bouts must be considered.
- 6) Matched bouts will be made with both coaches' discretion with final match approval by the official in charge of the event.
- 7) Exhibition bouts are prohibited.



## **RULE 10     DEVELOPMENTAL BOUTS**

See Appendix I for specifications on Developmental Bouts.

## **RULE 11     WEIGH-INS**

### **11.1     USA Boxing National Competitions**

- 1) All entered boxers must attend the Daily Weigh-In, as specified by the tournament Fact Sheet.
- 2) All boxers must weigh in on the day they box (Daily Weigh-in). The duration of the Daily Weigh-in will be one hour or until completed.
- 3) There will be zero tolerance for any overweight.
- 4) If the boxer fails to make the weight limit, that boxer is disqualified.
- 5) The time from the end of the Daily Weigh-In to the start of the first bout of the remaining competition days must not be less than three (3) hours. (The Official in Charge may relax this condition if unavoidable circumstances occur and after consultation with the ringside physician.)
- 6) The Weigh-In must be conducted by officials authorized by the Official in Charge and must be of the same gender as the boxer.
- 7) At the Daily Weigh-In, only the maximum weight limit will be controlled.
- 8) A boxer will be allowed to be present at the official scales only once.
- 9) At all USA Boxing national tournaments, medical examinations will take place prior to boxer's stepping on the scale for Daily Weigh-ins. For LBC and regional competitions, it will be at the discretion of the Official in Charge.
- 10) No type of body jewelry and no body accessories will be permitted to be worn.
- 11) Scale - The weight is the one shown on the scale, the body being naked except for undergarments and female sport Hijabs. **No boxer under the age of 18 may weigh-in naked.** When necessary, a boxer over the age of 18 may take off their underwear; however, prior to the removal of their underwear the weigh-in area must be cleared of all boxers under the age of 18. An official scale must be used.
- 12) Test scales must be available. Test scales must be calibrated the same as the official scale(s). Should the test scale not be available, the official scale may be used as the test scale.

### **11.2     Regional, LBC, and Club Competitions**

- 1) The competition/event Official in Charge will establish the Daily weigh-in

process.

- a. Time of Weigh-in. No boxer shall be weighed in prior to the designated start time of the Daily Weigh-in.
- b. Duration of Weigh-in. Weigh-in shall last no more than two (2) hours or until completed.
- c. Subject to USA Boxing's Common-Sense Rule (reference rule # 7.5)

## **RULE 12     OFFICIAL DRAW FOR TOURNAMENTS**

- 12.1** The Official Draw will be determined by the OIC and Fact Sheet.
- 12.2** The Official Draw shall be public and opened to all coaches and boxers interested in observing.
- 12.3** A Computerized Draw System is to be used in all USA Boxing national competitions. In case the Computerized Draw System is not available, a manual system may be used.
- 12.4** Possible Re-Draw - Until the last weight category draw is completed, if there is any mistake or unavoidable circumstance taking place, the tournament director has the right to order that weight category be redrawn.
- 12.5** Byes - A sufficient number of byes must be drawn in the first round in order to reduce the number of boxers in the second round to 2, 4, 8, 16 or 32. Boxers drawing a bye in the first round will box in the second round in the order in which they were drawn.
- 12.6** The tournament director must ensure, where applicable, that no boxer will box twice in the competition before all other boxers of the same weight category have boxed at least once. In special situations, the tournament director may relax this rule.

## **RULE 13     DURATION AND NUMBER OF ROUNDS**

- 13.1** In all USA Boxing Elite and Youth National competitions, bouts must consist of three (3) rounds of three (3) minutes each.
- 13.2** In all USA Boxing Junior National competitions, bouts must consist of three (3) rounds of two (2) minutes each.
- 13.3** In all USA Boxing National Prep competitions, bouts must consist of the following:
  - 1) Pee Wee: bouts must consist of three (3) rounds of one and half (1.5) minutes each.
  - 2) Bantam: bouts must consist of three (3) rounds of one and half (1.5) minutes each.
  - 3) Intermediate: bouts must consist of three (3) rounds of two (2) minutes each.
- 13.4** In all USA Boxing local competitions, bouts can be contested with shorter rounds. Reference Appendix F, USA Boxing Rules Reference Chart

## **Rule 14     SCORING SYSTEM (10-Point-Must)**

### **14.1     Number of Judges**

In all USA Boxing national competitions, five (5) judges will be used. In all other USA Boxing competitions, the Official in Charge (the official in charge) will determine if three (3) or five (5) judges will be used. (The referee is not part of the count of judges). All scores will be counted.

- 1)     Nomination of the Referee and Judges: For each bout, the Official in Charge shall appoint all officials.
- 2)     Official Assignments: Assignments of referees and judges is the responsibility of the official in charge.

### **14.2     Manual (Paper) Scoring System**

- 1)     For all USA Boxing competitions, it is acceptable to operate with a manual (paper) scoring system (score cards).
- 2)     Collection of the score round by round
  - a.     At the end of each round, the referee shall collect the score cards of the judges and give them to the Official in Charge or deputy Official In Charge.
  - b.     The Official in Charge or deputy Official in Charge will record the score of each judge on the Official in Charge Bout Report. (Manual or Electronic Official in Charge Bout Report)
  - c.     All score cards must be kept with the Official in Charge Bout Report for a minimum of one (1) year.

**14.3     Decision** At the end of the last round, the Official in Charge or Deputy Official in Charge must calculate final scores including all judges scores, warnings, and declared winner (red or blue).

### **14.4     Official Announcement**

The Official in Charge or deputy Official in Charge shall fill in the Official Bout Result for Announcer with the correct decision and winner. He/she shall then give the form to the official announcer. The decision and the winner shall then be announced by the official announcer.

### **14.5     Winner by a Unanimous or Split Decision**

- 1)     Unanimous decision by points: all judges appoint the same winner, or
- 2)     Split decision by points: The majority of judges appoint one (1) Boxer as the winner and the other judges appoint the other boxer as the winner or as a draw.

### **14.6     Scoring Criteria**

The following three (3) Scoring Criteria, in order of importance, are applied to decide the winner of the round:

- 1) Number of scoring blows (to target area);
- 2) Technical and tactical superiority;
- 3) Competitiveness.
  - a.     In order for a blow to be counted as a scoring blow, it has to meet all of the criteria below:
    - The blow must connect cleanly with the target area;
    - The blow must have the weight of the body or shoulder behind it;

- The blow must connect with the knuckle surface of the glove;
  - The blow must connect without infringing any rules;
  - The Judge must have a clear view of the blow.
    - i. Quantity of the scoring blows should be considered as the most important factor in deciding the winner of the round.
    - ii. When the quantity of the scoring blows is very close to equal, the quality of the blows may decide the winner of the round.
    - iii. When the quantity and quality of the scoring blows is very close to equal, the winner of the round is decided on technical and tactical superiority.
- b. Technical and tactical superiority may have the following attributes:
- Controlling the round with a combination of attack and defense;
  - Demonstrating "Effective Aggression" (advancing forward does not automatically qualify as "Effective Aggression");
  - Dictating the pace of the bout and forcing the opponent into a reactive position;
  - Controlling the positioning and movement in the ring, including lateral movement;
  - Disrupting the opponent's rhythm;
  - Neutralizing the opponent's style (e.g., boxer vs slugger, southpaw vs orthodox);
  - Avoiding blows through effective defense, such as blocking, slipping, weaving, parrying, or footwork.
    - i. When the quantity and quality of the scoring blows are very close to equal, and neither Boxer shows clear technical or tactical superiority, competitiveness becomes the deciding factor in determining the winner of the round.
- c. Competitiveness is measured by a Boxer's continuous initiative, active engagement, and clear intention to win (advancing forward alone does not automatically indicate superior competitiveness).

#### **14.7 Definition of Scoring Area**

- 1) The scoring target area is defined as the front and sides of the head and torso, specifically:
- The front and sides of the face, including the forehead, temples, cheeks, and chin;
  - The front of the ears extending to the jawline;
  - The nose and the area immediately surrounding it;
  - The front portion of the chin and lower jaw up to the neck;
  - The chest area from the collarbone down to the beltline;
  - The sternum and ribcage area, including the sides of the torso up to the armpits;
  - The abdominal region, specifically the area above the beltline;

The back of the head, neck, throat, spine, lower back, or below the beltline are NOT in the scoring target area.

#### **14.8 Point Allocation**

- 1) 10-9 – Close round
- a. When the difference in quantity of scoring blows is not large, or
  - b. When both boxers are evenly matched in the quantity of scoring blows and quality of the scoring blows is considered to determine the winner of the round;
  - c. When both boxers are evenly matched in the quantity and quality of scoring blows and the winner of the round is determined through technical and tactical superiority or competitiveness.

- d. A round may be determined as close even if a Boxer receives a standing Eight Count or suffers a Knockdown.
- 2) 10-8 – Clear winner
  - a. There is a clear winner due to the large difference in the quantity of scoring blows.
  - b. There is a clear winner with a smaller difference in the quantity of scoring blows and may also include a standing Eight Count or a Knockdown.
- 3) 10-7 – Total dominance
  - a. One Boxer is completely dominant over the other Boxer in all scoring criteria.
  - b. There is a clear winner with a large difference in the quantity of scoring blows and may also include a standing Eight Count or a Knockdown.

## **RULE 15 DECISIONS**

### **15.1 Win on points – WP**

- 1) At the end of a bout, the winner will be determined on the basis of the score of the judges and will be declared the winner of the bout on points by either unanimous or split decision.
- 2) The round in which the bout is stopped will be scored, even if it is a partial round.
  - a. This rule applies if an injury caused by an unintentional foul occurs and as a result the contest is stopped by the referee.
  - b. This rule applies in the case both boxers are injured at the same time and as a result the contest is stopped by the referee.
- 3) The bout may be terminated 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. In such circumstances, the judges will score the round for each boxer up to the time of the termination of the bout and the boxer who is ahead on points will be declared the winner of the bout on points.
- 4) If a boxer has an open cut or abrasion, resulting from an accidental foul, the referee may stop the bout and take the boxer to the physician to be examined. If the bout is stopped the decision will be determined by the scorecards.
  - a. If at any time the bout is stopped due to an injury, initially caused by an accidental foul, the bout will be determined by the scorecards.
- 5) Tie-Breaker – Tied bouts are not permitted. In the event that the total scores awarded by each judge, including any deduction, are equal at the end of the bout the judges will be requested to nominate a bout winner in the following cases:
  - a. One (1) judge has a draw, and 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.

### **15.2 Win by Abandon – ABD**

- 1) If a boxer retires voluntarily or if the coach throws the towel into the ring or appears on the apron, however not while the referee is counting, the opponent will be declared the winner of the bout by ABD.
- 2) If a boxer fails to resume boxing immediately after the rest period between rounds, the opponent will be declared the winner of the bout by ABD.
- 3) If a boxer loses a soft contact lens and chooses not to continue to box without the contact lens, the boxer will lose by ABD.

### **15.3 Win by Referee Stops Contest**

- 1) If a boxer, in the referee's opinion, is being outclassed or is receiving excessive punishment or hard blows, the bout will be stopped, and the opponent declared the winner of the bout by RSC.
- 2) If a boxer is unfit to continue and fails to resume boxing after a knockdown, the opponent will be declared the winner of the bout by RSC.
- 3) When the bout is stopped by the referee at the discretion of the Official in Charge following the advice of a ringside physician, the opponent will be declared the winner of the bout by RSC.

### **15.4 Win by Referee Stops Contest – Injury – RSC-I**

- 1) If a boxer, in the opinion of the referee, is unfit to continue because of a sustained or increased injury from correct punches, the bout will be stopped, and the opponent will be declared the winner of the bout by RSC-I.
- 2) If a boxer, in the opinion of the referee, becomes incapable of continuing to compete because of an injury sustained not from punches, the bout will be stopped, and the opponent will be declared the winner of the bout by RSC-I.
- 3) If a boxer does not recover after ninety (90) seconds, in the allotted time for a low blow, the opponent will be declared the winner of the bout by RSC-I.

### **15.5 Win by Disqualification – DQ**

- 1) If a boxer is disqualified for a foul or for any other reason, the opponent will be declared the winner of the bout by DQ.
- 2) If the referee, at his/her discretion, determines that an intentional foul caused an injury to a boxer and that the fouled and injured boxer cannot continue because of the injury sustained from this intentional foul, the offending boxer will be disqualified and the injured boxer will be declared the winner of the bout by DQ.
- 3) The third warning in the whole bout will automatically disqualify the boxer and the opponent will be declared the winner of the bout by DQ.
- 4) If the boxer has been disqualified due to blatant misconduct or unsportsmanlike behavior, it must be brought to the attention of the USA Boxing Judicial Committee by the Official in Charge within 24 hours of the end of the respective bout, a disqualified boxer will not be entitled or awarded points relating to the bout.
- 5) A disqualified boxer by any other technical rule will maintain his/her individual placement and/or team/ranking points earned.

### **15.6 Win by Knockout – KO**

- 1) If a boxer is knocked down and fails to resume boxing before that boxer is counted up to ten (10), the opponent will be declared the winner of the bout by KO.
- 2) In the case of a head blow and the referee summons the ringside physician in the

ring before the boxer is counted up to ten (10), the opponent will be declared the winner of the bout by KO.

- 3) In the event a double KO occurs, the round must be scored up to the termination of the bout. The boxer ahead in points will be considered the winner.
- 4) Every KO due to a head blow must be followed by a medical restriction (see rule 5.4).

#### **15.7 Win by Walkover – WO**

- 1) If a boxer is present in the ring fully attired and ready to box and the opposing Boxer fails to appear in the ring after being announced and a maximum period of one minute has elapsed after the bell has been sounded, the referee will declare the present boxer to be the winner by WO.
- 2) In the case the Official in Charge knows in advance that a boxer will not be present, he/she may cancel an official weigh-in procedure, and the result must be officially announced.

#### **15.8 Win by Disqualification – No Show**

- 1) If a boxer is present and his/her opponent is a “no show” without at least 4 hours’ notice, the boxer who attended will receive a “win” and the boxer who is not present will receive a “loss”.

#### **15.9 Extraordinary Rescheduling – Same Day**

- 1) The bout may be terminated by the referee due to an event that is out of the boxer’s or the referee’s control, such as the destruction of the ring, failure of the lighting supply, forces of nature and other similar unforeseen conditions. In such circumstances, if it occurs before the end of the first round, the bout will be terminated and will then have to be rescheduled by the Official in Charge, preferably within the same day.

## **RULE 16 FOULS**

### **16.1 Types of Fouls**

- 1) Hitting below the belt, holding, tripping, kicking, and butting with foot or knee.
- 2) 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.
- 3) Hitting with open glove, the inside of the glove, wrist or side of the hand
- 4) Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch.
- 5) Pivot blows i.e., backhand.
- 6) Attack while holding the ropes or making any unfair use of the ropes.
- 7) Lying on, wrestling and throwing in the clinch
- 8) An attack on an opponent who is down or who is in the act of rising.
- 9) Holding and hitting or pulling and hitting
- 10) Holding or locking, on the opponent’s arm or head, or pushing an arm underneath



the arm of the opponent

- 11) Ducking below the belt of the opponent
- 12) Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow.
- 13) Speaking
- 14) Not stepping back when ordered to break.
- 15) Attempting to strike opponent immediately after the referee has ordered "break" and before taking a step back.
- 16) Assaulting or behaving in an aggressive manner towards a referee at any time
- 17) Spitting out the mouthpiece (mouthguard or gumshield) intentionally without receiving a correct punch will cause the boxer to receive a mandatory warning.
- 18) 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.
- 19) Keeping the advanced hand straight in order to obstruct the opponent's vision.
- 20) Biting an opponent.
- 21) Faking/simulating such as an injury.

## **RULE 17    LOW BLOW**

- 17.1** 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.
- 17.2** After a low blow, if the offended boxer complains 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.
- 17.3** 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.
- 17.4** 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.

## **RULE 18    CAUTION, WARNING, DISQUALIFICATION**

- 18.1** 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, be cautioned, warned, or disqualified. 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.

- 18.2** 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.
- 18.3** If a boxer receives head butting or illegal blows which do not cause an injury or cut, the referee will give a warning to the offending boxer, deducting one (1) point per judge, or may disqualify the offending boxer.
- 18.4** If a boxer receives headbutting or illegal blows which cause an injury or cut, the referee must disqualify the offending boxer. If the referee has any reason to believe that a foul has been committed which the referee has not seen, the referee may consult the Judges.
- 18.5** In the event that any irregularity is found in the hand wraps/bandages after the bout that in the referee’s opinion gave an advantage to the boxer, this boxer must be disqualified immediately.
- 18.6** The Official in Charge, referees’ evaluator and judges’ evaluator have the right to caution, remove and disqualify a second who has infringed these rules.

## **RULE 19 KNOCKDOWN**

**19.1 A boxer will be considered to be knocked down if:**

- 1) The boxer touches the floor with any part of the body other than the boxer’s feet as the result of a blow or series of blows.
- 2) The boxer hangs helplessly on the ropes as the result of a blow or series of blows.
- 3) The boxer is outside or partly outside the ropes as the result of a blow or series of blows.
- 4) Following a hard punch, the boxer has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the referee, continue the bout.

**19.2 Counts Following a Knockdown**

In the case of a knockdown, the referee must say “stop” and then begin to count from one (1) to eight (8) if the boxer is fit to continue; and count from one (1) to ten (10) if the boxer is unfit to continue. The referee will count with intervals of a second between the numbers and will indicate each second with the hand so that the boxer who has been knocked down may be aware of the count. Before the number “one” is counted, an interval of one second must have elapsed from the time when the boxer is knocked down.

**19.3 Responsibilities of the Opponent**

If a boxer is knocked down, the boxer’s opponent must at once go to the neutral corner as designated by the referee and remain there until the referee allows the boxer to leave. If the opponent does not respect this, the referee must suspend the count until the opponent complies with the command.

**19.4 Mandatory Eight Count**

When a boxer is knocked down as the result of a blow, the bout must not continue until

the referee has reached a mandatory count of eight (8), even if the boxer is ready to continue before then or the round has come to a close.

**19.5 Both Boxers Knocked Down**

If both boxers are knocked down at the same time, the count will be continued as long as one of them is still knocked down.

**19.6 Compulsory Count Limits**

- 1) A maximum of three (3) eight counts will be given in one (1) round.
- 2) A maximum of four (4) eight counts will apply in one bout.

**19.7 Boxer Knocked Out of the Ring**

In the case of a boxer being knocked out of the ring by a legal blow, the boxer must be allowed thirty (30) seconds to come back into the ring, after the 8-count, without the help of anyone. In the case the boxer is not able to come back within the above- mentioned timeframe, such boxer will be deemed to have lost the bout by RSC.

**19.8 Knockout**

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.

**19.9 Boxer Knocked Down at the End of a Round**

In the event of a boxer being knocked down at the end of any round, the referee must continue to count until the boxer is no longer knocked down irrespective of the end of the round. Should the referee count up to ten (10), such boxer will be deemed to have lost the bout by KO. The gong/bell will not save the boxer.

**19.10 Second Knockdown without a Further Punch**

If a boxer is knocked down as the result of a punch and the bout is continued after the count of eight (8) has been reached, but the boxer falls again without having received a further punch, the referee must continue the count from the count of eight (8) up to the count of ten (10).

## **RULE 20 REFEREES**

**20.1** In all USA Boxing Competitions, each bout must be controlled by a referee, nominated by the draw commissioner or Official in Charge in USA Boxing competitions, who will officiate in the ring and will not score the bout.

**20.2 The Duties of the Referee are as follows:**

- 1) To care for both boxers and to make the safety of both boxers a primary concern throughout the bout.
- 2) To see that all rules and fair play are strictly observed.
- 3) To maintain control of the contest at all its stages.
- 4) To prevent a weak boxer from receiving undue and unnecessary punishment.
- 5) To use four (4) words of command:
  - a. “Stop” when ordering the boxers to stop boxing.

- b. "Box" when ordering the boxers to continue boxing.
  - c. "Break" when breaking a clinch.
  - d. "Time" when ordering the timekeeper to stop the time.
- 6) To indicate to a boxer by suitable explanatory signs, verbal commands or gestures any infringement of these rules.
  - 7) The referee may use a touch by hand to stop, break, or separate the boxers.
  - 8) The referee must not indicate the winner by raising a boxer's hand or otherwise, until the announcement has been made. When the winner of a bout is announced, the referee must be positioned in the middle of the ring holding one hand of each boxer and raise the hand of the winning boxer.
  - 9) When the referee has disqualified a boxer or stopped the bout, the referee must first inform the Official in Charge which boxer has been disqualified and/or the reason for which the bout has been stopped, to enable the Official in Charge to put the result in the system and the official announcer to make the decision known to the public.
  - 10) The referee may consult the ringside physician with respect to any injury to a boxer.
  - 11) When the referee calls the ringside physician to the ring to examine a boxer, only the referee and the ringside physician must be present in the ring or on the apron; however, the ringside physician may request help.
  - 12) If an injury occurs, and if the referee does not clearly understand the cause of the injury, the referee must follow the steps set out below:
    - a. Ask the non-injured boxer to go to the neutral corner.
    - b. Ask the Ringside Physician if the injured boxer is fit to continue. If the ringside physician informs the referee that the boxer is fit to continue, then the referee may decide to continue the bout.
    - c. If the ringside physician informs the referee that the boxer is not fit to continue, then the referee will stop the bout.
    - d. In the event of a potential foul and if the referee did not see the foul, the referee must request the opinion of each of the judges to see whether all or a majority have seen a foul or a correct blow and the referee will then make one of the following decisions:
      - i. Where all or a majority of the judges have seen a correct blow – the injured boxer will lose by RSC-I
      - ii. Where all or a majority of the judges have seen an intentional foul, the injured boxer will win by DQ.
      - iii. Where all or a majority of the judges have seen an unintentional foul; the round in which the bout is stopped will be scored (even if it is a partial round) and the boxer who is ahead on points will be declared the winner in accordance with the scoring system.
  - 13) To terminate a contest at any stage if the referee considers it to be one-sided.
  - 14) To terminate a contest at any stage if one of the boxers has received an injury and the referee decides the boxer should not continue.
  - 15) To terminate a contest at any stage if the referee considers the boxers inactive and not competitive. In such a case, the referee may disqualify one or both boxers.
  - 16) To caution a boxer or administer a warning to a boxer against fouls or for any other reason in the interest of fair play, or to ensure compliance with these rules.
  - 17) To disqualify a boxer who fails to comply immediately with the referee's command or behaves towards the referee in an offensive or aggressive manner at any time.
  - 18) With or without previous warning, to disqualify a boxer for committing a serious

foul.

- 19) To interpret these rules insofar as they are applicable or relevant to the bout or to decide and take action on any circumstance of the bout, which is not covered by these rules.

### **20.3 Right to Check the Boxer**

- 1) Once a boxer has entered the ring, the Referee must ensure that the Boxer is wearing the appropriate equipment according to these rules.
- 2) The boxer must be wearing no other objects except the boxing apparel specified in these rules.
- 3) In the event of a boxer's glove becoming undone during a bout, the referee must stop the bout to have the issue rectified.
- 4) At the end of the bout, the referee must check the bandages (hand wraps) of each boxer.

- 20.4** The referee must ensure that judges and ringside physicians are in position before the start of the bout. The referee must start the bout only after the authorization of the Official In Charge.

## **RULE 21 JUDGES**

- 21.1** In all USA Boxing competitions, each bout will be judged by three (3) Judges or five (5) Judges. In USA Boxing national competitions, each bout will be judged by five (5) judges who will be seated on four (4) sides of the ring. (Refer to Field of Play Diagram 30.1 and 30.2 - For 3 and 5 Judges)
- a. Judges may either remain sit or stand in one position.
- 21.2** No judge will speak or give any sign to a boxer or to another judge or to anyone else during the bout.
- 21.3** No judge will leave his/her seat until the results have been announced to the public.

## **RULE 22 USA BOXING REFEREE & JUDGE MANAGEMENT**

The entire management system for USA Boxing Referees & Judges Pathway is described in Appendix D.

## **RULE 23 RINGSIDE PHYSICIANS**

Ringside Physicians have the authority and responsibilities given to them in the USA Boxing Medical Manual, also found at <https://www.usaboxing.org/physician>

Only a Medical Doctor (MD) or Doctor of Osteopathy (DO) can serve as a Ringside Physician.

## **RULE 24     TIMEKEEPER & BELL OPERATOR**

### **24.1     The Duties of the Timekeeper and Gong/Bell Operator are as follows:**

- 1) The main duty of the timekeeper and gong/bell operator is to regulate the number and duration of the rounds and the intervals between rounds. The intervals between rounds must be one (1) minute.
- 2) The timekeeper and gong/bell operator must start and end each round by striking the gong/bell.
- 3) Ten (10) seconds before the end of each round, the timekeeper and gong/bell operator must signal the approaching end of the round.
- 4) Ten (10) seconds before the end of each rest interval, the timekeeper and gong/bell operator must signal the approaching end of the rest interval.
- 5) The timekeeper and gong/bell operator must regulate all periods of time and counts by a watch or clock but must only stop the clock when instructed by the referee with the command "time" resuming after the referee gives the command "box."
- 6) Following a knockdown, the timekeeper and gong/bell operator must give the sound signal to the referee indicating the elapsing seconds while the referee is counting.
- 7) If, at the end of a round, a boxer is knocked down and the referee is in the course of counting, the gong/bell indicating the end of the round must not be sounded. The gong/bell must be sounded only when the referee gives the command "box" indicating the continuation of the bout.
- 8) The timekeeper and bell operator must regulate the time when a Low Blow or LOC occurs and if a Boxer falls out of the ring.

### **24.2     Location of the Timekeeper**

The timekeeper will be seated directly at the side of the ring next to the gong/bell operator.

## **RULE 25     OFFICIAL ANNOUNCER**

### **25.1     The Duties of the Official Announcer are as follows:**

- 1) Before the bout, the official announcer may announce the kind of bout, weight category, duration of the bout, names, city, state, or region, of each boxer, as well as names and city, state, or region of the referee & the judges.
- 2) The official announcer may announce the number of each round right after the start of each round.
- 3) The official announcer must reveal the final results and the winner of the respective bout in the ring after having received the final results from the Official In Charge.
- 4) Ten (10) seconds before the start of each round, the official announcer may clear the ring by ordering "seconds out," except in the first round.

## **RULE 26     COACHES / SECONDS**

### **26.1     Eligibility**

- 1) Non-athlete members who have completed all coach membership and certification requirements may serve as a coach at any USA Boxing sanctioned events. Coaches may enter

the ring and mount the apron.

- 2) Registered USA Boxing members may assist the coach as a second but cannot mount the apron nor enter the ring unless they are a certified USA Boxing coach.

#### **26.2 The Duties of Coaches/Seconds are as follows:**

- 1) Coaches/Seconds must leave the ring and the apron prior to the start of each round, and must remove seats, towels, buckets, etc., from the platform of the ring.
- 2) Coaches/Seconds must be in possession of a towel for the boxer during the bout. A coach/second may indicate retirement of the boxer by throwing the towel into the ring when this boxer is considered to be unfit or unable to continue boxing, except when the referee is in the course of counting.
- 3) Coaches/Seconds can only use a clear transparent water bottle.
- 4) In the case of a cut, the coaches/seconds can use the following items in the corner: petroleum or non-petroleum jelly, nose plugs, cotton swabs, icebags / cold compresses.

#### **26.3 Prohibited Activities**

- 1) Coaches/Seconds will not be permitted to stand, shout loudly, clap at the boxer and/or the referee, to encourage or incite spectators with words or signs during the progress of a round. Seconds will not be allowed to touch the ring during the bout, yell, cause a scene or disturb the competition.
- 2) Coaches/Seconds' seating area must be 3 feet away from the ring corner within 6 feet squared. Coaches/Seconds will not be permitted to walk out of coaches/second's designated area when disagreeing with actions of the referee.
- 3) Coaches/Seconds will not be permitted to throw any item into the ring to demonstrate a disagreement or to kick any chair or water bottle or to take any other action that may be deemed as unsportsmanlike behavior.
- 4) The use of any communication device will not be permitted in the FOP such as but not limited to mobile telephones, video cameras, walkie-talkies, headsets, shortwave radios, etc.
- 5) Under no circumstance will coaches/seconds be allowed to administer supplemental oxygen to a boxer during a bout

#### **26.4 Penalties of Prohibited Activities**

- 1) For a 1st violation on any of above prohibited activities, seconds will receive a caution.
- 2) For a 2nd violation on any of above prohibited activities, seconds will receive a warning and be placed just outside of the FOP area but be allowed to remain in the competition venue.
- 3) For a 3rd violation on any of the above prohibited activities, seconds will be removed by the Official in Charge for the rest of the day.
- 4) If seconds are removed for a second time, seconds will be completely suspended from the competition.
- 5) The Official in Charge and R/J evaluators may remove a second without prior warning due to the nature of the offense during any stage of the bout.

#### **26.5 Media Guidelines**

- 1) The OIC and Sanction Holder will determine which media are permitted.

- 2) Please see USA Boxing's Sanction Manual regarding media at events, which can be found on the website at <https://www.usaboxing.org/usa-boxing-rulebook>

## **RULE 27 RING**

### **27.1 USA Boxing Competitions**

- 1) The ring shall not be less than 16 or more than 20 feet square within the ropes; the apron of the ring floor shall extend beyond the ropes not less than two feet. The ring shall not be more than four feet above the floor and shall be provided with three sets of suitable steps for the use of boxers, coaches and officials, one in each boxer's corner and one in a neutral corner for use by physicians and referee.
- 2) For international competition refer to the International Federation Technical Rules and Competition Rules.
- 3) The ring shall be equipped with at least four ropes. All rings will have two spacer ties on each side of the ring to secure the ropes. The rope shall not be less than one inch in diameter. Such ropes shall be manila rope, synthetic, plastic rope or any similar material. All ropes shall be wrapped securely in soft material. Of the four ropes used, the lower rope shall be 18 inches above the ring floor, the second rope 30 inches, the third rope 42 inches, and the fourth rope 54 inches above the ring floor. The ring floor shall be padded with a one-inch layer of ensolite AAC or AL closed cell foam rubber (or chemical equivalent). The padding shall be covered with canvas, duck or similar material, tightly stretched and laced securely in place, preferably under the apron.
- 4) Ring posts shall extend from the floor to the height of 58 inches above the ring floor. The ropes shall be connected to posts. The turnbuckles must be covered with protective padding.

## **RULE 28 RING ACCESSORIES**

The following ring accessories are required for all Bouts:

- Sounding device
- Two (2) plastic buckets/receptacles which can be used for spitting.
- Chairs and tables for the Official In Charge, referees' evaluator, judges' evaluator, ringside physicians, timekeeper, gong operator, official announcer and judges
- Two (2) manual stopwatches
- One (1) Scoring System (electronic or manual)
- First-aid supplies as required in accordance with the USA Boxing Medical Handbook
- Oxygen
- A non-transparent small plastic bag must be placed in the two neutral corners outside of the ring.
- Three (3) chairs for coaches/seconds in each corner



## **RULE 29     EQUIPMENT CONTROL (GLOVE TABLE)**

Boxers must wear gloves provided by the sanction holder and made available at Equipment Control/Glove Table.

## **RULE 30     FIELD OF PLAY (FOP)**

**30.1**    FOP Set Up Diagram for One Ring – see Appendix L.

**30.2**    FOP Set Up Diagram for Two (2) Rings – see Appendix L.

**30.3**    FOP Set Up Diagram for more than Two (2) Rings One Ring – Add additional rings per diagram in Appendix L.

## **RULE 31     OFFICIAL IN CHARGE**

### **31.1    Qualifications & Nomination**

- 1)    The Official in Charge must exhibit superior leadership and management skills. For all USA Boxing national competitions, USA Boxing will appoint a Certified Official in Charge for the event and (1) Certified Official in Charge to be in the Deputy Official in Charge role.
- 2)    For all other USA Boxing Competitions, The Official in Charge must be currently certified as an Official in Charge and a current member of USA Boxing.
- 3)    “To become an Official in Charge an Official must be certified as a Level II or III, a current member of USA Boxing and having to attend a certification course designated for the Official in Charge Certification and having passed the Official in Charge Exam with a grade of 90% or higher. The certification is good for 24 months.

### **31.2    Decision Making Procedure**

- 1)    The Official in Charge will be responsible for all decisions in the FOP.
- 2)    The Official in Charge, or designee, is responsible for all official assignments. The Official in Charge is responsible for determining neutrality in official assignments.
- 3)    The Official in Charge must make the official announcer aware of the name of the boxer shown as the winner on the computer monitor or score card after the bout is over.
- 4)    The Official in Charge must watch the scores and performances of the referees & judges and immediately suspend any referee and/or judge for any wrongdoing for the rest of the competition day. Then, once the competition is completed, the Official In Charge, referees’ evaluator and judges’ evaluator must discuss any further recommendation sanctioning the referee and/or judge.
- 5)    If an official appointed for a bout is absent, the Official in Charge may appoint a suitable member from the roll of approved officials to replace the absent member.
- 6)    If circumstances arise which would affect the holding of a bout under proper conditions and if the referee does not take efficient action concerning the situation, the Official in Charge may order boxing to cease until it may be satisfactorily resumed.



- 7) The Official in Charge may also take any immediate action as may be deemed necessary to deal with circumstances that would affect the proper conduct of boxing at any session in consult with the event organizer.
- 8) If a boxer is guilty of a serious and deliberate offense that is contrary to the spirit of sportsmanship, the Official in Charge and the referee have the right to disqualify the boxer.
- 9) The Official In Charge, referees' evaluator and judges' evaluator will be responsible for cautioning, warning and/or removing coaches/seconds.

## **RULE 32 DEPUTY OFFICIALS IN CHARGE**

### **32.1 Appointment**

- 1) For all USA Boxing national competitions, the Official in Charge will appoint Deputy Official(s) for the event.
- 2) For all other USA Boxing competitions, the LBC Chief of Officials will appoint Deputy Official(s) In Charge.
- 3) The Official in Charge may appoint one (1) Deputy Official in Charge per ring for the total number of rings for any USA Boxing competition.

### **32.2 Qualifications**

- 1) The Deputy Official(s) in Charge must exhibit superior leadership and management skills.
- 2) The Deputy Official(s) in Charge must be a minimum Level I certified referee/judge and maintain proficiency level through USA Boxing criteria.

## **RULE 33 REFEREES' EVALUATOR & JUDGES' EVALUATOR**

For USA Boxing national tournaments, the referees' evaluator and the judges' evaluator must be nominated by the Official In Charge. Nominee must be in good standing with USA Boxing and hold a current Level III certification.

(Refer to Appendix A, 3. Duties of and Guidelines for the Referees & Judges' Evaluator)

## **RULE 34 RULES FOR BOTH REFEREES & JUDGES**

### **34.1 Designation and Neutrality**

- 1) Each official must be currently registered and certified.
- 2) Referee & Judge neutrality will be observed whenever possible.  
(See R/J Manual for details on neutrality)

### **34.2 Conflict of Interest**

- 1) Referees & Judges must not act as team manager, or coach/second to any boxer during a regional or national competition. The Official in Charge has the right to

relax this rule.

### 34.3 Disciplinary Action

- 1) A decision on suspension related to referees or judges' poor performances in a specific competition will be made by the Official in Charge in consultation with the evaluation of the referees' evaluator and/or the judges' evaluator if these positions are filled.

### 34.4 Code of Conduct

- 1) All referees & judges must respect and sign the USA Boxing Non-Athlete Code of Conduct (Appendix C).

### 34.5 Attire for Referees & Judges

- 1) **Dress.** Referees in all USA Boxing-sanctioned competitions shall be dressed in a white USA Boxing polo shirt or white USA Boxing long sleeve collared shirt, *black* trousers (*no denim*) and black non-heeled shoes. No jewelry shall be worn, except wedding rings. This includes watches. No large belt buckles. Safety glasses are allowed.
  - a. White shoes may be worn for medical reasons with prior email authorization from the R/J committee.
- 2) All officials must have a USA Boxing patch, silk screen, or embroidery logo on their shirt for USA Boxing sanctioned events. Officials working in USA Boxing group member's tournaments may wear the uniforms of that organization at its competitions but shall also have a USA Boxing patch on chest or sleeve.
- 3) Referees & Judges must wear only the official coordinated attire, per the request of the event organizer.
- 4) Referees & Judges may use medical gloves when officiating.

**RULE 35** *This rule is left blank as a rule duplication was eliminated (previously located here and in Rule 22) and so there is space if a new rule is needed in a future year's rule book revision.*

## RULE 36 GLOVES

- 36.1** The construction of the gloves shall be in accordance with the specifications approved by USA Boxing and shall have the below USA Boxing or International Federation label/imprint on each glove. **Only gloves listed on the certified equipment memo, which is posted on the USA Boxing website at <https://www.usaboxing.org/usa-boxing-rulebook> are permitted.** See Appendix H for Masters Division gloves.



- 36.2** Insurance and Indemnification. The manufacturer shall provide USA Boxing with a Certificate of Insurance and must indemnify and hold USA Boxing harmless from and against any and all claims, damages, liabilities, costs and expenses, including but not limited to, reasonable attorney's fees arising out of any lawsuits filed against said manufacturer regarding product liability.
- 36.3** In all USA Boxing competitions (Club, LBC, Regional or Affiliated Member), boxers must use USA Boxing or International Federation approved gloves.  
1) Red and blue gloves are recommended for all USA Boxing sanctioned events.
- 36.4** In all USA Boxing competitions, gloves have to be provided by the event organizer and have to be approved by the Official in Charge. boxers will not be allowed to wear their own gloves.
- 36.5** Boxers must put on their gloves before entering the ring. Tape or another flat binding material may be used to secure the cuff of the gloves.
- 36.6** Gloves must be taken off immediately after the bout is over and before the decision is announced.
- 36.7** The padding of the gloves must not be displaced or broken.
- 36.8** Only clean and serviceable gloves may be used. All gloves must be cleaned using a 10% bleach solution or comparable wipes before they are used again.
- 36.9** Specifications  
1) Everyone will wear 10, 12 or 16 oz. gloves.  
2) Boxers 143 lbs. or less may wear 10 oz. gloves.  
3) Boxers over 143 lbs. may wear 12 oz. or 16 oz. gloves.  
4) Master boxers will wear 16 oz. gloves.  
5) 16 oz. gloves may be used at the discretion of the Official In Charge.

## **RULE 37 HEADGEAR**

- 37.1** The construction of the headgear shall be in accordance with the specifications approved by USA Boxing **and shall have the USA Boxing or International Federation label/imprint on each headgear. Only headgear listed on the certified equipment memo is permitted, which is posted on the USA Boxing website at <https://www.usaboxing.org/usa-boxing-rulebook>.** See Appendix H for Masters Division headgear.



- 37.2** Insurance and Indemnification. The manufacturer shall provide USA Boxing with a Certificate of Insurance and must indemnify and hold USA Boxing harmless from and against any and all claims, damages, liabilities, costs and expenses, including but not limited to, reasonable attorney's fees arising out of any lawsuits filed against said manufacturer

regarding product liability.

- 37.3** In USA Boxing local, regional, and national competitions, headgear is required for all divisions.
- 37.4** In all Affiliated Organizations, LBC and regional competitions boxers must use headgear (with or without cheek protectors) that is USA Boxing or International Federation approved.
- 37.5** For all USA Boxing sanctioned events red and blue headgear are recommended, headgear of other colors may be used as long as they are USA Boxing or International Federation approved. USA Boxing national events may be more restrictive, refer to the specific event fact sheet.
- 37.6** Headgear may be provided by the event organizer. Boxers may be permitted to provide their own headgear as long as it meets the approved specifications and is approved by the Official In Charge.
- 37.7** Headgear must be taken off immediately after the bout is over and before the decision is announced. All headgear must be cleaned using 10% bleach solution or comparable wipes before they are used again.
- 37.8** For all competitions, boxers with long hair must wear a hair cap or net underneath headgear. Hair may extend outside the headgear but must be secured to and remain at the back of the boxer's head or the bout will be terminated, and boxer disqualified.

## **RULE 38 BANDAGES/HAND WRAPS**

- 38.1** For all USA Boxing bouts bandages (gauze or hand wrap) must meet specifications below. Training hand wraps are allowed. USA Boxing may provide specific hand wraps for USA Boxing national competition.
- 38.2** Use of Bandages
- 1) The equipment inspector(s) will sign off directly on the bandage verifying its compliance as specified in Rule 38.3.
  - 2) If a hand wrap is in question, the referee will summon the Official in Charge to the ring apron to inspect the bandage for compliance.
- 38.3** Specifications
- 1) In all categories, the bandage for each hand shall be made of:
    - a. Gauze Specifications
      - a minimum of 27 feet and a maximum of 49 feet length and 2 inches width of gauze plus a maximum of 16 feet length of 4 inches width of gauze pad.
      - Athletic Tape: A maximum 16 feet length and 1 inch width.
      - In all categories, athletic tape, no more than ¼ inches wide, may be applied between the fingers.

- A boxer may apply the bandage to the hands as he/she likes, provided that the knuckles are not covered by the tape.
- b. Hand wrap Specifications
  - Bandages must not be longer than 15 feet and not shorter than 8 feet.
  - Bandages may be no wider than 2 ¼ inches wide.
  - Bandages must be made of stretchy cotton material with a Velcro closure.
  - A small piece of tape can be used around the wrist to secure the hand wrap at the fastening site.
- 2) The use of any substance on the bandages, stacking of gauze and tape, placing tape directly on the skin, using other foreign materials in or on the bandages is prohibited and will result in Disqualification (DQ).

## **RULE 39 MOUTHPIECE**

**39.1** A Mouthpiece must be worn by boxers.

**39.2** Boxers who wish to compete with braces are required to have attached to their passbooks a completed Release to Compete with Braces form (Appendix G). This form requires written approval from parent and/or guardian (if under 18 years of age). Boxers competing with braces waive the right to dental coverage under the USA Boxing insurance program.

## **RULE 40 COMPETITION UNIFORM AND PROTECTORS**

### **40.1 Competition Uniform**

- 1) Boxers must box in lightweight boots or shoes (without spikes or heels), socks (not to be worn higher than knee length).
- 2) The length of the shorts must not be shorter than mid-thigh, cannot cover the knee and must not be worn above the belt line. The belt line is an imaginary line from the navel to the top of the hips and must not cover the navel.
- 3) The belt line must be clearly indicated by a contrasting color and by using a 2-4 inches wide elastic waistband (the belt line is an imaginary line from the navel to the top of the hips).
- 4) Coordinating uniform with respective red or blue corner is strongly recommended but not required. (For national tournaments refer to the fact sheet.)
- 5) No tape or binding of any kind will be permitted for the purpose of securing the competition uniform at national competition or competition leading to national competition. This rule may be relaxed at the club and LBC level.
- 6) Sport Hjab and modest dress is allowed for female boxers for example long sleeve fitted shirt and tights are allowed under competition jersey and trunks.
- 7) Detailed specifications on uniforms can be found in Boxers' Uniform Guidelines (Appendix E).

### **40.2 Cup Protector**

A cup protector must be worn by male boxers. Women may wear a groin protector, if

they so choose.

**40.3 Breast Protector**

Breast Protector is optional for women.

**40.4 Petroleum Jelly**

The use of a thin coat of pure petroleum jelly is permitted on the face only.

**Rule 41 AFFILIATED ORGANIZATIONS NATIONAL TOURNAMENTS**

- 41.1** All USA Boxing competition rules, as well as some USA Boxing approved rule modifications, will apply to Affiliate Organizations. Such approved rule modifications will be provided to the Affiliate Organization and posted on USA Boxing's website.

**Rule 42 USA BOXING CORRESPONDENCE**

- 42.1** Although announcements may be made through social media and the website, official correspondence for USA Boxing must be made via email or telephone call. Text messages, instant messaging etc. will not be considered an official notification or documentation.

## **APPENDIX A – DUTIES OF AND GUIDELINES FOR COMPETITION OFFICIALS**

### **1. DUTIES/GUIDELINES FOR THE OFFICIAL IN CHARGE**

- 1.1** The Official in Charge must arrive at the competition's location prior to the technical meeting.
- 1.2** The Official in Charge may delegate the duties below as deemed appropriate before the Technical Meeting/Orientation:
- 1) Together with the competition manager, the Official in Charge may review:
    - Structure and transport planning
    - Accommodation
    - Food - dining times available
    - Accreditation
    - Competition material
    - Location of training facilities
    - Location of competition
    - FOP layout
    - Security
    - Scoring system and displays for the public
    - Lounge for R&Js NTOs
    - Meeting room
    - Official in Charge Office with computer, printer and Internet
    - Entry for R&Js and all officials
    - Entry for public
    - Locker rooms
    - Location of warm-up area
    - Location of equipment room
    - Location of room for anti-doping tests
    - Medical department facilities
    - Location and layout for the weigh-in and medical examination.
  - 2) All items above may not be necessary for LBC and regional competitions.
- 1.3** Technical Meeting/Orientation
- 1) 1) The Official in Charge will ensure that the technical meeting/orientation is done the day before the draw. This can be done in person or online. It should be handled together with the competition manager.
  - 2) The Official in Charge will ensure that participating delegates and coaches receive all necessary technical and administrative information for the competition as well as:
    - a. Confirm the entries of boxers
    - b. Location and time of weigh-in and medical examination
    - c. List of documents to be submitted at weigh-in and medical examination
    - d. Location and time of the official draw
    - e. Explanation of the seeding system
    - f. Location and competition schedule
    - g. Introduce the officials who will work at the competition and their functions.

#### **1.4 Meeting with NTOs**

- 1) After the technical meeting/orientation, the Official in Charge must meet with NTOs and:
  - Explain roles
  - Give information about transportation schedules, meetings, competition
  - Provide general details.
- 2) The Official in Charge must sign a code of conduct.
- 3) The Official in Charge must assign:
  - Referees' Evaluator
  - Judges' Evaluator
  - Draw Commissioner ((1) person)
  - R&J Coordinator
  - Equipment Manager
  - Electronic Scoring Operator (if applicable)
- 4) The Official in Charge will inform NTOs of the schedule for the daily weigh-in.
- 5) The Official in Charge will inform the chairman of the medical jury about the medical examination.

#### **1.5 Medical Examination and Weigh-In (General and Daily)**

- 1) The Official in Charge must arrive at least thirty (30) minutes before the scheduled start time.
- 2) The Official in Charge must check if testing scales are indicating the same weight as the official scales.
- 3) Together with the competition manager, the Official in Charge will organize the line of boxers.
- 4) The Official in Charge will distribute the lists of boxers divided into weight categories to the medical physicians and officials, in order for them to check the documents and control the weigh-in.
- 5) The Official in Charge will authorize the start of the weigh-in and medical examination.
- 6) The Official in Charge may potentially authorize the start of the Weigh-In and Medical Examination before the scheduled start time but must always respect the scheduled time to complete them.
- 7) The Official in Charge will ensure that the weigh-in of boxers is done by officials of the same gender and in a private location. Physicians are the only exception to the same gender rule; physicians may be at weigh-ins with opposite gender.
- 8) The Official in Charge must be on the premises of the weigh-in and be at all times available to supervise the work and solve potential issues.



- 9) At the end of the weigh-in, the Official in Charge will collect all sheets signed by officials responsible for each weight category, with the occurred alterations.
- 10) The Official in Charge will deliver boxers' USA Boxing competition record books to the competition manager or official responsible for them.
- 11) After the medical examination of R&Js, the Official in Charge will collect their record books from the medical physicians.

#### **1.6 Official Draw**

- 1) Using the event registration and together with the competition manager, the Official in Charge must create an appropriate competition schedule. For LBC and regional competitions event organizers will work with the Official in Charge to create an appropriate competition schedule.
- 2) When the competition schedule is ready, the Official In Charge, together with the competition manager, must conduct the official draw for all weight categories and give 1st day program.
- 3) For LBC and regional competitions, event organizers will work with the Official in Charge to complete the official draw.
- 4) The Official in Charge will ensure that after the official draw, the results of the official draw are posted in an area for all participants to review.

#### **1.7 Before the Competition**

- 1) The Official in Charge must arrive at the competition venue at least two (2) hours before the start of the 1st bout.
- 2) The Official in Charge must confirm that the below items are immediately available:
  - Gloves
  - Headgear
  - Bandages/Hand wraps, Gauze/tape
  - Results sheets
  - Sheets for the draw commission
  - R&J evaluation sheets
  - Pads or flags for results in 3 different colors (red, blue and white)
  - Gloves and headgear on standby at the Official In Charge's table.All items above may not be necessary for LBC and regional competitions.
- 3) The Official in Charge must check the FOP and ensure the location of each NTO.
- 4) The Official in Charge must check the sound, scoring system, stopwatch, computers, printers, etc.
- 5) The Official in Charge will meet with the draw commissioner, referees' evaluator & judges' evaluator for analysis, evaluation, and instructions.
- 6) The Official in Charge may temporarily or permanently suspend any R&J if it is

obvious that this person has done an insufficient job.

- 7) If necessary, the Official in Charge will meet with R&Js to review the rules, comment on the work of the R&Js but always with the intention of improving performance.
- 8) The Official in Charge will ensure that all officials are in place fifteen (15) minutes before the 1st bout.
- 9) The Official in Charge must approve R&Js for the 1st bout.
- 10) The Official in Charge will confirm R&Js and medical jury members five (5) minutes before the 1st bout.
- 11) The Official in Charge will ensure that all new scoring system updates are downloaded and installed at least twenty-four (24) hours before the start of the official draw.
- 12) The Official in Charge will ensure that the scoring system is fully operational at the latest two (2) hours before the start of the competition.

#### **1.8 During the Session**

- 1) The Official in Charge must receive the results of each bout.
- 2) The Official in Charge must pay attention to the FOP to maintain discipline and order.
- 3) The Official in Charge will not allow photographers or cameramen to disturb the work of judges.
- 4) The Official in Charge will ensure that the competition manager is in direct contact for necessary action.
- 5) The Official in Charge will oversee the scoring system.
- 6) The Official in Charge must check and sign the R&J draw sheets of each bout submitted by the chairman of the draw commission.

#### **1.9 After the Session**

- 1) The Official in Charge must receive the schedule for the following day.
- 2) The Official in Charge must receive boxers' USA Boxing competition record books for boxers who will compete on the next day.
- 3) The Official in Charge must meet with the competition manager to evaluate the day and review possible changes for the next day.
- 4) At the end of the competition, the Official in Charge will sign and deliver to R&Js their record books with the total of bouts worked.

#### **1.10 Duties of the Official in Charge**

- 1) The Official in Charge will ensure that everything and everyone in his/her area of

responsibility is available and ready such as: timekeeper, medical jury, scoring system, gloves and headgear on reserve, pads or flags for results in 3.

different colors (red, blue and white), results sheets, manual scoring sheets, referees' evaluation forms, judges' evaluation forms, whistle, pens, volunteers for the ring, water, ring dryer, condition of the ring, sound system, clock, bell, official announcer, referees' evaluator & judges' evaluator, R&Js for the 1st bout, boxers for the 1st bout.

- 2) The Official in Charge will ensure that R&Js are in the correct positions before the boxers come to the ring.
- 3) The Official in Charge will ensure that judges are in the correct positions according to the R&J draw sheets.
- 4) The Official in Charge must allow the start of the bout only once all checks are completed.
- 5) The Official in Charge will be responsible for checking the behavior of the seconds, assisted by the referees' evaluator & judges' evaluator.
- 6) The Official in Charge must note the results after each round for reference.
- 7) At the end of the bout, the Official in Charge will complete the decision sheet and hand it over to the official announcer.
- 8) During the announcement of the winner, the Official in Charge will raise the proper color pad or flag.

## **2. DUTIES OF AND GUIDELINES FOR THE DEPUTY OFFICIAL IN CHARGE**

- 2.7 The Deputy Official In Charge may take the directions and/or duties of the Official in Charge if and when necessary, at the Official In Charge's request.
- 2.8 The deputy Official In Charge is mainly responsible for managing the activities of the seconds.
- 2.9 In case of a two- or more ring competition, there will be one Official in Charge and two or more deputy Official In Charge who will take the same duties as the Official in Charge on each ring.

## **3. DUTIES OF AND GUIDELINES FOR THE REFEREES' EVALUATOR & JUDGES' EVALUATOR**

- 3.7 The referees' evaluator & judges' evaluator will conduct the R&J pre-session briefings.
- 3.8 The referees' evaluator & judges' evaluator will evaluate the individual scores and performances of referees & judges respectively while watching the bouts in order to

evaluate the refereeing and judging abilities of each appointed referee & judge.

- 3.9** Every day, the referees' evaluator & judges' evaluator will meet the Official in Charge for analysis and in order to evaluate the referees & judges.

#### **4. DUTIES OF AND GUIDELINES FOR RINGSIDE PHYSICIANS**

Refer to USA Boxing Medical Manual, which can be found on the USA Boxing website at:

<https://www.usaboxing.org/physician>

#### **5. DUTIES OF AND GUIDELINES FOR THE EQUIPMENT MANAGER (Glove Table)**

##### **5.7 Before the Competition**

- 1) The equipment manager must arrive at the competition venue one hour before the start of the competition.
- 2) The equipment manager must check the equipment room and all equipment quality and quantity.
- 3) The Equipment Manager must check the equipment manager's table location and all necessary supplies such as scissors, scotch tape, markers, pens, daily competition schedules.
- 4) The equipment manager will meet with the volunteer coordinator as well as with volunteers to verify how many are available in order to determine the ways of communication, give all necessary directions and explain all unclear matters.
- 5) The equipment manager must check availability of daily competition schedule (bout order), gloves and headgear.

##### **5.8 During the Competition**

- 1) Thirty (30) minutes before the 1st bout, the equipment manager must start to verify and check the bandages/hand wraps, gauze/tape of the boxers.
- 2) The equipment manager must check each boxer's gumshield/mouth piece, cup or breast protectors, vest, trunk and the colors of them (if they are adequate to ring's corners).
- 3) The equipment manager must check boxers with long hair to ensure it is not secured with metal hairpins.
- 4) The equipment manager will control the first six (6) boxers who are going to box in the first five (5) bouts.

- 5) Just before the bout (before the boxers enter the FOP), the equipment manager must verify the correctness of all boxing equipment of the boxers once more.

## **5.9 General Preparation**

- 1) The equipment manager will prepare the following items nearby the equipment manager's table:
  - 10oz and 12oz gloves with USA Boxing and/or International Federation certification per Rules 36 and 37 with red and blue recommended,
  - Headgear with USA Boxing and/or International Federation certification per Rules 36 and 37
    - red and blue recommended - different sizes (S, M, L, XL),All items above may not be necessary for LBC and regional competitions.

## **6. DUTIES OF AND GUIDELINES FOR THE COMPETITION MANAGER**

- 6.7** To oversee the running of the competition and to be the focal person for USA Boxing to contact in relation to competition issues.
- 6.8** To ensure that the competition is organized and conducted in accordance with the USA Boxing Domestic Rules in coordination with the Official in Charge.
- 6.9** To liaise with other functional areas to ensure a coordinated delivery of support services such as accreditation, security, transport, medical, media, venue operations, venues, announcer and volunteers.
- 6.10** To liaise regularly with the Official in Charge, USA Boxing and the event organizer on matters relating to the preparation of the competition.
- 6.11** To report to USA Boxing and the Official in Charge on a regular basis on the preparation of the competition.
- 6.12** To establish a list of equipment required for the competition.
- 6.13** To provide a specific sport input into venue planning and operations for all competition and training sites.
- 6.14** To recommend an appropriate organizational structure and appropriate staffing levels for the conduct of the competition.
- 6.15** To train and manage staff and volunteers on a day-to-day basis.
- 6.16** To organize and conduct orientation and briefing sessions for all staff and volunteers prior to the start of the competition.
- 6.17** To ensure all assets of the event organizers assigned to an area are properly secured and maintained.

- 6.18** To ensure all policies and procedures of the event organizers are followed, venue emergency procedures are in place and related issues (e.g. ambulance, discipline, security, working conditions, etc.) are properly enforced, documented and irregularities reported.
- 6.19** To attend all meetings and undertake such liaison as may be necessary as competition manager, reporting and taking action as required.

## APPENDIX B – USA BOXING CODE OF CONDUCT – BOXERS



### USA Boxing Code of Conduct

***I understand that my compliance with the Code is a requirement for my participation in USA Boxing events. I recognize that this Code does not establish a complete set of rules that prescribes every aspect of appropriate behavior. Further, I;***

1. Will act in a manner consistent with the spirit of fair play and responsible conduct.
2. Will recognize, respect and adhere to the authority of USA Boxing's appointed coaches and officials.
3. Will comply with USA Boxing's uniform requirements.
4. Will refrain from use of performance-limiting drugs and alcohol during training and competition.
5. Will abide by the policies and rules established by USA Boxing, the USOPC and the International Federation.
6. Will respect others, including my opponents, coaches, competitors, officials, physicians and spectators.
7. Will not engage in, nor tolerate any form of verbal, physical, sexual harassment or abuse
8. Will respect the property of others.
9. Will refrain from profanity and derogatory language that would reflect negatively on myself and USA Boxing.
10. Will refrain from illegal or inappropriate behavior that would detract from a positive image of myself and USA Boxing.
11. Will not commit an anti-doping rule violation as defined by the International Olympic Committee (IOC), the International Federation, the World Anti-Doping Agency (WADA), the United States Anti-Doping Agency (USADA) or the United States Olympic Paralympic Committee (USOPC) rules.

Any member present during any violation of the Code of Conduct should leave the area immediately or be considered a participant by choice.

#### ***Disciplinary Procedures and Penalties***

***Failure to comply with the USA Boxing Athlete Code of Conduct set forth in this document may result in your USA Boxing membership being suspended or terminated.***

***Following any disciplinary action by USA Boxing, the disciplined member has a right to a hearing by the Judicial Committee, if requested in writing and within the statute of limitations and submitted with the filing fee.***

***Any appeal taken for disciplinary action shall be heard by USA Boxing's Judicial Committee and will be conducted in accordance with Article 16 of the USA Boxing Amended and Restated Bylaws.***

**USOPC ATHLETE OMBUDSMAN** I may contact the USOPC Ombudsman Office at 719-866-5000 for further information regarding my rights under this Code that are not answered by USA Boxing.

**Acceptance I pledge to uphold the spirit of this Code, which offers a general guide to my conduct as an athlete member of USA Boxing. I agree to follow the USA Boxing Grievance Procedures if I am charged with violation of the Code. I have familiarized myself with the Code and understand that my acceptance of it, is a condition of my membership in USA Boxing.**

---

Signature

---

Date

---

Print Name

<p><b>PARENT/GUARDIAN CERTIFICATION</b> <b>(For Participants under the Age of 18 as of Date of Signature)</b></p>
---

---

Signature

---

Date

---

Print Name and Relationship (Parent or Guardian)



## APPENDIX C – USA BOXING CODE OF CONDUCT

### For Non-Athletes (Coaches, Officials, Physicians, Administrators)

#### **CODE OF CONDUCT FOR NON-ATHLETES**

I pledge to uphold the spirit of the USA Boxing Code of Conduct for Non-Athletes (the “Code”), which offers a guide to my conduct as a member of USA Boxing. I acknowledge that I have a right to a hearing in accordance with USA Boxing’s Grievance and Discipline Policy if I believe my opportunity to participate is denied or if I am charged with a violation of this Code.

**As a Member of USA Boxing, I hereby promise and agree that:**

1. I will learn and abide by the rules and policies of USA Boxing and the USOPC, including USA Boxing’s Safe Sport Policy.
2. I will not engage, nor encourage anyone else to engage, in unsportsmanlike conduct, which includes the use of profanity.
3. I will not engage in any sexual abuse, emotional abuse, physical abuse, harassment, bullying, stalking, hazing or similar forms of misconduct towards anyone.
4. I will not engage, nor encourage any boxer to engage, in any behavior which would endanger the health, safety or well-being of any boxer, coach, official, volunteer, spectator or USA Boxing staff member.
5. I will treat other coaches, officials, boxers, volunteers, spectators and USA Boxing staff members with respect regardless of race, creed, color, national origin, gender, gender identity or expression, sexual orientation or ability.
6. I will not engage, nor encourage anyone else to engage, in verbal or physical threats or abuse aimed at any coach, official, boxer, volunteer, spectator or USA Boxing staff member.
7. I will not engage, nor encourage others to engage, in the use of offensive or threatening language aimed at any coach, official, boxer, volunteer, spectator, or USA Boxing staff member on any social media sites. Furthermore, I will not knowingly state inaccurate or misleading information about USA Boxing on any social media sites.
8. I will respect, and encourage others to respect, the officials and their authority during a bout. I understand and will abide by the processes set in place, in a respectful manner, when I do not agree with a decision made within the field of play.
9. I will not engage in any conduct that is criminal under any laws applicable to me, including, but not limited to, laws governing the possession and use of drugs and alcohol and providing of drugs to any person and of alcohol to minors.
10. I will not use alcohol, illegal drugs, or any substance which could impair or hamper my best judgement or abilities while serving in the capacity of a coach.

11. I will not participate or assist in any gambling or betting activities associated with any Event related to my sport or my participation.
12. I will respect the property of others whether personal or public and will not willfully damage or take property that does not belong to me.

### **Specifically for Coaches**

13. I will put the safety of the boxers first when agreeing to or determining matches.
14. I will not knowingly misrepresent competitive achievements of my boxers, or my own professional qualifications and experience.

### **Specifically for Officials**

15. I will remove myself from working a bout if there could be a perceived conflict of interest or a neutrality/partiality issue. I will not officiate any bout that involves a boxer that:
  - I am related to
  - I have coached
  - Is from my current or former region

## **Disciplinary Actions**

Below is a list of examples of minimum disciplinary actions that may be taken. If the code violation is deemed severe, the disciplinary action may also be more severe than the examples listed below. Code violations that are unlawful or violate our Safe Sport policy could result in a lifetime suspension.

### 1<sup>st</sup> Violation

Letter of reprimand 6-month probation

- If you have an additional code violation during your probation period, you will receive an automatic 30-day suspension from USA Boxing competition, and your 6-month probation period starts over.

### 2<sup>nd</sup> Violation

30-day to 60-day suspension from USA Boxing competition 1-year probation.

- If you have an additional code violation during your probation period, you will receive an additional 60-day suspension from USA Boxing competition, and your 1-year probation period starts over.

### 3<sup>rd</sup> Violation

Individual may be suspended for life as a non-athlete member of USA Boxing.

**Disciplinary Procedures and Penalties** Failure to comply with the USA Boxing Athlete Code of Conduct set forth in this document may result in your USA Boxing membership being suspended or terminated. Following any disciplinary action by USA Boxing, the disciplined member has a right to a hearing by the Judicial Committee, if requested in writing and within the statute of limitations and submitted with the filing fee. Any appeal taken for disciplinary action shall be heard by USA Boxing's Judicial Committee and will be conducted in accordance with Article 16 of the USA Boxing Amended and Restated Bylaws.

I have read and understand the USA Boxing Code of Conduct. I agree and consent to abide by the USA Boxing Code of Conduct. I understand that if I violate the USA Boxing Code of Conduct, I may be subject to disciplinary actions in accordance with USA Boxing's Disciplinary Policy,

---

Signature

---

Print Name

---

Date

## **APPENDIX D –USA BOXING R/J MANAGEMENT SYSTEM**

(For INTERNATIONAL FEDERATION R&J QUALIFICATION MANAGEMENT SYSTEM - refer to the International Federation Technical Rules)

- 1.1 See the USA Boxing R/J Manual for officials' responsibilities, education, certification, positions etc. on the USA Boxing website at <https://www.usaboxing.org/officials>
- 1.2 The R/J Manual will be followed as an extension of the USA Boxing Rule Book.

## **APPENDIX E – BOXERS’ UNIFORM GUIDELINES**

### **1. SINGLET/JERSEY AND SHORTS SPECIFICATIONS**

- 1.1. Red and blue uniforms, in conjunction with the assigned corner, are recommended for all USA Boxing Competitions.
  - 1) No nicknames or phrases will be permitted on the competition uniform.
  - 2) Boxers are permitted to have last name screen printed or embroidered onto the back of the singlet/jersey and/or trunks.
  - 3) No adornment may be affixed to the trunks such as metal or plastic objects, sequins, etc.
  - 4) Boxers must wear a sleeveless athletic shirt (singlet or jersey), of a different color from the waistband of the trunks.
  - 5) Sponsor and/or club logos will be permitted on competition uniform. Slogans must be a part of the sponsor and/or club logo to be included on the competition uniform.
- 1.2. Boxers must wear a pair of loose-fitting trunks that reach halfway down the thigh, no lower than the knees. The trunks must provide a waistband of a different color than the athletic shirt.
  - 1) Trunks cannot have fabric that is partially attached and therefore able to flap with the movement of the Boxer. This includes “gladiator/Thai” type trunks, fringe, and tassels.
  - 2) Boxers are permitted to have their last name embroidered onto competition trunks as long as it is a different color from the competition singlet/jersey.
- 1.3. Boxers are not permitted to wear additional apparel other than the competition uniform into the ring or upon completion of the bout while in the ring before the announcement of the winner.
- 1.4. Uniform adornment standards may be relaxed at the discretion of the event Official In Charge for boxers in a local non-advancing competition as long as safety and competitive balance is not compromised.
- 1.5. If USA Boxing provides competition uniforms, those competition uniforms must be worn by all boxers.
- 1.6. No tape or binding of any kind will be permitted on the competition uniform at national competition or competition leading to national competition. This rule may be relaxed at the local and LBC level (to support waistband rule)



## Appendix F: Guide for Making Matches at the Local Level

This chart does not replace the rulebook. Revised 1/1/25.



				Junior	Youth		Elite		Masters		
	Pee Wee	Bantam	Intermediate								
Age Division	8, 9, 10	11, 12	13, 14	15, 16	17, 18		19 to 40		35 and older		
Match ages by Date of Birth	8 yr old = 8-9 9 yr old = 8-11 10 yr old = 9-12	11 yr old may box 9-13 12 year old may box 10-14	13 yr old may box 11-15 14 yr old may box 12-16	15 yr old may box 13-17 16 yr old may box 14-17	17 yr old may box 15-18 18 yr old may box 17-40		All ages may box 18-40		May only box other Masters, within 10 years of opponent		
	24-month maximum age difference for boxers 8-17.										
Weight Different-ials for Matched Bouts	101, and under = 5 lbs 106 = 7 lbs 110 = 7 lbs 114 = 7 lbs 119 = 7 lbs 125 = 9 lbs 132 = 9 lbs 138 = 9 lbs 145 = 9 lbs 154 = 9 lbs 154+ = 12 lbs	101, and under = 5 lbs 106 = 7 lbs 110 = 7 lbs 114 = 7 lbs 119 = 7 lbs 125 = 9 lbs 132 = 9 lbs 138 = 9 lbs 145 = 9 lbs 154 = 9 lbs 154+ = 12 lbs	101, and under = 5 lbs 106 = 7 lbs 110 = 7 lbs 114 = 7 lbs 119 = 7 lbs 125 = 9 lbs 132 = 9 lbs 138 = 9 lbs 145 = 9 lbs 154 = 9 lbs 154+ = 12 lbs	101, and under = 5 lbs 106 = 7 lbs 110 = 7 lbs 114 = 7 lbs 119 = 7 lbs 125 = 9 lbs 132 = 9 lbs 138 = 9 lbs 145 = 9 lbs 154 = 9 lbs 165 = 12 lbs 176 = 12 lbs 176+ = no limit	Men 110 = 6 lbs 121 = 8 lbs 132 = 8 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 15 lbs 198 = 15 lbs 198+= n/l	Women 106 = 8 lbs 112 = 8 lbs 119 = 8 lbs 125 = 8 lbs 132 = 10 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 176+ = n/l	Men 110 = 6 lbs 121 = 8 lbs 132 = 8 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 15 lbs 198 = 15 lbs 198+ = n/l	Women 106 = 8 lbs 112= 8 lbs 119 = 8 lbs 125 = 8 lbs 132 = 10 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 176+ = n/l	Men 110 = 6 lbs 121 = 8 lbs 132 = 8 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 15 lbs 198 = 15 lbs 198+ = n/l	Women 106 = 8 lbs 112 = 8 lbs 119 = 8 lbs 125 = 8 lbs 132 = 10 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 176+ = n/l	
	Rounds	3 Rds of 1 to 1.5 mins	3 Rds of 1 to 1.5 mins	3 Rds of 2 mins, or less	3 Rds of 2 mins, or less	3 Rds of 3 mins, or less		3 Rds of 3 mins, or less		3 Rds of 2 mins, or less	

**Protectors:** Men must wear a groin protector. Women may wear a groin protector and/or breast protector. Protectors may not conceal any part of the target area.

**Allowable items in the corner:** A thin coat of vaseline may be used on the face. Water (in clear plastic bottle), towel, ice bag, cold compress, vaseline, swabs, medical gloves. Medications must be labeled.

**Coed competition:** Boys & girls (ages 8-10) may compete against each other in local and Developmental bouts.

**MatchMaking on experience:** Coaches' discretion and common sense are used when considering experience, with official in charge providing final match approval.

**Development Bouts at Sanctioned events:** Ages 8-12 maximum round length is 1.5 mins. Ages 13+ box maximum of 2 min rounds. Exhibition bouts are prohibited.

**Uniform:** Sleeveless shirt. Waistband must contrast from shirt. No metal on the body (such as piercings). Sponsor and club logos are permitted.

**Bandages:** Gauze = 49' x 2" + 16' x 4" for knuckle pad. Tape: 16' x 1" or Handwrap (stretch material w/ velcro closure) = 8' to 15' x 2.25"

**Long hair:** Must wear hair cap or net underneath headgear. Hair may extend beyond the back of the headgear but must be secured to remain to the back of the boxer.

**Beard:** Beards are permitted at the local and regional level, but the length may not extend past the collar bone.

**Mouthguard:** Mouthguards may be any color. Losing mouthguard due to blow = Caution. 3rd Caution = Warning. Spitting out the mouthguard = Warning.

**Equipment:** Boxers 143 lbs or less may wear 10, 12, or 16 oz gloves. Boxers over 143 wear 12 or 16 oz gloves. 16 oz "Masters-approved" gloves okay for all weights. Boxers wear gloves provided by the LBC or sanction holder, and both boxers wear the same size. Headgear must be worn, either open face or with cheek protectors.

Masters boxers must use equipment that is "Masters-approved." List of current headgear & gloves approved for competition: [www.teamusa.org/usa-boxing/officials](http://www.teamusa.org/usa-boxing/officials)

## **APPENDIX G – FORMS & WAIVERS**



**RESTRICTION NOTIFICATION EXAMPLE**  
**(Use 3-Part Form DO NOT COPY)**

LBC: \_\_\_\_\_ Sanction # (if applicable): \_\_\_\_\_

Name of Boxer: \_\_\_\_\_ Member Number: \_\_\_\_\_

Date of Injury or Incident: \_\_\_\_\_

Type of Injury:

\_\_\_\_ Possible Concussion \_\_\_\_ Laceration (<1 cm) \_\_\_\_ Laceration (≥ 1 cm) \_\_\_\_ Fracture/Dislocation

\_\_\_\_ Controlled Nose Bleed \_\_\_\_ Uncontrolled Nose Bleed \_\_\_\_ Other \_\_\_\_\_

Describe what happened: \_\_\_\_\_

This restriction is due to a: \_\_\_\_ KO \_\_\_\_ RSC \_\_\_\_ RSC/I (injury) \_\_\_\_ Other (see above)

Loss of consciousness (LOC) \_\_\_\_ (less than 1 minute) \_\_\_\_ (greater than 1 minute) \_\_\_\_ No LOC

**The above-named boxer is restricted from participating in sparring and competitive boxing for a minimum of:**

If "Other" (meaning no KO or RSC): \_\_\_\_\_ (# of days)

First Occurrence of KO/RSC:

\_\_\_\_ 30 days (no LOC) \_\_\_\_ 90 days (LOC < 1 min) \_\_\_\_ 180 days (LOC > 1 min)

Second Occurrence of KO/RSC within a 90-day period of initial KO/RSC:

\_\_\_\_ 90 days (no LOC) \_\_\_\_ 180 days (LOC < 1 min) \_\_\_\_ 360 days (LOC > 1 min)

Third occurrence of KO/RSC within a 365-day period (no LOC): 12-month suspension; with LOC: 18-month suspension

Restriction period starts \_\_\_\_\_ and ends \_\_\_\_\_

Ringside physician: \_\_\_\_\_  
Print name Signature

Referee or Official in Charge: \_\_\_\_\_  
Print name Signature

**After the restriction period ends, the boxer must have the MEDICAL RELEASE on the reverse side of this form (pink copy) signed by his/her personal physician BEFORE he/she will be allowed to spar or box.**

This MEDICAL RELEASE form must be sent to the Registration Chair of the boxer's Local Boxing Committee (LBC), before the boxer can return to sparring or competition. Once the LBC receives the MEDICAL RELEASE, the Athlete Passbook will be returned to the boxer.

By signing below, I state that I have read and understand the information provided on this form. I agree to fully comply with the restriction period. I understand that my passbook will be returned to me once my restriction period is over and I have been cleared by my physician to box.

Boxer signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature (if boxer is under the age of 18) \_\_\_\_\_

Instructions for USAB representative: Immediately forward the passbook along with the white and yellow copies of this form to the LBC Registration Chair. The Registration Chair shall then forward the white copy to:

USA Boxing - 1 Olympic Plaza, Colorado Springs, CO 80909



**RESTRICTION NOTIFICATION EXAMPLE PAGE 2**  
**(Use 3-Part Form DO NOT COPY)**

The boxer who receives the Restriction Notification should be observed for the following symptoms during the twenty-four (24) hour period following the issuance of this notification. If any of the following symptoms occur, please seek immediate medical attention.

- Headache or dizziness lasting over two hours
- Increasing drowsiness or loss of consciousness following the bout
- Repeated vomiting
- Blurred vision
- Mental confusion or irrational behavior
- Convulsive seizure
- Inability to move a limb
- Excessive restlessness
- Blood or watery fluid coming from the ears or nose
- Inability to control bodily functions

*I hereby state that I have fully and completely disclosed and described every part of my medical history of which I have knowledge; further, I have fully and completely disclosed all past and pre-existing injuries, or congenital defects or any and all ailments which would potentially cause me to be unable to perform as an amateur boxer or are susceptible to being aggravated. As to all of the above, of which I have not made full and complete disclosure, I hereby, for myself, my heirs, executors and assigns, waive and release all right to and claim for damages I may or might have.*

Boxer signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature (if boxer is under the age of 18) \_\_\_\_\_

**MEDICAL RELEASE (To be signed by the athlete's personal physician)**

On \_\_\_\_\_, I examined \_\_\_\_\_ and find no medical  
Date Name of patient/boxer

contraindications to his/her return to sparring or competition.

Physician comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Physician's printed name

Physician's signature

Address: \_\_\_\_\_





## Medical Waiver/Informed Consent to Compete with Dental Braces

I understand that by participating in amateur boxing while wearing dental braces, and/or dental appliances, I may be at risk of damaging the braces or greater risk of causing trauma to my teeth, gums, and oral structures.

I agree to wear a molded mouthpiece while boxing and waive the right to dental coverage under the USA Boxing insurance program. I agree to hold harmless any and all ringside officials, including ringside physicians, representatives, employees, servants, and agents of USA Boxing with regard to any issues or injuries caused by my braces.

**This waiver must be signed and attached to the boxer's passbook.**

Athlete/Boxer: \_\_\_\_\_

_____	_____	_____
Print Name	Signature	Date

Parent or Legal Guardian Approval (if boxer is under the age of 18):

_____	_____	_____
Print Name	Signature	Date



## Medical Waiver/Informed Consent to Compete with Breast Implants

I understand that by participating in amateur boxing with breast implants, I may be at risk of damaging or causing trauma to the implants and/or breast tissue.

I agree to hold harmless any and all ringside officials, including ringside physicians, representatives, employees, servants, and agents of USA Boxing with regard to any issues or injuries due to my breast implants.

Boxers competing with breast implants will not be covered under the USA Boxing insurance program for damage to the implants, replacement of same or injury occurring from such damage.

**This waiver must be signed and attached to the boxer's passbook.**

Athlete/Boxer: \_\_\_\_\_

_____	_____	_____
Print Name	Signature	Date

Parent or Legal Guardian Approval (if boxer is under the age of 18):

_____	_____	_____
Print Name	Signature	Date



## Waiver to Compete After LASIK Surgery

I understand that by participating in amateur boxing after LASIK eye surgery, I may be at risk of damaging my eyes that could potentially negatively affect my vision.

I agree to hold harmless any and all ringside officials, including ringside physicians, representatives, employees, servants, and agents of USA Boxing with regard to any negative impact on my eyesight.

Boxers participating after LASIK surgery will not be covered under the USA Boxing insurance program for damage to the eyes.

**This waiver must be signed and attached to the boxer's passbook.**

Athlete/Boxer

_____	_____	_____
Print Name	Signature	Date

Parent or Legal Guardian Approval (if boxer is under the age of 18)

_____	_____	_____
Print Name	Signature	Date

# Annual Physical Form

(3 pages)

## ■ PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam \_\_\_\_\_  
 Name \_\_\_\_\_ Date of birth \_\_\_\_\_  
 Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.  
☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS		Yes	No	MEDICAL QUESTIONS		Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?				26. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____				27. Have you ever used an inhaler or taken asthma medicine?			
3. Have you ever spent the night in the hospital?				28. Is there anyone in your family who has asthma?			
4. Have you ever had surgery?				29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			
<b>HEART HEALTH QUESTIONS ABOUT YOU</b>				<b>HEART HEALTH QUESTIONS ABOUT YOU</b>			
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?				30. Do you have groin pain or a painful bulge or hernia in the groin area?			
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				31. Have you had infectious mononucleosis (mono) within the last month?			
7. Does your heart ever race or skip beats (irregular beats) during exercise?				32. Do you have any rashes, pressure sores, or other skin problems?			
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____				33. Have you had a herpes or MRSA skin infection?			
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)				34. Have you ever had a head injury or concussion?			
10. Do you get lightheaded or feel more short of breath than expected during exercise?				35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?			
11. Have you ever had an unexplained seizure?				36. Do you have a history of seizure disorder?			
12. Do you get more tired or short of breath more quickly than your friends during exercise?				37. Do you have headaches with exercise?			
<b>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</b>				<b>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</b>			
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?				38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?			
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?				39. Have you ever been unable to move your arms or legs after being hit or falling?			
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?				40. Have you ever become ill while exercising in the heat?			
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?				41. Do you get frequent muscle cramps when exercising?			
<b>BONE AND JOINT QUESTIONS</b>				<b>BONE AND JOINT QUESTIONS</b>			
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?				42. Do you or someone in your family have sickle cell trait or disease?			
18. Have you ever had any broken or fractured bones or dislocated joints?				43. Have you had any problems with your eyes or vision?			
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?				44. Have you had any eye injuries?			
20. Have you ever had a stress fracture?				45. Do you wear glasses or contact lenses?			
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)				46. Do you wear protective eyewear, such as goggles or a face shield?			
22. Do you regularly use a brace, orthotics, or other assistive device?				47. Do you worry about your weight?			
23. Do you have a bone, muscle, or joint injury that bothers you?				48. Are you trying to or has anyone recommended that you gain or lose weight?			
24. Do any of your joints become painful, swollen, feel warm, or look red?				49. Are you on a special diet or do you avoid certain types of foods?			
25. Do you have any history of juvenile arthritis or connective tissue disease?				50. Have you ever had an eating disorder?			
				<b>FEMALES ONLY</b>			
				52. Have you ever had a menstrual period?			
				53. How old were you when you had your first menstrual period?			
				54. How many periods have you had in the last 12 months?			

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

©2010 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgment.  
 HES503 9-2681/R410

## ■ PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

### PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP	/ ( / )	Pulse	Vision R 20/ L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL		NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> <li>• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span &gt; height, hyperlaxity, myopia, MVP, aortic insufficiency)</li> </ul>			
Eyes/ears/nose/throat <ul style="list-style-type: none"> <li>• Pupils equal</li> <li>• Hearing</li> </ul>			
Lymph nodes			
Heart* <ul style="list-style-type: none"> <li>• Murmurs (auscultation standing, supine, +/- Valsalva)</li> <li>• Location of point of maximal impulse (PMI)</li> </ul>			
Pulses <ul style="list-style-type: none"> <li>• Simultaneous femoral and radial pulses</li> </ul>			
Lungs			
Abdomen			
Genitourinary (males only) <sup>†</sup>			
Skin <ul style="list-style-type: none"> <li>• HSV, lesions suggestive of MRSA, tinea corporis</li> </ul>			
Neurologic*			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional <ul style="list-style-type: none"> <li>• Duck-walk, single leg hop</li> </ul>			

\*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

<sup>†</sup>Consider GU exam if in private setting. Having third party present is recommended.

\*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

☐ Not cleared

☐ Pending further evaluation

☐ For any sports

☐ For certain sports \_\_\_\_\_

Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

©2010 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgment.

HE1503

9-2681/0410



### Physical Examination Signature Page

Attach this page to your athlete passbook (if possible, keep a copy for your records)



Athlete	
Date of Birth:	
Signature:	Date:
Parent/Guardian Signature (if under 18):	

- ☐ Cleared for all sports without restriction
- ☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

- ☐ Not cleared
- ☐ Pending further evaluation
  - ☐ For any sports
  - ☐ For certain sports \_\_\_\_\_
- Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

I have examined the above-named athlete and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

Attach this page to your athlete passbook (if possible, keep a copy for your records)



## APPENDIX H – MASTERS BOXING

1. All USA Boxing rules apply to these classifications, with the exception of those listed below:
2. All Masters Boxers will be issued a yellow passbook upon registering with USA Boxing.
3. **Age Classification**
  - a. Men and women boxers ages 41 and above are categorized as Master Boxers.
  - b. Boxers ages 35 to 40 shall declare age classification, Elite or Master, or both each year upon registration with USA Boxing. (Boxers that declare both will receive both a white and yellow passbook).
4. **Weight Classification**
  - a. Men: 110 lbs., 121 lbs., 132 lbs., 143 lbs., 154 lbs., 165 lbs., 176 lbs., 187 lbs., 198 lbs., 198+ lbs.
  - b. Women: 106 lbs., 112 lbs., 119 lbs., 125 lbs., 132 lbs., 143 lbs., 154 lbs., 165 lbs., 176 lbs., 176+ lbs.
5. **Number of Rounds**
  - a. Boxers will be limited to boxing three rounds between one and two-minutes in duration.
  - b. There will be one (1) minute rest between rounds.
6. **Matched Bouts**
  - a. Age Differential
    - i. The age difference between competitors shall be no more than ten (10) years younger or ten (10) years older.
    - ii. Master boxers may not compete against boxers younger than 35 years of age.
  - b. Weight Differential – Refer to Appendix F for current Masters weight classes.
7. **Equipment**
  - a. Gloves and Headgear: 16 oz. gloves and headgear will be used for all weight categories and this equipment must have been approved and tested by USA Boxing and must meet or exceed the minimum standards for impact as set by USA Boxing. This equipment must have a printed label. The glove label must be located on the backside of both gloves, and the headgear label must be located on the back panel. Only gloves listed on the certified equipment memo, which is posted on website at <https://www.usaboxing.org/usa-boxing-rulebook> are permitted. There is not International Federation approved equipment for Masters division.



**8. Medical Exam**

- a. **Boxers aged 41 or older must submit a Masters' Physical Form** and pass an annual medical exam and be declared "fit to box" with the following elements before being registered to box:
  - i. No history of uncontrolled diabetes, high blood pressure or chest pain.
  - ii. No history of chronic headaches.
  - iii. Blood pressure less than 145/90.
  - iv. Graded exercise EKG every five (5) years beginning at age 45.
  - v. Normal eye examination by an ophthalmologist or optometrist every five (5) years.
- b. The passbook of the master boxer must contain a copy of FIT TO BOX form. The Master Boxer Medical Exam form can be found on USA Boxing's website. A copy of this form should also be forwarded to the boxer's LBC.
- c. Pre-bout examinations shall be the same as those performed on all other classifications of boxers.

**9. LASIK**

- a. Boxers who wish to compete after LASIK surgery are required to have attached to their passbooks a completed "Release to Compete After LASIK Surgery" form. This form requires the written approval of their ophthalmologist.
- b. Boxers competing after LASIK surgery will not be covered under the USA Boxing insurance program for damage to the eyes.

**10. Facial Hair.** Masters boxers are permitted to wear facial hair. The beard cannot extend past the natural line created by the boxer's collarbones while head is facing straight forward.



## APPENDIX I - Developmental Bouts



### DEVELOPMENTAL BOUTS PROGRAM

**The purpose of this program is to expand our membership allowing boxers not quite ready for a real competitive match to get their feet wet and be in a comfortable situation.**

The purpose of Developmental Bouts is to develop technical competence in boxers in order to prepare them for competition. Coaches and referees are to discourage boxers' aggression and heavy punching.

The guidance regarding Developmental Bouts is as follows:

1. Developmental Bouts may only be conducted as part of an event sanctioned by USA Boxing.
2. All Developmental Bouts must take place prior to competitive bouts.
3. Boxers are matched on age, weight, round lengths, and experience (per Appendix F). Boxers, their coaches, the event Official In Charge, and the sanction holder must approve Developmental Bouts.
4. Boxers participating in Developmental Bouts must be registered with USA Boxing.
5. Developmental Bout boxers must complete weigh-in, pre-bout physical, and post-bout physical.
6. Only registered boxers, who have had less than five (5) judged bouts, may participate in Developmental Bouts.
7. The ring announcer must clearly identify and announce the purpose of Developmental Bouts.
8. The referee must conduct the Developmental Bout as a competitive bout.
9. The Developmental Bout is entered in the decision section of the USA Boxing passbook as "Dev Bout."
10. Developmental Bouts: the maximum round length for ages 8-12 is 1.5 minutes; and ages 13+ box a maximum of 2-minute rounds.
11. The use of approved headgear is mandatory.
12. Gloves may be 12oz or 16oz. Both boxers must wear gloves of the same weight.
13. During Developmental Bouts, one (1) coach per corner must remain standing on the ring apron.
14. Judges may not score the bout. There is no decision. At the conclusion of the Developmental Bout, both boxers' hands are raised by the referee in the center of the ring.
15. A boxer may participate in a maximum of six (6) Developmental Bouts.
16. A boxer may revert to a Developmental Bout after having a competitive bout, but not once the boxer has had five (5) judged bouts.
17. Developmental Bouts may not count toward mandatory experience needed for minimum bout requirements such as bouts needed for USA Boxing advancing tournaments.
18. Exhibition bouts are prohibited.



## APPENDIX J - USA Boxing Sanctions

USA Boxing recognizes the following sanction categories. **For sanction fees and additional information and guidance please refer to USA Boxing's Sanction Manual**, which can be located on the USA Boxing website at <https://www.usaboxing.org/usa-boxing-rulebook>

**The USA Boxing Sanction Manual will be followed as an extension of the USA Boxing Rule Book.**

### **Recognized Sanction Categories**

#### **Club Events**

These events are local, neighborhood events, primarily held for the development of local athletes, coaches, and officials. Many of these events are held in local boxing clubs, community centers, gymnasiums, and other publicly accessible facilities. These events are not intended to fundraise or garnish financial support for anyone other than the immediate boxing community (the hosting club/gym, the LBC, etc.). Club events receive final approval from the hosting local boxing committee.

#### **LBC Events**

LBC events are like club events, but on a larger scale. LBC events are managed by the hosting LBC's board of directors. Examples of these types of events are the state/regional Golden Gloves or Junior Olympic tournament. Requirements to host an LBC event are identical to those of a club event but must be entered by a board member of the hosting LBC.

#### **Pro-Am Events**

Pro-Am sanctions contain a mixture of professional and Olympic-style bouts at the same event. This is similar to a club show, except the host must pay the LBC \$100 per Olympic-style bout on the card and is required to submit certificates of medical and liability insurance for the professional segment of the event to USA Boxing. Pro-Ams must receive final approval from the national office.

#### **3rd Party/Fundraiser Events**

The primary objective of a 3<sup>rd</sup> Party/ Fundraiser event is to raise money or further the efforts of an external organization through a USA Boxing sanctioned event (meaning some, or all, the proceeds leave the hosting club, LBC and/or USA Boxing). There are various factors USA Boxing review to help determine this classification (see below). 3<sup>rd</sup> party events can only be approved by the national office. Please refer to the USA Boxing Rulebook for more information.

#### **Golden Gloves Events**

These events are part of the advancing Golden Gloves Tournament of Champions series held each year. Events in this category can only be hosted by a Golden Gloves franchisee or sub-franchisee, as designated by the Golden Gloves of America. See Golden Gloves rule modifications on the USA Boxing website at <https://www.usaboxing.org/rulebook/new-rules-clarification>

## APPENDIX K

### Record Verification of Previous Combat Sports Experience

**Individual Physical Combat Sports** are any combat sport which utilizes striking (punches, kicks, etc.) as a primary technique in a sporting contest. Boxing, Karate, Kickboxing, Muay Thai, MMA, Sumo, Taekwondo, and such other sports, are deemed **Individual Physical Combat Sports**. Judo, Brazilian Jiu-jitsu (BJJ), Aikido, Wrestling, and other such sports are NOT considered Individual Physical Combat Sports, as striking is not a primary technique used during competition. USA Boxing may assess a sport's classification as an Individual Physical Combat Sport at any time.

Athlete members **SHALL** disclose all combat sports experience at the time of registration or renewal. Additional combat sport experience acquired outside those periods must be reported to USA Boxing immediately. Failure to report said experience will subject the member to USA Boxing's disciplinary procedure.

One's **Individual Physical Combat Sports** experience **SHALL** be notated inside their USA Boxing Passbook at the time of issuance and listed on their Webpoint profile. Updates to one's record can be sent to USA Boxing via email at [operations@usaboxing.org](mailto:operations@usaboxing.org).

Boxers are required to inform event sanction holders, matchmakers, potential opponents and their coaches of their previous experience, in both boxing and other individual physical combat sports.

Boxers with previous **Individual Physical Combat Sports** experience who wish to compete in tournaments which offer divisions based on experience, (experienced or unexperienced) MUST enter in the Experienced/Open division and cannot compete in Inexperienced/Novice divisions.

Should a USA Boxing certified coach acknowledge a boxer with previous amateur combat sport experience is at a skill level that would not safely allow the boxer to compete as "experienced," that coach may apply for a Combat Sports Waiver on their behalf. The waiver is located on the next page.

Waivers must include supporting documentation of the member's combat sport experience. Completed waivers shall be emailed to [operations@usaboxing.org](mailto:operations@usaboxing.org) no later than 14 days before the date of competition.

If approved, the results of the waiver will be sent to:

- LBC President
- LBC Chief of Officials
- Sanction Holder



**REQUEST FOR COMBAT SPORT WAIVER**  
(Must be received in the National Office at least 14 days  
prior to the first event in which you wish to participate)

Boxer's USA Boxing Member ID #: \_\_\_\_\_ LBC: \_\_\_\_\_

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Previous Amateur Individual Physical Combat Sport: \_\_\_\_\_

Previous Amateur Individual Physical Combat Sport Win/Loss Record: \_\_\_\_\_

Attach record from website such as [www.sherdog.com](http://www.sherdog.com)

\_\_\_\_\_  
Signature of Boxer

\_\_\_\_\_  
If under 18, parent or guardian signature

Coach's USA Boxing Member ID #: \_\_\_\_\_ LBC: \_\_\_\_\_

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*I, \_\_\_\_\_, a USA Boxing certified coach, believes that the skill level of  
\_\_\_\_\_ (boxer) is that of a boxer even though he/she has competed in  
# \_\_\_\_\_ of AMATEUR individual physical combat sport matches.*

*I attest to the accuracy of his/her prior amateur combat sport experience and record.*

\_\_\_\_\_  
Signature of Coach

**Email completed form to: [membership@usaboxing.org](mailto:membership@usaboxing.org), SUBJECT: COMBAT SPORT WAIVER REQUEST**

\*\*\*\*\*Please do not write below this line\*\*\*\*\*

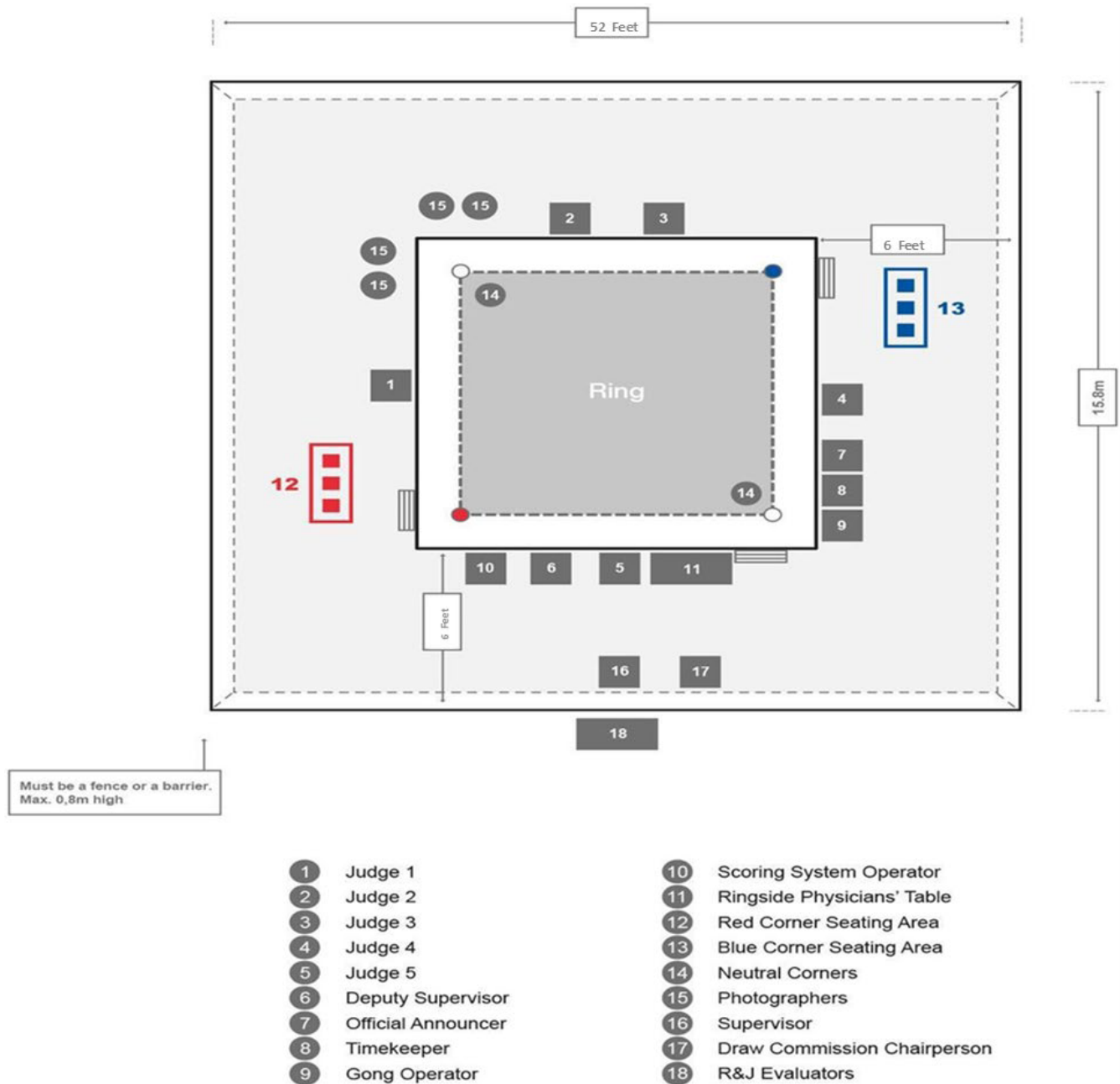
Waiver request **APPROVED** \_\_\_\_\_ **DENIED** \_\_\_\_\_ by USA Boxing National Office

Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

Place copy of approved waiver in boxer passbook.

## APPENDIX L – FIELD OF PLAY RING SET-UP DIAGRAMS

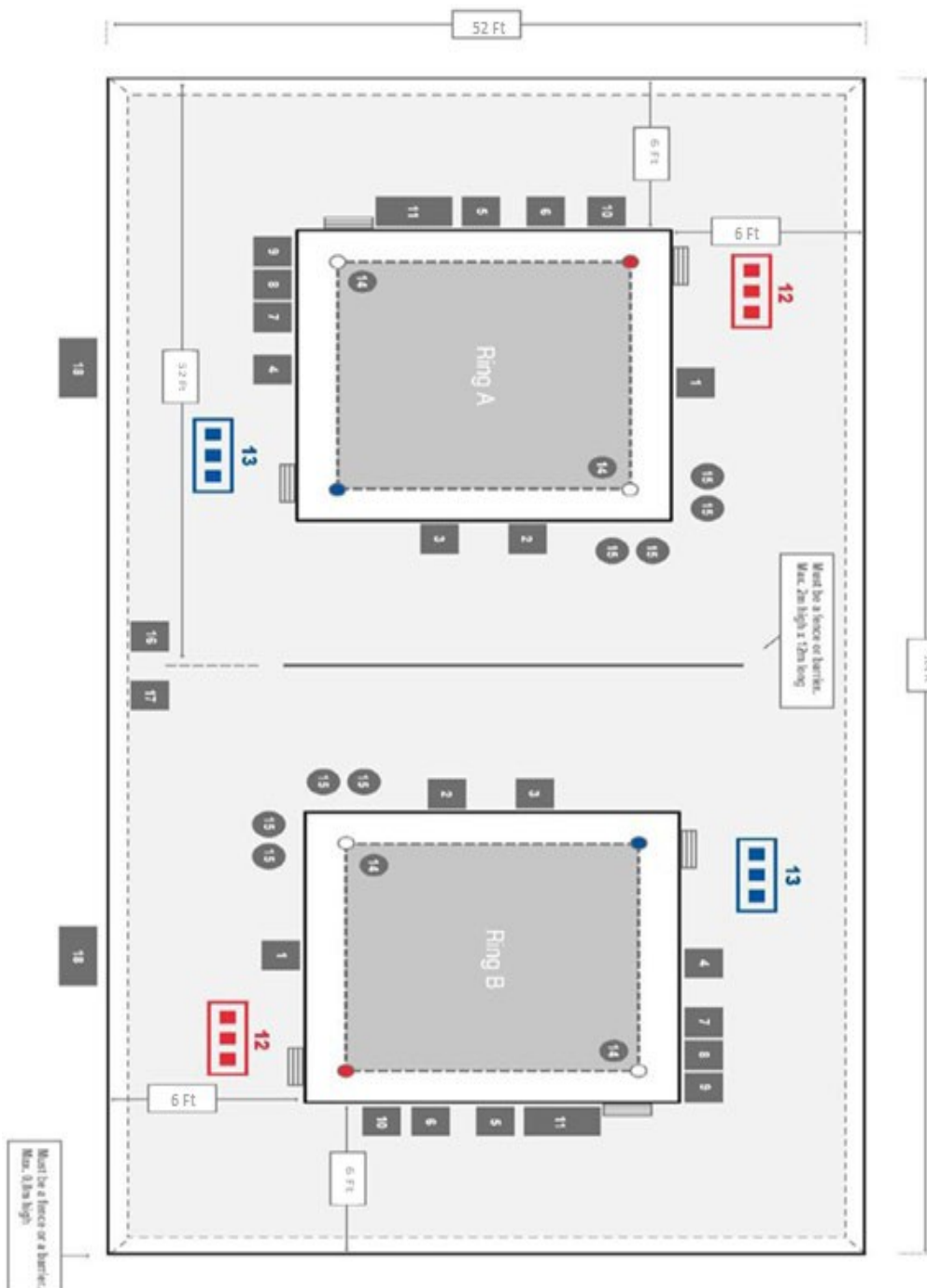
### FOP Set-up For One Ring



R&J evaluators should sit just outside of the FOP advertisement barrier, facing the centre of the ring. Positions of R&J Coordinator and Standby R&Js will depend of the FOP. The Supervisor will define these positions upon FOP check.

The Graphics Operator must be placed outside the FOP.

## FOP Set-up For Two Rings



- |                      |                                |
|----------------------|--------------------------------|
| 1 Judge 1            | 10 Scoring System Operator     |
| 2 Judge 2            | 11 Ringside Physicians' Table  |
| 3 Judge 3            | 12 Red Corner Seating Area     |
| 4 Judge 4            | 13 Blue Corner Seating Area    |
| 5 Judge 5            | 14 Neutral Corners             |
| 6 Deputy Supervisor  | 15 Photographers               |
| 7 Official Announcer | 16 Supervisor                  |
| 8 Timekeeper         | 17 Draw Commission Chairperson |
| 9 Gong Operator      | 18 R&J Evaluators              |

R&J evaluators should sit just outside of the FOP advertisement barrier, facing the centre of the ring(s). Positions of R&J Coordinator and Standby R&Js will depend of the FOP. The Supervisor will define these positions upon FOP check.

The Graphics Operator must be placed outside the FOP.