



2026 USA BOXING YOUTH HIGH PERFORMANCE TEAM SELECTION PROCEDURES – MEN & WOMEN

Minimum Eligibility Requirements

In order to be considered eligible to participate in USA Boxing's 2026 Youth High Performance Team Athlete Selection process, athletes must meet the following criteria:

1. Athlete must have proof of U.S. citizenship
2. Athlete must have a valid and current U.S. passport at the time of selection
3. Athlete must be eligible to compete for USA in accordance with all USA Boxing rules.
4. Athlete must be a member in good standing of USA Boxing, meaning the athlete is not under suspension from USA Boxing.
5. Athlete must be born between January 1, 2008 -December 31, 2009.
6. Athlete must meet all requirements to be eligible to train at the Olympic & Paralympic Training Center (OPTC), as established by the US Olympic & Paralympic Committee (USOPC). These requirements include:
 - a. Completed Safe Sport Certification for athletes over the age of 18
 - b. Completed background screening for athletes over the age of 18

In addition to the minimum eligibility requirements above, athletes must meet at least one of the following performance markers to advance to the evaluation stage of the selection process:

- Athlete must be the top place finisher at the 2025 USA Boxing Youth National Championships, held December 6-13, 2025, in Lubbock, Texas, in a weight category listed below.

Note: In the scenario that the top place finisher from the 2025 USA Boxing Youth National Championships declines the invitation to participate in the Youth Team Evaluation and Selection Camp, USA Boxing will move on to the 2nd place finisher in that weight category. This process will be followed until the 4th place finisher. If none of the top four boxers accept the invitation to participate in the Youth Team Evaluation and Selection Camp, the weight category will go unfilled.

Youth High Performance Weight Categories

USA Boxing's evaluation of athletes will be determined based upon their ability to compete in the following weight categories.

Men's Youth/U19 Weight Divisions	
Flyweight	50kg/110lbs.
Bantamweight	55kg/121lbs.
Lightweight	60kg/132lbs.
Welterweight	65kg/143lbs.
Light Middleweight	70kg/154lbs.
Middleweight	75kg/165lbs.
Light Heavyweight	80kg/176lbs.
Cruiserweight	85kg/187lbs.
Heavyweight	90kg/198lbs.
Super Heavyweight	90+kg/198+lbs.

Women's Youth/U19 Weight Divisions	
Light Flyweight	48kg/106lbs.
Flyweight	51kg/112lbs.
Bantamweight	54kg/119lbs.
Featherweight	57kg/125lbs.
Lightweight	60kg/132lbs.
Welterweight	65kg/143lbs.
Light Middleweight	70kg/154lbs.
Middleweight	75kg/165lbs.
Light Heavyweight	80kg/176lbs.
Heavyweight	80+kg/176+lbs.



Evaluation & Team Selection

Athletes who meet the requirements above will be selected to participate in the USA Boxing Youth Team Evaluation & Selection Camp, (February 15-March 11, 2026 – Colorado Springs, Colorado). Each athlete who participates in the USA Boxing Youth Team Evaluation & Selection Camp will be evaluated by the *USA Boxing High Performance Staff. This evaluation will be based on the High Performance Evaluation Guidelines outlined in Attachment A.

Once the evaluation process is complete, all evaluations will be submitted to the *High Performance Selection Committee, which is composed of the USA Boxing High Performance Director and USA Boxing AAC Athlete Representative. The High Performance Selection Committee will review all evaluations and the athletes who receive a minimum evaluation score of 70 points will be selected to the 2026 Youth High Performance Team.

*Note: Please see Attachment B for the High Performance Evaluation & Selection Conflict of Interest Policy

Youth High Performance Team Requirements

Once an athlete is selected to the USA Boxing Youth High Performance Team, he or she must adhere to the USA Boxing Code of Conduct and National Team Policies and Procedures and actively participate in the Youth Team training and competition plan established by USA Boxing. Notification of the dates and locations of camps and competitions within this plan will be provided no less than 21 days from the start of each event, when possible. Waivers from these events are not permitted, unless there are extraordinary circumstances submitted in writing to the USA Boxing High Performance Director. At that point, the waiver is reviewed and either accepted or rejected by the USA Boxing High Performance Director and the USOPC Boxing AAC Representative. Any unexcused absence may serve as cause for removal from the Youth High Performance Team and all associated benefits, with the right to a hearing pursuant to the USA Boxing Bylaws and Grievance Procedures.

Removal of Athletes After Selection

An athlete who is selected to USA Boxing's Youth High Performance Team may be removed for any of the following reasons, as determined by USA Boxing:

- a) Voluntary withdrawal. Athlete must submit written notification to USA Boxing's High Performance Director.
- b) Injury or illness as certified by a physician (or medical staff) approved by USA Boxing. If an athlete refuses verification of his or her illness or injury by a physician (or medical staff) approved by USA Boxing, his or her injury will be assumed to be disabling, and he or she may be removed from the Youth High Performance Team.
- c) Failure to participate in Mandatory Training Camps and/or Competitions
- d) Failure to comply with the USA Boxing Code of Conduct and/or National Team Policies and Procedures



An athlete who is removed from the Team pursuant to this provision has the right to a hearing per USA Boxing's Bylaws, Article 22 and the USA Boxing Grievance and Complaint Policy.

Supporting Documents & Resources

The following documents and resources are referenced in the above procedures and found on USA Boxing's website: <https://usaboxing.org/>:

- The USA Boxing Code of Conduct can be found at:
 - <https://www.usaboxing.org/rulebook/forms-and-documents/grievance-and-appeal-forms>
- The USA Boxing National Team Policies & Procedures can be found at:
 - <https://www.usaboxing.org/rulebook/forms-and-documents/grievance-and-appeal-forms>
- The USA Boxing Bylaws and Grievance Procedures can be found at:
 - <https://www.usaboxing.org/rulebook/forms-and-documents/grievance-and-appeal-forms>

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

Please see the Ombuds Policy located at <https://bit.ly/OmbudsPolicy> for more information.

To contact the Athlete Ombuds Office:

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

DISCLAIMER: USA Boxing reserves the right to make changes to these procedures as deemed necessary.



Attachment A

High Performance Evaluation Guidelines

Athletes will be evaluated in the following categories during the USA Boxing Youth Team Evaluation & Selection Camp:

USA Boxing Athlete Evaluation Form		
Athlete Name:	Weight Category:	
Evaluation Topic	Max 10 Points per Category	Comments
High Performance Compliance: Ability to follow National Team Policies & Procedures, meet all deadlines and participate fully in individual and team activities.		
International Performance Potential: Potential for success at the international level based on assessment of technique and skill by USA Boxing's Coaching Staff.		
Weight Management: Compliance with Body Weight Management Policy as listed in the National Team Policies and Procedures.		
Health Management: Compliance with all Medical Rules and Guidelines as listed in National Team Policies & Procedures		
High Performance Mindset: Displays drive, determination, willingness to learn new concepts, continuous improvement mindset.		
Evaluation Topic	Max 50 Points per Category	
Performance in Training: Successful implementation of techniques and tactics taught by USA Boxing's High Performance Coaching Staff based on the subcategories listed on the following page.		
Boxer Evaluation Score		

Scoring Guide					
0	1 or 2	3 or 4	5 to 6	7 to 8	9 to 10
Very Poor	Poor	Below Average	Average	Above Average	Excellent



Performance in Training Subcategories

Athlete Name:	Weight Category:	
	Event Name & Date:	
Evaluation Topic (Technical/Tactical Criteria)	Description	0 - 5
Competitiveness/Domination	Winning decisively through technical and tactical superiority, and secondarily actions are determined and tenacious	
Combination Punching	A series of two or more punches in a series without a break or back-to-back series of immediate attacks (ex. A 3 phase attack: attack-defend-attack-defend-attack)	
Defense/Counter Punching	Effectively using blocking and/or head movement, and/or attacking immediately after defending	
Effective Jab	Proficient use of the lead hand to effectively score at various ranges and tempos	
Mental Toughness/Conditioning	Consistently showing confidence and durability during various adversities	
Effective Feinting	Ability to effectively fake, draw an opening and score on the opening	
Intensity/Time Between Attacks	Dictating the pace and pressing the action with effective attacks every 3-5 seconds	
Coachability	Ability to take directions from coaching staff and implement them in training	
Adaptability	Proficient at appropriately and effectively executing various strategies and fighting at all three distances	
Rules Infringement/Ring General	Does not break rules and controls the ring with effective footwork	
Total		

Scoring Guide		
0	Very Poor	Did not fulfill any aspect of topic
1	Poor	Boxer rarely demonstrated boxing criteria
2	Below Average	Boxer did not demonstrate enough boxing criteria
3	Average	Boxing demonstrated adequately in boxing criteria, but not consistent
4	Above Average	Boxer demonstrated majority of boxing criteria proficiently
5	Excellent	Boxer demonstrated all boxing criteria consistently and dominantly



Attachment B

High Performance Evaluation & Selection Conflict of Interest Policy

Any member of the High Performance Staff or High Performance Selection Committee that has a possible conflict of interest must either recuse him/herself or disclose it to the NGB's Ethics Committee prior to the start of the selection process. A conflict of interest exists when the committee member has a direct or indirect relationship, connection, or affiliation, past or present, with an athlete in contention for the applicable team selection that could compromise the committee member's ability to participate in the selection process in an unbiased manner. If a conflict exists, the NGB's Ethics Committee shall vet the conflict and make the final determination of whether that committee member must recuse him/herself from participating in discussions and/or voting. The Ethics Committee may determine that a committee member who has relevant and necessary information with respect to athlete performance, for example a High Performance Team coach or high performance director, may, if requested by the selection committee, provide such information to the committee so long as such information is provided in a fair and unbiased manner and the committee member with the conflict of interest does not vote toward the final decision. The committee member should not otherwise influence other members of the committee in the selection process.

Additionally, any person (including any potentially impacted athlete or coach of a potentially impacted athlete) with a good faith belief that a committee member has a conflict of interest may report the alleged conflict of interest to the USA Boxing National Office, in accordance with the USA Boxing Grievance and Complaint Policy, which can be found at <https://www.teamusa.org/USA-Boxing/Rulebook/Forms-and-Documents/Grievance-and-Appeal-Forms>. No committee member shall retaliate in any way against a person who, in good faith, reports an alleged conflict of interest.

If the recused individual is the USA Boxing AAC Representative, this selection committee member will be replaced by USA Boxing Board's alternate AAC Athlete Representative. If the recused individual is USA Boxing High Performance Director, this selection committee member will be replaced by the USA Boxing Assistant High Performance Director – Operations or High Performance Manager.