



## **How to join as an Adaptive Boxer: USA Boxing Adaptive Boxing Program**

1. Join USA Boxing as athlete membership or fitness membership.
  - a. If you have no experience as a boxer sign up for the fitness membership. As a fitness member, you cannot spar or compete but may workout at the gym. You can always upgrade to regular membership status and pay the difference.
2. Once you've joined USA boxing as an athlete or fitness member email membership at [membership@usaboxing.org](mailto:membership@usaboxing.org) with subject line: Adaptive Boxing Program and request adaptive boxing documents.
3. Fill out form, record drills and sign waiver. Then email membership at [membership@usaboxing.org](mailto:membership@usaboxing.org) with subject line: Adaptive Boxing Completed Form. Leave out the last form labeled: *Request for Adaptive Boxing Bout*. This will be the last form submitted.
4. Your form will be reviewed, and the boxer will be classified. USA boxing will e-mail the welcome letter with classification.
5. Lastly, find a bout and fill out *Request for Adaptive Boxing Bout* form and submit to membership at [membership@usaboxing.org](mailto:membership@usaboxing.org) with subject line: Request for Adaptive Boxing Bout Form.
6. Your bout form will be reviewed and either approved or denied within 72 hours. If approved, the form will be sent out to the LBC, sanction holder, coach and boxer by USA Boxing.



**USA Boxing, Inc.**

1 Olympic Plaza · Colorado Springs, Colorado 80909  
(719) 866-2300 · FAX: (719) 866-2132 · Website: [www.usaboxing.org](http://www.usaboxing.org)



## Levels of Impairment

**Level 0:** An able body boxer with no visible impairment in either leg.

**Level 1:** Only a below knee impairment on boxer.

**Level 2:** An impairment that affects a boxer's full single leg.

**Level 3:** Below knee impairments on both legs of boxer.

**Level 4:** Two full leg impairments on boxer.

**.1 Classification:** Minimal impairment from amputation. Boxer might have some limited movement but is close to boxing at a level 0 level.

**.2 Classification:** Moderate impairment from amputation. Boxer has mild coordination problems and some muscle weakness.

**.3 Classification:** Severe impairment from amputation. Boxers has a limited range of movement due to amputation and some significant muscle weakness.



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## Adaptive Classifications and Descriptions

**Level 1.1:** Minimal, 1 leg, below knee amputation. Sport class is allocated to athletes with an impairment that minimally affects one leg below the knee. This impairment can cause less activity and some limitations.

**Level 1.2:** Moderate, 1 leg, below knee amputation. Sport class is allocated to athletes with an impairment that moderately affects one leg below the knee. Some 1.2 boxers may have mild coordination problems or muscle weakness in a single leg below the knee.

**Level 1.3:** Severe, 1 leg, below knee amputation. Sport class is allocated to athletes with an impairment that severely affects one leg below the knee. A 1.3 boxer may have significant muscle weakness in one leg below the knee.

**Level 2.1:** Minimal, 1 leg, above knee amputation. Sport class is allocated to athletes with an impairment that minimally affects one leg above the knee. This impairment can cause less activity and some limitations.

**Level 2.2:** Moderate, 1 leg, above knee amputation. Sport class is allocated to athletes with an impairment that moderately affects one leg above the knee. Some 2.2 boxers may have mild coordination problems or muscle weakness in a single leg.

**Level 2.3:** Severe, 1 leg, above knee amputation. Sport class is allocated to athletes with an impairment that severely affects one leg above the knee. A 2.3 boxer may have significant muscle weakness in one leg.

**Level 3.1:** Minimal, 2 legs, below knee amputation. Sport class is allocated to athletes with an impairment that minimally affects two legs below the knee. This impairment can cause less activity and some limitations.

**Level 3.2:** Moderate, 2 legs, below knee amputation. Sport class is allocated to athletes with an impairment that moderately affects two legs below the knee. Some 3.2 boxers may have mild coordination problems or muscle weakness in two legs below the knee.

**Level 3.3:** Severe, 2 legs, below knee amputation. Sport class is allocated to athletes with an impairment that severely affects two legs below the knee. A 3.3 boxer may have significant muscle weakness in two legs below the knee.



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**Level 4.1:** Minimal, 2 legs, above knee amputation. Sport class is allocated to athletes with an impairment that minimally affects two legs above the knee. This impairment can cause less activity and some limitations.

**Level 4.2:** Moderate, 2 legs, above knee amputation. Sport class is allocated to athletes with an impairment that moderately affects two legs above the knee. Some 4.2 boxers may have mild coordination problems or muscle weakness in two legs.

**Level 4.3:** Severe, 2 legs, above knee amputation. Sport class is allocated to athletes with an impairment that severely affects two legs above the knee. A 4.3 boxer may have significant muscle weakness in two legs.



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## Request for Adaptive Boxer to be Classified

USA Boxing Member ID: \_\_\_\_\_

LBC: \_\_\_\_\_

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

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

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

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

Cell: \_\_\_\_\_

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

### Physical Disability - Lower Limb Loss

<b>Single Leg Amputee</b> <i>(Indicate which leg is amputated)</i>	<b>Double Leg Amputee</b>						
<table><thead><tr><th data-bbox="220 1268 532 1310"><u>RIGHT LEG</u></th><th data-bbox="532 1268 805 1310"><u>LEFT LEG</u></th></tr></thead><tbody><tr><td data-bbox="220 1335 532 1377"><input type="checkbox"/> Above Knee</td><td data-bbox="532 1335 805 1377"><input type="checkbox"/> Above Knee</td></tr><tr><td data-bbox="220 1402 532 1444"><input type="checkbox"/> Below Knee</td><td data-bbox="532 1402 805 1444"><input type="checkbox"/> Below Knee</td></tr></tbody></table>	<u>RIGHT LEG</u>	<u>LEFT LEG</u>	<input type="checkbox"/> Above Knee	<input type="checkbox"/> Above Knee	<input type="checkbox"/> Below Knee	<input type="checkbox"/> Below Knee	<input type="checkbox"/> BOTH LEGS ABOVE THE KNEE <input type="checkbox"/> BOTH LEGS BELOW THE KNEE <p style="text-align: center;">If Split,</p> <p>Which leg is amputated above the knee?</p> <input type="checkbox"/> LEFT <input type="checkbox"/> RIGHT <p style="text-align: center;">Below the knee?</p> <input type="checkbox"/> LEFT <input type="checkbox"/> RIGHT
<u>RIGHT LEG</u>	<u>LEFT LEG</u>						
<input type="checkbox"/> Above Knee	<input type="checkbox"/> Above Knee						
<input type="checkbox"/> Below Knee	<input type="checkbox"/> Below Knee						



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## Waiver/ Implied Consent

I acknowledge and understand that participating in amateur boxing while wearing a prosthetic carries inherent risks, including potential damage to the prosthetic or increased risk of injury to my leg structure.

I hereby agree to wear an orthopedically recommended prosthetic while boxing and willingly waive any entitlement to insurance coverage under the USA Boxing insurance program. I also consent to hold harmless any and all ringside officials, including ringside doctors, representatives, employees, servants, and agents of USA Boxing, regarding any issues or injuries arising from my use of the prosthetic during participation in amateur boxing events.

**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



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## Requirement for Classification

### Required Videos:

- 1 minute, heavy bag with movement around bag
- 1 minute, punching mitt drills
- 2 rounds/ 2 minutes sparring
  
- **Agility Ladders:** Assess the speed and balance of the boxer in a side-to-side movement, forward and back movement, and diagonal movement three times through. Speed of movement in all different planes and directions is important to assess.
  
- **Clock Face Drill:** This drill the boxer is in the middle of a clock face and either planned or random numbers are called out and the athlete must step or bound in the direction of the numbers. Like, " 2, 4, 6, 8, 10, 12". Seeing how they step or bound, and recover is important for balance and core. Do this for 2 minutes.
  
- **Throw and Catch:** Throw and catch a medicine ball with a variety of tosses, throws and direction. This is important to assess the boxer's ability to rebound. Do this for 1 minute.
  
- **Rebound Drill:** This drill the boxer would have a force applied to them straight on, from the right side, and from the left side. This will assess how quickly the boxer rebounds after getting hit. Do this for 2 minutes.

Videos should be in **.mp4** or **.mov** format before emailing to membership at [membership@usaboxing.org](mailto:membership@usaboxing.org).



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## Request for Adaptive Boxing Bout

Requests for exemption must be received in the National Office at least 10 days prior to the event. (For non-advancing matched bouts only – being granted an exemption does not guarantee a bout) Please review the USA Boxing Rules and Policy for Adaptive Boxing prior to completing the Exemption form.

USA Boxing Member ID #: \_\_\_\_\_

LBC: \_\_\_\_\_

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

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

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

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

Cell: \_\_\_\_\_

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

Exemption Requested: \_\_\_\_\_

Event Name: \_\_\_\_\_

Competition Date(s): \_\_\_\_\_

Sanction #: \_\_\_\_\_

Opponent Name: \_\_\_\_\_

Opponent's USA Boxing ID #: \_\_\_\_\_

Email or fax completed form to:  
[membership@usaboxing.org](mailto:membership@usaboxing.org), 719-866-2132, Subject: Adaptive Boxing Exemption Request

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

Exemption request is  APPROVED  DENIED by the USA Boxing National Office.

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



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## **USA Boxing's Adaptive Boxing Rule Modifications (for Athletes with Lower Limb Deficiencies)**

**All USA Boxing rules will apply to all Adaptive Boxing members and events with the following modifications:**

**Note: Currently, the following rules apply only to Boxers with Lower Limb Deficiencies**

### **Certification**

The referee assigned to work the adaptive bout must have a current Adaptive Boxing Referee Certification for the bout to be held.

### **Documents**

The National Rulebook, Referee and Judges Manual, Chief of Officials Manual, Chief of Officials Manual Forms, and 10 Point must scoring criteria, can be found at [USABoxing.org](http://USABoxing.org).

### **Weigh ins**

Adaptive Boxers will be weighed-in without their prosthetic(s).

### **Protective Measures**

All hard objects on prosthetics must be covered with soft foam type covering. This encompasses metal, hard plastic or any comparable hard substance shall be covered.

### **Rest Period Between Rounds**

If after the rest period, the corner is not ready to box because of a malfunction with the prosthetic, the Boxer, and Coach will be allowed 2 minutes of time to fix the Prosthetic. Corrective measures must be taken, or the bout will be terminated, and boxer disqualified.

### **Compulsory Counts & Coaches Assist**

If a Boxer has fallen due to an equipment malfunction and an 8 count was given, the Referee must tell the Chief of Officials "Equipment Malfunction" and the 8 count will not count towards the compulsory count limit of 3 in a round and 4 in a bout. If the boxer needs assistance getting up one coach may enter the ring to assist.



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### **Warnings**

In the event of an Intentional Equipment Malfunction, Boxer will be issued a warning and replace equipment.

### **Win on Points-WP**

In the event an Adaptive Boxer's equipment becomes broken and cannot be repaired because of an unintentional foul or accidental contact with the other Boxer, the Judges must score the round. The round in which the bout is stopped will be scored, even if it is a partial round.

### **Win by Referee Stops Contest-Equipment RSC-E**

If in the event the prosthetic is broken, without competition, and the prosthetic(s) cannot be fixed 2 or in the event a Boxer is Knocked Down as a result of a Scoring Blow and the Boxer's Prosthetic(s) is damaged and cannot be repaired the decision will be RSC-E.



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