



APPENDIX H

Masters Rules and Regulations

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.

4. Weight Classification

a. Men: 108 lbs., 114 lbs., 123 lbs., 132 lbs., 141 lbs., 152 lbs., 165 lbs., 178 lbs., 201 lbs., 201+ lbs.

b. Women: 106 lbs., 112 lbs., 119 lbs., 125 lbs., 132 lbs., 141 lbs., 152 lbs., 165 lbs., 178 lbs., 178 +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

b. The age difference between competitors shall be no more than ten (10) years younger or ten (10) years older.

c. Master boxers may not compete against boxers younger than 35 years of age.

d. Weight Differential

| Men's | |
|---------------------|---------------------|
| Weight Class (lbs.) | Weight differential |
| 108 lbs | 8 lbs |
| 114 lbs | 8 lbs |
| 123 lbs | 8lbs |
| 132 lbs | 8 lbs |
| 141 lbs | 10 lbs |
| 152 lbs | 10 lbs |
| 165 lbs | 10 lbs |
| 178 lbs | 15 lbs |
| 201 lbs | 15 lbs |
| Over 201 lbs | No Limit |

| Women's | |
|---------------------|---------------------|
| Weight Class (lbs.) | Weight differential |
| 106 lbs | 8 lbs |
| 112 lbs | 8 lbs |
| 119 lbs | 8 lbs |
| 125 lbs | 8 lbs |
| 132 lbs | 10 lbs |
| 141 lbs | 10 lbs |
| 152 lbs | 10 lbs |
| 165 lbs | 15 lbs |
| 178 lbs | 15 lbs |
| Over 178 lbs | No limit |



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7. Equipment

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.

8. Medical Exam

a. Boxers must 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.

a. Masters boxers are permitted to wear facial hair no longer than 2”.



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