

**Chapter 3**  
**COMPETITION**





## PRIOR TO THE COMPETITION

*(Adapted from AIBA and USA Boxing Competition and/or Technical Rules)*

When the boxer is ready to enter a competition:

- Register the boxer with [USA Boxing](#)
- The boxer's training program should be adjusted to the competition schedule
- The coach must check the body weight of boxer
- It is suggested that the coach be in communication with the host club/match maker with boxer's information; age/category, gender, weight, experience

Also, the coach should make sure that the boxer has all the necessary competition equipment that may include:

- Registration and/or USA Boxing passbook
- Uniform (Vests and Trunks)
- Boxing Boots and Socks
- Cup protector (Men) and Breast protector (Women)
- Mouthpiece
- Clean Towels, Clear Personal Water Bottle
- Tracksuit and Equipment Bag
- Hand-wraps (Tape)
- Headgear

### Registration and Documents

A boxer entering a competition must have in their possession valid documents in order to compete in a USA Boxing sanctioned event. According to the USA Boxing Technical and Competition Rules, the boxer must possess the following documents, in order to participate in any of USA Boxing Approved Events:

- Valid registration and valid up-to-date Boxer's USA Boxing approved Competition Record Book, and registration with the LBC in which they reside
- Competition record book As of July 1, 2014 all boxers must have an initial annual medical exam by a qualified/licensed Medical Doctor (MD) or Doctor of Osteopathy (DO), and recorded in the boxer's Competition Record Book, signed by the examining doctor (see *Appendix of USA Boxing Technical Rules* for medical exam form)
- *Applicable waivers and releases, Release to Compete with Braces* Form, if applicable

### Competition Uniform and Protector

- Boxers must box in light boots or shoes (without spikes or heels), socks (not to be worn higher than knee length).
- 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 of any shorts must be clearly indicated by a contrasting color and by using a 2-1/4"– 4" wide elastic waistband (the belt line is an imaginary line from the navel to the top of the hips).
- Boxers will not be allowed to have any binding material, such as tape, on their uniform.

#### ***Protector***

- For all Men's competitions, a groin protector must be worn by the Boxers during all Bouts and a jock-strap may additionally be worn. The groin protector must not cover any part of the target area. Women boxers have the option of wearing a groin protector and/or breast protector.

## Competition Uniform and Protector (Cont'd)

### ***Mouthpiece***

- Must be worn by Boxers during all Bouts.
- No red or partially red colored mouth pieces may be worn.

### **Medical Examination**

- At the time scheduled for the Weigh-In, Boxers must be considered as fit to compete, as outlined in the USA Boxing Medical Handbook.
- At the Medical Examination and Weigh-In, an up-to-date Boxer's USA Boxing Competition Record Book with correct information must be presented by the Boxer. If a Boxer's Competition Record Book is not presented by the Boxer at the Medical Examination and Weigh-In, this Boxer will not be allowed to compete.
- Before the Medical Examination:
  - Every Woman Boxer aged 18 (eighteen) or older must sign a declaration provided by the Medical Jury certifying that she is not pregnant at that time.
  - Every Girl Boxer aged under 18 (eighteen) at the start of the relevant competition must provide a declaration signed by:
    - Herself
    - and by one of her parents/legal caretaker certifying that she is not pregnant at that time.
- Girls and Women Boxers who fail to sign/ provide a declaration of non-pregnancy will not be allowed to participate in the competition.

### **Weigh-In**

- Boxers must be clean-shaved before all Medical Examinations. Beards and moustaches will not be allowed. No type of body piercing and no body accessories will be permitted to be worn during a Bout.
- Scale - The weight is the one shown on the scale, the body being naked except for a swimming suit or underwear. When necessary, the Boxer may take off the underwear.
- The Weigh-In must be conducted by Officials of the same gender.
- No Weigh-in shall last more than two (2) hours

## **DURING THE COMPETITION**

### **Before The Bout**

On the day of the bout, the coach must ensure that boxers attend the Medical Examination and Daily Weigh-In. The coach should also make sure that boxer has all the personal equipment, including both red and blue vest and trunks, in case of changes of corners prior to the bout.

It is beneficial for the boxer to arrive at the competition venue at least an hour before he/she is due to box. Upon the arrival at the competition venue, the coach must ensure the day's competition schedule is the same as his/her bout schedule. In some cases, the order of the competition can be changed without notice.

After confirming the day's competition schedule, the coach shall pick up the headgear, boxing gloves, and bandages from the equipment check table, if it is available by organizing committee. Equipment pick up should be done at least 20-30 minutes prior to the bout.

### **Headgear**

- At all USA Boxing Approved Events, boxers must wear a headgear, with the optional exception of the Elite Males categories. The headgear should be of the same color as their corner.

### **Boxing Gloves**

- At all boxing events, boxers must wear boxing gloves that are manufactured by USA Boxing approved licensees. Boxing gloves should be of the same color as their corner. Boxers are not allowed to wear his/her own gloves.

### **Bandages/Hand Wraps** *(from USA Boxing Competition Rules)*

- All USA Boxing Bouts must be contested using bandages (gauze). If the event organizer provides bandages, then those are the only bandages acceptable for said competition.
- Specifications
  - In all categories, the gauze bandage for each hand shall be a maximum of 49 feet length and 2 inches width of Gauze (to wrap the hand)
  - with a maximum 16 feet length and 1 inch of surgical tape
  - And no more than 0.25 inches wide, may be applied between the fingers.
  - Gauze padding may be used to cover the knuckles at a maximum of 16 feet length of 4 inches width of Gauze
  - The use of any substance on the bandages is prohibited.
- Bandages shall be applied in the presence of, and signed off directly on the bandage by an authorized Equipment Inspector(s).

### **Prohibited Objects**

- Any objects other than the uniform, headgear, boxing gloves, boots, hand-wraps and mouthpiece are not allowed during the bout. Prohibited objects also include any body piercing and body accessories, and cannot be worn during the bout.

### **Warm-Up**

- Until the boxer reaches the elite level, the coach should stay with the boxer and help the boxer to get warmed up properly, prior

to the bout. The coach must ensure the on-going progress of the competition, and conduct warm-up activities accordingly. Some of the warm-up activities before the bout may include:

- Stretching
- Gymnastic Exercises
- Shadow Boxing
- Trainer Pads

## **During the Bout**

As mentioned in Chapter 1, when the coach enters into the Field of Play (FOP) with the boxer, he/she will be referred as the Second. As the Second, he/she should sit by the assigned corner of the ring, monitor the boxer's performance, and assist the boxer between the rounds.

The Second should monitor progress of the bout. Seconds are allowed to possess the towel and if he/she believes that the boxer is unfit to box, unable to continue, or getting punished by the opponent boxer, he/she shall retire the boxer by throwing a towel into the ring. However, the Second shall not retire the boxer while the referee is conducting a count.

When the bell rings that indicates the end of the round, the Second is allowed to come up to the platform and one of the three Seconds can enter the ring to assist the boxer, one can mount the apron, and one must remain on the floor. Assisting the boxer between the rounds may include:

- Have the boxer to sit or stand in the corner to take deep breaths
- Check the boxer's condition and ensure he/she is fit to box in the next round
- Advise with tactics in short, clear, and understandable manner
- Provide encouragement
- Provide a good recovery, such as supply water, place ice pack on the back of the neck and generate a breeze with the towel to lower the body temperature.

Before the start of the next round, the Seconds must step away and shall not remain on the platform. Also, before the round begins, everything (buckets, sponges, towels, and etc.) on the platform must be removed.

## **Walk-Over**

In any case of walk-over, a boxer has to be in the ring fully attired for boxing.

## **After The Bout**

At the end of the final round, the coach shall take off the gloves, headgear, and mouthpiece of the boxer. Appreciate and recognize the boxer for his/her effort.

## **Hand Shake**

After the bout's decision has been indicated by the referee, the boxers may walk to opponent's corner and the Second shall shake hands with the opponent boxers as a sign of sportsmanship and friendly rivalry in accordance with the Rules of boxing.

**Exiting the FOP**

Before leaving the FOP, the boxer shall be examined by the doctor and pick up the record book. Despite the result of the bout, the Coach should wait for several hours or until the next day to evaluate and discuss the performance with the boxer. The coach should focus more on the boxer's health and appearance at this point than the performance and the result.

## AFTER THE COMPETITION

As a coach, he/she needs to create a positive atmosphere around the gym and in training sessions. Also, a coach needs to focus on boxer's emotions more than his/her own. If the boxer is disappointed with the competition result, stay with the boxer and make sure that the boxer is keeping his/her emotions controlled and does not harm or create a negative atmosphere around the gym and during the training sessions. Try to encourage the boxer and prepare for the evaluation of his/her competition performance.

Analysis of bouts should be done without considering the boxer's emotion, when the boxer's emotion is considered, the coach may not be able to point out certain things that boxer has done wrong. When analyzing the bouts with boxers, pay special attention to:

- What were the techniques and skills that were used the most?
- What were the tactics used and how did boxer implement them?
- What were the defensive skills used during opponent's attacks?
- What was the reason for the result of the bout?

## RULES AND REGULATIONS

Rules and Regulations change so the best source of information is the USA Boxing website ([www.usaboxing.org](http://www.usaboxing.org)). Coaches should be familiar with both the Technical and Competition rules which are available on the USA Boxing website. A two-page "rules at a glance" is also available online.

## SUGGESTED READINGS FOR COMPETITION

- ✓ *Thinking Body, Dancing Mind, Taosports for Extraordinary Performance in Athletics, Business, and Life*, Chungliang Al Huang and Jerry Lynch
- ✓ *Ringside and Training Principles*, Nevada State Athletic Commission, 2001