Weight Control at Club Shows

Weigh-In Checklist

1. Meet with Sanction Holder and Chief of Officials to decide location and officials responsible for weight control process.
   - The official scale must be available as a trial scale, prior to the official weigh-in.
   - Weigh-in area must be private. (Separate weigh area for women and men Boxers.)
   - Scale(s) must be digital. Use a pen to record weights to the ounce (e.g., 151.2).
   - Decide protocol for recording weights, and collecting passbooks.
   - Review Bout Sheet or make a list of names of all participating Boxers.
   - Announce location and time of weigh-in to Boxers and Coaches.

2. Greet each boxer, introduce yourself, and confirm spelling of their name and city/gym.
   - Boxers with facial hair must shave prior to weigh-in. (Master’s boxers allowed minimal facial hair.)

3. Boxers may step on the scale one time.
   - Boxers are weighed by an official of the same sex.
   - Boxers weigh in underwear or swimsuit (or nude).
   - Record actual weights.

4. Review general rules with Boxers, as needed:
   - No body piercings or accessories allowed in the ring.
   - Boxers with long hair must use a hair cap or net underneath headgear.
   - Sleeveless uniform shirt. Shorts must have waistband of different color than shirt
   - No binding material (tape, string) allowed on the shirt or shorts.

5. Inform Boxers of the next step in Event Flow:
   - Location of Pre-Bout Physical.
   - Health forms and Releases must be presented to the Medical Doctor.
   - Location of Equipment Control (Glove Table).
   - Start time of Bouts.

An orderly weigh-in is more efficient for everyone, and reassuring to Boxers who may be nervous.

Digital scales are mandatory.