APPENDIX H – MASTERS BOXING

1. All USA Boxing Technical and Competition 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. Facial hair shall be allowed on master boxers; mustaches and neatly trimmed beards of less than two (2) inches in length.

4. 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.

5. Weight Classification

6. 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

7. Matched Bouts

a. Age Differential
   
i. The age difference between competitors shall be no more than ten (10) years younger or ten (10) years older.

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

b. Weight Differential
   
i. Men

Weight Class (lbs.)
Weight differential
108 lbs
8 lbs
8 lbs
114 lbs
8 lbs
123 lbs
8 lbs
132 lbs
8 lbs
141 lbs
<table>
<thead>
<tr>
<th>Weight Class (lbs.)</th>
<th>Weight differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 lbs</td>
<td>152 lbs</td>
</tr>
<tr>
<td>10 lbs</td>
<td>165 lbs</td>
</tr>
<tr>
<td>10 lbs</td>
<td>178 lbs</td>
</tr>
<tr>
<td>15 lbs</td>
<td>201 lbs</td>
</tr>
<tr>
<td>15 lbs</td>
<td>Over 201+ lbs</td>
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<tr>
<td></td>
<td>No limit.</td>
</tr>
<tr>
<td>ii. Women</td>
<td></td>
</tr>
<tr>
<td>Weight Class (lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>106 lbs</td>
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<tr>
<td></td>
<td>8 lbs</td>
</tr>
<tr>
<td></td>
<td>112 lbs</td>
</tr>
<tr>
<td></td>
<td>8 lbs</td>
</tr>
<tr>
<td></td>
<td>119 lbs</td>
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<td>8 lbs</td>
</tr>
</tbody>
</table>
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.

8. Equipment
a. 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.

9. 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 every five (5) years.

b. The passbook of the master boxer must contain a copy of the medical exam results. The Master Boxer Medical Exam Form can be found on USA Boxing’s website. A copy of this exam 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.