

This cheat sheet is intended for **coaches** and **athletes**.

Boxing passports and weigh-ins

- Ensure that the boxers boxing passport is up to date
 - Has a photo
 - Up to date Boxing Canada registration number (Renew every fall)
 - Up to date medical (Must be completed within a year prior to competition)

Age Classification

- Elite Male/Female: 19 - 40
- Youth Male/Female: 17-18
- Junior C Male/Female: 15-16
- Junior B Male/Female: 13-14
- Junior A Male/Female: 11-12

Categories

- Novice - A boxer who has competed in 10 bouts or less. Exhibitions count in the number of bouts.
 - A novice can be upgraded to open by discretion of the Provincial Branch Executive if they have competed in at least five (5) bouts with two (2) wins and no more than two (2) completed exhibition bouts.
- Open - A boxer who has competed in more than 10 bouts, or has been upgraded.

Judging

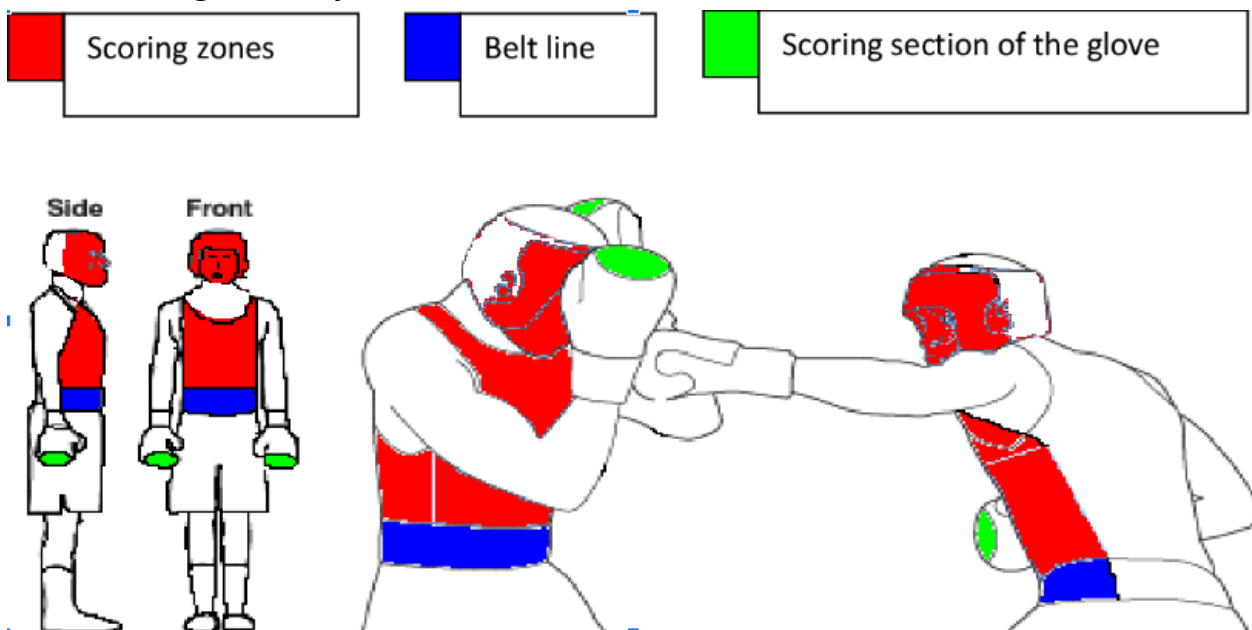
- Judges must choose a winner for a Round. There are no draws
- Boxing is scored on a 10 point must system
- The winner is awarded 10 points based on the scoring criteria
- The other boxer is scored either 9, 8 or 7
 - 10 - 9: Close round
 - 10 - 8: Clear winner
 - 10 - 7: Total domination
- Eight counts do not count for extra points or loss of round

Scoring criteria

- Quantity and Quality of punches in the target area
- Domination of the bout ((see below for Technical and tactical examples)
- Competitiveness

Quantity and Quality of punches

- Quantity and Quality of punches in the target area
 - Punch connects with the knuckled surface of the glove
 - Puch has weight of body or shoulder
 - Puch connects in the target area (Scoring zone)
 - Punch does not infringe on the rules
 - The judge must see it
- Hart punches are worth more than light jabs
- Body punches meet both the technique and quality criteria and should be considered higher over jabs



Domination of the bout

- A Boxer who is the “Effective Aggressor”
- A Boxer who is constantly attacking by going forward is not necessarily the “Effective Aggressor”
- A Boxer who controls the bout with a combination of attack and defense
- A boxer who forces the action an sets the tempo of the bout

Competitiveness

- Boxer who is consistently trying to win through the entire bout
- Boxer who continuously shows strong desire to compete and win
- Boxer who continuously shows initiative to win
- Boxer with inferior condition who tries to overcome and win the Bout

Technical and tactical examples

- A Boxer who causes his opponent to miss and makes him vulnerable to his punches
- A Boxer throwing effective counter jabs and stands his opponent off
- A Boxer who sets the positions in the ring and the pace of the action (for example - lateral movement)
- Neutralizes style or type of boxer: slugger vs boxer, southpaw vs orthodox, cuts off the ring, works opponent into a corner etc...
- Successfully avoids the clean hit of an opponent by blocking, slipping, weaving, parrying, and good footwork
- Remember that running and holding is a tactic of self-defense, but not boxing defense
- Holding is a deterrent to impede the tactics of a good boxer and an infringement of the rules
- Pushing the opponent is another Tactic but is also a foul
- Body Punch: is a Tactic and requires Technique to throw

Types of fouls

Common Minor fouls

- Low head but not dangerous
- Brief holding, not causing advantage
- Brief pushing, not causing advantage
- Not stepping back on the command "Break"
- Stepping on the opponent's toe
- Talking/Taunting

Common Major fouls

- Low blow
- Holding
- Hitting behind head
- Hitting behind back
- Pushing
- Slapping
- Holding and hitting
- Low Head
- Passive Defence
- Gum shield falls out or knocked out

For major fouls, the Referee should command “stop” and issue at least a “strong caution”, may also issue a “warning”

Common flagrant fouls

- Head butt
- Lacing
- Slamming opponent to the canvas
- Strike opponent without taking a full step back on the command “Break”
- Hitting while opponent is down
- Hitting behind the head or back (intentional)
- Hitting with the elbow or shoulder
- Spitting out gum shield
- Biting
- Hitting after the bell

For flagrant fouls, the Referee should command “stop” and give a “strong caution” or “warning” and if there is no other option, then disqualify the Boxer. A second occurrence of a flagrant foul should be an automatic warning.

Low head

- It is very dangerous to get hit in the back of the head or neck
- Risk of a clash of heads with your opponent creating a risk of injury between you and your opponent
- Continuously coming in with a low head is cheating

Slapping

A slap is when you are hitting with the palm of the glove, not the knuckles. This is dangerous because:

- There is no padding on that part of the glove. The boxer risks injury to their wrist
- The boxer risks serious injury to their opponent

There are no points awarded for slapping. See the scoring criteria

Boxers attire

- Light boots or shoes without spikes, heels
- Socks
- Shorts that do not exceed the knee
- Red or blue vest that matches their corner
- The belt line or waistband must be visible
- Have a gum shield. Cannot be red or partially red colored
- Male boxers must wear genital protector
- Soft knee brace is acceptable, cannot be hard plastic or metallic
- No body piercing or body accessories shall be worn during the bout
- Head gear must have the IBA/AIBA sticker or seal
- Hair must be kept inside the head gear

Any exceptions must be approved by the supervisor prior to the bout

Coaches attire

- Full tracksuit or;
- Tracksuit pants with full or half sleeve sports shirt (polo, golf ect) or t-shirt. No tears or stains (no muscle shorts) or;
- Dress pants with no tears or stains and one of the shirts listed above.
- Only religious headwear is allowed
- Sneaker, boxing shoes or flat-sole shoes allowed (no sandals)
- Clear lens or contact lenses (no sunglasses)

Glove size

- Male Youth / Elite - under 63.5 kg:- 10oz
- Male Youth / Elite - above 63.5 kg (67 kg class):- 12oz
- All Masters:- 16oz
- All exhibition and sparring demos:- 16oz
- All other:- 10oz

Round Time

Open

- Elite and youth: 3 x 3 minute rounds
- Junior C Male/Female: 3 x 2 minute rounds
- Junior B Male/Female: 3 x 1.5 minute rounds
- Junior A Male/Female: 3 x 1 minute rounds

Novice

- Elite Male/Female: 3 x 2 minute rounds
- Youth Male/Female: 3 x 2 minute rounds
- Junior C Male/Female: 3 x 2 minute rounds
- Junior B Male/Female: 3 x 1.5 minute rounds
- Junior A Male/Female: 3 x 1 minute rounds

Masters

- 41 to 45: 3 x 2 minute rounds
- 46 to 55: 3 x 1.5 minute rounds
- 55 + : 3 x 1 minute rounds

Entering the ring

- Make sure your uniform matches the criteria for the boxer's attire.
- The referee must be present in the ring and will invite you to enter
- Depending on the competition, put your head gear on inside the ring. Check with your coach
- Gloves are provided by the officials

Pre-bout instructions

- The referee will face you and ask to see:
 - Your mouth guard
 - Check your gloves
 - If you have your cup
 - Inspect your head gear

The referee will invite you to the center of the ring and give you the following instructions

- Low head – point to the head and say “head up”
- Holding – indicate the holding signal and say “no holding” (see the fouls section)
- Beltline – point to the beltline to indicate legal blows “no low blows” (see the fouls section)
- Command – point to the ear and say “stop”, “break” and “time”
- And – to “defend yourself at all times”
- You can touch gloves, DO NOT touch gloves again
- The Referee will direct you to your corner and start the match

Stop, break and Time

- Stop: A command for both boxers to stop the action.
 - Used if a strong caution or warning is needed
 - Used if a boxers gloves touches the canvas
 - Used if a boxers attire needs fixing
- Break: Used when there is prolonged holding.
 - Boxers Must take one full step back before boxing
 - Break does not have to be preceded by “box”
- Time: Used to pause the round.

Cautions and warnings

Caution

- A caution is an advice or an admonishment for less serious infringements.
- The number of cautions given before a warning is at the discretion of the Referee.
- For persistent major fouls, the Referee will command “stop” and issue a caution.

Warning

- A warning is given when a Boxer breaks the rules but does not warrant disqualification.
- A warning will take away a point.
- A Boxer may be disqualified with or without previous warnings.

8-counts

When are they called?

- After a knockdown
- A boxer is considered down when:
 - A boxer touches the floor with any part of their body other than their feet after a blow or a series of blows
 - A boxer hangs helplessly on the ropes after a blow or a series of blows
 - A boxer is outside or partially outside the ropes after a blow or a series of blows
 - A boxer has not fallen down but is in a semi-conscious state and the referee does not see them fit to continue
- A boxers head has snapped back
- A boxer is not defending themselves

What to do during an 8 count

- The command “Stop” is given
- The Referee faces the boxer that needs to be counted
- The other boxer must go to the NEUTRAL corner indicated by the referee
 - The referee can pause the count until the boxer is in the neutral corner
- At the end of the 8 count the referee decides if the boxer is fit or unfit to continue.

8-count limits

- Open Youth and Elite: 3 in a round, 4 in a bout
- Open Junior: 2 in a round, 3 in a bout
- Novice: 2 in a round, 3 in a bout
- Exhibition: 1 in a bout
- Fun bouts: 1 in a bout

An 8-count due to a foul does not count towards the 8-count limit. After the 8-count the referee must signal to the offending boxer to make it clear that a foul was committed.

A boxer that takes an 8-count does not lose a point. The round is still scored according to the scoring criteria.

Post bout

- Return to your corner
- Coach will remove your headgear and gloves
- You are encouraged to shake hands with the opposing corner
- The referee will invite you to the middle of the ring and will check your hand wraps
- Referee will raise the arm of the winner once announced
- Return to your corner or exist to see the doctor as instructed by the referee