



BSL Generic Medical Guidance as per the AIBA Technical & Competition Rules

1 Medical Certification

- 1.1 A Boxer will not be allowed to compete in any AIBA competition unless such Boxer possesses a valid up-to-date **Boxer's AIBA Competition Record Book** in which such Boxer must be certified as fit to box by a qualified Doctor as approved by the presiding Ringside Doctor.
- 1.2 In order for a Medical Examination to be valid, the examination must have been completed (i) by a qualified Doctor, (ii) no later than the period defined for submission of medical certificate, (iii) the record of the examination must contain clear and legible results for all test areas as well as (iv) must be uploaded to any online or offline registration for competitions.
- 1.3 The Boxer must be considered as fit to compete upon examination by a Ringside Doctor before being weighed-In. In order to ensure smooth running of the Weigh-In, the Supervisor may decide to begin the Medical Examination earlier. The Supervisor **will inform all Boxers' representatives of this change.**
- 1.4 Boxers with allowed disabilities - Please refer to current AIBA Medical Handbook for allowed disabilities.
- 1.5 Prohibited Conditions - Boxers with the following prohibited conditions will not be allowed to enter any AIBA Competition:
 - Boxers wearing a dressing on a cut;
 - Wound abrasion;
 - laceration or blood swelling on the scalp or face including the nose and ears.
- 1.6 For the case of a Boxer with abrasion or laceration, no dressing other than Vaseline, Collodion, Thrombin Solution, Micro Fibrillar Collagen, Gelfoam, Surgical and Adrenaline 1/1000 or Steri-Strip may be used. The decision will be made by the Ringside Doctor examining the Boxer on the day the Boxer is competing.
- 1.7 Boxers must be clean-shaved before all Medical Examinations and each Bout.
- 1.8 Whilst there is nothing specifically in the AIBA rules regarding orthodontist braces, it is the preferred option that boxers have a letter from the orthodontist confirming that they are allowed to box. Ideally a discussion should be held with whoever fitted the brace to see if boxing is possible, but this is not a mandatory requirement. If the orthodontist will not provide a letter then a waiver form should be signed in its place and is sufficient to allow the boxer to compete.

This will cover all involved when a boxer who is wearing a brace without an orthodontist letter wishes to compete.

With immediate effect, so long as a boxer has either an orthodontist letter or a signed waiver form, the Supervisor cannot stop the boxer from boxing. **However please note the doctor has the final say if the boxer is deemed fit to box.**
- 1.9 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.
- 1.10 No Boxer with an implanted device which uses electricity or any substance which may alter bodily function will be permitted to box.
- 1.11 Any boxer is only allowed to wear soft contact lenses. All other contact lenses are prohibited.

If the concerned Boxer loses contact lenses, the following rules apply:

- The Boxer accepts to continue to box and the Bout continues;
- The Boxer does not accept to continue to box without contact lenses, the Referee terminates the Bout and the opponent is declared the winner by ABD.

1.12 Please refer to current AIBA Medical Handbook for other prohibited conditions.

2 Medical Certification following Probation Periods

2.1 Before resuming boxing after any period of rest, a Boxer must be certified as fit to box by a Doctor to be able to take part in competitive boxing.

2.2 Knockout (KO) and Referee Stops Contest (RSC)

2.2.1 When the result of the Bout is Knockout or Referee Stops Contest, the Ringside Doctor must fill out and sign a Medical Bout Report which will be updated in the boxers SME2 registration book.

2.2.2 The Medical Bout Report must recommend how many rest days should be prescribed or the protective sanitary measures and be delivered to the Supervisor by the Ringside Doctor.

2.3 Protective Sanitary Measures

2.3.1 One Knockout - A Boxer who has been knocked out as a result of head blows during a contest or wherein the Referee has stopped the contest due to the Boxer having received hard blows to the head, making this Boxer defenceless or incapable of continuing, will not be permitted to take part in competitive boxing or sparring for a period of at least thirty (30) days after the Boxer has been knocked out.

2.3.2 Two Knockouts - A Boxer who has been knocked out as a result of head blows during a contest or wherein the Referee has stopped the contest due to a Boxer having received hard blows to the head, making this Boxer defenceless or incapable of continuing twice in a period of ninety (90) days, will not be permitted to take part in competitive boxing or sparring during a period of ninety (90) days from the second Knockout.

2.3.3 Three Knockouts - A Boxer who has been knocked out as a result of head blows during a contest or wherein the Referee has stopped the contest due to the Boxer having received hard blows to the head, making this Boxer defenceless or incapable of continuing three times in a period of twelve (12) months, will not be permitted to take part in competitive boxing or sparring for one (1) year from the third Knockout.

2.3.4 If a Boxer has been knocked out or received a severe head blow which results in a Bout being terminated, the Ringside Doctor will classify the seriousness of the concussion and prescribe the medical restriction period as follows:

- In the case of no Loss of Consciousness (LOC), a minimum restriction of thirty (30) days;
- In the case of LOC for less than one (1) minute, a minimum restriction of ninety (90) days;
- In the case of LOC more than one (1) minute, a minimum restriction of one hundred and eighty (180) days;
- Any Boxer who suffers a second LOC within three (3) months of resuming boxing after a first LOC will have the highest medical restriction doubled;
- Any Boxer who suffers three (3) LOCs within twelve (12) months will be suspended for a minimum of eighteen (18) months from the date of the third LOC;
- Any Boxer who has a medical restriction must not train or spar during the restricted period.

- All protective measures must also apply if a Knockout and/or concussion occur during training or anywhere else. The Coach will be responsible to report to the National Federation.
- If one Boxer is knocked out as a result of a head blow after "break" or "stop" and is counted up to "ten" (10), the win by disqualification will not permit this Boxer to continue boxing in the competition.
- Boxers returning from protective sanitary measures must receive written clearance from their national medical commission and inform the AIBA Headquarters before returning to box.
- If the National Federation does not have any national medical commission, a neurologist or sports medicine specialist must provide the clearance.
- In the case of body blows, the rest period or the protective sanitary measures will be at the discretion of the Ringside Doctor, following the Post-Bout Medical Examination.

3 Medical Examination .

- 3.1 At the time fixed for the Weigh-In, Boxers must be considered as fit to compete and examined by a Doctor before being weighed-in. With a view to ensure a smooth running of the Weigh-In, the Supervisor may decide to begin the Medical Examination at an earlier time.
- 3.2 At the Medical Examination and Weigh-In, an up-to-date Boxer's SME2 Registration Book along with an annual Medical Certificate, signed and stamped by a Doctor, with correct information must be presented by the Boxer. If a Boxer's SME2 Registration book is not presented by the Boxer at the Medical Examination and Weigh-In, this Boxer must not be allowed to compete.
- 3.3 A Gender Test may be done for AOB Competitions.
- 3.4 At the document check point before the Medical Examination:
- 3.4.1 Every Woman Boxer aged 18 (eighteen) or older must sign a Declaration of Non-Pregnancy certifying that she is not pregnant at that time.
- 3.4.2 Every Girl Boxer aged under 18 (eighteen) at the start of the relevant competition must provide a Declaration of Non-Pregnancy signed by herself and at least one of her parents/legal guardians certifying that she is not pregnant at that time.
- 3.4.3 It will be the responsibility of each member club representatives to ensure that Girls Boxers under 18 (eighteen) bring such declaration to the relevant competition.
- 3.4.4 Girls and Women Boxers who fail to sign/provide a Declaration of Non-Pregnancy will not be allowed to participate in the relevant competition.

4 Anti-doping regulations

- 4.1. All issues related to anti-doping are to be found in the AIBA Anti-Doping Rules & WADA guidance documents.
- 4.2 Random Anti-doping tests can be carried out in BSL National Tournament.
- 5 Ringside Doctors
- 5.1 The Ringside Doctors have the authority and responsibilities given to them under the Medical Handbook.
- 5.2 The entire management system for AIBA Ringside Doctors is described in the AIBA Ringside Doctors Management Guidelines.

- 5.3 Ringside Doctors must be in attendance throughout the competition and may not leave before the end of the last Bout and until they have seen the two Boxers who participated in such Bout. Ringside Doctors may wear surgical gloves during the Bout.
- 5.4 In the case of one ring, in all AOB Competitions including the World Championships and the Olympic Games, a minimum of three (3) AIBA Ringside Doctors will be appointed. However, there must not be more than two (2) Ringside Doctors at one ringside.
- 5.5 In the case of two rings, in all AOB Competitions including the World Championships, a minimum of five (5) Ringside Doctors will be appointed. However, there must not be more than two (2) Ringside Doctors at one ringside.
- 5.6 For any AOB Competition, one (1) anti-doping specialist must be present to control the anti-doping process under the supervision of Ringside Doctors.
- 5.7 Ringside Doctors are designated for all Medical Examinations to ensure that:
- The Boxers have enough space;
 - There is a direct access to the Weigh-In room;
 - There exists some heating (if necessary), sufficient light and adequate ventilation;
 - There is a sufficient number of chairs and tables.
- 5.8 Ringside Doctors may express their opinion on injuries that Boxers have sustained and this opinion must be given when invited to do so by the Referee. This opinion will be considered as final.
- 5.9 Ringside Doctors must carry out the Medical Examination for Referees & Judges;
- 5.10 Ringside Doctors must also:
- Check for the presence of oxygen and stretcher, other recovery equipment, evacuation equipment, route of evacuation;
 - Check that an ambulance is available for the competition and a hospital designated to take care of stricken Boxers.
- 5.11 At least one Ringside Doctor must be at ringside for the entire duration of the Bout;
- 5.12 Ringside Doctors will direct the Referee in evaluating injuries;
- 5.13 Ringside Doctors must inform the Supervisor to stop the Bout in the case any Boxer appears unable to continue.
- 5.14 Procedure after KO or RSC
- 5.14.1 Unconscious Boxer
- If a Boxer is rendered unconscious, then only the Referee and the Ringside Doctor can remain in the ring, unless the Ringside Doctor needs additional help. In case a Boxer is unconscious for more than one (1) minute, this Boxer must be transported to the nearest hospital (if possible to the neurosurgery department) for further evaluation. Any Boxer with a concussion may be referred to the hospital by the Ringside Doctor.
- 5.14.2 Medical Attention
- In the case of a Knockout without unconsciousness or in the case of Referee Stops Contest, the Boxer must be examined by a Doctor immediately afterwards in the locker room to determine the nature of the injury and the need of a further medical observation and/or hospitalization.
- 5.15 Ringside Doctors may recommend treatment for injured Boxers.
- 5.16 Ringside Doctors may suspend and restrict injured Boxers as they feel appropriate.

5.17 Ringside Doctors must fill out the Medical Bout Report in the case a restriction period and/or protective sanitary measures have been ordered for the Boxer.