



Boxing Scotland Limited

Club & Domestic Boxing Guidelines

The objective of this document is to provide guidance for Supervisors, Scottish Boxing Officials, Club Coaches and Boxers when involved/boxing at club level.

Rest Period for Boxers

The health, safety and welfare must always be our primary concern at all times. There should be a minimum 12-hour rest period between bouts for all registered BSL boxers.

Exhibition/Skills Bouts

Exhibition/Skills bouts are defined by BSL as a means of allowing BSL registered boxers to gain experience in a controlled environment in which contact is permitted. Exhibition/Skills bouts will be very strictly controlled by the referee under the close scrutiny and guidance of supervisor.

All bouts involving Junior, Youth and Elite boxers must adhere to the age classifications, weight categories and bout durations as identified in the AIBA AOB Technical & Competition rules and this guidance document, without fail.

During an Exhibition/Skills bout, competitive heavy blows are not permitted. Coaches, the Referee and Supervisor have a responsibility to discourage blows of this nature and must ensure this aspect is strictly adhered to. The health, safety and welfare of all boxers during Skills/Exhibition bouts must be everyone's primary concern and the Referee and/or the Supervisor will terminate any bouts they deem to be too competitive or in which heavy blows are used.

Coaches will not be permitted to 'coach' from the corners during an Exhibition/Skills bout.

There is no requirement for Judges to officiate during Exhibition/Skills bouts, as these contests are staged solely for the development of boxers and no opinion should be given.

No boxer who has boxed internationally can compete in an Exhibition/Skills bout with gaining prior permission from Boxing Scotland.

Skills/Exhibition bouts do not count towards a boxer's competitive record but every Skills/Exhibition bout upon completion must be recorded on the boxer's SME2 Registration book.

All Skills/Exhibition bouts involving Junior, Youth and Elite boxers must adhere to the age classifications, weight categories and bout durations as identified in the AIBA AOB Technical & Competition rules, without fail.

The host club Child Protection Officer (CWPO) must be present at all Exhibition/Skills bouts involving boxers under the age of 18 years.

No Exhibition/Skills bouts will be permitted at BSL District or National Championship events.

Boxer Age Classifications

Male and Female Boxers between the ages of 19 to 40 are categorised as Elite Boxers (born 2001 – 1980)

Boys and Girls Boxers between the ages of 17 to 18 are categorised as Youth Boxers (born 2002- 2003)

Boys and Girls Boxers between the ages of 15 to 16 are categorised as Junior Boxers (born 2004- 2005)

Boys and Girls Boxers between the ages of 11 and 14 are categorised as School Boxers (born 2006 – 2009)

Age Classifications will increment by one for the start of each new calendar year.

With the above in mind, the following **must be strictly adhered to at all times** at all levels (National & District Championships and Club shows):

- Only boxers in the Elite age group (1980 – 2001) can box each other at any level.
 - Only boxers in the Youth age group (2002 – 2003) can box each other at any level.
 - Only boxers in the Junior age group (2004 – 2005) can box each other at any level.
 - Only boxers in the School age group can box each other at any level within these parameters:
- Only 2006 & 2007 can box each other at any level.
 - Only 2007 & 2008 can box each other at any level.
 - Only 2008 & 2009 can box each other at any level.

Once any male boxer classified as 'Elite' as per the AIBA rules definition enters and competes in the Scottish Elite Championships and participates at any stage of this competition, they can only box 3x3 minutes from that point onwards.

Only registered Boxers with a maximum of six (6) competitive bouts experiences and no more than three (3) recorded Skills/Exhibition bouts can enter the BSL Novice Championships.

Only registered Boxers with maximum of fourteen (14) competitive bouts experiences and no more than six (6) recorded Skills/Exhibition bouts can enter the BSL Novice Championships.

Eligibility to compete in National Championships

- Competitors must be Scottish by birth or by family (parents/grandparents), or have resided in Scotland for at least 24 months prior to the date of the Championships, and must be members of BSL affiliated clubs;
- Only boxers as defined by BSL and AIBA will be eligible to compete;
- No boxer can compete in more than one weight category of the same championship in any one season (September – June each year).

Club shows/tournaments

National federations, for domestic competitions may alter the AIBA AOB Competition Rules to reflect national laws or conditions, as long as the alteration does not diminish the rules especially regarding Medical and Safety requirements i.e. 3 x 2 or 3 x 3-minute rounds for Elite male and female boxers.

Male Elite and Youth boxers over 64kg MUST wear 12oz gloves on all club tournaments.

All male Elite Boxers will box without head guards.

All other age classification Male & Female boxers must wear head guards and use 10oz gloves.

It is not mandatory for Female boxers, of any category, to wear either a breast protector or groin protector.

DURATION OF ROUNDS

- Club Cub Skills Bouts 3 x 1 minute with 1-minute interval between rounds.
- School boy/girl (11 – 12-year olds) Bouts 3 x 1 minutes with 1-minute interval between rounds.
- School boy/girl (13 – 14-year olds) Bouts 3 x 1.5 minutes with 1-minute interval between rounds.
- Junior boy/girl (15 – 16-year olds) Bouts 3 x 2 minute with 1-minute interval between rounds.
- Youth boys (17 – 18-year olds) Bouts of 3 x 3 or 3 x 2 minute with 1-minute interval between rounds.
- Youth Girls (17 – 18-year olds) Bouts of 3 x 3 or 3 x 2 minute with 1-minute interval between rounds
- Elite Men (19 – 40-year olds) Bouts 3 x 3 minute or 3 x 2 minute with 1-minute interval between rounds
- Elite Women (18 – 40-year olds) Bouts 3 x 3 minute or 3 x 3 minute with 1-minute interval between rounds

General Conditions

All club shows must have been issued with a BSL Permit issued by the BSL Eastern, Northern or Western District Executive Committees.

The staging of sparring 'shows' is strictly forbidden by affiliated BSL clubs.

It is BSL's view that any of the following individually qualify a sparring event as a show:

- An event that is held in a venue other than a club gym;

- Sparring 'bouts' that are sponsored by outside businesses;
- Sparring bouts that are arranged between two or more different BSL member clubs outside club Gyms.

Furthermore, a combination of any of the following also qualify a sparring event as a show:

- Entry by tickets either paid for or by voluntary donations;
- Bouts arranged between members outside the host club;
- Trophies given to all participants;
- Bouts arranged over 3 rounds;

Any BSL member club(s) found to staging sparring 'shows' will be subject to further investigation and further disciplinary action.

A club show will only be granted a permit by the respective BSL District Executives if there are a minimum of eight working officials available to officiate.

All club shows must have the following qualified Officials: - Official In Charge, OIC Assistant, Referee(s) and Judges, Timekeeper, MC, Medical Officer and or a Recorder (no qualification required)

If a boxer receives a KO, RSC or RSCI then relevant AIBA rules shall apply.

It is recommended that boxers under the age of 16 shall not be permitted to box at any club show after 22:30hrs

It is recommended that boxers between 16 & 17 years should not box after 23:00hrs

It is advised that club shows should be finished by midnight

The AIBA scoring 10 point must system has to be used, if manually, with a minimum of 3 judges to score, but with the computer, preferably 5 judges operating.

It is recommended that a maximum of 10 bouts be held on a dinner show and 2-16 on an open/junior show

If a boxer wears orthodontist braces, it is the responsibility of the medical officer on duty to make an assessment at the pre bout medical as to whether the boxer should be allowed to box.

Refreshments for coaches and boxers are not mandatory at any club show, but it is recommended that the host club, at a minimum, provides accessible water supplies and food (if required) to all boxers post weigh in and medical.

Refreshments for officials must be supplied at all club shows. It is suggested that if an evening event, refreshments be given both before and during club show.

Ring

The minimum size shall be 4.27 metres square (14ft sq) (Championships 16Ft sq) inside ropes and to a maximum of 6.10 metres square (20ft sq) inside ropes. There shall be a minimum of 2 metres clearance on all four sides of the ring between the ring and the public.

The ring should be safely constructed and fit for purpose on all club shows.

The ring should be set out as Rule 9 AIBA AOB Competition Rules on all club shows.

Officials dress code

Male officials, except referees, should be attired in blazer or jacket, trousers, white shirt with collar and black tie.

Female officials, except referees, should be attired in blazer or jacket, trousers or skirt, white blouse or shirt with collar.

Referees should be attired in accordance to the in white shirt/blouse, black bow tie, black trousers (not jeans) and black trainers.

Boxer's Dress Code

As Rule 23 in the AIBA AOB Competition Rules with the exception that they may wear club colours on club shows.

The belt line of any shorts or skirt must be white and 6-10cm wide. The belt line is an imaginary line from the navel to the top of the hips. Boxers will not be allowed to have any tape, in any form, on their uniform.

Competition gloves

Will be as AIBA AOB Technical Rule 44 with regards to weights and classification.

Bandages

Use of Amateur Bandages

Bandages must not be longer than 4.5m (14.76 feet), and not shorter than 2.5m (8.2 feet). Bandages must be 5.7cm (2 ¼ inches) wide.

Bandages must be made of stretchy cotton material with a Velcro closure.

The use of any substance on the bandages is prohibited.

Use of Professional Hand wraps National Elite Open Championships only

In Elite Men's bouts, the use of professional hand wraps of the specification below is mandatory (the specification):

- Gauze: a maximum fifteen (15) metres length and five (5) centimetres width may be used to cover the hand. An additional five (5) metres length and ten (10) centimetres width or gauze padding may be used to cover the knuckles;
- Surgeon's Tape: a maximum five (5) metres length and two point fifty (2.50) centimetres width. An additional surgeon's tape of maximum five (5) millimetres width may be applied between the fingers.

In an Elite Men's bout, Boxers may apply their bandages as they like, provided that the knuckles of his hand are not covered by the surgeon's tape. The use of any substance on the Gauze and/or Surgeon's Tape is prohibited.

In any club show, if an Elite Male boxer must wear hand wraps.

The use of any substance on the bandages is prohibited.

Gum shields

These are mandatory for ALL male and female boxers. **No red or partially red** gum shield can be worn.

Headguards

Aside from Elite Male boxers, It is mandatory that all other boxers must wear headguards.

Coaches/Seconds

Each boxer is allowed 3 seconds in his/her corner

Rule 14 of AIBA Technical Rules shall apply to club show, in particular:

- Seconds will not be permitted to stand up and/or to encourage or incite spectators by words or signs during the progress of a round. Seconds will not be allowed to touch the ring during the Bout, yell, cause a scandal or disturb the competition; and
- Seconds are not permitted to yell at/argue with any Official on the Field of Play (FOP) during or after the Bout.
- Under no circumstance are Seconds allowed to administrate supplemental oxygen or any type of inhaler to a Boxer during a Bout
- Seconds can only use the transparent bottled water provided by the Organizing Committee. In the case of a cut, the Seconds can use non-petroleum skin-protective jelly.

The second must respect the decision of the referee at all times and not attempt to instruct the referee on how to do their job.

SENIOR BOXERS

Elite male boxers may apply Cavilon cut prevention cream. This is not mandatory on club shows, but is advised

Official in Charge

Supervisor have complete charge of all the club shows and their decision is final in all matters. They should also use their common sense with decisions in all aspects of club boxing

Please note:

Further changes will be made to the BSL Club & Domestic Guidelines in line with future AIBA AOB Technical & Competition rules.

Further guidance on Club Cub Scheme and Skills Bouts document which can be found on the BSL website at www.boxingscotland.org/clubs

Further guidance on boxers wishing to register with BSL can be found in the Individual Physical Combat Sport Guidance document on the BSL website at www.boxingscotland.org/clubs