



# Boxing Scotland Limited

## Club and Domestic Boxing Guidelines

### General

1. The objective of this document is to provide guidance for Boxing Scotland (BSL) Officials, Club Coaches and Boxers when involved/boxing at club level.

### Rest Period for Boxers

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

### Skills Bouts

3. 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. Skills bouts will be very strictly controlled by the referee under the close management and guidance of the appointed Supervisor.

4. All bouts involving Schools, Junior, Youth and Elite boxers must adhere to the age classifications, weight categories and bout durations as identified in the IBA AOB Technical and Competition rules and this guidance document.

5. During a Skills bout, competitive heavy blows are not permitted. Coaches, Referees and Supervisors 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 bouts must be everyone's primary concern and the Referee and/or the Supervisor will terminate any bout they deem to be too competitive or in which heavy blows are delivered.

6. Coaches will not be permitted to 'coach' from the corner during a Skills bout.

7. There is no requirement for Judges to officiate during Skills bouts, as these contests are staged solely for the development of boxers and no opinion should be given. However, Judges must be present in ensuring that due diligence and governance is maintained at all times.

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

9. All Skills bouts involving Schools, Junior, Youth and Elite boxers must adhere to the age classifications, weight categories and bout durations as identified in the IBA AOB Technical and Competition rules.

10. The host club Child Protection Officer (CWPO) must be present at all Skills bouts involving boxers under the age of 15 years.

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

### **Boxer Age Classifications are based upon the Year of Birth and not the date of birth.**

12. The categories of boxers are determined in most cases by the year that the boxer is born and not the date of birth. With the exception where boxers cross from different age categories – Elite, Youth, Junior, Schools. Where category date is determined by date of birth.

- a. Male and Female Boxers between the ages of 19 to 40 are categorised as Elite Boxers (born 2004 – 1983).

- b. Boys and Girls Boxers between the ages of 17 to 18 are categorised as Youth Boxers (born 2005-2006).
- c. Boys and Girls Boxers between the ages of 15 to 16 are categorised as Junior Boxers (born 2007-2008).
- d. Boys and Girls Boxers between the ages of 11 and 14 are categorised as School Boxers (born 2009 – 2012).
- e. Boys and Girls Boxers Between the ages of 8 and 11 are categorised as Cub Boxers (2013-2015).

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

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

- a. Only boxers in the Elite age group (1983 – 2004) can box each other at any level.  
Elite boxers (2003) may be matched against a Youth boxer (2005) of the same gender, there may not be more than a **12-month age gap** between the boxers.
- b. Youth age group (2005 – 2006) there may not be more than 24 months age difference between boxers and extra caution must be taken when matching boxers with more than 12 months age difference.  
Youth boxers (2006) may be matched against a junior boxer (2007) of the same gender, there may not be more than a **12-month age gap** between the boxers
- c. Junior age group (2007 – 2008) Junior boxers may be matched against other Junior boxers of the same gender, there may not be more than a 24-month age gap between boxers and extra caution must be taken when matching boxers with more than a 12-month age gap.  
Junior Boxers (2008) may be matched against Schoolboy and Schoolgirl boxers (2009) but there may not be more than a **12-month age gap** between the boxers.
- d. School 2009 year of birth can box Junior 2008 year of birth but must not be more than 12-month age gap.  
Only boxers in the school age group (2009-2012) Schools age boxers must only box within these parameters: A Schoolboy or Schoolgirl boxer may only be matched against a boxer of the same gender with an age gap of up a Birth year or down a year.  
Within School age.
  - Only Year of birth 2009 and 2010 can box each other at any level
  - Only Year of birth 2010 and 2011 can box each other at any level
  - Only Year of birth 2011 and 2012 can box each other at any level

14. Once any male boxer classified as 'Elite' as per the IBA 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.

15. Only registered Boxers with a maximum of six (6) competitive bouts experiences and no more than three (3) recorded Skills bouts can enter the BSL Development Championships. Either Category A 0-3 Bouts or Category B 4-6 bouts.

16. Only registered Boxers with maximum of Twenty (20) competitive bouts experiences and no more than six (6) recorded Skills/Exhibition bouts can enter the BSL Development C, D, E Championships. Category C 7-10 bouts, D 11-14 bouts, E 15-20 bouts.

## Eligibility to compete in National Championships

17. 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.

18. Only boxers as defined by BSL and IBA will be eligible to compete.

19. No boxer can compete in more than one weight category of the same championship in any one season (September – June each year).

20. Special Exemption for UKAF personnel only, which must be discussed with the BSL Office in the first instance. Can be registered with BSL and have BSL stamp. Must also have a permission to box email/letter.

## Club shows/tournaments

21. National federations, for domestic competitions may alter the IBA 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.

## Duration of Rounds

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

## General Conditions

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

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

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

25. 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. Officials can work across all districts. But should first contact appropriate district to allow planning of Official's numbers to take place.

26. All club shows must have the following qualified Officials: - Supervisor, Supervisor Assistant, Referee(s) and Judges, Timekeeper, MC, Medical Officer and or a Recorder.

27. If a boxer receives a KO, (KO-H or KO-B) RSC or RSCI then relevant IBA rules shall apply.

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

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

30. It is advised that club shows should be concluded by midnight.

31. The IBA 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.

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

33. 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.

34. 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 boxer's post weigh in and medical.

35. 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**

36. 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.

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

38. The ring should be set out as Rule 12 IBA AOB Competition Rules on all club shows.

### **Officials dress code**

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

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

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

### **Boxer's Dress Code**

42. As Rule 48 in the IBA AOB Competition Rules with the exception that they may wear club colours on club shows.

### **Vest short/skirt**

- Men and Boy Boxers have to wear a vest and shorts
- Women and Girl Boxers have to wear a vest and either shorts or a skirt
- The length of the shorts must not be shorter than mid-thigh, cannot cover the knee and must not be worn above the belt line
- The vest and shorts/skirt can be in the Boxer's respective Club Colours
- Female Boxers may wear a full skin covering including a Hijab if;
  - I. There is a cultural or religious reason for doing so
  - II. The Supervisor is informed at weigh in.
- A Boxer is not allowed to have tape, in any form, on his/her uniform
- The belt line must be clearly identified by a contrasting colour to the shorts/skirt and vest and must be 6-10cm wide; or discussed with the appointed Supervisor
- The belt line is an imaginary line from the navel to the top of the hips and must not cover the navel



## Footwear and socks

- A Boxer must box in boxing appropriate footwear, such as shoes/trainers or light boots (without spikes or heels)
- A Boxer may wear socks, but they must not be higher than the knee

## Beard Regulations

43. The following Boxing Scotland rules regarding beards for both domestic and international tournaments are as follows:

a. Boxers are not required to be clean shaven. Any boxer sporting a long beard should ensure that they discuss its management with the Supervisor at the weigh-in. Other points for hair management are as follows:

44. The hair of a boxer should not affect the conduct of a bout and therefore is to be controlled as follows:

- a. A boxer that is required to wear a head guard – the hair must remain inside the headguard.
- b. A boxer that is not required to wear a head guard – ponytails, plaits or similar should be used and boxers may wear hairnets, bandannas, bands or banding to secure hair.
- c. Prohibited items for hair control are hair pins, clips, or any devices made of metal, plastic or other hard material considered inappropriate by the referee or supervisor.

## Competition Gloves

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

- a. **Youth and Elite Men's Gloves.** Ten (10) oz gloves must be used for the Minimum Weight (46-48kg) category to the Welterweight (63.5- 67kg) category. Twelve (12) oz gloves must be used for the Light Middleweight (67-71kg) category to Super Heavyweight (92+ kg) category.
- b. **Youth and Elite Women's Gloves and Headguards.** Ten (10) oz gloves must be used in all weight categories as well as headguards.
- c. It is not mandatory for Female boxers, of any category, to wear either a breast protector or groin protector.
- d. All other age classification of Male and Female boxers must wear head guards and use 10oz gloves.
- e. All male Elite Boxers will box without head guards.

## 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 and or open Championships only of the specification below.
  - The materials provided for professional headwraps for each Boxer shall be as follows:

- Gauze Bandage: 2 rolls of 5 cm x 15 m Gauze (1 roll of gauze for each hand)
- Rolls of 5 cm x 10 m Gauze (1 roll to create a knuckle pad for each hand)
- Zinc Oxide Tape: 2 rolls of 2.5 cm x 13 m
- 1 roll of 1.25 cm x 13 m for between the fingers
- All equipment shall be clearly branded, and packaging will include specifications and relevant instructions
- In AOB Elite Competitions, a Boxer shall apply the provided gauze bandages and tape on his hands as he likes, provided that the knuckles of his hand are not covered by the Zinc Oxide Tape
- In any club show if an Elite Male boxer must wear hand wraps
- The use of any substance or object on the Gauze and/or Zinc Oxide Tape is prohibited
- Bandages must be checked by nominated individual or supervisor.

#### Gum shields

- A Boxer must wear a gumshield during every bout
- **No red or partially red-coloured** gumshield may be worn
- A Boxer should never use a borrowed gumshield
- The gumshield has to fit exactly and comfortably

#### Coaches/Seconds

- Each boxer is allowed 3 seconds in his/her corner

#### Rule 14 of IBA Technical Rules shall apply to club show

- Seconds are not permitted to stand up and/or to encourage or incite spectators by words or signs during the progress of a round. Seconds are not allowed to touch the ring during the Bout, yell, cause a scandal or disturb the Competition
- Seconds seating area must be 1 metre away from the ring corner within a 1.5 m x 2.5 m designated area
- Seconds are not permitted to walk off Second's designated area with disagreed actions against the Referee
- Seconds are not permitted to throw any item into the ring to demonstrate a disagreement or to kick any chair or water bottle or to take any other action that may be deemed as unsportsmanlike behaviour
- The use of any communication device is not permitted in the FOP such as but not limited to mobile telephones, walkie-talkies, smart phones, headsets, shortwave radios, etc
- Under no circumstance are Seconds allowed to administrate supplemental oxygen or any type of inhaler to a Boxer during a Bout
- Seconds are not permitted to yell at/argue with any Official on the FOP during or after the Bout. 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

#### Elite/Senior Boxers

46. Elite male boxers may apply Vaseline or Aloe vera cut prevention cream/gel. This is not mandatory on club shows but is advised. (Petroleum Cream gel is not to be used)

## Supervisors

47. Supervisors 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

## Affiliate Members

48. A person can be registered with Boxing Scotland as an Affiliate member from the age of 8 years up to the end of the calendar year of their 40th birthday (they may participate in training and sparring) but must be registered on the **website** as an affiliate member; an Affiliate boxer must follow the rules below which governs Sparring should they take part in this activity.

## Sparring

49. Sparring is defined as Boxing training where blows are delivered to the target area with significant but reduced force between boxers in preparation for competitive boxing.

- a. Sparring is only permitted where a boxer, is registered with Boxing Scotland. (That's Carded or as an Affiliate member)
- b. For reasons of Child Protection and safety, under no circumstances is sparring permitted for any boxer under the age of 8 years old.
- c. All sparring must be conducted under the supervision of an instructor/Coach who is also a member of Boxing Scotland and registered on for the current season or/and registered Boxing Scotland Referee
- e. If a boxer receives a KO or a sparring session is stopped due to a boxer receiving a blow or a combination of blows to the head and or body, then the medical suspensions and concussion protocols applied.

## Anti-Doping

50. The anti-doping rules for Boxing Scotland are the current UK Anti-Doping Rules published by UK Anti-Doping. Boxing Scotland is also bound by the current IBA Anti-doping Rules. These rules are consistent with the current World Anti-Doping Code (WADA C), which governs anti-doping internationally.

- UK Anti-Doping Rules can be found at The Anti-Doping Rules | [UKAD anti-doping-rules](#)
- IBA Anti-doping Rules can be found at Doping Free – [iba/governance-and-integrity-doping-free-boxing](#)

All Boxing Scotland members must understand that the anti-doping rules apply to all members of Boxing Scotland, and those actively involved in Boxing Scotland Boxing-related activity, regardless of the level of participation or role performed.

It is the responsibility of all individuals to ensure that they know and understand their responsibilities under the anti-doping rules.

### Please note:

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

51. Further guidance on the BSL Club Cub Scheme and Skills Bouts document which can be found on the BSL website at [www.boxingscotland.org/clubs](http://www.boxingscotland.org/clubs)

52. 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](http://www.boxingscotland.org/clubs)