



2023 Canada Winter Games Boxing Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2023 Canada Winter Games Boxing Technical Package

1. SPORT: BOXING

2. PARTICIPANTS

2.1. Athletes

5 Males, 2 Females.

All registered athletes must intend to compete in at least one event.

2.2. Staff

2 Coaches.

If male athletes are being sent, one of the coaches must be male.

If female athletes are being sent, one of the coaches must be female.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches are not permitted to sit in the athlete's corner during bouts.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
 - [Participant Assistant Policy](#)
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3. CLASSIFICATION

Athletes must be a minimum of 16 years of age and a maximum of 18 years of age as of March 1, 2023. Date of birth: Born between January 1, 2005 and March 1, 2007.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships
 - Pan American Games
 - Olympic Games
 - Commonwealth Games
 - FISU Games

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status for the first time, carding status or competes in an excluded event after November 20, 2022 they will still be considered eligible to compete at the 2023 Canada Games).

* Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance

program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council's Eligibility Committee.

4.2. Coaches

One of the two coaches registered in the Canada Games electronic registration system must be Boxing Canada NCCP Competition-Development Certified. The second coach must be Boxing Canada NCCP Competition-Development Trained.

Coaches must be so certified no later than 90 days prior to the opening ceremony (November 20, 2022).

Please note that "NCCP Competition-Development Certified, Not Renewed" does not qualify under the coaching standards for the 2023 Canada Winter Games.

Please refer to the CGC's [Coach Certification Policy](#) for additional information.

5. **COMPETITION**

5.1. Events

AIBA Rules will be in effect.

Tournament:

Double elimination tournament.

Male Weight Categories:

57 kg
63.5 kg
67 kg
75 kg
80 kg

Female Weight Categories:

52 kg
60 kg

One competitor per category is allowed per Province or Territory.

Weight class is determined at initial weigh-in and medical examination in the morning of the first day beginning at 8:00 a.m. If a competitor is overweight at the initial weigh-in, he/she may be moved up to the next weight category provided his/her team has a vacancy in that weight and he/she remains within that class bracket.

A competitor must be medically examined and weighed-in on each day thereafter that he/she is scheduled to box.

Draw:

The draw will take place within one hour after the medical examination and weighing in the presence of the team manager or coaches.

Duration of Bouts:

Three (3) rounds of three (3) minutes each, with one (1) minute break between the rounds.

6. TIE BREAKING RULES - COMPETITION

A winner must be nominated after each contest.

7. REGISTRATION & EVENT ENTRIES

7.1. Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (February 4, 2023).

Team lists must be sent to Boxing Canada no later than 21 days prior to the Opening Ceremony (January 28, 2023). Team lists must be sent by email to info@boxingcanada.org.

7.2. Event Entry Deadline

Event entries for each participant will be confirmed at the Coach/Manager meeting held prior to the first event.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

- 4 points for a gold medal.
 - 3 points for a silver medal.
 - 2 points for a bronze medal.
 - 1 point for each win.
 - No points for losses or byes.
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9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Boxing, Flag Points will be awarded separately for female and male events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

10. TIE BREAKING RULES - FLAG POINTS

If a tie occurs in the final Provincial/Territorial team ranking, the Province/Territory with the greater number of event first places will be assigned the higher rank. If still tied, the procedure is repeated for event second places, then third places, etc.

If a tie persists, the Province/Territory with the higher standing in the last event completed will be assigned the higher rank.

11. MEDALS

The Canada Games will award medals to athletes only.

Gold: 7 (one per weight division)

Silver: 7 (one per weight division)

Bronze: 7 (one per weight division)

12. COMPETITION UNIFORM

Vest (singlet with no sleeves), shorts, cresting to be determined by the individual Provinces or Territories (no swim trunk), mouth guard (no red or partial red allowed), headgear, light soled shoes with no heels (boxing shoes or running shoes).

Competition uniforms must comply with the CGC's [P/T Team Uniform and Sponsorship Policy](#).

13. EQUIPMENT

Provided by the 2023 Canada Games Host Society:

- AIBA approved 10 oz. competition gloves.
 - AIBA approved headgear.
 - Handwraps.
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14. PROTEST & APPEALS

14.1. Canada Games Council Appeal Policy

Appeals relating to the Boxing Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

14.2. Competition Protests

Protests related to field of play decisions are not permitted as per Boxing Canada rules.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Age Dispensation

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

To be confirmed by Boxing Canada.

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

<p>Priorities</p> <p>The main objectives of this stage are to (1) optimize fitness preparation, and Boxing-specific skills; (2) refine and enhance competitive attitude and experience; and (3) nurture the potential for performance of those athletes with the talent and ambition to achieve high levels of performance.</p>	<p>As was the case during Stage 4, the main objective of this LTAD stage is to optimize fitness preparation, and Boxing-specific skills. Training volume remains high while intensity increases with the importance of competition. Training should become increasingly specialized to Boxing.</p> <p>The emphasis should be on developing individual strengths to the fullest, while addressing physical, technical, and tactical areas that are weaker through the use of adequate training methods and loads, while also taking into consideration the specific events in which the boxer will participate.</p> <p>Where: Clubs, provincial programs, universities, National Training Centres and National Team programs.</p> <p>Why: Continue to monitor the development of identified talent. Begin to prepare the elite athletes for high performance competition.</p> <p>Who: Personal coaches, provincial coaches and national coaches.</p>
<p>Physical aspects</p> <p>All the athletic abilities are fully trainable towards the end of this stage.</p> <p>Fitness testing should be used on a regular basis to determine the priorities of physical preparation programs.</p>	<ul style="list-style-type: none"> ● For most male athletes, major strength gains can take place throughout this period due to the physical maturation process. ● Given the specific demands of competitive Boxing, athletic abilities such as aerobic power and endurance, anaerobic power and endurance, speed, strength, strength-endurance, and speed-strength should be developed to adequate levels. Athletes should also continue to improve their agility and footwork. ● Strength development must be optimally integrated into the overall fitness and conditioning program of the boxer. ● Regular use of recovery and regeneration strategies, and refinement in the application of such practices; assessment of individual nutrition needs. ● Injury prevention and care should be emphasized through adequate levels of core and upper body strength, as well as flexibility; all training activities must be carefully planned to allow appropriate recovery and avoid excessive fatigue and overtraining. ● Single, double or triple periodization approaches can be used, depending on the athlete's competitive opportunities.
<p>Technical and tactical aspects</p> <p>The boxer's technical and tactical skills must be tested, and performance capabilities must remain consistent under pressure and in a variety of situations.</p>	<p>Optimization and refinement of the following Boxing-specific techniques:</p> <ul style="list-style-type: none"> ● Straight punches. ● Hook and uppercut punches. ● Combination punches. ● Counter punch against straight punches, hooks and uppercuts. ● Block. ● Parry and slip. ● Body position, footwork, and agility. <p>Optimization and refinement of the following Boxing-specific tactics:</p>

<p>Condition sparring is important with emphasis on using specific skills with the element of competition.</p>	<ul style="list-style-type: none"> ● Decision-making in boxing competition, i.e., focus on ability to read the opponent strategies. ● Transition between attack and defence. ● Defensive and offensive positioning in the ring. ● Development of specific tactics against different styles of opponents. ● Originality and innovation when responding to the opponent's actions.
<p>Mental aspects</p> <p>The boxer must continue to develop a competitive attitude, as well as the mental skills needed to (1) manage anxiety and (2) perform consistently.</p> <p>Personal accountability for performance excellence must also be emphasized.</p>	<p>Optimization and refinement of the following aspects of mental preparation:</p> <ul style="list-style-type: none"> ● Commitment to the demands of high-performance Boxing. ● Ability to manage activation/ arousal level. ● Goal-setting. ● Self-awareness - high level of awareness of factors that maximize and minimize performance. ● Knowledge and use of planning skills. ● Critical evaluation of training and competition. ● Competitor's mindset – confidence, focus, determination. ● Personal responsibility and involvement in decision-making. ● Sport-life-balance skills. ● Independent attitude.
<p>Health and injury prevention</p> <p>Implement specific injury prevention programmes to decrease the risk of injuries resulting from high-intensity, repetitive movements and efforts.</p> <p>Ensure adequate nutrition and hydration at all times.</p>	<p>Self management</p> <ul style="list-style-type: none"> ● Introduction to weight control practices, and development of individual strategies to achieve the correct weight. ● Application of adequate strategies to minimize the negative effects of long-distance travels on performance. <p>Growth</p> <ul style="list-style-type: none"> ● Some athletes may continue to gain height until they reach the age of 20-21. <p>Nutrition</p> <ul style="list-style-type: none"> ● Adequate caloric intake to account for energy expenditure associated with training and competition activities. ● Balanced diet containing plenty of nutrient-rich foods, with particular attention given to calcium and iron intake. Optimal hydration. <p>Strength and flexibility</p> <ul style="list-style-type: none"> ● Ensure strength and flexibility levels meet the specific requirements of Boxing at a high level. ● Continue to address any muscle strength and flexibility imbalances that may be present in the boxer. <p>Injury prevention</p> <ul style="list-style-type: none"> ● A preseason, general conditioning program of at least 6 to 8 weeks should precede any intense Boxing-specific preparation. ● Continue at least 6-8 weeks of pre-season conditioning prior to intense sport participation. ● Introduce 2-3 aerobic cross training sessions per week to decrease the overload on the muscle groups highly stressed in Boxing.
<p>Recommendations pertaining to training and competition</p>	<ul style="list-style-type: none"> ● 4-5 fitness conditioning sessions, depending on the training phase and individual needs ● 5-6 Boxing specific sessions which should last between 60 and 120 minutes, depending on the training phase and individual needs. ● 8 to 12 bouts per year in club, provincial, national and international youth and elite events.

APPENDIX 3 - AGE DISPENSATION

Participation in Boxing in the Canada Games by an underage (born after March 1, 2007) athlete must be approved by Boxing Canada.

The Boxing competitions at the Canada Winter Games have been designed as appropriate challenges for athletes who are 16 to 18 years old - the Youth Men and Youth Women Classes. Boxing Canada does not normally permit athletes younger than 16 years old to compete in competitions designed for the Youth Men or Youth Women classes, since it is concerned that any athlete younger than 16 years of age may not have the strength and/or stamina to safely participate in competitions that have been designed for older, more highly trained athletes. Therefore, in order to receive permission to have an underage athlete compete in Boxing in the Canada Winter Games, the P/T must present to Boxing Canada objective evidence that the underage nominee has the appropriate maturity, skills and capability to compete effectively.

In order to request the entry of an athlete who does not meet the minimum age requirement, the Provincial/Territorial Sport Organization must submit a completed copy of the following form, together with the required objective evidence, to Boxing Canada.

The submission must include:

- a positive recommendation from the athlete's parents
- a positive recommendation from the athlete's normal coach

The requirements and criteria listed above must be achieved by 31 December 2022, and the completed Request for Age Dispensation must be delivered to Boxing Canada by 3 January 2023 in order to be considered.

The form below should be used when seeking age dispensation for an athlete.

BOXING AGE DISPENSATION FORM 2023 CANADA WINTER GAMES

Name of Nominee:

Gender of Nominee: _____

Date of Birth: _____

Name of Coach:

Coach's Certification Number: _____

Coach's Statement of Ethics

I understand that the principle of responsible coaching carries the basic ethical expectation that the activities and decisions of my coaching will benefit my athletes in general and in particular, and will do them no harm. As such I attest that fundamental to the implementation of this principle is the notion of competence and responsible coaching (maximizing benefits and minimizing risks to participants) and that I adhere to this principle. By signing this age exemption request for the above named athlete, I believe that I am acting in the best interest of the athlete's development as a whole person as well as accepting the responsibility to ensure that he/she is adequately prepared for the 2023 Canada Winter Games.

Coach Signature: _____

Date of Signature: _____

Parent/Guardian Authorization

As the parent(s)/guardian(s) of the above named athlete, by signing this age exemption request, I/we believe that I am/we are acting in the best interest of his/her development and understand that he/she will be required to compete at Youth Class during the competitions at the Canada Winter Games. Furthermore, I/we understand that he/she will be competing against athletes aged from 16 to 18 years old.

Parent/Guardian Signature(s):

Date of Signature(s):

Parent/Guardian

Name(s): _____

Divisional Sanction

As the authorized representative of the Boxing Canada Division within which this athlete normally competes, I am satisfied that this athlete is fully capable of competing at the Canada Winter Games and I further certify that the enclosed results are true copies of the results of competitions in which this athlete successfully participated.

Signatory for the Athlete's Boxing Canada Division (signature): _____

Date of Signature: _____