

**CANADIAN AMATEUR BOXING ASSOCIATION
(BOXING CANADA)**

ARTICLES AND RULES

WITH MEDICAL RULES

GOVERNING AMATEUR BOXING IN CANADA



Official Text, 2012 Edition

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Includes all Rules Changes and adopted 2012 AIBA Rule Changes.

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INTRODUCTION

1.0 The aim of this Rule Book

The aim of this Rule Book is to detail for competitors, coaches and officials at all levels and the interested public, the regulations that govern amateur boxing in Canada.

2.0 Governing Organization

- 2.1 At the Olympic or international level by the “Association Internationale de Boxe Amateur” (AIBA);
- 2.2 At the national level by the Canadian Amateur Boxing Association (CABA) also known as Boxing Canada;
- 2.3 At the provincial/territorial level by the Provincial/Territorial Branches of CABA (Provincial/Territorial Amateur Boxing Association).

3.0 Application of AIBA Rules

- 3.1 CABA accepts, in principal, the AIBA rules as defined in the current AIBA handbook, but with modifications for amateur boxing in Canada;
- 3.2 Competitors, coaches and officials involved in international competition will come under the jurisdiction of AIBA;
- 3.3 Competitors, coaches and officials in competition in Canada will come under the jurisdiction of CABA;
- 3.4 These rules are specifically designed for the purposes of the organization and the administration of amateur boxing in Canada.

4.0 The contents of this Rule Book

This rule book is divided into three (3) main sections:

The Articles

These are directions for boxing organizations and administration;

The Rules

- a) Rules for Competition Management
- b) Rules for Competition Officials
- c) Rules for Competition Equipment

The Medical Rules



THE ARTICLES

ARTICLE 1 – THE AMATEUR DEFINITION AS RELATED TO BOXING

The sport of boxing for the purposes of this article is defined as the sport that is administered by a recognized international amateur federation or national association of amateur boxing.

1.1 An amateur boxer is a boxer who has not:

- 1.1.1 Staked a bet or declared a wager;
- 1.1.2 Competed with or against a professional; or taken part in exhibitions with a professional for which admission has been charged or donations have been received;
- 1.1.3 Boxed as a means of obtaining a livelihood or for money;
- 1.1.4 Signed any type of professional contract with a professional manager or promoter for the purpose of becoming a professional boxer. (except for WSB or APB)

1.2 Affiliated branches may conduct Pro-Am cards under the following conditions:

- 1.2.1 All amateur boxers, regardless of age or weight may participate in the amateur card. Members of CABA and its affiliated branches may conduct Pro-Am cards, under the following conditions:
 - 1.2.1.1 The event is sanctioned and approved by the branch (Provincial/Territorial Amateur Boxing Association affiliated with CABA) of the province/territory where the boxing event is being held;
 - 1.2.1.2 All participants require prior approval by the branch;
 - 1.2.1.3 The event is conducted under the guidelines as established and under the rules of CABA.

1.3 Amateurs in kickboxing, contact karate or any other contact martial arts may join amateur boxing and register as a member, but shall not spar or compete for a period of 60 days after registration. Medical clearance must be obtained at this time.

- 1.3.1 The provincial Association will evaluate the athletes as to his/her classification as a novice or open boxer.



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- 1.3.2 Registered member of Boxing Canada (CABA) can only compete between members of the AIBA family. Registered competitors cannot compete in any other combat sport including boxing association that is not part of the AIBA family.
- 1.4 All boxers, referees, judges, timekeepers, seconds, assistant seconds and gloves participating in a competition sanctioned by CABA or its affiliated branches shall be members of the Canadian Amateur Boxing Association.
- 1.5 Referees and judges who are members of the Canadian Amateur Boxing Association shall not officiate at professional boxing, kickboxing, contact karate or any other contact martial arts competitions or exhibitions.
- 1.6 **A competitor may:**
- 1.6.1 Be a physical education or sports teacher who gives elementary instruction;
- 1.6.2 Accept during the period of preparation and actual competition, which shall be limited to the rules of each international federation;
- 1.6.2.1 Financial assistance administered through his/her national association;
- 1.6.2.2 Accept prizes won in competition within the limits of the rules established by the respective international federations;
- 1.6.2.3 Accept academic and technical scholarships;
- 1.6.2.4 Compete in any AIBA - World Series Boxing (WSB) Tournaments.
- 1.7 **A competitor shall not:**
- 1.7.1 Carry advertising material on his/her person or clothing in the Olympic Games, world or continental championships under patronage of I.O.C. other than trade marks on technical equipment or clothing as agreed by the I.O.C. with the International Federation;
- 1.7.2 A competitor shall not be allowed to compete in an international competition and in Canada unless he/she produces his/her international competition record book, complete with a recent photograph in which he/she must have a copy of their Annual Medical and be certified fit to box by a qualified Doctor of Medicine;
- 1.7.3 The international competition record book is valid if it is completely filled and the annual medical examination is not older than one year. On each day he/she will be required to box, the competitor shall be certified as fit to compete by a



qualified Doctor of Medicine who shall be approved by the Association under whose jurisdiction the competition is taking place;

- 1.7.4 Any boxer or official from outside Canada, prior to competing or officiating in Canada, must produce a certificate of amateur status signed by an authorized official of his/her country or state;
- 1.7.5 All certified amateurs coaches are also permitted to coach professional boxers;
- 1.7.6 A competitor who has knowingly broken the amateur definition cannot be reinstated as an amateur competitor;
- 1.7.7 Boxers competing in tournaments held at all levels in Canada shall not deviate from the rules of CABA.

ARTICLE 2 – PERMISSIBLE EXPENSES AND PRIZES

- 2.1 If payment is made for travel, it shall be in accordance with the Canadian Amateur Boxing Association Finance Policies and Procedures.
- 2.2 If payment is made for board and lodging it shall be in accordance with the Canadian Amateur Boxing Association Finance Policies and Procedures.
 - a) The expenses of board and lodging on the outward and return journey may be repaid to the contestant and authorized officials by CABA or Branch body. These expenses must be in accordance with CABA Finance Policy.
- 2.3 Board and lodging for an invited team's contestants and authorized officials may be borne for accommodation in a hotel of good standard by the inviting CABA or Branch body on their territory:
 - a) From the moment the team arrives;
 - b) Until the team departs.



ARTICLE 3 – CANADIAN, PROVINCIAL AND REGIONAL CHAMPIONSHIPS JURISDICTION

- 3.1** Championships involving boxers of up to four (4) different affiliates shall be supervised and sanctioned by the applicable committee. Where five (5) or more affiliates are involved, supervision and sanction will be arranged by CABA.
- 3.2** A competition shall not be considered interregional unless with the consent of the participating region concerned.
- 3.3** A team shall not be called a provincial team unless so designated by the Provincial Association concerned. If a boxer has competed in a provincial championship, he/she cannot represent another province in that competition year.
- 3.4** Amateur boxers may only represent that province where they legally reside, unless a boxer has trained in and represented a club of a bordering province, and is registered with the bordering province since the start of the competition year and a waiver is obtained from the province of residence.
- 3.5** An amateur boxer may enter a National Tournament only as a Canadian citizen or a permanent resident.
- 3.6** Only open class boxers shall participate in National Championships.

ARTICLE 4 – SANCTIONS OF COMPETITIONS AND REPORTS

- 4.1** All international competitions held in Canada, and all national competitions involving more than four (4) affiliated branches, must be sanctioned by CABA and the organizer's application for sanction addressed to the National Office of CABA.
- 4.2** All competitions involving less than five (5) affiliated branches and no competitors from outside Canada, except from U.S. Border States, must be sanctioned by the affiliated branch under whose jurisdiction the competition is being held.
- 4.3** Applications for sanction shall be made at least 30 days prior to the event and shall imply acceptance by the competition organizers of the following obligations if the sanction is granted:
- 4.3.1** That the competition will be conducted under the rules of the Canadian Amateur Boxing Association and International Amateur Boxing Association (AIBA) when applicable;



4.3.2 Payment to the sanctioning body of the appropriate sanction fee.

4.4 In the event of a competition being held as described in Article 4, the affiliated branch shall forward to the CABA Head Office the following information:

4.4.1 Place and date of competition or tournament;

4.4.2 Names of teams and contestants;

4.4.3 Names, weights and results of each bout;

4.4.4 Names and qualification of officials;

4.4.5 Name of medical officer's attending.

ARTICLE 5 – TRAVEL PERMITS

5.1 Travel permits for members of the Canadian Amateur Boxing Association to compete outside Canada must be authorized and issued by:

5.1.1 For Border States of USA, issued by the affiliated Branch President or his/her authorized delegate;

5.1.2 Other than Border States and for other countries, issued by the CABA National President or authorized delegate.

5.2 Definition of Border States:

5.2.1 A Border State is any state of USA bordering on Canada, which can be entered without passing through another state or province.

ARTICLE 6 – SUSPENSIONS, REINSTATEMENTS AND DISQUALIFICATIONS

6.1 Breach of these Articles by any committee shall render any or all members of such committee, liable to suspension by CABA. This will be decided at the Annual General Meeting or a Special General Meeting of CABA Directors. For any suspension of a committee, two-thirds (2/3) of the CABA Directors must vote in favor of suspension. Reinstatement of suspended persons shall be at the discretion of the CABA Directors.



- 6.2** The Executive Committee of the Canadian Amateur Boxing Association shall have the power at any time to disqualify or suspend for such period of time as it sees fit a boxer, coach, second or official who at any International, Canadian or Inter-Regional Championships, other sanctioned Inter-Regional Tournaments, or at any other time conducts himself/herself in a manner considered detrimental to the credit or interest of the Canadian Amateur Boxing Association. All disqualification or suspension action by the Executive Committee shall be subject to ratification by the Board of Directors at the Annual General or Semi-Annual Meeting following such action.
- 6.3** Nothing contained in the foregoing shall prohibit the Executive Committee from reconsidering the suspension or disqualification should further and positive information be received that could permit a reversal of the original suspension or disqualification, but only prior to the ratification by the Board of Directors.
- 6.4** Regional Committees or affiliates may suspend any boxers, coaches, seconds or officials under their jurisdiction for any breach of regulations.
- 6.5** CABA must be notified immediately of any such suspension and any such suspension will be upheld by Boxing Canada.
- 6.6** Boxers who have had no more than three (3) professional or Tough Man bouts can re-apply to the Canadian Amateur Boxing Association to have their amateur status reinstated. Condition:
- 6.6.1 Can only box domestically;
- 6.6.2 Medical and neurological examinations are required.

ARTICLE 7 – FINANCE

- 7.1** Financial and other agreements involving five (5) or more affiliates shall be arranged only with permission of CABA.
- 7.2** After an agreement has been reached between the affiliate committees concerned, the provincial association responsible for conducting the tournament shall be responsible for observance of conditions of the agreements. In the case of non-observance, the provincial committee in default shall be called into account by CABA.



ARTICLE 8 – ACTION ON QUESTIONS ARISING NOT COVERED BY THE ARTICLES OR RULES

In the event of any question arising and not being provided for in these articles and rules, CABA shall have the power to decide such questions itself by a majority vote of the Directors.

ARTICLE 9 – APPLICATION OF ARTICLES AND RULES

These articles and rules apply to all boxers, coaches and officials and to all sanctioned boxing tournaments in Canada.

ARTICLE 10 – ALTERATION OF ARTICLES OR RULES

Amendments may only be made to these articles and rules by a two-thirds (2/3) majority vote at the Annual CABA Meeting.

ARTICLE 11 – CANADIAN OFFICIALS CLASSIFICATIONS

11.1 Canadian officials shall be classified into five (5) distinct groups relative to their experience, examination results and observations made by the Examining Board of the Referee and Judges Commission.

11.2 Classification:

Level I Club Official

- Must be 16 or older.
- Must have attended a Level I Course.
- Must have judged as a probation juror a minimum of two (2) shows with an average of eight (8) bouts per card (16 bouts).

Level II Regional Official

- Must have judged a minimum of twenty (20) bouts and, if applicable, refereed a minimum of fifteen (15) bouts.



- Must have spent a minimum of 6 to 12 months at Level I before being allowed to take a Level II Test (31 questions) and be recommended by his/her Branch Chief Official.

Level III Provincial Official

- Must have judged a minimum of 50 bouts and, if applicable, refereed minimum of 40 bouts.
- Must be recommended by his/her Branch Chief Official
- Spent a minimum period of 6 to 12 months at Level 2 before allowed to take a Level 3 Test (this test should be done at a Developmental Tournament) This is comprised of a written saturation test of 55 questions.
- Correctly answer two (2) verbal questions out of three (3) practical situation questions.

Level IV National Official

- Must have spent at least one (1) year at Level III
- Must have attained a mark of at least 80% on a written examination at testing. (50 Questions)
- Refereed and/or judged a minimum of three (3) bouts and attained a minimum mark of 80% on the total of his/her practical assessments at testing.
- Level 4 Test, this test should be done at a Provincial Tournament.
- Correctly answer two (2) verbal questions out of three (3) practical situation questions.

11.3 Officials shall be upgraded from level 3 to level 4 at provincial championships or their equivalent, supervised by the National Chief Official or delegate, the traveling expenses are to be paid by the respective provincial association.

11.4 The Referee and Judges Commission or Chief Official of the Canadian Amateur Boxing Association shall upgrade those officials they consider capable of officiating at a higher class.

11.5 The Referee and Judges Commission has the authorization to withdraw officials if they consider said officials to be:



11.5.1 Inactive, or after consistently refusing assignments;

11.5.2 Incompetent.

11.6 Upon recommendation of the CABA Referee and Judges Commission, the CABA Board of Directors may award the title of Honorary Referee and/or Judge of Amateur Boxing to officials who have retired or deceased and displayed the requisite qualifications in a highly satisfactory manner.

NOTE: The evaluation of officials at National Championships remains confidential between the official in question and the Chief Official.

Level 5 AIBA R&J Star

Candidates for admission to the lists of AIBA Referees and Judges cannot be Executive Members, Board of Directors or paid employees of National Federations.

The AIBA Entrance Examination can be arranged by the candidate's Federation, or the candidate can attend an examination being hosted by another Federation or quite possibly at the AIBA Academy.

ARTICLE 12 - AIBA REFEREES & JUDGES (R&J) MANAGEMENT SYSTEM

12.1 R&J QUALIFICATION MANAGEMENT

12.1.1 Standard criteria to meet AIBA R&J Fundamental Qualifications

12.1.1.1 Social Status – The following persons cannot be active R&Js:

- All elected and/or appointed members who are Executives of National Federations such as Presidents, Executive Committee members, Secretaries General, etc.
- Any paid employee of National Federations.
- Active Team Managers, Coaches, Trainers, etc.
- Refereeing & Judging Commission, Technical & Rules Commission and Women's Commission members.

12.1.1.2 Sport Status:

- The R&Js in the World Series of Boxing can be active R&Js in AIBA and vice versa.
- A person cannot be a Referee only but can be a Judge only.



- Persons from a non-boxing background or former Boxers may become R&Js.

12.1.1.3 Physical Status:

- All color-blind persons cannot be R&Js.
- A deaf person cannot be a Referee.

12.1.1.4 Ethical Status:

- Any R&J suspended by AIBA for ethical reasons will no longer be accepted for any activity within boxing.

12.2 R&J QUALITY ENHANCEMENT MANAGEMENT

- 12.2.1 All R&Js at any level should be trained and judge the competitions only by following the AIBA R&J Manual.
- 12.2.2 AIBA will certify R&J Instructors to provide the educational seminars and training courses at national and regional levels.
- 12.2.3 Only AIBA certified R&Js are allowed to officiate in any competition and should be registered in the AIBA Database.

12.3 R&J CERTIFICATION / CLASSIFICATION MANAGEMENT

12.3.1 R&J Classification and Certification

- 12.3.1.1 AIBA has three (3) levels of international R&Js, in ascending order of seniority: 1-Star, 2-Star and 3-Star. An international R&J's classification is proven by his/her wearing of a certified official AIBA R&J badge with the appropriate number of stars, an official AIBA Record Book and an official diploma provided by AIBA.
- 12.3.1.2 Section 3.2 below sets out the procedures and processes by which someone becomes a National Referee and progresses to the three (3) international levels. An R&J cannot skip a level.
- 12.3.1.3 In order to become certified as a 1-Star, 2-Star or 3-Star R&J, applicants must pass a written test and a practical test, as set out in section 3.2 below. In order to stay certified on that level, an R&J must pass in-tournament assessments and the appropriate medical tests.
- 12.3.1.4 AIBA has two (2) levels of R&J Instructor: National Level and International Level. The AIBA R&J Commission conducts a training



and examination course to certify the National and International Level Instructor positions. The AIBA President shall appoint the R&J instructor who will be assigned for each R&J Examination with the recommendations of the AIBA HQs Office.

12.3.2 Paths to become an AIBA R&J:

12.3.2.1 Module 1

- The candidate should be given the introductory booklet two (2) to (3) three (3) weeks before the Induction Examination. This booklet covers the Rules the candidate should know to begin the first stage.
- The Induction Process should commence with a four (4) hour clinic, 2x2 hour sessions, covering all the topics in the exam paper and conducted by a National Federation certified R&J Trainer.
- On successful completion of the Induction Period and the examination paper, the candidate will have demonstrated a sufficient knowledge of the Rules to advance to Module 2.
- AIBA Officials Induction Clinic – Judges

The purpose of the session is to prepare the candidates to become qualified National Level Judges and to familiarize them with and have them understand the Rules that will help them providing Boxers with fair and consistent rulings.

12.3.2.2 Module 2

- The candidate should be assigned to a “mentor” (and already qualified AIBA Official in good standing) who will supervise progress throughout Module 2.
- The first stage is to spend at least ten (10) contests working with a certified Timekeeper; five (5) as the Assistant Timekeeper then five (5) as the Timekeeper under the supervision of the certified Timekeeper.
- This complete module gains practical experience of the three (3) areas required to work in or around the ring thus refereeing, judging and an appreciation of timekeeping.
- The second stage will see the candidate introduced to actual contests as a “Supernumerary Judge” using either the AIBA Scoring System or a handheld scoring machine or clicker device.
- The candidate should score at least 30 contests under the supervision and critique of the candidate’s mentor.
- Having completed the above, the candidate will, with the approval of the candidate’s mentor, advance to the next Module.

12.3.2.3 Module 3



- This stage will necessitate some practice as a Referee in gymnasium sparring sessions.
- This can usually be arranged in a number of ways, such as:
 - In sessions arranged by the National Federation.
 - In a facility arranged and approved by the candidate's mentor.
 - In a boxing club to which the candidate is registered.
- When the candidate is considered as being ready, the candidate should be introduced as a Referee in junior contests and complete successfully at least 30 bouts, again under the management and critique of the candidate's mentor.
- During this time, the candidate will also undoubtedly have completed numerous bouts as a Judge and, on the recommendation of the candidate's mentor, should then be approved to National Level.

12.3.2.4 Module 4 – National Level

- National level is where the candidate can operate at all levels within the National Federation and should accomplish the following recommended minimum parameters:
 - Judge 50 contests.
 - Referee 30 contests.
 - Both of the above should include at least one National Elite Championships.
- When all of the above has been completed with an acceptable level of competency, the candidate can be recommended by the National Federation certified R&J Trainer for the AIBA Entrance Examination.

12.3.2.5 Module 5 – National Level

- Candidates for admission to the lists of AIBA Referees & Judges cannot be Executive members or paid employees of the National Federations.
- The AIBA Entrance Examination can be arranged by the candidate's National Federation or the candidate can attend an examination begin hosted by another National Federation or quite possibly at the AIBA Boxing Academy.
- The AIBA Entrance Examination will consist of four (4) parts:
 - An extensive questionnaire examination paper covering AIBA Technical & Competition Rules.
 - An oral examination to clarify that the candidate understands these Rules.
 - Judge at least ten (10) contests in a competition.
 - Referee at least five (5) contests in a competition.
- The Candidate must demonstrate total competency in all the segments of the examination to be accredited as an AIBA 1-Star R&J. Should



the candidate demonstrate an exceptional talent to the examiners during the examination, the candidate could be invited to attend a course at the AIBA Boxing Academy which, if completed to a very high standard, could fast track the candidate to an AIBA 3-Star R&J status.

- Eligibility
 - Challenge Matches.
 - Designated Multi-Nation Tournaments (for a 2-Star Assessment).

12.3.2.6 Module 6 – AIBA 2-Star R&J

- Eligibility:
 - All Multi-Nation Tournaments.
 - Designated Multi-Nation Tournament (For a 3-Star Assessment).

12.3.2.7 Module 7 – AIBA 3-Star R&J

- As this is the highest grade an AIBA R&J can obtain, it is awarded to only the very best Officials who have continually demonstrated their high standards in judging and refereeing and successfully completed to a high degree of competency the AIBA Boxing Academy's Workshop / Examination.
- Eligibility:
 1. Olympic Games, Youth Olympic Games, Olympic Qualifying Events.
 2. All AIBA World Championships.
 3. Commonwealth Games, Asian Games, Pan-American Games, African Games.
 4. Continental Championships.
 5. World Cup.
 6. President's Cup.
 7. Approved Multi-Sport Games.
- AIBA R&J 2- and 3- Star status is performance maintained and any lowering of standards or questionable performance by the holder may result in a recommended downgrade.
- It is also possible that an AIBA R&J who is considered incompetent may have his/her AIBA R&J status revoked completely.
- AIBA R&Js and indeed all members of the AIBA Family are expected to conduct themselves in a manner that will never bring AIBA into disrepute.



12.3.3 R&J Test Procedure

12.3.3.1 1- Star Test

- When a National Federation determines to test members for admission to the lists of AIBA 1-Star R&Js, it should adopt the following procedure:
- Make an application to the AIBA HQs Office along with five (5) full details of tournament, venue, dates, etc.
 - Complete a Test Application Form for each candidate and forward all to the AIBA HQs office.
 - Transfer the appropriate test fees (US\$ 100 per applicant) to AIBA's bank account.
 - The AIBA HQs Office shall approve or deny the request from the National Federation with the recommendation of the AIBA R&J Commission Chairman.
 - Once such Examination is approved, the AIBA President shall appoint the Examination Commission consisting of two (2) members with the recommendations of the AIBA HQs Office:
 - A qualified International Level R&J Instructor from a different country than the host.
 - A qualified National Level R&J Instructor from a different country than the host and the International Level R&J Instructor.
 - The Examination Commission will inform the AIBA HQs Office of the examinations' results.
 - The AIBA HQs Office shall relay results to the AIBA R&J Commission and the National Federation concerned and forward all appropriate certificates.

12.3.3.2 Graduation to 2- or 3- Star

- The AIBA R&J Commission, with the approval of the AIBA Executive Committee, will designate Multi-Nation Tournaments in all continents where 1-Star R&Js can be assessed for promotion to a 2- or 3- Star R&J status using the following procedure:
- All National Federations will be informed of the tournaments where the AIBA R&J Commission appointed personnel will be present to assess 1-Star R&Js for graduation to a 2-Star R&J status and 2-Star R&J for graduation to a 3-Star R&J status.

Examiners/Instructors will be appointed and all other notifications shall be according to Rule 12.3.3.1.



12.3.4 Validity of Test Period

12.3.4.1 The AIBA R&J certification is valid for a period of four (4) years from its commencement and after that period, the Official or respective National Federation must arrange for a control test.

12.3.4.2 Should an R& J officiate successfully at any major AIBA Event, Olympic Games, etc., then the validity period of the license will be extended to four (4) years from the date of that event.

ARTICLE 13 - QUALIFYING FOR ADMISSION TO CABA LIST OF CERTIFIED COACHES

A candidate for admission to the list of Certified Coaches must meet the following criteria:

13.1 Age:

- Minimum age: 16 years of age.
- Maximum age: ability will dictate, since a coach must be able to demonstrate skills and tactics.

13.2 Coaching Levels:

Apprentice Coach

- Apprentice Coach Module
- Multi Sport Modules “A”

Development Coach

- Development Coach Module
- Multi Sport Modules “B”

Club Coach Certification

- Register for evaluation
- First aid
- MED online evaluation
 - Build portfolio
 - 1 lesson activity



- Emergency action plan
- Teaching assessments (basic skill referent model)
- Formal observation of lesson + debrief
- Certified

Level 3 Coach

Must hold Club Coach Certification

Technical: satisfactory results at a Level 3, 20-25-hour course.

Practical: minimum of five (5) years' active coaching, including last two (2) years.

Level 4 Coach

Must hold Level 3 Certificate

Must have completed and passed all NCCP Level 4 courses (12 credits) as developed by the Coaching Association of Canada and CABA.

Level 5 Coach

Must hold Level 4 Certification, plus eight (8) additional courses credits



ARTICLE 14 – AIBA COACHES MANAGEMENT SYSTEM

14.1 Coaches Classification and Certification

14.1.1 The objectives of the new system are to develop long lasting qualified Coaches at all levels (national, continental and international). The comprehensive system for the AIBA Coaches Management System should be controlled and centralized therefore the quality and performance of Coaches at all levels will constantly improve. The new AIBA Coaches Management System is also to prevent that any unqualified Coach has an influence on the image and quality of the sport of boxing.

14.1.1.1 Coaches Qualifications Policy

- All AIBA Coaches must be certified by both their national federation and AIBA.
- AIBA Coaches can become WSB Coaches after having followed the WSB coaching program.
- WSB Coaches may be AIBA Coaches without any restriction.
- AIBA Coaches are also allowed to take positions in National Federations as elected members.
- All Coaches active in WSB shall be allowed to participate in Olympic Games and Olympic Qualifying Events at all levels as well as to designated important competitions.

14.1.1.2 Coaches performance management-Coaches Evaluation

In order to become an AIBA classified Coach, a data form must be submitted to AIBA which will be evaluated by the AIBA Coaches Commission. Only data that is submitted by the National Federation will be taken into account. All Coaches data submitted by the National Federation will receive an official AIBA status. The evaluation will be according to the following criteria:

- 3-Star Coach (who meets 3 out of 4 qualifications)
 - Current National Head Coach
 - Former National Head Coach (within 10 years)
 - A Coach who possess the highest national coaching school certificate.
 - A Coach who has over 20 years coaching experience without any interruption.
- 2-Star-Coach (who meets 2 out of 4 qualifications)
 - Current national head Coach
 - Former national Head Coach (within 10 years)
 - A coach who possess the highest or the second highest national coaching school certificate.



- A coach who has over 20 years coaching experience without any interruption.
 - Or, 2-Star Coach (who has the following qualifications)
 - Current National Assistant Coach
 - A coach who possess the national coaching school certificate
 - A Coach who has over 10 years coaching experience without any interruption.
 - 1-Star Coach (who meets 2 out of 3 qualifications)
 - Current National Trainer
 - A Coach who has over 5 years coaching experience without any interruption
 - A Coach who possess the national coaching school certificate.
- 14.1.1.3 Coaches In-Competition Management
- For all AIBA 3-Star Events, each participating National Federation must have at least one 3-Star level Coach because only 3-Star Coaches are allowed in the position of Seconds. Each National Federation must have one mandatory 3-Star Coach along with another level Coach.
 - In the registration of the Team Delegation form, a copy of the 3-Star Coaches certification must be submitted and Coaches will need to bring a valid AIBA ID card.
Also all registrations of 3-Star Events will be checked through the AIBA Database to make sure that the subscription is valid.
 - Until the new Coaches Management System is in place, a two (2) year grace period is active until the end of December 2012 for all Coaches.
 - 1-Star level Coach:
 - All Coaches who are qualified up to National level and are active in National and AIBA 1-Star Events only.
 - 2-Star level Coach:
 - All Coaches who are qualified up to national and international levels and are active in continental and AIBA 2-Star Events only.
 - 3-Star level Coach:
 - All Coaches who are qualified as National Coaches and active in AIBA 3-Star Events.
- 14.1.1.4 Coaches Control Test
- To ensure the Coaches remain active and updated to the AIBA Coaching Requirements, they have to be active at AIBA Approved Events which correspond to their Star status according to the frequency given below. If not, the Coaches will lose their Star status and an AIBA Coaches Control Test needs to be conducted.
 - 1-Star Coach: every 4 years
 - 2-Star Coach: every 3 years
 - 3-Star Coach: every 2 years



The validity period of the license will be extended for 2 to 4 years (depending on Star Status) from the year of the tournament.

14.1.1.5 Coaches Database

- All Coaches data forms submitted by the National Federation will be registered in the AIBA Coaches Database. The National Federation are responsible to send the filled AIBA Coaches data forms to the AIBA HQ Office. All registered Coaches will receive an AIBA certification when being evaluated.

14.1.1.6 Coaches Academy Management

- All AIBA Coaches Commission will not only evaluate the current level of the Coaches, it will also develop the training courses and examinations at all levels. This will allow all Coaches to follow the process of obtaining the right level of certification.
- For graduation from a 2-Star Coach to a 3-Star Coach status, all courses and examinations will be organized by the AIBA Coaches Commission and will only take place at the AIBA Boxing Academy.
- From graduation from a 1-Star Coach to a 2-Star Coach status, examinations will take place in each different region and will be done by the Academy Instructors and AIBA designated Examiners.
- To obtain the 2-Star Coaches Certification, the Coaches data form must be submitted to the AIBA HQ's Office and an evaluation by the AIBA Coaches Commission will determine the level following the criteria given.

14.1.1.7 WSB Coaches Management

- There are no restrictions on AIBA Olympic-style boxing Coaches working as WSB Coaches and vice versa.
- The same rules that apply to Seconds' eligibility in AIBA Olympic-style boxing apply to Seconds in WSB.



RULES FOR COMPETITION MANAGEMENT

RULE 1 – COMPETITION MANAGEMENT

1.1 Age Classification:

- 1.1.1 National Team boxers between the ages of 19–34 are categorized as Elite Boxers.
- 1.1.2 Male and Female boxers 19 years old and over are categorized as Senior Boxers.
- 1.1.3 Male and Female boxers between the age of 17–18 are categorized as Youth Boxers.
- 1.1.4 Male and Female boxers between the age of 15–16 are categorized as Junior “C” Boxers.
- 1.1.5 Male and Female boxers between the age of 13 – 14 are categorized as Junior “B” competitors.
- 1.1.6 Male and Female boxers between the age of 11 – 12 are categorized as Junior “A” competitors.
- 1.1.7 The category (age classification) of a Boxer is determined by using his/her year of birth.

1.2 Competition Classification:

When not in the same classification the maximum allowable age variances are:

- 1.2.1 Junior A boxers shall be allowed to box Junior B boxers who are 14 years old, in provincial events. (24 months between date of birth)
- 1.2.2 Junior B boxers shall be allowed to box Junior C boxers who are 16 years old, in provincial events. (24 months between date of birth)
- 1.2.3 Junior C boxers shall be allowed to box Youth boxers in provincial events. (24 months between date of birth)

When a bout involves boxers of two (2) different age classifications, the number of rounds and length of rounds must be those of the lower age classification.



NOTE: International Amateur Boxing Association (AIBA) Rule Governing International Competitions or Tournaments:

- The upper age limit for boxers to compete in the Olympic Games, World or Continental Championships or International Matches is 34 years old.

RULE 2 – CATEGORY OF BOXERS

- 2.1** Novice – is a boxer who has competed in 10 bouts or less.
- 2.2** A novice boxer may be considered for open competition based on the judgment of his/her provincial branch executive, provided the boxer has competed in at least five (5) bouts as a novice (two (2) wins and no more than two (2) completed exhibition bouts).
- 2.3** Exhibition bouts count in the number of total bouts of novice boxers. If a novice boxer enters a novice tournament with ten (10) bouts or less and finishes a tournament with more than ten (10) total bouts, the boxer remains a novice until the end of the tournament.
- 2.4** Open – is a boxer who has competed in more than 10 bouts. (or if a boxer has been upgraded as per rule 2.2)

RULE 3 – UPGRADING OF BOXERS

- 3.1** Provincial Associations may only upgrade Junior B boxers to Junior C provided the boxer has spent one (1) year of competition at the Junior B level. Written notification has to be made to CABA; such notification must be made no later than 15 days prior to the cut-off date of December 31st of the previous year.
- 3.2** The Executive Committee of CABA, upon request from a Provincial Association and on recommendation of the Technical Director, may upgrade a boxer from Junior C to Youth category and from Youth to Senior. Upgrading a boxer in this section may be done at any time during the competition year.
- 3.3** A competitor so elevated shall remain in the class to which he/she is elevated and cannot revert to the lower category without written permission from the Executive Committee on recommendation of the Technical Director.
- 3.4** A competitor upgraded under this rule may be selected by the Executive Committee to represent Canada in a lower category in international tournaments.



3.5 All articles, rules and regulations shall be complied with by senior, youth and junior competitors.

RULE 4 – WEIGHT DIVISIONS FOR COMPETITIONS

4.1 **Weights for Senior (Elite) Male and Youth Male** *(Effective September 01, 2010)*

Senior (Elite) Male and Youth Male boxers 10 weight categories		
Weight Division	Over – kg	Under – kg
Light-Fly	46	49
Fly	49	52
Bantam	52	56
Light	56	60
Light-Welter	60	64
Welter	64	69
Middle	69	75
Light-Heavy	75	81
Heavy	81	91
Super-Heavy	+91	

4.2 **Weight for Elite Female**

Olympic Games Elite Female boxers 3 weight categories		
Weight Division	Over – kg	Under – kg
Fly	48	51
Light-Welter	57	60
Light-Heavy	69	75



4.3 Weight for Senior (Elite) Female and Youth Female

Senior (Elite) Female and Youth Female boxers 11 weight categories		
Weight Division	Over – kg	Under – kg
Light-Fly	45	48
Fly	48	51
Bantam	51	54
Feather	54	57
Light	57	60
Light-Welter	60	64
Welter	64	69
Middle	69	75
Light-Heavy	75	81
Heavy	+81	

4.4 Weight for Junior C Male and Female boxers

Junior C Boys & Girls boxers		
Weight Division	Over – kg	Under – kg
	37	39
	39	41
	41	43
Pin	43	46
Light-Fly	46	48
Fly	48	50
Light Bantam	50	52
Bantam	52	54
Feather	54	57
Light	57	60
Light Welter	60	63
Welter	63	66
Light Middle	66	70
Middle	70	75
Light Heavy	75	80
Heavy	+80	



4.5 Weight Divisions for Junior A and Junior B:

Junior A		Junior B	
Over – kg	Under - kg	Over - kg	Under – kg
25	28		
28	30		
30	32		
32	34		
34	37	34	37
37	39	37	39
39	41	39	41
41	43	41	43
43	46	43	46
46	48	46	48
48	50	48	50
50	52	50	52
52	54	52	54
54	57	54	57
57	60	57	60
60	63	60	63
63	66	63	66
66	70	66	70
		70	75
		75	80
		80+	



RULE 5 – REGULATIONS CONCERNING NON -TOURNAMENT BOUTS

5.1 Definition

- 5.1.1 Non-tournament events are bouts between competitors who are not part of a sanctioned tournament event. These bouts include club shows, invitational events, exhibitions and public sessions.
- 5.1.2 Exhibitions and public sessions are non-competitive bouts where ringside judges will not be used. All other ringside officials must be in attendance (referee, doctors, timekeeper, etc.).

5.2 Sanctions

- 5.2.1 Bouts may only be conducted as part of an event sanctioned by the appropriate national, provincial or regional authority.

5.3 Approval

- 5.3.1 All non-tournament events must adhere to the same regulations concerning age, weight and experience as a regular sanctioned tournament as per 5.1.
- 5.3.2 Competitors, their coaches/seconds, the official-in-charge of the event and the attending physician must all agree to approve the bout.

5.4 Recording of Exhibition Bouts

- 5.4.1 The results of all bouts must be recorded in each competitor's passport and count as part of a competitor's total number of bouts.
- 5.4.2 Bouts that go to the time limit will be recorded as "EXH" (Exhibition).
- 5.4.3 Should these bouts be stopped before the time limit, the reason must be recorded in each competitors passport, e.g.: RSC, RSCH, KO, etc.

- Example: Winner - EXH-W-RSC
Loser - EXH-L-RSC



5.5 Rules

All CABA articles and rules shall apply, except for these allowances:

5.5.1 Head guards

5.5.1.1 Training head guards are compulsory.

5.5.2 Gloves

5.5.2.1 16 oz gloves for exhibitions & sparring are allowed.

5.5.3 Age

The maximum allowable age variances are:

Junior “A” with a Junior “B”	24 months between dates of birth
Junior “B” with a Junior “C”	24 months between dates of birth
Junior “C” with a Youth	24 months between dates of birth
Youth with a Senior: <ul style="list-style-type: none">• A Youth boxer must be 17 years of age to box a senior boxer.	Difference in experience and number of bouts to be considered
Senior with a Senior	Difference in experience and number of bouts to be considered

NOTE: Bouts shall not be sanctioned for competitors who have not reached Junior “A” eligibility age. (Year of birth)



5.5.4 Weight

- When not in same weight division, the following will apply;

Youth and Seniors	Male under 52 kg, or Female under 60kg, difference may be 3 kg
Youth and Seniors	Male over 52 kg and under 69kg or female over 60kg and under 69kg, difference may be 4 kg
Youth and Seniors	Male over 69 kg and under 91kg or Female over 69kg and under 81kg, difference may be 6 kg
<ul style="list-style-type: none"> • Male - no maximum weight difference if both boxers are over 91 kg • Female - No maximum weight difference if both boxers over 81kg • Age, experience and number of bouts shall be considered. 	
Junior 'C' Male & Female	<ul style="list-style-type: none"> - If under 54kg, difference may be 3kg - If over 54kg and under 70kg, difference may be 4kg - If over 70kg and under 80kg, difference may be 5kg
No maximum weight difference if both boxers are over 80kg	

5.5.5 Experience/bouts

novice versus novice	7 bouts maximum difference
novice versus open	5 bouts maximum difference
open versus open	no limit, each competitor's experience shall be considered

PLEASE NOTE: Novice versus open:

Number of rounds and length of rounds must be those of the novice boxers. (12.2 Rounds for novice boxers)

5.6 Criteria

All three (3) critical points (age-weight-experience) must be considered before a bout is approved.



RULE 6 – FEMALE COMPETITORS

- 6.1** Bouts between females and males are not permitted.
- 6.2** All articles, rule and medical regulations governing amateur boxing in Canada apply to female competitors and to bouts in which females participate.

RULE 7– ELIGIBILITY OF BOXERS

7.1 Medical Aspect of Qualification for Boxers

7.1.1 Medical Certification

A competitor shall not be allowed to compete in Canada unless this boxer possesses a CABA Competition Record Book (CRB) in which this boxer must be certified as fit to box by a qualified Doctor of Medicine. The CABA Competition Record Book is valid if it is completely filled in and up to date and the annual medical examination is not older than one year.

NOTE: Newly registered competitor can have their medical form attached to the back of their Competition Record Book.

On each day the boxer will be required to box, the competitor shall be certified as fit to compete by a qualified Doctor of Medicine who shall be approved by the Provincial Association under whose jurisdiction the competition is taking place, or during the National Championships, International Competition or Dual Matches, by CABA Medical Director.

7.1.2 Boxer with Allowed Handicap

- 7.1.2.1 Boxer who is deaf and/or mute.
- 7.1.2.2 Boxer with only one lost finger, as long as the lost finger is not the thumb.
- 7.1.2.3 Boxer with at least one toe, as long as the remaining toe is the big toe.
- 7.1.2.4 Boxer can compete with a soft knee brace, provided there is no steel or hard plastic.
- 7.1.2.5 Refer to latest amended Medical Handbook for fitness criteria.



7.1.3 Prohibited Conditions – boxers with the following prohibited conditions are not allowed to enter any of CABA Approved Events:

7.1.3.1 A boxer who wears a dressing on a cut, wound abrasion, laceration or blood swelling on their scalp or face, including the nose and ears. In the case of a boxer with abrasion or laceration, no dressing other than Collodion or Steri-Strip is allowed. The decision to box or not to box should be made by the Doctor examining the boxer on the day the boxer is competing.

7.1.3.2 A boxer shall be clean-shaven before the medical examination and before the weigh-in. Beards and moustaches are not allowed. No types of body piercing and no-body accessories are allowed to be worn during a bout.

7.1.3.3 A boxer who wears a beard by reason of their legitimate and bona fide religious beliefs (such as Sikhs) shall be entitled to participate in and compete in all CABA sanctioned events in Canada, provided the beard is contained within reasonably appropriate netting.

7.1.4 Protective Sanitary Measures

7.1.4.1 One knock-out or RSCH – 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 defenseless or incapable of continuing, shall not be permitted to take part in competitive boxing or sparring for a period of at least 30 days after the boxer has been knocked out.

7.1.4.2 Two (2) knock-outs or RSCH – 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 defenseless or incapable of continuing twice in a period of 90 days, shall not be permitted to take part in competitive boxing or sparring during a period of 90 days from the second knock-out or RSCH.

7.1.4.3 Three (3) knock-outs or RSCH – 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 defenseless or incapable of continuing three (3) times in a



period of 12 months, shall not be permitted to take part in competitive boxing or sparring during a period of one year from the third knock-out or RSCH.

7.1.4.4 Each knock-out suffered as a result of a head blow(s) and each RSCH must be recorded in the boxer's Competitions Record Book.

7.1.4.5 All protective measures should also apply if a knock-out occurs during training. The coach shall be responsible to report to CABA.

7.1.4.6 If one boxer is knocked by a blow to the head after the command 'break' or 'stop' and is counted 'out', the victory by 'disqualification' does not permit this boxer to continue the competition.

7.1.4.7 A boxer who receives an 'RSCH' with no loss of consciousness shall not be permitted to take part in competitive boxing or sparring for a period of at least one month.

7.1.4.8 A boxer unconscious for less than one minute shall not be permitted to take part in competitive boxing or sparring for a period of at least 90 days

7.1.4.9 A boxer unconscious for more than one minute shall not be permitted to take part in competitive boxing or sparring for a period of at least 6 months. Any boxers who suffers a second LOC within three (3) months of resuming boxing after a first LOC will have the previous medical restriction doubled.

7.1.4.10 Injured boxers may be restricted from boxing at the discretion of the attending Medical Doctor. Any boxer who has a medical restriction must not train or spar during the restricted period.

7.1.4.11 Boxers returning from injury must receive clearance in writing from their physician before returning to box.

7.1.5 Non-AIBA professional boxing

7.1.5.1 Any boxer taking part in a non-AIBA professional boxing or any other professional combat sport is not allowed to compete in any AIBA and CABA approved event.



RULE 8 – MEDICAL EXAMINATION

- 8.1** At the time fixed for the weigh-in, the competitor must be considered as fit to compete and examined by a physician appointed by the Medical Director before being weighed-in. With a view to ensure a smooth running of the weigh-in, the Technical Delegate may decide to begin the examination at an earlier time. The Medical Director can select local Doctors to assist with his duties.
- 8.2** At the medical examination and weigh-in, an up to date Competition Record Book with correct information must be presented by the boxer. This Competition Record Book must be signed and/or stamped by the Executive Director of CABA. If a Competition Record Book is not presented by the boxer at the medical examination and weigh-in, this boxer shall not be allowed to compete.
- 8.3** In addition, a female boxer shall answer to the best of her knowledge any questions raised by the Medical Director and shall present a signed declaration certifying non-pregnancy.
- 8.4** In special circumstances to ensure a smooth running of the weigh-in, boxers will be allowed to weigh-in prior to medical.

RULE 9 – WEIGH-IN

- 9.1** The contestants at all weights shall be ready to weigh-in, the first morning of the competition and on the morning of each subsequent day on which they are scheduled to box. For this, a time will be appointed between 8 a.m. and 10 a.m. It shall be in the power of the Executive Committee or Chief Official to relax those timings for extenuating circumstances. At Nationals, boxing shall not start earlier than six (6) hours after the General Weigh-In and three (3) hours after the latest time appointed for weigh-ins for the remaining days of the competition.
- 9.2** Persons nominated by CABA or affiliates sponsoring the competitions shall conduct the weigh-in. A delegate of the Branch Committee of each contestant may be present at the weighing-in but may not in any way interfere. The weigh-in and medical examinations shall be conducted out of the view of the opposite sex, attending physicians excepted.
- 9.3** A competitor shall be allowed to present him/herself at the official scales only once at the weigh-in each day. The weight recorded on that presentation is final.
- 9.4** The weight is the one shown by the scale, with the boxer wearing underwear. No weight allowance shall be given for the underwear, which the boxer may remove if that is



necessary to make the weight. Automatic scales may be used. Also acceptable are dead-weight scales or the beam variety. The weight shown may be in lbs., oz., or preferably in kilograms and grams (kg, g). Trial scales and official scales must be of the same manufacturer and the same weigh in calibration.

- 9.5** Each competitor upon registering with the CABA will be provided with a Competition Record Book (passport), which shall be produced at all competitions contests and/or exhibitions. Failure to produce a current CABA-registered Competition Record Book shall result in the boxer being ineligible to box. No substitute booklets, cards or “temporary passports” shall be permitted. Misrepresentation of the passport by a boxer shall result in suspension.
- 9.6** The weight registered at the official weigh-in on the first day decides the weight class of the boxer for the whole of the competition. However the boxer will still be required to weigh-in each day on which he/she is due to box to ensure that the boxer’s actual weight on that day does not exceed the maximum of the boxer’s weight class, nor be below the minimum of the boxer’s weight class which will also apply to the Daily Weigh-In.

NOTE: To compete in a specific weight class a boxer must exceed the maximum weight allowed for the preceding weight class on the day of the official weigh-in. The Weigh-In must be conducted by Officials of the same gender.

RULE 10 – SUBSTITUTION OF BOXERS ON GENERAL WEIGH-IN

- 10.1** If the general weigh-in is not yet closed, it is permissible for the delegate of the branch of any competitor who has failed to make the weight at the original weigh-in, to enter him/her thereupon for the higher/lower weight for which he/she is qualified, if such region or affiliate has a free place at that weight.
- 10.2** It is also permissible for a region or affiliate to substitute one boxer for another at any time up to the close of the first weigh-in and the medical examination, provided that the substituted boxer was entered as reserve for that or any other weight.

RULE 11 – THE DRAW

- 11.1** The draw shall take place as soon as possible after the official medical examination and general weigh-in.



- 11.2** In competitions where there are more than four (4) competitors, a sufficient number of byes shall be drawn in the first series to reduce the number of competitors in the second series by 4, 8, 16 or 32.
- 11.3** Competitors drawing a bye in the first series shall be the first to box in the second series. If there are an odd number of byes, the boxer who draws the last bye will compete in the second series against the winner of the first bout in the first series.
- 11.4** No competitor may receive a bye in the first series and a “walkover” in the second series or two (2) consecutive “walkovers”. Should such a situation arise, a fresh draw shall be made of all the boxers remaining in the series who have not received a bye or a walkover in the preceding series. The first boxer to be drawn will meet the boxer who has benefited from a bye or walkover in the normal way.
- 11.5** No boxer shall box twice before all other boxers in his weight division have boxed at least once. In special situations, the CABA Executive or its affiliate has the right to depart from this rule.
- 11.6** The bout schedule should be arranged in the order of weighs, alternating between females and males so that in each series, the lightest weights will be run off first and thereafter in order of weighs up to the heaviest weights in that series followed by the lightest weights in the next series, and so on. In arranging the schedule of the Semi-finals and Finals of these events, the wishes of the organizing Committee may be accommodated by the Technical Delegate, as long as the results of the draw are not called into question.



11.7 Table for Drawing Bouts and Byes

Entries	Bouts	Byes
3	1	1
4	2	0
5	1	3
6	2	2
7	3	1
8	4	0
9	1	7
10	2	6
11	3	5
12	4	4
13	5	3
14	6	2
15	7	1
16	8	0
17	1	15
18	2	14
19	3	13
20	4	12

RULE 12 – ROUNDS (FOR OPEN BOXERS) (EFFECTIVE SEPTEMBER 01, 2010)

12.1 Open Boxers

- 12.1.1 In all Male Senior (Elite) and Youth Male approved competitions, the bouts shall consist of three (3) rounds of three (3) minutes each with a one (1) minute rest interval.
- 12.1.2 In all Female Senior (Elite) and Youth Female approved competitions, the bouts shall consist of four (4) rounds of two (2) minutes each with a one (1) minute rest interval.
- 12.1.3 In all Junior C Male & Female approved competitions, the bouts shall consist of (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 12.1.4 In all junior B Male & Female approved competitions, the bouts shall consist of (3) rounds of one minute and a half (1.5) each with a one (1) minute rest interval.



12.1.5 In all Junior A male & Female approved competitions, the bouts shall consist of a (3) rounds of one (1) minute each with a one (1) minute rest interval.

12.1.6 During the interval between rounds, boxers must face the ring centre.

12.2 Rounds for Novice Boxers

12.2.1 Novice Senior (Elite) Male or Female – 19 years and over, the bouts shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.

12.2.2 Novice Youth Male or Female – 17 & 18 years old, the bouts shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.

12.2.3 Novice Junior C Male – 15 & 16 years old, the bouts shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.

12.2.4 Novice Junior C Female – 15 & 16 years old, the bouts shall consist of (3) rounds of one minute and a half (1.5) each with a one (1) minute rest interval.

12.2.5 Novice Junior B Male & Female – 13 & 14 years old, the bouts shall consist of (3) rounds of one minute and a half (1.5) each with a one (1) minute rest interval.

12.2.6 Novice Junior A Male & Female – 11 & 12 years old, the bouts shall consist of (3) rounds of one (1) minute each with a one (1) minute rest interval.

RULE 13 – DECISIONS

13.1 Win on Points

At the end of a contest, the boxer who has been awarded the decision by a majority of the judges shall be declared the winner. If both boxers are injured or are knocked out simultaneously and cannot continue the contest, the judges shall record the points gained by each boxer up to its termination and the boxer who was leading on points up to the actual end of the contest shall be declared the winner.

13.2 Win by Retirement

If a boxer retires voluntarily (or is retired by his/her second) owing to injury or other cause, or if he/she fails to resume boxing immediately after the rest between rounds, his/her opponent shall be declared the winner.



13.3 Win by Referee Stopping Contest (R.S.C.)

13.3.1 RSC - Outclassed

If a boxer, in the opinion of the referee, is being outclassed or is receiving excessive punishment, the bout shall be stopped and his/her opponent declared the winner. The chairperson of the jury then advises the referee accordingly and the result announced shall be “RSC – Outclassed”.

13.3.2 RSC (H)

When the referee has stopped the contest due to a boxer having received hard blows to the head making him/her defenseless or incapable of continuing, the decision shall be RSC (H). The referee shall indicate to the jury and judges to annotate the score card RSC (H). At national competitions, it is recommended that the referee first check with the ringside physician before rendering this decision.

RSC (B)

A boxer can be counted out (KO) by body blows: however, this type of K.O. does not carry a specific medical suspension.

13.3.3 RSC - Injury

13.3.3.1 If a boxer, in the opinion of the Doctor/Referee, is unfit to continue because of injury sustained from correct blows or other action or is incapacitated for any other physical reasons, the bout shall be stopped and the opponent declared the winner by RSCI. In case both boxers are injured at the same time, the boxer with the higher score at time of decision will be the winner.

13.3.3.2 The right to make this decision rests with the Referee, who may consult with the attending physician. The attending physician has the right to direct the Referee to stop the bout by using any form of communication methods.

13.3.3.3 When a Referee calls the attending physician to the ring to examine a boxer, only these two (2) officials should be present. No other person should be allowed into the ring, or on the apron.



13.3.4 Procedure after knockout and R.S.C. (H) decisions

13.3.4.1 If a boxer is rendered unconscious, then only the referee and the doctors summoned shall enter the ring, unless the doctors need extra help. At the discretion of the ringside physician, the boxer may be transported to the nearest hospital with a neurosurgery department by an ambulance.

13.3.4.2 Any boxer who has been knocked out as a result of a head blow in a contest or wherein the referee has stopped the contest due to a boxer having received hard blows to the head, R.S.C. (H), making him/her defenseless or incapable of continuing, shall be examined by a doctor immediately afterwards and accompanied to his/her home or suitable accommodation by his/her coach. A boxer with any such knockout or head blow should not be left alone for 12-24 hours as directed by the physician.

13.3.4.3 A boxer who has been stopped due to head blows, R.S.C. (H) (knock out) is not required to wait in the ring for the official decision, but should be taken to the dressing room for neurological assessment.

13.4 Win by Disqualification

13.4.1 If a boxer is disqualified, his/her opponent shall be declared the winner. If both boxers are disqualified, the decision shall be announced accordingly. A disqualified boxer shall not be entitled to any prize, medal, trophy, honorable award or grading, relating to any stage of the competition in which he/she has been disqualified. In exceptional cases, it shall be open to the jury or acting jury and where there shall be no jury, to the person or persons responsible for the conduct of the event in which the disqualification takes place to rule otherwise.

13.4.2 If both contestants are disqualified, they will be sent to their corners; after the decision is announced, they will be instructed to leave the ring. They will not be brought to the center of the ring.

13.5 Win by Knock-out

If a boxer is “down”, (i.e. knocked down) and fails to resume boxing within ten (10) seconds, the opponent shall be declared the winner by knockout.

13.6 No Contest

A bout may be terminated by the referee inside the scheduled distance owing to a material happening outside the responsibility of the boxers or the control of the referee, such as the



ring becoming damaged, the failure of the lighting supply, exceptional weather conditions, etc. In such circumstances the bout shall be declared “no contest” and in the case of championships, the jury shall decide the necessary further action and if Rule 13.9 applies.

13.7 Win by Walkover

When a boxer presents him/her in the ring fully attired for boxing and the opponent fails to appear after three (3) minutes after his/her name has been called out by the public address system, the referee shall declare the first boxer winner by a walkover. The referee shall summon the boxer to the centre of the ring and after the decision is announced, raise his/her hand as winner.

NOTE: The above procedure need not be followed if the jury or official in charge is aware of a boxer being unable to attend his/her scheduled bout, i.e. due to injury, etc.

13.8 Decision in Case of Draw

13.8.1 First, delete the lowest and the highest Judges’ total scores in each the red and blue corner. Then, the winner will be determined by the total scores of the remaining three (3) judges of each red and blue corner.

13.8.2 Second, in case of a tie after the above process, all five (5) Judges shall be asked to press the button once for the boxer who has won. The decision is made by the majority of the panel of these five (5) Judges.

13.8.2.1 Who has done most of the leading off or who has shown the better style; or if equal in that respect;

13.8.2.2 Who has shown the better defense (blocking, parrying, ducking, side-stepping, etc.) by which the opponent’s attacks were made to miss?

13.8.3 Only in Dual Matches, Club Shows for junior novices, a draw decision may be awarded. Likewise, an injury in the first round may result in a draw in Dual Matches.

13.9 Incidents in the Ring Outside the Control of the Referee

13.9.1 If something happens that does not allow the bout to continue within one minute after the bell has rung for the beginning of the first, second, or third round (in case of 4 round bouts), e.g. power failure, the bout shall be stopped and the boxers will continue their bout in the last bout of the same session.



- 13.9.2 If the incident occurs in the last round of a bout, the contest shall be terminated and the Judges are asked to give a decision as to the winner of the bout.
- 13.9.3 If the bout cannot be resumed to box at the end of the session, it will be moved to the beginning of the next session before the original schedule. If the next session is on the following day, the boxers shall be weighed and medically examined again for the bout.
- 13.9.4 If bouts must be stopped and can be resumed, the score will be recorded and the scoring and the timing will continue when the bout resumes.

RULE 14 – PROTEST

- 14.1 A protest shall be submitted by the team leader not later than 30 minutes after the completion of the bout. Any protest shall be against the decision(s) of referee and/or judges of the bout.
- 14.2 The protest shall be made in writing and handed to the Chief Official of the competition with specifying definitive and clear reasons for the protest.
- 14.3 The protest fee is \$ 100.00. This amount will be refunded if the protest is upheld. If the protest is rejected, the entire fee will not be returned to the protester.
- 14.4 The Chief Official has the right to refuse the protest(s). All members of the competition Jury will evaluate the protested bout result.
- 14.5 A video recording (if available) of the protested bout will be used to analyze the bout.
- 14.6 A protest on the finals of a tournament should be notified within 5 minutes of completion of the bout.
- 14.7 The evaluation shall be conducted immediately after all bouts of the day are completed. The final decision of the evaluation will be informed to both team leaders in writing prior to the weigh-in and medical examination.

RULE 15 – COMPUTERIZED SCORING SYSTEM (SEE APPENDIX II AT THE END)

- 15.1 The Computerized Scoring System shall be used in all CABA Approved Events.
- 15.2 In case Computerized Scoring System is being used, no judges' score sheets shall be kept. All information required for making up the decision is recorded by the computer and, at the end of the contest, printed out automatically.



15.3 If the Computerized Scoring System becomes defective, the procedure shall be as follows:

The Chief Official shall stop the bout for one (1) minute. If, during that period the system cannot be repaired the score at the time of the breakdown will be saved and the five (5) judges shall use hand-held scoring devices and record the bout for the rest of its duration. At the end of the contest the Chief Official shall collect the scoring papers from the five (5) Judges, add on the scores from the Scoring System up to the breakdown and after examination by the Jury, the winner should be declared accordingly. If the Scoring System cannot be repaired then the jury can decide to continue the session/tournament allowing Judges to score the bouts with hand-held scoring devices.

15.4 If the Computerized Scoring System fails during the competition, each Judge shall use a hand-held scoring calculator or clicker device. At the end of the bout, each jury member or Judge will write his/her score and sign the appropriate form.

15.5 Display of Scores:

The spectators and corners will be able to see the scores on a screen; however, the Referee, five (5) Judges and the attending physician shall not be able to see the score during the bout.

RULE 16 – SCORING POINTS

16.1 Valid Scoring Points

16.1.1 During each round, a judge shall assess the respective scores of each boxer according to the number of hits obtained by each.

16.1.2 Each hit to have scoring value must, without being blocked or guarded, land directly with the knuckle part of the closed glove of either hand on any part of the front or sides of the head or body above the belt. Punches landing as described above are scoring hits.

16.1.3 The awarding of points shall follow the principles: one point for every correct hit.

16.2 Non-Valid Scoring Point

16.3 While infringing any of the rules: or

16.4 With the side, the heel, the inside of the gloves or with the open glove,

16.5 Which land on the arms: or shoulders



16.6 Which merely connect without the weight of the body or shoulder, are not scoring hits.

16.7 No extra points shall be awarded for a knock-down.

RULE 17 – FOULS

17.1 Cautions, Warnings, Disqualifications

- 17.1.1 The competitor who does not obey the instructions of the referee, acts against boxing rules, boxes in an unsportsmanlike manner or commits fouls, can, at the discretion of the referee, be cautioned, warned or disqualified without warning.
- 17.1.2 If a referee intends to warn the boxer, he/she shall stop the contest and send the opponent to the neutral corner, he/she shall demonstrate the foul to the boxer. The referee shall then give some thumbs up to the boxer and to each of the five (5) judges. Then repeat the demonstration of the foul to the offending boxer. A referee, having once administered a warning for a particular foul, i.e. holding, cannot issue a caution for the same offence. A third caution for the same type of foul shall require a mandatory warning to be issued. Only three (3) warnings may be given to the same boxer in one contest. The third warning brings automatic disqualification.
- 17.1.3 The boxer is responsible for the conduct of the second. The boxer may be penalized in the same way for offences committed by the second.
- 17.1.4 If a referee has any reason to believe that a foul has been committed which he/she has not seen, he/she shall consult one or more judges to verify whether a foul was committed or not. If, according to the majority of the judges, a foul had been committed, the referee should caution, warn or disqualify the offender. If, on the other hand, the blow according to the majority of the judges was correct, then the referee should continue the round as in ordinary course.
- 17.1.5 Any time a referee gives an 8 count for a foul, a warning must be given to the offending boxers. The opponent shall receive 2 points by the judges pressing the appropriate button.
- 17.1.6 Boxers shall shake hands before the beginning and after the bout. Any further shaking of hands during the bout is prohibited.
- 17.1.7 If a boxer's gumshield falls out or is knocked out the first time, the Referee will give a caution. Thereafter, every time the gumshield is knocked out or falls out, a



warning will be given. In each case, if the gumshield falls to the floor, the Referee shall take the boxer to the boxers' corner, have the gumshield washed and returned to its' proper position. While this is being done, the Second is not allowed to talk to the boxer. If the boxer intentionally spits out his/her gumshield, an immediate warning shall be issued.

17.2 The following are fouls:

- 17.2.1 Hitting or holding below the belt, tripping, kicking and butting with foot and knee;
- 17.2.2 Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes;
- 17.2.3 Hitting with open gloves, the inside of the glove, wrist or side of hand;
- 17.2.4 Hits landing on the back of the opponent and especially any blow on the back of the neck, head and kidneys;
- 17.2.5 Attack while holding the ropes or making an unfair use of the ropes (spring-off);
- 17.2.6 Lying on, wrestling and throwing in the clinch;
- 17.2.7 An attack on an opponent who is down or who is in the act of rising;
- 17.2.8 Locking of the opponent's arm or head or pushing an arm underneath the arm of the opponent;
- 17.2.9 Holding;
- 17.2.10 Holding and hitting or pulling and hitting;
- 17.2.11 Ducking below the belt of the opponent in a manner dangerous to the opponent;
- 17.2.12 Completely passive defense by means of double cover and intentionally falling or running or turning the back to avoid a blow;
- 17.2.13 Not stepping back when ordered to break;



- 17.2.14 Aggressive or offensive utterances during the round;
- 17.2.15 Attempting to strike an opponent immediately after the referee has ordered “Break” and before taking a step back;
- 17.2.16 Assaulting or behaving in an aggressive manner towards a referee at any time;
- 17.2.17 Dropping or spitting out a mouth guard;
- 17.2.18 Turning around on opponent;
- 17.2.19 Keeping the advanced arm straight in order to obstruct the opponents’ vision.



RULE 18 – ILLUSTRATION OF FOULS

Suitable Gestures to Indicate Fouls

Demonstration of Fouls

Foul 1. Hitting an opponent who is down

Referee touches the back of his/her head and then indicates the foul.



Foul 2. Hitting below the belt

Referee points to or mimics the low blow and then moves the hand upward OR moves the hand (palm up) across the belt line and then moves it upward.



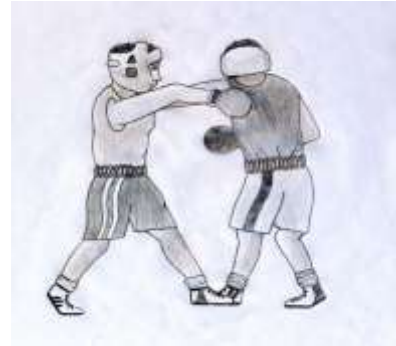
Foul 3. Kneeing

Touch the knee to mimic the violation.



Foul 4.
Hitting on the back

Referee touches the location of the violation.



Foul 5.
Butting

Tap the top of the head – move your head forward – motion the head upward.



Foul 6.
Any blow on back of neck

Referee touches exact location of illegal blow.



Foul 7.
Hits with elbow

Referee taps the elbow.



Foul 8.

Hits with open glove

Referee taps the palm of one hand with the fingers or closed fist (depending on the type of slap) with the other hand.



Foul 9.

Pulling and hitting

Imitate the exact pulling with one hand and hitting with the other.



Foul 10.

Holding and hitting

Imitate the exact holding with one hand and pulling with the other.



Foul 11.

Hanging on to opponent

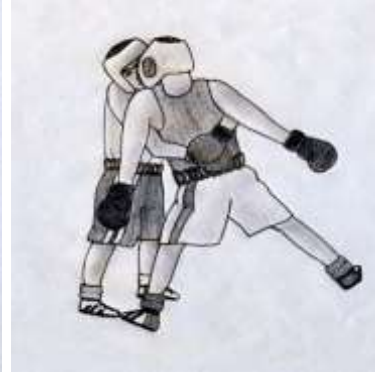
Position your arms in a hanging manner and bend the body forward slightly.



Foul 12.

Wrestling

Move the arms in a holding manner and turn body and arms in a horizontal position – go back and forth.



Foul 13.

Both competitors are wrestling

Repeat #12 and mimic to both boxers rather than just one.



Foul 14.

Hit with the forearm

Tap the forearm and push the forearm forward slightly.



Foul 15.

Holding below the belt line

Position arms in a holding manner.



Foul 16.

Pressing with the forearm

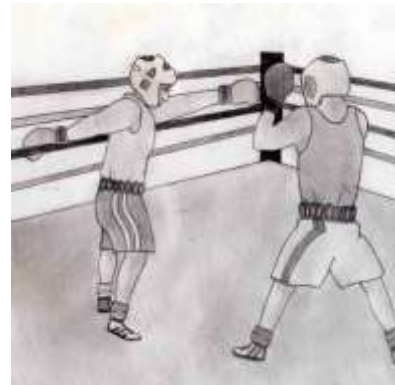
Tap the forearm – slightly move it forward.



Foul 17.

Any use of the ropes

If boxer grabs ropes – simulate that violation. If he/she backs up to ropes or uses them as springboard – push against ropes and touch back.



Foul 18.

Clinching with straight arms

Extend both arms in a rigid manner.



Foul 19.

Holding opponent's arm

Place one hand under your arm and push down toward the body with the other.



Foul 20.

Ducking below the belt line

Tap the top of the head, crouch in a stooping manner moving the body slightly forward and with hand – motion the head upward.



Foul 21.

Completely passive defense

Cover your head in the same manner as the violation and bend the waist to the same degree the offending boxer did.



Foul 22.

Coaching from the corner or instructing others to do so

Point to the coach and move fingers and thumb in a vertical manner.



Foul 23.

Pushing or shoving off

Extend arms and push or shove the air –motion arms in a downward manner.



Foul 24.

Spitting the mouth piece

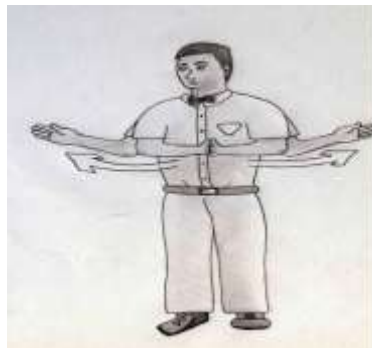
Point the fingers to the mouth and move the arms downward.



Foul 25.

Not stepping back at the Break

Fast movements with hands to show the move of the boxer while backing



Foul 26

Turning around

Circular movement of the hands with the fingers pointing downwards toward the canvas.



RULE 19 – BOXER DOWN

19.1 A Boxer who is down as a result of a slip or as in paragraph 19.2 shall be protected by the referee.

19.2 Definition of ‘Down’

19.2.1 If the boxer touches the ring canvas with any part of the body other than the boxer’s feet as the result of a blow or series of blows.

19.2.2 If the boxer is outside or partly outside the ropes as the result of a blow or series of blows.

19.2.3 If the boxer hangs helplessly on the ropes as the result of a blow or series of blows.

19.2.4 If following a hard punch the boxer has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the Referee, continue the bout.

19.3 Counts During “Down”

In the case of a knockdown, the referee shall immediately begin the count. The referee shall count aloud from one (1) to eight (8), with intervals of one second between numbers and shall indicate each second with fingers in such a manner that the boxer who has been knocked down may be aware of the count. Before the number “one” is counted, an interval of one second must have elapsed from the time the Referee says ‘Stop’

19.4 Opponent’s Responsibilities

If a boxer is down, the opponent must at once go to a neutral corner designated by the referee.

19.5 Mandatory Eight (8) Count

When a boxer is down as a result of a blow, the bout shall not be continued until the referee has reached the count of eight (8), even if the boxer is ready to continue before then.



19.6 The Knock-Out

After the referee has said “ten” and the word “out”, the bout ends and shall be decided as a “knockout”.

19.7 Boxer “Down” at the end of Round

In the event of a boxer being “down” at the end of a round, the referee shall continue to count. Should the referee count up to ten, such boxer shall be deemed to have lost the bout by “knockout”. If the boxer is fit to resume boxing before the count of ten (10) is reached, the referee shall immediately use the command “Box” and then the bell shall be rung to end the round. The bell cannot save a boxer.

19.8 Second Time Boxer “Down” without a Fresh Blow

If a boxer is down as a result of a blow and the bout is continued after the count of eight (8) has been reached, but the boxer falls again without having received a fresh blow, the Referee shall continue the counting from the count of eight (8) at which the Referee stopped.

19.9 Both Boxers “Down”

If both boxers go “down” at the same time, counting will be continued as long as one of them is still “down”. If both boxers remain “down” until the count of ten, the bout will be stopped and both boxers will lose by Knock-Out. If this happens in the semi-Finals, the boxer with the highest score at the time of the ‘down’ will be the winner.

RULE 20 - COMPULSORY COUNTS LIMITS

20.1 In the Senior (Elite) Level (male & female), when an open boxer has 3 compulsory counts in the same round or 4 times for the whole bout, the Referee shall stop the contest (RSC or RSCH).

20.2 In all other levels, a bout shall be stopped after 2 compulsory counts in the same round or 3 times for the whole bout.

20.3 A “down” or count caused by any foul shall not be included in the compulsory count limit.



RULE 21 – INTERPRETATION

21.1 The interpretation of any of these rules or questions not provided for in these rules, insofar as they concern a bout and occurrence connected with same, shall be decided by the referee, in consultation with the jury and in case of no jury, with members in Executive positions, or the Chief Official.



RULES FOR COMPETITION OFFICIALS

RULE 22 - TECHNICAL DELEGATE

22.1 Qualifications

The Technical Delegate must exhibit superior leadership and management skills. Active coaches, Referees, Judges, Team managers and any person with an over six (6) month suspension record cannot be appointed as Technical Delegate.

22.2 Nomination & Appointment

For all CABA approved events, CABA Executive Committee approves, appoints and dismisses the Technical Delegate.

22.3 Basic Responsibilities

To ensure that the boxing event adheres and confirms to all conditions and regulations as outlined in the current CABA Articles & Rules with regards to the organization and administration of Tournaments/Championships.

22.4 Duties of Technical Delegate

- 21.4.1 To hold an inspection visit (or visits) prior to the event. During the course of these visits, the Technical Delegate shall examine the plans and programs for the event: shall check the expected number of participants and the provision of suitable personnel to manage the various locations; shall ensure that all arrangements and documentation are in conformity with CABA regulations; shall scrutinize all relevant contracts; shall inspect all venues and facilities to be used, including medical facilities, weigh-in and draw venue, media support and transport arrangements; shall visit all accommodation sites, paying particular attention to the standards and suitability of the lodgings and food to be provided; and shall inspect boxing and ringside equipment to be used.
- 22.4.2 To keep CABA president and CABA office informed on the progress of preparations for the event.
- 22.4.3 To arrive in good time for the event in order to monitor and assist the organizers with the final preparations. The Technical Delegate shall intervene in the work of the organizers only in the event of CABA regulations being infringed or where the Technical Delegate has been requested to offer assistance.



- 22.4.4 To conduct the Technical Meeting for Team Leaders, Coaches, Doctors, Referees & Judges and Officials prior to the commencement of competition.
- 22.4.5 To supervise/monitor the arrangements for the draw, the weigh-in, the medical examination and the daily schedule of contests.
- 22.4.6 To monitor the progress of the event from commencement to conclusion and to assist in resolving any difficulties that arise.
- 22.4.7 To liaise and cooperate with the Head Official, Medical Commission and Executive Committee whose duties, powers and responsibilities are outlined in the CABA Statutes.

RULE 23 - TECHNICAL OFFICIAL

23.1 Definition

All officials working within the Field of Play (FOP) excluding the Technical Delegate(s), the Referees & Judges and the Organizing Committee staff are called Technical Officials (TO). The TOs are consisted of the following members:

- 23.1.1 Jury Members
- 23.1.2 Voting (Hand Scoring) Jury Members
- 23.1.3 Medical Jury
- 23.1.4 Boxing Equipment Manager
- 23.1.5 Other assigned positions by the Technical Delegate to work inside the FOP.

RULE 24 - COMPETITION JURY

24.1 Appointment

For National Championships, the Jury shall be comprised of CABA Executive Committee members and/or members of the Referee & Judges Commission.



24.2 Composition of Members in Competition

At each boxing session, the Jury shall consist of 3 persons of which one is the Chief Official.

24.3 Procedure of Making Decisions

The Chief Official shall announce all decisions on behalf of all Jury members.

24.4 The Duties

- 24.4.1 The Chief Official shall make the announcer aware of the name of the boxer shown as the winner on the monitor of the computer after the bout is over.
- 24.4.2 The Jury members should watch the scores and performances of the Referees & Judges and immediately suspend any wrong-doing by a Referee or Judge for the rest of the day's competition. Then after the competition is completed, the Executive Committee and 3 Jury members shall discuss any further recommendations to the Disciplinary Commission regarding sanctioning the Referee & Judge.
- 24.4.3 If circumstances should arise which would militate against the holding of a contest under proper conditions, and if a Referee should take no efficient action concerning the situation, the Chief Official may order boxing to cease until it may be satisfactorily resumed.
- 24.4.4 The Chief Official may also take any immediate action he may consider necessary to deal with circumstances which would impede against the proper conduct of boxing at any session.
- 24.4.5 Should the boxer be guilty of a serious and deliberate offence that is contrary to the spirit of sportsmanship, the Chief Official, the referee, the jury, Technical Official and the Executive Committee have the right to recommend to the Disciplinary Commission for possible sanction.
- 24.4.6 The Chief Official of the Competition Jury shall be responsible for cautioning, warning or removing Seconds with the support of the other two (2) Competition Jury members.

24.5 Overruling the Referee

A decision of a Referee may be overruled by the Chief Official when the Referee has given a decision which is clearly against the CABA Articles and Rules. When considering such



an incident, the Jury members may use a video tape recording of the incident if one is available.

RULE 25 - REFEREES & JUDGES

25.1 Designation and Neutrality

- 25.1.1 For competitive bouts at Canadian championships wherever possible and to ensure neutrality, each official shall be of a different province from each other and from each of the boxers taking part in the contest.
- 25.1.2 The Chief official is responsible for the final selection of Official for all major competitions.
- 25.1.3 In the event that a hosting province or any other province is unable to fulfill its officiating commitments, Canada's Chief Official is authorized to select officials from other provinces to ensure there are a sufficient number of officials available to conduct said championships.

25.2 Conflict of Interest

Referees & Judges in any contest or series of contest, shall not at any time during the same contest or series of contests, act as team manager, trainer or second to any boxer or team of boxers taking part in such contest or series of contest, or so act in a contest in which a competitor of their province is taking part.

25.3 Disciplinary Action

A decision on suspension related to judges or referees shall be made by the Disciplinary Commission.

RULE 26 - REFEREES

26.1 Designation and Participation

At National Championships and all CABA approved events, each contest shall be controlled by a CABA approved Referee who shall officiate in the ring and shall not score the bout.



26.2 Duties

- 26.2.1 The care of the boxer should be the primary concern of the Referee.
- 26.2.2 To see that the rules and fair play are strictly observed.
- 26.2.3 To maintain control of the contest at all its stages.
- 26.2.4 To prevent a weak boxer from receiving undue and unnecessary punishment.
- 26.2.5 To use three (3) words of command:
- 26.2.5.1 “Stop” when ordering the boxers to stop boxing.
 - 26.2.5.2 “Box” when ordering the boxers to continue boxing.
 - 26.2.5.3 “Break” when breaking a clinch, upon which command each boxer shall step back before continuing.
- 26.2.6 To indicate to a boxer by suitable explanatory signs or gestures, any infringement of the rules.
- 26.2.7 In case of one or both boxers are hearing-impaired, the Referee can use a touch by hand on the shoulder or on the arm to “stop or break” the bout.
- 26.2.8 The Referee shall not indicate the winner, by raising a boxer’s hand or otherwise, until the announcement has been made. When the winner of a bout is announced, the Referee shall raise the hand of the winner.
- 26.2.9 When the referee has disqualified a boxer, the reason for which he/she has stopped the bout, will be given to the president of the jury to instruct the announcer to make the decision known to the public.
- Note:** A referee should be physically fit to perform the duties in the ring after passing at Medical examination before the competition.

26.3 Shaking of Hands

- 26.3.1 Contestants will be called to the centre of the ring and will shake hands before the commencement of the first round. Any further shaking of hands between the rounds is prohibited.
- 26.3.2 At the end of the contest the referee will call both contestants to the center of the ring; they will face the jury or announcer to await the decision. When the decision



has been announced he/she will raise the winner's arm – the contestants will then shake hands and leave the ring.

26.4 Authorities of the Referee

- 26.4.1 If a boxer infringes the rules but does not merit disqualification for such infringement, the referee shall stop the contest and shall issue a caution or a warning to the offender. If the referee decides to issue a warning he/she shall:
- 26.4.1.1 Order “Stop”; send the opponent to a neutral corner;
 - 26.4.1.2 Point to the offending boxer and demonstrate the nature of the offence;
 - 26.4.1.3 Indicate that he/she is demonstrating a warning by signaling with his/her arm outstretched, the hand closed and the thumb upright, to each of the judges; repeat the offending boxer again;
 - 26.4.1.4 Order “Box” by signal (hand) as well by verbal command;
 - 26.4.1.5 Carry out all these actions in a definite manner so that no doubt is left as to his/her intention;
 - 26.4.1.6 In the event of a third warning, which brings automatic disqualification, being administered by the referee, the offence must be demonstrated to the offending boxer prior to the referee sending the boxer to their respective corners and prior to him/her informing the jury of the reason for their disqualification.
 - 26.4.1.7 To terminate a contest at any stage if the Referee considered it to be one-sided.
 - 26.4.1.8 To terminate a contest at any stage if one of the boxers has received an injury whereby the Referee decides the boxer should not continue.
 - 26.4.1.9 To terminate a contest at any stage if the Referee considers the contestants are not in earnest. In such case, the Referee may disqualify one or both of the contestants.
 - 26.4.1.10 To caution a boxer, or to stop the boxing during a contest and administer a warning to a boxer against fouls, or for any other reason in the interest of fair play, or to ensure compliance with the rules.



- 26.4.1.11 To disqualify a boxer who fails to comply immediately with the Referee's orders, or behaves towards the Referee in an offensive or aggressive manner at any time.
- 26.4.1.12 To caution, or to remove and disqualify a second who has infringed the rules.
- 26.4.1.13 With or without previous warning, to disqualify a contestant for committing a foul.
- 26.4.1.14 In the event of a knock-down, to suspend a count if a boxer deliberately fails to retire to a neutral corner or delays to do so.
- 26.4.1.15 To interpret the rules insofar as they are applicable or relevant to the actual contest, or to decide and take action on any circumstance of the contest which is not covered by a rule.

26.5 Medical Check

- 26.5.1 A Referee, before officiating in any international and national tournament conducted under these rules, shall undergo a medical examination as to physical fitness for carrying out Referee's duties in the ring.
- 26.5.2 The Referee's vision shall be correctable to 20/80 or better.
- 26.5.3 The wearing of spectacles by a Referee during progress of a bout is not permitted, but contact lenses are allowed.
- 26.5.4 In Canada the wearing of CSA or Underwriter approved safety classes/goggles is allowed for domestic competitions only.

26.6 Right to Check the Boxer

- 26.6.1 Equipment and Uniform
 - 26.6.1.1 A Referee shall exclude from competition any boxer who does not wear a headguard, a cup-protector (only men), and gumshield, or who is not clean and properly dressed.
 - 26.6.1.2 No other objects may be worn during the competition.



26.6.1.3 In the event of a boxer's glove or dress becoming undone during boxing, the Referee shall stop the contest to have it attended to.

26.7 Right to Check the Judges

The Referees must check the right positions of the judges before the bout.

RULE 27 - JUDGES

27.1 Designation and Participation

- 27.1.1 At Nationals, each contest shall be marked by five (5) CABA Judges who shall be seated separated from the public and immediately adjacent to the ring.
- 27.1.2 Two (2) of the Judges shall be seated on the same side of the ring at a sufficient distance from one another, and each of the other 3 Judges shall be seated at the centre of one of the three (3) other sides of the ring. When the number of officials available is insufficient, three (3) judges instead of five (5) may be used.

27.2 Duties

- 27.2.1 Each Judge shall independently judge the merits of the two (2) contestants and shall decide the winner according to the rules.
- 27.2.2 Each Judge should use the Scoring System for judging the merits of the boxers.
- 27.2.3 Each Judge shall not speak or give a sign to a contestant, or to another Judge or to anyone else during the contest.
- 27.2.4 Each Judge can, should it be necessary, at the end of a round, bring to the attention of the Referee any incident which the Referee may appear not to have noticed such as the misconduct of a second, loose ropes etc.
- 27.2.5 At the end of a bout a judge shall total the points, nominate a winner and sign his/her scoring paper and his/her verdict shall be made known to the public.



- 27.2.6 A judge is advised to direct his/her gaze to point midway between the two (2) boxers. This will enable him/her to see and note the actions of both boxers. Watching each boxer in turn is not advisable as a judge may fail to see some of the actions of the boxer.
- 27.2.7 No Judge's seat shall be left until the verdict has been announced to the public.
- 27.2.8 When using the hand held calculator and a warning from the referee is given the judge will add two (2) points to the final score in that round to the boxer that did not receive the warning.

RULE 28 - SECONDS

28.1 Number of Seconds

Each competitor is entitled to two (2) seconds who shall be governed by the following rule. Only the two (2) seconds shall mount the apron of the ring and only one may enter the ring.

28.2 Duties

- 28.2.1 During the boxing, none of the seconds shall remain on the platform of the ring. Before a round begins, they shall remove the seats, towels, buckets etc, from the platform of the ring.
- 28.2.2 The seconds, while coaching in the corner, shall be in possession of a towel and sponge for the boxer. A second may give in for a competitor, when this second considers the boxer to be in difficulty, throw the sponge or towel into the ring, except when the Referee is in the course of counting.
- 28.2.3 The seconds are the coaches and trainers, who are qualified and registered with Boxing Canada, must respect and follow the present Rules in which each boxer is also responsible in a same way for seconds.
- 28.2.4 Coaches/seconds in AIBA WSB Matches.
- 28.2.5 Any coach active in professional boxing shall not be allowed to be a coach and/or Second in both AIBA and/or WSB competitions at any levels unless the coach resigns from any involvement in professional boxing for a period of at least six (6) months and is certified by AIBA as a registered Coach.



28.3 Prohibited Activities

- 28.3.1 A second should not be permitted to shout, to clap to the boxer and/or the Referee, to encourage or incite spectators by words or signs during the progress of a round.
- 28.3.2 The second's seating area should be 50cm to 1 meter away from the ring corner within 1.5-2m² (See Exhibit A - Field of Play – Item 12 &13 – page 83). A second should not be permitted to walk off the Second's designated area disagreeing with the Referee's actions.
- 28.3.3 A second should not be 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 behavior.
- 28.3.4 The use of any communication device shall not be permitted onto the Field of Play such as but not limited to mobile telephones, walkie-talkies, smart phone, headsets, shortwave radios, etc.
- 28.3.5 Under any circumstances should the Second administrate supplemental oxygen to a boxer during a bout.

28.4 Sanctions

- 28.4.1 For a 1st violation on any of above prohibited activity, the Second shall receive a caution.
- 28.4.2 For a 2nd violation on any of the above prohibited activity, the Second shall receive a warning and be place just outside of the FOP area and be allowed to remain in the Competition venue.
- 28.4.3 For a 3rd violation on any of the above prohibited activity, the Second shall be removed by the Chief Official of the Competition Jury for the rest of the day.
- 28.4.4 If the Second is removed for a second time, the Second shall be completely suspended from the competition.



RULE 29 - MEDICAL JURY

29.1 Qualification

A qualified Doctor of Medicine, licensed in good standing with the Province and Canada.

29.2 Attendance in Competition

29.2.1 The Doctor of medicine should be in attendance throughout the competition and should not leave the place where it is held before the end of the last bout or until he has seen the two (2) boxers who participated in such bout.

29.2.1 The Medical Jury may wear surgical gloves during the bout.

29.3 Number of Medical Jury

29.3.1 In the case of one ring, at National Championships, a minimum of two (2) and maximum of three (3) Medical Jury members should be appointed. However, in any case, there shall not be more than two (2) Medical Jury members at one ringside.

29.3.2 In the case of two (2) rings, a maximum of two (2) Medical Jury members should be appointed for each ring.

29.4 Requirements of Anti-Doping Jury

For all National Championships, one (1) person should be appointed to assist the CCES anti-doping specialist.

29.5 Main Duties of Medical Jury

29.5.1 General Duties at National Championships

29.5.1.1 The Medical Jury checks are designated for Medical Examinations to ensure that:

- The competitors have enough space;
- There is a direct access to the weighing-in room;
- There exist some heating (if necessary), sufficient light and good ventilation;
- There are a sufficient number of chairs and desks.



29.5.1.2A Medical Doctor may express opinions on injuries that boxers have sustained. This opinion will be considered as final.

29.6 Other Duties

29.6.1 The Medical Jury provides medical examinations for Referees & Judges.

29.6.2 The Medical Jury reviews the emergency plans for the tournament organizers:

- Checks for the presence of oxygen and stretcher, other resuscitation equipment, evacuation equipment, route of evacuation.
- Checks that the ambulance is present or nearby for competition and hospital designated to care for stricken athletes.

29.6 Competition Duties

29.7.1 At least one of the Medical Jury must be at ringside for the entire bout.

29.7.2 Medical Jury shall direct the Referee in evaluating injuries.

29.7.3 Medical Jury members shall inform the Chairperson of Competition Jury to stop the bout in the case of any athlete appears unable to continue.

29.8 Procedure after Knock-Outs and RSCH

29.8.1 Unconscious Boxer – If a boxer is rendered unconscious, then only the Referee and the Doctor summoned should remain in the ring, unless the Doctor needs extra help. In the case a boxer is unconscious for more than one (1) minute, this boxer should 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 Doctor.

29.8.2 Medical Attention – In the case of a knock-out without unconsciousness or in the case of RSCH, the boxer shall be examined by a Doctor immediately afterwards in the locker room to determine the need and nature of further medical observation and/or hospitalization.

29.8.3 Medical Jury members will provide first aid to the unconscious boxer until care is transferred to the medical support team for definitive management.

29.8.4 Medical Jury members may recommend treatment for injured boxers.



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- 29.8.5 Medical Jury members will suspend and restrict injured boxers as they feel appropriate.

RULE 30 - TIMEKEEPER

30.1 Duties

- 30.1.1 The main duty of the timekeeper is to regulate the number and duration of the rounds and the interval between rounds. The intervals between rounds at all levels shall be of one minute duration.
- 30.1.2 Five (5) seconds before the commencement of each round, the Timekeeper shall clear the ring by orders “Clear the Ring” or “Seconds Out” or a whistle may be used.
- 30.1.3 The Timekeeper shall commence and end each round by striking a gong or bell.
- 30.1.4 The Timekeeper shall announce the number of each round immediately prior to commencing it.
- 30.1.5 The Timekeeper shall stop/resume the clock as instructed by the Referee.
- 30.1.6 The Timekeeper shall regulate all periods of time and counts by a watch or clock. All 8 counts are running time.
- 30.1.7 At a “knock-down”, the Timekeeper shall sound the signal to the referee indicating the elapsing seconds while the latter is counting. All KD’s are 1 to 8 seconds off running time.
- 30.1.8 If at the end of a round, a boxer is “down” and the referee is in the course of counting, the gong indicating the end of the round will not be sounded. The gong will be sounded only when the referee gives the command “Box!” indicating the continuation of the match. When the Referee is in the course of counting, the time of the round cannot finish, because of the command “stop” given by the Referee.

30.2 Position

The Timekeeper shall be seated directly at the side of the ring.



RULE 31 - OFFICIAL ANNOUNCER

31.1 Qualification

For all National Championships, the Official announcer should have the following qualifications:

- 30.1.1 Fluent in English and French is mandatory.
- 30.1.2 An excellent understanding of the CABA Technical and Competition Rules.
- 30.1.3 Possess a minimum of three (3) years' experience in the field of competition announcement in the sports events.

31.2 Appointment

The Event Organizing Committee is responsible to hire a professional announcer for the entire competition.



RULES FOR COMPETITION EQUIPMENT

RULE 32 – THE RING

32.1 Canvas Size

- 32.1.1 For all AIBA Approved and National Championships, the competition ring should be 6.10 m square (20 feet) inside the line of the ropes.
- 32.1.1 For all other competitions, the minimum size of the inside of the ropes shall be 4.90 m square (16 feet) and the maximum size – 6.10 m square (20 feet).
- 32.1.2 For all AIBA approved competitions the size of the apron is 85 cm (33 ¼ inches) from the ropes on each side.

32.2 Height of Ring

- 32.2.1 For all AIBA Approved Events and National Championships, the height of the ring should be 100cm (3 feet, 3 inches) from the ground. For all other events, the competition ring shall not be less than 91cm (3 feet) or more than 1.22m (4 feet) above ground or base.
- 32.2.2 Should be 100 cm (3 feet, 3 inches) from the ground.

32.3 Platform and Corner Pads

- 32.3.1 The platform shall be safely constructed, leveled and free from any obstructing projections and shall extend for at least 46 cm (18 inches) outside the line of the ropes. It shall be fitted with four (4) corner posts which shall be well padded or otherwise constructed so as to prevent injury to the boxers.
- 32.3.2 The corner pads should be arranged in the following way: in the left-side corner facing the President of the Jury – red; in the far left side corner – white; in the far right-side corner – blue; and in the near right-side corner – white.

32.4 Surface of the Ring Floor

- 32.4.1 The floor shall be covered with felt, rubber or other suitably approved material having the same quality of elasticity and not less than 1.3 cm (half an inch) nor more than 2.5 cm (one inch) thick over which a canvas shall be stretched and secured in place.



32.4.2 The canvas shall cover the entire platform and shall be made of non-slippery material.

32.5 Ropes

32.5.1 All sanctioned events in Canada should have 4 separate ropes on each side of the ring. They should be 4 cm thick.

32.5.2 The height of the four (4) ropes shall be 40.6 cm (16 inches), 71.1 cm (28 inches), 101.6 cm (40 inches) and 132.1 cm (52 inches) from the canvas.

32.5.3 The four (4) ropes shall be joined on each side of the ring, at equal interval, by two (2) pieces of material (close to the texture of the canvas) 3 to 4 cm (1.2 – 1.6 inches) wide. The two (2) pieces must not slide along the rope.

32.5.4 The tension of each section of the rope shall be strong enough to absorb the impact of the boxer's contact with the rope. However, in any case, the referee reserves the right to adjust the tension if necessary.

32.6 Steps

The ring shall be provided with three (3) sets of steps. Two (2) sets of steps at the opposite corners for the use of the boxers and seconds, and one set of steps in the neutral corner for the use of the referees and Doctors.

32.7 Sanitary Bags

In the two (2) neutral corners outside of the ring, a small plastic bag shall be fixed in each corner in which the Medical Jury, Doctors or Referees shall drop the cotton or tissue pads used to nurse the bleedings.

32.8 Grandfather clause

All boxing rings purchased before 2009 that do not meet the above criteria can be used for club shows, if deemed safe by the Chief Official.

RULE 33 – RING EQUIPMENT

The following are defined as the accessories of the ring which are required for all approved events:



- 33.1** Gong (with striker) or Bell. In the case of two (2) competition rings, one ring is to have a gong and the other ring is to have a bell.
- 33.2** Towels in each corner to wipe down canvas.
- 33.3** Two (2) seats for boxers' use during intervals.
- 33.4** Four (4) seats for seconds.
- 33.5** Plastic mugs and plastic bottles can be used for drinking and mouth wash only, plastic spray bottles are also permitted. No other type of water bottle is permitted.
- 33.6** Tables and chairs for officials.
- 33.7** One (preferably two (2)) stop watches.
- 33.8** One first-aid kit.
- 33.9** One microphone connected to the loudspeaker system.
- 33.10** Three (3) sets of competition gloves.
- 33.11** One stretcher (optional at club shows).
- 33.12** Two (2) headguards (one in red and one in blue color).
- 33.13** Funnel with a tube device leading to a receptacle under the ring.
- 33.14** One (1) plastic bag in each neutral corner.

RULE 34 – GLOVES AND HEADGUARD

- 34.1** For all AIBA and Boxing Canada Sanction events, only AIBA approved boxing Gloves must be used.
- 34.2** For all Provincial sanction events, only AIBA or USA Boxing approved labeled gloves may be used.
- 34.3** Competitors shall wear red or blue gloves, as per the respective boxer's corner.
- 34.4** The gloves maybe provided by the organizer or the provincial association and have to be approved by the Official in Charge



34.5 Boxers are not allowed to wear their own gloves.

34.6 As of January 01, 2011 gloves with the white marking will not be used at Nationals. Only AIBA approved solid color gloves (Red / Blue) will be utilized.

34.7 Specifications

34.7.1 The gloves shall weigh 10 ounces (284 grams) of which the leather portion shall not weigh more than half the total weight, and the padding portion shall not weigh less than half of the total weight.

34.7.2 The padding of the gloves shall not be displaced or broken.

34.7.3 For all competitions only approved gloves, Velcro type gloves shall be worn by the boxers.

34.7.4 Only clean and serviceable gloves shall be used.

RULE 35 – BANDAGES

35.1 A Velpeau bandaging or training hand wrap may be used. The bandage must not be longer than 4.5 m. (14 feet 7 inches), and not shorter than 2.5 m (8 feet 2 inches). The bandage should be 5.7 cm (2 ¼ inches) wide. A single strap of adhesive 7.6 cm (3 ins.) long and 2.5 cm (1 in.) wide, but in no case to exceed 5cm wide, may be used on the upper wrist to secure the bandages. The bandage may go through the finger once.

RULE 36 – GUMSHIELD

36.1 Gum shield must be worn.

36.2 The Gumshield should be form fitted.

36.3 No red or partially red or similar colored Gumshield may be worn.

36.4 It shall be forbidden for a boxer to intentionally remove the gumshield during the contest and if the boxer does so, boxer shall be warned or disqualified.

36.5 If a boxer has the gumshield knocked out, the Referee shall take the boxer to the boxer's corner, have the gumshield washed and returned to its proper position.



36.6 If the Gumshield falls down for the second time for any reason whatsoever, the boxer will get a warning and if it happens again, the boxer will receive a second warning.

RULE 37 – HEADGUARDS (SEE RULE 34)

37.1 The wearing of competition head guards during competitions is compulsory.

37.2 The boxers enter the ring with their head guard on. The head guard shall be taken off immediately after the bout is over and before the decision is announced.

37.3 For all national and international competitions, the boxers must be in possession of a red and blue head guard and worn as per the color of the respective corner.

37.4 For all AIBA and Boxing Canada sanction events, head guards with the current “AIBA-approved” label must be worn.

37.5 For all Provincial sanction events, head guards with AIBA and USA approved, label can be worn.

37.6 CABA permits for domestic use only (except national) the use of cheek (nose) protector.

RULE 38 - CUP PROTECTOR

38.1 A cup protector must be worn by men during all bouts and a jock-strap may be worn additionally.

38.2 For females the wearing of an approved, well-fitting breast protector and a pelvic protector may be worn.

38.3 The cup protector should not cover any of the target area.

RULE 39 – UNIFORM

39.1 Boxer’s uniform

39.1.1 Competitors shall box in light boots or shoes (without spikes or heels), socks, shorts (not to exceed knee length), and a vest covering the chest and back.



- 39.1.2 Where the trunks and vests are of the same color, the belt line must be clearly indicated by marking of a distinctive color. (Note: The belt-line is an imaginary line from the navel to the top of the hips).
- 39.1.3 At national championships, and all computerized scoring participants **MUST** wear a red or blue vest, depending of the respective corner.
- 39.1.4 The use of knitted material, such as stockinet, for shorts is forbidden, as is also a swimming costume.
- 39.1.5 It is permissible for a boxer to have his name printed on the back of his/her vest.
- 39.1.6 A competitor may wear advertising on his clothing or/and equipment providing this does not contravene any contract of sponsorship secured by his/her provincial or national association.
- 39.1.7 A competitor must wear under shorts of some description underneath his/her boxing trunks. Under shorts longer than boxing trunks are not permitted.
- 39.1.8 The use of grease, rubbing liniment or products including alcoholic lotion likely to be harmful or objectionable to an opponent, on the face, arms or other parts of the body is forbidden. Only the use of Vaseline is permitted on the forehead and eyebrow.
- 39.1.9 A beard or mustache of any type is prohibited and the face must be clean shaven.
- 39.1.10 Any boxer who wears a beard by reason of their legitimate and bona fide religious beliefs (such as devout Sikhs) shall be entitled to participate in and compete in all Canadian Amateur Boxing Association sanctioned events in Canada, provided that the beard is contained within reasonably appropriate netting.
- 39.1.11 Hair shall be cut in such a manner that the headgear fits properly. The hair may extend below the nape of the neck but must be secured to avoid swishing. At the front, it shall be trimmed so as not to impede the boxer's vision when the head guard is fitted.

39.2 Attire of the Seconds (Coaches)

- 39.2.1 Seconds and assistant seconds shall wear: a clean short/long sleeved singlet (not vest) or a clean sweater with clean slacks or an athletic training suit.
- 39.2.2 Athletic shoes or boxing boots without heels must be worn (no blue jeans or hats permitted).



39.3 Attire of the Officials (Referees & Judges)

- 39.3.1 Referees & Judges shall be dressed in black trousers, white shirt (if long sleeve is worn, it must be button at the wrist) and black shoes or boots without raised heels.
- 39.3.2 Black trousers with black accessories may be worn at club shows.
- 39.3.3 If a belt is worn it must be black.
- 39.3.4 At national and/or international competitions, referee/judges may be required to wear a black bow tie.
- 39.3.5 Referee/Judges at National and International Competitions may only wear badges which represent the AIBA or CABA.
- 39.3.6 Moustaches and beards are permitted. However, they must be neat and closely trimmed.
- 39.3.7 The wearing of watches, rings, neck chains, earrings or articles that may be considered dangerous to a competitor shall not be worn.

NOTE: The physical appearance of officials is of the utmost importance and officials are expected to maintain a respectable weight and appearance.

RULE 40 – SCORING SYSTEM EQUIPMENT

- 40.1 The AIBA Scoring System shall be used in competitions at all AIBA and Confederation Approved Events and national events.
- 40.2 In case the AIBA Scoring System is being used, no judge's scores sheets shall be kept. All information required for making up decisions is recorded by the computer and, at the end of the contest, printed out automatically.
- 40.3 If computerized scoring is not available, clickers will be used.
- 40.4 The judges will also require (5) hand-held scoring clickers, in the event of a breakdown of the scoring system.



THE MEDICAL RULES

MEDICAL EXAMINATIONS

A. Initial Medical Examination.

A boxer should undergo a thorough medical examination when he joins a club. The examining doctor, should, if possible, have experience in examining boxers and treating boxing injuries. The doctor is to advise the boxer:

- Only to compete when he is in good condition and has been in training, so that the risk of injury is thereby reduced;
- Not to compete or train even when only mildly ill;
- Always to box in a weight class which corresponds to his natural weight, since too great a weight loss can damage the health and reduce physical performance;
- Always to abide by the rules and recommendations laid down to safeguard his health.

The actual form of the examination is up to the doctor, but the following guidelines should be adhered to as far as possible:

1. Family History

Determination of general state of health, in particular the noting of inherited and family diseases. An X-ray or an EEG is necessary if there is a history of tuberculosis or epilepsy respectively in the family.

2. Past Medical History

Attention should be paid to conspicuous symptoms, any operations undergone, and to deformities.

The following conditions render the subject unfit to box:

- Convulsive seizures in childhood;
- A recent history of asthma or migraine;
- Epilepsy, meningitis, encephalitis;
- Diabetes mellitus (poor control);
- Renal disease;
- Bronchial asthma, (poor control), recurrent ptx;



- Hemorrhagic disease: hemophilia, purpura or other bleeding tendencies, anemia (severe), sickle cell anemia (not the trait);
- Retinal detachment;
- A history of serious head trauma, craniotomy, subdural or epidural bleeds, hydrocephalus;
- Previous heart surgery for congenital or acquired heart disease, recent carditis;
- Malignant tumors;
- Acute infections;
- Jaundice;
- Positive HIV test, infection with Hepatitis B;
- Hyperthyroidism (not controlled).

3. Complete clinical examination

Eyes

The following conditions render the subject unfit to box:

- Visual acuity less than 20/60 in either eye, blindness in one eye;
- Myopia more than 3.5D;
- Intra ocular and refractive surgery, glaucoma, cataract.

The wearing of spectacles in the ring is prohibited, soft contact lenses are permitted.

Ears, nose, throat

Attention should be paid to evidence of chronic infection, perforated ear drum, particularly to the occurrence of deafness.

The following conditions render the subject unfit to box:

- Deafness in both ears;
- Deaf-mutism;
- Untreated otitis media or external, perforated ear drum;
- Severe nasal obstruction (large polyp, septum);
- Tonsillitis (until resolved).

Cardiovascular system

Attention should be paid to any cardiac abnormalities, particularly persistent tachycardia, dysrhythmia, systolic and diastolic murmurs or cardiac enlargement.

The following conditions render the subject unfit to box:

- Any kind of valvular or septal defect, mitral valve prolapse (individualized);
- Cardiomyopathy (HCM,DCM);



- Aortic coarctation;
- Hypertension (blood pressure above 140mmHg systolic or 85 mmHG diastolic);
- Any kind of obstructive disease;
- Post thrombotic syndrome.

Respiratory system

Attention should be paid to chronic chest infections or abnormalities.

The following conditions render the subject unfit to box:

- Tuberculosis (active or under treatment);
- Restrictive or obstructive ventilatory insufficiency;
- Acute or chronic ventilatory insufficiency;
- Acute or chronic pharyngolaryngotracheobronchitis;
- Bronchiectasis;
- Chest deformity (e.g. pronounced kyphosis or scoliosis).

Abdomen

Attention should be paid to evidence of hernia, enlarged liver and/or spleen tenderness.

The following conditions render the subject unfit to box:

- Hepatomegaly;
- Splenomegaly;
- Hernia;
- Gastroenteritis;
- Peptic ulcer(active);
- Chronic ulcerative colitis;
- Crohn disease.

Genito-urinary system

Attention should be paid to evidence of undescended testicles, unilateral orchidectomy (males) and scars from renal operations. Surgical breast implants (females). Absence of one kidney renders the boxer unfit to box.

The following conditions render the subject unfit to box:

Males:

- Absence of one testicle;
- Cryptorchidism;
- Hydrocele.



Females:

- Pregnancy;
- Painful pelvic discomfort;
- Abnormal vaginal bleeding;
- Recently developed breast mass.

Joints and muscles

Attention should be paid to any joint or muscle defect, symptomatic abnormalities or inflammations, congenital functional inadequacy of the musculoskeletal system (e.g. stiff joints or increased mobility). All of these conditions render the subject unfit to box.

4. Neurological examination

Attention should be paid to abnormalities of the reflexes or the spinal cord and to mental sub normality.

The following conditions render the subject unfit to box:

- Any symptoms of neurological disorders or organic brain syndromes (e.g. tremors, loco motor impairment, dysbasis, dysarthria, gait, posture, balance disorders, disorder of deep reflexes, etc.);
- Intellectual disability;
- Substance dependence

5. Biometrical examination

It must at least be ascertained that height and weight correspond to age and build. If the boxer's weight lays more than twenty percent above or below the average then this merits special attention.

6. Laboratory tests

The laboratory test includes:

- Urinalysis (excluding glycosuria and proteinuria);
- HIV test is recommended

7. ECG

ECG is obligatory even if there is no indication of cardiac abnormality. An exercise tolerance test may be advisable.



Disqualifying conditions:

- Third degree heart/AV/block;
- Premature contractions (further evaluation);
- WPW and LGL syndrome (further evaluation).

Long QT syndrome

- Arterial flutter or fibrillation;
- Ventricular arrhythmia.

8. EEG, cranial computerized tomography, MRI

These examinations should be conducted at least annually

It should include:

- Past medical history;
- Complete clinical examination;
- Biometrical examination;
- Neurological examination.

If possible the laboratory tests and resting ECG.

B. Medical Examination prior to Boxing Tournament

At the medical examination and weigh-in the boxer shall produce his International Competition Record Book which contains the medical certificate. (For guidance on how to fill in the medical section of the Competition Record Book see Appendix 3)

The boxer must be passed fit by a qualified doctor of medicine, before weighing-in every day on which he is to box..

The following examinations are recommended:

- Examinations of the eyes for subconjunctival hemorrhage.
- Examinations of the ears for recent onset of deafness or infection.
- Examination of the skin for impetigo, or other infections. After vaccination the boxer is unfit to box until the vaccination scab has fully healed. The wearing of dressings on the face, ear or neck is prohibited during a bout. A boxer with an abrasion is allowed to box provided it is covered by collodion or steri-strip.
- Checking of the heart and pulse for any recent irregularity.
- Examination of the throat and lungs for recent or current infection. The temperature should be taken if indicated.
- Examination of the central nervous system for signs of recent irregularities.



- Examination of the hands for recent injury. It is advisable in every case to ask the boxer if he has recently been ill and, if so, how long it is since he was confined to bed.

MEDICAL RESPONSIBILITIES OF THE RINGSIDE PHYSICIAN

Never before in the history of amateur boxing has so much emphasis been placed on the responsibility of the ringside physician. Prevention of injury in boxing is the responsibility of all involved: yet, the physician has the unique role of prevention as well as treatment of acute injury.

Amateur boxers are trained to be highly skilled in their sport. The skills are designed to prevent injury. Nonetheless, all exercise or sport activity bears a certain risk for injury. Athletes in all sports, no matter how skilled, are subject to sudden injury. Coaches, professionals, officials and athletes accept that risk. Therefore, prevention is crucial and must be based on a sound medical plan to cover all aspects of the sport, the facility, equipment and the athlete.

For the ringside physician, the best approach is to systematically and conscientiously prepare for the pre competition phase, the ringside management and the post-bout examination phase, the ringside management and the post-bout examination responsibility.

Pre-competition for National Championships

On first accepting the assignment, the physician must become familiar with the following points and areas:

1. Gymnasium or arena. A visit to the arena is mandatory. The area designated for the ring and its relationship to the fans must be visualized. The physician needs to make sure that ringside personnel are, safeguarded from fan activity so that 100 percent concentration on the bout is guaranteed. In addition, somewhat removed from the ring, as far back as the hallway to the dressing room, an observation areas needs to be identified. This can even be a portion of the locker room or a separate area where the boxer can be examined standing or placed on a bed, cot or stretcher with enough room to perform an adequate neurological test, suture a cut or perform a more thorough exam of the boxer's neurological or physical status.
2. Identify the nearest emergency room or hospital to the arena. An evacuation route from ringside, through the arena and to the hospital should be mapped out. The hospital or emergency room staff should receive a call to inform them of the date and time of the event. They should be reminded of the same on the day of the event. The request should be made to have EMT personnel, ambulance or other emergency transportation immediately available or on hand. If it is impossible to have these services on hand, the physician should select the location of the nearest telephone and secure it either for his/her use or



whoever is designated to make an emergency call. If phone numbers of the hospital and emergency service are not available, the local fire department personnel needs to be made aware and prepared for availability. Where possible, contact needs to be made prior to the event for available neurosurgical services. Ideally, pre-arrange backup on-call personnel to include neurosurgery, orthopedics, ophthalmology and oral surgery.

Equipment check. The promoter or designated area personnel responsible for any problems such as loose corner post, ropes or defect in the ringmat should be identified.

- The ring floor should consist of at least 1 one inch wooden base, covered by foam or an ensolite pad that is 1.3cm (half an inch) to 2.5cm (one inch) thick. A mat thicker than 2.5 cm may cause the foot of a heavy-weight boxer to sink and become immobilized, possibly causing an ankle or knee sprain and a possible fracture.
- The mat is covered by a tight fitting canvas cover.
- The ring posts are adequately padded, and the buckles covered so no sharp edges are exposed.
- There must be four (4) covered ring ropes with proper tension. At least two (2) spacer ties should be placed on each side of the ring to prevent laxity that might allow the boxer to fall through the ropes.
- A table big enough for at least two (2) (three (3) is ideal) physicians is placed adjacent to one of the neutral corners. In addition, a set of steps must be placed next to the table to enable the physician to quickly mount the apron without obstruction (Exhibit A).

In summary, all of the above can be reviewed hours or days before the match by simple meeting or phone call to those responsible. The physician only needs to make a quick check just prior to the match to make sure the official rules have been followed, and all safety precautions have been taken.

The pre-competition physical exam

On the day of the scheduled bouts, the physician needs to be available to do pre-competition physical exam. This should be coordinated with the officials and done in conjunction with the weigh-in.

The pre-competition physical is the physician's most important activity and responsibility. This is the best opportunity the physician has to circumvent an acute injury in the ring.



The object of the pre-competition exam is to assure that the athlete is fully capable to box. That a complete neurological survey is normal, that there is no evidence of a possible subdural hematoma (history of headaches, previous head injuries or knockouts), no recent illness or fever in the last two (2) weeks, that the boxer is not under any medications (prescribed or over-the-counter) and that he has no complaints of pain anywhere.

The exam can be accomplished in a few minutes. Start first with the above points. Visual inspection of the boxer's responses to these questions will verify intact cranial nerves, level of consciousness and orientation.

Next the usual head, eyes, ears, nose and throat exam is made. This should include an otoscopic and a fundoscopic exam.

By checking on symmetry and tone of par-cervical, shoulder, biceps, triceps, forearm extensors, interosseous and grip muscles, an adequate examination of all cervical nerves and muscular condition is made. Examine the elbow, wrist and metacarpal joints. Afterward, have the boxer make a fist for and palpate for possible metacarpal fractures or tendon injuries. Relax hand and re-check condition of metacarpals and wrist movement.

Next do a thorough heart and lung exam. While doing so, check for rib pain and possible fractures by pressing on ribs and sternum.

Next perform an abdominal palpation for enlarged organs, masses or tenderness. Follow this with a check for hernia or testicular masses. Next ask the boxer to bend over and touch toes and remain bent over to allow for exam of the back and hamstring tightness. A quick look for a cyst or external hemorrhoids can be easily ascertained at this point without having to do a rectal. Rectal are not necessary unless pathology or history indicated the need.

Finally, a quick demonstration of heel and toe walking and tandem walking will indicate normal lower extremity strength, and functioning of the fourth and fifth lumbar and sacral nerves and cerebella function.

The physician can establish any modification of the above, whether routine is comfortable, provided all areas mentioned are screened.

Once a routine is used, it can be done quickly and efficiently with the assurance the boxer is mentally and physically capable to box.

Suggested list of items for the ringside physician at National Championships

Obviously with emergency medical technician support and ambulance availability, little emergency equipment at ringside is necessary except for the following:



1. Stretcher and headboard available under the ring.
2. Oxygen tanks (make sure it is functional and full) also stored under the ring.
3. A physician's emergency bag containing at least an Amnu bag, oral and nasal airway and other supplies for cardio-pulmonary resuscitation and management of unconsciousness.
4. The physician should also carry on his/her person or have laid out on the ringside table the following:
 - sterile gauze sponges for wiping cuts and nosebleeds;
 - penlight for examining intraoral bleeding, cuts and eye reactions (papillary reflexes and horizontal nystagmus);
 - oral airway and oral screw to pry open mouth in case of uncontrolled seizure or trismus due to spasm and to manage the airway in case of an unconscious boxer.

Blood pressure cuff, stethoscope, cervical collar, otoscope and ophthalmoscope are perfectly acceptable to have handy, but basically items one (1) through (4) are the essential items to handle a stricken or injured boxer in a ring emergency. These instruments are generally cumbersome and difficult to use effectively in a corner or ringside exam.

The physician needs to be assured of the following requirements, although the responsibility of assuring the following is that of the referee and judges. The physician must, however, be mindful and in so doing greatly add to strict observance of AIBA rules by all.

Guidelines for entering the ring

The physician will enter the ring under the following circumstances:

- Dropped boxer or serious injury, the referee requests the physician's evaluation and/or aid.
- Referee's request during a bout, as following a standing eight (8) count.
- The physician may, at his own discretion, between rounds indicate to the jury/referee that he wants to examine the boxer. The jury/referee will then signal stop at the beginning of the next round and the boxer will be escorted to ringside for the physician's evaluation.
- At his discretion the ringside physician may suspend the bout at any time. If there is a risk of physical injury, he shall notify the jury to terminate the bout. The decision shall take precedence over all other considerations.

When entering the ring, the following advice is given:

- Enter quickly, but calmly and with authority. Remember, everyone else in the ring is not sophisticated medically and tends to become overly excited.



- Do not permit the boxer's corner personnel to dictate your evaluation, management or the time you take. They will be escorted to the corner by the referee.
- Make sure the boxer has adequate airway. Remove the mouthpiece and watch for vomiting or aspiration.
- Insist that the boxer lie down until fully reactive; then permit him and only when able, may he walk to the corner.
- When recovery permits, follow the steps mentioned elsewhere in this section to evaluate the boxer's neurological status. In this instance, the neurological evaluation is done to establish a baseline for further reference because the boxer will require observation.
- When entering the ring, take sterile gauze pads and a penlight but have airways and resuscitation equipment readily available.

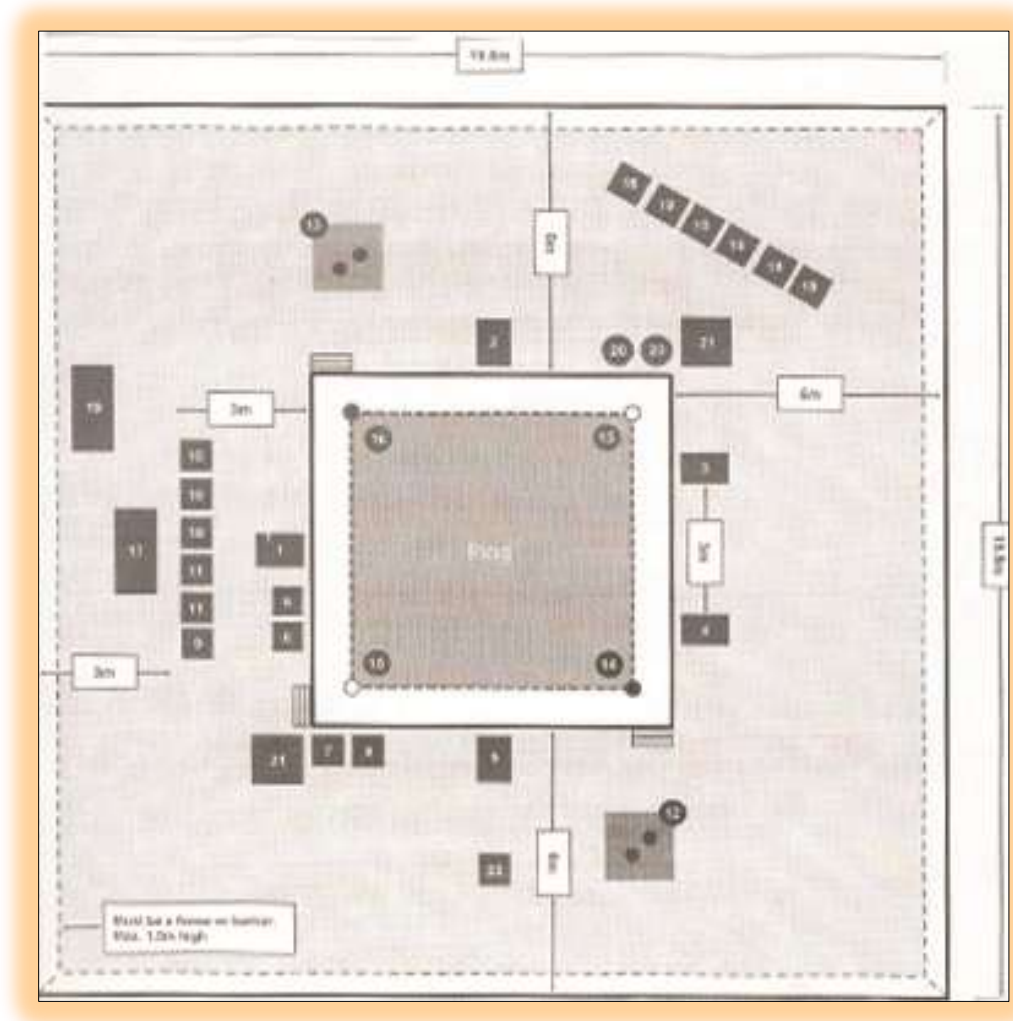
- The physician must examine the boxer after a period of unconsciousness or other serious injury. Therefore, facilities should be available for continued, close observation under the direct supervision of the ringside physician.

- If rapid recovery is not as expected, expedite transfer via stretcher and ambulance to the prearranged referral hospital. If recovery progresses satisfactorily, without evidence to suspect progressive intracranial process, the boxer is released to the care of his coach, family, or other responsible adults. This individual should be given a Head Injury Slip.

- Additional pertinent information should be provided to facilitate continued observation and to assure proper follow-up care. (Exhibits B and D)



EXHIBIT A - FIELD OF PLAY (FOP) MANAGEMENT



- | | |
|-----------------------------|-------------------------------|
| 1. Judge Position # 1 | 12. Blue Seconds Seating Area |
| 2. Judge Position # 2 | 13. Red Seconds Seating Area |
| 3. Judge Position # 3 | 14. Blue Corner |
| 4. Judge Position # 4 | 15. Neutral Corner |
| 5. Judge Position # 5 | 16. Red Corner |
| 6. Medical Jury Table | 17. Technical Delegates |
| 7. Timekeeper | 18. Standby R&Js |
| 8. Gong Operator | 19. Draw Commission |
| 9. Announcer | 20. Photographers |
| 10. Competition Jury | 21. T.V. Camera stand |
| 11. Scoring System Operator | 22. Judges' Evaluator |



EXHIBIT B – PROTOCOL FOR HEAD INJURY FOLLOW-UP

Protocol for head injury follow-up

1. Keep the athlete at rest for 24 hours. No school, practice, competition or work.
2. Clear liquids for eight (8) hours.
3. You may allow the athlete to sleep, but check his condition every hour while awake, and even, one to two (2) hours while asleep. See that the athlete responds to a pinch or shake, and that his color, pulse and breathing are normal.
4. You may give the athlete one Tylenol tablet, but no aspirin, every four (4) hours as needed for a headache: nothing stronger should be administered unless you are directed to do so by a physician.
5. Complications that should be brought to the immediate attention of a physician are:
 - Severe or prolonged headache that does not subside with a cool wet towel to the head or a Tylenol tablet.
 - If the athlete vomits more two (2) or three (3) times.
 - If there is a convulsion (fit or seizure) or involuntary movements of the arms, face or legs.
 - If the athlete complains of weakness or is unable to move one or both of his arms or legs.
 - If there is difficulty with walking.
 - If the athlete cannot be awakened easily or is lethargic.
 - If there are peculiar movements of the eyes, difficulty of focus, one pupil is much larger or different than the other or double vision.
 - If the athlete displays any kind of repetitive behavior, such as repeating the same word or phrase over and over again, or peculiar behavior.

How to handle cuts at ringside

Since the advent of the headguard, few cuts are seen. Nonetheless the physician must be prepared to handle cuts at ringside. The basic principle of handling cuts around the eye is if a cut causes enough bleeding to impair vision, the bout should be stopped.

Generally cuts, diagrammed “A”, rarely cause problems with vision or damage underlying structures. On the other hand, cuts diagrammed “B” (the supraorbital nerve) or “C” that may extend to the nasal lacrimal duct or infra-orbital nerve should indicate a need to stop the bout. Cuts “D” on the upper eyelid that might damage the tarsal plate should also indicate need to stop the bout.

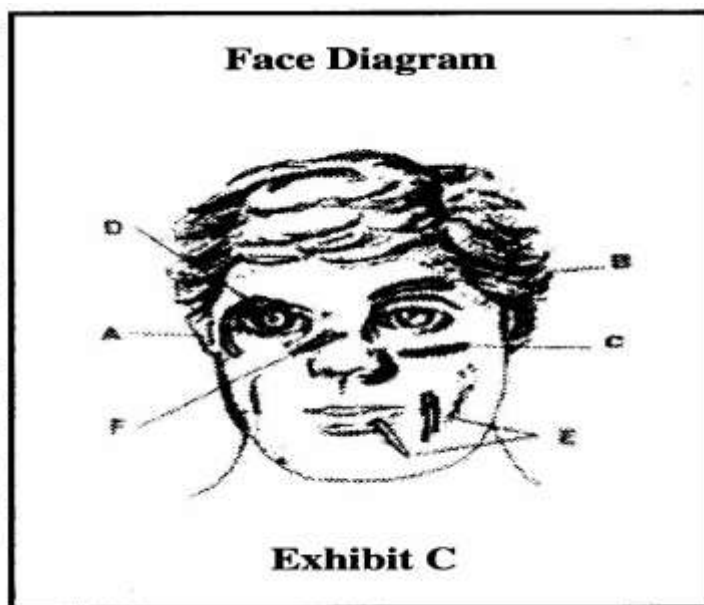


Vertical cuts “E” through vermillion border of the lip should stop the bout because of potential further tearing the lip from subsequent trauma.

Cuts:”F” around or on bridge of the nose must be carefully checked for evidence of compound vassal fracture (Exhibit C)

No dressing of cuts is allowed except for collodion, if it’s obvious in a tournament the cut will not pass a subsequent pre-competition exam, the bout should be stopped.

EXHIBIT C – FACE DIAGRAM



Nosebleeds

The initial evaluation should determine the presence of a fracture. Gentle handling of a nose bleed is necessary so as not to further aggravate or compound a fracture. If no fracture is felt, the physician must then evaluate the character of the bleeding (i.e. venous vs brisk arterial gushing).

If the bleeding resembles hemorrhaging or cannot be stopped by simple compression at ringside or by the beginning of the next round, it is best to stop the bout. Determination of posterior bleeding should also be done by tongue depression and pen light observation.



If there are clots in the posterior Pharynx or the boxer is spitting clots, the bout should be stopped. Further head blows could cause aspiration of clot and a respiratory emergency.

Evaluation of impaired boxer in the ring

A boxer temporarily stunned or knocked out and unconscious is a stricken boxer and a medical emergency. This indicates that a concussion has occurred. A concussion is a temporarily altered state of motor hypo tonus, helplessness and disturbed consciousness.

This includes any one or more of the following:

1. Disorientation;
2. Memory deficit –ante grade and retro grade amnesia;
3. Altered or slow speech;
4. Difficulty processing new information;
5. Impaired motor function –slow, in coordinate.

The following questions are helpful for evaluating the mental status of a boxer whose ability to protect himself is questioned (i.e. in the corner or when brought to ringside by referee):

1. What is your name?
2. Where are you?
3. What day and year is it?
4. What is your opponent's name? What round is it?
5. Ask the boxer to repeat four (4) numbers, i.e. 7-3-8-2.
6. Note speech –altered, slow repetitive?
7. Observe the eyes”
 - Pupils equal, reactive?
 - Is there spontaneous nystagmus? The presence of spontaneous horizontal nystagmus indicates the boxer is very vulnerable and should definitely not be permitted to continue.
8. Look for facial weakness, hemiparesis or other focal signs.

The match should be stopped if the boxer fails to:

- Answer the questions correctly;
- Perform the motor tests; or
- Shows any abnormal focal signs.

To be sure, much of the appraisal is subjective, but the conscientious application guidelines will produce decisions that minimize and protect the injured boxer.

How to handle the unconscious boxer



A boxer knocked down and unconscious is considered a stricken boxer and emergency attention by the ringside physician is mandatory. (Exhibit D)

The referee should signal the doctor to enter the ring immediately. If the mouthpiece is partially extruded, the referee can reach down and remove it but otherwise should not in any way move the boxer. A cervical (neck) fracture must always be a consideration in the initial evaluation.

EXHIBIT D – GUIDELINES FOR MANAGEMENT OF CONCUSSION

Guidelines for management of concussion
<p>Grade I</p> <ol style="list-style-type: none">1. Transient confusion2. No loss of consciousness3. Concussion: symptoms or mental status abnormalities on examination resolve in 15 minutes <p>Symptoms and signs: Vacant stare, visual scotoma, tinnitus, delayed for responses.</p> <p>Management:</p> <ol style="list-style-type: none">a. remove boxerb. Examine immediately and at 5-minutes interval for development of mental status abnormalities or post-concussion symptoms at rest.
<p>Grade II</p> <ol style="list-style-type: none">1. Transient confusion2. No loss of consciousness3. Concussion symptoms or mental status abnormalities (amnesia) on examination last 15 minutes. <p>Symptoms and signs: Confusion, slurred speech, amnesia, nausea, vomiting, headaches, dizziness, photophobia, mental status change.</p> <p>Management</p> <ol style="list-style-type: none">a. Remove athleteb. Examine often the signs of evolving intracranial pathologyc. Transport boxer to hospital to perform neurologic examination.
<p>Grade III</p> <ol style="list-style-type: none">1. Any loss of consciousness, either brief (sec) or prolonged (min) <p>Management Transport boxer immediately to nearest emergency department by ambulance</p>



The physician needs to promptly secure airway and check for signs of hand and foot movement that will indicate an intact spinal cord. If boxer fails to regain consciousness, continue airway management, immobilize neck in cervical collar, place on stretcher (head board) and remove from ring. Make full use of supplemental oxygen, even if respiration seems adequate. Increasing oxygen concentration to the brain may prevent further injury.

Once the boxer regains consciousness and demonstrates full use of extremities, he may be allowed to sit up. Don't allow him to stand immediately. When satisfied that he has full muscle tone, assist him in standing and move to the corner where he should sit down on the stool until fully capable of being assisted from the ring. Make sure he does not attempt to engage the ropes or maneuver down the ringside stairs unassisted.

On returning to the locker room, the physician should perform a thorough medical exam to determine the need and nature of further medical observation and/or hospitalization. Remember an unconscious boxer is an emergency of the first magnitude.

The post-bout exam

Each boxer must be examined after the bout. The physician should identify an area some distance away from the ring on the way to the locker where the boxer can be stopped and briefly examined for mental status, head, neck or extremity injury. This can be done rapidly by asking questions as to mental orientation and status while a quick survey of head, face, neck and upper extremities is made.

When two (2) ringside physicians are in attendance, one should be designated to do the post-bout exam and to check, if necessary, any questionable injury in the locker room. The other must remain at ringside for supervision of the next bout.

If only one physician is in attendance, he/she must make the post-out exam expeditiously and return to ringside before the next bout is allowed to start

A paramedic or athletic trainer's assistance can be valuable partner in this circumstance. Under appropriate instruction/guidance from the physician and in the case of no obvious injury, the paramedic or athletic trainer may be allowed to do portions of the post-bout exam. In this event, the physician, after completion of all the bouts, must see each boxer to assure that he is responding normally. The boxer may be instructed to present himself at ringside for the exam after showering and dressing, in case he wished to leave before the ends of the bouts.

Conclusion: Following the above recommendations can safeguard the boxer from serious injury and provide confidence to the physician in mastering the responsibilities of all ringside doctors. Always keep first in your mind – boxing safety.



EXHIBIT E - SUGGESTED LIST OF ITEMS FOR PHYSICIANS:

<p>1 – Diagnostic Ophthalmoscope Otoscope Small flashlight or penlight Stethoscope Sphygmomanometer Thermometer Nasal speculum</p> <p>3 - Orthopedic Finger Splints Adhesive tape Ace bandage Soft neck collar An ankle splint is nice to have, but not necessary</p>	<p>2 - Instruments Disposable suture kits Forceps ‘New Skin’ or collodion Scissors Steri-strips Sutures Sterile gloves (A sterile suture kit is preferred. Disposable kits are available and acceptable.)</p> <p>4. Miscellaneous Betadine and/or alcohol sponges Syringes Needles Anesthetic (local), Xylocaine 1% or 2% Airways, at least one large, one medium (adolescent size) Oral screw Tongue depressors Dressings Eye Patch Band-Aids Gauze sponge (4X4) Roll-type gauze or Kling Cotton-tip applicators, sterile and non sterile Razors (Boxers must be clean shaven) Plastic zip-loc bags (for ice bags)</p>
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Team physician’s responsibility

The doctor’s responsibility is to also care for the medical needs of the entire delegation during foreign trips. This group will include athletes, referees, coaches, trainers, wives, manager and doctor. It must be remembered that the athletes and referees cannot be given any substance that will alter their ability to compete or affect judgment. The choice of medication should take into consideration the geographic area that will be visited, i.e. intestinal parasites and sanitation considerations. It is recommended that the medication be carried in plastic containers with tamper-proof tops.



Strict adherence will lessen the likelihood of problems at the time of entrance or departure from each country. It is also advised that the doctor take copies of his medical and narcotic licenses as well as any other appropriate medical documents.

With the above points in mind, the following classes of medication are suggested:

Analgesics Tylenol, oral and injectable narcotics (minimize). Narcotics should be safeguarded. Aspirin is not recommended just prior to or after a bout to minimize bleeding potential.

Antihistamines straight antihistamines are not banned, but decongestants (ephedrine and derivatives) are banned. Oxymetozoline(Afrin) nasal sprays are acceptable.

Antiasthma medication, i.e. Albuterol inhaler, epinephrine is banned.

Anticonvulsants

Antibiotics for URI's and gastrointestinal infections.

Antidiarrheal Imodium is most effective and safe. Caution: do not use four (4) hours prior to bout.

Antacids and antiflatulants

Antiemetic

Topical antifungal and antibacterial ointments

Amyl nitrate or ammonia pearls – should be used only if necessary and if prepared for laryngeal or tracheal spasm.

Antitussive Dextromethorphan products are accepted for use if drug testing is planned.

Haemorrhoidal and sedatives - suppositories or cream.

Soporifics and sedatives Halcion (0.125) is acceptable for sleep, and Benadryl is probably safest; Diazepam-type tranquilizers are acceptable.

Muscle relaxants

Eye preparations



Ear preparations

Laxatives

Diuretics these drugs are banned for use in making weight.

Anti-inflammatory medication – e.g. Piroxicam

MINIMUM SUSPENSION PERIODS AFTER KNOCKOUT AND RSCH

Single occurrence of knockout or RSCH. If a boxer suffers a knockout as a result of blows to the head or if the bout is stopped by the referee due to the boxer being incapable of defending himself or continuing the bout as a result of heavy blows to the head, then the boxer may not take part in boxing or sparring for a period of at least 30 days afterwards.

Double occurrence of knockout or RSCH

If during a period of three (3) months a boxer is twice knocked out or if two (2) bouts are stopped by the referee due to the boxer having received heavy blows to the head, then the boxer may not take part in boxing or sparring for a period of three (3) months after the second occurrence.

Triple occurrence of knockout or RSCH

If during a period of 12 months after the boxer suffers three (3) knockouts or if three (3) bouts are stopped by the referee due to the boxer having received heavy blows to the head, then he may not take part in boxing or sparring for a period of one year after the third occurrence. Any boxer, who loses a difficult bout as a result of many blows to the head of who is knocked down in several successive competitions may be barred from taking part in competitive boxing or sparring for a period of 30 days after the last contest if the Jury so decides on the advice of the medical officer. All these protective regulations also apply when the knockout occurs in training. Each KO or RSCH must be recorded by the Medical Jury in the boxer's record book.

Medical certification after the end of the suspension period

Before a boxer is allowed to box after the aforementioned periods have elapsed, he must be passed fit by a neurologist, if possible after a special examination has been conducted, a computerized tomography of the brain carried out, or MRI.



BOXING INJURIES

Eyes

Serious eye injuries are very rare. Corneal abrasions, tearing of the iris and dislocation of the lens may occur. Some cases of retinal detachment have been observed but it has not been proven that such injuries were sustained as a result of a blow to the eye with a boxing glove. In the case of an eye injury the bout must be stopped and the boxer be referred to an ophthalmologist.

Abrasions

Such injuries often occur to the face and skull. Bleeding should be halted by pressure. As a rule a compress with Fibrin foam (e.g. Spongostan is sufficient). Bathing with a warm saline solution followed by a local application of antiseptic is also effective.

Lacerations

There is no doubt that most cuts in the region of the eyes are caused by blows to the head. When the wound has been thoroughly cleaned it can be stitched. Smaller cuts can be held together at the edges and taped with plastic material (e.g. Steri-Strip).

If a wound is stitched the stitches should be removed within five (5) days. To guarantee healing of the wound, a sufficiently long suspension period should be imposed.

Hematomas

The “black eye”, as it is commonly known, rarely requires treatment, but cold applications and light compression limit the extravasation of blood, a haematoma of the auricle, if detected early, and necessitates incision, pressure bandaging and the application of antibiotics. If a blood clot has to be removed then this should be done by a doctor experienced in such matters. Since the wearing of a headguard is compulsory such injuries are rare.

Nose

Fractures of nasal bones are rare. Elevation at an early stage is indicated and a suspension of (3) months should be imposed. Bleeding in the septum of the nose should be drained with a thick needle. A plug consisting of cotton and Vaseline should be applied together with a cold pressure bandage for a period of 30 minutes. Antibiotics should be prescribed.



Jaw

Fractures of the jaw are also rare. The symptoms are: pain, tenderness, and trismus and speech difficulties. The boxer should be sent to a specialist unit for facial and jaw surgery. A six (6)-month suspension should be imposed.

Hands

The most common fractures are those of the metacarpal. They are primarily caused by a poor punching technique, where thumb is not correctly positioned opposite to the index and middle fingers. If such fracture is suspected, indicated by localized tenderness, bruises or swelling, the boxer should be immediately sent to the hospital for an X-ray.

The fracture should be temporarily supported by a splint. Depending of the nature of the fracture (Bennett's fracture of the shaft, spiral fracture of the metacarpals) the period of immobilization should last from 3 to 6 weeks. If a carpal bone fracture is suspected the boxer should be sent to a specialist.

Other injuries apart from bone fracture include dislocation of the metacarpophalangeal, carpometacarpal and carpal joints. Articular and periarticular changes may occur in these joints. Local treatment and anti-inflammatory drugs may be useful. Above all it is essential that the boxer improves his technique.

Limbs

Injuries of the upper and lower limb are uncommon in boxing

Abdomen

Ruptures of the organs in the abdomen (spleen, liver) are uncommon but should be borne in mind due to their serious consequences.

Traumatic injury of the kidneys is more common. Contusions may lead to massive hematuria even when no anatomic defect appears. In most cases conservative treatment in hospital confinement to bed should suffice.

PRE-BOUT EXAMINATION OF REFEREES

The referees must carry their own passbook, be examined before a boxing card and must pass the physical requirements as pertains to:

Blood pressure;



Cardiovascular system;
Respiratory system;
Eyes and ears;
Neurological systems;
Musculoskeletal system.

If the referee fails to pass physical requirements, he/she may be dismissed from refereeing. If a tournament requires several days, each official referee must be examined daily prior to the bouts.

A referee should make known to the Chief Physician for the tournament any of the following:

1. Pertinent medical states;
2. Pertinent meds and allergies;
3. Medic-alert states;
4. Previous major surgery;
5. Uncorrected hypertensive vascular disease;
6. Muscular-skeletal disorders.

A history of:

Ischemic heart disease:

1. Cardiac condition defects;
2. Pulmonary impairment;
3. Visual and /or hearing deficits

Uncorrected hypertensive vascular disease constitutes direct contraindications to refereeing.

It is recommended that the referees at levels of competition secure:

1. Annual physical examination (family physician);
2. Annual chest X-ray;
3. Annual electrocardiogram;
4. Annual visual acuity/fields check;
5. Hearing check annually.

If the referee fails to do so, the attending physician must suspend the referee until said physical deficiency is rectified to the satisfaction of the presiding physician. The doctor must notify the respective provincial/national official body of the suspension.



It is also recommended that referees be vaccinated with hepatitis B vaccine (full course of three (3) shots over six (6) months) and wear disposable gloves during the referring of a match. This is a preventative measure to militate against the spread of viral diseases such as Hepatitis B.



Appendices

Appendix I: Instructions for Filling in the Medical Section of the International Competition Record Book for Boxers

Appendix II: AIBA Scoring System

Appendix III: Canadian Amateur Boxing Association



APPENDIX I: INSTRUCTIONS FOR FILLING IN THE MEDICAL SECTION OF THE INTERNATIONAL COMPETITION RECORD BOOK FOR BOXERS

General Medical Remarks and Medical Examinations to be filled in by the medical officer of the national boxing association at the time of the issue of the International Competition Record book.

The short but comprehensive physical examinations form is especially useful in assessing a boxer physical fitness. The laboratory tests include a blood count, urinalysis (to exclude glycosuria and proteinuria) and blood serology (complement fixation test for syphilis). A resting ECG is compulsory and EEG, skull X-ray and CCT are recommended.

Medical Examination is done prior to Olympic Games, World Championship, World Cup and Continental Championships. The “pre-game” passage is filled in by examining doctor weighing-in on each day that the competitor boxes. The “game” passage is filled in by the Medical Jury during the bout.

Annual Medical Examination

To be filled in by the examining doctor. A thorough medical examination is compulsory at least once a year. This examination serves several purposes:

1. To check the physical fitness of the boxer.
2. To discover latent diseases and consequences of earlier injuries.
3. To obtain a basic view of the state of the boxer’s health.

The examining doctor must indicate whether he considers the state of the boxer’s health to have change since the first general examination and must declare the boxer either fit or unfit to box.

Certification of Fitness to box before each bout. To be filled in by the examining doctor every day that the competitor is to box, before weighing-in. The examining doctor declares whether the boxer is fit to box or not.

Medical Examination is done following the expiry of the suspension period in the case of a knockout or RSCH. To be filled in by the examining neurologist.

Before resuming boxing after the expiry of a recovery period as prescribed by AIBA rule XXLC. The boxer must be declared fit to take part in competitive boxing after a neurological examination, preparation of an EEG and, if possible, computerized tomography of the brain. The neurologist must decide whether or not the boxer is fit to box.



APPENDIX II: AIBA SCORING SYSTEM

1. Key Features of Scoring System
 - 1.1 The scoring system is based on the Individual Score.
 - 1.2 There is no ``one second window`` for three (3) Judges to score at the same time.
 - 1.3 No running score during the bout, only running time.
 - 1.4 Individual Scores of each Judge are displayed during the break.
 - 1.5 No computerized Judges' evaluation.

2. Scoring Method
 - 2.1 Per round, each individual Score is counted.
 - 2.2 The scores in each round are the average of three (3) Judges' score combination which are the closest together called as Similar Scores.
 - 2.3 For each round, the results of the Individual Scores are calculated separately for the red Boxer and the blue Boxer.
 - 2.4 If at the end of a round more than one Similar Score appears, the Trimmed Mean calculation will apply. The Trimmed Mean is when the highest and lowest Individual Scores are taken out and the average of the remaining three (3) Individual Scores is counted.

3. Warning
 - 3.1 Warning are not linked to the Individual Scores but considered with 2 points awarded to the opponent in the Total Score.

4. Decisions
 - 4.1 The Winner is the Boxer with the highest Total Score.
 - 4.2 In case of a tie in the Final Scores:
 - 4.2.1 First, delete the lowest and highest Judges' total scores in each red and blue corner. Then, the winner will be determined by the total scores of the remaining three (3) Judges of each red and blue corner.
 - 4.2.2 Second, in case of a tie after the above process, all five (5) Judges shall be asked to press the button once for the Boxer who has won. The decision is made by the majority of the panel of these five (5) Judges.



APPENDIX III: CANADIAN AMATEUR BOXING ASSOCIATION

Medical Form – Part 1

(please print clearly)

Part I – (To be completed by athlete (male or female), or parent, or guardian if under legal age)

Name _____ Date of Birth _____
 Address _____
 Tel: _____
 OHIP _____ Other (GMS, Blue Cross) _____
 Weight _____ Height _____ Boxing Club _____

If the applicant has or had any of the following illnesses, please give particulars in this space:

	Yes	No	
1. Eye or Ear impairment, infections or injuries:	_____	_____	_____
2. Rheumatic Fever, T.B. Pleurisy or Asthma:	_____	_____	_____
3. Kidney or Urine Disorder, one Kidney:	_____	_____	_____
4. Diabetes Mellitus:	_____	_____	_____
5. Indigestion, Vomiting, Abdominal Cramps:	_____	_____	_____
6. Nervous breakdown, Head injury, Fits:	_____	_____	_____
7. Acute Infections:	_____	_____	_____
8. Fractures, Dislocations, Severe Sprains:	_____	_____	_____
9. Epilepsy, of Applicant or in Family:	_____	_____	_____
10. Any suspensions from Boxing?	_____	_____	_____
Date _____	Signature of athlete _____	Signature of Parent or Guardian _____	

Part II – to be completed by the Physician

NOTE: The following may preclude from boxing: (1) Impaired vision – worse eye less than 20/120 and better eye less than 20/60 (2) Squint (3) recurrent Chronic Suppurative Otitis Media (4) Chest Expansion less than 2" (5) Total Deafness (6) Albuminuria (7) Hernia, Organomegaly or Undescended Testis (8) Heart Lesions.

Weight : _____ Height _____ Expiration _____ Inspiration _____

Vision: Right Eye 20/ _____ Left Eye 20/ _____

Colour Vision: _____ Field of Vision _____

Ears: (State of TM.S. and Degree of Deafness) _____

Teeth (Any Braces) _____

Is there any abnormality in Chest, Heart, B.P. or C.N.S.? _____

Is there a Hernia, Undescended Testis, Organomegaly, Cryptorchidism? _____

Urinalysis (Labetix): Sugar _____ Protein _____ Blood _____

Chest X-Ray required only if there is a family history of T.B. _____

Additional for the Female Boxer: Note: Confirmed Pregnancy disqualifies from boxing.

Are there Breast lesions, bleeding, masses, other dysfunction, pain? _____

Abnormality in Menstrual Pattern? Amenorrhea? _____

Lower Pelvic Pains? _____

I certify that the applicant is/is not fit to engage in Boxing: _____

Physician's Name and License Number: _____

Address: _____

Telephone No. _____

Signature _____ Date _____



