



BOXING TECHNICAL GUIDELINES

I- Rules and Regulations

IBA Technical and Competition Rules dated March 3, 2024

II- Eligibility

A. Only secondary learner-athletes who passed the screening and accreditation conducted by the National Screening and Accreditation Committee shall be allowed to participate

B. Eligibility of boxers on medical-related issues shall be referred to Rule 4.2.6 of the IBA Technical and Competition Rules

III- Age Classification and Weight Categories

| AGE CLASSIFICATION | AGE | YEAR OF BIRTH | WEIGHT CATEGORY | WEIGHT RANGE |
|--------------------|-------|---------------|---------------------|----------------|
| School Boys | 13-14 | 2010-2011 | Pin weight | 44- 46 kg |
| School Boys | 13-14 | 2010-2011 | Light Fly weight | Over 46- 48 kg |
| Junior Boys | 15-16 | 2008-2009 | Pin weight | 44- 46 kg |
| Junior Boys | 15-16 | 2008-2009 | Light Fly weight | Over 46- 48 kg |
| Junior Boys | 15-16 | 2008-2009 | Fly weight | Over 48- 50 kg |
| Junior Boys | 15-16 | 2008-2009 | Light Bantam weight | Over 50- 52 kg |
| Junior Boys | 15-16 | 2008-2009 | Bantamweight | Over 52- 54 kg |
| Youth Boys | 17-18 | 2006-2007 | Minimum weight | 46 kg- 48 kg |
| Youth Boys | 17-18 | 2006-2007 | Flyweight | Over 48- 51 kg |
| Youth Boys | 17-18 | 2006-2007 | Bantamweight | Over 51- 54 kg |

Note: Boxer's age is computed by subtracting his year of birth from the year of the Palaro.

IV- Sport Entries Check

A. Two days before the first day of the actual boxing competition, the Sport Entries Check shall take place. This may be adjusted by the



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Tournament Director in consideration to the scheduled activities prior to the opening of the Palaro. All team delegations must attend to confirm their participation.

- B. During the Sport Entries Check, the registered Coach and/or the Asst. Coach shall submit their official final entry (see Appendix A for a copy) and shall present the following:
1. PasSport or authentic 2024 Palarong Pambansa Identification Card of each boxer.
 2. Boxer's Record Book of each boxer reflecting his participation in the lower meets.
 3. Medical Certificate issued within the previous three (3) months to the boxer or copy of the Medical Certificate submitted to NSAC
 4. Accomplished Fit to Box Form (Appendix B)
 5. Boxers' uniforms
 6. Boxers' equipment (***footwear , gum shield, hand wrap***)
- C. Please refer to Rule 6 of the IBA Technical and Competition Rules for other provisions in the Sport Entries Check.

V- Official Draw

- A. Official Draw shall be conducted right after the Sport Entries Check.
- B. Only the entries who pass the Sport Entries Check shall be considered in the Official Draw.
- C. Computerized Draw by Swiss Timing System shall be used. If Swiss Timing System is not available, Manual Draw shall be done.
- D. Each team may send up to two (2) representatives to attend the Draw.

VI- Daily Weigh-In

- A. At the time fixed at 7:00 to 8:00 in the morning of each day of the competition, the Medical Check and the Daily Weigh-in shall be conducted. Only the boxers scheduled to box on the day shall be checked and weighed.
- B. The weight registered in the Sport Entries Check decides the Boxer's Weight Category for the entire competition.
- C. During the Boxer's first daily weigh-in of the competition, both the minimum and the maximum weights are controlled. The boxer's weight must not exceed the maximum weight limit nor below the minimum weight limit. On the succeeding boxer's daily weigh-in only the maximum weight limit shall be controlled
- D. The Weigh-In must be conducted by Competition Officials appointed by the Tournament Director. No coach is allowed inside the final weighing room.
- E. Boxers who do not comply with the requirements shall not be allowed to compete.



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VII- **Rounds**

- A. School Boys: Three (3) rounds of one and a half (1 1/2) minutes per round and 1-minute interval between rounds
- B. Junior Boys: Three (3) rounds of two (2) minutes per round and 1-minute interval between rounds
- C. Youth Boys: Three (3) rounds of three (3) minutes per round and 1-minute interval between rounds

VIII- **Compulsory Count Limits**

- A. School Boys: Two (2) Knockdowns in a bout.
- B. Junior Boys: Two (2) Knockdowns in a round, or three (3) knockdowns in a bout.
- C. Youth Boys: Three (3) Knockdowns in a round, or four (4) knockdowns in a bout.

Note: A "down" or a "count" caused by a foul shall not be counted in the compulsory count limit

IX- **Boxer's Uniform and Accessories**

- A. A boxer shall box wearing a vest (singlet) and shorts. The vest and shorts can be in the Boxer's delegation colors or red or blue depending on their assigned corner. The vest (singlet) must cover the chest and the back and the short must not exceed the knee. The short's waistline must be clearly identified by contrasting color to the vest and shorts and must be 6-10 cm wide.
- B. The boxer must box in light boots or shoes (no spikes and raised heel).
- C. No boxer shall be allowed to box with any tape in his body or uniform except a kinesiology taping at the back and below his waist.
- D. Wearing of bandage/hand wraps and personal gum shield is mandatory. No red or partially red gum shield shall be permitted. The team shall provide the gum shield and hand wraps of their boxers.

X- **Seconds**

- A. Each shall be entitled to be accompanied to the ring by up to three Seconds. However, only two (2) Seconds may mount the apron of the ring and one (1) may enter into the ring
- B. Seconds must have a towel for the boxer. Seconds may indicate retirement of the Boxer by throwing the towel into the ring when this Boxer is considered to be unfit or unable to continue boxing, except when the Referee is in the course of counting.
- C. Seconds can only use transparent water bottle
- D. Seconds should wear sports attire only. Slippers and denim pants are not allowed.
- E. Prohibited Activities for the Seconds





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1. Seconds should refrain from standing and/or encouraging or incite spectators by words or signs during the progress of the round. Seconds will not be allowed to touch the ring during the bout, cause scandal or disturb the competition
2. Seconds will not be permitted to walk off Seconds' designated area with disagreed actions against the Referee
3. Seconds will not be permitted to throw any item in to the ring to demonstrate a disagreement or to kick any chair or water bottle or to take any action that may deemed as unsportsmanlike behavior
4. The use of any communication device such as but not limited to cellphone, walkie talkie, etc. is not permitted during the bout in the FOP
 - F. Sanctions (refer to Rule 16.4 of the AOB Technical and Competition Rules)

XI- Scoring System

- A. Ten-Point Must Scoring System shall be implemented
- B. Five Judges shall be selected to judge each bout. All their scores shall be counted.
- C. The result of the bout shall be announced immediately after each bout

XII- Protest




- A.** Questions on technicality and eligibility of a boxer on medical-related issues shall be dealt with accordingly and shall be referred to the IBA Technical and Competition Rules. Issues shall be resolved immediately by the Tournament Director.
- B.** There is no protest on the result of bouts as stated in the IBA Technical and Competition Rules. The decision of the judges is final.
- C.** The Tournament Director shall immediately suspend a Referee and/or Judge for the rest of the Competition Day for any wrongdoing. Once the Competition is completed, the TD will discuss with the R&J Evaluators any further recommendation regarding sanctioning the Referee and/or Judge.

XIII- Other provisions not specified/stated in this Technical Guidelines shall be supplemented by the latest IBA Technical and Competition Rules (dated March 3,2024)

XIV- Awarding Ceremony

- A. All medalists are encouraged to participate in the Awarding Ceremony.
- B. They shall be dressed properly with their Delegation Uniform. Wearing of slippers during the Awarding shall not be allowed
- C. There will be ten (10) gold, ten (10) silver and twenty (20) bronze medals to be awarded.



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Appendix A

OFFICIAL ENTRY FORM

SPORTS EVENT: BOXING

Team/ Region : _____

Name of Official Coach: _____

Name of Asst. Coach: _____

| AGE CLASSIFICATION | YEAR OF BIRTH | WEIGHT CATEGORY | WEIGHT RANGE | Name of Boxer, School, Division |
|--------------------|---------------|---------------------|-------------------|---------------------------------|
| School Boys | 2009-2010 | Pin weight | 44 kg -46 kg | |
| School Boys | 2009-2010 | Light Fly weight | Over 46 kg- 48 kg | |
| Junior Boys | 2007-2008 | Pin weight | 44 kg - 46 kg | |
| Junior Boys | 2007-2008 | Light Fly weight | Over 46 kg- 48 kg | |
| Junior Boys | 2007-2008 | Fly weight | Over 48 kg- 50 kg | |
| Junior Boys | 2007-2008 | Light Bantam weight | Over 50 kg- 52 kg | |
| Junior Boys | 2007-2008 | Bantamweight | Over 52 kg- 54 kg | |
| Youth Boys | 2005-2006 | Minimum weight | 46 kg- 48 kg | |
| Youth Boys | 2005-2006 | Flyweight | Over 48 kg- 51 kg | |
| Youth Boys | 2005-2006 | Bantamweight | Over 51 kg- 54 kg | |



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Name and signature of Coach

Name and signature of Asst. Coach

Appendix B

DECLARATION OF FIT TO BOX FORM

| | | |
|---------------|------------|---------------|
| Last Name | First Name | Middle Name |
| Date of Birth | Age | Mobile Number |

ANSWER ALL QUESTIONS

- Have you ever been admitted to Hospital? Yes No
- Have you had medical treatment for anything in the last 3 months? Yes No
- Have you suffered from any of the following?
- Any eye disorders or operations (including laser eye surgery)? Yes No
- Any broken bones or cuts needing treatment in the previous 6 months? Yes No
- Epilepsy or any other type of fit, faint, convulsion or black-out? Yes No
- How are you today?
- Are you taking any medication now? Yes No
- Do you presently have a cough, cold or runny nose? Yes No
- Have you been unwell in the last month? Yes No
- When did you last box? _____
- Were you injured at that time? Yes No
- After your last bout, were you medically suspended for any reason? Yes No
- Do you understand the sport-specific medical risks of boxing? Yes No
- Do you wish to box today? Yes No
- (WOMEN ONLY) Can you confirm you are not pregnant Yes No

Boxer's Signature: _____

Date: _____



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|-------------------------------|--------------------------------|
| DOCTOR'S EXAMINATION NOTES | General: |
| Hands: | |
| ENT (incl. gum shield etc.) | Eyes: |
| CONFIRMED FIT TO BOX: YES/ NO | Dare and Time of Medical Exam: |
| Doctor's Signature | Name: |
| Station: | License Number: |



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