



# BOXING RULES





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## ART. 1 PRESENTATION

The boxing regulations as presenting in the document are an adapted version of the official AIBA (International Boxing Association) Open Boxing competition rules. These rules were established according to the objectives of the International Gay and Lesbian Association of Martial Arts (IAGLMA), which promotes the practice of sport that is open to all, safe and based on fair play.

Two fighters will face each other with the main objective to score points through the controlled use of the authorized techniques with speed, agility and precision. The attacks and the punches must be executed with a controlled force and power. **All techniques (punches) must be strictly controlled.**

Bouts consist of 3 rounds of 2 minutes with a 1 minute break between the each round. The fighters must compete continuously until the referee stops the round.

Nota bene: these rules are valid for all genders

## ART. 2 MEDICAL APTITUDE

Each participant must either have:

- A license issued by an official French Federation of martial arts or combat sports.
- A certificate of fitness and aptitude to practice sports delivered by a doctor

A model of a certificate of fitness and aptitude will be delivered by Paris2018.

In order to participate in the competition, fighters must not be under the influence of alcohol or drugs.

The use of doping products is considered to be against the spirit of the competition and therefore is strictly prohibited.

In the event of a flagrant violation of these rules, the competitor will immediately be disqualified.

The official physician of the competition shall have the right to disqualify a competitor whom they do not consider fit to participate in the competition.

## ART. 3 WEIGH-IN

Each fighter will be officially weighed once, at least 1 day before the competition. The weight recorded on this occasion is definitive and will be taken into account to define the weight class for the competition.

## ART. 4 CATEGORY

### ART. 4.1 The establishment of categories

The tournament officials will establish the actual organization of the competition according to the number of participants registered before a predetermined deadline.

A breakdown according to the sex declared by each participant will apply to the competition. If there are enough fighters, additional distinctions can be made based on weight and years of experience.

At the time of enrollment, participants must provide the following personal information: age, weight, years of experience and any disabilities or information about their physical condition. All these details will be taken into account, but the final decision on the division between categories will be taken by the organizers of the tournament in agreement with the officials. The organizers will do everything possible



to avoid matching combatants with unequal categories. However, if the number of registrants is too small, they reserve the right to merge categories.

By entering the competition, a participant implicitly commits themselves to fight with any opponent assigned to them in their category. Each fighter is free to withdraw at any time, but they will then be deemed to have forfeited for their fight or in their category.

## **ART. 4.2 Experience**

The fighters will be divided first by the organizers according to their level of experience. Therefore, regardless of their boxing style and the different types of boxing they have practiced in the past, all participants **MUST** declare their level of experience, that is, the total number of years of the combatant has practice the sport of boxing. In the case of intermittent practice, the participant must declare the largest continuous practice period in the last ten years

**According to this information, competitors could be divided amongst:**

- Beginners: less than one year of experience
- Novices : between two and four years of practice
- Experienced: more than four years of practice

## **ART. 4.3 Weight divisions**

Weight divisions for men

- < 63 kg /138 lb
- 63 – 75 kg /138 -165 lb
- 75 - 86 kg/165-189 lb
- > 86 kg /189 lb

Weight divisions for women

- < 52 kg / 114lb
- 52 – 60 kg /114-132 lb
- 60 – 70 kg/ 132-154 lb
- > 70 kg / 154 lb

## **ART. 5 FIGHTING EQUIPMENT**

All competitors must comply with certain safety rules in terms of equipment in order to ensure that they do not harm themselves or their opponent. This also means that some personal items will not be accepted in the combat zone, such as:

- Glasses
- Bracelets
- Rings
- Earrings
- Piercings

There is no compulsory dress for the fighters but the competitors will have to wear at least a top / tank top and a pair of shorts (no pockets on either garment) during the fight. The top must be tucked into the shorts during the fight.

Long hair must be maintained in the head gear with a device that isn't able to produce damage or inconvenience to the opponent.

Required Security Equipment is listed below:



Head gear	
Mouth guard	
Chest protector (only authorized for the femine categories)	
10OZ or 12OZ (for +63kg fighters) contact sports gloves	
Athletic supporter	
Boxing bandages (without tape). Crossed bandages between fingers are tolerated	

Boxing Shoes



The referee will check the equipment before each bout. In case of improper or incomplete material, the fighter will have two minutes to present themselves with complete and compliant equipment. This delay will result in a warning to the fighter.

If the fighter is unable to present himself with compliant equipment within two minutes, they shall be disqualified.

### ART. 6 TECHNIQUES, AUTHORIZED TARGET ZONES

Only punches delivered with the fist closed making contact using the head of the metacarpals and the first two phalanges are accepted.

Punches must touch the opponent on the front or on the side of the head or torso. Punches on the arms are not counted.

Punches that are delivered outside of these conditions are considered as irregular.

The techniques permitted are as follows:

Punch:

- Jab (front hand) / cross (back hand);
- Hook, bent arm with either hand;
- Uppercut with either hand ;
- swing with either hand ;

**The authorized target zones**, using the allowed techniques are as follows:

**Head:** Face, side and forehead;

**Chest:** Frontal and lateral (note: punches to the arms are allowed but do not result in any points);

### ART. 7 PROHIBITED TECHNIQUES, TRAGET ZONES AND BEHAVIORS

The single or repeated use of a technique, touch zone or any behavior described below may result, depending on their severity, on penalties at the request of the referee or another official of the competition.

**For boxers it is forbidden to:**

- hit with the intention to harm the opponent (knockdown or knockout)
- hit below the belt
- hit on the back or behind the head of the opponent
- hit without support on the ground
- willingly show one's back to the opponent
- not respect the order of the referee
- holding, grasping pushing or leaning on the opponent
- putting one's arms under those of the opponent
- using the ropes to attack or for protection



- fighting with the head before one or both fists
- lowering the head below the belt of the opponent
- hitting an opponent on the ground
- prevent an opponent from boxing with an extended arm
- talking or making noises while boxing
- spitting the mouth guard voluntarily.
- faking having received an irregular punch
- continue boxing after the "stop" command or after the break is announced
- not facing the opponent during the break
- being disrespectful to an official, an opponent or a coach
- using doping substances or any product other than water

**For Coaches it is forbidden to:**

- stand during the rounds
- inappropriate debate / comment on a score
- attack or verbally attack an official inside or outside the ring
- any other violent or aggressive behavior towards an official or other competitor may immediately lead to the elimination of coaching status during the competition.

## ART. 8 OFFICIAL DELEGATION

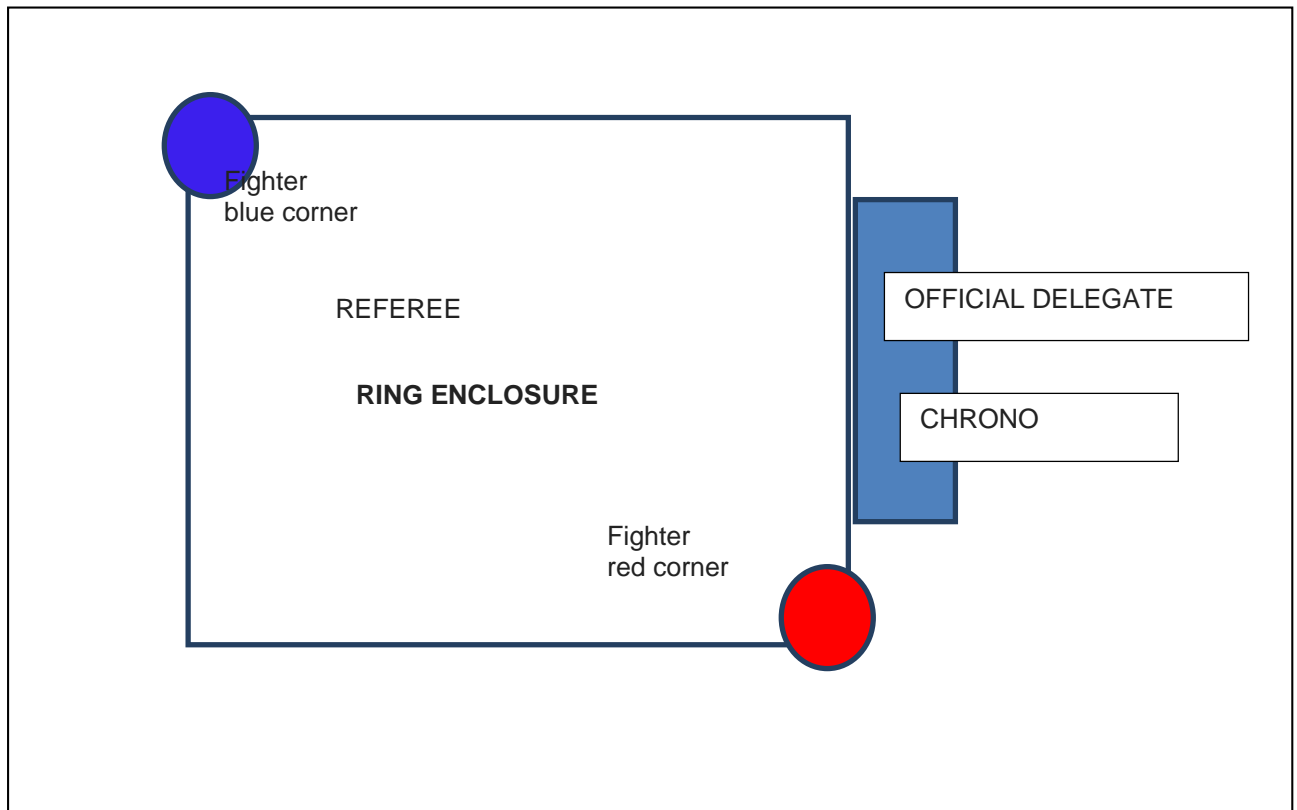
Delegates are appointed by the organizers of the competition and will include:

- An official delegate representing organizers
- A referee/judge
- A timekeeper
- A medical service

The representatives of the official delegation may change during the time of the competition but remain the same during the time of a meeting or fight.

## ART. 9 SET UP OF THE RING

Each fighter is randomly assigned a color (blue or red) corresponding to his corner in the ring. The judges and other officials attending the bout from outside the ring will be arranged in this way:



## ART. 10 ORDERS OF THE REFEREE

The first duty of the referee is to protect and ensure the health and safety of the boxers during the fight

### The referee must:

- Maintain fair-play and the complete respect of the rules
- Keep control of the fight
- Guarantee that the weaker fighter isn't in danger

The referee uses the four (4) following orders:

- « **BOX** » to order to the boxers to begin or pursue the fight
- « **STOP** » to order to the boxers to stop the fight
- « **BREAK** » when it's necessary to stop an opponent
- « **TIME** » to give the order to stop the stopwatch

The referee signals to the boxers by oral commands or meaningful gestures the violations to the rules. The referee can touch the boxers with his hands to stop the fight, break-up an irregular opposition or isolate the boxers.

The referee should not seize the boxers or designate the winner until the official announcement has been made.

The order "**BOX**" :





- To begin the fight.
- To resume the fight after a “ STOP”.

The order « **BREAK** » :

- When the boxers seize each other without committing any fault and are in a clinch situation.
- When this order is given, the boxers must separate doing a step backward moving both feet and must resume the fight immediately, without any additional order from the referee
- When one of the boxers is too close to the ropes the referee orders “STOP” and moves the boxers toward the center of the ring and orders « BOX » without any observation.

The order « **STOP** » :

- To end the fight at the end of the round.
- When a boxer commits a fault, in this case the boxer must look at the referee and listen to the observation, nod to show that it is understood and wait for the order “BOX” to resume the fight.
- To deliver an official warning or to disqualify a boxer.

In all situations the order “STOP” is followed by the order “BOX” to resume the fight.

The time is stopped at each « **TIME** » of the referee and resumed at each «**BOX** ».

The order « **TIME** » :

The referee asks to the timekeeper to stop the stopwatch at each low-blow, knockdown or knockout, or to fix the equipment of a boxer (laces, tank, gloves, etc.)

The referee also uses this order in case of injury or any other situation where it is needed to stop the time.

## ART. 11 THE COURSE OF THE FIGHT

The Fighters enter the ring and greet each other.

They then step back and put themselves in a fighting position while waiting for the referee's command.

The referee will control the fight with the orders **BOX, BREAK, TIME** and **STOP**

The timekeeper's role is to start the stopwatch at the beginning of each bout on the referee's BOX” command, stop the stopwatch at each STOP command and restart it when the referee commands a resumption of the fight following an interruption. The end of the regulation time and each break as well as the end of each minute of recovery is signaled by a sound (bell or gong).

Fighters may have a coach in their corner during the recovery time. Coaches must remain in their corner outside the ring during the entire bout.

No coach shall enter the ring during the course of a bout and no coach shall interfere with the decision of a referee or judge. No coach may make derogatory remarks about a referee or judge or comment on a given score. A coach may lose his right / access to his fighter's corner if the rules are not respected. All official warnings to a coach are considered applicable and will be taken into account as warnings for his / her fighter.



Only the referee may stop the stopwatch. A fighter may apply to adjust their equipment or check for an injury. The referee is then free to refuse it if they consider that this is detrimental or an advantage taken by the opponent. Such breaks must be minimized.

Between each retake, the fighters return to their corners. They must stand facing their opponent. One to two coaches can accompany and advise the fighter in their corner. They must not penetrate the inside of the strings.

## **ART. 12 PENALTIES (WARNING, DISQUALIFICATIONS)**

When a boxer is at fault, the referee will call “STOP” and announce the fault to the offending fighter. This error can be followed by:

- No sanctions, it would only be a remark.
- A **warning**, in which case the opponent will have to go to the indicated neutral corner and the referee will pronounce the sanction applied for to the official delegate.

When the referee has pronounced a warning, the official delegate will note the warning on the score sheet.

Each warning pronounced by the referee will remove one point to the final score.

The third warning will result in the disqualification of the offending fighter.

The disqualification of a fighter immediately leads to the end of the bout as well as their defeat.

In case of a violation related to the hand bandages and if it is of the opinion of the referee that this violation is in the advantage of the offending fighter, the fighter will be immediately disqualified.

The referee or the official delegate can reprimand or ban a coach from the fighting zone that is deemed to be disruptive to the proceedings of the fight.

### ***Loss of mouth guard:***

If a fighter spits or throws meaningfully their mouth guard without having received a punch, the referee will automatically give a warning to the offending fighter.

If a fighter loses their mouth guard for the third time consecutively after having received a punch, the referee will automatically give a warning to the offending fighter.

## **ART. 13 DECISIONS**

A bout can end before or at the expiration of the time limit.

Any warnings pronounced by the referee are inevitably deducted from the global score.

The decision of the winner is given at the end of the bout when both fighters have taken off their gloves and head gear. Only the fighters, the referee and the speaker are allowed on the ring at this time. The referee bids the fighters to return the center of the ring, holds the wrist of both boxers and raises the arm of the winning fighter at the announcement of the decision.

A fighter may forfeit a bout with a sign to the referee or by not resuming the fight after the one minute break. In this case the opponent is declared winner.





If the coach of a fighter throws a towel on the ring (signifying giving up), the opponent is declared winner.

If a fighter is injured on a regular punch, the referee can end the bout or consult the medical team before making a decision. In this case the winner is designated with the overall score after deduction of any warnings.

If the injury is provoked by an intentional irregular action, as deemed by the referee, resulting in the end of the bout, the offending fighter is eliminated.

If the injury is provoked by an unintentional irregular action (head impact), as deemed by the referee, resulting in the end of the bout, the winner is designated with the overall score after deduction of any warnings.

When both fighters are injured simultaneously without any preponderant fault from one of them, the leading boxer at the ending time is declared winner.

#### **ART. 14 TERMS OF JUDGEMENT**

The fights are judged on a ten-points basis called « **Ten points must-system** »

The referee must judge independently the merits of both fighters. The system is based on the following criteria:

1. The number of quality hits
2. The domination during the bout
3. The competitively
4. The technical superiority
5. The rule infractions

The referee applies the following score scale on each round:

- 10 – 9 : slight domination on the round
- 10 – 8 : clear domination on the round
- 10 – 7 : total domination on the round
- 10 – 6 : domination at the limit of over ranking

Each round must have a winner.

No fraction of points can be given.

For each round the judge notes on the scoring sheet the note given to each fighter. The sheet is kept by the official delegate.

At the end of the fight, the official delegate does the total scoring with deducts the points for anyl warnings.

In case of equality, the official delegate defers to the decision of the referee.

#### **ART. 15 PROCESS IN CASE OF LOW BLOW**





In case of a low blow (given below the belt), if the affected fighter does not complain and that the blow is given on purpose, the referee simply makes a remarks without interruption of the fight. If the affected fighter complains of the violence of the blow, the referee has two options:

- **Disqualification:** The offending fighter can be immediately disqualified if the referee judges the blow was made deliberately and violently
- **Recovery of the affected boxer:** The affected fighter is not ready to fight, the referee may allow him a recovery time of **one minute and thirty seconds**. At the end of this recovery times, the referee has again two options :
  - o The affected fighter is ready to fight. The referee gives a warning (judged necessary) and the fight resumes.
  - o The affected fighter is not ready to fight and therefore the bout ends and the winner is deemed by through the official overall score after deductions of any warnings.

## ART. 16 KNOCK OUT

A fighter is considered "KNOCKED OUT" by the referee when they exhibit signs of a physiological impairment such as no longer having the physical or mental capability to continue the bout immediately.

**The mode of confrontation described in this regulation seeks to outlaw the risk of "KNOCK OUT".** Attacks carried with excessive or malicious power, as well as blind or uncontrolled technique, are strictly prohibited.

In the event of a combatant being announced as « knocked out», the referee immediately stops the match and the stopwatch by using the command "STOP". The opponent immediately goes to the neutral corner

If the fighter cannot continue the fight after a 1-minute 30 seconds pause, the referee declares the end of the match:

- If this knockout has been caused by a fault of the opponent, **the referee will ask the disqualification of the opponent.**
- If not, the bout ends and the winner is designated with the overall score after deduction any warnings.

If the fighter can continue the match after a 1-minute 30 seconds interruption, the referee:

- Can have the match continue if the opponent is clearly not a fault
- Require a penalty, warning or disqualification if there is a fault of the opponent

## ART. 17 CONDUCT OF THE COMPETITION

During the competition, the fighters meet one-on-one during one or several bouts. The order of the bouts and the table defining the matches are announced by the organizers before the start of the competition. Each bout includes three, 2-minutes rounds. Between each round, each fighter has one minute of recovery.

Depending on the number of participants in each category, a first selection may be made in the form of pools.

In this case, the fighters in the same pool score points according to the following scale at the end of each match:

- Victory : 3 points
- Loss : 1 point
- Forfeit : 0 point





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The best fighters of each pool are then placed in a table for the final stages with at least one semi-final phase and one final phase and possibly a final for third place (depending on the number of participants per category).

The winner of the final is awarded the gold medal for his category. The loser of the final is awarded the silver medal. The bronze medal is awarded to the winner of the third place final or failing that to the two losers of the semi-finals.