

Sports Boxing Rules

Purpose

Sports Boxing is a controlled-contact amateur boxing discipline conducted on a matted surface. The objective is to develop technical boxing skills, including accurate body punching, controlled head contact, defensive movement, ringcraft, and tactical awareness, while minimizing the risk of concussion and serious injury.

The aim of Sports Boxing is to develop skilled, confident, and disciplined boxers through the promotion of:

- Clean and accurate body punching.
 - Controlled and accurate head contact.
 - Effective defensive skills and evasive movement.
 - Ring control and positional awareness.
 - Technical skill and combination punching.
 - Controlled aggression and positive initiative.
 - Respect, sportsmanship, and self-discipline.
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Protective Equipment

The following protective equipment is mandatory for all competitors:

- Approved Top Ten–style headguard.
 - No face shields, visors, or full-face guards permitted.
 - Individually fitted mouthguard (gum shield).
 - 10oz boxing gloves for all weight categories.
 - Approved breast protector for all female competitors.
 - Approved groin protector for all male competitors.
 - Suitable boxing attire and footwear as specified by the event organiser.
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Legal Techniques

The following techniques are permitted:

Punches

- Straight punches (jab and cross).

- Hooks.
- Uppercuts.

All punches must land with the knuckle surface of the glove and be delivered with control.

Illegal Techniques

The following actions are prohibited:

- Clinching for the purpose of delivering strikes.
- Excessive force to the head.
- Uncontrolled or reckless head contact.
- Striking after the referee's command to stop.
- Holding, pushing, wrestling, or grappling.
- Unsportsmanlike conduct, including verbal abuse or disrespectful behaviour.
- Deliberately stepping off the competition area to avoid engagement.
- Any dangerous or reckless action that places an opponent at unnecessary risk.

Competitors must demonstrate control on all head-contact techniques at all times.

Referee Authority

The referee has full authority to ensure the safety of competitors and the fair conduct of the contest.

The referee may issue:

- Verbal warnings.
- Official warnings.
- Point deductions.
- Standing eight counts.
- Disqualification.
- Contest stoppages.

Particular attention shall be given to reckless or excessive head contact, which may result in immediate penalties or disqualification.

Knockdowns

Body Shot Knockdowns

A competitor who is unable to continue immediately following a legal body shot may receive a standing eight count.

Body shot knockdowns are considered significant scoring actions and shall be reflected accordingly by the judges.

Head Contact

The emphasis of Sports Boxing is skill development rather than head-impact accumulation. Any knockdown resulting from excessive or uncontrolled head contact may result in penalties, disqualification, or contest termination at the referee's discretion.

Bleeding and Injury

If bleeding occurs, the referee shall stop the contest and consult the ringside medical official.

The medical official shall determine whether the contest may continue safely.

The referee or medical official may stop the contest at any time if a competitor's safety is in question.

Medical Safety Rules

To protect all participants, the following medical safety requirements apply:

- Mandatory pre-bout medical checks.
 - Referee authority to stop a contest at any time.
 - Immediate stoppage for any suspected concussion.
 - No competitor may continue after loss of consciousness.
 - Age divisions must be observed.
 - Weight classes must be observed.
 - Appropriate rest periods between bouts must be maintained.
 - Medical personnel must be available during competition.
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Scoring Criteria

Each round shall be scored using the 10-Point Must System.

Judges shall assess:

1. Quality and accuracy of scoring punches.
2. Effective body punching.
3. Technical skill and clean combinations.
4. Defensive ability and evasive movement.
5. Ring control and effective positioning.
6. Controlled aggression and initiative.
7. Overall sportsmanship and adherence to the rules.

The winner of each round receives 10 points, with the opponent receiving 9 points or fewer depending on performance, knockdowns, warnings, or point deductions.

Sportsmanship

All competitors, coaches, officials, and spectators are expected to uphold the highest standards of sportsmanship and respect.

Unsportsmanlike behaviour may result in warnings, point deductions, removal from the competition area, or disqualification.

The primary objective of Sports Boxing is the development of technical skill, confidence, safety, and mutual respect.