



# Technical and Competition Regulations

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## **REGULATIONS FOR COMPETITION MANAGEMENT**

### **REGULATION 1 – Boxing Australia Limited competition principles**

- 1.1 The following principles will apply to all competitions conducted by Boxing Australia Limited (BAL) and its Member Associations:
- 1.1.1 All competitions conducted by BAL and its Member Associations shall comply with these regulations. However, where these regulations are silent in relation to any matter and BAL has not given a direction then the competition shall be conducted in accordance with the rules of the International Boxing Association (AIBA).
  - 1.1.2 All competitions shall be conducted in a fair, transparent, equitable and safe manner.
  - 1.1.3 Boxers will, as far as is possible, be evenly matched in regard to weight, age and competition experience.
  - 1.1.4 Female boxers shall not compete against male boxers at public competitions in any capacity, including, but not limited to, exhibition demonstrations.
  - 1.1.5 Officiating referees and judges (R&Js) must be accredited in accordance with these regulations and have their R&J record books to hand.
  - 1.1.6 Coaches must be accredited in accordance with these regulations.
  - 1.1.7 Referees, judges, coaches and competition officials shall not consume alcohol on the day they officiate or during a competition in which they officiate, until all their duties have been completed.
  - 1.1.8 BAL Risk Management Policy procedures must be implemented.
  - 1.1.9 BAL Participant Protection Policy must be implemented.
  - 1.1.10 All participants shall be subject to and comply with BAL Anti-Doping Policy.
  - 1.1.11 A boxer, who competes or has competed in another individual physical contact sport as an amateur or professional, shall not be

allowed to compete in BAL and BAL Member Association competitions unless the individual has received written confirmation from AIBA through BAL that they may do so.

1.1.12 A boxer who competes or has competed in professional boxing shall be permitted to participate in BAL or BAL Member Association competitions provided that the individual has been entered onto the Register of Boxers in accordance with the provisions of Clause 18.2 of the Constitution of the Member Association to which his or her application is made, and provides to the Member Association:

- (a) a statutory declaration from the boxer, made not more than seven (7) days prior to his or her application, declaring that he or she has not competed in a boxing competition during the 30 days preceding making the statutory declaration; and providing advice of the dates and circumstances of all head injuries suffered by the boxer (in sporting competition or otherwise) during the 12 months immediately preceding the making of the declaration; and
- (b) a readable report from a registered medical practitioner of the boxer's choice, written under the medical practitioner's letterhead and signed by the medical practitioner, dated not more than seven (7) days prior to the boxer making application and which certifies that in the opinion of the medical practitioner, the boxer is fit to box.

1.1.13 No boxer will compete in more than one (1) bout per day unless otherwise determined pursuant to regulation 8.6.

1.1.14 The Australian Boxing Championships and National Selection Competitions shall be conducted in accordance with [Appendix 5](#) and under the supervision of the Board of BAL.

1.1.15 To be eligible to compete in the Australian Boxing Championships or National Selection Competitions, male elite boxers and male youth boxers must have competed in a minimum of ten (10) bouts, female elite and female youth boxers must have competed in a minimum of seven (7) bouts, male junior boxers must have competed in a

minimum of five (5) bouts, and all other boxers must have competed in a minimum of three (3) bouts. Exhibition bouts and competition sparring are not to be considered when determining the number of bouts in which a boxer has competed.

- 1.1.16 At the Australian Boxing Championships or National Selection Events, boxers may only be cornered by coaches nominated by their Member Association or BAL in accordance with [Appendix 5](#), (5.36 Coach and Assistant Coach).

## **REGULATION 2 – National competitions**

- 2.1 A national competition is defined as any competition conducted within Australia in which boxers from three (3) or more states and or territories compete for their Member Associations.
- 2.2 Any competition purporting to be a ‘national’ competition will be conducted under these regulations, meet the requirements and standards for Australian Boxing Championships and National Selection Competitions and be held under the direction and supervision of the BAL Board.

## **REGULATION 3 – International competitions**

- 3.1 An international competition is defined as any competition conducted within Australia in which boxers compete for an individual country against an Australian team under the control of BAL.
- 3.2 Any competition purporting to be an ‘international’ competition will be conducted under these regulations and must meet the requirements and standards for Australian Boxing Championships and National Selection Competitions and be conducted under the direction and supervision of the BAL Board.

## **REGULATION 4 – Age categories**

- 4.1 Age categories for Member Association championships and or selection competitions, which apply to both female and male boxers and are subject to any legislative or government policy restrictions, shall be by the year of birth in accordance with [Appendix 6](#) and be as follows:

- 4.1.1 Under 11: for a boxer aged 10 years;
- 4.1.2 Under 13: for a boxer aged 11 or 12 years;
- 4.1.3 Under 15: for a boxer aged 13 or 14 years;
- 4.1.4 Junior: for a boxer aged 15 or 16 years;
- 4.1.5 Youth: for a boxer aged 17 or 18 years;
- 4.1.6 Elite: for a boxer aged 19 to 40 years inclusive; and
- 4.1.7 Masters: for a boxer aged 41 years or more.

### **Age restrictions on matching boxers**

- 4.2 Boxers (male or female) in Youth, Junior or younger age category competition, subject to regulation 4.3, shall not be permitted to compete against boxers who are 24 months or more older.
- 4.3 In regard to Youth, Junior and younger age category boxers, the Member Association Secretary or his or her nominated representative, with the agreement of the senior R&J present, and with the consent of both boxers' coaches, may issue an exemption permitting a boxer to compete against a boxer more than 24 months older if the bout is deemed a suitable match. Such exemption is to be in writing on the Boxing Australia Limited Age Exemption Form ([Appendix 13](#)) stating the reasons the bout is deemed suitable. Such written exemption is to be retained and filed by the Secretary.
- 4.4 Where a boxer competes against a boxer outside his or her age competition category the lower age division regulations apply (i.e. head guards, counts, duration, weight category).

*Note: For Masters Boxing see Regulation 22.*

## **REGULATION 5 – Competition weight divisions within Australia**

- 5.1 [Appendix 7](#) specifies the applicable Table of Weight Divisions and Weight Ranges.

### **Weight restrictions on matching boxers**

- 5.2 Bouts with boxers from different weight categories that are not selections or championships, should, where possible, be matched by the Member

Association Secretary or his or her nominated representative according to the restrictions in this regulation.

- 5.3 Boxers in Junior and younger age category competition, subject to regulation 5.5, shall have no more than 2Kg difference in weight up to and including 54Kg, thereafter, no more than the equivalent weight category difference up to and including 92+Kg.
- 5.4 Boxers in Youth, Elite or Masters Category competition, subject to regulation 5.5, shall have no more than 3Kg difference in weight up to and including 52Kg, thereafter, no more than the equivalent weight category difference up to and including 91+Kg.
- 5.5 The Member Association Secretary, or his or her nominated representative, with the agreement of the senior R&J present at a competition, and with the consent of both boxers' coaches, may issue an exemption permitting a boxer to compete against a boxer heavier than the stipulated weight differences in this regulation if the bout is deemed a suitable match. Such exemption is to be in writing on a Boxing Australia Limited Weight Exemption Form ([Appendix 14](#)) stating the reasons the bout is deemed suitable. Such written exemption is to be retained and filed by the Member Association Secretary.

## **REGULATION 6 – Duration and number of rounds**

- 6.1 [Appendix 8](#) specifies the durations and number of rounds for all competitions.

## **REGULATION 7 – Medical control and examination**

### **Power of the Board of Boxing Australia Limited to ban a boxer on medical advice**

- 7.1 The Board of BAL shall have the power to ban any boxer from competitive boxing and sparring conducted under the auspices of BAL or any Member Association for any length of time the Board may deem appropriate if the Board considers that competitive boxing and sparring engaged in by such boxer might reasonably put:
  - 7.1.1 such boxer; and/or

- 7.1.2 another boxer or boxers competing against, or sparring with, such boxer; at risk of death or serious harm. Provided that any such ban shall continue for no longer than is reasonably necessary to protect the banned boxer, or other boxers against whom that boxer might otherwise compete, or spar, from that risk of death or serious harm.

### **Boxers' initial and annual medical examinations**

- 7.2 Boxers' initial medical examinations shall be conducted pursuant to the AIBA medical handbook; and shall also incorporate an examination of each boxer concerned in accordance with the 'Office or Off-Field Assessment Steps' at pages 3, 4 and 5 of the SCAT5 Concussion Evaluation Tool to be found in Appendix 19. The written results of each such SCAT5 examination shall be provided in legible form to the Secretary of the Member Association of the boxer concerned, retained by the latter as a baseline assessment of the boxer, and made available on request to any medical practitioner who might examine the boxer following a KO or RSC-I of the latter.
- 7.2A At the times when a female boxer over the age of 18 years completes her initial medical examination, and each annual medical examination thereafter, in accordance with the requirements of regulation 7.2 of these regulations, such female boxer must:
- (a) complete and sign a copy of the Boxing Australia Limited Breast Implant Advice and Waiver Form to be found in Appendix 22; and
  - (b) forward, in person, by post, by fax or by email, a copy of the Boxing Australia Limited Breast Implant Advice and Waiver Form, so completed and signed, to the Secretary of the Member Association with which she is registered.
- 7.3 Annual medical examinations shall remain in force for 12 months from the date of the annual medical check-up.
- 7.4 AIBA Open Boxing (AOB) – where a boxer competes in an AIBA controlled AOB competition, a medical certificate issued in the previous three (3) months in the form of the AIBA Annual Medical Certificate (see AIBA Technical Rules), must be submitted online through the AIBA database before competing internationally.

## **Medical supervision at boxing competitions**

- 7.5 At all BAL and/or BAL Member Association conducted competitions at least one (1) qualified medical practitioner holding a current licence to practise medicine shall be present.
- 7.6 The medical practitioner shall:
- 7.6.1 Medically examine each boxer who is to compete in that competition;
  - 7.6.2 Record in each boxer's Competition Record Book whether the boxer is, or is not, fit to box;
  - 7.6.3 Be present at the ringside for all bouts; and
  - 7.6.4 Medically examine a boxer after a bout if he or she deems that boxer should be so examined.

## **Boxer with allowed handicap**

- 7.7 Please refer to current AIBA Medical Handbook for Allowed Handicaps.
- 7.8 Boxers who are deaf, mute, missing a finger or fingers (other than the thumb) missing a toe or toes (other than the big toe) may box. Boxers may also box with a Kinesiology tape below the waist and the back of the upper body, in accordance with AIBA Technical and Competition Rule 4.2.5.2.10.

## **Orthodontic braces**

- 7.9 Boxers who have orthodontic braces and wish to compete are required to have attached to their Competition Record Book a completed 'Release to compete with orthodontic braces/appliances' form, in accordance with [Appendix 9](#).

## **Contact lenses**

- 7.10 Boxers who have soft contact lenses and wish to compete are required to have attached to their Competition Record Book a completed 'Release to compete with soft contact lenses' form in accordance with [Appendix 10](#).
- 7.11 Where a contact lens is displaced and the boxer is unable to continue, the boxer will lose the bout ABD.

## **Prohibited conditions**

7.12 Boxers with the following prohibited conditions on the day of competition, as determined by the medical practitioner examining the boxer, are excluded from competition within Australia:

7.12.1 A cut, wound abrasion, laceration or a swelling on their scalp or face including the nose and ears which requires a dressing other than Non-Petroleum Jelly (in accordance with AIBA Technical and Competition Rule 14.2.2.3), collodion, thrombin solution, micro fibrillar collagen, gel foam, surgical and adrenaline 1/1000 or steri-strip which may be used.

7.13 No types of body piercing or body accessories are allowed to be worn during a bout.

7.14 No boxer with an implanted device which uses electricity or any substance which may alter the bodily function will be permitted to box.

## **Declaration of non-pregnancy**

7.15 At all BAL and/or Member Association competitions, no pregnant boxer shall be allowed to participate and each female boxer must provide a signed declaration of their non-pregnancy and/or present medical certification at the medical check advising of their non-pregnancy. Boxers under the age of eighteen (18) must have the declaration signed by a parent or guardian. Female boxers who fail or refuse to provide a signed declaration will not be allowed to participate. A copy of the required declarations for both adults and minors can be found in Appendix 16;

## **Protective measures following knockouts and concussions sustained in boxing contests**

7.16 **Definitions** – For the purposes of regulations 7.17 – 7.25, 7.29 and 7.30 and Appendix 18 of these regulations only:

- “**Boxing contest**” means a boxing competition conducted by, under the auspices of, or with the express consent of, BAL or any Member Association.



- **“Form A”** means the Boxing Australia Limited Head Injury Form; a copy of which is marked “Form A” and is to be found in Appendix 11.
- **“Form B”** means the SCAT5 Concussion Evaluation Tool; a copy of which is marked “Form B” and is to be found in Appendix 19.
- **“Form C”** means the Boxing Australia Limited Medical Examination Certificate; a copy of which is marked “Form C” and is to be found in Appendix 21.
- **“Form D”** means the Boxing Australia Limited Medical Clearance Form; a copy of which is marked “Form D” and is to be found in Appendix 12.
- **“Form E”** means the Boxing Australia Limited Other Injury Form; a copy of which is marked “Form E” and is to be found in Appendix 20.
- **“KO”** means a knockout, with or without loss of consciousness, suffered by a boxer as a result of the boxer having received a hard blow or blows to the head sustained during a boxing contest.
- **“Ringside doctor”** means the medical practitioner who, in accordance with regulation 7.6.3 of these regulations, medically officiated during a boxing contest in which a boxer suffered a KO or an RSC.
- **“RSC”** means “Referee Stops Contest” and occurs when a boxing contest ends in consequence of a boxer having received a hard blow or blows to the head rendering that boxer defenceless or otherwise incapable (or deemed in accordance with these regulations to be incapable) of continuing to box. For present purposes, RSC shall be taken to include RSC-I (“Referee Stops Contest – Injury”).

**7.17 One (1) KO (without loss of consciousness) or one (1) RSC** – A boxer who has sustained a KO (with no loss of consciousness) or an RSC during a boxing contest shall not be permitted to take part in competitive boxing or in sparring for such period as may be deemed appropriate by the ringside doctor, being a period of not less than 30 days immediately following the KO or RSC.

**7.18 Two (2) KOs (without loss of consciousness), two (2) RSCs or a KO (without loss of consciousness) and an RSC** – A boxer who has sustained two (2) KOs (with no loss of consciousness), two (2) RSCs or a KO (with no

loss of consciousness) and an RSC during boxing contests conducted within a period of 90 days shall not be permitted to take part in competitive boxing or in sparring for such period as may be deemed appropriate by the ringside doctor, being a period of not less than 90 days immediately following the second KO or RSC.

**7.19 A total of three (3) KOs (without loss of consciousness) and/or RSCs –**

A boxer who has sustained a total of three (3) KOs (with no loss of consciousness) and/or RSCs during boxing contests conducted within a period of 12 calendar months shall not be permitted to take part in competitive boxing or in sparring for such period as may be deemed appropriate by the ringside doctor, being a period of not less than 360 days immediately following the third KO or RSC.

**7.20 KOs resulting in loss of consciousness –** A boxer who has sustained a KO during a boxing contest which has resulted in a loss of consciousness shall not be permitted to take part in competitive boxing or in sparring as follows:

- (a) if the loss of consciousness has been for less than one (1) minute, as determined by the ringside doctor, for such period as may be deemed appropriate by the ringside doctor, being a period of not less than 90 days following the KO;
- (b) if the loss of consciousness has been for greater than one (1) minute, as determined by the ringside doctor, for such period as may be deemed appropriate by the ringside doctor, being a period of not less than 180 days;
- (c) if the loss of consciousness is a second loss of consciousness sustained by the boxer and has been sustained within 90 days of such boxer being approved to return to boxing by Boxing Australia Limited's Anti-Doping and Medical Standing Committee in accordance with these regulations, for such period as may be deemed appropriate by the ringside doctor, being a period of not less than 12 calendar months;
- (d) if the loss of consciousness:

- (i) is the third loss of consciousness sustained by the boxer; and
- (ii) has been sustained by such boxer within 90 days of the boxer being approved to return to boxing by Boxing Australia Limited's Anti-Doping and Medical Standing Committee in accordance with these regulations following the boxer's second KO resulting in a loss of consciousness;

for such period as may be deemed appropriate by the ringside doctor, being a period of not less than 18 calendar months.

**7.21 Recording KOs and RSCs** – Following each KO or RSC occurring during a boxing contest, the ringside doctor must:

- (a) where feasible, first conduct an examination of the boxer concerned in accordance with a copy of Form B, and then endorse his or her examination results where indicated on such copy of Form B; and
- (b) in any event, record such KO or RSC, together with recording the period during which he or she deems it appropriate that the boxer not be permitted to take part in competitive boxing or in sparring:
  - (i) in the boxer's Competition Record Book; and
  - (ii) on a copy of Form A.

**7.22 Recording losses of consciousness** – If a boxer sustains a KO during a boxing contest which results in a loss of consciousness, the ringside doctor shall, in addition to complying with the requirements of regulation 7.21 of these regulations, record on the copy of Form A referred to in regulation 7.21(b)(ii) whether the loss of consciousness was for:

- (a) less than one (1) minute; or
- (b) more than one (1) minute and, if so, for approximately how long.

**7.23 Disposition of KO and RSC records** – After:

- (a) recording a KO or an RSC in a boxer's Competition Record Book and on a copy of Form A, and, where applicable, also recording the particulars of any loss of consciousness resulting from a KO on the copy of Form A; and

- (b) where feasible, having conducted an examination of the boxer in accordance with a copy of Form B, and having endorsed his or her examination results where indicated on such copy of Form B; the ringside doctor must:
  - (i) deliver the Competition Record Book, the completed Form A and, where completed, the endorsed copy of Form B to the competition Technical Delegate; and
  - (ii) provide the boxer with copies of the completed copy of Form A and, where completed, the endorsed copy of Form B; and the competition Technical Delegate must provide the Secretary of the Member Association with which the boxer is registered (or the Secretary's nominee) with the completed copy of Form A and, where completed, the endorsed copy of Form B (or copies of such completed documents).

**7.24 KOs or RSCs inflicted after “break” and “stop” commands** – If a boxer suffers a KO or an RSC during a boxing competition bout after the referee of the bout has given the command “break” or “stop”, and the boxer is then counted “out” by the referee, then notwithstanding that such boxer wins the bout by a “disqualification” of his or her opponent, he or she will not be permitted to continue to box in the competition.

**7.25 Returning to boxing after KOs and RSCs** – A boxer's return to competitive boxing and to sparring following a KO or an RSC shall be regulated in accordance with the requirements of Part 1 of Appendix 18.

### **Protective measures following knockouts and concussions not sustained in boxing contests**

**7.26** Where a boxer has been knocked out or has otherwise been concussed other than during a boxing contest (as, for example, in training, or in a boxing bout not conducted by, or under the auspices of, or with the express consent of BAL or any Member Association, or in the course of an unrelated activity), it shall be the responsibility of the boxer's coach to report the knockout or concussion, together with the circumstances surrounding the same, in writing to the Secretary of the Member Association with which the boxer is registered.

7.27 Upon receiving a report made pursuant to regulation 7.26 of these regulations, the Secretary of the Member Association concerned shall advise the boxer in question and his or her coach in writing that the boxer shall not be permitted to take part in competitive boxing or in sparring until:

- (a) the boxer has been examined by a qualified medical practitioner of the boxer's choice; which medical practitioner shall have first been provided with:
  - (i) copies of regulations 7.17 – 7.20 of these regulations, together with a copy of this regulation 7.27; and
  - (ii) an unendorsed copy of Form B;
- (b) the medical practitioner has:
  - (i) conducted a thorough medical examination of the boxer;
  - (ii) determined the length of the period during which the boxer not be permitted to return to competitive boxing or to sparring, having regard as much as possible to the considerations and non-competition periods referred to in regulations 7.17 – 7.20 of these regulations;
  - (iii) provided the boxer with a written medical report in which the medical practitioner has detailed:
    - (A) the nature of his or her examination of the boxer;
    - (B) the results of such examination; and
    - (C) the length of the period during which he or she deems it appropriate that the boxer not be permitted to return to competitive boxing or sparring; and
  - (iv) further provided the boxer with the copy of Form B referred to in regulation 7.27(a)(ii), duly endorsed with the results of the examination by the medical practitioner of the boxer where indicated on such copy of Form B;
- (c) the boxer, following the expiration of the period referred to in paragraph (b)(iii)(C) of this regulation, has provided the Secretary of the Member Association with which the boxer is registered with:

- (i) a copy of the medical report referred to in paragraph (b)(iii) of this regulation;
  - (ii) the endorsed copy of Form B referred to in regulation 7.27(b)(iv) of these regulations; and
  - (iii) a photocopy or a scan of the page in the boxer's Competition Record Book containing the boxer's photo and personal particulars; and
- (d) BAL's Anti-Doping and Medical Standing Committee has determined to approve the boxer's return to competitive boxing and to sparring.

7.28 A boxer's return to competitive boxing and to sparring following a knockout or a concussion not sustained in a boxing contest shall be regulated in accordance with the requirements of Part 2 of Appendix 18.

#### **Protective measures following other injuries sustained in boxing contests**

- 7.29 Where a boxer sustains an injury in a boxing contest (not being an injury of a kind referred to in regulations 7.17–7.20 of these regulations), which injury is deemed by the ringside doctor to be sufficiently serious as to require the boxer to be restricted from competitive boxing and from sparring for a minimum period of time, the ringside doctor shall record the nature of the injury and the period during which he or she deems it appropriate that the boxer not be permitted to take part in competitive boxing or in sparring:
- (a) in the boxer's Competition Record Book; and
  - (b) on a copy of Form E.
- 7.30 After recording an injury in a boxer's Competition Record Book and on a copy of Form E as required by regulation 7.29 of these regulations:
- (a) the ringside doctor must deliver the Competition Record Book and the completed copy of Form E to the competition Technical Delegate;
  - (b) the ringside doctor must also provide the boxer with a copy of the completed copy of Form E; and
  - (c) the competition Technical Delegate must provide the Secretary of the Member Association with which the boxer is registered with the completed copy of Form E or with a copy of the same.

- 7.31 A boxer's return to competitive boxing and to sparring following an injury of a kind referred to in regulation 7.29 of these regulations shall be regulated in accordance with the requirements of Part 3 of Appendix 18.

## **REGULATION 8 – Weigh-in**

- 8.1 The weigh-in will be carried out by an R&J official appointed by the designated R&J Coordinator for the Member Association.

### **Championships, selection competitions and competitions that require strict weight control (Member Association titles, Golden Gloves, State of Origin)**

- 8.2 In bouts which are Member Association Boxing Championships and Selection Competitions or Member Association Regional/Local Championships, the weigh-in will be held at least three (3) hours before the start of the competition and the following weigh-in guidelines shall apply:
- 8.2.1 Championships are weight critical and therefore separate weigh rooms and scales are to be provided for male and female boxers.
  - 8.2.2 Weigh-ins are not to be conducted in the open, but in an enclosed room or similar.
  - 8.2.3 If separate rooms and scales are not available, male and female boxers are to be weighed-in at different times.
  - 8.2.4 At no stage are male and female boxers to be lined up in stages of undress; boxers are only allowed to remove their clothing once in the weigh-in room.
  - 8.2.5 At no stage are male and female boxers to be in the same room during the weigh-in.
  - 8.2.6 The weigh stewards shall be the same sex as the boxer weighing-in.
  - 8.2.7 Only the weigh steward(s) and the boxer(s) are to be in the weigh-in room/scales; no other persons are to enter unless invited.

### **Non-championships/local competitions**

- 8.3 These types of competitions are not weight critical, and therefore the weigh-in will be held at least (1) hour before a boxer is due to box and the following weigh-in guidelines shall apply:

- 8.3.1 If separate rooms and scales are unavailable male and female boxers are to be weighed-in at different times.
- 8.3.2 Weigh-ins are not to be conducted in the open, but in an enclosed room or similar.
- 8.3.3 If a female weigh steward is unavailable to weigh the female boxers a male weigh steward may weigh the female boxers but only while in the presence of the boxer's coach and/or guardian/parent, and the boxer is to wear their competition clothing without boots.
- 8.3.4 At no stage are male and female boxers to be lined up in stages of undress; boxers are only allowed to remove their clothing once in the weigh-in room.
- 8.3.5 At no stage are male and female boxers to be in the same room during the weigh-in.
- 8.3.6 Only the weigh steward(s) and the boxer(s) are to be in the weigh-in room/scales; no other persons are to enter unless invited.
- 8.4 An appointed weigh-in official shall enter in each boxer's Competition Record Book the date, place and weight shown on the official scale at the weigh-in and sign as the OIC.
- 8.5 No boxer will compete in more than one (1) bout a day unless it is an Australian Boxing Championship or National Selection Competition and unless sanctioned by the Technical Delegate. In this circumstance, those boxers concerned shall compete against each other before the same Technical Delegate and officiating R&Js unless the Technical Delegate determines otherwise.

## **REGULATION 9 – Scoring system**

- 9.1 A computer scoring system based on a ten (10) point must system is to be used for Australian Championships and National Selection Competitions. In all other competitions, a ten (10) point must system is to be used which may be computer based or manually undertaken.
- 9.2 Whenever a computer scoring system is utilised, five (5) or three (3) accredited judges may officiate and will be allocated a position around the



ring in accordance with the electronic draw by the AIBA scoring system.

- 9.3 Where five (5) judges are used, all five judges' scores will be used to determine the winner.
- 9.4 At the end of each round, each judge must determine the winning boxer of that round by awarding a score of ten (10) points to the winning boxer and by awarding nine (9) or less points – down to 7 – to the losing boxer, depending on the judgment as to the degree to which the opponent lost the round. Every round must have a declared winner.
- 9.5 The judges using a computer scoring system must push the scoring pad within fifteen (15) seconds of the end of the round. These scores will be recorded directly onto the computer system managed by the Technical Delegate, and no alterations or additions will be made to these scores after the initial transmission.
- 9.6 Where computer scoring is utilised, and where the equipment and technology is available, the precise scores awarded, and the judge who awarded each score, will be identified on a public display at the end of the bout. This public display will also indicate the total score by each selected judge for each boxer for the entire bout (including any deduction due to warnings).
- 9.7 Should the bout be broadcast, the announcement of the scores through the broadcast is to be made immediately at the end of the bout, after approval by the Technical Delegate. This does not apply where the bout is being live streamed by BAL via the internet.
- 9.8 The scoring system will appoint the winner by a unanimous or split decision as follows:
- 9.8.1 Unanimous decision by points is where all judges appoint the same winner.
- 9.8.2 Split decision by points – five (5) judges:
- Three (3) judges appoint one (1) boxer as the winner and the other two (2) judges either appoint the other boxer as a winner or a draw; or

- Four (4) judges appoint one (1) boxer as the winner and the other judge either appoints the other boxer as a winner or a draw.

9.8.3 Split decision by points – three (3) judges:

- Two (2) judges appoint one (1) boxer as the winner and the other judge either appoints the other boxer as a winner or a draw.

9.8.4 Tiebreak – In the event that the total scores awarded by each judge, including any deduction, are equal at the end of the bout, the judges will be requested to nominate which boxer is the winner of the bout in their opinion in the following cases:

9.8.5 Tiebreak – five (5) judges

- One (1) judge has even scores, and the total scores of the other four (4) judges are evenly split; or
- Two (2) judges have even scores and the other three (3) judges do not score unanimously; or
- Three (3) or more judges have even scores.
- For AOB competitions, rule 4.3.1.1 shall not apply if at least three (3) judges declare the same winner.

9.8.6 Tiebreak – three (3) judges

- One (1) judge has even scores and two (2) judges declare different winners; or
- Two (2) judges have even scores and one (1) judge declares a winner; or
- All three (3) judges have even scores.

9.9 At Australian Boxing Championships and National Selection Events, all results recorded in the scoring system must be printed at the conclusion of the bout and must be included in any official report forwarded to the BAL office by the Technical Delegate.

9.10 If the scoring system becomes defective, the referee will in that case collect all 5 judges' score cards with the names of the judges to give to the Technical Delegate.

- 9.11 Each judge will independently judge the merits of the two (2) boxers using the scoring system based on the following criteria, which will have equal weighting:
- 9.11.1 Number of quality blows on target area
  - 9.11.2 Domination of the bout through technical or tactical superiority
  - 9.11.3 Competitiveness
- 9.12 The judges must apply the following criteria to score the round:
- 9.12.1 10 vs. 9 – Close round
  - 9.12.2 10 vs. 8 – Clear winner
  - 9.12.3 10 vs. 7 – Total dominance.
- 9.13 The referee or timekeeper shall not score a bout. At Australian Championships or National Selection Competitions the referee, timekeeper or computer operator shall not score the bout.

#### **Member Association competitions using manual scoring**

- 9.14 Member Association competitions using manual scoring are to be conducted using the guidance provided at [Appendix 15](#) and the scores entered onto a score card as shown at [Appendix 17](#).

### **REGULATION 10 – Decisions**

#### **Win on points – WP**

- 10.1 At the end of a bout, the winner will be determined on the basis of the total score of the judges and will be declared the winner of the bout on points in accordance with the scoring system by either unanimous or split decision.
- 10.2 The judges will score the round for each boxer up to the time of the termination of the bout and the boxer who is ahead on points will be declared the winner of the bout on points in accordance to the scoring system. The round in which the bout is stopped will be scored, even if it is a partial round.
- 10.2.1 Regulation 10.2 applies if an injury caused by an unintentional foul occurs and as a result the contest is stopped by the referee;

10.3 The judges will score the round for each boxer up to the time of the termination of the bout and the boxer who is ahead on points will be declared the winner of the bout on points in accordance to the scoring system. The round in which the bout is stopped will be scored, even if it is a partial round.

10.3.1 Regulation 10.3 applies in the case both boxers are injured at the same time and as a result the contest is stopped by the referee.

#### **Win by referee stops contest – RSC**

10.4 If a boxer fails to resume boxing immediately after the rest period between rounds, the opponent will be declared the winner of the bout by RSC.

10.5 If a boxer, in the referee's opinion, is being outclassed or is receiving excessive punishment or excessive hard blows, the bout will be stopped and the boxer's opponent declared the winner of the bout by RSC.

10.6 If a boxer is unfit to continue and fails to resume boxing after a knockdown, the boxer's opponent will be declared the winner of the bout by RSC.

10.7 If a boxer is knocked out of the ring and is unable to return into the ring within thirty (30) seconds without any help, the opponent will be declared the winner of the bout by RSC.

10.8 When the bout is stopped by the referee following the advice of a ringside doctor, the boxer's opponent will be declared the winner of the bout by RSC.

#### **Win by referee stops contest – injury – RSC-I**

10.9 If, in the opinion of the referee, a boxer is unfit to continue because of a sustained or increased injury from correct punches, the bout will be stopped and the boxer's opponent will be declared the winner of the bout by RSC-I.

10.10 If a boxer does not recover after ninety (90) seconds, in accordance with regulation 12 concerning a blow, the boxer's opponent will be declared the winner of the bout by RSC-I.

10.11 If, in the opinion of the referee, a boxer becomes incapable of continuing to compete because of an injury sustained not from punches, the bout will be stopped and the opponent will be declared the winner of the bout by RSC-I.

### **Win by disqualification – DQ**

- 10.12 If a boxer is disqualified for a foul or for any other reason, the boxer's opponent will be declared the winner of the bout by DQ.
- 10.13 If the referee determines that an intentional foul caused an injury to a boxer and that the fouled and injured boxer cannot continue because of the injury sustained from the foul, the offending boxer will be disqualified and the injured boxer will be declared the winner of the bout by DQ.
- 10.14 If a boxer receives a third warning during a bout he or she will be automatically disqualified. This boxer's opponent will be declared the winner of the bout by DQ.
- 10.15 Where a boxer receives a blow to the head illegally and the boxer is counted out, the boxer cannot continue to compete at the competition even if awarded the bout by disqualification.

### **Win by knockout – KO**

- 10.16 If a boxer is knocked down and fails to resume boxing before a count of up to ten (10), the boxer's opponent will be declared the winner of the bout by KO.
- 10.17 In the case of a medical emergency and the referee has summoned the ringside doctor into the ring before the boxer is counted up to ten (10), the boxer's opponent will be declared the winner of the bout by KO.
- 10.18 In the event a double KO occurs simultaneously, both boxers will lose the bout by KO except in the case of a final where the decision will be awarded to the boxer who is ahead on points.

### **Win by walkover – WO**

- 10.19 If a boxer is present in the ring fully attired and ready to box and the opposing boxer fails to appear in the ring after being announced and a period of (1) minute has elapsed after the bell has been sounded, the referee will declare the present boxer to be the winner by WO.
- 10.20 In the case the Technical Delegate knows in advance that a boxer will not be present, he or she must cancel the procedure mentioned in regulation 10.19 and the result must be officially announced.

## **Abandon – ABD**

- 10.21 If a boxer retires voluntarily due to injury or if the coach throws the towel into the ring or appears on the apron, the opponent will be declared the winner of the bout by ABD. The coach is not allowed to take these actions while the referee is counting.

## **REGULATION 11 – Knockdowns**

- 11.1 A boxer will be considered to be knocked down if:
- 11.1.1 the boxer touches the floor with any part of the body other than the boxer's feet as the result of a blow or series of blows;
  - 11.1.2 the boxer hangs helplessly on the ropes as the result of a blow or series of blows;
  - 11.1.3 the boxer is outside or partly outside the ropes as the result of a blow or series of blows;
  - 11.1.4 following a hard punch, the boxer has not fallen and is not lying on the ropes, but is in a semiconscious state and cannot, in the opinion of the referee, continue the bout.

### **Counts following a knockdown**

- 11.2 In the case of a knockdown, the referee must say "stop" and then begin to count from one (1) to eight (8) if the boxer is fit to continue; and count from one (1) to ten (10) if the boxer is unfit to continue. The referee will count with intervals of a second between the numbers, and will indicate each second with fingers so that the boxer who has been knocked down may be aware of the count. Before the number "one" is counted, an interval of one (1) second must have elapsed from the time when the boxer was knocked down, and the time of announcing "one".

### **Responsibilities of the opponent**

- 11.3 If a boxer is knocked down, the boxer's opponent must at once go to the neutral corner as designated by the referee and remain there until the referee allows the boxer to leave. If the opponent does not respect this, the referee

must suspend the count until the boxer's opponent complies with the command.

### **Mandatory eight count**

- 11.4 When a boxer is knocked down as the result of a blow, the bout must not continue until the referee has reached a mandatory count of eight (8), even if the boxer is ready to continue before then or the round has come to a close.

### **Both boxers knocked down**

- 11.5 If both boxers are knocked down at the same time, the count will be continued as long as one of them has not regained his or her feet.
- 11.6 If both boxers are counted out simultaneously, they shall both lose by KO; however, in a semi-final or final, the boxer with the higher score at the time of the KO shall be declared the winner.
- 11.7 A boxer who wins a semi-final in the manner referred to in regulation 11. 6 nevertheless may not compete in the final by reason of the operation of regulation 7 or where one (1) boxer or both boxers are concussed, by reason of the operation of regulation 7.

### **Compulsory count limits**

- 11.8 A maximum of three (3) eight counts will be given in one (1) round, except as provided by regulation 11.14.
- 11.9 In relation to Male Elite Competitions, no limit of the amount of eight counts will apply in one (1) bout.
- 11.10 In Women, Youth, Masters and Junior Competitions, a maximum of four (4) eight counts will apply in (1) bout.
- 11.11 A count caused by a foul shall not be included in the count limit.
- 11.12 In the case of a youth male boxer competing against an elite male, a maximum of four (4) eight counts in a bout will apply.
- 11.13 In the case of a 19 years and older boxer who does not compete over 3 x 3-minute rounds, a maximum of four (4) eight counts in a bout will apply.
- 11.14 In the case of under 15 years of age and younger male and female boxers, a maximum of two (2) eight counts in a round and three (3) eight counts in a

bout will apply.

### **Boxer knocked out of the ring**

- 11.15 In the event of a boxer being knocked out of the ring, the boxer must be allowed thirty (30) seconds (following the 8 second count) to come back into the ring without the help of anyone. In the event that the boxer is not able to get back into the ring within the above-mentioned timeframe, such boxer will be deemed to have lost the bout by RSC.

### **Knockout**

- 11.16 After the referee has counted to “ten”, the bout ends and must be decided as KO. The referee may stop the count if in his or her opinion the boxer is in immediate need of medical attention.

### **Boxer knocked down at the end of a round**

- 11.17 In the event of a boxer being knocked down at the end of any round, the referee must continue to count until the boxer is no longer knocked down irrespective of the end of the round. Should the referee count up to ten (10), such boxer will be deemed to have lost the bout by KO. The bell will not save the boxer.

### **Second knockdown without a further punch**

- 11.18 If a boxer is knocked down as the result of a punch and the bout is continued after the count of eight (8) has been reached, but the boxer falls again without having received a further punch, the referee may continue the count from the count of eight (8) up to the count of ten (10).

## **REGULATION 12 – Low blow**

- 12.1 After a low blow, if the offended boxer does not complain and the low blow was not hard and intentional, the referee may signal the foul without interrupting the bout.
- 12.2 After a low blow, if the offended boxer complains about the severity of the low blow, the referee will have two (2) options:



- 12.2.1 The offending boxer will be immediately disqualified if it is an intentional and hard blow.
- 12.2.2 Start an eight (8) count.
- 12.3. If the referee decides to give an eight (8) count, then following the count the referee will have (2) options:
  - 12.3.1 The boxer is fit to continue: the referee may give a warning to the offender, if the referee considers it necessary, and the bout will continue.
  - 12.3.2 The boxer is unfit to continue: the referee will give a certain amount of time to the boxer to try to recover with a maximum of up to one (1) minute and a half.
- 12.4 If the referee provides time to the boxer to recover then the referee will have two (2) options:
  - 12.4.1 The boxer is fit to continue: the referee may give a strong caution or warning to the offender and the bout will continue.
  - 12.4.2 The boxer is unfit to continue: the opponent will be declared the winner of the bout by RSC-1.

### **REGULATION 13 – Caution, warning, disqualification**

- 13.1 A boxer who does not obey the instructions of the referee, acts contrary to these regulations, boxes in an unsportsmanlike manner, or commits fouls, will, at the discretion of the referee, be cautioned, warned or disqualified. If a referee intends to warn a boxer, the referee must say “stop” and demonstrate the infringement. The referee must then indicate to the boxer, and to the Technical Delegate and then instruct both boxers to “box”.
- 13.2 If a boxer receives a referee’s warning, the Technical Delegate will record the warning in the scoring system and each warning will reduce the total score of the offending boxer by one (1) point. A third warning in a bout will automatically disqualify the boxer.
- 13.3 If the referee has any reason to believe that a foul has been committed which the referee has not seen, the referee may consult the judges.

- 13.4 In the event that any irregularity is found in the bandages after the bout that, in the referee's opinion, gave an advantage to the boxer, such boxer must be immediately disqualified.
- 13.5 The Technical Delegate, referees' evaluator and judges' evaluator have the right to caution or to remove from the field of play (FOP) a coach/assistant coach/cutman who has infringed any of the BAL Technical and Competition Regulations.
- 13.6 If a boxer receives head butting or illegal blows which do not cause an injury or cut, the referee will give a warning to the offending boxer and one (1) point will be deducted from each judge's overall score, or the referee may disqualify the offending boxer if the actions are deemed sufficiently serious to warrant a disqualification.
- 13.7 If a boxer receives head butting or illegal blows which cause an injury or cut the referee must disqualify the offending boxer.

## **REGULATION 14 – Fouls**

- 14.1 Types of fouls
- 14.1.1 Hitting below the belt, holding, tripping, kicking, and butting with foot or knee;
  - 14.1.2 Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, and pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes;
  - 14.1.3 Hitting with open glove, the inside of the glove, wrist or side of the hand;
  - 14.1.4 Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch;
  - 14.1.5 Pivot blows;
  - 14.1.6 Attack whilst holding the ropes or making any unfair use of the ropes;
  - 14.1.7 Lying on, wrestling and throwing in the clinch;
  - 14.1.8 An attack on an opponent who is down or who is in the act of rising;

- 14.1.9 Holding and hitting or pulling and hitting;
- 14.1.10 Holding or locking, on the opponent's arm or head, or pushing an arm underneath the arm of the opponent;
- 14.1.11 Ducking below the belt of the opponent;
- 14.1.12 Completely passive defence by means of double cover and intentionally falling, running, or turning the back to avoid a blow;
- 14.1.13 Speaking;
- 14.1.14 Not stepping back when ordered to break;
- 14.1.15 Attempting to strike opponent immediately after the referee has ordered "break" and before taking a step back;
- 14.1.16 Assaulting or behaving in an aggressive manner towards a referee at any time;
- 14.1.17 Spitting out the gumshield (teeth protector) intentionally without receiving a correct punch will cause the boxer to receive a mandatory warning;
- 14.1.18 If the gumshield falls out after the boxer has received a correct punch, and if this happens for the third time, the boxer will receive a mandatory warning;
- 14.1.19 Keeping the advanced hand straight in order to obstruct the opponent's vision;
- 14.1.20 Biting an opponent;
- 14.1.21 Faking/simulating.

## **REGULATION 15 – Shaking of hands**

### **Purpose**

- 15.1 Boxers shall shake hands in the proper boxing manner by touching gloves, as a sign of a purely sporting and friendly rivalry and in accordance with boxing protocol.

## **Authorised times**

- 15.2 The shaking of hands shall take place under the referee's direction and before the commencement of the bout (not when the boxers come out to box after the bell signalling the commencement of the first or any subsequent round); and again after the announcement of the contest result. Any further shaking of hands by boxers shall be prohibited.

## **REGULATION 16 – Protests**

- 16.1 In all competitions the decisions of the referee and judges are final and no protests relating to such decisions are permitted. However, where the Technical Delegate believes that the referee has clearly acted outside the rules he or she may review the bout, at any time. In doing so the Technical Delegate may use any resources he or she believes will assist them. After such a review the Technical Delegate is to either uphold the original decision or overturn it.
- 16.2 The decision of the Technical Delegate and the statement of reasons for that decision will be retained in the records of the competition on the Bout Review Request Form found at AIBA Technical Rules Appendix D, and a copy provided to each concerned team delegation.

## **REGULATION 17 – Administrations of drugs**

- 17.1 All participants in BAL activities, including competition, are subject to and must comply with the BAL Anti-Doping Policy (ADP).
- 17.2 Any boxer, official or other participant in BAL activities not complying with the BAL ADP will be liable to disqualification or suspension by BAL.
- 17.3 Any boxer who refuses to undergo any medical examination or doping test to ascertain if he or she has committed any breach of the BAL ADP shall be liable to disqualification or suspension by BAL.
- 17.4 Any official or other participant in BAL activities who encourages a boxer to refuse to undergo any medical examination or doping test to ascertain if the boxer has committed any breach of the BAL ADP shall be liable to disqualification or suspension by BAL.

## **REGULATION 18 – Female boxers**

- 18.1 The following will apply to female boxing bouts in competition conducted by BAL or its Member Associations:
- 18.1.1 A female boxer may wear a short-sleeved t-shirt under her singlet. The singlet must be coloured red or blue in accordance with the corner from which she is boxing.
  - 18.1.2 Female boxers may wear a well-fitting breast protector in accordance with AIBA Competition Rules.
  - 18.1.3 Hairnets, barrettes, head cloths, rubber bands or other banding devices may be used to secure hair beneath the head guard. Hairpins, clips or any devices made of metal, plastic or any other hard materials shall not be permitted.

## **REGULATION 19 – Novice and Intermediate boxers**

- 19.1 The purpose of this and succeeding provisions in regulation 19 is to limit demands on novice and intermediate boxers; these being inexperienced boxers who normally have competed in less than 10 bouts.
- 19.2 Member Associations and local clubs may hold novice and intermediate bouts and championships.
- 19.3 Member Associations shall conduct novice and intermediate bouts and championships in accordance with these Technical and Competition Regulations.
- 19.4 Novice and intermediate divisions will not be contested at Australian Boxing Championships. Where a novice or intermediate boxer wins selection to compete at the Australian Boxing Championships or a National Selection Competition that boxer shall compete as a non-novice boxer at such competition.
- 19.5. Where a novice and intermediate boxer competes in an Open State or National Championship Final, they no longer can compete as a novice or intermediate boxer.
- 19.6 Subject to these Technical and Competition Regulations novice boxers may be matched with non-novice boxers at local competitions.

## **Rounds**

- 19.7 Novice and intermediate boxers (male or female) aged 10-14 years shall box 3 rounds of 1 minute duration each; the duration of each round may be increased to 1.5 minutes at the request of both coaches of the novice and intermediate boxers concerned and with the agreement of the Technical Delegate and/or senior R&J present.
- 19.8 Novice and intermediate boxers (male or female) aged 15 and 16 years shall box 3 rounds of 1.5 minutes duration each; the duration of each round may be increased to 2 minutes at the request of both coaches of the novice and intermediate boxers concerned and with the agreement of the Technical Delegate and/or senior R&J present.
- 19.9 Novice and intermediate boxers (male or female) aged 17 and 18 years shall box 3 rounds of 2 minutes duration each. The duration of the rounds may be changed to 1.5 minutes or up to 3 minutes at the request of the coaches of the novice and intermediate boxers concerned with the agreement of the Technical Delegate and/or senior R&J present.
- 19.10 Novice and intermediate boxers (male or female) aged 19-40 years of age shall box 3 rounds of 2 minutes duration each. The duration of the rounds may be changed to 1.5 minutes or up to 3 minutes at the request of both of the coaches of the novice and intermediate boxers concerned and with the agreement of the Technical Delegate and/or senior R&J present.

## **Categories**

- 19.11 The following sub-categories will determine the number of bouts that define a boxer as a novice or intermediate boxer:
- 19.11.1. Novice boxer – 0 to 5 bouts
- 19.11.2. Intermediate boxer – 6 to 9 bouts

## **REGULATION 20 – Exhibitions**

- 20.1 Boxing contests conducted by BAL and its Member Associations should be contested by boxers of similar weight, age and experience. Where two (2) boxers cannot be so matched, they may be able to box one another in an exhibition bout provided their coaches, the Member Association Secretary or

their nominated representative and the Technical Delegate and/or senior R&J present all agree. In these circumstances, the Member Association Secretary or their nominated representative must issue an exemption permitting a boxer to compete against a boxer in exhibition competitions. Exhibition bouts are less intense than competition bouts; punches are to be lighter and no results will be provided. Exhibition bouts provide an opportunity for boxers to demonstrate their abilities and gain useful experience.

- 20.2 No judges shall officiate in exhibition bouts and the bout shall not be scored.
- 20.3 Boxers may use heavier gloves in exhibition bouts than specified in regulation 32, however, the gloves used by the boxers must be identical except for colour; the boxers may use full-face or more protective head guards.
- 20.4 Boxers in exhibition bouts shall 'not touch gloves' except during the approved times.
- 20.5 The referee shall stop an exhibition bout if either boxer takes advantage of his or her opponent or if a count is applied.

## **REGULATION 21 – AIBA Pro Boxing (APB) and World Series Boxers (WSB) in Boxing Australia Limited or Member Association Competitions**

- 21.1 APB and WSB boxers may compete in BAL competitions subject to the AIBA rules current at the time the boxer wishes to compete. Any APB or WSB boxer competing in such events must have an AIBA and AOB medical record book.

## **REGULATION 22 – Masters Boxing**

- 22.1 Masters Boxing will be open to boxers in normal competition who have attained the age of 41 years or more. For championship or similar competitions, a Master boxer's age will be determined using his or her year of birth. There is to be no more than a ten (10) year age difference between the matched competitors e.g. 41 to 51 years. Masters boxers may compete against elite boxers provided there is no more than a ten (10) year age gap e.g. 32–42 years, provided the Member Association Secretary or their

representative, and the Technical Delegate and/or senior R&J present, the boxers and the boxers' coaches agree.

22.2 Masters Boxing will be conducted under these regulations and Elite Boxing weight limits will apply. In addition, the following will apply to all Masters Boxing in Australia:

22.2.1 There will be three (3) rounds for males and females;

22.2.2 The rounds will have a duration of not more than two (2) minutes;

22.2.3 A bout will be stopped if an individual boxer receives:

22.2.3.1 three (3) eight counts in one (1) round, or

22.2.3.2 four (4) eight counts in the bout

22.2.4 Gloves are to be no smaller than 12 oz. However, Member Associations or in the case of National Competition, the Board of BAL, have an absolute discretion to increase the size of the gloves to be used should they wish to do so;

22.2.5 Head guards are mandatory for all Masters Boxing bouts.

22.3 Any decisions regarding the time, date and location of a National Masters Championship will be that of the Board of BAL.

22.4 Boxers who have previously competed as professionals will be allowed to compete in Masters Boxing provided they comply with regulation 1.1.12.

## **REGULATION 23 – Pro-Am tournaments**

23.1 BAL and its Member Associations, as a condition of membership of BAL as an affiliate of AIBA, are not permitted to be associated with non-AIBA professional boxing competitions. Member Associations are not permitted to conduct boxing bouts in conjunction with non-AIBA professional boxing bouts.

23.2 If bouts conducted by Member Associations are to be conducted in the same venue on the same day as non-AIBA professional bouts the following action must be taken:



- 23.2.1 No BAL accredited R&J nor any other person officiating at the Member Association bouts must officiate in the non-AIBA professional bouts.
- 23.2.2 The officiating BAL officials must leave the venue's FOP before the non-AIBA professional bouts are conducted.
- 23.2.3 Any advertising and any other 'promotion' (including publicity/news releases etc.) of the Member Association bouts must not be associated with any promotion of the non-AIBA professional bouts.
- 23.2.4 There should be a clear and distinct interval of time, preferably at least an hour, between the conducting of the Member Association bouts and the non-AIBA professional bouts.
- 23.2.5 If it is a state/territory legal requirement for a permit to be issued to a 'promoter' or such person for boxing bouts/boxing tournaments the person who is the 'promoter' for the Member Association conducted bouts/tournament is to be a different person to the 'promoter' of the non-AIBA professional boxing bouts/tournament.
- 23.2.6 If a fee is to be charged for admission by the public to attend the Member Association conducted bouts such fee must be distinctly separate to any fee charged for admission by the public to attend the non-AIBA professional boxing bouts.

## **REGULATION 24 – Competition session times**

- 24.1 At all BAL and Member Association Competitions, the evening sessions shall ordinarily end no later than 11.00pm (2300h), however, the Member Association Secretary or their representative, and the Technical Delegate and/or senior R&J present may, at his or her sole discretion, extend the ending time for an evening session or sessions to a time no later than midnight (2359h).

## **REGULATIONS FOR COMPETITION OFFICIALS**

### **REGULATION 25 – Technical Delegate, Deputy Technical Delegates, BAL Competition Manager and Host Competition Manager**

- 25.1 The roles, responsibilities and duties of Technical Delegates, Deputy Technical Delegates, BAL Competition Manager (BCM) and Host Competition Manager (HCM) at Australian Championships and National Selection Events are to be found at Appendix 1.

#### **Member Association Technical Delegate**

- 25.2 In all Member Association competitions an R&J accredited at a minimum of an Australian state/territory two-star referee or three-star judge, or who has passed the BAL Member Association Technical Delegate Course, will be appointed as the Technical Delegate. The roles and responsibilities of the Member Association Technical Delegate are to:

- 25.2.1 Meet with coaches
- 25.2.2 Meet with doctors
- 25.2.3 Manage the weigh-in
- 25.2.4 Manage the draw for championships
- 25.2.5 Meet with the timekeeper
- 25.2.6 Meet with the gloving stewards to ensure all equipment complies
- 25.2.7 Meet with the computer operator (if applicable)
- 25.2.8 Ensure all competition documents are available
- 25.2.9 Assign R&Js
- 25.2.10 Allow the start of the bout only once all checks are completed
- 25.2.11 Oversee, manage and control each contest and FOP
- 25.2.12 Cease and/or suspend a contest where necessary
- 25.2.13 Stop a contest with or without advice from the doctor
- 25.2.14 During contests control coaches with assistance from the referee

25.2.15 Review a bout if in the opinion of the Technical Delegate the referee has acted against these regulations or AIBA rules. After such a review the Technical Delegate is to either uphold the original decision or overturn it.

## **REGULATION 26 –Referees and Judges Coordinator**

26.1 The roles, responsibilities and duties for the R&Js Coordinator is found at [Appendix 2](#).

## **REGULATION 27 – Medical practitioners**

27.1 The roles, responsibilities and duties of the medical practitioner(s) is/are to be found at [Appendix 3](#).

## **REGULATION 28 – Coaches, assistant coaches and cut technician**

28.1 Each boxer in a BAL competition bout is entitled to be accompanied by one (1) coach and two (2) assistant coaches. Where boxers compete without head guards the boxer is entitled to one (1) coach, one (1) assistant coach and a cutman.

28.2 At all Member Association Competitions one of the three coaches in the corner must hold an Australian Level One or higher accreditation. Only an Australian Level One or higher accredited coach shall mount the apron and/or enter the ring. The coach with the highest accreditation level will assume responsibility for all advice and directions given to the boxer.

### **Cut technician**

28.3 The cut technician must have a minimum BAL Level One Coach Accreditation and minimum Level One First Aid Certificate.

28.4 The cut technician are only able to attend to cuts or injuries during the one-minute interval.

### **Age limitation**

28.5 The minimum age for any person to be an accredited coach under the BAL Level One Coaches Accreditation examination system shall be 18 years.

## **Coaches' recognition and conduct**

- 28.6 BAL Member Associations shall only recognise accredited coaches registered with a Member Association.
- 28.7 Only the coach and one (1) assistant coach of a competing boxer can mount the apron of the ring, the third must remain at floor level. One may enter the ring during the break period between rounds of the bout. The coach or assistant coaches shall not enter the ring before the start or at the conclusion of a contest; however, two (2) may mount the apron of the ring before the start of the contest.
- 28.8 A coach can retire a boxer by throwing a towel into the ring, except when the referee is in the course of counting, when he or she considers his or her boxer to be in difficulty.
- 28.9 During a bout, the coach and assistant coaches shall remain off the platform of the ring and, before a round begins, remove from the platform of the ring any seat, towel, bucket, etc. for which he or she is responsible.
- 28.10 Any coach or assistant coach who contravenes BAL's Technical and Competition Rules or AIBAs Technical Rules may be cautioned or removed from the FOP of play by the Technical Delegate or, as delegated, the referee.
- 28.11 Pursuant to BAL's Technical and Competition Rules, the first time a coach or assistant coach is removed from the FOP, he or she shall not officiate again in that session and if it occurs during a competition of more than one (1) sessions duration, where he or she is removed a second time, he or she shall not officiate again during the competition. Additionally, a boxer may be cautioned, warned or disqualified by the referee for offences committed by his or her coach and/or assistant coach.
- 28.12 All coaches shall wear disposable gloves when officiating in the corner of a boxer and will have in their possession cotton or tissue pads to nurse bleedings and to wipe and remove blood from a boxer or boxing glove. At the completion of the bout, the coach and/or assistant coach(es) shall dispose of the gloves and any used pads or tissues in the plastic bag provided in the corner of the ring.

## **All coaches dress standards**

- 28.13 No person shall be allowed to officiate in the corner of any boxer as a coach or assistant coach if not appropriately dressed. Inappropriate dress is deemed to include bare feet, open-toed sandals or thongs, and any singlet, t-shirt or top displaying offensive language or gestures. Whilst coaching in the corner, dress should be sport shoes and tracksuit or similar, shirt or t-shirt with sleeves (may be short sleeves), but no hats or baseball caps shall be worn.

## **REGULATION 29 – Referees and judges**

### **Accreditation**

- 29.1 To officiate as a referee/judge at a boxing competition conducted by BAL or a Member Association, a person must be in possession of a BAL Referee/Judge Record Book, in accordance with BAL's Constitution not be a professional, and hold one or more of the following levels of BAL Referee and/or Judge Accreditation:
- 29.1.1 One Star (Trainee);
  - 29.1.2 Two Star (State/Territory);
  - 29.1.3 Three Star (National); or
  - 29.1.4 International Boxing Association (AIBA).
- 29.2 Accreditation is attained and maintained in accordance with the BAL R&J Accreditation Policy.

### **Duties of a referee**

- 29.3 The duties of a referee are as follows:
- 29.3.1 To care for both boxers; to make the health of the competing boxers their primary concern throughout the bout.
  - 29.3.2 To see that these regulations and fair play are strictly observed.
  - 29.3.3 To maintain control of the contest at all its stages.
  - 29.3.4 To prevent a weak boxer from receiving undue and unnecessary punishment.

- 29.3.5 To use four (4) words of command:
  - 29.3.5.1 "Stop" when ordering the boxers to stop boxing;
  - 29.3.5.2 "Box" when ordering the boxers to continue boxing;
  - 29.3.5.3 "Break" when breaking a clinch;
  - 29.3.5.4 "Time" when ordering the timekeeper to stop the time.
- 29.3.6 To indicate to a boxer by suitable explanatory signs, verbally commands or gestures any infringement of these regulations.
- 29.3.7 The referee may use a touch by hand to stop and to break the bout, or to separate the boxers.
- 29.3.8 The referee must 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 must be positioned in the middle of the ring holding one (1) hand of each boxer and raise the hand of the winning boxer while facing the Technical Delegate unless directed otherwise by the Technical Delegate.
- 29.3.9 When the referee has disqualified a boxer or stopped the bout, the referee must first inform the Technical Delegate which boxer has been disqualified or/and the reason for which the bout has been stopped, to enable the Technical Delegate to put the result in the system and the official announcer to make the decision known to the public.
- 29.3.10 The referee may consult the ringside doctor in respect of any injury to a boxer.
- 29.3.11 When the referee calls the ringside doctor to the ring to examine a boxer, only the referee and the ringside doctor must be present in the ring or on the apron. However, the ringside doctor may request someone to help him or her.
- 29.3.12 If an injury occurs, and if the referee does not clearly understand the cause of the injury, the referee must follow the steps set out below:
  - 29.3.12.1 Ask the non-injured boxer to go to the neutral corner;

- 29.3.12.2 Ask the ringside doctor if the injured boxer is fit to continue. If the ringside doctor informs the referee that the boxer is fit to continue, then the referee may decide to continue the bout;
- 29.3.12.3. If the ringside doctor informs the referee that the boxer is not fit to continue, then the referee may decide to stop the bout if the referee did not see a foul. In such a case, the referee must request the opinion of each of the five (5) judges to see whether all or a majority have seen a foul or a correct blow, and the referee will then make one of the following decisions:
  - 29.3.12.3.1 Where all or a majority of the judges have seen a correct blow – these regulations shall apply (RSC-I).
  - 29.3.12.3.2 Where all or a majority of the judges have seen an intentional foul (disqualification).
  - 29.3.12.3.3 Where all or a majority of the judges have seen an unintentional foul (judges score round win on points).

## **Responsibilities**

29.4 The responsibilities of a referee are as follows:

- 29.4.1 To terminate a bout at any stage if the referee considers it to be one-sided;
- 29.4.2 To terminate a bout at any stage if one (1) of the boxers has received an injury and the referee accordingly decides the boxer should not continue to box;
- 29.4.3 To terminate a contest at any stage if the referee considers the boxers inactive and not competitive. In such a case, the referee may disqualify one (1) or both boxers;

- 29.4.4 To caution a boxer or administer a warning to a boxer against fouls or for any other reason in the interest of fair play, or to ensure compliance with these regulations;
- 29.4.5 To disqualify a boxer who fails to comply immediately with the referee's command, or behaves towards the referee in an offensive or aggressive manner at any time;
- 29.4.6 With or without previous warning, to disqualify a boxer for committing a serious foul;
- 29.4.7 To interpret these regulations insofar as they are applicable or relevant to the bout or to decide and take action in any circumstance of the bout which is not covered by these regulations.

#### **Right to check the boxer**

- 29.5 Once a boxer has entered the ring, the referee must ensure that the boxer is wearing the appropriate equipment according to and outlined in the AOB Competitions Rules.
- 29.6 The boxer must be wearing no other objects except the boxing apparel specified in the AOB Competition Rules.
- 29.7 In the event of a boxer's glove becoming undone during a bout, the referee must stop the bout to have the issue rectified.
- 29.8 At the end of the bout, the referee must check the bandages of each boxer.
- 29.9 The referee must check the right positions of judges and of the ringside doctors before the start of the bout.
- 29.10 The referee must start the bout only after being authorised to do so by the Technical Delegate.

#### **Referee/Judge Record Book**

- 29.11 Accredited referees/judges shall receive a Referee/Judge Record Book for recording all referee/judge activities. No referee or judge shall officiate unless he or she has in his or her possession an R&J Record Book.
- 29.12 The responsibility to ensure each referee/judge has in their possession an R&J Record Book rests with the R&J Coordinator for the relevant Member



Association.

- 29.13 The R&J Coordinator for the relevant Member Association or a senior R&J appointed by the R&J Coordinator for the relevant Member Association shall sign for all competitions.
- 29.14 Referees will wear disposable gloves when officiating in a bout and cotton or tissue pads are to be readily available to nurse bleedings, wipe and remove blood on a boxer or boxing glove. At the conclusion of the bout, they will dispose of the gloves and any used pads or tissues in either of the plastic bags provided in the neutral corners.

### **Acting as coaches**

- 29.15 Qualified AIBA or Australian referees/judges cannot act as a judge or referee at a national level competition if acting as a coach, assistant coach or team manager at the same competition. In other competitions, any variation to this rule must be decided in consultation between the BAL Member Association and the nominated Technical Delegate and/or senior R&J present at such competition.

## **REGULATION 30 – Timekeeper**

- 30.1 The main duty of the timekeeper is to regulate the number and duration of the rounds and the intervals between rounds. The intervals between rounds must be of one (1) minute.
- 30.2 The timekeeper must start and end each round by sounding the gong/bell/horn etc.
- 30.3 Ten (10) seconds before the end of each round, the timekeeper must cause the announcer to verbally signal the approaching end of the round.
- 30.4 Ten (10) seconds before the start of each round, the timekeeper must signal the approaching start of the round by ordering seconds out.
- 30.5 The timekeeper must regulate all periods of time and counts by a watch or clock, but must only stop the clock when instructed by the referee with the command “time”; resuming after the referee gives the command “box”.

- 30.6 If, at the end of a round, a boxer is knocked down and the referee is in the course of counting, the gong indicating the end of the round must not be sounded. The gong must be sounded only when the referee gives the command “box” indicating the continuation of the bout.
- 30.7 If, at the end of a round, a boxer is knocked down and the referee is in the course of counting, the gong/instrument indicating the end of the round must not be sounded. The gong/instrument must be sounded only when the referee gives the command “box” indicating the continuation of the bout.
- 30.8 In determining the timing of a round the timekeeper must take into account the time when a low blow or loss of consciousness occurs and if a boxer falls out of the ring.
- 30.9 The timekeeper will be seated directly at the side of the ring and next to any ‘gong’ operator.

## **REGULATIONS FOR COMPETITION EQUIPMENT**

### **REGULATION 31 – The ring**

**31.1** For Australian Championships and/or National Selection events, the dimensions of the ring must be in accordance with Rule 17 of the AIBA Technical Rules. In competitions conducted by Member Associations, the Technical Delegate will have authority to approve a smaller ring, provided the ring is at least 4.5 metres square inside the line of the ropes.

### **REGULATION 32 – Gloves**

#### **Authorised gloves**

- 32.1 Boxers shall wear red or blue gloves in accordance with the respective boxer’s corner colour. The gloves must be approved by AIBA or BAL or a BAL Member Association. Where a Member Association approves non-AIBA approved gloves the Member Association shall provide to the Board of BAL the name(s) of its approved glove manufacturer/manufacturers.
- 32.2 Boxers may only wear the gloves supplied by the competition management.
- 32.3 Gloves will be fitted prior to entering the ring and removed prior to the decision.

## **Specifications**

- 32.4 Subject to regulation 32.1 hereof, Member Associations may allow approved 10 and 12 oz boxing gloves, in accordance with the specifications set out in the AIBA Open Boxing Competition Rules or may use 12 oz boxing gloves, for all weight and age divisions, in all competitions including state championships and/or selection events.
- 32.5 The gloves supplied must be clean and in good condition. Each boxer in a bout must wear exactly the same type of gloves accept for colour.
- 32.6 If necessary gloves must be cleaned after each bout.

## **Equipment manager**

- 32.7 All gloves and bandages shall be fitted under the supervision of the equipment manager, or delegate, appointed by the Technical Delegate for the purpose. The equipment manager is to ensure that dress, gloving and bandages are in compliance with these regulations.
- 32.8 The equipment manager may delegate some or all of his duties to other officials present in order to ensure compliance with these regulations.

## **REGULATION 33 – Head guards**

### **Competitions**

- 33.1 Male elite boxers taking part in competitions conducted by BAL or its Member Associations may do so without head guards. All female boxers together with male youth, junior, and sub junior are required to wear head guards during competition.

### **Youth vs. Elite Male competitions**

- 33.2 The Member Association Secretary of the state in which a bout is to take place, or his or her nominated representative, with the agreement of the senior R&J present, and with the consent of both boxers' coaches, may issue an exemption permitting a Youth boxer to compete against a boxer more than 24 months older if the bout is deemed a suitable match; and, without exception, both boxers will adhere to Youth Regulations and both boxers must wear a head guard. Any such exemption is to be in writing on the

Boxing Australia Limited Age Exemption Form ([Appendix 13](#)) stating the reasons the bout is deemed suitable. Such written exemption is to be retained and filed by the Secretary.

- 33.3 No bout shall be contested where one (1) male boxer competes without a head guard and where the other boxer, as mandated by these regulations, competes with a head guard.

#### **Authorised head guards**

- 33.4 Where head guards are worn, a boxer shall wear a red or blue head guard in accordance with his or her respective corner. Only head guards approved by AIBA, BAL or a BAL Member Association shall be worn.
- 33.5 Where a Member Association approves non-AIBA approved head guards, the Member Association shall provide to the Board of BAL the name(s) of its approved head guard manufacturer/manufacturers.

#### **Fitting and removal**

- 33.6 A boxer will place his or her head guard on after entering the ring and shall remove it at the end of the bout. Head guards shall not be worn during the announcement of the decision or at the conclusion of the bout. The Technical Delegate may vary the time when the head guard is fitted.

#### **Use of Non-Petroleum Jelly**

- 33.7 To prevent any potential cut in all competitions held without head guards, all coaches may apply a minimum of three (3) layers of the AIBA approved cut prevention brand Non-Petroleum Jelly on all areas of the boxer's face. A detailed user's guide can be found in AIBA's Technical Rules, Appendix D.

### **REGULATION 34 – Bandages**

- 34.1 In all Member Association competitions bandages approved by the relevant Member Association made of stretchy cotton material with a velcro closure must be worn. A piece of tape 7cm by 2.5 cm may be used at the wrist only. No other tape is allowed. Provisions for use of bandages in Australian Championships and selection competitions, see Appendix 5.73

## **REGULATION 35 – Dress of boxers**

### **Clothing**

- 35.1 Clothing will strictly comply with these regulations as follows: the dress of boxers in bouts shall be lightweight boots/shoes (without spikes and without heels), socks, shorts/skorts which must reach at least half-way down the thighs, and singlets that cover his or her chest and back. In competition the colour of both the boxer's singlet and shorts/skorts must correspond with the corner in which they are boxing and, where skorts are worn, the undergarment is to be the same colour as the corner for which they box. Elite boxers may wear a robe over their uniform on the way to the ring and the robe must be in red or blue colour according to the boxer's respective corner.
- 35.2 Where shorts/skorts and singlets are of the same colour, the belt line shall be clearly indicated by using a white elastic waistband 10cm wide. The belt line is an imaginary line from the navel to the top of the hips.
- 35.3 All boxers shall wear gum shields. The gum shield shall be form fitted, and preferably manufactured by a dentist. Gum shields with any colouring of red or partially red shall not be worn in competition.

### **Hijab**

- 35.4 Female boxers may wear a black sport form-fitting hijab which can include the following elements; a long-sleeved form fitting shirt under the Competition vest; full-length form fitting tights under the Competition shorts or skirt; a sport hijab scarf.
- 35.4.1 The use of hijab in the Field of Play shall not interfere with the view of the referee and judges, or potentially cause any injuries or cuts, or give any unfair competitive advantages. No identification of a Member Association, and no further elements such as marks, insignia, statements or slogans shall be displayed on the hijab, tights or sleeves. The hijab outfit has to be presented and approved during the Sport Entries Check.
- 35.4.2 There shall be no demonstrations, symbols or patterns containing political, religious and racial propaganda, and of items on the WADA prohibited substance list, and messages against

AIBA Code of Ethics visible on the boxer's body or apparel including uniform, footwear, socks, permanent or temporary tattoo on the body.

### **Protectors**

- 35.5 For all male competitions, a cup protector shall be worn by the boxers in all bouts.
- 35.6 For all female competitions a breast protector and a pubic protector may be worn. Women's breast protectors must be designed to protect the soft tissue of the breast up to the point that the breast protrusion merges with the chest wall. Breast protectors may not shield any other target area of the body except the protrusion of the breast. Right and left breast protectors, if connected, must be so connected by a thin piece of material that does not protect the breast bone. Normal "bra straps" are permitted to hold the protectors in place. Breast protectors must have no metal parts except at the fastening site at the back of the boxer.

### **Prohibited objects**

- 35.7 The use of grease, non-petroleum jelly (in accordance with AIBA Technical and Competition Rule 14.2.2.3), liniment or products on the face, arms, or any other part of the body where it is likely to be harmful or objectionable to an opponent is forbidden, however, a minimum amount of pure non-petroleum jelly (in accordance with AIBA Technical and Competition Rule 14.2.2.3) rubbed into the forehead and eyebrow to prevent an injury shall be permitted.

### **Hair**

- 35.8 For all competitions, it is mandatory for boxers with long hair to use a cap or hairnet under their head guard if they are wearing a head guard. Pins, clips or other objects made of metal, plastic or other hard material are forbidden.
- 35.9 The first time a bout is stopped to resecure hair or a hairpiece a caution will be given to the offending boxer. The second time this occurs for the same boxer a warning will be given to the offending boxer, a further warning if it recurs and for the fourth offence a warning and disqualification.

- 35.10 Where head guards are not worn boxers with longish hair, pony tails, rat-tails or similar hair style are to have their hair secured. Regulation 35.8 will apply if the subject hair comes forward of the shoulders and is deemed dangerous by the referee.

### **Dress infractions**

- 35.11 The referee shall exclude any boxer from competing if he or she is:
- 35.11.1 Not wearing a gum shield;
  - 35.11.2 (Intentionally left blank)
  - 35.11.3 Not properly dressed; or
  - 35.11.4 Not otherwise complying with the dress code delineated in these regulations.
- 35.12 In the event that a boxer's apparel or equipment is required to be re-fastened or adjusted during a bout, the referee shall stop the contest temporarily and have the re-fastening or adjustment attended by the boxer's coach; the boxer's coach will not speak whilst this is being done.

### **Sports drinks**

- 35.13 Pursuant to the AIBA Medical Handbook, the use of stimulants is forbidden apart from water. Accordingly, during competition, sports drinks are forbidden and a boxer shall only consume water from a clear plastic bottle.

## **APPENDIX 1: Duties of and guidelines for the Technical Delegate, Deputy Technical Delegate, BAL Competition Manager and Host Competition Manager at Australian Championships and National Selection Events**

- 1.1 For each Australian Championships and National Selection Competition, regardless of age or gender, BAL will appoint a Technical Delegate and a BAL Competition Manager (BCM) in order to ensure the effective operation of the event in accordance with the BAL Technical and Competition Regulations. It may also appoint one (1) or more Deputy Technical Delegates. The Host Member Association will appoint a Host Competition Manager (HCM) responsible for implementation of the Hosting Agreement between BAL and the Host Member Association.
- 1.2 The Technical Delegate is responsible for all technical matters relating to the preparation of and during the competition and has ultimate responsibility for the operation of the competition. The BCM is responsible for all operational matters excluding technical matters and reports to the Technical Delegate as required during competition. The HCM is responsible for all matters relating to the Host Member Association.

### **Appointment**

- 1.3 A minimum of six (6) months prior to the first day of a proposed Australian Championship or Selection Competition BAL shall appoint a Technical Delegate and BCM, and the Host Member Association is to appoint a HCM and advise BAL of such appointment for BAL review and approval.
- 1.4 In the case of a Technical Delegate or BCM withdrawing from their appointment for any reason, either before or during a competition, BAL will immediately appoint a suitably qualified person as a replacement. In the case of a HCM withdrawing for any reason prior to or during a competition, BAL will require the Host Member Association to appoint a suitably qualified person as a replacement.



## **Duties and guidelines for the Technical Delegate**

### **Eligibility**

- 1.5 The Technical Delegate must have an R&J background qualified to at least AIBA star level or be a member of the BAL Technical and Regulations Committee with an R&J qualification of at least Australian three (3) stars.
- 1.6 The Technical Delegate is responsible for technical matters relating to the preparation and operation of the competition.
- 1.7 The Technical Delegate may appoint a cutman for the competition, who will operate under his or her supervision.
- 1.8 The Technical Delegate has the sole authority without reference to others to vary the regulations regarding the duties and guidelines for the Technical Delegate in relation to national championships and selection competitions.
- 1.9 The Technical Delegate must arrive at the competition's location at least on the day of any technical meeting.

### **Before the technical meeting**

- 1.10 Together with the BAL and HCMs, the Technical Delegate must review:
  - 1.10.1 Food – dining times for R&Js, competitors and coaches
  - 1.10.2 FOP layout
  - 1.10.3 Scoring system and displays for the public
  - 1.10.4 Holding area for R&Js with the necessary comfort
  - 1.10.5 Adequacy of meeting room
  - 1.10.6 Entry for R&Js and officials
  - 1.10.7 Locker rooms
  - 1.10.8 Location of warm-up area
  - 1.10.9 Location of equipment room
  - 1.10.10 Location and layout for the weigh-in and medical examination.

### **Technical meeting**

- 1.11 The Technical Delegate will ensure that the technical meeting is conducted

on the day before the first day of competition and preferably in the evening, to ensure the presence of all states.

- 1.12 The Technical Delegate will ensure that team managers and/or coaches receive all necessary technical and administrative information for the competition as well as:

- 1.12.1 Introduce the BCM and HCM

- 1.12.2 Confirm the entries of the boxers

- 1.12.3 Outline location and time of weigh-in and medical examination

- 1.12.4 Outline documents to be submitted at weigh-in and medical examination

- 1.12.5 Announce location and time of the official draw

- 1.12.6 Explain the seeding system

- 1.12.7 Provide details of the competition schedule

- 1.12.8 Obtain declarations of non-pregnancy (women)

- 1.12.9 Provide a reminder of important regulations such as:

- 1.12.9.1 No red mouthpiece

- 1.12.9.2 White belt line for the vest and trunk

- 1.12.9.4 Number of rounds

- 1.12.9.3 (Intentionally left blank)

- 1.12.9.5 Maximum knockdowns and warnings

- 1.12.9.6 Dress of the boxers

- 1.12.9.7 Dress of coaches

- 1.12.9.8 Head guards to be put on after entering the ring

- 1.12.9.9 Caps/hairnets for those with long hair.

- 1.13 The Technical Delegate must confirm the arrival of R&Js and inform them of their medical examination and collect the signed code of conduct forms from them.

- 1.14 The Technical Delegate must assign:

1.14.1 R&J Coordinator

1.14.2 Equipment manager. Under the authority of the Technical Delegate the equipment manager is responsible for ensuring that the coaches and boxers entering the ring are correctly attired and coaches accredited.

1.14.3 Computer operator.

1.15 The Technical Delegate will ensure the R&Js are informed of the daily weigh-in.

1.16 The Technical Delegate will inform the medical practitioners about the medical examination.

### **Medical examination and daily weigh-in**

1.17 The Technical Delegate must arrive at least thirty (30) minutes before the scheduled start time.

1.18 The Technical Delegate must check if testing scales are indicating the same weight as the official scales.

1.19 Together with the BCM and the Deputy Technical Delegate, the Technical Delegate will organise the line of boxers.

1.20 The Technical Delegate will ensure the lists of boxers divided into weight categories are disseminated to the medical doctors and officials, in order for them to check the documents and control the weigh-in.

1.21 The Technical Delegate will authorise the start and end of the weigh-in and medical examination. The daily weigh-in will commence each day at 7am and conclude at 8am. Boxers are only required to weigh-in on the days on which they are competing.

1.22 Boxers who fail their nominated weight category will be deemed to have lost their bout by walkover and will be ineligible to compete further in the competition.

1.23 The Technical Delegate will ensure that the weigh-in of male and female boxers is done by officials of the same gender and in a separate and private location.

- 1.24 The Technical Delegate must be on the premises of the weigh-in and be at all times available to supervise the work and solve potential issues.
- 1.25 At the end of the weigh-in, the Technical Delegate will collect all sheets signed by officials responsible for each weight category, with the occurred alterations.
- 1.26 The Technical Delegate will retain the boxers' Competition Record Books.
- 1.27 After the medical examination of R&Js, the Technical Delegate will collect their record books from the medical doctors.

### **Official draw**

- 1.28 With the finalised entry sheets and together with the BCM, the Technical Delegate will confirm the competition schedule and adjust if necessary.
- 1.29 The official draw will be held at the start of the technical meeting. The Technical Delegate will confirm the competition schedule and adjust if necessary. The Technical Delegate may, at his or her absolute discretion, dispense with this process and conduct the draw prior to the championships or selection competition, subject to the draw being live-streamed and the draw spiders and session programs posted electronically.
- 1.30 When the competition schedule is ready, the Technical Delegate must conduct the official draw for all weight categories and produce the first day's program.
- 1.31 The Technical Delegate will ensure that after the official draw, each team manager receives a copy of the spider with the daily schedule of sessions. The BCM and HCM will both be provided with one (1) copy of the spider and schedule of sessions.

### **Before the competition**

- 1.32 The Technical Delegate must arrive at the competition venue at least one (1) hour before the start of the first bout and must confirm that the below items are immediately available:
  - 1.32.1 Gloves
  - 1.32.2 Head guards

- 1.32.3 Bandages
- 1.32.4 Results sheets
- 1.32.5 Pads or flags for results in 3 different colours (red, blue and white)
- 1.32.6 Gloves and head guards on standby at the Technical Delegate's table.
- 1.33 Before the competition the Technical Delegate must:
  - 1.33.1 Check the FOP
  - 1.33.2 Check the sound, scoring system, computers, printers, etc.
  - 1.33.3 Ensure an appropriate table and seating is provided for ringside judges, and for the timekeeper
  - 1.33.4 Meet with the R&J Coordinator for instructions
  - 1.33.5 Ensure that all officials are present fifteen (15) minutes before the first bout
  - 1.33.6 Approve R&Js for the session
  - 1.33.7 Confirm R&Js and medical practitioners five (5) minutes before the first bout
  - 1.33.8 Ensure that the stretcher provided by the Host Member Association is placed ringside and at hand
  - 1.33.9 Ensure that the scoring system is fully operational at the latest 30 minutes before the start of the competition
  - 1.33.10 Ensure the timekeeper's bell/electronic device is operating and audible.
- 1.34 The Technical Delegate may temporarily or permanently suspend any R&J if, in his or her opinion or from a formed opinion as a result of information provided by another person it is obvious that the R&J member has done an insufficient job.
- 1.35 If necessary, the Technical Delegate will meet with R&Js to review the regulations, comment on the work of the R&Js but always with the intention of improving performance.

## **During the session**

- 1.36 During the session the Technical Delegate will:
  - 1.36.1 Record the computer scores onto the Technical Delegate Bout Record in case the scoring system fails
  - 1.36.2 Receive the results of each bout
  - 1.36.3 Maintain control over the FOP to maintain discipline and order
  - 1.36.4 Ensure that boxers are correctly attired when entering the ring
  - 1.36.5 Prevent photographers or cameramen disturbing the work of judges or the performance of the boxers
  - 1.36.6 Ensure that the BCM and HCM are in direct contact for necessary action
  - 1.36.7 Oversee the running of the scoring system.

## **After the session**

- 1.37 After the session the Technical Delegate must:
  - 1.37.1 Receive the schedule for the following day and provide it to the Member Association managers and to the BCM for upload to BAL Facebook or any other approved social media outlet and distribution to the HCM
  - 1.37.2 Receive boxers Competition Record Books for those who will compete on the next day
  - 1.37.3 Where necessary, meet with the BCM to evaluate the day and review possible changes for the next day
  - 1.37.4 Sign and deliver to R&Js their record books with the total of the bouts worked.

## **Duties of the Technical Delegate**

- 1.38 The Technical Delegate will ensure that everything and everyone in his or her area of responsibility is available and ready such as: timekeeper, medical practitioners, scoring system, gloves and head guards on reserve, pads or flags for results in 3 different colours (red, blue and white), results sheets,

manual scoring sheets, whistle, pens, volunteers for the ring, water, ring dryer, condition of the ring, sound system, clock, bell, official announcer, R&Js for the first bout, boxers for the first bout.

- 1.39 The Technical Delegate will ensure that R&Js are in the correct positions before the boxers come to the ring.
- 1.40 The Technical Delegate will ensure that judges are in the correct positions according to the R&J draw sheets and that the correct boxers and R&Js appear on the computer.
- 1.41 The Technical Delegate must allow the start of the bout only once all checks are completed.
- 1.42 The Technical Delegate will be responsible for checking the behaviour of the seconds, assisted by the Deputy Technical Delegate and the referee of the bout.
- 1.43 The Technical Delegate must note the results after each round for reference.
- 1.44 At the end of the bout, the Technical Delegate will complete the decision sheet and hand it over to the official announcer.
- 1.45 During the announcement of the winner, the Technical Delegate will raise the proper colour pad or flag.
- 1.46 The Technical Delegate may be replaced by another qualified person during a session.

#### **Duties of and guidelines for the Deputy Technical Delegates**

- 1.47 The Deputy Technical Delegates may take the duties of the Technical Delegate if and when necessary at the Technical Delegate's request.
- 1.48 The Deputy Technical Delegates are mainly responsible for managing the activities of the seconds.
- 1.49 In case of a two-ring competition, there will be one (1) Technical Delegate and two (2) Deputy Technical Delegates who will take the same duties as the Technical Delegate on each ring. A Deputy Technical Delegate may be replaced by another qualified person during the session.

## **Decision making procedure**

- 1.50 The Technical Delegate will be responsible for all decisions within the FOP and all technical matters relevant to the competition.
- 1.51 The Technical Delegate must:
  - 1.51.1 Make the official announcer aware of the name of the boxer shown as the winner on the computer monitor after the bout is over
  - 1.51.2 Watch the scores and performances of the R&Js and immediately suspend any wrongdoing referee and/or judge for the rest of the competition day. Then, once the competition is completed, the Technical Delegate, referees' evaluator and judges' evaluator must discuss any further recommendation to the Board of BAL regarding sanctioning the referee and/or judge
  - 1.51.3 If an official appointed for a bout is absent, appoint a suitable member from the roll of approved officials to replace the absent member
  - 1.51.4 If circumstances arise which would affect the holding of a bout under proper conditions and if the referee does not take efficient action concerning the situation, the Technical Delegate may order boxing to cease until it may be satisfactorily resumed.
- 1.52 The Technical Delegate may also take any immediate action as may be deemed necessary to deal with circumstances that would affect the proper conduct of boxing at any session.
- 1.53 If a boxer is guilty of a serious and deliberate offence that is contrary to the spirit of sportsmanship, the Technical Delegate has the right to recommend to the Board of BAL to impose possible sanctions.
- 1.54 The Technical Delegate or their delegate will be responsible for cautioning, warning and/or removing seconds.

## **Overruling the referee**

- 1.55 A decision of a referee may be overruled by the Technical Delegate when the referee has given a decision which is clearly against the present regulations. When considering such an incident, the Technical Delegate may use a video



tape recording of the incident.

## **Deputy Technical Delegates**

### **Appointment**

- 1.56 BAL will appoint two (2) Deputy Technical Delegates for any BAL competition that uses two (2) rings.

### **After the competition**

- 1.57 At the conclusion of the competition the Technical Delegate will report to BAL on the conduct of the competition, drawing attention to any deficiencies in its operation and outlining any appeals concerning bouts and how they were dealt with.

## **Duties and guidelines for the Boxing Australia Limited Competition Manager**

### **Eligibility**

- 2.1 The BCM is appointed by the BAL Board and must have sound knowledge and application of the BAL Technical and Competition Regulations, good communication skills and ability to work well under pressure and closely with the Technical Delegate and HCM.
- 2.2 The BCM is responsible for the effective operation of the competition in accordance with the hosting agreement between BAL and the Host Member Association and for the effective operation of the competition outside the FOP and those technical matters the responsibility of the Technical Delegate.

### **Prior to competition**

- 2.3 **Entries:** The BCM will call for entries in accordance with BAL timelines and populate the entry spreadsheet for the Technical Delegate to set the event plan.
- 2.4 The BCM will control late entries in accordance with BAL timelines and impose sanctions where necessary.
- 2.5 The BCM will ensure all athletes, coaches and managers are appropriately

accredited and that accreditations are available for distribution at the technical meeting.

**2.6 Compliance with Hosting Agreement:** Within two (2) weeks prior to the starting date set for the competition the BCM will consult with the HCM appointed by the Host Member Association to ensure that all requirements of the Hosting Agreement have been or will, in the opinion of the BCM, be in place by the starting date. The Hosting Agreement will, as a minimum, include the following:

- 2.6.1 Assurance that any state/territory legislation and regulations for the conduct of boxing contests in the relevant state are not in conflict with the BAL Technical and Competition Regulations relating to the conduct of Australian Championships and Selection Events
- 2.6.2 The competition ring is correctly installed and meets BAL competition requirements
- 2.6.3 An AIBA approved system of competition scoring for judging bouts that meets AIBA requirements is available and in working order
- 2.6.4 An adequate designated area to facilitate conduct of the weighing-in of all boxers is provided to accommodate two (2) trial scales and four (4) official scales all to be calibrated within seven (7) days of the general weigh-in. Separate weigh-in and trial scale areas must be available for male and female boxers
- 2.6.5 Separate change rooms for male and female athletes, an adequate warm-up area and an appropriate holding area for boxers waiting to enter the ring
- 2.6.6 A dedicated area set aside for R&Js, which is to be outside the FOP and separated from the audience, and arrangements for the provision of meals for R&Js for the extent of the competition
- 2.6.7 A specific room in which to conduct the draw
- 2.6.8 Provision for a designated room and sealed bottles of water for drug testing for ASDA Officials
- 2.6.9 A meeting room with a whiteboard, whiteboard marker, pens and paper for the managers meeting and draw for the conduct of the

technical meeting

- 2.6.10 Provision has been made for two (2) or more medical doctors for medical examination at weigh-ins and at least one (1) medical doctor and one (1) licensed paramedic or licensed nurse ringside during competition
- 2.6.11 Provision has been made for a stretcher and oxygen at ringside and for surgical gloves, medical wipes, general wipes and corner bins
- 2.6.12 Confirmation that the venue is safe, with adequate fire precautions and that the Host Member Association has public liability insurance
- 2.6.13 Adequate security arrangements have been made
- 2.6.14 Appropriate public entry is provided
- 2.6.15 An official announcer has been appointed
- 2.6.16 A computer scoring system is available, in working order and an effective technical operator has been appointed
- 2.6.17 An equipment manager and two (2) persons to assist the equipment manager have been appointed and that there is adequate provision for gloves and headgear
- 2.6.18 Two (2) timekeepers have been appointed
- 2.6.19 Judges' score cards and Technical Delegate bouts reports are available
- 2.6.20 Local volunteers know their roles in accordance with the hosting agreement
- 2.6.21 All necessary equipment is available, including microphone, sound system, weigh-in scales, gloves, head guards, water buckets at ringside, bell, corner stools for coaches, corner stools for boxers
- 2.6.22 Provision has been made for a photocopier to print out draw sheets, competition program etc.

2.7 **Accommodation and transport:** The BAL Office will ensure that appropriate accommodation and transport has been arranged for R&Js for the duration required for their attendance, that transport has been arranged to collect

R&Js from the airport and deliver them back on departure and to transport R&Js to and from the weigh-in and competition venue.

- 2.8 **Review to ensure compliance with hosting agreement:** The BCM will arrive at the site agreed between BAL and the Host Member Association at least one (1) day prior to the starting date for the competition and will inspect the venue to ensure compliance with the Hosting Agreement.
- 2.9 **Before the technical meeting:** the BCM, together with the Technical Delegate and the HCM must review all requirements set out in section 2.6 and 1.6 above.

### **During the competition**

- 2.10 The BCM will assume full responsibility for the non-technical conduct of the competition including the following:
- 2.10.1 In cooperation with the HCM, ensure all aspects of the Hosting Agreement are implemented effectively
  - 2.10.2 Maintain contact with team managers to ensure all team managers have access to the information they need to allow them to comply with the organisational requirements of the tournament. Be the principal contact point for team managers regarding all matters other than those relating to the conduct of the competition
  - 2.10.3 Maintain contact with team managers regarding athlete behaviour and ensure team managers themselves maintain discipline within their teams
  - 2.10.4 Ensure that team managers are informed of arrangements for weigh-in, including the order in which the weigh-in will be conducted
  - 2.10.5 Act as a central point of contact for boxers, coaches and team managers in liaison with the HCM and the Technical Delegate
  - 2.10.6 Handle all complaints except those related to the conduct of the competition (i.e. events which occur within the FOP or the technical aspects of weigh-in)
  - 2.10.7 Assist the Technical Delegate in ensuring that boxers are aware of the sequence of their bouts and are ready to compete on time. Be

the first point of contact for team managers with problems outside the ring once the competition is under way

- 2.10.8 Be the primary point of contact with ASADA in relation to drug testing
- 2.10.9 Be the principal point of contact for any media representation at the tournament, except for those inside the FOP
- 2.10.10 Exercise responsibility for general team and crowd behaviour during the tournament. In case of complaints relating to a bout refer the appropriate team manager to the Technical Delegate. In case of poor behaviour by a spectator, advise the offending person that their behaviour is inappropriate and, if necessary, refer the incident to the Board of BAL for consideration of further action
- 2.10.11 Supervise medal presentation ceremonies and ensure boxers appear in correct order dressed in their official uniforms
- 2.10.12 Ensure that all participants (boxers, coaches, manager, officials and volunteers) have correct photographic identification tags.

### **After the competition**

- 2.11 The BCM will report to BAL on the overall conduct of the competition, drawing attention to any deficiencies in its operation and recommending any further action BAL should take in relation to the competition.

### **Duties and guidelines for the Host Member Association Competition Manager (HCM)**

- 3.1 The Host Member Association will appoint a HCM who will assist the BCM in the effective operation of the tournament outside those areas of responsibility of the Technical Delegate and, in particular, be responsible for undertaking all aspects of the Hosting Agreement between BAL and the Host Association.
- 3.2 The HCM will be the principal point of contact between BAL and the Host Member Association for the conduct of the tournament.
- 3.3 The HCM is responsible for liaising with other functional areas within the Host Member Association to ensure a coordinated delivery of support services and

will report to the BCM on a regular basis on the preparation of the competition. The HCM will review any state legislative requirements for boxing contests in the relevant state to ensure that there is no conflict between those requirements and the BAL Technical and Competition Regulations relating to the conduct of Australian Championships and Selection Events.

- 3.4 The HCM will recommend an appropriate organisational structure and appropriate staffing arrangements for the conduct of the competition and for the training of staff and volunteers and for conducting briefing sessions for staff and volunteers prior to the start of the competition.
- 3.5 The HCM is responsible for the preparation and management of the venue. This will include:
  - 3.5.1 Obtain all required state government permissions, including police and combat sports authority
  - 3.5.2 Ensure the provision of a safe venue, including fire precautions and undertake public liability insurance
  - 3.5.3 Ensure safe and efficient public access and seating
  - 3.5.4 Ensure FOP layout complies with BAL regulations and provide adequate barriers to designate and prevent access to the FOP
  - 3.5.5 Provision of a competition ring that meets BAL competition requirements (see BAL Technical and Competition Regulations)
  - 3.5.6 Arrangements to control and facilitate the flow of boxers to the FOP and into the competition ring
  - 3.5.7 Identification of a dedicated area for R&Js outside the FOP and separate from the audience, including provision for meals for R&Js for the extent of the competition. Two (2) weeks prior to the start of the competition, the HCM is to consult with the BCM and Technical Delegate about the session timings and meal arrangements for R&Js
  - 3.5.8 Provision of an AIBA approved computerised system of competition scoring for judging all bouts that meets AIBA requirements. Provide scoring templates

- 3.5.9 Provision of an approved computer scoring operator for the duration of the competition
- 3.5.10 Ensure provision of an adequate designated area to facilitate conduct of the weigh-in of all boxers. This must accommodate trial scales, official scales, weigh-in area and tables. Separate weigh-in and trial scale areas must be available for male and female boxers
- 3.5.11 Provide a specific room to conduct the draw
- 3.5.12 Provide a designated room and sealed bottles of water for drug testing for ASADA officials
- 3.5.13 Provide a meeting room with a whiteboard, whiteboard marker, pens and paper for the managers meeting
- 3.5.14 Ensure provision of two (2) or more medical doctors for medical examination at weigh-ins and at least one (1) medical doctor and one (1) licensed paramedic or licensed nurse at ringside during competition
- 3.5.15 Ensure surgical gloves, medical wipes, general wipes and corner bins are provided
- 3.5.16 Ensure medical equipment such as stretcher, oxygen bottle, masks, neck collar are provided
- 3.5.17 Ensure mops and buckets are available to clean the ring and FOP
- 3.5.18 Undertake all ticketing
- 3.5.19 Appoint an equipment manager and two (2) persons to assist the equipment manager, two (2) timekeepers and local volunteers to assist in the smooth running of the event and delivery of the requirements outlined in the Hosting Agreement
- 3.5.20 Appoint an announcer
- 3.5.21 Provide a microphone, sound system, weigh-in scales, gloves, head guards, water buckets at ringside, bell, corner stools for coaches, corner stools for boxers
- 3.5.22 Provide a photocopier to print out draw sheets, competition program, etc.

- 3.5.23 Provide a minimum four (4) official and two (2) trial scales all calibrated within seven (7) days of the general weigh-in
- 3.5.24 Provide a laminating machine to allow preparation of photographic identification tags.
- 3.5.25 The HCM, in conjunction with the BCM, is to ensure that, prior to each day of the competition, a hazard inspection is to be conducted, including the requirement for clear aisles and doorways to facilitate rapid exit in the event of an emergency evacuation.



## **APPENDIX 2: Duties of and guidelines for the Referees and Judges Coordinator**

- 2.1 Duties of and guidelines for the R&J Coordinator are as follows:
- 2.2 Before the competition:
  - 2.2.1 Must make themselves aware of the home state of each R&J
- 2.3 Before each session:
  - 2.3.1 Arrive in the FOP at least twenty (20) minutes before the start of each session
  - 2.3.2 Ensure all R&Js are present at least fifteen (15) minutes before the start of each session
  - 2.3.3 Disseminate assignment sheets for the session to the R&Js
  - 2.3.4 Five (5) minutes before the start of the first bout call the R&Js required to ringside
  - 2.3.5 Require judges to randomly select their position around the ring
  - 2.3.6 Inform the Technical Delegate of the judges' position around the ring
  - 2.3.7 During the third round of a bout ensure the officials of the next bout are ready

## **APPENDIX 3: Duties of and guidelines for the medical practitioners**

### **Qualification**

- 3.1 For all national and local competition within Australia a medical practitioner who is registered to practice within Australia must be present. Where an international event takes place in Australia that is an AIBA managed or controlled; only AIBA Medical Commission members are permitted to serve as Medical Jury members.

### **Attendance in competition**

- 3.2 Medical practitioners must be in attendance throughout the competition and may not leave before the end of the last bout.

### **Number of medical practitioners**

- 3.3 At the Australian Championships and National Selection Events a minimum of one (1) doctor assisted by either a nurse, a paramedic or person/s deemed qualified by BAL in sport's injury management must be present at ringside during the boxing. In local or state competitions, a minimum of one (1) doctor must be present at ringside during the boxing. However, in any case, there must not be more than two (2) medical practitioners at one (1) ringside.
- 3.4 In the case of two (2) rings, in all competitions a maximum of two (2) medical practitioners for each ring will be required.

### **Main duties**

- 3.5 The medical practitioners designated for medical examinations will ensure that:
- 3.5.1 The boxers have enough space
  - 3.5.2 There is a direct access to the weigh-in room
  - 3.5.3 There exists some heating (if necessary), sufficient light and adequate ventilation
  - 3.5.4 There are a sufficient number of chairs and desks.

## **Competition duties**

- 3.6 At least one (1) medical practitioner must be at ringside for the entire duration of a bout.
- 3.7 Medical practitioners will direct the referee in evaluating injuries.
- 3.8 Medical practitioners must inform the Technical Delegate to stop the bout in the case any boxer appears unable to continue.

## **Procedure after KO or RSC**

- 3.9 **Unconscious boxer** – if a boxer is rendered unconscious, then only the referee and the doctor summoned must remain in the ring, unless the doctor needs additional help. In case a boxer is unconscious for more than one (1) minute, this boxer must 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.
- 3.10 **Medical attention** – In the case of a knockout without unconsciousness or in the case of RSC, the boxer must be examined by a doctor immediately afterwards in the locker room to determine the need and nature of further medical observation and/or hospitalisation.
- 3.11 Medical practitioners may recommend treatment for injured boxers.
- 3.12 Medical practitioners may suspend and restrict injured boxers as they feel appropriate.
- 3.13 A medical practitioner must fill out the Medical Bout Report in the case a restriction period and/or protective sanitary measures have been ordered for the boxer.
- 3.14 Please refer to the AIBA Medical Handbook for more details.

**Appendix 4** is intentionally left blank

## **APPENDIX 5: Australian Boxing Championships and National Selection Competitions**

- 5.1 The Australian Boxing Championships and National Selection Competitions shall be conducted under the direction and supervision of the Board of Boxing Australia Limited (BAL) in accordance with these regulations.
- 5.2 Where these regulations are silent in relation to any matter and the BAL Board or the Technical Delegate appointed by the BAL Board for the competition has not given a direction, then the Australian Boxing Championships and National Selection Competitions shall be conducted under the regulations of AIBA.
- 5.3 Boxing South Australia will be invited to host the 2022 Elite Australian Championships and Boxing Victoria the 2022 Underage (Youth, Junior, Under 15 and Under 13 Years of Age) Australian Championships. In subsequent years hosting of the Australian Championships will be offered in 'clockwise' rotational order to Member Associations. Accordingly, in 2023 the hosting of the Elite Australian Championships will be offered to Boxing Western Australia, and the Underage (Youth, Junior, Under 15 and Under 13) Australian Championships to Boxing South Australia. Where a Member Association is unwilling or deemed by the Board as unable to satisfactorily host an Australian Championships the Board, on the 'clockwise' rotational basis, will offer the Australian Championships to Member Associations until an eligible host Member Association is found. Where the Board determines that a stand-alone National Selection Event is necessary this event will be offered to the Member Association that is to be first offered the opportunity to host the Australian Championships in the next year. Should this Member Association be unwilling or subsequently deemed as unable to satisfactorily host the event then, on the 'clockwise' rotational basis, it will continue to be offered until an eligible host Member Association is found. Any Member Association that does not accept an offer to host an Australian Championships or National Selection Event, or is deemed by the Board as unable to satisfactorily host it, will lose its place in the 'clockwise' rotational order for that Australian Championships or National Selection Event only:

- 5.3.1 The date for these events will be set by BAL in cooperation with the Member Association selected by BAL to host each event. Six (6) months prior to the commencement of the event the Member Association must confirm its commitment to hold the event and stipulate the proposed venue. BAL will satisfy itself that any requirements for boxing contests contained in state/territory legislation and regulations do not conflict with any of the provisions in Appendix 5 of the BAL Technical and Competition Regulations.
- 5.3.2 Immediately after the Member Association has confirmed its commitment to hold the event, BAL appoints the Technical Delegate and the BCM. Advice is provided to the Member Association of the requirements for the Hosting Agreement. This will contain the provision that the Host Member Association will confirm that any requirements for boxing contests contained in state/territory legislation and regulations do not conflict with any of the provisions in Appendix 5 of the BAL Technical and Competition Regulations.
- 5.3.3 Four (4) months before the championships the BCM and Technical Delegate provide advice to BAL to allow it to approve the organisational details or request changes. Upon satisfaction, the Hosting Agreement is signed by both parties.
- 5.3.4 21 days before the start of the competition entries must be received by BAL.
- 5.3.5 If entries are not received within 18 days prior to competition a late fee is imposed. No entries will be received after 14 days prior to competition.
- 5.3.6 30 days prior to the competition review of the Hosting Agreement is carried out by BAL and Host Member Association.
- 5.3.7 Details for checking venue etc. are included in Appendix 1 dealing with roles and duties of Technical Delegate and BCM

- 5.4 The Australian Boxing Championships shall incorporate separate Championships for Elite, Youth (Under 19 years), Junior (Under 17 years), and Under 15 and Under 13 year's male and female boxers.
- 5.5 A boxer competing in a National Selection Event must be an Australian citizen:
- 5.5.1 For National Selection Events, unless otherwise exempted in writing by the Board of BAL, the Member Association when submitting its entries must provide the identification number and expiry date of the passport of each boxer nominated by it. Such passports MUST be current for international travel. Any entries submitted without these details will not be accepted.

### **Specific conditions**

- 5.6 The Australian Boxing Championships shall be conducted on a date and at a venue approved by the Board of BAL.
- 5.7 The BAL Board has the right to alter the date of the Australian Boxing Championships in order to better meet, in its sole and absolute discretion, the selection requirements associated with the selection of teams to represent Australia at the Olympics Games, Commonwealth Games, World Championships, Oceania Championships, Olympic Qualifying competitions or other important international competitions.
- 5.8 The Member Association hosting the Australian Boxing Championships shall conduct the Championships at a venue agreed in advance by BAL. The venue selected by the hosting Member Association must have a smoke free policy.
- 5.9 No boxer will compete in more than one (1) bout a day unless circumstances otherwise determine, and then only with the authority of the Technical Delegate. In these circumstances, the boxers concerned will compete against each other before the same Technical Delegate and officiating R&J unless the Technical Delegate determines otherwise.
- 5.10 The hosting Member Association must advise the CEO of BAL and the Secretary of each Member Association of the price of accommodation and

meals at a minimum of 3 hotels/motels or equivalent accommodation, suitable for those competing in the Australian Boxing Championships.

5.11 During Australian Boxing Championships and/or National Selection Competitions, no other organised boxing/combat sports shall be conducted at the same venue unless first approved by the Board of BAL.

5.12 All boxers registered by a Member Association who have,

- in the case of male elite and youth boxers, competed in ten (10) bouts or more, and
- in the case of female elite and youth boxers, competed in seven (7) bouts or more, and
- in the case of male junior boxers, competed in five (5) bouts or more, and
- in the case of all other boxers have competed in three (3) bouts or more excluding exhibition bouts and competition sparring,

are eligible to nominate and compete for selection to represent that Member Association in an Australian Championships that is a non-National Selection Competition but must be an Australian citizen if that Australian Championships is a National Selection Competition; and a Member Association is not empowered to introduce any additional requirement on the boxer in regard to eligibility to nominate and compete for selection. In regard to the conducting of Member Association Selection Event competition

5.13 In regard to the conducting of Member Association Selection Event competition:

5.13.1 No boxer will take part in any Member Association selection competition which will lead to the boxer representing the Member Association at a National Championships or National Selection Event if that boxer has already competed in the pathway competition of another Member Association for selection to such championships or Selection Event.

5.13.2 In any competition conducted by a Member Association through which a boxer is selected to represent that Member Association at a National Selection event entry is only permitted to boxers who are



Australian citizens and boxers must hold a current Australian passport or have evidence that application for a passport has been made.

5.13.3 Any boxer selected by a Member Association to represent his or her Member Association at an Australian Boxing Championships and/or National Selection Competition shall:

5.13.3.1 Have won the selection competition conducted by the Member Association for such selection, or

5.13.3.2 In the case of two (2) boxers being eligible to be selected to represent the Member Association, and there having been no additional competition for such selection announced prior to the competition from which the winner has already been selected, the second boxer shall be the boxer who was runner up in that competition or,

5.13.3.3 In the case where a box off is held, and there is only one entrant in that box off in the weight category in which that boxer competed in the original selection competition, that boxer shall be the second boxer eligible for selection.

5.14 Where the Board of BAL resolves a competition to be a National Selection Competition to be used to select a boxer or boxers to represent BAL and/or Australia at a competition or competitions, the following special conditions will apply:

5.14.1 A boxer, who has represented another country at an AIBA competition cannot represent Australia for 2 years from the time of that AIBA competition and, furthermore, in that 2-year period cannot compete in an Australian Championship or national selection event, nor in a Member Association Championships where that competition is a selection event for an Australian Championships or national Selection Event;

5.14.2 Where only one (1) boxer enters the draw for a weight category or after the time for entries for a weight category has closed and at any time thereafter, for whatever reason, the number of competitors in that weight category is reduced to one (1) boxer, the Board of BAL

- can resolve upon a different method of selecting a boxer for that weight category to represent BAL and/or Australia;
- 5.14.3 Where a boxer(s) in a weight category is/are eliminated by a boxer who is then unable, for whatever reason, to continue participating in the competition, the Board of BAL in its sole and absolute discretion may resolve upon a different method of selecting or not selecting a boxer for that weight category to represent BAL and/or Australia; and
- 5.14.4 Where a boxer wins the weight category he or she has entered and by doing so gains selection to represent BAL and/or Australia, however, subsequently, for whatever reason, is unable to do so, then every boxer the winning boxer defeated at the selection competition will be given the opportunity to compete at a further selection competition to win selection to represent BAL and/or Australia if the BAL Board in its sole and absolute discretion considers it practicable.
- 5.14.5 Where a weight division has no entrants following the 30-day closure of nominations, no late entries will be accepted to fill an unoccupied weight division and regulation 5.14.2 shall apply.

### **Submission of entries**

- 5.15 Each Member Association must lodge a list of the names of all proposed competing boxers from the state/territory concerned (together with such other information concerning such boxers as may be required from time to time by the Board of BAL) with the BCM no less than 21 days prior to the commencement of the Australian Boxing Championships, unless determined otherwise by the BAL Board, and as determined by the BAL Board in relation to any National Selection Competition that is not an Australian Championships.
- 5.16 For the Australian Boxing Championships, a Member Association is entitled to submit two (2) boxer entries for each male and female Elite and Youth weight categories but in Under 15 and Under 13 weight categories a Member Association is only permitted one (1) entry per weight category. In the Junior category a Member Association can enter one boxer per weight category and additionally can enter up to a maximum of 4 extra male and 4 extra female

boxers as long as the Member Association does not exceed 2 entries per weight category.

- 5.17 For each weight category in the Australian Championships and/or National Selection Competitions, the BAL Board may enter boxers in its sole and absolute discretion to compete for BAL provided the maximum number of boxer entries in any given weight category does not exceed 16 boxers for elite, youth and junior male and female events and eight (8) for other age categories. Where the BAL Board enters boxers into the Australian Boxing Championships or National Selection Competitions, the home Member Association will manage all logistics and administration and the boxer will participate as a Member Association entered boxer. The Board of BAL may deviate from this process, at its absolute sole discretion, where the BAL entered boxer is entered subject to the failure of the Member Association to adhere to these regulations, in which case the Board of BAL must ensure that a team manager is appointed to be responsible for the management of this boxer.
- 5.18 The Board of BAL shall be at liberty, in its sole and absolute discretion:
- 5.18.1 To bar any or all boxers proposed by a Member Association from competing in the Australian Boxing Championships and require the Member Association to pay a fee to BAL of \$200.00 for each late entrant;
- 5.18.2 Where a proposed competing boxer is withdrawn by the Member Association from competing in the Australian Boxing Championships within 14 days prior to the commencement of such championships and this withdrawal leaves only one (1) other boxer entered in a weight division for the Australian Boxing Championships, the Member Association of the withdrawn boxer shall pay all reasonable travel and accommodation expenses incurred by the remaining boxer and/or the remaining boxer's Member Association as determined by the Board of BAL in its sole and absolute discretion; and
- 5.18.3 To require a Member Association to provide the CEO of BAL with a medical certificate justifying any withdrawal of a boxer.

## **Age categories**

- 5.19 The age categories for the Australian Championships and/or National Selection Competitions, as defined in [Appendix 6](#), are:
- 5.19.1 Under 15: for a boxer aged 13 or 14 years;
  - 5.19.2 Junior: for a boxer aged 15 or 16 years;
  - 5.19.3 Youth: for a boxer aged 17 or 18 years;
  - 5.19.4 Elite: for a boxer aged 19 to 40 years; and
  - 5.19.5 Under 13: for a boxer aged 11 or 12 years.
- 5.20 A boxer's age shall be determined by the year of birth and in accordance with [Appendix 6](#).

## **Weight categories**

- 5.21 The weight categories for the Australian Championships and/or National Selection Competitions are in accordance with [Appendix 7](#).

## **Duration and number of rounds**

- 5.22 [Appendix 8](#) specifies the durations and number of rounds for all competitions.

## **Weigh-in**

- 5.23 The weigh-in for bouts which are Australian Championships and/or National Selection Competitions will be held at least three (3) hours before the start of the first bout of competition on the day of the bout. However, the Technical Delegate may alter this time at his or her sole discretion;

## **Medical control and examination**

- 5.24 At all Australian Boxing Championships in addition to at least one (1) qualified medical practitioner holding current licences to practise medicine being present at ringside throughout every bout, there will be at least one (1) paramedic, a nurse or person/s deemed qualified by BAL to attend to sports injury management also present to assist the medical practitioner.

## **Competition session times**

- 5.25 At all Australian Boxing Championships and/or National Selection Competitions the evening sessions shall ordinarily end no later than 11.00 pm (2300h), however, the Technical Delegate, at his or her sole discretion, may extend the ending time for an evening session or sessions to a time no later than midnight (2359h).

## **Judges scoring**

- 5.26 A ten (10) point must system is to be used for Australian Championships and National Selection Competition. When available, a computer-based scoring system should be utilised. Should a computer scoring system be unavailable or become defective during the competition a manual scoring system may be used.
- 5.27 At Australian Championships and/or National Selection Competitions the computer operator, referee or timekeeper shall not score the bout.

## **Judges seating**

- 5.28 For Australian Championships and National Selection Competitions judges will be seated in accordance with AIBA Competition Rules.

## **Protests**

- 5.29 In all competition the decisions of the referee and judges is final and no protest relating to such decisions is permitted. However, where the Technical Delegate believes that the referee has clearly acted outside these regulations he or she may review the bout, at any time, using any resources he or she believes will assist them. After such a review, the original decision may be confirmed or overturned.
- 5.30 At Australian Boxing Championships the term “designated person” means the team manager of the relevant team. For National Selection Competitions, the designated person is the coach who cornered the relevant boxer during the bout in question.

## **Decisions that affect the result**

- 5.31 At the Australian Boxing Championships or National Selection Events, where the Technical Delegate or Deputy Technical Delegate makes a decision that affects, or appears to affect the result of a bout, he or she must record both the decision and a statement of reasons for that decision and retain both in the records of the competition. Upon request, either the team manager or coach of the affected boxers must be informed verbally of the decision and the reasons for that decision.

## **Walkovers**

- 5.32 In the case of the Technical Delegate knowing in advance that a boxer will not be present the Technical Delegate may decide that the decision will simply be announced and no boxer need enter the ring. The referee and judges need not be in place and the session will simply move on to the next bout.

## **Competition colours**

- 5.33 At Australian Boxing Championships and/or National Selection Competitions no boxer is to wear boxing gear (shorts and/or singlet) that identifies them as a representative or former representative of Australia in international competition, or a representative or former representative of the Australian Academy of Boxing or, World Series of Boxing (WSB), or AIBA Pro Boxing (APB).
- 5.34 All boxers must be in possession of a red and blue competition singlets, shorts/skorts and undergarments in accordance with the corner they have drawn for a bout, wear the corresponding coloured singlet and shorts/skorts on which the emblem of a Member Association may be worn. In addition to this, sponsor advertising may be displayed on competition singlets. The belt line of any shorts and/or skort must be indicated in white.

## **Member Association representation**

- 5.35 In Australian championships and/or National Selection Competitions, Member Associations shall be entitled to be represented by a boxer if the Member Association and the boxer are in compliance with these regulations.

## **Coach and assistant coach participation**

- 5.36 Participation of coaches at BAL national competitions and events will have regard to the following:
- 5.36.1 For all Australia Boxing Championships and National Selection Events each Member Association must provide BAL with the names and qualifications of each of its nominated coaches.
- 5.36.2 Each coach must hold an Australian Level One Coaches Accreditation or higher qualification.
- 5.36.3 At all Australia Boxing Championships and National Selection Competitions each Member Association is entitled to the following number of coaches:
- 1 to 3 boxers – three (3) coaches and one (1) manager
  - 4 to 7 boxers – four (4) coaches and one (1) manager
  - 8 to 11 boxers – six (6) coaches and one (1) manager
  - 12 to 16 boxers – seven (7) coaches and one (1) manager
  - 17 to 32 boxers – ten (10) coaches and one (1) manager
  - 33+ boxers – fifteen (15) coaches, one (1) manager and one (1) assistant manager.

## **Eligibility of coaches**

- 5.37 Only coaches selected by their Member Association in accordance with the preceding paragraph may enter the FOP at the competition.

## **Coach and assistant coach dress standards**

- 5.38 At Australian Boxing Championships and/or National Selection Events, coaches and assistant coaches shall each wear a state/territory tracksuit or a state/territory sleeved shirt and shorts, disposable gloves and sports footwear

that adequately cover the feet, including the toes. No hats or baseball caps are to be worn. Any changes to this standard shall only be at the discretion of the Technical Delegate.

## **Referees and judges**

- 5.39 Accredited referees/judges shall receive a Referee/Judge Record Book for recording all referee/judge activities. No referee or judge shall officiate at an Australian Championships and/or National Selection Competition unless he or she has in his or her possession their R&J Record Book.
- 5.40 For Australian Boxing Championships and/or National Selection Competitions the responsibility to ensure each referee/judge has in their possession an R&J Record Book rests with the BAL R&J Committee.
- 5.41 At Australian Boxing Championships and/or National Selection Competitions the Technical Delegate chairman shall sign the Record Book.
- 5.42 The BAL Board shall determine which R&Js shall officiate at Australian Boxing Championships and/or National Selection Competitions. All referees and/or judges appointed to officiate must have an accreditation level of:
  - 5.42.1 Three Star (National); or
  - 5.42.2 International Boxing Association (AIBA) 1 or 2 or 3 Star.
- 5.43 All bouts at Australian Boxing Championships and/or National Selection Competitions will be conducted by a referee and scored by 5 judges; preferably the referee and judges are to be from Member Associations other than those the boxers competing in the bout are representing. Furthermore, preferably, the 5 judges should come from different Member Associations.
- 5.44 Referees will wear disposable gloves when officiating in a bout and cotton or tissue pads are to be readily available to nurse bleedings, wipe and remove blood on a boxer or boxing glove. At the conclusion of the bout, the referee will dispose of the gloves and any used pads or tissues in either of the plastic bags provided in the neutral corners.
- 5.45 Judges and referees invited to officiate at the Australian Championships and/or National Selection Competitions shall not wear clothing that identifies them as a member of a Member Association nor, while at the venue



officiating, be seen congregating with spectators, boxers or team members of a Member Association.

## **Technical Delegate**

- 5.46 At Australian Boxing Championships, the Board of BAL shall appoint a Technical Delegate from persons who are, or have been, accredited as a referee and/or a judge at national level or above, or are members of the Technical and Regulations Committee with an R&J background. The roles and responsibilities of the Technical Delegate are detailed in [Appendix 1](#).
- 5.47 The Technical Delegate will be responsible for taking action against any coach/coaches who is or are deemed to be in breach of these regulations. However, the Technical Delegate may delegate this responsibility to either the Deputy Technical Delegate or referee.
- 5.48 During the competition, the Technical Delegate or his delegate, and the senior R&J present may meet with the coaches after the weigh-in each day to provide information and explanations in relation to the competition.

## **The ring**

- 5.49 In Australian Boxing Championships and National Selection Competitions, the ring, associated equipment and FOP shall be in accordance with the AIBA Technical and/or Competition Rules. Any variation to this will be at the sole and absolute discretion of the appointed Technical Delegate.

## **Gloves**

- 5.50 In Australian Boxing Championships and National Selection Events, only gloves manufactured by one of the AIBA Official Boxing Equipment Licensees shall be used.
- 5.51 Boxers must wear red or blue gloves, as per the respective boxer's corner.
- 5.52 In Australian Boxing Championships and National Selection Events, gloves have to be provided by the Host Member Association and have to be approved by the Technical Delegate. Boxers will not be allowed to wear their own gloves.

- 5.53 Boxers must put on their gloves before entering the ring.
- 5.54 Gloves must be taken off immediately after the bout is over and before the decision is announced.
- 5.55 The padding of the gloves must not be displaced or broken.
- 5.56 Only clean and serviceable gloves must be used.
- 5.57 All gloves must be cleaned using 10% sodium hypochlorite before they are used again.

### **Specifications**

- 5.58 For all competitions, the boxing gloves must comply with the specifications set out in AIBAs Open Boxing Competition Rules.

### **Head guards**

- 5.59 In Elite male competition at the national level including Australian Boxing Championships and National Selection Events head guards are no longer allowed to be worn.
- 5.60 For all other competitions such as Elite Women's Competitions, Youth and Junior and Masters Competitions (male and female) the wearing of a head guard is mandatory.
- 5.61 In all Australian Championships and National Selection Competitions where the wearing of head guards is mandatory, boxers must use head guards authorised by AIBA.
- 5.62 Boxers must wear a red or blue head guard, as per the respective boxer's corner.
- 5.63 Head guards have to be provided by the Host Member Association and have to be approved by the Technical Delegate. Boxers may wear their own head guard provided it is authorised by AIBA.
- 5.64 Boxers must put on their head guard only after entering the ring. However, the Technical Delegate in their absolute discretion may change this time.
- 5.65 Head guards must be taken off immediately after the bout is over and before the decision is announced.

- 5.66 All head guards must be cleaned using 10% sodium hypochlorite before they are used again.
- 5.67 For all competitions where it is mandatory for boxers to wear a head guard, boxers with long hair are to wear a cap or hair net under their head guard.
- 5.68 Where head guards are not worn boxers with long hair and/or pony tails, rat tails or similar hair styles are to have their hair secured. Regulation 35.8 will apply if the subject hair comes forward of the shoulders and is deemed dangerous by the referee.

## **Bandages**

### **Use of bandages**

- 5.69 In all national level competitions, boxers must use AIBA authorised official boxing equipment licensees hand bandages.

### **Specifications**

- 5.70 Hand bandages must not be longer than 4.5m (14.76 feet), and not shorter than 2.5m (8.2 feet). Bandages must be 5.7cm (2¼ inches) wide.
- 5.71 Hand bandages must be made of stretchy cotton material with a velcro closure.
- 5.72 Hand bandages will be checked by the referee at the conclusion of the bouts prior to the announcement of the decision.

### **Use of professional bandages**

- 5.73 Elite men and women may choose to wear professional bandages that comply with the following: Two (2) rolls of 5 cm x 15 m Gauze (1 roll of gauze for each hand); 34.3.2 Two (2) rolls of 5 cm x 10 m Gauze (1 roll to create a knuckle pad for each hand); 34.3.3 Zinc Oxide Tape: Two (2) rolls of 2.5 cm x 13 m; 34.3.4 One (1) roll of 1.25 cm x 13 m for between the fingers.
- 5.74 Checks on bandages must be carried out before and after use and professional bandages must be retained for presentation in the event of any

objection raised after the bout. The costs of using professional bandages are to be borne by the boxer using them.

### **Medal ceremony**

- 5.75 To be eligible to win a medal at the Australian Boxing Championships, a boxer must have competed in at least one (1) championship bout in those championships. However, where a boxer who was the Australian gold medallist the previous year enters the same weight category and has no opponent, he or she will be considered the Australian champion and will be awarded the gold medal.
- 5.76 A gold medal will be awarded to each winning boxer at the Australian Boxing Championships and a silver medal to the runner up in each contested weight division. No bronze medals will be awarded.
- 5.77 All medals will be suitably inscribed with a weight division and will be presented with a suitable ribbon.

### **Perpetual awards**

- 5.78 At all Australian Boxing Championships, four (4) perpetual awards will be presented as follows:

#### **Sir Edgar Tanner Trophy**

- 5.79 A Perpetual Challenge Cup known as the "Sir Edgar Tanner Trophy", first presented by the late Sir Edgar Tanner CBE, ED, in 1947, shall be awarded to the Member Association whose representatives win the greatest number of Elite Male Championship titles at an Australian Boxing Championships.
- 5.80 Should the number of Australian Boxing Championship title wins by two (2) or more Member Associations be equal, the Member Association with the greatest number of runners-up shall be the winner of the Sir Edgar Tanner Trophy.

#### **Arthur Tunstall Trophy**

- 5.81 A perpetual trophy known as the "Arthur Tunstall Trophy", first presented by Mr Arthur Tunstall OBE, JP in 1963, shall be awarded, with a replica, at each

Australian Boxing Championships to the best Male/or Female Elite boxer of the Australian Boxing Championships. The boxer shall be chosen by the BAL Selection Committee.

### **Jamie Nicolson Trophy**

5.82 A perpetual trophy known as the “Jamie Nicolson Trophy”, first presented by Mr Allan Nicolson and Mrs Pat Nicolson in 1994, shall be awarded at the conclusion of each Australian Boxing Championships to the boxer who, in the opinion of the BAL Board, is considered to have held the highest international ranking amongst Australian Elite Male/or Female Boxers in the period since the conclusion of the immediately preceding Australian Boxing Championships, and who:

- (a) Is, at the time of the making of the award, a boxer registered as such by a BAL Member Association;
- (b) Is in attendance at the Australian Boxing Championships at which the award is made; and
- (c) Is, in the opinion of the BAL Board, of good character.

### **John Davies Trophy**

5.83 A perpetual trophy, known as the “John Davies Trophy”, shall be awarded at each Australian Boxing Championships to the R&J official who, in the opinion of the Technical Delegate of the tournament, is considered to be the best official of the Australian Boxing Championships.

### **Demonstrations**

5.84 The following behaviour should be adhered to by all participants:

5.84.1 The need to show respect for others (particularly those competing and those officiating); and

5.84.2 Considerations of public order and safety.

5.85 No boxer, coach, referee, judge, competition official or Member Association shall demonstrate during Australian Boxing Championships or National Selection Competitions for whatever reason. If a demonstration occurs, the

boxer, coach, referee, judge, competition official or Member Association concerned may be excluded by the Technical Delegate from the competition and/or from remaining in the venue from the time of the demonstration and be subject to administrative action or penalty as determined by the Board of BAL in its sole and absolute discretion.

### **Australian Boxing Championships officials**

- 5.86 The officials detailed in Appendixes 1, 2 and 3 will conduct the Australian Boxing Championships and/or National Selection Competitions under the absolute authority of the BAL Board.

### **Host Member Association responsibility**

- 5.87 The Host Member Association organising and promoting the Australian Boxing Championships under the direction of the BAL Board is responsible for the appointment of other officials necessary to conduct the championships. These officials include a host competition manager responsible jointly to the BCM and the Technical Delegate. Officials to be appointed by the Host Member Association shall include:

5.87.1 BAL Competition Manager;

5.87.2 Whips/escorts;

5.87.3 Dressing room stewards;

5.87.4 Dress stewards;

5.87.5 Equipment stewards;

5.87.6 Announcer;

5.87.7 Two (2) ring attendants; and

5.87.8 One (1) medical practitioner and one (1) paramedic or nurse.

- 5.88 The officials appointed by the Host Member Association shall undertake responsibilities to include:

5.88.1 Competition co-ordination;

5.88.2 FOP marshalling;

- 5.88.3 Results system management;
- 5.88.4 Equipment supervision;
- 5.88.5 Presentation management;
- 5.88.6 Sport information;
- 5.88.7 Team liaison;
- 5.88.8 Medical attention and supervision; and
- 5.88.9 Technical official's services supervision.

5.89 If deemed necessary, the Host Member Association shall be responsible for the provision of assistants for the above officials.

### **Duties of officials**

5.90 To ensure the conduct of an Australian Boxing Championships is consistent with the Regulations of BAL, specific duties and responsibilities of officials shall include the following:

### **Dressing room stewards**

5.91 There shall be two (2) or more dressing room stewards to generally supervise the dressing rooms; in particular, to ensure competitors are ready to enter the ring on time in accordance with the program and the official announcements.

### **Whips/escorts**

5.92 There will be two (2) or more whips/escorts to escort competitors to the ring on time in accordance with the program and the official announcements.

### **Dress stewards**

5.93 The dress stewards shall ensure the competitors are dressed in accordance with the regulations.

### **Announcer**

5.94 The announcer shall, prior to the commencement of each bout, announce the names of the competitors, their corners and the state/territory each

represents. Furthermore, shall receive from the Technical Delegate the official result of each contest.

### **Weigh-in stewards**

- 5.95 The weigh-in stewards shall assist R&J to weigh the contestants, in accordance with the regulations, register the boxer's entry on the entry sheet under the weight division in which he or she is entered and make an appropriate entry in the boxer's Competition Record Book. The decision of the weigh-in steward as to the weight of each entrant shall be final and beyond appeal.

### **Computer scoring operator**

- 5.96 The computer scoring operator shall be an accredited BAL official who is appointed by the Technical Delegate to maintain and operate the boxing scoring system for the recording of the judges' scoring and decision in each contest.

### **Equipment manager**

- 5.97 A equipment manager and stewards shall be appointed to inspect bandages, boxers' dress, supervise the gloving of the contestants, and to ensure coaches' dress conforms.

### **Ring attendants**

- 5.98 Two (2) ring attendants shall be appointed to attend to the corners. Their duties shall include the good maintenance of the ring and the cleanliness of the ring canvas.

### **Medical practitioners**

- 5.99 One (1) medical practitioner and least one (1) paramedic, nurse, or person/s deemed qualified by BAL to attend to sports injury management also present to assist the medical practitioner during the Australian Boxing Championships.



- 5.100 A medical practitioner will attend the weigh-in and examine each boxer on the day in which the boxer is to compete and make the appropriate entry/entries in the boxer's Competition Record Book.
- 5.101 A medical practitioner is to be seated at ringside throughout a bout. If considered necessary, the medical practitioner on duty will examine a boxer following a contest and make the appropriate entry/entries in the boxer's Competition Record Book.

### **Timekeepers**

- 5.102 There shall be two (2) timekeepers at Australian Boxing Championships and/or National Selection Competitions. These officials shall be accredited by BAL and appointed by the Technical Delegate to undertake the duties set out in regulation 13 of Regulations for Competition Officials, AIBA Technical and Competition Rules.

### **Weigh-in policy**

#### **Authority**

- 5.103 The Technical Delegate shall direct the weigh-in, appoint checkpoint members, ensure the flow of boxers, and maintain entry/exit of appropriate persons to the weigh-in site.

#### **Scales**

- 5.104 **Responsibility.** At the weigh-in and on each day of competition, the Host Member Association shall ensure there is a minimum of one (1) trial scale for females and one (1) trial scale for males. A minimum three (3) primary scales are to be available at the weigh-in site on each day of competition.
- 5.105 **Calibration of scales.** The Host Member Association shall ensure both trial and primary scales have been calibrated within 7 days prior to the start of competition and present the calibration certificates provided to the Technical Delegate.
- 5.106 **Trial scales.** The trial scales shall be located in close proximity of the primary weigh-in scale. The trial scales need not be manned; however, they may be used by boxers wishing to check their weight prior to proceeding onto

the primary scale. Male and female trial scales are to be in separate and discrete areas.

### **Weigh-in times**

5.107 Daily weigh-in times shall be 7.00 am (0700h) to 8.00 am (0800h), unless the Technical Delegate determines otherwise.

### **Checkpoints**

5.108 During the weigh-in, there shall be a number of checkpoints to regulate boxers and to ensure their orderly flow into and out of the weigh-in area.

5.109 **Daily weigh-in.** During the daily weigh-in the following checkpoints will be manned:

#### **5.109.1 Weigh-in area entry**

5.109.1.1 Regulate the flow of boxers into the weigh-in area;

5.109.1.2 Exclude from entering the weigh-in area other persons (including any Member Association team manager, coach or other official); and

#### **5.109.2 Boxer's Competition Record Book verification**

5.109.2.1 Prepare the Competition Record Books for ease of distribution;

5.109.2.2 Coordinate the issue of the Competition Record Books;  
~~A boxer shall be clean-shaven before the weigh-in and before the bout. Beards and moustaches are not allowed.~~ and

5.109.2.3 Enter the date and competition particulars into the Competition Record Books.

#### **5.109.3 Medical practitioner**

5.109.3.1 Coordinate the flow of boxers to the medical practitioner or practitioners;

5.109.3.2 Ensure a medical practitioner signs in the correct area of the boxer's Competition Record Book;

- 5.109.3.3 Assist the medical practitioner or practitioners where necessary; and
- 5.109.3.4 Retain the boxer's Competition Record Book, only if the medical check follows the weigh-in.
- 5.109.4 **Official scales** — Two (2) R&J members; each from different Member Associations:
  - 5.109.4.1 Record the boxer's entry onto the BAL Entry Sheet;
  - 5.109.4.2 Verify the boxer's weight; and
  - 5.109.4.3 Enter the boxer's weight division into the boxer's Competition Record Book and sign the entry in the OIC area; and
  - 5.109.4.4 Retain the boxer's Competition Record Book, only if the weigh-in follows the medical check.
- 5.109.5 **Weigh-in area exit**
  - 5.109.5.1 Ensure each boxer correctly vacates the weigh-in area when his or her processing is completed.

### **Entry/exit flow path**

- 5.110 The weigh-in area shall be prepared in such a manner as to allow for a coordinated passage of boxers; thereby eliminating possible bottlenecks.

### **Persons present in weigh-in area**

- 5.111 The only persons present during each weigh-in, in addition to the boxers to be weighed-in, shall be the Technical Delegate and Deputy Technical Delegate, those R&J members or BAL officials rostered to work at checkpoints, a representative of BAL, medical practitioner or practitioners and the computer operator.

### **Female boxers**

- 5.112 Competition organisers shall, where possible, conduct the weigh-in and medical examination of female boxers in a separate area from that of the male boxers; if that is not possible, the weigh-in and medical examinations

are to be conducted in the prescribed area at a different time to the weigh-in and medical examination of the male boxers. Furthermore, at least one (1) female weigh-in steward should be present.

### **Computer scoring system operator**

- 5.113 A computer scoring system operator, complete with a printer, shall be available during the weigh-in and shall enter boxers' names into the computer (if not already done) and amend weights and spellings if required.
- 5.114 At Australian Boxing Championships and/or National Selection Events, the BAL R&J Committee shall appoint the R&Js and/or other persons to conduct the weigh-in.
- 5.115 Preferably four (4) but at a minimum three (3) primary with two (2) trial metric scales shall be made available at each weigh-in. Scales shall be calibrated within the preceding seven (7) days and the calibration certificates provided to the Technical Delegate.
- 5.116 A boxer shall be allowed to present at the official scales only once at the general weigh-in and on each day he or she is to box.
- 5.117 The weight registered at nomination decides the weight division for each boxer for the competition.
- 5.118 If a boxer fails to make the weight division for which he or she has nominated they will be withdrawn and the boxer shall be ineligible to be included in the competition.
- 5.119 If a boxer who was included in the draw fails a subsequent day's medical examination or fails to make weight, the boxer will lose by walkover.
- 5.120 At the daily weigh-in for the tournament/competition the boxer's weight shall not exceed the maximum of the boxer's weight division nor be below the minimum of the boxer's weight division but on any following days of the competition need only be on or below the maximum for the weight division. A boxer may only box in the weight division for which he or she has nominated for the tournament or competition.
- 5.121 The medical examination of a boxer shall normally precede the weighing-in; however, the Technical Delegate, or their delegate, may reverse this sequence if it is deemed desirable for health and safety reasons.

## **Boxing Australia Limited Draw Policy**

- 5.122 The draw shall be conducted in accordance with the relevant AIBA regulation. The draw shall provide for the order of bouts and ensure that the first draw for bouts facilitates the number of entered boxers for a weight category is reduced to 2, 4 or 8 boxers, etc. as appropriate for the second session of bouts in that weight category.

### **Authority**

- 5.123 The appointed BAL Technical Delegate shall conduct the draw.

### **Persons present**

- 5.124 The appointed BAL Technical Delegate (or their representatives), the computer scoring system operator and all Member Association team managers are to be invited to attend. Any other person who wishes may attend provided there is room, and they do not interrupt the proceedings.
- 5.125 All mobile phones are to be turned off during the draw.

### **Time of draw**

- 5.126 The draw shall be conducted following the general weigh-in at a time set by the Technical Delegate and, if the competition does not have a general weigh-in, on the day prior to the first day of competition. The Technical Delegate may, at their absolute discretion, dispense with this process and conduct the draw prior to the championships and/or Selection Competition, subject to the draw being live streamed and the draw spiders and session programs posted electronically.

### **Sequence of draw**

- 5.127 The sequence of the draw shall commence with the lightest weight division in each category of competition, unless otherwise determined by the Technical Delegate, and shall be conducted as follows:
- 5.127.1 Under 15 females;
  - 5.127.2 Under 15 males;
  - 5.127.3 Junior females;

- 5.127.4 Junior males;
  - 5.127.5 Youth females;
  - 5.127.6 Youth males;
  - 5.127.7 Elite females; and
  - 5.127.8 Elite males.
- 5.128 Prior to each weight division being drawn, the person directing the draw shall verify each entry for that division.
- 5.129 The draw may be conducted using AIBAs Computer Scoring System draw program or manually. If the draw is conducted manually, labelled balls or marbles, representing, as required, each Member Association, shall be placed into a bucket or a similar container to be drawn. The Technical Delegate and/or the BAL R&J Committee shall draw the balls or marbles individually and from a position where the drawer's view of the entries is obstructed. Bouts shall be drawn first followed by the number of byes.

### **Computer scoring system operator**

- 5.130 As each ball or marble is drawn, the computer scoring system operator shall assign a number for that boxer and enter the same against the boxer in the computer. This will allow for 'pairing corrections' to be achieved and will ensure a successful matching of competitors.
- 5.131 At the conclusion of each age division, the computer scoring system operator shall print a 'spider' detailing the draw table. Copies shall be made for each manager; if this is not possible, the 'spider' shall be displayed in a prominent position.
- 5.132 The computer scoring system operator shall promptly organise the plan for the entire competition and make copies available to each team manager. He or she shall also print the program for the first session and make a copy available to each team manager.

### **Seeding procedure at the draw**

- 5.133 When draws are conducted for Australian Boxing Championships and/or National Selection Competitions, a seeding system will be conducted in Elite

Men's and Elite Women's weight categories. Where there are more than eight (8) boxers in a weight division, BAL can seed up to four (4) boxers.

- 5.134 The winner of the previous Australian Championships for that weight category will be seeded number 1 and the runner-up for that weight category will be seeded number 2. If there are more than 8 boxers in a weight division then the loser to the gold medallist in the semi-final bout of the previous Australian Championships will be seeded No. 3 and the runner up to the silver medallist in the semi-final bout of the previous Australian Championships will be seeded number 4 or higher at the discretion of the Technical Delegate provided it does not disadvantage any other boxer with a right to a seeding given in this clause
- 5.135 Should a gold or silver medallist from the previous Australian Championships change their weight category from the previous Australian Championship they may fill a vacant seeded position in their new weight category at the absolute discretion of the Technical Delegate.
- 5.136 Where possible, the number one (1) seeded boxer and any number four (4) seeded boxer will be placed in the top of one half of the draw and the number two (2) seeded boxer and any number three (3) seeded boxer will be placed in the bottom half of the draw.
- 5.137 Where the number of entries for a weight category provides for byes during the draw, the seeded boxer(s) will fill the bye position(s), provided the number one (1) seeded boxer fills the first bye and the number two (2) seeded boxer is so positioned whereby the two seeded boxers can meet only in the final. If four (4) boxers are seeded, they should be placed so that they cannot meet until the semi-final.

## APPENDIX 6: Year of competition/Year of birth matrix

			Year of competition									
			2017	2018	2019	2020	2021	2022	2023	2024	2025	2026
			Boxer's year of birth									
AGE	10	Under 11	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
	11	Under 13	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
	12		2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
	13	Under 15	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
	14		2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
	15	Junior	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
	16		2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
	17	Youth	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
	18		1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
	19	ELITE	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
	20		1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
	21		1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
	22		1995	1996	1997	1998	1999	2000	2001	2002	2003	2004
	23		1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
	24		1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
	25		1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
	26		1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
	27		1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
	28		1989	1990	1991	1992	1993	1994	1995	1996	1997	1998
	29		1988	1989	1990	1991	1992	1993	1994	1995	1996	1997
	30		1987	1988	1989	1990	1991	1992	1993	1994	1995	1996
	31		1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
	32		1985	1986	1987	1988	1989	1990	1991	1992	1993	1994
	33		1984	1985	1986	1987	1988	1989	1990	1991	1992	1993
	34		1983	1984	1985	1986	1987	1988	1989	1990	1991	1992
	35		1982	1983	1984	1985	1986	1987	1988	1989	1990	1991
	36		1981	1982	1983	1984	1985	1986	1987	1988	1989	1990
	37		1980	1981	1982	1983	1984	1985	1986	1987	1988	1989
	38		1979	1980	1981	1982	1983	1984	1985	1986	1987	1988
	39		1978	1979	1980	1981	1982	1983	1984	1985	1986	1987
	40		1977	1978	1979	1980	1981	1982	1983	1984	1985	1986



## APPENDIX 7: Table of weight divisions and weight ranges

Youth and Elite Male Weight Divisions			
Over kg	To kg	Nat Division	Int'l Division
46	48	Y	Y
48	51	Y	Y
51	54	Y	Y
54	57	Y	Y
57	60	Y	Y
60	63.5	Y	Y
63.5	67	Y	Y
67	71	Y	Y
71	75	Y	Y
75	80	Y	Y
80	86	Y	Y
86	92	Y	Y
92+		Y	Y

Youth and Elite Female Weight Divisions			
Over kg	To kg	Nat Division	Int'l Division
45	48	Y	Y
48	50	Y	Y
50	52	Y	Y
52	54	Y	Y
54	57	Y	Y
57	60	Y	Y
60	63	Y	Y
63	66	Y	Y
66	70	Y	Y
70	75	Y	Y
75	81	Y	Y
81+	-	Y	Y

Junior and Younger Age Weight Divisions			
Over kg	To kg	Nat Division	Int'l Division
	22	Y	N
22	24	Y	N
24	26	Y	N
26	28	Y	N
28	30	Y	N
30	32	Y	N
32	34	Y	N
34	36	Y	N
36	38	Y	N
38	40	Y	N
40	42	Y	N
42	44	Y	N
44	46	Y	Y
46	48	Y	Y
48	50	Y	Y
50	52	Y	Y
52	54	Y	Y
54	57	Y	Y
57	60	Y	Y
60	63	Y	Y
63	66	Y	Y
66	70	Y	Y
70	75	Y	Y
75	80	Y	Y
80+	-	Y	Y

## APPENDIX 8: Table of round duration for each age category

<b>Aus Age Div</b>	<b>Male</b>	<b>Female</b>	<b>Titles/Selection</b>
<15 yr Novice*	3x1or 3x1.5	3x1or 3x1.5	No
<b>Under 13 and Under 15</b>	<b>3x 1.5</b>	<b>3x 1.5</b>	<b>Yes</b>
Junior Novice*	3x1.5 or 3x2	3x1.5 or 3x2	No
<b>Junior</b>	<b>3x2</b>	<b>3x2</b>	<b>Yes</b>
Youth Novice*	3x2	3x2	No
<b>Youth</b>	<b>3x3</b>	<b>3x3</b>	<b>Yes</b>
Youth & Elite Novice*	3x2	3x2	No
<b>Elite</b>	<b>3x3</b>	<b>3x3</b>	<b>Yes</b>
Masters	3x2	3x2	No

\* Refer to Regulation 20 for Novice boxers.

## **APPENDIX 9: Release to compete with orthodontic braces/appliances**

Boxing Australia Limited Competition Regulation 7.9: Boxers who wish to compete with orthodontic braces or other orthodontic appliances are required to have attached to their Competition Record Books the following completed 'Release to compete with orthodontic braces/appliances' form. This form requires the written approval of the boxer's dentist/orthodontist and parent/guardian (if under 18 years), and a commitment by the boxer to wear during competition their dentist-moulded gum shield. Boxers competing with orthodontic braces waive the right to dental coverage under any Boxing Australia Limited insurance policy.

I understand the above regulation and give my permission for (boxer's name):

\_\_\_\_\_ to compete.

Dentist/Orthodontist approval:

_____	_____	_____
Print Name	Signature	Date

Parent/Legal Guardian approval:

_____	_____	_____
Print Name	Signature	Date

Athlete:

_____	_____	_____
Print Name	Signature	Date

## APPENDIX 10: Release to compete with soft contact lenses

Boxing Australia Limited Competition Regulation 7.10: Boxers who wish to compete with soft contact lenses are required to have attached to their Competition Record Books the following completed 'Release to compete with soft contact lenses' form. This form requires the written approval of the boxer's optometrist or eye specialist and parent/guardian (if under 18 years), and a commitment by the boxer to wear during competition only soft contact lenses. Boxers competing with soft contact lenses waive the right to eye coverage under any Boxing Australia Limited insurance policy:

I understand the above regulation and give my permission for (boxer's name):

\_\_\_\_\_ to compete.

Optometrist/Eye Specialist approval:

_____	_____	_____
Print Name	Signature	Date

Parent/Legal Guardian approval:

_____	_____	_____
Print Name	Signature	Date

Athlete:

_____	_____	_____
Print Name	Signature	Date

## APPENDIX 11: Boxing Australia Limited Head Injury Form

### Head injuries – instructions for care

*Form to be handed to a responsible adult who will remain with the boxer for next 24 hours.*

**Boxer's name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ am/pm

This boxer has sustained:

- ☐ a knockout from head blows, or  
☐ a Referee Stopped Contest (RSC) from head blows.

Where a knockout from head blows occurs, did the boxer experience a loss of consciousness?

☐ Yes ☐ No ☐ N/A

If the above response is 'Yes' was the loss of consciousness less than one-minute or greater than one minute?

☐ Less than one minute ☐ Greater than one minute

Therefore I, the undersigned Medical Officer, have imposed a medical probation period of \_\_\_\_\_ days without competition or sparring and, following this probation period, if you have sustained a knockout or RSC from head blows, you are to comply with Boxing Australia Limited Technical and Competition Regulation 7.28.

**Doctor's name:** \_\_\_\_\_

**Doctor's signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Discharged into the care of: \_\_\_\_\_ (responsible adult)

#### **This boxer has sustained a head injury.**

He/she should be directly supervised for the first four hours after the injury and then rest quietly for 24 hours.

For the next 24 hours, he/she must avoid alcohol and **MUST NOT** take aspirin, disprin, or other aspirin derivatives.

If greater than recommended level of pain relief is required, seek medical advice.

#### **He/she should be brought to hospital immediately if he/she:**

- Cannot stay awake
- Vomits
- Complains of severe or persistent headache or dizziness
- Becomes restless, drowsy or unconscious
- Has convulsion or fit or twitching of face, arms, legs, etc
- Shows any sign of weakness anywhere in the body
- Complains of double vision or blurred vision
- Acts out of character in any way.

After a knock to the head it is common for children to vomit, especially with movement or travelling in the car. Repeated vomiting can be a danger sign and should not be ignored.

Drowsiness, pale colour, unsteadiness on feet can be signs of concussion or more serious injury.

Wake the person fully each hour or two and:

- ask them to walk

- ask them their name and where they are

**IF IN DOUBT** – If the boxer does not seem normal, take them to the Emergency Department at the nearest hospital.

#### **Additional information in support of the Head Injury Form**

Following a head injury an athlete should be taken to a hospital emergency department if:

- The person is not neurologically normal after 5 minutes
- After several minutes, she/he still can't recall what had happened
- There is suspicion of a skull or significant facial fracture or significant eye injury (e.g. loss of vision or persistently impaired or distorted vision)
- She/he has vomited more than once

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If the person does not show any symptom or signs of serious damage, the doctor will usually allow return into the care of a responsible person and a good recovery is expected. However, rarely complications may follow over the next hours, days or even weeks.

Therefore, and **ESPECIALLY WITHIN 24 HOURS** after any significant head injury a responsible person should keep the athlete under close observation and seek medical advice immediately if any of the following occur:

- Fainting, passing out, undue drowsiness or excessive sleepiness
- Confusion, irrational or otherwise unusual behaviour
- Bleeding or discharge from ear or nose
- Neck pain and/or persistent or increasing headache not relieved by paracetamol
- Repeated vomiting
- Fits or involuntary movements of limbs or face
- Loss of or impaired distorted vision

For the first 24 hours after the head injury the athlete should be allowed to go to sleep, but should be woken every 4 hours to see if arousable without problems and conscious without obvious impairment.

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A doctor should be contacted **if symptoms persist for more than a few days** following a head injury. Such symptoms can be of different nature e.g. headaches, dizziness, cognitive problems such as difficulties concentrating, and emotional and/or behavioural issues such as irritability and may represent a concussion of the brain. While guidelines exist to help decide when to return to work or sporting activity, repeat evaluation by a doctor before making that decision is strongly recommended. After any significant head injury or if persistent symptoms occur:

- Avoid alcohol
- Avoid aspirin, anti-inflammatory painkillers and stronger painkillers (paracetamol can be taken), sedating medications like sleeping tablets or calmatives, unless directed by a doctor

**This information is a general guide only. Please ask your doctor if you have any questions relating to this information.**

**NOTE: A COPY OF THIS COMPLETED FORM IS TO BE SENT TO BOXING AUSTRALIA LIMITED.**

## APPENDIX 12: Boxing Australia Limited Medical Clearance Form

This form is to be used where a boxer has been stopped in a contest by KO or RSC following blows to the head and is to be completed following the mandated doctor medically imposed rest period and provided to Boxing Australia Limited with all supporting evidence.

Please send this form with the appropriate medical forms (Boxer Competition Record Book or doctors certificates) to [Boxing Australia Limited@Boxing.org.au](mailto:BoxingAustraliaLimited@Boxing.org.au). Please allow fourteen (14) days turnaround time before a decision is made.

<b>BOXER</b>
NAME OF BOXER:
DATE OF BIRTH:
BLUE BOOK No:
DATE OF COMPETITION (RSC or KOH):
<b>COACH</b>
NAME OF COACH:
COACH'S TELEPHONE:
COACH'S EMAIL:
<b>DOCTOR</b>
COMPETITION DOCTOR:
DOCTOR'S TELEPHONE:
DOCTOR'S EMAIL:
<b>MEMBER ASSOCIATION</b>
MEMBER ASSOCIATION:
TELEPHONE:
EMAIL:
<b>MEDICAL DETAILS</b>
Has the boxer received a previous RSC or KO as a result of head blows in the last 12 months:
If so, what was/are the date/s:
Has the boxer had an Electroencephalogram (EEG) or Magnetic Resonance Imaging (MRI) in this period: <b>Yes/No?</b> If Yes, provide dates:
If so, what was the result:
Has the boxer seen a doctor since the RSC or KO (due to head blows) in the dated competition above: <i>(If so, please attach the medical certificate)</i>

\_\_\_\_\_  
 Member Association Secretary Name

\_\_\_\_\_  
 Member Association Secretary Signature

### OFFICE ONLY

#### CORRESPONDENCE

Date received	
Date sent to Med Com	
Date of decision to Member Association	

#### DOCUMENT CHECKLIST

Medical Cert/Blue Book	
Med Form Completed	



## APPENDIX 13: Boxing Australia Limited Age Exemption Form

In accordance with Boxing Australia Technical and Competition Regulations, excluding championships, a boxer is permitted to compete against a boxer more than 24 months older. If an exemption is provided this form is to be completed and retained by the Member Association Secretary.

In regard to Youth, Junior and younger age category boxers, the Member Association Secretary of the state in which the bout is to take place, or their nominated representative with the agreement of the Technical Delegate/senior R&J present, and with the consent of both boxers' coaches, may issue an exemption permitting a boxer to compete against a boxer more than 24 months older or a Youth boxer against an Elite boxer if the bout is deemed a suitable match. Such exception is to be in writing and state the reasons the bout is deemed suitable. Such written exemption is to be retained and filed by the Secretary.

*Note: Regulation 4.4, lower age division regulations apply (i.e. head guards, counts, round durations and weight category).*

Member Association conducting the competition: \_\_\_\_\_

### Boxer 1:

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Coach: \_\_\_\_\_ Signature: \_\_\_\_\_

Boxer's Member Association: \_\_\_\_\_

### Boxer 2:

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Coach: \_\_\_\_\_ Signature: \_\_\_\_\_

Boxer's Member Association: \_\_\_\_\_

Reason why the bout is appropriate:

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Name of head R&J: \_\_\_\_\_ Signature: \_\_\_\_\_

Secretary signature: \_\_\_\_\_ Date filed: \_\_\_\_\_

## APPENDIX 14: Boxing Australia Limited Weight Exemption Form

In accordance with Boxing Australia Technical and Competition [Regulation 5.5](#), excluding championships, a boxer is permitted to compete against a boxer weighing outside the permitted weight categories, or allowable differences. If an exemption is provided this form is to be completed and retained by the Member Association Secretary.

In regard to Youth, Junior and younger age category boxers, the Member Association Secretary of the state in which the bout is to take place, or their nominated representative with the agreement of the senior R&J present, and with the consent of both boxers' coaches, may issue an exemption permitting a boxer to compete against a boxer heavier than the stipulated weight differences in this regulation if the bout is deemed a suitable match. Such exception is to be in writing and state the reasons the bout is deemed suitable. Such written exemption is to be retained and filed by the Secretary.

Regulation 5.5 states: The Member Association Secretary or their nominated representative, with the agreement of the Technical Delegate/senior R&J present at a competition, and with the consent of both boxers' coaches, may issue an exemption permitting a boxer to compete against a boxer heavier than the stipulated weight differences in this regulation if the bout is deemed a suitable match. Such exception is to be in writing on a Boxing Australia Limited Weight Exemption Form ([Appendix 14](#)) stating the reasons the bout is deemed suitable. Such written exemption is to be retained and filed by the Secretary.

Member Association conducting the competition: \_\_\_\_\_

### Boxer 1:

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Wt: \_\_\_\_\_

Coach: \_\_\_\_\_ Signature: \_\_\_\_\_

Boxer's Member Association: \_\_\_\_\_

### Boxer 2:

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Wt: \_\_\_\_\_

Coach: \_\_\_\_\_ Signature: \_\_\_\_\_

Boxer's Member Association: \_\_\_\_\_

Reason why the bout is appropriate:

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Name of head R&J: \_\_\_\_\_ Signature: \_\_\_\_\_

Secretary signature: \_\_\_\_\_ Date filed: \_\_\_\_\_

## **APPENDIX 15: Member Association manual scoring process**

- 15.1 At all BAL Member Association Championships or National Selection Competitions manual scoring is only to be used where computer scoring is unavailable or where the computer scoring has become defective.
- 15.2 With either computer or manual scoring, the Technical Delegate will appoint a referee and either three (3) or five (5) judges.
- 15.3 A ten (10) point must system will be used.

### **Seating**

- 15.4 For three (3) judges each judge will be seated separately, with each judge using one of the three (3) sides of the ring and not occupied by the Technical Delegate.

### **Scorecard**

- 15.5 Each judge will independently score the bout using a scorecard as supplied by the Member Association.
- 15.6 At the beginning of the bout the judge is to fill in the scorecard (NOT the score) and sign the document.
- 15.7 At the end of each round the judge will score the round in accordance with the scoring criteria found at [regulation 9](#) of these regulations and hand the scorecard to the referee. The referee will collect all the judges' scorecards and hand to the Technical Delegate.
- 15.8 At the end of the bout the judge will complete the scorecard, nominate a winner and hand the scorecard to the referee. The referee will collect the scorecards from each judge and deliver them to the Technical Delegate.

### **Draw**

- 15.9 Where the judge's final score is a draw the preference decision on the judge's final scorecard will determine the winner.

## **Warnings**

- 15.10 A judge WILL NOT deduct a point for any warning; this decision will be made by the Technical Delegate.

## **Technical Delegate's role**

- 15.11 Every Member Association contest is to be supervised by a person accredited, at a minimum, as an Australian state/territory two-Star referee or three-Star judge; and their roles and responsibilities in regards to manual scoring are:
- 15.11.1 Appoint the referee and judges for each contest.
  - 15.11.2 Permit the contest to begin.
  - 15.11.3 Make a record of knockdowns and warnings given against which boxer.
  - 15.11.4 At the end of each round and the end of the bout collect the judges' scorecards from the referee.
  - 15.11.5 If no warning has been given the contest will simply end in a score of 3-0 (unanimous) or 2-1 (split).
  - 15.11.6 Where a warning has been given adjust the final score of each judge by reducing the offending boxer's final score by one-point for each warning given.
  - 15.11.8 If the bout has been recalculated and ends in a draw the Technical Delegate will award the winner as the original decision on the judge's final scorecard, ONLY if the two (2) remaining judges had different winners, OR one or both of the remaining judges also had a draw, OR both of the remaining two (2) judges also had a draw.
- 15.12 Advise the announcer of the decision.

## **APPENDIX 16: Boxing Australia Limited Declaration of Non-Pregnancy**

Date: \_\_\_\_\_

Place: \_\_\_\_\_

Name of competition: \_\_\_\_\_

### **Female boxers over 18 years of age:**

I, \_\_\_\_\_, of \_\_\_\_\_, warrant and declare that, to the best of my knowledge and belief, I am not pregnant.

I understand the seriousness of this warranty and declaration and accept full responsibility for it. In the event that this warranty and declaration is subsequently shown to be inaccurate or untrue, and I or my baby suffers any injury or damage which is related to my undisclosed pregnancy during this boxing competition, I, on behalf of myself, my baby, my heirs and successors and my legal personal representatives, waive and release Boxing Australia Limited (together with its Member Associations, employees and officials), the organisers of the competition and the competition venue owners and occupiers from all claims and liability in any way related to such injury or damage.

Signature of boxer:

\_\_\_\_\_

Date:

\_\_\_\_\_

## Female boxers under 18 years of age:

I, \_\_\_\_\_, of \_\_\_\_\_,  
warrant and declare that I am a parent/legal guardian of  
\_\_\_\_\_, of \_\_\_\_\_; and, having  
made all proper and appropriate enquiries, I further warrant and declare on the  
latter's behalf that, to the best of my knowledge and belief, she is not pregnant.

I understand the seriousness of this warranty and declaration and accept full  
responsibility for it. In the event that this warranty and declaration is subsequently  
shown to be inaccurate or untrue and, \_\_\_\_\_  
(*insert name of the Boxer*) or her baby suffers any injury or damage which is related  
to her undisclosed pregnancy during this boxing competition, I, on behalf  
of \_\_\_\_\_ (*insert name of the Boxer*), her baby, her  
heirs and successors and her legal personal representatives, waive and release  
Boxing Australia Limited (together with its Member Associations, employees and  
officials), the organisers of the competition and the competition venue owners and  
occupiers from all claims and liability in any way related to such injury or damage.

Signature of the Parent / Legal Guardian:

\_\_\_\_\_

Acknowledged by:

\_\_\_\_\_

(*Signature of the boxer if under 18 years of age*)

Date:

\_\_\_\_\_

**APPENDIX 17: Boxing Australia Limited Bout Score Card**

DATE:

COMPETITION:

BOUT NUMBER:

JUDGE NUMBER:

JUDGE NAME:

Judge NOC Code:

RED

NOC Code:

Round Score

Round Number

BLUE

NOC Code:

Round Score

Round Number

WINNER

SIGNATURE OF THE JUDGE:

La Version de Sport International | Bureau de Québec | 11007 Laurier | Québec  
M6 4K1 | 51 337 37 79 (m) et 51 337 37 72 | www.bsi.org

JUDGE SCORE CARD

ibla

ibla

ibla

DATE:

COMPETITION:

BOUT NUMBER:

JUDGE NUMBER:

JUDGE NAME:

Judge NOC Code:

RED

NOC Code:

Round Score

Round Number

BLUE

NOC Code:

Round Score

Round Number

WINNER

SIGNATURE OF THE JUDGE:

La Version de Sport International | Bureau de Québec | 11007 Laurier | Québec  
M6 4K1 | 51 337 37 79 (m) et 51 337 37 72 | www.bsi.org

JUDGE SCORE CARD

ibla

ibla

ibla

## **APPENDIX 18: Returning to competitive boxing and to sparring after injury**

### **Part 1**

- 1.1 Before returning to competitive boxing or to sparring after a KO or an RSC, a boxer must first:
- (a) be medically examined by a qualified medical practitioner of the boxer's choice and holding a current licence to practice medicine in a state or territory of Australia;
  - (b) provide such medical practitioner with:
    - (i) a copy of Form C;
    - (ii) where an examination of the boxer has been conducted in accordance with a copy of Form B by the ringside doctor who medically officiated during the boxing contest in which the boxer sustained his or her KO or RSC, and where such ringside doctor has endorsed the results of his or her examination where indicated on such copy of Form B, a copy of such endorsed copy of Form B;
    - (iii) a further, unendorsed copy of Form B; and
    - (iv) the boxer's Competition Record Book;
  - (c) secure from such medical practitioner:
    - (i) the copy of Form B referred to in clause 1.1(b)(iii) of this appendix, duly endorsed where indicated on such copy of Form B with the results of the medical examination of the boxer conducted by the medical practitioner
    - (ii) the copy of Form C referred to in clause 1.1(b)(i) of this appendix, properly completed by the medical practitioner; and



- (iii) the annotations to the boxer's Competition Record Book referred to in clause 1.3(b) of this appendix.

1.2 A medical examination conducted for the purposes of clause 1.1 of this appendix must be conducted only after the expiration of the period recorded in the boxer's Competition Record Book by the ringside doctor following the boxing contest in which the boxer sustained his or her relevant KO or RSC as the period during which the boxer not be permitted to take part in competitive boxing or in sparring.

1.3 After examining a boxer for the purposes of clause 1.1 of this appendix, and where the medical practitioner concerned has concluded that the boxer is fit to return to competitive boxing and to sparring, such medical practitioner shall:

- (a) complete, in print or otherwise in legible writing, the copy of Form C referred to in clause 1.1(b)(i) of this appendix;
- (b) endorse the copy of Form B referred to in clause 1.1(b)(iii) of this appendix with the results of his or her examination where indicated on such copy of Form B;
- (c) record in the boxer's Competition Record Book the words "Fit to Box" below the non-competition period annotation made by the ringside doctor following the relevant KO or RSC, and sign and date his or her "Fit to Box" annotation; and
- (d) then return the completed copy of Form C referred to in clause 1.3(a) of this appendix, the copy of Form B referred to in clause 1.1(b)(ii) and endorsed by the ringside doctor (if provided by the boxer to the examining medical practitioner), the endorsed copy of Form B referred to in clause 1.3(b) of this appendix and the boxer's Competition Record Book (duly annotated in accordance with clause 1.3(c) of this appendix) to the boxer.

1.4 Upon receipt of the completed copy of Form C, the endorsed copy of Form B and his or her annotated Competition Record Book, all in accordance with clause 1.3(d) of this appendix, the boxer shall forward to the Secretary of the Member Association with which he or she is registered:

- (a) a copy of Form D, duly completed by or on behalf of the boxer;

- (b) a further copy of the copy of Form A completed in accordance with regulations 7.21(b) and, where applicable, 7.22 of these regulations;
- (c) where the ringside doctor who medically officiated during the boxing contest in which the boxer sustained his KO or RSC has endorsed a copy of Form B in accordance with regulation 7.21(a) of these regulations, a copy of that endorsed copy of Form B;
- (d) the copy of Form C completed in accordance with clause 1.3(a) of this appendix;
- (e) the copy of Form B duly endorsed in accordance with clause 1.3(b) of this appendix with the results of the examination of the boxer conducted by the medical practitioner; and
- (f) photocopies or scans of the pages in the boxer's Competition Record Book:
  - (i) containing the boxer's photo and personal particulars;
  - (ii) recording his or her relevant KO or RSC, together with the period during which the ringside doctor concerned deemed it appropriate that the boxer not be permitted to take part in competitive boxing or in sparring; and
  - (iii) recording the relevant "Fit to Box" annotation entered in accordance with clause 1.3(b) of this appendix.

1.5 Upon receipt of all of the documents referred to in clause 1.4 of this appendix, the Secretary of the Member Association concerned shall:

- (a) check the same to ensure that all comply with the requirements of these regulations;
- (b) insert both his or her printed name and signature on the copy of Form D where indicated; and
- (c) if all of the documents are compliant with the requirements of these regulations, forward copies of the same to the CEO of BAL.

- 1.6 Upon receipt of the documents referred to in clause 1.5 of this appendix, the CEO of BAL shall forward copies of the same to each of the members of BAL's Anti-Doping and Medical Standing Committee.
- 1.7 Upon receipt of the documents referred to in clause 1.6 of this appendix, Boxing Australia Limited's Anti-Doping and Medical Standing Committee may:
- (a) require the boxer concerned to undergo a further medical examination or examinations by a medical practitioner or practitioners of the boxer's choice, and to provide the Committee with a medical report or reports from such medical practitioner or practitioners;
  - (b) delay its further consideration of the matter for such period or periods of time as it may deem appropriate;
  - (c) determine to approve the boxer's return to competitive boxing and to sparring; or
  - (d) determine to refuse to approve the boxer's return to competitive boxing and to sparring.
- 1.8 In the event that BAL's Anti-Doping and Medical Standing Committee determines either to approve or to not approve a boxer's return to competitive boxing and to sparring pursuant to clause 1.7(c) or (d) of this appendix, then that Committee shall forward a copy of its Determination to the CEO of BAL, who in turn shall forward copies of such Determination to:
- (a) the Secretary of the Member Association with which the boxer is registered; and
  - (b) AIBA.
- 1.9 No boxer shall return to competitive boxing or to sparring following a KO or an RSC unless and until BAL's Anti-Doping and Medical Standing Committee has determined to approve such return in accordance with clause 1.7(c) of this appendix.

## **Part 2**

- 2.1 Before returning to competitive boxing or to sparring, a boxer who has been knocked out or has otherwise been concussed other than during a boxing contest (as in training or in the course of an unrelated activity) shall, following the expiration of the period referred to in regulation 7.27(b)(iii)(C) of these regulations, provide to the Secretary of the Member Association with which the boxer is registered:
- (a) a copy of a medical report obtained by the boxer consistently with regulation 7.27(b)(iii) of these regulations;
  - (b) the endorsed copy of Form B referred to in regulation 7.27(b)(iv) of these regulations; and
  - (c) a photocopy or a scan of the page in the boxer's Competition Record Book containing the boxer's photo and personal particulars.
- 2.2 Upon receipt of all of the documents provided by a boxer in accordance with the requirements of clause 2.1 of this appendix, the Secretary of the Member Association concerned shall:
- (a) check the same to ensure that all comply with the requirements of these regulations; and
  - (b) if all of the documents are compliant with the requirements of these regulations, forward copies of such documents, together with written advice detailing the circumstances giving rise to the boxer's knockout or concussion, to the CEO of BAL.
- 2.3 Upon receipt of the documents referred to in clause 2.2 of this appendix, the CEO of BAL shall forward copies of the same to each of the members of BAL's Anti-Doping and Medical Standing Committee.
- 2.4 Upon receipt of the documents referred to in clause 2.3 of this appendix, BAL's Anti-Doping and Medical Standing Committee may:
- (a) require the boxer concerned to undergo a further medical examination or examinations by a medical practitioner or practitioners of the boxer's

choice, and to provide the committee with a medical report or reports from such medical practitioner or practitioners;

- (b) delay its further consideration of the matter for such period or periods as it may deem appropriate;
- (c) determine to approve the boxer's return to competitive boxing and to sparring; or
- (d) determine to refuse to approve the boxer's return to competitive boxing and to sparring.

2.5 In the event that BAL's Anti-Doping and Medical Standing Committee determines either to approve or to not approve a boxer's return to competitive boxing and to sparring pursuant to clause 2.4(c) or (d) of this appendix, then that committee shall forward a copy of its Determination to the CEO of BAL, who in turn shall forward copies of such determination to:

- (a) the Secretary of the Member Association with which the boxer is registered; and
- (b) AIBA.

2.6 No boxer shall return to competitive boxing or to sparring following a knockout or concussion occurring in the circumstances referred to in regulation 7.26 of these regulations unless and until BAL's Anti-Doping and Medical Standing Committee has determined to approve such return in accordance with clause 2.4(c) of this appendix.

### **Part 3**

3.1 Before returning to competitive boxing or to sparring after sustaining an injury of a kind dealt with in regulation 7.29 of these regulations, a boxer must first:

- (a) be medically examined by a qualified medical practitioner of the boxer's choice and holding a current licence to practice medicine in a state or territory of Australia;
- (b) provide to such medical practitioner a copy of Form C; and
- (c) secure from such medical practitioner:

- (i) the copy of Form C referred to in clause 3.1(b) of this appendix, properly completed by the medical practitioner; and
- (ii) the annotations in the boxer's Competition Record Book referred to in clause 3.3(b) of this appendix.

3.2 A medical examination conducted for the purposes of clause 3.1 of this appendix must be conducted only after the expiration of the period recorded in the boxer's Competition Record Book by the officiating medical practitioner following the boxing contest in which the boxer sustained an injury of the kind dealt with in regulation 7.29 of these regulations as the period during which the boxer not be permitted to take part in competitive boxing or in sparring.

3.3 After examining a boxer for the purposes of clause 3.1 of this appendix, and where the medical practitioner concerned has concluded that the boxer is fit to return to competitive boxing and to sparring, such medical practitioner shall:

- (a) complete, in print or otherwise in legible writing, the copy of Form C referred to in clause 3.1(c)(i) of this appendix;
- (b) record in the boxer's Competition Record Book the words "Fit to Box" below the relevant non-competition period annotation made by the officiating medical practitioner, and sign and date his or her "Fit to Box" annotation; and
- (c) then return both the completed copy of Form C and the boxer's annotated Competition Record Book to the boxer.

3.4 Upon receipt of his or her completed copy of Form C and his or her annotated Competition Record Book in accordance with clause 3.3(c) of this appendix, the boxer shall forward to the Secretary of the Member Association with which he or she is registered:

- (a) a further copy of Form D completed in accordance with regulation 7.29(b) of these regulations;
- (b) the copy of Form E completed in accordance with clause 3.3(a) of this appendix; and

- (c) photocopies or scans of the pages in the boxer's Competition Record Book:
  - (i) containing the boxer's photo and personal particulars;
  - (ii) recording the nature of the relevant injury, together with the period during which the ringside doctor concerned deemed it appropriate that the boxer not be permitted to take part in competitive boxing or in sparring; and
  - (iii) recording the relevant "Fit to Box" annotation entered in accordance with clause 3.3(b) of this appendix.

3.5 Upon receipt of all of the documents referred to in clause 3.4 of this appendix, the Secretary of the Member Association concerned shall:

- (a) check the same to ensure that all comply with the requirements of these regulations; and
- (b) if all of the documents are compliant with the requirements of these regulations, forward copies of the same to the CEO of BAL.

3.6 Upon receipt of the documents referred to in clause 3.4 of this appendix, the CEO of BAL shall forward copies of the same to each of the members of BAL's Anti-Doping and Medical Standing Committee.

3.7 Upon receipt of the documents referred to in clause 3.6 of this appendix, BAL's Anti-Doping and Medical Standing Committee may:

- (a) require the boxer concerned to undergo a further medical examination or examinations by a medical practitioner or practitioners of the boxer's choice, and to provide the committee with a medical report or reports from such medical practitioner or practitioners;
- (b) delay its further consideration of the matter for such period or periods as it may deem appropriate;
- (c) determine to approve the boxer's return to competitive boxing and to sparring; or
- (d) determine to refuse to approve the boxer's return to competitive boxing and to sparring.

- 3.8 In the event that BAL's Anti-Doping and Medical Standing Committee determines either to approve or to not approve a boxer's return to competitive boxing and to sparring pursuant to clause 3.7(c) or (d) of this appendix, then that Committee shall forward a copy of its Determination to the CEO of BAL, who in turn shall forward copies of such Determination to:
- (a) the Secretary of the Member Association with which the boxer is registered; and
  - (b) AIBA.
- 3.9 No boxer shall return to competitive boxing or to sparring following an injury of a kind dealt with in regulation 7.29 of these regulations unless and until BAL's Anti-Doping and Medical Standing Committee has determined to approve such return in accordance with clause 3.7(c) of this appendix.



## FORM B

### APPENDIX 19: SCAT5 Concussion Evaluation Tool

# SCAT5<sup>®</sup>

## SPORT CONCUSSION ASSESSMENT TOOL – 5TH EDITION

DEVELOPED BY THE CONCUSSION IN SPORT GROUP  
FOR USE BY MEDICAL PROFESSIONALS ONLY

supported by



FIFA<sup>®</sup>



FEI

#### Patient details

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

ID number: \_\_\_\_\_

Examiner: \_\_\_\_\_

Date of Injury: \_\_\_\_\_ Time: \_\_\_\_\_

### WHAT IS THE SCAT5?

**The SCAT5 is a standardized tool for evaluating concussions designed for use by physicians and licensed healthcare professionals<sup>1</sup>. The SCAT5 cannot be performed correctly in less than 10 minutes.**

If you are not a physician or licensed healthcare professional, please use the Concussion Recognition Tool 5 (CRT5). The SCAT5 is to be used for evaluating athletes aged 13 years and older. For children aged 12 years or younger, please use the Child SCAT5.

Preseason SCAT5 baseline testing can be useful for interpreting post-injury test scores, but is not required for that purpose. Detailed instructions for use of the SCAT5 are provided on page 7. Please read through these instructions carefully before testing the athlete. Brief verbal instructions for each test are given in italics. The only equipment required for the tester is a watch or timer.

**This tool may be freely copied in its current form for distribution to individuals, teams, groups and organizations. It should not be altered in any way, re-branded or sold for commercial gain. Any revision, translation or reproduction in a digital form requires specific approval by the Concussion in Sport Group.**

### Recognise and Remove

A head impact by either a direct blow or indirect transmission of force can be associated with a serious and potentially fatal brain injury. If there are significant concerns, including any of the red flags listed in Box 1, then activation of emergency procedures and urgent transport to the nearest hospital should be arranged.

#### Key points

- Any athlete with suspected concussion should be **REMOVED FROM PLAY**, medically assessed and monitored for deterioration. No athlete diagnosed with concussion should be returned to play on the day of injury.
- If an athlete is suspected of having a concussion and medical personnel are not immediately available, the athlete should be referred to a medical facility for urgent assessment.
- Athletes with suspected concussion should not drink alcohol, use recreational drugs and should not drive a motor vehicle until cleared to do so by a medical professional.
- Concussion signs and symptoms evolve over time and it is important to consider repeat evaluation in the assessment of concussion.
- The diagnosis of a concussion is a clinical judgment, made by a medical professional. The SCAT5 should **NOT** be used by itself to make, or exclude, the diagnosis of concussion. An athlete may have a concussion even if their SCAT5 is "normal".

#### Remember:

- The basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the athlete (other than that required for airway management) unless trained to do so.
- Assessment for a spinal cord injury is a critical part of the initial on-field assessment.
- Do not remove a helmet or any other equipment unless trained to do so safely.

## IMMEDIATE OR ON-FIELD ASSESSMENT

The following elements should be assessed for all athletes who are suspected of having a concussion prior to proceeding to the neurocognitive assessment and ideally should be done on-field after the first first aid / emergency care priorities are completed.

If any of the "Red Flags" or observable signs are noted after a direct or indirect blow to the head, the athlete should be immediately and safely removed from participation and evaluated by a physician or licensed healthcare professional.

Consideration of transportation to a medical facility should be at the discretion of the physician or licensed healthcare professional.

The GCS is important as a standard measure for all patients and can be done serially if necessary in the event of deterioration in conscious state. The Maddocks questions and cervical spine exam are critical steps of the immediate assessment; however, these do not need to be done serially.

### STEP 1: RED FLAGS

#### RED FLAGS:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

### STEP 2: OBSERVABLE SIGNS

Witnessed ☐ Observed on Video ☐

Lying motionless on the playing surface	Y	N
Balance / gait difficulties / motor incoordination: stumbling, slow / laboured movements	Y	N
Disorientation or confusion, or an inability to respond appropriately to questions	Y	N
Blank or vacant look	Y	N
Facial injury after head trauma	Y	N

### STEP 3: MEMORY ASSESSMENT MADDOCKS QUESTIONS<sup>2</sup>

"I am going to ask you a few questions, please listen carefully and give your best effort. First, tell me what happened?"

Mark Y for correct answer / N for incorrect

What venue are we at today?	Y	N
Which half is it now?	Y	N
Who scored last in this match?	Y	N
What team did you play last week / game?	Y	N
Did your team win the last game?	Y	N

Note: Appropriate sport-specific questions may be substituted.

Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 ID number: \_\_\_\_\_  
 Examiner: \_\_\_\_\_  
 Date: \_\_\_\_\_

### STEP 4: EXAMINATION GLASGOW COMA SCALE (GCS)<sup>3</sup>

Time of assessment			
Date of assessment			

#### Best eye response (E)

No eye opening	1	1	1
Eye opening in response to pain	2	2	2
Eye opening to speech	3	3	3
Eyes opening spontaneously	4	4	4

#### Best verbal response (V)

No verbal response	1	1	1
Incomprehensible sounds	2	2	2
Inappropriate words	3	3	3
Confused	4	4	4
Oriented	5	5	5

#### Best motor response (M)

No motor response	1	1	1
Extension to pain	2	2	2
Abnormal flexion to pain	3	3	3
Flexion / Withdrawal to pain	4	4	4
Localizes to pain	5	5	5
Obeys commands	6	6	6
Glasgow Coma score (E + V + M)			

### CERVICAL SPINE ASSESSMENT

Does the athlete report that their neck is pain free at rest?	Y	N
If there is NO neck pain at rest, does the athlete have a full range of ACTIVE pain free movement?	Y	N
Is the limb strength and sensation normal?	Y	N

**In a patient who is not lucid or fully conscious, a cervical spine injury should be assumed until proven otherwise.**

## OFFICE OR OFF-FIELD ASSESSMENT

Please note that the neurocognitive assessment should be done in a distraction-free environment with the athlete in a resting state.

### STEP 1: ATHLETE BACKGROUND

Sport / team / school: \_\_\_\_\_

Date / time of injury: \_\_\_\_\_

Years of education completed: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: M / F / Other

Dominant hand: left / neither / right

How many diagnosed concussions has the athlete had in the past?: \_\_\_\_\_

When was the most recent concussion?: \_\_\_\_\_

How long was the recovery (time to being cleared to play) from the most recent concussion?: \_\_\_\_\_ (days)

#### Has the athlete ever been:

Hospitalized for a head injury?	Yes	No
Diagnosed / treated for headache disorder or migraines?	Yes	No
Diagnosed with a learning disability / dyslexia?	Yes	No
Diagnosed with ADD / ADHD?	Yes	No
Diagnosed with depression, anxiety or other psychiatric disorder?	Yes	No

Current medications? If yes, please list:

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---



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Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 ID number: \_\_\_\_\_  
 Examiner: \_\_\_\_\_  
 Date: \_\_\_\_\_

2

### STEP 2: SYMPTOM EVALUATION

The athlete should be given the symptom form and asked to read this instruction paragraph out loud then complete the symptom scale. For the baseline assessment, the athlete should rate his/her symptoms based on how he/she typically feels and for the post injury assessment the athlete should rate their symptoms at this point in time.

Please Check: ☐ Baseline ☐ Post-Injury

Please hand the form to the athlete

	none	mild	moderate	severe			
Headache	0	1	2	3	4	5	6
"Pressure in head"	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like "in a fog"	0	1	2	3	4	5	6
"Don't feel right"	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6
Trouble falling asleep (if applicable)	0	1	2	3	4	5	6

Total number of symptoms: \_\_\_\_\_ of 22

Symptom severity score: \_\_\_\_\_ of 132

Do your symptoms get worse with physical activity? Y N

Do your symptoms get worse with mental activity? Y N

If 100% is feeling perfectly normal, what percent of normal do you feel?

If not 100%, why?

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Please hand form back to examiner



## STEP 3: COGNITIVE SCREENING

### Standardised Assessment of Concussion (SAC)<sup>4</sup>

## ORIENTATION

What month is it?	0	1
What is the date today?	0	1
What is the day of the week?	0	1
What year is it?	0	1
What time is it right now? (within 1 hour)	0	1
<b>Orientation score</b>	<b>of 5</b>	

## IMMEDIATE MEMORY

The Immediate Memory component can be completed using the traditional 5-word per trial list or optionally using 10-words per trial to minimise any ceiling effect. All 3 trials must be administered irrespective of the number correct on the first trial. Administer at the rate of one word per second.

**Please choose EITHER the 5 or 10 word list groups and circle the specific word list chosen for this test.**

*I am going to test your memory. I will read you a list of words and when I am done, repeat back as many words as you can remember, in any order. For Trials 2 & 3: I am going to repeat the same list again. Repeat back as many words as you can remember in any order, even if you said the word before.*

List	Alternate 5 word lists					Score (of 5)		
						Trial 1	Trial 2	Trial 3
A	Finger	Penny	Blanket	Lemon	Insect			
B	Candle	Paper	Sugar	Sandwich	Wagon			
C	Baby	Monkey	Perfume	Sunset	Iron			
D	Elbow	Apple	Carpet	Saddle	Bubble			
E	Jacket	Arrow	Pepper	Cotton	Movie			
F	Dollar	Honey	Mirror	Saddle	Anchor			
<b>Immediate Memory Score</b>						<b>of 15</b>		
<b>Time that last trial was completed</b>								

List	Alternate 10 word lists					Score (of 10)		
						Trial 1	Trial 2	Trial 3
G	Finger	Penny	Blanket	Lemon	Insect			
	Candle	Paper	Sugar	Sandwich	Wagon			
H	Baby	Monkey	Perfume	Sunset	Iron			
	Elbow	Apple	Carpet	Saddle	Bubble			
I	Jacket	Arrow	Pepper	Cotton	Movie			
	Dollar	Honey	Mirror	Saddle	Anchor			
<b>Immediate Memory Score</b>						<b>of 30</b>		
<b>Time that last trial was completed</b>								

Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 ID number: \_\_\_\_\_  
 Examiner: \_\_\_\_\_  
 Date: \_\_\_\_\_

## CONCENTRATION

### DIGITS BACKWARDS

Please circle the Digit list chosen (A, B, C, D, E, F). Administer at the rate of one digit per second reading DOWN the selected column.

*I am going to read a string of numbers and when I am done, you repeat them back to me in reverse order of how I read them to you. For example, if I say 7-1-9, you would say 9-1-7.*

Concentration Number Lists (circle one)					
List A	List B	List C			
4-9-3	5-2-6	1-4-2	Y	N	0
6-2-9	4-1-5	6-5-8	Y	N	1
3-8-1-4	1-7-9-5	6-8-3-1	Y	N	0
3-2-7-9	4-9-6-8	3-4-8-1	Y	N	1
6-2-9-7-1	4-8-5-2-7	4-9-1-5-3	Y	N	0
1-5-2-8-6	6-1-8-4-3	6-8-2-5-1	Y	N	1
7-1-8-4-6-2	8-3-1-9-6-4	3-7-6-5-1-9	Y	N	0
5-3-9-1-4-8	7-2-4-8-5-6	9-2-6-5-1-4	Y	N	1
List D	List E	List F			
7-8-2	3-8-2	2-7-1	Y	N	0
9-2-6	5-1-8	4-7-9	Y	N	1
4-1-8-3	2-7-9-3	1-6-8-3	Y	N	0
9-7-2-3	2-1-6-9	3-9-2-4	Y	N	1
1-7-9-2-6	4-1-8-6-9	2-4-7-5-8	Y	N	0
4-1-7-5-2	9-4-1-7-5	8-3-9-6-4	Y	N	1
2-6-4-8-1-7	6-9-7-3-8-2	5-8-6-2-4-9	Y	N	0
8-4-1-9-3-5	4-2-7-9-3-8	3-1-7-8-2-6	Y	N	1
<b>Digits Score:</b>			<b>of 4</b>		

## MONTHS IN REVERSE ORDER

*Now tell me the months of the year in reverse order. Start with the last month and go backward. So you'll say December, November. Go ahead.*

Dec - Nov - Oct - Sept - Aug - Jul - Jun - May - Apr - Mar - Feb - Jan	0	1
<b>Months Score</b>	<b>of 1</b>	
<b>Concentration Total Score (Digits + Months)</b>	<b>of 5</b>	

## STEP 4: NEUROLOGICAL SCREEN

See the instruction sheet (page 7) for details of test administration and scoring of the tests.

Can the patient read aloud (e.g. symptom checklist) and follow instructions without difficulty?	Y	N
Does the patient have a full range of pain-free PASSIVE cervical spine movement?	Y	N
Without moving their head or neck, can the patient look side-to-side and up-and-down without double vision?	Y	N
Can the patient perform the finger nose coordination test normally?	Y	N
Can the patient perform tandem gait normally?	Y	N

## BALANCE EXAMINATION

### Modified Balance Error Scoring System (mBESS) testing<sup>5</sup>

Which foot was tested (i.e. which is the non-dominant foot) ☐ Left ☐ Right

Testing surface (hard floor, field, etc.) \_\_\_\_\_

Footwear (shoes, barefoot, braces, tape, etc.) \_\_\_\_\_

Condition	Errors
Double leg stance	of 10
Single leg stance (non-dominant foot)	of 10
Tandem stance (non-dominant foot at the back)	of 10
Total Errors	of 30

Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 ID number: \_\_\_\_\_  
 Examiner: \_\_\_\_\_  
 Date: \_\_\_\_\_

## STEP 5: DELAYED RECALL:

The delayed recall should be performed after 5 minutes have elapsed since the end of the Immediate Recall section. Score 1 pt. for each correct response.

*Do you remember that list of words I read a few times earlier? Tell me as many words from the list as you can remember in any order.*

Time Started

Please record each word correctly recalled. Total score equals number of words recalled.

Total number of words recalled accurately: of 5 or of 10

## STEP 6: DECISION

Domain	Date & time of assessment:		
Symptom number (of 22)			
Symptom severity score (of 132)			
Orientation (of 5)			
Immediate memory	of 15 of 30	of 15 of 30	of 15 of 30
Concentration (of 5)			
Neuro exam	Normal Abnormal	Normal Abnormal	Normal Abnormal
Balance errors (of 30)			
Delayed Recall	of 5 of 10	of 5 of 10	of 5 of 10

Date and time of injury: \_\_\_\_\_

If the athlete is known to you prior to their injury, are they different from their usual self?

☐ Yes ☐ No ☐ Unsure ☐ Not Applicable

(If different, describe why in the clinical notes section)

Concussion Diagnosed?

☐ Yes ☐ No ☐ Unsure ☐ Not Applicable

If re-testing, has the athlete improved?

☐ Yes ☐ No ☐ Unsure ☐ Not Applicable

**I am a physician or licensed healthcare professional and I have personally administered or supervised the administration of this SCAT5.**

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Registration number (if applicable): \_\_\_\_\_

Date: \_\_\_\_\_

**SCORING ON THE SCAT5 SHOULD NOT BE USED AS A STAND-ALONE METHOD TO DIAGNOSE CONCUSSION, MEASURE RECOVERY OR MAKE DECISIONS ABOUT AN ATHLETE'S READINESS TO RETURN TO COMPETITION AFTER CONCUSSION.**

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Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

ID number: \_\_\_\_\_

Examiner: \_\_\_\_\_

Date: \_\_\_\_\_



(To be given to the person monitoring the concussed athlete)

**If you notice any change in behaviour, vomiting, worsening headache, double vision or excessive drowsiness, please telephone your doctor or the nearest hospital emergency department immediately.**

**Initial rest: Limit physical activity to routine daily activities (avoid exercise, training, sports) and limit activities such as school, work, and screen time to a level that does not worsen symptoms.**

- 1) Avoid alcohol
- 2) Avoid prescription or non-prescription drugs without medical supervision. Specifically:
  - a) Avoid sleeping tablets
  - b) Do not use aspirin, anti-inflammatory medication or stronger pain medications such as narcotics
- 3) Do not drive until cleared by a healthcare professional.
- 4) Return to play/sport requires clearance by a healthcare professional.

**Clinic phone number:** \_\_\_\_\_

Patient's name: \_\_\_\_\_

Date / time of injury: \_\_\_\_\_

Date / time of medical review: \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_

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Contact details or stamp



# INSTRUCTIONS

Words in *Italics* throughout the SCAT5 are the instructions given to the athlete by the clinician

## Symptom Scale

The time frame for symptoms should be based on the type of test being administered. At baseline it is advantageous to assess how an athlete "typically" feels whereas during the acute/post-acute stage it is best to ask how the athlete feels at the time of testing.

The symptom scale should be completed by the athlete, not by the examiner. In situations where the symptom scale is being completed after exercise, it should be done in a resting state, generally by approximating his/her resting heart rate.

For total number of symptoms, maximum possible is 22 except immediately post injury, if sleep item is omitted, which then creates a maximum of 21.

For Symptom severity score, add all scores in table, maximum possible is 22 x 6 = 132, except immediately post injury if sleep item is omitted, which then creates a maximum of 21x6=126.

## Immediate Memory

The Immediate Memory component can be completed using the traditional 5-word per trial list or, optionally, using 10-words per trial. The literature suggests that the Immediate Memory has a notable ceiling effect when a 5-word list is used. In settings where this ceiling is prominent, the examiner may wish to make the task more difficult by incorporating two 5-word groups for a total of 10 words per trial. In this case, the maximum score per trial is 10 with a total trial maximum of 30.

Choose one of the word lists (either 5 or 10). Then perform 3 trials of immediate memory using this list.

Complete all 3 trials regardless of score on previous trials.

*"I am going to test your memory. I will read you a list of words and when I am done, repeat back as many words as you can remember, in any order."* The words must be read at a rate of one word per second.

Trials 2 & 3 MUST be completed regardless of score on trial 1 & 2.

Trials 2 & 3:

*"I am going to repeat the same list again. Repeat back as many words as you can remember in any order, even if you said the word before."*

Score 1 pt. for each correct response. Total score equals sum across all 3 trials. Do NOT inform the athlete that delayed recall will be tested.

## Concentration

### Digits backward

Choose one column of digits from lists A, B, C, D, E or F and administer those digits as follows:

Say: *"I am going to read a string of numbers and when I am done, you repeat them back to me in reverse order of how I read them to you. For example, if I say 7-1-9, you would say 9-1-7."*

Begin with first 3 digit string.

If correct, circle "Y" for correct and go to next string length. If incorrect, circle "N" for the first string length and read trial 2 in the same string length. One point possible for each string length. Stop after incorrect on both trials (2 N's) in a string length. The digits should be read at the rate of one per second.

## Months in reverse order

*"Now tell me the months of the year in reverse order. Start with the last month and go backward. So you'll say December, November ... Go ahead"*

1 pt. for entire sequence correct

## Delayed Recall

The delayed recall should be performed after 5 minutes have elapsed since the end of the Immediate Recall section.

*"Do you remember that list of words I read a few times earlier? Tell me as many words from the list as you can remember in any order."*

Score 1 pt. for each correct response

## Modified Balance Error Scoring System (mBESS)<sup>5</sup> testing

This balance testing is based on a modified version of the Balance Error Scoring System (BESS)<sup>5</sup>. A timing device is required for this testing.

Each of 20-second trial/stance is scored by counting the number of errors. The examiner will begin counting errors only after the athlete has assumed the proper start position. The modified BESS is calculated by adding one error point for each error during the three 20-second tests. The maximum number of errors for any single condition is 10. If the athlete commits multiple errors simultaneously, only

one error is recorded but the athlete should quickly return to the testing position, and counting should resume once the athlete is set. Athletes that are unable to maintain the testing procedure for a minimum of five seconds at the start are assigned the highest possible score, ten, for that testing condition.

OPTION: For further assessment, the same 3 stances can be performed on a surface of medium density foam (e.g., approximately 50cm x 40cm x 6cm).

## Balance testing – types of errors

- |                                 |   |   |
|---------------------------------|---|---|
| 1. Hands lifted off iliac crest | 3. Step, stumble, or fall                 | 5. Lifting forefoot or heel               |
| 2. Opening eyes                 | 4. Moving hip into > 30 degrees abduction | 6. Remaining out of test position > 5 sec |

*"I am now going to test your balance. Please take your shoes off (if applicable), roll up your pant legs above ankle (if applicable), and remove any ankle taping (if applicable). This test will consist of three twenty second tests with different stances."*

(a) Double leg stance:

*"The first stance is standing with your feet together with your hands on your hips and with your eyes closed. You should try to maintain stability in that position for 20 seconds. I will be counting the number of times you move out of this position. I will start timing when you are set and have closed your eyes."*

(b) Single leg stance:

*"If you were to kick a ball, which foot would you use? [This will be the dominant foot] Now stand on your non-dominant foot. The dominant leg should be held in approximately 30 degrees of hip flexion and 45 degrees of knee flexion. Again, you should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."*

(c) Tandem stance:

*"Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet. Again, you should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."*

## Tandem Gait

Participants are instructed to stand with their feet together behind a starting line (the test is best done with footwear removed). Then, they walk in a forward direction as quickly and as accurately as possible along a 38mm wide (sports tape), 3 metre line with an alternate foot heel-to-toe gait ensuring that they approximate their heel and toe on each step. Once they cross the end of the 3m line, they turn 180 degrees and return to the starting point using the same gait. Athletes fail the test if they step off the line, have a separation between their heel and toe, or if they touch or grab the examiner or an object.

## Finger to Nose

*"I am going to test your coordination now. Please sit comfortably on the chair with your eyes open and your arm (either right or left) outstretched (shoulder flexed to 90 degrees and elbow and fingers extended), pointing in front of you. When I give a start signal, I would like you to perform five successive finger to nose repetitions using your index finger to touch the tip of the nose, and then return to the starting position, as quickly and as accurately as possible."*

## References

1. McCrory et al. Consensus Statement On Concussion In Sport – The 5th International Conference On Concussion In Sport Held In Berlin, October 2016. British Journal of Sports Medicine 2017 (available at [www.bjism.bmj.com](http://www.bjism.bmj.com))
2. Maddocks, DL; Dicker, GD; Saling, MM. The assessment of orientation following concussion in athletes. Clinical Journal of Sport Medicine 1995; 5: 32-33
3. Jennett, B., Bond, M. Assessment of outcome after severe brain damage: a practical scale. Lancet 1975; i: 480-484
4. McCrea M. Standardized mental status testing of acute concussion. Clinical Journal of Sport Medicine. 2001; 11: 176-181
5. Guskiewicz KM. Assessment of postural stability following sport-related concussion. Current Sports Medicine Reports. 2003; 2: 24-30



# CONCUSSION INFORMATION

Any athlete suspected of having a concussion should be removed from play and seek medical evaluation.

## Signs to watch for

Problems could arise over the first 24-48 hours. The athlete should not be left alone and must go to a hospital at once if they experience:

- Worsening headache
- Repeated vomiting
- Weakness or numbness in arms or legs
- Drowsiness or inability to be awakened
- Unusual behaviour or confusion or irritable
- Unsteadiness on their feet.
- Inability to recognize people or places
- Seizures (arms and legs jerk uncontrollably)
- Slurred speech

Consult your physician or licensed healthcare professional after a suspected concussion. Remember, it is better to be safe.

## Rest & Rehabilitation

After a concussion, the athlete should have physical rest and relative cognitive rest for a few days to allow their symptoms to improve. In most cases, after no more than a few days of rest, the athlete should gradually increase their daily activity level as long as their symptoms do not worsen. Once the athlete is able to complete their usual daily activities without concussion-related symptoms, the second step of the return to play/sport progression can be started. The athlete should not return to play/sport until their concussion-related symptoms have resolved and the athlete has successfully returned to full school/learning activities.

When returning to play/sport, the athlete should follow a stepwise, medically managed exercise progression, with increasing amounts of exercise. For example:

## Graduated Return to Sport Strategy

Exercise step	Functional exercise at each step	Goal of each step
1. Symptom-limited activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities.
2. Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3. Sport-specific exercise	Running or skating drills. No head impact activities.	Add movement.
4. Non-contact training drills	Harder training drills, e.g., passing drills. May start progressive resistance training.	Exercise, coordination, and increased thinking.
5. Full contact practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff.
6. Return to play/sport	Normal game play.	

In this example, it would be typical to have 24 hours (or longer) for each step of the progression. If any symptoms worsen while exercising, the athlete should go back to the previous step. Resistance training should be added only in the later stages (Stage 3 or 4 at the earliest).

Written clearance should be provided by a healthcare professional before return to play/sport as directed by local laws and regulations.

## Graduated Return to School Strategy

Concussion may affect the ability to learn at school. The athlete may need to miss a few days of school after a concussion. When going back to school, some athletes may need to go back gradually and may need to have some changes made to their schedule so that concussion symptoms do not get worse. If a particular activity makes symptoms worse, then the athlete should stop that activity and rest until symptoms get better. To make sure that the athlete can get back to school without problems, it is important that the healthcare provider, parents, caregivers and teachers talk to each other so that everyone knows what the plan is for the athlete to go back to school.

Note: If mental activity does not cause any symptoms, the athlete may be able to skip step 2 and return to school part-time before doing school activities at home first.

Mental Activity	Activity at each step	Goal of each step
1. Daily activities that do not give the athlete symptoms	Typical activities that the athlete does during the day as long as they do not increase symptoms (e.g. reading, texting, screen time). Start with 5-15 minutes at a time and gradually build up.	Gradual return to typical activities.
2. School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3. Return to school part-time	Gradual introduction of school-work. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities.
4. Return to school full-time	Gradually progress school activities until a full day can be tolerated.	Return to full academic activities and catch up on missed work.

If the athlete continues to have symptoms with mental activity, some other accommodations that can help with return to school may include:

- Starting school later, only going for half days, or going only to certain classes
- Taking lots of breaks during class, homework, tests
- No more than one exam/day
- More time to finish assignments/tests
- Shorter assignments
- Quiet room to finish assignments/tests
- Repetition/memory cues
- Use of a student helper/tutor
- Not going to noisy areas like the cafeteria, assembly halls, sporting events, music class, shop class, etc.
- Reassurance from teachers that the child will be supported while getting better

The athlete should not go back to sports until they are back to school/learning, without symptoms getting significantly worse and no longer needing any changes to their schedule.





**Medical practitioner's name (please print):**\_\_\_\_\_

**Medical practitioner's signature:** \_\_\_\_\_

**Medical practitioner's practice address:**

\_\_\_\_\_

**Date of signature:** ...../...../.....

**Please provide the competition Technical Delegate and the injured boxer EACH with a copy of this Form after you complete it.**

**FORM C****APPENDIX 21: Boxing Australia Limited Medical Examination  
Certificate**

This certificate is to be completed by the examining medical practitioner to record the results of a medical examination of the boxer named below; with such examination to be conducted **ONLY AFTER** the expiration of the period most recently recorded in the boxer's Competition Record Book as the period during which the boxer is not permitted to take part in competitive boxing or in sparring. Please complete this certificate in print, or otherwise in legible writing.

- 1      **Boxer's full name:** \_\_\_\_\_
- 2      **Boxer's address:** \_\_\_\_\_
- 3      **Boxer's date of birth:** ...../...../.....
- 4      **Date of examination of the boxer:** ...../...../.....
- 5      **Date of this report:** ...../...../.....
- 6      **Date of the boxer's injury:** ...../...../.....
- 7      **Nature of the boxer's injury:**
  
- 8      **Nature of the examination performed by the examining medical practitioner (please provide full and precise particulars):**
  
  
  
  
  
  
  
  
  
- 9      **Results of the examination performed by the examining medical practitioner (please provide full and precise particulars):**

**10      State whether there is a need for any and what further medical examination of the boxer:**

**11      Is the boxer fit to return to competitive boxing and to sparring:**

**Medical practitioner's name (please print):** \_\_\_\_\_

**Medical practitioner's signature:** \_\_\_\_\_

**Medical practitioner's practice address:**

\_\_\_\_\_

**Please return this certificate to the boxer after completion.**

## **APPENDIX 22: Boxing Australia Limited Breast Implant Advice and Waiver Form**

This form is to be completed by all female boxers over the age of 18 years at the time each completes her initial medical examination, and each annual medical examination thereafter, in accordance with the requirements of regulation 7.2 of Boxing Australia Limited's Technical and Competition Regulations.

**Boxer's full name (please print):** \_\_\_\_\_

**Boxer's address (please print):** \_\_\_\_\_

**Boxer's date of birth:** ...../...../.....

You need to be aware that if you engage in competitive boxing and/or sparring after having had a breast implant inserted into your body, there is a low, but real, risk that the implant might rupture following a blow or blows to the breast in which the implant has been inserted.

The principal signs of a ruptured breast implant are:

- pain in the region of the implant;
- breast asymmetry; and
- a change or changes to the shape of the affected breast.

Chronic pain, multi-joint pain and/or fatigue may also occur if the rupture is not otherwise identified.

A ruptured breast implant generally needs to be replaced. This exposes the person with the ruptured breast implant to the risks and financial costs of further surgery.

If you have a breast implant but wish to commence or continue competitive boxing and/or sparring, you should first consult your surgeon or GP and seek her or his advice.

Having regard to all of the above, if you choose to commence or continue competitive boxing and/or sparring notwithstanding that you may have a breast implant, you will be taken to warrant and declare by your signature on this form that:

1. You understand the advice with respect to the risk outlined above associated with competitive boxing and/or sparring with a breast implant.

2. You accept full personal responsibility for any breast implant rupture which you may sustain in competitive boxing and/or sparring.
3. You, on your own behalf and on behalf of your heirs and successors and your legal personal representatives, hereby agree to waive and release:
  - (a) Boxing Australia Limited;
  - (b) the Member Associations of Boxing Australia Limited;
  - (c) the organiser or organisers of any boxing competition and/or sparring session during which a breast implant which has been inserted in your body may rupture; and
  - (d) the owners and occupiers of the venue in which you are engaged in competitive boxing and/or sparring if and when a breast implant which has been inserted in your body ruptures; from all claims and liabilities which may in any way be related to the rupture of the breast implant inserted in your body sustained whilst you are engaged in competitive boxing and/or in sparring.

Should you not fully understand the contents of this form, and in particular the nature and possible consequences of the waiver and release in the paragraph numbered 3 above, Boxing Australia strongly recommends that you seek independent legal advice with respect to this matter from a solicitor of your choice.

**Signature of boxer:** \_\_\_\_\_

**Date of signing:** ...../...../.....

**Please provide, in person, by post, by fax or by email, a copy of this form after you complete and sign it to the Secretary of the Member Association with which you are registered.**