

Summary of the Amateur Boxing Competition Rules

Amateur boxing competitions in Curaçao can only be organized by CuraBox and/or under the auspices of CuraBox. For safety reasons, these must be conducted under the supervision of competition officials (referees, judges, time-keeper), ring doctor, first aid, right protective equipment, and according to the class divisions for equivalent matches.

Age Classification by year of birth; Cadets 2014-2015, Scholars 2012-2013, Juniors 2010-2011, Youth 2008-2009 and Elite born in 2007 (the year one turns 19) and older.

Weight Classes in kg.; -50,-55,-60,-65,-70,-75,-80,-85,-90, 90+ Weigh-In & medical examination same day as the bout. If both parties, supervisor & CuraBox agree, a boxer can compete in a single bout against a boxer from a class higher. In case of age class difference, according to the rules of the youngest age class of both (duration, headgear, etc.). A distinction can be made between novices and experienced competitive boxers. Male vs Female is NOT possible.

Duration. A bout lasts 3 rounds. The round duration depends on age class; cadets 1 minute, scholars 1.5 minute, juniors 2 minutes, and youth and elite 3 minutes. The rest period between rounds is 1 minute in all cases.

Boxer's uniform and equipment

- Boxing gloves and headgear in the color of the corner. Men elite & youth +70 kg 12 oz., all other 10 oz.
- Elite men NO headgear, all other divisions MUST wear headgear. May use own headguard for hygiene reasons. If not wearing a headguard and hair that reaches below the neckline, hair must be secured appropriately.
- Footwear, such as shoes or light boots (without spikes or heels) and socks not higher than the knee.
- Mouthpiece/gumshield. A boxer wearing braces, can also box if he/she is wearing a fitted gumshield.
- Men must wear a cup protector held around the body via a cup holder under the shorts. The cup may not be worn loosely in underpants. Must not cover navel, beltline or any part of the target area.

Women may use a cup protector and/or a breast protector (may not shield any target area of the body, including breastbone). No metal parts except if there is a fastening at the back.

- Bandages between 2.5 and 4.5 m long, 5.7 cm wide. Only in Elite it's also allowed to use Gauze bandage and Zinc oxide tape. For each hand 1 roll of 5cm x 15m gauze, 1 roll of 5cm x 10m gauze (to create a knuckle pad), 1 rolls of 2.5cm x 13m tape and for both hands 1 roll of 1.25cm x 13m tape for between the fingers.

The knuckles may not be covered by Tape. It is prohibited; to use any substance and foreign materials, to cover the knuckles of the hand by tape, to stack gauze and tape and/or to place the tape directly on the skin.

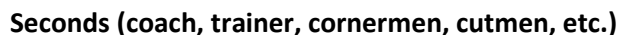
- Sleeveless vest and shorts (women can also wear a skirt). The length of the shorts must not be shorter than mid-thigh, cannot cover the knee and must not be worn above the belt line. The belt line must be clearly identified by a contrasting color to the shorts/skirt and vest and must be 6-10 cm wide. No tape allowed on the uniform. No zippers or any other dangerous (hard and/or sharp) parts.
- Women may wear a black sport form-fitting Hijab, long-sleeved and full-length, under the vest and shorts or skirt.
- There shall not be any demonstrations, symbols or patterns containing political, religious and racial propaganda, firearms, and of items on the WADA prohibited substance list, visible on body, gear, wear or any other item.
- Only soft contact lenses allowed. All other contact lenses are prohibited. If the boxer loses contact lenses, the boxer accepts to continue to box and the bout continues or the boxer does not accept to continue to box without contact lenses, the referee terminates the bout, and the opponent is declared the winner by ABD (abandon).
- Allowed to use Kinesiology taping; but it can only be applied from waist down, and to the back of the body.
- No body piercing and no body accessories are permitted to be worn during a bout.

Commands by the Referee. "BREAK" both boxers must take a step back and after that, they are allowed to continue boxing. If the referee says "STOP", boxers must step back and must wait until the referee says "BOX".

FOULS and/or infringements of the rules

- Hitting; below the belt, the back of the opponent, especially back of the neck and/or head and/or kidney punch
- Hitting with; the head, shoulder, forearm, elbow, wrist, side of the hand, backhand, open glove, inside of the glove, slapping and/or lacing (rubbing the bottom side of an open glove into the opponent's face)

- OW (Official Warning) = 1 point deduction 3rd OW = DQ (Disqualification)
Head-butt or any other serious illegal blow: - No injury or cut = OW or DQ



- Dress Code

- Sanctions for seconds: 1st violation on any of the above prohibited activities caution, 2nd violation OW and placed outside of the FOP and 3rd violation removed from the venue for the rest of the event.

Page 2 of 2