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Curaçao Boxing Association Founded January 5, 1977 Bank #: MCB 22638704

Chamber of Commerce #: 134203 (O)

## **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 <u>cup protector</u> 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.

- <u>Bandages</u> between 2.5 and 4.5 m long, 5.7 cm wide. Only in Elite it's also allowed to use <u>Gauze bandage and Zinc oxide tape</u>. 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.

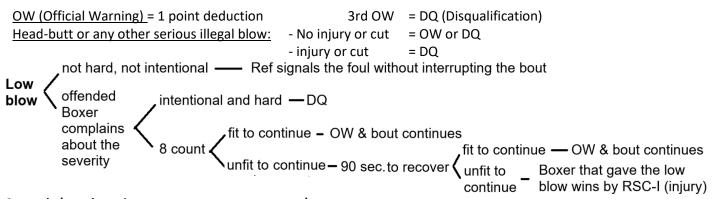
- <u>Sleeveless vest</u> and <u>shorts</u> (women can also wear a skirt). The length of the shorts must not be shorter than midthigh, cannot cover the knee and must not be worn above the belt line. The belt line must be clearly identified by a contrasting color to the shorts/skirt and vest and must be 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)

- Tripping, Kicking, Butting, Strangling, Pulling, Lying on, Wrestling, Throwing, Biting, Spitting, Hair pulling/grabbing, Stepping on opponent's toe, Hitting after the bell, Keeping hand straight to obstruct the opponent's vision, holding the ropes, making any unfair use of the ropes, attacking an opponent who is down or who is in the act of rising.
- Holding, Holding'n'hitting, Locking opponent's arm or head, or pushing an arm underneath opponent's arm
- Pushing, Pushing opponent's face with an arm or an elbow, Pushing opponent's head back over the ropes
- Disregard of the referee's instructions; continuing to box after the command "BREAK" or "STOP", not stepping back when ordered to BREAK, attempting to strike opponent immediately after the referee has ordered "BREAK" and before taking a full step back, and/or attacking an opponent before "BOX", after a "STOP" command.
- Speaking, assaulting and/or behaving in an aggressive manner towards a referee/official, unsportsmanlike and/or undisciplined conduct of any kind.
- Any action or activity by the seconds aimed at disrupting the bout or causing an unfair advantage to be given to a corner's boxer. Seconds are not allowed to distract the referee or influence the actions of the referee in any fashion.
- Ducking below the belt of the opponent, passive double cover defense, intentionally falling, running, turning the back, simulating being hit too low, falsely claiming a foul, faking an injury, dropping or spitting out the mouth guard.
  - Spitting out the mouth guard/ gumshield intentionally without receiving a punch = OW (Official Warning)
  - If the mouth guard/ gumshield falls out after receiving a punch, and if this happens for the 3rd time = OW



## Seconds (coach, trainer, cornermen, cutmen, etc.)

- Up to 3 Seconds. Only 2 may mount the apron and only 1 may enter the ring during the rest between 2 rounds. If at any other time a second enters the ring, the Referee may stop the bout and disqualify the seconds' boxer entering the ring. NOT allowed to enter at the start or after final round, until the result has been announced.
- Must leave the ring and the apron prior to the start of each round, and must remove seats, towels, buckets, etc.
- During rounds, seated on chairs in the designated corner outside the ring. Standing, walking, or touching the ring, ropes, or canvas is not permitted.
- Must have a towel and may indicate retirement of the Boxer by throwing the towel into the ring, except when the Referee is counting.
- May use Ice bags, Enswell, non-petroleum skin-protective jelly (vaseline) or Cavilon, and transparent bottled water.
- May not administer any drugs aside from the approved ones.
- Under no circumstance allowed to administrate supplemental oxygen or any type of inhaler to a Boxer.
- Not permitted to encourage or incite spectators by words or signs during the bout, yell at/argue with any Official or demonstrate disagreement by throwing any item, kicking any chair or water bottle or to take any other action that may be deemed as unsportsmanlike behavior.
- The use of any communication device is not permitted in the FOP (field of play).
- Representative sportswear. May wear tracksuit, T-shirt, shorts at or below the knees (No jeans) with closed-toe footwear (No Flip-flops or sandals).
- Clothing and accessories with inappropriate, offensive, or prohibited expressions are not permitted. This includes political, religious, and racial symbols, propaganda, firearms, and items on the WADA list of prohibited substances. 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.

Depending on the severity and/or repetition of the violation, additional disciplinary measures may follow; Written warning, Temporary suspension, Permanent revocation, etc.