

## **Summary of the Amateur Boxing Competition Rules**

Amateur boxing competitions in Curaçao can only be organized by and/or under the auspices of CuraBox. For safety reasons, these must be conducted under the supervision of competition officials (referees, judges, time-keeper, etc.), ring doctor, first aid, right protective equipment, and according to the weight class and age class divisions for equivalent matches. Male vs Female is NOT possible in official bouts. A distinction can also be made between novices and experienced competitive boxers.

Weigh-In & medical examination are on same day as the bout.

In exceptional cases, after a risk analysis and approval by both parties (boxers and coaches), supervisor and CuraBox, a boxer can compete against a boxer from a class higher. In case of age class difference, according to the rules of the youngest age class of both, like the duration of the bout and the use of headgear.

### **Duration.**

A bout lasts 3 rounds. The round duration depends on age class; cadets (born 2014-2015) 1 minute, scholars (born 2012-2013) 1.5 minute, juniors (born 2010-2011) 2 minutes, and youth (born 2008-2009) and elite (born 1986-2007) 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 (preference for own 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/ groinprotector held around the body via a cup holder under the shorts.  
The cup may not be worn loosely in underpants.  
The cup 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 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 vest, 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 one or both 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 only applied from waist down, and to the back of the body.
- During a bout, wearing piercings, jewelry or other body accessories is not permitted.

### 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

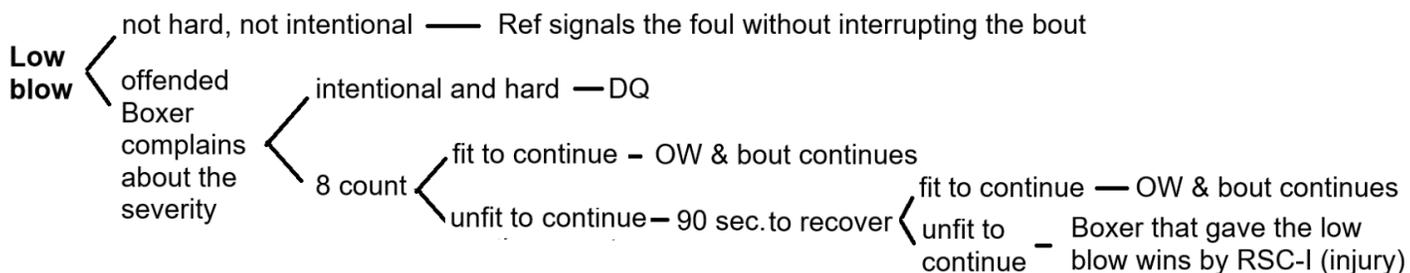
- Hitting; below the belt, back of the opponent, especially back of the neck and/or head and/or kidney punch.
- Hitting with; the head, shoulder, forearm, elbow, wrist, side of the hand, backhand, open glove, inside of the glove, slapping and/or lacing (rubbing the bottom side of an open glove into the opponent's face).
- Tripping, Kicking, Butting, Strangling, Pulling, Lying on, Wrestling, Throwing, Biting, Spitting, Hair pulling/ grabbing, Stepping on opponent's toe, Keeping hand straight to obstruct the opponent's vision.
- 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.
- Holding the ropes, making any unfair use of the ropes, attacking an opponent who is down or who is in the act of rising, hitting after the bell.
- Disregard of the referee's instructions; continuing to box after “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 coaches/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 belt height, 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.

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
- injury or cut = DQ



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

A boxer can be accompanied by a maximum of three persons during a bout.

They must all have signed the code of conduct for coaches/seconds and act accordingly.