

Summary of the Amateur Boxing Competition Rules

Amateur boxing competitions in Curaçao can only be organized by and/or under the auspices of CuraBox and under the supervision of competition officials, ring doctor, first aid, right protective equipment, and

according to the weight class and age class divisions for equivalent matches.

A distinction can also be made between novices and experienced boxers.

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

Class	Born in	Duration	Weight Classes in kilogram
U13	2014-2015	3 x 1 min.	Max. 2 kg. difference
U15	2012-2013	3 x 1.5 min	37-40,-42,-44,-46,-48,-50,-52,-54,-57,-60,-63,-66,-70,-75,-80, 80+
U17	2010-2011	3 x 2 min.	
U19	2008-2009	3 x 3 min.	-50, -55, -60, -65, -70, -75, -80,
Elite	1986-2007	3 x 3 min.	-85, -90, 90+ (for men)

In exceptional cases, 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.

Male vs Female is NOT possible in official bouts.

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 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.

- For national competitions only Velcro bandages, between 2.5 and 4.5 m long, 5.7 cm wide, are allowed.

Only in international elite competitions, professional handwraps are allowed in certain cases.

- Sleeveless vest and shorts (women can also wear a skirt) in the color of the corner (red or blue).

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 white colored and 6-10 cm wide.

No tape allowed on the uniform. No zippers, pockets 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, etc.

- 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.

- Piercings, jewelry or other body accessories 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”.

Knock Down (KD)/ 8-count rule.

The referee stops the bout after the 3rd KD in the same round or 4th KD in the entire bout.

