

CuraBox Referees & Judges handbook

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

Competition official of Curacao Boxing Association

Competition officials are Referees, Judges, Timekeepers, and Supervisors, etc. and hereinafter referred to as R&Js.

- Being a R&J in Boxing is not an easy job.
- As it's usually said for all competition officials, the Best Official is the one who makes the least mistakes.
- Voluntary commitment and dedication is a MUST. If you decide to become a R&J, you are expected to give your all. The team must be able to count on you. This means that you will cancel other appointments if possible (try to exchange your shift) in order to be present on time, as agreed.

Code of Conduct

R&Js will adhere to the following provisions;

1. R&Js should be present at least one hour prior to the start of the program and must be punctual to all arrangements including meetings and seminars.
2. R&Js should refrain from any commentary regarding the outcome of a bout or organization, a decision, the appointment for an event/bout and/or the actions of a fellow R&J or other official involved towards the public, the press or on social media such as, but not limited to, Facebook, Instagram and Twitter.
3. On the social media mentioned under point 2, but again not limited to this, not to make any statements or post photos that can be interpreted as (positively or negatively) biased towards a boxer and/or his/her supervisors.
4. During the performance of his/her task as R&J, or while sitting in uniform at the ring, no mobile phone, tablet or laptop will be viewed or used.

Furthermore, the judges will not speak to colleagues or other persons who are in his/her immediate vicinity during the rounds of the bout. Judges shall avoid eye contact with other Judges during or in between rounds.

5. R&Js must avoid all conflicts of interest. If, for example through a connection with a boxing school, giving training to, or through family/ partnership, there is a relationship with one or more participants in an organization for which he/she has been appointed, this will be reported to the Delegate or member of the R&J committee.

This should preferably be reported at the earliest possible stage so that the R&J committee can arrange for a possible replacement. If such a relationship exists, the R&J cannot function as a Jury member during the relevant competition(s), he/she is responsible for ensuring that the classification per competition is carried out accordingly.

If there are other circumstances that could influence his/her functioning, he/she will be asked to be replaced.

6. R&Js should not consume alcohol or drugs later than 00.01 on the day of the organization.
7. R&Js should ensure that his/her conduct may not in any manner tarnish the reputation of the sport of boxing, in all instances, respect all event regulations and will always conduct in a professional manner, respecting the organization, all officials, and competitors to the event.
8. Along with Boxers' safety, Referees' top priority is to hold integrity and fairness
9. R&Js must show tolerance and consideration to each other in any circumstances and must remember that everyone is working as a team.
10. R&Js should understand that growth and improvement comes from continuous learning.
 - R&Js should learn from critiques and take them in the spirit as they are given and do not become defensive as critiques are there to help improvement
 - R&Js should learn by watching the Bouts they are not assigned to work as there is always room for improvement and to learn from the others
11. R&Js must ensure their uniform is clean, tidy, and respectful
12. R&Js must not receive any cash and must not accept any gift that could be considered as bribery

CuraBox Gedragscode voor Scheidsrechters en Juryleden

Scheidsrechters & Juryleden, verder aangeduid als “R&Js”, de afkorting voor “Referees & Judges” van de Curacao Boxing Association, zullen zich houden aan de onderstaande bepalingen;

1. Een R&J zal minimaal één uur voorafgaand aan de aanvang van het programma aanwezig zijn en moeten stipt op tijd zijn voor alle afspraken, inclusief vergaderingen en seminars.
2. Een R&J zal zich onthouden van enig commentaar m.b.t. de uitkomst van een wedstrijd of organisatie, een beslissing, de aanstelling voor een evenement/wedstrijd en/of het handelen van een collega R&J of andere betrokken official richting het publiek, de pers of op sociale media zoals, Facebook, Instagram, etc.
3. Op de onder punt 2 genoemde sociale media, maar wederom niet hiertoe beperkt, geen uitingen doen of foto's plaatsen die kunnen worden uitgelegd als (positief of negatief) bevooroordeeld zijn richting een bokser en/of zijn/haar begeleiders.
4. Tijdens de uitvoering van zijn/haar taak als R&J, of in uniform zittend aan de ring, zal er geen mobiele telefoon, tablet of laptop worden bekeken of gebruikt.
Tevens zal er door de juryleden tijdens de ronden van de wedstrijd niet met collega's of andere personen die zich in zijn/haar directe omgeving bevinden worden gesproken.
5. Een R&J dient alle belangenconflicten te vermijden. Indien er, bijv. via een verbintenis met een boksschool, het geven van training aan, of via familie/partnerschap, sprake is van een relatie tot één- of meerdere deelnemers, kan de R&J niet functioneren als R&J tijdens de desbetreffende wedstrijd(en). De R&J is er zelf verantwoordelijk voor erop toe te zien dat de indeling per wedstrijd overeenkomstig wordt uitgevoerd.
Ook indien er andere omstandigheden zijn die zijn/haar functioneren zou kunnen beïnvloeden dan zal er worden gevraagd zich te laten vervangen.
6. Een R&J zal geen alcohol of drugs meer tot zich nemen later dan 00.01 op de dag van de organisatie.
7. R&Js en alle betrokkenen in de bokssport dienen ervoor te zorgen dat hun gedrag de reputatie van de bokssport op geen enkele manier schaadt, in alle gevallen alle evenementreglementen te respecteren en zich altijd professioneel te gedragen, met respect voor de organisatie, alle officials en deelnemers aan het evenement.
8. Naast de veiligheid van de boksers is integriteit en eerlijkheid de hoogste prioriteit van de R&J's.
9. R&Js en boksers moeten in alle omstandigheden tolerantie en consideratie voor elkaar tonen en onthouden dat iedereen als een team werkt.
10. R&Js en boksers moeten begrijpen dat groei en verbetering voortkomen uit continu leren.
– R&Js moeten leren van kritiek en deze in de geest opvatten zoals ze bedoeld zijn, zonder in de verdediging te schieten, want kritiek is bedoeld om te verbeteren.
– R&Js moeten leren door te kijken naar de Bouts waaraan ze niet zijn toegewezen, want er is altijd ruimte voor verbetering en ze kunnen leren van anderen.
11. R&Js moeten ervoor zorgen dat hun uniform schoon, netjes en respectvol is.
12. R&Js mogen geen contant geld aannemen en geen geschenken accepteren die als omkoping kunnen worden beschouwd.

Ondertekening

Hierbij verklaar ik, de ondergetekende R&J, deze gedragscode na te leven en mij te zullen houden aan alle bepalingen zoals hierin vastgelegd. Niet-naleving kan leiden tot directe sancties en/of disciplinaire maatregelen.

Naam: _____

Plaats: _____

Datum: _____

Handtekening: _____

PRE-BOU T PREPARATION

The Referee should be mentally prepared:

- By concentrating on the task at hand
- By disregarding any personal issue
- By clearing the mind of any negativity
- By staying focused, calm, and balanced

The Referee should be physically prepared:

- By warming up, stretching, and refreshing The Referee should be ready for their assigned bout:
- By wearing surgical gloves before entering the ring
- By obtaining gauze pads
- By checking their uniform to ensure it is ironed, clean and tidy

The Referee should identify positions around the ring:

- By knowing the sounding device (in the event of 2 rings)
- By knowing where the main camera is located in order to face the camera when the decision is announced
- By identifying the positions of the Technical Delegate, Judges, Timekeeper and Ringside Doctor

PRE-BOU T INSTRUCTIONS

Pre-Bout instructions should be given to both Boxers simultaneously in the middle of the ring and should be short and to the point:

- Low head – point to the head and say “head up”
- Holding – indicate the holding signal and say “no holding”
- Beltline – point to the beltline to indicate legal blows “no low blows”
- Command – point to the ear and say “stop”, “break” and “time” • And – to “defend yourself at all times”

MOVEMENT

- The Referee should always walk smoothly and relaxed
- The referee must convey calmness at all times
- The Referee should always walk and not run to reach the desired position
- The Referee should avoid walking backwards
- When Boxers move clockwise, the Referee should move in the opposite direction and always maintaining the “V” position
- The Referee should never walk in between Boxers after caution, “stop” or “break”
- The Referee should move with relaxed hands down

POSITIONING During the Bout

- The Referee shall always try to maintain the “V” position.
- The Referee should stay, as much as possible, on the open side when refereeing left-hander vs right-hander
- The Referee’s distance from the action will be dictated by the distance of Boxers
 - 2 Boxers keeping a long distance from each other, the Referee should keep a measured distance from the Boxers in this situation
 - 2 Boxers at a medium distance from each other, the Referee should close the distance slightly between himself and the Boxers
 - 2 Boxers in close distance, the Referee should close the distance more between himself and the Boxers
- Positions that a Referee should NEVER be in:
 - Behind the Boxers
 - In the corners
 - Against the ropes
 - Too close to the Boxers or too far from the Boxers (the referee must adapt the distance depending on the bout)
 - Facing away from one or both Boxers

CAUTIONS AND WARNINGS

A caution is an advice or an admonishment for less serious infringements.

A warning is given when a Boxer breaks the rules but does not warrant disqualification.

The number of cautions given before a warning is at the discretion of Referee.

Cautions should not be given during one (1) minute rest period between rounds.

If a foul has taken place after bell has sounded and merits a warning, the Referee should wait until the commencement of next round.

After a warning, a Boxer can be cautioned for a same offence at the discretion of the Referee. A third warning is an automatic disqualification. For minor fouls, cautions can be given without stopping the bout.

For persistent major fouls, the Referee should command “stop” and issue a caution.

For flagrant fouls, the Referee should command “stop” and give a strong caution or warning and if there is no other option, then disqualify the Boxer.

Cautions and warnings must be given clearly in such a way that the Boxer and the Judges as well as the Technical Delegate understand the offence. The Referee should demonstrate this by giving hand signals that are appropriate to the offence. To issue a warning, the Bout must first be stopped by giving the command “Stop”, not TIME. The offended Boxer should be sent to the neutral corner. The offender should then be given a warning (to be indicated with the thumb), by clearly showing the infringement to the offending Boxer, then by indicating it to the Technical Delegate. Lastly, the command “Box” should be given.

The command “Box” should be given only after the Referee is sure that the offender clearly understands the warning.

A Boxer may be disqualified with or without previous warning.

When the Referee disqualifies an offender, the Referee must first warn the offending boxer for the infringement and this action must be made as clear as possible. At the end of a bout by disqualification, the Referee must signal the end of the bout (in the same way as he signals the end of the bout by RSC or RSC(I)) and send both boxers to their respective corners indicating with gestures to the seconds to take off their gloves. The Referee should not accompany a disqualified boxer to his/her corner. The decision as to who is disqualified and for what reason should be given to the Technical Delegate.

FOULS

There are three types of fouls; minor, major and flagrant thus based on the criteria caution or warning/disqualification can be issues.

Common minor fouls are:

- Low head but not dangerous
- Slight holding, not causing advantage
- Slight pushing, not causing advantage
- Not stepping back on the command “Break”
- Stepping on the opponent’s toe

For minor fouls, cautions should be given without stopping the Bout by using hand signals and/or verbal commands.

Common major fouls:

- Low blow
- Holding
- Hitting behind head
- Hitting behind back
- Pushing
- Slapping
- Holding and hitting
- Low Head
- Passive Defence
- Gum shield falls out or knocked out

For major fouls, the Referee should command “stop” and issue at least a “strong caution”, may also issue a “warning”.

Common flagrant fouls:

- Head butt
- Lacing
- Slamming opponent to the canvas
- Strike opponent without taking a full step back on the command “Break”
- Hitting while opponent is down
- Hitting behind the head (intentional)
- Hitting behind the back (intentional)

- Hitting with the elbow
- Hitting with shoulder
- Spitting out gum shield
- Biting
- Hitting after the bell

For flagrant fouls, the Referee should command “stop” and give a “strong caution” or “warning” and if there is no other option, then disqualify the Boxer. A second occurrence of a flagrant foul should be an automatic warning.

The Referee shall use experience to control the Bout without causing unnecessary stoppages, warning, disqualification, etc. The listed fouls are not all inclusive and are just a few examples.

If a Referee has any reason to believe a foul has been committed which is unseen, the Referee may consult the Judges.

KNOCKDOWNS

The referee stops the bout after the 3rd **KD (knock down)** in the same round or 4th KD in the entire bout.

In amateur boxing a KD/ 8-count is NO point deduction and should not automatically lose a boxer the round.

Definition of Down

A Boxer will be considered knocked down due to a legal blow if:

- 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
- The Boxer hangs helplessly on the ropes as the result of a blow or series of blows
- The Boxer is outside or partly outside the ropes as the result of a blow or series of blows
- Following a hard punch, the Boxer has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the Referee, continue the bout

Counts following a Knockdown

In the case of a knockdown, the referee should command "Stop" with a raised thumb to indicate that a count is to be initiated and then:

- Send the uncounted boxer to the neutral corner while allowing one second to pass
 - Begin to count from one (1) to eight (8) in one-second intervals if the Boxer is fit to continue
 - Begin to count from one (1) to ten (10) if the Boxer is unfit to continue
- It is not always necessary to count to 8 or 10. The referee may stop the count and wave off the bout at any time during the count if he considers the boxer damaged and immediately call the ringside doctor to attend to the downed boxer

The Referee will count with intervals of a second between the numbers and will indicate each second with the hand 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 second must have elapsed from the time when the Boxer is knocked down, and the time of announcing “one”.

In the process of counting, the Referee’s hands should be in front of the Boxer at arm’s length. The Boxer must always have full view of the Referee’s count.

When counting, the Referee should angle him/herself to have view of the Boxer in the neutral corner while fully concentrating on the “down” Boxer. The Referee's priority must ALWAYS be to pay full attention to the Boxer being counted.

Responsibilities of the Opponent

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 opponent complies with the command.

Mandatory Eight (8)-Count

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

Boxer Knocked Out of the Ring

In the case of a Boxer being punched out of the ring by a legal blow, the Boxer must be allowed thirty (30) seconds to come back into the ring, after the eight (8)-count, without the help of anyone. In the case the Boxer is not able to come back within the above-mentioned timeframe, such Boxer will be deemed to have lost the Bout by RSC.

- The Referee will start the count (8-count), as soon as the Boxer goes out of the ring

- If the Boxer is still out of the ring after the 8-count, the Referee must command the “Time” signal to the Timekeeper to start the clock for thirty (30) seconds
 - After twenty (20) seconds passed, the Timekeeper will start the ten second count with a signal for each second
- In the case of a Boxer who falls out of the ring due to his own accord and does not come back within the above-mentioned timeframe, such Boxer will be deemed to have lost the Bout by RSC.
- The Referee will command the “Time” signal to the Timekeeper to start the clock for thirty (30) seconds
 - After twenty (20) seconds passed, the Timekeeper will start the ten second count with a signal for each second
- In the case of a Boxer being pushed out of the ring
- The eight (8)-count is not necessary
 - The Referee will command “Time”
 - It is necessary for the Timekeeper to begin the sixty (60) seconds count
- If the Boxer is unable to enter the ring or enters the ring but seems unfit to continue, the Referee will ask a Ringside Physician to examine the Boxer
 - If the Ringside Physician declares that the Boxer is unfit to continue, then the opponent of the Boxer will lose by Disqualification
 - If the Ringside Physician declares that the Boxer is fit to continue, then the Referee will issue a warning to the offending Boxer, then resume boxing

Knockout

After the Referee says “ten”, the Bout ends and must be decided as KO.

The referee may stop the count if, in his opinion, the boxer needs immediate medical attention, at which time he must ask the ringside doctor to enter the ring to attend to the boxer. In this case it is also considered a KO.

Boxer Knocked Down at the End of a Round

In the case 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 to ten (10), such Boxer will be deemed to have lost the Bout by KO. The gong will not save the Boxer.

Second Knockdown without a Further Punch

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

BOXER DOWN FROM A FOUL BLOW

If the Referee did see the blow

After a low blow

- If the offended Boxer does not complain and the low blow was not hard and intentional, the Referee must signal the foul without interrupting the Bout
- If the offended Boxer complains about the severity of the low blow, the Referee will have two (2) options:
 - The offending Boxer will be immediately disqualified if it is an intentional and hard blow
 - Start the eight (8)-count

Note: The option to disqualify the offending boxer is still available to the Referee after starting an eight (8)-count, as long as the 8-count is not completed. In other words, the Referee may stop the eight (8)-count and disqualify the offending boxer. However, once the Referee completes the 8-count, the Referee must continue to the next 2 options in the procedure.

- After the eight (8)-count, the Referee will have (2) options:
 - The Boxer is fit to continue: the Referee may give a warning to the offender, if the Referee considers necessary, and the Bout will continue
 - 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 90 seconds
 - The Timekeeper will signal 30 seconds, 60 seconds and 90 seconds
- After above-mentioned timeframe, the Referee will have two (2) options:
 - The Boxer is fit to continue: the Referee may give a warning to the offender and the Bout will continue
 - The Boxer is unfit to continue: the opponent will be declared the winner of the Bout by RSC-I

Other Foul Blow

Eight (8)-counts due to any foul will not go towards the Compulsory Count Limits.

After the eight (8)-count, the Referee must give clear signal of the infringement to the offending Boxer to make clear the count was due to a foul.

If the Referee did not see the Blow

- Refer to procedures described in 5.9.1 Consulting the Judges

BREAK

The command “Break” should be used when there is prolong holding by both Boxers.

After the command “Break”:

- The Referee should use verbal commands
 - Boxers still do not break then the Referee may physically tap, touch and/or separate both boxers simultaneously to arm’s length
 - The Referee should be reminded not to push or grab Boxers
 - When breaking Boxers up against the ropes or in the corner, it is unnecessary to bring Boxers to the centre of the ring
 - When Boxers are against the ropes or in the corner, infighting cleanly, it is not necessary to break Boxers
 - Fouls should be dealt with by cautions and warnings and not by always ordering “Break”
 - The Referee must insist on both Boxers taking one full step backwards, before resuming boxing
 - If one of the Boxer’s hands is free, there is no clinch; therefore, there is no need to call “Break”
 - The Referee should never walk in between Boxers after ordering “Break”

INFIGHTING

The Referee must distinguish between “infighting” and “clinching”. A clinch occurs when one or both Boxers lead and for a moment their arms become locked together. This is not an offence.

An offense does occur when a Boxer does not make an attempt to disengage from the clinch and continues to hold on.

Furthermore, offense is aggravated when one of the Boxers clinches continuously and momentarily uses it as a tactic.

When a clinch becomes “awkward” and there is a potential for injuries/major fouls, the Referee must call “Stop” immediately. In an awkward clinch, one of the Boxer is in a defenceless position.

(Please refer to Pictogram section for some “awkward clinches” examples).

Correct infighting is when a Boxer balances steadily on one’s own feet without leaning on the opponent and can take an upright position anytime without falling forward

INJURY OR KNOCKDOWN

The Referee, upon noticing an injury, a result of no blow or an unintentional foul, shall start a standing 8-count.

After the eight (8)-count, the Referee shall consider whether the Boxer is fit to continue or not and if the Boxer is unable to continue, the Referee shall take the Boxer to a Ringside Physician.

The Referee shall make the decision based on whether the injury was caused by:

- Foul
- Accident
- Simulation
- Legal blow

Upon seeing a boxer go down without a punch the Referee should determine quickly if the boxer is in pain (and demonstrating it) should command “Time”. If the boxer is not demonstrating pain, then commence with an 8-Count.

If the Referee commands “Time”, either take the boxer to the doctor or bring the doctor to the boxer. If the doctor determines that the boxer cannot continue, then the Referee waves the bout off and the decision is RSC-I.

If the Referee commences an 8-Count (Low Blow), continue, and follow the Low Blow procedure. If the Referee commences an 8-Count (Legal Blow), continue as long as the boxer is down.

CUTS

The Referee, upon noticing any bleeding, shall give the command “Time”, consider taking a boxer to the Ringside Physician depending on the severity of the injury.

The Referee must not touch the injured area itself.

If an injured area continues to bleed, the Referee will consult the Ringside Physician. The Ringside Physician will inform the Referee whether the Boxer is fit to continue or not, for this the doctor will use the words "BOX" in case he can continue or "STOP" otherwise.

In the case a facial cut is not severe the Referee will not stop the Bout, he will allow the bout to continue and act if it becomes severe.

- In the case a facial cut is severe, the Referee will take the Boxer to the Ringside Physician and immediately inform the Supervisor of the cause of the injury:

- Accidental head clash

- Legal blows

If a Boxer receives a head butt or illegal blows which causes an injury or cut the Referee must disqualify the offending boxer.

- The Referee stops the bout, send offending boxer to neutral corner, call doctor for treatment of injured boxer (not for advice), bring offending boxer to centre of ring, warn the offending boxer that it was an Intentional Head Butt, indicate warning to the DTD and then disqualify the offending boxer.

If the Referee is in doubt whether to take the Boxer to the Ringside Physician, the Referee should take the Boxer to the Ringside Physician anyway because safety should be the primary goal.

If a Boxer, in the opinion of the Referee, is unfit to continue because of a sustained or increased injury from correct punches, the Bout is stopped, and the opponent is declared the winner of the Bout by RSC-I.

For example, if in the first round both boxers clash head (unintentional foul/accidental head clash) and boxer A sustains a cut.

The bout is allowed to continue, however, the cut becomes worse due to correct blows and the bout is stopped by the doctor.

The winner is boxer B by RSC-I, irrespective of the round.

THE DUTIES BEFORE A BOUT

The Referee shall:

- Wearing surgical gloves is mandatory.

- Gloves should be fitted before entering the ring

- Ensure he/she has gauze in pocket

- The referee must enter the ring before both boxers by standing in the neutral corner in front of the Technical Delegate's table (which is his position during breaks between rounds) and be the last one to get out of the ring.

- If he/she is the first Referee of the session, he/she should inspect the ring

- Thereafter, all the other Referees shall give a quick inspection of the ring

- Ask both Boxers to enter the ring. Take control of this situation as one or both boxers may try to stall on entering to gain a mental advantage.

TO START A BOUT

- After checking the ring, the Referee should visually ensure that Judges, and Ringside Physicians are in position; the Referee should not indicate respective position to each Judge and Ringside Physician

- The referee should check both boxers, preferably first the red boxer and then the blue boxer, checking for correct uniformity, the condition of the gloves and headguard, the use of the gumshield and protector

- The Referee bring both Boxers to the centre of the ring for the Pre-Bout Instructions and send them back to their respective corner

- The Referee will signal the Technical Delegate/Deputy Technical Delegate to ensure the Bout can start

- The Referee will then signal the Timekeeper and Gong Operator to ring the gong

- When the gong sounds, the Referee must command "Box" to start the Bout

SPEAKING TO THE BOXERS

- The Referee is encouraged to speak to the Boxers during the action for minor fouls and holding

- The Referee should only use basic language when speaking to the Boxers

- Ex. "No Holding", "Head-up"

- Whenever possible, the Referee should call out the Boxer by using the country name of the offending Boxer –

- Ex. "(country name), No holding"; "(country name) Head-up"

- The Referee should only use language/phrases that both Boxers understand
- The Referee's command should not give advantage/disadvantage to the Boxer
- Simple English commands are recommended

TO ISSUE A CAUTION

- For minor fouls
 - The Referee should not stop the bout
 - The Referee should seek the best position to obtain line of vision of the offending Boxer
 - It is not necessary to give a caution immediately, but it should be issued in a timely manner
 - The Referee should make brief verbal commands to indicate the infringement, without distracting the boxers
- For persistent minor fouls
 - The Referee should command “stop”
 - It is not necessary to send the other Boxer to the neutral corner
 - The Referee should issue a strong caution using hand and brief verbal gesture.
- For major fouls
 - The Referee should command “stop”
 - It is not necessary to send the other Boxer to the neutral corner
 - The Referee should issue a strong caution using hand and verbal gesture to the offending boxer
 - The Referee should have complete attention of the offending Boxer and give a very clear signal of the infringement.
- For flagrant fouls
 - The Referee should command “stop”
 - The Referee may issue a strong caution using hand and verbal gesture to the offending boxer or issue a warning

TO ISSUE A WARNING

- The Referee should command “Stop”
- The Referee should send the other Boxer to the neutral corner
- The Referee should bring the offending Boxer to the centre of the ring
- The Referee should indicate to the offending Boxer with the whole hand, then demonstrate the infringement with a very clear hand signal and verbally
- The Referee should issue a warning (indicating it with the thumb) to the Boxer then to the Technical Delegate/Deputy Technical Delegate (indicating it with the thumb) to inform them that a warning was given
- Command ‘Box’
- The gestures used to apply the reprimand must be very clear and slow

TO ISSUE A DISQUALIFICATION

- The Referee should command “Stop”
- The Referee should issue a warning to the Boxer following the “To issue a Warning” procedure
- The referee must signal "end of bout" by waving his arms (in the same way as when ending by RSC or RSCI)
- The Referee should send both Boxers to their respective corner and not escort either to his corner
- Ensure both Boxers retire to their respective corner
- The Referee should then immediately advise the Technical Delegate/Deputy Technical Delegate of the reason for the disqualification.
- Referee should then signal to both corners to remove equipment (gloves/headgear)
- The Referee should retire to the neutral corner until the official decision is ready to be announced
- The Referee should not engage in any discussion with Boxers and/or Coach

THE COMMAND “TIME”

- The Referee will signal the command “Time” by placing two hands in “T” formation. See Illustration below:
- The command “Time” shall be used when:
 - The temporary stoppage will be longer than 10 seconds
- Gumshield is displaced
- The Boxer's attire needs attention
- When necessary to take the Boxer to the Ringside Doctor (cut or injury)
- Malfunction of:

- Scoring System
- Ring equipment
- Any other things outside of the Referee's control
- Low Blow situation requiring a 90 second recovery period
- The Boxer falls out of the ring
- The Command "Time" also means that two boxers should stop throwing punches

IN THE EVENT THE GUMSHIELD COMES OUT

If the gumshield becomes dislodged for any reason it is a 'non-discretionary foul' and requires immediate action and minimum a strong caution.

The Referee will command "Time"

The Referee will send the other Boxer to the neutral corner opposite of the ring doctor

The Referee will collect the gumshield, using a swab to protect their fingers (if necessary), then take the Boxer to his/her respective corner to have the Coach wash and return the gumshield

The Referee will give a strong caution to the Boxer by a hand signal and verbal communication

The referee will ask the boxer to accompany him to the neutral corner of the ring doctor and wash his hands with hydroalcoholic gel. (This procedure will be carried out as long as the restrictions due to COVID continue and until further notice). The referee may also replace their surgical gloves where appropriate.

The second time the gumshield is dislodged the referee will follow the process above and caution the boxer a second time.

The third time the gumshield is dislodged the referee will follow the process above and warn the offending boxer.

The fourth time the gumshield is dislodged the referee will follow the process above and warn the offending boxer.

The fifth time the gumshield is dislodged the referee will warn and then disqualify the offending boxer.

Where the boxer spits their gumshield out, the referee will follow the process above and warn the offending boxer.

In all situations where the bout continues following a caution or a warning, the Referee will order "Box"

If warning / disqualification is necessary, the Referee should follow the "Warning" or "Disqualification" procedures.

IF A FOUL IS COMMITTED AFTER THE BELL RINGS

- If a foul has taken place after the bell has sounded and merits a warning, the Referee should wait until the commencement of the next round
- At the commencement of the next round, the Referee should command "Stop"
- The Referee should then issue a caution or warning following the proper procedure

CONSULTING THE JUDGES

- In the event the Referee must consult the Judges, the Referee should:

– Call "Time" and direct the Boxers to the neutral corner

– Ask each of the five Judges "foul or no foul"

– Each Judge will reply "foul, no foul" or "did not see"

– The decision will be given based on the majority of the Judges who saw the action

– Only the opinion of Judges that saw the action will count

- Example

– The logic for this outcome is no majority declared that a foul was committed

– 4 Judges reply "did not see", 1 Judge replies "foul" = Foul

– The logic for this outcome is 1 Judge becomes the majority and decides the outcome

– 3 Judges reply "foul", 2 reply "no foul" = Foul

– The majority declared that a foul was committed

– 2 Judges reply "no foul", 2 Judges reply "foul", 1 Judge replies "did not see" = No Foul

The Referee should keep in mind, when acquiring the consultation votes of the Judges that the only votes the Referee can use are from the Judges who saw the infraction. If a Judge responds with "I did not see", his/her vote will not be utilized at all.

TO ADMINISTER AN EIGHT (8)-COUNT

The first priority for the Referee when a boxer is in a 'down' situation is the safety of the down boxer not the uninjured boxer.

- The Referee shall command “Stop”
- The Referee will commence the count and direct the opponent to the neutral corner:
 - Before the number “one” is counted, an interval of one second must have elapsed from the time when the Boxer is down, and the time of announcing “one”
 - The Referee will count with intervals of a second between the numbers, and will indicate each second with the hand so that the Boxer who is being counted can be aware of the count
 - The Referee should begin his/her count with his/her hand directly in front of the injured Boxer, and should maintain them in this position for the entire eight (8)-count so that the injured Boxer always sees the hand count
 - In the process of counting, the Referee’s hands should be in front of the Boxer at arm’s length. The Referee should refrain from counting in a manner where his/her hands are lowered up and down after each count 1, 2, 3, 4, etc. as the Boxer must always have a full view of the Referee’s count
 - When counting, and the down boxer is safe, the Referee should position him/herself to have a view of the Boxer in the neutral corner while fully concentrating on the “down” Boxer, always giving priority and attention to the down boxer. The Referee should also refrain from turning around and turning his/her back to the injured Boxer when trying to ensure the opposing Boxer is in his/her neutral corner. Ensuring that he/she remains in his/ her neutral corner is important, but not as important as the eight (8)-count on the injured Boxer
 - The Referee shall suspend the count where the uninjured boxer fails to remain in the neutral corner
- While administering the eight (8)-count, the Referee should watch for the following:
 - The Boxer’s eyes and facial expressions
 - The Boxer’s stability and balance
 - If the Boxer in the ready position
 - And he/she should determine if the Boxer really wants to continue (body language)

In the Event of a Knockout

- The Referee should command “Stop”
- The Referee should follow the “To administer an eight (8)-count” procedure
- After the Referee has said “Ten”, the bout ends and must be decided as KO

In the Event of a Knockout that requires Medical Attention

- If the Referee believes that the count to eight (8) or ten (10) would be detrimental to the safety of the Boxer, he/she will waive off the Bout and immediately call for medical attention
- The Referee should not move the Boxer under any circumstance unless requested to do so by the Ringside Physician – The Referee should not remove gumshield, headguard, shoes, etc...
- The Referee must ensure no other personnel is in the ring except the Ringside Physician, unless specifically requested by the Ringside Physician.

Cleaning Gloves

If a Boxer falls to the canvas, the Referee should

- Command “Stop”
- Ask the Boxer, with gesture, to extend arms and show gloves
- The referee will gesture to the boxer to clean his gloves by rubbing them with his own shirt
- The Referee must not wipe gloves on his/her own shirt, but can wipe using his/her hands
- Command “Box”

IN THE EVENT OF A CUT

- The Referee, upon noticing any bleeding, must give the command “Time”, and take the Boxer to the Ringside Physician depending on the severity of the injury
- The referee will take the boxer to the ringside doctor for cleaning and evaluation of the bleeding as often as necessary.
- If an injured area continues to bleed, the Referee will consult the Ringside Physician again. The Ringside Physician will inform the Referee whether the Boxer is fit to continue or not
- In the case a facial cut is not severe, the Referee may not stop the Bout, but simply position to observe the injury and take action as necessary. However, any injury around the eye must be evaluated by the Ringside Physician in the first instance.
- In the case a facial cut is severe, the Referee will take the Boxer to the Ringside Physician and immediately inform the Technical Delegate/Deputy Technical Delegate of the cause of the injury:

– Clash of Heads (Accidental)

– Legal blows

- If a Boxer receives a head butt or illegal blows which causes an injury or cut the Referee must disqualify the offending boxer.

The Referee stops the bout, send offending boxer to neutral corner, call doctor for treatment of injured boxer (not for advice), bring offending boxer to centre of ring, warn the offending boxer that it was an Intentional Head Butt, indicate warning to the DTD and then disqualify the offending boxer

- If the Referee is in doubt whether to take the Boxer to the Ringside Physician, the Referee should take the Boxer to the Ringside Physician anyway because safety should be the primary concern
- In the event a bout has been stopped due to clash of heads, the Referee should inform the Technical Delegate then indicate to the judges that the bout result will now go to points and they must push their keypad buttons to score the round

Nose Bleeds

- Boxing is a combat sport and therefore it is expected that nose bleeds will occur
- If there is a small trickle of blood coming from the Boxer's nose, it is not necessary for the Referee to stop the action
- If there is heavy bleeding from the nose, the Referee shall command 'time' and place the uninjured boxer into the neutral corner and the Referee will clean the blood with surgical gauze, discard the gauze and replace their surgical gloves, if necessary
- If there is excessive bleeding from the nose or blood in the mouth or blood entering the throat, the referee must take the boxer to the ring doctor, whenever necessary
- The Referee should not touch, squeeze, push or place anything in the nostril of the boxer; the referee's role is to nurse the injury, not treat the injury
- Don't forget there may be blood on the other boxer, so check their gloves and dress for blood

Disposal of Gauze

- In the event the Referee has to clean any blood, the Referee will command "Time"
- The Referee will take the Boxer to the neutral corner, preferably where the Ringside Physician is located
- In the corner, the Referee will clean the bloody area and if the Referee determines that there is a need for the Ringside Physician, he/she will ask the Ringside Physician for an examination of the Boxer
- The Referee must ensure that the other Boxer remains in the opposite neutral corner
- The Referee must discard the used surgical gauze and replace their surgical gloves, as necessary

ABANDON (ABD)/REFEREE STOPS CONTEST (RSC)

- A Second can withdraw a Boxer by:
 - Mounting the apron and signalling the stoppage with a towel or hand
 - Throwing in the towel (not during the Referee's count)

When a Second appears on the apron during the Round

- If a coach/second appears on the apron of the ring the decision is abandon (ABD). However, this may not be the case as the coach may be panicking due to other issues and the Referee needs to be prepared and use common sense
- When the Referee notices a Second mounting the apron, the Referee should command "Stop" or "Time"
- The Referee should send both Boxers to their neutral corner
- The Referee should verify with the Second the reason for mounting the apron
 - Stop Bout
 - Forgot gumshield
 - Correct the Boxer's attire, etc...
- These examples would influence the decision of the Referee
 - Stopping Bout – ABD
 - Return gumshield or correct the Boxer's attire – Bout continues

If a Boxer wants to withdraw during the Rest Period

- The Referee must wait until the commencement of the next round
- The Referee should not declare a RSC during the rest period
 - The Referee should not notify the Technical Delegate nor the opposing corner

- At the commencement of the next round, if the Boxer or the Coach clearly signal retirement, the Referee will command “Stop”
- The Referee must inform the Technical Delegate of the decision
- The Referee must inform the opposing corner of the RSC

TEN SECONDS LEFT IN THE ROUND

- The Referee will listen to the sound signal from the Timekeeper and Gong Operator
- Upon hearing the signal, the Referee should move in closer to the action and be ready to step in to prevent a late hit. As the Referee moves closer they must not obstruct the action or place themselves in danger

If a Boxer confuses a Bell (terminating Round)

This applies to Competition when more than one ring is in use. For these cases it is necessary for the referee to be close by.

- One or both Boxers lower their gloves, or they begin walking toward their corner
 - The Referee will command “Stop”
 - The Referee will signal to both Boxers to be in “ready” position
 - The Referee will command “Box”
- Both Boxers remain in the ready position, but they look confused
 - The Referee will command “Box”

During the Rest Period

- The Referee must ensure that both Boxers retire to their respective corner
- The Referee must respect that the rest period is for Boxers and Coaches, thus not interfere
- It is not mandatory that Boxers face each other during the rest period, therefore the Referee should not caution
- The Referee should stand in the appropriate manner
 - Stand with both arms down to the side or both arms behind his/her back
 - Should not hold the ropes or lean back into the corner
- The Referee should check both corners for any issue/concern. If the Referee notices that more than two Seconds are on the ring apron, the Referee must ask one Second to leave the apron
- While in the neutral corner, the Referee must check his/her own attire
- While in the neutral corner, the Referee must check the Technical Delegate/Deputy Technical Delegate, the Ringside Physicians and the Judges who may need his/her attention.

Ten Seconds left in the Rest Period

- Upon hearing the signal, the Referee should move to the centre of the ring
- The Referee should observe both corners and make sure the Boxers are getting ready to box
 - If there is no sign of Coaches retiring to their seats, the Referee shall make suitable verbal command and gesture to have Coaches exit the ring
 - Make sure both Boxers have gumshields, no excessive vaseline/water
 - Make sure both corners are clear (no water puddle in the corner, no water bottle left on the apron, Boxers’ seat, etc...)
 - It is permissible for the Referee to issue a reminder to boxer(s) regarding any infraction committed in the previous round

THE DUTIES AFTER A BOUT

After a Bout, the Referee will:

- At the final bell, command “Stop”
 - The Referee should not turn back on the Boxers, but wait for the Boxers to retire to their respective corner before returning to the neutral corner
- Wait for Boxers to remove their gloves (and headguards if appropriate)
- Signal the Boxers to the centre of the ring
- At this stage, shake the hand of each Boxer in recognition of their efforts, courage and sportsmanship
- While shaking their hands, take this opportunity to check the bandages
- Once the announcer is ready to read the decision, hold each Boxer’s wrist and await the decision
- At the decision, the Referee will raise the winner’s arm
 - The Referee must remain neutral at all time and without expression or surprise
- When the Boxers have left the ring, the Referee will exit (first in, last out)

Summary of scoring in amateur boxing by the judges

At the end of each round, each Judge must determine the winning Boxer of that round by awarding a score of 10 points and 9 or less points – down to 7 – to the losing Boxer. Every round must have a declared winner.

10-9 Round – Close Round.

10-8 Round – Clear Winner. If at the end of the round you have no doubt who the winner is of the round.

10-7 Round – Total Dominance. One boxer is completely dominant over the other boxer.

Each Judge shall score independently the merits of the two (2) Boxers using the following **scoring criteria**:

1. Number of Quality blows on the Target Area
2. Domination of the bout by Technical and Tactical superiority/ demonstrating Ring Generalship
3. Competitiveness

1. Number of Quality blows

- The Boxer scoring the most legal and correct Quality blows should be declared the winner.
- This should always remain as the first criteria, unless the punches scored by both boxers are close.
- If the number of blows are Close, then the Boxer scoring the “heavier” or more effective punches, may gain an advantage. A Body blow counts more than a simple jab. Quantity and quality of these blows should be considered. When the quantity of the blows are equal, the quality of the blows can decide the winner of the round
Example: Ten (10) jabs and ten (10) power punches has the edge over twenty (20) jabs
When the quantity of the blows are not equal, the quality of the blows can decide the winner of the round
Example: Seven (7) jabs and seven (7) power punches has the edge over sixteen (16) jabs.

What does a Quality Blow mean?

- Punch is connected properly with knuckle surface, the front part of the glove (must be closed, not open)
- Punch has the weight of body or shoulder behind it
- Punch is connected within the Target Area of the Head and Body. Not below Beltline, back or back of the head.
- Punch is cleanly connected on the Target Area, not blocked or parried or glanced.
- Punch is connected while not infringing a rule (not a foul)
- You had clear vision of the punch (Must see the Punch Land directly, do not guess)

2. Domination of the bout by Technical and Tactical superiority (if 1st criteria is the same for both boxers)

Control with a combination of attack and defense, set the tempo of the bout, cause opponent to miss, set the positions in the ring and the pace of the action (lateral movement, tie up opponent on the inside), neutralize style or type of opponent: slugger vs boxer, southpaw vs orthodox, cut off the ring, work opponent into a corner, force opponent to make adjustments (to your style), making the action that occurs in the ring favorable to you and your style of boxing, Hit and not get Hit, Limit strategy of exchanging punches in the pocket/In Close, use proper footwork and positioning to mitigate aggressive style, doubling down on strategy against an injured or dazed boxer, Dictating the pace (how often and when you initiate exchanges) **and** the action (what type of exchanges and the effect of these exchanges). Dictating the pace alone or dictating the action alone does not make one the ring general. You have to do both. At some points within a bout, one boxer can dictate the pace while the other dictates the action. Neither of them can be said to be in control when this actually happens. Boxer who is constantly attacking by going forward is not necessarily an “Effective Aggressor”

3. Competitiveness (only if the 1st and 2nd criteria are the same for both boxers, this 3rd criteria applies)

A boxer who doesn't give up, comes back stronger, demonstrates that he wants the win more than his/her opponent.

Important notes.

An official warning (OW) given by the referee, gives a point deduction.

An eight count/ knock down (KD) is NO point deduction and should not automatically lose a boxer the round.

When an Injury is caused by an Unintentional Foul or when both Boxers are injured at the same time and cannot continue, the round in which the Bout is stopped will be scored, even if it is a partial round. A winner of the round must be determined.

In our case hardcopy score cards/sheets will be used and must be filled out clearly and completely with signature.

Winner Points (WP). If all Judges selects the same Boxer as the winner, it is called Unanimous Decision. If not, Split Decision.

TIMEKEEPER

1. Regulate the number and duration of the rounds and the intervals between the rounds.
The intervals between the rounds must be of one (1) minute.
2. The Timekeeper must start and end each round by striking the gong/bell.
3. Ten (10) seconds before the end of each round, the Timekeeper will signal the approaching end of the round by three (3) taps on the table. After the gong for the end of the round, the Referee will give the command 'STOP'.
4. The Timekeeper must regulate all periods of time and counts by a watch or clock but will only stop the clock when instructed by the Referee with the command "TIME" resuming after the Referee gives the command "BOX".
5. Following a Knockdown, or is considered down, the Timekeeper will give the sound signal (by hitting the table hard with an object) to the Referee indicating the elapsing seconds while the Referee is counting.
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 will not be sounded. The gong will be sounded only when the Referee gives the command "BOX" indicating the continuation of the Bout.
7. The Timekeeper will regulate the time when a low blow or Loss of Consciousness occurs and if a Boxer falls out of the ring.
8. By 'rolling' the gong, the timekeeper indicates that a trainer can throw the sponge or towel into the ring if the boxer wants to give up. However, the timekeeper can only do this if the referee has not noticed the (intention) of throwing the towel or sponge.
9. If one of the boxers goes down as a result of a punch, the duration of the knockdown will be recorded by the timekeeper for the benefit of the ring doctor. The duration of the knockdown must be stated by the administrator on the official report.

Summary of the Amateur Boxing Competition Rules

Class	Duration	Weight Classes in kilogram	Distinction based on experience, novices (up to 10 bouts) and open (more than 10 bouts), can be used. Male vs Female is NOT possible in official bouts. Weigh-In & medical examination are on the same day as the bout.
U13	3 x 1 min.	Max. 2 kg. difference	
U15	3 x 1.5 min	37-40,-42,-44,-46,-48,-50,-52,-54,	
U17	3 x 2 min.	-57,-60,-63,-66,-70,-75,-80, 80+	
U19	3 x 3 min.	-50, -55, -60, -65, -70, -75, -80, -	
Elite	3 x 3 min.	85, -90, 90+	

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.

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”.

FOULS and/or infringements of the rules

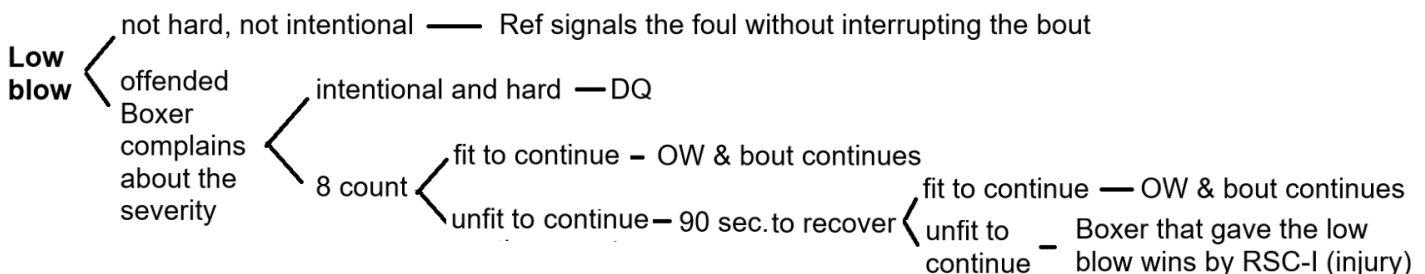
- Hitting; below the belt, back of the opponent, especially back of the neck and/or head and/or kidney punch.
- Hitting with; the head, shoulder, forearm, elbow, wrist, side of the hand, backhand, open glove, inside of the glove, slapping and/or lacing (rubbing the bottom side of an open glove into the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

FOUL ILLUSTRATION PICTOGRAMS

1. Hitting with the elbow



2. Any blow on the back of the head



3. Hitting below the belt



Step 1



Step 2

4. Hitting with an open glove



5. Hitting on the back



6. Hitting an opponent who is down



Step 1



Step 2

7. Kicking with the knee



8. Head Butt



9. Holding (body)



11. Holding and Hitting



10. Holding opponent's arm



12. Clinching with straight arms



13. Pulling Boxer in close



14. Hanging onto the opponent



15. Wrestling



16. Stepping on toes



17. Spearing/Measuring



18. Pushing head down



19. Pressing with the forearm



20. Lacing



21. "Listen"



22. Turning around



23. Completely passive defense



24. Any use of the ropes



25. Ducking below the beltline



Step 1



Step 2

26. Head up



Step 1



Step 2

27. Mouth Piece Caution



Step 1



Step 2

28. Boxer Talking



Step 1



Step 2