

## AMMASA

### Juniors Boxing Development Day Rules\_v.1.2025

<b>Age Divisions; Weight Categories in Kg:</b>	<ul style="list-style-type: none"> <li>- 8-9 yrs, 10-11 yrs, 12-13 yrs, 14-15 yrs, 16-17yrs</li> <li>- under 30, 35,40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 100</li> <li>- Over 100</li> </ul>
<b>Contest Durations:</b>	<ul style="list-style-type: none"> <li>- 2 x 90 seconds rounds</li> <li>- 45 seconds break between rounds</li> <li>- 1 minute extra round in the case of a draw</li> </ul>
<b>Dress Code and Protective Equipments:</b> <ul style="list-style-type: none"> <li>• Competitors to Bring Own Required Competition Gear</li> </ul>	<ul style="list-style-type: none"> <li>- Club shirt or singlet</li> <li>- Club boxing shorts (other shorts to be approved)</li> <li>- 10oz boxing gloves</li> <li>- Head guard</li> <li>- Mouth guard</li> <li>- Boxing shoes (other type shoes to be approved)</li> <li>- Female chest proctor (recommended)</li> <li>- Groin guard (recommended)</li> </ul>
<b>Start of Bout Rules:</b> <ul style="list-style-type: none"> <li>• Any athlete not ready when being called upon for his match, for any reason may result in a Disqualification</li> </ul>	<ul style="list-style-type: none"> <li>- Bout starting for both competitors is from a standing position in centre of the ring and fighting commence on the referees command</li> <li>- Bout will be restarted in the centre of the ring due to any of the following reasons:               <ol style="list-style-type: none"> <li>1. Heading off the matted area</li> <li>2. When an intentional or unintentional foul is committed</li> <li>3. Or for a matter to the discretion of the referee or judges</li> </ol> </li> </ul>
<b>General Fight Rules:</b>	<ul style="list-style-type: none"> <li>- Light contact strikes allowed to the head and body</li> <li>- Semi contact strikes allowed to the body only</li> <li>- All legal boxing/strikes punches to head and body only</li> </ul>
<b>General Legal Acts:</b>	<ul style="list-style-type: none"> <li>- Clinching very limited to non allowed</li> </ul>
<b>General Illegal Acts:</b> <ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Official Foul Will Result in a Disqualification</li> </ul>	<ul style="list-style-type: none"> <li>- No full contact striking is permitted</li> <li>- Low blows / groin strikes</li> <li>- Striking to the back of the head or the spine area</li> <li>- Head butting</li> <li>- Hugging or holding on to your opponent</li> <li>- Avoiding combat</li> <li>- Fleeing the matted area</li> </ul>

<ul style="list-style-type: none"> <li>• <b>Athletes/Coaches Unsportsmanlike Behavior Could Result in a Permanent Ban</b></li> </ul>	<ul style="list-style-type: none"> <li>- Intentional pushing and shoving</li> <li>- Disregarding referees instructions</li> <li>- Corner Interference</li> <li>- Any Unsportsmanlike behavior</li> </ul>
<p><b>The Way to Victory:</b></p> <ul style="list-style-type: none"> <li>• <b>Judge/s Scoring Based On:</b> <ul style="list-style-type: none"> <li>- Sufficient boxing skills</li> <li>- Effective striking</li> <li>- Domination</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- By KO, TKO</li> <li>- By 2<sup>nd</sup> 8' count in one round or by 3<sup>rd</sup> 8' count overall</li> <li>- By sideline judge's decision</li> <li>- Corner stoppage</li> <li>- The referee may stop the match and declare a winner if: <ol style="list-style-type: none"> <li>1. The referee is obligated to stop the match immediately, due to safety concerns the match will be stopped to prevent harm or unnecessary injury</li> <li>2. The referee may stop the match when a competitor is been dominated to the point where he/she are unable to be intelligently active or defending oneself in the match</li> <li>3. The referee may stop the match if a competitor appears to be unconscious from fatigue or strikes</li> <li>4. The referee may stop the match if a competitor appears to have developed any significant injury/damage from the striking received</li> <li>5. Any corner or medical stoppages will be directed to the referee or sideline judge/s to stop the match</li> </ol> </li> <li>- If the match goes the distance, the outcome of the bout to declare the winner will be determined by the appointed center referee and sideline judge/s</li> </ul>
<p><b>Accidental Foul Rules:</b></p>	<p>When an accidental foul occurs and the fouled athlete can no longer continue the match, the following rules apply:</p> <ul style="list-style-type: none"> <li>- The fouled athlete will be giving maximum 3 minutes rest period to recover and to continue</li> <li>- When an accidental foul occurs again and the fouled athlete clearly is not in a position to continue;</li> </ul> <p>The match will be declared over and the judge/s will render the decision to declare the winner (based on referee and sideline judge/s scoring up to the point of the incident).</p>