

AMMASA

Boxing Development Day Rules_v.1.2025

Weight Categories in Kg:	- under 30, 35,40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 100 - Over 100
Contest Durations:	- 2 x 60 seconds rounds (for juniors under 18yrs) - 2 x 90 seconds rounds - 45 seconds break between rounds - 1 minute extra round in the case of a draw
Dress Code and Protective Equipments: • Competitors to Bring Own Required Competition Gear	- Club shirt or singlet - Club boxing shorts (other shorts to be approved) - 10-14oz boxing gloves - Head guard - Mouth guard - Boxing shoes (other type shoes to be approved) - Female chest proctor (recommended) - Groin guard (recommended)
Start of Bout Rules: • Any athlete not ready when being called upon for his match, for any reason may result in a Disqualification	- Bout starting for both competitors is from a standing position in centre of the ring and fighting commence on the referees command - Bout will be restarted in the centre of the ring due to any of the following reasons: 1. Heading off the matted area 2. When an intentional or unintentional foul is committed 3. Or for a matter to the discretion of the referee or judges
General Fight Rules:	- Light contact strikes allowed to the head and body - Semi contact strikes allowed to the body only - All legal boxing/strikes punches to head and body only
General Legal Acts:	- Clinching very limited to non allowed
General Illegal Acts: • 3rd Official Foul Will Result in a Disqualification	- No full contact striking is permitted - Low blows / groin strikes - Striking to the back of the head or the spine area - Head butting - Hugging or holding on to your opponent - Avoiding combat - Fleeing the matted area

• Athletes/Coaches Unsportsmanlike Behavior Could Result in a Permanent Ban	- Intentional pushing and shoving - Disregarding referees instructions - Corner Interference - Any Unsportsmanlike behavior
The Way to Victory: • Judge/s Scoring Based On: - Sufficient boxing skills - Effective landing strikes	- By KO, TKO - By 2nd 8' count in one round or by 3rd 8' count overall - By sideline judge's decision - Corner stoppage - The referee may stop the match and declare a winner if: 1. The referee may or stop the match immediately, due to safety concerns the match will be stopped to prevent harm or unnecessary injury 2. The referee may or 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 3. The referee may stop the match if a competitor appears to be unconscious from fatigue or strikes 4. The referee may or stop the match if a competitor appears to have developed any significant injury/damage from the striking received 5. Any corner or medical stoppages will be directed to the referee or sideline judge/s to stop the match - 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
Accidental Foul Rules:	When an accidental foul occurs and the fouled athlete can no longer continue the match, the following rules apply: - The fouled athlete will be giving maximum 3 minutes rest period to recover and to continue - When an accidental foul occurs and the fouled athlete clearly is not in a position to continue; 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).