

# **ARMY BOXING ASSOCIATION**



**OFFICIAL**

**HANDBOOK**

**SEASON 2017/18 EDITION**



# **ARMY BOXING ASSOCIATION (ARMY BA) OFFICIAL HANDBOOK**

## **INTRODUCTION**

1. Boxing in the Army is a much-valued sport in that it engenders many of the qualities we admire and encourage in our soldiers and is a most valuable medium in fostering team spirit and regimental ethos. The safety of the participants and sensible control of the sport in general are of prime importance. This document will assist all involved in Army boxing to ensure that the credibility of the sport is not lost through ignorance of the fundamental organisation necessary for effective command and control.

## **AIM AND AUTHORITY**

2. The aim of this publication is to provide personnel tasked with organising boxing events or advising Commanding Officers with an accurate source of ready information in a simple, Service recognised format. The Official Handbook is an approved code of practice and must be used as a reference document in conjunction with the publications below when training boxers or organising a boxing event. Failure to do so could result in disciplinary action being taken.

- a. AIBA Technical Rules, AIBA Olympic Boxing Rules, Statutes and by laws.
- b. Rules and Regulations of England Boxing.
- c. JSP 660
- d. AGAI VOL 1 Chapter 5
- e. FRAGO 01 to OPO14/002
- f. 2017 DIN10 – 023 Travel
- g. 2017 DIN10 – 025 Overseas Visits
- h. 2017 DIN10 – 008 Army Sports Lottery

All of these documents are available from Army Boxing Association (Army BA):

These documents and much more information about boxing in the Army is available to view and download on from:

**[www.britisharmyboxing.com](http://www.britisharmyboxing.com)**

## **FORMAT**

3. The Officials Handbook is designed to have stand-alone subject matter sections, which will facilitate a simplified photocopying process for intra-unit use.

## **AMENDMENTS**

4. Amendments will be disseminated by the Army BA as required and the latest version will be available the Army BA website.

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# **SECTION 1 - ARMY BA CONSTITUTION**

## **GENERAL**

1. Army boxing is organised and controlled under the auspices of the Army Sport Control Board, sub-delegated to the Army BA. The Army BA is a member of the UK Armed Forces Boxing Association UKAFBA, which in turn is a member of England Boxing.
2. Boxing Officers and organisers in the UK Armed Forces and Army are to ensure they adhere to the following publications where applicable;

### Civilian

AIBA Technical Rules  
AIBA Open Boxing Rules  
England Boxing Rules

### Military

JSP 660 – Sport in the UK Armed Forces  
AGAI Volume 1 Chapter 5 – Sport  
FRAGO 01 to OPO14/002  
2017 DIN10-023 Travel  
2017 DIN10-025 Overseas Visits  
2017 DIN10-008 Army Sports Lottery

## **GENERAL COMMITTEE**

3. The constitution of the **General Committee** shall be as follows:

**President** [an officer to be appointed in conjunction with the ASCB]

### **Chairman**

Director ASCB

Senior Medical Advisor

**Chairmen of each Region, North, Midlands and South**, one representative from BA (G), and one representative from LONDIST.

### **The Army Team Manager**

### **Officials Representative**

Coaches Representative\*

Ladies Boxing Representative

The Army Team Coach\*

The Army Sponsorship Secretary

Life Vice Presidents.

Honorary Vice Presidents.

Executive Committee Members as necessary (other than area representatives)

### **The Secretary**

## **EXECUTIVE COMMITTEE**

4. The Executive Committee are also members of the General Committee and are highlighted in Bold.



## MAJOR PANEL

5. The constitution of the Army Major Panel shall be as follows:

Officials Representative (to act as Chairman for meetings)  
Coaches Representative  
Members (See Section 6)

6. Each Regional or Formation Headquarters G7 PD Branch organises and runs boxing on behalf of the Army BA within its AOR through Regional Boxing Chairmen and Secretaries. Individuals seeking advice should address any queries via these points of contact (POCs) in the first instance. POCs can then act as, or direct enquiries to subject matter experts (SMEs).

## DISCIPLINARY PANELS

7. Breaches of Army BA competition rules will be dealt with via a disciplinary panel, the composition of which will be decided by the Chairman Army BA. Representation of all Formation HQ Army BA Associations involved in the case will be included on such panels. The decision will be notified under arrangements issued by the Chairman Army BA.

8. Breaches/failings in officials' duties/performances will be dealt with via a disciplinary panel arranged under the direction of the Major Panel. The composition of the panel will be Chairman (the Regional representative), Officials representative, 2 x Army Grade A or above Referees and Secretary Army BA as independent member. The decision will be notified under arrangements issued by the Chairman Army BA.

## ARMY BOXING ASSOCIATION CONTACT DETAILS

### Secretary

Nathan Pearce  
Army BA  
Army Sport Control Board  
MacKenzie Building  
Fox Lines, Queens Avenue  
Aldershot  
GU11 2LB

TEL 94 222 7089  
EMAIL [npearce@ascb.uk.com](mailto:npearce@ascb.uk.com)

### Registrations and Administration Officer

Diana Clark

TEL 94 222 7090  
FAX 94 222 7094  
EMAIL [dclark@ascb.uk.com](mailto:dclark@ascb.uk.com)

### UK AF & ARMY OFFICIAL APPTS

**Capt Roberts RAPTC**  
Infantry Training Centre  
Vimy Barracks  
Catterick Garrison,  
Yorks  
DL9 3PS

TEL 94731 2690  
[ITC-GYMMAA@MOD.UK](mailto:ITC-GYMMAA@MOD.UK)

### UK AF & ARMY SMO

**Lt Col Retd R Walker**  
Med Centre  
3 RSME  
Gibraltar Bks  
Minley  
Blackwater, Surrey, GU17 9LP

TEL 94 261 3288  
[DPHCS-MIN-SMO@mod.uk](mailto:DPHCS-MIN-SMO@mod.uk)

## **DIVISIONAL / REGIONAL SECRETARIES CONTACT DETAILS**

### **British Army Germany**

Maj Retd C White (BEM)  
SO 3 G3  
HQ BFG  
Catterick Bks  
Sennelager  
BFPO 140

TEL 94 881 2315  
EMAIL [BFG-HQ-PD-SO3@mod.uk](mailto:BFG-HQ-PD-SO3@mod.uk)

### **NORTH (inc Northern Ireland)**

#### **CHAIRMAN**

Capt Kirkham-Brown  
RCMO | 204 (NI) Fd Hosp  
Hydebank RAC, BFPO 801

TEL 9491 60373  
[204HOSP-RHQ-RCMO@mod.uk](mailto:204HOSP-RHQ-RCMO@mod.uk)

#### **SECRETARY**

WO2 QMSI S Mann RAPTC  
Gymnasium  
Leconfield

TEL 94775 5524  
[DSTpt-EstbSP-HQSqn-Gym-APTCI1@mod.uk](mailto:DSTpt-EstbSP-HQSqn-Gym-APTCI1@mod.uk)

### **MIDLANDS**

#### **CHAIRMAN**

Capt Buff R Anglian  
Cdts G4 Pol SO2HQ 11 Inf Brigade  
Roebuck House  
Cavans Road  
Aldershot, GU11 2LQ

TEL 94222 2763  
[11X-Cdts-G4-Pol-SO2@mod.uk](mailto:11X-Cdts-G4-Pol-SO2@mod.uk)

#### **SECRETARY**

SSgt SSI N Spearitt RAPTC  
Gymnasium,  
3AAC  
Wattisham Airfield,  
Ipswich, Suffolk, IP7 7RA

TEL: 94674 8792  
[3AAC-APTCI@Mod.uk](mailto:3AAC-APTCI@Mod.uk)

### **SOUTH**

#### **CHAIRMAN**

Capt Liam Harkin RLC  
Quartermaster  
QM Dept  
19 Tank Transporter Sqn  
Bulford

TEL 94321 2859  
[27RLC-19-Ech-QM@mod.uk](mailto:27RLC-19-Ech-QM@mod.uk)

#### **SECRETARY**

SSgt M Harrison RAPTC  
Gymnasium  
Army HQ  
Marlborough Lines  
Monxton Road, Andover, SP11 8HJ

TEL 94 391 7981  
[ArmyAndoverSU-RAPTCI@MOD.UK](mailto:ArmyAndoverSU-RAPTCI@MOD.UK)

## **LONDON**

### **CHAIRMAN**

SO2 G7 PD  
HQ London District  
Horseguards  
WHITEHALL  
London  
SW1A 2AX

### **SECRETARY**

SMI G7PD  
HQ London District  
Horseguards  
WHITEHALL  
London  
SW1A 2AX

TEL 94631 2379  
[LONDIST-SMIG7PD@MOD.UK](mailto:LONDIST-SMIG7PD@MOD.UK)

## **SECTION 2 – GENERAL INFORMATION**

### **SEASON**

1. The boxing season for 2018 / 2019 will run from June 2018 to 31 May 2019.

### **RULES**

2. The Rules of Boxing are governed by the International Governing Body AIBA, the Army Boxing Association conducts all boxing as AIBA Open Boxing (AOB) and under AIBA Technical Rules. The conditions of AOB and the Technical Rules are available on <http://www.aiba.org/aiba-technical-competition-rules>. All military boxing is governed by these rules and conditions except where the Army BA imposes additional measures in line with service policy and governance for the safety and or bearing of the Army. Useful documents which can all be found at [www.britisharmyboxing.com/referenceddocuments](http://www.britisharmyboxing.com/referenceddocuments) are as follows;

#### **Civilian**

- AIBA Technical Rules
- AIBA Open Boxing Rules
- England Boxing Rules

#### **Military**

- JSP 660 – Sport in the UK Armed Forces
- AGAI Volume 1 Chapter 5 – Sport
- FRAGO 01 to OPO14/002
- 2017 DIN10-023 Travel
- 2017 DIN10-025 Overseas Visits
- 2017 DIN10-008 Army Sports Lottery

### **REGISTRATION**

3. All Regular Soldiers involved in boxing (Boxers, Coaches and Officials) are to be registered with the Army BA or England Boxing (through Army BA). The Army Reserve and other entitled personnel who wish to register to box, coach or officiate in Service competitions must register through the Army BA. The procedure for all registrations can be found at Section 7.

### **SERVICE ONLY OR CIVILIAN REGISTRATION**

4. Service Only Boxing / Civilian – The Army is permitted to register the vast majority of its members as **Service Only Boxers** this means that they can box other soldiers or members of the Royal Navy or Royal Air Force ONLY with this registration. The reason for this process is that England Boxing; the organisation to which we (Army BA) are affiliated; cannot license boxing outside of England. The Army BA permits boxing to take place in Scotland, Northern Ireland, Wales, Germany and Cyprus as long as these events take place inside of a military base. By boxing in camp the event can be classed as licensed by the Army BA, and all personnel placed ON DUTY which means they are insured by the Armed Forces in the conduct of their duty.

5. Service Only boxing conditions are more straight forward as the Army takes responsibility for its employees whereas England Boxing must do back ground checks on its applicants.

The advantages to registering as Service Only Boxing are;

- a. No requirement for DBS or Safeguarding
- b. Cheaper registration

6. Civilian Registration. Registering to take part in civilian competitions

- a. All the benefits of Service Only boxing with the option to take part in civilian competitions.
- b. Slightly more administration required to register
- c. More expensive

## **PROFESSIONAL BOXING**

7. Any soldier that has held a professional license either as an official, coach or boxer may register with England Boxing. The applicant must have relinquished their professional license, and be prepared to provide a full declaration of any experience. Any application must be supported by Army BA (any applicant must contact Army BA Sec 94 222 7089 in the first instance).

## **WHITE COLLAR AND UNLICENSED BOXING**

8. Boxing is a very accessible but lethal sport, to conduct it as safely as possible it must be regulated, this is the job globally of AIBA and Nationally of England Boxing. Their task is to ensure that all of the members and officials and coaches hold appropriate and valid qualifications and that the boxers have regulated and recorded experience, standardised and comprehensive medical checks and that competitions are conducted to a strict set of rules and conditions. Unlicensed boxing and or White Collar boxing provide none of this assurance! Service Personnel are **STRONGLY** advised not to take part in such events and should they do so cannot be placed **ON DUTY** and cannot travel at public expense.

9. Any soldier that has taken part in White Collar or Unlicensed boxing should look to register with Army BA (Section 7), it is a condition of registration that a full declaration of experience be given and the individual ceases to participate in either White Collar or Unlicensed boxing events in any capacity.

## **INDIVIDUAL CONTACT SPORTS**

10. A soldier who wishes to box and who is active in or has participated in an individual contact sport should inform their coach of their experience and ensure that it is declared on their registration form.

“Individual Physical Contact Sport” means any of the following sports in any of its forms: Aikido, Boxing, Cage Fighting, Judo, Ju-jitsu, Karate, Kendo, Kickboxing, K-1, Muay thai, MMA, Sambo, Savate, Sumo, Taekwondo, Wrestling, Wushu and Unlicensed or White / Pink Collar Boxing or such other sports as may be deemed by AIBA to be an individual physical contact sport.

11. Once a registration application has been made with a declaration then the soldier must cease to participate in any other individual contact sport as this is deemed to be gaining an unfair advantage on any opponents.

## UNIT AFFILIATION

12. All units who wish to take part in any boxing are to ensure that they affiliate to the Army Boxing Association on a seasonal basis by completing Annex A to Section 7 and returning it to the Secretary of the Army Boxing Association at the commencement of the season, each successful application will be awarded a Certificate of Affiliation which will be sent to the Regional Secretary.

**NOTE: To receive your affiliation certificate, both Level 1 & Level 2 coaches must be registered before the certificate is released. Registrations of boxers will not be completed until unit affiliations have been authorised and a certificate issued.**

## COMPETITIONS

13. Army BA competitions are held annually in the categories below, subject to sufficient entries from units/individuals. Secretary Army BA will notify the decision on which events are to proceed immediately after the start of the Army BA season and the degree of interest is known.

a. Male Elite – Team Events.

- (1) Major Unit Development Class A Inter Unit Team Championships.
- (2) Inter Unit Development Class A/B Inter Unit Team Championships\*
- (3) Minor Unit Development Class A/B Inter Unit Team Championships\*
- (4) Inter Corps Development Class A/B Championships\*

b. Male Elite – Individual Events.

- (1) Development Class A Championships.
- (2) Development Class B Championships.
- (3) Elite Championships

c. Male Youth – Individual Events.

Army Youth Boxing Championships

d. Females Elite – Individual Events.

- (1) Elite Championships.
- (2) Class B Championships.
- (3) Class A Championships

\* *results extracted from Individuals Championships*

Detailed format and instructions for the competitions are at Section 9 to this section. Specific format and instructions will be included in calling notices for competitions.

## **DEFINITIONS**

### **BOXERS**

**Elite** – The term Elite is used to describe the age category of Male and Female boxers and can a little confusing as it was implemented by AIBA who only recognise International Boxers a comprehensive explanation of all boxing categories can be found at Section 3 Para 2 sub para c.

### **OFFICIALS**

**Supervisor** – The appointed official responsible for any technical related issues in the boxing competition.

**Referee** – The appointed official responsible for control of a singular bout.

**Judge** – One of a panel of officials appointed to score a boxing bout.

**MC** – Master of Ceremonies.

### **APPOINTMENTS**

**Army BA Secretary** – Sports secretary employed by the Army Sport Control Board to oversee and manage boxing within the Army.

**Regional Secretary** – Appointed contact for all matters regarding boxing within a regional area.

## **SECTION 3 – THE BOXING OFFICER**

1. The Boxing Officer is a very important appointment at Unit level and wherever possible must be a commissioned officer and is normally a Late Entry Officer. This section aims to provide the Boxing Officer with all of the information required to safely and effectively manage the sport of boxing within a unit.

2. The Boxing Officer's responsibilities are outlined below with references to the detail contained within the Aide Memoire;

### **TRAINING**

- a. Be aware of FRAGO 01 to OPO14/002 – The Army's approach to Risk To Life Sport and Adventurous Training. It is the responsibility of the Boxing Officer to ensure the Commanding Officer is fully briefed on ensuring that all boxing activities must be conducted in accordance with the advice given in the FRAGO and this publication.
- b. Any team undertaking boxing training must be affiliated to the Army BA. The affiliation criteria is detailed below, all aspects of the process must be completed thoroughly and an application sent to Army BA for action, any issues discovered in following the affiliation process must be addressed at this point.

#### Criteria for Affiliation

- i. Safe Training Environment - Check Equipment and location used for training, this needs to be well lit, with enough space to conduct training safely. Equipment must be clean and serviceable – your level 2 coach will be able to help with this.
  - ii. Coaches Registrations – check to make sure that unit coaches qualifications are valid and have been registered with the Army BA through-out; you must have a level 2 coach.
  - iii. Ensure that the Health and Safety Officer has signed off all Risk Assessments that pertain to the unit boxing team.
- c. Boxers' Medicals are booked with the unit SMO; boxers may not undertake any contact boxing training until they have passed an Annual Medical.
- d. Ensure all training programmes are reviewed by the Senior Coach (minimum Level 2) and RAPTCL.
- e. Ensure that all sparring is supervised in an appropriate location in accordance with the advice given in Section 5 paragraph 14 and with an action plan for any serious injuries, ensure that the sparring log is completed for every session.



## **TRAINING AWAY FROM YOUR BOXING GYM**

### **Military venue**

- f. Ensure that the unit has completed all of the procedures that you have to gain your affiliation.
- g. Ensure that your boxers and coaches adhere to the unit Risk Assessments and be aware of the unit Action Plan.

### **Civilian Venue**

- h. Check the club is affiliated to England Boxing by contacting Army BA.
- i. If in Scotland, Ireland or Wales check the club is affiliated to the National Governing body, your boxers will not be insured if they train at a gym that is not affiliated, the Army BA should be contacted if there is any doubt.
- j. Check the coaches are registered and qualified, you can do this via Army BA registrations officer 94 222 7090.

## **COACHING COURSES**

- k. Coaching courses can be run at unit or regional level for both Level 1 or Level 2 qualifications. Such courses unfortunately cannot be funded by the Army BA. Boxing Officers planning a course must contact the Army BA Secretary to arrange appropriately qualified Tutors and Assessors with extensive knowledge service boxing. An application to host or run a unit or garrison coaching course can be found within Section 5 Coaching.

## **INJURY REPORTING**

- l. Ensure any injuries classified as SI, VSI or any fatalities are reported immediately through the Chain of Command using form 510 and inform the Army BA via email [aba@ascb.uk.com](mailto:aba@ascb.uk.com)

## **COMPETITION ORGANISATION**

### **Military personnel only on military property.**

- m. Read Section 8 Event Organisation.
- n. Speak to Regional Secretary to discuss dates and the availability of Officials and competition equipment.
- o. Agree a date with the Commanding Officer.
- p. Book venue.
- q. Complete a Certificate of Assurance Application Section 8 Annex A.
- r. Formally request officials support from Regional Secretary.

- s. Book paramedic cover – See suggested POC for region See Section 8 Annex A1
- t. Ensure there is a Ringside Physician (Dr) nominated for your event.
- u. Send a copy of the Administrative Instruction to Regional Secretary and copy to Army BA.

#### **Events involving civilians or on civilian property**

- v. Boxing against civilians or on civilian property creates complications for Army BA registered personnel so early engagement with the Regional Secretary is important.
  - i. Events on civilian property – these must be licensed by England Boxing either directly or by the Region, this **MUST** be arranged by Army BA Sec.
  - ii. Events involving civilians on military property – permission to include the civilian boxers must be sought from the England Boxing Region by Army BA.
  - iii. Military Boxers competing on civilian shows – A letter must be provided by the Commanding Officer to put the boxers ON DUTY this can be found at Annex C to Section 8 this is to be copied to Army BA.

*For all of the above the officials and the coaches must be registered with England Boxing and this involves having an in date DBS, this can take up to 12 weeks; **there is no short cut to this and must be adhered to**; see Section 7 para 16 onwards.*

#### **TRAINING AND COMPETING OVERSEAS**

- w. For events overseas Read Section 8 Annex B and then contact the ARMY BA Secretary on 94 222 7089 as permission must be sought from Army Sports Control Board via an Overseas Visit Application (2017DIN10-025).
- x. Once permission from ASCB is granted Boxing Officers must complete the Permission to Box Abroad Application at Section 8 Annex C/1 this is for England Boxing to authorise the trip. Boxing Officers are to note that Boxing means sparring as well as competitive boxing.

## **SECTION 4 - BOXERS**

1. Boxing is a sport where the competitors are evenly matched and so all boxers have to be registered with a true record of their experience, their gender and their age. All of these criteria are detailed in this section to ensure that boxers are correctly registered.

### **AGE & EXPERIENCE CATEGORIES**

2 Boxers are categorised by Year of Birth and not Date of Birth. Age categories within the Army BA reflect those of England Boxing and are given below as:

- a. Junior A junior boxer is a boxer who is due to reach their 16<sup>th</sup> birthday and whose 17<sup>th</sup> birthday does not fall within in the current calendar year, for this season these boxers are categorised by their Year of Birth for 2017 as born in 2001 and 2002 and for 2018 as born in 2002 and 2003.
  - i. Junior bouts are to be 3 x 2 minute rounds with 1 minute interval between rounds.
  - ii. Junior boxers may be matched against other Junior boxers, there may not be more than a 24 month age gap between boxers; extra caution must be taken when matching boxers with more than a 12 month age gap.
  - iii. Junior Boxers may be matched against Schoolboy and Schoolgirl boxers but there may not be more than a 12 month age gap.
  - iv. It is recommended that Junior boxers shall be restricted to 14 contests per season including skills bouts but excluding championships.
- b. Youth A youth boxer is a boxer who is due to reach their 17<sup>th</sup> birthday and whose 19<sup>th</sup> birthday does not fall within in the current calendar year, for this season these boxers are categorised by their Year of Birth for 2017 as born in 1999 and 2000 and for 2018 as born in 2000 and 2001.
  - i. Youth bouts may include 3 x 2 minutes rounds, 4 x 2 minute rounds and 3 x 3 minute rounds all with a 1 minute rest interval between rounds.
  - ii. Youth boxers may be matched against other Youth boxers, there may not be more than a 24 month age gap between boxers; extra caution must be taken when matching boxers with more than a 12 month age gap.
  - iii. Youth boxers shall be restricted to 18 contests per season excluding Championships.
- c. Senior There are two classes of “Senior” boxer – Elite and Development.
  - i. An **Elite** boxer for 2017 is a boxer born in any year between 1977 and 1998 or for 2018 is a boxer that is born between 1978 and 1999 that enters, or has entered, an Elite Championships previously known as the England Boxing

Open Senior Championships or any National Championship. (Entry means weighing in and entering the draw).

- Once a boxer has entered these Championships and participated at any stage of this competition, they can no longer box at a lower level. (Participation means weighing in and entering the draw)
- ii. A **Development** boxer for 2017 is a boxer born in any year between 1977 and 1998 or for 2018 is a boxer that is born between 1978 and 1999 and has limited experience as;
- Male Development A – A boxer who has not entered in to the Elite Championships and has less than 11 bouts (not including Skills) experience and has not won the England Boxing Development Class A boxing championships.
  - Male Development B – A boxer who has not entered in to the Elite Championships and has 11 bouts (not including Skills) or more and less than 21 bouts experience and has not won the England Boxing Development Class B boxing championships.
  - Female Development A – A boxer who has not entered the Elite Championships and has less than 7 bouts (not including Skills) experience and has not won the England Boxing Development Class A boxing championships.
  - Female Development B – A boxer who has not entered in to the Elite Championships and more than 6 bouts but less than 15 bouts (not including Skills) experience and has not won the England Boxing Development Class B boxing championships.
- iii. The Development boxer can return to box as a Development boxer having boxed an Elite boxer and box 3 x 2, 4 x 2 or 3 x 3 minute rounds, unless he or she has entered the England Boxing Open Senior Championships.
- iv. Elite bouts are to be 3 x 3 minute rounds with 1 minute interval between rounds.
- v. Elite and Development boxers shall be restricted to 18 contests per season excluding National Championships but including Army Championships.

(Coaches and Boxing Officers **MUST** be aware on the rules of matching boxers (detailed in paragraph 8 of this section and in the table at Annex B to Section 3)

***Note: Pre-service individual contact sport experience (including junior bouts, white collar bout, professional bouts and all martial arts bouts) count towards a boxer's experience category.***

## WEIGHT CATEGORIES

### 4. Weight categories boxers:

#### Male Elite Boxers

The following table lists the Championship weight categories in which males can participate. Under **NO** circumstances are these categories to be altered, nor may boxers compete in championships against an opponent outside of their weight category.

WEIGHT CATEGORY	WEIGHT CRITERIA
Light Flyweight	Over 46kg, not to exceed 49kg
Flyweight	Over 49kg, not to exceed 52kg
Bantamweight	Over 52kg, not to exceed 56kg
Lightweight	Over 56kg, not to exceed 60kg
Light Welterweight	Over 60kg, not to exceed 64kg
Welterweight	Over 64kg, not to exceed 69kg
Middleweight	Over 69kg, not to exceed 75kg
Light Heavyweight	Over 75kg, not to exceed 81kg
*Cruiser Weight	Over 81kg, not to exceed 86kg*
Heavyweight	Over 81kg, not to exceed 91kg
Super Heavyweight	Over 91kg

\*Cruiserweight is not a national pathway weight (not recognised by AIBA and therefore no opportunity to represent at National level) so for domestic competitions Cruiser Weight is a recognised weight category but for International Competition Heavyweight is 81- 91kg.

b. Female Elite and Youth. The following table lists the Championship weight categories in which females can participate. Under **NO** circumstances are these categories to be altered, nor may boxers compete in championships against an opponent outside of their weight category.

WEIGHT CATEGORY	WEIGHT CRITERIA
Light Flyweight	Over 45kg, not to exceed 48kg
Flyweight	Over 48kg, not to exceed 51kg
Bantamweight	Over 51kg, not to exceed 54kg
Featherweight	Over 54kg, not to exceed 57kg
Light weight	Over 57kg, not to exceed 60kg
Light Welterweight	Over 60kg, not to exceed 64kg
Welterweight	Over 64kg, not to exceed 69kg
Middleweight	Over 69kg, not to exceed 75kg
Light Heavyweight	Over 75kg, not to exceed 81kg
Heavyweight	Over 81kg

## REGISTRATION OF BOXERS

5. All service boxers **MUST** be registered through the Army Boxing Association this is due to their status as employees of HM Forces. There are 2 types of registration Service Only Boxing and England Boxing Registration, details of the boxer's registration process can be found in Section 7 – Registration.

- a. Service Only Boxing – Boxing other Service personnel on Service property only.
- b. England Boxing – for boxers who wish to box civilians or off of service property.

## **INACCURATE DECLARATION OF BOXERS**

### **6. Discipline process – Failure to declare bouts**

- a. Discovered on Registration – boxer and unit offered the opportunity to explain reasons. If unsatisfactory a 6 month suspension will be imposed.
- b. Discovered after boxing within experience category – boxer and unit offered opportunity to explain reasons. If unsatisfactory a 1 calendar year suspension will be imposed immediately on the boxer, and the unit will be expelled from any competition that boxer has been entered in.
- c. Discovered after boxing at a lower experience category – Case referred to the Major Discipline Panel

## **ANNUAL MEDICAL**

7. All boxers must undertake an Annual Medical and be passed Fit to Box by a Service Employed Dr prior to any boxing training (See Section 12 Medical Management of Service Boxing).

## **MATCHING OF BOXERS**

8. When matching boxers coaches must consider the guidelines below;

Boxers should box against opposition within their own age, experience and weight categories wherever possible, the following exception may be considered;

A boxer may box an opponent that is not in the same weight category but they must be within the weight of the lowest weight category. i.e. a welter weight boxer (Welter weight category weight span 3.5kg) may box either a Light Welter Weight Boxers (span 3.5kg) or Light Middle Weight boxer (span 4kg), if there is less than 3.5kg difference in weight. Coaches and matchmakers should note that advice is that no boxer should concede weight and experience i.e. Boxer A has 5 bouts and weighs 65kg V Boxer B has 8 bouts and weighs 68kg. Advice from the ARMY BA is that matches are made to within 1kg.

## **GENDER RULINGS**

9. Under **NO** circumstances are males and females permitted to spar or box each other competitively. Additional protection is required for females. Therefore, all female boxers are required to complete the certificate at Annex E to Section 11 at the start of boxing training and on every day of competition. On competition days it is to be handed to the OIC Weigh-In at the weigh-in. The OIC Weigh-In is to check the certificate for accuracy and hand it to the Official in Charge together with all other documents from the weigh-in. Upon completion of boxing, the certificate is to be retained in individual medical records.

## BOXERS DRESS AND APPEARANCE

10. Boxers are to adhere to the rules of dress and appearance as follows;
- a. Youth and Female boxers only are to wear an AIBA-approved head guard during all forms of competitive boxing, Elite Boxers (boxers aged meeting the criteria in Para 2 sub para c of Section 3) do not wear head guards for competitive boxing. All boxers are to wear head guards during any sparring or training activities involving a risk of head injury.
  - b. Have a personal gum shield (dental-fitted mouth guards are strongly recommended) in place during all competitive boxing, including sparring and activities involving a risk of mouth injury. **Gum shields must not be red or partially red in colour.**
  - c. A groin/abdominal protector must be worn. (It is mandatory for females to wear chest protectors during all competitive boxing, military and civilian, and sparring sessions).
  - d. Wear boxing shorts, which must reach to mid-thigh, but not extend below the knee during competitive boxing. (Lycra type cycling shorts are not to be worn as the primary form of shorts, but may be worn under boxing shorts provided they are not visible).
  - e. A vest or singlet, properly fitting vests should be worn by competitors.
  - f. Wear boxing boots or trainers, without raised heels or spikes/cleats.
  - g. Wear socks that are visible above the boots/trainers.
  - l. All boxers must wear AIBA approved wraps or crepe type bandages when competing. A bandage must not be longer than 4.5 metres and not shorter than 2.5 metres. The bandage should be 5.7 cm (2 inches) wide and have a Velcro closure. **NO OTHER KIND OF BANDAGES MAY BE USED.**
  - j. Gloves AIBA approved gloves must be worn for all competitive boxing as;

10oz gloves.- All Females, Junior boxers and male Elite boxers in weight categories below 64kg.

12oz gloves - Male Elite boxer in weight categories 64kg and above.

***The weight of all competition gloves must be clearly marked on the cuffs in indelible marker.***

This rule is appropriate for all genders ages and experience categories.

- k. All boxers must be clean shaven.

l. Hair – All hair must be secured within the head guard use of hairnets, nylon swim caps or bandannas are encouraged if hair is long.

- m. Soft Contact lenses may be worn (please note the rules regarding a boxer that wears contact lenses. (see AIBA Technical Rules para 2.2.3.3.4).

- n. Cavilon Barrier Cream should be applied by any boxer that boxes without a head guard. Clear instructions for the use of Cavilon are provided at Annex A to Section 3.

Female-Specific Rulings. Additional dress/attire rulings for females are:

- i. Female boxers must wear chest protectors
- ii. Female boxers must wear female abdominal protectors.

## **DURATION AND NUMBER OF ROUNDS AND INTERVALS**

11. Within Army BA competitions the duration and number of rounds and intervals duration depends upon experience and age as follows;

Elite Boxers – 3 x 3 minute rounds with a 1 minute rest interval between rounds.

Development Boxers –

Class A – 3 x 2 minute rounds with a 1 minute rest interval between rounds, less the Army Inter Unit Boxing Championships which will be competed at 4 x 2 minute rounds with a 1 minute rest interval between rounds.

Class B – 4 x 2 or 3 x 3 minute rounds with a 1 minute rest interval between rounds. Championships will be boxed a 3 x 3 minute rounds.

## **BOXING AGAINST CIVILIAN OPPOSITION OR AT A CIVILIAN VENUE**

12. When boxing against civilian opposition or in a civilian environment the Army BA must contact the Regional Association where the event is taking place and the Regional Association to which the opposing boxers are registered. Failure to do so will mean the show is classed as unlicensed and no boxer is insured for injury. Details on the procedures required are at Section 8 Annex B

## **MATCHING**

13. Matching does not need to be complicated but does need to be safely managed, below is the rules and guidance for matching boxers;

- a. Senior Boxers – Elite and Development boxers should be matched on Weight and Experience. Round duration is to be determined by coaches and the Supervisor but within the guidelines in Para 11 to this section.
- b. Youth Boxers – may only be matched against another Youth, there may not be more than 24 months age difference between the boxers and extra caution must be taken when matching boxers of more than 12 months age difference.
- c. A Junior boxer may be matched against another Junior boxer; there may not be more than 24 months age difference between boxers and extra caution must be taken when matching boxers of more than 12 months age difference. A Junior boxer may be matched against a Schoolboy/girl but the age gap may not be more than 12 months and the round duration will be 3 x 1.5 minutes.
- d. Weight – All boxers must be matched at no greater weight difference than the smaller weight category of the 2 matched boxers, for example;



Red is a light welter weight and Blue is a welter weight, the LWelter weight category spans from 60 – 64kg (4kg) and the Welter weight category spans from 64 – 69kg (5kg) so the boxers must be matched at no more than 4kg apart! The guidance for all coaches is that all boxers should be matched within 1kg of each other. No coach should be pressured into taking a bout that is not right for their boxer.

## **COUNT LIMITS**

14. Standing Counts for boxers before the Referee must end the contest are as follows;

- a. Junior – 3 Counts in a single round or 4 in a contest
- b. Youth – 3 Counts in a single round or 4 in a contest
- c. Senior –
  - i. Female – 3 Counts in a single round or 4 in a contest
  - ii. Male – 3 Counts in a single round or 7 in a 3 round contest or 9 in a 4 round contest.

## **RELATED RULES**

**MEDICAL SUSPENSIONS** – any boxer who has a medical suspension must not train or box until they have had a full Annual Medical once the suspension has been served.

**10 DAY RULE** – No boxer may take part in competitive boxing if they have no competitive boxing experience and their Annual Medical is less than 10 clear days prior to the competition.

**12 HOUR RULE** – No boxer will be permitted to box twice in a single day unless a period of 12 hours has elapsed between bouts. Boxers must have a medical prior to each bout, (Guidance from Army BA is that no boxer should boxer twice in one day).

**DECISIONS** – a complete list of boxing decisions can be found at Section 6 Annex C

**FOULS** – a complete list of fouls in boxing can be found at Section C Annex D.

## **User's Manual for Cavilon Cut Prevention**

### **1. About Cavilon**

Cavilon is a durable barrier cut prevention and a concentrated cut prevention application that:

- protects red and strongly irritated skin by providing a long lasting barrier;
- provides moisture to dry skin;
- allows adhesive products to stick to the skin by increasing the adherence of some adhesive products as medical tapes (such as Steri-strip, adhesive dressing) and/or surgical glue
- NATO Stock Number - 6510-99-147-7071

### **2. Protocol in Boxing Competitions**

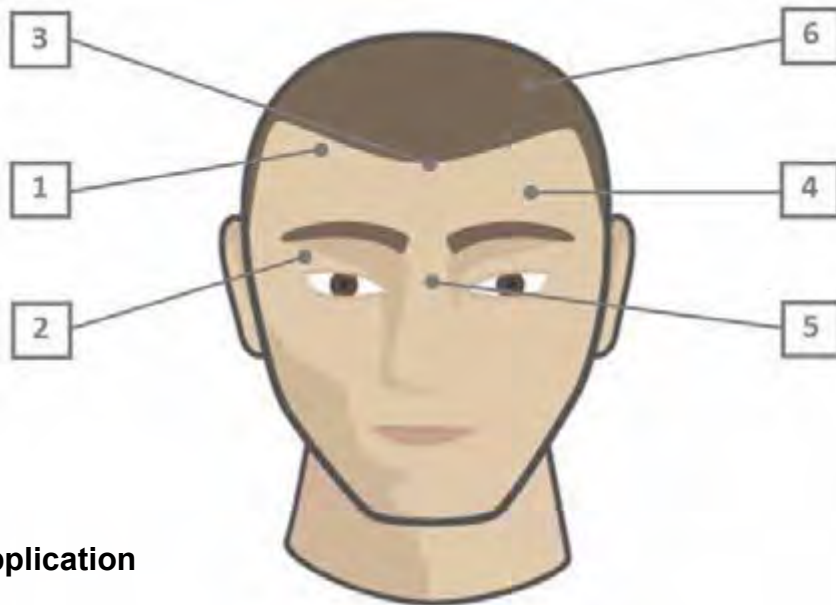
#### **2.1. Protocol**

- A two grams single dose pack of Cavilon will be given to each Boxer's Coach for an IMMEDIATE
- application with examination gloves on the Boxer's face after the Daily Weigh-In.
- The daily pass for entering the Bout will not be provided if Cavilon has not been administered under the control of Officials. The Coach should necessarily wear examination gloves when

Cavilon is applied on the Boxer's face.

#### **2.2. First Application**

- The Boxer's face should be gently and thoroughly cleaned to make it dry (which will increase Cavilon's efficiency)
- Cavilon should be applied sparingly to cover each exposed area of the Boxer's face such as:
  - (1) Over eyebrows
  - (2) Infra orbital area and malar bone
  - (3) Front and supra orbital area
  - (4) Under eyebrow (but avoiding the inside of the eyes)
  - (5) Nose bridge
  - (6) All the face and scalp
- When all exposed areas are covered, the layer should be made more even by using a finger to cover the entire face until the limit of the scalp.



### 2.3. Second Application

- At least half an hour before the beginning of the Bout, the Coach must go to the Equipment Manager to be provided with a single use dose pack of Cavilon to be applied as above.
- When this is done, the Equipment Manager will give the Coach the boxing equipment as required.

### 3. DO's and DON'Ts

	DOs	DONTs
BEFORE APPLYING CAVILON	WEAR GLOVES AND CAREFULLY WIPE SKIN CLEAN	APPLY WITHOUT GLOVES, FAIL TO CLEAN SKIN
CAVILON LAYER ASPECT	CAREFULLY WIPE AND REMOVE THE EXCESS UNTIL THE APPLICATION IS TRANSPARENT	LEAVE THE APPLICATION AS A WHITE FILM
DRYING THE SKIN AFTER APPLYING CAVILON	ALLOW THE SKIN TO DRY	TOUCH OR DISTURB THE APPLICATION PRIOR TO DRYING



## **SECTION 5 – COACHING**

1 The role of a coach is two fold provide fitness, skills and technical training for a boxer in preparation for a bout and then to provide tactical advice for the boxer during a bout.

2 The coach is responsible for the development and safety of the boxer during any training, any coach **MUST** hold a current valid qualification and be registered with the Army BA prior to the commencement of any boxing training. Coaches are expected to be fully conversant with the rules of boxing. Registration procedures are detailed in Section 7 and coaches should register using Annex E to Section 7.

### **QUALIFICATIONS**

3 The current qualifications and the period of validity of England Boxing coaches are;

- a. Level 1 – Valid for 3 years from the date of qualification, there is no refresher for this qualification. Level 1 coaches must upgrade to Level 2 after a minimum period of 1 year or re-qualify at Level 1 after three years (See Para 20 of this section with reference to upgrading to Level 2)
- b. Level 2 – Valid for 3 years from date of qualification, after which a refresher may be taken, this must be annotated on the Refresher Proforma at Section 7 Annex G. To upgrade to Level 3 a Level 2 Coach must have practised for a minimum period of 2 years and have a recommendation from the Army Boxing Coach.  
Any Level 2 coach who has no activity in their registration book or who has not registered for 3 years will revert to Level 1.
- c. Level 3 and 4 – Valid for 3 years from date of qualification, after which a refresher must be taken, this must be annotated on the Refresher Proforma at Section 7 Annex G. A Level 3 Coach must have practised for a minimum period of 2 years and have a recommendation from a Level 4 Coach.

4. All coaching qualifications are only considered valid in conjunction with one of the following qualifications;

- a. First Aid at Work Certificate – Valid for 3 years
- b. Mandatory Annual Training Test 3 (Battlefield Casualty Drills) at a minimum of Level 2 – Valid for 1 year.

### **HIERARCHY OF QUALIFICATIONS AND LIMITATIONS**

5. Any boxing team or club must have a minimum of a Level 2 coach to oversee any coaching or training plan that is to be delivered by any number of Level 1 coaches. Any unit that has an aspiration to box at any level, Inter Company/Squadron or Inter Unit or Charity events involving civilians must register the coaches in advance of the commencement of training.

## **SAFE PRACTICE**

6. A Level 2 Coach must be in attendance if any Sparring (other than Technical Sparring – definitions at para 14) is to take place.
7. Prior to any training coaches are to ask boxers to declare if they are fit to take part in the scheduled training paying particular attention to reports of headaches. Any boxer that reports with a headache should be directed to the Medical Centre.
8. All coaches involved in training boxers must be aware of unit emergency action plans for accidents and incidents.
9. Risk assessments for Sparring can be found as an appendix to Section 5, the Risk Assessment only includes the generic risks, and coaches must add any local risks as necessary.

## **TRAINING**

10. The training of a boxing team or boxer in the Army is more often than not governed by work and unit commitments, therefore the training plan should reflect this, to allow a boxer to adapt to coaching and to elevate their fitness to a level appropriate to box competitively a period of 6 weeks is suggested. This does not have to be full time but should incorporate fitness and skills training.
11. A suggested unit training plan is provided at Annex B to Section 5 this can and should be adapted to suit your unit commitments and the ability of your boxers.
12. Coaches are to ensure all boxers have been declared “Fit to Box” and are in possession of a current Annual Medical (Section 12 Annex B) before starting any form of boxing training.
13. Coaches are expected to maintain the highest standards of conduct and are to highlight to the Unit Boxing Officer any irregularity that may be present in a boxer’s declaration of experience. The Unit Boxing Officer is to notify the Army BA Sec of any such irregularity.

## **SPARRING**

14. Sparring in Boxing can take several forms as follows
  - i. Tech Sparring – this is the practice of rehearsed moves done under strict control with little or no force to reinforce a teaching practice or skill and can be done on the gym floor with mass participation, can be supervised by Level 1 and does not need to be logged.
  - ii. Controlled Sparring – This should be undertaken in a boxing ring, this is the practice of giving conditions to the boxers ie Only Jabs, or red attacking blue defending, this can involve heavy shots to either boxer and therefore must be logged and supervised by a Level 2 Coach all boxers must wear Headguards, gumshields, abdominal protectors and 16oz gloves
  - iii. Open Sparring – This activity must be conducted in a boxing ring where conditions are as close to competitive boxing as manageable but where boxers are required to take power out of their shots and to wear head guards, gumshields, abdominal protectors and

16oz gloves. This must be logged and closely monitored by Level 2 coach with strict adherence to the unit Risk Assessment.

15. The Army BA Sparring Log can be found at Annex C to Section 5 and must be completed by boxers and coach for every session and filed 3 months.

16. Sparring Injuries and Medical Suspensions must be reported to the Medical Centre and any medical suspensions must be applied in line with those awarded for competitive boxing See Section 12 Annex E

## **COMPETITION**

17. The role of the coach for competition is to ensure the boxer is at the appropriate weight and is matched appropriately according to weight and experience (See Section 4). The Supervisor of the boxing will authorise the bout only if both coaches agree to the bout and that both boxers are matched appropriately. To coach the boxer between rounds of the bout.

18. Any registered qualified coach may be in the corner during a bout, coaches may communicate with their boxer during the bout but are not permitted to shout, to clap, to encourage or incite the spectators. Coaches are not permitted to touch the ring during the progress of the round or cause a distraction or disturbance to the bout.

## **DRESS**

19. The minimum standard of dress for coaches for any competition is;

TShirt, Polo Shirt or Tracksuit Top  
Tracksuit Trousers  
Training Shoes

Prohibited Items

Vests or Singlets  
Any article of clothing that carries offensive symbols or language.  
Hats  
Flip Flops or Sandals.

## **CONDUCT AND BEHAVIOUR**

20. 3 Coaches may be “in the corner” for a boxer but only 1 may enter the ring, only 1 may stand on the ring and 1 must remain on the ground.

21. Coaches must remain seated in the designated coaches seating area during the progress of a round.

“Seconds will not be permitted to stand up and /or to encourage or incite spectators by word or signs during the progress of a contest. Seconds will not be allowed to touch the ring during the round, yell, clap or cause a scandal or disturb the competition.

22. Coaches may coach their boxer from the corner but must adhere to para 21 above, failure to do so may result in cautions, warnings or DQ.

23. A boxer's safety during a bout is the responsibility of the referee, a coach may retire a boxer between rounds by indicating to the referee, or during a round by "throwing in the towel".

24. Service Boxing Coaches less those seconding Single Service Boxers in the Inter Service Championships or Single Service Coaches seconding a UK Armed Forces BA boxer in the Elite Open National Championships may administer any substance to manage a cut boxer.

## **FOULS WARNINGS AND DISQUALIFICATIONS**

25. A complete list of fouls, warnings and disqualifications can be found at Section 6 Annex D.

## **DECISIONS**

26. A complete list of the decisions that determine a boxing match can be found at Section 6 Annex C.

## **COACHING COURSES**

27. Courses for Level 1 and Level 2 coaches are run at public expense at the Army School of Physical Training and can be found in the course publication Pamphlet 16A and dates are as follows;

### **Level 1 Coaching Courses**

11 Sept 17 – 14 Sept 17  
09 Oct 17 – 12 Oct 17  
15 Jan 18 – 18 Jan 18

### **Level 2 Coaching Courses**

02 Oct 17 – 05 Oct 17

Applications for courses are to be made through the Training Wing at the ASPT 94 222 7248.

28. Coaching courses can be run at unit or regional level for both Level 1 or Level 2 qualifications. Such courses are to be funded individually. Any person planning a course must complete the application form at Annex D to Section 5 which must be sent to the Army BA Secretary to arrange appropriately qualified Tutors and Assessors.

29. Criteria for attending Level 1 and Level 2 coaching courses are as follows are below and must be strictly adhered to

Level 1 - Applicants must have an understanding and enthusiasm for the sport of boxing.

Level 2 – Upgrade from Level 1 to Level 2

Applicants must have held a Level 1 qualification and have been registered with the ARMY BA for a minimum of 1 year, MUST be in date, MUST NOT have allowed 3 yrs to have elapsed since qualifying at Level 1.

### **Renewal at Level 2**

Applicants must hold a Level 2 qualification that is due to lapse within a year or has lapsed by less than 6 months (Level 2 qualifications last for 3 years from the date of qualification).



**Failure to meet the criteria detailed to enlist on a coaching course will exclude coaches from attending those courses. There will be no exceptions.**

**ADVICE**

26. Advice on coaching is available from the Army Boxing Coaches on 94 222 3181.



## WEEKLY TRAINING PROGRAMME – WEEK 1

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon	3 Mile Steady State	B/Fast	Rest	<u>Lunch</u>	4x2 Pad Shuttles 2 x Ton Ups	
Tue	1.5 Mile Timed Core Stability	B/Fast	Tech Clinic Foot Work Straight Shots (Basics)	Lunch	Tech Spar (Basics, Straight Shots, Footwork)	
Wed	Rest	B/Fast	All Round Body Circuit	Lunch	Rest	
Thu	4 Mile Steady State	B/Fast	Skill Drills (Basics)	Lunch	Tech Spar (Basics, Straight Shots, Footwork)	
Fri	2 Mile Steady State Core Stability	B/Fast	4x2 Equip Themed 4x2 Skip	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					



## WEEKLY TRAINING PROGRAMME – WEEK 2

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 28/09/09	3 Mile Steady State	B/Fast	Tech Pads Straight shots, Footwork	<u>Lunch</u>	All Round Body Circuit	
Tue	MSFT Core Stability	B/Fast	Tech Clinic Defence/Counters	Lunch	Tech Spar (Defence, Counters, Straight Shots, Footwork)	
Wed	Rest	B/Fast	Weights Circuit	Lunch	Rest	
Thu	3.5 Mile Steady State	B/Fast	Rest	Lunch	3x1 Pads Conditioned Spar 4x2s 2 x ½ Ton Up	
Fri	Intervals Core Stability	B/Fast	4x2 Skip 4x2 Pads Conditioning	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					



## WEEKLY TRAINING PROGRAMME – WEEK 3

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 05/10/09	3.5 Mile Steady State	B/Fast	Rest	<u>Lunch</u>	4x2 Shadow (Themed) 6x2 Equip (Themed) 4x2 Skip (Themed)	
Tue	Gun Hill/Middle Hill x 2 Core Stability	B/Fast	Tech Clinic Feints/Drawing/Drifts	Lunch	3x1 Pads Open Spar 4x2 Flexibility	
Wed	Rest	B/Fast	All Round Body Circuit	Lunch	Rest	
Thu	Rugby Pitch 3xLaps Sprint L&W Core Stability	B/Fast	Rest	Lunch	3x1 Pads Open Spar 4x2s 5 Min Tech Pads 4x2 Skip	
Fri	Lamp Post Intervals Core Stability	B/Fast	Weights Circuit	Lunch	Rest	
Sat	Rest Day					
Sun	Rest Day					



## WEEKLY TRAINING PROGRAMME – WEEK 4

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
<b>Mon</b> <b>12/10/</b> <b>09</b>	3 Mile Steady State	<b>B/Fast</b>	4x2 Skip (Tempo) Tech Spar Defence/Counters/ Feints/Drifts 4x2 Shadow (With Weights)	<b><u>Lunch</u></b>	4x2 Pads Conditioning 1xJog Ton Up	
<b>Tue</b>	Hill 6xSprints Core Stability	<b>B/Fast</b>	<b>Rest</b>	<b>Lunch</b>	3x1 Pads Open Spar 4x2 Ton Up	
<b>Wed</b>	Pad Shuttles 4x2 4x2 Shadow 4x2 Skip	<b>B/Fast</b>	All Round Body Circuit	<b>Lunch</b>	<b>Rest</b>	
<b>Thu</b>	Track 1x400 3x200 4x100 Core Stability	<b>B/Fast</b>	Repetition Drills 4x2	<b>Lunch</b>	3x1 Pads Open Spar 4x2s 4x2 Skip	
<b>Fri</b>	Lamp Post Intervals Core Stability	<b>B/Fast</b>	Weights Circuit	<b>Lunch</b>	<b>Rest</b>	
<b>Sat</b>	<b>Rest Day</b>					Own Run Weight Depending
<b>Sun</b>	<b>Rest Day</b>					Own Run Weight Depending



## WEEKLY TRAINING PROGRAMME – WEEK 5

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
<b>Mon 19/10/ 09</b>	1.5 Mile Timed	<b>B/Fast</b>	<b>Rest</b>	<b><u>Lunch</u></b>	4x2 Pads Conditioning 1xJog ½ Ton Up	
<b>Tue</b>	3 Mile Steady State Core Stability	<b>B/Fast</b>	<b>Rest</b>	<b>Lunch</b>	3x1 Pads Open Spar 4x2 3x2 Shadow	
<b>Wed</b>	Track 15 On 15 Off 4x2	<b>B/Fast</b>	Equip 8x1 (Tempos) 2x ½ Ton Up	<b>Lunch</b>	<b>Rest</b>	
<b>Thu</b>	<b>Rest</b>	<b>B/Fast</b>	4x2 Shadow 4x2 Skip (Tempos)	<b>Lunch</b>	3x1 Pads Open Spar 4x2s 4x2 Skip	
<b>Fri</b>	Track 4x2 Sustained Core Stability	<b>B/Fast</b>	6x1 Reaction Pads 3x15 Sec Bursts	<b>Lunch</b>	<b>Rest</b>	
<b>Sat</b>	<b>Rest Day</b>					Own Run Weight Depending
<b>Sun</b>	<b>Rest Day</b>					Own Run Weight Depending



## WEEKLY TRAINING PROGRAMME – WEEK 6

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
<b>Mon</b> 26/10/ 09	Track 6x60m	<b>B/Fast</b>	<b>Rest</b>	<b><u>Lunch</u></b>	6x1 Reaction Pads 3x10 Sec Bursts	
<b>Tue</b>	Own Run (Weight Depending)	<b>B/Fast</b>	<b>Rest</b>	<b>Lunch</b>	Sharpening Pads	
<b>Wed</b>	<b>Rest</b>	<b>B/Fast</b>	<b>Rest</b>	<b>Lunch</b>	<b>Rest</b>	
<b>Thu</b>	<b>Rest</b>	<b>B/Fast</b>	<b>Rest</b>	<b>Lunch</b>	<b>Rest Travel</b>	
<b>Fri</b>	<b>Rest</b>	<b>B/Fast</b>	<b>Rest</b>	<b>Lunch</b>	<b>Rest</b>	
<b>Sat</b>	<b>Rest Day</b>					
<b>Sun</b>	<b>Rest Day</b>					

CLUB: **ARMY**

BOXERS NAME:

COACHES NAME:

DAY / DATE	TRAINING FOCUS, OBJECTIVES AND OUTLINE OF ACTIVITIES TO BE UNDERTAKEN	NOTES
MONDAY 12/10/09	Warm Up – Session 1 Run – Session 2	
	Skills – Session 1 Shadow – Session 1 Flex – Session 2	
	Pad Work – Session 2 Circuit – Session 1 Flex – Session 1	
TUESDAY 13/10/09	Warm Up – Session 1 Run – Session 2 Core Stability – Session 1 Flex – Session 2	
	Warm Up – Session 3 Sparring – Session 1 Flex – Session 3	
WEDNESDAY 14/10/09	Warm Up – Session 2 Pad Work – Session 3 Flex – Session 2	
	Warm Up – Session 2 Circuit – Session 2 Flex – Session 3	
THURSDAY 15/10/09	Warm Up – Session 1 Run – Session 3 Core Stability – Session 2 Flex – Session 2	
	Warm Up – Session 2 Pad Work (Skill Development) – Session 1 Flex – Session 3	
	Warm Up – Session 3 Sparring – Session 2 Flex – Session 3	
FRIDAY 16/10/09	Warm Up – Session 1 Run – Session 4 Flex – Session 2	
	Warm Up – Session 2 Weights – Session 1 Flex – Session 3	
SATURDAY	Rest Day	
SUNDAY	Rest Day	Steady State Run (Weight Depending)



KEY TO TRAINING SCHEDULES: **WARM UP'S**

SESSION NUMBER	WARM UP DETAILS	NOTES
1	<p><b>Joint Rotation</b> From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints:</p> <ul style="list-style-type: none"> <li>• Fingers</li> <li>• Wrist</li> <li>• Elbows</li> <li>• Shoulders</li> <li>• Neck</li> <li>• Trunk and shoulder blades</li> <li>• Hips</li> <li>• Knees</li> <li>• Ankles</li> <li>• Feet and toes</li> </ul> <p><b>7 Min Pulse Raiser (Jog/Game)</b></p>	<p><b>Dynamic Stretching</b> Neck Mobility Shoulder Circles Arm Swings Side Bends Hip Circles &amp; Twists Half Squats Leg Swings Cross Body Leg Swings Lunges Double Leg Bounce</p> <p>Individual Stretching</p> <p><b>3 min pulse Raiser (Jog/Sprint)</b></p>
2	<p><b>Joint Rotation</b> From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints:</p> <ul style="list-style-type: none"> <li>• Fingers</li> <li>• Wrist</li> <li>• Elbows</li> <li>• Shoulders</li> <li>• Neck</li> <li>• Trunk and shoulder blades</li> <li>• Hips</li> <li>• Knees</li> <li>• Ankles</li> <li>• Feet and toes</li> </ul> <p><b>7 Min Pulse Raiser (Jog/Game)</b></p>	<p><b>Resistance Bands (Dynamic Stretching)</b> Neck Mobility Bent Over Rows Alternate Lying Chest Press (On Floor) Bicep Curls Lateral rows Triceps' Extensions Side Twists Diagonal Wood Chops Squats Side Lunges Toe Points</p> <p>Individual Stretching</p> <p><b>3 min pulse Raiser (Jog/Sprint)</b></p>
3	Individual Warm Up – To include Joint Rotation, Pulse raiser, Dynamic and Static Stretching, Pulse Raiser and Finish with Pads.	

KEY TO TRAINING SCHEDULES: **SKILLS DEVELOPMENT SESSIONS (PARTNERWORK AND DRILLS)**

SESSION NUMBER	SKILL SESSION DETAILS	NOTES
1	3 x 3 Skip (Tempo) 1 – Whistle Blasts (Tempo 1 – 4) 2 – Tricks (Flare) 3 – No 1 and 2 Combined  Tech Spar 20 Minutes working on varied defences, straight shots, counters, basic boxing.	Tempo 1 – 50% Tempo 2 – 60% Tempo 3 – 70 – 80% Tempo 4 – 100%

KEY TO TRAINING SCHEDULES: **SPARRING SESSIONS**

SESSION NUMBER	SPARRING SESSION DETAILS		NOTES
1	3x1 Pads (Continuation Warm Up) Open Spar 4 x 2 Minute Rounds 1 x Minute Recovery between rounds. 1 x Ton Up to finish off with.		Working on everything worked on close to competition as possible.
	<b>Ton Up</b>  1. Press Ups 2. Half Sits 3. Knees to Chest 4. Boxer Press Ups 5. Crunches	6. Burpees 7. Close Arm Press Ups 8. Punch sit Ups 9. Star Jumps 10. Burpee Press	
2	3x1 Reaction Pads (Continuation Warm Up) Open Spar 4 x 2 Minute Rounds 1 x Minute Recovery between rounds. 4 x 2 Skip (Loosen off)		Sparring working on KISS (Keep It Simple Stupid).

KEY TO TRAINING SCHEDULES: **CIRCUIT TRAINING**

SESSION NUMBER	CIRCUIT DETAILS				NOTES
1	Jog ½ Ton Up				Jog 30 Meters and complete 5 reps of each exercise.
	1. Press Ups 2. Half Sits 3. Knees to Chest 4. Boxer Press Ups 5. Crunches		6. Burpees 7. Close Arm Press Ups 8. Punch sit Ups 9. Star Jumps 10. Burpee Press		
2	<b><u>Pyramid Circuit</u></b> 10 x Press ups 10 x Sit ups 10 x Squats 10 x Reverse Dips 10 x V Sits 10 x Squat Thrusts <b>1 Min Rest</b> 6 x P-Ups 6 x Sit Ups 6 x Squats 6 x Reverse Dips	6 x V Sits 6 x Squat Thrusts <b>1 Min Rest</b> 2 x P-Ups 2 x Sit Ups 2 x Squats 2 x Reverse Dips 2 x V Sits 2 x Squat Thrusts <b>1 Min Rest</b> 4 x P-Ups 4 x Sit Ups	4 x Squats 4 x Reverse Dips 4 x V Sits 4 x Squat Thrusts <b>1 Min Rest</b> 10 x P-Ups 10 x Sit Ups 10 x Squats 10 x Reverse Dips 10 x V Sits 10 x Squat Thrusts	All exercises are to be done with quality and speed.	

KEY TO TRAINING SCHEDULES: **RUNNING FOR CONDITIONING**

RUN NUMBER	RUN DETAILS	NOTES
1	Buller Run is 3 Mile. This run is a Steady State run at 70-80% effort.	
2	Gun Hill is approximately 100m long at a 20 degree angle Start at top of Gun Hill and jog/walk down Once at bottom you Sprint to the top 100% Recovery is the jog/walk down to bottom 6 x Sprints are completed.	
3	Track Best Effort 1x400 M 30 Sec Recovery 3x200 M 20 Sec Recovery between runs 4x100 M 10 Sec Recovery between runs	
4	Queens Ave Lampposts Interval Run Roughly a 1 Mile Straight road that runs past Gym with lampposts set roughly 50m apart Jog to the 1 <sup>st</sup> lamppost sprint to the 2 <sup>nd</sup> jog to the 3 <sup>rd</sup> and sprint to the 4 <sup>th</sup> and so on. Carry on doing this until you reach the top of the road cross over and repeat on way back down, the whole run is roughly 2 Miles.	

KEY TO TRAINING SCHEDULES: **WEIGHT TRAINING**

SESSION NUMBER	WEIGHT TRAINING SESSION DETAILS	NOTES
1	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b><u>1.Chest</u></b> Decline Bench Press (30-40 degree angle.) X 5 Reps: 3 sets.</p> <p><b><u>2.Biceps</u></b> Bar Curl X 5 Reps: 3 sets.</p> <p><b><u>3.Triceps</u></b> Lying Dumb Bell Extension X 5 reps: 3 sets</p> <p><b><u>4.Shoulders</u></b> Dumb Bell Press X 5 reps: 3 sets</p> </div> <div style="width: 45%;"> <p><b><u>5.Lower Back</u></b> Lying Hyper Extensions (superman's) X 10 reps: 3 sets</p> <p><b><u>6.Upper Back</u></b> Dumb Bell Pull-Over X 10 reps: 3 sets</p> <p><b><u>7.Quads</u></b> Squats X15 reps: 3 sets</p> </div> </div>	All weight is 75-80% 1 Rep Max, Speed is essential

KEY TO TRAINING SCHEDULES: **FLEXIBILITY / STRETCHING SESSIONS**

SESSION NUMBER	FLEXIBILITY / STRETCHING SESSION DETAILS	NOTES
1	<p><b>With Swiss Ball</b></p> <p>3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down.</p> <p>10 -12 Minutes Static Stretching to include:</p> <ol style="list-style-type: none"> <li>1. Shoulder Stretch</li> <li>2. Chest Stretch</li> <li>3. Kneeling Back Stretch</li> <li>4. Glute Stretch</li> <li>5. Hip Stretch</li> <li>6. Quad stretch</li> <li>7. Hamstring Stretch</li> </ol>	Each stretch should be held for 20-25 Secs.
2	<p>3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down.</p> <p>10 -12 Minutes Static Stretching to include:</p> <ol style="list-style-type: none"> <li>1. Neck</li> <li>2. Shoulders</li> <li>3. Back</li> <li>4. Chest</li> <li>5. Glutes</li> <li>6. Hip</li> <li>7. Quadriceps</li> <li>8. Inner Thigh</li> <li>9. Hamstrings</li> <li>10. Calves</li> </ol>	Each stretch should be held for 20-25 Secs.
3	<p>3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down.</p> <p>10 -12 Minutes Static Stretching to include:</p> <ol style="list-style-type: none"> <li>1. Neck</li> <li>2. Shoulders</li> <li>3. Biceps</li> <li>4. Triceps</li> <li>5. Back</li> <li>6. Chest</li> <li>7. Glutes</li> <li>8. Hips</li> <li>9. Quadriceps</li> <li>10. Inner Thigh</li> <li>11. Hamstrings</li> <li>12. Calves</li> </ol>	Each stretch should be held for 20-25 Secs.

KEY TO TRAINING SCHEDULES: **CORE STABILITY SESSIONS**

SESSION NUMBER	CORE STABILITY TRAINING SESSION DETAILS	NOTES
1	<div data-bbox="338 191 926 1318"> <p><b>1. Supine Stability</b> Intensity: Hold for 30 seconds Lie on the ball with your arms out. Make sure you keep your spine in a neutral position on the ball and you're raised.</p> <p><b>2. Press Up</b> Intensity: 2 x 10 Lie prone on the ball with your hands shoulder width apart on the floor. Flex the arms, lowering your chest to the floor, while maintaining a neutral spine. Extend the arms to complete the movement.</p> <p><b>3. Superman</b> Intensity: 2 x 10 on each side Lie prone on the ball with your hands and feet on the floor. Extend the opposite arm and leg. Repeat on both sides.</p> <p><b>4. Chest Press</b> Intensity: 3 x 10 Lie with back on the stability ball holding the dumbbells just above the chest. Extend the arms and bring the dumbbells together.</p> <p><b>5. Bridge Raise</b> Intensity: 3 x 10 Lie with back on the mat with your hands flat on the floor with your heels on the ball. Raise your backside off the mat and push your hips up. Hold for two seconds before slowly lowering the backside to the starting position.</p> </div> <div data-bbox="926 191 1518 1318"> <p><b>6. Dorsal Raise</b> Intensity: 3 x 10 Lie prone on the ball with your feet flat against the wall. Move your feet further apart on the wall for more balance. Place your hands in the small of your back and raise your upper body by flexing at the hips. Hold position for two seconds before returning to starting position.</p> <p><b>7. Triceps Dip</b> Intensity: 3 x 8 Keeping your feet flat on the ground rest your hand on the ball as shown. Keeping the elbows still lower the backside to the floor. Then extend the arms to complete the exercise.</p> <p><b>8. Abdominal Crunch</b> Intensity: 3 x 10 Sit on the stability ball with your hands crossed over your chest. Keep your toes pressed against the wall. Extend at the hips and slowly bend back towards the floor. Adjust your sitting position on the ball to change the difficulty.</p> </div>	All exercises are with Swiss Ball.
2	<div data-bbox="338 1328 926 1502"> <p><b>1. Prone Stability</b> Intensity: Hold for 30 seconds Position yourself prone on the ball with the hands shoulder width apart maintaining a neutral spine</p> </div> <div data-bbox="926 1328 1518 1502"> <p><b>5. Roll Away</b> Intensity: 3 x 10 Kneel upright behind the ball with your hands on the top. Roll the ball away slowly keeping your body in alignment.</p> </div>	All exercises are with Swiss Ball.

	<p><b>2. Shoulder Press</b> Intensity: 3 x 10 Sit on the stability ball and hold the dumbbells so your upper arms are level with your shoulders. Extend the arms and raise the dumbbells over your head.</p> <p><b>3. See-Saw</b> Intensity: 2 x 10 Lie prone on the ball with your hands shoulder width apart. Raise the legs and then extend the arms and return to the starting position.</p> <p><b>4. Lateral Raise</b> Intensity: 2 x 10 Sit on the stability ball and raise the dumbbells with straight arms so the dumbbells are approximately level with your shoulders. Lower slowly back to starting position.</p> <p>.</p>	<p><b>6. Pull Over</b> Intensity: 3 x 10 Lie with back on the stability ball keeping your hips up. Hold the dumbbell vertically and extend your shoulders moving the dumbbell behind your head. Pull your arms over and return to the starting position.</p> <p><b>7. Single-Leg Plank</b> Intensity: 60 seconds Lie prone on the ball with your hands shoulder width apart on the floor. Raise one foot off the ball and hold the position.</p> <p><b>8. Kneeling Balance</b> Intensity: 30 seconds Stand on the floor with the stability ball at your feet and your hands on the ball. Slowly kneel onto the ball with your feet off the ground. When you have achieved a balance position slowly take your hands off the ball.</p>	
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KEY TO TRAINING SCHEDULES: **PUNCHBAG AND SHADOW BOXING WORK**

SESSION NUMBER	PUNCHBAG / SHADOW BOXING TRAINING SESSION DETAILS	NOTES
1	<p>4 x 2 Shadow (With Weights 1KG)</p> <ol style="list-style-type: none"> <li>1 Minute with weights 1 Minute without (Both hands at same time Left, Right, Forward, Backward)</li> <li>1 Minute with weights 1 Minute without (No's 1 = Single Shots 2 = Combinations 3 = Double attacks 4 = 2 Phases with Angles)</li> <li>1 Minute with weights 1 Minute without (As 1 without both hands and 2)</li> <li>1 Minute with weights 1 Minute without (Individual Flare)</li> </ol>	

KEY TO TRAINING SCHEDULES: **PADWORK**

SESSION NUMBER	PADWORK TRAINING SESSION DETAILS		NOTES
1	<p>Repetition Drills 4 x 2 Minutes</p> <p><b>Round 1</b> <b>DJBH, Push BH(B)</b> 1 Minute – DJBH 30 Sec Rest 1 Minute – DJBH Push BH(B)</p> <p><b>Round 2</b> <b>1,2 Layback Jab</b> 1 Minute – 1,2 Layback 30 Sec Rest 1 Minute – 1,2 Layback Jab</p>	<p><b>Round 3</b> <b>DJBH Step BH, Jab</b> 1 Minute – DJBH Step 30 Sec Rest 1 Minute – DJBH Step BH, Jab</p> <p><b>Round 4</b> <b>1,2 Step BH(B) LH(H) BH(H)</b> 1 Minute – 1,2 Step BH(B) 30 Sec Rest 1 Minute – 1,2 Step BH(B) LH(H) BH(H)</p>	<p>(H) = Head (B) = Body 1 Minute Rest Between Rounds</p>
2	<p>4 x2 Conditioning Pads (Bringing everything together)</p> <p>Round 1 – Everything starts with Jab. Round 2 – Everything finishes with Jab. Round 3 – Phases and Angles. Round 4 – Mix of all 3 above 1 Minutes rest between rounds.</p>		
3	<p>Shadow 4 x 2 (Continuation Warm Up) Pad Shuttles 4 x 2 Line 1 – DJBH Line 2 – 1,2 Step BH Line – 3 HBH Line – 4 DJBH, LH, BH 4 x 2 Skip (Loosen Off)</p>		4 Lines 10 Meters apart. 1 Minute rest between rounds.



MOD Risk Assessment Form		MOD Form 5010	
Establishment /Unit/Ship: Army Sports Control Board		Assessment Ref: ASCB/01	Date: 1 Sept 17
Section/Department: Army Boxing Association		Assessment Type (Note 1) tick as appropriate	
		Specific <input type="checkbox"/>	Generic <input checked="" type="checkbox"/>
Activity/Process: <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">SPARRING</div>		Who is at risk:	
		All staff: <input checked="" type="checkbox"/>	
		Operators and/or maintenance staff: <input checked="" type="checkbox"/>	
		Visitors, vulnerable groups, public, etc. : <input checked="" type="checkbox"/>	
Ref	Hazard	RA Required	
1	Death From Brain Injury		
2	Burst Eardrum, Detached Retina, Fractures to face, hands, ribs		
3	Bruising to face hands and ribs		
4	Dehydration		
5	Muscle Strain or Injury		
6	Injury due to damaged or faulty equipment		

Likelihood		Risk Matrix			
Common, regular or frequent occurrence.		3	3 Med	6 High	9 High
Occasional occurrence.		2	2 Low	4 Med	6 High
Rare or improbable occurrence.		1	1 Low	2 Low	3 Med
Severity		1	2	3	
		Minor injury or illness.	Serious injury or illness.	Fatalities, major injury or illness.	
Hazard Ref	RISK Associated with Hazard (How people may be harmed – type of injury or ill health)	Existing Control Measures (Note 2)	Risk Rating	Additional Controls Required (Note 2)	Review frequency (Note 3)
01	Death from Brain Injury	Head Guards, Bandage inspections, Abdominal	1 x 3 = 3	Boxers conducting	Annually

02	Burst eardrum / Detached Retina / Fractures to hands, face or ribs	protectors, Qualified ABAE Level 2 Coach, annual medicals and Fit to box, pre sparring verbal confirmation of boxers consent to Spar are compulsory. Coaches to be qualified and in date and registered with the Army BA. All Boxers are to be registered through the Army BA. Boxers are categorised and matched according to Weight and Experience. 16oz gloves for sparring are compulsory.  Coaches are to be aware of the local emergency procedures for their Gymnasium and Camp / Club.	2 x 2 = 4	sparring should only spar to a maximum of 2 x per week and not on consecutive days or a duration of their competitive round duration plus 1 round  ie Dev A boxer 4 x 2 mins rounds  Dev B boxer 5 x 2 mins rounds  Elite boxer 4 x 3 mins	Annually
03	Bruising injuries to face, hands and ribs.		3 x 1 = 3		Annually
04	Dehydration	1 min breaks afforded at end of each round, Rounds only 2 or 3 mins max dependant on Cat of Boxer, max of 5 rounds for any boxer	2 x 1 = 2		Annually
05	Muscle injury / strain	All boxers are trained by qualified coaches and have pre bout medical to ensure fitness to box	3 x 1 = 3		Annually
06	Injury due to faulty or damaged training equipment including Boxing Rings and Boxing attire	Senior Coaches (Level 2 and above) are to inspect all training equipment including the Boxing Ring for servicablilty prior to any training taking place	2 x 1 =3	All Training Rings held by Units are to be inspected as part of the Affiliation process.	Annually

<b>Assessor</b>				<b>Manager (Note 4)</b>		<b>Overall Activity/Process Risk Rating</b>	
<b>Name:</b>	SSgt Browring			<b>Name:</b>	NL Pearce		
<b>Rank/Grade:</b>	SSgt			<b>Rank/Grade:</b>	C2		Med
<b>Date:</b>	1 Sept 17			<b>Date:</b>	1 Sept 17		
<b>Sig:</b>				<b>Sig:</b>			
<b>Line Manager Assessment Review</b> (Note 3 and 4)							
<b>Date:</b>		<b>Date:</b>		<b>Date:</b>		<b>Date:</b>	
<b>Name:</b>		<b>Name:</b>		<b>Name:</b>		<b>Name:</b>	

**Notes:**

- 1 If using a 'Generic' risk assessment, Assessors and line managers are to satisfy themselves that the assessment is valid for the task and that all significant hazards have been identified and assessed. If additional hazards are identified they are to be recorded and attached to the Generic assessment.
- 2 Only a reference or simple description of the control measures is required. If the risk assessment identifies the need for additional control measures, the hazard will need to be reassessed once the additional controls have been implemented.
- 3 Risk Assessments are to be reviewed:
  - at a frequency proportional to the risk (e.g. high risk – 6 monthly; medium risk – annually; low risk – every 2 years)
  - where required by local instructions/procedures;
  - if the safe execution of the activity relies on stringent supervision and/or adherence to a safe system of work;
  - if there is reason to doubt the effectiveness of the assessment.
  - following an accident or near miss.
  - following significant changes to the task, process, procedure, personnel or line management.
  - following the introduction of more vulnerable personnel.
  - If a "Generic" assessment then prior to use.
- 4 Line managers are to note that they are responsible for production of the risk assessment and that they are signing to indicate that the risk assessment is suitable and sufficient and they consider the risks to be acceptable.
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# ARMY BOXING ASSOCIATION – SPARRING ACTIVITY LOG

Annex C to Section 5  
Army BA Aide Memoire 2018

Srl	Rank Name	No of Rds & duration	Opponent 1	Opponent 2	Comments	Boxer Sig
0	Pte Cooper	4 x 2 mins	Pte Ali 2 Rds	Pte Frasier 2 Rds	Open Spar, Cooper cut above eye in 4 <sup>th</sup> by elbow. Sparring stopped. Cooper taken to A&E for treatment.	<i>H Cooper</i>
1						
2						
3						
4						
5						
6						
7						
8						
9						

Date ...../...../ 2018      Name of Supervising Coach .....      Signature .....

**ARMY BA APPLICATION TO HOST A COACHING COURSE**

Unit .....

Unit Address .....

.....

.....

Location of course .....

Unit Representative or Boxing Officer .....

Contact Tel No – Mil ..... Civ .....

Email address .....@.....

Level of course required (delete as applicable)      Level 1      or      Level 2

Number of Candidates .....

Accommodation for Tutors Available      Yes or No

Proposed Dates – From ..../..../..... to ..../..../.....

Additional information.

## SECTION 6 – TOURNAMENT OFFICIALS

References:

- A. AIBA Technical Rules.
- B. AIBA Open Boxing (AOB) Competition Rules.
- C. England Boxing Rules.

### GENERAL

1. Tournament officials are qualified as per the National Governing Body's (England Boxing) and AIBA rules (Reference A and C). The following grades of officials are applicable:

- a. AIBA - International (AIBA 1 - 4\*)
- b. Grade A - England Major Panel.
- c. Grade B - Regional Panel (UKAFBA & Army Major Panel).
- d. Grade C - Command Panel.

2. Dress. All Army BA Officials are to dress in accordance with these regulations, under normal circumstances this will be Army/Corps/Regt mufti:

- a. Referees are to be dressed in black trousers, white shirt (with collar), black bow tie and black shoes or boots without raised heels whilst officiating in the ring. Army/Corps/Regt blazer may be worn whilst judging or sitting out.
- b. Other officials should be dressed in Army/Corps/Regt Mufti. Female Officials (except referees), are to be similarly dressed, but may wear a suitable skirt and/or blouse, in accordance with their Regt/Corps Dress Instructions. Army Boxing Mufti is; Black blazer with Army Boxing Badge embroidered on the left chest pocket, grey trousers, white shirt, black shoes and Army BA or Major Panel Tie. Female officials are not required to wear a tie.
- c. International officials are permitted to wear their international qualification badges on blazers/blousons/shirts. Army Major Panel should wear Army BA and/or Major Panel attire, where appropriate, at all Major Panel Fixtures.

A high standard of turnout is expected.

3. All Officials must be:

- a. In possession of an Official's book bearing a likeness photograph and the current season's registration stamp. The book must be carried at all times when on duty and presented to the Supervisor upon request. For insurance whilst on duty, he must also be registered on the Boxing England National Database for the current season.
- b. Qualified by examination set by:
  - (1) Grade C & B - the Army BA/UKAFBA/England Boxing R&J Committee.
  - (2) Grade A - England Boxing.
  - (3) AIBA - AIBA (organised by Host nation).
- c. England Boxing registered officials must be in possession of their England Boxing Photo ID and Registration book when officiating at tournaments, which must be in date for the current season.

- d. On the appropriate Association's list of qualified Officials.
  - e. At least 17 years of age.
  - f. Must attend continuous development training a minimum of every 3 years, which is to be recorded in the official's boxing registration book.
  - g. Sit and pass a control exam at the appropriate level every 3 years; upgrading counts as a control exam.
  - h. Re-assessed by written, oral, and practical examination, if inactive for 2 or more years, before being allowed to resume officials' duties.
4. An Elite boxer can be trained and act as an official during his boxing career. After qualification/training he/she can be appointed to officiate at tournaments, so long as they are not boxing in the same tournament at which they are officiating.
5. An official must have served for at least two years as a judge and or Referee/Judge before being allowed to take the Supervisor examination.
6. Each Command shall compile a panel of Grade A / Grade B / Grade C registered Supervisor's, Referees, Judges, Timekeepers, and AIBA Computer Scoring Operators, who must be qualified by examination, when required by AIBA & England Boxing rules. Grade C officials, should not be used for Championship events.
7. A Supervisor, Referees, Judges, MOA, Recorder and Timekeeper, shall be appointed by the Regional Associations/Divisions for all tournaments. For National Semi-Finals, National Finals of all Championships and Home Internationals, the England Boxing R&J Committee will appoint Grade A and/or AIBA level Supervisor's, Referees, Judges, Timekeepers, AIBA Computer Scoring Operators and MC/Announcers.
8. Any Supervisor, Referee, Judge, or Timekeeper who has been active in that capacity at Grade C may be nominated for upgrading to Grade B. Any Grade B official, who has been active in that capacity, may be nominated for up-grading to Grade A. Details of upgrading procedures and Major Panel selection is outlined below. AIBA upgrading is through Boxing England selection in accordance with AIBA rules.
9. All newly qualified judges must sit in at a tournament and judge a minimum of 10 bouts alongside the appointed judges. Their results will be assessed by a qualified Grade A referee or Grade A Judge from the Army Major Panel and they will be told when they are competent enough to be appointed to tournaments.
10. Newly qualified referees will be assessed at a tournament by a qualified Grade A referee from the Army Major Panel. They will be told when they are competent enough to be appointed to tournaments.
11. Individuals wishing to qualify as a Grade C official should apply in accordance with the instructions below.

## **BOXING OFFICIALS COURSES AND UPGRADING**

### **COURSES**

12. Throughout the training year, courses are run at the Army School of Physical Training (ASPT) to qualify service personnel as boxing officials. These courses are usually run by a suitably qualified member of the Major Panel.

13. All individuals who wish to qualify as a boxing official i.e. Judge & Timekeeper (JTK) are to apply to the ASPT via the normal procedure. On successful completion of the appropriate course, examination, and practical assessment, they will be qualified as a Grade C official. The results are to be forwarded to the Secretary Army BA and the individuals' Command Boxing Secretary.

Boxing Referee and Judge (R&J) Grade C	28-Mar-18	29-Mar-18
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### **UPGRADING CRITERIA**

14. Criteria for upgrading of boxing officials are set by the Army Major Panel and are:

a. Upgrade from Grade C JTK to Grade C Referee :

(1) Minimum of 2 consecutive seasons as an active JTK or exceptional recommendation from Regional Chairman.

(2) Attended and officiated at a minimum of 5 different events in each season, with details of number of bouts recorded.

b. Upgrade from Referee Grade C to Referee Grade B:

(1) Minimum of 2 consecutive seasons as an active Grade C Referee or exceptional recommendation from Regional Chairman..

(2) Refereed and logged a minimum of 12 contests in each season.

c. Upgrade from Referee Grade B to Referee Grade A:

(1) Minimum of 2 seasons as an active Grade B Referee or exceptional recommendation from Regional Chairman.

(2) Refereed and logged a minimum of 15 contests in each season.

(3) Upgrading to Grade A can only be conducted through the England Boxing via the Army BA Officials Secretary.

15. The minimum qualifications needed to run JTK courses and upgrading to Referee Grade B are:

a. JTK course - Minimum of Grade A R&J.

b. Referee upgrading - Minimum of two Grade A R&Js.



## **UPGRADING PROCEDURE**

16. Candidates who wish to be selected for upgrading must have a recommendation from their Command Boxing Representative in consultation with at least one Major Panel Grade A R&J.
17. Command Boxing Representative submits application to Army BA Officials Secretary for processing.
18. Upgrading assessment will be conducted (usually) at the Army Individuals Championships. Permission to conduct upgrading away from these championships must be gained from the Army BA Secretary. Candidates will sit a controlled theory examination followed by a practical assessment.

## **ACTIVE/INACTIVE OFFICIALS**

19. Any boxing official who has not officiated for a period of 2 years will be deemed as inactive. To reactivate qualification, individuals must sit a controlled theory examination and shadow for at least 1 competition. This process is controlled by Command Boxing Representatives who will appoint a minimum of one Major Panel Grade A R&J to carry out the assessment.

## **ARMY MAJOR PANEL**

20. The Army Major Panel of Officials oversees all aspects of Boxing in the Army with regard to Tournament Officials (Referees, Judges and Timekeepers). Individuals must be qualified to at least Grade B to be assigned to the Army Major Panel.

## **SELECTION**

21. Due to the nature of tournaments at which Army Major Panel members officiate (England Boxing civilian shows, CSBA / single service championships / Unit organised charity events against civilian boxers, etc.) all potential officials for the Major Panel are required to have a high level of experience. The minimum criteria expected for candidates wishing to be considered for either is:
  - a. Minimum of 3 seasons as active Judge, Timekeeper, Referee.
  - b. Logged experience of officiating at least 12 contests in each season.
  - c. Recommendation from Command Boxing Representative. The recommendation is to include a brief summary of candidate's achievements.

## **APPLICATION**

22. Applications must be submitted in writing by Command Boxing Representative to the Army Major Officials Secretary at least 21 days prior to Army Individuals Championships. Contact details are available via the Secretary Army BA or the Army Boxing web site.

## **ASSESSMENT**

23. Assessment will be conducted at the Army Individuals Championships. Candidate's Amateur Boxing Registration book will be scrutinised to confirm minimum experience is valid. Candidates will sit a controlled theory examination followed by a practical assessment.

24. An overall assessment of the written and practical examinations will be evaluated and a summary given to each candidate by the Supervisor of the Championships and/or the Officials' Secretary. Competent candidates will then be elected to the Major Panel.

25. The Army BA Officials' Secretary is to maintain a list of all of Army Major Panel Officials and all Grade A and AIBA registered Supervisors, Referees, Judges, Jury, and Timekeepers who must be qualified by examination by the Army BA/UK AFBA/England Boxing. All Officials must be members of a Club or other affiliated Association (e.g. UK AFBA). Only Officials from this list will be authorised to officiate at preliminary, Association, pre-1/4 Finals and 1/4 Final rounds of all Championships and representative matches.

26. Appointment to England Boxing Semi Final and Final rounds will be by England Boxing.

## **STANDARDS**

27. Army Major Panel members are expected to attend a minimum of 3 Army Major Panel fixtures each season. Failure to do so may result in removal from the Major Panel. Dispensation will be given to members involved on operational deployments.

## **REVIEW**

28. Major Panel membership is reviewed annually at a meeting of the Major Panel. Members who have elected to be removed or those deemed not to be active or non-supportive will be removed.

## **DISCIPLINE**

29. Breaches/failings in officials' duties/performances will be dealt with via a disciplinary panel arranged under the direction of the Secretary Army BA and the Army Major Panel Officials' Secretary. The composition of the panel will be a Chairman (nominated by the Secretary Army BA), the Army Major Panel Officials' Secretary, 2 x Grade A R&Js and the Secretary Army BA as independent member. The decision will be notified under arrangements issued by the Chairman Army BA and shall be final. Appeals may be made using the military redress of grievance procedures, as detailed in JSP 381.

## **ENGLAND BOXING MAJOR PANEL**

30. Only Grade B Army Major Panel Officials will be nominated by the Army BA Officials Secretary to the UKAFBA for upgrading to Grade A. All Grade A officials are England Boxing Panel Officials.

31. Only Officials from Army Major Panel Officials' list will be authorised to officiate at preliminary, Association, pre-1/4 Finals and 1/4 Final rounds of all Championships and representative matches. Grade C officials, will not be used for Championship events.

## **AIBA OFFICIALS**

32. Nomination to AIBA will be via the UKAFBA to England Boxing, through single service Officials' Secretaries. Individuals receiving recommendations for upgrading to AIBA via England Boxing Regional Associations/Divisions are to notify their single service Officials' Secretary immediately.

## **NOTES FOR NOVICE REFEREES**

1. This Annex is included to provide further guidance for Referees. Much of this is common sense and can be found in England Boxing and/or AIBA Rules.

## **GUIDANCE NOTES**

2. This section should be considered as advice for Referees; the full duties of a Referee can be found in References A to C to Section 6.

- a. The referee must ensure that both boxers contest the bout in a fair and sportsmanlike manner. Boxers who continually fail to abide by the rules should be warned or disqualified without hesitation.
- b. If boxers believe that they are competing under a weak referee who is unsure of the rules or does not apply them, they will generally attempt to take unfair advantage of their opponent. This often leads to a series of foul tactics being resorted to by both sides until finally the contest gets completely out of control and develops into anything but a good clean boxing match. The referee shall indicate to a boxer by suitable explanatory signs or gestures as appropriate any infringement of the rules, especially the too common offences of hitting with the open glove or inside of the glove, lying on, holding in various ways, dangerous use of the head, and not stepping back on the command "break".
- c. When refereeing raw developments, the referee may give the boxers guidance, where possible this should be conducted during the pre-competition brief. Caution on the move is permissible.
- d. Signals or gestures must be unambiguous; as a tip, an unambiguous signal is one that is clear enough for the audience to understand the offence. The Army BA maintains a list of Army BA authorised gestures and signs and Army BA officials are not deviate from this list. Officials, who believe they have a more appropriate signal, should submit details to the Major Panel Convention for authority to have the signal included into the list of authorised signals.
- e. Cautions and Warnings. A referee may give a caution without actually stopping the bout, **however** when doing so, he must not refer to a specific boxer/colour; in doing so, he may put a boxer at a disadvantage or risk. Where necessary, the referee should stop the boxing to deliver a caution. A referee should not be too eager to give frequent cautions. He should ensure that a caution is needed, and that he is quite certain of the offender, and then make the caution as brief as possible. The Referee should only speak to development class boxers, i.e. "don't hold". Boxers of intermediate standard or above should be given gestures only. The referee must ensure that cautions are given at such a time and in such a way that there is no danger of one of the contestants stopping in order to listen to the referee and thereby receiving a knockout blow from an opponent who continues to box.
- f. The Referee must stop the bout when giving warnings. Where there are only 3 judges, the Referee must stand where he can see all three judges before delivering the warning. When there are 5 judges, the Referee must stand in the centre of the ring.
- g. Referees should remember that bad behaviour in the crowd is often caused by what goes on in the ring, and this is entirely in the referee's hands. Prompt decisions and firm handling of dirty tactics will usually prove a protection.

h. A Referee should be careful to differentiate between deliberate bad behaviour from ignorance or intent and excitement, often the cause of spontaneous outbursts which die down almost at once. Treat the boxers in the ring with firmness but fairness and you need anticipate no great trouble with those outside the ring.

i. After a particularly hard, clean bout, or if one of the boxers shows exceptional 'pluck' and determination, the referee may express his approval for the boxers' performance. This should however, only be done on very few occasions and only when exceptional courage or determination has been exhibited. The most favourable time to do this is immediately prior to informing the MC/Announcer whom to announce as the winner. *NOTE:* A referee must be careful not to allow a boxer to receive unnecessary punishment. This applies particularly to developments and the less-experienced boxers. If a bout is very one-sided and a boxer who has no chance of winning or a boxer is receiving heavy punishment, the bout should be stopped. At the same time, a referee must be careful not to stop a bout when a strong but unskilful boxer is waiting for an opportunity, whilst boxing a much more skilled boxer. Nothing is more annoying for a boxer than the bout being stopped when he is still feeling strong and keen and he considers that he has a chance to win.

3. Reporting action after a disqualification. Following disqualification, if the Referee must report the matter to the Army BA, through the Supervisor and inform the boxer that he may not box at any meeting held until he hears further. In reporting the case, the Supervisor must suggest a term of suspension after consulting with the Referee, Comd Chair and Secretary Army BA. The decision of the Army BA will be reported to the boxer's Commanding Officer, the Referee, the Supervisor, the Comd Chair and to the boxer concerned.

4. Refereeing In the Ring. Muscular relaxation and mental alertness is the keynote of refereeing in the ring. Ostentation or theatrical tendencies should be avoided. A referee should assume a cheerful, but not, of course, hilarious attitude, and should avoid all inclination to display a "parade-ground" manner. A development referee will probably feel self-conscious but provided that he knows his job, he can rest secure in the knowledge that the spectators have not come to watch him, but to watch the boxers!

a. Movement in the Ring. The principle is to keep in view as much of each boxer's target as possible throughout the bout. To do this he should endeavour always to keep himself at right angles to the line joining the two boxers and as far away from them as the ropes will allow. Obviously no hard and fast rules can be laid down as to the direction in which a referee will move around the ring. Experience will teach a referee to move quickly and unobtrusively in the direction which will enable him to see as much of the boxers' targets for as long as possible; this will necessitate switching quickly from circling clockwise to anti-clockwise to keep the targets in view.

b. This does not mean that the referee must never get close to the boxers; indeed with boxers who tend to disregard the rules it is often necessary to get near to them to ensure that a command such as "break" or "stop" is instantly obeyed. It will sometimes be found that one boxer maintains a position in the centre of the ring and causes his opponent to dance round him. In such cases it is not practicable for the referee to keep up on a longer perimeter with the resulting roundabout. The spectacle of a referee sprinting round the ring is irritating to the spectators. On the other hand, a referee who stands still obscures the view of spectators behind him and sometimes a judge or the timekeeper. The happy medium is to keep circling with quick switches to the opposite direction, when you find that both boxers are about to get end on to you.

c. Some referees find that they get a better view of the boxers' targets by looking slightly sideways whilst moving round the ring rather than by fixing their gaze directly at a point

between the two boxers. A referee should avoid rigidity in his movements and should not be afraid to use his arms freely in assisting him to change direction. At suitable moments he should glance at the boxers' corners to ensure that the seconds are not contravening the rules by interfering with the progress of the bout.

d. Decisions should be made without hesitation and observations made in a firm and distinct voice.

e. In the event of a boxer falling between or outside the ropes the referee should be careful that neither seconds nor spectators assist him back into the ring. In cases where the boxer is seen to be falling off the platform outside the ropes, and there is a danger that he may have injured himself by the fall, the referee should not stop seconds or spectators from breaking his fall, but their assistance must not go beyond this point and the boxer must be left on the floor and he must make his own way back into the ring before the count reaches "ten". If, in the course of a knockdown, a boxer grounds his gloves it is the referee's duty to ensure that boxing is not continued if there is dirt on them.

f. The rules state that when a boxer is knocked down as a result of a blow the bout shall not be continued until the referee has reached the count of eight, even if the boxer is ready to continue before then. This rule means that when a boxer receives a blow on the target with sufficient force to knock him down, the referee will begin the count and count to eight irrespective of whether the boxer is up before that time and ready to continue boxing.

g. The Referee should guard against counting when a boxer slips or falls or goes down without being hit. In these cases the eight-second count will not apply.

h. The referee in the ring has a great advantage over his counterparts at the ringside in that, he is able to assess damage to boxers more easily; a quick look at such things as cut eyes should be taken without waste of time. Normally a referee will, if in doubt as to the seriousness of an injury, consult the medical officer. Once having consulted the medical officer he must accept his recommendation.

## **NOTES FOR TIMEKEEPERS**

The Duties of the Timekeeper are as follows:

- a. The main duty of the Timekeeper & Gong Operator is to regulate the number and duration of the rounds and the intervals between rounds. The intervals between rounds must be of one (1) minute.
- b. The Timekeeper & Gong Operator must start and end each round by striking the bell.
- c. Ten (10) seconds before the end of each round, the Timekeeper must signal the approaching end of the round by striking a gavel 3 times.
- d. The Timekeeper must regulate all periods of time and counts by a watch or clock, but must only stop the clock when instructed by the Referee with the command "time" resuming after the Referee gives the command "box".
- e. Following a Knockdown, the Timekeeper must give the sound signal; by use of a gavel; to the Referee indicating the elapsing seconds while the Referee is counting.
- f. If, at the end of a round, a Boxer is knocked down and the Referee is in the course of counting, the bell indicating the end of the round must not be sounded. The bell must be sounded only when the Referee gives the command "box" indicating the continuation of the Bout.
- g. The Timekeeper must regulate the time when a Low Blow or LOC occurs and if a Boxer falls out of the ring.

## **SCORING SYSTEM**

### **COMPUTER SCORING SYSTEM**

1. The Scoring System will be used wherever possible for Army boxing. The Scoring System will be based on a "Ten Point Must-System".
2. Following the selection of the 5 Judges, each should enter the FOP, and randomly select a position around the ring or take the position nominated by the Supervisor's Judges Rota.
3. At the end of each round, each Judge must determine the winning Boxer of that round by awarding a score of ten (10) points and by awarding nine (9) or less points - down to 6 - to the losing Boxer, depending on the judgment as to the degree to which the opponent lost the round. Every round must have a declared winner.
4. The Judges will have to push the scoring pad within fifteen (15) seconds. These scores will be transmitted directly to a computer system managed by the Supervisor, and no alterations or additions will be made to these scores after the initial transmission. The announcement of the scores on the live TV broadcast will be made immediately prior to the start of the next round (excluding the announcement of the scores awarded for the final round, in which case the Official Announcer's rule will apply to the display and announcement of the scores).
5. This announcement must be approved by the Supervisor who will then submit the scores to the broadcaster for transmission on the live TV broadcast. At the end of the Bout, the precise scores awarded and the Judge who awarded each score will be identified on a public display. This public display will also indicate the total score by each selected Judge for each Boxer for the entire Bout (including any deduction due to warnings).
6. In the case the total scores awarded by each Judge, including any deduction, are equal at the end of the Bout, Judges must record in the Scoring System who in their opinion is the winner of the Bout. They will only be requested to do so if:
  - 1 Judge-Tie, 2 Judges-Red and 2 Judges-Blue
  - 2 Judges-Tie and the other 3 are not unanimous
  - 3 Judges-Tie
  - 4 Judges-Tie
  - 5 Judges-Tie
7. The scores of the final round must not be disclosed or displayed until the winner of the Bout has been announced.
8. The Supervisor will inform the Official Announcer of the official results.
9. All results recorded in the Scoring System must be printed at the conclusion of the Bout and must be included in the official report forwarded to the AIBA HQs Office by the Supervisor.
10. If the Scoring System becomes defective, the Referee will in that case collect all 5 Judges' score cards with the names of the Judges to give to the Supervisor.
11. The Scoring System will appoint the winner by an unanimous or split decision as follows:
  - Unanimous decision by points: all Judges appoint the same winner, or
  - Split decision by points:

Four(4) Judges appoint one (1) Boxer as the winner and the other Judge appoint the other Boxer as the winner or score the bout as a draw.

Three (3) Judges appoint one (1) Boxer as the winner and the other Judges appoint the other Boxer as the winner or both or either of the judges score the bout as a draw.

12. Each Judge will independently judge the merits of the two (2) Boxers using the Scoring System based on following criteria:

Number of quality blows on target area;

Domination of the bout by tactical and technical superiority;

Competitiveness;

13. The Judges must apply the following criteria to score round:

10 vs. 9 – Close round;

10 vs. 8 – Clear winner;

10 vs. 7 – Total dominance;



## **MANUAL SCORING SYSTEM**

1. The majority of Service Boxing Events will be scored manually using the “Ten Point Must system”, with 5 judges appointed at ringside where possible.
2. The Supervisor is to provide a rota for the judges and referees (See Section 9 Annex B Officials Rota).
3. At the end of each round, each Judge must determine the winning Boxer of that round by awarding a score of ten (10) points and by awarding nine (9) or less points - down to 6 - to the losing Boxer, depending on the judgment as to the degree to which the opponent lost the round. Every round must have a declared winner.
4. Each Judge will independently judge the merits of the two (2) Boxers using the Scoring System based on following criteria:
  - Number of quality blows on target area;
  - Domination of the bout by tactical and technical superiority;
  - Competitiveness;
5. The Judges must apply the following criteria to score round:
  - 10 vs. 9 – Close round;
  - 10 vs. 8 – Clear winner;
  - 10 vs. 7 – Total dominance;
6. Each Judge is to fill in the Judges Round Score Sheet (Section 9 Annex C); this is a tear off sheet and will be provided at the judge's position. Judges should also add the scores to the Judges Reference Score Card after each round; this is the judge's personal record of the bout and should be used for reference to avoid confusion at the conclusion of the bout when judges are required to annotate the winner.
7. The Referee is to collect the tear off section from each judge in the interval between rounds and pass them to the Supervisor.
8. On completion of the last round of the bout or if the bout is terminated early the judges are to score the round and to add the winner of the bout and a letter from A, B, C or D, each describes the reason for the boxer winning (the letters and descriptions are on the (Judges Reference Score Card (Section 9 Annex C / 1)
9. The Supervisor is to transpose the selected judges scores to the Supervisors Bout Report (Section 9 Annex E)
10. At the conclusion of the bout the Supervisor is to complete the MC/Announcer Score Sheet (See Section 9 Annex D) and pass this back to the Referee who in turn will pass it to the MC.

## **DECISIONS AND PROTEST**

### **WIN ON POINTS – WP**

1. At the end of a Bout, each Judge will determine a winner based on the Boxer's total scores of the Bout. The winner will be determined by either unanimous or split decision..
2. The Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round.
3. Para 2 above applies if an injury during any round is caused by an unintentional foul occurs and as a result the contest is stopped by the Referee.
4. The Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round.
5. Para 4 above applies in the case both Boxers are injured at the same time and as a result the contest is stopped by the Referee;
6. The Bout may be terminated by the Referee due to an event that is out of the Boxer's or Referee's control, such as the destruction of the ring, failure of the lighting supply, forces of nature and other similar unforeseen conditions. In such circumstances, the Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round (this rule will only apply if the event occurs after the end of Round 1).

There is no technical draw.

### **WIN BY REFEREE STOPS CONTEST – RSC**

7. If a Boxer, in the Referee's opinion, is being outclassed or is receiving excessive punishment or hard blows, the Bout will be stopped and the opponent declared the winner of the Bout by RSC.
8. If a Boxer is unfit to continue and fails to resume boxing after a Knockdown, the opponent will be declared the winner of the Bout by RSC.
9. If a Boxer does not recover after ninety (90) seconds, in accordance with Rule 7 concerning the low blow, the opponent will be declared the winner of the Bout by RSC.
10. 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 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.
11. When the Bout is stopped by the Referee at the discretion of the Supervisor following the advice of a Ringside Doctor, the opponent will be declared the winner of the Bout by RSC.

## **WIN BY REFEREE STOPS CONTEST - INJURY – RSC-I**

12. 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 will be stopped and the opponent will be declared the winner of the Bout by RSC-I.

13. If a Boxer, in the opinion of the Referee, becomes incapable of continuing to compete because of an injury sustained not from punches, the Bout will be stopped and the opponent will be declared the winner of the Bout by RSC-I.

## **WIN BY DISQUALIFICATION – DQ**

14. If a Boxer is disqualified for a foul or for any other reason, the opponent will be declared the winner of the Bout by DQ. A boxer who wins a bout by an opponent being DQ'd who is declared unfit to box in the next bout of the competition will cease to be included in the draw. Any points gained for a team competition will be awarded at this point.

15. If the Referee, at his/her discretion, determines that an intentional foul caused an injury to a Boxer and that the fouled and injured Boxer cannot continue because of the injury sustained from this intentional foul, the offending Boxer will be disqualified and the injured Boxer will be declared the winner of the Bout by DQ.

16. The third warning in the whole Bout will automatically disqualify the Boxer and the opponent will be declared the winner of the Bout by DQ.

17. A disqualified Boxer will not be entitled or awarded points relating to the Bout. If the Boxer has been disqualified due to misconduct or unsportsmanlike behaviour, it has to be brought to the attention of the AIBA Disciplinary Commission by the Supervisor within twenty-four (24) hours of the end of the respective Bout.

## **WIN BY KNOCKOUT– KO**

18. If a Boxer is knocked down and fails to resume boxing before that Boxer is counted up to ten (10), the opponent will be declared the winner of the Bout by KO.

19. In the case of an emergency and the Referee summons the Ringside Doctor in the ring before the Boxer is counted up to ten (10), the opponent will be declared the winner of the Bout by KO.

20. In the case a Double KO occurs, both Boxers will lose the Bout by KO. Unless the Double KO occurs in the final of the competition then the Judges will score the bout and the winner will be the boxer ahead on points at the point the bout was terminated.

## **WIN BY WALKOVER – WO**

21. If a Boxer is present in the ring fully attired and ready to box and the opposing Boxer fails to appear in the ring after being announced and a maximum period of one minute has elapsed after the bell has been sounded, the Referee will declare the present Boxer to be the winner by WO.

22. In the case the Supervisor knows in advance that a Boxer will not be present, he/she must cancel the procedure mentioned in Rule 4.7.1 and the result must be officially announced.

23. No medal will be awarded to a Boxer who has not boxed at least once within the entire competition period.

## **ABANDON/RETIRE**

24. If a Boxer retires voluntarily due to injury or if the Coach throws the towel into the ring or appears on the apron, however not while the Referee is counting, the opponent will be declared the winner of the Bout by Abandon.

## **PROTEST**

25. No protest is permitted and the decisions of the Referee/Judges in a bout are final. If the Supervisor believes that the Referee has made a technical error in contravention of the England Boxing Rule, the Supervisor must fill in the Bout Review Request Form (Annex G Section 11) and call for a meeting with the judges and referee to review the bout.

## **FOULS / LOW BLOW / CAUTIONS, WARNINGS & DISQUALIFICATION**

### **Fouls**

#### 1. Types of foul;

- a. Hitting below the belt, holding, tripping, kicking, and butting with foot or knee;
- b. Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, and pressing with the arm or elbow in opponent's face, pressing the head of the opponent back over the ropes;
- c. Hitting with open glove, the inside of the glove, wrist or side of the hand;
- d. Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch;
- e. Pivot blows;
- f. Attack whilst holding the ropes or making any unfair use of the ropes;
- g. Lying on, wrestling and throwing in the clinch;
- h. An attack on an opponent who is down or who is in the act of rising;
- i. Holding and hitting or pulling and hitting;
- j. Holding or locking, on the opponent's arm or head, or pushing an arm underneath the arm of the opponent;
- k. Ducking below the belt of the opponent;
- l. Completely passive defence by means of double cover and intentionally falling, running, or turning the back to avoid a blow;
- m. Speaking;
- n. Not stepping back when ordered to break;
- o. Attempting to strike opponent immediately after the Referee has ordered "break" and before taking a step back;
- p. Assaulting or behaving in an aggressive manner towards a Referee at any time;
- q. Spitting out the gum shield (teeth protector) intentionally without receiving a correct punch will cause the Boxer to receive a mandatory warning;
- r. If the gum shield falls out after the Boxer has received a correct punch, and if this happens for the third time, the Boxer will receive a mandatory warning;
- s. Keeping the advanced hand straight in order to obstruct the opponent's vision;
- t. Biting an opponent;
- u. Faking / simulating.
- v. Insecure Hair (see Para 8.5.2)

### **Low Blow**

2. 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.

3. After a low blow, if the offended Boxer complains about the severity of the low blow, the Referee will have two (2) options:

- a. The offending Boxer will be immediately disqualified if it is an intentional and hard blow.

- b. Start an eight (8) count.
  - i. After the eight (8) count, the Referee will have (2) options:
    - a. The Boxer is fit to continue: the Referee may give a warning to the offender, if the Referee considers it as necessary, and the Bout will continue.
    - b. 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 one (1) minute and a half.
  - ii. After above mentioned timeframe, the Referee will have two (2) options:
    - (1) The Boxer is fit to continue: the Referee may give a warning to the offender and the Bout will continue.
    - (2) The Boxer is unfit to continue: the opponent will be declared the winner of the Bout by RSC-I.

### **Cautions Warnings and Disqualification**

- 4. A Boxer who does not obey the instructions of the Referee, acts against the rules of boxing, boxes in any unsportsmanlike manner, or commits fouls, will, at the discretion of the Referee, be cautioned, warned or disqualified. If a Referee intends to warn a Boxer, the Referee must say "stop" and demonstrate the infringement. The Referee must then indicate to the Boxer and then to the Supervisor.
- 5. If a Boxer receives a Referee's warning, the Supervisor will record the warning in the Scoring System and each warning will reduce the total score of the offending Boxer by one (1) point per Judge. The third warning in a Bout will automatically disqualify the Boxer.
- 6. If a Boxer receives a head butt or others illegal blows which do not cause an injury or cut, the Referee will give a Warning to the offending Boxer, deducting one (1) point per Judge or may disqualify the offending Boxer if actions deemed sufficiently serious to warrant a disqualification.
- 7. If a Boxer receives head butting or illegal blows which cause an injury or cut the Referee must disqualify the offending boxer.
- 8. If the Referee has any reason to believe that a foul has been committed which the Referee has not seen, the Referee may consult the Judges.
- 9. In the case any irregularity is found in the bandages after the Bout that in the Referee's opinion gave an advantage to the Boxer, this Boxer must be immediately disqualified.
- 10. The Supervisor / Assistant Supervisor has the right to caution, to remove and to disqualify a Second who has infringed the rules.

## **ARMY BA – MASTER OF CEREMONIES / ANNOUNCER ADVISORY NOTES**

### **GENERAL**

1. A major difference in civilian boxing and military boxing is the appointment of the Master of Ceremonies (Military) / Announcer (civilian boxing), and their duties and responsibilities. Announcers in civilian boxing events are announcers, introducing the boxers and announcing the results of the bouts. In military boxing events an MC has significantly more responsibility and essential duties which are detailed in this section. It is customary within Army BA circles to invite the senior Warrant Officer within the hosting unit to undertake the duties of Master of Ceremonies (MC).. These individuals are usually highly experienced, intelligent and sensitive to the need for a common-sense approach to military boxing events. These advisory notes should, therefore, be given to the MC well before the event, together with an explanation that they are offered for advice and assistance with the role.

#### **MAJOR RESPONSIBILITY**

2. The major responsibility of the MC is to ensure the safety and good order of those attending the event. This is significantly different to a civilian event where the Announcer's duties are to introduce the boxers and to announce the result of the bout. To this end the MC will require the assistance of seating stewards, fire piquet and similar 'duty' personnel. A safety briefing is to be given by the MC to the whole audience prior to the start of the event.

### **BOXING DUTIES**

3. The MC's boxing duties are to call for the boxers to enter the arena/ring, to introduce them to the audience at the appropriate moment and announce the judges' decision.

### **SAFETY BRIEFING POINTS/SUGGESTED SCRIPT**

4. The MC should enter the ring to deliver the introductory briefing. The following script is offered in order to cover the fundamental points that need to be included within the safety brief. There are, of course, local factors for the environment/building that will need to be addressed also.

**"Before the start of the boxing, and in the interests of safety, there are a few points that I need to bring to your attention. Firstly, please switch off/or switch to silent mode, any mobile phones. In the unlikely event of a fire or other circumstance that requires the building to be cleared, you are to leave in an orderly manner via the following exits." (Illustrate which section of the audience is to vacate the building by the most appropriate door.)**

**"Once outside of the building you are to move to (state where) and to form up in (state which) groups, where the senior person present is to call the roll. You are then to await further instructions."**

**"In the event of a failure of the main boxing lights you are to remain seated and to keep silent. Either the main hall or emergency lighting will function - you will then be briefed as to what action you are to take."**

**"Are there any questions on this briefing?"**

## AUDIENCE BEHAVIOUR/SUGGESTED SCRIPT

5. The following script is offered to cover the fundamental points that need to be included within the audience behaviour brief:

*“You are encouraged to support your boxers. However, the following points are to be noted and complied with. There is to be no booing, slow-handclapping, jeering, whistling, catcalls or chants of ‘easy’. Boxing is not easy. You are to remain silent at the following times: when I am talking; whenever I blow my whistle; whenever the referee is talking to the boxers; whenever a boxer is receiving a count from the referee or the boxer is down on the canvas; whenever the Medical Officer is talking to or attending a boxer; when the boxing lights fail.”*

## FOLLOW-ON FORMAT

6. Having covered the points in paras 4 and 5 above, the MC should tell the audience to **‘sit easy’** until they are told to either stand or sit up upon the arrival of the principal officer/guest/VIP. The MC should remain in one neutral corner of the ring. Immediately prior to the arrival of the Principal, call the audience to the state previously decided. Upon the arrival of the Principal at his/her seat, move forward and halt without stamping the foot. Give the welcome and ask for permission to continue; once given, return to the neutral corner and give permission for the audience to relax. The referee will then enter the ring and move to the free neutral corner; boxing can now commence.

7. Call **‘boxers’**. The boxers enter the arena in the pre-arranged order and enter the ring via their respective corners. When they are both in the ring the referee will go to one boxer to check the dress and equipment. The MC should go the other boxer to confirm the personal details are as published on the programme and to offer good luck. When the referee moves to check the other boxer, the MC should establish the details of the opponent and repeat the good luck offering. The MC then retires to the neutral corner and the referee to the other one. When both are present, the MC then makes the following announcement:

**“ The (state number) bout on your programme is a (state weight) contest between in the red corner and representing (state unit, boxer’s rank and surname) and in the blue corner representing (state unit, boxer’s rank and surname).”**

8. After this announcement, the referee will move to the centre of the ring and call both boxers to come together there. After a short briefing and shake of hands the boxers are instructed to return to their respective corners. When they arrive there, the MC states loudly:

**“ Red (state name only), blue (state name only).”**

Leave the ring via an area adjacent to the neutral corner. The referee will then start his pre-bout checklist with officials; check the ring and apron are clear and tell the timekeeper to begin.

9. On the conclusion of the bout, re-enter the ring via the neutral corner area. Wait there until the referee has completed the check on scoring with the Supervisor. The referee will approach you with a result sheet with the decision that you are to announce. The referee will then call both boxers to together at a pre-designated area, face them towards the principal and take hold of the wrist of the inside arm of both boxers.

10. After the announcement, both boxers leave the ring. When the referee is assured that the MO is present and the officials are ready, announce, **“boxers”** and the process is repeated. If the MO



is not present at the ringside, announce to the audience, **“there will be a short delay whilst the MO is checking on a boxer. Boxing will resume when the MO returns.”** After the announcement of the winner of the bout preceding the interval, the MC orders, **“Sit up.”** Approach the Commanding Officer and seek approval to invite the guests to leave the area and the other members of the audience to depart once the guests have left. Once approval is given, return to the neutral corner and announce the arrangements made by the OIC Boxing, together with a notification of what time people are to return and be seated by. Leave the ring. Return in good time to repeat the 2<sup>nd</sup> phase of the evening and continue the process.

## **POST-BOXING ARRANGEMENTS**

11. Once the last boxers have left the ring, the ring-manager will arrange for the presentation table, trophies and medals to enter the ring. When this phase is complete, the MC calls, **“boxers”** and all boxers and the coaches enter the arena and then into the ring. Ensure that the boxers are kneeling in two rows on either side of the ring facing inwards and opposite their opponents. Approach the Commanding Officer and invite him/her and the agreed guests/sponsors to enter the ring. After the Commanding Officer/senior guest have entered and have spoken, announce,

**“The runner up of the (state weight) is (state Rank and Surname) of (state unit).**

**“The winner of the (state weight) is (state Rank and Surname) of (state unit).**

These announcements continue to cover all bouts boxed.

Note: Prize giving for individual bouts may take place throughout the tournament, after each bout

12. Depending on what agreement has been reached previously regarding who is to present what trophies/medals and where in the proceedings speeches are made. The next announcement is:

**“As judged by (nominated individual or often the officials), the most gallant contender is (state Rank and Surname) of (state unit).**

**“The award of best boxer as judged by (nominated individual or often the officials) is (state Rank and Surname) of (state unit).**

13. If applicable, announce the winning team and the competition:

**“ The winners of the (state year and competition title) are (state team).**

14. The MC then orders the audience to, **“Stand up.”** The National Anthem is played. On completion, seek the authority of the Commanding Officer to carry on. Once given, assist the Commanding Officer/guests to leave the ring. After they have departed the building, ask the officers to leave, followed by the warrant officers and senior non commissioned officers and then the other ranks. Often, there will be photographs taken of the boxers, Commanding Officer and principal guests. These arrangements should be under the control of the OIC Boxing, but be masterminded by the MC.

**MASTER OF CEREMONIES INDIVIDUAL BOUT SCRIPT**

On signal from the Whips that the boxers are in position, give the command

***“BOXERS”***

Boxers will enter the ring as prescribed by the boxing officer or the event coordinator.

Once the Boxers have entered the ring the Referee will signal the MC to check the details of each boxer, normally stepping off to the right!

The MC will approach each boxer to ensure the programme details are correct.

Once the details of both boxers are confirmed and the referee has retired to the neutral corner the MC will introduce the bout as follows;

***“The First (insert number) bout of the evening is a Development Grade A Heavy Weight (insert weight and category of boxer) **contest boxed over 3 or 4 (insert 3 or 4) 2 or 3 min rounds;*****

***between in the Red Corner and representing .....***

Rank ..... Name .....

***And in the Blue Corner and representing .....***

Rank .....Name .....

The MC then steps outside of the ropes as the Referee will call both boxers to the centre of the ring. Once the referee finishes his pre bout brief the MC announces

***“RED ..... (surname)      BLUE ..... (surname)”***

At the completion of the bout the MC enters the ring and stands in the neutral corner. The referee will collect the Bout Result Sheet from the Supervisor and pass it to the MC.

The referee calls both boxers to the centre of the ring.

The Referee may request that the MC congratulate the boxers on a hard fought contest.

The result of the bout is then announced by the MC as written on the Bout Result Sheet.  
(See Annex E to Section 11)

## **SECTION 7 - REGISTRATION**

1 All regular serving army personnel who wish to be involved in boxing **MUST** register through the Army BA as detailed throughout this section. Any Reserve serving personnel who wish to take part in Service Boxing in any way must register through the Army BA.

a. Boxers. All boxers, irrespective of their age, gender or experience category, or the level of boxing they intend to participate at, are to register using the Boxing Registration Card application at Annex B to Section 7. Boxers participating in Service Boxing will have this clearly marked in their Registration book, those who wish to box against civilian opposition will have an England Boxing stamp authorising them to do so. The procedures to be followed for all registrations are detailed throughout this section.

b. Season. The Army BA boxing season runs from 1 June 2107 to 31 May 2108. In compliance with England Boxing guidelines for audit, units/individuals are to ensure that any application for registration in the current season are at the Army BA office for processing at least 4 weeks prior to tournament or Championships.

c. Coaches. All coaches are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 10. All coaches are to ensure that they are registered with the Army BA prior to the commencement of coaching.

d. Officials. All officials are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 15.

### **UNIT**

2 All units who wish to take part in any boxing are to ensure that they affiliate to the Army Boxing Association on a seasonal basis by completing Annex A to Section 7 and returning it to the Secretary of the Army Boxing Association at the commencement of the season, each successful application will be awarded a Certificate of Affiliation which will be copied to the Regional Secretary. It is recommended that you send in your coaches registrations along with your Affiliation Certificate, as certificates cannot be released until the coaches have been registered.

### **BOXER REGISTRATION**

3 **Boxers Registration Procedure.** The registration process for boxers is summarised in Annex B to Section 7, and comprehensively covered below.

(1) Each boxer is to ensure they have had an Annual Medical Section 12 Annex B.

(2) Annex B to Section 12 requires to be date stamped and signed by the Medical Officer or Doctor to say that the Boxer is Fit to Box, and signed by the Boxer stating that he/she is aware of the dangers of boxing and by signing gives their consent to box, this element **MUST** also be witnessed by the Dr who conducted the Annual Medical.

(3) Decide on Service Only or Civilian Registration;

Service Only – complete Individual Registration Proforma (Annex B.1 to Section 7) and then select correct type of registration and follow the step by step procedure.

Civilian – Log in to [www.englandboxinginsight.com](http://www.englandboxinginsight.com) and complete the online registration process as prompted. You will be required to pay online; ensure that the payment card is registered to the same address as your registration address!

Once the online registration is complete, follow the appropriate step by step process for your type of registration (paras; 4, 5, 6 or 8) less any payment requirement.

#### **4. Boxers with no previous boxing or combat sports experience.**

(1) Add Statement of Annual Medical to Individual Registration application.

(2) A passport sized photograph, with Number Rank and Name in BLOCK CAPITALS on the back is to be attached via paperclip (do not staple please).

(3) Service Only Boxing. A Registration Fees Proforma (Annex D to Section 7) is completed. The registration fee of £5 per individual must be met via UK cheque made payable to **ARMY SPORTS CONTROL BOARD CENTRAL BANK or ASCB CENTRAL BANK**

(4) Complete the nominal roll (word processed/typed) (Annex C to Section 7) of all boxers being registered by the unit. It is to be thoroughly checked by the Boxing Officer and signed as being 100% accurate.

(5) Completed Annexes, B, C, & D of Section 7 and Annex B to Section 12 with the passport photograph with Name, rank and number are forwarded to Army BA at the address shown on annexes.

#### **5. Boxers with previous boxing experience**

##### **With Registration Card**

(1) Follow the procedure for a boxer with no experience except for the following;

- a. Add the Registration book to the Statement of Annual Medical and Individual Registration Application.
- b. Do not send a passport photo.

#### **6. Lost or Misplaced Registration Card**

(1) The loss of a Boxing Registration Card will result in an automatic 30 day\* suspension, the start date of which shall be when Sec Army BA receives the application for replacement. *\* This suspension is to investigate the loss and record of the boxers and to ensure any medical suspension that may have been imposed is spent (medical suspensions are annotated in a boxers record book and are not routinely transferred to a soldiers Medical Documents).*

- a. A thorough search including contacting civilian clubs or previous units must be undertaken.
- b. A letter from the Unit Boxing Officer is required for verification (lost Registration cards will invoke a 30 day exclusion from boxing from the date of receipt of the application by the Army BA).
- c. Follow all the steps for a boxer with no previous experience as stated above in Para 4.

## 7. Boxers with Previous Combat Sports Experience (Information).

(1) A Boxer who has competed at an amateur level in any Individual Physical Contact Sport is eligible to register as an Army BA boxer, at any level, under the following conditions:

- a. When an amateur athlete from any Individual Physical Contact Sport turns to Boxing, the individual must inform the Army BA who will notify England Boxing who in turn shall inform AIBA officially in a written letter and AIBA will then register this information in the AIBA Database.
- b. England Boxing is responsible for ensuring that the amateur athlete will only start participating in all official sanctioned National Level Competitions including National Championships a minimum of at least one (1) year after the amateur athlete has registered in boxing from another Individual Physical Contact Sport based on the history of the athlete in the concerned sport(s) or when given authority to do so by England Boxing. If there is any issue in this regard, the case will be reviewed by the AIBA Technical & Rules Commission for a final decision.
- c. In addition, the Boxer may not participate in any other Individual Physical Contact Sport whilst registered to England Boxing via Army BA.
- d. The Boxer must have competed in at least one (1) National Championships organized by the National Federation the Boxer is representing before being eligible to participate in any AIBA Competition.
- e. For the information of coaches and boxers England Boxing have devised a template matrix for boxers with previous combat sports experience as a guide to give all parties an idea of what the experience represents with regard to boxing as follows;

### Other Combat Sport Conversion Matrix

Combat Sport	Conversion (other combat sport contest = England Boxing contest)
White Collar Boxing	1 contest = 1 contest
Muay Thai	1 contest = 0.75 contest
Kick Boxing (Full Contact)	1 contest = 0.75 contest
Kick Boxing (Semi Contact)	1 contest = 0.5 contest
Karate (Full Contact)	1 contest = 0.75 contest
Karate (Semi Contact)	1 contest = 0.5 contest
Karate (Light / Points)	1 contest = 0.25 contest
Taekwondo	1 contest = 0.25 contest
MMA	1 contest = 0.75 contest
Judo	1-10 = 1, 11-20 = 2, 21-30 = 3, 31-40 = 4, 41-50 = 5, 50+ = 6
Wrestling	1-10 = 1, 11-20 = 2, 21-30 = 3, 31-40 = 4, 41-50 = 5, 50+ = 6

After multiplication round up to nearest whole number.

- f. All coaches are advised that when a boxer is categorised by the matrix above the level of their ability they should seek an independent assessment by contacting their regional secretary, or Army Boxing Secretary.

**ALL BOXERS AND COACHES ARE REQUIRED TO DECLARE ALL OF THEIR EXPERIENCE AND ALLOW THE ARMY BA REGISTRATIONS OFFICER TO DETERMINE THE CATEGORY OF THE BOXER.**

#### **8. Boxers with Previous Combat Sports Experience (Registration)**

(1) Add Statement of Annual Medical to Individual Registration application.

(2) A passport sized photograph, with Number Rank and Name in BLOCK CAPITALS on the back is to be attached via paperclip (do not staple please).

(3) Complete the Request to register a soldier with previous combat sports experience, Annex B.2 to Section 7

(4) Service Only Boxing. A Registration Fees Proforma (Annex D to Section 7) is completed. The registration fee of £5 per individual must be met via UK cheque made payable to **ARMY SPORTS CONTROL BOARD CENTRAL BANK or ASCB CENTRAL BANK**

(5) Complete the nominal roll (word processed/typed) (Annex C to Section 7) of all boxers being registered by the unit. It is to be thoroughly checked by the Boxing Officer and signed as being 100% accurate.

(6) Completed Annexes, B, C, & D of Section 7 and Annex B to Section 12 with the passport photograph with Name, rank and number are forwarded to Army BA at the address shown on annexes.

#### **RE REGISTRATION**

9. Re-registration. A Registration Book is valid for 1 year (1 June 2017 – 31 May 2018) for the season annotated (Army BA / England Boxing sticker). It must be renewed annually thereafter. The process to follow is as for initial registration. Boxing outside of the expiry date of the sticker or via a civilian (ie non-Service Boxing) is not permitted.

Note: It is mandatory for the Army Boxing Team boxers to re-register annually with England Boxing. Army BA pays for registrations.

- a. Unit Action – Boxing Registration Cards. Boxing Registration Cards are considered to be accountable documents. Therefore, units are to initiate a policy that will ensure that the Registration Card is safeguarded against loss, damage or defacement.
- b. Amendments. The Boxing Registration Card is not to be altered in any manner within units. Sec Army BA only can effect amendments to a Boxing Registration Card. Details of the changes required and the Boxing Registration Card are to be returned to Sec Army BA for action.
- c. Action on Posting. On posting from the unit, the Boxing Registration Card is to be forwarded to the new unit together with the individual's medical documents. Should a Boxing Registration Card be lost/misplaced between postings, the unit that received the Boxing Registration Card from Sec Army BA is to complete a statement relating to the loss, the action taken to find it and then forward the statement to Sec Army BA.

## COACH

10 Coaches Registration Procedure. ENGLAND BOXING coaches are required to register on initial qualification and annually thereafter. Coaches are to register initially either with ENGLAND BOXING or Army BA and re-register annually with either Army BA (service only boxing) or ENGLAND BOXING as follows:

Initial.

- a. Service Only Boxing - Upon receipt of the England Boxing Certificate from the Coaches' Representative, photocopy the certificate, complete Individual Registration Application (Annex E to Section 4) and forward, together with a UK cheque (and £5 for service boxing) Central Bank Army Sports Control Board **and a printout demonstrating a pass at MATT 3 Battle Casualty Drills Training Level 2** to the address shown on Annex E.
- b. Civilian Boxing - Upon receipt of the England Boxing Certificate from the Coaches' Representative, candidates should log in to the England Boxing Website <https://www.englandboxinginsight.com> and follow the prompts to register (all applicants must ensure that the card used for payment is registered to the same address as they give for the registration application). Individuals will then need to photocopy the certificate, complete Individual Registration Application (Annex E to Section 4) and a printout demonstrating a pass at MATT 3 Battle Casualty Drills Training Level 2 to the address shown on Annex E. Applicants will be required to apply for Disclosure and Barring Service clearance (see Section 4 para 6), the form can be found on the Vault via the Knowledge. Individuals must send in the **original documentation** that they have stated on their form to the Army BA. Coaches registering with England Boxing must also complete a safeguarding course.

***All England Boxing registered coaches are required to undertake a SAFEGUARDING WORKSHOP before the commencement of the 2017 /18 Season.***

11. **Re-registration.** A coach's record book is valid for the season shown on the sticker (1 June 2017 – 31 May 2018). It must be renewed annually, thereafter. The process for registration is as follows;

- a. Service Only Boxing - Complete Individual Registration Application (Annex E to Section 4) and forward, together with a UK cheque (and £5 for service boxing) **Central Bank Army Sports Control Board** with a printout demonstrating a pass at MATT 3 Battle Casualty Drills Trg Level 2 together with your Registration Book to the address shown on Annex E.
- b. Civilian Boxing - Candidates should log in to the England Boxing Website <https://www.englandboxinginsight.com> and follow the prompts to register (all applicants must ensure that the card used for payment is registered to the same address as they give for the registration application). Individuals will then need mail their current Registration Book along with a completed Individual Registration Application (Annex E to Section 4) and a printout demonstrating a pass at MATT 3 Battle Casualty Drills Training Level 2 to the address shown on Annex E (please do not send in the exam paper). Applicants will require an in date certificate of Disclosure and Barring Service clearance (see Section 4 para 6), and as at July 2018 proof of attendance at a Safeguarding Workshop.

12. Coaching outside of the expiry date of the sticker is not permitted. Coaches are responsible for the safekeeping and updating of their registration books. Coaches not in possession of valid ENGLAND BOXING registration are not permitted to participate in any activity (coaching, seconding, handing up, etc) when civilian boxers are involved.

## OFFICIALS

13 Officials Registration Procedure. England Boxing officials are required to register on initial qualification and annually, thereafter. Officials are to register initially either with Army BA and re-register annually with either Army BA as one of two options; service only boxing or for civilian boxing. Registration procedures are the same unless stated.

Initial.

- a. All applications for registration should be made on Officials Registration Application Annex F to Section 7 annotating whether it is for Service Only or Civilian.
- b. Attach proof of qualification
- c. Complete Officials Code of Conduct Annex F.1(once only; not seasonally).
- d. Add Passport photo
  - i. *If Civilian Boxing option selected log in to <https://englandboxinginsight.com> and follow the prompts (region is UKAFBA and Club is Army BA*
  - ii. *Payment is by credit or debit card but cards must be registered to the same address as the candidate is using to register.*
- e. Send all to Army BA at the address stated.

Re-registration. An official's record book is valid for the season shown on the sticker. (1 June 2017 – 31 May 2018). It must be renewed annually, thereafter. The process to follow is;

- a. Forward the registration book,
- b. Complete Officials Registration Application Annex F to Section 7 state Service Only or Civilian.
  - i. *If Civilian Boxing option selected log in to <https://englandboxinginsight.com> and follow the prompts (region is UKAFBA and Club is Army BA*
  - ii. *Payment is by credit or debit card but cards must be registered to the same address as the candidate is using to register.*
- c. Send all to Army BA to the address stated.

14. Out of Date Officials. Any official who has not registered for 3 seasons will need to contact their Regional Secretary to arrange for a refresh of their qualification before registration.

15. Officials who have been involved in Other Combat Sports.

- a. Any official who has been involved in any capacity in another Combat Sport must complete Annex F.2 and send this to the ARMY BA, this will be sent on to England Boxing for approval; this will take time. Once approval has been granted the official should follow a registration process above as appropriate.

**Officials not in possession of valid ENGLAND BOXING registration are not permitted to participate in any activity (refereeing, judging, timekeeping, recording, etc) when civilian boxers are involved.**



## **CRIMINAL RECORDS BUREAU / DISCLOSURE AND BARRING SERVICE**

16 Government and Criminal Records Bureau (CRB) legislation stipulates that CRB clearance is required by individuals participating in sports administration (e.g. coaches and officials) and that CRB clearance for the sport concerned is valid only when affected via the NGB-appointed umbrella body. This ruling means that CRB clearances are non-portable between organisations. The relevant NGB for Service Boxing (England Boxing) has appointed Police Clubs GB as the CRB umbrella body.

17 England Boxing requires a number of personnel involved in boxing administration (e.g. coaches, etc-but not boxers) to be DBS cleared for valid registration. The UKAFBA, under the aegis of MOD, has agreed that DBS policy be dictated at single-service level. Army BA policy, recognizing that the majority of personnel involved in boxing do so in a service-only boxing environment, is that:

- a. Army Boxing Team Coaches – mandatory DBS clearance
- b. All other coaches as detailed below are strongly recommended to apply for DBS clearance. Personnel without valid DBS clearance will not be allowed to participate in any boxing activity when civilian boxers are involved.

18 The procedure for DBS clearance is detailed below. DBS clearance is valid for 3 years.

### **PROCEDURES FOR DISCLOSURE AND BARRING SERVICES (DBS)**

19. The following developments have been accepted by the England Boxing in line with legislative and procedural changes in Government Disclosure and Barring Service (DBS) policy.

20. The requirement of a DBS check apply to the following (DBS application form required):-

Coaches, Welfare Officers, Team Managers, Coach and Official Educators and Assessors, Supervisors, Referees, Designated drivers that are designated by the club/ENGLAND BOXING to transport athletes.

21. DBS (not barring list) on the following (DBS application form still required):-

Boxing Leaders, Boxing Tutors, Referees.

22. The umbrella requirement has been lifted, therefore the following no longer need a DBS qualification. Committee Members, Cleaners, Canteen staff, Masters of Ceremonies, Timekeepers, Recorders, Judges, Photographers, Club Support Officers.

23. This list is based on legislative requirement of assessing contact with children and the frequency. Welfare Officers need to be aware of situations within their clubs where circumstances do not fit the norm and to require DBS certificates outside this list.

### **PORTABILITY OF A DBS CERTIFICATE**

24. DBS is now portable, in that an individual who has a DBS certificate for an alternative activity such as working with children or vulnerable adults or football coaching etc can now use this for boxing. To do this the individual must send their certificate, a stamped self addressed envelope and a cheque for £6 made payable to **England Boxing** to the address at the end of the section with a covering letter explaining the wish to use the DBS to register with England Boxing.

## **STAGES OF THE DBS CHECKING PROCESS**

25. The DBS checking process involves several different stages before an applicant receives their certificate of Disclosure (Clearance).
26. Applicants need to apply for a DBS on the England Boxing website.
27. Applicant to send documents all the documents that have been named on the form to the Army Boxing Office. These must be the original copies.
28. Applicants must go to the EB website then click on "Knowledge and fill out the form.
29. DBS checker informed of new Applicant.
30. The DBS checker then ensures that all the information given matches up against those that the applicant has named.
31. Within 24 hours of receipt the form then starts the going through all the necessary searches.
32. Police National Computer searched.
33. Children and adults lists searched, where applicable
34. Records held by the police searched.
35. Enhanced checks are sent by secure, electronic means to the police for an additional check of local records before the information is sent back to the DBS.
36. DBS checker then notified that all checks have been concluded and can print off the certificate.
37. All the information to be disclosed is printed under highly secure procedures and sent to the applicant.
38. Once the checker has received the certificate, the applicant will then be registered and added to the DBS database
39. For those who have a DBS under another umbrella.

**England Boxing Ltd  
English Institute of Sport  
Coleridge Road  
Sheffield, S9 5DA**

## **UNIT AFFILIATION PROFORMA**

Unit Title .....

Unit Address .....

.....

MAJOR UNIT		MINOR UNIT	
------------	--	------------	--

### UNIT BOXING OFFICER

Rank ..... Name .....

Tel ..... Email .....

### UNIT BOXING FORECAST

This unit expects to take part in the following boxing competitions or events;

COMPETITION	YES / NO	DATE
Army Boxing Development Boxing Championships		
Army Individual Boxing Championships		
Inter Company Boxing		
Charity Boxing Night		

### COACHES

This unit has the following qualified boxing coaches on unit strength

SERVICE NUMBER	RANK	NAME	QUAL HELD	REG NO	Season last registered

### OFFICIALS

The Army BA would appreciate notification of any qualified Boxing Official on Unit strength.

## EQUIPMENT HELD

### BOXING RING .

MANUFACTURER/ SUPPLIER (If known)	
DATE OF PURCHASE (if known)	

### SERVICABILITY OF THE BOXING RING AND BOXING EQUIPMENT

The Boxing ring held has a platform that is a minimum of 100cm off the ground (Competition Rings only – Training Rings for Sparring must conform to all points below).

The platform must be safely constructed, level and free from any obstructing projection. It must be fitted with four corner posts with four corner pads in order to prevent injury to the boxers

The floor must be covered with felt, rubber or other suitably approved material that is soft quality and elasticity. It must not be less than 1.5cm and no more than 2.0cm.

The canvas must cover the entire platform and must be made of non-slippery material.

The ring must include four separate ropes on each side of the corner posts. They must be 4cm thick.

The heights of the four ropes must be 40cm, 70cm, 100cm, and 130cm from the canvas.

The four ropes must be joined on each side of the ring, at equal intervals, by two (2) pieces of material (close to the texture of the canvas) 3 to 4cm wide. The two pieces must not slide along the rope.

The tension of the ropes is to be appropriate. (Provide support to a defending boxer).

***All Rings are to be sited with a minimum of 2m clearance from the platform to any obstacle.***

The Boxing Gloves and Head Guards are checked regularly for serviceability (tears, rips, damage to padding and cleanliness)

The Boxing Bags and Pads are checked regularly for serviceability (tears, damage to padding, damage to chains or fixings)

Signature of Health and Safety Officer.....

Print Name .....

Signature of Level 2 Coach or RAPTCI .....

Print Name and appointment.....

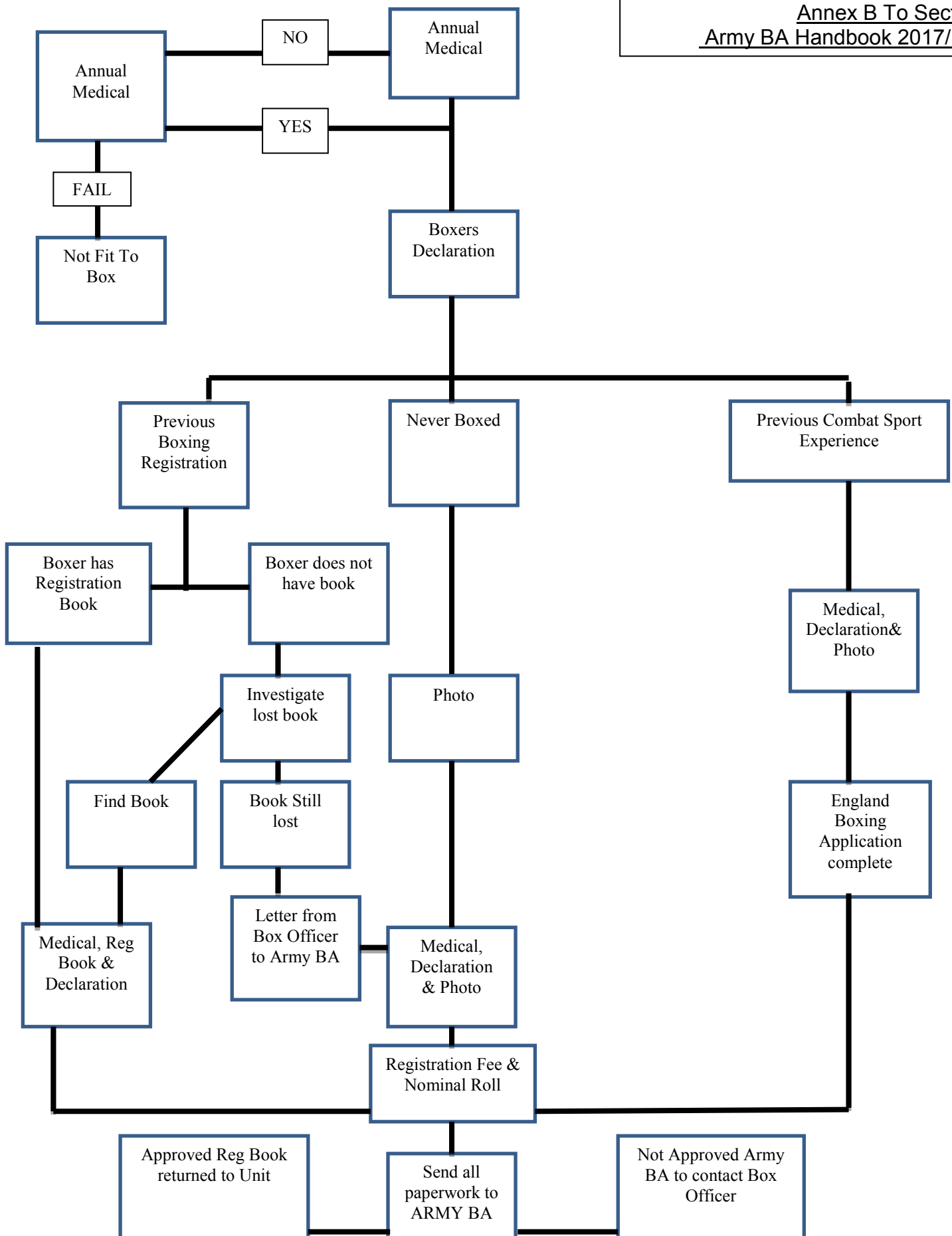
### **Boxing Officer Declaration**

I RANK AND NAME of UNIT TITLE understand fully my responsibilities as Boxing Officer as detailed in Section 3 of the Army Boxing Handbook 2017/18.

Signature .....

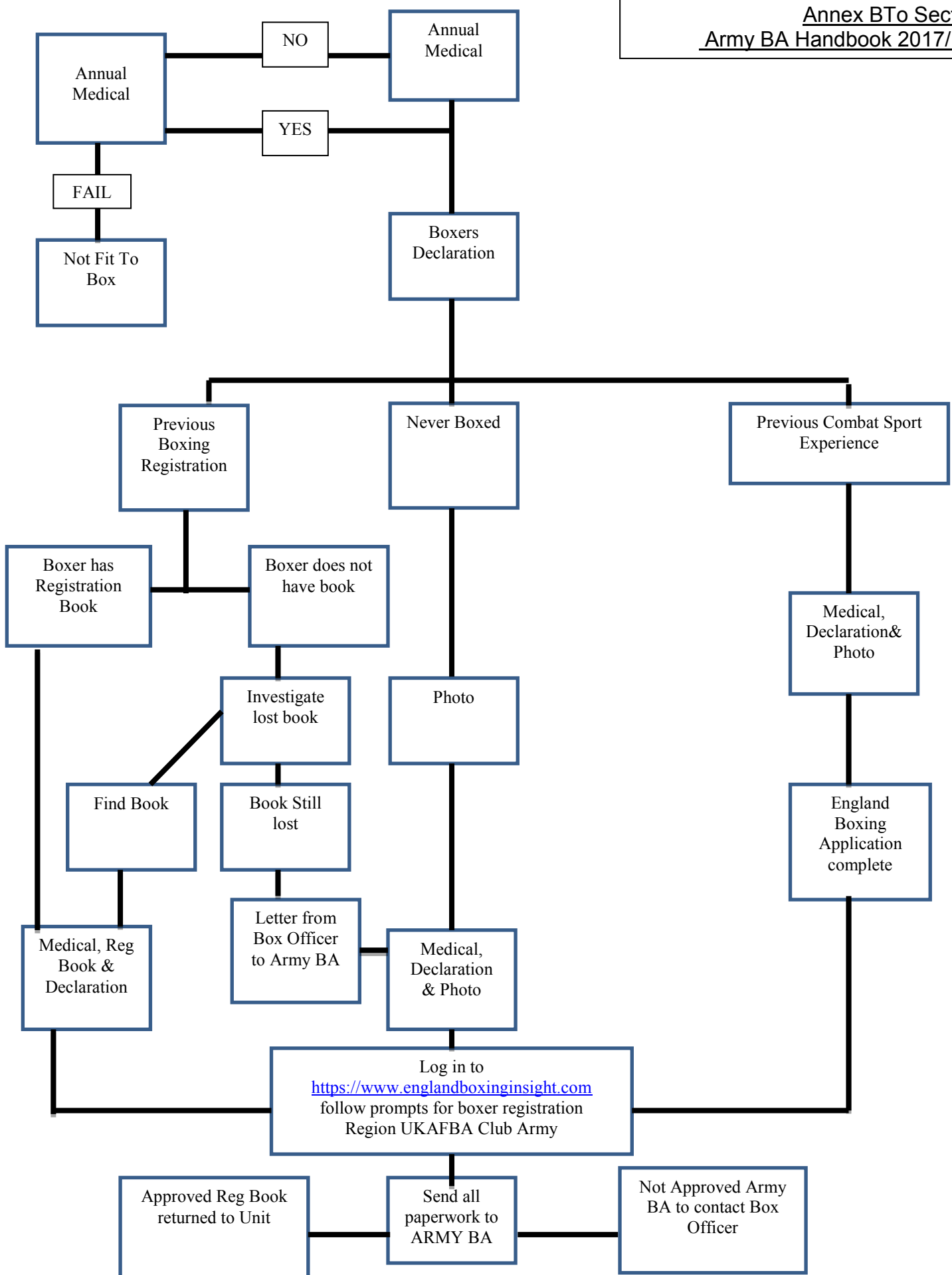
## **SERVICE BOXING ONLY - REGISTRATION OF A BOXER – CONCISE GUIDE**

Annex B To Sect 7  
Army BA Handbook 2017/18



## CIVILIAN BOXING - REGISTRATION OF A BOXER – CONCISE GUIDE

Annex B To Sect 7  
Army BA Handbook 2017/18



**INDIVIDUAL BOXER'S REGISTRATION APPLICATION 2017/18**

*\*Applications are to be accompanied by Nominal Roll (Annex C), Registration Fees proforma (Annex D) and Passport sized photograph of boxer (NAME + SERVICE NUMBER written on reverse)*

**APPLICANT'S DETAILS (BLOCK CAPITALS)**

REGTL NO	RANK	SURNAME	First Names	GENDER (M/F)
BOXING REG NUMBER (Renewal only)	Civilian Club if previously registered	Date of Birth	UNIT	
HOME ADDRESS		SECONDARY SCHOOL	PREVIOUS SURNAME IF KNOWN BY ANY OTHER SURNAME	
<b>RETURN ADDRESS FOR REGISTRATION BOOK</b>				
<p>.....</p> <p>.....</p>				

**APPLICATION TYPE (1 x application is required for every individual)**

SERVICE BOXING ONLY (NEW OR RENEWAL)	New Never registered with Army BA or England Boxing		England Boxing to Box Civilians	New Never registered with Army BA or England Boxing		LOST OR REPLACEMENT CARD (Only if appropriate)	
	Renewal Reg book is required to accompany this application		(NEW OR RENEWAL)	Renewal Reg book is required to accompany this application			
<b>AGE CATEGORY (CIRCLE AS APPROPRIATE)</b>							
<b>JUNIOR</b>		<b>YOUTH</b>			<b>ELITE (ADULT)</b>		

**Lost cards** – any lost or destroyed card will result in the immediate suspension of the boxer for a minimum of 30 days. This will occur regardless of how lost or damaged (see [Section 7 Lost or Misplaced Registration Card](#))

**Service Boxing Only** – Boxing other soldiers or RAF or R Navy personnel. (£5)

**England Boxing Registration** – For soldiers who wish to box civilians - <https://www.englandboxinginsight.com>

**All boxers and coaches are required to complete the remainder of this application and declaration overleaf.**

**PREVIOUS EXPERIENCE**

All boxing applications will be subject to an internet and National Boxing database search by the ARMY BA Registrations Officer. All boxers and coaches are to ensure that the declarations made on applications are accurate, failure to do so will result in the suspension of the boxer, may result in the suspension of the coach and could result in disciplinary action for both.

**1. All individual physical contact sports experience must be declared.**

**2. Enter total number of bouts, including Junior / Youth bouts.**

**Definition of an individual physical contact sport**

“Individual Physical Contact Sport” means any of the following sports in any of its forms: Aikido, Boxing, Cage Fighting, Judo, Ju-jitsu, Karate, Kendo, Kickboxing, K-1, Muay thai, MMA, Sambo, Savate, Sumo, Taekwondo, Wrestling, Wushu and Unlicensed or White / Pink Collar Boxing or such other sports as may be deemed by AIBA to be an individual physical contact sport.

**Complete the table leaving no box empty, put a zero in any box where a soldier has no experience.**

PREVIOUS BOXING EXPERIENCE					
JUNIOR		YOUTH		ELITE	
WIN	LOSS	WIN	LOSS	WIN	LOSS

INDIVIDUAL PHYSICAL CONTACT SPORT EXPERIENCE		
SPORT & LEVEL (Pro, Amateur, National, Club etc)		
.....		
WIN	LOSS	Full or Semi contact

I (BOXER NAME).....declare that all of the information I have given in respect of my declaration of experience is true and no details have been omitted. I understand that false information or non-declaration will result in serious consequences including possible disqualification of myself / team and subsequent disciplinary action. The seriousness of any such failure has been fully detailed to me by my Boxing Officer/Team Coach.

SIGNED Boxer: .....

SIGNED Head Coach .....Print Rk & Name.....

SIGNED Boxing Officer.....Print Rk & Name .....



## **Request to Register a soldier with previous Combat Sports Experience**

**From**  
**Army Boxing Association**

Full name ..... D of B DD  MM  YYYY

Previous physical contact sport (name of sport).....

Previous Club/Gym:.....

Participation Level (tick all that apply):    Amateur ☐                      Professional ☐

From MM  YY  To MM  YY  No of bouts  Won  Lost

Proposed EB Weight category  Proposed EB Classification

Applicants Gender (tick appropriate box):            Male ☐    Female ☐

Following your request to participate in boxing after having been involved in the above physical contact sport, please note the following conditions under which your membership will be accepted, if approved by England Boxing Ltd. The conditions are as follows;-

- You must cease your involvement in the above sport
- You must not participate in any other Individual Physical Contact Sport during your membership with us
- You must abide by all England Boxing rules and guidelines, which include (but not exclusively) the Code of Conduct for England Boxing members and all AIBA rules as provided on their website ([www.aiba.org](http://www.aiba.org))
- If you do not maintain a continuous annual registration with England Boxing you must reapply following any break in membership using this process. In those circumstances all conditions will reapply, including the requirement to serve another probation period before competing in our National Competitions.
- AIBA will be informed of the request, however AIBA do not have a set timescale to respond to the request. You must be aware that should AIBA query/reject your membership then there may be cause to suspend/close the membership

The below AIBA Rules also relate to the issue of your membership and you will only be eligible to compete in our National Level competitions (including National Championships) following a ONE year probation period, which will commence on your date of registration following acceptance of your membership by England Boxing.

**1.9.** A Boxer who has competed at an amateur level in any Individual Physical Contact Sport is eligible to compete in an AIBA Competition, at any level, under the following conditions:

**1.9.1.** When a National Federation wishes to register an amateur athlete from any Individual Physical Contact Sport as a Boxer, this National Federation shall complete the Application Form

as in Appendix B and submit the same to AIBA for acceptance and registration. The registration will be approved by AIBA in consultation with the AIBA Technical & Rules Commission. The National Federation may specify a longer period depending on the history of the athlete and circumstances of registration. If there is any issue in this regard, the case will be reviewed by the AIBA Technical & Rules Commission for a final decision.

**1.9.2.** If the amateur athlete applying for registration has competed in another Individual Physical Contact Sport for:

**1.9.2.1.** less than a cumulative period three (3) years, then this amateur athlete shall not be allowed to participate in any AIBA Sanctioned National Level Competition, including National Championships, until at least one (1) year after the date of the acceptance of the athlete's registration.

**1.9.2.2.** more than a cumulative period three (3) years, then this amateur athlete shall not be allowed to participate in any AIBA Sanctioned National Level Competition, including National Championships, until at least two (2) years after the date of the acceptance of the athlete's registration.

**1.9.3.** In addition, the Boxer may not participate in any other Individual Physical Contact Sport during this time.

**1.9.4.** The Boxer must have competed in at least one (1) National Championships organized by the National Federation the Boxer is representing before being eligible to participate in any AIBA Competition.

#### **Athletes Declaration**

I have read and understood the above information in relation to my application to become a member of England Boxing Ltd. I confirm that the information I have supplied above is accurate and that I will accept and abide by the relevant conditions, should my application for membership be approved.

Athletes Signature..... Date .....

Association Secretary Signature.....

**NOMINAL ROLL OF REGISTRATION APPLICATION 2018**

UNIT .....

DATE OF BOXING COMPETITION .....

The following personnel are applying for registration as boxers:

SER	NUMBER	RANK	SURNAME	FIRST NAMES	M / F	DOB	BOXING REG NO
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							

This nominal roll **must** be word processed/typewritten and details thoroughly checked for accuracy **before** submission.

**REGISTRATION FEES PROFORMA 2018**

1. This form should be used for registration/re-registration of all boxers, coaches and officials and accompany the relevant Annexes relating to the category of applicant.

	Number required	Cost per registration	Total Cost
SERVICE BOXING ONLY (BOXER)		£5	
SERVICE BOXING ONLY (COACH)		£5	
SERVICE BOXING ONLY (OFFICIAL)		NIL	
GRAND TOTAL OF ALL REGISTRATIONS £			

2. Payment must be via UK cheque made payable to:

***Army Sports Control Board Central Bank***

*To be completed by Boxing Officer*

Signature:.....

Rank and Name: .....

Unit: .....

Address: .....

Tel No: ..... Fax No: .....

Mobile No: ..... E Mail: .....

3. Send all completed Boxers Registrations, a typed nominal roll and the registration fees proforma to;

**Secretary Army Boxing Association**  
**Army Sport Control Board**  
**MacKenzie Building**  
**Fox Lines**  
**Queens Avenue**  
**Aldershot**  
**Hampshire**  
**GU11 2LB**

Send to: Sec Army BA  
MacKenzie Building  
Fox Lines  
Queens Avenue  
ALDERSHOT  
Hampshire GU11 2LB

ANNEX E TO SECT 7 2018

## **COACHES REGISTRATION APPLICATION**

### **APPLICANT DETAILS**

NUMBER	RANK	SURNAME	FIRST NAMES	REGISTRATION NUMBER	D O B
DATE OF QUALIFICATION			LEVEL OF COACHING QUAL APPLIED FOR (TICK APPROPRIATE BOX)		
			LEVEL 1		LEVEL 2
SAFE GUARDING COURSE (England Boxing Registration only)			Date achieved		

**PROOF OF MANDATORY ANNUAL TRAINING TEST 3 BATTLE CASUALTY DRILLS AT LEVEL 2 OR 1 (OR FIRST AID AT WORK CERT PLUS PROOF OF COACHING QUALIFICATION IS REQUIRED FOR EVERY APPLICATION)**

### **APPLICATION TYPE**

**Service Only (£5)** – You may only coach service personnel on service property and you may only coach in the corner at Service only boxing events.

**Civilian £22** - application to be initiated via <https://www.englandboxinginsight.com> This registration will allow the holder to coach civilian boxers and to take military boxers to civilian events. (A Disclosure and Barring Service Check is reqd).

Type of registration required. (tick 2 boxes)

<b>Initial</b>	<b>Renewal</b>	<b>Service</b>	<b>Civilian</b>
----------------	----------------	----------------	-----------------

All cheques made payable to

**ARMY SPORTS CONTROL BOARD CENTRAL BANK**

**Please return my registration book to:-**

Rank and Name: .....

Unit: .....

Address: .....

Tel No: ..... Mobile No: .....

E Mail: ..... Date: .....

Send to: Sec Army BA  
MacKenzie Building  
Fox Lines  
Queens Avenue  
ALDERSHOT  
Hampshire  
GU11 2LB

ANNEX E.1 TO SECT 7 2018

**MATT 3 LEVEL 2 CONFIRMATION LETTER**

**APPLICANT DETAILS**

NUMBER	RANK	SURNAME	FIRST NAMES	REGISTRATION NUMBER	D O B

**THIS IS TO CONFIRM THAT THE ABOVE NAMED PERSON HAS  
PASSED HIS/HER MANDATORY ANNUAL TRAINING TEST  
NUMBER 3 – BATTLE CASUALTY DRILLS AT LEVEL 2 OR LEVEL 1**

**DATE PASSED:.....**

**TRAINING OFFICER DETAILS (PLEASE PRINT)**

**RANK:.....INITS:.....NAME:.....TEL**

**NO:.....**

**SIGNATURE:.....**

**COACH SIGNATURE:.....**

**UNIT STAMP**

--

SEND TO Registrations Officer Army BA  
See Section 1 for address

ANNEX F TO SECT 7 2018

## OFFICIALS REGISTRATION APPLICATION

NUMBER	RANK	SURNAME	FIRST NAMES	REGISTRATION NUMBER	D O B
QUALIFICATION HELD (CIRCLE ALL QUALS HELD)					
Judge	Tkpr	Referee	Supervisor	Computer Tech	
Level of Qualification and date achieved					

### PROOF OF QUALIFICATION IS REQUIRED FOR INITIAL APPLICATIONS

#### APPLICATION TYPE

**Service Only** – You may only officiate at Service only boxing events (IE. **Service Boxer vs Service Boxer** on either civilian or service property). **No payment required.**

**Civilian Registration £22** – This registration will allow the holder to officiate at civilian events.  
**Application to be initiated via** <https://www.englandboxinginsight.com>  
(A Disclosure and Barring Service Check may be reqd see Section 4 para 6 DBS).

Type of registration required. (tick 1 box from boxes 1 & 2 and 1 box from boxes 3 &4)

<b>1. Initial</b>	<b>2. Renewal</b>	<b>3. Service</b>	<b>4. Civilian</b>
-------------------	-------------------	-------------------	--------------------

Replacement books will be charged at £3.

All cheques made payable to

### ARMY SPORTS CONTROL BOARD CENTRAL BANK

Please return my registration book to:-

Rank and Name: .....

Unit: .....

Address: .....

Tel No: ..... Mobile No: .....

E Mail: ..... Date: .....

**INITIAL APPLICATIONS MUST BE ACCOMPANIED BY THE OFFICIALS CODE OF CONDUCT OVERLEAF**

## **OFFICIAL'S CODE OF CONDUCT**

England Boxing hereby requests your agreement to the following "Code of Conduct", which will apply for as long as you are an England Boxing Official and during each England Boxing Competition at which you officiate:

### **DIGNITY**

- Code 1: I must not be under the influence of alcohol during the entire period of any England Boxing Competition, in which I participate.
- Code 2: I must not smoke in the Competition Venue.
- Code 3: I must not use or carry any electronic communication device, including but not limited to a mobile phone, a laptop and a tablet computer inside the Competition Venue.
- Code 4: I must not conduct myself in any manner that is derogatory to England Boxing.
- Code 5: I must not violate any norm of social behaviour in my relations with members of the local and visiting Countries' citizens
- Code 6: I must at all times conduct myself in a professional and ethical manner, giving due regard to the Supervisor

### **INTEGRITY**

- Code 7: I must not, directly or indirectly, solicit, accept or offer any form of remuneration or commission, nor any concealed benefit, service or gift of any nature that could be considered as a bribe, connected with anyone related to any Competition in which I participate. I understand that to do so may constitute a crime under the Bribery Act 2010 and may lead to legal action being taken against me
- Code 8: Only official souvenirs from the National Governing Body's office may be given or accepted, as a mark of respect or appreciation for my contribution.

### **CONFIDENTIALITY**

- Code 9: I must not collude or collaborate with any party by violating the approved AIBA Technical Rules, the AOB Competition Rules, the APB Competition Rules or the WSB Competition Rules
- Code 10: When performing my duties as an England Boxing Official, I must not communicate with anybody about any competition related issue within the Competition Venue and/or any other location for the entire period of the competition, especially to persons from my own country such as National Federation members, Technical Officials, the media and the public.
- Code 11: I must not socialise with or become intimate with Boxers and/or Coaches and Seconds, or enter into any relationship or take any action that casts doubt on my impartiality as an England Boxing Official



Code 12: I must treat any information I may receive, from England Boxing in relation to my position as an England Boxing Official, confidentially and, in particular, I must not disclose my England Boxing Competition Schedule with members of the public.

### **AVAILABILITY**

Code 13: I must be on time for all Competitions assigned to me.

Code 14: I must be available to attend arranged Officials meetings on or before the Competition day.

Code 15: I must fulfil all duties assigned to me by the Supervisor.

### **RESPONSIBILITY**

Code 16: I must maintain a good physical condition, personal hygiene and a professional appearance at all times when performing my duties as an England Boxing Official.

Code 17: I must not criticize or attempt to explain calls or decisions made by other Officials, unless where requested by the Supervisor to do so.

Code 18: I must respect the AIBA Technical Rules, the AOB Competition Rules, the APB Competition Rules or the WSB Competition Rules and the AIBA and England Boxing Disciplinary Code and Code of Ethics.

I agree to be bound by this Code of Conduct and accept the fact that any infringement of it will be referred to the England Boxing Board and could lead to an immediate sanction against me in accordance with England Boxing Disciplinary procedures.

Delete as appropriate

Qualification / s held :      **Judge**      **Timekeeper**      **Referee**      **Supervisor**

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

## **Request to Register an Official with Previous Individual Physical Contact Sport experience**

### **From Army Boxing Association**

Applicant's Full name ..... Date of Birth DD MM YYYY

Previous physical contact sport (name of sport).....

Previous Club/Gyms.....

Participation Level (tick all that apply):    Amateur ☐                      Professional ☐

From MM YY To MM YY No of bouts officiated ☐

Applicants Gender (tick appropriate box):                      Male ☐                      Female ☐

Following your request to participate as an official for England Boxing, after having been involved in the above physical contact sport, please note the following conditions under which your membership will be accepted, if approved by England Boxing Ltd. The conditions are as follows;-

- You must cease all involvement in the above sport
- You must not participate in any other Individual Physical Contact Sport during your membership with us
- You must abide by all England Boxing rules and guidelines, which include (but not exclusively) the Code of Conduct for England Boxing members and all AIBA rules and Codes of Conduct as provided on their website ([www.aiba.org](http://www.aiba.org))
- If you do not maintain a continuous annual registration with England Boxing you must reapply following any break in membership using this process. In those circumstances all conditions will reapply, including the requirement to serve another probation period before competing in our National Competitions.
- AIBA will be informed of the request, however AIBA do not have a set timescale to respond to requests. You must be aware that should AIBA query/reject your membership then there may be cause to suspend/close the membership

### **Applicant's Declaration**

I have read and understood the above information in relation to my application to become a member of England Boxing Ltd. I confirm that the information I have supplied above is accurate and that I will accept and abide by the relevant conditions, should my application for membership be approved.

Applicants Signature..... Date .....

Association Secretary Signature.....

**OFFICIALS AND COACHES REFRESHER CONFIRMATION**

Details of person being refreshed

Rank ..... Name ..... Unit .....

Qualification being refreshed

.....

Details of assessor

Rank ..... Name ..... Unit .....

Qualification of Assessor .....

Date of Assessment .....

Location of Assessment .....

Signature of Assessor .....

Please return with appropriate registration Annex (**E Coaches or F Officials**) and your registration fee to

**Secretary  
Army Boxing Association  
Army Sport Control Board  
MacKenzie Building  
Fox Lines  
Queens Avenue  
Aldershot  
Hants  
GU11 2LB**

## **SECTION 8 – EVENT ORGANISATION**

### **GENERAL**

1 The organisation of a boxing tournament can appear to be a daunting task. There are a number of outside agencies involved and detailed long-term planning is essential if the event is to be a success. Boxing Officers are strongly advised to liaise with Regional Boxing Secretaries (see Section 1) well in advance of the date(s).

2 The responsibility for accounting, correspondence and general management of a boxing event is to be vested in a commissioned officer. Technical advice on the set up of the ring area and training issues should be sought from Regional Army BA Secretaries (See Section 1) and RAPTC personnel.

### **PRE-TOURNAMENT ADMINISTRATION**

3 Well in advance of the tournament/fixture; agree dates with Commanding Officer(s) and Army BA that will facilitate the preparation required;

#### **a. Boxing Officer.**

(1) Unit Affiliation. Each Unit is required to complete a Unit Affiliation Section 4 Annex A application prior to the commencement of any boxing training successful applications will receive a Certificate of Affiliation from the Army BA

(2) Certificate of Assurance. An application must be made to the Army Boxing Association 12 weeks in advance, applications are at Section 8 Annex A.

- Boxing involving civilians or a civilian venue requires communication with the appropriate authorities (civilian regional association secretary of the event, civilian regional association secretary of the boxers, G2 branch of the regional HQ and the venue) by the Army Boxing Secretary is imperative, see Annex B to Section 8.

(3) Ring and Officials. Boxing rings and officials for military boxing events are controlled by Regional Secretaries, applications must be made 12 weeks in advance to allow appropriate planning time. Contact details for Regional Army BA Secretaries are at Section 1.

(4) Tournament planning. The Boxing Officer is to agree an appropriate time for the duration of the competition in accordance with AIBA Boxing rules.

#### **Service Boxing Tournaments;**

- May not include more than 26 bouts on a single day.
- No boxer is permitted to box more than once on a single day.
- Boxing should be programmed as per the example unless there is scope for rest days.

#### **Example of Service Boxing Tournament**

Day 1 Round of 16 – up to 26 bouts 1 ring more than 26 bouts 2 rings are required

Day 2 Quarter Finals

Day 3 Semi Finals

Day 4 Finals

*If there are more than 16 boxers entered in to the competition at the same weight then an extra day of boxing will need to be planned at the beginning of the tournament.*

#### a. Boxers

All information related to boxers can be found at Section 4 - Boxers

#### b. Officials.

(1) Para-medics. See Section 12 – Ringside Medical Support to Boxing. Contact details for Preferred Paramedic companies are at Annex A.1 to Section 8. Some of these companies cover a wide area and for multiple days of competition may ask for accommodation, this must be unit mess accommodation and not hotel accommodation.

(2) Medical Officer. See Section 12 -Ringside Medical Support to Boxing.

(3) Referees & Judges. Apply for referees and judges/timekeepers from the Formation Army BA Officials' Secretary. Where formation Army BA Officials' Secretaries are unable to provide the requisite number of officials or officials of the required standard for an event to take place, they are to apply to the Secretary Army BA Major Panel Officials, through the Secretary Army BA, for assistance. A minimum of three weeks' notice is required. Under no circumstances are officials to be requested by any other means. Host units will be responsible for hosting officials and providing accommodation, if required.

(4) Dress for Officials The dress for officials is in line with the rules of boxing, i.e. Blazer White Shirt and Black Trousers etc, this is to allow Referees who are also qualified Judges to judge throughout the competition. If you wish officials who are annotated as Judges only to wear Mess Dress the boxing officer should contact the Army BA as early as possible to discuss.

(5) Internal Officials. Arrange for internal officials via the unit chain of command. Ensure that the Master of Ceremonies (MC) receives a copy of the brief at Annex B to Section 6.

(6) OIC Weigh-In. Contact the formation Army BA rep to appoint an OIC Weigh-In (must be a qualified boxing official registered with Army BA) and agree the date, time and venue for the weigh-in to be conducted.

c. Weighing Scales. Arrange for a suitable set of weighing scales (approved electronic scales are permissible) to be inspected, calibrated and certified using Annex A to Section 10 at least 48 hours prior to the event. Once checked, the scales are to be securely sealed by the engineer and are **not** to be moved. Ensure that the certificate of calibration is handed to the OIC Weigh In on arrival.

d. Equipment. Ensure that all boxing equipment complies with the AIBA-approved pattern and is serviceable. Book all of the equipment necessary for the event via the unit chain of command.

e. Event Documentation. Ensure that all technical documentation necessary for the event is current Army BA (Section 11). Check with formation Army BA reps. Arrange for the programme to be designed and printed.

f. Boxing Ring. Liaise with the formation G7 PD Branch for the provision of a 4-rope boxing ring and the ancillary equipment. Arrange for RAPTC assistance with the set-up of the boxing ring to ensure that the lay out conforms to current Army BA rulings (Annex D & E to Section 8)

g. Fire Inspection. Arrange for an advisory fire inspection visit, during the fire inspection you will be told the seating capacity of your venue.

h. Emergency Lighting Plan. Lighting Plan. Adequate lighting is required for the field of play and more specifically, above the boxing ring. The organisers are responsible for ensuring that this is provided. All lighting should be thoroughly inspected prior to the event. An emergency lighting plan must also be considered, this may involve an 'on call' duty electrician.

i. Band/Pipes & Drums. Book external Bands or Pipes & Drums well in advance. The band programme is usually organised at least 6 months in advance. If music is to be utilised within the overall show, arrange for a 'DJ'.

j. VIPs/Guests/Sponsors. Liaise with PAs to VIPs reference availability and itineraries. Issue invitations to guests and sponsors and arrange for suitable hosting arrangements for visitors.

k. Trophies/Medals. Arrange for annual/perpetual trophies to be returned in a clean, engraved and serviceable condition. Ascertain which individual trophies/medals are to be awarded and order them and any engraving well in advance.

l. Function Venues. Agree the format of the event with the Commanding Officer (CO). Write to Mess PMCs for agreement to use the various Messes. Organise catering, security, fire cover etc. Draft the Administrative Order for CO's approval and disseminate once given.

## OTHER-RELATED ISSUES

**4. Related Boxing Rules.** Boxing Officers should be aware of a number of rules that can limit the inclusion of boxers in competitions or events See Section 4 Boxers Para Related rules.

**5. Disqualifications.** The circumstances relating to any disqualification are to be reported by the Official IC using Annex H to Section 10 to the individual's CO. *Disqualified boxers do not normally receive a medal/individual trophy. Only the Official IC can decide that a disqualified boxer may receive a medal/individual trophy.*

## POST-EVENT TASKS

6. The major post-event task is to conduct the event 'wash-up'. Lessons learned and improvements must be discussed with those responsible, accounts need to be balanced and audited and letters of thanks written to sponsors and outside agencies. Upon receipt of the bill for para-medics forward it to the formation G7 PD Branch or relevant office for processing (do not send a photocopy as the Financial Branch will not process them).

a. Tournament Record Sheet must be faxed to the Army BA Sec (94222 7094) the day after the event, a copy held by the unit and the original should be sent via post to ARMY BA Sec.

b. The Event Score Cards are to be filed for a period of no less than 30 days.

**ARMY BOXING ASSOCIATION – CERTIFICATE OF ASSURANCE APPLICATION**

BOXING COMPETITION –

TITLE ..... DATE OF EVENT .....

(UNIT) ..... V (UNIT / ORG) .....

TYPE OF EVENT (please circle or highlight)

**A     Mil pers v Civ @ civ location**     **B     Mil pers v Civ @ mil location****C     Mil pers only / Civ location**     **D     Civ pers v Civ pers @ Mil loc****E     Mil pers / Mil loc (For Example Inter Coy or Inter Unit on Camp)**

An administrative fee of £25 is required for options A – D but not E which remains free. Cheques should be made payable to ASCB Central Bank and should be enclosed with your application **8 WEEKS** prior to the event.

VENUE .....

POST CODE .....

BOXING OFFICER .....

ADDRESS .....

RINGSIDE PHYSICIAN (if Known).....

APPOINTED SUPERVISOR (If known) .....

PARAMEDIC COMPANY CONTACTED .....

EMAIL ADDRESS (please make this [another123@mod.co.uk](mailto:another123@mod.co.uk) or civilian style address as the ASCB are not on a military IT Network)

.....

TELEPHONE MIL ..... MOBILE NO.....

PLEASE SEND THIS APPLICATION TO.

Secretary Army Boxing Association

OR

[ABA@ASCB.UK.COM](mailto:ABA@ASCB.UK.COM)

TELEPHONE ARMY BOXING ASSOCIATION

94 222 7089

## **PARAMEDIC CONTACTS FOR UK**

### **NORTH**

#### **MEDISPORT EPS**

8 BRANKLYN GARDENS  
INGLEBY  
BARWICK  
TEESIDE  
TS17 0NA

[info@medisport-training.co.uk](mailto:info@medisport-training.co.uk)

### **MIDLANDS**

#### **MED EVENT UK**

5 ORPINGTON DRIVE  
ROWLEYS GREEN  
COVENTRY  
CV6 4NJ

[covmedevent@yahoo.co.uk](mailto:covmedevent@yahoo.co.uk)

#### **EUROMED**

EUROMED AMBULANCE  
THE GABLES  
SANDY LANE  
CHADWELL ST MARY  
ESSEX  
RM16 4LR

[Euromed.ems@gmail.com](mailto:Euromed.ems@gmail.com)

### **SOUTH INCLUDING LONDON**

#### **OPS AMS, ASH, SURREY**

VIA

#### **AZMA MEDICAL LTD**

KEDRON  
NEWNHAM ROAD  
HOOK  
HANTS  
RG27 9AE

[AZMA.MEDICAL@BTINTERNET.COM](mailto:AZMA.MEDICAL@BTINTERNET.COM)

or

[ady@amsservices.co.uk](mailto:ady@amsservices.co.uk)



## **CHARITY BOXING EVENTS AND SPORTS TOURS AND CIVILIAN BOXING**

### **GENERAL**

1. The vast majority of military boxing takes place in on service property and involves service personnel only. There are a small percentage of military boxing events that involves civilians in some way;

- a. Military boxers v Civilian boxers in a civilian location
- b. Military boxers v Civilian boxers in a military location
- c. Military boxers only in a civilian location
- d. Civilian boxers v Civilian boxers in a military location

2. Any event that involves civilians requires the organiser to engage early with the Army BA Sec to allow liaison with civilian counterparts to ensure the event is licensed and all the civilian boxers and officials are insured.

### **CHARITY BOXING EVENTS**

3. Boxing Officers are to be read carefully the paragraph extracted from **JSP 660 Sport in the UK Armed Forces** when organising boxing events where charitable money is to be raised.

“It is MOD policy not to support charities or charitable events without recovering costs (see JSP 462 - Financial Management and Charging Policy Manual). In principle therefore, Service sporting events are not authorised for the purpose of charitable fund raising and the use of public funding to support participation in such events is inadmissible. Where an event is authorised for sound Service reasons (such as an Inter Services Championship, an Armed Forces or single Service fixture), public funding is admissible within the relevant regulation and charitable fund raising can be conducted as a secondary function.”

### **REGIONAL ASSOCIATIONS**

4. There are 11 Regional Association in England, and each control and license boxing events in their geographical area. The UK Armed Forces Boxing Association is an association in its own right. Any boxing that takes place in England must be licensed and this responsibility lies with the Regional Association Secretary, the only exception to this is for Service Boxing as long as it takes place with service personnel only and takes place on service property.

### **TOURNAMENT PERMITS**

5. Permits or Licenses are granted to boxing events by the secretary whose region the event is due to take place in. They usually cost approximately £200.

6. Tournament permits are granted to ensure that matches and events are run within the rules of England boxing and are presided over by qualified officials. A permit acts as insurance for the boxers in the case of serious injury during a bout.

7. White collar boxing is unlicensed and uninsured, and is not permissible by any registered boxer.

## **VENUE LICENSES**

8. Hotels, Leisure Centres and function halls must be licensed to stage boxing events. Organisers should ensure that the venue has a license to stage a boxing event.

## **BOXING SHOWS INVOLVING MILITARY AND CIVILIANS**

9. The organisers of any shows that involve civilians in any way stated in Para 1 or Annex B to Section 8 must contact the Army BA Sec at the outset of any planning to discuss the event and the licensing of it.

10. Supervisors. The Supervisor is the senior official and is responsible for the safe conduct of the boxing on the event.

a. A civilian supervisor must preside over a boxing event in a civilian location even if it is two military teams unless a military official known to the Regional Association Sec is agreed upon.

b. A civilian supervisor may not preside over a boxing event in a military location even if the boxing taking place is between two civilian clubs.

11. Permit. The Army BA Sec will contact the Regional Association Sec to ensure a permit is provided as cheaply as possible if a civilian venue is being used. If a military venue is being used to host civilian boxers then the Army BA Sec will provide the appropriate permit (Certificate of Assurance).

12. Officials and Coaches. Officials and Coaches must be appropriately registered to take part in a civilian boxing event, this requires a registration through England Boxing (£22) and coaches will require a Disclosure and Barring Service certificate. Details of this can be found in Section 7. This is often time consuming so early engagement is important.

13. Boxers. All boxers must be registered through England Boxing as per Section 7 Registration. Cost of this registration is £11 per boxer.

14. Application for authority to box in a civilian competition. Each boxer must apply to their CO for authority to box outside of a military environment, this is to place the boxer and coaches ON DUTY where appropriate and to allow the Army BA to be aware that one of its boxers is competing, should an injury occur. A copy must be sent to the Army BA Sec and a copy of the Tournament Record Sheet must be sent to the Army BA after the bout. A copy of the application can be found at Annex C to Section 8.

## **BOXING AGAINST CIVILIANS OUTSIDE OF ENGLAND**

15. For boxing events that involve civilians and service personnel, all of the processes above must be followed, plus the Army BA Sec must liaise with both the countries boxing executives to gain permission for boxers registered to England Boxing to box foreign nationals, this applies to Northern Ireland. Only countries affiliated to AIBA may be competed against. See annex B/2 to Section 8

## **MILITARY BOXING EVENTS IN CIVILIAN VENUES IN SCOTLAND WALES AND IRELAND**

16. Military boxing events in civilian venues in the rest of UK can create issues for the organiser in gaining a license, as all soldiers are registered as England Boxers, regardless of their country birth or country of residence.

17. Technically the ARMY BA cannot license events outside of England, however events involving military personnel only in a venue holding a license to host boxing events will be granted a Certificate of Assurance as long as all the appropriate measures are in place.

18. The National Boxing Federation or Association will be informed but no local officials can be used to support such events as they are not insured.

## **SPORTS TOURS**

19. For boxing teams that wish to embark on a sports tour organisers must follow all the steps above and additionally apply for permission to tour from the Army Sport Control Board see 2017DIN10-025 and the Army Sports Lottery 2017 DIN10-008. The ASCB Sec will liaise regarding diplomatic clearances if required. Information regarding the organisation of Sports Tours can be found at <http://armysportcontrolboard.org/tours>

20. The Army BA Sec will be required to apply to England Boxing for permission to take an English registered team abroad to box, only countries affiliated to AIBA may be visited.

21. England Boxing will liaise with the National Governing Body of the country to be visited to ask whether the boxers due to be matched are appropriately registered with genuine records of experience. See Annexes B and C1 to Section 8.

See Distribution

Ref:

Date:

**ARMY BA APPLICATION FOR AUTHORITY TO BOX IN A CIVILIAN COMPETITION**

Reference:

A. Army BA Official Handbook 2017/18 Edition.

1. As outlined in Ref A, the following boxer from this unit has been authorised to compete/box against civilians as indicated:

- a. Regt No: .....
- b. Rank: .....
- c. Surname/Ints: .....
- d. BCR1 Reg No: .....

2. The event details are:

- a. Venue: .....
- b. Date(s): .....
- c. Organising Body: .....
- d. Opponent Name .....England Boxing Reg No.....

3. A completed Army BA Tournament Record Sheet (Annex A to Section 11) will be forwarded to **Sec Army BA** immediately after the event has concluded.

Lt Col  
Commanding Officer

Distribution:

Action:

Sec Army BA

Information:

Formation Army BA Rep

**PERMISSION TO BOX ABROAD**

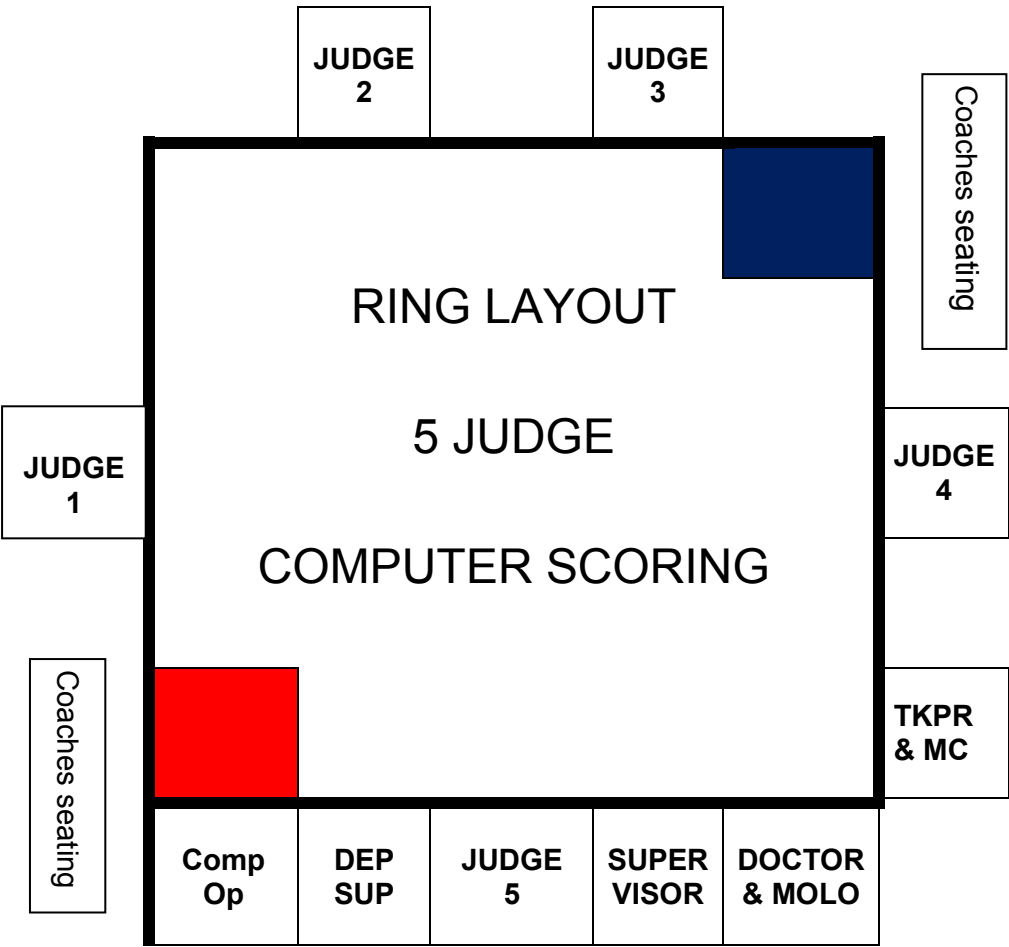
Please complete the form below and return to the ARMY BA Office together with the attached names list.

<b>NAME OF ENGLAND BOXING CLUB / ASSOCIATION:</b>		
<b>NAME OF FOREIGN CLUB / ASSOCIATION:</b>		
<b>COUNTRY:</b>		
<b>NAME &amp; VENUE/S FOR TOURNAMENT</b>		
<b>DATE/S OF TOURNAMENT</b>		
<b>DATE TEAM DEPARTS ENGLAND</b>		
<b>DATE TEAM ARRIVES HOME</b>		
<b>NUMBER OF BOXERS &amp; SUPPORT STAFF</b>	<input type="text"/>	<input type="text"/>
<b>NUMBER OF CONTESTS PER BOXER (i.e. ONE OR TWO)</b>		
<b>Name &amp; Role of Person responsible for team (Boxing Officer)</b>		
<b>Telephone Number –</b>	<b>Signature</b>	
<b>Email -</b>		
<b><u>Regional Association Secretary Declaration</u></b> I confirm that all boxers named on the list of names have valid medicals, all coaches and/or officials have valid CRB's and all delegates named are registered with ENGLAND BOXING for the current season. I understand that full permission cannot be granted until Travel Insurance Documentation has been provided		
<b>Signed (Regional Association Secretary)</b>	<b>Date</b>	

**PERMISSION TO BOX ABROAD – NOMINAL ROLL**

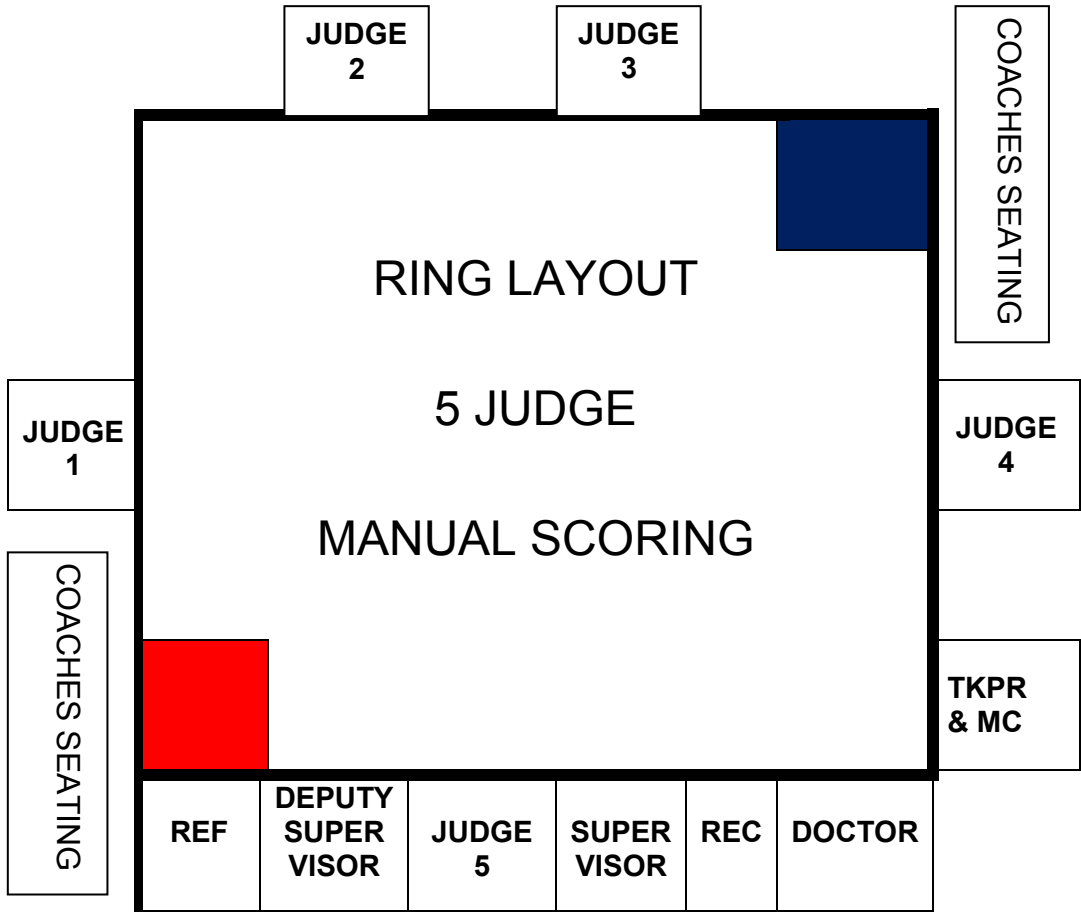
<b>NAMES OF BOXERS</b>			
	<b>REGISTRATION No.</b>	<b>RANK</b>	<b>FULL NAME</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>			
<b>9</b>			
<b>10</b>			
<b>11</b>			
<b>12</b>			
<b>13</b>			
<b>14</b>			
<b>NAMES OF SUPPORT STAFF / OFFICIALS</b>			
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>			

**COMPUTER SCORING RING LAYOUT**



Audience Seating  
may not be closer  
than 3 metres from  
the edge of the ring  
platform to the front  
row.

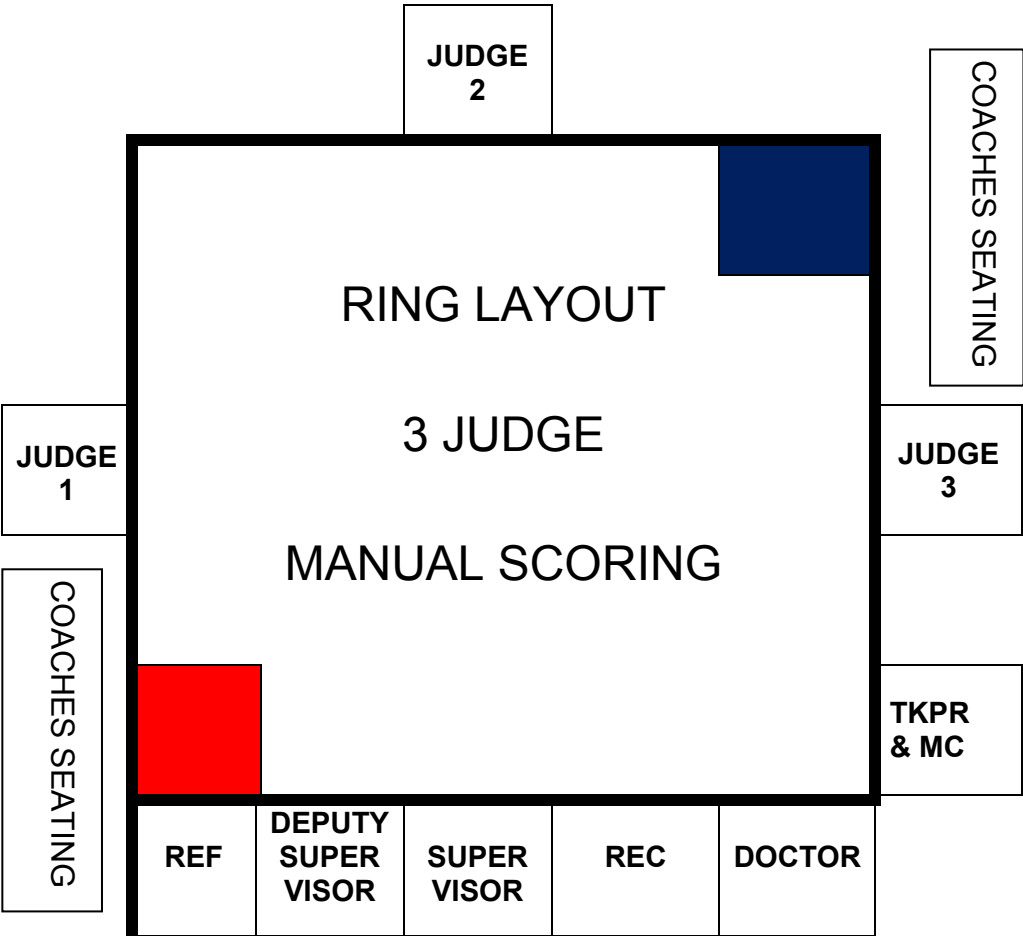
**MANUAL SCORING RING LAYOUT**



Audience Seating may not be closer than 3 metres from the edge of the ring platform to the front row.



**3 JUDGE MANUAL SCORING RING LAYOUT**



Audience Seating may not be closer than 3 metres from the edge of the ring platform to the front row.

## **SECTION 9 COMPETITIVE SERVICE BOXING**

### **WEIGH IN**

1. All details pertaining to Weigh ins can be found at Section 10 Weigh in

### **PREBOUT MEDICAL**

2. All boxers must have a Pre Bout Medical. These are usually but not always conducted by the Ringside Doctor for the event. It is the advice of the Army BA for these medicals to take place wherever possible in a military medical centre. All service personnel are obliged to complete a Pre Bout Medical Questionnaire (Annex C to Section 12)

### **VENUE**

3. Ring Set up (see Section 8 Annexes D1/2/3) wherever possible 5 Judges should be made available for service boxing events.
4. Risk Assessment (Annex K to Section 11) this RA only covers the boxing, organisers must include local risk factors in their Risk Assessment. Fire Escapes etc
5. Venues must be Licensed for boxing, civilian venues are not all licensed for this and organisers must confirm that the venue is licensed and that they have a Tournament Permit (this is organised through the Certificate of Assurance Application (See Section 8 Annex A)

### **COMPETITION FORMAT**

6. The format of a boxing event is usually dictated by the time available i.e. Unit Training plan, venue availability etc, or the event is part of another competition i.e. the Army Inter Unit Championships.
7. There are a number of Rules that will influence the format of an internal boxing (Inter Sqn/Coy style) event;
8. Amount of bouts – no more than 26 in any day or two rings to be used.
9. Boxing twice in one day – No boxer may box twice in one day. See Section 4 Related Rules
10. Byes and bout order – All byes must take place in the first round of the competition.
11. Duration of bouts – See Section 4 Annex B Club Boxing Guidelines

### **OFFICIALS**

12. Refreshments– The officials are often not local and give up their time freely without expectation of gifts. Organisers should ensure that they are catered for in the feeding plan with a sandwiches and or a buffet with tea and coffee.
13. Rest/Changing Area – A designated officials changing and rest area is required this should be large enough for catering, tea and coffee, changing and briefings.
14. Sitting out officials – Organisers should ensure that 3 chairs are designated on the seating plan for any official that is not involved in a bout, this does not have to be ringside.

## **MEDICAL COVER**

15. Paramedics seats and access Ambulance parking – Paramedics must have unimpeded parking next to the venue with a clear route of access between the ambulance and ringside. Seats close to the ring with an unimpeded view of the boxing and on the same side of the ring as the exit to the ambulance are to be designated for Paramedics.

## **WEIGHT AGE GENDER AND EXPERIENCE CATEGORIES**

16. A detailed explanation of the categories of all boxers can be found in Section 4.

## **RULES ON DRESS/ATTIRE**

17. The rules on dress and attire are:

- a. Boxers. See Section 4 Boxers
- b. Coaches. See Section 5 Coaches
- c. Officials. See Section 6 Officials.
- d. Primary Officials. Primary officials and their orders of dress are:

Supervisor. Supervisors are to be dressed in Blazer, white shirt, corps tie, black trousers, black shoes.

Medical Officer. As appropriate for their duties.

Referees. Referees are to be dressed in a plain white shirt worn with a plain black bow tie, black long trousers and white training shoes/boxing boots. A blue/black blazer should be worn when not actually in the ring.

Judges & Timekeepers. Judges and Timekeepers are to wear Blazer, white shirt, corps tie, black trousers, black shoes.

Master of Ceremonies. Masters of Ceremonies are to wear Mess Dress or its equivalent in warm climes.

Secondary Officials. Secondary officials and their orders of dress are:

Medical Officer Liaison Officer. As appropriate for their duties.

Recorder. Recorders are to wear Mess Dress or Service Dress or its equivalent in warm climes or as directed by the Commanding Officer.

Whips. Whips are to wear tracksuits or similar apparel or as ordered by the Event Coordinator.

Stewards. Stewards are to wear Mess Dress or Service Dress or its equivalent in warm climes.

Spectators. Spectators are to be dressed in accordance with the CO's direction.

18. Disposable Rubber Gloves. Disposable non latex gloves are to be worn by Medical Officers, Referees, Seconds and all those involved with bleeding wounds, which are to be provided by the organiser, along with disposable swabs for dealing with blood injury. White containers are to be secured to the neutral corners for the collection of contaminated waste.

## **MASTER OF CEREMONIES (MC) OR ANNOUNCER**

19. All details regarding the MC or Announcer can be found in Section 6 Annex B

## **SCORING**

20. The scoring system for boxing to be used is a 10 point must system. Ringside judges will no longer record each scoring blow for boxers but will score 10 points to the winner of each round. The other boxer bout will score either 9, 8 or 7 points depending on the following factors;

- a. Number of quality blows on target area;
- b. Domination of the bout by technical and tactical superiority
- c. Competitiveness;

21. The Judges must apply the following criteria to score round:

- a. 10 vs. 9 – Close round;
- b. 10 vs. 8 – Clear winner;
- c. 10 vs. 7 – Total dominance;

22. Details regarding scoring and the result of a bout are at Sect 6 Annexes B and C

## **PROTESTS**

33. There is no appeal process in boxing, the Ring Supervisor may review the result of a bout that he feels is in contravention of the AIBA Technical Rules, the Supervisor must call for a meeting for the Bout to be reviewed at the end of the Session by all participating R&Js for a final decision. In such case, the Supervisor must fill out a Bout Review Request Form before the next Bout and inform both Teams immediately.

# **ARMY INDIVIDUAL BOXING CHAMPIONSHIPS AND ARMY INTER UNIT & INTER CORPS TEAM BOXING CHAMPIONSHIPS**

## **GENERAL**

1. The subject Championships are held annually at the Combat Sports Centre, Rawlinson Road Aldershot.
2. The Championships comprise:

### **INDIVIDUALS**

Male Elite Development Class A (2 -10) Bouts  
Male Elite Development Class B (11-20) Bouts  
Male Elite  
Male Youth Development Class A  
Male Youth Development Class B  
Male Youth Open  
Female Elite Class A (0 – 6) Bouts  
Female Elite Class B (7 – 14) Bouts  
Female Elite  
Female Youth Class C  
Female Youth Class B  
Female Youth Class A

### **INTER UNIT TEAM CHAMPIONSHIPS**

Male Inter Unit Elite Development Class A/B

### **INTER CORPS TEAM CHAMPIONSHIPS**

Male Inter Unit Elite Development Class A/B

Date for entries and promulgated accordingly.

3. Weight Categories are standard as per section 4 of the Army Boxing Aide Memoire 2018 SEASON.

## **RULES**

4. The Championships are run in accordance with England Boxing rules under the aegis of the organiser, the Army BA.
5. The Army BA has adopted the same rulings on age and experience categories as stipulated by the National Governing Body (NGB), England Boxing. Full details are contained in the Army Boxing Aide Memoire Section 4.
6. All boxers must be registered with the Army BA or England Boxing via Army BA and be in possession of a current valid Boxing Registration Card. Details of registration of boxers are in Section 7 of Army BA Aide Memoire.
7. Competitive bouts: All bouts including intra unit (inter company/squadron etc) level, are to be recorded on Registration Card.

## **ELIGIBILITY**

7. The Championships are open to regular serving and reserve personnel, male and female, registered through the Army Boxing Association.
8. Boxers representing a unit team must be on the assigned strength of that unit *and have moved and tracked via JPA by their APC CM (Army Personnel Centre Career Manager) desk for a period*

*of at least 30 days prior to the date of their participation in the competition.* There is no exception to this rule.

## **ENTRIES**

9. Units/boxers are to submit entries on the form attached to the calling notice, direct to the Army BA office, together with the entry fee of **£5.00** per boxer. Cheques are to be made payable to **Central Bank Army Sports Control Board**.

10. Entries will only be accepted if boxers hold an in date registration through the Army BA.

11. Closing date for entries will be annotated on the calling notice. After this date, units and boxers that, for valid reasons, wish to be considered for late entries are to first contact the Army BA office for approval.

12. Units and boxers will be notified of accepted entries and administrative instructions will be sent by return of post.

13. Units and boxers must notify the Army BA office if, after sending in an entry, the boxer is subsequently unable to attend.

## **MEDALS**

14. Medals will be presented to the Winner and Runner up in each Final Championship class and weight category.

## **PROVISIONAL PROGRAMME**

15. The provisional programme is:

Day 1 Coach and boxer briefing, General Weigh in, Draw, Round of 32 bouts where appropriate

Day 2 Round of 16 Bouts

Day 3 Quarter Finals

Day 4 Semi Finals and Selected Finals

Day 5 (afternoon & evening) Finals

17. The Army BA reserves the right to amend/alter this programme dependant on number of competitors and in the interests of boxing.

## **EQUIPMENT**

18. Boxers are to be in possession of valid Boxing Registration Card, Personal head guards and protective equipment and appropriate wraps as per Section 4. Army BA will provide competition gloves.

## **ACCOMMODATION AND MESSING**

19. All units/boxers are responsible for own arrangements for accommodation and messing.

## **TRAVEL**

20. Army Sport Control Board (ASCB) authorises units/individuals to claim travel costs for the event. Claims may be submitted for travel to and from the event only. Travel arrangements are to

be coordinated and be by the most economical means available. Authority for claim is competition instruction and should be made in accordance with 2017DIN10-023.

## **INTER UNIT TEAM MINOR UNIT, MAJOR UNIT AND INTER CORPS CHAMPIONSHIPS**

21. The Inter Unit Team Minor Unit Major Unit and Inter Corps Championships competition will run concurrently with the Army Individual Boxing Championships. Teams wishing to enter are to annotate the entry form accordingly.

22. Boxers representing unit teams are to be on the posted strength of the unit (and have been so for a period of at least 30 days prior to the date of the competition).

23. There is no further entry fee for the championships.

24. Unit Teams will have a minimum of 3 and a maximum of 6 boxers which may include Male Development Class A and B boxers entered in the Individual Championships.

25. Corps Teams will have a minimum of 7 and a maximum of 10 boxers which may include Male Development Class A and B boxers entered in the Individual Championships.

26. Team composition is to be pre-entered on the entry form and finalised at the start of the preliminary rounds of the Individual Championships. No changes to the team entry will be allowed once the championships have commenced.

27. Results of named boxers from Individual Championships will be extracted and count for the Inter Unit Team Championships thus:

Winner	5 points
Runner Up	4 points
Losing Semi-Finalist	3 points
Losing Quarter-Finalist	2 points
Losing a preliminary bout	1 point

28. A boxer disqualified from the competition for serious foul play or intentionally breaching the rules will receive nil points.

29. The winning team will be the team with the most points. In the event of a tie, the team with the most individual titles will be declared the winner.

30. Trophies will be presented to the Winning teams.

31. During the event photographs may be taken and then published on Army Sport Webpages. In accordance with competitors' rights under the Data Protection Act, if competitors do not wish to be named in articles or have photographs published on webpages, they are to advise the event organiser accordingly.

## **ARMY BOXING ASSOCIATION**

### **INTER UNITS ELITE DEVELOPMENT BOXING CHAMPIONSHIPS**

1. The Championships are held annually with preliminary rounds commencing in Jan (dependent upon number of entries) and Finals usually in May.

2. Default venue for the Finals of both competitions is the Combat Skills Centre, Princes Avenue, Aldershot. The Finals will be hosted by the nearest located unit finalist. Army Boxing Team will support the Finals. If not acceptable to unit finalists, the Finals may be held at a UK unit venue by mutual agreement of both unit finalists and Army BA. If no agreement is reached, Chairman Army BA will decide venue.

#### **ELIGIBILITY**

3. The Championships are open to regular serving personnel, registered as Development A boxers.

4. Boxers representing a unit team must be on the assigned strength of that unit *and have moved and tracked via JPA by their APC CM (Army Personnel Centre Career Manager) desk for a period of at least 30 days prior to the date of their participation in the competition.* There is no exception to this rule.

#### **RULES**

5. The Army BA has adopted the same rulings on age and experience categories as stipulated by the National Governing Body (NGB), England Boxing. Full details are contained in the Army Boxing Aide Memoire Section 4.

6. All boxers must be registered with the Army BA or England Boxing via Army BA and be in possession of a current valid Boxing Registration Card. Details of registration of boxers are in Section 7 of Army BA Aide Memoire.

7. Competitive bouts: All competition bouts, including intra unit (inter company/squadron etc) level, are to be recorded on Registration Card.

8. Team Composition is:

Competition	Category	Weight
ARMY INTER UNIT DEVELOPMENT CHAMPS	Bantamweight	Over 52kg, not to exceed 56kg
	Lightweight	Over 56kg, not to exceed 60kg
	Light Welterweight	Over 60kg, not to exceed 64kg
	Welterweight	Over 64kg, not to exceed 69kg
	Middleweight	Over 69kg, not to exceed 75kg
	Light Heavyweight	Over 75kg, not to exceed 81kg
	Cruiserweight	Over 81kg, not to exceed 86kg
	Heavyweight	Over 86kg, not to exceed 91kg



## ENTRIES

10. Entry form is annexed to calling notice. Entries are to be submitted to

Army Boxing Association  
Army Sport Control Board  
Fox Lines  
MacKenzie Building  
Queens Avenue  
ALDERSHOT  
Hampshire  
GU11 2LB

**by the closing date annotated. Late entries are not acceptable.**

11. In recent seasons, units have entered the competitions only to withdraw at a later stage, after the draw has been made and rounds commenced. Units are requested to note the requirement to ensure availability for full participation through to the final stages of the championships. Units withdrawing after the draw has been made are to write to the Chairman Army BA (via Secretary Army BA) stating reason.

12. The draw for the competitions will be held shortly after the closing date and details promulgated thereafter. Number of stages in competition is dependant upon number of entries.

## TRAVEL

13. Army Sport Control Board (ASCB) authorises units/individuals to claim travel costs for the event. Claims may be submitted for travel to and from the event only. Travel arrangements are to be coordinated and be by the most economical means available. Authority for claim is competition instruction and should be made in accordance with 2017DIN10-023.

## TROPHIES

14. The winning team will receive the **KINGS SHIELD**

15. The runner-up team will receive the **NOBLE TROPHY**

16. Members of both teams will receive a medal.

## DATA PROTECTION ACT

17. During the event photographs may be taken and then published on Army Sport Web pages. In accordance with competitors' rights under the Data Protection Act, if competitors do not wish to be named in articles or have photographs published on web pages, they are to advise the event organiser accordingly.

**ARMY BA INTER UNIT/INDIVIDUALS CERTIFICATE OF ELIGIBILITY TO BOX**

I hereby certify that all of the boxers annotated on this certificate are eligible to box in that they are all registered with ARMY BA on the permanent posted strength of this unit, have declared their Boxing Registration Card status in an honest manner, meet the criteria relating to bout number/experience, gender and age categories and comply with the rules and regulations relating to eligibility as stated in Army Boxing Aide Memoire 2018.

	REGT NO	RANK	NAME & INTS	Boxing REG NO	DATE TOS	FROM UNIT
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Commanding Officer Name (Print) : .....

Commanding Officers Signature ..... Date .....

Unit Date Stamp

## **SECTION 10 - WEIGH-IN**

### **GENERAL**

1. The Weigh in is an integral part of any boxing event and must be completed professionally by a registered and qualified boxing official.

There are two types of Weigh in; General Weigh or Daily Weigh in.

General Weigh In – this is the weigh in that takes place at the start of a tournament where all the boxers involved in the tournament must weigh in to enter the tournament not all the boxers will box on the day of the General Weigh In. This can be a long process with lots of boxers and can involve more than 1 set of scales.

Daily Weigh In – this is a weigh in where the boxer weighing in is scheduled to box on the day of the weigh in.

### **WEIGHING SCALES**

2. Weighing scales are to be used to weigh-in all boxers and reserves as described below. Army BA recommends the use of self-calibrating digital scales which only require an annual calibration and will only need to be brought to the venue in time for the weigh in. Analogue scales (those with hanging or sliding weights) are no longer to be used for boxing weigh ins. The certification of inspection, calibration and accuracy is to be given to the OIC Weigh-In, who, in turn, is to pass it on to the Supervisor.

### **DUTIES OF APPOINTED OIC WEIGH IN**

3. The local Army BA representative will appoint an OIC of the weigh-in and the venue.

4. The OIC Weigh in is to:

- a. Ensure that all boxers and reserves are in possession of a current and valid Registration Card.
- b. Check each individuals MOD Form 90 (ID Card) and gum-shield.
- c. Ensure that the scales to be used are calibrated and have a current calibration certificate (Annex A to Section 10 (Self Calibrating Digital Scales require an annual calibration only)). The certificate is to be passed to the Supervisor.
- d. Weigh in all of the eligible boxers and certify the weight of each individual and record the details on the Weigh-In Proforma (Annex B 1,2 or 3 to Section 10) and confirm the nominated boxers in bout order on the OIC Weigh in Nominated Boxers Form and hand to the Supervisor on Annex C to Section 8.
- e. Ensure that the Team Manager/Coach produces the Certificates of Eligibility (Annex A to Section 9), signed by Commanding Officers and pass them to the Official-in-Charge.
- f. Sign and date the OIC's Weigh-In Declaration Form (Annex D to Section 10) and pass it to the Official-in-Charge.

## WEIGH-IN RULES

5. The Weigh in may take place before the boxers Pre Bout Medicals.

6. Team Competitions. In team competition weigh-ins, each team, including reserves, is to be weighed-in separately using the same scales at the same venue and without undue delay between the teams.

7. Individual Competitions. In individual competitions, each boxer is to be weighed in at the same venue using the same scales.

8. Weight Category Rule. As a general rule, it should be noted that no boxer is permitted to take part in a contest where the weight differential is greater than that allowed in the championship weight category (see matchmaking Section 4).

9. Nudity. Male and Females Elite and Development boxers are permitted to remove all clothing to make weight. Where possible the official conducting the weigh in should be the same gender as the boxer. If this is not possible a screen or large towel can be held up by a chaperone.

10. Juniors.

Juniors must weigh-in dressed in shorts or underpants. (Chaperone is required for boxers under 17 years of age).

11. Timings. The following timing rules shall apply to weigh-ins:

Official scales to be inspected, calibrated and sealed within 48 hours of the event.

The weigh-in is not to take place more than 24 hours prior to the commencement of pre bout medicals.

Advice from the Army BA is that the time between the end of the General Weigh in and the start of boxing should not be less than 6 hours.

Advice from the Army BA is that the time between the end of a Daily Weigh in and the start of boxing should not be less than 3 hours.

The official scales will remain securely sealed until the official time for the weigh-in and be opened only by the OIC Weigh-In.

The official scales are open for a maximum of 2 hours only.

12. Check Scales - A check scale is permitted (these are a second set of identical scales to the official scales and are to be calibrated as such and are to be freely available to boxers to check their weight prior to weighing in on the official scale.

**13. Weighing in – Each boxer may have 1 official weigh in but in the case of only 1 set of scales being available boxers are permitted to visit the scales as often as required within the stated weigh in period to achieve the weight. The boxer is to declare to the OIC Weigh in which visit is their official Weigh in.**

14. Team Representatives. One team representative from each team may attend the weigh-in but is not permitted to interfere in any way.



**CERTIFICATE OF ACCURACY/CALIBRATION OF BOXING WEIGHING-IN SCALES**

1. I certify that the boxing weighing-in scales were inspected/calibrated as necessary and they are verified as accurate for weighing-in of boxers:

a. Serial No. .....

b. Make/Model. .....

2. The scales were inspected/calibrated as detailed below:

a. Date. .....

b. Time. .....

c. Location. .....

d. Building. .....

e. Room No. .....

Signed: .....

Name: .....

Appt: .....

Unit: .....

ONCE COMPLETED BY THE ENGINEER, THIS FORM IS TO BE RETAINED BY THE HOST UNIT AND PASSED TO THE OIC WEIGH-IN UPON ARRIVAL. IT IS TO BE HANDED ON TO THE SUPERVISOR AND THEN RETAINED BY THE UNIT FOR 30 DAYS AFTER THE EVENT, TOGETHER WITH ALL OTHER SUCH DOCUMENTATION.

**ARMY BA MALE – TEAM / INDIVIDUAL WEIGH-IN PROFORMA**

Name of Competition:..... Unit: .....

Venue: ..... Date:.....

WEIGHT CLASS	RANK & NAME	ME3 REG NO	EXACT WEIGHT	SELECTED BOXER
LIGHT FLYWEIGHT <b>&gt;46kg/&lt;49kg</b>	1 2 3			
FLYWEIGHT <b>&gt;49kg/&lt;52kg</b>	1 2 3			
BANTAMWEIGHT <b>&gt;52kg/&lt;56kg</b>	1 2 3			
LIGHTWEIGHT <b>&gt;56kg/&lt;60kg</b>	1 2 3			
LIGHT WELTERWEIGHT <b>&gt;60kg/&lt;64kg</b>	1 2 3			
WELTERWEIGHT <b>&gt;64kg/&lt;69kg</b>	1 2 3			
MIDDLEWEIGHT <b>&gt;69kg/&lt;75kg</b>	1 2 3			
LIGHT HEAVYWEIGHT <b>&gt;75kg/&lt;81kg</b>	1 2 3			
CRUISERWEIGHT <b>&gt;81kg/&lt;86kg*</b>	1 2 3			
HEAVYWEIGHT <b>&gt;86kg/&lt;91kg*</b>	1 2 3			
SUPER HEAVYWEIGHT <b>&gt;91kg</b>	1 2 3			

## RESERVES

Reserves, which must have been weighed-in at the same time, venue and location as the team, are to be listed here in their weight classes:

.....

.....

.....

.....

.....

.....

.....

.....

Signed: .....

BLOCK CAPITALS

Rank: .....

Name & Initials.....

Date: .....

ONCE COMPLETED THIS FORM IS TO BE HANDED TO THE OIC WEIGH-IN AT THE ACTUAL WEIGH-IN. IT IS THEN TO BE PASSED TO THE OIC AND ULTIMATELY, BE RETAINED BY THE HOST UNIT FOR 28 DAYS AFTER THE EVENT.

**ARMY BA FEMALE– INDIVIDUALWEIGH-IN PROFORMA**

Name of Competition:..... Unit: .....

Venue: ..... Date:.....

WEIGHT CLASS	RANK & NAME	Boxing REG NO	EXACT WEIGHT	SELECTED BOXER
LIGHT FLYWEIGHT <b>&gt;45kg - 48kg</b>	1 2 3			
FLYWEIGHT <b>&gt;48kg - 51kg</b>	1 2 3			
BANTAM WEIGHT <b>&gt;51kg - 54kg</b>	1 2 3			
FEATHERWEIGHT <b>&gt;54kg - 57kg</b>	1 2 3			
LIGHTWEIGHT <b>&gt;57kg/&lt;60kg</b>	1 2 3			
LIGHT WELTERWEIGHT <b>&gt;60kg – 64kg</b>	1 2 3			
WELTERWEIGHT <b>&gt;64 kg – 69kg</b>	1 2 3			
MIDDLEWEIGHT <b>&gt;69kg - 75kg</b>	1 2 3			
LIGHT HEAVYWEIGHT <b>&gt; 75kg/&lt;81kg</b>	1 2 3			
HEAVYWEIGHT <b>&gt;81kg</b>	1 2 3			



## RESERVES

Reserves, which must have been weighed-in at the same time, venue and location as the team, are to be listed here in their weight classes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

Signed: .....

BLOCK CAPITALS

Rank: .....

Name & Initials.....

Date: .....

ONCE COMPLETED THIS FORM IS TO BE HANDED TO THE OIC WEIGH-IN AT THE ACTUAL WEIGH-IN. IT IS THEN TO BE PASSED TO THE OIC AND ULTIMATELY, BE RETAINED BY THE HOST UNIT FOR 28 DAYS AFTER THE EVENT.

**ARMY BA OFFICIAL-IN-CHARGE WEIGH-IN NOMINATED BOXER CERTIFICATE**

This is to certify that I supervised the weigh-in of the following personnel and confirm their eligibility to compete on ..... (date) at .....(location):

	SERVICE NO	RANK	NAME & INTS	REG NO	DoB	WEIGHT
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Signed: .....

Name: .....

OIC Weigh-In

TO BE PASSED TO SUPERVISOR AND ULTIMATELY HELD BY THE HOST UNIT FOR 28 DAYS AFTER THE EVENT, TOGETHER WITH ALL OTHER DOCUMENTATION

To: Supervisor Event

ANNEX D TO  
SECTION 10 TO  
ARMY BA HANDBOOK 2017/18

## **OFFICIAL-IN-CHARGE WEIGH-IN DECLARATION CERTIFICATE**

1. This is to certify that I acted as Official-in-Charge of the weigh-in at:

Venue..... Date: .....

a. Regt No: ..... b. Rank: .....

c. Surname: ..... d. Ints: .....

e. Registration No: .....

2. I am satisfied that the weighing-scales were sealed and I was the official who broke the seal. The certificate of calibration (Annex A to Section 8) is/is not\* enclosed.

3. I verified/did not verify\* the following documentation for every boxer presenting for weigh-in, which was conducted without any variation from the procedure outlined in Section 8 of the Army BA Aide Memoire. I confirm also that all boxers were weighed-in and made the weight for their declared category of boxer:

a.	Current and valid Boxing Registration Card	Yes / No*
b.	MOD Form 90	Yes / No*
c.	Legal gum shield	Yes / No*
d.	Cavilon Cream x 2 Sachets (advised not mandated)	Yes / No*
e.	Team Certificates of Eligibility – Annex A to Section 9	Yes / No*
f.	Completed the Weigh-In Proforma – Annex B 1 / 2 / 3 to Section 10	Yes / No*

\* - delete as appropriate

Signed: .....

Date: .....

Time: .....

## **SECTION 11 – COMPETITION DOCUMENTATION AND EQUIPMENT**

1. At ringside for a competition to proceed, the following documentation is required in separate folders as stated;

### **SUPERVISOR FOLDER**

Certificate of Assurance as provided by the Sec of Army BA (See Section 8)

Weigh in documentation as provided by OIC Weigh in – (See Section 10)

Annex A – Calibration Certificate

Annex B1 / 2 – Male and Female Weigh in

Annex C – OIC Weigh in Nominated Boxer Certificate

Annex D – Weigh in Declaration Certificate

Supervisor's Report Form – Annex F to Section 11

Supervisors Bout Review Form – Annex G to Section 11 (5 copies)

Certificate of Eligibility to Box – Annex A to Section 9

Supervisor Event Report Form – Annex J to Section 11

Event Risk Assessment – Annex K to Section 11

A copy of the competition rules

### **DEPUTY SUPERVISOR**

Tournament Record Sheet – Annex A to Section 11

Officials Rota Template – Annex B to Section 11

Official Bout Result for MC / Announcer – Annex D to Section 11

Supervisor Bout Report – Annex E to Section 11

Disqualification proforma – Annex I to Section 11

### **JUDGES 1 TO 5 (ONE FOLDER FOR EACH JUDGE)**

Judges Bout Score – Annex C to Section 11 (sheets to be cut into 3 and enough cut sheets to cover all of the days boxing plus extra to allow for mistakes)

Judges Reference Score Sheet – Annex C1 to Section 11 (enough to allow for the days boxing plus 1 sheet (each sheet is enough for 6 bouts).

Scoring System – Computer Scoring and Manual Scoring – Annex B to Section 6 (1 per Judges Folder)

### **TIMEKEEPER**

Timekeepers Bout Reference Log – Annex D to Section 11 (enough for number of bouts plus 10%)

Bell

Stopwatches x 2

### **MASTER OF CEREMONIES**

Notes for MC – Annex B to Section 6

Individual Bout Script for MC (enough for number of bouts plus 10%) - Annex E to Section 6

### **DOCTOR**

Annex C – Pre Bout Medical Examination Questionnaires (Completed)

Annex E – Ringside Injuries Suspension Periods Required

Annex D – Medics Post Bout Checks Proforma

Annex F – Post Bout Head Injury Advice Card (enough for one per boxer)  
Annex G – Notice of Boxing Injury to individual Boxer (enough for one per boxer)  
Annex H – Record of Injuries and non Injuries in a Boxing Contest

### **STATIONERY AND SUNDRY ITEMS**

The event organiser is requested to provide the following stationery items and items to aid in the smooth running of the event.

Black Biro (1x for each official)  
Lumi colours / Highlighter pens (selection)  
Stapler (x 1)  
A4 Envelopes (x 5)  
Gavel (x 1)  
Whistle for MC

Date:	Name of Club:	Association:
Supervisor:	Assistant Supervisor:	

Bout No.	Reg No	Name	UNIT OR CLUB	DOB	Kg	Bout Type			Rds 3X3 4X2 3X2	PNTS  Unan/ Split	Won	Lost	RSC	RSC I	ABD	KO	DQ	INJ Eyes Nose Ears	Susp- ension period
						M or F	J Y E	DEV ELITE											
1																			
2																			
3																			
4																			
5																			
6																			
7																			
8																			
9																			
10																			

This form must be completed in **BLACK INK** and signed by the Supervisor or the Medical Officer,

Signed: .....

Print:.....

Designation .....

### OFFICIALS ROTA TEMPLATE

Bout No	Referee	Judges					Timekeeper	Remarks
		A	B	C	D	E		
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								

Referees Names	Code	Judges and Timekeepers Names	Code	Adjudicators Names	Code
	1		7		19
	2		8		20
	3		9		21
	4		10		22
	5		11		23
	6		12		24
			13		
			14		
			15		
			16		
			17		
			18		

**ARMY BA JUDGES ROUND SCORE**

Judge Name..... Judging position.....

Judges Signature .....

<b>RND No</b>	<b>RED</b> score out of 10	<b>BLUE</b> score out of 10	<b>BOUT WINNER</b>
			<b>RED</b> <b>BLUE</b>

cut along line

**ARMY BA JUDGES ROUND SCORE**

Judge Name..... Judging position.....

Judges Signature .....

<b>RND No</b>	<b>RED</b> score out of 10	<b>BLUE</b> score out of 10	<b>BOUT WINNER</b>
			<b>RED</b> <b>BLUE</b>

cut along line

**ARMY BA JUDGES ROUND SCORE**

Judge Name..... Judging position.....

Judges Signature .....

<b>RND No</b>	<b>RED</b> score out of 10	<b>BLUE</b> score out of 10	<b>BOUT WINNER</b>
			<b>RED</b> <b>BLUE</b>



# ARMY BA JUDGES REFERENCE SCORE CARD

## Criteria for Boxing Scoring.

**1. COMPETITIVENESS**

**2. LEADING OFF AND DOMINANCE OF BOUT**

**3. TECHNIQUE AND TACTICS**

**EVENT .....**

## **ROUND SCORES**

BOUT No		RED			BLUE			
	1	2	3	4	1	2	3	4

BOUT No		RED			BLUE			
	1	2	3	4	1	2	3	4

BOUT No		RED			BLUE			
	1	2	3	4	1	2	3	4

BOUT No		RED			BLUE			
	1	2	3	4	1	2	3	4

BOUT No		RED			BLUE			
	1	2	3	4	1	2	3	4

BOUT No		RED			BLUE			
	1	2	3	4	1	2	3	4

This form is a reference for Judges to record the scores during a contest. This sheet should be destroyed on completion of the days boxing

## TIMEKEEPERS BOUT REFERENCE LOG

First action required	Second action required	Third action required
Announce  “Seconds out”  “FIRST ROUND”  Ring bell	10 secs before the end of the round, strike the  <b>Gavel 3 times</b> <b>Concentrate on bout</b> <b>Count down seconds in head</b>  Ring bell to end the round	10 secs before the start of the next round,  Strike the <b>Gavel 3 times</b>  Call “Seconds out” at 10 seconds stage  Ring bell to start the round

**BOUT NUMBER** .....

**RED**

**V**

**BLUE**

Round Number	Tick once round is completed  √	* Loss of Consciousness		* Low Blow			* Time boxer is out of ring	
		Time stopped in round	Total time unconscious for MO	Hit gavel 3 times for 1 <sup>st</sup> 30 secs	Hit gavel 3 times for 2 <sup>nd</sup> 30 secs	Hit gavel 3 times for 3 <sup>rd</sup> 30 secs 90 secs total rest	Round knocked out of ring	Time spent out of ring  Max of 30 seconds given
1		:	:					:
2		:	:					:
3		:	:					:
4		:	:					:

**Competition** .....

**Signature** .....

To be filed with Referee and Supervisors report

**Date** .....

**OFFICIAL BOUT RESULT for MC / ANNOUNCER**

<b>RED CORNER RANK &amp; NAME</b>	<b>BLUE CORNER RANK &amp; NAME</b>

SUPERVISORS ARE TO COMPLETE APPROPRIATE BOXES AND ARE THEN TO HIGHLIGHT ALL PHRASES TO BE READ BY THE ANNOUNCER / MC

**DECISIONS**

<b>STOPPAGES</b>	<b>THE REFEREE HAS STOPPED THE CONTEST</b>  <b>THE REFEREE HAS STOPPED THE CONTEST DUE TO INJURY</b>  <b>RED / BLUE HAS ABANDONED / RETIRED</b>  <b>BY A KNOCK OUT</b>  <b>BY DISQUALIFICATION</b>  <b>BY WALKOVER</b>
	<b>RED / BLUE IS THE WINNER</b>

<b>By A</b>	<b>UNANIMOUS / SPLIT DECISION</b>
	<b>RED / BLUE IS THE WINNER</b>

# SUPERVISOR BOUT REPORT

Annex F to Sect 11 2017/18

DATE:		COMPETITION:		LOCATION:
BOUT NO:		WEIGHT CATEGORY:		

RED NAME:		BLUE NAME:	
-----------	--	------------	--

REFEREE NAME:	
---------------	--

Judge 1			Judge 2			Judge 3			Judge 4			Judge 5		
Red		Blue	Red		Blue	Red		Blue	Red		Blue	Red		Blue
Round Score	Round Number	Round Score	Round Score	Round Number	Round Score	Round Score	Round Number	Round Score	Round Score	Round Number	Round Score	Round Score	Round Number	Round Score
	1			1			1			1			1	
	2			2			2			2			2	
	3			3			3			3			3	
	4			4			4			4			4	
	Warning			Warning			Warning			Warning			Warning	
	Total			Total			Total			Total			Total	

WINNER:	
DECISION:	
ROUND:	

REMARKS:	
SUPERVISOR NAME:	
SUPERVISOR SIGNATURE:	

**ARMY BOXING BOUT REVIEW FORM**

Competition / Championships: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Bout Number (#): \_\_\_\_\_ Session Number: \_\_\_\_\_

Men / Women: \_\_\_\_\_ Weight Category: \_\_\_\_\_

Boxer's Name RED Corner & Unit/Club:

\_\_\_\_\_

Boxer's Name BLUE Corner & Unit/Club:

\_\_\_\_\_

Description:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Previous Decision:

\_\_\_\_\_  
\_\_\_\_\_

New and Final Decision:

\_\_\_\_\_  
\_\_\_\_\_

Supervisor (Full Name in capital letters) Referee (Signature) Judge x 2 Signature

Both concerned Team Boxing Officers or Coaches  
Army BA Office

Intentionally Blank

To: CO  
..... (Insert unit)  
..... (Insert Address)  
.....  
.....  
.....

## **SUPERVISOR NOTIFICATION OF DISQUALIFICATION PROFORMA**

1. The following boxer from your unit was subject to a disqualification decision at a boxing event held at:

.....on: .....

- a. Regt No: ..... d. Ints: .....  
b. Rank: ..... e. Boxing Registration No:.....  
c. Surname: .....

2. Details of the event and circumstances relating to this decision are:

- a. Event: ..... b. Bout No : .....  
c. Referee: ..... d. Reg No: .....  
e. Circumstances: .....  
.....  
.....  
.....  
.....

3 .Additional Information: .....

.....  
.....  
.....

Signed: .....

Rank/Name: .....

Reg No/Qual: .....

Date: .....

To be completed by the Supervisor and forwarded as indicated

Send to: Army BA Officials Rep

ANNEX J  
TO  
SECTION 11 TO  
ARMY BA HANDBOOK 2017/18

## **ARMY BOXING ASSOCIATION (ARMY BA) SUPERVISOR EVENT REPORT FORM**

1. RANK/NAME: ..... REG NO:.....

2. TOURNAMENT DETAILS:

a. DATE(S):..... b. VENUE:.....

c. PARTICIPATING UNITS:

(1) HOME TEAM .....

(2) AWAY TEAM: .....

d. COACHES DETAILS:

(1) HOME TEAM: RNK/NAME/REG NO.....

(2) AWAY TEAM: RNK/NAME/REG NO.....

3. OFFICIALS:

a. RNK/NAMES: COMMENTS

(1) REFEREES:

- (a)
- (b)
- (c)

(2) JUDGES:

- (a)
- (b)
- (c)
- (d)
- (e)
- (f)
- (g)

4. MEDICAL COMMENTS

(the details of all boxers receiving suspensions inc Reg No, Service No, Name and reason for suspension.  
Supervisors are to add the Bout Result sheet and Tournament Record Sheet and send to Army BA Sec)

.....  
.....  
.....

5. RING SET UP: .....

.....

6. OVERALL COMMENTS.....

.....



---

Appendix:

1. Officials' Rota Template

Note:

1. Supervisor duties can only be undertaken by a qualified Army BA official who has passed the Supervisor examination and is current. However, for semi-finals and above the Supervisor must be a Class B qualified and current referee.

<b>MOD Risk Assessment Form</b>		<b>MOD Form 5010</b>	<u>ANNEX K To SECT 11 2018</u>
<b>Establishment /Unit/Ship:</b> Army Sports Control Board		<b>Assessment Ref:</b> ASCB/01	<b>Date:</b> 1 Sept 17
<b>Section/Department:</b> ARMY BOXING ASSOCIATION		<b>Assessment Type</b> (Note 1) tick as appropriate	
		Specific <input type="checkbox"/>	Generic <input checked="" type="checkbox"/>
<b>Activity/Process:</b> <h1>COMPETITIVE BOXING</h1>		<b>Who is at risk:</b>	
		All staff: <input checked="" type="checkbox"/>	
		Operators and/or maintenance staff: <input checked="" type="checkbox"/>	
		Visitors, vulnerable groups, public, etc. : <input checked="" type="checkbox"/>	
<b>Ref</b>	<b>Hazard</b>	<b>RA Required</b>	
1	Death From Brain Injury		
2	Burst Eardrum, Detached Retina, Fractures to face, hands, ribs		
3	Bruising to face hands and ribs		
4	Dehydration		
5	Muscle Strain or Injury		

Likelihood		Risk Matrix			
Common, regular or frequent occurrence.	3	3 Med	6 High	9 High	
Occasional occurrence.	2	2 Low	4 Med	6 High	
Rare or improbable occurrence.	1	1 Low	2 Low	3 Med	
Severity		1 Minor injury or illness.	2 Serious injury or illness.	3 Fatalities, major injury or illness.	
Hazard Ref	RISK Associated with Hazard (How people may be harmed – type of injury or ill health)	Existing Control Measures (Note 2)	Risk Rating	Additional Controls Required (Note 2)	Review frequency (Note 3)

01	Death from Brain Injury	Head Guards, Bandage inspections, Abdominal protectors, Qualified Referees, Ringside Medical cover of Dr and Paramedics, annual medicals at least 10 days prior to comp and pre bout medicals compulsory. Coaches to be qualified and in date and registered with the Army BA. All Boxers are to be registered through the Army BA. Boxers are categorised and matched according to Weight and Experience.	1 x 3 = 3	All control measures are stipulated by the National Governing Body for Competitive Boxing, except where the Army imposes the following additional measures to protect their employees; Annual Medicals, additional Ringside Medical Cover.	Annually		
02	Burst eardrum / Detached Retina / Fractures to hands, face or ribs		2 x 2 = 4		Annually		
03	Bruising injuries to face, hands and ribs.		3 x 1 = 3		Annually		
04	Dehydration	1 min breaks afforded at end of each round, Rounds only 2 or 3 mins max dependant on Cat of Boxer, max of 4 rounds for any boxer	2 x 1 = 2		Annually		
05	Muscle injury / strain	All participants will be encouraged to warm up prior to taking part.	3 x 1 = 3		Annually		
<b>Assessor</b>		<b>Manager (Note 4)</b>			<b>Overall Activity/Process Risk Rating</b>		
<b>Name:</b>	SSgt Browring	<b>Name:</b>	NL Pearce				
<b>Rank/Grade:</b>	SSgt	<b>Rank/Grade:</b>	C2				
<b>Date:</b>	1 Sept 17	<b>Date:</b>	1 Sept 17				
<b>Sig:</b>		<b>Sig:</b>					
<b>Line Manager Assessment Review (Note 3 and 4)</b>							
<b>Date:</b>		<b>Date:</b>		<b>Date:</b>		<b>Date:</b>	
<b>Name:</b>		<b>Name:</b>		<b>Name:</b>		<b>Name:</b>	

**Notes:**

- 2 If using a 'Generic' risk assessment, Assessors and line managers are to satisfy themselves that the assessment is valid for the task and that all significant hazards have been identified and assessed. If additional hazards are identified they are to be recorded and attached to the Generic assessment.

- 2 Only a reference or simple description of the control measures is required. If the risk assessment identifies the need for additional control measures, the hazard will need to be reassessed once the additional controls have been implemented.
- 3 Risk Assessments are to be reviewed:
  - at a frequency proportional to the risk (e.g. high risk – 6 monthly; medium risk – annually; low risk – every 2 years)
  - where required by local instructions/procedures;
  - if the safe execution of the activity relies on stringent supervision and/or adherence to a safe system of work;
  - if there is reason to doubt the effectiveness of the assessment.
  - following an accident or near miss.
  - following significant changes to the task, process, procedure, personnel or line management.
  - following the introduction of more vulnerable personnel.
  - If a “Generic” assessment then prior to use.
- 4 Line managers are to note that they are responsible for production of the risk assessment and that they are signing to indicate that the risk assessment is suitable and sufficient and they consider the risks to be acceptable.

High	Common, regular or frequent occurrence.	3	3 Med	6 High	9 High
Medium	Occasional occurrence.	2	2 Low	4 Med	6 High
Low	Rare or improbable occurrence.	1	1 Low	2 Low	3 Med
<b>Risk Matrix Likelihood X Severity</b>			1	2	3
			Minor injury or illness.	Serious injury or illness.	Fatalities, major injury or illness.
			Low	Medium	High

<b>High</b>	Improve control measures; consider stopping work. Conducting work at this level of risk is to be reported up the Line Management / Command chain.
<b>Medium</b>	Review control measures and improve if reasonably practicable to do so, consider alternative ways of working.
<b>Low</b>	Maintain control measures and review regularly or if there are any changes.

**JSP 950 LEAFLET 2-1-1**  
**THE MEDICAL MANAGEMENT OF SERVICE BOXING**

This section continues to refer to TKO and TKO-I where these terms are used please substitute for RSC and RSC-I.

TKO            Technical Knock Out

RSC            Referee Stops Contest (refer to page 65 para 7 -10 for a full explanation)

TKO – I        Technical Knock Out – Injury

RSC-I          Referee Stops Contest – Injury (refer to page 66 para 11 &12 for a full explanation).

# THE MEDICAL MANAGEMENT OF SERVICE BOXING

## Introduction

1. Boxing, like many other sports, carries sport-specific risks of injury to participants<sup>1</sup>. Medical personnel have a part to play in mitigating the risks by providing appropriate boxing medical examinations and ringside support to Service Boxing events. In many units Service Boxing is an established part of their military life and Defence Medical Services (DMS) personnel may be requested to support these events.

## Aim

2. This leaflet defines and explains the application to Service boxing of the governing [International Boxing Association \(AIBA\) Regulations 2015](#)<sup>2</sup> by medical staff across the DMS.

## Scope

3. This policy applies to Ministry of Defence (MOD) sponsored events where appropriately trained and clinically current medical personnel are authorised by their medical Chain of Command (CoC) to carry out the medicals and/or ringside cover as part of their military duties.

4. This policy only applies to non-MOD sponsored events when medical personnel are directed by their CoC to provide medical cover as part of their MOD duties in support of military boxers.

5. It is to be read in conjunction with the [AIBA Regulations](#)<sup>2</sup> and the Medical Commission of the [AIBA Medical Handbook 2013](#)<sup>3</sup>.

## Background

6. The supervision of Service boxing is carried out by a team of people including single Services (sS) boxing association's officials, CoC and medical personnel. Medical personnel contribute within this team by performing some or all of the following roles:

- a. Undertaking boxing medical examinations.
- b. Providing the ringside medical support at boxing events.

## Boxing Medical Examinations

7. All clinically current MOD doctors, including uniformed Medical Officers (and General Duties Medical Officers (GDMOs)), MOD-employed Civilian Medical Practitioners (CMPs) and contracted civilian doctors, including locums, working in Defence Primary Health Care (DPHC) medical facilities, or doctor with access to the boxer's electronic Integrated Healthcare Record (eIHR) may<sup>4</sup> perform routine boxing medicals, with reference as necessary to the details within this leaflet and the international governing regulations.

8. Boxing Medical Examinations in the Services are required in the following circumstances:

---

<sup>1</sup> In boxing, as in karate, kick-boxing, taekwondo and other combat sports, points are scored for landing blows with force on the opponent. Similarly, injury risks profiles can be defined for non-combat sports such as rugby, skiing, riding, parachuting, etc.

<sup>2</sup> [http://aiba.s3.amazonaws.com/2015/02/AIBA-Technical-Rules-01\\_02\\_2015.pdf](http://aiba.s3.amazonaws.com/2015/02/AIBA-Technical-Rules-01_02_2015.pdf). Accessed 2 Jun 15.

<sup>3</sup> <http://www.boxing.ca/documents/2-medical%20handbook%202013.pdf>. Accessed 2 Jun 15.

<sup>4</sup> Doctors may refuse (on professional or ethical grounds) to undertake boxing medicals. If choosing to do this, they must seek to make alternative arrangements for a colleague to undertake these medicals, as a doctor would do re care of a woman seeking a termination with which request they decline to assist for professional or ethical reasons.

a. **Annual boxing medical examinations.** The medical examination is to assess whether the individual is medically fit to spar and/or box. The examination is valid for one full year from the date that the medical is completed<sup>5</sup>. They are required by the following:

(1) Aspirant boxers who are new to Service boxing and have no previous boxing experience must have their first medical done at least 10 clear days before their first bout as this is the statutory minimum spar training period.

(2) Boxers whose previous annual boxing medical examination is about to expire.

(3) Boxers whose period of suspension for injury has concluded; passing this medical then re-qualifies the boxer for a further one year from the date of this medical unless suspended again following further injury.

b. **Pre-bout Medical.** Pre-bout medicals are carried out on the day of the bout - at a time between the weigh-in and bouts-start - to be agreed between doctor and event Supervisor.

c. **Post-bout Medical.** A post-bout medical check must be carried out on all boxers at the conclusion of each bout.

### **Annual boxing medical examinations**

9. The [AIBA Medical Handbook](#) and the Guidance Notes for Doctors Performing Boxing Medical Examinations (Annex A) should be used for reference and guidance for carrying out annual boxing medicals.

10. Annual boxing medical examinations are to be documented on the eIHR using the relevant boxing medical template that can be found within the boxing protocol. The template provides the structure to record the following:

- a. Discussion and explanation of the sport-specific risks of boxing and obtaining the aspirant boxer's informed consent to accepting these, in particular the risks of brain injuries
- b. Satisfactory status as an un-coerced volunteer to participate in boxing as all Service boxers must be volunteers.
- c. The absence of any history of conditions that must prevent boxing or on which seeking Subject Matter Expert's (SME's) advice is mandated.
- d. Normal examination findings (run-up examination tests and doctor's examination).
- e. A pass, a permanent fail or a temporary fail pending SME advice<sup>6</sup>.

11. The Statement of Results of Annual Medical and the Informed Consent to Participate in Service Boxing (Annex B) will be auto-initiated by the eIHR protocol and is to be completed, printed, date-stamped and signed by the doctor and the boxer.

12. The completed dual-signed Annex B is to be scanned onto eIHR as an attachment to the consultation showing the boxing medical. Two A5 hard copies are given to the boxer to take to their coach, one to be retained in the back of the Boxer's Record Card (BCR1) and one to be sent by the coach to the sS Boxing Association Secretary for annual registration action to be taken.

<sup>5</sup> Most annual medicals are valid for a full 365 days from the date of the medical; a few exceptional cases like international boxers will expire at 31 Dec of the year in which they are done (unless ended earlier by suspension).

<sup>6</sup> These results are now easily coded into eIHR using the outcomes to the annual medical in the new boxing medicals protocol.

13. The eHR protocol sets the validity of this medical to one year.

14. At a post-suspension renewal annual medical the doctor is to make a reassessment before allowing resumption of sparring and boxing. The doctor will need to endorse the BCR1 that a post-suspension renewal annual medical has been passed, and issue a renewed Annex B in the course of updating the eHR record. Again, the eHR protocol will reset the date for the annual boxing medical requirement to one year ahead.

### **Pre-bout Medical**

15. Pre-bout medicals are to be done on every boxer on the day of the bout at any time between the weigh-in and the start of the boxing; timings to be agreed between the doctor and Supervisor.

16. Pre-bout medicals are best done at the Medical Centre with access to the eHR, ideally (but not necessarily) by the same doctor who will be the Ringside Physician for the contest later. However, they may be done at the boxing gym, in a room suitable for medical examinations with all necessary paperwork provided.

17. When boxers attend a pre-bout medical, they must present the doctor with the following:

- a. Their MOD90 Identification Card.
- b. BCR1 with copy of Annex B showing their most recent annual medical stapled into the back.
- c. Mouthguard<sup>7</sup>. The doctor is to check that the boxer has an adequately-fitting mouthguard that does not drop out of the boxer's mouth when they open it wide. Mouthguards must not red-coloured. A boxer with a poorly fitted or wrong colour mouthguard is to be referred to the supervisor. Mouthguards must be worn by boxers during all boxing bouts and sparring.
- d. A completed and signed Pre-bout Medical Examination Questionnaire (Annex C).

18. The pre-bout medical consists of a check of fitness to box that day and confirmation of the full annual medical that was performed earlier.

### **Post-bout Medical**

19. Post-bout medicals will be covered at Paragraphs 38+39 under the Ringside Medical Cover section below.

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<sup>7</sup> Red or partially red coloured mouthguards are not allowed for boxing; instead, a light colour should be used, preferably clear or white. Defence Primary Healthcare Care (DPHC) Dental Centres can supply mouthguards for service boxing subject to other clinical priorities and adequate knowledge for their construction. Guidance on custom mouthguards can be found at: [http://defenceintranet.diif.rmil.uk/libraries/library1/DINSJSPS/20110714.1/20121011-8-AVB-JSP\\_950\\_2-23-1\\_SG\\_PSD\\_PDC\\_Part\\_2\\_Attachment\\_1\\_May12.pdf](http://defenceintranet.diif.rmil.uk/libraries/library1/DINSJSPS/20110714.1/20121011-8-AVB-JSP_950_2-23-1_SG_PSD_PDC_Part_2_Attachment_1_May12.pdf) Annex I. Accessed 3 Jun 15.



## **Ringside Medical Support**

### **Ringside medical personnel requirements**

20. The ringside medical team must consist of a Ringside Physician<sup>8</sup> who must be a doctor who is competent to manage the airway of an unconscious boxer and in date for Advanced Life Support (ALS) or other relevant Pre-Hospital Emergency Care (PHEC) qualification. The team must also include at least one additional airways-management-competent paramedic.
21. Medical Officers (MOs) must be post Certificate of Completion of Training (CCT) before acting independently at ringside. General Duties Medical Officers (GDMOs) may attend for training/experience but it is not suitable for a post-graduate trainee, regardless of their speciality or stage of training, to fulfil any part of the requirement of the Ringside Medical Team<sup>9</sup>.
22. Advice on suitable ALS and/or PHEC courses to attend to improve/refresh a doctor's airways management skills for ringside work should be sought from the Defence Deanery and/or SMO CSBA<sup>10</sup>.
23. Ringside medical support should be found from uniformed resources whenever possible but when such cannot be found, it may need to be bought in from external sources and funded by the sS boxing association. In these cases it is especially important that the Ringside Physician or most experienced member of the ringside medical team liaise closely with SMO CSBA to ensure that the medical requirements are fulfilled.
24. Civilian Medical Practitioners (CMPs) who wish to volunteer to provide Ringside Physician cover to boxing may do so with consent from their Senior Medical Officer (SMO) or Regional Clinical Director (RCD) as appropriate<sup>11</sup>.
25. Consideration of the local neurosurgical capability must also be taken into account. Before any boxing bout, it is a standard good practice requirement for the Ringside Physician (or a delegated member of their team) to notify the nearest neurosurgical unit of the fact that boxing is to take place.

### **Ringside medical equipment requirements**

26. All necessary resuscitation and all other necessary equipment must be available ringside for the boxing to proceed. It is also imperative that any kit designated for boxing use must not limit unit primary activity<sup>12</sup>.
27. This equipment requirement includes the following:
- a. Pre-positioned ringside ambulance<sup>13</sup>.
  - b. Airways management kit including different types of airways, suction, oxygen etc.
  - c. A scoop (or a spinal board if no scoop available) to immobilise and move an unconscious boxer under the ropes and out of the ring.

<sup>8</sup> Doctors who already do, or in the future intend to do, Ringside Physician duties must register with England Boxing (EB) and details of how to do this are detailed later in this policy at Paragraph 52.

<sup>9</sup> I.e GDMOs who attend at the ringside would do so in an entirely supernumerary basis for training and experience purposes only.

<sup>10</sup> [SG-DMed-SMO CS ArmyBoxing@mod.uk](mailto:SG-DMed-SMO CS ArmyBoxing@mod.uk) with cc copy to [smocsba@gmail.com](mailto:smocsba@gmail.com)

<sup>11</sup> If the boxing that the CMP volunteers to cover occurs out of normal working hours (eg an evening event), negotiation of return of time back in lieu when mutually convenient is normally considered standard practice.

<sup>12</sup> For example, an ambulance designated to an operational airfield's medical cover cannot be additionally allocated to boxing without the airfield being closed.

<sup>13</sup> Military ambulances which are unlicensed for use on the public highway are **not** to be used for transfer of an injured boxer to hospital in contravention of their unlicensed status. The frequently applicable implied requirement for buying in cover from a civilian ambulance with paramedic crew and equipment is recognised: sS boxing associations make their own arrangements about budgets to cover this.

- d. Basic doctor's kit such as stethoscope, auriscope and ophthalmoscope etc.
- e. Equipment to manage any lacerations that can be managed at the event to obviate a trip to A+E for the injured boxer and their coach.

## **Boxing overseas**

28. Service boxing may only be undertaken outside the United Kingdom (UK) where arrangements for hospital care have been judged to be adequate by the Service medical authorities<sup>14</sup>. All requests to organise boxing outside the UK are to be staffed with ample notice to SMO CSBA who will seek authorisation from Headquarters Surgeon General (HQ SG).

29. Service boxing on deployed operations and on exercises is not normally permitted but a unit wishing to seek a waiver must do so by contacting the SMO CSBA<sup>10</sup>. SMO CSBA will liaise with HQ SG and relevant boxing association to consider all the circumstances on a case by case basis.

## **Planning Ringside Medical Cover**

30. Ringside medical cover (doctor and paramedics/ambulance support) should primarily be provided from Service resources whenever possible, but this may not always be available. If service ringside medical cover to a scheduled event cannot be found by one calendar month ahead of the event date, the medical lead must contact the relevant sS boxing association so that arrangements for buying in contracted ringside cover can be activated.

## **Ringside Medical Support Delivery**

31. It is appreciated that the ringside medical support element may raise concerns for some doctors. As this is strategic policy it does not cover the comprehensive tactical details and any doctor who requires amplification or assurance on any aspect of boxing should seek advice from SMO CSBA.

32. Before the start of the boxing, the Ringside Physician must satisfy themselves that all the necessary kit (as above) is available and working correctly and that the medical team can provide the necessary level of medical support including ambulance and correctly trained personnel. A pre-bout team briefing led by the Ringside Physician must take place to clarify exactly whose role is what within the team, which is particularly important when there is a mix of civilian and military personnel within the team. If any concerns arise, these are immediately to be raised and discussed with the Supervisor. The Ringside Physician must be able to make a decision, before the boxing commences, that they are content and that the team can provide the necessary medical support.

33. All boxing matches must have a Ringside Physician present at the ringside at all times; if the Ringside Physician is busy attending to a boxer post-bout, the next bout has to be delayed. It is good practice for the doctor to advise the boxing supervisor<sup>15</sup> if such delays are going to be more than brief.

34. If a boxer is injured, the referee decides what to do in the following circumstances:

- a. If a boxer is down<sup>16</sup>, the Ringside Physician will normally be invited into the ring promptly, with medical assistants as appropriate, to deal with airway management, etc.

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<sup>14</sup> Head Medical Strategy and Policy, HQ Surgeon General, on advice from the local Service medical authority.

<sup>15</sup> The Supervisor sits ringside two seats along from the Ringside Physician and so is easily accessible to the Ringside Physician for any liaison that may be needed.

<sup>16</sup> See [AIBA Technical Rules](#) page 16 Rule 13 for specific definition of term.

b. If the referee wishes the Ringside Physician's advice, the referee can invite the Ringside Physician to assess the boxer in the ring. The AIBA rules<sup>2, 3</sup> clarify that when the referee asks the doctor for advice on a boxer, the doctor's advice is binding on the referee and supervisor. Examples of such requests include a nose bleed that may indicate an underlying nasal fracture, lacerations or after an 8 second count to assess for concussion and fitness to continue or not.

c. When the referee wishes to ask the Ringside Physician to check a boxer before a further round, this is **not** normally done during the one minute rest period when the boxer must focus on his coach's briefing, but instead the referee will restart the boxing, then at once temporarily stop it and ask the Ringside Physician to assess whatever it is that is causing concern, and then take the advice given, as above.

35. If at any stage, a member of the medical team has concerns that the referee should be seeking medical advice but is not doing so, they should raise their concerns initially to the Ringside Physician. If the Ringside Physician agrees<sup>17</sup> with these concerns then they will raise them to the Supervisor and document that they have done so in their intra-bout notes section on Annex C page C-2.

### Referral of an injured boxer to hospital

36. Boxers should go to A+E or the neurosurgical centre by ambulance<sup>18</sup>, on oxygen with airways supported, in the following circumstances:

a. **Boxers to be transferred immediately to neurosurgical centre with doctor escort.** Any boxer who suffers a Loss of Consciousness (LOC)<sup>19</sup> and who fails to recover consciousness inside one minute or any other boxer whose clinical condition is such that the doctor deems it necessary. Urgent liaison with air ambulance transfer capability in such circumstances will normally be considered appropriate by evacuating paramedic staff. This requirement is rare. If it arises the following must occur:

(1) The tournament will be suspended unless a replacement suitable doctor is present and a second alternative ringside ambulance is obtained and prepositioned.

(2) Supervisor must notify the sS Boxing Association Secretary and SMO CSBA<sup>10</sup>, preferably at once by voice or text or at the latest on the next working day.

b. **Boxers to be transferred to A+E without doctor escort.** Any boxer suffering a Knock Out (KO)<sup>19</sup>, a Technical Knock Out (TKO)<sup>19</sup> or otherwise who shows signs of concussion at a post-bout check which fail to rapidly improve with oxygen, but whose clinical condition is not such as to demand immediate transfer. In accordance with [National Institute for Health and Care Excellence \(NICE\) guidelines on head injury management](#)<sup>20</sup> any boxer who is KO'd and rendered unconscious must be transferred to hospital with a view to CT scanning, even if they appear to have recovered fully, as such precautionary scans are mandated clearly within this guidance for all LOC with this sort of injury mechanism.

37. This is not an exhaustive list, for example cases of possible fractures or shoulder dislocations will also need to be taken to A+E etc.

### Post-bout medical examinations

38. All boxers must have a post-bout medical examination. The post-bout examination of any boxer losing by a KO or TKO must be carried out by the Ringside Physician. The Ringside Physician **may** apply clinical

<sup>17</sup> If the Ringside Physician does not agree with the medical team member and they remain concerned they should raise it directly to the Supervisor as the safety of the boxer is paramount.

<sup>18</sup> Either the pre-positioned Ringside ambulance or a 999 summoned one, A+E or neurosurgical department to be notified whilst the boxer is on route.

<sup>19</sup> Definitions of these terms are in the [AIBA Regulations](#)<sup>2</sup> and the AIBA Medical Handbook 2013<sup>3</sup>.

<sup>20</sup> <https://www.nice.org.uk/guidance/cg176>. Accessed 2 Jun 15.

judgement and delegate the task of carrying out other post-bout medical checks to their assisting paramedic(s)<sup>21</sup>.

39. The Ringside Physician must record their personal findings on page C-2 of Annex C. The paramedic's post-bout checks are to be recorded on the Record of Post-Bout Checks for Medics, Annex D.

40. Certain injuries require periods of suspension from sparring and boxing and normally from routine organised Physical Training (PT)<sup>22</sup>. The standard suspension periods designated in the international rules are summarised at Annex E for quick easy reference and all doctors undertaking ringside duties must familiarise themselves fully with these.

41. Suspension periods (and what the injury was) must be recorded by the Ringside Physician legibly into the BCR1 on the right hand side in red ink using the following wording - 'Unfit to box, spar or train for XX days AND until post suspension renewal annual medical re-examination has been passed'.

42. The suspended boxer's BCR1 is retained by the Supervisor, for next day forwarding to the Secretary, only to be released back to the boxer/coach at the end of the suspension, to take their record book when attending for a renewal annual medical.

43. The boxer must be issued with a Head Injury Advice Sheet (Annex F) when clinically appropriate, and when a suspension has been applied, with a Notice of Boxing Injury (Annex G) to take to his unit doctor on the next working day to ensure the injury is documented into their eIHR.

### **Injury follow up**

44. Any boxer, who is injured, suspended or who loses by KO, TKO or Technical Knock-Out with Injury (TKOI)<sup>19</sup> **must** report sick the following working day morning. This ensures review by their own doctor, certification of light duties or temporary downgrading if required, and scanning of the Notice of Boxing Injury (Annex G) onto eIHR.

45. The doctor is to document the history, any suspension awarded and current examination status of the boxer on the eIHR using the Boxing Injury template accessed within the Boxing Medicals Protocol. If any uncertainty arises as to the boxer's Central Nervous System condition, a very low threshold for referral for immediate CT scanning is to be applied.

46. Unit boxing officers and coaches are to ensure that boxers on post-bout medical supervisions do not box, spar or train until cleared to do so by passing a post-suspension renewal annual medical with their unit doctor.

### **Documentation management from medical cover**

47. All paperwork completed as part of boxing medical duties must be scanned into eIHR and then shredded as per the direction given in [JSP950 Part 1 Lft 1-2-11 Defence Healthcare Record](#).

### **Medical Officer's Ringside Dress code**

48. This is a matter for individual Medical Officer's (MO's) discretion. There is sometimes pressure from units for the MO to wear mess kit as per the officers who are spectating. However, as the MO is on medical

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<sup>21</sup> Delegating in this way aids the flow of the competition with the doctor only called from ringside to make post-bout checks if concerns arise from their assistant's checks.

<sup>22</sup> If the suspension is over 30 days, this clearly may imply temporary downgrading action for the duration of the suspension period. Suspensions for a period to allow time for a laceration to heal should restrict participation in sparring and boxing but allow normal PT whereas suspensions for most other injuries should also restrict participation in normal PT for that period. Omit 'or train' from the BCR1 suspension statement where the injury concerned is a laceration.

duty it is important that they wear suitable uniform for carrying out their role and mess kit is normally considered unsuitable for getting quickly into the ring etc.

### **Data recording on Injury and Non-Injury Rates**

49. The Record of Boxing Injuries and Non-Injuries in a given Contest at Annex H is to be completed after each bout by the doctor in conjunction with the Supervisor. Once completed it is to be sent by email (ensuring that patient confidentiality is protected) to their sS Boxing Association's SMO/Medical Advisor as well as to SMO CSBA<sup>10</sup> for addition of the data to the sS's and CSBA's databases for recording boxing injury and non-injury rates. There is a steadily accumulating evidence base about service boxing rates of injury and non-injury, based on data collected on over 4200 boxers over 5+ years<sup>23</sup>.

### **Medico-legal Indemnification**

50. MOD indemnity covers directly employed (uniformed and CMP) doctors who provide ringside medical cover to Service sponsored sporting activity including boxing. This applies whether the boxing is taking place on or off a military base and whether the boxers are all military or mixed military and civilian. The medical personnel must ensure that they are practicing within their scope of practice and be current. Further details on indemnity can be found in [JSP 950 Part 1 Lft 10-1-7 Indemnity for Medical Personnel](#). Non-directly employed medical staff supporting service boxing events must provide their own indemnification having reassured themselves in writing (eg by email) that their indemnification body knows they will be pursuing ringside duties and will cover these.

51. If choosing to assist in civilian events MOD-employed doctors must provide their own indemnification for such work as MOD indemnification will not cover them for such extra-curricular activities. Ensuring the adequacy of such indemnification is a matter for individual professional due diligence; as a minimum this must include obtaining confirmation of indemnification in writing.

### **Registration with England Boxing**

52. Doctors who already do, or in the future intend to do, Ringside Physician duties must register with England Boxing (EB) by emailing [enquiries@englandboxing.com](mailto:enquiries@englandboxing.com). The register is designed to allow EB to develop a database of doctors engaged in this work, to facilitate planning of future EB sport-specific doctor's training etc. The minimum dataset required is name, GMC number and a contact email address; that can be an MOD work one or a personal one as preferred. Provision of a mobile contact number and any geographical location information is optional. For civilian clubs, the register is also to allow EB to easily advise event organisers of available boxing-registered doctors in their area. When service doctors register with EB, they should either specify 'service-boxing-only' to be placed on the services boxing only part of the database or if they are willing to assist civilian clubs in their area, they should register as 'service+local-civilian-boxing', indicate in which area of the country they are based and attend to indemnification issues as at Paragraph 51.

### **Safety in Sparring Training**

53. Injuries arising from sparring as opposed to boxing per se remain a concern as sparring does not attract the full ringside medical cover arrangements mandated for an actual boxing event. Therefore, regulating this area is vital and requires attention to standards of equipment, risk assessments, coaches' training and qualifications. Annex C contains further details. CSBA will publish separate direction on this area to disseminate to all service coaches etc.

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<sup>23</sup> For information on the latest stats on this, contact SMO CSBA. Regularly updated data will be published in due course on a MOSS site.

## Milling

54. Milling is an Army-only activity, mentioned here for completeness for Army readers only, which consists of brief spells of boxing-like activity undergone in the course of P Company selection and related activities. Standards of medical cover required in terms of medicals and medical cover are identical to boxing as set out above, the only difference being that for milling, headguards are still to be worn. For further information, contact OC P Company<sup>24</sup>.

### Annexes:

- A. Guidance Notes for Doctors Performing Boxing Medical Examinations.
- B. Statement of Annual Boxing Medical Examination and Informed Consent to Participation in Service Boxing.
- C. Pre-bout Medical Examination.
- D. Record of Post-bout Checks for Medics.
- E. Ringside Injuries Suspension Periods Required.
- F. Advice Card for Boxer's Suffering Head Injury.
- G. Notice of Boxing Injury to an Individual Boxer.
- H. Record of Boxing Injuries and Non-injuries in a Given Contest.

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<sup>24</sup> ITC-2ITBPCoyOC@mod.uk.



# GUIDANCE NOTES FOR DOCTORS PERFORMING BOXING MEDICAL EXAMINATIONS

## Reference:

A. [AIBA Medical Handbook 2013](#)<sup>25</sup>.

Assessment has logical stages: age, nurse/medic-performed preliminary tests, history, examination, decision, and documentation.

***Changes flowing from the adoption of the new AIBA international rules with effect from 2014 by England Boxing are highlighted below in bold italic font.***

1.	Is the patient over the maximum age for boxing?	<b><i>Under the 2014 AIBA rules, upper age for boxing participation changed from 34th birthday to the end of the calendar year in which the boxer has their 40th birthday.</i></b>
2.	Are the <b>uncorrected</b> visual acuities equal to or better than <b>6/60 6/60</b> ?	<b><i>VA standards have been changed.</i></b>
	If yes, are the <b>corrected</b> visual acuities equal to or better than <b>6/18 6/18</b> ?	<b><i>Wearing soft contact lenses in ring to box is now allowed.</i></b> <b><i>For imperfect but acceptable eyesight, VA-confirmation by an up to date optician's report is no longer required</i></b>
3.	Other preliminary tests done by nurse or medic must be normal incl P, BP and urinalysis. Audiogram must be in date and normally H2H2 or better (see note in box below).	Results are to be recorded in DMICP using the boxing protocol's run-ups template. Refer any queries on this by email to SMO CSBA <sup>26</sup> .
	<b><i>New rules now allow deaf boxers to participate, referee to control bouts by touch and sign. However the lead cause of deafness in servicepersons is Noise Induced Hearing Loss (NIHL) and experience is that punches to the ear can often aggravate the associated tinnitus. Therefore e-refer (via email) any aspirant boxer who has any tinnitus or whose hearing is worse than H2H2 to SMOCSBA.</i></b>	
4.	<b>The history must be clear of features which would bar boxing participation - as laid out below<sup>27</sup>:</b>	List below is taken from AIBA Medical Handbook.
	<p>Acute and chronic infections; Severe blood dyscrasias; Sickle cell disease or trait.</p> <p>History of infection with hepatitis B or C or with HIV.</p> <p>Ocular surgery whether intraocular <b>or refractive</b> in nature. Successful childhood squint surgery is allowed.</p> <p>Cataract or retinal detachment<sup>28</sup>.</p> <p>Myopia of more than -3.50 dioptries (equates to uncorrected VAs of 6/60 as above).</p> <p>Corrected vision worse than 6/18.</p> <p>Exposed open infected skin lesions.</p> <p>Significant<sup>29</sup> congenital or acquired cardiovascular or pulmonary abnormalities.</p> <p>Significant congenital or acquired musculoskeletal disorders<sup>30</sup>.</p> <p>Unresolved post-concussion symptoms.</p> <p>Significant psychiatric disturbances<sup>31</sup>.</p> <p>Significant congenital or acquired intracranial mass lesions or bleeding.</p> <p>Any seizure activity within the last three years.</p>	

<sup>25</sup> <http://www.boxing.ca/documents/2-medical%20handbook%202013.pdf>. Accessed 3 Jun 15.

<sup>26</sup> [SG-DMed-SMO CS ArmyBoxing@mod.uk](mailto:SG-DMed-SMO CS ArmyBoxing@mod.uk) with cc copy to [smocsba@gmail.com](mailto:smocsba@gmail.com)

<sup>27</sup> The history is best checked in DMICP eIHR on the problem summary page supported as necessary by recourse to fuller notes eg scanned in letters etc as necessary. Liaise by email with SMO CSBA about any other conditions not listed above which cause concern or need special handling; examples include previous septoplasty or other nasal or facial surgery or pupillary abnormalities that may cause post-bout examination assessment difficulties (eg Adie's pupils, congenital nystagmus).

<sup>28</sup> Exceptionally a previous retinal detachment may be acceptable on authority of a service ophthalmologist: take advice from SMO CSBA.

<sup>29</sup> Throughout this list, take advice as necessary from SMO CSBA on 'significant'.

<sup>30</sup> Amputees may represent a services' special case scenario: e-liaise with SMO CSBA.

<sup>31</sup> International Regulations also bar significant drug abuse: this issue should not be services relevant. Many mental health conditions are improved by regular exercise and the group and self discipline required for boxing training; e-liaise as necessary with SMO CSBA case-by-case.

	<p>Hepatomegaly, splenomegaly or ascites.</p> <p>Pregnancy<sup>32</sup>.</p> <p>Uncontrolled diabetes<sup>33</sup> or uncontrolled thyroid disease<sup>34</sup>.</p> <p>Any implantable device which can alter any physiological process<sup>35</sup>.</p> <p>A woman's breast protector that protects anything other than the breast itself.</p>
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5.	<p><b>Examination</b> requirements are a matter for individual MO clinical judgement, views varying from this being a limited examination in a fit serviceperson with normal preliminary examination findings and a clear history to those who prefer to perform very full examination on all aspirant boxers. Refer to guidance on this in the AIBA Medical Handbook at Page 6 Para 3.1.6<sup>1</sup>. The examination must routinely include a check of the colour and fit adequacy of the boxer's mouth-guard/gum-shield – see dental notes below.</p>
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6.	<p><b>Documentation</b> of a pass/fail at this medical is to be recorded on DMICP (or on the paper records in non-DMICP-enabled practices), preferably by using the boxing medical protocol<sup>36</sup>, or by using free text in the fields of the consultation. A dual-signed paper record of the results and a copy of the boxer's consent to participation is to be completed on Annex B and scanned onto DMICP against the relevant consultation, two A5 sized copies of that to go to the boxer's coach who is to file one A5-sized photocopy by stapling into the back of the BCR1 and to send the second copy to sS boxing association secretaries for registration action</p>
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<p><b>Dental Notes.</b> DPHC Dental Centres can supply Dental Officer (DO) fitted mouthguards for boxers for service boxing subject to priority and construction timelines being met<sup>37</sup>. Checking that the aspirant boxer already has (or has made arrangements to be fitted for) a correct colour (red is not to be used) well-fitting mouthguard from the DO is good practice; if they haven't, ensure they make a dental appointment asap. Heat-moulded mouthguards procured from a high street sports shop are an alternative to a 'gold-standard' properly fitted guard which will suffice for spar-training with Dentist fitted issue of fitted guards ahead of boxing proper.</p>	
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<sup>32</sup> Female boxers must declare non-pregnancy before each bout at their prebout medical: this requirement is passed down to us from AIBA Regulations.

<sup>33</sup> 'Controlled diabetes' is taken to mean a diabetic not suffering hypos that may cause post bout differential diagnostic confusion with concussion and with their HbA1C in correct range on their therapy.

<sup>34</sup> 'Controlled thyroid disease' is taken to mean someone who is clinically euthyroid with their TFTs normalised on therapy.

<sup>35</sup> A reasonable exception would be a LARC device in a female boxer.

<sup>36</sup> Doctors having any problem finding or using this protocol on DMICP should contact SMO CSBA at [DPHCS-ARB-SMO@mod.uk](mailto:DPHCS-ARB-SMO@mod.uk)

<sup>37</sup> [http://defenceintranet.diif.r.mil.uk/libraries/library1/DINSJSPS/20110714.1/20121011-8-AVB-JSP\\_950\\_2-23-1\\_SG\\_PSD\\_PDC\\_Part\\_2\\_Attachment\\_1\\_May12.pdf](http://defenceintranet.diif.r.mil.uk/libraries/library1/DINSJSPS/20110714.1/20121011-8-AVB-JSP_950_2-23-1_SG_PSD_PDC_Part_2_Attachment_1_May12.pdf)

Annex I. Accessed 3 Jun 15.



## STATEMENT OF ANNUAL MEDICAL EXAMINATION AND INFORMED CONSENT TO PARTICIPATE IN SERVICE BOXING

Service Number: Rank: Name:

Unit: DOB:

The above-named service-man/woman has had their boxing fitness medical documented in their iEHR they are passed as being **FIT TO BOX for the next full year<sup>38</sup>**

**- unless suspended for injury during that period in which case this medical will need to be redone.**

### EXAMINING DOCTOR'S DETAILS:

Rank: Name: Practice  
Signature: Date: Date-stamp:

### Boxer's Statement<sup>39</sup>

1. I confirm that I have been placed under no pressure, by my coach or anyone in my Chain of Command, to take part in boxing against my will.
2. I have read the list at page B-2 of the sport-specific risks to my health from participation in boxing, discussed it with my doctor and had any questions answered to my satisfaction.
3. I understand the sport-specific risks involved in sparring and boxing and I choose to give my consent to taking part in sparring and boxing.

Service Number: Rank: Name:  
Signature: Date:

Witness signature of examining Doctor:

### Disposal of this record:

- Page B-1 only:** original form - Scan onto eIHR attachments section, then shred.  
[OR in non electronic healthcare record enabled practices, file in FMed4]
- Page B-1 only:** two copies to the coach - One A5 copy to be stapled into the back of the ME3 and one copy to go to central records of Secretary sS BA.
- Page B-2 only -** Original retained by boxer for their ongoing reference.

<sup>38</sup> Annual medicals are valid for a full year from the date they were done, unless the boxer is suspended, after which they must be renewed. Exceptionally for example at international standard the boxer's annual medical will expire at 31 Dec of year in which it was done.

<sup>39</sup> As at main text para 1, this leaflet updates and supersedes all prior direction on this area, including for RN [BRd 1750](#) Chapter 15.

## STATEMENT OF SPORT SPECIFIC RISKS OF BOXING

1. Serious injuries in boxing are rare but can occur and they include the following:
  - a. There is a risk of a bleed from a blood vessel within the skull. Such bleeds are very serious but rare, we know of 7 cases in English boxing (during sparring or during bouts) in the last 12 years. The brain-bleeds cannot be screened out.
  - b. Repeated exposure to head blows after many bouts can cause problems with brain function such as problems with memory impairment. We have had two such cases known in service boxing in recent years but others may develop such problems later in life.
  - c. Punches to the eye can cause damage to the eye – particularly detachment of the retina. If this arises, major surgery will be needed, which will usually, but not always, be able to restore sight. If struck on the eye and aware that vision may have been damaged, boxers **MUST** adopt the injured boxer position ('take a knee') and immediately notify the referee so he can have the boxer medically assessed.
2. Other known medical/health risks of participation in boxing are as follows:
  - a. Blows to the ear – especially 'cuffs' which are not scoring blows - can cause rupture of the eardrum. These are usually only obvious to the boxer after sparring or a bout. They normally heal by themselves over 6-8 weeks. These are uncommon; database frequency is 1 in 2000 bouts.
  - b. Blows to the face and nose can cause fractures. Combined Services Boxing Association (CSBA) Injuries database over years 2010-2013 shows that the risks of a broken nose is 1-2 in 100 per bout, most common in novice boxers with inexperienced defence techniques. Other facial fractures (eg jaw, cheekbone) are far less common. Sometimes, surgery with metalwork etc may be required to repair these.
  - c. Received punches inevitably can cause painful bruising, which will heal by itself with time.
  - d. Boxing training involves heavy impact training (eg running and skipping) so 'overuse' lower limb injuries are common; examples of these include stress fractures of tibia and foot, 'shin splints' and knee pain. Boxers developing any such problems are strongly advised to stop boxing training and seek **early** medical advice; as experience is that the earlier that such advice is sought, the quicker and better the outcomes of treatment.
3. Additionally, it is to be noted that adult<sup>40</sup> male boxers now box without headguards. AIBA's medical committee considers this offers better vision for punches from the side and so potentially reduced rates of brain injuries. This carries increased risks of facial cuts from head-clashes. Female and youth boxers will still box with headguards on, so the increased risk of lacerations does not apply to them.

***If you choose to box, these are risks that you are choosing to take.***

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<sup>40</sup> 'Adult' in this context means from the boxer's 18th birthday until 31 Dec of the year in which the boxer has their 40th birthday.

**PRE-BOUT MEDICAL EXAMINATION**

Number:	Rank:	Surname:	Forename:
Unit:	DoB:	Age:	Mobile no:

**ANSWER ALL QUESTIONS**

Have you ever been admitted to Hospital?	Yes	No
Have you had medical treatment for anything in the last 3 months?	Yes	No

**Have you suffered from any of the following?**

Any eye disorders or operations (including laser eye surgery)?	Yes	No
Any broken bones or cuts needing treatment in the previous 6 months?	Yes	No
Epilepsy or any other type of fit, faint, convulsion or black-out?	Yes	No

**How are you today?**

Are you taking any medication now?	Yes	No
Do you presently have a cough, cold or runny nose?	Yes	No
Have you been unwell in the last month?	Yes	No
When did you last box?		
Were you injured at that time?	Yes	No
After your last bout, were you medically suspended for any reason?	Yes	No
Do you understand the sport-specific medical risks of boxing?	No	Yes
Do you wish to box today?	No	Yes

WOMEN ONLY – can you confirm you are not pregnant?	No	Yes
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Boxer's Signature:	Dated:
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<b>DOCTOR'S EXAMINATION NOTES</b>	General:
Hands:	
ENT (incl gum shield fit etc):	Eyes:
<b>CONFIRMED FIT TO BOX : YES / NO</b>	Date/Time of Medical
Doctor's Signature:	Name and Rank:
GMC Number:	Post:

Keep this form ringside for making contemporaneous notes of pre-, intra- and post-bout medical aspects, to be transposed when appropriate onto eIHR on next working day and then shredded securely. If not required for eIHR updating then retain and shred.

Space for making contemporaneous ringside notes during the bout and of the post-bout examination findings and any treatment required are at page C-2.

In-Bout Notes:

Signed:

Dated:

Rank/Name:

Post Bout Medical Notes:

Signed:

Dated:

Rank/Name:

Annex D

## RECORD OF POST-BOUT CHECKS FOR MEDICS

<b>Boxers Rank:</b>	<b>Surname:</b>	<b>Forename:</b>	
<b>Number:</b>	<b>Unit:</b>	<b>DoB:</b>	
Was pt unconscious from a Knock Out (Head)		YES	NO
Was the bout stopped by the Referee for a TKO or TKOI		YES	NO
Is there a possible nasal, maxillary or mandibular fracture?		YES	NO
Is the boxer suffering from: Headache, Dizziness, Nausea, Vomiting or Visual problems		YES	NO

**If YES to any of above – refer to doctor.**

Referred to Dr: YES NO  
Time referred to MO:

**Tests – refer to doctor if any abnormalities found on any of the below:**

What's your name?	Correct	Not correct
Where are you?	Correct	Not correct
Pupils Equally Reactive to Light and Accommodation	Yes	No
Follow finger with eyes into lateral gaze with NO nystagmus	Yes	No
Read out one list of three words to the boxer and immediately ask them to repeat the words to you:		

**Apple Elbow Carpet**

**Candle Paper Sugar**

**Baby Monkey Perfume**

Correct instant recall of the three words, in any order?	Correct	Not correct
Romberg's test	Normal	Abnormal
Stand on one leg, bend forwards at knee to 30 degrees knee flexion	Stable	Not stable
Heel to toe walking.	Stable	Not stable
Finger to nose. (Eyes closed)	Achieves	Misses
Sensation on chin, cheek and forehead.	Normal	Abnormal
Puff out cheeks.	Normal	Abnormal
Wrinkle forehead/screw up face.	Normal	Abnormal
Turn head fully without restriction, to left then to right	Yes	No
Shrug shoulders.	Left = right	not equal
Count down correctly from 10 down to 1	Yes	No
Check for any hint of dental or dento-alveolar injuries and if any found MO should refer to DO in morning for full dental check <sup>41</sup> .	No injury	Possible injury or injury seen
Referred to MO: YES NO	Time Referred:	

<sup>41</sup> Despite use of a well-fitting mouthguard, dental injuries remain an inevitable risk which should be actively screened for post-bout.

## RINGSIDE MEDICAL NOTES FOR POST BOUT CHECKING MEDICS

<b>Boxers Rank:</b>	<b>Surname:</b>	<b>Forename:</b>
<b>Date:</b>	<b>Bout Start Time:</b>	<b>Bout End Time:</b>

Bout Notes: highlight significant blows received incl 8 second counts, any possible injuries eg nose-bleeds or possible fractures, etc.

<u>Round One:</u>
<u>Round Two:</u>
<u>Round Three:</u>
<u>Round Four (if undertaken):</u>

## Treatment Notes

Time	Treatment	Clinician

Head injury advice sheet (Annex I) given to boxer? YES NO

Medic's Rank:	Name	Signature
Service/Registration Number:	Unit	

## RINGSIDE INJURIES SUSPENSION PERIODS

1. Suspension periods (and what the injury was) must be recorded by the MO legibly, ie using block capitals if necessary, into the BCR1 on the right hand side in red ink using the following wording (for a suspension of XX days):

***'Unfit to box, spar or train for XX days AND until post suspension renewal annual medical re-examination has been passed'.***

2. Certain injuries require periods of suspension from sparring and boxing (and from normal organised Physical Training (PT) though laceration-only-suspensions will bar from sparring but allow normal PT. Periods off-PT over 30 days may attract temporary downgrade. These standard suspension periods are all minimum durations ***which may be increased at the discretion of the Ringside Physician.*** [This guide is not exhaustive.]

Ser	Injuries	Minimum Suspension Period (No of days)	Notes
1	TKO +TKOI.	MO's discretion 0-x	The referee may stop a bout TKO if one boxer is being outclassed, to prevent avoidable injury when the result is already entirely obvious. In such cases, post bout examination may reveal the bout has been stopped in good time and no suspension is needed. Or there may be subtle signs of brain injury such as nystagmus, so discretion would point towards imposing a suspension period which would normally default to 30 days.
2	Concussion.	MO's discretion but usual default is 30	There may be signs of concussion (nystagmus the earliest and most sensitive) at a post bout check after any bout with multiple head blows exchanged. Depending on speed of resolution of signs, MO can choose to apply a suspension as for a KO(H) of 30 days upwards.
3	Fractures of nose and mandible.	90 and 180	Nose fracture = 3m; mandible fracture = 6m. These periods are specified in the AIBA Medical Handbook.
4	Other fractures various.	30+	Whereas nose and jaw fracture suspension periods are specified in the AIBA Medical Handbook; others are not and the duration required will vary depending on which fracture is sustained, eg maxilla, hand, wrist, etc. Take advice from SMO CSBA <sup>42</sup> if required.
5	Laceration face/head.	MO's discretion 0-x	Lacerations that can be closed with sub-cutaneous sutures, glue and/or steristrips do not necessarily attract a suspension whereas traditional external sutures will prevent sparring and boxing until a week after suture removal. If the boxer has no plans to spar or box in the next fourteen days, a formal suspension and a repeat annual medical after it may be obviated by discussion with the boxer and coach but a suspension will be needed in any case of doubt. Note that suspensions for lacerations should bar from sparring and boxing but need not suspend from normal PT as they do for most other injuries.

<sup>42</sup> [SG-DMed-SMO CS ArmyBoxing@mod.uk](mailto:SG-DMed-SMO CS ArmyBoxing@mod.uk) with cc copy to [smocsba@gmail.com](mailto:smocsba@gmail.com)



Ser	Injuries	Minimum Suspension Period (No of days)	Notes
6	Knock-Out due to body punch ['KO(B)'].	7-30	Suspension period - if any - at MO discretion. Note that delayed post bout examination is needed here: boxers are routinely endorphin-rich when boxing due to 'fight or flight' physiology: to be accurate and useful, examination of a KO(B) loser will need to be deferred long enough for the endorphins to wear off (30+ mins): check for example for rib fractures and any intra-abdominal damage (though that is very rare).
7	Knock-Out due to head blow ['KO(H)'] without actual loss of consciousness.	30	Unable to beat a referee 10-second-count but whilst might be dazed and disorientated, <b>not actually unconscious as such</b> .
8	Second such event within 90 days of each other.	90	Restart post-suspension medical must be personally done by SMO CSBA <sup>1</sup> or his direct delegate.
9	Third such event within 365 days of each other.	360	
10	KO(H) with Loss Of Consciousness (LOC) for up to one minute.	90	Transfer to hospital for scan-exclusion of brain bleed <b>mandatory iaw NICE Clinical Guideline 176 on head injury management</b> <sup>43</sup> .  Restart post-suspension medical must be personally done by SMO CSBA <sup>1</sup> or his direct delegate.
11	KO(H) with LOC over one minute.	180	
12	Second LOC within 3 months after end of suspension for LOC as at sers 10+11 above.	Double previous suspension period	
13	Three LOC within 12 months.	540	

<sup>43</sup> <https://www.nice.org.uk/guidance/cg176>. Accessed 2 Jun 15.

## ADVICE CARD FOR BOXER'S SUFFERING HEAD INJURY

LOOK OUT FOR ANY OF THE PROBLEMS LISTED BELOW –  
SEEK MEDICAL HELP AT ONCE IF ANY OF THESE ARISE:

- Headache.
- Double or blurred vision.
- Giddiness or unsteadiness.
- Weakness or altered sensation in limbs.
- Drowsiness or strange behavior.
- Feeling of sickness or vomiting.
- Any other unusual symptoms.

### IN ADDITION - FOR BOXERS WHO HAVE SUFFERED A KO(H), TKO OR TKOI:

- **Avoid all alcohol for the next 48 hours**, alcohol can mask and confuse medically important signs if you have any concussion-related problems arise.
- **You are required to visit your home Medical Centre tomorrow morning**; you need certification for only light training to allow injury-recovery, for as long your military general medical practitioner advises. If 'tomorrow morning' is a Saturday or Sunday and your Medical Centre is weekend-closed, go to your home Medical Centre on Monday morning.
- **You have been suspended from training, sparring and boxing for the period of time that the ringside physician defined**, stated in BCR1. Respect these **doctor's orders**. Time is needed to allow brain injuries sustained to settle down fully before you risk any further head blows.
- **You cannot resume sparring or boxing until you pass a repeat annual medical at the end of the suspension period**, so if you are in a hurry to get back in the ring after your suspension, book this medical ahead eg for the first working day after your suspension ends.

**You must also liaise with your coach to make sure you get your BCR1 boxing booklet back from your Association Secretary in time for that re-medical.**

**NOTICE OF BOXING INJURY TO AN INDIVIDUAL BOXER**

Name:	Rank:	Service Number:
Date:	Contest:	BCR1 Number:
Doctor's name and GMC No:	Supervisor:	Referee:
Doctor work contact number:	Supervisor work contact number:	Referee work contact number:
Injury, treatment and any comments by the Ringside Physician:		

The boxer named above has been given a Medical suspension of \_\_\_\_\_ days, commencing immediately post-injury and is not permitted to box or spar until completion of the suspension period **and until they have passed a renewal Annual Boxing Medical Examination.**

	Doctor	Supervisor
Signature:		
Name:		
Rank		

This annex is to be completed by doctor and Supervisor and handed to boxer/coach.

The annex is to be presented to the BOXER'S NORMAL DOCTOR by the boxer when reporting sick for mandatory next working day checks.

The doctor receiving this Annex it to update DMICP with the data on here, an updated boxer examination status (using boxing injury template within the boxing protocol menus), form then to be scanned onto DMICP against that update consultation and then shredded.

## RECORD OF BOXING INJURIES AND NON-INJURIES IN A GIVEN CONTEST

Ringside Physician with Supervisor to complete all relevant serials at end of contest;  
Ringside Physician then to return completed Annex to the Boxing Associations SMO / Medical Advisor via SMO CSBA<sup>44</sup>.

Location of contest:	
Date of contest:	
Ringside Physician details, incl mob contact numbers:	
Supervisor details, incl mob contact numbers:	

Number of bouts:	
Number of boxers participating (exclude walkovers):	

Total number of boxers without any apparent significant injury, even if lost on a TKO:	
--	--

Number of boxers losing TKO with injuries included below:	
Number of boxers losing TKOI with injuries included below:	

Number of boxers who lost KO(H):	
Also please specify recovery time(s) to consciousness in seconds, for each case if more than one.	

Number boxers who lost KO(B) without any requirement for suspension:	
If KO(B) and needing suspension, specify suspension length and reason for choice of that duration:	

Laceration needing treatment (sutures, steristrips, glue):	
Laceration so minor needed no treatment as above:	
Specify locations of lacerations –	

Number of boxer(s) transferred to A+E for further asst by ambulance:	
Number of boxer(s) transferred to A+E for further asst by other vehicle:	
Boxer(s) transferred to A+E by ambulance with Ringside Physician, contest suspended:	

**Now please continue to complete the next page.**

<sup>44</sup> Via SMO CSBA at [SG-DMed-SMO CS ArmyBoxing@mod.uk](mailto:SG-DMed-SMO CS ArmyBoxing@mod.uk) with cc copy to [smocsba@gmail.com](mailto:smocsba@gmail.com)

<b>Numbers of boxers with injuries as below:</b>	
Concussion:	
-specify management that was required for each case:	
Post-bout disorientation:	
-specify for how long this lasted before normalised:	
Fractured nose:	
Significant epistaxis without nasal fracture:	
Fractured maxilla:	
Other facial fracture(s):	
(specify what)	
Any reported dental injuries:	
Fractured bone of hand:	
(specify which bone)	
Any other fracture:	
(specify what)	
Dislocated shoulder - primary dislocation that shoulder:	
Dislocated shoulder - recurrent dislocation that shoulder:	
Ankle inversion with no previous history with that ankle:	
Ankle inversion with previous history instability that ankle:	
Fracture, dislocation or other injury to hand or wrist:	
Other joint injury:	
(specify what)	
Ruptured tympanic membrane:	
Other ear injury:	
(specify what)	
Retinal detachment:	
Other eye injury:	
(specify what)	
Any other significant injury or medical issue arising:	
(specify what)	