

A GUIDE TO



UPDATED 8/2022

A GUIDE TO



**USA
BOXING®**

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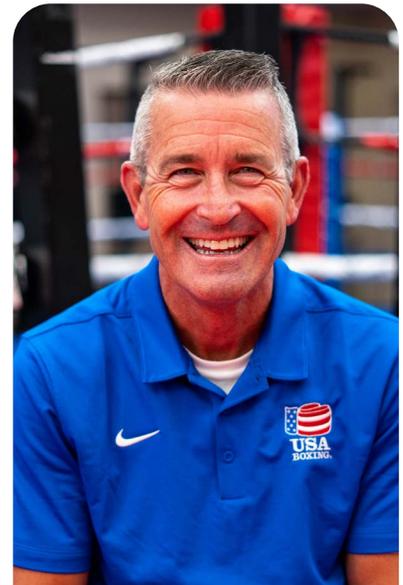


USA Boxing is pleased to offer the Guide to USA Boxing, which has been collaborative effort between the USA Boxing National Office, Local Boxing Committee (LBC) Leaders, Referee and Judges Committee, Coaches Committee, the United States Olympic and Paralympic Committee and USA Boxing's High Performance Department.

This comprehensive guide has been the work of USA Boxing members and staff who were able to put together a document that is beneficial to everyone; first year boxers and parents while also expanding and challenging the knowledge of veteran coaches, officials and boxers.

The sport of Olympic style boxing is constantly evolving and by providing safe training and competitive competition we can "... endeavor to teach all participants the character, confidence and focus they need to become resilient and diverse champions, in and out of the ring" and this guide is part of the boxing journey. USA Boxing looks forward to serving you now and for many years to come.

In your corner
Mike McAtee
Executive Director



Matt Johnson | High Performance Director

"USA Boxing is excited to provide this guide as a resource to help new members navigate our organization. This guide will provide useful information to boxers and coaches, along with their families, to better understand our sport and how USA Boxing operates."

ABOUT USA BOXING

OUR MISSION

To promote and grow Olympic-style amateur boxing in the United States and to inspire the tireless pursuit of Olympic gold and enable athletes and coaches to achieve sustained competitive excellence. Additionally, USA Boxing endeavors to teach all participants the character, confidence and focus they need to become resilient and diverse champions, both in and out of the ring. USA Boxing is one team, one nation, going for gold!

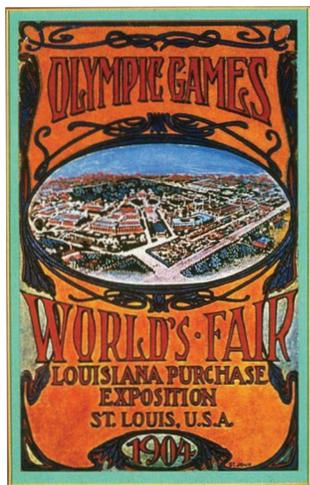


History

The United States recognized amateur boxing as an organized sport in 1888, with the first Olympic team making their appearance in 1904. Since then, Team USA leads the global medal race in boxing winning a total of 117 medals, 51 of them gold. With over 36,000 registered boxers, amateur boxing has provided competitive opportunities for thousands of young men and women.

Olympic-style boxing's popularity has a large global appeal, developing its own identity and rules, independent of professional boxing.

Originally known as the United States Amateur Boxing Federation, USA Boxing is the National Governing Body which oversees amateur boxing in the United States.

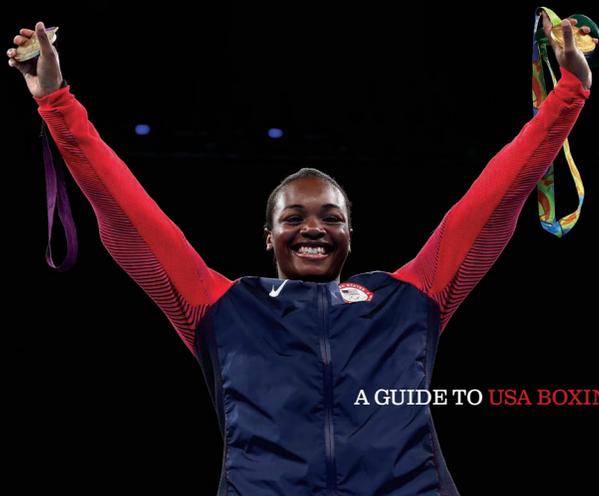


HERSTORY

In 1993 women were granted the right to participate in amateur boxing, with many international organizations following suit a year later.

Nearly a decade later, women celebrated another milestone as 2012 marked the year women were allowed to compete in the Olympic Games. To commemorate the occasion, middleweight Claressa Shields earned Team USA its first gold medal in women's boxing. She repeated that feat in 2016, making her not only the first woman to win two gold medals, but the first American, male or female, to win two gold medals in the sport of boxing.

There are presently five (5) weight class opportunities for women competing at the Olympic Games to accompany the eight (8) weight classes for men.



TERMS & DEFINITIONS

IBA Amateur boxing's international governing body, formerly known as AIBA.

Bag gloves gloves used to hit training equipment, not intended for sparring.

Bob and weave moving the head in an evasive fashion, up and down, and side to side.

Bout a single word synonym for a boxing match.

Card a synonym for a boxing event with multiple boxing bouts.

Clinch when both boxers mutually hold each other. "Holding" is a foul when one boxer is restricting the other boxer.

Combination series of punches.

Feint a synonym for "fake," most commonly used with a foot, hand, shoulder, or eyes.

Field of Play (FOP) the competition ring area where the athletes box, and the judges judge.

Hand-wraps fabric used to protect the hands.

Headgear a soft helmet used to protect the head during training and competitions. Competition headgear must have a tag showing approval to be used in USA Boxing sanctioned boxing matches. See Rule 37 of the USA Boxing National Rule Book.

KO a knockout happens when a boxer has gone down from the result of a punch and cannot resume boxing by the count of ten (10). For complete rules regarding KO's, please see the USA Boxing National Rule Book.

LBC is a Local Boxing Committee, representing a district for competitions and competition management. Each LBC is governed by a Board of Directors. Boxers, coaches, and officials are registered through their LBC, as well as sanction approval for boxing cards.

Mitts (pads) padded targets that the coach wears on their hands to work skills and strategies with the boxer.

NGB National Governing Body. Every sport under the US Olympic & Paralympic Committee is recognized as an NGB.

Officials judges, referees, timekeepers, glove table supervisors, etc.

Orthodox a right-handed boxer.

Parry a defensive move where a boxer redirects a punch.

Ringmanship (Ring Generalship) used to describe the ability and skills to control the competition area.

Round a segment of the boxing match, similar to a period or quarter in other sports. There are always three (3) rounds, with 60 seconds separating each round, but depending upon the age and experience of the boxers, the duration of each round will vary.

Sanction a boxing event is registered with USA Boxing; every amateur boxing event where there are spectators and a fee need to be "sanctioned" with USA Boxing.

Second Once a coach enters the Field of Play (FOP), they are referred to as a "second," with the boxer being the "principal."

Southpaw a left-handed boxer.

Spar practice boxing, usually with bigger training gloves, and headgear.

Stick and move using jabs and footwork to score and evade.

Training (sparring) gloves gloves that are made for sparring, to protect the boxer's hands and the spar mate's head.

ADM

AMERICAN DEVELOPMENT MODEL

“FUN!” IS THE MAIN REASON 9 OUT OF 10 CHILDREN SAY THEY PARTICIPATE IN SPORTS.

70% OF KIDS DROP OUT OF SPORT BY AGE 13 DUE TO INJURY, BURNOUT, AND PRESSURE TO SPECIALIZE TOO EARLY.



WHY AN AMERICAN DEVELOPMENT MODEL?

How can boxing coaches, parents and teammates have a positive impact on the above numbers, in our gyms and Local Boxing Committees (LBCs)? How can we make a difference by keeping our kids active, healthy, and involved in sports like boxing?

To combat these issues USA Boxing has partnered with the United States Olympic & Paralympic Committee (USOPC) to adapt the American Development Model (ADM) to the sport of boxing. The ADM is a set of guidelines and recommendations to best introduce boxing as an athletic activity and to retain participation through both recreation and competition. The boxing ADM is comprised of five stages designed to create a healthy sport experience and pathway to support an athlete's advancement based on their physical, mental, and emotional level, and potential for growth. The boxing ADM can be used to reference what key concepts athletes should be focused on and to encourage athletes as they develop and grow in their athletic experiences. The pathway stages are guides to explain how athletes navigate development and competitive expectations as they journey through the sport of Olympic-style boxing.

OBESITY IN AMERICAN TEENAGERS HAS RISEN TO 20.6% (2015-2016) FROM 5% (1976-1980) AS REPORTED BY THE CDC.

FOR MORE INFORMATION about USA Boxing visit USABOXINGEDUCATION.ORG.

HOW SAFE IS OLYMPIC STYLE BOXING?

Safety is a top priority for USA Boxing.

USA Boxing provides a safe haven for thousands of youths in this country, while helping them to gain self-recognition and a positive self-image. It is one of the safest, most highly regulated sports of all amateur athletics. Amateur boxing is not about knocking your opponent out and in fact, almost all boxing matches are won by points.

As an Olympic sport, there are countless precautions and rules to protect boxers. There are inevitable risks involved with any sport or activity and this is why amateur boxing's governing body, USA Boxing, places such an inordinate amount of importance on following strict guidelines for safety in training and competition. A well-run, highly supervised, structured boxing program is the best athletic endeavor any boy or girl could pursue. Regardless of gender, age, race, size, social or financial status, boxing offers a level playing field and an accepting environment.

During Competition

- Prior to competition a boxer must register with USA Boxing and have a pre-bout physical evaluation by a USA Boxing doctor. There will also be a post-bout clearance from the ringside physician before the boxer is allowed to leave the Field of Play (FOP).
- USA Boxing doctors utilize a Medical Handbook to use as a reference guide and educational tool specific to Olympic style boxing.
- The referee is registered, educated, and certified by USA Boxing, and has the duty and responsibility to govern the match, keeping order by enforcing the rules. Securing the safety and wellbeing of both boxers is an official's primary task.
- Olympic style boxers are judged on clean points scored on the opponent's target area, competitive attitude, sportsmanship, and controlling the ring.
- Boxers are matched in competition by four (4) criteria: age, weight, gender, and experience.
- Competition gear (groin protector, mouthpiece, headgear, gloves) must meet USA Boxing standards.

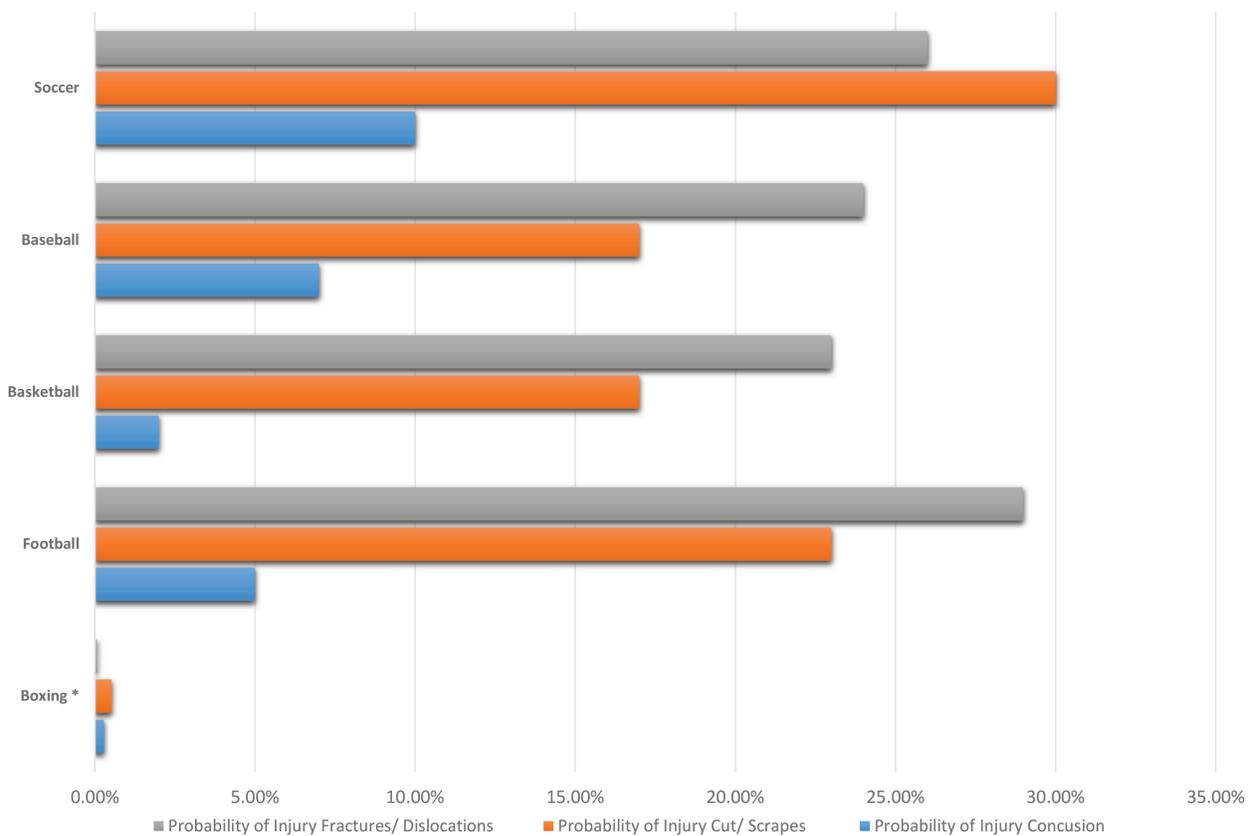
In the Gym

- As part of USA Boxing, all registered clubs, coaches and athletes have insurance.
- All coaches that oversee sparring (practice matches and drills) and competitions are required to be registered with USA Boxing and must pass SafeSport every year and coaching education certification course within the past two (2) years.
- All athletes involved are required to be registered before they can participate in contact drills, sparring and/or competition.
- Safety equipment (proper shoes, groin protector for males, headgear, mouthpiece, training gloves) must be worn during any contact drills and sparring.



USA BOXING INJURY DATA

INJURY PROBABILITY % - BY SPORT



Sources: USA Boxing National event data (2016-2022), Journal of the American Academy of Pediatrics

*Boxing: 8-41 years of age.
All other sports: 10-19 years of age.

Facial Injury Data - Combat Sports, 2008 - 2013

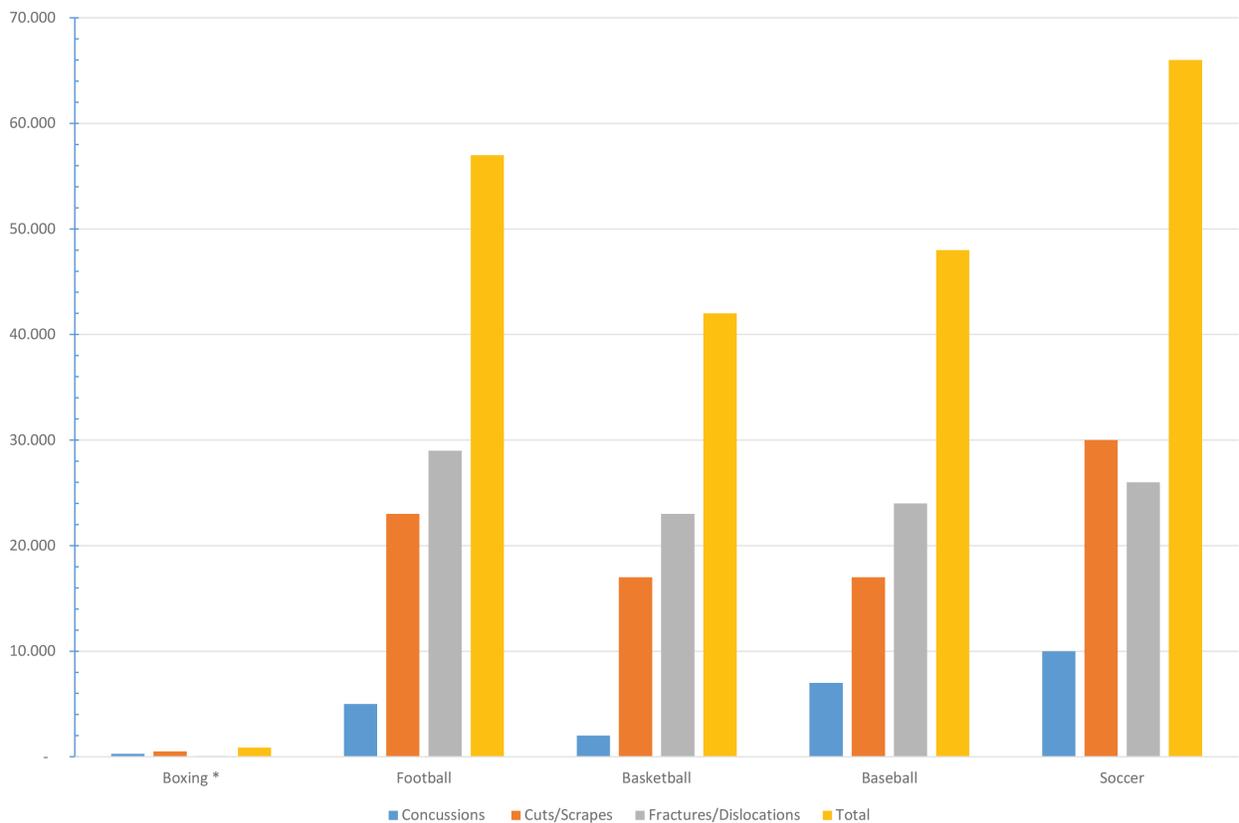
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| | BOXING | MARTIAL ARTS | WRESTLING |
|------------------------|--------|--------------|-----------|
| ED/ ER Visits | 343 | 389 | 411 |
| Visit Percentage | 30.10% | 33.70% | 36.30% |
| Injury Rate (per 100k) | 44 | 56 | 120 |
| Median Age | 23 | 25 | 16 |

Injury Type (%)

| | | | |
|-------------|--------|--------|--------|
| Lacerations | 39.00% | 50.00% | 47.00% |
| Fractures | 37.00% | 24.00% | 19.00% |
| Contusions | 16.00% | 19.00% | 23.00% |

INJURIES - EVERY 100 PARTICIPANTS - BY SPORT



Sources: USA Boxing National event data (2016-2022), Journal of the American Academy of Pediatrics

*Boxing: 8-41 years of age.
All other sports: 10-19 years of age.

CONCUSSION FACT SHEET

One of the main jobs of a youth sports coach is **keeping athletes safe.** This sheet has information to help coaches protect boxers from concussion or other serious brain injury, learn how to spot a concussion, and know what to do if a concussion occurs. It is important for parents to understand this information.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

HOW CAN COACHES HELP KEEP BOXERS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. A youth sports coach's actions creates the culture for safety and can help lower a boxer's chance of getting a concussion or other serious injury. Aggressive and/or unsportsmanlike behavior among boxers can increase their chances of getting a concussion or other serious injury. Here are some ways coaches can help keep boxers safe:

Talk with athletes about the importance of reporting a concussion:

- Talk with boxers about any concerns they might have about reporting their concussion symptoms. Make sure to tell them that safety comes first, and you expect them to tell coaches and their parent(s) if they think they have a concussion. Create a culture of safety at competition and training:
- Teach boxers ways to lower the chances of getting a concussion.
- Enforce the rules of the sport for fair play, safety, and sportsmanship.
- Ensure boxers avoid unsafe actions such as:
 - Using their head or headgear to contact another boxer.
 - Making illegal blows, or colliding with an unprotected opponent;
 - Trying to injure or put another boxer at risk for injury.
 - Tell boxers that good sportsmanship is expected, both in and out of the ring.

Keep up to date on concussion information:

- Review your state and USA Boxing's concussion guidelines and protocols.
- Take a training course on concussion. CDC offers concussion training at no cost: www.cdc.gov/HEADSUP
- Download CDC's HEADS UP app or a list of concussion signs and symptoms that you can keep on hand.

Check out the equipment & sports facilities:

- Make sure all boxers wear headgear in training and competition that fits well and is in good condition. There is no "concussion-proof" headgear, so it is important to enforce safety rules that protect boxers from hits to the head and when headgear falls off during a play.
- Work with event administrator to remove tripping hazards and ensure that equipment has padding that is in good condition.

Keep emergency contact information handy:

- Bring emergency contact information for parents and health care providers to each competition and practice in case a boxer needs to be taken to an emergency department right away for a concussion or other serious injury.
- If first responders are called to care for an injured boxer, provide them with details about how the injury happened and how the boxer was acting after the injury.

HOW CAN COACHES AND PARENTS SPOT A POSSIBLE CONCUSSION?

Boxers who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs observed by coaches or parents:

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the bout, round, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Cannot recall events prior to or after a hit or fall.

Symptoms reported by boxers:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right”, or “feeling down.”

NOTE: Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not be noticed or may not show up for hours or days.

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or ensure a boxer is taken to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.

- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions, or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

CONCUSSIONS AFFECT EACH BOXER DIFFERENTLY

While most boxers with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with a boxer’s parent if you notice their concussion symptoms come back after they return to training or competition.

WHAT SHOULD A COACH DO IF THEY THINK A BOXER HAS A POSSIBLE CONCUSSION?

As a coach, if you think a boxer may have a concussion, you should:

Remove the boxer from play.

When in doubt, sit them out!

Keep a boxer with a possible concussion out of competition on the same day on the injury and until cleared by a health care provider.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion. After you remove a boxer with a possible concussion from practice or competition, the decision about return to practice or competition is a medical decision that should be made by a health care provider. As a coach, recording the following information can help a health care provider in assessing the boxer after the injury:

- Cause of the injury and force of the hit or blow to the head or body.
- Any loss of consciousness (passed out/knocked out) and if so, for how long.
- Any memory loss right after the injury.
- Any seizures right after the injury.
- Number of previous concussions (if any).

Inform the boxer's parent(s) about the possible concussion.

Let them know about the possible concussion and give them the HEADS-UP fact sheet for parents. This fact sheet can help parents watch the boxer for concussion signs or symptoms that may show up or get worse once the boxer is at home or returns to school.

Ask for written instructions from the boxer's health care provider on return to training.

These instructions should include information about when they can return to play and what steps you should take to help them safely return to training and competition.

WHY SHOULD A COACH REMOVE A BOXER WITH A POSSIBLE CONCUSSION FROM PLAY?

The brain needs time to heal after a concussion. An athlete who continues to train or compete with a concussion has a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect an athlete for a lifetime. It can even be fatal.

SOME BOXERS MAY NOT REPORT A CONCUSSION BECAUSE THEY DON'T THINK A CONCUSSION IS SERIOUS

They may also worry about:

- Losing the bout or their position on the team.
- Jeopardizing their future sports career.
- Looking weak.
- Letting their teammates or the team down.
- What their coach or teammates might think of them.

WHAT STEPS CAN COACHES TAKE TO HELP A BOXER RETURN TO TRAINING AND COMPETITION?

A boxer's return to school and sports should be a gradual process that is approved and carefully managed and monitored by a health care provider. If available, be sure to also work closely with your team's certified athletic trainer or primary healthcare provider.

Learn more at: [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

Below are five gradual steps that should be followed to help return a boxer safely to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.

BASELINE: Boxer is back to their regular school or work activities, is no longer experiencing symptoms from the injury when doing normal activities and has a green light from their health care provider to begin the return to play process.

A boxer should only move to the next step if they do not have any new symptoms at the current step.

STEP 1: Begin with light aerobic exercise only to increase a boxer's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

STEP 2: Continue with activities to increase a boxer's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight than a typical routine).

STEP 3: Add heavy non-contact physical activity, such as sprinting/ running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

STEP 4: A boxer may return to training and full contact in controlled practice.

STEP 5: A boxer may return to competition.

REMEMBER: It is important for coaches and the boxer's parent(s) to watch for concussion symptoms after each day's return to play progression activity. If an athlete's concussion symptoms come back, or he or she gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him- or herself too hard. The boxer should stop these activities, and the boxer's health care provider should be contacted. After the okay from the boxer's health care provider, the boxer can begin at the previous step.



5 WAYS

to help your child prevent an

OVERUSE INJURY



1 Balance practicing, competing and recovering.

2 Delay your child from specializing in a single sport as long as possible.



3 Take at least one month off from a sport at least three times per year for physical recovery.

4 Monitor any repetitive injuries that your child may have.



5 Encourage physical activity skills that balance all parts of the body.

TEAM USA

TEAMUSA.ORG/ADM

SPARRING & SAFETY GUIDELINES

Sparring is an important part of preparing a boxer for competition. A coach must properly prepare and supervise a sparring session, with the priority being the boxers' safety and then their development. To prevent discouragement, it is critical to have goals and guidelines in place to ensure that sparring sessions are both safe and productive for all boxers involved.

SAFETY RULES & SAFE ENVIRONMENT

1. Sparring must always be supervised by a USA Boxing certified coach (registered, SafeSport, background check).
2. Boxers should wear mouthpieces, protective cup, headgear, and size appropriate (training) gloves (by age, weight, experience), while sparring.
3. Boxers should always spar in a controlled manner.
4. Sparring should be stopped and evaluated at any time a sparring session gets one-sided.
5. Safety is always the number one priority during sparring and competition.

HEADS UP - Concussion Awareness & Training

One of the main jobs of a coach and parent is keeping athletes safe. Your actions create the culture for safety and can help lower a boxer's chance of a concussion or serious injury. Here are a few tips to help keep your boxer safe:

Create a culture of safety at competition and training.

Talk with boxers about the importance of reporting a concussion.

Know the signs and symptoms of a concussion.

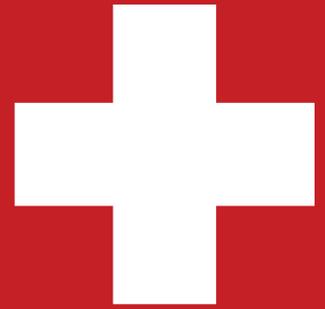
Remove the boxer from play (when in doubt, sit them out!)

Stay up to date on concussion information.

Check the condition of equipment and sports facilities.

Keep emergency contact information handy.

FOR MORE INFORMATION & FREE TRAINING from the CDC, **visit: www.cdc.gov/HEADSUP**





U.S. CENTER FOR SAFESPORT

SafeSport includes policies that prohibit sexual, physical, and emotional abuse, bullying, harassment, and hazing. SafeSport Minor Athlete Abuse Prevention Policies (MAAPP) also specifically address areas such as one-on-one interactions, locker rooms, online and social media, and team travel.

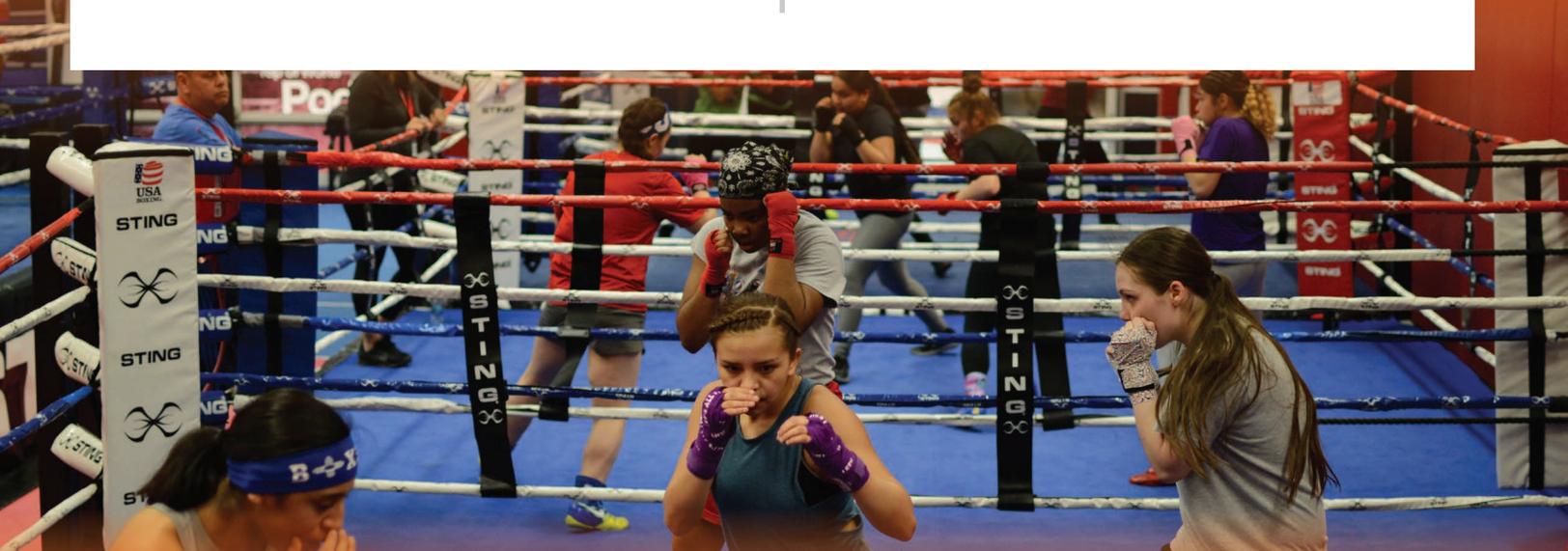
SafeSport includes policies that prohibit sexual, physical, and emotional abuse, bullying, harassment, and hazing. These policies also specifically address areas such as one-on-one interactions, locker rooms, online and social media, and team travel. SafeSport also provides a streamlined and neutral process for reporting alleged inappropriate behavior.

TRAINING REQUIREMENTS: All non-athlete USA Boxing members (coaches, officials, and physicians), USA Boxing employees, and Board of Director members are required to complete SafeSport training, as well as pass a background screening.

Parents can take the free “Parent’s Guide to Misconduct in Sport” course on the U.S. Center for SafeSport’s website, where it also offers age-appropriate courses for minor athletes. These free online trainings are designed as an introduction for minor athletes and their parents/caregivers to understand the importance of positive, welcoming environments, and where to report abuse, should it occur.

OBSERVABLE and INTERRUPTIBLE: Remember that all one-on-one interactions between a minor athlete and Applicable Adult (who is not the minor’s legal guardian) at a facility partially or fully under USA Boxing’s jurisdiction are permitted only if they occur at an observable and interruptible distance by another adult. Meetings should only occur with another adult present, except under emergency situations.

MANDATORY REPORTING: All non-athlete USA Boxing members, USA Boxing employees, and Board of Director members are considered mandatory reporters and are required by law to report actual or suspected sexual misconduct or child abuse to the U.S. Center for SafeSport and to local law enforcement.



Anyone who violates any of the SafeSport policies may be denied eligibility within any USA Boxing program and is subject to appropriate disciplinary action including but not limited to suspension, permanent suspension, and/or referral to law enforcement authorities. If you become aware of any issues that should be reported, or would like **MORE INFORMATION**, please visit the U.S. Center for SafeSport website **HERE**.



5 WAYS

to talk to your athlete about their

SPORT EXPERIENCE

1 Allow your child to initiate the conversation with you.



2 Be a parent to your athlete first, NOT a coach/critic.

3 Start every conversation with "I love to watch you play..."



5 Listen and respect your child's opinion and emotions.



4 Focus on discussing the process and development over the outcomes/ results.



TEAM USA

TEAMUSA.ORG/ADM

BOXING PARENTS

What to expect?

ENJOYING THE EXPERIENCE

Remember, above all, boxing is a sport meant to be fun at all levels. The boxing community is a great opportunity to meet lifelong friends and create lasting memories for all involved. Keep boxing in perspective and help your boxer do the same because results are often not as important as gaining experience and making memories.

Ideas to make the experience great!

- Create a scrapbook or social media page to include photos, news clippings, and tournament information to share with family and friends.
- Turn tournament road trips into a family vacation; explore the sites along the way and experience the local culture.
- Coordinate public service opportunities for the boxing gym/club, such as a food or toy drive.

Ideas on how to get involved!

- You do not need to be a coach to get involved.
- Every local gym/club needs volunteers and can also strengthen your association.
- Volunteer at local boxing shows. There are so many jobs to help make a show run smoothly.
- Organize fundraisers.
- Help with administrative work for coaches/gym (e.g., passbook maintenance).
- Seek support/sponsorships from local business, city council, and community leaders.

Just express interest to your LBC that you want to help!

Click [HERE](#) to find more LBC information:

5 Signs Your Child is Having Fun in Sports

1. They choose to practice outside of formal training sessions.
2. They are eager to get to practice/competitions and like to talk about them.
3. They are trying to get friends to join the sport.
4. They like to hang out with the team after practice/competition.
5. They like to watch high-level competitions.



PARENTS

Can Make a Difference in the Experience!

Parents have the greatest influence on the experience of your boxer. Embrace that opportunity and encourage your boxer's development!

Remember:

Let kids be kids. Fun should be paramount.

Be supportive.

Be disciplined. Manage your emotions and set a good example that teaches your boxer to do the same.

Be positive, and when adversity comes, be constructive not destructive. If you must be critical, do not get personal. Direct your comment at the action, not the person.

Be proactive. Get involved as a volunteer or coach in your club. Communicate with coaches and administrators to help avoid frustration and conflict.

Your boxer's coach is likely a volunteer and donating their time. While criticism might be appropriate, it should be done constructively and through appropriate channels.

Be respectful, especially in situations of disagreement or conflict.

Do not bully or harass. Speak out if you see bullying or harassing behavior from others.

Focus on the process, not the outcome, and teach your boxer to do the same.

Kids learn best by doing.

Praise your boxer's effort more often than their performance. Studies show it helps them better develop the confidence to meet new challenges and overcome obstacles.

Keep boxing in perspective. Maintain a healthy balance of boxing and non-boxing activities. Encourage your boxer to be well-rounded.

Enjoy the boxing experience with your child. Life moves fast and time passes quickly.

BASIC EQUIPMENT

Hand wraps • Mouthpiece • Jump rope • Bag gloves

Training/sparring gloves • Headgear

Protective cup/breastplate • Boxing/wrestling shoes

BUDGETING TIPS

All sports and extracurricular activities involve some financial investment, but with some planning and discernment, you can keep your budget in check!

ASK other parents and your gym leaders for guidance. They are a wealth of knowledge, experience, and connections.

REMEMBER you do not need to buy top of the line equipment. There are many online and local outlets offering affordable equipment.

BE AWARE what is included in your membership fees and how money is allocated by your LBC.

AVOID spending money on impulse at concession stands and during road trips. Pack lunches. Stay in hotels that offer complimentary breakfast. Reduce travel by participating in local and regional shows to gain experience.

NUTRITION

Fundamentals

PROTEIN

- Important for muscle growth and repair.
- Supports metabolism and aids in satiety that helps keeps boxers feeling full for a longer period of time.
- Boxers should eat a variety of protein sources spread evenly throughout the day (for example, a palm size of protein every 3-4 hours of the day).
- Boxers should consume protein 30 minutes to 1 hour after training to minimize muscle protein breakdown.

CARBOHYDRATES

- Carbohydrates are the primary source of energy for training and brain fuel.
- Carbohydrate is found in the blood, muscles, and liver. The body has a limited storage of carbohydrate and can easily be depleted after a hard training session. This is why it is essential boxers "fill up their tank" with carbs before training and replenish with carbs after training.
- Low carbohydrate intake can impact mood, speed, reaction time, mental clarity, recovery, and general health.

FATS

- Dietary fats are the predominant fuel source during times of low activity (sitting, listening, walking, breathing).
- They help transport some vitamins throughout the body, can act as an antiinflammatory and provide antioxidant properties to help with quick recovery and muscle damage repair.
- The body has an unlimited ability to store fats. Fat is very energy dense and a little goes a long way. A serving size of fats include 1 tbs. of nut butter/oil and 2 tbs. of nuts/seeds.



HYDRATION

Fluid needs vary per individual. These are general guidelines and a starting point.

WHEN?

Before Training

During Training

After Training

HOW MUCH?

2-3 Hours Before > 16oz

15 Minutes Before 8oz

Enough to limit dehydration to <2% body weight loss

16-24 oz. for every pound lost



NUTRITION

Athlete's Plate

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating meals and fueling a workout should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

The Performance Plates are tools for the boxer to use to better adjust their eating to the physical demands of their sport.

EASY An easy day may contain just an easy workout or tapering. Easy day meals may also apply to boxers trying to lose weight for competition. Easy sessions may include recovery sessions.

MODERATE A moderate day may be one where you train twice but focus on technical skills in one workout and on endurance in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/2-3 practices per day).

HARD A hard day contains at least 2 workouts that are relatively hard or competition. Hard day meals may also apply to boxers trying to gain weight for a weight class.

EASY TRAINING / WEIGHT MANAGEMENT:

FATS
1 Teaspoon

Whole Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables & Fats
Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

FATS
Avocado
Oils
Nuts
Seeds
Cheese
Butter

Beverages
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages
Coffee
Tea

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

MODERATE TRAINING:

FATS
1 Tablespoon

Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables
Raw Veggies
Cooked Veggies
Veggie Soups

FATS
Avocado
Oils
Nuts
Seeds
Cheese
Butter

Beverages
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages
Fresh Fruit
Stewed Fruit
Dried Fruit
Coffee
Tea

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

HARD TRAINING / RACE DAY:

FATS
2 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables
Cooked Veggies
Veggie Soups
Raw Veggies

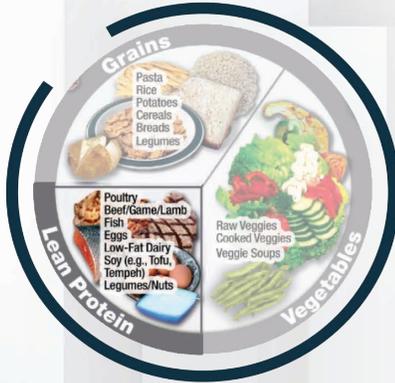
FATS
Avocado
Oils
Nuts
Seeds
Cheese
Butter

Beverages
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages
Fresh Fruit
Stewed Fruit
Dried Fruit
Coffee
Tea

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

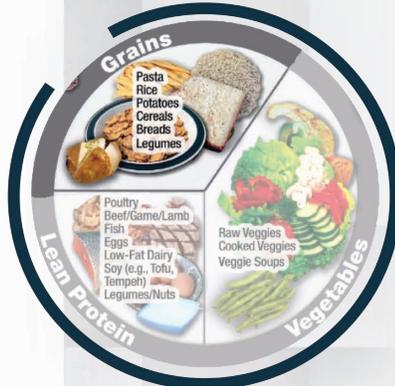
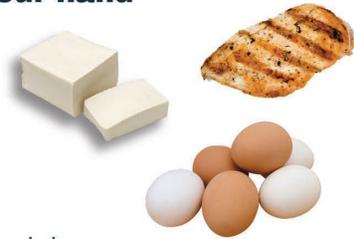
NUTRITION

Build your Performance Plate



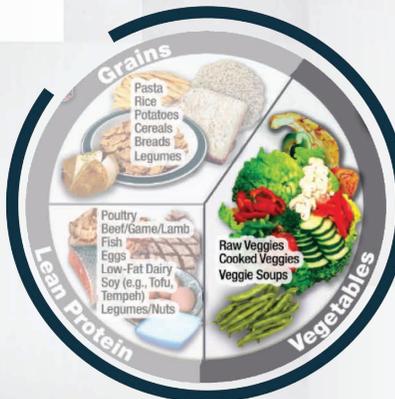
1 serving of protein (~20-25 g protein)= size of the palm of your hand

- 2 eggs
- 2 cups (16 oz.) low-fat milk
- 1 cup low fat cottage cheese
- 6 oz. Greek yogurt
- 3 oz. sliced deli meat
- 3 oz. smoked salmon
- 3 oz. turkey sausage/bacon
- 1 scoop NSF Protein Powder
- 4-6 oz. chicken, turkey, beef, pork
- 4-6 oz. fish, seafood
- 4 oz. vegetable proteins: Tofu, tempeh, beans



Healthy grains/starches (1/4-1/2 plate full)

- 1 medium whole wheat dinner roll
- ½ cup rice (brown, wild, white)
- ½ cup pasta, couscous, quinoa
- ½ cup beans and lentils
- 1/2 large tortilla
- 2 corn tortillas
- 1 slice bread
- ½ Pita bread
- 1/2 cup or 1 small potato/sweet potato



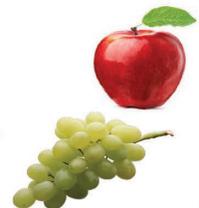
Load up on colorful vegetables!

- 1 cup roasted, steamed, or sautéed mixed NON-STARCHY vegetables
- 1/2 cup STARCHY veg
- 2 cups salad greens
- 1 cup raw salad vegetables
- ½ cup marinara



Snack on hydrating fruits:

- 1 cup blueberries, blackberries, strawberries, or raspberries
- 1/2 medium banana
- 1 small apple, pear, peach, or nectarine
- 1/2 cup sweet fruit: plum, grapes, cherries, mangoes, etc.
- 4 oz. 100% fruit juice, coconut water
- 2 tbs. dried fruit



MATCHDAY

For the complete USA Boxing (2022) Rulebook, [CLICK HERE](#)

Coaches must be Coaching Education certified (registered, Safe Sport certified, and background checked) before they can step into the Field of Play to work a corner. Once the coach is in the Field of Play, they are referred to as a “second” because the boxer is the primary participant.

[CLICK HERE](#) to learn more about becoming a coach.

Amateur boxing is scored by judges who use a “10-point must system,” awarding the winner of the round with 10 and the other boxer with either 9, 8 or 7 (9 - close round, 8 - clear winner, 7 - total dominance). Judges score the round based on their observation of the three (3) scoring criteria: number of quality blows on the target area, domination by technical and tactical superiority, and competitiveness.

COMMANDS FROM THE REFEREE:

- **“Stop!”** (stops the action)
- **“Box!”** (begins action)
- **“Break!”** (both boxers take one step back before resuming action)
- **“Time!”** (stops the clock, for example to tie a shoe, or an equipment malfunction)

To become a referee, judge or official [CLICK HERE](#).

Common Fouls:

- Holding.
- Slapping (striking with any part of the body other than the knuckle portion of the gloves).
- Leading/charging with the head.
- Low head where boxer’s head travels below the beltline.

Required Gear for Competition:

- Gloves will be provided by the LBC, event host or sanction holder.
- Boxers must wear a headgear that is USA Boxing approved, **Approved Equipment Chart**, [CLICK HERE](#). It is recommended that the uniform and headgear color (red/blue) match the boxer’s corner assignment and this may be required at certain USA Boxing events such as National Tournaments.
- Mouthpiece of any color.
- Groin Protector is required for male boxers and optional for female boxers. Breast protector is optional for female boxers.



Common Outcomes for a Boxing Match are:

- **Win on points** (unanimous or split decisions).
- **Abandonment/retirement** (opponent “throws in the towel”).
- **Referee stops contest** (may be because of an injury); **disqualification** (not always but usually “cautions” and “warnings” will lead to a disqualification).
- **Knockout (KO)**.

BOXER & COACH EVENT FLOW



CHECK-IN & MATCH-MAKING

- Coaches and Boxers check in with the Official in charge for instructions, status of bouts, bout order, etc.
- Present necessary documents, including proof of membership and certification to USA Boxing.
- For Matched Bouts, Boxers must adhere to the competition rules of the lower age division.



WEIGHT CONTROL (scale)

- Facial Hair.
 - Local and Regional Events - beards cannot extend past the collarbone.
 - National Events - Must be clean shaven.
- No jewelry on the body.
- Boxers weigh in undergarments, and by official of the same gender.
- Boxers under 18 may not weigh-in naked.



MEDICAL CONTROL (pre-bout physicals)

- Pre-bout physical with M.D. or D. O.



EQUIPMENT CONTROL (uniform & equipment check)

- Uniform shirt must be sleeveless. Waistband of Shorts must be different color than shirt.
- Wearing the color of your corner is strongly recommended.
- Men must wear groin protector. Women may wear groin and/or breast protector. No protector may conceal target areas.
- Mouthguard is mandatory.
- Bandages can be Handwraps or Gauze & Tape.
- Headgear must have USA Boxing label and listed on the approved equipment list.
- Gloves will be issued by Equipment Official. Tape may be used to secure glove cuffs.



WARM-UP

- Prep for bout



REPORT TO THE RING

- Report to the steps of the appropriate corner immediately after previous bout.
- Enter the ring when the Referee is ready.
- Coach should have clean towel and water.
- Maximum three (3) Coaches permitted in the corner (two may go up the steps).



AT CONCLUSION OF THE BOUT

- Boxers immediately report to the Ringside Doctor for post-bout physical.
- Gloves must be returned to Equipment Control official.



COOL-DOWN

- Report to Ringside Doctor if Boxer experiences any symptoms of illness or injury.
- Coaches or Boxers retrieve passbook at the end of the session.



MAXIMUM BANDAGES PER HAND

HANDWRAP:

stretchy cotton material with velcro closure
2" x 98"—177"

GAUZE/TAPE:

2" x 49' + gauze pad of 4"x16' for knuckles
Tape = 1" x 16'

WHAT IT MEANS TO REPRESENT



Where Olympic Journeys Begin



“ Being part of Team USA means having a significant team that will encourage you and be that support system to make your Olympic dreams come true. ”

- Yoseline Perez



“Getting on Team USA has always been my dream. Now my dreams are bigger. Being a Team USA athlete is motivation because you are always surrounded by champions.”

- Amir Anderson



“Representing the United States, as well as Team USA, means a lot to me because ever since I was very young, I have always envisioned becoming an Olympian, but not just any Olympian, a gold medalist. Being able to represent Team USA in other countries is an honor and it’s always a step closer to becoming that Olympic gold medalist I’ve always wanted to be.”

- Rahim Gonzales, 2021 IBA World Champion

“It is an honor to represent the red, white, and blue, especially being a U.S. Army Soldier. I love to display what honor, hard work, discipline, and resilience looks like, as well as representing our country by always showing class and great sportsmanship. I value and appreciate every experience I am blessed to have with Team USA and USA Boxing. Representing my country means everything to me and I strive to always represent well.”

- Naomi Graham, 2020 Olympian



For more information about **High Performance Programs** please click [HERE](#)

HOW DO I QUALIFY FOR TEAM USA?

What age groups qualify for Team USA?

- **ELITE** (19-40 years old), **YOUTH** (17-18 years old), and **JUNIOR** (15-16 years old).
- Olympic/International Federation weight divisions.

What age division should I enter at the National Championships in December?

The USA Boxing National Championships, typically held in December of each year, advances boxers to High Performance camp and competition opportunities taking place the following year. Therefore, at this event boxers compete in the age divisions and weight class that they will be eligible for international competition during the upcoming year (e.g., 2022 National Championships determines 2023 international competition season). There are no weight changes for the following year as each boxer must compete at the weight that he or she won at in the USA Boxing National Championships.

Do USA Boxing ranking points qualify me to get on Team USA?

No. Team selection is based off the results from the most recent USA Boxing National Championships and/or USA Boxing's selection procedures.

Junior & Youth High Performance Team Selection Process

Junior High Performance Teams are determined based on the results of the USA Boxing National Championships, which take place in December of each year. The champion in each international weight division is selected to the Junior High Performance Team for the following year.

Elite & Youth High Performance Teams are determined based on specific athlete selection procedures, according to the competition calendar for each year. These athlete selection procedures can be found [HERE](#).



Where Olympic Journeys Begin



For more information regarding USA Boxing's Selection Procedures please go to our website by clicking [HERE](#).

USA BOXING EDUCATION



Where Olympic Journeys Begin

Tons of videos, documents, & resources!

- Coaching • Drills & Lessons •
- Match Day • Strength & Conditioning •

USA Boxing is honored to make Team USA's Mobile Coach app available to all members free of cost.

This application connects coaches, parents, boxers, and officials through a rich offering of resources from industry experts, such as:

- Drills and lessons developed by USA Boxing's National Team Head Coach.
- Strength and conditioning routines with USA Boxing's Assistant Performance Director of Sport Performance.
- Nutrition advice from USOPC Senior Sports Dietitians.
- Mental preparation tips from Team USA's National Team Sports Psychologist.
- Match day preparation, such as the dynamic warm-up routine utilized by USA Boxing's High Performance teams.
- Competition hand wrapping tips.
- Lessons on scoring criteria, scoring guidelines, and match reviews through the eyes of a judge and referee.
- USOPC and TrueSport material covering a wide array of topics, such as sport science, the American Development Model (ADM), goal setting, teamwork exercises, and much more!

For more information about **USA Boxing's Educational opportunities** visit USABOXINGEDUCATION.org.



CODE OF CONDUCT

It is the responsibility of all USA Boxing members to uphold the spirit of the USA Boxing Code of Conduct.

Everyone plays a role!

LEARN and **ABIDE** by the rules and policies of USA Boxing, including SafeSport. Click [HERE](#) to learn more.

DISPLAY and **ENCOURAGE** sportsmanlike behaviors, safety, proper conduct for all coaches, boxers, officials, volunteers, spectators, and staff members.

ENGAGE in behaviors that encourage acceptance of all USA Boxing members.

USE good judgment when interacting with boxers. Participation should be fun and positive!

REMEMBER you might not agree with all the decisions, but **RESPECT** all boxers, coaches, and officials in and out of the ring, regardless of the outcome.

Be a **ROLE MODEL** and a **POSITIVE** image for yourself, your boxer, club, and USA Boxing!



For more details on **USA Boxing's Code of Conduct** for Non-Athletes and other **USA Boxing Policies** please click [HERE](#).

REFERENCES

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Boxing Parents

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How safe is boxing?

USA Boxing Best Practices (Grassroots) Training Manual (v01.1), p. 128

Heads Up Coaches Fact Sheet: <https://www.teamusa.org/USA-Boxing>

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<https://www.teamusa.org/USA-Boxing/USA-Boxing-Launches-Team-USA-Mobile-Coach-App>

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<http://youthreport.projectplay.us/the-8-plays/ask-kids-what-they-want>

LBC

<https://www.teamusa.org/usa-boxing/lbc-resources>

Safe Sport/MAAPP

<https://uscenterforsafesport.org/>

Nutrition

<https://www.teamusa.org/Home/Team%20USA%20Athlete%20Services/High%20Performance/Nutrition>

USOPC meal plan handouts (plates)

USOPC hydration

USOPC Recovery fact sheet

USOPC Fueling fact sheet

Code of Conduct

Adapted from USA Boxing Code of conduct for non-athletes

<https://www.teamusa.org/USA-Boxing/About-Us/Compliance-Policies>



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