



## Appendix F: Guide for Making Matches at the Local Level

This chart does not replace the rulebook. Revised 1/1/25.



				Junior	Youth		Elite		Masters	
	Pee Wee	Bantam	Intermediate							
Age Division	8, 9, 10	11, 12	13, 14	15, 16	17, 18		19 to 40		35 and older	
Match ages by Date of Birth	8 yr old = 8-9 9 yr old = 8-11 10 yr old = 9-12	11 yr old may box 9-13 12 year old may box 10-14	13 yr old may box 11-15 14 yr old may box 12-16	15 yr old may box 13-17 16 yr old may box 14-17	17 yr old may box 15-18 18 yr old may box 17-40		All ages may box 18-40		May only box other Masters, within 10 years of opponent	
	24-month maximum age difference for boxers 8-17.									
Weight Differentials for Matched Bouts	101, and under = 5 lbs	101, and under = 5 lbs	101, and under = 5 lbs	101, and under = 5 lbs	Men	Women	Men	Women	Men	Women
	106 = 7 lbs	106 = 7 lbs	106 = 7 lbs	106 = 7 lbs	110 = 6 lbs	106 = 8 lbs	110 = 6 lbs	106 = 8 lbs	110 = 6 lbs	106 = 8 lbs
	110 = 7 lbs	110 = 7 lbs	110 = 7 lbs	110 = 7 lbs	121 = 8 lbs	112 = 8 lbs	121 = 8 lbs	112 = 8 lbs	121 = 8 lbs	112 = 8 lbs
	114 = 7 lbs	114 = 7 lbs	114 = 7 lbs	114 = 7 lbs	132 = 8 lbs	119 = 8 lbs	132 = 8 lbs	119 = 8 lbs	132 = 8 lbs	119 = 8 lbs
	119 = 7 lbs	119 = 7 lbs	119 = 7 lbs	119 = 7 lbs	143 = 10 lbs	125 = 8 lbs	143 = 10 lbs	125 = 8 lbs	143 = 10 lbs	125 = 8 lbs
	125 = 9 lbs	125 = 9 lbs	125 = 9 lbs	125 = 9 lbs	154 = 10 lbs	132 = 10 lbs	154 = 10 lbs	132 = 10 lbs	154 = 10 lbs	132 = 10 lbs
	132 = 9 lbs	132 = 9 lbs	132 = 9 lbs	132 = 9 lbs	165 = 15 lbs	143 = 10 lbs	165 = 15 lbs	143 = 10 lbs	165 = 15 lbs	143 = 10 lbs
	138 = 9 lbs	138 = 9 lbs	138 = 9 lbs	138 = 9 lbs	176 = 15 lbs	154 = 10 lbs	176 = 15 lbs	154 = 10 lbs	176 = 15 lbs	154 = 10 lbs
	145 = 9 lbs	145 = 9 lbs	145 = 9 lbs	145 = 9 lbs	187 = 15 lbs	165 = 15 lbs	187 = 10 lbs	165 = 15 lbs	187 = 15 lbs	165 = 15 lbs
	154 = 9 lbs	154 = 9 lbs	154 = 9 lbs	154 = 9 lbs	198 = 15 lbs	176 = 15 lbs	198 = 15 lbs	176 = 15 lbs	198 = 15 lbs	176 = 15 lbs
	154+ = 12 lbs	154+ = 12 lbs	154+ = 12 lbs	165 = 12 lbs	198+ = n/l	176+ = n/l	198+ = n/l	176+ = n/l	198+ = n/l	176+ = n/l
				176 = 12 lbs						
			176+ = no limit							
Rounds	3 Rds of 1 to 1.5 mins	3 Rds of 1 to 1.5 mins	3 Rds of 2 mins, or less	3 Rds of 2 mins, or less	3 Rds of 3 mins, or less		3 Rds of 3 mins, or less		3 Rds of 2 mins, or less	

**Protectors:** Men must wear a groin protector. Women may wear a groin protector and/or breast protector. Protectors may not conceal any part of the target area.

**Allowable items in the corner:** A thin coat of vaseline may be used on the face. Water (in clear plastic bottle), towel, ice bag, cold compress, vaseline, swabs, medical gloves. Medications must be labeled.

**Coed competition:** Boys & girls (ages 8-10) may compete against each other in local and Developmental bouts.

**MatchMaking on experience:** Coaches' discretion and common sense are used when considering experience, with official in charge providing final match approval.

**Development Bouts at Sanctioned events:** Ages 8-12 maximum round length is 1.5 mins. Ages 13+ box maximum of 2 min rounds. Exhibition bouts are prohibited.

**Uniform:** Sleeveless shirt. Waistband must contrast from shirt. No metal on the body (such as piercings). Sponsor and club logos are permitted.

**Bandages:** Gauze = 49' x 2" + 16' x 4" for knuckle pad. Tape: 16' x 1" or Handwrap (stretch material w/ velcro closure) = 8' to 15' x 2.25"

**Long hair:** Must wear hair cap or net underneath headgear. Hair may extend beyond the back of the headgear but must be secured to remain to the back of the boxer.

**Beard:** Beards are permitted at the local and regional level, but the length may not extend past the collar bone.

**Mouthguard:** Mouthguards may be any color. Losing mouthguard due to blow = Caution. 3rd Caution = Warning. Spitting out the mouthguard = Warning.

**Equipment:** Boxers 143 lbs or less may wear 10, 12, or 16 oz gloves. Boxers over 143 wear 12 or 16 oz gloves. 16 oz "Masters-approved" gloves okay for all weights. Boxers wear gloves provided by the LBC or sanction holder, and both boxers wear the same size. Headgear must be worn, either open face or with cheek protectors.

Masters boxers must use equipment that is "Masters-approved." List of current headgear & gloves approved for competition: [www.teamusa.org/usa-boxing/officials](http://www.teamusa.org/usa-boxing/officials)