

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 ¹ 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.

¹ SG-DMed-SMO CS ArmyBoxing@mod.uk with cc copy to 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, not actually unconscious as such.
8	Second such event within 90 days of each other.	90	Restart post-suspension medical must be personally done by SMO CSBA ¹ 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 mandatory iaw NICE Clinical Guideline 176 on head injury management ² . Restart post-suspension medical must be personally done by SMO CSBA ¹ 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	

² <https://www.nice.org.uk/guidance/cg176>. Accessed 2 Jun 15.

