**UK ARMED FORCES**

**BOXING ASSOCIATION**



**OFFICIAL HANDBOOK**

**JANUARY 2022 EDITION V1**

**Contents**

[Introduction 6](#_Toc77070395)

[Section 1 – UK Armed Forces Boxing Association 7](#_Toc77070396)

[General 7](#_Toc77070397)

[Constitution and Rules 7](#_Toc77070398)

[Officials 7](#_Toc77070399)

[Secretaries 8](#_Toc77070400)

[Disciplinary Panels 8](#_Toc77070401)

[UKAFBA & Army Boxing Association Contact Details 8](#_Toc77070402)

[Royal Navy Boxing Association Contact Details 9](#_Toc77070403)

[Army Boxing Association Regional Contact Details 10](#_Toc77070404)

[Royal Air Force Boxing Association Contact Details 11](#_Toc77070405)

[Section 2 – General Information 12](#_Toc77070406)

[Season 12](#_Toc77070407)

[Rules 12](#_Toc77070408)

[Registration 12](#_Toc77070409)

[Service Only Boxing or Civilian Registration 13](#_Toc77070410)

[Professional Boxing 13](#_Toc77070411)

[White Collar and Unlicensed Boxing 13](#_Toc77070412)

Individual Contact Sports ……………………………………………………………………………..14

[Insurance 14](#_Toc77070413)

[Assurance 14](#_Toc77070414)

[Unit Affiliation 15](#_Toc77070415)

[Competitions 15](#_Toc77070416)

[Definitions 15](#_Toc77070417)

[Section 3 – The Boxing Officer / OiC 16](#_Toc77070418)

COVID 19 ……………………………………………………………………………………...……… 16

[Criteria for Affiliation 16](#_Toc77070419)

[Training Away from Unit Boxing Gym 17](#_Toc77070420)

[Coaching Courses 17](#_Toc77070421)

[Injury Reporting 17](#_Toc77070422)

[Competition Organisation 18](#_Toc77070423)

[Training and Competing Overseas 19](#_Toc77070424)

[Annex A - UKAFBA Unit Emergency Action Plan 20](#_Toc77070425)

[Annex B - Incident Management Guide 21](#_Toc77070426)

[Section 4 – Boxers 22](#_Toc77070427)

[Registration of Boxers 22](#_Toc77070428)

[Declaration of Experience 22](#_Toc77070429)

[Annual Medical 22](#_Toc77070430)

[Age & Experience Categories 23](#_Toc77070431)

[Weight Categories 24](#_Toc77070432)

[Matching 26](#_Toc77070433)

[Gender Rulings 27](#_Toc77070434)

[Boxers Dress and Appearance 27](#_Toc77070435)

[Prohibited items 28](#_Toc77070436)

[Duration and Number of Rounds and Intervals 29](#_Toc77070437)

[Boxing against civilian opposition or at a civilian venue 29](#_Toc77070438)

[Count Limits 29](#_Toc77070439)

[Related Rules 29](#_Toc77070440)

[Annex B1 - 2021 Club Boxing Matrix 30](#_Toc77070441)

[Section 5 – Coaching 31](#_Toc77070443)

[Qualifications 31](#_Toc77070444)

[Hierarchy of qualifications and limitations 32](#_Toc77070445)

[Safe Practice 32](#_Toc77070446)

[Concussion 32](#_Toc77070447)

[Training 32](#_Toc77070448)

[Sparring 33](#_Toc77070449)

[Competition 34](#_Toc77070450)

[Dress 34](#_Toc77070451)

[Prohibited Items 34](#_Toc77070452)

[Conduct and Behaviour 34](#_Toc77070453)

[Decisions 35](#_Toc77070454)

[Fouls, Warnings and Disqualifications 35](#_Toc77070455)

[Coaching Courses 35](#_Toc77070456)

[Advice 36](#_Toc77070457)

[Annex A - Weekly Training Programmes 37](#_Toc77070458)

[Annex B - Training Schedules 43](#_Toc77070459)

[Annex C - Risk Assessment – Sparring 52](#_Toc77070460)

[Annex D - UKAF Boxing Association – Sparring Activity Log 55](#_Toc77070461)

[Annex E1 - Head Injury, Concussion & Returning to Boxing Advice 56](#_Toc77070462)

[Annex E2 - Head Injury, Concussion & Returning to Boxing Advice 58](#_Toc77070463)

[Annex F - Application to Host a Coaching Course 60](#_Toc77070464)

[Section 6 – Tournament Officials 61](#_Toc77070465)

[General 61](#_Toc77070466)

[Dress 61](#_Toc77070467)

[Boxing Official Courses and Upgrading 63](#_Toc77070468)

[UKAFBA and Major Panel of Officials 64](#_Toc77070469)

[England Boxing Major Panel 67](#_Toc77070470)

[AIBA Officials 67](#_Toc77070471)

Annex A - Notes for Supervisors ….……………………………………………………………….68

[Annex B - Notes for Referee 72](#_Toc77070472)

[Annex C - Notes for Timekeepers 75](#_Toc77070473)

[Annex D - Computer Scoring System 7](#_Toc77070474)6

[Annex E - Manual Scoring System 78](#_Toc77070475)

[Annex F - Decisions and Protests 79](#_Toc77070476)

[Annex G - Fouls / Low Blow / Cautions, Warnings & Disqualification 83](#_Toc77070477)

[Annex H - UKAFBA Master of Ceremonies / Announcer Advisory Notes 85](#_Toc77070478)

[Annex I - Master of Ceremonies Individual Bout Script 87](#_Toc77070479)

[Section 7 - Registration 89](#_Toc77070480)

[Individual Registration 89](#_Toc77070481)

[Unit Registration 89](#_Toc77070482)

[Boxer Registration 90](#_Toc77070483)

[Coaches 95](#_Toc77070484)

[Officials 97](#_Toc77070485)

[Disclosure and Barring Service (DBS - previously CRIMINAL RECORDS BUREAU) 99](#_Toc77070486)

[Annex A - Unit Affiliation Proforma 101](#_Toc77070487)

[Annex B - Commanding Officer’s Declaration of Registration to Box 104](#_Toc77070488)

[Annex C - Coaches (Army Only) Registration Application 107](#_Toc77070489)

[Annex D - First Aid Qualification Confirmation Letter 108](#_Toc77070490)

[Annex E1 - Officials (Army Only) Registration Application 109](#_Toc77070491)

[Annex E2 - Official’s Code of Conduct 110](#_Toc77070492)

[Annex E3 - Officials’ and Coaches’ Refresher Confirmation 112](#_Toc77070493)

[**Section 8 – Event Organisation**](#_Toc77070494)

[General 113](#_Toc77070495)

[Pre-tournament Administration 113](#_Toc77070496)

[Tournament Checklist 117](#_Toc77070497)

[Annex A - UKAFBA Certificate of Assurance Application 121](#_Toc77070498)

[Annex B - Paramedic Contacts for UK 122](#_Toc77070499)

[Annex C - Army BA Application for Authority to Box in a Civilian Competition 124](#_Toc77070500)

[Annex D1 - Permission to Box Abroad 125](#_Toc77070501)

[Annex D1 - Permission to Box Abroad Nominal Roll 126](#_Toc77070502)

Annex D2 - Permission To Invite A Team From Abroad ……………………..………………..127

Annex D2/1 - Permission To Invite A Team From Abroad Nominal Roll …………………….128

[Annex E1 - Computer Scoring Ring Layout …………………………………………………….129](#_Toc77070503)

[Annex E2 - Manual Scoring (5 Judge) Ring Layout 130](#_Toc77070504)

[Annex E3 - Manual Scoring (3 Judge) Ring Layout 131](#_Toc77070505)

[Section 9 - Competitive Service Boxing 132](#_Toc77070506)

[Weigh In 132](#_Toc77070507)

[Pre-Bout Medical 132](#_Toc77070508)

[Venue 132](#_Toc77070509)

[Competition Format 133](#_Toc77070510)

[Officials 133](#_Toc77070511)

[Medical Cover 133](#_Toc77070512)

[Weight, Age, Gender and Experience Categories 134](#_Toc77070513)

[Rules on Dress/Attire 134](#_Toc77070514)

[Master of Ceremonies (MC) or Announcer 135](#_Toc77070515)

[Scoring 135](#_Toc77070516)

[Protests 135](#_Toc77070517)

[Section 10 – Weigh In 136](#_Toc77070518)

[General 136](#_Toc77070519)

[Weighing Scales 136](#_Toc77070520)

[Duties of the Clerk of the Scales 136](#_Toc77070521)

[Weigh In Rules 137](#_Toc77070522)

[Annex A - Certificate of Accuracy/Calibration of Boxing Weighing In Scales 139](#_Toc77070523)

[Annex B1.1 - UKAFBA Male Team / Individual Weigh In Proforma 2022 140](#_Toc77070524)

[Annex B2 1- UKAFBA Female Team / Individual Weigh In Proforma 2022 141](#_Toc77070525)

[Annex C - UKAFBA Nominated Boxer Certificate 142](#_Toc77070526)

[Annex D - Clerk of the Scales Declaration Certificate 143](#_Toc77070527)

[Section 11 – Competition Documentation and Equipment 144](#_Toc77070528)

[Annex A – Tournament Record Sheet 146](#_Toc77070529)

[Annex B - Officials Rota Template 147](#_Toc77070529)

[Annex C - UKAFBA Judge’s Round Score 148](#_Toc77070530)

[Annex D - Timekeeper - Bout Reference Log 149](#_Toc77070531)

[Annex E - Official Bout Result for MC / Announcer 150](#_Toc77070532)

[Annex F – Supervisor Bout Report 152](#_Toc77070533)

[Annex G - UKAFBA Boxing Bout Review Form 15](#_Toc77070534)3

[Annex H2 - 16 Boxer Entry Draw Table 154](#_Toc77070535)

[Annex H2 - 8 Boxer Entry Draw Table 155](#_Toc77070536)

[Annex I - Supervisor Notification of Disqualification Proforma 156](#_Toc77070537)

[Annex J - UKAFBA Supervisor Event Report Form 157](#_Toc77070538)

[Annex K - Risk Assessment – Competitive Boxing 159](#_Toc77070539)

[Section 12 - The Medical Management of Service Boxing 16](#_Toc77070540)2

[Introduction 162](#_Toc77070541)

[Aim 162](#_Toc77070542)

[Key references 162](#_Toc77070543)

[Scope 162](#_Toc77070544)

Section 1 Annual Medical Examinations for Service Boxers ……………………………………165

Section 2 Medical Supervision for Service Boxing Events ……………….…………...….……..167

Section 3 Management of Boxing Injuries and Suspensions ………………..………………....174

[Annex A - Guidance Notes for Annual Boxing Medical Examinations 179](#_Toc77070545)

[Annex B - Statement of Annual Medical Examination and Informed Consent to Participate in Service Boxing 180](#_Toc77070546)

[Annex C - Pre-Bout Medical Examination 182](#_Toc77070547)

[Annex D – Post-Bout Medical Examination 18](#_Toc77070548)3

[Annex E – Advice Card for Boxer’s Suffering Head Injury 185](#_Toc77070549)

[Annex F – Ringside Injuries Suspension Periods 186](#_Toc77070550)

[Annex G - Record of Boxing Injuries and Non-injuries in a Given Contest 188](#_Toc77070551)

# Introduction

1. Boxing in the UK Armed Forces is a much-valued sport in that it engenders many of the qualities we admire and encourage in our Service Personnel (SP) and is a most valuable medium in fostering team spirit and service 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 service 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**

1. 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.
   1. IBA Technical and Competition Rules, Statutes and by laws.
   2. Rules and Regulations of England Boxing.
   3. JSP 660 – Sport in the UK Armed Forces
   4. D/UK AFSB 1167 – Assurance of UK Armed Forces Sport
   5. BRd51(4) – Sport in the Royal Navy
   6. AGAI VOL 1 Ch5 – Sport in the Army
   7. AP3415 – Sport in the RAF
   8. ACSO 9001
   9. FRAGO 01 – The Army’s approach to Risk to Life activities (OPO14/002)
   10. 2019 DIN10 – 025 – Travel
   11. 2019 DIN10 – 001 – Overseas Visits
   12. 2019 DIN10 – 014 – Army Sports Lottery
2. The documents appropriate for each service are available from Single Service (sS) Boxing Offices (see contacts page) or via appropriate websites as follows;

[Royal Navy Boxing Association SharePoint Site](https://modgovuk.sharepoint.com/teams/52147?e=1%3A5c95cca9920d47cf852263b395e7d42e)

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

[www.rafsportsfederation.uk/sports/raf-boxing-association](http://www.rafsportsfederation.uk/sports/raf-boxing-association)

## 

**Format**

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

**Amendments**

1. Amendments will be disseminated by the UKAFBA and sS Boxing Associations as required, and the latest version will be available at [www.britisharmyboxing.com](http://www.britisharmyboxing.com/)

# Section 1 – UK Armed Forces Boxing Association

## General

###### The UK Armed Forces Boxing Association (UKAFBA) is organised and controlled under the auspices of the UK Armed Forces Sport Board, sub-delegated to the UKAFBA. The UKAFBA is a member of England Boxing (EB) and has 3 sS associations;

###### Royal Navy Boxing Association (RNBA)

###### Army Boxing Association (Army BA)

###### Royal Air Force Boxing Association (RAFBA)

###### Although referred to as Associations within the UKAFBA each service acts a club within England Boxing, no other club may register through the UKAFBA with England Boxing.

1. Boxing Officers and Project Officers (ProjOs) in the UK Armed Forces are to ensure they adhere to the following publications where applicable;
   1. Civilian Publications
      1. AIBA Technical and Competition Rules
      2. England Boxing Rules
   2. Military Publications
      1. JSP 660 – Sport in the UK Armed Forces
      2. BRd51(4) – Sport in the Royal Navy
      3. AGAI Vol 1 Ch 5 – Sport in the Army
      4. AP3415 – Sport in the Royal Air Force

## Constitution and Rules

1. The Constitution and Rules of the UKAFBA govern the formation and conduct of the General and Executive Committees of the association and provide guidance for rule changes and competition formats. This document is available from any of the sS Secretaries upon request.

## Officials

1. A UKAFBA Major Panel of Officials (Grade B and above) exists to support the UKAFBA and is charged with providing officials for England Boxing Championships of all age categories and on UKAFBA hosted boxing events, the constitution of the committee is as follows:
2. UKAFBA Officials Secretary (to act as Chairman for meetings)
3. Single Service Officials Secretaries
4. Members ([See Section 6](#_Section_6_–))

## Secretaries

1. Each sS Boxing Association and Army Region organises and runs boxing on behalf of the UKAFBA within its AOR through sS and 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

1. Breaches of UKAFBA competition rules will be dealt with via a disciplinary panel, the composition of which will be decided by the Chairman of the association in which the breach occurred or of the UKAFBA if during Championships or a UKAFBA event or activity. The decision will be notified under arrangements issued by the Chairman of the Association concerned.
2. 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, 2 x Grade A or above Officials. The Secretary of the UKAFBA will collate the information on behalf of the Panel but act as an independent member. The decision will be notified under arrangements issued by the Chairman of the Association concerned.

## UKAFBA & Army Boxing Association Contact Details

#### UKAFBA Operations Manager Army BA Medical Registrations and Administration Officer

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### Army Boxing Association Regional Contact Details

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### Royal Air Force Boxing Association Contact Details

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# Section 2 – General Information

## Season

1. The boxing season for 2021 / 2022 will run from 1 June 2021 to 31 May 2022.

## Rules

1. The Rules of Boxing are governed by the International Governing Body IBA, the UKAF Boxing Association conducts all boxing as IBA Open Boxing (AOB) and under IBA Technical Rules. The conditions of AOB and the Technical Rules are available on [IBA Rules and Guidelines - IBA](https://www.iba.sport/aiba-technical-competition-rules/). All military boxing is governed by these rules and conditions except where the UKAFBA imposes additional measures in line with service policy and governance for the safety and or bearing of the UKAFBA. The following useful documents can be found at [www.britisharmyboxing.com](http://www.britisharmyboxing.com/referencedocuments);
   1. Civilian Rules
      1. IBA Technical and Competition Rules
      2. England Boxing Rules
   2. UKAF Regulations Military Publications
      1. JSP 660 – Sport in the UK Armed Forces
   3. Royal Navy
      1. BRd51(4) – Sport in the Naval Service.
   4. Army
      1. AGAI Vol 1 Ch 5 – Sport
      2. FRAGO 01 – The Army’s approach to Risk to Life activities

(OPO14/002)

* + 1. ACSO 9001
    2. 2019DIN10-025 – Travel at Public Expense for Army Sport
    3. 2019DIN10-019 – Army Sports Lottery
  1. Royal Air Force
     1. AP3415 – Sport in the RAF

## Registration

1. All Regular Service personnel involved in boxing (Boxers, Coaches and Officials) are to be registered with their sS Boxing Association. Any Reserve and other entitled personnel who wish to register to box, coach or officiate in Service competitions must register through their sS Boxing Association; failing to do so will mean no access to Service Boxing and Duty Status will not be granted. The procedure for all registrations can be found at [Section 7](#_Section_7_-).

## Service Only Boxing or Civilian Registration

1. The Army (ONLY) is permitted to register its members as **Service Only Boxers,** this means that they can only box SP from the Royal Navy, other Army personnel or Royal Air Force with this type of registration. The RNBA and RAFBA both register their Boxers directly with EB each season to align their processes directly with that of the NGB. The reason for the Army BA process is that England Boxing cannot license boxing outside of England. The UKAFBA therefore can permit boxing to take place in Scotland, Northern Ireland, Wales, Germany, Gibraltar and Cyprus if these events take place inside of a military base. By boxing in military premises, the event can be classed as licensed by the UKAFBA, and all personnel placed ON DUTY which means they are insured by the Armed Forces in the conduct of their duty.
2. Service Only boxing conditions are more straight forward as the Army assumes responsibility for its employees whereas England Boxing must do background checks on its applicants. The advantages to registering as Service Only Boxing are;
   1. No requirement for DBS
   2. Cheaper registration
3. Civilian Registration is the standard form of registration for the RNBA and RAFBA, and for Army BA personnel registering to take part in civilian competitions.
   1. All the benefits of Service Only boxing with the option to take part in civilian competitions.
   2. Slightly more administration required to register
   3. More expensive

## Professional Boxing

1. Any serviceman or woman who wishes to sign a professional contract whilst still serving must contact the individual’s sS Boxing Association (see Section 1) before negotiating any contract with a manager or promoter. As a serving individual, permissions must be sought from the Chain of Command, as individuals are already contracted to the UK Armed Forces and the service to the Armed Forces must take priority. Any application needs to be supported by the sS Boxing Association.
2. Any individual 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 UKAFBA (any applicant must contact UKAFBA Operations Manager 94 222 7089 in the first instance).

## White Collar and Unlicensed Boxing

1. Boxing is very accessible but is a risk to life (RtL) 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 members, 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.
2. Unlicensed boxing and or ‘White Collar’ boxing provide none of this assurance. SP 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.
3. Any SP who have previously taken part in ‘White Collar’ or Unlicensed boxing should look to register with UKAFBA ([Section 7](#_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**

1. An individual 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 application.
2. *“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”.*
3. Once a registration application has been made with a declaration then the individual must cease to participate in any other individual contact sport as this is deemed to be gaining an unfair advantage on any opponent.

## Insurance

1. All UKAFBA registered Boxers, Officials and Coaches are insured by the Armed Forces whilst conducting activities that have been authorised as On Duty, and this insurance will cover individuals for authorised travel to and from the activity and the activity itself.
2. UKAFBA SP that are undertaking activities for England Boxing outwith selection by the UKAFBA Officials Chairman, are considered to be undertaking civilian club activities or International duties which are not On Duty and therefore must be insured by England Boxing. For home nations appointments the individual is insured by the respective home nation (i.e. Wales, Scotland or Ireland Boxing Associations).

## Assurance

1. As a risk to life sport each sS Secretary is charged with management and assurance of the sport within their AOR and required to adhere to the policies of their sS as appropriate and to ensure that the members and clubs of their association adhere to the protocols of the UKAFBA Handbook.

## Unit Affiliation

1. Units who wish to take part in any boxing activity are to ensure that they affiliate to their sS Boxing Association on a seasonal basis by completing [Annex A to Section 7](#_Annex_A_-_1) and returning it to the Secretary of their sS Boxing Association at the commencement of the season. Each successful application will be awarded a Certificate of Affiliation which will be sent to unit and copied to the UKAFBA or Regional Secretary.

## Competitions

1. All UKAFBA competitions including unit competitions in each of the sS are required to be licensed via a Certificate of Assurance application made to sS Secretaries. See [Section 1](#_UKAFBA_&_Army) (Contacts).

## Definitions

**Boxers**

1. **Elite** – The term Elite is used to describe an age category (Senior) of Male and Female Boxers and can be 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 4](#_SECTION_4_–) (Boxers).

**Officials**

1. **Supervisor** – The appointed official responsible for any technical related issues in the boxing competition. The SME at the event and person in charge of the boxing related activity.
2. **Referee** – The appointed official responsible for control of a singular bout or bouts.
3. **Judge** – One of a panel of officials appointed to score a boxing bout.
4. **MC / Announcer** – The person in control of announcing any information, bouts and decisions. During military events this role is that of Master of Ceremonies and is a prestigious position normally reserved for SP of senior standing.

**Appointments**

1. **Operations Manager or Executive Secretary** – Individual appointed by each Single Service Sport Board to oversee and manage boxing within their service.
2. **Regional Secretary** – An Army appointed contact and SME for all matters regarding boxing within a regional area.

# Section 3 – The Boxing Officer / OiC

1. The Boxing Officer is a very important appointment at Army Unit level and **must** be a Commissioned Officer, in the Army this is normally a Late Entry Officer. Each sS may appoint a Boxing Officer or Officer in Charge (OiC) for a station/unit boxing facility and to oversee any boxing activity.
2. Whilst it is recommended that this position be fulfilled by a Commissioned Officer it is understood within the RN and RAF that Other Ranks (ORs) may be appointed. This section aims to provide the Boxing Officer with the information required to safely and effectively manage the sport of boxing within a unit.

**Covid-19**

1. The sS Sports Boards have different procedures for the resumption of sport and the respective sS Executive Secretaries should be consulted prior to any boxing activity taking place. All Boxing Officers / OiCs are to contact their sS Boxing Associations (See Contacts [Section 1](#_UKAFBA_&_Army)) to seek advice and guidance on how to recommence boxing activity. For Army Boxing Officers current advice is also available of [www.britisharmyboxing.com](http://www.britisharmyboxing.com).
2. The Boxing Officer’s / OiC’s responsibilities are outlined below with references to the detail contained within this handbook.

**Boxing Training**

1. The Boxing Officer / OiC is to be aware of assurance policy in JSP 660 and sS documentation with reference to sport and on duty activities and ensure adherence.
2. Any team undertaking boxing training must be affiliated to their sS Boxing Association. The affiliation criteria are detailed below, all aspects of the process must be completed thoroughly, and an application sent to sS Secretaries (RN / RAF) or Regional Chairmen (Army).

## Criteria for Affiliation

1. 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.
2. Defibrillator – As of June 2022 England Boxing have decreed that all clubs / units must have clear access to a defibrillator. This means unhindered access, ideally within the room that training is taking place, but it is acceptable for the defibrillator to be within the building but the Defibrillator must be a maximum distance of five minutes full journey (there and back and to get any necessary access) on foot from the club. For 2021/22 season, units are to try to achieve this status where possible. (see [Section 7 Annex A Unit Affiliation Application](#_Section_7_-)).
3. Coaches Registrations – check to make sure that unit Coaches’ qualifications are valid and have been registered with their sS through-out; you must have a level 2 Coach.
4. The Boxing Officer / OiC must ensure that all Coaches have read understood and agree to comply with the Unit Emergency Action Plan.
5. Ensure that the Health and Safety Officer has signed off all Risk Assessments (RAs) that pertain to the training of the unit boxing team.
6. Boxers’ Medicals are booked with the unit SMO; Boxers may not undertake any contact boxing training until they have passed an Annual Medical.
7. Ensure all training programmes are reviewed by the Senior Coach (minimum Level 2) and the unit senior physical training instructor.
8. Ensure that all sparring is supervised in an appropriate location in accordance with the advice given in [Section 5](#_Section_5_–) and with an action plan for any serious injuries, ensure that the sparring log is completed for every session.

## Training Away from Unit Boxing Gym

1. **Service Venue**
2. Ensure that the unit has completed the procedures required to gain affiliation.
3. Ensure that Boxers and Coaches adhere to the unit Risk Assessments and are aware of the Unit Emergency Action Plan.
4. **Civilian Venue**
   1. Check the club is affiliated to England Boxing by contacting UKAFBA.
   2. 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 UKAFBA should be contacted if there is any doubt.
   3. Check the Coaches are registered and qualified.

## Coaching Courses

1. Coaching courses can be run at unit or regional level for both Level 1 or Level 2 qualifications. Funding for courses is managed at sS levels and Boxing Officers / OiCs should approach the sS Secretary for advice.
2. Boxing Officers planning a course must contact the sS Secretary to arrange appropriately qualified Tutors and Assessors with extensive knowledge of service boxing. An application to host or run a unit or garrison Coaching course can be found within [Section 5](#_Annex_F_-) (Coaching).

## Injury Reporting

1. Ensure any injuries classified as SI, VSI or any fatalities are reported immediately through the Chain of Command and via the Incident Management Guide at the end of [Section 3](#_Annex_B_-_3).
   1. **RNBA** – Contact unit Gymnasium or establishment to complete a Navy Incident or Near Miss Form – NLIMS and then contact RNBA Secretary.
   2. **Army BA** – Complete form 510, inform the Chain of Command (CoC), the Army BA via email [aba@ascb.uk.com](mailto:aba@ascb.uk.com)
   3. **RAFBA** – Complete a Functional Safety Occurrence Report ([FSOR](https://modgovuk.sharepoint.com/:x:/r/teams/23116/_layouts/15/Doc.aspx?sourcedoc=%7B8C113AFF-024F-4B45-A332-BF82E55B22AB%7D&file=726500339IncidentTemplate%20(3).xls&action=default&mobileredirect=true&cid=b7dc5e1e-fa4f-478a-b0b9-b87fb87fe0b5)) informing the RAFBA Executive Secretary ([boxing.execsec@rafsportsfederation.uk](mailto:boxing.execsec@rafsportsfederation.uk)) and the SP’s CoC.

## Competition Organisation

1. **Military personnel only on military property**
   1. Read [Section 8](#_Section_8_–) (Event Organisation).
   2. Speak to sS Officials Secretary, Regional Secretary (Army) or UKAFBA Officials Secretary as appropriate to discuss dates and the availability of Officials and competition equipment.
   3. Agree a date with the Commanding Officer.
   4. Book venue.
   5. Complete a Certificate of Assurance Application [Section 8 Annex A](#_Section_8_–).
   6. Formally request officials support from sS Officials Secretary (RN / RAF) or Regional Secretary (Army).
   7. Book paramedic cover – See suggested POC for region ([Section 8 Annex B](#_Annex_B_-)) or contact the sS Admin Secretary for further information.
   8. Ensure there is a Ringside Physician (Dr) nominated for your event.
   9. Send a copy of the Administrative Instruction to sS Officials Secretary (RN / RAF) or Regional Secretary (Army) and copy to UKAFBA if other sS personnel will be taking part.
2. **Events involving civilians or on civilian property**
   1. Boxing against civilians or on civilian property creates complications for UKAFBA registered personnel so early engagement with the sS Secretary is important.
3. Events on civilian property – these must be licensed by England Boxing either directly or by the Region, this MUST be arranged by sS Secretary.
4. Events involving civilians on military property – permission to include the civilian Boxers must be sought from the England Boxing Region by sS Secretary.
5. 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](#_Annex_C_-_1), this is to be copied to sS Secretary.
   1. For the above, the officials and Coaches must be registered with England Boxing and have 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.](#_Disclosure_and_Barring)

## Training and Competing Overseas

1. For events overseas read [Section 8 Annex D](#_Annex_D1_-) and then contact the sS Secretary as permission must be sought from sS Sports Boards for Overseas Visits.
2. Once permission from sS Sport Board is granted Boxing Officers / ProjOs must complete the ‘Permission to Box Abroad Application’ at [Section 8 Annex D1](#_Annex_D2_-) and return to sS Secretaries, who will contact England Boxing to authorise the trip. Boxing Officers / ProjOs are to note that boxing means sparring as well as competitive boxing.

### Annex A - UKAFBA Unit Emergency Action Plan

The aim of this document is to provide the Unit Boxing Coach with a plan of action in case of head injury to a Boxer during or after sparring or boxing.

**Action on – Boxer reports of a headache, blurred vision, dizziness, change of sensation in limbs, drowsiness or nausea during or after Sparring or after Boxing**;

Accompany Boxer to the Unit Medical Centre and explain that the individual is suffering from a headache from boxing related activities and needs to be assessed for any signs of a brain bleed.

If the Unit does not have an active Med Centre or the Med Centre is closed the Coach is to accompany the Boxer to A&E and explain the individual is suffering from a headache from boxing related activities and needs to be assessed for any signs of a brain bleed.

**Action on – Boxer suffers a loss of consciousness during sparring;**

**Loss of Consciousness Less than 10 seconds Boxer awake and alert**;

Call Unit Med Centre and explain a Boxer has suffered a loss of consciousness and await advice.

If the Unit does not have an active Med Centre or the Med Centre is closed the Coach is to accompany the Boxer to A&E and explain the individual has suffered from a loss of consciousness from a blow to the head whilst boxing.

**Loss of Consciousness More than 10 seconds Boxer and awake**;

**Call 999** and administer First Aid as appropriate.

Call the Med Cen to inform them of the situation and inform the guardroom that an ambulance has been called.

**Loss of Consciousness Boxer not awake, or Boxer suffers from a fit;**

**Call 999**, put the Boxer in the recovery position and administer First Aid as appropriate.

Call the Med Cen to inform them of the situation and inform the guardroom that an ambulance has been called.

**Other injuries**

All other injuries are to be treated with First Aid and further action as appropriate.

**Injury Reporting**

All injuries are to be reported using the Sports Board Incident Management Plan overleaf.

### Annex B - Incident Management Guide

Accident/Incident occurs at, or on route to, a sports event involving a team member or authorised guest

Initial incident dealt with by on site medically trained personnel

List of Contacts to be notified in the event of an Injury:

Unit’s CoC

JCCC – Tel: 01452 519951 or via JPA

RN – DAIB - 03067 986587 or email

[DSA-DAIB-Land-Mailbox@mod.gov.uk](mailto:DSA-DAIB-Land-Mailbox@mod.gov.uk)

AINC - 03067 703661 or email

[Armylf-ceso-ainc-mailbox@mod.uk](mailto:Armylf-ceso-ainc-mailbox@mod.uk)

RAF – DAIB - 03067 986587 or email

[DSA-DAIB-Land-Mailbox@mod.gov.uk](mailto:DSA-DAIB-Land-Mailbox@mod.gov.uk)

Then if not already done so -

DAIB - 03067 986587 or email

[DSA-DAIB-Land-Mailbox@mod.gov.uk](mailto:DSA-DAIB-Land-Mailbox@mod.gov.uk)

Single Service Sports Secretary and Chairman (see contacts page)

RN - SO2 NS Pol – 02392 573063

[jon.glass106@mod.gov.uk](mailto:jon.glass106@mod.gov.uk)

Army

Ops Offr - 01252 787058 or email [opsbranch@ascb.uk.com](mailto:opsbranch@ascb.uk.com)

RAF – Director RAF Sports Board

Tel 01296 657135

[Rich.Fogden552@mod.gov.uk](mailto:Rich.Fogden552@mod.gov.uk)

Medical assessment carried out by on site medically trained personnel and or Emergency Services (Tel: 999) requested

If there are no direct injuries, RN – to complete NLIMS. An Army Form 510 is still required by AINC and should be completed as a 'near-miss’ to enable possible lessons learnt.

RAF – to complete F7454

Incident controller generates

Royal Navy – NLIMS

Army - AF 510

RAF – F7454

and forward it to those authorities listed. Where there is no IT available the incident controller should telephone AINC to initiate the report

Casualty/ies transferred to nearest available medical facilities as required.

JCCC is to be informed if the seriousness of the incident warrants it - otherwise AINC is to be notified by incident controller

Incident controller is to maintain communications with listed contacts until the incident is either closed or passed to JCCC and the units CoC to manage. Notification of an injury to an individual’s NOK is to be managed by JCCC iaw JSP 751

Incident Controller or nominated person is to make provisions for the safe return of sports equipment for any personnel involved in the incident where they are not able to conduct this themselves

# Section 4 – Boxers

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

## Registration of Boxers

1. All service Boxers **MUST** be registered through their sS Boxing Association this is due to their status as employees of HM Forces. There are 2 types of registration, England Boxing Registration (RNBA and RAFBA) and Service Only Boxing (Army only), details of the Boxer’s registration process can be found in [Section 7](#_Section_7_-) (Registration).
   1. Service Only Boxing (Army Only) – For boxing other Service personnel on Service property only.
   2. England Boxing – For Boxers who wish to box civilians or at civilian premises.

## Declaration of Experience

1. All Boxers are required to declare all of their previous individual combat sport experience at the point of registration. All information about the Combat Sports and the process for registration is contained in [Section 7](#_Section_7_-).
2. Any Boxer who fails to declare experience is risking the welfare of an opponent, this action conflicts with the Royal Navy’s CCDRILs, the Army’s core values of Honesty, Integrity and Respect of Others and the RAF’s RISE principles. The discipline process for failure to declare bouts or experience is as follows;
   1. Discovered on Registration – Boxer and unit offered the opportunity to explain reasons. If unsatisfactory a 6-month suspension will be imposed.
   2. 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.
   3. Discovered after boxing at a lower experience category – Case referred to the Major Discipline Panel.

## Annual Medical

1. 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).

## Age & Experience Categories

1. Boxers are categorised by Year of Birth and not Date of Birth. Age categories within the UKAFBA reflect those of England Boxing and are given below as:
2. **Junior** - The term Junior Boxer is an age category classifying Boxers by their year of birth and are eligible to compete as a Junior Boxer from the start of the calendar year in which the Boxer turns 15 to the end of the calendar year in which the Boxer turns 16 (for confirmation see [Boxing Matrix 2022](#_Annex_B1_-) at the end of this Section).
3. Junior bouts are to be 3 x 2-minute rounds with 1-minute interval between rounds.
4. 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.
5. Junior Boxers may be matched against Schoolboy and Schoolgirl Boxers but there may not be more than a 12-month age gap.
6. It is recommended that Junior Boxers shall be restricted to 14 contests per season including skills bouts but excluding championships.
7. **Youth** - The term Youth Boxer is an age category classifying Boxers by their year of birth and are eligible to compete as a youth Boxer from the start of the calendar year in which the Boxer turns 17 to the end of the calendar year in which the Boxer turns 18 (for confirmation see [Boxing Matrix 202](#_Annex_B1_-)2 at the end of this Section).
8. 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.
9. 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.
10. Youth Boxers shall be restricted to 18 contests per season excluding Championships.
11. **Senior** - There are two classes of Senior Boxer – Development and Elite.
    1. **Development.** A Senior Development Boxer is a Boxer with limited experience and classified by age as a Senior (a Boxer that turns 19 years old in a calendar year to the end of the calendar year in which the Boxers turns 40 years old (for confirmation see [Boxing Matrix 202](#_Annex_B1_-)2 at the end of this Section).
       1. Male Senior Development – Is categorised by England Boxing as a Boxer who has not entered in to the National Amateur Championships and has less than 20 bouts (including Skills bouts at ½ a bout per skills bout) Male Development Boxers may not enter the National Development Championships until they have had a minimum of 5 contests.
       2. Female Senior Development – Is categorised by England Boxing as a Boxer who has not entered the National Amateur Championships and has less than 11 bouts (including Skills bouts (at ½ a bout per skills bout)) Female Development Boxers may not enter the National Development Championships until they have had a minimum of 2 contests.
       3. Bout limits for Development Boxers for UKAFBA competitions are;

R N Dev Champs 0- 5 / 6 – 10 / 11 – 20 / Open

Intra unit – 0 – 7 bouts (inter sqn, coy, bty)

Corps / Regional (male) 2 – 10 bouts (female) 0 – 7 bouts

Army Inter Unit Championships – 2 – 10

Army Open Boxing Championships (male) 2 – 10 / 11 – 18 / Open

Army Open Boxing Championships (female) 0 – 5 / 6 -10 / Open

RAF Lord Wakefield Championships 0- 5 / 6 – 10 / 11 – 20 / Open

* 1. **Elite.** An Elite Boxer is a Boxer that enters, or has entered, a National Amateur or Open Championships (entry means weighing in and entering the draw) and is categorized as Elite by age; a Boxer that turns 19 years old in a calendar year to the end of the calendar year in which the Boxers turns 40 years old (for confirmation see [Boxing Matrix 202](#_Annex_B1_-)2)
  2. Once a Boxer has entered a National Amateur or Open Championship 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).
  3. Coaches and Boxing Officers / ProjOs MUST be aware on the rules of matching Boxers (detailed in [paragraph 8](#_Matching) below and in the matrices at the end of this section.

Note: Pre-service individual contact sport experience (junior and youth bouts, white collar or professional bouts and all martial arts contests) count towards a Boxer’s experience.

## 

## Weight Categories

1. Championship Weight Categories for 2022:
   1. **Male Elite and Youth 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 |
| Minimum Weight | Over 46kg  – 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 |
| Lightweight | Over 57kg  – not to exceed 60kg |
| Light Welterweight | Over 60kg  – not to exceed 63.5kg |
| Welterweight | Over 63.5kg  – not to exceed 67kg |
| Light Middleweight | Over 67kg  – not to exceed 71kg |
| Middleweight | Over 71kg  – not to exceed 75kg |
| Light Heavyweight | Over 75kg  – not to exceed 80kg |
| Cruiserweight | Over 80kg  – not to exceed 86kg |
| Heavyweight | Over 86kg  – not to exceed 92kg |
| Super Heavyweight | Over 92kg |

* 1. **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 |
| Minimum Weight | Over 45kg  – not to exceed 48kg |
| Light Flyweight | Over 48kg  – not to exceed 50kg |
| Flyweight | Over 50kg  – not to exceed 52kg |
| Bantamweight | Over 52kg  – not to exceed 54kg |
| Featherweight | Over 54kg  – not to exceed 57kg |
| Lightweight | Over 57kg  – not to exceed 60kg |
| Light Welterweight | Over 60kg  – not to exceed 63kg |
| Welterweight | Over 63kg  – not to exceed 66kg |
| Light Middleweight | Over 66kg  – not to exceed 70kg |
| Middleweight | Over 70kg  – not to exceed 75kg |
| Light Heavyweight | Over 75kg  – not to exceed 81kg |
| Heavyweight | Over 81kg |

## Matching

1. Matching does not need to be complicated but does need to be safely managed, below is the rules and guidance for matching Boxers;
2. 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 10 to this section.
3. 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.
4. Junior Boxers – 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.
5. Weight – all Boxers must be matched at no greater weight difference than the smaller weight category of the 2 matched Boxers, for example;
6. Example - Red is a light welterweight and Blue is a welterweight, the Light Welterweight 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.
7. 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.

## Gender Rulings

1. Under **NO** circumstances are males and females permitted to spar or box each other competitively.
2. An additional declaration is required for females who are required to declare they are not pregnant; this is achieved by a declaration at their Annual Medical and on every pre-bout medical form prior to the medical with the Ringside Doctor.
3. Additional dress/attire rulings for females in the UK Armed Forces are:
   1. Female Boxers must wear chest protectors
   2. Female Boxers must wear female abdominal protectors.

## Boxers Dress and Appearance

1. Boxers are to adhere to the rules of dress and appearance as follows;
2. Youth and Female Boxers only are to wear an AIBA-approved head guard during all forms of competitive boxing, Elite male Boxers (see [Section 4](#_SECTION_4_–)) 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.
3. All Boxers are to 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.**
4. A groin/abdominal protector must be worn for male boxers, female boxers are advised to wear female fit groin protectors. (It is strongly advised for females to wear chest protectors during all competitive boxing, military and civilian, and sparring sessions).
5. Wear boxing shorts, which must reach to mid-thigh, but not extend below the knee during competitive boxing.The waistband of the short should be of a different colour to the main body of the short to clearly define the waistband which helps to define the target area. (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).
6. A vest or singlet, properly fitting vests should be worn by competitors.
7. Wear boxing boots or trainers, without raised heels or spikes/cleats.
8. Wear socks that are visible above the boots/trainers.
9. All Boxers must wear approved wraps when competing;
   1. Wraps must not be longer than 4.5 metres and not shorter than 2.5 metres.
   2. Wraps should be 5.7 cm (2 inches) wide and have a Velcro closure.
   3. No other kind of bandages may be used.
10. AIBA approved gloves must be worn for all competitive boxing as;
    1. 10oz gloves – All Boxers in weight categories 67kg and below.
    2. 12oz gloves – All Boxers in weight categories above 67kg
    3. Any bout matched with Boxers either side of 67kg will wear 12oz gloves.
    4. Competition gloves must be clearly marked with the weight on the cuffs in indelible marker.
11. All hair must be secured within the head guard. The use of a hairnet, nylon swim caps or bandannas are encouraged if hair is long.
12. Kinesiology tape may be worn by a boxer but only on the legs and back.
13. Non-petroleum skin protective jelly is the only cream permitted; Vaseline and Cavilon are no longer permitted to be used.
14. Soft Contact lenses may be a worn (see [IBA Technical Rules para 4.2.5.2.5](https://d21c25674tgiqk.cloudfront.net/2019/03/AIBA-Technical-Competition-Rules-.pdf)).
15. The Hijab may be worn by female Boxers, permission to box must be gained from the Supervisor at the Weigh in.

## Prohibited items

1. The list of clothing, jewellery and fashion items not permitted to be worn is extensive however there are a number that are routinely asked by Officials to be removed and they are;
   1. Piercings of any kind whether on or off the target area.
   2. False eyelashes
   3. False Nails
   4. Make Up.
   5. Cavilon Barrier Cream or Vaseline

## Duration and Number of Rounds and Intervals

1. Within UKAFBA competitions the duration and number of rounds and intervals duration depends upon experience and age as follows;
   1. Elite Boxers – 3 x 3-minute rounds with a 1-minute rest interval between rounds.
   2. Development Boxers – 3 x 2-minute rounds with a 1-minute rest interval between rounds.

## Boxing against civilian opposition or at a civilian venue

1. When boxing against civilian opposition or in a civilian environment the sS Secretary 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 the Boxer not insured for injury (procedure details are at [Section 8](#_Section_8_–)).

## Count Limits

1. Standing Counts for Boxers before the Referee must end the contest are as follows;
   1. Junior – 3 Counts in a single round or 4 in a contest
   2. Youth – 3 Counts in a single round or 4 in a contest
   3. Senior –
   4. Female – 3 Counts in a single round or 4 in a 3-round contest
   5. Male – 3 Counts in a single round or 7 in a 3-round contest.

## Related Rules

1. 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.
2. 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.
3. 12 Hour Rule – No UKAFBA Boxer will be permitted to box twice in a single day.
4. Decisions – a complete list of boxing decisions can be found at Section 6 Annex [F](#_Decisions_and_Protests).
5. Fouls – a complete list of fouls in boxing can be found at Section 6 Annex [G](#_Types_of_foul).

### Annex B1 - 2022 Club Boxing Matrix

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Skills | Minors | School | Junior  Female | Junior  Male | Youth  Female | Youth  Male | Senior Female | Senior Male |
| Birth Yr.\* | Age 10 – to 15yrs 364 days | Age 10 Yrs and YoB\* 2011 | 2008 - 2010 | 2006 & 2007 | 2006 & 2007 | 2004 and 2005 | 2004 and 2005 | 1982 - 2003 | 1982 - 2003 |
| Class |  |  |  | A / B | A / B |  |  |  |  |
| Dev Categories | N/A | N/A | N/A | 0 - 6 | 0 – 10 bouts  2 – 10 Champs | 0 – 10 bouts  2 – 10 Champs | 0 – 14 bouts  2 – 14 Champs | 0 – 10 bouts  2 – 10 Champs | 0 - 20 bouts  5 – 20 Champs |
| Rounds & Duration. | Any bout with a 10yr old 3 x 1min 11yrs v 11yrs =3 x 1.5 mins | Any bout with a 10yr old 3 x 1min 11yrs v 11yrs =3 x 1.5 mins | 3 x 1.5 mins | 3 x 2 mins | 3 x 2 mins | 3 x 2 mins (Dev)  4 x 2 min  3 x 3(Champs) | 3 x 2 mins (Dev)  4 x 2 min  3 x 3(Champs) | 3 x 2 mins (Dev)  4 x 2  3 x 3 (Elite) | 3 x 2 (Dev)  4 x 2  3 x 3 (Elite) |
| Count Limits per Boxer | N/A should not happen. | 2 counts in a single round or  3 in a contest. | 2 counts in a single round or  3 in a contest. | 3 counts in a single round or  4 in a contest. | 3 counts in a single round or  4 in a contest. | 3 counts in a single round or  4 in a contest. | 3 counts in a single round or  4 in a contest. | 3 counts in a single round or  4 in a contest. | 3 counts in a single round or  7 in a contest |
| Gloves | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg | 10oz up to 67kg  12oz over 67kg |
| Head guards | YES | YES | YES | YES | YES | YES | YES | YES | NO |
| \*Year of Birth will determine a Boxer’s category however the age of a Boxer may bridge more than 1 category i.e. a Boxer born 1 Jun 2003 is classed as a Senior Boxer but will not be 19 years of age until 1 Jun 2022. | | | | | | | | | |
| Senior | Elite and Development Boxers must be born between 1/1/1982 and 31/12/2003 and should be matched on Weight and Experience. Round duration is to be determined by Coaches and the Supervisor. | | | | | | | | |
| Youth | A Youth Boxer may be matched against another Youth; 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 Youth Boxer may be matched against a Junior, but the age gap may not be exceeding 12 months and the round duration will be 3 x 2 mins. | | | | | | | | |
| Junior | 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 mins. | | | | | | | | |
| Schoolboy/ Girl | A Schoolboy/girl Boxer may only be matched against a Boxer with an age gap of 12 months maximum (this may include Junior or Schoolboys/girls), the round duration as;  If the Boxers are 12yrs old v 11yrs old or 11yrs old v 11yrs old the round duration is 3 x 1.5 mins.  If the Boxers are 11yrs old v 10yrs old the round duration is to be 3 x 1min. | | | | | | | | |
| Minor | A Minor Boxer may only be matched with an age gap of 12 months maximum (this may include schoolboy/girls), round durations as;  If the Boxers are 11yrs old v 11yrs old the round duration is 3 x 1.5 mins.  If the Boxers are 11yrs old v 10yrs old or 10yr old v 10yr old the round duration is to be 3 x 1min. | | | | | | | | |
| Skills | A Boxer must have had their 10th birthday to take part in a skills bout. No more than 12 months age difference is permitted. A maximum of 6 skills bouts is permitted. | | | | | | | | |

# Section 5 – Coaching

1. All Coaches are to ensure that any Coaching activity is compliant with all current COVID 19 guidance from;
2. Public Health England
3. England Boxing
4. The Devolved Government guidance
5. Single Service Sports Board policy
6. The role of a Coach is twofold to 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. 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 their sS Association 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](#_Section_7_-) and Coaches should register using [Annex C to Section 7](#_Annex_C_-).

## Qualifications

1. The current qualifications and the period of validity of England Boxing Coaches are;
   1. Level 1 – Valid for 3 years from the date of qualification, Level 1 Coaches may refresh this qualification after 3 years or prior or upgrade to Level 2 after a minimum period of 1 year (See Para 29 of this section with reference to upgrading to Level 2).
   2. Level 2 – 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 E. To upgrade to Level 3 a Level 2 Coach must have practised for a minimum period of 2 years and have a recommendation from their Single Service Boxing Coach.
      1. 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.
   3. 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 E. A Level 3 Coach must have practised for a minimum period of 2 years and have a recommendation from a Level 4 Coach.
2. All Coaching qualifications are only considered valid in conjunction with one of the following qualifications;
   1. First Aid at Work Certificate – Valid for 3 years and applicable for ALL UKAF personnel.
   2. Mandatory Annual Training Test 3 (Battlefield Casualty Drills) at a minimum of Level 2 – Valid for 1 year and only applicable for Army BA.
   3. Command Management and Assurance Tool – First Aid level 2. Valid for 1 year and only applicable for RNBA.
   4. MOD 1 First Aid - Valid for 3 years and only applicable for RAFBA.

## Hierarchy of qualifications and limitations

1. 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, sub unit or Inter Unit or Charity events involving civilians must register the Coaches in advance of the commencement of training.

## Safe Practice

1. All Coaches involved in training Boxers must be aware of unit emergency action plans for accidents and incidents, see Annex A to Section 3.
2. A Level 2 Coach must be in attendance if any Sparring (other than Technical Sparring definitions at [para 15](#_Sparring)) is to take place.
3. 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 the Head Coach is to ensure that the protocol at [Annex A to Section 3](#_Annex_A_-) is followed.
4. Risk assessments for Sparring can be found as an appendix to [Section 5](#_Annex_C_-_6), the Risk Assessment only includes the generic risks, and Coaches must add any local risks as necessary.

## Concussion

1. Boxers who suffer a Concussion are to follow the protocols at [Annex E to Section 5](#_Annex_E1_-_2), these are age specific and not year of birth.
   1. [Annex E1](#_Annex_E1_-_2) – Boxers age 19 years and over
   2. [Annex E2](#_Annex_E2_-) – Boxers age 18 years and under

## Training

1. The training of a boxing team or Boxer in the UKAF is usually 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.
2. A suggested unit training plan is provided at [Annex A to Section 5](#_Annex_A_-_4) this can and should be adapted to suit your unit commitments and the ability of your Boxers.
3. 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](#_Annex_B_-_4)) before starting any form of boxing training.
4. Coaches are expected to maintain the highest standards of conduct and are to highlight to the Boxing Officer any irregularity that may be present in a Boxer’s declaration of experience. The Boxing Officer is to notify the Single Service Sec of any such irregularity.

## Sparring

1. Sparring in Boxing can take several forms as follows;
   1. **Technique Sparring** – where a specific skill is developed. Usually the speed is controlled and the sparring partner acts in a semi passive role, for example, lead hand to the head with a block as a defence. Technique sparring is vital for the beginner. This activity can be done on the gym floor with mass participation, can be supervised by Level 1 and does not need to be logged.
   2. **Conditioned Sparring** – In conditioned sparring, you set a condition (or several conditions) that each Boxer must follow. The speed is more realistic than a technique spar, but the power is usually kept quite low. The Sparring is generally aimed at skill development for an individual. **Typically, 80% of sparring is conditioned.**
      1. An example of a conditioned spar is;

Boxer A is only allowed to throw a straight lead or rear hand to the head.

Boxer B may only use hand defences

After a given period the Boxers swap roles.

* + 1. This activity is to be undertaken in a boxing ring it must not involve heavy shots to either Boxer and does not require to be logged but must be supervised by a Level 2 Coach all Boxers must wear head guards, gum shields, abdominal protectors and sparring gloves.
  1. **Open Sparring** – where the range of punches and defences are unlimited. Punches and footwork are at full speed. Even in open sparring, the power is reduced. Coach feedback and correction is given on the move so that the flow is uninterrupted. Open sparring is not a contest, it is still a learning experience under conditions which start to approach the intensity of a s contest. This activity must be conducted in a boxing ring where conditions are as to wear head guards, gum shields, abdominal protectors and sparring gloves. This must be logged and closely monitored by Level 2 Coach with strict adherence to the unit Risk Assessment.

1. The UKAFBA Sparring Log can be found at [Annex D to Section 5](#_Annex_C_-_6) and must be completed by Boxers and Coach for every session and filed for 3 months.
2. Sparring Boxers who are not service personnel is permitted only when the service Boxer is registered with England Boxing for civilian boxing and the Coach is also registered as a Level 2 Coach with England Boxing for civilian boxing. The individuals must be appropriately matched, registered with an AIBA affiliated National Governing Body or is a registered Boxer with the British Boxing Board of Control or British and Irish Boxing Association, the individual must have an in date Annual Medical, have a record book which includes ALL their combat sport experience, and not be serving a medical suspension.
3. 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 F](#_Annex_F_–) and any return to training must comply the Concussion Protocols at [Annex E1 or E2 to Section 5.](#_Annex_E1_-_2)

## Competition

1. 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](#_Matching)). The Supervisor of the boxing will authorise the bout only if both Coaches agree to the bout and that both Boxers are matched appropriately. The Coach is to ensure that the Boxer receives a drink of water and any appropriate tactical advice between rounds of the bout.
2. 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

1. The minimum standard of dress for Coaches for any competition is;
   1. T Shirt, Polo Shirt or Tracksuit Top
   2. Tracksuit Trousers
   3. Training Shoes

## Prohibited Items

1. The following are deemed to be inappropriate;
   1. Vests or Singlets
   2. Shorts (Service Boxing Only (may be relaxed only with the Supervisor permission)
   3. Any article of clothing that carries offensive symbols or language.
   4. Hats (Rule for Armed Forces personnel)
   5. Flip Flops or Sandals.

## Conduct and Behaviour

1. 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.
2. 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.”*

1. Coaches may Coach their Boxer from the corner but must adhere to para 24 above, failure to do so may result in cautions, warnings or DQ.
2. 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”.
3. Service Boxing Coaches less those seconding sS 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.

## Decisions

1. A complete list of the decisions that determine a boxing match can be found at Section 6 Annex [F](#_Decisions_and_Protests).

## Fouls, Warnings and Disqualifications

1. A complete list of fouls, warnings and disqualifications can be found at [Section 6 Annex G](#_Annex_F_-_1).

## Coaching Courses

1. Coaching courses can be run at unit or regional level for both Level 1 and Level 2 qualifications. Such courses are to be funded individually. Any person planning a course must complete the application form at [Annex E to Section 5](#_Annex_F_-) which must be sent to the sS Secretary to arrange appropriately qualified Tutors and Assessors.
2. Criteria for attending Level 1 and Level 2 Coaching courses are as follows are below and must be strictly adhered to;
   1. Level 1 – Applicants must have an understanding and enthusiasm for the sport of boxing.
   2. Level 2 – Upgrade from Level 1 to Level 2. Applicants must have held a Level 1 qualification and have been registered with a sS Boxing Association for a minimum of 1 year, MUST be in date, MUST NOT have allowed 3 yrs to have elapsed since qualifying at Level 1.
   3. 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).
3. 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

1. Advice on Coaching is available from the sS Coaches as;

**RNBA** **-** **Sgt Wayne Brookes**

Tel Mil: 9380 24290

Tel Civ: 02392 724290

Email: [Wayne.Brookes859@mod.gov.uk](mailto:Wayne.Brookes859@mod.gov.uk)

**Army BA - Sgt James Allen**

Tel Mil: 94 222 3181

Tel Civ: 01252 348181

Email: [James.Allen785@mod.gov.uk](mailto:James.Allen785@mod.gov.uk)

**RAFBA - Sgt John Kearns**

Tel Mil: 94 120 6318

Email: [John.Kearns774@mod.gov.uk](mailto:John.Kearns774@mod.gov.uk)

### Annex A - Weekly Training Programmes

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Weekly Training Programme – Week 1 | | | | | | | | | | | |
|  | **0800-0900** | **0915-0945** | | **1100-1215** | **1230-1345** | | | **1400-1530** | | | **Remarks** |
| **Mon** | 3 Mile Steady State | **Breakfast** | | Rest | **Lunch** | | | 4 x 2 Pad Shuttles  2 x Ton Ups | | |  |
| **Tue** | 1.5 Mile Timed Core Stability | **Breakfast** | | Tech Clinic  Foot Work  Straight Shots (Basics) | **Lunch** | | | Tech Spar (Basics, Straights Shots, Footwork) | | |  |
| **Wed** | Rest | **Breakfast** | | All Round Body Circuit | **Lunch** | | | Rest | | |  |
| **Thu** | 4 Mile  Steady State | **Breakfast** | | Skill Drills (Basics) | **Lunch** | | | Tech Spar (Basics, Straights Shots, Footwork) | | |  |
| **Fri** | 2 Mile  Steady State  Core Stability | **Breakfast** | | 4 x 2 Equip Themed  4 x 2 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** | 3 Mile Steady State | **Breakfast** | | Tech Pads, Straight Shots, Footwork | **Lunch** | | | All Round Body Circuit | | |  |
| **Tue** | MSFT  Core Stability | **Breakfast** | | Tech Clinic  Defence, Counters | **Lunch** | | | Tech Spar (Defence, Counters, Straights Shots, Footwork) | | |  |
| **Wed** | Rest | **Breakfast** | | Weights  Circuit | **Lunch** | | | Rest | | |  |
| **Thu** | 3.5 Mile  Steady State | **Breakfast** | | Rest | **Lunch** | | | 3 x 1 Pads  Conditioned Spar  4 x 2s  2 x ½ Ton Up | | |  |
| **Fri** | Intervals  Core Stability | **Breakfast** | | 4 x 2 Skip  4 x 2 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** | 3.5 Mile Steady State | **Breakfast** | | Rest | **Lunch** | | 4 x 2 Shadow (Themed)  6 x 2 Equip (Themed)  4 x 2 Skip (Themed) | | | |  |
| **Tue** | Gun Hill  Middle Hill x 2 Core Stability | **Breakfast** | | Tech Clinic  Feints, Drawing, Drifts | **Lunch** | | 3 x 1 Pads  Open Spar 4 x 2  Flexibility | | | |  |
| **Wed** | Rest | **Breakfast** | | All Round Body Circuit | **Lunch** | | Rest | | | |  |
| **Thu** | Rugby Pitch  3 x 1 Laps  Sprint L&W  Core Stability | **Breakfast** | | Rest | **Lunch** | | 3 x 1 Pads  Open Spar 4 x 2s  5 Min Tech Pads  4 x 2 Skip | | | |  |
| **Fri** | Lamp post Intervals  Core Stability | **Breakfast** | | 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** | |
| **Mon** | 3 Mile Steady State | **Breakfast** | 4 x 2 Skip (Tempo)  Tech Spar  Defence, Counters,  Feints, Drifts  4 x 2 Shadow (With Weights) | | | **Lunch** | | | 4 x 2 Pads Conditioning  1 x Jog Ton Up |  | |
| **Tue** | Hill  6 x Sprints  Core Stability | **Breakfast** | Rest | | | **Lunch** | | | 3 x 1 Pads  Open Spar 4 x 2  Ton Up |  | |
| **Wed** | Pad Shuttles  4 x 2  4 x 2 Shadow  4 x 2 Skip | **Breakfast** | All Round  Body Circuit | | | **Lunch** | | | Rest |  | |
| **Thu** | Track 1 x 400, 3 x 200, 4 x 100, Core Stability | **Breakfast** | Repetition Drills  4 x 2 | | | **Lunch** | | | 3 x 1 Pads  Open Spar 4 x 2  4 x 2 Skip |  | |
| **Fri** | Lamp post Intervals  Core Stability | **Breakfast** | Weights Circuit | | | **Lunch** | | | Rest |  | |
| **Sat** | Rest Day | | | | | | | | | Own Run  Weight Dependant | |
| **Sun** | Rest Day | | | | | | | | | Own Run  Weight Dependant | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Weekly Training Programme – Week 5 | | | | | | |
|  | **0800-0900** | **0915-0945** | **1100-1215** | **1230-1345** | **1400-1530** | **Remarks** |
| **Mon** | 1.5 Mile  Timed Run | **Breakfast** | Rest | **Lunch** | 4 x 2 Pads Conditioning 1 x Jog ½ Ton Up |  |
| **Tue** | 3 Mile  Steady State Core Stability | **Breakfast** | Rest | **Lunch** | 3 x 1 Pads  Open Spar 4 x 2  3 x 2 Shadow |  |
| **Wed** | Track  15 on 15 off  4 x 2 | **Breakfast** | Equip 8 x 1 (Tempos)  2 x ½ Ton Up | **Lunch** | Rest |  |
| **Thu** | Rest | **Breakfast** | 4 x 2 Shadow  4 x 2 Skip (Tempos) | **Lunch** | 3 x 1 Pads  Open Spar 4 x 2  4 x 2 Skip |  |
| **Fri** | Track 4 x 2  Sustained Core Stability | **Breakfast** | 6 x 1 Reaction Pads  3 x 15 sec Bursts | **Lunch** | Rest |  |
| **Sat** | Rest Day | | | | | Own Run  Weight Dependant |
| **Sun** | Rest Day | | | | | Own Run  Weight Dependant |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Weekly Training Programme – Week 6 | | | | | | |
|  | **0800-0900** | **0915-0945** | **1100-1215** | **1230-1345** | **1400-1530** | **Remarks** |
| **Mon** | Track 6 x 60 m | **Breakfast** | Rest | **Lunch** | 6 x 1 Reaction Pads  3 x 10 sec Bursts |  |
| **Tue** | Own Run  Weight Dependant | **Breakfast** | Rest | **Lunch** | Sharpening Pads |  |
| **Wed** | Rest | **Breakfast** | Rest | **Lunch** | Rest |  |
| **Thu** | Rest | **Breakfast** | Rest | **Lunch** | Rest  / Travel |  |
| **Fri** | Rest | **Breakfast** | Rest | **Lunch** | Rest |  |
| **Sat** | Rest Day | | | | |  |
| **Sun** | Rest Day | | | | |  |

### Annex B - Training Schedules

**Club:** RNBA / ARMY / RAF **Boxers Name**: **Coaches Name:**

|  |  |  |
| --- | --- | --- |
| **Day / Date** | **Training Focus, Objectives and outline of activities to be undertaken** | **Notes** |
| Monday | 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 | 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 | Warm Up – Session 2  Pad Work – Session 3 Flex – Session 2 |  |
| Warm Up – Session 2  Circuit – Session 2 Flex – Session 3 |
| Thursday | 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 | 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 Ups**

|  |  |  |  |
| --- | --- | --- | --- |
| **Session** | **Warm Up Details** | | **Notes** |
| **1** | **Joint Rotation**  From a standing position with your arms hanging loosely at your sides, flex, extend, and rotate each of the following joints:   * Fingers * Wrist * Elbows * Shoulders * Neck * Trunk and shoulder blades * Hips * Knees * Ankles * Feet and toes   **7 Min Pulse Raiser (Jog/Game)** | **Dynamic Stretching**   * Neck Mobility * Shoulder Circles * Arm Swings * Side Bends * Hip Circles & Twists * Half Squats * Leg Swings * Cross Body Leg Swings * Lunges * Double Leg Bounce * Individual Stretching   **3 min pulse Raiser (Jog/Sprint)** |  |
| **2** | **Joint Rotation**  From a standing position with your arms hanging loosely at your sides, flex, extend, and rotate each of the following joints:   * Fingers * Wrist * Elbows * Shoulders * Neck * Trunk and shoulder blades * Hips * Knees * Ankles * Feet and toes   **7 Min Pulse Raiser (Jog/Game)** | **Resistance Bands (Dynamic Stretching)**   * 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 * Individual Stretching   **3 min pulse Raiser (Jog/Sprint)** |  |
| **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 (Partner-work and Drills)**

|  |  |  |
| --- | --- | --- |
| **Session** | **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** | **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. |
| **Ton Up**   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** | **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** | **Pyramid Circuit**  10 x Press ups  10 x Sit ups  10 x Squats  10 x Reverse Dips  10 x V Sits  10 x Squat Thrusts  **1 Min Rest**  6 x P-Ups  6 x Sit Ups  6 x Squats  6 x Reverse Dips | 6 x V Sits  6 x Squat Thrusts  **1 Min Rest**  2 x P-Ups  2 x Sit Ups  2 x Squats  2 x Reverse Dips  2 x V Sits  2 x Squat Thrusts  **1 Min Rest**  4 x P-Ups  4 x Sit Ups | | 4 x Squats  4 x Reverse Dips  4 x V Sits  4 x Squat Thrusts  **1 Min Rest**  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** | **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 1st lamppost sprint to the 2nd jog to the 3rd and sprint to the 4th 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** | **Weight Training Session Details** | | **Notes** |
| **1** | **1.Chest**  Decline Bench Press  (30-40-degree angle.) X 5 Reps: 3 sets.  **2.Biceps**  Bar Curl X 5 Reps: 3 sets.  **3.Triceps**  Lying Dumb Bell Extension  X 5 reps: 3 sets  **4.Shoulders**  Dumb Bell Press  X 5 reps: 3 sets | **5.Lower Back**  Lying Hyper Extensions  (superman’s)  X 10 reps: 3 sets  **6.Upper Back**  Dumb Bell  Pull-Over  X 10 reps: 3 sets  **7.Quads**  Squats  X15 reps: 3 sets | All weight is 75-80% 1 Rep Max, Speed is essential |

**Key to training Schedules: Flexibility / Stretching Sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **Session** | **Flexibility / Stretching Sessions Details** | | **Notes** |
| **1** | **With Swiss Ball**  3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down.   1. -12 Minutes Static Stretching to include: 2. Shoulder Stretch 3. Chest Stretch 4. Kneeling Back Stretch | 1. Glute Stretch 2. Hip Stretch 3. Quad stretch 4. Hamstring Stretch | Each stretch should be held for 20-25 Secs. |
| **2** | 3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down.  10 -12 Minutes Static Stretching to include:   1. Neck 2. Shoulders 3. Back 4. Chest | 1. Glutes 2. Hip 3. Quadriceps 4. Inner Thigh 5. Hamstrings 6. Calves | Each stretch should be held for 20-25 Secs. |
| **3** | 3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down.  10 -12 Minutes Static Stretching to include:   1. Neck 2. Shoulders 3. Biceps 4. Triceps | 1. Back 2. Chest 3. Glutes 4. Hips 5. Quadriceps 6. Inner Thigh 7. Hamstrings 8. Calves | Each stretch should be held for 20-25 Secs. |

**Key to Training Schedules: Core Stability Session**

|  |  |  |  |
| --- | --- | --- | --- |
| **Session** | **Core Stability Training Session Details** | | **Notes** |
| **1** | 1. **Supine Stability**   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.   1. **Press Up**   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.   1. **Superman**   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.   1. **Chest Press**   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.   1. **Bridge Raise**   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. | 1. **Dorsal Raise**   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.   1. **Triceps Dip**   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.   1. **Abdominal Crunch**   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. | All exercises are with Swiss Ball. |
| **2** | 1. **Prone Stability**   Intensity: Hold for 30 seconds  Position yourself prone on the ball with the hands shoulder width apart maintaining a neutral spine   1. **Shoulder Press**   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.   1. **See-Saw**   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.   1. **Lateral Raise**   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. | 1. **Roll Away**   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.   1. **Pull Over**   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.   1. **Single-Leg Plank**   Intensity: 60 seconds  Lie prone on the ball with your hands shoulder width apart on the floor. Raise 1 foot off the ball and hold the position.   1. **Kneeling Balance**   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. | All exercises are with Swiss Ball. |

**Key to Training Schedules: Punchbag and Shadow Boxing Work**

|  |  |  |
| --- | --- | --- |
| **Session** | **Punchbag / Shadow Boxing Training Session Details** | **Notes** |
| **1** | 4 x 2 Shadow (With Weights 1KG)   1. 1 Minute with weights 1 Minute without (Both hands at same time Left, Right, Forward, Backward) 2. 1 Minute with weights 1 Minute without (No’s 1 = Single Shots 2 = Combinations 3 = Double attacks 4 = 2 Phases with Angles) 3. 1 Minute with weights 1 Minute without (As 1 without both hands and 2) 4. 1 Minute with weights 1 Minute without (Individual Flare) |  |

**Key to Training Schedules: Padwork**

|  |  |  |  |
| --- | --- | --- | --- |
| **Session** | **Padwork Training Session Details** | | **Notes** |
| **1** | Repetition Drills  4 x 2 Minutes  **Round 1**  **DJBH, Push BH(B)**  1 Minute – DJBH  30 Sec Rest  1 Minute – DJBH Push BH(B)  **Round 2**  **1,2 Layback Jab**  1 Minute – 1,2 Layback  30 Sec Rest  1 Minute – 1,2 Layback Jab | **Round 3**  **DJBH Step BH, Jab**  1 Minute – DJBH Step  30 Sec Rest  1 Minute – DJBH Step BH, Jab  **Round 4**  **1,2 Step BH(B) LH(H) BH(H)**  1 Minute – 1,2 Step BH(B)  30 Sec Rest  1 Minute – 1,2 Step BH(B) LH(H) BH(H) | (H) = Head  (B) = Body  1 Minute Rest Between Rounds |
| **2** | 4 x2 Conditioning Pads (Bringing everything together)  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. | |  |
| **3** | 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) | | 4 Lines 10 Meters apart. 1 Minute rest between rounds. |

### Annex C - Risk Assessment – Sparring

|  |  |  |  |
| --- | --- | --- | --- |
| **Dept / Sub-Unit / Unit / Formation:** | ARMY BOXING ASSOCIATION | **Assessor**  **(No, Rank, Name):** | N Pearce |
| **Activity (SSW) / Exercise (SST):** | SPARRING | **Assessor’s signature:** | N L Pearce |
| **Generic or Specific Risk Assessment:** | Specific to 2021/22 Only | **Assessment Date:** | 22/05/2021 |
| **Relevant Publications / Pamphlets / Procedures:** | JSP660 – Sport in the UK Armed Forces  Governing Body - England Amateur Boxing Association  UKAFBA Official Handbook – season 2021/2022 Edition | **Review Date** **for GRA** (Step 5)**:** | For 2021/22 only |

| (a) | (b) | (c) | (d) | (e) | (f) | (g) | (h) | (i) | (j) | (k) | (l) | (m) | (n) |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ref** | **Activity / element**  (Step 1a) | **Hazards identified**  (Step 1b) | **Who or what might be harmed and how**, e.g.  • Military personnel - fatality  • Civ staff / contractors - injury  • General public - injury • Environment - spill(Step 2) | **Existing control measures**  (Step 3a) | **Assessment with  existing controls** | | | **Is residual risk acceptable in the context of risk appetite for the activity?  (Yes / No) – Refer to Risk Score Calculation above** *If Yes, move to column (n). If No, identify  additional controls* (Step 3e) | **Reasonable additional controls that can be implemented to reduce risk  to ALARP** (Step 3f) | **Reassessment with additional  control measures** | | | **List required action(s)  to instigate controls** (Step 3j) |
|  | **L  (1 to 5)** (Step 3b) | **I (1 to 5)** (Step 3c) | **Score  (L x I)** (Step 3d) | **L  (1 to 5)** (Step 3g) | **I (1 to 5)** (Step 3h) | **Score  (L x I)** (Step 3i) |
| 01 | Sparring | Death from Brain Injury | Military Personnel –  Permanent disability  Fatality | 1. Participants have Annual medicals. Information contained in RA pack of participants and medical dates.  2. Qualified England Boxing registered Level 2 Coach or England Boxing registered referee to supervise.  3. Coaches are qualified and in date and registered with the Army BA.  4. All Boxers are registered through the Army BA.  5. Boxers are to be categorised and matched according to Weight and Experience.  6. Only 16oz gloves to be used for sparring. This is compulsory  7. Pre-sparring verbal confirmation of Boxer’s consent to Spar is compulsory and is to be recorded on the Sparring activity log to be completed for every sparring session.  8. Boxers are required to declare any headaches or injuries prior to sparring activity.  9. Coaches are aware of the Unit Emergency Action Plan procedures – Annex A to Section 3 of the UKAFBA Handbook. | e | 4 | 8 | NO | 1. Boxers conducting  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. i.e.  Development Boxer  4 x 2 mins rounds  Elite Boxer  4 x 3 mins  TO BE RECORED ON SPARRING LOG | **1** | **4** | **4**  **LOW**  **ALARP** | **Boxing Officer to make weekly checks on Sparring Log.** |
| Burst ear drum  Detached retinae  Fractures to face, hands, or ribs | Military Personnel –  Significant Injury requiring treatment | 3 | 3 | 9 | NO | **2** | **3** | **6**  **LOW**  **ALARP** |
| Bruising injuries to face, hands or ribs | Military Personnel –  Injury requiring treatment | 5 | 2 | 10 | NO | **5** | **1** | **5**  **LOW**  **ALARP** |
| 2 | Sparring | Actions on Injury | Military Personnel –  Bruising injuries to face, hands or ribs  Burst ear drum  Detached retinae  Fractures to face, hands, or ribs  Permanent disability  Fatality | 1. Medical Centre made aware of Sparring – dates, times and location.  2. First Aid Kit available.  3. All personnel to have Medical Centre contact numbers in Mobile phones  4. Serious injury - Coaches to call Medical Services 999 and inform main gate that the medical services have been called and the location. Instigate Bn Boxing Emergency Action Plan  5. No lone sparring. Key to be held by the Head Coach | 3 | 3 | 9 | YES  LOW  ALARP |  |  |  |  | **Sign and instructions displayed in sparring area. All to be made aware of this**. |
| 3 | Sparring | Dehydration | Military Personnel - Fatality | 1. 1 min breaks afforded at end of each round, Rounds only 2- or 3-mins max dependant on Cat of Boxer.  2. Water to be available – water containers brought in by participants | 2 | 1 | 2 | YES  LOW  ALARP |  |  |  |  |  |
| 4 | Sparring | Muscle injury / strain | Military Personnel - Injury | 1. All Boxers are trained by qualified Coaches and have pre-bout medical to ensure fitness to box. Records kept in RA Folder. | 2 | 2 | 4 | YES  LOW  ALARP |  |  |  |  |  |
| 5 | Sparring | Injury due to faulty or  damaged training  equipment including Boxing Rings and Boxing PPE | Military Personnel  Fall from height out of ring.  Fractures to face, hands, or ribs from defective PPE  Permanent disability  Fatality | 1. Senior Coaches (Level 2 and above) are to inspect all training equipment including the Boxing Ring for serviceability prior to any training taking place. This is to be recorded on the various equipment and boxing ring. | 2 | 2 | 4 | YES  LOW  ALARP | . |  |  |  | **Boxing Officer to make weekly checks.** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Authorising Officer / Warrant Officer (at unit level)** | **No, Rank, Name** | **Post** | **Date** | **Signature** |
| **Existing and additional controls agreed** |  |  |  |  |
| **Where risk is elevated up the CoC, CO to confirm additional controls implemented** |  |  |  |  |

**Annex D to Section 5**

Annex D - UKAF Boxing Association – Sparring Activity Log  **UKAFBA Handbook Jan 2022**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Srl** | **Rank Name** | | | **No of Rds & Duration** | **Opponent 1** | **Opponent 2** | **Comments** | | | **Boxer Signature** |
| **0** | Pte Cooper | | | 4 x 2 mins | Pte Ali  2 Rds | Pte Frasier  2 Rds | Open Spar, Cooper cut above eye in 4th by elbow.  Sparring stopped. Cooper taken to A&E for treatment. | | | H Cooper |
| **1** |  | | |  |  |  |  | | |  |
| **2** |  | | |  |  |  |  | | |  |
| **3** |  | | |  |  |  |  | | |  |
| **4** |  | | |  |  |  |  | | |  |
| **5** |  | | |  |  |  |  | | |  |
| **6** |  | | |  |  |  |  | | |  |
| **7** |  | | |  |  |  |  | | |  |
| **8** |  | | |  |  |  |  | | |  |
|  |  | | |  |  |  |  | | |  |
| **Date** |  |  |  | **Name of Supervising Coach** | |  | | **Signature** |  | |

Booklet produced using information from the National Institute for Health & Clinical Excellence (NICE) Head Injury Guidelines 2017, the Berlin Consensus Statement on Concussion in Sport 2016 & the AIBA medical handbook.

**Graduated Return to Boxing Programme**

*30 days*

*suspension period*

*If* ***symptoms occur*** *– Regress for 24 hours*

*If* ***symptom free*** *for 24 hours - Progress*

*Doctor review*

### Annex E1 - Head Injury, Concussion & Returning to Boxing Advice

**(for Boxers aged 19 & over)**

**Name: DoB:**

This Boxer sustained a head injury at on: .

*(Date)*

*(Time)*

You were assessed by a doctor following your bout and no signs of serious complications were found. It was felt you are safe to be accompanied home and do not need to attend hospital at this stage.

When you get home, it is unlikely that you will have further significant problems, although you should remain in the supervision of a responsible adult for the rest of today and overnight.

If you are affected by any of the following, you should go to the nearest hospital emergency department as soon as possible:

* unconsciousness or lack of full consciousness,
* very painful headache that won’t go away,
* vomiting – getting sick,
* confusion (not knowing where you are, getting things muddled up),
* fits (collapsing or passing out suddenly),
* weakness in one or both arms or legs,
* problems understanding or speaking,
* loss of balance or problems walking,
* problems with your eyesight, clear fluid coming out of your ear or nose,
* bleeding from or new deafness in one or both ears,
* drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake.

**Concussion**

Concussion is a disturbance in brain function (i.e. brain injury) caused by a direct or indirect force to the head. It affects how the brain works but does not show up on any scans or X-rays. It can result in a variety of signs and/or symptoms & most often **does not** involve loss of consciousness.

Most (80–90%) concussions resolve in a short (7– 10 day) period.

Symptoms normally start shortly after injury and gradually improve by themselves but can be delayed.

One or more of the following common symptoms may develop over the next few days and likely do not require a hospital visit:

*- Headache, - Irritability,*

*- Dizziness, - Anxiety,*

*- Nausea, - Feeling depressed or tearful,*

*- Unsteadiness, - Difficulty concentrating,*

*- Restlessness, - Poor attention,*

*- Slowed reactions, - Sleep disturbance,*

*- Memory problems, - Low energy,*

*- “Feeling in a fog”, - Sensitivity to light or noise*

**Dos and Don’ts**

* **DO** have plenty of rest and avoid stressful situations,
* **DO** take painkillers such as paracetamol for headaches,
* **DO** inform a friend or family member about your injury so

they can keep an eye on you.

* **DON’T** stay at home alone for the first 24 hours after injury,
* **DON’T** drink alcohol,
* **DON’T** drive until you have recovered,
* **DON’T** take aspirin, ibuprofen or sleeping tablets.

**Treatment of Concussion**

In order to allow the brain time to fully recover and reduce the chance of any longer-term problems you should have a period of rest, with no training or playing sport, and then adjust your activity for a period of time.

**Recovery Period**

The first step is to **avoid all physical activity and any activities which require concentration or attention for 24-48 hours.** This includes minimising time using mobile phones or the internet for emails & social media, watching TV or movies, reading and all forms of training & exercise. Consider time off or adaptation of work or study.

After this time, you should gradually increase your daily activity level, as long as symptoms do not worsen. Once you have successfully returned to your usual daily activities, including full work/learning activities, without any symptoms, then continue this period of relative rest for the **remaining duration of your medical suspension period** (minimum 30 days).

***\*If you still have symptoms 2 weeks post injury, see your GP\****

**Return to Boxing**

Once your suspension is complete (and you have been **symptom free** for at least 2 weeks), you may move onto ‘Step 2’ of the gradual return to boxing programme (as detailed overleaf) and begin doing light aerobic exercise.

If any symptoms recur upon starting exercising, you should stop and return to ‘Step 1’ until you are again symptom free for 24 hours.

If you are able to train at ‘Step 2’ without developing any symptoms for 24 hours, then you may move onto ‘Step 3’.

You should repeat this pattern of spending **at least 24 hours symptom free at each step** before moving on to the next, higher level step.

If you develop symptoms **at any stage**, you should rest for 24 hours before then going back to the previous step in the chain.

Prior to reaching ‘Step 5’ and returning to sparring, the Boxer must receive a full New Annual Medical from the Unit MO.

Booklet produced using information from the National Institute for Health & Clinical Excellence (NICE) Head Injury Guidelines 2017, the Berlin Consensus Statement on Concussion in Sport 2016 & the AIBA medical handbook.

**Graduated Return to Boxing Programme**

*30 days*

*suspension period*

*If* ***symptoms occur*** *– Regress for 48 hours*

*If* ***symptom free*** *for 48 hours - Progress*

*Doctor review*

### Annex E2 - Head Injury, Concussion & Returning to Boxing Advice

**(for Boxers aged 18 & under)**

**Name: DoB:**

This Boxer sustained a head injury at on .

*(Date)*

You were assessed by a doctor following your bout and no signs of serious complications were found. It was felt you are safe to be accompanied home and do not need to attend hospital at this stage.

When you get home, it is unlikely that you will have further significant problems, although you should remain in the supervision of a responsible adult for the rest of today and overnight.

If you are affected by any of the following, you should go to the nearest hospital emergency department as soon as possible:

* unconsciousness or lack of full consciousness,
* very painful headache that won’t go away,
* vomiting – getting sick,
* confusion (not knowing where you are, getting things muddled up),
* fits (collapsing or passing out suddenly),
* weakness in one or both arms or legs,
* problems understanding or speaking,
* loss of balance or problems walking,
* problems with your eyesight,
* clear fluid coming out of your ear or nose,
* bleeding from or new deafness in one or both ears,
* drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake.

**Concussion**

Concussion is a disturbance in brain function (i.e. brain injury) caused by a direct or indirect force to the head. It affects how the brain works but does not show up on any scans or X-rays. It can result in a variety of signs and/or symptoms & most often **does not** involve loss of consciousness.

Most (80–90%) concussions resolve in a short (7– 10 day) period.

Symptoms normally start shortly after injury and gradually improve by themselves but can be delayed.

One or more of the following common symptoms may develop over the next few days and likely do not require a hospital visit:

*- Headache, - Irritability,*

*- Dizziness, - Anxiety,*

*- Nausea, - Feeling depressed or tearful,*

*- Unsteadiness, - Difficulty concentrating,*

*- Restlessness, - Poor attention,*

*- Slowed reactions, - Sleep disturbance,*

*- Memory problems, - Low energy,*

*- “Feeling in a fog”, - Sensitivity to light or noise*

**Dos and Don’ts**

* **DO** have plenty of rest and avoid stressful situations,
* **DO** take painkillers such as paracetamol for headaches,
* **DO** inform a friend or family member about your injury so

they can keep an eye on you.

* **DON’T** stay at home alone for the first 24 hours after injury,
* **DON’T** drink alcohol,
* **DON’T** drive until you have recovered,
* **DON’T** take aspirin, ibuprofen or sleeping tablets.

**Treatment of Concussion**

In order to allow the brain time to fully recover and reduce the chance of any longer-term problems you should have a period of rest, with no training or playing sport, and then adjust your activity for a period of time.

**Recovery Period**

The first step is to **avoid all physical activity and any activities which require concentration or attention for 48 hours.** This includes minimising time using mobile phones or the internet for emails & social media, watching TV or movies, reading and all forms of training & exercise. Consider time off or adaptation of work or study.

After this time you should gradually increase your daily activity level, as long as symptoms do not worsen. Once you have successfully returned to your usual daily activities, including full work/learning activities, without any symptoms, then continue this period of relative rest for the **remaining duration of your medical suspension period** (minimum 30 days).

***\*If you still have symptoms 2 weeks post injury, see your GP\****

**Return to Boxing**

Once your suspension is complete (and you have been **symptom free** for at least 2 weeks), you may move onto ‘Step 2’ of the gradual return to boxing programme (as detailed overleaf) and begin doing light aerobic exercise.

If any symptoms recur upon starting exercising, you should stop and return to ‘Step 1’ until you are again symptom free for 48 hours.

If you are able to train at ‘Step 2’ without developing any symptoms for 48 hours, then you may move onto ‘Step 3’.

You should repeat this pattern of spending **at least 48 hours symptom free at each step** before moving on to the next, higher level step.

If you develop symptoms **at any stage**, you should rest for 48 hours before then going back to the previous step in the chain.

Prior to reaching ‘Step 5’ and returning to sparring, the Boxer must receive a full New Annual Medical from the Unit MO.

**Annex F to Section 5**

**UKAFBA Handbook Jan 2022**

### Annex F - Application to Host a Coaching Course

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Unit: |  | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Unit Address: | |  | | | | | | | | | | | | | | | | | | | | | | | | |
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| Location of Course | | | | |  | | | | | | | | | | | | | | | | | | | | | |
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| Unit Representative or Boxing Officer | | | | | | | | | | |  | | | | | | | | | | | | | | | |
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| Contact Tel. No. Mil. | | | | | |  | | | | | | | | | | Civ. | | |  | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Email Address | | |  | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Level of Course Required (Tick Required) | | | | | | | | | | | | | | Level 1 | | | |  | | | | Level 2 | | |  | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Number of Candidates | | | | | | |  | | | | |  | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Accommodation for Tutors Available | | | | | | | | | Yes | | | | | |  | | | | | No | | | |  | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proposed Dates | | | | From | | | |  | |  | | |  | | | | To | | | |  | |  | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Additional Information: | | | | | | |  | | | | | | | | | | | | | | | | | | | |
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# Section 6 – Tournament Officials

1. References:
2. AIBA Technical Rules
3. AIBA Open Boxing (AOB) Competition Rules
4. England Boxing Rules

## General

1. Tournament Officials are qualified as per the National Governing Body’s (England Boxing) and IBA rules (Reference A and C). The following grades of Officials are applicable:
   1. IBA - International (IBA 1 - 3\*)
   2. Grade A - England Major Panel.
   3. Grade B - Regional Panel (UKAFBA & Army Major Panel).
   4. Grade C - Command Panel.

## Dress

1. All Officials are to dress in accordance with these regulations, under normal circumstances this will be Army/Corps/Regt mufti or according to sS direction:
   1. 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. Service/Corps/Regt blazer may be worn whilst judging or sitting out.
   2. Other Officials should be dressed in Service/Corps/Regt Mufti or according to sS direction. Female Officials (except referees), are to be similarly dressed, but may where a suitable skirt and/or blouse, in accordance with their Service/Regt/Corps Dress Instructions. Mufti is; Black blazer with Service Association Boxing Badge embroidered on the left chest pocket, grey trousers, white shirt, black shoes and tie. Female Officials are not required to wear a tie.
   3. International Officials are permitted to wear their international qualification badges on blazers/shirts.
   4. A high standard of turnout is expected.

1. All Officials must be:
   1. In possession of an Official’s book bearing a likeness photograph and the current season’s registration stamp. The book must always be carried 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.
   2. Qualified by examination set by:
      1. Grade C & B - sS/UKAFBA/England Boxing R&J Committee
      2. Grade A - England Boxing
      3. AIBA - AIBA (organised by Host nation).
   3. 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.
   4. On the appropriate Association’s list of qualified Officials.
   5. Must attend continuous development training a minimum of every 3 years, which is to be recorded in the Official’s boxing registration book.
   6. Sit and pass a control exam at the appropriate level every 3 years; upgrading counts as a control exam.
   7. Re-assessed by written, oral, and practical examination, if inactive for 2 or more years, before being allowed to resume Officials’ duties.
2. An Elite Boxer can be trained and act as an Official during their 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.
3. 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.
4. 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.
5. 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.
6. Any Supervisor, Referee, Judge, or Timekeeper who has been active in that capacity at Grade C and has achieved the appropriate criteria may be nominated for upgrading to Grade B. Any Grade B Official, who has been active in that capacity and has achieved the appropriate criteria, may be nominated for up-grading to Grade A. Details of upgrading procedures and Major Panel selection is outlined below. AIBA upgrading is through England Boxing selection in accordance with AIBA rules.
7. 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 an Officials mentor and they will be told when they are competent enough to be appointed to tournaments.
8. Newly qualified referees will be assessed at a tournament by an appointed Officials mentor and they will be told when they are competent enough to be appointed to tournaments.
9. Individuals wishing to qualify as a Grade C Official should apply in accordance with the instructions below.

## Boxing Official Courses and Upgrading

**Courses**

1. Throughout the year, courses are run at the Army School of Physical Training (ASPT) to qualify Army personnel as boxing Officials. Further courses are run for RN and RAF personnel by sS Boxing Associations; where possible courses will be run as UKAF Boxing and open to each service. These courses are run by a Referee Judge Developer, personnel wishing to qualify should contact their sS Officials Secretary or in the case of the Army their Regional Secretary.
2. All Army personnel who wish to qualify as a boxing Official i.e. Judge & Timekeeper (JTK) should refer to pamphlet 16A (Army School of Physical Training Sports Course Schedule). 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 Army BA Ops Officer and the individuals’ Regional Boxing Secretary.

**Upgrading Criteria**

1. Criteria for upgrading of boxing Officials are set by the UKAFBA Major Panel and are:
2. Upgrade from Grade C JTK to Grade C Referee:

Minimum of 1 year as an active JTK with a minimum of 100 judged bouts.

1. Upgrade from JTK Grade C to JTK Grade B:

Minimum of 1 year as an active JTK with a minimum of 100 judged bouts.

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

Minimum of 1 year as an active Referee with a minimum of 100 refereed bouts.

Upgrading to Grade B as a Referee or as a JTK can be authorised at sS level with the UKAFBA Officials Secretary informed on completion of training.

1. Upgrade from Judge Grade B to Judge Grade A:

Minimum of 1 year as an active JTK, with a minimum of 100 judged bouts; and at least 50 at sS level and a recommendation from sS Secretary.

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

Minimum of 1 year as an active Grade B Referee, with a minimum of 100 refereed bouts; and at least 25 at sS level and a recommendation from sS Secretary.

1. The minimum qualifications needed to run JTK courses and upgrading up to Referee Grade B level are:
2. JTK course - Referee / Judge Developer
3. Referee upgrading - Referee / Judge Developer

**Upgrading Procedure**

1. Candidates who wish to be selected for upgrading must meet the criteria in paragraph 15 and have a recommendation from their sS Boxing Secretary or Regional Boxing Secretary (as appropriate).
2. For Grade A upgrades the sS Officials Secretary are to submit an application to UKAFBA Officials Secretary for processing.
3. All UKAF Boxing Association upgrading assessments should be conducted at the Army Individuals Championships due to the number of bouts available and the different level of bouts for assessment ie Development and Elite both male and female. Permission to conduct upgrading away from these championships must be gained from the UKAFBA Officials Secretary.
4. Candidates will sit a controlled theory examination followed by a practical assessment to complete both elements of the upgrading procedure.

**Active / Inactive Officials**

1. 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 sS Officials Secretaries or Regional Secretary who will appoint a minimum of one Major Panel Grade A R&J to carry out the assessment.

## UKAFBA and Major Panel of Officials

1. The UKAFBA and the Army Major Panels of Officials oversee all aspects of Boxing in the UKAF and Army regarding Tournament Officials (Referees, Judges and Timekeepers). Individuals must be qualified to at least Grade B to be assigned to either the UKAF or the Army Major Panel.

**Selection**

1. Due to the nature of tournaments at which both the UKAF and Army Major Panel members officiate (England Boxing civilian shows, UKAFBA / sS 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:
   1. Minimum of 3 seasons as an active JTK or Referee.
   2. Recommendation from Regional Boxing Secretary / Chairman or sS Officials Secretary. The recommendation is to include a summary of candidate’s achievements.

**Applications**

1. Applications must be submitted in writing by sS Officials Secretaries or Regional Boxing Chairman to the UKAFBA Officials Secretary at least 21 days prior to Army Individuals Championships.

**Assessment**

1. Assessment may be conducted at the Army Individuals Championships. The candidate’s England Boxing Registration book will be scrutinised to confirm minimum experience is valid.
2. An overall assessment and practical examinations will be evaluated, and a summary given to each candidate the Officials’ Secretary. Competent candidates will then be selected to the Major Panel.
3. The UKAFBA Officials Secretary is to maintain a list of Major Panel Officials and all Grade A and AIBA registered Supervisors, Referees and Judges who must be qualified by examination by the UKAFBA / England Boxing.
4. All Officials must be members of the UKAFBA and registered on the Vault with a UKAFBA Club. Only Officials from this list will be authorised to officiate at preliminary, Association, pre-¼ Finals and ¼ Final rounds of all Championships and representative matches.
5. Appointment to England Boxing Semi Final and Final rounds will be by England Boxing.

**Standards**

1. UKAFBA Major Panel members are expected to attend a minimum of 3 Major Panel fixtures each season. Failure to do so may result in removal from the Major Panel, although dispensation will be given to members involved on operational deployments.

**Review**

1. 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**

1. Breaches or failings in an Official’s duties or performances will be dealt with via a disciplinary panel arranged under the direction of the Major Panel. The composition of the panel will be UKAFBA Officials Secretary plus;

RNBA Official – 2 x Royal Navy Grade A or above

Army Official – 2 x Army Grade A or above

RAF Official – 2 x RAF Grade A or above

Should a single service not have enough officials for a panel an official from another sS will be appointed.

1. The UKAFBA Officials Secretary will collate the information on behalf of the Panel but act as an independent member. The decision will be notified under arrangements issued by the Chairman of the Association concerned.
2. Appeals may be made using the military redress of grievance procedures.

## England Boxing Major Panel

1. Only Grade B Major Panel Officials will be nominated by the Officials Secretary to the UKAFBA for upgrading to Grade A. All Grade A Officials are England Boxing Panel.
2. Only Officials from the Major Panel Officials’ lists will be authorised to officiate at preliminary, Association, pre-¼ Finals and ¼ Final rounds of all Championships and representative matches. Grade C Officials will not be used for Championship events.

## IBA Officials

1. Nomination to IBA will be via the UKAFBA Officials Secretary to England Boxing, through sS Officials’ Secretaries. Individuals receiving recommendations for upgrading to AIBA via England Boxing Regional Associations/Divisions are to notify their sS Officials Secretary immediately.

**Annex A to Section 6**

**UKAFBA Handbook Jan.2022**

### Annex A Notes for Supervisors

### The Supervisor has the responsibility as the appointed official to ensure that any boxing event is well managed and safe for the boxers, coaches, officials, and spectators to that end the list of duties is extensive.

### Prior to arrival at venue

### The Supervisor should be in contact with the Boxing Officer / Event Organiser and the Regional Secretary in advance of the boxing event to discuss any issues and ensure the organiser is aware of the conditions and rules that must be adhered to.

### Check the list of appointed officials for qualifications and appropriate numbers, this should include the Ringside Physician, Paramedic Company and MC.

### Assign an appropriately qualified and registered official to conduct the Weigh In should the Supervisor not be able to attend the Weigh In.

### On arrival

### The Supervisor must check

### Inspect Field of Play Layout

### Review the scoring system

### Competition administration paperwork

### Boxers Changing facility

### R&J Changing and Meeting areas

### Weigh in area / scales (if appropriate)

### Medical Area / Treatment room

### Boxers Warm up area

### Boxers entry

### Emergency access to boxing ring

### Competition equipment

### Refreshments / meal times

### Technical Meeting / R&J Briefing

### The Technical Meeting is to inform relevant parties how the event is programmed and should be attended by all appointed officials, coaches and team managers may be required to attend dependent on the level of competition or tournament.

### The scheduling of the Technical Meeting for Championships, Tournaments and Club / Unit boxing will differ but must take place in plenty of time to ensure the duties of all parties are complete.

### The Supervisor should ensure the following subjects are covered in the Technical Meeting;

### Confirm the entries of the boxers

### Times of Pre Bout Medicals and Weigh in (if appropriate)

### The time and location of the draw – as reqd

### Explain the seeding – as reqd

### Provide the programme and session times

### Assign Weigh in Officials (if appropriate)

### Assign an Deputy Supervisor – when appropriate

### Liaise with the Ringside Doctor / Paramedics to confirm emergency access and the Emergency Action Plan

### Remind officials of relevant regulations such as;

### No Red or partially red Gum Shield

### Non pregnancy declarations for female boxers

### Glove Weights

### Bout duration for different contests – as reqd

### Knock downs for different categories of boxers

### Prevalent Fouls and Warnings

### Boxers Dress

### Hair control

### The Weigh In and Medical Exams

### The Supervisor is responsible for ensuring the Weigh in and Pre Bout medical exams are conducted in accordance with the rules. (should the weigh in be conducted by another official it the duty of that official to report their findings to the Supervisor).

### The Draw

### Where a draw is required the Supervisor must ensure that all boxers from the General Weigh In are included in the draw schedule.

### The Supervisor will conduct the draw and provide the programme of boxing and session times.

### The Supervisor is to ensure the draw is displayed clearly in the changing,  warm up and spectator areas and in the and copies of the draw are available for coaches and officials.

### Pre Competition Checks (1 hour)

### The Supervisor is to confirm all of the following items are available;

### a. Competition Gloves 10oz and 12oz (to include spare sets in both colours- where appropriate)

### b. Head Guards – it is usual for domestic competitions for the boxers to wear their own.

### c. Score Sheets / Pads

### d. Competition administrative paperwork is present

### The Supervisor will then check the following

### Field of Play

### Computer Scoring system (when employed)

### All designated officiating positions for suitability and equipment

### Pre Bout Checks (15mins)

### The Supervisor is to check that all boxing officials are present and familiar with their duties.

### Check the Ringside Doctor and Paramedics are in position with the required equipment.

### Check the access to the ring for the boxers.

### During the session

### The Supervisor will be responsible for all decisions within the FOP and all technical matters relevant to the competition.

### During the boxing session the Supervisor will;

### Maintain control of the FOP.

### Keep it free of obstructions

### Ensure the conduct of coaches adheres to the rules

### Ensure the boxers are correctly attired.

### Give permission for each bout to commence.

### Ensure the boxing is conducted according to the rules.

### Pass the decision information to the Announcer / MC

### Record the scores of each bout

### Update the BCR1 of each boxer on conclusion of the Post Bout Medical

### Record the session results (if manual scoring on a tournament record sheet)

### Monitor the results of the officials.

### Post Session

### On completion of the boxing the Supervisor will;

### Post the results of the boxing

### Schedule the programme for the next round of the tournament – as reqd

### Return the BCR1s to coaches or Boxers (less those awarded medical suspensions – these are to be highlighted and the suspension photographed before being returned to the coach).

### Retain the BCR1s of boxers continuing in the tournament

### Sign the R&Js record cards.

### Report any serious incident to England Boxing.

### Complete the Supervisor report form.

### Photograph the Tournament Record Sheet and email the TRS, Supervisor Report and images of the BCR1s of boxers receiving medical suspensions to the sS Secretary.

### Decisions

### A Supervisor is to suspend any official guilty of wrong doing; once the competition is complete the Supervisors report and inform the sS Secretary and the UKAF Boxing Officials Appointments Officer.

### Substitute an appropriately qualified official should the designated official not be present for a bout.

### If circumstances arise which would affect the holding of a Bout under proper conditions and the Referee does not take appropriate action, the Supervisor may order that Boxing is to cease until it can be satisfactorily resumed.

### The Supervisor may also take any immediate action as deemed necessary to deal with circumstances that would affect the proper conduct of boxing.

### If a boxer is guilty of a serious and deliberate offence that is contrary to the spirit of sportsmanship the Supervisor is to complete the disqualified boxer Annex of the UKAF Boxing Official Handbook (Annex I to Section 11)

### The Supervisor is responsible for any cautions, warning or removal of coaches.

### A Bout Review may ONLY be requested by a Supervisor if the Referee has given a decision that is clearly in breach of current regulations

**Annex B to Section 6**

**UKAFBA Handbook Jan 2022**

### Annex B - Notes for Referee

1. This Annex is included to provide further guidance for Referees. Much of this is common sense and can be found in the England Boxing and/or AIBA Rules.
2. This section should be considered as advice for Referees.
   1. 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 cautioned, warned or disqualified without hesitation.
   2. 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.
   3. The referee shall indicate to a Boxer by suitable explanatory signs or gestures as appropriate any infringement of the rules, especially the common offences such as 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”.
   4. When refereeing raw development Boxers, the referee may give the Boxers guidance, where possible this should be conducted during the pre-competition brief. Caution on the move is permissible.
   5. 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 UKAFBA Officials are required to follow the hand signals in the AIBA R and J Manual. 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.
   6. A referee may give a caution without stopping the bout, **however** when doing so, they must not refer to a specific Boxer/colour; in doing so, they may put a Boxer at a disadvantage or risk. Where necessary, the referee should stop the boxing to deliver a caution.
   7. A referee should not be too eager to give frequent cautions. They should ensure that a caution is needed, and that they are quite certain of the offender, and then make the caution as brief as possible.
   8. Boxers of intermediate standard or above should be given gestures only. The Referee should only speak to development class Boxers, i.e. “don’t hold”.
   9. 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 to listen to the referee and thereby receiving a knockout blow from an opponent who continues to box.
   10. The Referee must stop the bout when giving warnings indicating to the Boxer first and then to the Supervisor.
   11. 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.
   12. 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.
   13. 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.
   14. 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.
   15. 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 they are still feeling strong and keen and considers that they have a chance to win.
3. Reporting action after a disqualification. Following disqualification, the Referee may report the matter to the sS Officials Secretary, this action is to be supported by the Supervisor and should only be in cases of gross misconduct. In such cases the Boxer must be informed that they may not box at any meeting held until they hear further. In reporting the case, the Supervisor must suggest a term of suspension after consulting with the Referee, Comd Chair and sS Officials Secretary. The decision of the sS 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 are 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 if they know their job, they can be rest assured in the knowledge that the spectators have not come to watch the referee, but to watch the Boxers!
   1. 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 the referee should endeavour always to keep themselves at right angles to the line joining the two Boxers and as far away from them as the ropes will allow.
   2. 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 them 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.
   3. 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.
   4. 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.
   5. On the other hand, a referee who stands still obscures the view of spectators behind them 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.
   6. 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.
   7. A referee should avoid rigidity in his movements and should not be afraid to use their arms freely in assisting him to change direction. At suitable moments the referee should glance at the Boxers’ corners to ensure that the seconds are not contravening the rules by interfering with the progress of the bout.
   8. Decisions should be made without hesitation and observations made in a firm and distinct voice.
   9. In the event of a Boxer falling between or outside the ropes the referee should be careful that neither seconds nor spectators assist them 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 they may have injured himself by the fall, the referee should not stop seconds or spectators from breaking their fall, but their assistance must not go beyond this point and the Boxer must not be assisted back up from the floor.
   10. The Boxer will then be given a maximum of a further 30 seconds to make their way back in to the ring and be fit to box. If, during a knockdown, a Boxer grounds their gloves it is the referee’s duty to ensure that boxing is not continued until the gloves are clean.
   11. 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.
   12. 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.
   13. The referee in the ring has a great advantage over his counterparts at the ringside in that, they can 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 the referee must accept their recommendation.

### 

**Annex C to Section 6**

**UKAFBA Handbook Jan 2022**

### Annex C - Notes for Timekeepers

* + - 1. The Duties of the Timekeeper are as follows:

1. 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.
2. The Timekeeper & Gong Operator must start and end each round by striking the bell.
3. 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.
4. 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”.
5. 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.
6. 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.
7. The Timekeeper must regulate the time when a Low Blow or LOC occurs and if a Boxer falls or is knocked out of the ring.

**Annex D to Section 6**

**UKAFBA Handbook Jan 22**

### Annex D - Computer Scoring System

1. The Scoring System will be used wherever possible for UKAFBA 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 Field of Play (FoP) and take the position nominated by the Supervisor’s ‘Judge Rota’ or, if that is unavailable, randomly select a position around the ring or
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 seven (7) - 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.
5. 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. 1 Judge-Tie, 2 Judges–Red and 2 Judges–Blue
   2. 2 Judges–Tie and the other 3 are not unanimous
   3. 3 Judges–Tie
   4. 4 Judges–Tie
   5. 5 Judges–Tie
6. The scores must not be disclosed or displayed until the winner of the Bout has been announced.
7. The Supervisor will inform the MC/Announcer of the official results.
8. All results recorded in the Scoring System must be printed at the conclusion of the Bout, or sent electronically at the end of the event, and must be included in the official report forwarded to the AIBA HQs Office by the Supervisor.
9. If the Scoring System becomes defective, Judges will revert to manual scoring and the Referee will in that case collect all 5 Judges’ score cards with the Judge’s score cards to be given to the Supervisor at the end of each round.
10. The Scoring System will appoint the winner by unanimous or split decision as follows:
    1. Unanimous decision by points: all Judges appoint the same winner, or
    2. Split decision by points:
       1. 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.
       2. 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.
11. Each Judge will independently judge the merits of the two (2) Boxers using the Scoring System based on following criteria:
    1. Number of quality blows on target area;
    2. Domination of the bout by tactical and technical superiority;
    3. Competitiveness.
12. The Judges must apply the following criteria to score round:
    1. 10 vs. 9 – Close round;
    2. 10 vs. 8 – Clear winner;
    3. 10 vs. 7 – Total dominance.

### 

**Annex E to Section 6**

**UKAFBA Handbook Jan 2022**

### Annex E - 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 seven (7) - 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:
         1. Number of quality blows on target area;
         2. Domination of the bout by tactical and technical superiority;
         3. Competitiveness.
      5. The Judges must apply the following criteria to score round:
         1. 10 vs. 9 – Close round;
         2. 10 vs. 8 – Clear winner;
         3. 10 vs. 7 – Total dominance.
      6. Each Judge is to fill in the Judges Round Score Sheet ([Section 11 Annex C](#_Annex_C_-_5)); 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 end 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, or C, each describes the reason for the Boxer winning (the letters and descriptions are on the (Judges Reference Score Card ([Section 11 Annex C](#_Annex_C_-_5))
      9. The Supervisor is to transpose the selected Judges scores to the Supervisors Bout Report ([Section 11 Annex E](#_Annex_E_-))

At the end of the bout the Supervisor is to complete the MC/Announcer Score Sheet (See [Section 11 Annex D](#_Annex_E_-)) and pass this back to the Referee who in turn will pass it to the MC/Announcer.

**Annex F to Section 6**

**UKAFBA Handbook Jan 22**

### Annex F - Decisions and Protests

**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.

1. 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.
2. 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.
3. 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.
4. 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;
5. 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).

**Technical Draw – TD**

1. There is no technical draw in AIBA Open Boxing (AOB).

**Win by Referee Stops Contest – RSC**

**RSC-H – Stoppages due to punches to the head**

**RSC-B – Stoppages due to punches to the body**

1. If a Boxer, fails to resume boxing immediately after the rest period between rounds the opponent declared the winner .

1. 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.
2. 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.
3. If a Boxer does not recover after ninety (90) seconds, in accordance with the Low Blow Rule, the opponent will be declared the winner of the Bout by RSC.
4. 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.

1. The Ringside Doctor has the option to advise the Referee to terminate a Bout if a boxer receives too much punishment. The opponent is declared the winner of the bout by RSC.

**Win by Referee Stops Contest (Injury) – RSC- I**

1. 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.
2. 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**

1. 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.
2. 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.
3. 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.
4. 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 must be brought to the attention of the UKAFBA Disciplinary Commission by the Supervisor within twenty-four (24) hours of the end of the respective Bout.

**Win by Knockout – KO**

**KO-H Knockout due to blows to the head**

**KO-B Knockout due to blows to the body**

1. If a Boxer is knocked down and fails to resume boxing before that Boxer is counted to ten (10), the opponent will be declared the winner of the Bout by KO.
2. In the case of an emergency and the Referee summons the Ringside Doctor in the ring before the Boxer is counted to ten (10), the opponent will be declared the winner of the Bout by KO.

In the case a Double KO occurs, both Boxers will lose the Bout by KO.

**Win by Walkover – WO**

1. 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.
2. In the case the Supervisor knows in advance that a Boxer will not be present, he/she must

cancel the procedure mentioned in Para 22 and the result must be officially announced

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

**Abandon / Retire – ABD**

1. 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/Retire.

**Protest**

1. 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 Rules, the Supervisor must fill in the Bout Review Request Form ([Annex G Section 11](#_Annex_G_-_1)) and call for a meeting with the judges and referee to review the bout.

**Annex G to Section 6**

**UKAFBA Handbook Jan 22**

### Annex G - Fouls / Low Blow / Cautions, Warnings & Disqualification

**Types of foul**

1. There are several actions which are deemed as fouls by AIBA, these are;
   * + 1. Hitting below the belt, holding, tripping, kicking, and butting with foot or knee;
       2. 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;
       3. Hitting with open glove, the inside of the glove, wrist or side of the hand;
       4. Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch;
       5. Pivot blows;
       6. Attack whilst holding the ropes or making any unfair use of the ropes;
       7. Lying on, wrestling and throwing in the clinch;
       8. An attack on an opponent who is down or who is in the act of rising;
       9. Holding and hitting or pulling and hitting;
       10. Holding or locking, on the opponent’s arm or head, or pushing an arm underneath the arm of the opponent;
       11. Ducking below the belt of the opponent;
       12. Completely passive defence by means of double cover and intentionally falling, running, or turning the back to avoid a blow;
       13. Speaking;
       14. Not stepping back when ordered to break;
       15. Attempting to strike opponent immediately after the Referee has ordered “break” and before taking a step back;
       16. Assaulting or behaving in an aggressive manner towards a Referee at any time;
       17. Spitting out the gum shield (teeth protector) intentionally without receiving a correct punch will cause the Boxer to receive a mandatory warning;
       18. 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;
       19. Keeping the advanced hand straight to obstruct the opponent’s vision;
       20. Biting an opponent;
       21. Faking / simulating.

**Low Blow**

1. 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.
2. After a low blow, if the offended Boxer complains about the severity of the low blow, the Referee will have two (2) options:
   * + 1. The offending Boxer will be immediately disqualified if blow is intentional and hard.
       2. Start an eight (8) count, after the eight (8) count, the Referee will have (2) options:
          1. 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.
          2. 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.

* + - 1. 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.

* + - * 1. The Boxer is unfit to continue: the opponent will be declared the winner of the Bout by RSC-I.

**Cautions, Warnings and Disqualifications**

1. 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.
2. 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.
3. 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.
4. If a Boxer receives head butting or illegal blows which cause an injury or cut the Referee must disqualify the offending Boxer.
5. 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.
6. 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.
7. The Supervisor / Assistant Supervisor has the right to caution, to remove and to disqualify a Second who has infringed the rules.

**Annex H to Section 6**

**UKAFBA Handbook Jan 2022**

### Annex H - UKAFBA 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 (UKAF) / 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 service boxing events an MC has significantly more responsibility and essential duties which are detailed in this section.
      2. It is customary within UKAFBA 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**

* + - 1. 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**

* + - 1. 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**

* + - 1. The MC should enter the ring to deliver the introductory briefing. The following script is offered 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**

* + - 1. 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**

* + - 1. 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.
      2. 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.
      3. 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.
      4. 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.
      5. 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).”*

* + - 1. 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).”*

* + - 1. 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. 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.
      2. 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.
      3. 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.
      4. 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.”**
      5. 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.
      6. Once approval is given, return to the neutral corner and announce the arrangements made by the Boxing Supervisor, together with a notification of what time people are to return and be seated by.
      7. Leave the ring. Return in good time to repeat the 2nd phase of the evening and continue the process.

**Post-Boxing Arrangements**

* + - 1. 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.
      2. 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).*

* + - 1. These announcements continue to cover all bouts boxed.
      2. Prize giving for individual bouts may take place throughout the tournament, after each bout.
      3. Depending on what agreement has been reached previously regarding who is to present what trophies/medals and where in the proceeding’s 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).”*

* + - 1. If applicable, announce the winning team and the competition:

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

1. The MC then orders the audience to, “**Stand up.”** The National Anthem is then played. On completion, seek the authority of the Commanding Officer to carry on. Once given, assist the Commanding Officer/guests to leave the ring.
2. 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 Boxing Supervisor, but be masterminded by the MC.

**Annex I to Section 6**

**UKAFBA Handbook Jan 2022**

### Annex I - Master of Ceremonies Individual Bout Script

* + - 1. On signal from the Whips that the Boxers are in position, give the command

***“Boxers!”***

* + - 1. 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.
      2. 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*** |  | | (Insert number) ***Bout of the evening is a*** | | | |  | |
| (Insert weight and category of Boxer) ***contest, boxed over*** | | | | |  | | | (Insert number and |
| Duration of rounds) ***minute rounds;*** | | | |  | | | | |
|  | | | | | | | | |
| ***between in the Red Corner and representing*** | | | |  | | | | |
| Rank: | |  | | Name: | |  | | |
| ***and in the Blue Corner and representing:*** | | | |  | | | | |
| Rank: | |  | | Name: | |  | | |

* + - 1. 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)” |

* + - 1. 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.
      2. The referee calls both Boxers to the centre of the ring.
      3. The Referee may request that the MC congratulate the Boxers on a hard-fought contest.
      4. The result of the bout is then announced by the MC as written on the Bout Result Sheet.

(See [Annex E to Section 11](#_Annex_E_-))

# Section 7 - Registration

## Individual Registration

* + - 1. All regular SP who wish to be involved in boxing **MUST** register through the UKAFBA as detailed throughout this section. Any Reserve serving personnel who wish to take part in Service Boxing in any way must register through the respective sS.
         1. Boxers. All Boxers, irrespective of the level of boxing they intend to participate at, are to register via the Vault at <https://www.englandboxinginsight.com/auth/login> a full guide to registration can be found at [www.Britisharmyboxing.com/registration/Boxers](http://www.Britisharmyboxing.com/registration/boxers).
         2. Boxers participating in Service Boxing Only 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.
         3. Season. The boxing season runs from 1 June 2021 to 31 May 2022. In compliance with England Boxing guidelines for audit, units/individuals are to ensure that any application for registration in the current season are with the relevant registration officer (See contacts Section 1) for processing at least 4 weeks prior to the bout, tournament or Championships.
         4. Coaches. All Coaches are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 11. All Coaches are to ensure that they are registered with their sS association prior to the commencement of Coaching.
         5. Officials. All Officials are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 13.

## Unit Registration

1. All units who wish to take part in any boxing are to ensure that they affiliate to the their sS Boxing Association on a seasonal basis by completing [Annex A to Section 7](#_Annex_A_-_1) and sending it to the sS Secretary or Regional Chairman. Each successful application will be awarded a Certificate of Affiliation which will be copied to the Single Service Secretary or Regional Secretary.
2. The process for Unit Affiliation is as follows;
   1. Ensure the boxing gym meets all of the criteria detailed in Annex A to this Section.
   2. Ensure all Coaches read and understand the Unit Emergency Action plan.
   3. Ensure all Coaches have a valid First Aid Qualification (see Section 5 Para 4).
   4. Review the Risk Assessments associated with unit boxing training.
   5. Supervise the initiation of the registration process of all unit boxing Coaches.
   6. Formulate a nominal roll of the Boxers that the unit wishes to register assuring each Boxer’s previous contact sport experience.
   7. Get the Commanding Officer to sign the nominal roll as accurate.
   8. Task the Unit Head Coach with initiating the Boxers’ registrations online (See [Para 4](#_Boxer_Registration)).
   9. Arrange payment for Coaches and Boxers registrations (Service Only Boxers – Army only by bank transfer to ASCB Acc: 10529980 Sort: 16-19-26 referencing Boxing and your unit or by cheque made payable to ***CENTRAL BANK ASCB***).
   10. Arrange Annual Medicals for all Boxers on nominal roll.
   11. Send signed nominal roll and Affiliation Application to sS Boxing Association.

## Boxer Registration

1. All Boxers in the UKAF are to be registered online from 1 September 2020, all service Boxers should fall in to one of the categories a - d below and the procedure for registration for each Boxer is covered comprehensively in a dedicated paragraph for each category throughout this section;
2. Boxers with no previous boxing or combat sports experience (See Para 5).
3. Boxers with previous boxing experience (not inc unlicensed boxing see c below).
   * 1. With BCR1 (See para 6a)
     2. Lost BCR1 or no registration card – (See para 6b).
4. Boxers with Previous Combat Sports Experience (See para 7).
5. Change of status from Service Only to England Boxing Registration or vice versa (See para 9).
6. **Boxers with no previous boxing or combat sports experience**
7. Log in to [www.englandboxinginsight.com](http://www.englandboxinginsight.com) and complete the online registration process as prompted for a NEW BOXER. All Boxers will require an appropriate digital photo of themselves to upload during this process.
8. For ALL Royal Navy, Army and Royal Air Force Boxers NOT selecting SERVICE ONLY BOXING, payment (£11) will need to be made by credit or debit card on registration. (in some instances, this may be claimed back from your unit).
9. Service Only Boxing (Applicable to Army BA only). The registration fee of £5 per individual will be paid out with this process, by bank transfer to ASCB Acc: 10529980 Sort: 16-19-26 referencing Boxing and your unit or by cheque made payable to ***CENTRAL BANK ASCB***).
10. Following step 1 and either 2 or 3 with receipt of the affiliation application and payment from your Boxing Officer will initiate the preparation of your Boxing Competition Record book (BCR1) by your Single Service Registrar. This book will be returned to the unit prior to the Boxer undertaking the Annual Medical.
11. Boxers are required to take their newly prepared BCR1 in to the Annual Medical and ensure the Dr signs Section E stating the Boxer is FIT TO BOX as well as completing Annex B of JSP 950 Leaflet 2-1-1 (this will be printed off by the Medical Centre and requires both Boxer and Dr signatures).
12. On completion of the Annual Medical process the BCR1s are collected by the Boxing Officer and returned to the sS Boxing Association Medical Registrar with a passport photo of each Boxer and Annex B of JSP 950 Statement of Passed Annual Medical where the following will occur;
13. Stamped for the season
14. Photo affixed in front of BCR1
15. Annex B stapled to back of BCR1
16. Annual Medical date recorded on Vault.
17. This completes the registration process and the BCR1 is returned to the Boxer at the unit.
18. **Boxers with previous boxing experience (renewal)**
    1. **With Registration Card** - This process is for a Boxer that has registered with a sS Boxing Association in the UKAF Boxing Association;
19. Log in to [www.englandboxinginsight.com](http://www.englandboxinginsight.com) and complete the online registration process as prompted for a RENEWAL, updating the information contained as appropriate
20. For ALL Royal Navy, Army and Royal Air Force Boxers NOT selecting SERVICE ONLY BOXING payment (£11) will need to be made by credit or debit card on registration. (this can usually be claimed back from your unit).
21. For Army Boxers selecting Service Only Boxing (Applicable to Army BA only). The registration fee of £5 per individual will be paid out with this process, by bank transfer to ASCB Acc: 10529980 Sort: 16-19-26 referencing Boxing and your unit or by cheque made payable to ***CENTRAL BANK ASCB***).
22. Annual Medical – Attend the Annual Medical before sending the BCR1 to your Single Service Registrar, ensuring the Dr signs Section F stating the Boxer is FIT TO BOX as well as completing Annex B of JSP 950 Leaflet 2-1-1 (this will be printed off by the Medical Centre and requires both Boxer and Dr signatures).
23. On completion of the Annual Medical process the BCR1s is handed to the Boxing Officer and returned to the sS Boxing Association Medical Registrar with Annex B of JSP 950 Statement of Passed Annual Medical where the following will occur;
    1. Stamped for the season
    2. Annex B stapled to back of BCR1
    3. Annual Medical date recorded on Vault.
24. This completes the registration process and the BCR1 is returned to the Boxer at the unit.
    1. **Lost or Misplaced Registration Card** - The loss of a Boxing Registration Card will result in an automatic 30 day\* suspension, the start date of which shall be when the sS Medical Registrar 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 Boxer’s record book and are not routinely transferred to a soldiers Medical Documents).*

1. A thorough search including contacting civilian clubs or previous units must be undertaken.
2. 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 Single Service Registration Officer).
3. Follow all the steps for a Boxer with no previous experience as stated above in Para 5.
4. **Boxers with Previous Combat Sports Experience referred to as Individual Physical Contact Sport (Information).**
   1. A Boxer who has competed at an amateur level in any Individual Physical Contact Sport is eligible to register as a Boxer (a Boxer who has registered to an alternative Boxing Federation i.e. Boxing Scotland, Wales Boxing etc is subject to the process below), under the following conditions:
5. When an amateur athlete from any Individual Physical Contact Sport turns to Boxing, the individual must inform the UKAFBA who will notify England Boxing who in turn investigate the declaration of the individual and then register this information on their database.
6. 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.
7. In addition, the Boxer may not participate in any other Individual Physical Contact Sport whilst registered to England Boxing via UKAFBA.
8. The Boxer must have competed in at least one (1) National Championships organised by the National Federation the Boxer is representing before being eligible to participate in any IBA Competition.
9. 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;

**Individual Physical Contact Sport Conversion Matrix**

|  |  |
| --- | --- |
| Combat Sport | Conversion (other 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 |
| Boxing – Skills Bout | 1 contest = 0.5 contest |

\*\* After multiplication round up to nearest whole number \*\*

**All Boxers and Coaches are required to declare all of their experience and allow the registrations officer to determine the category of the Boxer.**

1. **Boxers with Previous Combat Sports Experience (Registration)**
2. Log in to [www.englandboxinginsight.com](http://www.englandboxinginsight.com) and complete the online registration process as prompted for a NEW BOXER. All Boxers will require an appropriate digital photo of themselves to upload during this process.
   1. For ALL Royal Navy, Army and Royal Air Force Boxers NOT selecting ‘Service Only Boxing’, payment (£11) will need to be made by credit or debit card on registration. (this can usually be claimed back from your unit).
   2. Service Only Boxing (Applicable to Army BA only). The registration fee of £5 per individual will be paid out with this process by cheque made payable to

***CENTRAL BANK ASCB*** or by bank transfer to

**ASCB Acc: 10529980 Sort: 16-19-26 Reference *“unit abbreviation”* Boxing**

1. During the online registration process a declaration of any previous Individual Physical Contact Sport experience is required; should you have experience in more than 1 activity there is an option to add additional experience.
2. Declare to your Coach and Boxing Officer any previous Individual Physical Contact Sport as each Boxer will sign the nominal roll submitted by the Boxing Officer as a true record of experience that is counter signed by the unit Commanding Officer. Submit any license or record book to your Coach or Boxing Officer to forward to the sS Medical Registrar (this will be returned).
3. Following step 1 and either 2 or 3 with receipt of the affiliation application and payment from your Boxing Officer will initiate the preparation of your Boxing Competition Record book (BCR1) by your sS Medical Registrar. This book will be returned to the unit prior to the Boxer undertaking the Annual Medical.
4. Boxers are required to take their newly prepared BCR1 in to the Annual Medical and ensure the Dr signs Section E stating the Boxer is FIT TO BOX as well as completing [Annex B of JSP 950 Leaflet 2-1-1](#_Annex_B_-_4) (this will be printed off by the Medical Centre and requires both Boxer and Dr signatures).
5. On completion of the Annual Medical process the BCR1s are collected by the Boxing Officer and returned to the Army Boxing Association with a passport photo of each Boxer and the [Annex B of JSP 950](#_Annex_B_-_4) Statement of Passed Annual Medical where the following will occur;
   1. Stamped for the season
   2. Photo affixed in front of BCR1
   3. Annex B stapled to back of BCR1
   4. Annual Medical date recorded on Vault.
6. On receipt of permission by England Boxing to register the Boxer with declared Individual Physical Contact Sport experience the BCR1 is edited with an appropriate bout record using the matrix in para 7.
7. This completes the registration process and the BCR1 is returned to the Boxer at the unit.
8. **Change of status from Service Only to England Boxing Registration**. During the season a Boxer registered to the Army Boxing Association for Service Only activities may wish to be involved at a club or an event involving civilians and require a change in status with their registration should contact the Army Boxing Association Registrar at the earliest opportunity.

**Re-registration**

1. **Re-registration**. A Registration Book is valid for 1 year (1 Jun 2021 – 31 May 2022) for the season annotated by the England Boxing stamp or for Service Only Boxers by the Army sticker. It must be renewed annually thereafter. The process to follow is the same as registration with previous experience in para 6. Boxing outside of the expiry date of the sticker/stamp or via a civilian (i.e. non-Service Boxing) is not permitted.
2. Unit Action. Boxing Registration Cards. Boxing Registration Cards are accountable documents. Therefore, units are to initiate a policy that will ensure that the Registration Card is safeguarded against loss, damage or defacement.
3. Amendments. The Boxing Registration Card is not to be altered in any manner within units. sS Secretaries only can affect amendments to a Boxing Registration Card. Any issues requiring changes are to be explained comprehensively and sent with the Boxing Registration Card to the sS for action.
4. 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 sS Boxing Association is to complete a statement relating to the loss, the action taken to find it and then forward the statement to sS Boxing Secretary.

## Coaches

1. **Coaches Registration Procedure**. All Coaches are required to register on initial qualification and annually thereafter. Coaches are to register initially either with England Boxing as a member of a sS Boxing Association or Army BA (Service Only) and re-register annually as follows:

**Initial**

* 1. Complete the England Boxing Level 1 Coaches award with safeguarding training, candidates should then log in to the England Boxing Website [www.englandboxinginsight.com](http://www.englandboxinginsight.com/)

and follow the prompts to register. A comprehensive step by step user guide to registration is available on [www.britisharmyboxing.com/registration/Coaches](http://www.britisharmyboxing.com/registration/coaches).

* + 1. **England Boxing Registration** - RN, RAF Coaches and those Army Coaches who have not selected SERVICE ONLY will be registered with permissions to Coach at local clubs and on boxing events with civilian participants or hosted by civilian organisations.
    2. All applicants will be required to pay £22 for this registration at the point of registration via credit or debit card (this fee can usually be reimbursed through your payment cell or administration office).
    3. Individuals will then need to photocopy the Level 1 Coaching Award certificate, the Safeguarding Course Certificate and complete Individual Registration Application (Annex C to Section 7) **and a printout demonstrating a pass at First Aid at Work /MATT 3 Battle Casualty Drills Training Level 2 / Command Management & Assurance Tool First Aid / MOD 1 Qualification** to the sS Medical Registrar.
    4. Applicants will be required to apply for Disclosure and Barring Service (DBS) clearance ([See Section 7](#_Disclosure_and_Barring)), the form can be found on the Vault via the Knowledge base. Individuals must send in the **original documentation** that they have stated on their form to the sS Medical Registrar or nominated sS DBS Checker to arrange a video call with them.
    5. An England Boxing Coach registration Book will be issued by the registrar at the successful conclusion of this process.
    6. **Service Only Boxing Registration** – ALL Army Boxing Coaches who wish to participate in boxing events that are restricted to Service personnel only. Applicants will not be required to pay for this registration at the point of registration as all payments will be made by the unit on the Unit Affiliation Application.
    7. Individuals will need to photocopy the Level 1 Coaching Award certificate, the Safeguarding Course Certificate and complete Individual Registration Application ([Annex C to Section 7](#_Annex_C_-)) **and a printout demonstrating a pass at First Aid at Work /MATT 3 Battle Casualty Drills Training Level 2 / Command Management & Assurance Tool First Aid / MOD 1 Qualification** to the sS Medical Registrar.
    8. An Army Boxing Coach Registration Book will be issued by the Medical Registrar at the successful conclusion of this process.

**Re-registration**

* 1. A Coach’s record book is valid for the season shown on the sticker (1 Sept 2021 – 31 May 2022). It must be renewed annually, thereafter. The process for registration is as follows;
     1. **England Boxing Registration** - RN, RAF Coaches and those Army Coaches who have not selected SERVICE ONLY will be registered with permissions to Coach at local clubs and on boxing events with civilian participants or hosted by civilian organisations.
     2. All applicants will be required to pay £22 for this registration renewal at the point of registration via credit or debit card (this fee can usually be reimbursed through your payment cell or administration office).
     3. Individuals will then need to send their current Coaches registration book and completed Individual Registration Application ([Annex C to Section 7](#_Annex_C_-)) **and a printout demonstrating a pass at First Aid at Work /MATT 3 Battle Casualty Drills Training Level 2 / Command Management & Assurance Tool First Aid / MOD 1 Qualification** to the sS Registrar.
     4. Safeguarding and DBS certification expires after 3 years from the date of issue if either of these expire during the period of registration applied for renewal certificates will be required to accompany the registration application before it can be completed.
     5. **Service Only Boxing Registration** – ALL Army Boxing Coaches who wish to participate in boxing events that are restricted to Service personnel only. Applicants will not be required to pay for this registration at the point of registration as all payments will be made by the unit on the Unit Affiliation Application.
     6. Individuals will need to send their current Coaches registration book and completed Individual Registration Application ([Annex C to Section 7](#_Annex_C_-)) **and a printout demonstrating a pass at First Aid at Work /MATT 3 Battle Casualty Drills Training Level 2 / Command Management & Assurance Tool First Aid / MOD 1 Qualification** to the sS Registrar.
     7. Safeguarding certification expires after 3 years from the date of issue if this expires during the period of registration applied for renewal certificates will be required to accompany the registration application before it can be completed.

**Change of status from Service Only to England Boxing Registration**

* 1. During the season a Coach registered to the Army Boxing Association for Service Only activities may wish to be involved at a club or an event involving civilians and require a change in status with their registration. This can be achieved with relative ease once a DBS certificate is obtained for the Coach (See [Section 7](#_Disclosure_and_Barring)). On receipt of the DBS Certificate the Coach should contact the sS Medical Registrar.

1. 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

1. **Officials Registration Procedure.** England Boxing Officials are required to register on initial qualification and annually, thereafter. Officials are to register initially with their sS Boxing Association and re-register annually with either their association as one of two options; Service Only boxing (Army BA Only) or for England Boxing.
2. Registration procedures are the same unless stated. DBS is only required for Supervisors registering for England Boxing membership, those Officials requiring a DBS should refer to [Section 7](#_Disclosure_and_Barring).

**Initial**

1. All applications for registration should be made via the vault on [englandboxinginsight.com](https://englandboxinginsight.com) and on the Officials Registration Application [Annex E1 to Section 7](#_Annex_E1_-) annotating whether it is for Service Only or England Boxing.
   * 1. Payment is ONLY required for England Boxing Registration and will be by credit or debit card, cards must be registered to the same address as the candidate is using to register (No payment is required for Service Only Boxing).
     2. A digital photograph will be required and will uploaded to your vault profile.
2. Attach proof of qualification
3. Complete Officials Code of Conduct [Annex E2](#_Annex_E2_-_1) (initial application only; not seasonally).
4. Send all information to sS Registrations Officer at the address in [Section 1](#_UKAFBA_&_Army) (Contacts).
5. If a DBS is required, the Official should contact the sS Medical Registrar or nominated sS DBS Checker.
6. At the successful conclusion of this process the Official will receive;
   * 1. England Boxing Official ID and EB Lanyard (RN, Army Major Panel and RAF) and England Boxing Registration book.
     2. Army Boxing Registration book - Army Officials (Service Only).

**Reregistration**

* + - 1. An Official’s record book is valid for the season shown on the sticker. (1 Sept 2020 – 31 May 2021). It must be renewed annually, thereafter. The process to follow is;
         1. All applications for registration should be made via the vault on <https://englandboxinginsight.com> and on the Officials Registration Application Annex D to Section 7 annotating whether it is for Service Only or England Boxing.

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* + 1. Payment is ONLY required for England Boxing Registration and will be by credit or debit card, cards must be registered to the same address as the candidate is using to register (No payment is required for Service Only Boxing (Army Only)).
    2. Send registration book and application to sS Medical Registrars at the address in Section 1 Contacts.
    3. If a DBS is required, the Official should contact the sS Medical Registrar or nominated sS DBS Checker.
    4. At the successful conclusion of this process the Official will receive;
       1. England Boxing Official ID and EB Lanyard (RN, Army Major Panel and RAF) and England Boxing Registration book.
       2. Army Boxing Registration book - Army Officials (Service Only).
       3. **Out of Date Officials.** Any Official who has not registered for 3 seasons will need to contact their sS Officials Secretary or Regional Secretary to arrange for a refresh of their qualification before registration.
       4. **Officials who have been involved in Other Combat Sports.** Any Official who has been involved in any capacity in another Combat Sport must declare this on the online registration process and approval from England Boxing may take some 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.**

## Disclosure and Barring Service (DBS - previously CRIMINAL RECORDS BUREAU)

* + - 1. Disclosure and Barring Service legislation stipulates that DBS clearance is required by individuals participating in sports administration (e.g. Coaches and some Officials) and that DBS clearance for the sport concerned is normally valid only when affected via the NGB (England Boxing).
      2. England Boxing requires several 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 sS level.
      3. Army BA policy, recognising that most personnel involved in boxing do so in a service-only boxing environment, is that:
         1. Army Boxing Team Coaches – mandatory DBS clearance.
         2. 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.
      4. The procedure for DBS clearance is detailed below. DBS clearance is valid for 3 years.

**Procedure for Disclosure and Barring Service (DBS)**

* + - 1. 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.
      2. The requirement of a DBS check applies to the following categories (DBS application form required):
         1. Coaches
         2. Welfare Officers
         3. Team Managers
         4. Coach and Official Educators and Assessors
         5. Supervisors
         6. Designated drivers that are designated by the club/England Boxing to transport athletes.
      3. DBS (not barring list) on the following (DBS application form still required):
         1. Boxing Leaders
         2. Boxing Tutors.
      4. The umbrella requirement has been lifted, therefore the following no longer need a DBS qualification. Committee Members, Cleaners, Canteen staff, Masters of Ceremonies, Referees, Timekeepers, Recorders, Judges, Photographers, Club Support Officers.
      5. 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**

* + - 1. 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.
      2. To do this the individual must send their certificate, a stamped self-addressed envelope to **England Boxing** to the address below with a covering letter explaining the wish touse the DBS to register with England Boxing.

England Boxing Ltd,

English Institute of Sport,

Coleridge Road,

Sheffield,

S9 5DA

**Stages of the DBS Checking Process**

* + - 1. The DBS checking process involves several different stages before an applicant receives their certificate of Disclosure (Clearance).
      2. Applicants need to apply for a DBS on the England Boxing website.
      3. Applicant to send all the documents detailed below to their sS Medical Registrar or to contact the UKAFBA office on 01252 787090 to arrange a skype call to inspect the documents via the video link.
      4. The individual should supply the following 3 documents (one of the documents must have a current address). **All documents must be the original copies** they are;
         1. **Passport** - Any current and valid passport
         2. **HM Forces ID card**
         3. **Current driving licence photocard** - (full or provisional) UK, Isle of Man, Channel Islands and EU

or

* + - * 1. **Current driving licence photocard** - (full or provisional) All countries outside the EU (excluding Isle of Man and Channel Islands)
        2. Any applicant who does not have the required documentation should contact the their sS Medical Registrar to discuss an action plan.
      1. Applicants must go to the EB website then click on “Knowledge Base” and fill out the form.
      2. DBS checker informed of new Applicant.
      3. The DBS checker then ensures that all the information given matches up against those that the applicant has named.
      4. Within 24 hours of receipt the form then starts the going through all the necessary searches.
      5. Police National Computer searched.
      6. Children and adults list searched, where applicable.
      7. Records held by the police searched.
      8. 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.
      9. DBS checker then notified that all checks have been concluded and can print the certificate.
      10. All information disclosed is printed under highly secure procedures and sent to the applicant.
      11. Once the checker has received the certificate, the applicant will then be registered and added to the DBS database

**Annex A to Section 7**

**UKAFBA Handbook Jan 2022**

### Annex A - Unit Affiliation Proforma

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Unit Title:** | | |  | | | | | | | | |
| Unit Address: | | |  | | | | | | | | |
|  | | | | | | | | | | | |
| **Unit Boxing Officer** | | | |  | | | | | | | |
|  | | | | | | | | | | | |
| Rank: |  | | | | | Name: | |  | | | |
| Tel. No. |  | | | | | Email: | |  | | | |
|  | | | | | | | | | | | |
| **Unit Boxing Forecast** | | | | | | | | | | | |
| This Unit expects to take part in the following boxing competitions or events; | | | | | | | | | | | |
|  | | | | | | | | | | | |
| Competition | | | | | | | | Yes / No | | Date | |
| Service Personnel Only on Service Property | | | | | | | |  | |  | |
| Service Personnel Only on Civilian Property | | | | | | | |  | |  | |
| Service Personnel Vs Civilian on Service Property | | | | | | | |  | |  | |
| Service Personnel Vs Civilian on Civilian Property | | | | | | | |  | |  | |
|  | | | | | | | | | | | |
| **Covid 19 Measures** | | | | | | | | | | | |
|  | | | | | | | | | | | |
| **Boxing gyms and Boxing activity must comply with current Covid 19 measures. This** | | | | | | | | | | | |
| **guidance is likely to change throughout the season; Boxing Officers are advised to contact their sS Boxing Association to confirm the checks and measures required.** | | | | | | | | | | | |
| **A full list of these is enclosed to this Annex.** | | | | | | | | | | | |
|  | | | | | | | | | | | |
| **Coaches** | | | | | | | | | | | |
| This Unit has the following qualified boxing Coaches on Unit strength: | | | | | | | | | | | |
|  | | | | | | | | | | | |
| Service No. | | Rank | | | Name | | Qual. held | | Boxing Reg. No. | | Season last registered |
|  | |  | | |  | |  | |  | |  |
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**Officials**

Notification of any Officials on held strength would be appreciated.

**Equipment held**

**Defibrillator**. Each unit boxing team is to have unhindered access to a defibrillator from June 2021. For Season 2020 it is requested that ALL units endeavour to provide this where possible.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | | | | |
| Defibrillator Serial No. | |  | | Location: |  |
|  | | | | | |
| Distance from boxing gym: | | |  | | |
|  | | | | | |
| Any Access Issues: | |  | | | |
|  | | | | |

**Boxing ring**

To conduct Sparring the unit must have access to a serviceable Boxing Ring see below;

1. 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).
2. The platform must be safely constructed, level and free from any obstructing projection.
3. It must be fitted with four corner posts with four corner pads to prevent injury to the Boxers.
4. 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.
5. The canvas must cover the entire platform and must be made of non-slippery material.
6. 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.
7. 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. They must not slide along the rope.
8. The tension of the ropes is to be appropriate. (Provide support to a defending Boxer).

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

**Additional Contact Equipment**

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 SHEF Officer |  | Print Name |  |
|  | | | |
| Signature of Level 2 Coach |  | Print Name |  |

**Boxing Officer Declaration**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| I (Rank and Name) |  | of |  | (Unit title) |
| Understand fully my responsibilities as Boxing Officer as detailed in [Section 3](#_Section_3_–) of the UKAFBA Handbook 2020/21 and explained to me, by either the UKAFBA Ops Officer or the sS Secretary or Regional Boxing Chairman. That the Coaches have read and understood the Unit Boxing Emergency Action Plan at [Annex A to Section 3](#_Annex_A_-). | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Signature |  | Date |  |

**Annex B to Section 7**

**UKAFBA Handbook Jan 2022**

### Annex B - Commanding Officer’s Declaration of Registration to Box

## 

I hereby certify that all Boxers annotated on this certificate are on permanent posted strength of this unit and that they 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 UKAFBA Official Handbook January 2022.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ser. | Service no. | Rank | Name & initials | | Boxing  Reg. no. | Previous individual contact sport/s | | Experience  (total bouts / wins) | | Boxer signature of declaration |
| 1 |  |  |  | |  |  | |  |  |  |
| 2 |  |  |  | |  |  | |  |  |  |
| 3 |  |  |  | |  |  | |  |  |  |
| 4 |  |  |  | |  |  | |  |  |  |
| 5 |  |  |  | |  |  | |  |  |  |
| 6 |  |  |  | |  |  | |  |  |  |
| 7 |  |  |  | |  |  | |  |  |  |
| 8 |  |  |  | |  |  | |  |  |  |
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| 18 |  |  |  | |  |  | |  |  |  |
| 19 |  |  |  | |  |  | |  |  |  |
| 20 |  |  |  | |  |  | |  |  |  |
|  |  |  |  | |  |  | |  | |  |
| Commanding Officer Name (Print) | | | |  | | | | | | |
|  | | | | | | | | | | |
| Commanding Officers Signature | | | |  | | Date |  | | | |

**Annex B to Section 7**

**UKAFBA Handbook Jan 2022**

**Commanding Officer’s Declaration of Registration to Box**

I hereby certify that all Boxers annotated on this certificate are on permanent posted strength of this unit and that they 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 UKAFBA Official Handbook January 2022.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ser. | Service no. | Rank | Name & initials | | Boxing  Reg. no. | Previous individual contact sport/s | | Experience  (total bouts / wins) | | Boxer signature of declaration |
| 21 |  |  |  | |  |  | |  |  |  |
| 22 |  |  |  | |  |  | |  |  |  |
| 23 |  |  |  | |  |  | |  |  |  |
| 24 |  |  |  | |  |  | |  |  |  |
| 25 |  |  |  | |  |  | |  |  |  |
| 26 |  |  |  | |  |  | |  |  |  |
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|  |  |  |  | |  |  | |  | |  |
| Commanding Officer Name (Print) | | | |  | | | | | | |
|  | | | | | | | | | | |
| Commanding Officers Signature | | | |  | | Date |  | | | |

**Annex B to Section 7**

**UKAFBA Handbook Jan 2022**

**Commanding Officer’s Declaration of Registration to Box**

I hereby certify that all Boxers annotated on this certificate are on permanent posted strength of this unit and that they 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 UKAFBA Official Handbook January 2022.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ser. | Service no. | Rank | Name & initials | | Boxing  Reg. no. | Previous individual contact sport/s | | Experience  (total bouts / wins) | | Boxer signature of declaration |
| 41 |  |  |  | |  |  | |  |  |  |
| 42 |  |  |  | |  |  | |  |  |  |
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|  |  |  |  | |  |  | |  | |  |
| Commanding Officer Name (Print) | | | |  | | | | | | |
|  | | | | | | | | | | |
| Commanding Officers Signature | | | |  | | Date |  | | | |

**Annex C to Section 7**

**UKAFBA Handbook Jan 2022**

### Annex C - Coaches (Army Only) Registration Application

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Applicant details** | | | | | |
|  | | | | | |
| Service Number | Rank | Surname | | First Names | |
|  |  |  | |  | |
| Boxing Reg. No. | Date of birth | Ethnicity (Tick appropriate box) | | | |
|  |  | White |  | BAME |  |
| Date of Qualification | | Level of Qual Applied for (Tick Appropriate Box) | | | |
|  | | Level 1 |  | Level 2 |  |
| Safeguarding Course (England Boxing Registration only) | | Date achieved | |  | |

**Proof of in date first aid qualification plus proof of safeguarding & Coaching qualification is required for every application**

**Application Type**

**Service Boxing £5 (Army Only) –** 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 required see [Section 7](#_Disclosure_and_Barring)).

Type of registration required (tick 1 box from each pair).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Initial | Renewal |  | Service | Civilian |
|  |  |  |  |  |

All Service Only boxing cheques are to be made payable to;

**CENTRAL BANK ASCB**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please return my registration book to:-** | | | | | |
|  | | | | | |
| Rank |  | Name |  | | |
|  | | |  | | |
| Unit |  | | | | |
|  | | | | | |
| Address |  | | | | |
|  |  | | | | |
|  | | | | | |
| Tel No |  | | Mobile No. | |  |
|  | | | | | |
| E Mail |  | | Date |  | |

**Annex D to Section 7**

**UKAFBA Handbook Jan 2022**

### Annex D - First Aid Qualification Confirmation Letter

**Applicant Details**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Service Number | Rank | Surname | First names | Boxing  Reg. No. | Date of Birth |
|  |  |  |  |  |  |

**This is to confirm that the above-named person has passed an annual First Aid training as stated below for each service.**

**Qualification passed (Tick appropriate option)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | **Royal Navy** | Command Management and Assurance Tool – First Aid |
|  |  |  |  |  |
|  |  |  | **Army** | Mandatory Annual Training Test No 3 - Battle Casualty Drills Level 2 or 1 |
|  |
|  |  |  |  |  |
|  |  |  | **Royal Air Force** | MOD 1 (2 Year Currency) |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date Passed** | |  | | | | | | |
|  | | | | | | | | |
|  | | | | | | | | |
| **Coach Details** | | | | | | | | |
|  | | | | | | | | |
| **Coach Name** | |  | | | | | | |
|  | | | | | | | | |
| **Coach Signature** | | |  | | | | | |
|  | | | | | | | | |
|  | | | | | | | | |
| **Training Officer Details** | | | |  | | | | |
|  | | | | | | | | |
| **Rank** |  | | **Inits** |  | **Name** |  | **Tel** |  |
|  | | | | | | | | |
| **Service No** | |  | | | | | | |
|  | | | | | | | | |
| **Signature** | |  | | | | | | |

SEND TO Registrations Officer Army BA **Annex E1 to Section 7** [Section 1](#_The_UK_Armed) for address **UKAFBA Handbook Jan 2022**

### Annex E1 - Officials (Army Only) Registration Application

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Service Number | Rank | Surname | | First names | | |
|  |  |  | |  | | |
| Boxing Reg. No. | Date of Birth | Ethnicity (Tick appropriate box) | | | | |
|  |  | White |  | BAME | |  |
| Qualification held (circle all quals held) | | | | | | |
| Judge | Timekeeper | Referee | Supervisor | | Computer Tech | |
| Level of Qualification and date achieved | | | | | | |
|  |  |  |  | |  | |

**PROOF OF QUALIFICATION IS REQUIRED FOR INITIAL APPLICATIONS**

**Application Type**

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

**Civilian Registration £22 –** This registration will allow the holder to officiate at civilian events. **Application to be initiated via** [**https://www.englandboxinginsight.com**](https://www.englandboxinginsight.com)

(A Disclosure and Barring Service Check may be required see [Section 7](#_Disclosure_and_Barring)).

Type of registration required. (tick 1 box from each pair )

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Initial | Renewal |  | Service | Civilian |
|  |  |  |  |  |

**Replacement books will be charged at £3**.

All cheques for Service Only Boxing are to be made payable to

**CENTRAL BANK ASCB**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please return my registration book to: -** | | | | | |
|  | | | | | |
| Rank |  | Name |  | | |
|  | | |  | | |
| Unit |  | | | | |
|  | | | | | |
| Address |  | | | | |
|  |  | | | | |
|  | | | | | |
| Tel No |  | | Mobile No | |  |
|  | | | | | |
| E Mail |  | | Date |  | |

**Initial applications must be accompanied by the Officials’ code of conduct overleaf**

**Annex E2 to Section 7**

**UKAFBA Handbook Jan 2022**

### Annex E2 - 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 always 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 or the AOB 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 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 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 |  |

**Annex E3 to Section 7**

**UKAFBA Handbook Jan 2022**

### Annex E3 - 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 ([C Coaches](#_Annex_C_-) or [E Officials](#_Annex_E1_-)) and your registration fee to sS Registrar (See contacts page in [Section 1](#_UKAFBA_&_Army))

# Section 8 – Event Organisation

**(Inc. Charity Boxing Events, Sports Tours and Civilian Boxing)**

## 

## General

###### The organisation of a boxing tournament can appear to be a daunting task. There are several outside agencies involved and detailed long-term planning is essential if the event is to be a success. Boxing Officers / ProjOs are strongly advised to liaise with sS or Regional Boxing Secretaries ([Section 1](#_UKAFBA_&_Army)) well in advance of the date(s).

1. 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 sS Secretary or Regional Army BA Secretaries ([Section 1](#_UKAFBA_&_Army)) and Physical Training Instructors where appropriate.
2. Most military boxing takes place on service property and involves service personnel only. There are a small percentage of military boxing events that involve civilians in some way;
   1. Military Boxers v Civilian Boxers in a civilian location
   2. Military Boxers v Civilian Boxers in a military location
   3. Military Boxers only in a civilian location
   4. Civilian Boxers v Civilian Boxers in a military location
3. Any event that involves civilians requires the organiser to engage early with the UKAFBA Sec to allow liaison with civilian counterparts to ensure the event is licensed and all the civilian Boxers and Officials are insured, see [Section 8](#_Section_8_–) (Certificate of Assurance and Tournament Permits).

**Boxing with Service Personnel on Service Property**

## 

## Pre-tournament Administration

* + - 1. Well in advance of the tournament/fixture; agree dates with Commanding Officer(s) and sS Boxing Secretary that will facilitate the preparation required;

1. **Boxing Officer / ProjO**
   1. **Unit Affiliation.** Each Unit is required to complete a Unit Affiliation Application ([Section 7 Annex A](#_Annex_A_-_1)) prior to the commencement of any boxing training successful applications will receive a Certificate of Affiliation from their sS Boxing Association (See [Section 7](#_Unit_Registration) - Unit Affiliation and [Section 3](#_Section_3_–) - Boxing Officer).
   2. **Registration of Coaches and Boxers**. The Boxing Officer is responsible for the supervision of the Registration process for Coaches and Boxers for all information regarding this process see [Section 7](#_Boxer_Registration) (Boxer Registration) and [Section 7](#_Coaches) (Coach Registration).
   3. **Annual Medicals.** Liaise with the Practice Manager to book Annual Medicals for all Boxers in manageable group sizes in a timeframe that allows the Medical Centre to continue to function and the Boxers to undergo the medical exams.
   4. **Certificate of Assurance.** An application must be made to sS Boxing Association 12 weeks in advance, applications are at [Section 8](#_Annex_A_-_2) (Annex A).
   5. 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, Security branch of the regional HQ and the venue) by the UKAF Boxing Secretary is imperative, see [Section 8](#_Annex_C_-_1) (Annex C) and regardless of Service, contact must be made with the UKAF Boxing Secretary at the outset of planning.
   6. Boxing involving personnel from another Service requires engagement with the sS Executive Secretary and sS Officials Secretary during the planning phase to ensure that Officials from that Service can be appointed and that the Secretary is aware of the fixture in case of an incident involving a Boxer from that Service.
   7. **Ring and Officials.** Boxing rings and Officials for military boxing events are controlled by sS and Regional Secretaries, applications must be made 12 weeks in advance to allow appropriate planning time. Contact details for Officials and Regional Secretaries are at Section 1.
   8. **Tournament planning.** The Boxing Officer is to agree an appropriate time for the duration of the competition in accordance with AIBA Boxing rules.
   9. **Service Boxing Tournaments;**
      1. May not include more than 26 bouts in a single ring on one day.
      2. No Boxer is permitted to box more than once on a single day.
      3. 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) 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 into the competition at the same weight, then an extra day of boxing will need to be planned at the beginning of the tournament.

1. **Boxers.** All information related to Boxers can be found at [Section 4](#_SECTION_4_–) (Boxers).
2. **Medical Cover**
   1. **Paramedics.** See [Section 12](#_Section_12_-) – Ringside Medical Support to Boxing. Contact details for endorsed Paramedic companies are at [Section 8](#_Annex_B_-) (Annex B). Some of these companies cover a wide area and for multiple days of competition may ask for accommodation, this should be unit accommodation where possible and not a hotel.
   2. **Medical Officer.** See [Section 12](#_Section_12_-) - Ringside Medical Support to Boxing.In the case of employment of a Civilian Dr that is not contracted to MOD and is not authorised to access DMICP see Para **‘Tournament Checklist’** Sub Para **Medical** of this Section.
3. **Officials**
   1. **Referees & Judges.** Apply for referees and JTKs from the sS Officials Secretary (See [Section 1](#_UKAFBA_&_Army)).Where 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 UKAF Officials Appointments 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.
   2. **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 sS Secretary as early as possible to discuss.
   3. **Internal Officials.** Arrange for internal Officials via the unit CoC. Ensure that the Master of Ceremonies (MC) receives a copy of the brief at [Section 6](#_Annex_G_-) (Annex H).
   4. **OiC Weigh-In.** sS Officials Secretaries or Regional Secretaries are to appoint a Clerk of Scales (must be a qualified boxing Official, preferably Supervisor qualified, with a DBS registered with UKAFBA) and agree the date, time and venue for the weigh-in to be conducted.
4. **Weighing Scales.** Arrange for a suitable set of electronic weighing scales to be inspected, calibrated and certified using a manufacturers or external company calibration certificate or [Annex A to Section 10](#_Annex_A_-_3) at least 24 hours prior to the event. Ensure that the certificate of calibration is handed to the OiC Weigh-In on arrival.
5. **Competition Boxing Equipment.** Ensure that all boxing equipment complies with the AIBA-approved pattern and is serviceable. Book all the equipment necessary for the event via the unit CoC.
6. **Event Documentation.** Ensure that all technical documentation necessary for the event is current (See [Section 11](#_Section_11_–)). Arrange for the programme to be designed and printed.
7. **Boxing Ring.** Liaise with the sS Secretary or Regional Secretary (See [Section 1](#_UKAFBA_&_Army)) for the provision of a 4-rope boxing ring and the ancillary equipment. Arrange for Unit Physical Training Staff assistance with the set-up of the ring to ensure that the lay out conforms to current UKAFBA rulings ([Annex E 1,2 & 3 to Section 8](#_Annex_E1_-_1)).
8. **Fire Inspection.** Arrange for an advisory fire inspection visit, during the fire inspection you will be told the seating capacity of your venue.
9. **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. Should external contractors be hired ensure that there is appropriate space in the venue (both height and floor space), ensure that the power requirement for the system can be met (63Amp 3 Phase is often required and a generator maybe be needed). 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.
10. **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’.
11. **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.
12. **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.
13. **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.

**Related Boxing Rules**

* + - 1. Boxing Officers / ProjOs should be aware of several rules that can limit the inclusion of Boxers in competitions or events see [Section 4](#_SECTION_4_–) Boxers Related Rules.

## Tournament Checklist

**Weigh in** ([See Section 10](#_Section_10_–))

1. Make sure the weigh in room is prepared and ready for weigh in, electric point for scales.
2. Provide a separate weigh in and medical room for females or arrange a separate weigh in time for females if this cannot be achieved.
3. Provide check scales if possible in a suitable place.
4. Provide the Supervisors with lists of competitors names in weight categories if available to manage the weigh in in structured manner.
5. Ensure the Boxers have their ID Card, BCR1, Wraps and Gum Shield with them before coming to the scales.

**Medical (MY NEXT MATCH INFO)**

* 1. Liaise with Medical Officer and or Practice Manager about the pre-bout medicals; numbers of Boxers, any issues and any changes to timings.
  2. Pre-Bout Medicals should be completed in the Med Centre where the Dr has access to DMICP, if conducted in the Gymnasium then access to DMICP must be made available.
  3. Boxers are to attend the Pre-Bout Medical with a completed pre-bout Medical Declaration form ([Section 12 Annex C](#_Annex_C_-_2)), Gum Shield and BCR1.
  4. If DMICP is not available to the Dr or the Dr is a civilian practitioner without permissions to DMICP the following procedure must be adhered to;

1. The Weigh in should be carried out at approx. 0700hrs on the morning of the boxing.
2. When the Boxers weigh in they must complete the Pre-Bout Medical Form
3. These forms must then be taken to the Med Cen and a CMT or the Practice Manager MUST check the details on DMICP as declared by the Boxers are correct and there are no reasons for them to be excluded from Boxing (this should be arranged at the earliest opportunity to allow the time to be allotted at the Med Cen)
4. Should all be correct these forms MUST be returned to the Gymnasium and made available to the Dr for the physical medical of the Boxers.
5. The practice manager or a senior CMT should accompany the Dr throughout their employment to ensure that UKAFBA protocols and policies are adhered to.
6. Should there be any admission to hospital then a member of the medical centre the procedures stipulated at para 4 of Section 3 to Section 12 of this document should be followed.
7. Any information recorded by the Dr on the evening/day about any Boxer or anything found by the Dr or Paramedics on the Post Bout Medical (now compulsory) is to be added to DMICP the following morning.
8. Any Boxing Medical Suspensions are to be discussed between the Dr and the Appointed Supervisor for agreement and must be in line with the Concussion protocols ([Annex D to Section 5](#_Annex_E1_-_2)) and Medical Suspension Periods ([Section 12 Annex F](#_Annex_F_–)).

**Changing Rooms**

Label Changing Rooms for home and away teams or Red and Blue Corners.

Display bout lists in both changing rooms, warm up areas.

Ensure there is sufficient seating and space for changing for the number of competitors.

If possible provide bottled water for Boxers.

* + - 1. **Officials Briefing, Changing and Rest Area**
         1. Provide an Officials rest and changing area that is separate from Boxers and Coaches this allows the Supervisor to address the Officials in private.
      2. **Field of Play**
    1. Ensure the ring is set up correctly, with enough tables and chairs for the number of Officials around the ring,
    2. Place judge position numbers in the appropriate places around the ring along with position cards for Time keeper, Supervisor, Doctor, MC, Recorder and Computer operator (if required).
    3. Ensure Timekeeper is provided with a bell, gavel and stop clocks, provide Air horn if two rings are being used. Place the Timekeeper individual bout paperwork in a folder at the Timekeeper position.
    4. Ensure a power supply and multi socket extension lead is available for computer equipment at ringside (as required).
    5. Laminated Ring A & B signs if two rings.
    6. Make sure approved competition gloves of the same design in Red and Blue are available at each corner (10 & 12oz plus spares).
    7. Make sure 3 chairs are available at the red and blue corner for Coaches.
    8. Make sure buckets are provided for both corners and a receptacle for used swabs is attached to the post in the neutral corners.
    9. Make sure chairs are conveniently situated for off duty Officials.
    10. Detail and set up positions for presentations and ensure VIPs and / or individuals presenting prizes are briefed and understand their role.
    11. Photographers and cameramen and women should be positioned in liaison with the Supervisor.
    12. Provide suitable position for paramedics with line of sight and easy access to the ring.
    13. Keep the field of play tidy.
    14. Be on hand for anything the Supervisors may require.

* + - 1. **Refreshments**

1. Make sure water is available around the ring for Officials.
2. Tea and Coffee in a suitable area for Officials at breaks.
3. Liaise with the Supervisor to discuss any messing arrangements for Officials are in line with the programme of events.
4. During any interval the field of play and the ring / rings are free of litter.

###### Post Event Tasks. 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 sS Boxing Officers/Secretaries for payment.

###### Tournament Record Sheet should be photographed and emailed where possible to the sS Secretary and a hard copy must be posted to the sS Secretary the day after the event, a copy held by the unit until notification from the Secretary of receipt of the postal copy.

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

* + - 1. **Charity Boxing Events.** Boxing Officers and ProjOs 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 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 sS fixture), public funding is admissible within the relevant regulation and charitable fund raising can be conducted as a secondary function.”

* + - 1. **Regional Associations.** There are 11 Regional Associations in England, and each control and license boxing events in their geographical area. The UKAFBA 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 if it takes place with service personnel only and takes place on service property.
      2. **Tournament Permits.** 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.
      3. 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.
      4. White collar boxing is unlicensed and uninsured and is not permissible by any registered Boxer.
      5. **Venue Licenses.** 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.
      6. **Boxing Shows Involving Military and Civilian Boxers.** The organisers of any shows that involve civilians in any way stated in [Para 1](#_General) or [Annex C to Section 8](#_Annex_C_-_1) must contact the UKAFBA Sec at the outset of any planning to discuss the event and the licensing of it.
      7. **Supervisors**. The Supervisor is the senior official and is responsible for the safe conduct of the boxing at the event.
         1. 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 Secretary is agreed upon.
         2. 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.
      8. **Permit.** The UKAFBA Secretary will contact the Regional Association Secretary to ensure a permit is provided as economically as possible if a civilian venue is being used. If a military venue is being used to host civilian Boxers the UKAFBA Secretary will provide the appropriate permit (Cert of Assurance).
      9. **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 DBS certificate. Details of this can be found in [Section 7](#_Section_7_-). This is often time consuming, so early engagement is important.
      10. **Boxers.** All Boxers must be registered through England Boxing as per [Section 7](#_Section_7_-) (Registration). Cost of this registration is £11 per Boxer.
      11. **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 sS Boxing Association to be aware that one of its Boxers is competing, should an injury occur. A copy must be sent to the UKAFBA and sS Secretary and a copy of the Tournament Record Sheet must be sent after the bout. A copy of the application can be found at [Annex C to Section 8](#_Annex_C_-_1).
      12. **Boxing Against Civilians Outside of England**. For boxing events that involve civilians and service personnel, all the processes above must be followed, plus the UKAFBA Secretary 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 D to Section 8](#_Annex_D1_-).
      13. **Military Boxing Events in Civilian Venues in Scotland, Wales and Ireland**. Military boxing events in civilian venues in the rest of UK can create issues for the organiser in gaining a license, as all SP are registered as England Boxers, regardless of their country birth or country of residence.
      14. Technically the UKAFBA 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 if all the appropriate measures are in place.
      15. 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.
      16. Any Boxing Officer / ProjO or event organiser planning such an event should contact the UKAFBA Operations Manager in the first instance.
      17. **Sports Tours**. 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 their sS Sports Boards. Information regarding Sports Tours can be found as follows;

1. RNBA – Contact the Royal Navy Sport Board [navysportrnso5@gmail.com](mailto:navysportrnso5@gmail.com)
2. Army BA – [www.armysportcontrolboard.com/overseas-visits/](http://www.armysportcontrolboard.com/overseas-visits/)
3. RAFBA – Contact the Executive Secretary [Boxing.ExecSec@rafsportsfederation.uk](mailto:Boxing.ExecSec@rafsportsfederation.uk)
   * + 1. The sS Secretaries, through the UKAFBA Operations Manager, will be required to apply to England Boxing for permission to take an English registered team abroad to box, only countries affiliated to IBA may be visited.
       2. 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 Annex D to Section 8](#_Annex_D1_-).

**Annex A to Section 8**

**UKAF Handbook Jan 2022**

### Annex A - UKAFBA Certificate of Assurance Application

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Boxing Competition Details** | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| Title |  | | | | | | | | | Date of Event | | | | |  | | |
|  | | | | | | | | | | | | | | | | | |
| Unit |  | | | | | | | | **Versus** | | Unit | |  | | | | |
|  | | | | | | | | | | | | | | | | | |
| Type of Event (please tick 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 - Single Service Boxing Event (i.e. Inter Coy/Sqn/Bty or Inter Unit on Camp)** | | | | | | | | | | | | | | |
|  | | **F - Cross Service / Inter Service Boxing Event**  **(i.e. Army v Navy or Paras v Marines or RAF v Engineers)** | | | | | | | | | | | | | | |
|  | |
|  | | | | | | | | | | | | | | | | | |
| Venue | |  | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| **Boxing Officer / ProjO** | | | | | | |  | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| Address | |  | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | Post Code |  |
|  | | | | | | | | | | | | | | | | | |
| **Ringside Physician** | | | | | |  | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| **Appointed Supervisor** | | | | | | |  | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| Clerk of the Scales | | | | |  | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| **Paramedic Company Contacted** | | | | | | | |  | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| Email Address (please make this [another123@mo](mailto:mohammedimhardbrucelee123@mod.uk)d.gov.uk or civilian style address as the ASCB are not on a military IT Network) | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | |
| Telephone Mil | | | |  | | | | | | Mobile No. | | | |  | | | |

Please send this application to:

RNBA - [navysportrnso5@gmail.com](mailto:navysportrnso5@gmail.com)

Army Boxing Association - [ABA@ASCB.UK.COM](mailto:ABA@ASCB.UK.COM)

RAFBA - [Boxing.ExecSec@rafsportsfederation.uk](mailto:Boxing.ExecSec@rafsportsfederation.uk)

**Annex B to Section 8**

**UKAFBA Handbook Jan 2022**

### Annex B - Paramedic Contacts for UK

**Northern Ireland**



Coastal Core Ltd

32E Ballyquin Rd

Limavady

BT49 93Y

Tel 028 7776 5469

[accounts@coastalcoretraining.co.uk](mailto:accounts@coastalcoretraining.co.uk)

**Scotland**

**Scottish Ambulance Service**

National Headquarters

Gyle Square

1 South Gyle Crescent

Edinburgh

EH12 9EB

Tel: 0131 314 0000

**North**

**Cipher Medical Ltd**



Unit 5 Enterprise Court,

Queens Meadow Business Park

Hartlepool, Durham, TS25 2FE

Tel: 01429 872406 or 07979 527835

[info@ciphermedical.com](mailto:info@ciphermedical.com)

**South**



**OPS AMS**

**AZMA Medical LTD**

Kedron

Newham Road

Hook

HANTS,

RG27 9AE

Tel: 07767215186

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

**Acute Ambulance Support Services LTD**

7 Burners Lane,

Kiln Farm,



Milton Keynes

BUCKS

MK11 3HA

Tel: 0345 686 0301

01908 564 026

[info@aams-amb.co.uk](mailto:info@aams-amb.co.uk)

**London**



**Pro Medicus Ltd**

Thrales End Business Park

Thrales End Lane

Thrales End

Harpenden

AL5 3NS

Tel: (0) 800 802 1816

[office@promedicus-harpenden.co.uk](mailto:office@promedicus-harpenden.co.uk)

**Annex C to Section 8**

**UKAFBA Handbook Jan 2022**

|  |  |  |  |
| --- | --- | --- | --- |
| See Distribution |  | Ref: |  |
|  |  |  |  |
|  |  | Date: |  |

### Annex C - Army BA Application for Authority to Box in a Civilian Competition

Reference:

A. UKAFBA Official Handbook January 2022 Edition.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| As outlined in Ref A, the following Boxer from this unit has been authorised to compete/box against a civilian opponent as indicated: | | | | | | | | |
|  | | | | | | | | |
| **a.** | Service No |  | | | |  | | |
|  | | | | | | | | |
| **b.** | Rank |  | | | |  | | |
|  | | | | | | | | |
| **c.** | Surname |  | | | | Inits. |  | |
|  | | | | | | | | |
| **d.** | Boxing Reg. No. | |  | | |  | | |
|  | | | | | | | | |
| The event details are: | | | | | | | | |
|  |  | | |  | |  | | |
| **a.** | Venue: |  | | | |  | | |
|  |  |  | | | |  | | |
| **b.** | Date(s): |  | | | |  | | |
|  |  | | |  | |  | | |
| **c.** | Organising Body: | |  | | |  | | |
|  |  | |  | | |  | | |
| **d.** | Opponent Name | |  | | Boxing Reg. No. | | |  |
|  |  | | |  |  | | |  |
| **3.** A completed UKAFBA Tournament Record Sheet ([Annex A to Section 11](#_Section_11_–)) will be forwarded to **UKAFBA** **Sec and sS Secretary** immediately after the event has concluded. | | | | | | | | |

Signature

Commanding Officer

Distribution:

Action:

Sec UKAFBA

Sec RNBA – as appropriate

Sec RAFBA – as appropriate

Information:

Regional Sec Army BA – as appropriate

**Annex D1 to Section 8**

**UKAFBA Handbook Jan 2022**

### Annex D1 - Permission to Box Abroad

Please complete the form below and return to the RN, Army or RAF Boxing Secretary together with the attached names list.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name of England Boxing Club / Association:** | |  | | |
| **Name of Foreign Club / Association:** | |  | | |
| **Country:** | |  | | |
| **Name & Venue/s for tournament:** | |  | | |
| **Date/s of Tournament:** | |  | | |
| **Date team departs England:** | |  | | |
| **Date team returns to Unit:** | |  | | |
| **Numbers of Boxers & Support Staff** | | **Boxers** | | **Support Staff** |
|  | |  |
| **Number of contests per Boxer:**  **(i.e. One or two)** | |  | | |
|  | | | | |
| **Details of Person responsible for Boxing Team (Boxing Officer / ProjO)** | | | | |
| **Email** |  | **Tel No.** |  | |
| **Name** |  | **Signature** |  | |
|  | | | | |
| **Regional Association Secretary Declaration** | | | | |
| * I confirm that all Boxers named on the list of names have valid medicals, all Coaches and/or Officials have valid DBS certification 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. | | | | |
| **Signature** |  | **Date** |  | |

**Annex D1/1 to Section 8**

**UKAFBA Handbook Jan 2022**

### Annex D1 - Permission to Box Abroad Nominal Roll

|  |  |  |  |
| --- | --- | --- | --- |
| **Names of Boxers** | | | |
|  | **Boxing Reg. No.** | **Rank** | **Full Name** |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |
| **5** |  |  |  |
| **6** |  |  |  |
| **7** |  |  |  |
| **8** |  |  |  |
| **9** |  |  |  |
| **10** |  |  |  |
| **11** |  |  |  |
| **12** |  |  |  |
| **13** |  |  |  |
| **14** |  |  |  |
| **Names of Support Staff / Officials** | | | |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |
| **5** |  |  |  |
| **6** |  |  |  |

**Permission to Box Abroad Checklist**

For England Boxing to be able to process your request as quickly as possible please ensure the following is completed before sending.

* Form Signed by Regional Secretary and Person Responsible for the team whilst in England
* Names of Boxers and support staff all spelled correctly
* All Boxers, Coaches and support staff registered and approved on the Vault
* All Boxers have an in date medical
* Coaches have an in-date DBS
* Travel Insurance documents for all travellers (ensure names are spelled correctly)

**Travel Insurance policy must include**

* Medical and Emergency Expenses insurance
* Personal Accident Insurance
* Personal Liability Insurance

**Failure to provide all the above will cause a delay in England Boxing processing your application.**

**Annex D2 to Section 8**

**UKAFBA Handbook Jan 2022**

**ANNEX D2 PERMISSION TO INVITE A TEAM FROM ABROAD TO BOX IN ENGLAND**

Please complete the form below and return to the RN, Army or RAF Boxing Secretary together with the attached names list

|  |  |  |
| --- | --- | --- |
| **NAME OF ABAE CLUB / ASSOCIATION:** | |  |
| **NAME OF VISITING CLUB / ASSOCIATION:** | |  |
| **COUNTRY:** | |  |
| **VENUE/S FOR TOURNAMENT** | |  |
| **DATE/S OF TOURNAMENT** | |  |
| **DATE TEAM ARRIVES IN ENGLAND** | |  |
| **DATE TEAM DEPARTS FROM ENGLAND** | |  |
| **NUMBER OF BOXERS**  **& SUPPORT STAFF** | | |  |  | | --- | --- | |  |  | |
| **NUMBER OF CONTESTS PER BOXER**  **(i.e. ONE OR TWO)** | |  |
| **Name & Role of Person responsible for team whilst in England** | | **Signature** |
| **Regional Secretary Declaration**  I confirm that only those boxers and support staff named on the list attached have been invited.  I understand that full permission must be obtained before a Formal Invitation can be issued | | |
| **Signed (Regional Secretary)** | **Date** | |

**Annex D2/1 to Section 8**

**UKAFBA Handbook Jan 2022**

**ANNEX D2 PERMISSION TO INVITE A TEAM FROM ABROAD**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NAME OF CLUB/BOXING ASSOCIATION INVITED:** | | | | |
| **DATE/S OF TOURNAMENT:** | | | | |
| **NAMES OF BOXERS** | |  | **NAMES OF SUPPORT STAFF / OFFICIALS** | |
| **1** |  | **1** |  |
| **2** |  | **2** |  |
| **3** |  | **3** |  |
| **4** |  | **4** |  |
| **5** |  | **5** |  |
| **6** |  | **6** |  |
| **7** |  | **7** |  |
| **8** |  | **8** |  |
| **9** |  | **9** |  |
| **10** |  | **10** |  |
| **11** |  | **11** |  |
| **12** |  | **12** |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Annex E1 To Section 8**

**UKAFBA Handbook Jan 2022**

### Annex E1 - Computer Scoring Ring Layout

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **Judge 2** |  | **Judge 3** |  |  |  | **Blue Coaches** |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | CS_logo in box 1mb |  |  |  |  |  |
|  | **Judge 1** |  |  |  |  |  |  |  | **Judge 4** |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Red Coaches** |  |  |  |  |  |  |  |  | **TK**  **& MC** |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  | **Comp. Op.** | **Dep. Super**  **visor** | **Super**  **visor** | **Judge 5** | **Dr** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | Audience Seating may not be closer than 3 metres from the edge of the ring platform to the front row. | | | | |  |  |  |

**Annex E2 To Section 8**

**UKAFBA Handbook Jan 2022**

### Annex E2 - Manual Scoring (5 Judge) Ring Layout

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **Judge 2** |  | **Judge 3** |  |  |  | **Blue Coaches** |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | CS_logo in box 1mb |  |  |  |  |  |
|  | **Judge 1** |  |  |  |  |  |  |  | **Judge 4** |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Red Coaches** |  |  |  |  |  |  |  |  | **TK**  **& MC** |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  | **Resting Ref.** | **Recorder** | **Super**  **visor** | **Judge 5** | **Dr** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | Audience Seating may not be closer than 3 metres from the edge of the ring platform to the front row. | | | | |  |  |  |

**Annex E3 to Section 8**

**UKAFBA Handbook Jan 2022**

### Annex E3 - Manual Scoring (3 Judge) Ring Layout

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | **Judge 2** |  |  |  |  | **Blue Coaches** |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | CS_logo in box 1mb |  |  |  |  |  |
|  | **Judge 1** |  |  |  |  |  |  |  | **Judge 3** |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Red Coaches** |  |  |  |  |  |  |  |  | **TK**  **& MC** |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  | **Resting Ref.** | **Recorder** | **Super**  **visor** | **Deputy Super**  **visor** | **Dr** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 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.

## Pre-Bout Medical

1. 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 UKAFBA 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](#_Annex_C_-_2)).
2. Where DMICP is not available or the Dr appointed as Ringside Medical Cover does not have permissions to access DMICP, the following protocol must be adhered to;
3. The Weigh in should be carried out at approx. 0700hrs on the morning of the boxing;
4. When the Boxers weigh in they must complete the Pre-Bout Medical Form;
5. These forms must then be taken to the Medical Centre and a CMT or the Practice Manager MUST check the details on DMICP as declared by the Boxers are correct and there are no reasons for them to be excluded from Boxing (this should be arranged at the earliest opportunity to allow the time to be allotted at the Med Cen);
6. Should all be correct these forms MUST be returned to the Gymnasium and made available to the Dr for the physical medical of the Boxers.
7. My Next Match – England Boxing intend to institute a medical database to record all boxers baseline medical data in a central location as well as in the individuals BCR1. This will be phased in during the season 21/22 and the UKAFBA is planned to be the last region to participate. The protocols for the recording of this data for UKAF personnel will be promulgated to those units affected as required.

## Venue

1. Ring layout [(See Section 8 Annexes E1-3](#_Annex_E1_-_1)), wherever possible 5 Judges should be made available for service boxing events.
2. Risk Assessment [(Annex K to Section 11](#_Annex_K_-)) this RA only covers the boxing, organisers must include local risk factors in their Risk Assessment. Fire Escapes etc
3. 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](#_Annex_A_-_2))

## Competition Format

1. 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.
2. There are several factors that will influence the format of an internal boxing (Inter Sqn/Coy style) event.
   1. Number of bouts – no more than 26 in any day or two rings will need to be used.
   2. Boxing twice in one day – No Boxer may box twice in one day. See [Section 4](#_Related_Rules) Related Rules
   3. Byes and bout order – All byes must take place in the first round of the competition ([See Section 11 Annex H](#_Annex_H2_-))
   4. Duration of bouts – See [Section 4 Annex B](#_Annex_B1_-) Club Boxing Guidelines

## Officials

1. 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 sandwich and or a buffet with tea and coffee.
2. Rest/Changing Area – A designated Officials’ changing room and rest area is required this should be large enough for catering, tea and coffee, changing and briefings.
3. Sitting out Officials – Organisers should ensure that 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

1. 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.
2. When a civilian GP is contracted to support a UKAFBA Boxing event then the following support and protocols are to be adhered to;
3. The practice manager or a senior CMT should accompany the Dr throughout their employment to ensure that UKAFBA protocols and policies are adhered to.
4. Should there be any admission to hospital then the procedures at Para 4 to Section 3 of Section 12 of this document must be followed.
5. Any information recorded by the Dr on the evening/day about any Boxer or anything found by the Dr or Paramedics on the Post-Bout Medical (now compulsory) is to be added to DMICP the following morning.
6. Any boxing medical suspensions are to be discussed between the Dr and the Appointed Supervisor for agreement and must be in line with the Concussion protocols ([Annex D to Section 5](#_Annex_E1_-_2)) and Medical Suspension Periods ([Section 12 Annex E](#_Annex_F_–)).

## Weight, Age, Gender and Experience Categories

1. A detailed explanation of the categories of all Boxers can be found in [Section 4](#_SECTION_4_–).

## Rules on Dress/Attire

1. The rules on dress and attire are:
   1. **Boxers.** See [Section 4](#_SECTION_4_–) Boxers
   2. **Coaches.** See [Section 5](#_Section_5_–) Coaches
   3. **Officials**. See [Section 6](#_Section_6_–) Officials.
   4. **Primary Officials.** Primary Officials and their orders of dress are:
      1. **Supervisor.** Supervisors are to be dressed in Blazer, white shirt, tie, black or grey trousers, black shoes.
      2. **Medical Officer.** As appropriate for their duties.
      3. **Referees.** Referees are to be dressed in a plain white shirt worn with a black bow tie, black long trousers and black training shoes/boxing boots. A blue/black blazer should be worn when not actually in the ring.
      4. **Judges & Timekeepers.** Judges and Timekeepers are to wear Blazer, white shirt, tie, black / grey trousers, dark shoes, Females are to be similarly dressed, but may where a suitable skirt and/or blouse, in accordance with their Service/Regt/Corps Dress Instructions.
      5. **Master of Ceremonies.** Masters of Ceremonies are to wear Mess Dress or its equivalent in warm climes.
   5. **Secondary Officials.** Secondary Officials and their orders of dress are:
      1. **Medical Officer Liaison Officer.** As appropriate for their duties.
      2. **Recorder.** Recorders are to wear Mufti (Blazer, white shirt, tie, black / grey trousers, dark shoes/ Female Officials (except referees), are to be similarly dressed, but may wear a suitable skirt and/or blouse, in accordance with their Service/Regt/Corps Dress Regs.
      3. **Whips.** Whips are to wear tracksuits or similar or as ordered by the Event Coordinator.
   6. **Spectators.** Spectators are to be dressed in accordance with the CO’s direction.
2. 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 or non-transparent medical waste bags are to be secured to the neutral corners for the collection of contaminated waste.

## Master of Ceremonies (MC) or Announcer

1. All details regarding the MC or Announcer can be found in Section 6 Annexes [H](#_Annex_G_-) and I

## Scoring

1. 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;
   1. Number of quality blows on target area;
   2. Domination of the bout by technical and tactical superiority;
   3. Competitiveness.
2. The Judges must apply the following criteria to score round:
   1. 10 vs. 9 – Close round;
   2. 10 vs. 8 – Clear winner;
   3. 10 vs. 7 – Total dominance.
3. Details regarding scoring and the result of a bout are at Section 6 Annex [F](#_Annex_C_-_3)

## Protests

1. There is no appeal process in boxing, the ring Supervisor may review the result of a bout that they feel 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.

# Section 10 – Weigh In

## General

The Weigh in is an integral part of any boxing event and must be completed professionally by a registered and qualified boxing Official (where possible a qualified Supervisor), if possible the same gender as the boxers; known as The Clerk of Scales.

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

Electronic weighing scales are to be used to weigh-in all Boxers and reserves as described below. UKAFBA 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 Clerk of the Scales, who, in turn, is to pass it on to the Supervisor.

## Duties of the Clerk of the Scales

The sS Officials Secretary or Regional Secretary will appoint a Clerk of the Scales for the weigh-in and the venue, this official must be DBS registered, and where possible should be the same gender as the boxers.

The Clerk of the Scales is to:

Check the details of the boxers;

all Boxers and reserves are in possession of a current and valid BCR1.

Check each Boxer’s MOD Form 90 (ID Card) and gum-shield.

Check the Annual Medical is in date

Check the boxer is not serving a medical suspension.

Check the matching of the boxers involved in bouts is appropriate.

Age Category of both boxers involved in a bout or the boxer is the correct year of birth for the tournament category.

Experience of both boxers involved in a bout or the boxer has the correct experience for the tournament category

Ensure that the scales to be used are calibrated and have a current calibration certificate ([Annex A to Section 10](#_Annex_A_-_3) (Self-Calibrating Digital Scales require an annual calibration only)). The certificate is to be passed to the Supervisor.

Weigh In all of the eligible Boxers and certify the weight of each individual and record the details on the Weigh In Proforma ([Annex B1,or B2 to Section 10](#_Annex_B1_-_1)) and confirm the nominated Boxers in bout order on the Clerk of the Scales Nominated Boxers Form and hand to the Supervisor on [Annex C to Section 10](#_Annex_C_-_4).

Ensure that the Team Manager/Coach produces the Commanding Officers Declaration of Registration to Box ([Annex B to Section 7](#_Annex_B_-_1)) where appropriate (when boxing against a Boxer from another unit or a civilian), signed by Commanding Officers and pass them to the Official-in-Charge.

Sign and date the Clerk of the Scales Declaration Form ([Annex D to Section 10](#_Annex_D_-)) and pass it to the Supervisor informing them of any issues or concerns

## Weigh In Rules

The Weigh in may take place before the Boxers Pre-Bout Medicals.

**Location.** Where possible Male and Female boxers shouldweigh in in separate rooms, where this is not possible then separate weigh in times should be scheduled.

**Dress**. Boxers are to remain dressed until they enter the weigh in room and be dressed before they leave the weigh in room.

**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.

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

**Weight Category Rule.** As a 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](#_SECTION_4_–)).

**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.

**Junior and Youth Boxers.** Juniors and Youth Boxers must Weigh In dressed in shorts or underpants. (Chaperone is required for Boxers under 17 years of age).

**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 time between the end of the General Weigh in and the start of boxing should not be less than 6 hours and no more than 12 hours.

The time between the end of a Daily Weigh in and the start of boxing should not be less than 3 hours and no more than 12 hours.

The official scales will remain securely sealed until the official time for the weigh-in and be opened only by the Clerk of the Scales.

The official scales are open for a maximum of 2 hours only. (if males and females have different weigh in times each gender have 2 hours to weigh in).

**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 scales.

**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 Clerk of the Scales which visit is their official Weigh in.

**Annex A to Section 10**

**UKAFBA Handbook Jan 2022**

### Annex A - Certificate of Accuracy/Calibration of Boxing Weighing In Scales

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| I certify that the boxing Weigh In scales were inspected/calibrated as necessary and they are verified as accurate for weighing-in of Boxers: | | | | | |
|  | | | | | |
| **a.** | Serial No | | | |  |
|  | | | | | |
| **b.** | Make/Model | | | |  |
|  | | | | | |
| The scales were inspected/calibrated as detailed below: | | | | | |
|  | | | | | |
| **c.** | Date |  | | | |
|  | | | | | |
| **d.** | Time |  | | | |
|  | | | | | |
| **e.** | Location | |  | | |
|  | | | | | |
| **f.** | Building | |  | | |
|  | | | | | |
| **g.** | 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 event documentation.**

**Annex B1.1 to Section 10**

**UKAFBA Handbook Jan 2022**

**Annex B1.2 - UKAFBA Male Team / Individual Weigh In Proforma 2022**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name of Competition | |  | Unit |  |
|  | |  |  |  |
| Venue |  | | Date |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Weight Class** | **Rank & Name** | | **Boxing Reg. No.** | **Exact Weight** | **Selected Boxer** |
| Minimumweight  **>46 / <48kg** | 1 |  |  |  |  |
| Flyweight    **>48kg / <51kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| Bantamweight    **>51kg / 54kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| Featherweight    **>54kg / 57kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| Lightweight    **>57kg / 60kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Light Welterweight    **>60kg / 63.5kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Welterweight    **>63.5kg / 67kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Light Middleweight    **>67kg / 71kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Middleweight    **>69kg / 75kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Light Heavyweight    **>75kg / 80kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Cruiserweight    **>80kg / <86kg\*** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Heavyweight    **>86kg / 92kg**\* | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Super Heavyweight    **>92kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |

**Annex B2.1 to Section 10**

**UKAFBA Handbook Jan 2022**

**Annex B2.2 - UKAFBA Female Team / Individual Weigh In Proforma 2022**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name of Competition | |  | Unit |  |
|  | |  |  |  |
| Venue |  | | Date |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Weight Class** | **Rank & Name** | | **Boxing Reg. No.** | **Exact Weight** | **Selected Boxer** |
| Minimumweight  **>45 / 48kg** | 1 |  |  |  |  |
| Light Flyweight    **>48kg / 50kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| Flyweight    **>50kg / 52kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| Bantamweight    **>52kg / 54kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| Featherweight    **>54kg / 57kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| Lightweight    **>57kg / 60kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Light Welterweight    **>60kg / 63kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Welterweight    **>63kg / 66kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Light Middleweight    **>66kg / 70kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Middleweight    **>70kg / 75kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Light Heavyweight    **>75kg / 81kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| Heavyweight    **>81kg** | 1 |  |  |  |  |
| 2 |  |  |  |  |

**Annex C to Section 10**

**UKAFBA Handbook Jan 2022**

### Annex C - UKAFBA 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 & Inits** | **Boxing 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 |  | | |
|  | |  | |
| **Clerk of the Scales** | | |  |

**To be passed to the Supervisor and ultimately held by the host unit for 28 days after the event, together with all other event documentation.**

To: Supervisor Event **Annex D to Section 10**

**UKAFBA Handbook Jan 2022**

### Annex D - Clerk of the Scales Declaration Certificate

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| This is to certify that I acted as Clerk of the Scales of the Weigh In at: | | | | | | | | | |
|  | | |  |  | | | | |  |
| Venue |  | | | Date |  | | | | |
|  | | |  |  | | | |  | |
| **a.** | Service No |  | | **b.** | Rank |  | | | |
|  | |  | |  | | |  | | |
| **c.** | Surname |  | | **d.** | Inits. |  | | | |
|  | | |  |  | | | | |  |
| **e.** | Boxing Reg. No | |  |  | | | | |  |
|  | | | | | | | | | |
| 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](#_Section_8_–)) is/is not**\*** enclosed. | | | | | | | | | |
|  | | | | | | | | | |
| 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](#_Section_8_–) of the UKAFBA Official Handbook 2020/21. I confirm that all Boxers were weighed in and made the weight for their declared category of Boxer: | | | | | | | | | |

* 1. Current and valid Boxing Registration Card Yes / No\*
  2. MOD Form 90 Yes / No\*
  3. Legal well-fitting gum shield Yes / No\*
  4. CO Declaration form – [Annex B to Section 7](#_Annex_B_-_1) Yes / No\*
  5. Completed the Weigh-In Proforma – [Annex B1 or B2 to Section 10](#_Annex_B1_-_1) 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. RAFBA complete all paperwork using soft copies, if required these can be requested from the RAFA Officials Secretary.
      2. **Supervisor Folder**

1. Certificate of Assurance as provided by the sS Boxing Secretary ([See Section 8](#_Section_8_–))
2. Weigh in documentation as provided by the Clerk of the Scales – ([See Section 10](#_Section_10_–))
   1. Annex A - Calibration Certificate
   2. Annex B1 / B2 - Male and Female Weigh in
   3. Annex C - UKAFBA Nominated Boxer Certificate
   4. Annex D - Clerk of the Scales Declaration Certificate

1. Supervisor Bout Report Form - [Annex F to Section 11](#_Annex_E_-)

(enough for no. of bouts plus 10%)

1. Supervisors Bout Review Form - [Annex G to Section 11](#_Annex_G_-_1)

(5 copies)

1. Certificate of Eligibility to Box - [Annex C to Section 7](#_Annex_B_-_1)
2. Supervisor Event Report Form - [Annex J to Section 11](#_Annex_J_-)
3. Event Risk Assessment - [Annex K to Section 11](#_Annex_K_-)
4. A copy of the competition rules
   * + 1. **Deputy Supervisor**
          1. Tournament Record Sheet - [Annex A to Section 11](#_Section_11_–)
          2. Officials Rota Template - [Annex B to Section 11](#_Annex_B_-_2)
          3. Official Bout Result for MC / Announcer [Annex E to Section 11](#_Annex_E_-)
          4. Supervisor Bout Report - [Annex F to Section 11](#_Annex_J_-)
          5. Disqualification proforma - [Annex I to Section 11](#_Annex_I_-)
       2. **Judge 1 to 5 (One Folder for Each Judge)**
          1. Judges Bout Score - [Annex C to Section 11](#_Annex_C_-_5)

(sheets to be cut into 3 and enough cut sheets to cover all the days

boxing plus extra to allow for mistakes)

* 1. Scoring System - [Annex D to Section 6](#_Annex_C_-_3)

(1 per Judges Folder)

1. **Timekeeper**
   1. Timekeepers Bout Reference Log – Annex D to Section 11 (enough for no. of bouts plus 10%)
   2. Bell
   3. Gavel
   4. Stopwatches x 2
2. **Master of Ceremonies (MC) / Announcer**
   1. Notes for MC – [Annex H to Section 6](#_Annex_G_-)
   2. Individual Bout Script for MC – [Annex I to Section 6](#_Annex_H_-)

(enough for number of bouts plus 10%)

1. **Doctor**
   1. [Annex C](#_Annex_C_-_2) – Pre-Bout Medical Examination Questionnaires (Completed)
   2. [Annex D](#_Annex_D_–) – Medics Post-Bout Checks Proforma
   3. [Annex E](#_Annex_E_–) – Post-Bout Head Injury Advice Card (enough for one per Boxer)
   4. [Annex F](#_Annex_F_–) – Ringside Injuries Suspension Periods Required
   5. [Annex G](#_Annex_G_-_2) – Record of Injuries and non-Injuries in a Boxing Contest
2. **Stationary 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.
   1. Black Biros (1x for each Official)
   2. Lumi colours / Highlighter pens (selection)
   3. Stapler (x 1)
   4. A4 Envelopes (x 5)
   5. Whistle for MC

**Photocopy and Enlarge to A3** Annex A - UKAFBA Tournament Record Sheet **Annex A to Section 11**

**UKAFBA Handbook Jan 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Club |  | | Association | |  | | | | Supervisor | |  | | | GMC No. | |  |  |  |  |  |  |
| Venue |  | | Recorder | |  | | | | Doctor | |  | | |  | |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | |
| Bout No. | Reg. No. | Name | Unit/  Club | Bout Type &  Duration  ie Dev 3x2 | | M | F | Medical | | Weight  Kg | Won | Lost | Result | | | | | | | | Suspension Period |
| Pre | Post | Pts | KO  KO H  KO B | AB | RSC  RSC -H  RSC -B | RSC(I) | DQ | NC | WO |
| 1 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Signed |  | Print |  | Designation |  |

**Annex B to Section 11**

**UKAFBA Handbook Jan 2022**

### Annex B - Officials Rota Template

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bout No. | Referee | Judge | | | | | TK | Remarks |
| 1 | 2 | 3 | 4 | 5 |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Code | Referee Name | Code | JTK Name |
| 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |
| 4 |  | 4 |  |
| 5 |  | 5 |  |
| 6 |  | 6 |  |
| 7 |  | 7 |  |
| Code | Adjudicator Names | 8 |  |
| 1 |  | 9 |  |
| 2 |  | 10 |  |
| 3 |  | 11 |  |
| 4 |  | 12 |  |
| 5 |  | 13 |  |
| 6 |  | 14 |  |

**Annex C to Section 11**

**UKAFBA Handbook Jan 2022**

### Annex C - UKAFBA Judge’s Round Score

|  |  |  |  |
| --- | --- | --- | --- |
| Judge Name |  | Judge Position |  |
|  |  |  |  |
| Judge Signature |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **RND No** | **RED**  Score out of 10 | **BLUE**  Score out of 10 | **BOUT WINNER** |
|  |  |  | **RED BLUE** |

cut along line

**UKAFBA Judge’s Round Score**

|  |  |  |  |
| --- | --- | --- | --- |
| Judge Name |  | Judge Position |  |
|  |  |  |  |
| Judge Signature |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **RND No** | **RED**  Score out of 10 | **BLUE**  Score out of 10 | **BOUT WINNER** |
|  |  |  | **RED BLUE** |

cut along line .

**UKAFBA Judge’s Round Score**

|  |  |  |  |
| --- | --- | --- | --- |
| Judge Name |  | Judge Position |  |
|  |  |  |  |
| Judge Signature |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **RND No** | **RED**  Score out of 10 | **BLUE**  Score out of 10 | **BOUT WINNER** |
|  |  |  | **RED BLUE** |

**Annex D to Section 11**

**UKAFBA Handbook Jan 2022**

### Annex D - Timekeeper - Bout Reference Log

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| First Action Required | | | Second Action Required | | | Third Action Required | | |
| Announce  **“First Round”**  Ring Bell | | | 10 secs before the end of the round, strike the  **Gavel 3 times**  **Concentrate on bout**  **Count down seconds in head**  Ring bell to end the round | | | 10 secs before the start of the next round,  Strike the **Gavel 3 times** Call **“Seconds Out”**  Ring bell to start the round  Announce Round Number  **“Second Round or Third and Last Round”** | | |
|  |  |  |  |  |  |  |  |  |
| Bout No. |  | **Red** |  | | Vs |  | | **Blue** |
|  |  |  | |  | | |  | |
| Round  Number | Tick once round is completed  √ | \* Loss of Consciousness | | \* Low Blow – 8 Count from Referee then | | | \* Time Boxer is out of ring | |
| Time stopped in round | Total time unconscious  for MO | 30 secs  Then hit gavel 3 times for 1st  (30 / 90 secs) | 30 secs  Then hit gavel 3 times for 2nd  (60 / 90 secs) | 30 secs  Then hit gavel 3 times for 3rd  (90 / 90 secs) | Round knocked  out of ring | Time spent  out of ring  Max of 30 secs given |
| 1 |  | **:** | **:** |  |  |  |  | **:** |
| 2 |  | **:** | **:** |  |  |  |  | **:** |
| 3 |  | **:** | **:** |  |  |  |  | **:** |
| 4 |  | **:** | **:** |  |  |  |  | **:** |

|  |  |  |  |
| --- | --- | --- | --- |
| Competition |  | | |
|  |  |  |  |
| Signature |  | Date |  |

To be filed with Referee and Supervisors report

**Annex E to Section 11**

**UKAFBA Handbook Jan 2022**

### Annex E - Official Bout Result for MC / Announcer

**Boxers Details**

|  |  |  |  |
| --- | --- | --- | --- |
| **RED CORNER** | | **BLUE CORNER** | |
| **Rank** |  | **Rank** |  |
| **Name** |  | **Name** |  |

Supervisors are to complete appropriate boxes and are then to highlight all phrases to be read by the MC/Announcer.

**Decision**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stoppages** | **The Referee has stopped the contest** | | | |
| **The Referee has stopped the contest due to injury** | | | |
| **Red / Blue has Abandoned / Retired** | | | |
| **By a Knockout** | | | |
| **By Disqualification** | | | |
| **By Walkover** | | | |
|  | | | |
| **RED / BLUE** | | | **Is the Winner** |
|  | | | | |
| **Points Win** | **By a** | **Unanimous Points Decision** | **Split Points Decision** | |
|  | | | |
| **RED / BLUE** | | | **Is the Winner** |

Annex F – Supervisor Bout Report  **Annex F to Section 11**

**UKAFBA Handbook Jan 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date | | |  | | | | | Competition | | |  | | | | | Location | | |
| Bout No. | | |  | | | | | Weight Category | | |  | | | | |  | | |
|  |  |  | | |  | | | |  | | | | | | | | | |
| Red Name | | |  | | | | | | Vs |  | | | | | | Blue Name | | |
|  |  |  | | |  | | | |  | | | | | | | | | |
| Referee Name | | |  | | | | | | | | | | | | | | | |
|  |  |  | | |  | | | |  | | | | | | | | | |
| Judge 1 | | |  | Judge 2 | | |  | Judge 3 | | |  | Judge 4 | | |  | Judge 5 | | |
|  | | |  | | |  | | |  | | |  | | |
| Red Score | Round No. | Blue Score | Red Score | Round No. | Blue Score | Red Score | Round No. | Blue Score | Red Score | Round No. | Blue Score | Red Score | Round No. | Blue Score |
|  | 1 |  |  | 1 |  |  | 1 |  |  | 1 |  |  | 1 |  |
|  | 2 |  |  | 2 |  |  | 2 |  |  | 2 |  |  | 2 |  |
|  | 3 |  |  | 3 |  |  | 3 |  |  | 3 |  |  | 3 |  |
|  | 4 |  |  | 4 |  |  | 4 |  |  | 4 |  |  | 4 |  |
|  | KD |  |  | KD |  |  | KD |  |  | KD |  |  | KD |  |
|  | Warning |  |  | Warning |  |  | Warning |  |  | Warning |  |  | Warning |  |
|  | Total |  |  | Total |  |  | Total |  |  | Total |  |  | Total |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Winner | | |  | | | |  | Remarks | | |  | Supervisor Details | | | | | | |
| Decision | | |  | | | |  |  | | | Name | | |  | | | |
| Round | | |  | | | |  | Signature | | |  | | | |

**Annex G to Section 11**

**UKAFBA Handbook Jan 2022**

### Annex G - UKAFBA 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 Name | |  | | | | | Signature |  | | |
|  | |  | | | | |  |  | | |
| Judge Name | |  | | | | | Signature |  | | |
|  | |  | | | | |  |  | | |
| Judge Name | |  | | | | | Signature |  | | |

Distribution:

Both concerned Team Boxing Officers or Coaches

sS Boxing Secretary

**Annex H to Section 11**

**UKAFBA Handbook Jan 2022**

### Annex H2 - 16 Boxer Entry Draw Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight Cat. |  | | | |
| Day | 1 | 2 | 3 | 4 |
| Bout Number | Order of  Drawn Boxer | Quarter Final | Semi Final | Final |
| 1 | 1 | *Bout 9*  1 or 16  V  11 or 6 | *Bout 13*  Winner Bout 9  V  Winner Bout 10 | *Bout 15*  Winner Bout 13  V  Winner Bout 14 |
| 16 |
| 2 | 11 |
| 6 |
| 3 | 9 | *Bout 10*  9 or 8  V  13 v 4 |
| 8 |
| 4 | 13 |
| 4 |
| 5 | 3 | *Bout 11*  3 or 14  V  7 or 10 | *Bout 14*  Winner Bout 11  V  Winner Bout 12 |
| 14 |
| 6 | 7 |
| 10 |
| 7 | 5 | *Bout 12*  5 or 12  V  15 or 2 |
| 12 |
| 8 | 15 |
| 2 |

**Byes**

Boxers should be drawn and placed in the numbered box in the table in the order they are drawn. Should there be less than 16 Boxers but more than 8 complete the table in order until all Boxers are drawn, any Boxers that do not have an opponent will receive a bye. The bout order should be adjusted to reflect any byes.

### Annex H2 - 8 Boxer Entry Draw Table

|  |  |  |  |
| --- | --- | --- | --- |
| Weight Cat. |  | | |
| Day | 1 | 2 | 3 |
| Bout Number | Order of  Drawn Boxer | Semi Final | Final |
| 1 | 1 | *Bout 5*  1 or 8  V  5 or 4 | *Bout 7*  Winner Bout 5  V  Winner Bout 6 |
| 8 |
| 2 | 5 |
| 4 |
| 3 | 3 | *Bout 6*  3 or 6  V  7 or 2 |
| 6 |
| 4 | 7 |
| 2 |

**Byes**

Boxers should be drawn and placed in the numbered box in the table in the order they are drawn. Should there be less than 8 Boxers but more than 4 complete the table in order until all Boxers are drawn, any Boxers that do not have an opponent will receive a bye. The bout order should be adjusted to reflect any byes.

**Annex I to Section 11**

To CO **UKAFBA Handbook Jan 2022**

|  |  |
| --- | --- |
|  | (Insert unit) |
|  | (Insert Address) |
|  |  |
|  |  |
|  |  |

### Annex I - Supervisor Notification of Disqualification Proforma

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| * 1. The following Boxer from your unit was subject to a disqualification for unsportsmanlike behaviour at a boxing event held at: | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | (Location) on | | |  | | | | | | (Time) |
|  | |  | | | | | | |  | | |  |  | | | | |  |
| **a.** | Service No. | | | |  | | | | | | | **d.** | Inits |  | | | | |
|  |  | | | |  | | | | | | |  |  | | |  | | |
| **b.** | Rank | | |  | | | | | | | | **e.** | Boxing Reg. No. | | | |  | |
|  |  | | | |  | | | | | | |  |  | | | | |  |
| **c.** | Surname | | |  | | | | | | | |  |  | | | | |  |
|  | |  | | | | | | |  | | |  |  | | | | |  |
| 1. Details of the event and circumstances relating to this decision are: | | | | | | | | | | | | | | | | | | |
|  | |  | | | | | | |  | | |  |  | | | | |  |
| **a.** | Event | |  | | | | | | | | | **d.** | Bout No | |  | | | |
|  |  | |  | | | | | | | | |  |  | | |  | | |
| **b.** | Referee | |  | | | | | | | | | **e.** | Boxing Reg. No. | | | |  | |
|  |  | | | | |  | | | | | |  |  | | | | |  |
| **c.** | Circumstances | | | | |  | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
| 1. Additional Information | | | | | | |  | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | Signed | | |  | | | | | | | |
|  | | | | | | | |  | | |  | | | | | | | |
|  | | | | | | | | Rank/Name | | |  | | | | | | | |
|  | | | | | | | |  | | | | |  | | | | | |
|  | | | | | | | | Boxing Reg No/Qual | | | | |  | | | | | |
|  | | | | | | | |  | | | | |  | | | | | |
|  | | | | | | | | Date | |  | | | | | | | | |

To be completed by the Supervisor and forwarded as indicated

Send to: sS Boxing Secretary & Officials Secretary

**Annex J to Section 11**

**UKAFBA Handbook Jan 2022**

### Annex J - UKAFBA Supervisor Event Report Form

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1.** | Rank/Name: | | |  | | | | Boxing Reg. No. | | | |  |
|  | | | | | | | | | | | | |
| **2.** | Tournament Details: | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | **a.** | Date(s) | | |  | | | **b.** | Venue | |  | |
|  | | | | | | | | | | | | |
|  | **c.** | Participating Units: | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  |  | **i.** | Home Team | | | |  | | | | | |
|  | | | | | | | | | | | | |
|  |  | **ii.** | Away Team | | | |  | | | | | |
|  | | | | | | | | | | | | |
|  | **d.** | Coaches Details: | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  |  | **i.** | Home Team | | | | Rank/Name/Service No. |  | | | | |
|  | | | | | | | | | | | | |
|  |  | **ii.** | Away Team | | | | Rank/Name/Service No. |  | | | | |
|  | | | | | | | | | | | | |
| **3.** | Officials: | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  |  | Rank | | | | Name | | Role | | Remarks | | |
|  | **a.** |  | | | |  | |  | |  | | |
|  | **b.** |  | | | |  | |  | |  | | |
|  | **c.** |  | | | |  | |  | |  | | |
|  | **d.** |  | | | |  | |  | |  | | |
|  | **e.** |  | | | |  | |  | |  | | |
|  | **f.** |  | | | |  | |  | |  | | |
|  | **g.** |  | | | |  | |  | |  | | |
|  | **h.** |  | | | |  | |  | |  | | |
|  | **i.** |  | | | |  | |  | |  | | |
|  | **j.** |  | | | |  | |  | |  | | |
|  | | | | | | | | | | | | |
| **4.** | Medical Suspensions or Treatments: | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| (The details of all Boxers receiving suspensions Inc. Boxing Reg. No./Rank/Name/Service No. and reason for suspension. Supervisors are to include the Bout Result Sheet and Tournament Record Sheet and send to the sS Secretary) | | | | | | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Reg No | Rank | Name | Unit | Treatment | Suspension | | 1 |  |  |  |  |  |  | | 2 |  |  |  |  |  |  | | 3 |  |  |  |  |  |  | | 4 |  |  |  |  |  |  | | 5 |  |  |  |  |  |  | | 6 |  |  |  |  |  |  | | 7 |  |  |  |  |  |  | | | | | | | | | | | | | |

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|  | |
| **5.** | Ring Set-up: |
|  | |
|  | |
|  | |

|  |  |
| --- | --- |
| **6.** | Overall Comments: |
|  | |
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**Appendix:**

1. Officials’ Rota Template

Note: Supervisor duties can only be undertaken by a qualified 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.

### Annex K - Risk Assessment – Competitive Boxing

|  |  |  |  |
| --- | --- | --- | --- |
| **Dept / Sub-Unit / Unit / Formation:** | ARMY BOXING ASSOCIATION | **Assessor (No, Rank, Name):** | N Pearce |
| **Activity (SSW) / Exercise (SST):** | **COMPETITIVE BOXING** – This RA only covers the activity of competitive boxing whilst in the boxing ring, additional supporting RAs are required to cover local conditions for any Boxing competition. | **Assessor’s signature:** | N L Pearce |
| **Generic or Specific Risk Assessment:** | Specific to 2021/22 Only | **Assessment Date:** | 01/07/2021 |
| **Relevant Publications / Pamphlets / Procedures:** | JSP660 – Sport in the UK Armed Forces  Governing Body - England Amateur Boxing Association  UKAFBA Official Handbook – season 2021/2022 Edition | **Review Date** **for GRA** (Step 5)**:** | For 2021/22 only |

| (a) | (b) | (c) | (d) | (e) | (f) | (g) | (h) | (i) | (j) | (k) | (l) | (m) | (n) |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ref** | **Activity / element**  (Step 1a) | **Hazards identified**  (Step 1b) | **Who or what might be harmed and how**, e.g.  • Military personnel - fatality  • Civ staff / contractors - injury  • General public - injury • Environment - spill(Step 2) | **Existing control measures**  (Step 3a) | **Assessment with  existing controls** | | | **Is residual risk acceptable in the context of risk appetite for the activity?  (Yes / No) – Refer to Risk Score Calculation above** *If Yes, move to column (n). If No, identify  additional controls* (Step 3e) | **Reasonable additional controls that can be implemented to reduce risk  to ALARP** (Step 3f) | **Reassessment with additional  control measures** | | | **List required action(s)  to instigate controls** (Step 3j) |
| **L  (1 to 5)** (Step 3b) | **I (1 to 5)** (Step 3c) | **Score  (L x I)** (Step 3d) | **L  (1 to 5)** (Step 3g) | **I (1 to 5)** (Step 3h) | **Score  (L x I)** (Step 3i) |
| 01 | Boxing | Death from Brain Injury | Military Personnel –  Permanent disability  Fatality | 1. All service Boxers must be registered through their Single Service Boxing Association.  2. All Boxers are in date for their Annual Medical (to be completed at least 10 clear days before competition unless on renewal).  3. All Boxers are declared Fit to Box at the compulsory Pre-Bout Medical.  4. All Boxers Boxing Record Cards are reviewed for any medical suspensions and for declared boxing experience.  5. All Boxers are required to wear all PPE appropriate to their gender, age and weight category, this includes;  Head Guards – (all females and male juniors and youths).  Bandages / Wraps  Gum shields  Abdominal protectors  Breast protection  Gloves 10 or 12oz (dependant on weight cat)  6. Qualified Referees are in place to manage each bout.  7. Ringside Medical cover of Dr and Paramedics.  8. Coaches to be qualified and in date and registered with UKAFBA. | 2 | 4 | 8 | NO | All control measures are stipulated by the National Governing Body for Competitive Boxing, except where the UKAF imposes the following additional measures to protect their employees;  Additional ringside medical cover, females to wear breast and groin protectors,  No annual medicals within 10 days of competition. | **1** | **4** | **4**  **LOW**  **ALARP** | **Boxing Supervisor is to liaise with the Dr and Paramedics to confirm the medical plan. To brief all Officials on their duties. To review each bout to ensure all checks are complete prior to the bout;**  **Boxers are matched appropriately on weight and experience.**  **Boxers are the same age category.**  **No medical suspensions** |
| Burst ear drum  Detached retinae  Fractures to face, hands, or ribs | Military Personnel –  Significant Injury requiring treatment | 3 | 3 | 9 | NO | **2** | **3** | **6**  **LOW**  **ALARP** |
| 2 | Boxing | Actions on Injury | Military Personnel –  Bruising injuries to face, hands or ribs  Burst ear drum  Detached retinae  Fractures to face, hands, or ribs  Permanent disability  Fatality | Dr and Paramedics to assess and treat as appropriate.  Serious injury – Boxing is to be suspended and the Boxer is taken by the pre-positioned ambulance to hospital.  Unit CoC is informed so NOK can be notified if required. | 3 | 3 | 9 | YES  LOW  ALARP |  |  |  |  | **Sign and instructions displayed in sparring area. All to be made aware of this**. |
| 3 | Boxing | Dehydration | Military Personnel - Fatality | 1. 1 min breaks afforded at end of each round, Rounds only 2- or 3-mins max dependant on Cat of Boxer.  2. Water to be available – water containers brought in by Coaches. | 2 | 1 | 2 | YES  LOW  ALARP |  |  |  |  |  |
| 4 | Boxing | Muscle injury / strain | Military Personnel - Injury | 1. All Boxers are trained by qualified Coaches and have pre-bout medical to ensure fitness to box. Records kept in RA Folder. | 2 | 2 | 4 | YES  LOW  ALARP |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Authorising Officer / Warrant Officer (at unit level)** | **No, Rank, Name** | **Post** | **Date** | **Signature** |
| **Existing and additional controls agreed** |  |  |  |  |
| **Where risk is elevated up the CoC, CO to confirm additional controls implemented** |  |  |  |  |

# Section 12 - The Medical Management of Service Boxing

## Introduction

## 

**1.** Amateur boxing is a contact sport supported by the UK Armed Forces (UKAF) Sports Board. Boxing carries sport-specific risks of injury to participants[[1]](#footnote-2). Medical supervision of Service boxing by the Defence Medical Services (DMS) is therefore mandated, with the aim of mitigating the risk of injury to ‘as low as reasonably practicable’.

## Aim

**2.** This leaflet directs the medical requirements for Service Personnel (SP) who wish to box and spar, the requirements for medical supervision of Service boxing and the management of boxing injuries including mandatory suspension periods and injury reporting.

## Key references

**3.** This leaflet is compliant with, and goes beyond, the guidance issued by the international and national governing bodies for amateur boxing. The National Governing Body (NGB) for UKAF Boxing Association is England Boxing (EB), even when taking place outside of England, and the International Governing Body is AIBA. The following references must be read in conjunction with this leaflet:

1. The 2016 AIBA Medical Handbook (or latest updated version)[[2]](#footnote-3).
2. The 2019 England Boxing Rulebook (or latest updated version)[[3]](#footnote-4).
3. NICE Clinical Guideline 176 ‘Head injury: early assessment and management’4.

## Scope

1. All personnel involved with Service boxing (including sparring and competing[[4]](#footnote-5)), including Boxers and their Coaches, boxing Officials and medical personnel involved in the medical supervision of boxing in any capacity, must have a thorough understanding of this leaflet.
2. This policy covers the following:

**Section 1 – Annual medical examinations for Service Boxers**. This section applies to all SP who intend to box or spar during their Service career and DMS-employed doctors who undertake annual boxing medical examinations. Boxing training without sparring or competing does not require a boxing medical.

**Section 2 - Medical supervision requirements for Service boxing events.** This section provides direction on the medical supervision of all MOD-sponsored boxing events (including competing and sparring). It applies to all personnel involved in the planning and delivery of Service boxing and medical personnel that are authorised to provide ringside medical duties by their chain of command or employer.

**Section 3 - Management of boxing injuries, suspensions and injury reporting.** This section gives direction and guidance on the identification, management and reporting of boxing injuries during and following boxing events. All personnel involved in boxing and all DMS medical personnel who encounter patients that box should be aware of this direction.

1. This policy does **not** cover the medical management of Service milling, which is covered elsewhere in policy[[5]](#footnote-6).

**Further advice contacts**

**7.** Further SME advice can be obtained from the following:

1. UK Armed Forces Boxing Association (UKAFBA):
   1. Senior Medical Officer (SMO) – Sqn Ldr Tom Bennett-Britton
   2. Boxing Operations Manager (Ops Mgr), for non-medical boxing administrative issues.
2. Single Service Boxing Associations (sS BAs):
   1. RN - Principal Medical Officer (PMO)
   2. Army - SMO
   3. RAF - SMO

Contact details for current post holder are published on the [JSP 950 Vol 2 ‘Clinical Policy’ page](https://modgovuk.sharepoint.com/sites/defnet/JFC/Pages/ClinicalPolicyCh1toCh12.aspx)[[6]](#footnote-7).

**Governance and assurance**

1. SMO UKAFBA governs the policy, with support from the SMOs of the single Service Boxing Associations. SMO UKAFBA is responsible to DA GP, with assistance from DCA PHEC with reference to ringside cover and injury, for the assurance of compliance with this policy.
2. Injury reporting requirements are detailed in Section 3. SMO UKAFBA will collate injury data for reporting to DA GP and DCA PHEC and for the purposes of audit and improvement to the safety of the sport. The use of electronic integrated health record (e-IHR) protocols and templates also enables statistical analysis by Defence Statistics (Health) as required.
3. SMO UKAFBA is to provide assurance that medical support is conducted iaw this policy, by collating an annual 5-10 % audit of arrangements for boxing activities, with support from the sS BA SMOs to present to DA GP and DCA PHEC. This is to include annual medical examinations, medical supervision at ringside and management of injuries, suspensions and injury reporting.
4. Significant Event Reporting is encouraged. Any significant event relating to the medical management of Service Boxing is to be reported via the DMS’s Automated Significant Event Reporting (ASER) system, as well as reported to SMO UKAF BA, who will retain a register of these events and actions taken, for presentation at the annual assurance as per Para 10 above.

Section Titles:

Section 1 – Annual medical examinations for Service Boxers

Section 2 - Medical supervision requirements for Service boxing events

Section 3 - Management of boxing injuries, suspensions and injury reporting

Annexes:

1. Guidance Notes for Doctors Performing Boxing Medical Examinations.
2. Statement of Annual Boxing Medical Examination and Informed Consent to Participation in Service Boxing.
3. Pre-Bout Medical Examination
4. Post-bout Medical Examination
5. Advice Card for Boxer’s Suffering Injury, Including Head Injury
6. Ringside Injuries Suspension Periods

G. Record of Boxing Injuries and Non-Injuries in a Given Contest

Enclosures:

1. [Concussion Recognition Tool 5 (CRT-5)](https://modgovuk.sharepoint.com/:b:/r/sites/defnet/JFC/Documents/20200622-Concussion%20Recognition%20Tool%205.pdf?csf=1&web=1&e=xzdC5E)
2. [Sport Concussion Assessment Tool 5 (SCAT5)](https://modgovuk.sharepoint.com/:b:/r/sites/defnet/JFC/Documents/20200622-Sport%20Concussion%20Recognition%20Tool%205.pdf?csf=1&web=1&e=WwQIqb)
3. [Head Injury, Concussion and Returning to Boxing Advice (Aged 19 or over)](https://modgovuk.sharepoint.com/:w:/r/sites/defnet/JFC/Documents/20200622-Concussion%20advice%20boxers%20Over%2019.docx?d=w3887dc0cd09c4ca4b61d08ef531376e8&csf=1&web=1&e=QeTvM8)
4. [Head Injury, Concussion and Returning to Boxing Advice (Aged under 19)](https://modgovuk.sharepoint.com/:w:/r/sites/defnet/JFC/Documents/20200622-Concussion%20advice%20boxers%20under%2019.docx?d=w51ec870ecf454072a439291551555d81&csf=1&web=1&e=jOUHdN)

**Section 1**

**ANNUAL MEDICAL EXAMINATIONS FOR SERVICE BOXERS**

**Who must have an annual medical assessment?**

1. All Boxers wishing to spar or compete are mandated by AIBA and EB to have an annual medical examination to assess whether the individual is medically fit to spar and/or box. Boxing training without sparring or competing does not require a boxing medical.
2. **Service Boxers1**. All Service Boxers must have boxing medical examinations completed as follows:
   1. **New Service Boxers**. SP who intend to start boxing or sparring (i.e. are new to Service boxing or have no previous boxing experience) must have an annual boxing medical examination completed before ANY sparring or boxing commences. This must be a minimum of 10 days before their first bout, to allow for a reasonable amount of sparring beforehand.
   2. **Annual renewal**. Annual boxing medical examinations are valid for one year. SP must not box or spar if the expiry date has passed.
   3. **Post-suspension**. Service Boxers who have been subject to a period of suspension for injury must have a repeat boxing medical examination, as per the annual medical examination, prior to recommencing boxing or sparring. More detailed direction on suspension periods and returning to boxing is in Section 3.
3. **SP who box outside of MOD settings**. SP who box and spar outside of Service events will be registered with EB or equivalent NGB, however whilst in Service they must still have their annual medical completed by a DMS-employed doctor (See Para 5) in compliance with this policy2.
4. **Civilian personnel**. Civilian Boxers participating in Service-boxing events must be in date for an annual medical examination but this will be completed by their own GP or through private arrangement. The date of this medical will be recorded in their ‘Boxer Competition Record Book’ (BCR1). The medical does not need to have been completed on the Service Annual Medical Form (Annex B).

**Who can conduct a Service boxing medical?**

1. Service boxing medicals must be conducted by a clinically-current MOD-employed doctor3 with access to the Boxer’s electronic integrated health record (e-IHR).

**Conduct of Service Boxing Medical Examinations**

1. Doctors must conduct medicals in accordance with the extant AIBA Medical Handbook and England Boxing Rulebook, and Annex A ‘Guidance Notes for Doctors Performing Boxing Medical Examinations’.
2. Annual medical examinations must include:
3. Service Boxers are any Service Personnel (Regular or Reserve) who intend to undertake boxing, including competing and sparring, during their Service and who are required to be registered with their sS Boxing Association.
4. Service Boxers are to be aware that non-MOD events will have medical support to EB-mandated standards only. This may be below the enhanced ringside medical arrangements provided by DMS (see Section 2 Para 4).
5. Including Service Medical Officers (MO), General Duties Medical Officers (GDMOs), Civilian Medical Practitioners (CMPs) and contracted civilian doctors working in Defence Primary Health Care (DPHC).
   1. Discussion and explanation of sport-specific risks of boxing so that the SP is fully informed and able to give their informed consent to participation in this sport.
   2. Satisfactory status that the SP is an un-coerced volunteer. To participate in boxing, all SP must be volunteers.
   3. The absence of any history of conditions that prevent boxing (Refer to Annex A. SME advice must be sought in case of uncertainty).
   4. Normal examination findings.
   5. Outcome of the medical examination (See para 8).

**Annual boxing medical examination outcomes**

1. The boxing protocol will prompt the examining doctor to issue one of the following outcomes based on the Service Boxer’s suitability to box:
2. **PASS**. The Service Boxer is SUITABLE to box and/or spar for one year4.
3. **FAIL - Permanent**. The Boxer is permanently UNSUITABLE to box and/or spar and **must not** participate in boxing or sparring.
4. **FAIL - Temporary pending SME advice**. The doctor requires further SME advice. The Boxer MUST NOT box or spar until the result is confirmed.

**Documentation**

1. All annual boxing medical examinations are to be documented on the SP’s e-IHR. The relevant boxing medical template from within the boxing protocol must be used.
2. Annex B ‘Statement of Results of Annual Medical and the Informed Consent to Participate in Service Boxing’ (auto-initiated and completed through the boxing protocol) must be printed, date stamped and signed by both the doctor and the Boxer.
3. The completed, dual-signed, Annex B is to be scanned onto e-IHR as an attachment to the consultation showing the boxing medical.
4. The Boxer must be given three hard copies of the dual-signed and completed Annex B (A4 size). The Boxer must pass two copies to their Coach, who will staple one copy to the back of the Boxer’s BCR1 and send the other to the sS Boxing Association Secretary for annual registration purposes. The third copy is for the Boxer to keep themselves.
5. For EB-registered Boxers (i.e. those Boxers who participate in boxing outside of the Service setting), the result of whether the Boxer is fit or unfit to box must be written directly onto their BCR1 in the ‘medical section’5,6.
6. All Service annual medical examinations are valid for one full calendar year from the date of the examination. Validity will cease if the Boxer is subject to a period of suspension following injury (See Section 3).
7. When the BCR1 system is replaced by an online system as is planned by EB, arrangements for recording medicals for EB-registered Boxers will be updated here and on sS Boxing Association sites, by Ops Offr UKAF BA.
8. The sections contained within the BCR1 form itself on medical history and examination findings are not to be completed by the doctor, as this information is “medical in confidence”, but risks being seen by boxing Officials. Relevant history and examination findings must still be recorded in the e-IHR.

1-2

**Section 2**

**MEDICAL SUPERVISION REQUIREMENTS FOR SERVICE BOXING EVENTS**

**1.** Medical supervision includes the provision of ringside medical support and the completion of mandatory pre- and post- bout boxing medical examinations. Supervision roles and responsibilities are undertaken only by Service Boxing Associations Officials (including the Event Supervisor and Referee) and suitably qualified and experienced medical personnel appointed to the Ringside Medical Team (Para 4).

**Medical supervision plans and approval**

1. Medical supervision plan to meet the mandatory minimum standards listed in Para 4 must be in place for all Service boxing events. This is the responsibility of the Event Supervisor, in conjunction with the doctor that will be the Ringside Physician (RP) for the event. This is to be arranged by the boxing event organiser well in advance (10 weeks before the event) in consultation with the appointed RP; if the RP is not in the employment of the MOD then confirmation is to be sought by the boxing event organiser from the Single Service Boxing Secretary in the first instance (See also Para 15). Within the UK, there is no requirement for further medical endorsement of the plan.
2. **Boxing overseas, on operations or on exercises**. Service boxing may only be undertaken outside the UK, or overseas on deployed operations or exercises, when the minimum medical supervision requirements are in place AND arrangements for hospital care have been judged to be adequate by the Service medical authorities. Standards of care must, as a minimum, meet those of the NHS, with the Operational Patient Care Pathway (OPCP) able to meet the 10.1.2(+2) timelines detailed at AJP 4.10 paras 3.19 - 3.20[[7]](#footnote-8). In all circumstances, a medical plan will need to be approved by the Competent Medical Authority[[8]](#footnote-9) for the Exercise or Operation or Overseas location. SME input will be provided by SMO UKAFBA, SMO sS BA, DCA PHEC and DCA Neurosurgery as appropriate. The final decision will lie with whoever holds the risk.

**Mandatory medical requirements**

**4.** The following are the MINIMUM medical supervision requirements for all Service Boxing events:

**a. Ringside Medical Team**

1. **Ringside Physician (RP).** The ringside medical team must include a RP[[9]](#footnote-10).

EB state that the RP must be “equipped, competent and confident to resuscitate a Boxer. If not, the Supervisor must ensure that a paramedic is also present throughout the Boxing Event” (England Boxing Rulebook 2019).

Therefore, a doctor is suitably qualified and experienced (SQEP) to be an RP, if they are supported by a paramedic. In practice, as a pre-positioned ringside ambulance is mandated (See Para 4d below), a paramedic will usually be present.

If they are not supported by a paramedic, in order to be SQEP, the doctor must be in date a suitable course that teaches basic airway management skills[[10]](#footnote-11), and equipped, confident and competent to resuscitate and transfer a Boxer.

The following qualifying courses and qualifications are approved:

* 1. Advanced Life Support (ALS);
  2. Advanced Trauma Life Support (ATLS);
  3. Battlefield Advanced Trauma Life Support (BATLS);
  4. Rugby Football Union (RFU) Pre-Hospital Immediate Care in Sport (PHICIS)

Level 2 or 3;

* 1. Rugby Football League (RFL) Immediate Medical Management on the Field of Play (IMMOFP);
  2. Scottish Rugby Union Medical Cardiac and Pitch side Skills (SCRUMCAP);

f. Military Pre-Hospital Emergency Care (MPHEC);

* 1. BASICS Pre-Hospital Emergency Care (BASICS PHEC).
  2. Football Association Intermediate Trauma Medical Management in Football (ITMMIF) Level 4 or 5;
  3. Diploma of Immediate Medical Care.

Other courses may be considered for approval by SMO UKAFBA.

Doctors performing RP duties should also register with EB5.

1. **Paramedic.** The ringside medical team will usually include a paramedic who must be currently registered with the Health and Care Professions Council (HCPC). If the team does **not** include a registered paramedic, then the RP must be SQEP as detailed above.
2. **Mandatory skills**. The ringside medical team must possess the appropriate airway management skills to manage a downed Boxer in the acute phase and recognise when to call for help. The team do not need to be Pre-Hospital Emergency Anaesthesia (PHEA) or Rapid Sequence Induction (RSI) competent, but the team must be able to identify and initially manage a Boxer with a head injury and compromised airway.
3. **Neurosurgical capability.** The RP must ensure that they have identified (and have the contact details) of the nearest hospital to the competition venue with acute neurosurgical capability (likely to be the nearest Major Trauma Centre). See also Para 18.
4. **Medical examination room.** A reserved medical room is required for the pre- and post- bout examinations, and to undertake any necessary post-bout management. If the gym physically has no suitable room, the organiser may create a suitable reserved space with a 12’ x 12’ tent. The medical room furnishing must include**;**
   1. good lighting;
   2. a desk and two chairs;
   3. and an examination couch for any necessary post-bout examination and treatment.
5. **Ambulance**. There must be a pre-positioned ringside ambulance stationed as close to the venue as possible. This is the responsibility of the Event Supervisor to organise, but the Ringside Physician must ensure its presence before any boxing can take place. A member of the crew must be qualified to drive on blue lights on the public highway[[11]](#footnote-12). The Event Supervisor is to ensure that unobstructed emergency access to and from the boxing ring to the ambulance is maintained throughout the boxing event.
6. **Ringside emergency medical equipment.**  UKAFBA does not hold its own medical equipment or supplies. Whilst equipment will usually be provided with the pre-positioned ambulance, confirming its presence and serviceability is the responsibility of the Ringside Physician. Medical equipment may also be sourced from the hosting unit’s medical centre. All emergency resuscitation equipment must be available at or near the ringside for the boxing to proceed. This must include the following:
   1. Airways management kit to include oxygen, masks and tubing, different types of airways, portable suction, bag-valve-mask, and i-gels or equivalent.
   2. A scoop with straps, head blocks and tape to immobilise and move an unconscious Boxer under the ropes and out of the ring.
   3. Basic examination kit including gloves/PPE, pen torch, tongue depressors, stethoscope, auroscope, ophthalmoscope, sphygmomanometer, triangular bandages, gauze and dressings.
   4. AED cardiac defibrillator or monitor capable of delivering shocks.
   5. Emergency medications including adrenaline 1:1000 for anaphylaxis and 1:10,000 for non-shockable CPR.
   6. Equipment for suturing including sterile kit and lidocaine, if the doctor is competent. If not, lacerations that require suturing must be sent to the nearest ED.

**Resource and contracts**

1. Ringside medical support is to be provided from Service resources whenever possible. When unavailable, particularly ambulance support, this may be contracted with funding from the relevant sS Boxing Association or the hosting Unit.
2. Contracted ambulance and paramedic providers are to provide ringside emergency medical equipment as detailed in Para 4e above. Advice on suitable contractors is available from SMO UKAF BA, sS Boxing Association SMOs, and UKAFBA Ops Offr[[12]](#footnote-13).
3. Contracted doctors not employed by the MOD might be unfamiliar with military boxing: The Event Supervisor must brief them to ensure they comply with the mandatory medical examination and administrative procedures and provide the correct paperwork (sufficient copies of Annexes CG)[[13]](#footnote-14).

**Medico-legal indemnification**

1. MOD indemnity covers directly employed (uniformed and civilian DMS) doctors and medical personnel who provide ringside medical cover to Service-sponsored 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. Further details on indemnity can be found in [JSP 950 Part 1 Lft 10-1-7 Indemnity for Medical Personnel.](https://modgovuk.sharepoint.com/sites/defnet/JFC/Pages/JSP950Personnel.aspx)
2. Non-directly employed medical staff supporting Service boxing events must provide their own indemnification having reassured themselves in writing (e.g. by email) that their indemnification body knows they will be pursuing ringside duties and will cover these.
3. It is advisable that all doctors, paramedics and other healthcare professionals (HCPs) performing military ringside duties inform their medical protection union or society and comply with any further advise or training requirements.
4. MOD-employed medical personnel who choose to support civilian-organised events must provide their own indemnification for such work, as MOD indemnification will not cover them for this. Ensuring the adequacy of such indemnification is a matter for individual professional due diligence.

**Lines of responsibility, duty of care and personal beliefs**

1. Service doctors and HCPs employed by the MOD are to undertake boxing medicals and ringside duties. Civilian Medical Practitioners (CMPs) and locum doctors (See Para 15) may also perform these duties.
2. Service boxing is an authorised sport and a Condition of Service with duty status and is a core activity that cannot be considered discretionary[[14]](#footnote-15). SP representing the military are on official duty when boxing, and as they are effectively at work, the MOD has a statutory duty of care. Therefore, there is a requirement for medical support from MOD resources for military boxing events. It is the duty of Service doctors and other Service HCPs employed by the MOD at the military base, unit or station where the boxing event is being held (the hosting unit) to provide this cover, and to ensure that the necessary level of medical care required for the safety of the Boxers is in place, as outlined in Para 4 above.
3. Boxing event organisers are to give as much warning as possible to the SMO/PMO/RMO

(Regimental Medical Officer) at the hosting unit of the requirement for RP duties, with a minimum of 10 weeks in advance of any competition. Likewise, Boxers and their Coaches are advised to engage early with their unit Medical Treatment Facility (MTF), as whilst there is a requirement to provide medical support to boxing, the routine capacity for MTFs to undertake annual boxing medicals will inevitably depend upon operational and other competing requirements[[15]](#footnote-16).

1. As boxing events often occur out of hours, Service MOs are entitled to time off in lieu (TOIL). CMPs and locum doctors can take TOIL or be paid at the appropriate rate for out-of-hours

support[[16]](#footnote-17). In these cases, costs are to be borne by the boxing event organisers, via the sS or UKAF BA. Locum doctors providing ringside duties is not ideal, as they may be unfamiliar with military medical processes. In order to minimise risk, it is the responsibility of the boxing event organiser, with input from the hosting unit SMO/PMO/RMO, and from SMO UKAF BA and sS BA SMOs as required, to ensure that the locum doctor is appropriately qualified for the role, afforded access to medical records as required, and are fully aware of military requirements for Service boxing, which go over and above those of the NGB.

1. Service boxing is a legal and voluntary activity encouraged within the Armed Forces. Chapter 1 of [JSP 660 (](https://modgovuk.sharepoint.com/sites/defnet/HOCS/Pages/JSP-660-Sport-in-the-UK-Armed-Forces.aspx)Sport in the UK Armed Forces) states that “MOD’s policy is clear both to encourage sport and require COs to take sensible steps to reduce the risk of injury and to follow appropriate NGB and MOD regulation, monitoring injury trends, evaluating risks and providing the appropriate supervision when necessary”[[17]](#footnote-18). The CO has the authority to require appropriately qualified Service MOs under their command to provide this supervision. Note that under the terms of the Defence Primary Healthcare (DPHC) Joint Business Agreement, DPHC has responsibility to support sS CoC delivering Defence outputs[[18]](#footnote-19).
2. Doctors and HCPs may hold anti-boxing views. Official attendance at a boxing event or performing a boxing medical does not signify approval of the sport; it is a requirement in order to minimise risk for the participants. Service medical personnel with a conscientious objection to boxing, who are not required to attend an event or undertake boxing medicals by the CoC, still have a duty to ensure that SP are not disadvantaged by their personal beliefs[[19]](#footnote-20). CMPs and MOD employed locums with a conscientious objection to boxing to the extent that they will not perform boxing medicals or ringside duties, must also ensure that SP are not disadvantaged by their personal beliefs. In these circumstances, when approached, Service medical personnel, CMPs and MOD-employed locums must communicate their conscientious objection towards Service boxing in writing to the affected parties at the earliest possible stage, certainly within one week, and arrange and communicate alternatives without delay. In order to minimise risk and disruption, the alternative arrangements are to be drawn from regional medical resources within the DMS whenever possible, if necessary by escalating the unmet requirement through the Regional Clinical Director (RCD) or CoC. If no suitable alternative for ringside duties has been sourced within a month of a boxing event, the SMO/PMO/RMO at the hosting unit is to contact Ops Offr UKAF BA, as well as the sS BA SMO and SMO UKAF BA, for further advice.

**Confirmation that Medical Supervision is in place**

1. Before any boxing event the RP must ensure that they have identified (and have the contact details) of the nearest Emergency Department and the nearest hospital with acute neurosurgical capability (likely to be the nearest Major Trauma Centre). It is the responsibility of the boxing event organiser to notify the relevant hospital(s) that boxing is due to take place.
2. The RP must ensure they are familiar with all the equipment and ambulance before boxing commences. Each member of the medical team must be clear on their role and responsibilities. If the Ringside Medical Team includes a mixture of civilian contracted services and DMS-provided medical personnel, there must be clear co-ordination of treatment responsibilities.
3. The RP **must** be present ringside for boxing to take place. The pre-positioned ambulance **must** be present immediately next to the venue, with unobstructed access to the ring.
4. The Event Supervisor is responsible throughout the event, for ensuring that the medical support requirements are in place and signalling to the referee to cease boxing if they are not.

**IF AT ANY POINT THE RINGSIDE MEDICAL SUPERVISION PERSONNEL AND EQUIPMENT LISTED ARE NOT PRESENT, OR MEDICAL EXAMINATIONS HAVE NOT BEEN COMPLETED**

**BOXING MUST NOT PROCEED**

**Pre- and Post- Bout Medical Examinations**

1. Pre- and post- bout medical examinations are mandatory for ALL participants in MOD sponsored boxing events and are to be conducted in accordance with the direction below.
2. It is the responsibility of the RP to conduct all medicals and correctly complete documentation for all Boxers. The Event Supervisor must confirm that this is completed.

**Pre- bout medical examinations**

1. The pre-bout medical is carried out on the day of the bout (at a time between weigh-in and start of first bout to be agreed between the doctor and the Event Supervisor). If the doctor performing pre-bout medicals is not the RP, then any relevant findings must be communicated to the RP before boxing commences. The pre-bout medical consists of a check of fitness to box that day, and confirmation of valid documentation.
2. Pre-bout medicals are ideally performed at a medical treatment facility (MTF) with access to the e-IHR of Boxers who are SP. However, they may be done at the boxing gym, if there is a room suitable for medical examinations and access to the e-IHR is made available.
3. All Boxers must present the following to the doctor at the pre-bout medical:
   1. MOD Form 90 Identification Card (SP only).
   2. BCR1 which must be checked to ensure they are in-date the annual medical and not serving a suspension[[20]](#footnote-21) (SP should have a copy of Annex B showing their most recent annual medical stapled into the back).
   3. A completed and signed ‘Pre-bout Medical Examination Questionnaire’ (Annex C).
   4. **Mouthguard**. The doctor is to check that the Boxer has an adequately-fitting mouthguard that does not drop out of the Boxer’s mouth when opened wide. Mouthguards must not be the colour red (AIBA and EB rules). A Boxer with a poorly fitted or red mouthguard is to be referred to the Supervisor. Mouthguards must be worn by Boxers during all boxing bouts and sparring.

**Post-bout medical examinations**

1. A post-bout medical check MUST be carried out on both Boxers at the conclusion of each bout.
2. When a bout finishes with two apparently uninjured Boxers, the Ringside Physician should enquire if the Boxers have any complaints or injuries, and if so, they must examine them. If a Boxer has lost by KO, had the bout stopped due to serial head blows, or has suspected concussion, the post-bout medical MUST be carried out by the doctor.
3. If the Boxers do not have complaints or injuries, then the doctor may apply clinical judgement and delegate the task of carrying out the post-bout medical to the assisting paramedic(s), nurses, or medics (RN Medical Assistants / Army Combat Medical Technicians / RAF Medics), with any causes for concern immediately being brought to the doctor’s attention. This course of action aids the flow of the bouts without compromising the safety of the Boxers. Doctors must counter-sign all post-bout medical examinations at the end of the event.
4. Results of post-bout medicals are to be recorded (Annex D), retained and scanned onto the eIHR the next working day, with any important information highlighted in the e-IHR consultation records.
5. Civilian Boxers must still have their pre- and post- bout medicals recorded on the appropriate forms. Two copies of each form are to be made. One copy of these forms is to be handed to the Boxer after the post-bout medical is completed, to be handed on to their own GP. The other copy is to be retained and scanned onto the e-IHR the next working day, with the patient being registered as a temporary patient.

**Medical supervision requirements for sparring**

1. Service Boxers taking part in sparring must have a valid annual medical (they must not spar if serving a medical suspension). All sparring must be conducted under the supervision of an instructor who is a minimum Level 2 Coach16. The instructor must be in date MATTS, or sS equivalent, hence qualified to administer first aid in the event of injury. They must be prepared to seek further medical help without delay if at all concerned.
2. Sparring overseas must only take place if all the above criteria are in place and arrangements for hospital care have been judged to be adequate by the Service medical authorities. As with boxing overseas, standards of care must, as a minimum, meet those of the NHS, with the OPCP able to meet the 10.1.2(+2) timelines detailed at AJP 4.10 paras 3.19 - 3.20[[21]](#footnote-22).

**Section 3 MANAGEMENT OF BOXING INJURIES, SUSPENSIONS AND INJURY**

**Reporting**

**1.** The safety of Boxers is to be the primary concern of the Event Supervisor and Ringside Medical Team throughout the boxing event.

**In-bout management of injuries**

1. During the bout, the Referee will direct action to enable injury management as follows: 
   1. **Boxer is down**. The Ringside Physician (RP) will be motioned into the ring promptly by the Referee, with paramedic assistants as appropriate, to deal with airway management, etc.
   2. **Referee requires RP advice**. If the Referee requires the RP’s advice, they will invite the RP to assess the Boxer. This might be to assess injuries such as a nose bleed (that may indicate an underlying nasal fracture), lacerations or after an 8-second count to assess whether the Boxer is fit to continue. The rules are explicit that when the referee asks the Ringside Physician for advice on a Boxer, that advice is binding on the Referee and Event Supervisor.
   3. **Referee has concern about Boxer’s suitability for a further round**. When the referee requires the RP to check a Boxer before a further round, this is not normally done during the one-minute rest period (the Boxer will wish to focus on their Coach’s briefing). The referee will restart the boxing, then immediately stop it to ask the RP to assess the Boxer and take the advice given, as above.
   4. **RP has concerns about Boxer’s condition**. If an RP has concerns about a Boxer’s condition and (unusually) the referee appears not to have noticed the issue, the RP may liaise with the Event Supervisor ringside to direct the referee to allow medical assessment.
2. **Minor injuries**. Some judgement must be applied to the management of minor injuries during a bout. Those injuries which **must** stop the bout include (but are not limited to):
   1. **Lacerations.** 
      1. Cuts that are deep;
      2. Cuts that are bleeding into a participant’s line of sight, so the Boxer cannot see to continue;
      3. Cuts over the supraorbital nerve that risk damage to the key neural structure beneath;
      4. Cuts over the upper eyelid’s tarsal plate; excluding the more common cuts to the supraorbital skin just below and/or into the eyebrow;
      5. Cuts over the nasal bridge, commonly with a nasal bridge fracture beneath them;
      6. Cuts involving the vermal margin of the lip, as these may extend badly if re-struck.
   2. **Nasal injuries.** Nasal fractures may be obvious if deviation occurs. These must be referred immediately to a doctor for review of deviation and to confirm the absence of a septal haematoma which would require urgent review by Ear, Nose and Throat specialist.

**Referral of an injured Boxer to hospital**

1. Injured Boxers must be referred to hospital as follows.
   1. **Immediate transfer to neurosurgical department with airway management escort**.

**Criteria**: Any Boxer who suffers a loss of consciousness (LOC) and fails to recover consciousness inside one minute or any other Boxer whose clinical condition is such that the doctor deems it necessary[[22]](#footnote-23).

**Action**:

* + 1. The Boxer is to be transferred immediately directly to the neurosurgical centre:

urgent liaison with the emergency services for air ambulance transfer is appropriate.

* + 1. If air ambulance is unavailable, transfer must be by road ambulance. A clinical decision will need to be made whether to utilise the pre-positioned ambulance and accompany the Boxer, with an option of meeting a 999 ambulance en-route as required, or await a 999 ambulance, dependent upon its ETA. Transfer directly to an ED with neurosurgery will usually be most appropriate. Transfer to an ED without neurosurgery may be appropriate if this is considerably closer to the boxing venue, so that the patient can be intubated and ventilated there before onward move to the neurosurgical centre. Again, this will be a clinical decision, with 999 ambulance control able to assist and advise as appropriate.
    2. The Event Supervisor MUST suspend the tournament until the ringside medical team have returned / are in place.
    3. Event Supervisor is to notify the injury through the SP’s local medical facility, CoC and to JCCC.
  1. **Transfer by ambulance to ED**.

**Criteria**: Any Boxer who meets the criteria for CT scanning within one hour as stated in section 1.4.7 of the Sep 2019-updated [National Institute for Health and Care Excellence (NICE) guidelines on head injury management](https://www.nice.org.uk/guidance/cg176)[[23]](#footnote-24).

**Action**:

* + 1. A secondary ambulance should be called (999), unless the injury occurs during the final bout of the event (i.e. all boxing has concluded) in which case the prepositioned ambulance can be used.
    2. If there is likely to be a delay to the Boxer being transferred to hospital, then the RP should utilise the pre-positioned ambulance, and consider the need to accompany the Boxer. In this event, boxing **must cease** until the return of the ambulance and RP from hospital.
  1. **Transfer to ED without ambulance or medical escort**.

**Criteria**: Any Boxer who requires ED care but is not urgent, e.g. the Boxer requires x-ray of possible fractures or suturing that is not within the competencies of the RP.

**Action**:

* + 1. The RP must write a note to the receiving hospital[[24]](#footnote-25).
    2. The Boxer must be accompanied by a member of their Coaching staff, unit, friend or relative.

1. **Sparring injuries.** If a Boxer receives a KO or shows any signs of a head injury, they must be reviewed urgently by a doctor (See Paras 7-11). Any less serious injuries in sparring should be reviewed by a doctor on the next working day, and appropriate medical suspensions applied as per boxing injuries, which must be recorded on the BCR1.

**Post-bout medical**

**6.** All Boxers MUST have a post-bout medical as described in Section 2. If a Boxer has lost by KO, had the bout stopped due to serial head blows, or has suspected concussion, the post-bout medical MUST be carried out by the doctor.

**Management of concussion or suspected concussion**

1. If there is any uncertainty as to the Boxer’s neurological condition, there should be a low threshold for urgent referral to hospital.
2. The validated Concussion Recognition Tool 5 (CRT5)[[25]](#footnote-26) ([Enclosure 1)](https://modgovuk.sharepoint.com/:b:/r/sites/defnet/JFC/Documents/20200622-Concussion%20Recognition%20Tool%205.pdf?csf=1&web=1&e=xzdC5E) can help identify suspected concussion at the post-bout medical. If concussion is suspected, the Boxer must be:
   1. Issued with the Head Injury Advice card (Annex E).
   2. Instructed to present to their MTF on the next working day (see Para 18 below).
   3. Advised to seek urgent medical advice if they develop additional or worsening symptoms.
3. Concussion is a clinical diagnosis, with signs and symptoms that may evolve over time. A diagnosis of concussion might be made by the RP or be made by the doctor at the MTF on the next working day, or at a later stage. Tools to help doctors diagnose concussion include the Sport Concussion Assessment Tool 5 (SCAT5) ([Enclosure 2)](https://modgovuk.sharepoint.com/:b:/r/sites/defnet/JFC/Documents/20200622-Sport%20Concussion%20Recognition%20Tool%205.pdf?csf=1&web=1&e=WwQIqb).
4. Doctors are to be familiar with [JSP 950 Part 1 Lft 2-4-3](https://modgovuk.sharepoint.com/sites/defnet/JFC/Pages/ClinicalPolicyCh1toCh12.aspx) entitled “The Management of Concussion / Mild Traumatic Brain Injury (mTBI) on Deployed Operations”. Whilst this publication focuses on the deployed environment, much of its content is relevant to SP who have suffered from concussion as a result of boxing. It contains advice on diagnosis, management principles,

treatment, employment restrictions, and referral, including when to refer to the mTBI Clinic at DMRC Stamford Hall. The Annexes contain helpful information leaflets entitled “Patient’s Guide to Concussion” and “Commander’s Guide to Concussion”[[26]](#footnote-27).

1. All Boxers with a diagnosis of concussion must be suspended from boxing for 30 days (see Para 16 below) and will need to undertake the EB mandated ‘Graduated Return to Boxing’ (See Paras 18 and 26 below).

**Boxing injuries notification and reporting**

1. Any serious injury must be notified as soon as possible to Ops Offr UKAF BA and SMO UKAF BA. Event Supervisors will hold the contact details and should make the notification jointly with the RP.
2. The Record of Boxing Injuries and Non-Injuries in a given Contest (Annex G) is to be completed by the RP after boxing has finished. Once completed, it is to be sent by email to SMO UKAFBA. All injuries and any treatment given must also be noted in the SP’s e-IHR by the RP, using the Boxing Injury template accessed within the e-IHR Boxing Medicals Protocol, at the earliest opportunity, which will usually be the next working day. The completion of MOD Form 510 or sS equivalent (Accident/Incident Report Forms) is the responsibility of the Event Supervisor.
3. In the case of serious injury, notification of the SP’s CoC and Joint Casualty and

Compassionate Centre (JCCC) is the responsibility of the Event Supervisor. If a serious injury only becomes apparent later, but is considered to be a result of boxing, then the reviewing doctor is to notify Ops Offr UKAFBA and SMO UKAF BA as per paragraph 10 above.

**Applying suspensions**

1. Certain injuries require periods of suspension from sparring and boxing, as well as organised Physical Training. Annex F provides standard suspension periods designated in the international rules. RPs must familiarise themselves with these, and the Event Supervisor is a helpful source of further guidance.
2. The routine suspension period for concussion is 30 days. In the case of clinical uncertainty, the full suspension period of 30 days must be applied.
3. Suspension periods must be recorded by the RP legibly into the BCR1 on the right-hand side in red ink and highlighted with a highlighter, using the following wording - ‘*Unfit to box, spar or train for XXX days AND until post suspension renewal annual medical re-examination has been passed’*.
4. In the case of concussion, Boxers must be issued with the appropriate mandated EB ‘Graduated Return to Boxing’ leaflet as follows:
   1. **Boxers aged 19 or over**. [Enclosure 3.](https://modgovuk.sharepoint.com/:w:/r/sites/defnet/JFC/Documents/20200622-Concussion%20advice%20boxers%20Over%2019.docx?d=w3887dc0cd09c4ca4b61d08ef531376e8&csf=1&web=1&e=QeTvM8)
   2. **Boxers aged 18 or under**. [Enclosure 4.](https://modgovuk.sharepoint.com/:w:/r/sites/defnet/JFC/Documents/20200622-Concussion%20advice%20boxers%20under%2019.docx?d=w51ec870ecf454072a439291551555d81&csf=1&web=1&e=jOUHdN)
5. The suspended Boxer’s BCR1 is retained by the Event Supervisor and forwarded the next day to the sS Secretary. The BCR1 will be released back to the Boxer or Coach only at the end of the suspension period. The Boxer is then able to present their BCR1 at their renewal medical.

**Next day medical review of injured Service Boxers**

1. Any Service Boxer who is injured, whether or not suspended from boxing after the bout, must be reviewed at their unit MTF on the next working day morning, or the closest MTF if they have not yet travelled back to their home unit. It is the responsibility of the Boxer’s Coach to ensure that this is undertaken.
2. It is the responsibility of the Event Supervisor is to inform the Line Manager of the injured Boxer that they must report to the unit MTF the next working day morning for a review. Line Manager details are completed on the Pre-Bout Medical Examination form (Annex C) and are to be shared with the Event Supervisor if required. Medical Officers are responsible for ensuring follow-up and management of boxing injuries once the Boxer has presented for care.
3. If the Boxer is aircrew, then they must be seen by a Military Aircrew Medical Examiner (MAME) at the earliest opportunity, to ascertain their fitness to fly. Note that all aircrew are unfit flying for 48 hours after completion of a bout, whether injured or not. Should aircrew taking part in boxing suffer any definable head injury or neuropsychological symptoms, their return to flying must be based on the criteria contained within [AP1269A Lft 5-07 Annex A.](https://modgovuk.sharepoint.com/teams/8195/Pages/AP1269A.aspx)
4. The reviewing MO at the unit MTF is to document the history, any suspension awarded (as per Annex F) and current examination status of the Boxer on the e-IHR using the Boxing Injury template accessed within the e-IHR Boxing Medicals Protocol. If the Boxer was not previously reviewed by the RP, then the reviewing MO must ensure that any suspension is also recorded in the BCR1. This may require a repeat appointment.
5. MOs identifying serious boxing injuries (including SP that have participated in non-Service boxing events) should note the requirement for reporting of injuries and suspension periods (See Para 12 above). Advice should be sought from SMO UKAF BA as required.

**Returning to boxing following suspension**

1. 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.
2. **Graduated return to boxing**.Following a diagnosis of concussion, all Boxers must follow the England Boxing ‘Graduated Return to Boxing’ programme (See Para 18 above). All Boxers must observe the 30-day suspension period before moving from Step 1 (symptom limited normal activity) to Step 2 (light aerobic exercise). There are six steps in total. Boxers aged 19 or over must be without symptoms for 24 hours in order to progress to the next stage. For Boxers aged 18 or under, they must be without symptoms for 48 hours before progressing to the next stage. All Boxers must have passed a full annual medical before progressing to Step 5 (full contact training).
3. **Post-suspension medical**. SP that have has a period of suspension for injury must have a post-suspension renewal annual medical, at which the doctor is to make a reassessment before allowing resumption of sparring and boxing. If the Boxer passes, the doctor will issue a renewed Annex B in the course of updating the e-IHR record. This re-qualifies the Boxer for a further one year (from the date of this medical) unless suspended again following further injury.

## Annex A - Guidance Notes for Annual Boxing Medical Examinations

|  |  |  |
| --- | --- | --- |
| 1. | Is the patient too old to box? | Upper age for boxing or sparring is the end of the calendar year in which the Boxer has their 40th birthday. |
| 2. | Are uncorrected visual acuities 6/60 6/60 or better than that? | VAs beyond 6/18 6/18 must be corrected in the ring to at least 6/18 6/18 by use of soft contact lenses (which may be worn for boxing). |
| 3. | Preliminary tests documented in e-IHR boxing protocol preliminary tests template. | These include pulse, BP, VAs, urinalysis and audiometry (if not in date). |
| 4. | Hearing of at least H2 H2 is the usual acceptable standard, with no tinnitus. | Hearing impairment is not a complete bar to boxing, but if below H2 H2, then seek SMO UKAF BA advice. Tinnitus will bar due to high risk of head blows making it worse |
| 5. | The following will lead to being declared unfit to box (from 2016 AIBA Medical Handbook):   * Severe blood dyscrasias, sickle cell disease or trait. * Previous or current infection with, or carriage of, hepatitis B or C, or HIV. * Ocular surgery, with the exception of successful childhood squint surgery and laser refractive surgery. Laser refractive surgery is permitted, if the Boxer has a letter from the practitioner carrying out the surgery stating that it is safe to box. If unable to provide a letter, opinion may be sought from a Service Ophthalmologist. * Cataract or retinal detachment. * Uncorrected VAs poorer than 6/60 in either eye. * Corrected VAs poorer than 6/18 in either eye. * Exposed open infected skin lesions. * Significant congenital or acquired cardiovascular or pulmonary abnormalities. * Significant congenital or acquired musculoskeletal disorders (seek SMO UKAFBA advice for amputees). * Unresolved post-concussion symptoms. * Significant psychiatric disturbances. * Significant congenital or acquired intracranial mass lesions or bleeding. * Any seizure activity within the last three years. * Epilepsy controlled by medication (if seizure free for three years and not on medication, Boxers with epilepsy require an approval letter from a neurologist stating they are fit to box). * Hepatomegaly, splenomegaly or ascites. * Pregnancy. * Uncontrolled diabetes or thyroid disease. * Implantable electrical devices, unless specifically approved by doctor who implanted the device. | |
| 6. | Clinical examination performed is a matter for individual doctor’s discretion. | |
| 7. | Document a pass/defer/fail of the medical through the relevant protocol on the e-IHR. In cases of uncertainty, seek SME advice via SMO sS or UKAF Boxing Associations, or via DCAs. | |
| **Dental notes**: custom-moulded mouthguards produced by dental professionals provide superior protection to those procured from other sources. SP should be strongly encouraged to access DPHC dental resources for optimal dental protection. | | |
| **References**: [The 2016\_AIBA\_MEDICAL\_HANDBOOK](https://d152tffy3gbaeg.cloudfront.net/2015/02/20161101_AIBA_MEDICAL_HANDBOOK.pdf) and [2018 AGM minutes AIBA Medical Commission](https://d152tffy3gbaeg.cloudfront.net/2018/11/Annual-Meeting-of-AIBA-Medical-Commission_2018_Sofia_final.pdf) | | |

## Annex B - Statement of Annual Medical Examination and Informed Consent to Participate in Service Boxing

|  |  |  |  |
| --- | --- | --- | --- |
| **Boxer’s Details:** | | | |
| Service number: | | Rank: | Name: |
| Unit: | | DOB: |  |
| The above-named SP has had their boxing fitness medical documented in their e-IHR and has now been passed **FIT TO BOX** **for the next full calendar year**[[27]](#footnote-28).  **- unless suspended for injury during that period in which case a repeat medical is required.** | | | |
| **Examining Doctor Details:** | | | |
| Rank: | | Name: | Practice stamp: |
| Address: | | GMC No: |
| Signature: | Date: |
| **Boxer’s Statement**   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 (overleaf) 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** | | | |
| **Pages B-1 and B-2:** | Scan original onto e-IHR attachments section, then shred.  Two copies to go to the Coach (one A5 copy to be stapled into the back of the Boxer’s record card BCR1, and one copy to go to sS Boxing Association Secretary for registration action).  One copy to go to the Boxer for their ongoing reference | | |

**STATEMENT OF SPORT SPECIFIC RISKS OF AMATEUR BOXING**

1. Serious injuries in amateur boxing are rare but can occur and they include the following:
   1. There is a risk of a bleed from a blood vessel within the skull. Such bleeds are very serious but rare. We know of roughly one case per year in English amateur boxing (during sparring or during bouts) over the last 12 years. These bleeds ***cannot*** be screened out.
   2. Repeated exposure to head blows may cause problems with brain function such as memory impairment, which may not become obvious until later in life.
   3. Punches to the eye can cause damage to the eye – particularly detachment of the retina. If this arises, major surgery will be needed. This usually restores sight, but not always. If struck on or near the eye and having difficulty with vision, Boxers MUST adopt the injured Boxer position (‘take a knee’) and immediately notify the referee, to allow the Boxer to be medically assessed.
2. Other medical risks of participation in amateur boxing include, but are not limited to, the following:
   1. Blows to the ear can cause rupture of the eardrum. They normally heal by themselves over 6-8 weeks but may lead to long term hearing problems.
   2. Blows to the face and nose can cause fractures. Sometimes, surgery with the insertion of metalwork may be required.
   3. Punches are likely to cause painful bruising.
   4. Boxing involves heavy impact training (e.g. running and skipping) so ‘overuse’ lower limb injuries are common; examples of these include stress fractures of the leg and foot, ‘shin splints’ and chronic knee pain. Boxers developing any such problems are strongly advised to stop boxing training and seek medical advice early.
3. Since 2014, adult male amateur Boxers’ box without headguards. This may offer better side vision and reduce rotational force when hit in the head, but carries increased risks of facial cuts from the clashing of heads. Female amateur Boxers still box with headguards.

***If you choose to box, you are choosing to take the risks detailed above.***

## Annex C - Pre-Bout Medical Examination

## 

|  |  |  |  |
| --- | --- | --- | --- |
| Service No: | Rank: | Surname: | Forename: |
| Unit: | DOB: | Age: | Mobile no: |
| Line Manager (LM): |  | LM telephone/email: |  |

|  |  |  |
| --- | --- | --- |
| I consent to the Ringside Physician (Doctor) accessing my healthcare records  Have you had any medical treatment or been admitted to hospital in the last 3 months?  **Have you suffered from any of the following?**  Any eye disorder or operation?  Any broken bones or cuts in the last 6 months?  Epilepsy or any other type of fit, faint, convulsion or blackout? | Yes  Yes    Yes  Yes  Yes | No  No    No  No  No |
| Y**our current state of health**  Are you taking any medication now?  Do you presently have a cough, cold or runny nose?  Have you been unwell in the last month?  Any headaches or dizziness for any reason in the last month? | Yes  Yes  Yes  Yes | No  No  No  No |
| **Your last boxing bout (not applicable if this is your first bout)**  When did you last box?  Were you injured at that time?  After your last bout, were you medically suspended for any reason?  How long for?  Do you understand the medical risks of boxing?  Do you wish to box today?  **WOMEN ONLY** – can you confirm you are not pregnant? | Yes  Yes    No  No  No | No  No    Yes  Yes  Yes |

I consent for my pre & post bout forms to be scanned onto the MOD’s e-health record

**BOXER’S SIGNATURE (and date):**

|  |  |
| --- | --- |
| **DOCTOR’S EXAMINATION NOTES** | General: |
| ENT (incl gum shield fit etc): | Eyes: |
| **CONFIRMED FIT TO BOX: YES / NO** | Date/Time of Medical: |
| Doctor’s Signature: | Name and Rank: |
| GMC Number: | Post: |

**Keep this form ringside, updated with any needed contemporaneous notes of intrabout medical aspects. The form should be scanned onto the e-IHR the next working** **day, having added notes as required. Data will not be shared outside of MOD other than for legal requirements.**

## Annex D – Post-Bout Medical Examination

|  |  |  |
| --- | --- | --- |
| **Boxers Rank:** | **Surname:** | **Forename:** |
| **Date:** | **Bout Start Time:** | **Bout End Time:** |

**History:**

Did the Boxer win or lose?

If they lost, was the bout stopped early?

Did the Boxer lose consciousness at any time?

Any other concerning features during the bout?

Orientated in time, place and person?

Ability to recall three random words (e.g. apple, paper, carpet) after a minute?

**Examination**

Any obvious injuries?

Pupils? Nystagmus? Cranial nerves?

Dental injuries?

Lacerations?

Balance or coordination problems?

Musculoskeletal injuries?

**The form should be scanned onto the e-IHR the next working day, having added notes as required. Data will not be shared outside of MOD other than for legal requirements**

D-1 JSP 950 Pt 1 Lft 2-1-1 (V3.0 Jun 20)

Annex D

**Outcome**

|  |  |
| --- | --- |
| Concussion or suspected concussion (CRT-5 can help identify)? Yes No  Suspension period applied?  Head injury advice sheet given? Yes No  Further action advised: |  |

RN Medical Assistant / Army Combat Medical Technician / RAF Medic/ Nurse. (must still be counter-signed below by doctor):

|  |  |  |
| --- | --- | --- |
| Rank: | Name | Service No |
| Signature: | | Unit: |
| Paramedic (must still be counter-signed below by doctor): | |  |
| Rank (if service): | Name | HCPC Reg No |
| Signature: | | Unit (if service): |

Doctor:

|  |  |  |
| --- | --- | --- |
| Rank (if service): | Name | GMC Reg No |
| Signature: |  | Unit (if service): |

***Scan the completed Annex onto the e-IHR on next working day, updating e-IHR notes if appropriate.***

**The form should be scanned onto the e-IHR the next working day, having added notes as required. Data will not be shared outside of MOD other than for legal requirements**

D-2

## Annex E – 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 that is worsening.

1. Double or blurred vision.

1. Giddiness or unsteadiness.

1. Weakness or altered sensation in limbs.

1. Drowsiness or strange behaviour

1. Confusion

1. Difficulty understanding or speaking.

1. Blood or clear fluid leaking from the nose or ear.

1. Difficulty remembering events before or after the injury.

1. Feeling of sickness or vomiting.

1. Any other unusual symptoms.

**IN ADDITION - FOR BOXERS WHO HAVE SUFFERED A KNOCK OUT OR HAD THEIR BOUT STOPPED EARLY BY THE REFEREE DUE TO INJURY:**

a. **Avoid all alcohol for the next 48 hours,** alcohol can mask and confuse medically important signs if any concussion-related problems arise.

b. **You are required to visit a Medical Centre for a review by a doctor on the next working day**; for a medical review

1. **You have been suspended from training, sparring and boxing for the period of time that the ringside physician defined**, as stated in your BCR1. Failure to follow the doctor’s advice is taken at the Boxer’s own risk. Time is needed to allow injuries to settle fully before you risk further head blows.
2. **You cannot resume sparring or boxing until you pass a repeat boxing medical examination 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 e.g. 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 the repeat medical.**

## Annex F – Ringside Injuries Suspension Periods

1. Suspension periods (and what the injury was) must be recorded by the MO legibly, i.e. 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-injury suspension renewal boxing medical examination has been passed’.***

Certain injuries require periods of suspension from sparring and boxing. 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** | Referee Stopped Contest (RSC) – various sub-types exist – ask for Supervisor advice on this if required at ringside. | MO’s discretion | The referee may stop a bout for various reasons, such as the Boxer is retired by his corner Coaches, or if one Boxer is being outclassed, to prevent avoidable injury when the result is considered inevitable. In such cases, post-bout examination may reveal the bout has been stopped in good time and no suspension is needed. |
| **2** | Concussion (first episode). | 30 | There may be signs of concussion at a post bout check. Any suspicion of concussion should lead to a 30-day suspension. |
| **3** | Concussion (second episode within 90 days of first) | 90 |  |
| **4** | Concussion (third episode within 365 days) | 365 |  |
| **5** | Fractures of nose and mandible. | 90 and 180 | As specified in the 2013 [AIBA Medical Handbook for Boxing.](https://www.englandboxing.org/wp-content/uploads/2019/05/AIBA-Medical-Handbook.pdf) |
| **6** | Other fractures. | 30+ | Whilst nasal and mandibular fracture suspension periods are specified in the 2013 AIBA Medical Handbook; others are not, and the duration required will vary depending on which fracture is sustained. Seek advice from SMO UKAF BA if required. |
| **7** | Laceration face/head. | MO’s discretion | Lacerations that can be closed with sub-cutaneous sutures, glue and/or steristrips do not necessarily attract a suspension, whereas external sutures will prevent sparring and boxing for sufficient time to allow healing of the wound. N.B. Most lacerations do not require a full renewal annual medical before returning to boxing. |

|  |  |  |
| --- | --- | --- |
| **Ser** | **Injuries** | **Minimum Suspension Period (No of days)** |
| **8** | Knock-Out due to body punch [‘KO(B)’]. | MO’s discretion |
| **9** | Knock-Out due to head blow [‘KO(H)’] without actual loss of consciousness. | 30 |
| **10** | Second KO(H) within 90 days of each other. | 90 |
| **11** | Third KO(H) within 365 days of each other. | 365 |
| **12** | KO(H) with Loss of Consciousness (LOC) for up to one minute. | 90 |
| **13** | KO(H) with LOC over one minute. | 180 |
| **14** | Second LOC within 90 days after end of suspension for LOC at sers 12 and 13 above. | Double previous suspension period |
| **15** | Third LOC within 365 days. | 550 |

**OFFICIAL SENSITIVE PERSONAL**

**Medical in Confidence (when completed)**

## Annex G - Record of Boxing Injuries and Non-injuries in a Given Contest

Ringside Physician with Supervisor to complete all relevant serials at the end of contest. Ringside Physician then to return completed Annex to SMO UKAFBA (currently [thomas.bennett-britton497@mod.gov.uk](mailto:thomas.bennett-britton497@mod.gov.uk)).

|  |  |
| --- | --- |
| Location of contest (and detail if championship) and date: |  |
| Ringside Physician details incl mob contact numbers: |  |
| Event Supervisor details incl mob contact numbers: |  |
| Ambulance provider and paramedic(s) details: |  |

|  |  |  |
| --- | --- | --- |
|  | **Male** | **Female** |
| Number of bouts: |  |  |
| Number of Boxers participating: |  |  |
| Number of Boxers without any apparent significant injury (even if lost by Referee Stopped Contest (RSC)): |  |  |
| Number of Boxers who lost RSC with injuries included below: |  |  |
| Number of Boxers who lost RSC(I) with injuries included below: |  |  |
| Number of Boxers who lost KO(H) (knock out to the head) |  |  |
| Also, please specify recovery time(s) to consciousness in seconds, for each case if more than one: |  |  |
| Number of Boxers who lost KO(B) (knock out to the body) without any requirement for suspension: |  |  |
| If KO(B) and needing suspension, specify suspension length and reason for choice of that duration: |  |  |
| Number of Boxers with lacerations needing treatment (sutures, steristrips, glue): |  |  |
| Number of Boxers with lacerations so minor that no treatment needed: |  |  |
| Please specify location of lacerations, and mechanism of injury (and specify if required treatment or not): |  |  |

Now please complete the next page

G-1 JSP950 Pt 1 Lft 2-1-1 (v3.0 Jun 20)

**Annex G**

**OFFICIAL SENSITIVE PERSONAL Medical in Confidence (when completed)**

|  |  |  |
| --- | --- | --- |
|  | **Male** | **Female** |
| Number of Boxers transferred to ED for further assistance by ambulance: |  |  |
| Number of Boxers transferred to ED for further assistance by another vehicle: |  |  |
| Number of Boxers transferred to ED by ambulance with Ringside Physician (contest suspended): |  |  |
| Number of Boxers with injuries as below: |  |  |
| Concussion: |  |  |
| Suspected concussion: |  |  |
| Fractured nose (or suspected): |  |  |
| Significant epistaxis without nasal fracture: |  |  |
| Fractured maxilla (or suspected): |  |  |
| Any dental injuries: |  |  |
| Ruptured tympanic membrane: |  |  |
| Any other ear injury (please specify): |  |  |
| Retinal detachment (or suspected): |  |  |
| Any other eye injury (please specify): |  |  |
| Primary dislocation of shoulder: Specify if relocated at ringside |  |  |
| Recurrent dislocation of shoulder: Specify if relocated at ringside |  |  |
| Other injury to shoulder: |  |  |
| Injury to thumb, hand or wrist (include suspected fracture): Specify location and any further management |  |  |
| Ankle injuries: |  |  |
| Other joint or limb injury:  Please specify what and any further management |  |  |
| Any other injuries, not listed above, or any other medical issues arising: |  |  |

1. In boxing, as in other combat sports such as taekwondo and karate, points are scored for landing blows with force on the opponent.

   Similar injury risks profiles exist as for other contact sports such as rugby union and rugby league. [↑](#footnote-ref-2)
2. Association Internationale de Boxe Amateur (AIBA) is the international governing body for amateur boxing. [The 2016 AIBA Medical Handbook (](https://d152tffy3gbaeg.cloudfront.net/2015/02/20161101_AIBA_MEDICAL_HANDBOOK.pdf)accessed Jun 20), or link a[t https://www.aiba.org/aiba-technical-competition-rules/](https://www.aiba.org/aiba-technical-competition-rules/)  [↑](#footnote-ref-3)
3. [The 2019 England Boxing Rulebook](https://www.englandboxing.org/rules-regs-resources/rule-book/) (accessed Jun 20). England Boxing (EB) is the national governing body for England. All UKAF boxing events are held under EB jurisdiction, even when held outside of England. 4 [https://www.nice.org.uk/guidance/cg176.](https://www.nice.org.uk/guidance/cg176)  Updated Sep 2019. Accessed Jun 20. [↑](#footnote-ref-4)
4. Sparring is defined by EB as “boxing training where blows are delivered to the target area with significant but reduced force between Boxers in preparation for competitive boxing”. Sparring falls within the scope of this policy and direction on sparring is included within each section. [↑](#footnote-ref-5)
5. Refer t[o JSP 950 Lft 2-1-6 ‘The Medical Management of Service Milling’.](https://modgovuk.sharepoint.com/sites/defnet/JFC/Pages/ClinicalPolicyCh1toCh12.aspx)  [↑](#footnote-ref-6)
6. It is the responsibility of the position holders to ensure the contact details are correct via SG-DMed-Med-Pol-GpMailbox@mod.gov.uk [↑](#footnote-ref-7)
7. Se[e AJP 4.10 Allied Joint Doctrine for Medical Support.](https://modgovuk.sharepoint.com/sites/defnet/JFC/Documents/doctrine_nato_med_spt_ajp_4_10.pdf) [↑](#footnote-ref-8)
8. Se[e JSP 950 Leaflet 5-2-8 ‘Competent Medical Authority’.](https://modgovuk.sharepoint.com/sites/defnet/JFC/Pages/JSP950QualityofCare.aspx)  [↑](#footnote-ref-9)
9. SMO UKAF BA and sS BA SMOs encourage doctors to accompany them ringside at boxing events, if they wish to gain experience for RP duties, but this is not mandatory.

   [↑](#footnote-ref-10)
10. Equivalent to at least Level 5 PHEC, see Sharpe D, McKinlay J, Jefferys S*, et al* Military Prehospital Emergency Care: defining and professionalising the levels of care provided along the Operational Patient Care Pathway *BMJ Military Health* 2019;**165:**188-192 5 Email lynette.mayo@englandboxing.org or enquiries@englandboxing.org to request entry onto the register. The dataset required is name, address, telephone number, GMC number and a contact email address. Service doctors 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 may register as ‘service+local-civilian-boxing’. There is no fee to register. By registering, doctors will receive updates to medical policy changes directly from EB by email [↑](#footnote-ref-11)
11. 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, and so are not suitable for boxing cover. The frequently applicable implied requirement for buying in cover from a civilian ambulance provider with paramedic crew and equipment is recognised: sS Boxing Associations make their own arrangements regarding budgets to cover this expense.

    [↑](#footnote-ref-12)
12. Ambulance contractors in England are regulated by the CQC, although they do not have the legal duty to rate them. The CQC equivalent is the Care Inspectorate in Scotland and Wales, and the Regulation and Quality Improvement Authority in Northern Ireland. Most recent regulatory reports are reviewed by SMO UKAF BA and sS BA SMOs, before recommending contractors. A Service Level Agreement with ambulance contractors is in the process of being developed by UKAF BA. [↑](#footnote-ref-13)
13. The UKAF Boxing Association Handbook 2019-20 (contact UKAF BA Ops Offr for copy) has a detailed protocol on actions required at Section 8 Medical sub Para d. [↑](#footnote-ref-14)
14. [JSP 660 S](https://modgovuk.sharepoint.com/sites/defnet/HOCS/Pages/JSP-660-Sport-in-the-UK-Armed-Forces.aspx)port in the UK Armed Forces, Part 1 Chapter 1 Para 1, Oct 2019.

    [↑](#footnote-ref-15)
15. At the discretion of the SMO/PMO/RMO, MTFs may be willing to offer dedicated boxing medical clinics, if approached at an early stage. [↑](#footnote-ref-16)
16. If CMPs and locums opt for out-of-hours pay, they must ensure they arrange their own indemnification (see Para 9). [↑](#footnote-ref-17)
17. [JSP 660 S](https://modgovuk.sharepoint.com/sites/defnet/HOCS/Pages/JSP-660-Sport-in-the-UK-Armed-Forces.aspx)port in the UK Armed Forces, Part 1 Chapter 1 Para 9, Oct 2019. [↑](#footnote-ref-18)
18. DPHC Joint Business Agreement, Section 4 Para 1, Nov 2016. [↑](#footnote-ref-19)
19. <https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/personal-beliefs-and-medical-practice/personal-beliefs-and>[medical-practice A](https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/personal-beliefs-and-medical-practice/personal-beliefs-and-medical-practice)ccessed Jun 20. [↑](#footnote-ref-20)
20. Civilian Boxers do not have mandated repeat medicals when returning from suspension periods. The RP must use clinical judgement on the day as to whether the civilian Boxer is fit to box after serving the requisite suspension period. 16 The instructor must strictly enforce “reduced force” when sparring is taking place.

    [↑](#footnote-ref-21)
21. Se[e AJP 4.10 Allied Joint Doctrine for Medical Support.](https://modgovuk.sharepoint.com/sites/defnet/JFC/Documents/doctrine_nato_med_spt_ajp_4_10.pdf)  [↑](#footnote-ref-22)
22. The primary point of having a pre-positioned ambulance is to allow flexibility regarding immediate transfer of a rare serious injury like this. It may be that the emergency services might advise initially moving the patient to a rendezvous point where air ambulance or the local services can meet them, depending on availability of assets at the time of injury [↑](#footnote-ref-23)
23. [https://www.nice.org.uk/guidance/cg176.](https://www.nice.org.uk/guidance/cg176)  Updated Sep 2019. Accessed May 20. All RPs must familiarise themselves with the sections on pre-hospital assessment, advice and referral contained within this NICE document.

    [↑](#footnote-ref-24)
24. A suitable referral note template, recommended by EB, is availabl[e here.](https://www.englandboxing.org/wp/wp-content/uploads/2019/06/T11-Form.pdf) (accessed May 20) [↑](#footnote-ref-25)
25. CRT5 is validated for team sports such as rugby or football. Adjusting questions in Step 4 to reflect boxing being an individual sport is required.

    [↑](#footnote-ref-26)
26. JSP 950 Part 1 Lft 2-4-3 “The Management of Concussion / Mild Traumatic Brain Injury on Deployed Operations [↑](#footnote-ref-27)
27. Annual medicals are valid for a full year from the date they were completed, 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.

    B-1 [↑](#footnote-ref-28)