

Malta Boxing Association



AIDE MEMOIRE

FIRST EDITION

AGM 2015

Drafted by Marc E. L. James

MALTA BOXING ASSOCIATION (MBA-BOXING) AIDE MEMOIRE

1. **INTRODUCTION:** Boxing is a much-valued sport in that it engenders many of the qualities we admire and encourage in our members and is a most valuable medium in fostering team spirit and sporting 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 Maltese boxing to ensure that the credibility of the sport is not lost through ignorance of the fundamental organisation necessary for effective command and control.

2. **AIM:** The aim of this publication is to provide members with an accurate source of ready information in a simple recognised format. This Aide Memoire is an approved code of practice and must be used as a reference document in conjunction with the publications below when training boxers or organising a boxing event. Failure to do so could result in disciplinary action being taken.
 - a. MBA Technical Rules, Statutes and by laws.
 - b. Rules and Regulations of European Boxing Union
 - c. World Boxing Council.

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

www.maltaboxingassociation.org

3. **FORMAT:** This Aide Memoire is designed to have stand-alone subject matter sections, which will facilitate a simplified photocopying process.

4. **AMENDMENTS:** Amendments will only be disseminated by the MBA Executive Committee and the Aide Memoire will be updated on the MBA website.

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Section 1 – MBA Constitution

In General

The Malta Boxing Association (MBA) is organised and controlled under the auspices of SportMalta sub-delegated to the MBA. The MBA is a member of the European Boxing Union (EBU), which in turn is a member of World Boxing Council, World Boxing Association and World Anti Doping Agency under the auspices of the National Anti-Doping Agency of Malta.

Executive Committee

The constitution of the Executive Committee shall be as follows:

President –	Mr. Michael Bonello
Vice President -	Mr. Darren Desira
General Secretary –	Mr. Frank Borg
Treasurer –	Mrs Natasha Micallef
Technical Officer -	Mr. Edwin Micallef

MBA Committee

The constitution of the MBA Committee shall be as follows:

Promoters Rep –	Mr. Demis Tonna
Members –	Mr. Heinrich Camilleri
	Mr. Dione Galea

MBA Contact Details

Address: 52/1 Tigne Sea Front, Sliema. SLM3011. Malta

Email: maltaboxingsec@gmail.com

Section 2: General Information

1 Season: The boxing season of the MBA will run from January until December.

2 Rules: The Rules of Boxing in Malta are stipulated by the EBU & WBC, the MBA is governed by these service policy and governance for the safety and or bearing of the sport of boxing.

3 Registration: All individuals involved in boxing (Boxers, Coaches and Officials) are to be registered with the MBA or other European Association/Federation (through EBU). The procedure for all registrations can be found at Section 4 – Registration UNIT

4 Affiliation: All Teams/Clubs who wish to take part in any boxing are to ensure that they affiliate to the Malta Boxing Association on a seasonal basis by completing Annex A to Section 4 and returning it to the Malta Boxing Association at the commencement of the season, each successful application will be awarded a Certificate of Affiliation which will be copied to the Sport Malta. Registrations of boxers will not be completed until Club/Team affiliations have been authorised and a certificate issued.

5 National Championships: The MBA Amateur & Professional Championships are held annually in the categories below, subject to sufficient entries from club/individuals. MBA Secretary will notify the decision on which events are to proceed immediately after the start of the MBA season and the degree of interest is known.

Male & Female

- (i) Amateur
 - (1) Junior (under 18 years of age)
 - (2) Senior (over 18 years of age)

- (ii) Professional Development
 - (1) Class C Novice (Domestic Title) (1-4 bouts)
 - (2) Class B Intermediate (National Title) (5-10 bouts)

- (iii) Professional Elite
 - (1) Class A (Mediterranean, European & World Title)

6 Definitions:

Amateur – The term amateur is used to describe the individual that has never boxed for a purse.

Elite – The term elite is used to describe the the individual that has reached International Professional Status and Boxrec.com records.

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

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

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

Technical Officer – Sports Manager employed by the Malta Boxing Association to oversee the rules and manage boxing events sanctioned by the Association.

WBC – World Boxing Council

WBA – World Boxing Association

EBU – European Boxing Union

SportMalta – the new name for the Kunsill Malti Ghal l-iSport.

Section 3 - BOXERS

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

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

a. Junior Amateur: A boxer within the MBA is deemed to be aged less than 17 years of age. Upon attaining his/her 17th birthday, an individual ceases to be a junior boxer, irrespective of previous success in earlier rounds of current competitions.

b. Senior Amateur: A boxer that is 17 years and whose 19th birthday does not fall within in the current calendar year (18 year old boxers who do not turn 19 years old in the calendar year may elect to box in the Elite category as of their 18th birthday).

c. Elite. A boxer who reaches the age 19 years within the next calendar year and over to a boxer who reaches 46 years old plus the remainder of the calendar year, or an 18 year old boxer who has elected to box within the Elite category.

(Coaches and Matchmakers MUST be conversant on the rules of matching boxers (detailed in paragraph 7 of this section)

3 Weight categories boxers:

The following table lists the weight categories in which seniors can participate. Under NO circumstances are these categories to be altered, boxers must be matched against an opponent as stipulated in paragraph 7 of this section

Weight Category	Stones	Kilograms	Pounds
Minimum weight	7½ st	47,627 kg	105 lbs
Light Flyweight	7st 10 lbs	48,988 kg	108 lbs
Flyweight	8 st	50,802 kg	112 lbs

Super Flyweight	8 st 3 lbs	52,163 kg	115 lbs
Bantamweight	8 st 6 lbs	53,525 kg	118 lbs
Super Bantamweight	8 st 10 lbs	55,225 kg	122 lbs
Featherweight	9 st	57,153 kg	126 lbs
Super Featherweight	9 st 4 lbs	58,967 kg	130 lbs
Lightweight	9 st 9 lbs	61,235 kg	135 lbs
Super Lightweight	10 st	63,503 kg	140 lbs
Welterweight	10½ st	66,678 kg	147 lbs
Super Welterweight	11 st	69,85 kg	154 lbs
Middleweight	11 st 6 lbs	72,574 kg	160 lbs
Super Middleweight	12 st	76,203 kg	168 lbs
Light Heavyweight	12½ st	79,378 kg	175 lbs
Cruiserweight	14 st 4 lbs	90,892 kg	200 lbs

Heavyweight	> 14 st 4 lbs	> 90,892 kg	> 200 lbs
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6 Annual Medical. All boxers must undertake an Annual Medical and be passed Fit to Box by a General Practitioner Doctor prior to any boxing training (See Section 11 Medical Regulation of Service Boxing)

7 Matching of Boxers. When matching boxers coaches and promoters must consider the guidelines below;

Boxers should box against opposition within their own age, experience and weight categories wherever possible, the following exception may be considered; A boxer may box an opponent that is not in the same weight category but they must be within the weight of the lowest weight category. i.e. a welterweight boxer (Welterweight category weight span 3.5kg) may box either a Light Welterweight Boxers (span 3.5kg) or Light Middleweight boxer (span 4kg), if there is less than 3.5kg difference in weight. Coaches and matchmakers should note that advice is that no boxer should concede weight and experience i.e. Boxer A has 5 bouts and weighs 65kg V Boxer B has 8 bouts and weighs 68kg. Advice from the MBA is that matches are made to within 1kg.

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

9 Boxers Dress and Appearance. Boxers are to:

- a. Youth and Female boxers only are to wear an approved head guard during all forms of competitive boxing, Class B & C and Elite Boxers will not wear head guards for competitive boxing. All boxers are to wear head guards during any sparring and any training activities involving a risk of head injury.
- b. Have a personal gum shield, (dental-fitted mouth guards are strongly recommended) in place during all competitive boxing, including sparring and activities involving a risk of mouth injury. Gum shields must not be red or partially red in colour.

- c. A groin/abdominal protector must be worn. (It is mandatory for females to wear chest protectors during all competitive boxing and sparring sessions).
- d. Wear boxing shorts, which must reach to mid-thigh, but not extend below the knee during competitive boxing. (Lycra type cycling shorts are not to be worn as the primary form of shorts, but may be worn under boxing shorts provided they are not visible).
- e. A vest or singlet (Amateurs), properly fitting vests should be worn by competitors.
- f. Wear boxing boots or trainers, without raised heels or spikes/cleats.
- g. Wear socks that are visible above the boots/trainers.
- l. All boxers must wear MBA approved wraps or crepe type bandages when competing. A bandage must not be longer than 4.5 metres and not shorter than 2.5 metres. The bandage should be 5.7 cm (2 inches) wide and have a Velcro closure. NO OTHER KIND OF BANDAGES MAY BE USED.
- j. Gloves must be approved by the MBA as competitive gloves must be worn for all competitive boxing
- k. All boxers must be clean shaven or if waering a beard it must be trimmed.
- l. Hair – All hair must be secured by use of hairnets, nylon swim caps or bandannas are encouraged if hair is long.
- m. Soft Contact lenses may be worn (please note the rules regarding a boxer that wears contact lenses. (see Technical Rules page7 para 2.3.6).
- n. Caviol Barrier Cream must be applied by any boxer that boxes without a head guard. Clear instructions for the use of Caviol are provided at Annex A to Section 3.

Additional dress/attire rulings for females are:

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

RELATED RULES

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

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

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

Section 4 - Registration

1 Individuals who wish to be involved in boxing MUST register through the MBA as detailed throughout this section.

a. Boxers.

All boxers, irrespective of their age, gender or experience category, or the level of boxing they intend to participate at, are to register using the Boxing Registration Card application. The procedures to be followed for initial registration and annual re-registration thereafter is given at para 3.3.

b. Season.

The MBA boxing season runs from January to 31 December. In compliance with Sport Malta, EBU guidelines for audit, Clubs/individuals are to ensure that any application for registration in the current season are at the MBA HQ office for processing at least 4 weeks prior to tournament or Championships.

c. Coaches.

All coaches are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 3.4. All coaches are to ensure that they are registered with the MBA prior to the commencement of coaching.

d. Officials.

All officials are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 3.5.

e. Clubs/Teams.

All units who wish to take part in any boxing are to ensure that they affiliate to the Malta Boxing Association on a seasonal basis by completing Annex A to Section 3 and returning it to the MBA HQ office at the commencement of the season, each successful application will be awarded a Certificate of Affiliation which will be copied to the Sport Malta

3 Registration Procedure. The registration process for boxers is:

a. Registration.

(1) Individual Registration Performa is to be completed for every boxer.

(2) A Team Registration (word processed/typed) (Annex C to Section 4) of all boxers being registered is compiled by the Club Coach. It is to be thoroughly checked by the Club Manager and signed as being 100% accurate by the Club Chairman.

(3) A Registration Fees Performa (Annex D to Section 4) is completed.

(4) A passport sized photograph, with Name in BLOCK CAPITALS on the back.

(5) Each boxer is to ensure they have had an Annual Medical as detailed in Section 11 Annex A.

(6) Annex B to Section 11 requires to be date stamped and signed by the Medical Doctor to say that the Boxer is Fit to Box, and signed by the Boxer stating that he/she is aware of the dangers of boxing and by signing gives their consent to box, this element MUST also be witnessed by the Dr who conducted the Annual Medical.

(7) Previous Boxing Experience. Coaches must brief all boxers on initial registrations of the degree of severity which false declarations or failure to disclose any previous boxing experience, either as a civilian (including junior bouts), will be dealt with.

All Registration Cards including ME3 from previous clubs are to be forwarded to the MBA together with the application for registration. Breaches of declaration of previous boxing experience will be dealt with via a disciplinary panel convened under direction of President. Proven cases will result in disqualification of the individual and unit from the competition. Disciplinary action may also be recommended.

CLUB AFFILIATION APPLICATION

Club Name.....

Club Address

.....

Date of Club AGM		MBA Informed	Y/N
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CLUB MANAGER

Name

Surname.....

Tel Email.....

CLUB BOXING FORECAST

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

COMPETITION	YES / N O	DATE
Amateur National Boxing Championships		
MBA Professional Development Programme		
Inter Club Competitions		
Individual National Championships		

COACHES

This Club has the following qualifies boxing coaches:

Name	Surname	Qualification Held	Registration Number

OFFICIALS

This Club has the following qualified boxing officials;

Name	Surname	Qualification Held	Registration Number

EQUIPMENT HELD IN CLUB

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

The floor must be covered with felt, rubber or other suitably approved material that is soft quality and elasticity. It must not be less than 1.5cm and no more than 2.0cm. The canvas must cover the entire platform and must be made of non-slippery material.

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

The heights of the four ropes must be 40cm, 70cm, 100cm, and 130cm from the canvas. The four ropes must be joined on each side of the ring, at equal intervals, by two (2) pieces of material (close to the texture of the canvas) 3 to 4cm wide. The two pieces must not slide along the rope.

The tension of the ropes is to be appropriate. (Provide support to a defending boxer). All Rings are to be sited with a minimum of 2m clearance from the platform to any obstacle.

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

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

Signature of Club Manager.....

Print Name

Date.....

Send to
MBA HQ Office, 52/1,. Tigne Seafront, Sliema. SLM3011. Malta.

NOMINAL ROLL OF REGISTRATION APPLICATION

CLUB

DATE OF BOXING COMPETITION

The following members are applying for registration as boxers:

SER	LEAGUE A. AMATEUR B. PROFESSIONAL DEVELOPEMENT PROGRAMME C. ELITE	RECORD W / L / D	FIRST NAMES	SURNAME	M/F	DOB	MBA REG NO.
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

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

Send to
MBA HQ Office, 52/1,. Tigne Seafront, Sliema. SLM3011. Malta.

REGISTRATION FEES PROFORMA

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

MEMBERSHIP	NUMBER REQUIRED	COST PER REGISTRATION	TOTAL COST
Promoter		€500	
Manager/ Club Coach		€200	
Ringside Official		€50	
Club/ Team		€127	
Boxer – Amateur		U18 €25/ O18 €35	
Boxer – Novice		€50	
Boxer – Pro Dev		€95	
Boxer – Elite		€135	
Other memberships		€25	
Association Badge		€4	
GRAND TOTAL OF ALL REGISTRATION €			

2. Payment must be made via cash or a Maltese Check or made payable to:

MALTA BOXING ASSOCIATION

To be completed by the Club Manager

Signature:.....

Name:

Club:

Address:

Mobile No: E Mail:

Send to
MBA HQ Office, 52/1,. Tigne Seafront, Sliema. SLM3011. Malta.

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OFFICIALS REGISTRATION APPLICATION

APPLICANT DETAILS

MBA No.	Class A,B or C	First Names	Surname	D.O.B	FEE
<u>QUALIFICATION HELD (CIRCLE QUALIFICATION HELD)</u>					
JUDGE	REFEREE	TKPER	SUPERVISOR	RECORDER	MC

PROOF OF QUALIFICATION IS REQUIRED FOR INITIAL APPLICATIONS

Type of registration required. (tick a box)

Initial	Renewal	Loss
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Payment must be made via a Maltese Check or made payable to:

MALTA BOXING ASSOCIATION

To be completed by the Club Manager

Signature:.....

Name:

Club:

Address:

Mobile No: E Mail:

Send to
MBA HQ Office, 52/1,. Tigne Seafront, Sliema. SLM3011. Malta.

Section 5 – Coaching

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

2 The coach is responsible for the development and safety of the boxer during any training, any coach MUST hold a current valid qualification and be registered with the MBA 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 4 and coaches should register using Annex E to Section 4.

QUALIFICATIONS

- 3 The current qualifications and the period of validity of amateur coaches are;
- a. Level 1 – Valid for 2 years from the date of qualification, there is no refresher for this qualification. Level 1 coaches must upgrade to Level 2 after a minimum period of 2 years or re-qualify at Level 1 after three years (See Para 20 of this section with reference to upgrading to Level 2)
 - b. Level 2 – Valid for 3 years from date of qualification, after which a refresher may be taken. To upgrade to Level 3, a Level 2 Coach must have practised for a minimum period of 2 years and have a recommendation from the Club Boxing Head Coach. Any Level 2 coach who has no activity in their registration book or who has not registered for 2 years will be downgraded to Level 1.
 - c. Level 3 and 4 – Valid for 3 years from date of qualification, after which a refresher must be taken. A Level 3 Coach must have practised for a minimum period of 2 years and have a recommendation from a Level 4 Coach. Level 3 and 4 coaching qualifications are only considered valid in conjunction with one of the following qualifications ; First Aid at Work Certificate – Valid for 3 years

LIMITATIONS

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

SAFE PRACTICE

6. A Level 2 Coach must be in attendance if any Sparring (other than Technical Sparring) is to take place.

7. Prior to any training coaches are to ask boxers to declare if they are fit to take part in the scheduled training paying particular attention to reports of headaches. Any boxer that reports with a headache should be directed to the Medical Centre.

8. All coaches involved in training boxers must be aware of the club emergency action plans for accidents and incidents.

TRAINING

9. The training of a boxing team or boxer in the MBA is more often than not governed by work and club 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.

10. Coaches are expected to maintain the highest standards of conduct and are to highlight to the club coach any irregularity that may be present in a boxer's declaration of experience. The club coach is to notify the MBA of any such irregularity.

COMPETITION

11. 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 3 para 7). The Supervisor of the boxing will authorise the bout only if both coaches agree to the bout and that both boxers are matched appropriately. To coach the boxer between rounds of the bout.

12. 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.

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

14. 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".

15. Coaches may be "in the corner" for a boxer but only 1 may enter the ring, only 1 may stand on the apron of the ring and the last must remain on the floor of the gym/hall.

COACHING COURSES

16. Courses for Level 1 and Level 2 coaches are run at public expense at the MBA HQ Offices. All course dates are subject to change dependant on Association commitments and the availability of tutors.

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

- a. Level 1 – Applicants must have an understanding and enthusiasm for the sport of boxing.
- b. Level 2 – Upgrade from Level 1 to Level 2 Applicants must have held a Level 1 qualification and have been registered with the MBA for a minimum of 1 year, MUST be in date, MUST NOT have allowed 3 yrs to have elapsed since qualifying at Level 1.
- c. Renewal at Level 2 Applicants must hold a Level 2 qualification that is due to lapse within a year or has lapsed by less than 6 months (Level 2 qualifications last for 3 years from the date of qualification). Failure to meet the criteria detailed above will exclude coaches from attending courses. There will be no exceptions.

Section 6 – Officials

References:

- i. MBA Technical Rules 21 July 2014
- ii. European Boxing Union Technical Rules 06 June 2014
- iii. World Boxing Council Rules and Regulations 10 January 2014
- iv. MBA Officials Pocket Reminder (Revised: 21 June 2015)

GENERAL

Each Judge will independently judge the merits of the two (2) Boxers using the 10-9 must Scoring System based on following criteria:

- Number of quality blows on target area;
- Domination of the bout by tactical and technical superiority;

- Competitiveness;
- Infringement of the rules.

The Judges must apply the following criteria to score round:

- a. 10 vs. 9 – Close round;
- b. 10 vs. 8 – Clear winner;
- c. 10 vs. 7 – Total dominance;
- d. 10 vs. 6 – Overmatched.

1. Tournament officials are qualified as per the National Governing Body's (Malta Boxing Association) and EBU Officials Rating Committee rules. The following grades of officials are applicable:

- a. EBU - International (EBU 1 - 5*)
- b. Grade A – Malta Major Panel.
- c. Grade B – Novice Boxing Judge
- d. Grade C – Amateur Boxing Judge.

2. Dress. All Officials are to dress in accordance with these regulations or as dictated by international rules, under normal circumstances this will be mufti:

- a. Referees are to be dressed in black trousers, white shirt (with collar), black bow tie and black shoes or boots without raised heels whilst officiating in the ring.
- b. Other officials, such as the Master of Ceremonies, should be dressed smart. Female Officials (except referees), are to be similarly dressed, but may wear a suitable skirt and/or blouse

NOTE: Boxing Mufti is; Black/Navy Blue blazer, grey trousers, white shirt, black shoes and a Tie. Female officials are not required to wear a tie.

- d. International officials are permitted to wear their international qualification badges on blazers/blousons/shirts. Major Panel should wear MBA and/or Major Panel attire, where appropriate, at all Major Panel Fixtures.

A high standard of turnout is expected.

3. All Officials must be:

- a. Current and in possession of an Official's book bearing a likeness photograph and the current season's registration stamp. The book must be carried at all times when on duty and presented to the Supervisor upon request. For insurance whilst on duty, he must also be registered on the Boxing England National Database for the current season.
- b. Qualified by examination set by:

- (1) Grade C & B - MBA Ratings Committee.
- (2) Grade A – MBA Executive Committee.
- (3) EBU – EBU (organised by Host nation).

- c. MBA registered officials must be in possession of their MBA Photo ID when officiating at tournaments, which must be in date for the current season and the appropriate Club's list of qualified Officials.
 - d. At least 17 years of age.
 - e. Must attend continuous development training annually, which is to be recorded in the official's boxing registration book.
 - f. Sit and pass a controlled exam at the appropriate level every 12 months; upgrading counts as a control exam.
 - g. Re-assessed by written, oral, and practical examination, if inactive for 12 months or more, before being allowed to resume officials' duties.
4. An Elite boxer can be trained and act as an official during his boxing career. After qualification/training he/she can be appointed to officiate at tournaments, so long as they are not boxing in the same tournament at which they are officiating.
 6. An official must have served for at least five years as a Timekeeper/Judge and or Referee/Judge before being allowed to take the Supervisor examination.
 7. A Supervisor, Referees, Judges, MOA, Recorder and Timekeeper, shall be appointed by the EBU for all tournaments relating to International Titles. For National Semi-Finals, National Finals of all Championships and Home Internationals, the MBA will appoint Grade A and/or EBU level Supervisor, Referees, Judges, Timekeepers, Recorders and MC/Announcers.
 8. Any Supervisor, Referee, Judge, or Timekeeper who has been active in that capacity at Grade C may be nominated for upgrading to Grade B. Details of upgrading procedures and Major Panel selection is outlined below. Professional upgrading is through EBU Officials Rating Committee selection in accordance with WBC rules.
 9. All newly qualified judges must sit in at a tournament/Event and judge a minimum of 10 bouts alongside the appointed judges. Their results will be assessed by a qualified Grade A Referee or Grade A Judge from the Major Panel and they will be told when they are competent enough to be appointed to tournaments.

10. Newly qualified Referees will be assessed at a tournament/Event by a qualified Grade A Referee from the Major Panel. They will be told when they are competent enough to be appointed to tournaments.

11. Individuals wishing to qualify as a Grade C official should apply in accordance with the instructions below.

UPGRADING CRITERIA

12. Criteria for upgrading of boxing officials are set by the MBA Rating Committ and are:

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

(1) Minimum of 2 consecutive seasons as an active JTK.

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

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

(1) Minimum of 2 consecutive seasons as an active Grade C Referee.

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

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

(1) Minimum of 4 seasons as an active Grade B Referee.

(2) Refereed and logged a minimum of 20 contests in each season.

(3) Upgrading to Grade A can only be conducted through the MBA Ratings Committee

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

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

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

UPGRADING PROCEDURE

16. Candidates who wish to be selected for upgrading must have a recommendation from their Club Coach in consultation with at least one Major Panel Grade A R&J.

17. The Club coach submits application to MBA for processing.

18. Upgrading assessment will be conducted (usually) at the Individuals Championships. Permission to conduct upgrading away from these championships must be gained from the Rating Committee Chairman. Candidates will sit a controlled theory examination followed by a practical assessment.

ACTIVE/INACTIVE OFFICIALS

19. Any boxing official who has not officiated for a period of 12 months 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 MBA who will appoint a minimum of one Major Panel Grade A R&J to carry out the assessment.

MALTA MAJOR PANEL

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

SELECTION

21. Due to the nature of international tournaments at which Major Panel members officiate, all new potential officials for the Major Panel are required to have a high level of experience.

The minimum criteria expected for candidates wishing to be considered for either is:

- a. Minimum of 4 seasons as active Judge, Timekeeper, Referee.
- b. Logged experience of officiating at least 12 contests in each season.
- c. Recommendation from Club Coaches. The recommendation is to include a brief summary of candidate's achievements.

APPLICATION

22. All applications must be submitted in writing by the Clubs Chairman to the Major Officials Chairman at least 21 days prior to Annual Individuals Championships. Contact details are available via the Club Coaches or the MBA web site.

ASSESSMENT

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

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

25. The MBA Officials' Secretary (MBA General Secretary) is to maintain a list of all of Major Panel Officials and all Grade A and EBU registered Supervisors, Referees, Judges, Jury, and Timekeepers who must be qualified by examination by the MBA. All Officials must be members of a Club or other affiliated Association (e.g. EBU). 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.

STANDARDS

27. 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. Dispensation will be given to members involved on international engagement.

REVIEW

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

DISCIPLINE

29. Breaches/failings in officials' duties/performances will be dealt with via a disciplinary panel arranged under the direction of the Ratings Committee Chairman and the Major Panel Officials' Secretary. The composition of the panel will be a Chairman (nominated by the Executive Committee),

Appeals may be made using the Association Appeal procedures stipulated in the MBA Statute

INSTRUCTIONS FOR OFFICIALS

30. Further guidance and instructions for officials can be on the MBA Website.

NOTES FOR NOVICE REFEREES

This is included to provide further guidance for Referees. Much of this is common sense and can be found in MBA Rules of Boxing.

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

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

hands. Prompt decisions and firm handling of dirty tactics will usually prove a protection.

- h. A Referee should be careful to differentiate between deliberate bad behaviour from ignorance or intent and excitement, often the cause of spontaneous outbursts which die down almost at once. Treat the boxers in the ring with firmness but fairness and you need anticipate no great trouble with those outside the ring.
 - i. After a particularly hard, clean bout, or if one of the boxers shows exceptional 'pluck' and determination, the referee may express his approval for the boxers' performance. This should however, only be done on very few occasions and only when exceptional courage or determination has been exhibited. The most favourable time to do this is immediately prior to informing the MC/Announcer whom to announce as the winner. NOTE: A referee must be careful not to allow a boxer to receive unnecessary punishment. This applies particularly to developments and the less-experienced boxers. If a bout is very one-sided and a boxer who has no chance of winning or a boxer is receiving heavy punishment, the bout should be stopped. At the same time, a referee must be careful not to stop a bout when a strong but unskilful boxer is waiting for an opportunity, whilst boxing a much more skilled boxer. Nothing is more annoying for a boxer than the bout being stopped when he is still feeling strong and keen and he considers that he has a chance to win.
2. Reporting action after a disqualification. Following disqualification, if the Referee must report the matter to the MBA, through the Supervisor and inform the boxer that he may not box at any meeting held until he hears further. In reporting the case, the Supervisor must suggest a term of suspension after consulting with the Referee, Supervisor and Technical Officer.
 3. Refereeing In the Ring. Muscular relaxation and mental alertness is the keynote of refereeing in the ring. Ostentation or theatrical tendencies should be avoided. A referee should assume a cheerful, but not, of course, hilarious attitude, and should avoid all inclination to display a "parade-ground" manner. A development referee will probably feel self-conscious but provided that he knows his job, he can rest secure in the knowledge that the spectators have not come to watch him, but to watch the boxers!
 - a. Movement in the Ring. The principle is to keep in view as much of each boxer's target as possible throughout the bout. To do this he should endeavour always to keep himself at right angles to the line joining the two boxers and as far away from them as the ropes will allow. Obviously no hard and fast rules can be laid down as to the direction in which a referee will move around the ring. Experience will teach a referee to move quickly

and unobtrusively in the direction which will enable him to see as much of the boxers' targets for as long as possible; this will necessitate switching quickly from circling clockwise to anti-clockwise to keep the targets in view.

- b. b. This does not mean that the referee must never get close to the boxers; indeed with boxers who tend to disregard the rules it is often necessary to get near to them to ensure that a command such as "break" or "stop" is instantly obeyed. It will sometimes be found that one boxer maintains a position in the centre of the ring and causes his opponent to dance round him. In such cases it is not practicable for the referee to keep up on a longer perimeter with the resulting roundabout. The spectacle of a referee sprinting round the ring is irritating to the spectators. On the other hand, a referee who stands still obscures the view of spectators behind him and sometimes a judge or the timekeeper. The happy medium is to keep circling with quick switches to the opposite direction, when you find that both boxers are about to get end on to you.
- c. Some referees find that they get a better view of the boxers' targets by looking slightly sideways whilst moving round the ring rather than by fixing their gaze directly at a point between the two boxers. A referee should avoid rigidity in his movements and should not be afraid to use his arms freely in assisting him to change direction. At suitable moments he should glance at the boxers' corners to ensure that the seconds are not contravening the rules by interfering with the progress of the bout.
- d. Decisions should be made without hesitation and observations made in a firm and distinct voice.
- e. In the event of a boxer falling between or outside the ropes the referee should be careful that neither seconds nor spectators assist him back into the ring. In cases where the boxer is seen to be falling off the platform outside the ropes, and there is a danger that he may have injured himself by the fall, the referee should not stop seconds or spectators from breaking his fall, but their assistance must not go beyond this point and the boxer must be left on the floor and he must make his own way back into the ring before the count reaches "ten". If, in the course of a knockdown, a boxer grounds his gloves it is the referee's duty to ensure that boxing is not continued if there is dirt on them.
- f. The rules state that when a boxer is knocked down as a result of a blow the bout shall not be continued until the referee has reached the count of eight, even if the boxer is ready to continue before then. This rule means that when a boxer receives a blow on the target with sufficient force to knock him down, the referee will begin the count and count to eight irrespective of whether the boxer is up before that time and ready to continue boxing.

- g. The Referee should guard against counting when a boxer slips or falls or goes down without being hit. In these cases the eight-second count will not apply.
- h. The referee in the ring has a great advantage over his counterparts at the ringside in that, he is able to assess damage to boxers more easily; a quick look at such things as cut eyes should be taken without waste of time. Normally a referee will, if in doubt as to the seriousness of an injury, consult the medical officer. Once having consulted the medical officer he must accept his recommendation.

NOTES FOR TIMEKEEPERS

The Duties of the Timekeeper are as follows:

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

DECISIONS

WIN ON POINTS – WP

1. At the end of a Bout, each Judge will determine a winner based on the Boxer's total scores of the Bout. The winner will be determined by either unanimous or split decision.
2. The Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round.
3. Para 2 above applies if an injury during any round is caused by an unintentional foul occurs and as a result the contest is stopped by the Referee.
4. The Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round.
5. Para 4 above applies in the case both Boxers are injured at the same time and as a result the contest is stopped by the Referee;
6. The Bout may be terminated by the Referee due to an event that is out of the Boxer's or Referee's control, such as the destruction of the ring, failure of the lighting supply, forces of nature and other similar unforeseen conditions. In such circumstances, the Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round (this rule will only apply if the event occurs after the end of Round 1). There is no technical draw.

WIN BY TECHNICAL KNOCKOUT – TKO

7. 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 TKO.
8. If a Boxer fails to resume boxing immediately after the rest period between rounds, the opponent will be declared the winner of the Bout by TKO.

9. 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 TKO.
10. 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 TKO.
11. If a Boxer does not recover after ninety (90) seconds, in accordance with Rule 7 concerning the low blow, the opponent will be declared the winner of the Bout by TKO.
12. 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 TKO..
13. When the Bout is stopped by the Referee at the discretion of the Supervisor following the advice of a Ringside Doctor, the opponent will be declared the winner of the Bout by TKO. WIN BY TECHNICAL KNOCKOUT INJURY – TKO.
14. 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 TKO-I.
15. 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 TKO-I. WIN BY DISQUALIFICATION – DQ
16. 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.
17. 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.
18. 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.

19. A disqualified Boxer will not be entitled or awarded points relating to the Bout. If the Boxer has been disqualified due to misconduct or unsportsmanlike behaviour, it has to be brought to the attention of the Disciplinary Committee by the Supervisor within twenty-four (24) hours of the end of the respective Bout.
WIN BY KNOCKOUT– KO.
20. If a Boxer is knocked down and fails to resume boxing before that Boxer is counted up to ten (10), the opponent will be declared the winner of the Bout by KO.
21. In the case of an emergency and the Referee summons the Ringside Doctor in the ring before the Boxer is counted up to ten (10), the opponent will be declared the winner of the Bout by KO.
22. In the case a Double KO occurs, both Boxers will lose the Bout by KO. Unless the Double KO occurs in the final of the competition then the Judges will score the bout and the winner will be the boxer ahead on points at the point the bout was terminated. WIN BY WALKOVER – WO
23. 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.
24. In the case the Supervisor knows in advance that a Boxer will not be present, he/she must cancel the procedure mentioned in Rule 4.7.1 and the result must be officially announced.
25. No medal will be awarded to a Boxer who has not boxed at least once within the entire competition period.

NO CONTEST – NC

26. The Bout may be terminated by the Referee due to an event that is out of the Boxer's or the 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, if it occurs before the end of the first round, the Bout will be terminated and the decision will be a No Contest (NC). The Bout will then have to be rescheduled by the Supervisor.

THE MEDICAL MANAGEMENT

References;

- a. Medical Commission of the International Boxing Association (AIBA) Medical Handbook 2013.

AIM

1. This policy leaflet aims to define and explain the application of the medical aspects of these new rules, by medical staff across the international boxing Community.
2. It is well known that boxing carries sports-specific risks of injury to participants, as do many other sports. The purpose of medical regulation of sports is to mitigate their risks as far as it is possible to do so. In this context, all boxers must be volunteers, and must give their informed consent to participation after being briefed by their Club Coach at initial and renewal medicals on the sport's specific risks, in particular the risk of brain injury.
3. In seeking to mitigate as far as possible the risks of boxing participation, the medical supervision of boxing includes the following:
 - a. Undertaking annual, pre-bout and post-bout medicals.
 - b. Providing the opportunity to confirm boxers participate voluntarily, and give informed consent to participation after understanding the risks involved, as emphasised above.
 - c. Confirming organisers have arranged appropriate resuscitation facilities at the ringside.
 - d. Confirming that all possible steps are taken to ensure safety is optimised in sparring.
 - e. Ensuring compliance by boxers with the governing body's rules regarding registration, frequency of bouts, inter-bout intervals, adequate recovery post-injury through suspension periods and other mandatory measures.
 - f. Supporting compliance by boxers with MBA rules on substance abuse. This is an area of increasing priority for the services, for boxing as in all other sports
4. **Providing Ringside Cover.** The MBA recognises that this is an area that may cause difficulties and concerns for MOs and such concerns may be poorly understood by nonmedical boxing officials. In deciding whether an MO can provide ringside cover the following must be considered:

- a. The essential requirement is that ringside MOs must be competent to manage the airway of an unconscious boxer. Major brain injuries (i.e. a bleed) are rare, so protracted unconsciousness is also rare, but the MO must be capable of managing this should it arise, either solo or in team working with supporting paramedics as below.
- b. To support ringside MO's safety in managing an unconscious boxer's airway when needing to do so, it is best practice for the ringside MO to have paramedic support to allow team-working on those rare occasions that some serious injury arises. That paramedic support should be found from uniformed resources where possible but when that cannot be found, it may need to be bought in from civilian sources.
- c. MBA has recently recognised the requirement for courses for ringside doctors to prove and refresh their competencies for work at international level and a new medical subcommittee intends to launch similar courses for ringside physicians shortly; details will be promulgated when available. In the meantime, such courses already exist for some other sports with similar risk-profiles e.g. the Rugby Football Union's Immediate Care in Sport Course (ICIS)13. Applications for funding to attend ICIS or other suitable Pre Hospital Emergency Care Advanced Life Support courses by MOs wishing to maintain and prove airways management competency for ringside duties should be made in the normal way to the Defence Deanery.
- d. Junior Doctors are encouraged to provide ringside medical support if they wish to participate, but they may only do so with the sanction of their supervisor and with the supervision of an airways-management-competent post-graduate qualified certificate.

BOXING MEDICALS

5. **Annual Medicals.** Annual fit-to-box medicals are required for all boxers under the new rules. These are to be conducted as follows:
 - a. Annually, allowing boxing for one full year from the date that the medical is done until the following January, unless injury-suspended.
 - b. After conclusion of any period of suspension for injury; passing this medical then requalifies the boxer for a further one year unless suspended again following further injury.

6. 'Initial' Annual Medical.

- a. This is required for all aspirant boxers who are new to boxing.
- b. The protocol for documenting the performance of annual boxing medicals provides a simple way for examining MDs to check and document the necessary information:
 1. The absence of any history of conditions that must prevent boxing or on which seeking SME advice is mandated;
 2. Normal examination findings (run-up examination tests and MD's examination, guidance on which is available at Reference C);
 3. Satisfactory status as an uncoerced volunteer to participate in boxing;
 4. Discussion and explanation of the sports-specific risks of boxing and the obtaining of the aspirant boxer's informed-consent to accepting these.
 5. A pass or fail of the medical. A pass is to be documented on Annex B. This form will be auto-initiated by the MBA protocol and is to be printed, date stamped and signed by the MD and the boxer.

7. 'Renewal' Annual Medical

- a. These are required after the end of the first and each subsequent year of boxing
- b. After any suspension period imposed for injury, an MD is to make a re-assessment before allowing resumption of sparring and boxing. Passing this re-assessment is to be documented as usual on Annex B. The protocol will auto-reset the date for the next fitness to box to the following January.

8. **STATEMENT OF SPORT-SPECIFIC RISKS OF BOXING** – The known medical/health risks of participation in boxing are as follows:

- a. Boxing training involves heavy impact training (e.g. running and skipping) so 'overuse' lower limb injuries are common; examples of these include stress fractures of tibia and foot, 'shin splints' and knee pain. Boxers developing any such problems are strongly advised to stop boxing training

and seek early medical advice; as experience is that the earlier that such advice is sought, the quicker and better the outcomes of treatment.

- b. Received punches inevitably can cause painful bruising, which will heal by itself with time.
- c. Blows to the face and nose can cause fractures. British Army Boxing Association Injuries database over years 2010- 2013 shows that the risks of a broken nose is 1-2 in 100 per bout, most common in novice boxers with inexperienced defence techniques. Other facial fractures (e.g. jaw, cheekbone) are far less common. Sometimes, surgery with metalwork etc may be required to repair these.
- d. Blows to the ear – especially ‘cuffs’ which are not scoring blows - can cause rupture of the eardrum. These are usually only obvious to the boxer after sparring or a bout. They normally heal by themselves over 6-8 weeks. These are uncommon; database frequency is 1 in 2000 bouts.

9. Serious risks are rare but can occur:

- a. Direct or glancing blows to the eye can cause damage to the eye – particularly detachment of the retina. If this arises, major surgery will be needed, which will usually, but not always, be able to restore sight. If struck on the eye and aware that vision may have been damaged, boxers **MUST** adopt the injured boxer position (‘take a knee’) and immediately notify the referee so he can have the boxer medically assessed.
- b. Repeated exposure to head blows after many bouts can carry the possibility of developing brain scarring which could cause problems with brain function such as memory impairment etc. We have had one such case known in service boxing in recent years but others may develop such problems later in life.
- c. There is a risk of a bleed from a blood vessel within the skull. Such bleeds are very serious but rare, we know of 5 cases in English boxing (during sparring or during bouts) in the last 12 years. These brain-bleeds cannot be screened out – so - If you choose to box, these are risks that you are choosing to take.