



**AUSTRALIAN AMATEUR  
BOXING LEAGUE INC**

**RULE  
BOOK**

BOXING RULES  
ADOPTED: 1987  
REVISED: 1997  
REVISED: 2007

**REVISED:2017**



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(A.A.B.L.I.)**

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## A.A.B.L.I. BOXING RULES

### FOREWORD

**Please note**

These rules are to be applied to all State and Interstate Title bouts.

It is advised that all member States and Territories adhere to these rules for Competition Boxing in order all personnel contemplating State or National title bouts are familiar with the rules.

Promoters may vary the Rules in special circumstances

1. Team competitions for charity events insofar as the numbers and duration of rounds are concerned. At no time can the duration and number of rounds exceed those in these rules.
2. Exhibition bouts.
3. In States or Territories which have State and Federal laws governing boxing those laws will override these rules.

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## **RULE 1**

### **THE RING**

- A. **Requirements.** In all competitions, the ring shall conform with the following requirements:
1. **Size.** The minimum size shall be sixteen feet square (4.90m) and a maximum size 20 feet square (6.10 m) measured inside the line of the ropes. In international championships the size of the ring shall be 20 feet square. The ring shall not be less than 3 feet (91cm) or more than 4 feet (1.22 m) above the ground or base.
  2. **Platform and Corner Pads.** The platform shall be safely constructed, level and free from any obstructing projections and shall extend for at least 18 inches (46cm) outside the line of the ropes. It shall be fitted with four corner posts which shall be well padded or otherwise so constructed as to prevent injury to the boxers. The corner pads should be arranged in the following way: In the nearer left-side ring corner facing the President of the Jury -red; in the far left-side corner -white; in the far right-side corner -blue; and in the near right corner - white.
  3. **Floor Covering** The floor shall be covered with felt, rubber or other suitable approved material having the same quality of elasticity, not less than half an inch thick (1.3 cm) and not more than three-quarters of an inch thick (1.9 cm) over which canvas shall be stretched and secured in place .. The felt, rubber or other approved material, and canvas, shall cover the entire platform.
  4. **Ropes.** There shall be three or four ropes of a thickness of 3 cm (1.18 ins.) minimum to 5cm (1.97 ins.) maximum tightly drawn from the corner posts at 40 cm.(1 ft.3.7 ins.) 80cm. (2ft.7 ins.) and 1 m. 30 (4ft. 3 ins.) high respectively. In the case of four ropes, the ropes shall be 16 in. (40.6 cm) 28 in (71.1 cm), 40 in.(101.6cm) and 52 in. (132.1 cm) high respectively. The ropes shall be covered with a soft or smooth material. The ropes shall be joined on each side, at equal intervals, by two pieces of close textured canvas 3 to 4 cm. (1.2-1.6 ins.) wide. The pieces must not slide along the rope.
  5. **Steps** The ring shall be provided with three steps. Two steps at the opposite corners for the use of contestants and seconds-one step in the neutral corner for use by the referees and doctors.
  6. **Plastic Bag** In the two neutral corners outside the ring, a small plastic bag shall be fixed in which the referee shall drop the cotton or tissue pads used by him to nurse bleeding.
- B. **Additional Rings** Two rings may be used in important championships.

## RULE 2

### BANDAGES

- A. **Specifications.** A soft surgical bandaging whose length is not longer than 2.5 metres and whose width does not exceed 5 centimetres or a "Velpeau" bandaging whose length is not longer than 2.5 metres on each hand can be used. No other kind of bandage may be used. The use of any kind of tapes, rubber, or adhesive plaster, as bandages, is strictly forbidden, but a single strap of adhesive 3 ins. {7.6cm} long and 1 inch (2.5 cm) wide may be used at the upper wrists to secure the bandages.

## RULE 3

### DRESS

- A. **Authorised Dress.** Competitors shall be dressed in accordance with the following:
- 1 **Clothing.** Competitors shall box in light boots or shoes (without spikes and without any heels), socks, shorts reaching at least half-way down the thigh, and a vest covering the chest and back. Where trunks and vests are of the same colour, the belt line must be clearly indicated by using an ELASTIC WAISTBAND AT LEAST 10 CM, BUT NOT MORE THAN 10 CM WIDE, RED OR BLUE BRIGHT COLOUR to identify the boxers in the RED or BLUE corners. (The belt line is an imaginary line from the navel to the top of the hips.)
  - 2 **Protectors** Gumshields shall be worn, and a cup protector shall be worn, a jockstrap may be worn in addition. The gumshield should be form fitted. It shall be forbidden for a boxer to intentionally remove their mouthpiece during the contest and if they does so, shall be warned or disqualified. If a boxer has their mouthpiece knocked out, the Referee shall take the boxer to their corner, have the mouthpiece washed and returned to its proper position. While this is being done, the second is not allowed to talk to their boxer.
  - 3 **Headguards.** The headguard is an individual and form-fitted item of the boxer's equipment. The use of headguards shall be mandatory. It shall conform to A.A.B.L.1. specifications. At the recommendation of the Technical and Rules Committee, the Executive Committee of A.A.B.L.1. approves or rejects the design and the different types of headguards submitted. At all Championships and Boxing Competitions, headguards shall be worn. ALL HEADGUARDS TO BE OPEN FACE
- B. **Prohibited Objects.** No other objects may be worn during the competition. The use of grease, Vaseline or products likely to be harmful or objectionable to an opponent, on the face, arms, or any other part of the body is forbidden.
- C. **Dress Infractions.** A referee shall exclude from competing any boxer who does not wear a cup-protector and gumshield, or who is not clean and properly dressed. In the event of a boxer's glove or dress becoming undone during boxing, the referee shall stop the contest to have it attended to.

## RULE 4

### RING EQUIPMENT

- A. **Required** The following ring equipment shall be available.
- 1 Two seats for boxers during intervals.
  - 2 Two mugs, and where water is not piped directly to the ringside, two water bottles and two buckets.
  - 3 Tables and chairs for officials.
  - 4 Gong (with striker) or bell.
  - 5 One (preferably two) stop watches.
  - 6 Pads of scoring paper conforming to the pattern drawn up by A.A.B.L.1.
  - 7 One first-aid outfit
  - 8 One microphone connected to the loud speaker system.

- 9 Several pairs of uniform gloves of the same manufacture as described in Rule 5 GLOVE SIZES
10. One stretcher.
11. **RING LIGHTING** Except for daytime boxing there shall be adequate lighting to eliminate the ring to the satisfaction of the Head of Referees and Judges Panel.
12. **PLINTHS** One Plinth per dressing room to be supplied for use by doctor if needed to lay a boxer down.

**RULE 5**

**DIVISIONS: AGE, WEIGHT, DURATIONS, GLOVES SIZES**

AGE	DIVISIONS MALE/FEMALE	DURATION OF BOUTS MALES AND FEMALES
Sub Juniors:	10 years-12 years	3x1 minute rounds
School Age:	13 years-14 years	3x1.5 minute rounds
Juniors:	15 years-16 years	3x2 minute rounds
Intermediates:	17 years -18 years	4x2 minute rounds
Seniors:	19 years up to & incl. 39 years	4x2 minute rounds
Masters:	40 years plus	3x1.5 minute rounds

**WEIGHT DIVISION**

28 kg to 32kg	60kg to 63.5kg
32 kg to 35kg	63.5kg to 67kg
35kg to 38kg	67kg to 71kg
38kg to 41kg	71kg to 75kg
41kg to 44.5kg	75kg to 78kg
44.5kg to 48kg	78kg to 81kg
48kg to 51kg	81kg to 86kg
51kg to 54kg	86kg to 91kg
54kg to 57kg	91kg+ no limit
57kg to 60kg	

**GLOVE TYPE**

All gloves to have Velcro fastening straps at the wrist. No lace-up gloves permitted

**GLOVE SIZES**

10oz up to and including 67kg  
 12oz up to and including 78kg  
 16oz up to and including 91+ kg

**Variations relating to gloves sizes, duration of rounds, head gear types permitted as per forward notation on page 2.**

SUB JUNIOR, SCHOOL AGE, JUNIOR and INTERMEDIATE BOXERS must have a copy of their BIRTH CERTIFICATE stapled to the back of their medical book.

**FEMALE BOXERS:** Pregnancy test to be done on first day of Competitions (13 years -40 years)



## **RULE 6**

### **THE REFEREE**

- A. Primary concern. The care of the boxer is the primary concern of the Referee.

**NOTE:** Referees may carry dual qualifications to officiate at both amateur and professional competitions

### **DRESS OF REFEREE**

- B. The Referee shall officiate in the ring. They shall be dressed in black trousers, white shirt and light shoes or boots without raised heels, bow tie (black) shall be worn, but, in tropical climates may be dispensed with if Chairperson of Jury or Chairperson of R/J Commission agrees. The Referee may wear spectacles but no other metal objects to be worn.

### **DUTIES OF REFEREE**

- 1 See that the rules and fair play are strictly observed.
  - 2 Maintain control of the contest at all its stages.
  - 3 Prevent a weak boxer from receiving undue and unnecessary punishment.
  - 4 Check the gloves and dress.
  - 5 They shall use three words of command:
    - a. "Stop" when ordering the boxers to stop boxing
    - b. "Box" when ordering them to continue.
    - c. "Break" when breaking a clinch, upon which command each boxer shall step back before continuing boxing
  - 6 The Referee shall indicate to a boxer by suitable explanatory signs or gestures any infringement of the Rules.
  - 7 At the end of a contest collect and check the papers of the Judges, after checking he shall hand these papers to the President of the Jury, or on occasions when there is no jury, to the announcer.
  - 8 The Referee shall not indicate the winner, by raising a boxers hand or otherwise, until the announcement has been made. When the winner of a bout is announced, the Referee shall raise the hand of the winning boxer.
  - 9 When the Referee has disqualified a boxer or stopped the bout, they shall firstly inform the President of the Jury which boxer has been disqualified, or the reason for which the bout has been stopped, to enable the President to instruct the announcer to make the decision correctly known to the public.
- C. **POWERS OF THE REFEREE The Referee is empowered:**
- 1 To terminate a contest at any stage if they consider it too one-sided.
  - 2 To terminate a contest at any stage if one of the boxers has received an injury on account of which the Referee decides the boxer should not continue.
  - 3 To terminate a contest at any stage if the Referee considers the contestants are not in earnest. In such cases the Referee may disqualify one or both contestants.
  - 4 To caution a boxer, or to stop the boxing during a contest and administer a warning to a boxer against fouls, or for any other reason in the interests of fair play, or to ensure compliance with the Rules.
  - 5 To disqualify a boxer who fails to comply immediately with the Referees orders, or behaves towards the Referee in an offensive or aggressive manner at any time.
  - 6 To disqualify a second or assistant who has infringed the Rules, and the boxer if the second or assistant does not comply with the Referee's orders.
  - 7 With or without previous warning, to disqualify a contestant for committing a foul.
  - 8 In the event of a knock-down, to suspend a count if a boxer deliberately fails to retire to

- a neutral corner, or delays to do so.
- 9 To interpret the Rules insofar as they are applicable or relevant to the actual contest, or to decide and take action on any circumstance of the contest which is not covered by a Rule.

- D. If a boxer infringes the Rules but does not merit disqualification for such infringement, the Referee shall stop the contest and shall issue a warning to the offender. As a preliminary to a warning, the Referee shall order the boxers to stop. The warning shall be clearly given and in such a way that the boxer understands the reason and the purpose of the warning. The Referee shall signal with their hand to each of the Judges that a special warning has been given and shall clearly indicate to them the boxer who the Referee has warned. After giving the warning, the Referee shall order the boxers to "Box. If a boxer is given three warnings in a contest, they shall be disqualified.
- E. **Cautions.** A Referee may caution a boxer. A caution is in the nature of advice or admonishment given by the Referee to a boxer to check or prevent undesirable practices of the less serious infringement of the Rules. To do so they will not necessarily stop the contest but may avail of a suitable safe opportunity during a round to admonish a boxer for an infringement of the Rules.

## RULE 7

**JUDGES** There shall be three or five Judges seated directly at ringside.

**NOTE:** Judges may carry dual qualifications to officiate at both amateur and professional competitions

**JUDGES DRESS** The mode of dress for Judges shall be per dress of Referees: RULE 6

### 1. AWARDING OF POINTS

- a. **Scoring Hits.** During each round, a Judge shall assess the respective scores of each boxer according to the number of hits obtained by each. Each hit to have scoring value must, without being blocked or guarded, land directly with the knuckle part of the closed glove of either hand on any part of the front or sides of the head or body above the belt. Swings landing as above described are scoring hits. The value of hits scored in a rally of infighting shall be assessed at the end of such rally and shall be credited to the boxer who has had the better of the exchanges according to the degree of his superiority.
- b. **Non-Scoring Hits-** Non-scoring hits are hits which are struck by a boxer:
- 1 While infringing any of the Rules, or
  - 2 With the side, the heel, the inside of the glove or with the open glove or any part other than the knuckle part of the closed glove, or
  - 3 Which land on the arms, or
  - 4 Which merely connect, without the weight of the body or shoulder.

### 2. Concerning Fouls

- a. **Referee Warning** -If the Referee warns one of the competitors, the Judges may award a point to the other competitor. When a Judge decides to award a point to a competitor for a foul committed by the opponent for which the latter has been warned by the Referee, the Judge shall place a "W" in the appropriate column against the points of the warned competitor to show that they have done so. If the Judge decides not so to award a point, they shall, in the appropriate column, place the letter "X" against the points allotted for that round to the warned competitor indicating the reason they have done so.
- b. **Others** -During each round a Judge shall assess the seriousness of and shall impose a

commensurate scoring penalty for, any foul witnessed by them whether or not the Referee has observed the foul. If a Judge observes a foul apparently unnoticed by the Referee, and imposes an appropriate penalty on the offending competitor, they shall indicate they have done so by placing in the appropriate column the letter "J" against the points of the offending competitor, and indicating the reasons why they have done so.

3. **Concerning the Awarding of Points**

- a. **End of Each Round.** Twenty points shall be awarded for each round. No fraction of points may be given. At the end of each round, the better (more skilful) boxer shall receive twenty points and his opponent proportionately less. When boxers are equal in merit, each shall receive twenty points.
- b. **Points Determination.** The awarding of points shall follow the principles: 1 point for three correct hits; 1 point for a warning by the Referee or Judge; if the number of hits differs from 3, 6, 9, 12 etc. the attached table is to be used:

Number of hits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	...
Points awarded	0	1	1	1	2	2	2	3	3	3	4	4	4	4	5

- c. **End of Contest.** If, at the end of a contest and having marked each round in accordance with Directives 1 and 2, a Judge shall find that the boxers are equal in points, they shall award the decision to the boxer:
  - 1 Who has done most of the leading off, or who has shown the better style, or if equal in that respect;
  - 2 Who has shown the better defence (blocking; parrying, ducking, sidestepping, etc) by which the opponent's attacks have been made to miss;
  - 3 A winner must be nominated in all Tournaments. In Dual Matches, a draw decision may be awarded
- d. **Knock-downs.** No extra points shall be awarded for a knock-down.

**FOULS**

A. **Cautions, Warnings, Disqualifications.** The competitor who does not obey the instructions of the Referee, acts against the boxing Rules, boxes in any unsportmanlike manner, or commits fouls, can, at the Discretion of the Referee, be cautioned, warned or disqualified without warning. A Referee may, without stopping a contest, caution a boxer at some safe opportunity. If the Referee intends to warn a boxer, they shall stop the contest and will demonstrate the infringement. The Referee will then point to the boxer and to each of the Judges. A Referee having once administered a warning for a particular foul (e.g.: holding), cannot issue a caution for the same type of offence. A third caution for the same type of foul will mandatorily require a warning to be issued. Only three warnings may be given to the same boxer in one contest. The third warning brings automatic disqualification.

B. **Types of Fouls.** The following are fouls:

- 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, pressing with 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.
- 10 Holding and hitting, or pulling and hitting.
- 11 Holding, or locking of opponent's arm or head, or pushing an arm underneath the arm of the opponent.
12. Ducking below the belt of the opponent in a manner dangerous to his opponent.
- 13 Completely passive defence by means of double cover and intentionally falling to avoid a blow.
- 14 Useless, aggressive, or offensive utterances during the round.
- 15 Not stepping back when ordered to break.
- 16 Attempting to strike opponent immediately after the Referee has ordered "Break" and before taking a step back.
- 17 Assaulting, or behaving in an aggressive manner, towards a Referee at anytime.
- 18 Spitting out gumshield (teeth protector)

C. **Seconds.** Each boxer is responsible in the same way for their second.

D. **Referee Consults Judges.** If a Referee has any reason to believe that a foul has been committed which they have not seen, they may consult the Judges.

#### **RULE 8 DOWN**

A. **Definition.** A boxer is considered "down":

- 1 If they touch the floor with any part of their body other than their feet as the result of a blow or series of blows, or
- 2 If they hang helplessly on the ropes as the result of a blow or series of blows, or
- 3 If they are outside or partly outside the ropes as the result of a blow or series of blows, or
- 4 If following a hard punch they have not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the Referee, continue the bout.

B. **The Count.** In the case of a knock-down, the Referee shall immediately begin to count the seconds. When a boxer is "down" the Referee shall count aloud from one to ten with intervals of a second between the numbers, and shall indicate each second with their hand in such a manner that the boxer who has been knocked down may be aware of the count. Before the number "one" is counted, an interval of one second must have elapsed from the time when the boxer has fallen to the floor, and the time of announcing "one" If the opponent should not go to the neutral corner on the command of the Referee, the Referee shall stop counting until the opponent has done so. The counting shall then be continued where it has been interrupted.

- 1 The Judge shall enter on his scoring paper "KD" when the Referee had given a count to any of the two boxers.
- 2 When the boxer is considered "down" due to a blow to the head, the Judge shall enter "KD-H" on his scoring paper.

C. **Opponent's Responsibilities.** If a boxer is down, the opponent must at once go to the neutral corner as designated by the Referee. The opponent may only continue against the boxer who is knocked down after the latter has got up and on command "Box" from the Referee.

D. **Mandatory Eight Count.** When a boxer is "down" as the result of a blow, the bout shall not be continued until the Referee has reached the count of eight, even if a boxer is ready to continue before then.

- E. **The Knock-Out.** After the Referee has said "*ten*" the bout ends and shall be decided as a "knock-out". The word "*out*" should not be used in amateur boxing after the count of "*ten*", but a clearly distinctive "wipe-out" sign is given.
- F. **Boxer Down at End of Round.** In the event of a boxer being "down" at the end of a round, with the exception of the last round in the National Championships Games, World Championships and Continental Championships, the Referee shall continue the count.  
Should the Referee count up to ten, such boxer shall be deemed to have lost the bout by a "knock-out".  
A boxer who is knocked out with a foul blow shall be declared winner.  
If the boxer is fit to resume boxing before the count of ten is reached, the Referee shall immediately use the command "Box".
- G. **Second Time Boxer Down Without a Fresh Blow.** If a boxer is "down" as the result of a blow and the bout is continued after the count of eight has been reached, but the boxer falls again without having received a fresh blow, the Referee shall continue the counting from the count of eight at which he has stopped.
- H. **Both Boxers Down.** If both boxers go down at the same time, counting will be continued as long as one of them is still down. If both boxers remain down until "ten" the bout will be stopped and the decision given in accordance with the points awarded up to the time of the knock-down.
- I. **Boxer Fails to Resume.** A boxer who fails to resume boxing immediately after the termination of the rest interval or who, when knocked down by a blow, fails to resume within ten seconds, shall lose the contest.
- J. **Compulsory Count limits.** When a boxer has three compulsory counts in the same round or four times for the whole bout, the Referee shall stop the contest (R.S.C. or R.S.C.-H).

## RULE 9

### PROCEDURE AFTER KNOCK-OUTS AND R.S.C.H.\_

- A. **Unconscious Boxer.** If a boxer is rendered unconscious, then only the Referee and the Doctor summoned should remain in the ring, unless the Doctor needs extra help.
- B. **Medical Attention.** A boxer who has been knocked out as a result of a head blow in a contest, or wherein the Referee has stopped the contest due to the boxer having received hard blows to the head, making them defenceless or incapable of continuing, shall be examined by a Doctor immediately afterwards and accompanied to their home or suitable accommodation by one of the officials on duty at the event.  
  
The ringside Doctor shall call a neurologist as soon as possible and within 24 hours, who will decide on the further treatment of the boxer and will keep him under observation for a period of four weeks.
- C. **Probation Periods.**
  - 1 **One Knock-out or R.S.C.H.** A boxer who has been knocked out as a result of a head blow during a contest, or wherein the Referee has stopped the contest due to the boxer having received hard blows to the head making them defenceless or incapable of

continuing, shall not be permitted to take part in competitive boxing or sparring for a period of at least four weeks after they have been knocked out.

- 2 **Two Knock-outs or R.S.C.H.** A boxer who has been knocked out as a result of head blows, or wherein the Referee has stopped the contest due to a boxer having received hard blows to the head making them defenceless or incapable of continuing twice in a period of three months, shall not be permitted to take part in competitive boxing or sparring during a period of three months from the second knock-out or R.S.C.(H).
  - 3 **Three Knock-outs or R.S.C.H.** A boxer who has been knocked out as a result of head blows, or wherein the Referee has stopped the contest due to the boxer having received hard blows to the head making them defenceless or incapable of continuing three times in a period of 12 months, shall not be allowed to take part in competitive boxing or sparring for a period of one year from the third knock-out or R.S.C.(H).
- D. **Medical Certification Following Probation Periods.** Before resuming boxing after any of the periods of rest prescribed in the three preceding paragraphs, a boxer must be certified by a Neurologist as fit to take part in competitive boxing following, if possible, a special examination, EEG and, if necessary, CCT.
- E. **R.S.C.H.** The Referee will indicate to the Jury and Judges to annotate the score card "R.S.C.H." when they have stopped the contest as a result of a boxer being unable to continue as a result of blows to the head.  
R.S.C.H. is a term to be used only when a boxer is being saved from a knockout after having received hard head blows making them defenceless and incapable of continuing. (The term R.S.C.H. is not to be used when a boxer is simply outclassed and is receiving too many scoring hits without scoring themselves).
- F. **Protective Measures.** Every boxer having lost a hard bout with many hits to the head, or having been knocked down several times in some consecutive contests, may not be permitted to take part in competitive boxing or boxing training for a period of at least four weeks after the last contest if the Jury, on the advice of the Medical Officer, decides that it would be necessary.

All protective measures should also apply if a knock-out occurs during training.

## RULE 10

### THE TRAINER AND THE SECOND

**NOTE:** Trainers and Seconds may carry dual qualifications to officiate at both amateur and professional competitions

Each competitor is entitled to one trainer and one second who shall be governed by the following rules:

- 1 Only the trainer and second shall mount the apron of the ring and only one may enter the ring.
- 2 During the boxing, neither the trainer nor second shall remain on the platform of the ring. The trainer or second shall, before a round begins remove from the platform of the ring, seats, towels, buckets etc.
- 3 The trainer, while officiating in the corner, shall be in possession of a towel for their boxer. A trainer may give in for a competitor, and may when they consider their boxer to be in difficulty, throw the towel into the ring, except when the Referee is in course of counting.

- 4 The Chairman of the R/J Commission at each Tournament shall arrange a joint meeting of the R/Js, the trainers and seconds who are going to work in each tournament and emphasize that A.A.B.L.1. Rules will be followed and that boxers violating these Rules may lose not only points, but the Championship because of Rule infractions.
- 5 No advice, assistance or encouragement shall be given to a competitor by their trainer or second during the progress of the rounds. If a trainer or their second infringes the Rules, they may be warned or disqualified. Their boxer may also be cautioned, warned or disqualified by the Referee for offences committed by the trainer or second. Any trainer or second or official encouraging or inciting spectators by words or signs to advise or encourage a boxer during the progress of a round shall not be permitted to continue to act as a trainer or official at the tournament where the offence is committed. If a trainer or second is removed by the Referee from the corner, they shall not officiate any more in that session of the competition. Once such an official is removed from the corner by the Referee, they shall leave the boxing hall for the remainder of the session. If, during the tournament they are removed for a second time, they shall be permanently suspended from acting as a trainer or second in that tournament.

## **RULE 11**

### **THE TIMEKEEPER**

**NOTE:** Timekeepers may carry dual qualifications to officiate at both amateur and professional competitions

#### **A. Duties**

- 1 The main duty of the Timekeeper is to regulate the number and duration of the rounds and the intervals between rounds. The intervals between rounds shall be of a full minute duration.
- 2 Ten seconds before the commencement of each round, the Timekeeper shall clear the ring by ordering "clear the ring" or "seconds out".
- 3 The Timekeeper shall announce the number of each round immediately prior to commencing it.
- 4 The Timekeeper shall take off time for temporary stoppages, or when instructed to do so by the Referee.
- 5 The Timekeeper shall regulate all periods of time and counts by a watch or clock.
- 6 At a "knock-down" the Timekeeper shall signal to the Referee with their hand the passing of the seconds while the Referee is counting.
- 7 If at the end of a round, a boxer is "down" and the Referee is in the course of counting, the gong indicating the end of the round of two (2) minutes will not be sounded. The gong will be sounded only when the Referee gives the command "Box" indicating the continuation of the match. This will not apply, however, in the last round of the FINALS of the Championships.

**B Position** He or she shall be seated directly at the ringside

**RULE 12  
DECISIONS**

**Types**

1 **W.P. Win on Points (W.P.)** At the end of a contest, the boxer who has been awarded the decision by a majority of the Judges shall be declared the winner. If both boxers are injured or are knock-out simultaneously, and cannot continue the contest, the Judges shall record the points gained by each boxer up to its termination, and the boxer who was leading on points up to termination, or the actual end of the contest, shall be declared the winner.

2 **RET Win by Retirement (RET)** If a boxer retires voluntarily owing to injury or other causes, or they fail to resume boxing immediately after the rest between rounds, their opponent shall be declared the winner. If not injured by a foul.

**Win by Referee Stopping Contest:**

3 **R.S.C. Outclassed RSC** is a term used to stop a bout when a boxer is outclassed or is unfit to continue. If a boxer, in the opinion of the Referee is being outclassed or is receiving excessive punishment, the bout shall be stopped and their opponent declared the winner.

4 **Injury R.S.C. Injury**

- i. If a boxer, in the opinion of the Referee, is unfit to continue because of injury in a Tournament or other physical reasons, the bout shall be stopped and their opponent declared the winner. The right to make this decision rests with the Referee, who may consult the Doctor. Having consulted the Doctor, the Referee must follow their advice. It is recommended that the Referee checks the other boxer for injury before making this decision. The Ringside Medical Officer has the right to request that the bout be suspended if they think, for medical reasons, the bout should not be allowed to continue. The Doctor must first inform the Jury President and the President shall inform the Referee that the bout shall be suspended.

The suspension shall last a maximum of one minute by the Referee for examining the fitness of a boxer by the Medical Officer. Medical Officer usually means President of the Medical Jury or a Medical Doctor placed in charge of medical responsibility for a bout.

In case of the final bout of a Tournament that has gone beyond the first round, the points to the time of the accidental injury shall be totalled by each Judge and the decision given to the boxer who has earned the most total points to that time. In an accidental injury in the first round of a Championship or a Tournament, the uninjured boxer will be declared the Champion.

When a Referee calls a Doctor into the ring to examine a boxer, only these two officials should be present. No trainer or seconds should be allowed into the ring, or on the apron. If the Referee does not consult the Doctor for an injury as above and the bout is not stopped, two members of the Medical Commission should examine the boxer after the bout and if the Doctors think the bout should have been stopped the Referee should be reported to the Referees and Judges Commission or to the President of the Jury.



- 5 **R.S.C.H. Referee Stops Contest Head (R.S.C.H)** Is a term to be used only when a boxer is being saved from a knock-out after having received hard head blows making him defenceless and unable to continue.
6. **Compulsory Count Limits**  
When a boxer has 3 compulsory counts in the same round or 4 counts during the same bout the Referee will stop the contest. R.S.C. outclassed.
- 7 **DISQ. Win by Disqualification** If a boxer is disqualified, their opponent shall be declared the winner. If both boxers are disqualified, the decision shall be announced accordingly. A disqualified boxer shall not be entitled to any prize, medal, trophy, honourable award, or grading, relating to any stage of the competition in which they have been disqualified, provided that in cases, it shall be open to the Executive Committee or in their absence, the Jury or acting Jury, and where there shall be no Jury reports of the incident as it may require.
- 8 **K.D.Win by Knock-out** If a boxer is "down" and fails to resume boxing within ten seconds, their opponent shall be declared the winner by knock-out, providing not by a foul.
- 9 **N.C. No Contest** A bout may be terminated by the Referee inside the scheduled distance owing to a material happening outside the responsibility of the boxer, or the control of the Referee, such as the ring becoming damaged, the failure of the lighting supply, exceptional weather conditions, etc. in such circumstances the bout shall be declared "no contest" and in the case of Championships, the Jury shall decide the necessary further action.
- 10 **W.O. Win by Walk-over** Where a boxer presents themselves in the ring fully attired for boxing and their opponent fails to appear after their name has been called out by the public address system, and the maximum period of three minutes has elapsed, the Referee shall declare the first boxer to be the winner by "Walk-over". The Referee shall first inform the Judges to mark their papers accordingly, collect them and then summon the boxer to the centre of the ring and after the decision is announced, raise his or her hand as winner.

#### **RULE 13**

##### **ATTENDANCE OF DOCTOR**

**Required Attendance.** A qualified Doctor of Medicine, so approved, shall be in attendance throughout the competition and should not leave the place where it is held before the end of the last bout and until they have seen to the two boxers who participated in such bout.

**Candidate Referees and Judges.** Any person wishing to qualify as a Referee, Judge or timekeeper shall, in the first instance, make representation to the Secretary of the A.A.B.L.1.

#### **RULE 14**

##### **COMPETITION RULE FOR FEMALE BOXERS**

###### **Principle:**

The Articles and Rules of the A.A.B.L.1. shall apply to the training and competition of female boxers in lieu of or in addition to the special provisions contained in this document.

###### **Special Provisions – Female Boxers**

- A. **Dress:** Female boxers must wear a short-sleeved T-shirt. Females must wear a well fitted breast protector not interfering with the boxers ability to compete. Hairnets, barrettes and

hair pins are not to be used to secure hair beneath the head guard. Females hair may be secured using rubber or other banding devices.

**B. MEDICAL EXAMINATION AND WEIGH -IN FOR COMPETITION**

**A special record book** shall be devised for female boxers where all relevant findings of the special physical exam they are required to undergo, shall be recorded. In addition, female boxers shall furnish, prior to any competition, all the information required as to their physical condition and confirm with their signature the correctness of these statements. In the event of incorrect statements being made, the female boxer shall be held responsible for any consequences resulting there from.

The organisers of mixed events where both male and females compete shall arrange for separate room for the medicals and weigh-in for male and female.

Female boxers shall have weight mistresses attending the scales at weigh-ins.

The medicals of female boxers shall be carried out according to special sports medical guidelines to be included in the Medical Handbook of A.A.B.L.1.

**C. REFEREE AND JUDGES**

Female boxing contests shall be controlled by female or male Referees. As for the panel of Judges, it may consist of both female and male. However, the Judge in place No.1 shall always be a female where possible.

**RULE 15**

**MEDICAL RECORD BOOKS** As approved by A.A.B.L.1. Is to be presented at every contest the boxer enters, both male and female.

**RULE 16**

**SHAKING OF HANDS**

- A. **Purpose** The Referee will instruct boxers to shake hands before and after a bout, boxers shall shake hands in a proper manner, as a sign of a purely sporting and friendly rivalry in accordance with the boxing rules.
- B. **Authorised Times** The shaking of hands takes place before beginning the first round and after the announcing of the result. Any further shaking of hands between the rounds is prohibited.

**RULE 17**

**ADMINISTRATION OF DRUGS ETC.**

- A. **Doping** The administration to a boxer of drugs or chemical substance not forming part of the usual diet of a boxer (Le."doping") is prohibited. The A.A.B.L.1. doping regulations, as found in the A.A.B.L.I. Doping Handbook, will be added to this rule. In addition, the 1.0.C. Medical Commission's list of doping classes with examples and the procedure for dope control are a Bye-law to this Rule.
- B. **Penalties.** Any boxer or official infringing this prohibition shall be liable to disqualification or suspension by the A.A.B.L.1. Any boxer who refuses after a bout to undergo any medical

test to ascertain if they have committed any breach of this Rule shall be liable to disqualification or suspension. The same shall apply to any official encouraging such a refusal.

- C. **Local Anaesthetics.** The use of local anaesthetics is permitted according to the discretion of a Doctor of the Medical Association.
- D. **Prohibited Drugs.** The I.O.C. list of banned substances shall constitute A.A.B.L.I. list of banned substances. Any boxer taking such substances or any official administering such substances shall be subject to the penalties as outlined in the Rules.

A.A.B.L.I. may ban additional substances upon the recommendation of the A.A.B.L.I. Medical Association.

#### MEDICAL APTITUDE

- A. **Medical Certification.** A competitor shall not be allowed to compete in an International Competition unless they have been certified as fit to do so by a qualified Doctor of Medicine who shall be approved by the League under whose jurisdiction the competitions are taking place.

#### RULE 18

##### JURY

- A: **Selection of Jury** To be carried out at a meeting of the Referees and Judges prior to the start of the Championships. Only Referees to be used on the Jury and must be from different States where possible.
- B: **Jury membership number:** Is to be three members, with one member to be elected by the panel to act as Jury President.
- C: **Presidents Duty** To arrange meetings of the Jury to discuss any protests. The President of the Jury is to have an additional vote if the voting is even.
- D: A decision of a Referee and or a Judge may be overruled by the Jury in the following way
- E: **Overruling a Judge** A decision of a Judge may be overruled by the Jury when it is obvious the Judge has made a mistake on the score sheets which resulted in a wrong decision.
- F: **Overruling a Referees Decision** When the Referee has given a decision which is allegedly against the rules. The Jury may use a video tape or DVD of the incident to make a decision.
- G: **Appeal Fee** Before an appeal can be heard a fee is to be paid by the Complainant. The fee is set by the A.A.B.L.I. at its A.G.M.
- H: **Lodge Appeal:** Any appeal must be lodged within ten minutes of the bout concerned. It must be in writing, duly signed by the State Team Manager and delivered up to the Jury President or via any A.A.B.L.I. Committee person.

**RULE 19  
DUTY OF CARE**

The duty of care for:

**Referees and Judges**

See rules 6 & 7

**Trainers and Seconds**

Teach the boxers how to protect themselves and throw deliberate legal punches.

**Matchmaker**

Makes sure that all boxers are legally matched by age and weight.

**Doctor**

To ensure all boxers are medically fit and that no female boxers enter the ring without providing a pregnancy test. To ensure that no boxer is seriously injured during a bout.

**Timekeeper**

To ensure that each round is timed to the specified requirements for age and weight and breaks are accurately timed.

**Tournament co-ordinator**

Ensure that the ring and all equipment are safe and adequate and the tournament is sanctioned by the State or National Secretary.

**RULE 20  
BOXING MORE THAN ONCE WITHIN A 24-HOUR PERIOD**

- 1 A Junior boxer can box a maximum of 3 x 1.5 minute rounds in each bout.
- 2 A Senior boxer can box maximum of 3x2 minute rounds in each bout.
- 3 Boxers must have a 2-hour break between bouts.
- 4 Prior to all bouts a Doctor and their medical books marked accordingly must pass a Boxer medically fit.
- 5 Boxers weighing up to and including 51kg to wear 10oz.gloves.
- 6 Boxers weighing between 51kg and 60kg to wear 12 oz gloves
- 7 Boxers weighing between 60kg to 75kg to wear 14 oz gloves.
- 8 Boxers weighing over 75kg to wear 16oz gloves.
- 9 Under no circumstances can a Junior boxer exceed 9 minutes boxing in a 24 hour period.
10. Under no circumstances can a Senior boxer exceed 12 minutes boxing in any 24 hour period.

**FINALLY**

It is very important any person connected with the sport of Amateur Boxing should be thoroughly conversant with the Rules contained herein.

Trainers and Boxers, especially, should be conversant with the Rules as ignorance of them often leads to a boxer being disqualified when competing.

Compiled by Denis Magnay  
(N.S.W.) under Delegated  
Authority by A.A.B.L.1.  
Dated February 12th 2017