

Professional Boxing Rules

Section 1 – Commission Direction

Commission Direction

- 1(1) Every boxing bout shall be conducted in accordance with the rules of boxing set out in this part and every licence holder involved in an bout shall ensure that the rules are complied with in respect of a bout.

Section 2 – Weight Classes and Weigh-ins

- 2(1) Contestants must compete in the following weight classes:
- a. Minimumweight: up to 105 lbs;
 - b. Light-Flyweight: over 105 to 108 lbs;
 - c. Flyweight: over 108 to 112 lbs;
 - d. Super Flyweight: over 112 to 115 lbs;
 - e. Bantamweight: over 115 to 118 lbs;
 - f. Super Bantamweight: over 118 to 122 lbs;
 - g. Featherweight: over 122 to 126 lbs;
 - h. Super Featherweight: over 126 to 130 lbs;
 - i. Lightweight: over 130 to 135 lbs;
 - j. Super Lightweight: over 135 to 140 lbs;
 - k. Welterweight: over 140 to 147 lbs;
 - l. Super Welterweight: over 147 to 154 lbs;
 - m. Middleweight: over 154 to 160 lbs;
 - n. Super Middleweight: over 160 to 168 lbs;
 - o. Light Heavyweight: over 168 to 175 lbs;
 - p. Cruiserweight: over 175 to 200 lbs;
 - q. Heavyweight: over 200 lbs.
- (2) No boxing bout may be scheduled, and no contestants may engage in a boxing bout, without the approval of the Commission or the Commission's representative if the difference in weight between contestants exceeds the allowance shown in the following schedule:
- a. up to 118 lbs: not more than 3 lbs;
 - b. Over 118 lbs.-130 lbs: not more than 4 lbs;
 - c. Over 130 lbs.-140 lbs: not more than 5 lbs;
 - d. Over 140 lbs.-175 lbs: not more than 7 lbs;
 - e. Over 175 lbs.-200 lbs: not more than 12 lbs;

f. Over 200 lbs.- no limit.

- (3) After the time of the weigh-in, weight loss in excess of 2 pounds is not permitted.
- (4) The weight loss described in subsection 3 must not occur later than 1 hour after the initial weigh-in.

Weigh-in

- 3(1) Contestants are required to submit to weigh-in and pre-fight medical examination.
- (2) The weigh-in for an event must take place between 24 and 30 hours before the scheduled start of the bout, unless otherwise approved by the Commission.
- (3) The Commission shall select and approve official weigh scales, and their location, for optimum weight accuracy.
- (4) The official weigh scales are to be made available to each contestant at least 2 hours before the weigh-in, during which time the contestants may weigh themselves on the official scales.
- (5) Each contestant must be weighed in the presence of the public, his or her opponent, a representative of the Commission and an official representing the promoter.
- (6) The contestant must have all weights stripped from his or her body before weighing in, but may wear shorts, or in the case of a female, a sports bra.
- (7) The Commission may require the contestants to be weighed more than once for any cause deemed sufficient by the Commission.
- (8) There is a 1 pound allowance for non-title bouts.
- (9) A contestant who is overweight at the time of the weigh-in shall be permitted an additional hour to attain the proper weight.
- (10) No contestant shall be compelled to compete against an opponent who, at the conclusion of the weigh-in and lee-way period, is over the maximum weight for the weight class.
- (11) If an event is postponed for more than 24 hours, a second weigh-in and an additional medical examination are required on the day of the bout.
- (12) In this section, “catch-weight bout” means;
 - a. a bout between contestants in which the contestants are not in the same weight class, or
 - b. a bout between contestants at least one of whom exceeds his or her agreed upon weight.

- (13) Despite subsection (12) or the contestants' agreed upon weights, if the contestants agree to compete, the Commission may allow a catch-weight bout if the Commission is satisfied that the bout between the particular contestants would be fair, safe and competitive.

Pre-Fight Medical Examination

- 4(1) A physician designated by the Commission shall give each contestant a thorough physical examination at the time of his or her weighing in before a professional bout.
- (2) If the physician who examines a contestant who prior to a bout determines that the contestant is unfit for competition, the contestant shall not participate in the bout and the physician shall immediately report his or her findings to the promoter and the Commission's representative.
- (3) If the examining physician finds that a contestant is in good physical condition, the physician shall report his or her finding to the Commission or its representative before the commencement of the bout.

Section 3 – Contestant Rest, Equipment and Uniform

Contestant Bout Frequency

- 5(1) No contestant shall take part in more than one bout on the same day.

Mandatory Rest Periods Following a Boxing Bout

- 6(1) Following a bout, regardless of where the contest is held, a contestant shall take been giving the following mandatory medical suspension for rest:
- a. 30 days of rest after competing in 10 or more rounds;
 - b. 21 days rest after competing in 6 to 9 rounds;
 - c. 14 days rest after competing in 1 to 5 rounds.

Hand Wrapping – General

- 7(1) No person shall apply bandages to a contestant's hands unless the materials have been approved by the Commission and are applied in accordance with the requirements of this section.
- (2) In no case may the binding of surgeon's tape be applied within 1 inch of the knuckles of the contestant's hand.
- (3) A contestant shall not coat his or her hands or hand bandages with any substance.

- (4) Before leaving the dressing room to enter the ring, bandages shall be examined by a representative of the Commission. After the bandages have been approved, no person shall alter them in any manner. No person shall place gloves on a contestant/contestant's hands until the finished bandages have been approved. A representative of the contestant's opponent is entitled to be present during the bandaging procedure, including the placement of gloves on the hands of the contestant.
- (5) In all weight classes;
 - a. a competitor may wrap on each hand not more than 45 feet of soft gauze, not more than 2 inches wide; and
 - b. the use of adhesive surgeon's tape to hold the gauze in place is restricted to no more than 10 feet of surgeon's tape, no more than 1 inch in width, for each hand.

Contestant Appearance

- 8(1) A contestant participating in a boxing bout shall wear a uniform that includes:
 - a. regulation trunks, in which the belt of the trunks must not extend above the waistline and must not reach further than below the knee;
 - b. for female contestants, a sports bra or sleeveless shirt;
 - c. a foul-proof guard & abdominal protector of a type that provides sufficient protection to withstand a low blow that might incapacitate the contestant and that will obviate the necessity of a claim being made of a low blow during the contest; and
 - d. a properly fitting mouthpiece.
- (2) During a boxing bout a contestant shall not wear shoes with spikes, cleats, hard soles, hard heels or hard laced tips.
- (3) During a bout, a contestant must be required to trim a beard and moustache to a length deemed acceptable for the referee.
- (4) During a bout, a contestant may, at the discretion of the referee, use a slight application of grease or petroleum jelly on the on the bridge of the nose, on the eyebrows, or on the cheekbones.
- (5) During a bout, a contestant shall not use a substance that might handicap an opponent in a bout.
- (6) Neoprene braces are permitted at the Commission's discretion.
- (7) No adhesive tape will be allowed anywhere on the body aside from the hands.
- (8) Female fighters may wear a breast protector approved by a Commission official.

- (9) All equipment must be approved by the Commission.
- (10) Contestants must safely secure their hair in a manner that will not interfere with the vision or safety of either contestant.
- (11) Jewelry or piercings are prohibited during a bout.

Gloves

- 9(1) The gloves must be examined by the representative of the Commission and the referee. If padding in any glove is found to be misplaced or lumpy or if any glove is found to be imperfect, the glove must be changed before the bout starts. No breaking, roughing or twisting of gloves is permitted.
- (2) The gloves for every bout that is designated as a main event must be new, furnished by the promoter and made to fit the hands of the contestant.
- (3) If the gloves to be used in preliminary bouts have been used before, they must be whole, clean and in sanitary condition. The gloves are subject to inspection by the referee or representative of the Commission. If a glove is found to be unfit, it must be replaced with a glove that meets the requirements of this section.
- (4) Each promoter must have an extra set of gloves of the appropriate weight available to be used in case a glove is broken or otherwise damaged during the course of a bout.
- (5) Seamless, thumbless or restricted thumb gloves of the following weights must be used in a bout:
 - a. 10 ounce gloves for the heavyweight class down to and including the super welterweight class;
 - b. 8 ounce gloves for the welterweight class down to and including the minimumweight class.
- (6) Both contestants participating in a bout must have the same brand & type of glove.
- (7) Gloves must be fitted for each contestant at the weigh-in.
- (8) Laces shall be tied on the outside of the back of the gloves and a 1 inch wide strip of adhesive tape shall be placed over the laces.

Requirements for a Boxing Ring

- 10(1) A ring used for an event must meet the following requirements:
 - a. The ring must be no smaller than 16 feet square and no larger than 20 feet square within the ropes;
 - b. The ring floor must extend at least 12 inches beyond the ropes;

- c. The floor of the ring shall be padded with a 1 inch layer of Ensolite, or the equivalent, placed over building board or other suitable material;
 - d. The padding shall be covered with canvas, duck, or similar material tightly stretched and laced securely in place under the ring apron;
 - e. The ring platform must not be more than 4 feet above the floor of the building and must have suitable steps for use;
 - f. Ring ropes shall be 4 in number and not less than 1 inch in diameter and shall be strung tightly at heights varying from 18 inches to 54 inches;
 - g. Ring ropes shall be wrapped securely in soft material and fastened to the floor;
 - h. The ring shall be equipped with 4 metal corner posts that are padded and covered with a protective material at their upper end in a manner approved by the Commission in writing; and,
 - i. The ring ropes shall be secured on all sides by two ties equidistant from the corner posts so that the ropes cannot be separated farther apart than they are at the corner posts.
- (2) A protective barrier must be used to separate the crowd or any crowd traffic from the ring area. The barrier must be at least 12 feet from the edge of the ring.
- (3) There must be a bell or gong at the ring no higher than the floor level of the ring. The bell or gong must produce a clear tone easily heard by the contestants.

Section 4 - Association of Boxing Commissions Unified Rules

Unified Rules of Boxing

- 11(1)** Each round shall consist of a three (3) minute duration, with a one (1) minute rest period between rounds.
- (2) The referee is the sole arbitrator of a bout and is the only individual authorized to stop a contest. This rule shall not preclude a video or other review decision under the procedures of the applicable regulatory authority if a protest is filed claiming a clear rule violation.
- (3) All bouts will be evaluated and scored by three (3) judges.
- (4) The 10 Point Must System will be the standard scoring system for a bout.
- (5) The Mandatory Eight (8) Count after knockdowns will be standard procedure in all bouts.
- (6) All professional contestants are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the

immediate action. Points may be deducted by the referee if he feels the mouthpiece is being purposely spit out.

- (7) There is **NO** Standing Eight (8) Count.
- (8) There is **NO** Three Knockdown Rule.
- (9) A contestant shall receive a twenty (20) second count if the contestant is knocked out of the ring and onto the floor. The contestant is to be unassisted by spectators or his/her seconds. If assisted by anyone, the contestant may lose points or be disqualified with such a decision being within sole discretion of the referee.
- (10) A contestant who has been knocked down **cannot be saved by the bell in any round.**
- (11) If a contestant sustains an injury from a fair blow and the injury is severe enough to terminate the bout, the injured contestant shall lose by TKO.
- (12) Injuries sustained by Fouls:
 - A. Intentional Fouls
 - a. If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the contestant causing the injury shall lose by disqualification.
 - b. In an intentional foul causes an injury and the bout is allowed to continue, the referee shall notify the authorities and deduct two (2) points from the contestant who caused the foul. Point deductions for intentional fouls will be mandatory.
 - c. If an intentional foul causes an injury and the injury results in the bout being stopped in a later round, the injured contestant will win by **TECHNICAL DECISION** if he is ahead on the scorecards; and the bout will result in a **TECHNICAL DRAW** if the injured contestant is behind or even in the scorecards.
 - d. If the contestant injures himself while attempting to intentionally foul his opponent, the referee will not take any action in his favour, and this injury shall be deemed the same as one produced by a fair blow.
 - e. If the referee feels that a contestant has conducted himself in an unsportsmanlike manner, he may stop the bout and disqualify the contestant.

B. Accidental Fouls

- a. If an accidental foul causes an injury severe enough for the referee to stop the bout immediately, the bout will result in a **NO DECISION** if stopped before four (4) completed rounds. Four (4) rounds are complete when the bell rings signifying the end of the fourth round.
- b. If an accidental foul causes an injury severe enough for the referee to stop the bout after four (4) rounds have occurred, the bout will result in a **TECHNICAL DECISION** awarded to the contestant who is ahead on the score cards at the time the bout is stopped.

- i. Partial or incomplete rounds will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.
- (13) A contestant who is hit with an accidental low blow must continue after a reasonable amount of time but no more than five (5) minutes, or he/she will lose the fight.

Section 5 - Additional Rules of Boxing

- 12(1) A person who is eighteen (18) years of age or younger shall not take part in a professional boxing bout.
- (2) A bout shall not exceed a maximum of 12 scheduled three-minute rounds.
- (3) Boxing bouts must be scheduled for 4, 6, 8, 10 or 12 rounds, unless approved by the Commission.

Fouls

- 13(1) The following acts constituting fouls in boxing:
 - a. Hitting below the belt;
 - b. Hitting an opponent who is down or is getting up after being down;
 - c. Holding an opponent with one hand and hitting with the other.
 - d. Holding or deliberately maintaining a clinch.
 - e. Wrestling or kicking.
 - f. If the referee has signaled that the opponent has been knocked out, striking an opponent who is helpless as a result of previous blows and so supported by the ropes that he or she does not fall.
 - g. Butting with the head or shoulder or using the knee.
 - h. Hitting with the open glove, the butt of the hand, the wrist or the elbow, and all backhand blows.
 - i. Purposely going down without being hit.
 - j. Striking deliberately at that part of the body over the kidneys.
 - k. Deliberately using the rabbit punch.
 - l. Jabbing the opponent's eyes with the thumb of the glove.
 - m. Using abusive language in the ring.
 - n. Engaging in any unsportsmanlike trick or action which causes injury to an opponent.
 - o. Hitting on the break.
 - p. Hitting after the bell has sounded the end of the period of round.
 - q. Hitting an opponent whose head is between and outside of the ropes.
 - r. Pushing an opponent about the ring or into the ropes.

Duties of a Referee; Warnings; Deduction of Points; Disqualification

- 14(1) A referee is responsible for enforcing the rules of the bout. He or she shall not permit unfair practices that may cause injuries to contestant.
- (2) The referee shall warn the contestants whenever they are committing fouls.
- (3) If a contestant commits a foul, the referee may deduct points from the contestant or disqualify him or her.

Fouls: Deduction of Points; Effect of Low Blow.

- 15(1) If a contestant fouls his or her opponent during a bout or commits any other infraction, the referee may penalize the contestant by deducting points from his or her score, whether or not the foul or infraction was intentional.
- (2) When the referee determines that it is necessary to deduct a point or points because of a foul or infraction, he or she shall warn the offender of the penalty to be assessed.
- (3) The referee shall, as soon as is practical after the foul, notify the judges and contestants of the number of points, if any, to be deducted from the score of the offender.
- (4) Any point or points to be deducted for any foul or infraction must be deducted in the round in which the foul or infraction occurred, and may not be deducted from the score of any subsequent round.
- (5) A contestant may not be declared the winner of a bout on the basis of a claim that his or her opponent committed a foul by hitting him or her below the belt. If a contestant falls to the floor of the ring or otherwise indicates that he or she is unwilling to continue because of a claim of a low blow, the bout must be declared to be a technical knockout in favor of the contestant who is willing to continue.

Fouls: Disqualification; Withholding of Purse

- 16(1) A contestant guilty of a foul in a bout may be disqualified by the referee and his or her purse ordered withheld by a Commission. Disposition of the purse and the penalty to be imposed upon the contestant will be determined by the Commission.

Intentional Fouls

- 17(1) If the referee determines that a bout may not continue because of an injury caused by an intentional foul, the contestant who committed the intentional foul loses by disqualification.
- (2) If the referee determines that a bout may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges and shall deduct two points from the score of the contestant who committed the intentional foul.

- (3) If an injury caused by an intentional foul results in the bout being stopped in a later round:
 - a. The injured contestant wins by technical decision, if he or she is ahead on the scorecards; or
 - b. The bout must be declared a technical draw, if the injured contestant is behind or even on the scorecards.
- (4) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor and the injury must be treated the same as an injury produced by a fair blow.

Unintentional or Accidental Fouls

- 18(1) If a bout is stopped because of an accidental foul, the referee shall determine whether the contestant who has been fouled can continue or not. If the contestant's chance of winning has not been seriously jeopardized as a result of a foul and if the foul did not involve a concussive impact to the head of the contestant who was fouled, the referee may order the bout continued after a reasonable interval. Before the bout begins again, the referee shall inform the Commission's representative of his or her determination that the foul was accidental.
- (2) If the referee determines that the bout may not continue because of an injury suffered as the result of an accidental foul, the bout must be declared a no decision if the foul occurs during:
 - a. The first three rounds of a bout that is scheduled for six rounds or less; or
 - b. The first four rounds of a bout that is scheduled for more than six rounds.
- (3) If an accidental foul renders a contestant unable to continue the bout after:
 - a. The completed third round of a bout that is scheduled for six rounds or less; or
 - b. The completed fourth round of a bout that is scheduled for more than six rounds,
 - i. The outcome must be determined by scoring the completed rounds and the round during which the referee stops the bout.
- (4) If an injury inflicted by an accidental foul later becomes aggravated by fair blows and the referee orders the bout stopped because of the injury, the outcome must be determined by scoring the completed rounds and the round during which the referee stops the bout.

Determination to Stop a Bout: Injury to a Contestant.

- 19(1) The referee shall determine whether a bout should be stopped because of an injury to a contestant.
- (2) If in the referee's opinion a contestant appears to be injured and unable to continue, the referee may suspend the progress of a bout by calling time-out in order to consult the ring physician on the advisability of permitting the bout to continue.

Determination to Stop a Bout: One-Sided Bout; Risk of Serious Injury

- 20(1) The referee may stop a bout at any stage if the referee determines that the bout is too one-sided or if either contestant is in such a condition that to continue might subject the contestant to serious injury.
- (2) The referee shall stop a bout at any stage if the referee determines that both contestants are in such a condition that to continue might subject the contestants to serious injury. If a bout is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Determination to Stop a Bout: Contestant not Honestly Competing.

- 21(1) If the referee decides that a contestant is not honestly competing, the referee may stop the bout before its scheduled completion, disqualify the contestant and recommend the purse of that contestant be held pending investigation by the Commission.

Leaving Ring During Period of Rest Prohibited; Effect of Failure to Resume Competition

- 22(1) A contestant shall not leave the ring during any period of rest that follows a period of boxing. If a contestant fails or refuses to resume competing when the bell sounds signaling the commencement of the next round, the referee shall award a decision of technical knockout to his or her opponent as of the round which has last been finished, unless the circumstances indicate to the referee the need for investigation or punitive action, in which event the referee shall not give a decision and shall recommend that the purse or purses of either or both contestants be withheld.

Gloves to be Wiped by Referee After Fall of a Contestant.

- 23(1) Before a contestant may resume competing after having been knocked or having fallen or slipped to the floor of the ring, the referee shall wipe the gloves of the contestant with a damp towel or the referee's shirt.

Procedure for Counting; Knockdown; Knockout; Technical Draw

- 24(1) When a contestant is knocked down, the referee shall order the opponent to retire to the farthest neutral corner of the ring, by pointing to the corner, and shall immediately begin the count over the contestant who is down. The referee shall audibly announce the passing of the seconds, accompanying the count with motions of his or her arm, with the downward motion indicating the end of each second.
- (2) The timekeeper, by effective signaling, shall give the referee the correct 1-second interval for the count. The referee's count is the official count. Once the referee picks up the count from the timekeeper, the timekeeper shall cease counting. No contestant who is knocked down may be allowed to resume competing until the referee has finished counting to eight. The contestant may take the count either on the floor or standing.

- (3) If the opponent fails to stay in the farthest corner, the referee shall cease counting until the opponent has returned to his or her corner and shall then go on with the count from the point at which it was interrupted. If the contestant who is down arises before the count of 10, the referee may step between the contestants long enough to assure himself or herself that the contestant who has just arisen is in condition to continue. If so assured, the referee shall, without loss of time, order both contestants to go on with the bout. During the intervention by the referee, the striking of a blow by either contestant may be ruled a foul.
- (5) When a contestant is knocked out, the referee shall perform a full 10-second count unless, in the judgment of the referee, the safety of the contestant would be jeopardized by such a count. If the contestant who is knocked down is still down when the referee calls the count of 10, the referee shall wave both arms to indicate that he or she has been knocked out.
- (6) If both contestants go down at the same time, the count must be continued as long as one is still down. If both contestants remain down until the count of 10, the bout must be stopped and the decision is a technical draw.
- (7) If a contestant is down and the referee is in the course of counting at the end of a round, the bell indicating the end of the round must not be sounded, but the bell must be sounded as soon as the downed contestant regains his or her feet.
- (8) When a contestant has been knocked down before the normal termination of a round and the round terminates before he or she has arisen from the floor of the ring, the referee's count must be continued. If the contestant who is down fails to arise before the count of 10, he or she is considered to have lost the bout by a knockout in the round containing the round that was just concluded.
- (9) If a legal blow struck in the final seconds of a round causes a contestant to go down after the bell has sounded, that knockdown must be regarded as having occurred during the round just ended and the appropriate count must continue.

Resumption of Count in Certain Circumstances

- 25(1) If a knockdown occurs before the normal termination of a round and the contestant who is down stands up before the count of 10 is reached and then falls down immediately without being struck, the referee shall resume the count where it was left off.

Adjudication of Technical Knockout

- 26(1) If about is terminated because a contestant is:

- a. Unable to continue;
- b. Not honestly competing;
- c. Injured; or
- d. Disqualified,

it may be adjudged a technical knockout to the credit of the winner.

- (2) A bout which is won by other than a full count of 10 or the scoring of the judges must be adjudged a technical knockout to the credit of the winner.

Procedure when Contestant has Fallen Through or Been Knocked Through Ropes

- 27(1) A contestant who has been knocked or has fallen through the ropes and over the edge of the ring platform during a bout:
- a. may be helped back by anyone except his or her seconds or manager; and
 - b. will be given 20 seconds to return to the ring.
- (2) A contestant who has been knocked or has fallen on the ring platform outside the ropes, but not over the edge of the ring platform:
- a. may not be helped back by anyone, including, without limitation, his or her seconds or manager; and;
 - b. will be given 10 seconds to regain his or her feet and get back into the ring.
- (3) If the seconds or manager of the contestant who has been knocked or has fallen pursuant to subsections 1 and 2 helps the contestant back into the ring, such help may be cause for disqualification.
- (4) When one contestant has fallen through the ropes, the other contestant shall retire to the farthest corner and stay there until ordered to continue the bout by the referee.
- (5) A contestant who deliberately wrestles or throws an opponent from the ring, or who hits the opponent when he or she is partly out of the ring and is prevented by the ropes from assuming a position of defense, may be penalized.

Determination of Whether Contestant is Down; Effect of Hanging onto or Being Held up by Ropes

- 28(1) A contestant shall be deemed to be down when:
- a. any part of the contestant's body other than his or her feet is on the floor;
 - b. the contestant is hanging over the ropes without the ability to protect himself or herself and cannot fall to the floor; or
 - c. the contestant would have fallen to the floor but was held up by the ropes.
- (2) A referee may count a contestant out if the contestant is on the floor or is being held up by the ropes.

Announcement of Winner

- 29(1) At the termination of each bout that was judged, the announcer shall announce the winner and the referee shall raise the hand of the winning contestant.

Section 6 - Scoring of Boxing

Scoring

- 30(1)** The winner of a round shall be awarded ten points and the loser the number of points to which he or she is entitled in accordance with subsections (3) and (4).
- (2) Where a round is even, each contestant shall be awarded ten points.
- (3) A contestant shall be given credit for;
- a. clean, forceful blows on any part of the opponent's head or on the front of the opponent's body above the belt, according to the damaging effect of the blows;
 - b. aggressiveness;
 - c. forcing the fight with skillful attack;
 - d. cleverness in avoiding or blocking blows;
 - e. cleverness in preventing the opponent from landing a blow;
 - f. ring generalship, including the ability to take advantage of opportunities to cope with situations as they arise, to foresee and neutralize the opponent's method of attack and to force the opponent to adopt a style at which he or she is not skillful or which is to his or her disadvantage;
 - g. the art of boxing as distinct from mere fighting; and
 - h. sportsmanship in the ring and refraining from taking any unfair advantage of the opponent.
- (4) A contestant shall not receive negative credit for,
- a. persistently delaying a bout by clinching, holding or lacking in aggressiveness; and
 - b. committing an intentional or unintentional foul, identified by the referee, not sufficiently serious to warrant disqualification.

Duties of a Judge

- 31(1)** A judge shall:
- a. except where a contestant is knocked out or technically knocked out, determine the winner and loser of each round by a system of points scored in accordance with subsections 30 (1) and (2);
 - b. record on a scoresheet points awarded for each contestant in each round;
 - c. at the end of the bout, total the number of points awarded each contestant and on a slip of paper write,
 - (i) the name of the contestant awarded the greater number of points, or
 - (ii) the word "draw" where each contestant has been awarded the same number of points, and hand the slip to the announcer; and
- (2) Where the judges are agreed upon a winner, their decision is final.

Section 7 – Seconds

Conduct of Seconds

- 32(1) The referee shall, before starting a bout, ascertain from each contestant the name of his or her chief second, and shall hold the chief second responsible for the conduct of the all the contestants seconds during the progress of a bout. The referee shall call the contestants together before each bout for final instructions, at which time each contestant must be accompanied by his or her chief second.
- (2) No contestant may have more than three seconds except that in a contest for a world title or in a special event the Commission may authorize four seconds.
- (3) Only one of the seconds may be inside the ring ropes during a period of rest.
- (4) A second may not coach loudly or excessively from the corners during a round.
- (5) Any excessive or undue spraying or throwing of water on a contestant by a second during a period of rest is prohibited.

Section 8 – Use of Substances and Drug & Alcohol Testing

Drugs, Stimulants, and Substances

- 33(1) No person shall administer to a contestant and no contestant shall use a drug or stimulant, including smelling salts and ammonia, either before or during a bout.
- (2) No contestant shall ingest any substance other than plain water in the dressing room prior to or during a bout.
- (3) A second may use only the following on a contestant during a bout:
- a. thrombin, avetine and thrombin-soaked pads;
 - b. adrenalin 1/1000 solution, but only for topical hemostasis of cuts and nosebleeds
 - c. petroleum jelly;
 - d. gauze pads;
 - e. adhesive surgeon's tape;
 - f. clean towels;
 - g. plain water;
 - h. cotton swabs;
 - i. ice in bags;
 - j. bandage scissors;
 - k. eye iron.

- (4) The use of “iron base” coagulants such as “monsel’s solution” or any of its derivatives is prohibited.

Prohibited Items

- 34(1)** No contestant shall wear or use any of the following items during a bout or a weigh-in for an event:

- a. hard contact lenses;
- b. spectacles;
- c. individual removable false teeth;
- d. a watch, ring, earring, bracelet, charm or necklace;
- e. a headband or hair net;
- f. a hearing aid;
- g. any plastic or metallic attachment to the trunks;
- h. gauze, a Band-Aid or dressing to the face, scalp, neck, arm, back, or chest area;
- i. a plaster or fiber-glass cast;
- j. butterfly or steristrip sutures on the face, neck, scalp, chest, arm or back area;
- k. suture material of any kind on the skin of a contestant’s face, ears, neck, scalp or chest;
- l. subcuticular suture in the face, neck, ear or chest;
- m. collodion (surgical dressing) or a similar substance;
- n. An implanted device which uses electricity or any substance which may alter bodily function;
and
- o. Surgical tape anywhere on the body except the hands.

Drug and Alcohol Testing

- 35(1)** On request of the Commission, a contestant must report for and provide samples for testing for the presence of a banned substance.
- (2) For the purposes of these rules, the World Anti-Doping Agency's list of prohibited substances and methods applies as amended from time to time. The most current edition of the Prohibited List may be obtained, free of charge, at the address www.wada-ama.org.
- (3) A contestant must not compete in an event if the contestant fails to comply with a request under subsection 35(1).