



# **CSB Boxing Series Rules**

The CSB Boxing Series is a technique-focused event judged exclusively on boxing techniques, skills, and controlled contact. As a reminder this is **NOT** an amateur or sanctioned fight but a semi-contact technical sparring event. Technique can be fast, but power must be controlled. **Knockouts are strictly prohibited.** Our event welcomes participants of all skill levels, ages 5 and up. To ensure a safe and enjoyable experience, please familiarize yourself with the following rules and guidelines:

## **Step 1: Competition Process, Rules and Requirements**

### **Bout Details:**

1. Competition Surface: All bouts take place on mats, not in a ring.
2. Bouts will be pre-matched.
3. All bouts are 3 rounds, 2 minutes each for adults and 90 seconds for juniors. All bouts will have a 1 minute rest period between rounds.
4. Catch weights can be agreed upon by coaches during the matchmaking process.
5. Competitors must be in the pit area 3 bouts before their match. Failure to be present may result in your bout being scratched. Be mindful of your bout number, time, and the bout list to be respectful to you and your opponent.
6. First gear check will be done upon entering the pit area by a CSB official.
7. Final gear check will be done by the CSB referee before the bout.
8. If one athlete is clearly outclassing another, officials will ask the more skilled athlete to focus on defense. Matches may be shortened or stopped if necessary.

### **Judging and Officiating:**

1. Each mat will include two to three judges, one referee, and timekeeper.
2. The supervisor will be overseeing all mats.
3. Fighters must obey the officials at all times.
4. Judging is based on a 10 point system per round.
5. If there are concerns about the bout please contact CSB at [admin@combatsportsboosters.org](mailto:admin@combatsportsboosters.org).

### **Competition Rules:**

1. **Allowed**
  - a. Controlled punches (jab, cross, hook, uppercut) with clinched fists to the head and body.
  - b. Overhand punches must be controlled or a warning will be issued.
2. **NOT Allowed:**
  - a. Uncontrolled punches with brute force.



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- b. Punches below the belt, the back of the head, spine, or kidneys.
  - c. No spinning punches or hammer fist strikes.
  - d. No holding, tripping or kicking.
  - e. No hitting the opponent with your head, shoulder, forearm or elbow, or striking opponent with the inside of the glove.
3. **Sportsmanship**
- a. Respect your commitment
  - b. Respect your opponent
  - c. Respect the CSB officials
  - d. Unsportsmanlike conduct may result in disqualification or suspension
  - e. Showboating, excessive power, haymakers, fouls or illegal strikes will result in a warning and will lead to disqualification.
4. **Defense is important:** Moving, blocking, parrying, and evading techniques are encouraged to avoid getting hit. Not defending yourself could result in a stoppage of the bout.

**Equipment:** Participants **MUST** bring their own gear.

1. **Required:**
- a. Molded and fitted mouthpiece
  - b. Headgear with chin protection, no catchers mask, cheek protection allowed
  - c. Groin cup
  - d. Gloves must be in good condition
    - i. Ages 5-8 will use 10oz
    - ii. Ages 9-12 will use 12oz
    - iii. Ages 13 and older will use 16oz
  - e. Handwraps must be cloth, no tape and gauze
  - f. Boxing shoes
  - g. Shorts with no pockets, no medal, and that are no longer than knee length.

## **Step 2: Submit Fighter / Coach Registration**

- 1. No fighters license nor cornerman license is required.
- 2. Fighters must submit the registration online to enter matchmaking.
- 3. Coaches must submit a registration form online.
- 4. Max two cornermen are allowed in the pit/mat area.

## **Step 3: Bout Agreement and Registration Fee**

- 1. Once matched, an email will be sent to the fighters and coaches.



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2. Both fighters and coaches must agree to the bout.
3. All participants **MUST** sign a Release of Liability in order to participate.
4. Once bout is agreed upon, participants must sign into their Kihapp account to make registration payment.
5. Once complete the bout will be added to the official bout list.

Please adhere to these rules and guidelines to ensure a safe and competitive environment for all participants. We are dedicated to promoting the art of boxing while prioritizing the safety and well-being of our athletes. Enjoy the event, and compete with honor and skill!