|  |
| --- |
| **2024 USIBA NATIONAL TOURNAMENT RULES** |
| **Register with USA Boxing** | Required |
| **Full-Time College Student** | Required |
| **Headgear** | Required |
| **Gloves** | 12 oz. (National Championship) |
| **# of Rds/Min.** | 3 Rounds of 2 mins (Nationals) |
| **Compulsory Count Limits** | 3 in a Round, 4 in a Bout |
| **National Tournament Weight Categories** | Men113119125132140147154160168175188201225225+ | Women106112119125132141152165178178+ |
| **National Tournament** **Divisions** | 0-2 Bouts = **Beginner**0-9 Bouts = **Novice** 10,or more Bouts (5+ optional) = **Open** **\*Boxers are eligible for Beginner Division for one year\*** |
| **National Tournament****Weight Allowances** | Day 1: no allowanceDay 2: 1 poundDay 3: 2 pounds |
| **Team Scoring at National****Tournament** | Registered teams of 6 or more boxers from the same academic institution may compete for a team title. Check USIBA website for information and stipulations.  |



**ADDITIONAL REMINDERS FOR COLLEGE BOXERS**

|  |  |
| --- | --- |
| **Uniform Rule:** | No binding material (Such as tape) permitted on the sleeveless shirt nor shorts. Waistband of shorts must be a different color than the sleeveless shirt. Shorts may not extend past top of knee. |
| **Protectors:** | Men boxers are required to wear a groin protector. Protectors are optional for women boxers. |
| **Weigh-In & Physicals:** | All boxers weigh on the first day of the tournament, otherwise boxers weigh in only on the days in which they are scheduled to compete. |
| **Hair:** | Hair must be contained beneath the headgear. Boxers with long hair must wear a cap or net. |
| **Facial Hair:** | No beards below shoulder length. |
| **Piercings:**  | All jewelry, including earrings, nose rings, tongue rings, etc., must be removed during bout. |

**USA BOXING RULE BOOK**: [**https://www.usaboxing.org/usa-boxing-rulebook**](https://www.usaboxing.org/usa-boxing-rulebook)