|  |  |  |
| --- | --- | --- |
| **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** | Men  113  119  125  132  140  147  154  160  168  175  188  201  225  225+ | Women  106  112  119  125  132  141  152  165  178  178+ |
| **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 allowance  Day 2: 1 pound  Day 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)