



## 2026 USIBA NATIONAL TOURNAMENT RULES

Register with USA Boxing	Required			
Full-Time College Student	Minimum of 9 hours			
Headgear	USA Boxing approved, Boxer's responsibility.			
Gloves	USA Boxing approved 12 oz., provided by USIBA.			
# of Rds/Min.	Beginner and Novice 3 rounds of 2 mins Open 3 rounds of 3 mins			
Compulsory Count Limits	3 in a Round, 4 in a Bout			
National Tournament Weight Categories	Men:	Women:		
	113	119	106	112
	125	132	119	125
	140	147	132	141
	154	160	152	165
	168	175	178	178+
	188	201		
	225	225+		
National Tournament Divisions	0-2 Bouts = <b>Beginner*</b> 0-9 Bouts = <b>Novice</b> 10 or more Bouts (5+ optional) = <b>Open</b> <b>*Boxers are eligible for Beginner Division only once.</b>			
National Tournament Weigh-In	Day 1: Everyone weighs-in, no allowance. Day 2: Boxers competing day 2 only, no allowance. Day 3: Boxers competing day 3, no allowance.			
Team Scoring at National Tournament	Registered USIBA Clubs of 5 or more boxers from the same academic institution may compete for a team title.			



### ADDITIONAL REMINDERS FOR COLLEGE BOXERS

<b>Uniform Rule:</b>	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.
<b>Protectors:</b>	Men boxers are required to wear a groin protector. Protectors are optional for women boxers.
<b>Weigh-In &amp; Physicals:</b>	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.
<b>Hair:</b>	Hair must be contained beneath the headgear. Boxers with long hair must wear a cap or net.
<b>Facial Hair:</b>	No beards below shoulder length.
<b>Piercings:</b>	All jewelry, including earrings, nose rings, tongue rings, etc., must be removed prior to entering the ring.

USA BOXING RULE BOOK: <https://www.usaboxing.org/usa-boxing-rulebook>