



Version: February 8, 2022

2022-23 National Team Selection Procedures

This document is divided into two (2) main sections:

1. Programming and administrative aspects; and
2. Process, criteria, and standards used to select and rank athletes.

SECTION 1 –

PROGRAMMING & ADMINISTRATIVE ASPECTS

Background Information

Context

As a result of the:

- sanitary measures implemented throughout Canada in response to the COVID-19 pandemic;
- rise in contamination cases across the country resulting from the Omicron variant during the past few weeks, and the projected rate of infection over the next few weeks;
- restrictions that are currently in place regarding social life in general, and sport activities and events in particular;

Boxing Canada's Board of Directors has decided to cancel the 2022 National Championships scheduled March 2-6 in Montréal.

Because the 2022 National Team selection process was based on the results at this event, an alternative system must be developed to identify pools of athletes that may be involved in the 2022-23 National Team program.

Purpose

The purpose of this “alternative selection process” is the same as the one originally intended by Boxing Canada for the 2022 Nationals, namely to:

- identify the best athletes in each category recognized by the International Boxing Association (IBA) for both the men and the women Elite Teams;
- identify the best up and coming athletes in each category recognized by the International Boxing Association (IBA) for both the men and the women Youth Teams;
- identify a pool of up to four (4) athletes per category in each of the above;
- establish a ranking system within the pools of each team whereby athletes can be selected to events in 2022-23.

Principles

The underlying principles guiding the 2022-23 National Team selection process replacing the Nationals are the following:

openness: every athlete involved in the process must have a fair opportunity to demonstrate his or her level of competitive ability;

validity: the outcome of the process must be the identification of the best athletes eligible to represent Canada internationally in IBA and other competitions;

impartiality: the process must be, and be perceived as, fair, unbiased, and as objective as possible in lieu of an actual competition;

collegiality: Boxing Canada will seek the input of a variety of experts from its membership who are familiar with high performance and international Boxing;

accountability: all the stakeholders involved in the process must be accountable for the role they are asked to play.

manageability: the process must be relatively simple to manage.

2022-23 HPP Objectives

In 2022-23, the objectives of Boxing Canada's High Performance (HP) program are to:

1. Support top athletes for success in qualifying-for and success-at the 2024 Paris Olympics. More specifically, this includes top 8 finishes at the Women's World Championships and medal finishes at the Commonwealth Games.
2. Assess the potential of emerging athletes and offer quality training and a development-level international competitive opportunity to those who get selected.

Main Projects - 2022

The main projects for 2022 are as follows for each stream of Boxing Canada's HP program:

The two main projects in 2022 for the **Elite Women** will be:

1. the **IBA Women's World Championships**, which will be held in May in Istanbul, Turkey; and
2. the **Commonwealth Games**, which will take place at the end of July in Birmingham, England.

Athletes not selected for these events will be offered suitable development-level international event focused on building to future World Championship and/or Olympic success.

The main project in 2022 for the **Elite Men** will be the Commonwealth Games, which will take place at the end of July in Birmingham, England.

Athletes not selected for the 2022 Commonwealth Games will be offered suitable development-level international event focused on building to future World Championship and/or Olympic success.

The main project in 2022 for both the **Youth Men and the Women** will be the IBA Youth World Championships, which will take place later this year in a place yet to be determined.

Athletes not selected for these two events will be offered suitable development-level international event focused on building to future World Championship and/or Olympic success.

Key Dates

This section outlines the key dates and events of Boxing Canada's 2022-23 HPP. Additional projects will be added as part of the athletes' preparation process and for development purposes.

February 1: Boxing Canada shares the information about the 2022 selection process and procedures to P/TSOs.

February 11: P/TSOs submit their nominations to Boxing Canada for the National Panel of Experts, the group that will be responsible to select athletes.

February 21: P/TSOs submit their nominations to Boxing Canada for the Youth and Elite streams.

March 9: Boxing Canada to release Elite athletes 'selection for the 2022/23 High Performance Program (HPP).

March 9: Boxing Canada to release Team for the 2022 AMBC Elite Men & Women Continental Championships.

March 13-22: Training Camp in preparation for the 2022 AMBC Elite Men & Women Continental Championships.

March 22-April 2: AMBC Elite Men & Women Continental Championships.

April 5: Boxing Canada to release Team for the 2022 IBA Elite Women's World Championships.

April 12: Boxing Canada to release Youth athletes selection for the 2022/23 HPP.

April 24 - May 5: Training Camp in preparation for the 2022 IBA Elite Women's World Championships.

May 6 - 21, 2022: IBA Elite Women's World Championships.

July 8th - 22, 2022: Training Camp in preparation for the Commonwealth Games.

July 23 - August 08, 2022: Commonwealth Games.

October or November, 2022: Training Camp in preparation for the IBA Youth Men's & Women's World Championships.

November 2022: IBA Youth Men's & Women's World Championships.

Athletes Contributions

All athletes selected to the HPP will be required to pay a program fee. For 2022-23, the program fee will be of \$6,000. This fee will cover travel, accommodation, administration, coaching, and training expenses associated with the HPP Boxing Canada designated events.

The payment for the HPP fee can be done in a maximum of two payments. The first one in the amount of \$ 3,000 will be payable upon selection to the team. The second \$ 3,000 installment must be paid within 3 months of the first payment.

This fee **does not include** the following Boxing Canada events, which must be self-funded by the athletes: HPP training camps, National Trials, and Canadian Championships.

Payments can be made by credit card (Visa, MasterCard, American Express), cheque, money order, or email bank transfer.

Athletes participating in NON-Boxing Canada designated developmental events will be required to cover the costs of their participation, as well as any costs incurred from referees, coaches, and/or medical staff.

Categories

Age

Elite athletes must be born between January 1, 1981, and December 31, 2003.

Youth athletes must be born between January 1, 2004, and December 31, 2005.

Weight

Athletes can be selected in the following weight categories for Women and Men, respectively.

ELITE AND YOUTH WOMEN BOXERS			
#	Weight Category	over Kg	to Kg
1	Minimumweight	45	48
2	Light Flyweight	48	50
3	Flyweight	50	52
4	Bantamweight	52	54
5	Featherweight	54	57
6	Lightweight	57	60
7	Light Welterweight	60	63
8	Welterweight	63	66
9	Light Middleweight	66	70
10	Middleweight	70	75
11	Light Heavyweight	75	81
12	Heavyweight	81	-

ELITE AND YOUTH MEN BOXERS			
#	Weight Category	over Kg	to Kg
1	Minimumweight	46	48
2	Flyweight	48	51
3	Bantamweight	51	54
4	Featherweight	54	57
5	Lightweight	57	60
6	Light Welterweight	60	63.5
7	Welterweight	63.5	67
8	Light Middleweight	67	71
9	Middleweight	71	75
10	Light Heavyweight	75	80
11	Cruiserweight	80	86
12	Heavyweight	86	92
13	Super Heavyweight	92	-

Eligibility

Age

Elite athletes must be born between January 1, 1981, and December 31, 2003.

Youth athletes must be born between January 1, 2004, and December 31, 2005.

Technical aspects

The following information must be provided for a nominated athlete to be considered:

- Proof or confirmation that he or she is an **Open Class** boxer with 10 boxing matches or more.
- Results to the required physical tests (weigh-in, push-ups, and burpees); tests must have been completed in 2022-23 and accompanied by a video consistent with the procedure required.

- Proof that the personality test required by Boxing Canada has been completed.
- A video of the athlete in action during a competition held in 2018 or later (3 rounds of 3 min). It must be the highest level of competition for which a video is available.

The following information must accompany the competition video:

- Name of the nominated athlete.
- Date and location of the competition.
- Level of the competition (specify: Club show, provincial, national, or international).
- Boxing record of the nominated athlete at the time of the boxing match.
- Official results of the boxing match.
- *Boxing record of the opponent at the time of the boxing match (only if available).*

Administrative aspects

To be considered, each nominated athlete **MUST**:

- Be a **member in good standing** with his/her provincial or territorial boxing association and Boxing Canada. Unless otherwise authorized, in advance and in writing, athletes must have paid all outstanding invoices to Boxing Canada at the date of nomination.
- Have read, signed, and returned the **Boxing Canada Athlete Agreement** by the due date. *No application will be considered without the signed Athlete Agreement being filed with Boxing Canada.*
- Agree to read, complete, and sign the **2022-23 Sport Canada AAP agreement** when it is available.
- Acknowledge that he or she has read and understands the 2022 selection process and criteria.

International Eligibility

To be considered, each nominated athlete **MUST**:

- Provide a copy of a **valid Canadian passport**.
- Meet the International Boxing Association (IBA) requirements to be **eligible to represent Canada** at major international events.
- Provide a proof that they are **fully vaccinated against COVID-19**. The QR code will be required. A person is considered fully vaccinated on the 14th day following the injection of the second dose of vaccine.

Stakeholders Responsibilities

Responsibilities of the Athletes

Nominated athletes are responsible to provide the following to their provincial or territorial boxing association:

- Proof of membership in good standing.
- Proof of full COVID-19 vaccination (QR code). A person is considered fully vaccinated on the 14th day following the injection of the second dose of vaccine.
- Photocopy of valid Canadian passport.
- Proof of weight to be considered in a specific category; the weigh-in can be done at home or at the gym and a video must be provided.
- Proof of completion of Boxing Canada's personality/psychological assessment.
- Results to the burpee and push-up tests with the required video proof.
- A video of themselves in action during a competition held in 2018 or later (3 rounds of 3 min). It must be the highest level of competition for which a video is available. The following information must accompany the competition video:

- Name of the nominated athlete.
 - Date and location of the competition.
 - Level of the competition (specify: Club show, provincial, national, or international).
 - Boxing record of the nominated athlete at the time of the boxing match.
 - Official results of the boxing match.
 - *Boxing record of the opponent at the time of the boxing match (only if available).*
- Acknowledgement that he or she has read and understands the 2022-23 HPP nomination policy and the related conditions, as well as the selection process and criteria.

Responsibilities of the Provincial/Territorial Boxing Associations

For **each** nominated athlete, the **Provincial or Territorial Boxing Association** is responsible to:

- Validate and confirm that the athlete is a member in good standing, and that all the information provided about him/her is correct and accurate.
- Write a one-page letter outlining the **reasons why it strongly feels** the athlete must be part of the National Team pool.
- Ensure that all the required elements of information identified in Step 1 of the selection process are included within the athlete's nomination portfolio.
- Nominate a maximum of two (2) athletes per weight category for men and women of the Elite and Youth categories by the February 21, 2022 deadline.
- Determine whether it wishes to nominate a representative to the National Panel of Experts responsible to review the nominations; if so, complete and submit the required form to Boxing Canada by February 11, 2022 deadline. Experts must be members in good standing with extensive experience and credibility in high-performance boxing. They can be either:
 - a coach fully certified at NCCP Level 3 or higher;
 - a coach who has completed at least six (6) NCCP Competition Development multisport modules;

- a coach who has completed at least four (4) NCCP Competition Development multisport modules and Boxing Canada's Performance Analysis Workshop;
- an IBA certified international referee.
- Acknowledge that the HPP selection policy and the related conditions, as well as the 2022-23 selection process, criteria, and standards, have been read and are understood.

Responsibilities of Boxing Canada

Boxing Canada's responsibilities are to:

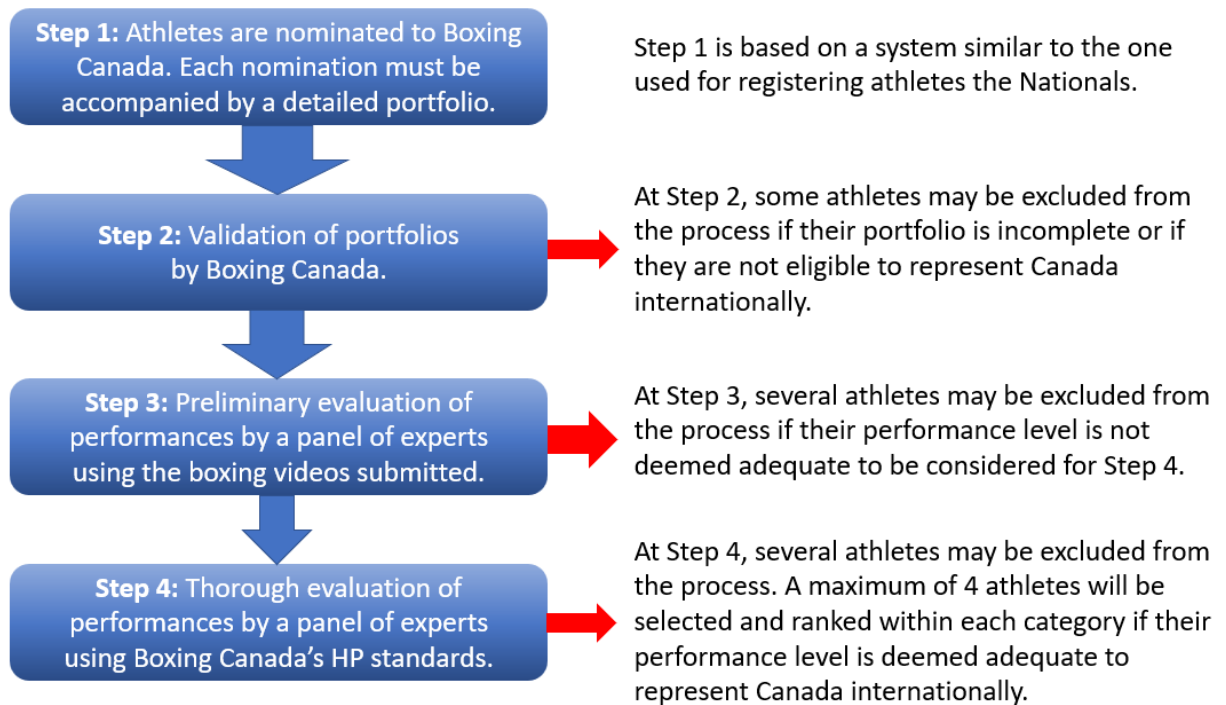
- Design and manage the 2022-23 National Team Selection process.
- Develop the criteria and standards used as part of the 2022-23 National Team Selection process.
- Share the 2022-23 National Team Selection process and standards with all stakeholders.
- Provide provincial/territorial boxing associations with the information and standardized material they need to nominate athletes.
- Direct and facilitate the work of the national panel of experts responsible to apply and implement the 2022-23 National Team Selection process and standards.
- Validate and approve the lists and rankings of selected athletes in each category of the Elite and Youth streams.

SECTION 2 –

SELECTION PROCESS, REQUIREMENTS, CRITERIA & STANDARDS

2.1 - Process & Methodology

Summary



Step 1: Identification and nomination of athletes by Provincial and Territorial Boxing Associations and by Boxing Canada. Nominations can be submitted in each IBA weight category for Men and Women of the Elite and Youth streams. Each nomination must be accompanied by a detailed portfolio and submitted by February 21, 2022.

Step 2: Validation of Step 1 by Boxing Canada's national office. For an athlete to be considered in the process, all the information required in Step 1 must be included, and all applicable eligibility criteria to represent Canada internationally must be met.

Step 3: Initial evaluation of the eligible applications by a national panel of experts. Based on the information provided, experts will assess whether athletes demonstrate the level of technical, tactical, and competitive ability to move on to Step 4 of the process.

Step 4: Final evaluation of candidates by the national panel of experts and ranking within each pool using criteria based on the Gold Medal Profile (GMP). The athlete ranked #1 in a category is automatically selected to the HPP and becomes eligible to represent Canada. Athletes ranked #2, #3, and #4 may also be considered for the HPP if their evaluation score is within a certain percentage of the athlete ranked #1.

Detailed Process

STEP 1

Each Provincial and Territorial Boxing Association may nominate up to two (2) athletes in each IBA weight category for Men (13) and Women (12) for both the Elite and the Youth streams.

Athletes can also be nominated by Boxing Canada, for instance those who were members of the 2021 Elite National Team.

Provincial and Territorial nominations must be submitted electronically to Boxing Canada. All the elements of information listed under **Eligibility** must be provided at the time of nominating an athlete.

All the elements of information listed under **Eligibility** must be provided at the time of nominating an athlete.

For each athlete it nominates, the Provincial and Territorial Boxing Association **MUST** also provide a one-page letter outlining the reasons why it strongly feels the boxer must be part of the National Team pool. Such letters must be endorsed by one of the following individuals: the Provincial/Territorial President, the Chair of elite programs, or Coach.

To be considered, all nominations submitted by Provincial and Territorial Boxing Association must be in the electronic format and received at Boxing Canada's national office by February 21, 2022.

STEP 2

All nominations received by the deadline of February 21, 2022 will be reviewed by Boxing Canada's National Office to ensure that the required technical, administrative, and eligibility-related information is included. No nomination received after the deadline will be considered.

Should one or more of the required elements of information be missing from a nomination package, or should an athlete be ineligible to represent Canada, he or she will automatically be eliminated from the process without possibility of appeal.

All athletes nominated by Boxing Canada will be eligible to directly access Step 3 of the process. All Provincial and Territorial nominations considered complete and valid after Step 2 will be assessed as part of Step 3.

STEP 3

Purpose

This step will represent the first opportunity to evaluate the athletes nominated by the Provincial and Territorial Boxing Associations. The purpose of Step 3 is to determine whether these athletes possess the technical, tactical, and competitive abilities to be part of the final step of the selection process.

Note: *Given the tight deadline all stakeholders face, and the need to identify athletes for the Continental Championships no later than March 7, 2022, Step 3 evaluations will be made in two (2) phases: Phase 1: Elite, and Phase 2: Youth.*

Who will be involved?

Evaluations will be made by a **National Panel of Experts** comprised of representatives nominated by the Provincial and Territorial Boxing Associations as well as three (3) reps from Boxing Canada.

How decisions will be made

The National Panel of Experts will be divided in subgroups (up to 5 or 6 subgroups, depending on the number of experts on the panel, and the number of nominations received). Each subgroup will be responsible to evaluate a certain

number of nominations, which will be assigned randomly using a double random process, with the following exception: *no member of the panel shall assess the performance of an athlete from his/her province or territory at Step 3.*

Referring to:

(1) the **purpose of Step 4** which is to identify athletes capable of performing competitively in events held outside Canada; and

(2) their **own experience, expertise, and set of criteria pertaining to high-performance boxing**, the members of the National Panel of Experts will review the videos submitted as part of the nomination process, and answer the following question by **YES** or **NO**:

Does the athlete possess the required technical, tactical, and competitive abilities to be part of the final step of the selection process?

If the conclusions of all the reviewers within a sub-group are unanimous, the decision will be effective immediately. In case of a **YES**, the athlete will move on to Step 4 of the process. In case of a **NO**, the athlete will be eliminated from the process.

Step 3 review – if needed

If the conclusions of all the reviewers within a sub-group **are not unanimous**, the decision will automatically be deferred to a separate round of “Step 3 review”.

If needed, “separate rounds of Step 3 reviews” will be made by a group of 5 experts from the panel, including one (1) rep from the athlete’s province or territory (if possible) and one (1) Boxing Canada rep who was not involved in the previous decision. The final decision to move or not the athlete to Step 4 shall be made by a simple majority vote.

Athletes nominated by Boxing Canada

In the interest of time and given the high volume of performances that might have to be analyzed at Step 3, all athletes nominated by Boxing Canada will automatically access Step 4.

STEP 4

Purpose

Step 4 will be used to identify athletes capable of performing competitively in events held outside Canada. It will therefore consist in more thorough evaluations of the boxers who progressed from Step 3.

The purpose of Step 4 will be twofold: (1) select a maximum of four (4) athletes in each category; and (2) establish a ranking within each category.

Step 4.1 – Decisions pertaining to the athletes nominated by Boxing Canada

In the interest of time, the first decision for the National Panel of Experts will be to **determine if the athletes nominated by Boxing Canada should automatically be included in the pool of their category.**

Separate decisions will be required for each athlete regarding **selection** and **ranking**.

If the panel is **unanimous** that an athlete nominated by Boxing Canada should be selected, then this decision shall be effective immediately.

If the panel is also **unanimous** that this athlete should be ranked #1 in his or her category, then this decision shall be effective immediately.

If the panel **does not reach a unanimous decision** on the selection question, then the athlete shall be evaluated the same way as the others within his or her category (see Step 4.2).

If the panel reaches a unanimous decision regarding **selection but not on the ranking** aspect, then the athlete shall be considered selected, but shall be evaluated the same way as the others within his or her category for the ranking (see Step 4.2).

Step 4.2 – Decisions based on video evaluations

Except for the provisions outlined in Step 4.1, athletes picked out from Step 3 will be evaluated and ranked based on a points system. Points will be awarded following an evaluation of the videos submitted. Evaluations will focus on the following performance domains: **technique, tactics, behaviours in competition, and physical conditioning**.

Priority shall be given to the **technical, tactical, and behavioural** performance domains. **Physical conditioning** results may be used in case of a tie after compiling the points awarded in the other performance domains.

To evaluate each performance domain and award points, members of the National Panel of Experts will use criteria and standards provided by Boxing Canada.

Consult section entitled *Selection Criteria* for the specific details regarding the criteria, standards, and points system applicable to each performance domain.

Managing the process

- All members of the National Panel of Experts will **individually** evaluate all the boxing match videos, except those of athletes from their province or territory.
- Criteria have been developed for each performance domain considered (Technical, Tactics, Behaviours in competition), and points will be awarded as follows for each criterion: (5 – 3 – 1).
- For a given performance domain (Technique, Tactics, and Behaviours in competition) the points awarded for each criterion will be added (i.e., total points for Technique + total points Tactics + total points Behaviours in competition).
- A total score will thus be obtained and submitted electronically to be processed.
- The evaluator shall keep a copy of his/her assessment as a back-up.
- Results for a given performance can be submitted only once by an evaluator, and his or her name will be attached to the submitted results.

- The scores awarded by each person evaluating a given performance will be processed using this method.
- All the scores submitted will then be **averaged**, then **adjusted to account for the level of competition** (see *Level of competition* for the specific details). This value will correspond to the **athlete's final score**.
- **Apart from the provisions outlined in Step 4.1** which shall have ranking priority, selection and ranking shall be determined based on the final scores thus obtained.

Taking the level of competition into account

The video evaluation of technical, tactical, and behavioural performances will take into account the **level of the competition**.

Points awarded as part of the evaluations will be adjusted as follows when establishing the rankings within each category:

- International competition = 100 % of points value
- National competition = 70 % of points value
- Provincial or Club Show competition = 50 % of points value.

Examples:

*If an athlete obtained 60 points following the video evaluation of his or her technical, tactical, and behavioural performances and the competition level was **INTERNATIONAL**, he or she shall be awarded 60 points (60 points x 100% = 60 points).*

*If an athlete obtained 60 points following the video evaluation of his or her technical, tactical, and behavioural performances and the competition level was **NATIONAL**, he or she shall be awarded 42 points (60 points x 70% = 42 points).*

*If an athlete obtained 60 points following the video evaluation of his or her technical, tactical, and behavioural performances and the competition level was **PROVINCIAL** or **CLUB SHOW**, he or she shall be awarded 30 points (60 points x 50% = 30 points).*

Tie-breaking procedures

In case of a tie on points for the ranking within a given category after the evaluation of technical, tactical, and behavioural performances, the following procedure shall apply:

- 1- The most recent competitive result in an official event opposing the athletes tied on points shall be used as the tie breaker. The competition must have been held in 2019 or later, and priority will be given to the latest performance in which the athletes faced each other.
- 2- If athletes cannot be ranked using the above method, results to the physical conditioning tests shall be used as follows:
 - The points to both physical tests (burpees and push-ups) shall be added, and the athlete with the most points shall be ranked higher.
 - If there is still a tie, the result to the burpee test shall determine which athlete is ranked higher.
 - If athletes are still tied, the result to the push-up test shall be used.

If a tie should persist after referring to the physical tests results, the National Panel of Experts shall determine the final ranking within a given pool by a simple majority vote.

Note: Results to the personality profile questionnaire will **NOT** be used as part of the selection process. However, this information will be included in the athlete's file, and may be referred to on an as-needed basis to develop individualized strategies aimed at optimizing performance.

Who can be involved in Boxing Canada's HPP?

Depending on the number of eligible nominations submitted and the outcome of the evaluation process, up to 4 athletes will be ranked within the pool of a given category at the end of the process.

However, being ranked in the pool of a category does not automatically imply that the athlete is a member of the National Team, and that he or she will be involved in Boxing Canada's High Performance Program (HPP).

The athlete ranked #1 in each category will be considered for Boxing Canada's Elite, Elite development, or Youth projects planned for the 2022-23 HPP.

In the case of athletes ranked #2, #3, and #4, the following system shall apply: they will be included in the pool, and considered for HPP projects should opportunities arise, only if their **final evaluation score (after adjustment for the level of competition), corresponds to 80 % or more of the score of the athlete ranked #1 if this athlete was assessed in an international competition, and 90% or more of the score of the athlete ranked #1 if this athlete was assessed in a national event.**

***Note:** The system described in this section has never been used before, and therefore the percentages that are indicated above represent the best judgment of Boxing Canada at the time of writing these criteria and standards. Based on the actual scores compiled, Boxing Canada and the National Panel of Experts reserve the right to adjust the percentages values in order to make them LESS DEMANDING. If such an adjustment should be made, it shall be applied to all categories.*

2.2 – Weigh-In Requirement

The purpose of this simple procedure is to validate that the boxer legitimately belongs to the weight category s/he has been nominated to.

An “official weigh-in” is not required, although this would be ideal if it can be arranged. The procedure below must be followed if the athletes' body weight is not determined during an “official weigh-in”:

- A floor scale can be used.
- The athlete dresses the same way as for an “official weigh-in”.
- The entire procedure must be filmed, uninterrupted from start to finish.
- The scale must be adjusted and show 0 at the beginning of the test.
- The athlete steps onto the scale, and the video zooms on the measure.
- Another person hands the athlete an object of known weight (e.g., an un-open 2-L milk carton weighting 2 kg, a 5-kg dumbbell, etc.)
- The video zooms on the new measure.
- The athlete hands over the object, and the video zooms on the final measure.

Important note: After the weigh-in, any value in excess of 7% of the maximum weight of the category for which the athlete has been nominated may result in a verification by Boxing Canada. Following this verification, a decision whether the athlete should be considered for that particular category or for a heavier category shall be made.

2.3 – Personality Questionnaire Requirement

Boxing Canada will require that each athlete nominated completes the *Le Corff personality inventory questionnaire*.

This tool is designed to measure the personality traits of the five-factor theory (also known as “the Big Five”). This theory - which has been extensively validated, and for which a broad consensus exists in the field of psychology - highlights the expression of 5 exhaustive dimensions that summarize the personality.

These five personality traits are the relational, emotional, cognitive, motivational, and attitudinal/experiential styles of a person.

To complete the test, read the information below, then click this link to register:
<https://www.irptest.com/login.aspx?u=NRMKQFTAX%BEXP>

Use the following access code: BEHKRQZ

The image shows a screenshot of the IRP (International Research Personality) login page. The page has a light beige background. At the top center is the IRP logo, which consists of a red square with the letters 'irp' in white. Below the logo is a 'Sign In' link. The main form area contains two input fields: 'Username or Test code' and 'Password'. To the right of each field is a link: 'Forgot Username?' and 'Forgot Password?'. Below these fields is a horizontal line with the word 'OR' in the center. Underneath is a 'Self registration code' input field, which contains the text 'BEHKRQZ'. Below this field are two buttons: 'Sign In' (dark blue) and 'Back to site' (light grey). At the bottom of the page, there is a footer with copyright information and a language selection dropdown menu set to 'English'. Annotations with arrows point to various parts of the form: 'Do not enter any information here' points to the Username and Password fields; 'Enter the access code here, and sign in' points to the Self registration code field; and 'Select your preferred language here:' points to the language dropdown menu.

Do not enter any information here

Enter the access code here, and sign in

Select your preferred language here:

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Sign In

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OR

Self registration code

BEHKRQZ

Sign In

Back to site

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Available languages: English

Important note: Results to the personality inventory questionnaire will **NOT** be used as part of the selection process. However, this information will be included in the athlete's file, and may be referred-to on an as-needed basis to develop individualized strategies aimed at optimizing performance.

2.4 - Selection Criteria

Performance Domains Evaluated

Selection criteria shall be used in the following performance domains:

- **Technical** – Criteria and standards will be based on Boxing Canada's Gold Medal profile (GMP).
- **Tactical** - Criteria and standards will be based on Boxing Canada's Gold Medal profile (GMP).
- **Behaviours during competition** - Criteria and standards will be based on Boxing Canada's Winning Style.
- **Athletic abilities** – Simple and well-established testing procedures will be used (burpee and push-up), and standards will be based on normative data published by recognized sources.

From the above, priority shall be given to the **technical, tactical, and behavioural** performance domains.

Criteria & Standards Applicable to Each Performance Domain

Performance Domains: Technical, Tactical, and Behaviours in Competition

Boxing Canada shall provide evaluation grids and criteria specific to the Technical, Tactical, and Behaviours in competition performance domains.

For each criterion, points shall be awarded as follows:

- **5 points = Superior.** The performance is consistent with what is required to perform successfully in international competition. The specific wording pertaining to each criterion shall guide the assessment, with the understanding that awarding 5 points implies that performance is consistently expressed to a very high standard, and that each instance is compelling.
- **3 points = Minimum Standard Met.** The specific wording pertaining to each criterion shall guide the assessment, with the understanding that awarding 3 points implies that while the level of performance may support success on the national scene, improvements are needed in the short term for the athlete to perform successfully in international competitions. In addition, the behaviour may not be observed consistently, and instances may not always be compelling.
- **1 point = Below Minimum Standard.** The specific wording pertaining to each criterion shall guide the assessment, with the understanding that awarding 1 point implies that in the short term, the level of performance is clearly not adequate to perform successfully in international competitions. In addition, the behaviour may not be observed consistently, and instances are hardly ever compelling.

The grids used to assess performance will reflect the following performance aspects:

Performance Domain: Technical

Stance

Criterion	Evidences +
Boxer adopts a sound stance and is able to attack and defend at any time while holding a correct body position	Weight balanced over each foot Chin down, hands high, elbows tucked in Returns to basic stance when not punching

Footwork

Criterion	Evidences +
Boxer uses his/her feet dynamically and efficiently to attack and defend	Able to: Move in all directions without breaking his/her base Punch and defend at anytime

Punching

Criterion	Evidences +
Boxer throws punches accurately at target, dynamically and with balance, scoring with the knuckle part of the glove	Punches flow on the correct path to and from the target Punches are delivered quickly, unexpectedly, and boxer remains in balance Impact on target is made with the knuckle part of the glove

Defense

Criterion	Evidences +
Boxer is able to use all defensive actions effectively	Uses defensive actions or maneuvers that suit his or her physical attributes Can move away from or dodge attack, and move in to counter-attack

Flow

Criteria	Evidences +
Boxer is efficient in the ring	Moves effortlessly in the ring (glides) Controls the tempo of each bout Uses energy strategically - punches when ready Carries him/herself adequately in the ring – follows boxing <i>etiquette</i>
Athlete is able to dictate the contest by imposing his or her strengths on the opponent	Controls how the bout unfolds using his or her strengths Makes optimal use of his or her strengths at critical times during each bout

Performance Domain: Tactical

Ring awareness

The boxer:

- Rarely finds him/herself in a bad spot in the ring (i.e., ropes; corner).
- Is often positioned in the centre of the ring to control the action.
- Always has space behind him/her to escape.
- Manages to direct the opponent to spots where he or she will be more vulnerable to his/her attacks.

Capitalizes on opportunities

The boxer:

- Rarely misses an occasion to score points.
- Reacts quickly to exploit situations where the opponent is vulnerable.
- Maintains pressure and continues to hit when the opponent is vulnerable.

Choice of actions

The boxer:

- Selects effective offensive or defensive skills that are adapted to the opponent and to the situation; does so in a timely manner.
- Assesses the effectiveness of own actions; adjusts as necessary if not successful.
- Does not repeat the same errors over and over.

Deceptiveness

The boxer:

- Varies his/her actions in the ring to create advantageous situations; uses a range of skills, feints, and moves to be unpredictable.
- Seeks to surprise the opponent and to catch him/her off-guard.

Boxing match management

The boxer:

- Focuses on attack, not defense.
- Acts with purpose; does not waste his/her energy in the ring.
- Remains focused and in control of his/her emotions.
- Manages risk effectively: does not behave recklessly; takes calculated risks when the situation calls for it (score/remaining time).

Performance Domain: Behaviours in competition

Behaviours	Analysis Grid – Behaviours during the Fight: Observable Criteria – the Boxer ...
Aggression	<ul style="list-style-type: none"> • Focuses on offense. • Initiates offensive actions more often than the opponent. • Does not hesitate to counter-attack. • Scores points early in the round to establish his/her domination.
Control	<ul style="list-style-type: none"> • Dictates the pace and flow of the boxing match. • Consolidates any advantage gained and prevents the opponent from escaping pressure. • Hits often and hard, while avoiding being hit in return. • Occupies the center of the ring often and for extended periods. • Purposely forces the opponent to move to specific directions (ropes; corners).
Mobility	<ul style="list-style-type: none"> • Is constantly moving around in the ring; does not stay on the spot. • Dodges hits with movements of the trunk, steps back, or other forms of movement. • Is a hard-to-hit target.
Quickness	<ul style="list-style-type: none"> • Performs offensive and defensive actions at high speed. • Immediately exploits the opponent's weaknesses or situations of vulnerability.
Unpredictability	<ul style="list-style-type: none"> • Has a vast technical repertoire and varies offensive actions. • Successfully hits the target after feinting. • Launches deceptive and hard to anticipate attacks. • Does not reveal cues that might allow the opponent to anticipate his/her actions.

Performance Domain: Athletic Abilities

For the sake of simplicity and accessibility, Boxing Canada will use only two (2) basic yet well-established tests as part of the selection process. These tests were chosen for the following reasons: they can be performed at home, they require no equipment, they are easy to control, the maximum time allowed to complete each test is 3 minutes (which corresponds to a round), and normative data in percentiles are available from reputable sources for both male and female subjects for that length of time.

Burpee (Squat Thrusts) Test - Men and Women

Source: International Standards for the 3-Minute Burpee Test: High-Intensity Motor Performance, Robert Podstawski, Piotr Markowski, Cain C. T. Clark, Dariusz Choszcz, Ferenc Ihász, Stanimir Stojiljković, and Piotr Gronek (2019).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6815084/>

This test provides information about the athlete's agility, coordination, and strength-endurance. Although the test is not specifically designed to assess aerobic fitness, this component also comes into play given the duration of effort (3 minutes).

The sequence of movements is described below and illustrated on the following page.

Stage 1 - Begin in a standing position (Figure a) and move into a supported squat with both hands on the ground (Figure b).

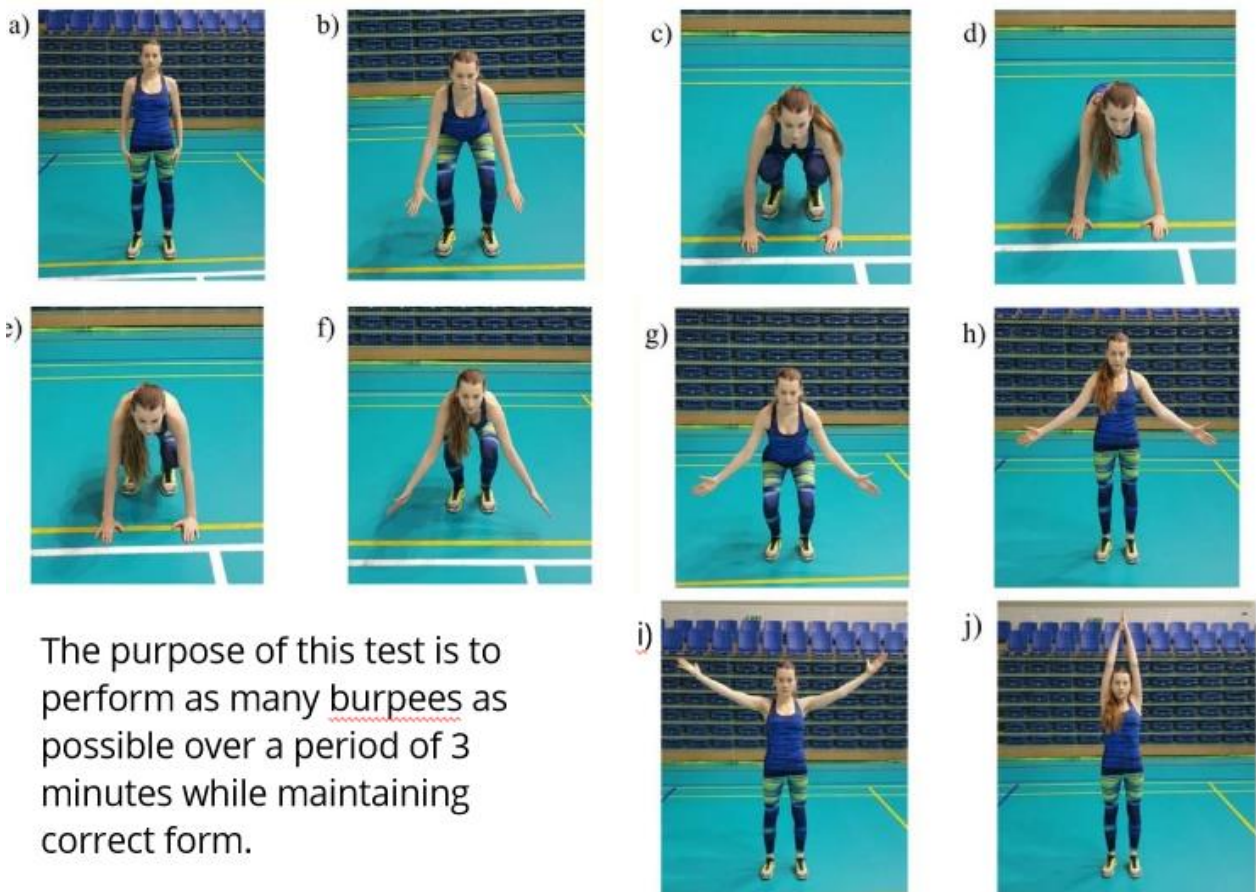
Stage 2 - From a supported squat (Figure b), kick your feet back (Figure c) into a plank with arms extended (Figure d).

Stage 3 - Return from the plank position (Figure d) to a supported squat (Figure e).

Stage 4 - Return to a standing position (Figure j), extend your arms over the head and quickly clap your hands (Figures: f, g, h, i).

Notes: The plank position should be maintained on extended arms without arching the back. The legs should be fully extended in the plank position. A cycle will not be counted when particular stages were not correctly performed.

The cycle must be repeated in the specified order as many times as possible over a 3-minute period without breaking form.



Important: The athlete's performance must be recorded on video (side view) and submitted with the nomination portfolio.

Normative data and points system

Normative data are those published by Podstawski et al. (2019). See the table next page.

The points system was developed by Boxing Canada and is designed to discriminate superior performances. Points are awarded based on the percentile value corresponding to the number of consecutive self-paced burpee repetitions performed without a pause.

%	# of burpees in 3 min	
	Men	Women
0-5	≤30	≤17
6-10	31-32	18-20
11-15	33-35	21-23
16-20	36-37	24-26
21-25	38-40	27-29
26-30	41-42	30-32
31-35	43-44	33-35
36-40	45-46	36
41-45	47-51	37-42
46-50	52-55	43-47
51-55	56-60	48-53

%	# of burpees in 3 min	
	Men	Women
56-60	61-65	54-59
61-65	66-68	60-62
66-70	69-70	63-65
71-75	70-72	66-68
76-80	73-75	69-71
81-85	76-78	72-74
86-90	79-80	75-77
91-95	81-82	78-80
96-97	83	81
98-99	84	82
100	85+	83+

98-100 percentile	=	20 points
96-97 percentile	=	19 points
91-95 percentile	=	17 points
86-90 percentile	=	16 points
81-85 percentile	=	15 points
76-80 percentile	=	14 points
66-75 percentile	=	12 points
61-65 percentile	=	11 points
56-60 percentile	=	9 points
51-55 percentile	=	7 points
46-50 percentile	=	6 points
41-45 percentile	=	5 points
36-40 percentile	=	4 points
31-35 percentile	=	3 points
Below 30	=	1 point

Push-Up Test

The purpose of this simple test is to **perform as many consecutive push-ups as possible**, i.e., without pause or interruption in the execution.

The athlete determines the pace himself or herself. The test is considered over when the athlete can no longer sustain a regular pace or the correct form (one minor interruption will be accepted). The maximum time allowed is 3 minutes.

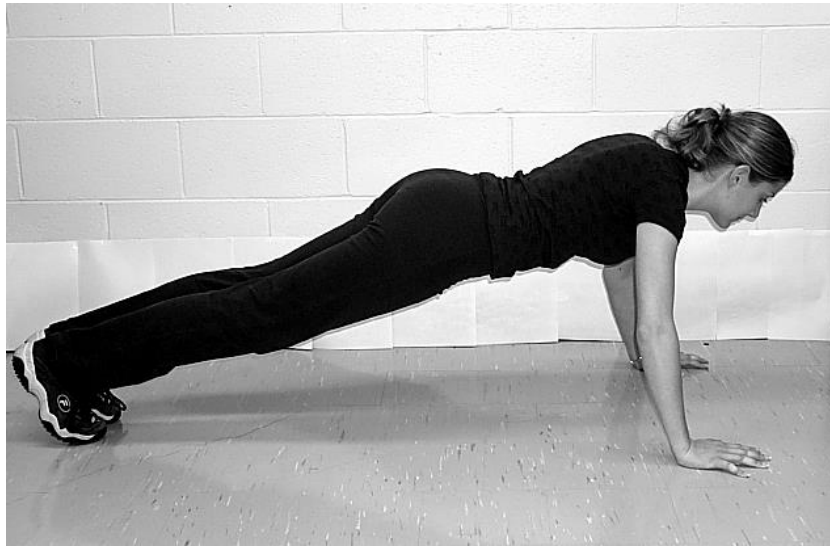
Important: The athlete's performance must be recorded on video (side view) and submitted with the nomination portfolio. Men and women must follow the appropriate protocol for their gender to allow for valid scoring.

How to Correctly Execute Push-Ups

DOWN POSITION - From a prone position, the athlete must place the hands slightly outside shoulder width in order to position forearms perpendicular to the floor when the elbows are flexed at 90 degrees.



UP POSITION – Men’s Protocol - The head, torso, buttocks, knees, and feet must be aligned.



UP POSITION – Women’s protocol - The head, torso, buttocks, knees, must be aligned; knees and legs remain in contact with the floor.



Points System - Push-up Test

The points system has been designed by Boxing Canada and is based on the normative data of the American College of Sports Medicine, a world-renown institution in exercise physiology, sports medicine, and fitness testing (see table at the next page).

It seeks to reward superior upper body strength and endurance as would be expected in elite boxers.

99 percentile	=	20 points
95 percentile	=	19 points
90 percentile	=	18 points
85 percentile	=	16 points
75-80 percentile	=	14 points
65-70 percentile	=	11 points
55-60 percentile	=	9 points
45-50 percentile	=	7 points
40-45 percentile	=	6 points
25-35 percentile	=	5 points
10-25 percentile	=	3 points
Below 10	=	1 point

ACSM normative data. These norms are based on the push-up techniques outlined previously for men and women.

ACSM
Maximum Push Up Norms
 (Test to muscle failure without rest.)
Strength and Edurance: Men

Percentile	20-29	30-39	40-49	50-59	60+	Rating
99	>100	>86	>64	>51	>39	S
95	62.0	52.0	40.0	39.0	28.0	
90	57.0	46.0	36.0	30.0	26.0	
85	51.0	41.0	34.0	28.0	24.0	
80	47.0	39.0	30.0	25.0	23.0	
75	44.0	36.0	29.0	24.0	22.0	E
70	41.0	34.0	26.0	21.0	21.0	
65	39.0	31.0	25.0	20.0	20.0	
60	37.0	30.0	24.0	19.0	18.0	G
55	35.0	29.0	22.0	17.0	16.0	
50	33.0	27.0	21.0	15.0	15.0	
45	31.0	25.0	19.0	14.0	12.0	
40	29.0	24.0	18.0	13.0	10.0	
35	27.0	21.0	16.0	11.0	9.0	F
30	26.0	20.0	15.0	10.0	8.0	
25	24.0	19.0	13.0	9.5	7.0	
20	22.0	17.0	11.0	9.0	6.0	
15	19.0	15.0	10.0	7.0	5.0	P
10	18.0	13.0	9.0	6.0	4.0	
5	<13	<9	<5	<3	<2	VP

S= Superior, E= Excellent, G= Good, F= Fair, P= Poor, and VP= Very Poor
 Provided by The Institute for Aerobics Research: Dallas, TX (1991)

ACSM
Maximum Modified Push Up Norms
 (Test to muscle failure without rest.)
Strength and Edurance: Women

Percentile	20-29	30-39	40-49	50-59	60+	Rating
99	>70	>56	>60	>31	>20	S
95	45.0	39.0	33.0	28.0	20.0	
90	42.0	36.0	28.0	25.0	17.0	
85	39.0	33.0	26.0	23.0	15.0	
80	36.0	31.0	24.0	21.0	15.0	
75	34.0	29.0	21.0	20.0	15.0	E
70	32.0	28.0	20.0	19.0	14.0	
65	31.0	26.0	19.0	18.0	13.0	
60	30.0	24.0	18.0	17.0	12.0	G
55	29.0	23.0	17.0	15.0	12.0	
50	26.0	21.0	15.0	13.0	8.0	
45	25.0	20.0	14.0	13.0	6.0	
40	23.0	19.0	13.0	12.0	5.0	
35	22.0	17.0	11.0	10.0	4.0	F
30	20.0	15.0	10.0	9.0	3.0	
25	19.0	14.0	9.0	8.0	2.0	
20	17.0	11.0	6.0	6.0	2.0	
15	15.0	9.0	4.0	4.0	1.0	P
10	12.0	8.0	2.0	1.0	0.0	
5	<9	<4	<1	0.0	0.0	VP

S= Superior, E= Excellent, G= Good, F= Fair, P= Poor, and VP= Very Poor
 Provided by The Institute for Aerobics Research: Dallas, TX (1991)