

**BOXING CANADA**



# **Articles and Rules**

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**BOXING CANADA**  
**ARTICLES AND RULES**

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# INTRODUCTION

## **1. The aim of this rulebook**

The aim of this rulebook is to detail for competitors, coaches and officials at all levels as well as the interested public, the regulations that govern amateur boxing in Canada.

## **2. Governing Organization**

- 2.1. At the Olympic or international level by World Boxing;
- 2.2. At the national level by CABA, also known as Boxing Canada;
- 2.3. At the provincial / territorial level by the provincial / territorial branches of Boxing Canada (Provincial / Territorial Amateur Boxing Association).

## **3. Application of World Boxing Rules**

- 3.1. Boxing Canada accepts the World Boxing rules as defined in the current World Boxing Competition Rules, but with modifications for amateur boxing in Canada;
- 3.2. Competitors, coaches and officials involved in international competition will come under the jurisdiction of World Boxing;
- 3.3. Competitors, coaches and officials in competition in Canada will come under the jurisdiction of Boxing Canada and World Boxing;
- 3.4. These rules are specifically designed for the purposes of the organization and administration of amateur boxing in Canada.

## **4. The content of this rulebook**

This rulebook is divided in two (2) main sections:

The Articles – These are directions for boxing organizations and administration

The Rules – Rules for competition management

## **SECTION 1 - THE ARTICLES**

### **1. CANADIAN, PROVINCIAL AND REGIONAL CHAMPIONSHIPS JURISDICTION**

- 1.1. Championships involving boxers of up to four (4) different affiliates shall be supervised and sanctioned by the applicable committee. Where five (5) or more affiliates are involved, supervision and sanction will be arranged by Boxing Canada.
- 1.2. A team shall not be called a provincial team unless so designated by the Provincial Association concerned. If a boxer has competed in a provincial championship, he/she cannot represent another province in that competition year.
- 1.3. Amateur boxers may only represent that province where they legally reside, unless a boxer has trained in and represented a club of a bordering province, and is registered with the bordering province since the start of the competition year and a waiver is obtained from the province of residence.
- 1.4. An amateur boxer may enter a National Championship only as a Canadian citizen or a permanent resident.
- 1.5. Only Open class boxers shall participate in National Championships.

### **2. SANCTIONS OF COMPETITIONS AND REPORTS**

- 2.1. All international competitions held in Canada, and all national competitions involving more than four (4) affiliated branches, must be sanctioned by Boxing Canada and the organizer's application for sanction addressed to the National office of Boxing Canada.
- 2.2. All competitions involving less than four (4) affiliated branches and no competitors from outside Canada, except from U.S. Border States, must be sanctioned by the affiliated branch under whose jurisdiction the competition is being held.

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- 2.3. Applications for sanction shall be made at least 30 days prior to the event and shall imply acceptance by the competition organizers of the following obligations if the sanction is granted:
  - 2.3.1. That the competition will be conducted under the rules of Boxing Canada and World Boxing when applicable;
  - 2.3.2. Payment to the sanctioning body of the appropriate sanction fee.
  
- 2.4. In the event of a competition being held as described in Article 2, the affiliated branch shall forward to Boxing Canada Head Office the following information:
  - 2.4.1. Place and date of competition or tournament;
  - 2.4.2. Names of teams and contestants;
  - 2.4.3. Names, weights and results of each bouts;
  - 2.4.4. Names and qualifications of officials;
  - 2.4.5. Name of medical officers in attendance.

### **3. TRAVEL PERMITS**

- 3.1. Travel permits for members of Boxing Canada to compete outside Canada must be authorised and issued by:
  - 3.1.1. For Border States of USA, issued by the affiliated Brand President or his/her authorized delegate;
  - 3.1.2. Other than Border States and for other countries, issued by Boxing Canada National President or authorized delegate.
  
- 3.2. Definition of Border States:
  - 3.2.1. A border State is any state of USA bordering on Canada, which can be entered without passing through another state or province.

### **4. ACTION ON QUESTIONS ARISING NOT COVERED BY THE ARTICLES OR RULES**

- 4.1. In the event of any question arising and not being provided in these articles and rule, Boxing Canada's Officials Committee shall have the power to decide such questions.

### **5. APPLICATION OF ARTICLES AND RULES**

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- 5.1. These articles and rule apply to all boxers, coaches and officials, as well as to all sanctioned boxing tournaments in Canada.

**6. ALTERATION OF ARTICLES AND RULES**

- 6.1. Amendments to these articles and rules may only be made by majority vote of the members.

## **SECTION 2 – THE RULES**

### **1. COMPETITION MANAGEMENT**

- 1.1. Age classification
  - 1.1.1. Male and female boxers between the age of 19 – 40 are categorized as Elite boxers
  - 1.1.2. Male and female boxers between the age of 17 – 18 are categorized as Youth boxers.
  - 1.1.3. Male and female boxers between the age of 15 – 16 are categorized as Junior C boxers.
  - 1.1.4. Male and female boxers between the age of 13 – 14 are categorized as Junior B boxers.
  - 1.1.5. Male and female boxers between the age of 11 – 12 are categorized as Junior A boxers.
  - 1.1.6. Funbox bouts can only take place between boxers from 6 to 12 years old (date of birth). For boxers from 6 to 10 years old, the program Funbox is mandatory. For Junior A (11 – 12 years old), the program Funbox is optional at the discretion of both coaches.
    - 1.1.6.1. In order to compete, a boxer must be in their sixth (6<sup>th</sup> year) according to their date of birth.
    - 1.1.6.2. Boxers may compete against each other with a maximum of 12 months difference in age.
    - 1.1.6.3. The duration of bouts is three (3) rounds of up to one minute and a half (1.5)
    - 1.1.6.4. Full training headgear is required
    - 1.1.6.5. Maximum 3 Kg weigh allowance difference
    - 1.1.6.6. Both boxers must wear 10oz. gloves
    - 1.1.6.7. Maximum of 10 bouts difference between the two boxers
    - 1.1.6.8. Both boxers must be declared winners; in their books, the win must be recorded as WFB
    - 1.1.6.9. Individual funbox bouts not to exceed 20 bouts
    - 1.1.6.10. Coaches are not permitted to coach from the corner of funbox bouts
    - 1.1.6.11. Referee must become an instructor during the bout. The referee will control the bout from inside the ring. The referee must pay attention to the following criteria during the funbox bout:
      - 1.1.6.11.1. Slapping, low blow, head blow, stay of the ropes, move, holding, power.
    - 1.1.6.12. Funbox bouts may take place as part of a tournament with competitive bouts, but all funbox bouts must take place before the first competitive bout.

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- 1.1.7. Male and female boxers over 40 years old are categorized as Master boxers.
- 1.1.8. The category (age classification) of a boxer is determined by using his/her year of birth, with the exception of funbox bouts.
  
- 1.2. Competition classification:  
When not in the same classification, the maximum age allowance variances are:
  - 1.2.1. Junior A boxers shall be allowed to box Junior B boxers in provincial events with a maximum of 24 months between dates of birth.
  - 1.2.2. Master boxers may only box opponent 10 years older of younger (date of birth).

NOTE: When a bout involves boxers of two (2) difference age classifications, the number of rounds and duration of rounds must be those of the lower age classification. When a bout involves boxers of two (2) different Master classifications, the number of rounds must be those of the upper age classification.

## **2. CATEGORY OF BOXERS**

- 2.1. Novice – is a boxer who has competed in 10 bouts or fewer.
  
- 2.2. A Novice boxer may be considered for Open competition based on the judgement of his/her Provincial Branch Executive, provided the boxer has competed in at least five (5) bouts as a Novice with two (2) wins and no more than two (2) completed exhibition bouts.
  
- 2.3. Exhibition bouts count in the number of total bouts of Novice boxers. If a Novice boxer enters a Novice tournament with ten (10) bouts or less and finishes a tournament with more than ten (10) total bouts, the boxer remains a Novice until the end of the tournament.
  
- 2.4. Open – is a boxer who has competed in more than 10 bouts, or if a boxer has been upgraded as per rule 2.2.
  
- 2.5. Amateur in Kick Boxing, MMA or any other contact sport may join Boxing Canada and register as a member, but shall not spar or compete for 60 days from the date of registration.

## **3. WEIGHT DIVISIONS FOR COMPETITIONS**



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3.1. Weights for Elite male and Youth male and Master male boxers

| Elite and Youth and Master Male Boxers |           |            |
|--|-----------|------------|
| 10 weight categories                   |           |            |
| Weight Division                        | Over – Kg | Under - Kg |
| Light – fly                            | 46        | 49         |
| Fly                                    | 49        | 52         |
| Bantam                                 | 52        | 56         |
| Light                                  | 56        | 60         |
| Light – Welter                         | 60        | 64         |
| Welter                                 | 64        | 69         |
| Middle                                 | 69        | 75         |
| Light Heavy                            | 75        | 81         |
| Heavy                                  | 81        | 91         |
| Super - Heavy                          | 91+       |            |

3.2. Weights for Elite and Youth and Master female boxers

| Elite and Youth and Master Female Boxers |           |            |
|--|-----------|------------|
| 10 weight categories                     |           |            |
| Weight Division                          | Over – Kg | Under - Kg |
| Light – fly                              | 45        | 48         |
| Fly                                      | 48        | 51         |
| Bantam                                   | 51        | 55         |
| Feather                                  | 54        | 57         |
| Light                                    | 57        | 60         |

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| Elite and Youth and Master Female Boxers |     |    |
|--|-----|----|
| Light – Welter                           | 60  | 64 |
| Welter                                   | 64  | 69 |
| Middle                                   | 69  | 75 |
| Light Heavy                              | 75  | 81 |
| Heavy                                    | 81+ |    |

3.3. Weights for Junior C male and female boxers

| Junior C Male and Female Boxers |           |            |
|---------------------------------|-----------|------------|
| Weight Division                 | Over – Kg | Under - Kg |
|                                 | 36        |            |
|                                 | 38        | 39         |
|                                 | 40        | 41         |
|                                 | 42        | 43         |
| Pin                             | 44        | 46         |
| Light Fly                       | 46        | 48         |
| Fly                             | 48        | 50         |
| Light Bantam                    | 50        | 52         |
| Bantam                          | 52        | 54         |
| Feather                         | 54        | 57         |
| Light                           | 57        | 60         |
| Light Welter                    | 60        | 63         |
| Welter                          | 63        | 66         |
| Light Middle                    | 66        | 70         |

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|               |     |    |
|---------------|-----|----|
| Middle        | 70  | 75 |
| Light - Heavy | 75  | 80 |
| Heavy         | 80+ |    |

3.4. Weights for Junior A and Junior B boxers (male and female)

| Junior A  |            | Junior B  |            |
|-----------|------------|-----------|------------|
| Over - kg | Under - kg | Over - kg | Under - kg |
| 26        | 28         |           |            |
| 28        | 30         |           |            |
| 30        | 32         |           |            |
| 32        | 34         |           |            |
| 34        | 36         | 34        | 36         |
| 36        | 38         | 36        | 38         |
| 38        | 40         | 38        | 40         |
| 40        | 42         | 40        | 42         |
| 42        | 44         | 42        | 44         |
| 44        | 46         | 44        | 46         |
| 46        | 48         | 46        | 48         |
| 48        | 50         | 48        | 50         |
| 50        | 52         | 50        | 52         |
| 52        | 54         | 52        | 54         |
| 54        | 57         | 54        | 57         |
| 57        | 60         | 57        | 60         |
| 60        | 63         | 60        | 63         |

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|    |    |     |    |
|----|----|-----|----|
| 63 | 66 | 63  | 66 |
| 66 | 70 | 66  | 70 |
|    |    | 70  | 75 |
|    |    | 75  | 80 |
|    |    | 80+ |    |

## 4. REGULATIONS CONCERNING NON-TOURNAMENT BOUTS

### 4.1. Definition

- 4.1.1. Non-tournament events are bouts between competitors who are not part of sanctioned tournament event. These bouts include club shows, invitational events, exhibitions and public sessions;
- 4.1.2. Exhibitions and public sessions are non-competitive bouts where ringside judges are not used. All other ringside officials must be in attendance (referee, doctors, timekeepers, etc.)

### 4.2. Sanctions

- 4.2.1. Bouts may only be conducted as part of an event sanctioned by the appropriate national, provincial or regional authority.

### 4.3. Approval

- 4.3.1. All non-tournament events must adhere to the same regulations concerning age, weight and experience as a regular sanctioned tournament;
- 4.3.2. Competitors, their coaches/seconds, the supervisor of the event and the attending physician must all agree to approve the bout.

### 4.4. Recording of Exhibition bouts

- 4.4.1. The results of all bouts must be recorded in each competitor's passport and count as part of a competitor's total number of bouts.
- 4.4.2. Bouts that go to the time limit will be recorded as "EXH" (exhibition).
- 4.4.3. Should these bouts be stopped before the time limit, the reason must be recorded in each competitor's passport, e.g.: RSC, KO, etc.  
Example: Winner RSC win Loser RSC loss

### 4.5. Rules

All Boxing Canada articles and rules shall apply, except these allowances:

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- 4.5.1. Headguards must be approved by a recognized safety standards organization or boxing authority.
- 4.5.2. Gloves
  - 4.5.2.1. 16 oz. gloves approved by a recognized safety standards organization or boxing authority;
    - 4.5.2.1.1. Under special circumstances, 10oz.,12oz. or 14oz. gloves may be used for smaller weight divisions at the supervisor's discretion.
  - 4.5.2.2. Sixteen (16) oz. gloves for sparring;
  - 4.5.2.3. Sixteen (16) oz. approved gloves for Master category.
- 4.5.3. Age
  - The maximum age allowance variances are:
    - 4.5.3.1. Junior A with a Junior B: 24 months between dates of birth
    - 4.5.3.2. Elite with an Elite: Difference in experience and number of bouts to be considered
    - 4.5.3.3. Masters: 10 years between dates of birth Difference in experience and number of bouts to be considered
- 4.5.4. Weight
  - When not in the same weight division, the following will apply:
    - 4.5.4.1. Youth and Elites
      - 4.5.4.1.1. Male under 52 Kg, or Female under 60 Kg, the difference may be 3 Kg
      - 4.5.4.1.2. Male over 52 Kg and under 69 Kg, or Female over 60 Kg and under 69 Kg, the difference may be 4 Kg.
      - 4.5.4.1.3. Male over 69 Kg and under 91 Kg, or Female over 69 Kg and under 81 Kg, the difference may be 6 Kg.
      - 4.5.4.1.4. Male – no maximum weight difference if both boxers are over 91 Kg
      - 4.5.4.1.5. Female – no maximum weight difference if both boxers are over 81 Kg
      - 4.5.4.1.6. Age, experience and number of bouts shall be considered
    - 4.5.4.2. Junior A, B and C (male and female)
      - 4.5.4.2.1. If under 54 Kg, the difference may be 3 Kg
      - 4.5.4.2.2. If over 54 Kg and under 66 Kg, the difference may be 4 Kg
      - 4.5.4.2.3. If over 66 Kg and under 80 Kg, the difference may be 6 Kg
      - 4.5.4.2.4. If both boxers are over 80 Kg, no maximum allowance
    - 4.5.4.3. Master (male and female)
      - 4.5.4.3.1. Maximum weight allowance for all divisions: 4.5 Kg
- 4.5.5. Experience | Bouts

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- 4.5.5.1. Novice vs Novice: 7 bouts maximum difference
- 4.5.5.2. Novice vs Open: 5 bouts maximum difference
- 4.5.5.3. Open vs Open: No limit – Each competitor’s experience shall be considered

PLEASE NOTE

Novice vs Open: Number and duration of rounds must those of the Novice boxer

Novice vs Elite: In order for a Novice Elite boxer to compete as an Elite Open boxer, the boxer must turn Open

## 5. ROUNDS

### 5.1. Open boxers

- 5.1.1. In all Elite and Youth approved competitions, the bouts shall consist of three (3) rounds of three (3) minutes each with one (1) minute rest interval.
- 5.1.2. In all Junior C male and female approved competitions, the bouts shall consist of three (3) rounds of two (2) minute each with a one (1) minute rest interval.
- 5.1.3. In all Junior B male and female approved competitions, the bouts shall consist of three (3) rounds of one and a half (1.5) each with one (1) minute rest interval.
- 5.1.4. In all Junior A male and female approved competitions, the bouts shall consist of three (3) rounds of one (1) minute each with a one (1) minute rest interval.
- 5.1.5. During the interval between rounds, boxers must face the ring centre.

### 5.2. Novice boxers

- 5.2.1. Novice Elite male or female (19 to 40 years old), the bouts shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 5.2.2. Novice Youth male or female (17 – 18 years old), the bouts shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 5.2.3. Novice Junior C male or female (15 – 16 years old), the bouts shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 5.2.4. Novice Junior B male or female (13 – 14 years old), the bouts shall consist of three (3) rounds of one minute and a half (1.5) each with a one (1) minute rest interval.

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- 5.2.5. Novice Junior A male or female (11 – 12 years old), the bouts shall consist of three (3) rounds of one (1) minute each with a one (1) minute rest interval.
- 5.3. Master boxers
  - 5.3.1. For boxers who are 41 to 45 years old, the bouts shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
  - 5.3.2. For boxers who are 46 to 55 years old, the bouts shall consist of three (3) rounds of one minute and a half (1.5) each with a one (1) minute rest interval.
  - 5.3.3. For boxers who are 55 years old and over, the bouts shall consist of three (3) rounds of one (1) minute each with a one (1) minute rest interval.

## **6. GLOVES**

- 6.1. Boxers must wear red or blue gloves, as per the respective boxer's corner.
- 6.2. In all competitions, gloves must be provided by the organizing committee and must be approved by the supervisors. Boxers will not be allowed to wear their own gloves.
- 6.3. Specifications
  - 6.3.1. For all Elite AOB and Youth Men competitions:
    - 6.3.1.1. Ten (10) oz. gloves must be used from the Light Flyweight (49 Kg) category to the Light Welterweight (64 Kg) category;
    - 6.3.1.2. Twelve (12) oz. gloves must be used from the Welterweight (69 Kg) category to the Super Heavyweight (+91 Kg) category.
  - 6.3.2. For all other AOB competitions:  
Ten (10) oz. gloves must be used.
  - 6.3.3. For all Master competitions:  
USA Boxing approved sixteen (16) oz. gloves must be used.
- 6.4. Hand wraps
  - 6.4.1. Domestically, hand wraps shall be used. The single bandage is not to exceed 2.5 meters or (8 feet 4 inches) in length and 5 cm (or 2 inches) in width.

## **7. HEADGUARDS**

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- 7.1. For Elite male open boxer, headgear will be mandatory for all sanctioned competitions in Canada with the exception of National Championships. During provincial championships, headgear will be mandatory until the final, where boxers will have the option. If boxers disagree during the final, headgear will prevail.
- 7.2. For all other Boxing Canada competition, Confederation competition and National competition, boxers must use headguards approved by a recognized safety standards organization or boxing authority.
- 7.3. All boxers in the Master divisions must wear USA Boxing approved Masters Headguards.

## **8. RINGS**

In all domestic competitions, the ring shall conform with the following requirements:

- 8.1. The minimum shall be 4.9 m<sup>2</sup> (16ft<sup>2</sup>) and the maximum size 6.1m<sup>2</sup> (20ft<sup>2</sup>) measured inside the line of the ropes and it shall be no more than 1.2m (4ft) above the ground or base.
- 8.2. The platform shall be safely constructed, level and free from any obstructing projections and shall extend for at least 45cm (18 inches) outside the line of the ropes. It shall be fitted with four corner posts which shall be well padded or otherwise so constructed as to prevent injury to the boxers;
- 8.3. The floor shall be covered with felt, rubber or other suitable approved material having the same quality or elasticity, not less than 2.5cm (1 inch) and not more than 3.75 cm (1 1/2 inch) thick, over which a canvass shall be stretched and secured in place. The felt or other approved material and canvass, shall cover the entire platform.
- 8.4. Red corner should be on the left side and closest to the jury table;
- 8.5. There shall be four (4) ropes of a thickness of 2cm (1 1/4 inches) minimum to 5cm (2 inches) The four (4) ropes must be joined on each side of the ring, at equal intervals, by two (2) pieces of material (close to the texture of the canvas) 3.75 cm (1 1/2 inches) wide. The two (2) pieces must not slide along the rope.
- 8.6. The height of the four (4) ropes shall be:
  - 8.6.1. 1<sup>st</sup> rope from ring platform: 40 cm (15 1/2 inches)
  - 8.6.2. 2<sup>nd</sup> rope from ring platform: 70 cm (27 1/2 inches)
  - 8.6.3. 3<sup>rd</sup> rope from ring platform: 100 cm (39 inches)



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8.6.4. 4<sup>th</sup> rope from ring platform: 130 cm (51 inches).

NOTE: The interpretation of these rules is the responsibility of the respective province's Chief Official.