

BOXING CANADA



CANADA

Articles and Rules

Jan 28, 2025

BOXING CANADA
ARTICLES AND RULES

Compliance with Boxing Canada Competition Rules

These Competition Rules have been established to ensure fair, equal and safe competitions for boxers. The rules apply to all Boxing Canada Competitions and Boxing Competitions organized by Boxing Canada Members. Provincial Organizations may modify Boxing Canada Competition Rules for events under their jurisdiction to comply with provincial laws. However, these modifications must not conflict with Boxing Canada's rules on medical and safety standards or compromise any core standards set by Boxing Canada.

Amendment of Boxing Canada Competition Rules

Amendments to these Competition Rules are made at the Boxing Canada AGM. Prior to the AGM, members may submit proposals for altering these Competition Rules. The Board of Directors will evaluate and process all proposals and will present a final version of the amended Competition Rules for its consideration and approval.

Boxing Canada Board of Directors have the power to make emergency amendments to the Competition Rules in exceptional circumstances where a particular rule is no longer working or the environment and circumstances surrounding a particular rule has changed. Any emergency amendments must be ratified at the next AGM.

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INTRODUCTION

The aim of this rulebook

The aim of this rulebook is to outline the regulations that govern Olympic boxing in Canada for boxers, coaches, and officials at all levels and the interested public.

Application of World Boxing Rules

Boxing Canada accepts the World Boxing rules as defined in the current World Boxing Competition Rules, but with modifications for Olympic boxing in Canada.

Boxers, coaches and officials involved in international competition will come under the jurisdiction of World Boxing.

Boxers, coaches and officials in competition in Canada will come under the jurisdiction of Boxing Canada and World Boxing.

These rules are specifically designed for the purposes of the organization and administration of Olympic boxing in Canada.

The content of this rulebook

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

The Articles – These are directions for Canadian boxing organizations and administration

The Rules – Rules for Canadian Competition that supersede World Boxing Rules

SECTION 1 - THE ARTICLES

1. CANADIAN, PROVINCIAL AND REGIONAL CHAMPIONSHIPS JURISDICTION

1.1. Boxing Canada has jurisdiction over:

1.1.1. All International competitions held in Canada

1.1.2. National Championships competitions

1.1.3. Competitions involving more than four (4) affiliated branches

1.2. Provincial Organizations have jurisdiction over:

1.2.1. Provincial Championships

1.2.2. Regional Competitions

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- 1.2.3. Local Competitions
- 1.2.4. Club Competitions
- 1.3. National Championships
 - 1.3.1. National Championships will be conducted annually for
 - 1.3.1.1. Elite Men and Women
 - 1.3.1.2. U23 Men and Women
 - 1.3.1.3. U19 Men and Women
 - 1.3.1.4. U17 Men and Women
 - 1.3.2. Only Open class boxers shall participate in National Championships.
- 2. **SANCTIONS OF COMPETITIONS AND REPORTS**
 - 2.1. All Olympic-style boxing competitions occurring in Canada must be sanctioned by Boxing Canada
 - 2.1.1. 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 approval addressed to the National office of Boxing Canada.
 - 2.1.2. All competitions involving fewer than four (4) affiliated branches and no boxers from outside Canada, except from U.S. Border States, must be sanctioned by Boxing Canada by way of the member Provincial Organization under whose jurisdiction the competition is being held.
 - 2.2. 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:
 - 2.2.1. That the competition will be conducted under the rules of Boxing Canada and World Boxing when applicable.
 - 2.2.2. Payment to the sanctioning body of the appropriate sanction fee.
 - 2.3. At the conclusion of the sanctioned competition the organizers will send to the sanctioning authority:
 - 2.3.1. Place and date of competition or tournament.
 - 2.3.2. Names of teams and contestants.
 - 2.3.3. Names, weights and results of each bout.
 - 2.3.4. Names and qualifications of officials.
 - 2.3.5. Name of medical officers in attendance.
 - 2.3.6. Details of any injuries or accidents occurring during the competition
 - 2.3.7. Details of any disciplinary situations occurring during the competition
- 3. **ELIGIBILITY FOR INDIVIDUALS PARTICIPATING IN BOXING CANADA SANCTIONED ACTIVITIES**
 - 3.1. To participate in Boxing Canada sanctioned activities, including but not limited to club training, sparring sessions, and competitions, all boxers, coaches, officials, must be registered participants of Boxing Canada through a Provincial Organization

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- 3.2. To compete Boxers must present a Boxing Canada record book with the current year registration number and Boxing Canada medical form that is not older than 1 year. A current picture of the boxer to be placed in the front of the record book.
- 3.3. Registered Athletes shall disclose all previous combat sports experience at the time of registration or renewal. Additional combat sport experience acquired outside those periods must be reported to Boxing Canada immediately. Failure to report said experience could subject the participant to disciplinary action.
- 3.4. Any boxer, coach or official who participates in an unsanctioned or unregulated boxing or combat sport is ineligible to participate in competition as an athlete or non-athlete member of Boxing Canada.
- 3.5. Professional boxers, amateur or professional in Kick Boxing, MMA or any other combat sport may apply to become a registered participant of a Provincial Organization; but shall not spar or compete for 60 days from the date of registration. Additional medical and neurological examinations may be required.

4. TRAVEL PASSES

- 4.1. Travel Passes are available for registered participants of Boxing Canada who compete/participate outside of Canada. These are used by organizing committees and boxing organizations to verify the status of Canadians and may be required as a condition of participation.
- 4.2. Travel passes are produced by Boxing Canada in cooperation with Provincial Organizations.

5. ACTION ON QUESTIONS ARISING NOT COVERED BY THE ARTICLES OR RULES

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

6. APPLICATION OF ARTICLES AND RULES

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

7. ALTERATION OF ARTICLES AND RULES

- 7.1. Amendments to these articles and rules may only be made by majority vote of Boxing Canada's Board of Directors. This will need to be ratified at the next AGM.

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SECTION 2 – THE RULES

1. THE BOXERS

1.1 Age Categories

1.1.1. Men and Women boxers between the age of 19 – 40 are categorized as Elite boxers

1.1.1.1. A boxer who is 18 years old may “compete up” in Elite if they are Open, have a minimum of 10 bouts in their book, and the Technical Delegate (or ring supervisor) believes the 18 year old is sufficiently prepared for the competition.

1.1.2. Men and Women boxers between the age of 17 – 18 are categorized as U19 (Youth) boxers.

1.1.3. Men and Women boxers between the age of 15 – 16 are categorized as U17 (Junior C) boxers.

1.1.3.1. U17 boxers are not permitted to “compete up” in U19.

1.1.4. Men and Women boxers between the age of 13 – 14 are categorized as U15 (Junior B) boxers.

1.1.4.1. U15 boxers are not permitted to ‘compete up’ in U17

1.1.5. Men and Women boxers between the age of 11 – 12 are categorized as U13 (Junior A) boxers.

1.1.5.1. U13 boxers are not permitted to ‘compete up’ in U15

1.1.6. Funbox boxers are between 6 to 12 years old. For boxers from 6 to 10 years old, the program Funbox is mandatory. For U 13 (Junior A) (11 – 12 years old), the program Funbox is optional at the discretion of both coaches.

1.1.6.1. Boxers may compete against each other with a maximum of 12 months difference in age.

1.1.6.2. Men and Women boxers over 40 years old are categorized as Master boxers.

1.1.7. The category (age classification) of a boxer is determined by using his/her year of birth, with the exception of Funbox bouts.

1.2. Weight Categories

1.2.1. Elite and U19 Men’s Weight Categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	47kg	50kg	Flyweight / M50kg
2	50kg	55kg	Bantamweight / M55kg
3	55kg	60kg	Lightweight / M60kg
4	60kg	65kg	Welterweight / M65kg
5	65kg	70kg	Light Middleweight / M70kg
6	70kg	75kg	Middleweight / M75kg
7	75kg	80kg	Light Heavyweight / M80kg

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8	80kg	85kg	Cruiserweight / M85kg
9	85kg	90kg	Heavyweight / M90kg
10	90kg	-	Super Heavyweight / M90+kg

1.2.2.Elite and U19 Women's weight categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	45kg	48kg	Light Flyweight / W48kg
2	48kg	51kg	Flyweight / W51kg
3	51kg	54kg	Bantamweight / W54kg
4	54kg	57kg	Featherweight / W57kg
5	57kg	60kg	Lightweight / W60kg
6	60kg	65kg	Welterweight / W65kg
7	65kg	70kg	Light Middleweight / W70kg
8	70kg	75kg	Middleweight / W75kg
9	75kg	80kg	Light Heavyweight / W80kg
10	80kg	-	Heavyweight / M80+kg

1.2.3.U17 (Junior C) Men's and Women's weight categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	44kg	46kg	Pinweight / M46kg / W46kg
2	46kg	48kg	Light Flyweight / M48kg / W48kg
3	48kg	50kg	Flyweight / M50kg / W50kg
4	50kg	52kg	Light Bantamweight / M52kg / W52kg
5	52kg	54kg	Bantamweight / M54kg / W54kg
6	54kg	57kg	Featherweight / M57kg / W57kg
7	57kg	60kg	Lightweight / M60kg / W60kg
8	60kg	63kg	Light Welterweight / M63kg / W63kg
9	63kg	66kg	Welterweight / M66kg / W66kg
10	66kg	70kg	Light Middleweight / M70kg / W70kg
11	70kg	75kg	Middleweight / M75kg / W75kg
12	75kg	80kg	Light Heavyweight / M80kg / W80kg
13	80kg	-	Heavyweight / M80+kg / W80+kg

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1.2.4. Weights for Funbox, U 13 (Junior A) and U 15 (Junior B boxers) (Men's and Women's)

#	Over (Min limit)	Under (Max limit)	
1	26kg	28kg	U 13 (JR A)/Fun box only
2	28kg	30kg	U 13 (JR A)/Fun box only
3	30kg	32kg	U 13 (JR A)/Fun box only
4	32kg	34kg	U 13 (JR A)/Fun box only
5	34kg	36kg	
6	36kg	38kg	
7	38kg	40kg	
8	40kg	42kg	
9	42kg	44kg	
10	44kg	46kg	
11	46kg	48kg	
12	48kg	50kg	
13	50kg	52kg	
14	52kg	54kg	
15	54kg	57kg	
16	57kg	60kg	
17	60kg	63kg	
18	63kg	66kg	
19	66kg	70kg	
20	70kg	75kg	
21	75kg	80 kg	
22	80+ kg		

1.2.5. Masters Men's weight categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	47kg	50kg	Flyweight / M50kg
2	50kg	55kg	Bantamweight / M55kg
3	55kg	60kg	Lightweight / M60kg
4	60kg	65kg	Welterweight / M65kg
5	65kg	70kg	Light Middleweight / M70kg
6	70kg	75kg	Middleweight / M75kg
7	75kg	80kg	Light Heavyweight / M80kg
8	80kg	85kg	Cruiserweight / M85kg

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9	85kg	90kg	Heavyweight / M90kg
10	90kg	-	Super Heavyweight / M90+kg

1.2.6. Master Women's weight categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	1	45kg	48kg
2	2	48kg	51kg
3	3	51kg	54kg
4	4	54kg	57kg
5	5	57kg	60kg
6	6	60kg	65kg
7	7	65kg	70kg
8	8	70kg	75kg
9	9	75kg	80kg
10	10	80kg	-

1.3. Category of Boxer

1.3.1. Novice – is a boxer who has competed in 10 bouts or fewer.

1.3.1.1. 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 six (6) bouts as a Novice with four Developmental bouts count in the number of total bouts of Novice boxers.

1.3.1.2. 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.

1.3.2. Open – is a boxer who has competed in more than 10 bouts, or if a boxer has been upgraded as per rule 1.3.2.

1.4. Attire of boxer

1.4.1. Boxers shall box in light boots or shoes (without spikes or heels), socks, shorts (not to exceed knee length), and a vest covering the chest and back.

1.4.2. Where the trunks and vests are of the same color, the belt line must be clearly indicated by marking of a distinctive color. (Note: The belt-line is an imaginary line from the navel to the top of the hips).

1.4.3. To assist judging, a boxer must wear a red or blue vest depending on the respective corner. Different colour shorts may be worn as long as the beltline of the shorts are clearly indicated by a contrasting colour and by using a 6-10cm wide elastic waistband.

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- 1.4.4. To assist judging, at national championships participants MUST wear a red or blue short and vest, depending on the respective corner. The beltline of the shorts must be clearly indicated by a contrasting colour on a 6-10cm wide elastic waistband.
- 1.4.5. For safety reasons, no adornment may be affixed to the trunks such as metal or plastic objects, sequins, etc.
- 1.4.6. For safety reasons, no tape or binding of any kind will be permitted on the competition uniform at national competition or competition leading to national competition. This rule may be relaxed at the local level (to support waistband rule)
- 1.4.7. Boxers are encouraged to always wear attire that reflects who they are representing in the competition (i.e. their club or province). Boxers should not be representing 'team canada' unless taking part in a designated National Team activity.
- 1.4.8. Robes, towels or any other clothing may not be worn by the boxer when entering the boxing ring.

2. REGULATIONS CONCERNING CLUB SHOWS/NON-TOURNAMENT BOUTS

2.1. Definition

- 2.1.1. Non-tournament bouts are bouts between boxers who are not included in sanctioned tournament event. These bouts include club shows, invitational events, developmental bouts.
- 2.1.2. Developmental bouts are non-competitive bouts where ringside judges are not used. All other ringside officials must be in attendance (referee, doctors, timekeepers, etc.)

2.2. Sanction

- 2.2.1. Bouts may only be conducted in the program of an event sanctioned by the appropriate National, Provincial or Regional Authority.

2.3. Approval

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

2.4. Developmental Bouts

- 2.4.1. Developmental Bouts may only be conducted in the program of an event sanctioned by the appropriate National, Provincial or Regional Authority.
- 2.4.2. Boxers participating in Developmental Bouts must be registered with Boxing Canada.

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- 2.4.3. Developmental Bout boxers must complete weigh-in, pre-bout physical, and post- bout physical.
- 2.4.4. The ring announcer must explain by way of a formal announcement the purpose of Developmental Bouts.
- 2.4.5. The referee must conduct the Developmental Bout as a competitive bout.
- 2.4.6. The Developmental Bout is entered in the decision section of the Boxing Canada passbook as "Dev Bout."
- 2.4.7. Developmental Bouts: the maximum round length for ages 11-12 is 1 minute, 13-14 is 1.5 minutes and ages 15+ box maximum of 2-minute rounds.
- 2.4.8. There is no decision at the conclusion of the bout. Upon conclusion of the Developmental Bout, both boxers' hands are raised by the referee in the center of the ring, unless the bout is stopped as a result of 8 counts (see below).
 - 2.4.8.1. Maximum 8 counts in a Developmental Bout is 1 in a single round, and a maximum of 2 in a bout.
- 2.4.9. Boxers are matched on age, weight and experience as described in the rules of making a regulation bout.

2.5. FunBox

- 2.5.1. 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.
- 2.5.2. For U13 (Junior A) (11 – 12 years old), the program Funbox is optional at the discretion of both coaches.
- 2.5.3. The duration of the bouts is 3 rounds of up to 1 minute.
- 2.5.4. Both boxers must be declared winners; in their books, the win must be recorded as WFB.
- 2.5.5. Coaches are not permitted to coach from the corner during funbox bouts.
- 2.5.6. 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.
 - 2.5.6.1. Slapping, low blow, head blow, stay of the ropes, move, holding, power.
- 2.5.7. Men and Women up to the age of 10 years old (date of birth) may box each other.

2.6. Win by Disqualification - No Show

- 2.6.1. If a boxer is present and his/her opponent is a “no show” without at least 4 hours notice, the boxer who attended will receive a “win” and the boxer who is not present will receive a “loss” in their respective bout book and in the results for the event.

3. ROUNDS

3.1. Open Boxers

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- 3.1.1. In all Elite Men and Women open approved competitions, a bout shall consist of three (3) rounds of three (3) minutes each with one (1) minute rest interval.
- 3.1.2. In all U19 (Youth) Men and Women open approved competitions, a bout shall consist of three (3) rounds of three (3) minutes each with one (1) minute rest interval.
- 3.1.3. In all U17 (Junior C) Men and Women approved competitions, a bout shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 3.1.4. In all U15 (Junior B) Men and Women approved competitions, a bout shall consist of three (3) rounds of one and a half (1.5) each with one (1) minute rest interval.
- 3.1.5. In all U13 (Junior A) Men and Women approved competitions, a bout shall consist of three (3) rounds of one (1) minute each with a one (1) minute rest interval.
- 3.1.6. During the interval between rounds, boxers must face the ring centre.

3.2. Novice Boxers

- 3.2.1. Novice Elite Men or Women, a bout shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest period.
- 3.2.2. Novice U19 (Youth) Men or Women, a bout shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 3.2.3. Novice U17 (Junior C) Men or Women, a bout shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 3.2.4. Novice U15 (Junior B) Men or Women, a bout shall consist of three (3) rounds of one minute and a half (1.5) each with a one (1) minute rest interval.
- 3.2.5. Novice U13 (Junior A) Men or Women, a bout shall consist of three (3) rounds of one (1) minute each with a one (1) minute rest interval.
- 3.2.6. During the interval between rounds, boxers must face the ring centre.

3.3. Master Boxers

- 3.3.1. For boxers who are 41 to 45 years old, a bout shall consist of three (3) rounds of two (2) minutes each with a one (1) minute rest interval.
- 3.3.2. For boxers who are 46 to 55 years old, a bout shall consist of three (3) rounds of one minute and a half (1.5) each with a one (1) minute rest interval.
- 3.3.3. For boxers who are 55 years old and over, a bout shall consist of three (3) rounds of one (1) minute each with a one (1) minute rest interval.
- 3.3.4. During the interval between rounds, boxers must face the ring centre.

4. MAXIMUM WEIGHT DIFFERENCE

4.1. Elite and U19 (Youth)

- 4.1.1. Male if under 90 Kg, the maximum weight difference is 5 Kg
- 4.1.2. Male – no maximum weight difference if both boxers are over 90 Kg
- 4.1.3. Female if under 60 Kg the maximum weight difference is 3 Kg
- 4.1.4. Female over 60 Kg and under 80 Kg the maximum weight difference is 5 Kg

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4.1.5. Female – no maximum weight difference if both boxers are over 80 Kg

4.2. U17 (Junior C) U 15 (Junior B), U 13 (Junior A) (Male & Female)

4.2.1. If under 54 Kg, the maximum weight difference is 3 Kg

4.2.2. If over 54 Kg and under 66 Kg, the maximum weight difference is 4 Kg

4.2.3. If over 66 Kg and under 80 Kg, the maximum weight difference is 5 Kg

4.2.4. If both boxers are over 80 Kg, no maximum difference

4.3. Funbox (Male & Female)

4.3.1. Maximum weight difference is 3kg

4.4. Masters (Male & Female)

4.4.1. Maximum weight difference is 5 Kg

5. MAXIMUM AGE DIFFERENCE

5.1. Elite

5.1.1. There is no age restriction for Elite boxers.

5.2. U 19 (Youth)

5.2.1. A U19 (Youth) boxer may box an elite boxer as long as the boxer is in their 18th year of birth.

5.3. U 17 (Junior C)

5.3.1. A U17 (Junior C) boxer may not be more than 24 months younger than their competitor.

5.4. U 15 (Junior B)

5.4.1. A U15 (Junior B) boxer may not be more than 24 months younger than their competitor.

5.5. U 13 (Junior A)

5.5.1. A U13 (Junior A) boxer may not be more than 24 months younger than their competitor.

5.6. Funbox

5.6.1. The maximum difference in age for Funbox boxers is 12 months.

5.7. Masters

5.7.1. The maximum difference in age for Masters boxers is 10 years.

6. MAXIMUM EXPERIENCE DIFFERENCE

6.1. Experience difference

6.1.1. Novice boxer vs Novice Boxer – 7 bouts maximum difference

6.1.2. Novice boxer vs Open boxer – 5 bouts maximum difference

6.1.3. Open boxer vs Open boxer – no limit-Each competitor's experience shall be considered

6.1.4. Novice boxer vs Open boxer the number and duration of rounds must be those of the Novice boxer

7. GLOVES

7.1. Elite and U19 (Youth)

7.1.1. 10oz gloves will be used for male weight categories 50 kg to 65 kg.

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7.1.2. 12oz gloves will be used for male weight categories 70 kg to 90+ kg.

7.1.3. 10oz gloves will be used for all female weight categories.

7.2. U17 (Jr C), U 15 (Jr B), U13 (Jr A)

7.2.1. 10oz gloves will be used for all Men and Women weight categories.

7.3. Masters

7.3.1. 16oz gloves will be used for all Men and Women weight categories.

7.4. Developmental

7.4.1. 10oz gloves will be used for Men and Women weight categories 28 kg to 60 kg.

7.4.2. 16oz gloves will be used for Men and Women weight categories 65 kg to 90+ kg.

7.5. Funbox

7.5.1. 10oz gloves will be used for all Men and Women weight categories.

7.6. Approved gloves

7.6.1. Gloves must be World Boxing or USA approved.

8. HANDWRAPS

8.1. Handwraps

8.1.1. Two 3.5-4.5m long and 5.7 cm wide stretchy cotton material rolls with a Velcro closure. Exact length specifications may be outlined in the Event Invitations.

8.1.2. It is prohibited to use any substance and foreign materials on the handwrap or on the hand.

8.1.3. One strand of tape is permitted to secure the handwrap at the wrist.

9. GROIN AND BREAST PROTECTOR

9.1. Groin and Breast Protector

9.1.1. Male boxers must wear a groin protector during a bout.

9.1.2. Female boxers may use a pelvic protector during a bout.

9.1.3. Female boxers may wear a breast protector during a bout.

10. HEADGUARDS

10.1. Elite, U19 (Youth), U 17 (Jr C), U 15 (Jr B), U 13 (Jr A)

10.1.1. Red or blue headguard must be worn matching the boxer's assigned corner.

10.1.2. Open face headguard must be worn.

10.1.3. No training headguards or headguards with cheek protectors.

10.2. Developmental

10.2.1. Red or blue headguard must be worn matching the boxer's assigned corner.

10.2.2. Open face headguard must be worn.

10.2.3. No training headguards or headguards with cheek protectors.

10.3. Funbox

10.3.1. Red or blue headguard must be worn matching the boxer's assigned corner.

10.3.2. Headguards with cheek protectors may be worn as long as both boxers are wearing headguards with cheek protectors.

10.4. Masters

10.4.1. Red or blue headguard must be worn matching the boxer's assigned corner.

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10.5. Approved headguards

10.5.1. Headguards must be approved by World Boxing or USA Boxing.

10.6. Long hair

10.6.1. Boxers with long hair must wear a bandana, skull cap, or a hair net under their headguard.

11. OTHER PROTECTIVE GEAR

11.1. Kinesiology tape

11.1.1. Boxers can use kinesiology taping, as long as it is only applied:

11.1.1.1. From the waist down, and

11.1.1.2. To the back of the body.

11.2. Knee brace

11.2.1. Knee brace can be used as long as there is no metal in the knee brace.

12. COACHES

12.1. Attire

12.1.1. Coaches are encouraged to wear a collared shirt (for instance, a polo shirt) or tracksuit jacket, and long pants, that are reflective of the team to which they belong. This is to ensure they are differentiated from the boxers but are still easily identifiable by team.

12.1.1.1. Suggested attire includes:

12.1.1.1.1. Full tracksuit

12.1.1.1.2. Tracksuit pants with clean shirt with sleeves or sport shirt (polo)

12.1.1.1.3. Dress pants with no tears nor stains with one of the shirts mentioned above.

12.1.1.1.4. Only religious headwear is allowed.

12.1.1.1.5. Sneakers, boxing boots or flat-sole shoes are allowed, no sandals of any type allowed.

12.1.1.2. Prohibited attire includes:

12.1.1.2.1. Baseball caps

12.1.1.2.2. Clothing that is torn or exposes the shoulders/chest/back

12.1.1.2.3. Clothing that is dirty, soiled, or stained (this is both for aesthetic and hygienic reasons)

12.1.1.2.4. At all National Championships shorts are prohibited (this is to differentiate coaches from boxers, and to ensure a "professional" aesthetic)

12.2. Behaviour

12.2.1. Coaches must remain seated during the rounds in the designated area.

12.2.2. Coaches are not permitted to encourage or incite spectators by words or signs while in the Field of Play – a coach's focus should be on supporting their boxer, not discouraging their boxer's opponent

12.2.3. Coaches are not allowed to leave their designated area, touch the ring, or clap as this might interfere with the actions of their boxer's opponent.

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12.2.4. Coaches are not allowed to use cameras or communication devices in the Field of Play, such as, but not limited to, cell phones, tablets PC, headsets, electronic recording devices etc. – this is to ensure that the coaches are focused on supporting their boxer.

12.2.5. Coaches may not enter the boxing ring other than during the 1 minute rest period, unless directed by the Referee.

13. OFFICIALS

13.1. Attire

13.1.1. White collared dress shirt (long or short sleeve).

13.1.2. White collared polo shirt if approved by the supervisor.

13.1.3. Black dress pants with black belt.

13.1.4. Black flat sole shoes, running shoes or boxing boots.

13.1.5. Badge – Boxing Canada badge.

13.1.6. It is recommended that the referee wears protective gloves in the ring.

13.1.7. The wearing of watches, rings, neck chains, earrings or articles that may be considered dangerous to a competitor shall not be worn.

13.1.8. No items should be in the official's pocket unless it is gauze when the referee is in the ring refereeing the bout.

13.1.9. The wearing of spectacles by a Referee during progress of a bout is not permitted, but contact lenses are allowed.

13.1.10. In Canada the wearing of CSA or Underwriter approved safety glasses/goggles/faceshield is allowed for domestic competitions only and must be secured with a strap to prevent them from falling.

13.2. Duties and Permission

13.2.1. Judges will not speak or give any sign to Boxers, Seconds, other Judges, or to anyone else before, during or after the Bout, until they have left the Field of Play.

13.2.2. Judges will not leave their seat until the decision of the bout has been announced.

14. WEIGH-INS

14.1.1. 15.1 Weigh-ins

14.1.2. Technical Officials checking the weight of Boxers must be of the same gender as the Boxers.

14.1.3. Coaches are not permitted in the weigh-in area.

14.1.4. The time of the end of the weigh-in must not be less than 3 hours of the start of the first bout.

15. BOXING RING

15.1. Requirements

15.1.1. The minimum shall be 4.9 m(16ft) and the maximum size 6.1m(20ft) measured inside the line of the ropes and it shall be no more than 1.2m (4ft) above the ground or base.

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- 15.1.2. The boxing surface 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;
- 15.1.3. The boxing surface 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 canvas shall be stretched and secured in place. The felt or other approved material and canvas, shall cover the entire platform.
- 15.1.4. Red corner should be on the left side and the closest to the supervisor's table;
- 15.1.5. 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.
- 15.1.6. The height of the four (4) ropes shall be:
- 15.1.6.1. 1strope from ring platform: 40 cm (15 1/2 inches)
 - 15.1.6.2. 2ndrope from ring platform: 70 cm (27 1/2 inches)
 - 15.1.6.3. 3rdrope from ring platform: 100 cm (39 inches)
 - 15.1.6.4. 4thrope from ring platform: 130 cm (51 inches).