

Boxing Weight Classes; Weigh-In.

(1) Weight Classes.

(a) Bantam Class.

1. No boxing match shall be permitted when there is a difference of weight between the bantam class amateurs that is greater than 5 pounds.

(b) The following weight classes and differentials apply to amateurs in the Junior Class, Intermediate Class, and Senior Class, including all amateurs ages sixteen (16) years and younger:

Name	Weight (lbs.)
Pin weight	100 or less
Light Flyweight	101 to 106
Flyweight	106 to 110
Light Bantamweight	110 to 114
Bantamweight	114 to 119
Featherweight	119 to 125
Lightweight	125 to 132
Light Welterweight	132 to 138
Welterweight	138 to 145
Light Middleweight	145 to 154
Middleweight	154 to 165
Light Heavyweight	165 to 176
Heavyweight	176 to 198
Super Heavyweight	198 and above

1. No boxing match shall be permitted when there is a difference of weight between the junior class, intermediate class, and senior class amateurs that is greater than 5 pounds.

(c) The following weight classes and differentials apply to amateurs in the adult class and Master class, including all amateurs ages seventeen (17) and older:

Name	Weight (lbs)	Weight Differential (lbs)
Light Flyweight	Less than 108	
Flyweight	109 to 114	6
Bantamweight	115 to 123	8
Lightweight	124 to 132	8
Light Welterweight	133 to 141	8
Welterweight	142 to 152	10
Middleweight	153 to 165	12
Light Heavyweight	166 to 179	13
Heavyweight	180 to 201	22
Super Heavyweight	202 and above	unlimited

(2) The commission may approve weight classes outside of these ranges on a case-by-case basis for tournaments, qualifying for the Junior Olympics or the Olympics or for participating in the Junior Olympics or Olympics. Requests for approval shall be submitted to the commission office no less than 30 days prior to the event for review.

(3) Additional Weight Class restrictions:

(a) Amateur sanctioning organizations shall not permit amateurs to participate outside of the weight spread permitted in the weight class of the lightest amateur.

(b) When matches involve amateurs with a crossover of age classes, the weight difference allowed between the amateurs will be that of the younger aged amateur's class.

(4) Weigh-in.

(a) Amateurs shall be weighed within 28 hours of the scheduled match, at a time and place designated by the amateur sanctioning organization, in the presence of the amateur sanctioning organization supervisor on scales approved by the amateur sanctioning organization.

(b) All weights shall be taken with the amateurs stripped of clothing and other weight bearing objects.

Boxing Conduct of Bout; Rounds.

(1) All matches are to be designated as amateur.

(a) If advertising is conducted, the advertising shall clearly indicate the matches are amateur.

(b) No event shall have both amateur and professional matches.

(2) Conduct of Bout for all age groups:

(a) Matches between a male amateur and female amateur are not permitted.

(b) Any individual who has competed anywhere in the world as a professional in combat sports, including, but not limited to boxing, mixed martial arts, Tough-Man competitions, kickboxing, and cage fighting, is prohibited from competing in amateur boxing, kickboxing, and mixed martial arts in the State of Florida.

(c) All amateurs must enter and compete in all matches under their own names. The use of a ring name or nickname is strictly prohibited.

(d) Matches between a minor (16 years and younger) and an adult (18 years and older) are prohibited. Amateur sanctioning organizations are responsible for verifying age prior to permitting amateurs to compete.

(e) Excessive coaching from corner is prohibited. Cornermen must remain seated in the designated chairs throughout the entire round.

(f) When an amateur is knocked out or injured by submission, no one is allowed in the ring until authorized by a referee or physician.

(g) In the event that a fighter is knocked down, the referee will send the standing fighter to the furthest neutral corner and count over the downed fighter. The referee is required to reach the count of eight prior to allowing the bout to continue. A knock down is anytime a part of the amateur's body other than the soles of the feet touch the ground or would have touched the ground if the fighter had not grabbed the ropes or his opponent, as the result of a legal strike.

(h) In the event that a fighter is hurt, but not knocked down, and the referee is not in position to immediately determine if the bout should be stopped, he may stop the action and send the undamaged fighter to the furthest neutral corner and evaluate the damaged fighter while administering an eight count.

(i) Amateur sanctioning organizations shall not permit more than two amateurs to participate in any match.

(j) No one under the age of 8 years old shall be permitted to participate in amateur boxing.

(k) When matches involve a crossover of age classes, the length of the rounds will be that for the younger-aged amateur's class.

(l) Amateurs may compete against amateurs from one age class above or below their age class. Amateurs under the age of sixteen (16) may not compete against amateurs with more than a 24-month difference in age, based on the amateurs' actual birthdates.

(m) Advance notices for all amateur boxing events shall be filed by the amateur sanctioning organization, with the commission at least the (10) days before the date of each match.

(3) Conduct of Bout for Bantam Class:

(a) Amateurs aged eight (8), nine (9), and ten (10) are in the Bantam Class.

(b) Eight (8) year olds can only box eight (8) and nine (9) year olds.

(c) Nine (9) year olds can only box eight (8), nine (9) and ten (10) year olds.

(d) Ten (10) year olds can only box nine (9) and ten (10) year olds.

(e) The rounds shall consist of three one (1) minute rounds, with one minute between each round.

(4) Conduct of Bout for Junior Class:

(a) Amateurs aged eleven (11) and twelve (12) are in the Junior Class.

(b) The rounds shall consist of three one (1) minute rounds, with one minute between each round.

(5) Conduct of Bout for Intermediate Class:

(a) Amateurs aged thirteen (13) and fourteen (14) are in the Intermediate Class.

(b) The rounds shall consist of three one-and-a-half (1.5) minute rounds, with one minute between each round.

(6) Conduct of Bout for Senior Class:

(a) Amateurs aged fifteen (15) and sixteen (16) are in the Senior Class.

(b) The rounds shall consist of three two (2) minute rounds, with one minute between each round.

(7) Conduct of Bout for Adult Class:

(a) Amateurs aged seventeen (17) through thirty-four (34) are in the Adult Class.

(b) The rounds shall consist of no more than three three-minute rounds or five two-minute rounds, with one minute between each round.

(8) Conduct of Bout for Master Class:

(a) Amateurs aged thirty-five (35) and up are in the Master Class.

(b) The rounds shall consist of three two-minute rounds, with one minute between each round.

(9) Fouls generally for all age groups include but are not limited to:

(a) All illegal techniques qualify as fouls and shall be called by the referee and stopped immediately upon the referee calling the foul. Referees shall not permit amateurs to continue to foul opponents.

(b) A referee having any reason to believe that a foul has been committed, which said referee did not witness, may consult the judges and will make an appropriate decision according to the majority of the judges who saw the blow.

(10) Illegal Techniques (fouls) for all age classes:

(a) Hitting below the belt, holding, tripping, kicking and head butting.

(b) Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes.

(c) Hitting with open glove, the inside of the glove, wrist or side of the hand.

(d) Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch.

(e) Hitting while holding the ropes or making any unfair use of the ropes.

(f) Lying on, wrestling, and throwing in the clinch.

(g) Hitting an opponent who is down or who is in the act of rising.

(h) Holding.

(i) Holding and hitting or pulling and hitting.

(j) Holding, or locking, of the opponent's arm or head, or pushing an arm underneath the arm of the opponent.

(k) Ducking below the belt of the opponent in a dangerous manner.

(l) Completely passive defense by means of double cover and intentionally failing to avoid a blow.

(m) Not stepping back when ordered to break.

(n) Attempting to strike opponent immediately after the referee has order, "break" and before taking a step back.

(o) Assaulting or behaving in an aggressive manner toward a referee at any time.

(p) Spitting out mouthpiece.

(q) Pushing, shoving.

(11) Rounds:

(a) No amateur shall be permitted to participate in any amateur match on more than one day in any seven. Exceptions may be made by the executive director or his designee for regularly sanctioned tournaments held in the same venue requiring two or more days to compete, so long as the matches are held within a reasonable time. Requests for approval shall be made to the commission office no later than 10 days prior to the matches.

(b) The duration of each round of a men's boxing match shall be 3 minutes with 1-minute rest intervals between rounds.

(c) The duration of each round of a women's boxing match shall be 2 minutes with 1-minute rest intervals between rounds.

(d) A boxing match may be scheduled for no more than five rounds.

(12) Participation in subsequent matches:

(a) Any amateur who loses by way of a TKO shall not participate in any match for a minimum of thirty (30) days, unless cleared by a neurologist to return sooner.

(b) Any amateur who loses by way of KO shall not participate in any match for a minimum of sixty (60) days.

(c) Amateurs shall receive a mandatory seven-day rest period after competing in a match. Day 1 of the mandatory rest period shall commence on the first day following the event.

(d) If the physician suspends an amateur based on a post-match physical, the amateur shall comply with all the stipulations listed by the physician in the suspension, including clearance by a physician licensed as an M.D. or D.O., prior participating in further matches.

Boxing Apparel.

- (1) Each male amateur shall wear the following:
 - (a) Traditional boxing trunks must be worn, the belt of which shall not extend above the waistline.
 - (b) A protective cup or groin protector as approved by the amateur sanctioning organization representative.
 - (c) An abdominal guard of standard type which provides sufficient protection to withstand any low blow without inhibiting an opponent's ability to land a legal blow.
 - (d) Shoes made for the purpose of boxing.
 - (e) A sleeveless athletic shirt of a different color from the waistband of the trunks.
 - (f) Competitive headgear made to USA Boxing, AIBA, or the Amateur Boxing Federation specifications. The inner casing of the headgear shall be lined with 1 1/2 – ounce tanned, unfinished leather.
 - (g) Ear protection with 1/2-inch flat foam rubber on the outside, fitted in a semi-circle.
- (2) Each female amateur shall wear the following:
 - (a) A protective cup or protective pelvic girdle to cover the pubic area, ovaries, coccyx and sides of the hips is optional.
 - (b) Shoes made for the purpose of boxing.
 - (c) A sleeveless athletic shirt of a different color from the waistband of the trunks.
 - (d) Competitive headgear made to USA Boxing, AIBA, or the Amateur Boxing Federation specifications. The inner casing of the headgear shall be lined with 1 1/2 – ounce tanned, unfinished leather.
 - (e) Ear protection with 1/2-inch flat foam rubber on the outside, fitted in a semi-circle.
- (3) For female amateurs, breast protectors are optional.
- (4) An individually fitted mouthpiece, which mouthpiece shall be always in the amateur's mouth during the match period of each round as provided by these rules.
- (5) Illegal apparel:
 - (a) Eyeglasses.
 - (b) Shoes with spikes, tassels, cleats, or heels.
 - (c) Any type of apparel with metal straps, buckles, necklaces or any other type of jewelry.
 - (6) Amateurs may wear soft contact lenses. Hard contact lenses are forbidden.

Boxing Bandages; Hand wraps; Gloves.

- (1) Bandages and Hand wraps:
 - (a) All amateurs shall wear hand wraps that are made of cotton gauze, or soft surgical gauze, or velpeau.
 - (b) Cotton/soft surgical gauze: 15 yards of 2-inch gauze and a minimum of 3 feet, and a maximum of 6 feet of 1-inch adhesive tape per hand. The tape must be applied 1 inch behind the knuckles. Only 3/4-inch tape may be applied between fingers and may not cover the striking surface of the hand.
 - (c) Velpeau: An amateur electing to use velpeau is allowed to use a minimum of 3 feet and a maximum of 6 feet of 1-inch adhesive tape per hand.
 - (d) The amateur sanctioning organization representative must inspect all hand wraps and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands. The amateur sanctioning organization is responsible for the amateurs' compliance with the bandages and hand wraps requirements.
- (2) Gloves:
 - (a) When the heavier of the two amateurs weighs 152 pounds or less, both amateurs shall use 10-ounce gloves. When the heavier of the two amateurs weighs more than 152 pounds, both amateurs shall use 12-ounce gloves.
 - (b) Amateurs 35 years and older shall use approved 16 oz gloves, regardless of their weight.
 - (c) Both amateurs shall use the same manufacturer of gloves.
 - (d) Prior to the beginning of each match each glove of each amateur shall be examined and approved or disapproved by the amateur sanctioning organization representative and referee. Any glove intended to be used by an amateur in a match shall be whole, clean, in sanitary condition and shall have the thumb attached. Gloves shall be in good condition. If the padding in a glove is found to be misplaced or lumpy, or if the glove shows evidence of breaking, roughing or twisting, the glove shall be disapproved and shall not be used. The match shall not begin or continue unless an approved glove has been substituted for the disapproved glove.
 - (e) Laces of gloves shall be knotted on the back of the wrist and tape shall be applied over the laces so as to prevent injury to the opponent. Velcro shall be located on the back of the wrist and tape shall be applied over the Velcro.
 - (f) Gloves shall be adjusted under the supervision of the amateur sanctioning organization representative.

Supervision of Amateur Events.

(1) The amateur sanctioning organization or the representative of the amateur sanctioning organization shall provide direct, on-site supervision for all amateur boxing, kickboxing, and mixed martial arts events.

(2) The amateur sanctioning organization shall provide to the commission the name, telephone number and mailing address of every individual authorized to provide direct, on-site supervision and to serve as a representative of the amateur sanctioning organization during the event. This information shall be included in the advance notices for all amateur boxing, kickboxing and mixed martial arts events filed by the amateur sanctioning organization, with the commission at least the (10) days before the date of each match.