



2025 USIBA NATIONAL TOURNAMENT RULES				
Register with USA Boxing	Required			
Full-Time College Student	Minimum of 9 hours			
Headgear	USA Boxing approved, Boxer's responsibility.			
Gloves	USA Boxing approved 12 oz., provided by USIBA.			
# of Rds/Min.	3 Rounds of 2 mins			
Compulsory Count Limits	3 in a Round, 4 in a Bout			
National Tournament Weight Categories	Men:		Women:	
	113	119	106	112
	125	132	119	125
	140	147	132	141
	154	160	152	165
	168	175	178	178+
	188	201		
	225	225+		
National Tournament Divisions	0-2 Bouts = Beginner* 0-9 Bouts = Novice 10 or more Bouts (5+ optional) = Open *Boxers are eligible for Beginner Division only once.			
National Tournament Weigh-In	Day 1: Everyone weighs-in, no allowance. Day 2: Boxers competing day 2 only, no allowance. Day 3: Boxers competing day 3, no allowance.			
Team Scoring at National Tournament	Registered USIBA Clubs of 5 or more boxers from the same academic institution may compete for a team title.			

ADDITIONAL REMINDERS FOR COLLEGE BOXERS

Uniform Rule:	No binding material (Such as tape) permitted on the sleeveless shirt nor shorts. Waistband of shorts must be a different color than the sleeveless shirt. Shorts may not extend past top of knee.
Protectors:	Men boxers are required to wear a groin protector. Protectors are optional for women boxers.
Weigh-In & Physicals:	All boxers weigh on the first day of the tournament, otherwise boxers weigh in only on the days in which they are scheduled to compete.
Hair:	Hair must be contained beneath the headgear. Boxers with long hair must wear a cap or net.
Facial Hair:	No beards below shoulder length.
Piercings:	All jewelry, including earrings, nose rings, tongue rings, etc., must be removed prior to entering the ring.

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