



USIBA Rules Summary v.13.15.2023



Register with USA Boxing	Required	
Full-Time College Student	Required	
Headgear	Required	
Gloves	12 oz. (National Championship)	
# of Rds/Min.	3 Rounds of 2 mins (Nationals)	
Compulsory Count Limits	3 in a Round, 4 in a Bout	
National Tournament Weight Categories	Men 113 119 125 132 140 147 154 160 168 175 188 201 225 225+	Women 106 112 119 125 132 141 152 165 178 178+
National Tournament Divisions	0-2 Bouts = Beginner* 0-9 Bouts = Novice 10, or more Bouts = Open *Boxers are eligible for Beginner Division for one year	
National Tournament Weight Allowances	Day 1: no allowance Day 2: 1 pound Day 3: 2 pounds	
Team Scoring at National Tournament	Registered teams of 6 or more boxers from the same academic institution may compete for a team title. Check the USIBA Team Scoring Policy.	

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.
Mouthguard:	No red, pink, or orange colors allowed on mouthguards. Losing gumshield due to legal blow = caution (a 3rd caution = warning) Spitting out the gumshield = warning
Weigh-ins & 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 during bout.
USA Boxing Rulebook:	https://www.teamusa.org/usa-boxing/usa-boxing-national-rule-book

