

NEW COACHES:

1/2009 REVISED

Welcome to the OBA where equality & respect is demanded by all members.

There are 3 parts to each Level of Coaching certification - Theory - Technical - Practical
Level 1 or A is Introduction to Competition. You need to complete Level 1 or A within your first year of registration.

Theory: obtainable through your area college or university
2 day course if taken on a weekend & the fee is about \$150.00
also correspondence via internet is available as in a 6 week attendance weekly course

Technical: obtainable through your OBA Coaching Course
2 day course & usually done on the weekends. The fee is about \$40.00
Instructions include the basics of stance, hand, arms, defence, and offence & to provide you with warm up exercises, diet, good eating habits, exercise programs & advancing

Practical - is obtained from the date you begin your membership as a coach & the time that you spend training boxers, in the gym.

DRESS: Common Sense prevails.

Clean runners - track suit or dress pants with a barber's top - no blue jeans & no dress shoes.

Clean appearance-neat hair/trimmed facial hair-etc.& be sure that your personal hygiene reflects cleanliness
Shorts (under certain circumstances) are permitted but they must not be shorter than 4 inches above the knee & can not be blue jean or silk material.

In the corners, there will be no covering on your head & any jewelry should be not motion.
Be sure to remove any jewelry that your boxer may be wearing.

When working a boxer's corner, only the 'Primary' works the 'inside' or 'upper' position. Maximum 2 persons only in the corner. You must always have a full Level 1 in the corner with you. Any other OBA coach will be available to assist & if one isn't near, ask the Chief Official to call one. While working corners, do not mount the steps before the end of the bout because mounting the steps declares you are retiring your boxer. Talking in the corners during the match is not encouraged & you could be removed from the corner for talking. Nothing is permitted to be put on the canvas during the bout, including water bottles or towels. You may give only WATER to your boxer during rounds. If your boxer is asthmatic & requires medication prior to the conclusion of the bout, your boxer must retire in order to receive the meds. You are responsible for the dress of your athlete & for your athlete's behavior.

If you are removed from the corner, by the official of the event, you may not be replaced in the corner & you may not give directions or holler from anywhere else in the area. If you do, you will be asked to leave the venue. Your actions & attitude is contagious to the boxers & other coaches.

If you have any problems during a show, bring your problem to the official's table where it will be reviewed by the Chief Official. You are welcome to come to the official's table to view the score cards but no one can remain at the officials table during the matches, except the working officials or President.

Camera wielding persons may not mount the apron or the corners to take photos without express approval from the Tech. person & must remain back of the ring safety area - 6 feet. No persons are allowed within 6 feet of the official's tables & ring girls may sit at the 6 feet mark but may not holler or encourage boxers because they are within the 'official's area' & there can be no encouraging from within that area.

Coaches use the 'general membership application' for their registration. Registrations start Jan. 1 & expire Dec. 31 of year 1. See the 'Fee' schedule. Please send to the office, any certification that you have on registering or if you take any extra course.

HAND WRAPPING & GLOVING

Velpeau is the material that hand wraps are made of.

Gauze is regular medical gauze.

Tape means white, medical tape.

Hand Wraps

A velpeau bandaging or training hand wraps may be used. They may not exceed 8 feet 4 inches in length & no greater than 2 ¼ inches in width.

Gauze may be used but can not exceed 2 rolls per hand at 9 feet 6 inches (2.5 meters in length) and no wider than 2 inches or (5 centimeters in width) which is permitted for Ontario bouts only.

NO tape or bandage may be placed between the fingers of either hand, except the gauze bandage may go between the fingers once. To clarify - one strip of gauze only. Securing tape can be 3" long (7.5 cm) & 1" (2.5 cm.) at the wrist only. **NO EXCEPTIONS.**

A boxer's bandages MUST be inspected at the gloving table.

All gloves **MUST** be put on the boxer at the gloving table. The coach may put on his boxer's gloves provided he does so within the view of the glover or the glover may put on the boxer's gloves.

THESE RULES PREVAIL. ANY PROBLEMS WILL BE RESOLVED BY THE CHIEF OFFICIAL.

GLOVES

Competition gloves will weigh 10 oz. of which the leather portion shall not weigh more than half of the total weight & the padding (284 grams) not less than half of the weight.

The padding of the gloves must not be displaced or broken.

The exterior of the gloves must not have any rips, tears or show of constant use.

Gloves with attached thumb are permitted.

Only clean & serviceable gloves are permitted. Preference to velcro closure however; laced gloves if used require that the laces are tied to the back of the wrist & secured by tape.

At club shows, it is not mandatory to use red & blue gloves in their respective corners; however; it is advisable.

Both corner gloves will be of the same manufacturer & must be identical in their appearance & wear.

Boxers are not allowed to wear their own gloves for competition or exhibitions.

Boxers weighing less than 100 lbs. can use 8 oz. gloves but this is not mandatory.

The above rules are the responsibility of the host coach to make certain that they are followed.

GLOVES WILL BE INSPECTED BY THE CHIEF OFFICIAL OR DESIGNATED OFFICER BY THE CHIEF OFFICIAL.

HEADGUARDS aka HEAD GEAR

Headguards aka head gear, is mandatory for competition & exhibition as well as sparring. Sparring headguards must be used during sparring - Sparring have lugs/cheek protectors. Competition headguards do not have lugs or cheek protectors are NOT permitted in competition. Exception-if the Chief Official approves sparring headguard & each opponent is wearing the identical headguard.

Competition headguards can not weigh greater than 10 oz. (headguards with lugs *cheek protectors) weigh more than 10 oz.)

Padding must be on the ears, temple & back of the head & shall consist of 1 ¼ inch (0.625 cm) and 3/8 inch (1 cm).

BOXER'S DRESS

Clean light boots or clean boxing shoes without spikes or heels are the only footwear permissible.

The boots/shoes can not be those worn on the street or outside of gym & ring.

Boxing trunks must reach at least halfway down the thigh & not below the knee.

Vest must cover the chest & back.

If vest & trunks are the same color, tape must be placed at belt line (imaginary line from the navel to the top of the hips).

Jock protectors are mandatory for male & females.

Mouth pieces (gum shields) are mandatory.

No jewelry is permitted & MUST be removed prior to the bout. (watch, necklaces, body piercing etc.)

Under wear must be worn under the trunks but the underwear can not be below the trunks or be visible.

Beards are not permitted. Mustaches that do not go below the sides of the mouth are permitted.

Hair shall be in such a manner that the headgear fits properly. Hair may extend past the nape of the neck but must be secured to prevent 'swishing'. No hair can be in front the boxer's eye.

The coach is responsible to make certain that the above is followed.

At the end of the bout, gloves & headgear must be removed in the ring.

MOUNTING THE STAIRS

BOXERS ENTERING THE RING

MEDICATION

TOWEL

If during the bout, either coach, mounts the stairs, **this is a sign of retiring your boxer.**

Your boxers will wait at the base of the steps until the referee is in the ring - at the neutral corner - & then boxers will enter the ring. The referee will check each boxer, beginning with the red corner & then blue corner. If a boxer waits in the ring for his opponent, the timekeep will commence the time & after 5 minutes, the waiting boxer will be given the win by 'walk over'.

You can not administer any medication to your boxer during the bout. This includes asthma medication. Administration of any medication will result in your boxer's retirement & loss of the bout.

The coach will keep the corner clean & free of water spills.

The towel will be used to retire your boxer, when you throw it to the ring, do so, in a manner that the referee can see this. At that time, the timekeep should blow the whistle to alert the referee.

If the referee is counting - you may retire your boxer, after the referee signifies continuance of the bout.

All females will wear fitting breast protectors.

When a referee begins to count to 8, the referee must finish the count to 8 before the boxers can resume boxing or if the referee stops the bout.

Rules Regarding Basic Match Making

To determine the category- go to the current year - look down the column for the year of birth - beside is the category.

All boxers will box 3 rounds

Birth dates are based on December 31, of that year...

Birth Yr	2009	Birth Yr	2010	Time	8 cts	Who can fight who
1998 - 1997	A	1999 - 1998	A	1 min	twice in one round - stop	A fight B 12 months diff
1996 - 1995	B	1997 - 1996	B	1 ½	twice in one round - stop	B fights C 12 months diff
1994 - 1993	C	1995 - 1994	C	2	twice in one round - stop	C fight JR 24 months diff
1992 - 1991	JR	1993 - 1992	JR	2	3 times in one round - stop	examine skill & experience
1990 -	SR	1991 -	SR	2	3 times in one round - stop	examine skill & experience
					twice in one round - stop	as above
					three in one round- stop	as above

A can box another A & any boxer with no greater than 12 months between birth dates.

B can box another B & can box a C with no greater than 12 months between birth dates.

C can box another C & can box a Junior with maximum 24 months difference in birth dates.

Junior (JR) can box another Junior & can box a senior.

Senior (SR) can box another Senior

All matches are subject to the approval of the Chief Official.

A novice is a boxer with 10 or less bouts.

A sub novice - is a boxer with 5 or less bouts (this is not a national rule)

An Open boxer is one with 11 bouts or more

You can not state 'Open' when matching boxers. You will provide the exact amount of bouts including exhibitions.

Novice VS Novice - maximum 7 bouts difference

Novice VS Open - maximum 5 bouts difference

Open VS Open - to be approved

A boxes 3 rounds at 1 minute with 1 minute interval

B boxes 3 rounds at 1 ½ minutes with 1 minute interval

C, Junior & Seniors box 3 rounds at 2 minutes per round with 1 minute interval

All boxers can box less than the above but can not box more.

Weight Allowances

If under 51 kg (112 lb), difference of not greater than 3 kg (6.6 lbs)

If under 69 kg (152 lb) but over 51 kg, difference of not greater than 4 kg (8.8 lbs)

If under 91 kg (200 lb) but over 69 kg, difference of not more than 6 kg (13.2 lbs)

Tournaments **we allow novice & open class to all our tournaments**

Medicals are considered part of the weigh-ins

Tournament weigh-ins - all participants will weigh-in at the opening date prior to the draw
- boxers receiving a bye - will weigh in only the date they are scheduled to box
- boxers who fail to make weight-may enter in a higher weight class if qualified
- boxers must be 'fit to compete' by the medical at the weigh-ins
- boxers may weigh-in nude to make weight (underwear is preferred)
- no opposite sex (save the doctor) will be present during weigh-ins

Entering a tournament as a novice (having 10 bouts or less) is the status of the boxer throughout the tournament & at the ending of the tournament will then be deemed Open if he had at least one bout. Exhibition bouts count toward the number of bouts.

Draw

# of competitors	Bouts	Byes
3	1	1
4	2	0
5	1	3
6	2	2
7	3	1
8	4	0
9	1	7

Competitors drawing a bye in the first series shall be the first to box in the second series.

Odd number of byes, the boxer who draws the last bye will compete in the second series against the winner of the first bout in the first series

No competitor may receive a bye in the first series & a "walkover" in the second or 2 consecutive "walkovers".

If this position arises, a fresh draw will be made of the boxers remaining in the series who have not received a bye or a walkover in the preceding series.

The first boxer to be drawn will meet the boxer who has benefited from a bye or walkover in the normal way.

No boxer can box twice before all other boxers in that division have boxed at least once.

All coaches are asked to attend the draw. We do not have closed-door sessions for the draw. It is advisable to attend the draw so that if you have any questions or a boxer that appears not in the right category or one that should be moved, please be available to state any concerns.

Fee rates are based on the overall expenses incurred in the prior year.

FEES:

Club fee per year	\$ 450.00	from Jan. 1 to Dec. 31 & in between
Boxers	\$ 50.00	until September 1st, then \$70.00 to include the following year
Coach/Official	\$ 50.00	per annual year - renewable in December 31 or January
Social	\$ 10.00	per annual year - no refund - not credited toward other registration-no pad work-no sparring-no competition
Event License fee	\$100.00	payable 21 days prior to the event - cancellations lose the \$100.00
Tournament License fee	\$275.00	payable 60 days prior to the event - cancellations for appeal of funds
Replacement book	\$ 10.00	payable on request for a new competition book
Temporary book	\$ 5.00	payable on request if original book is misplaced (forgotten)
Identification Card	\$ 5.00	payable on request if original is lost
Tournament Entry fee	\$ 20.00	payable 7 days prior to entry date or as arranged

Terms of payment for clubs can be arranged but must be paid totally within 10 weeks. Call the office.

APPLICATIONS:

No faxed applications are accepted.

If the applicant (boxer) is under 18 years of age, parent's consent is required & the parent must sign not only the application but also the medical.

All information, including prior history or current status in other combat sports must be completed & signed in that area by the athlete.

The medical must be done by a certified physician & not a practical or practicing nurse or other.

If the applicant has epilepsy, or some neurological disorder, a medical signed by a neurologist is necessary.

In some cases an ophthalmologist is required to approve a boxer when eye sight is worse than 20/180.

All clubs are to attend the General Meeting & also to attend any Tournaments & draws.

The executive does not vote.

The President or Head Coach of the Club is the person that will cast a vote for the club.

Every club is permitted one vote. Clubs must be registered for one full year & have 3 active boxers minimum

The executive positions except medical & treasurer are elected positions.

Voting is done by secret ballot.

YOU, the coaches, run the organization.

WE, the directors, work willingly for you to keep OBA strong & alive.