

The following are the duly adopted and agreed to Rules & Regulations for the
(ABO) Adaptive Boxing Organisation_____

the Champion / Co-Challenger _____

and the Co- / Challenger _____

on_____ (Day/Month/Year).

Championship contests shall be governed by these Rules & Regulations and will be supervised by the designated(ABO)Supervisor. The(ABO)Supervisor must be given a centre seat in the technical zone at ringside and shall conduct the tabulation of the scoring and will be the sole arbiter regarding the interpretation of the Rules & Regulations. The(ABO)Supervisor must be in attendance at every weigh-in and has full authority to administer the Rules & Regulations.

The following Rules & Regulations must be respected, applied and adhered to in order to have the official recognition and licence of the (ABO) as a championship contest. These Rules & Regulations are also available on (ABO) website and by signing of these by the authorized representatives, the boxers, managers, trainers or any other agents are subsequently bound by its provisions. By accepting these Rules & Regulations, the parties further agree to be bound by the(ABO)Constitution,By-Laws, and rulings of the(ABO)Executive and Committees.

1.) GENERAL RULES AND REGULATIONS

1.1. Each round shall consist of a three (3)-minute (Females: two (2)-minute) duration, with a one (1)-minute rest period between rounds.

1.2. Mandatory duration of(ABO)contests are as follows:

(a) World Titles:5 Rounds (Females: 4 Rounds)

(b) Intercontinental Titles: 5 Rounds (Females: 4 Rounds)

(c) International Titles:5 Rounds(or 7 Rounds upon request) (Females: 4 Rounds)

(d) Regional Titles:3 Rounds

1.3. Any (ABO)Champion must defend his/her title within nine (9) months, otherwise the title may be declared vacant in the discretion of the(ABO).

1.4. Any(ABO)Champion that participates in a title bout not sanctioned by the(ABO)or any non-title bout without the approval of the(ABO)will be subject, in the discretion of the(ABO), to his/her title being declared vacant. Notwithstanding the above, the(ABO)Championship Committee may also vacate a title in case of serious violations of these Rules & Regulations or if the actions of a(ABO)Champion are deemed harmful to the reputation of professional boxing and/or the(ABO).

1.5. Upon approval of a championship contest, the(ABO)Championship Committee may shorten the regular 9-month defence period and/or order a mandatory defence. If a(ABO)Champion is overdue a defence, a mandatory defence may also be ordered.

2.) WEIGHT AND WEIGH-IN CEREMONY

2.1. Boxers for a(ABO)championship contest shall weigh-in between 16.00 h and 20.00 h (local time) on the day prior to the scheduled match at a place approved by the local commission and in the presence of the(ABO)Supervisor on calibrated scales. These scales must be available to both boxers at least two (2) hours prior to the official weigh-in. The weigh-in time may be altered at the discretion of the(ABO)Supervisor.

2.2. Classification determines championships Division; Mandatory to weight class.

(ABO) Adaptive Boxing Organisation(CiC) Classifications

1 point player

(ABO) in this classification as fighters having, "No lower limb and little or no trunk movement. Rebound overhead single handed. The **(ABO)** defines this classification as, "Fighters with little or no controlled trunk movement in all planes. Their balance in both forward and sideways directions is significantly impaired and they rely on their arms to return them to the upright position when unbalanced. One point players have no active trunk rotation. **(ABO)** defines a 1-point player as, "Little or no controlled trunk movement in all planes. Balance in both forward and sideways directions significantly impaired and players rely on their arms to return them to the upright position when unbalanced. No active trunk rotation. T1-T7 paraplegia without abdominal muscle control, post-polio paralysis with arm involvement and without control of trunk musculature. A Fighter can be classified as a 1.5 point fighter if they display characteristics of a 1 point fighter and 2 point fighter, '

2 point player'

(ABO) in this classification as fighters having "No lower limb but partial trunk control in a forward direction. Rely on hand grip to remain stable in a collision. **(ABO)** defines this classification as, "Players with some partially controlled trunk movement in the forward direction, but no controlled sideways movement. They have upper trunk rotation but poor lower trunk rotation. **(ABO)** defines a 2-point player as, "Some partially controlled trunk movement in the forward direction, but no controlled sideways movement, has upper trunk rotation but poor lower trunk rotation explain this classification as, "mild to moderate loss of stability in the lower trunk. This may result in little loss of stability during passing but usually Class 2 players will reach for rebounds with one hand whilst stabilizing by holding onto the chair with the other hand. Class players will be able to push the wheelchair without total support of the back of the wheelchair. Typical Class 2 Disabilities include : T8-L1 paraplegia, post-polio paralysis without control of lower extremity movement. A Fighter can be classified as a 2.5 point player if they display characteristics of a 2-point fighter and 3 point fighter, and it is not easy to determine exactly which of these two classes the Fighter fits in.

3 point player

(ABO) in this classification as fighters: "May have some limb movement more control of their trunk. They are quite limited in their sideways movement. Can rebound overhead with 2 hands. **(ABO)** this

classification as: "Fighters with good trunk movement in the forward direction to the floor and up again without arm support. They have good trunk rotation but no controlled sideways movement. **(ABO)** a 3-point player as "Good trunk movement in the forward direction to the floor and up again without arm support. Has good trunk rotation but no controlled sideways movement explain this classification as, "excellent stability of the trunking a forwards and backwards direction. Class 3 Fighters suffer little loss of stability during upright Position Limited stability during reaching late rally for offence;. Able to push the wheelchair forcefully with no loss of anterior or posterior stability. Typical Class 3 Disabilities include : L2-L4 paraplegia, with control of hip flex and adduction movements, but without control of hip extension or abduction. Post-polio paralysis with minimal control of lower extremity movements. Hip disarticulated or above-knee amputees with very short residual limbs. A Fighter can be classified as a 3.5 point player if they display characteristics of a 3 point fighter and 4 point fighter, and it is not easy to determine exactly which of these two classes the fighter fits in. ·

4 point player

(ABO) in this classification as fighters: Normal trunk movement but some reduced lower limb function as they unable to lean to both sides with full control. **(ABO)** defines this classification as: "Fighters with normal trunk movement, but usually due to limitations in one lower limb they have difficulty with controlled sideways movement to one side. **(ABO)** defines a 4-point Fighter as "Normal trunk movement, but usually due to limitations in one lower limb they have difficulty with controlled sideways movement to one side explain this classification as, "able to move the trunk forcefully in the direction of the follow-through after shooting. Class 4 players are able to flex, extend and rotate the trunk maximally. Class 4 Fighters are able to push and stop the wheelchair with rapid acceleration and maximal forward movement of the trunk. Typical Class 4 Disabilities include : L5-S1 paraplegia, with control of hip abduction and extension movements on at least one side. Post-polio-paralysis with one leg involvement. Hemi-pelvectomy. Single above- knee amputees with short residual limbs. Most double above-knee amputees. Some double below-knee amputees.

4.5 player

(ABO) in this classification as fighters "These Fighters have the least disability. Usually have minimal lower limb dysfunction or single below knee amputation. Normal trunk movements in all directions. **(ABO)** defines this classification as: "Fighters with normal trunk movement in all directions who are able to reach side to side with no limitations **(ABO)** defines a 4.5 point Fighter as "Normal trunk movement in all directions, able to reach side to side with no limitations explain this classification as, "(minimal disability) – able to move the trunk forcefully in all directions during throwing punches Class 4.5 Fighters can lean forward or to either side with arms overhead to grasp the ball and are able to push and stop the wheelchair with rapid acceleration and maximal forward movement of the trunk. Typical Class 4.5 Disabilities include : Single below-knee amputees. Some double below-knee amputees. Players with extensive orthopaedic involvement of hips, knees or ankles. Post-polio paralysis with minimal (ankle/foot) involvement on one or both sides.

2.3.

(ABO) championships shall be recognized in the following weight divisions:

(ABO)

Men's 8 Weight Division.

- Flyweight, -60kg
- Bantamweight, -65kg
- Super Bantam-Weight, -70kg
- Lightweight, -75kg
- Super Light-Weight, -80kg
- Middleweight, -85kg
- Light-Heavyweight, -90kg
- Heavyweight, unlimited, +91- kg

(ABO)

Women's 6 Weight Division.

- Flyweight, -50kg
- Bantamweight, -55kg
- Lightweight, -60kg
- Middleweight, -65kg
- Light-Heavyweight, -70kg
- Heavyweight, unlimited, +76- kg

(NOT INCLUDING WHEELCHAIRS ETC)

3.) MEDICAL EXAMINATION AND SAFETY STANDARDS

3.1. In order to encourage the preservation and protection of the health and welfare of the boxers, both must submit all medical reports as required by the local commission having jurisdiction over the contest.

3.2. Prior to the contest each boxer must also receive a physical examination and approval by the physician appointed by the local commission. This examination shall either meet the standards and criteria as dictated by the local commission and it is their sole responsibility to assure these standards and criteria are met or the standards and criteria as outlined in "The General Medical Guidelines for(ABO)Championship Contests" as published on website..

3.3. At least two physicians shall be present at ringside and be seated in close proximity to each boxer's corner.

3.4. The promoter and/or the local commission acknowledge that if the contest takes place in the United States of America or any other country, they have complied with and met the safety standard requirements as promulgated by the Professional Boxing Safety Act of 1996 and herein indemnify the(ABO)against any failure to do so.

4.) KNOCKDOWN, KNOCKOUT AND COUNT

4.1. A boxer shall be considered “down” when, as a result of a legal blow as ruled by the referee, who is the only person authorized to determine this, any part of their body or their feet are on the canvas, or if they are hanging helplessly over the chair, or if they are still rising from the down position and not sitting upright.

4.2. The Mandatory Eight (8) Count after knockdowns will be standard procedure in all ABO championship contests. There is no Standing Eight (8) Count; there is no Three (3) Knockdown Rule. If in the referees’ judgement the knockdowns have been indecisive and clearly with no injurious effect upon the boxer, the contest may be continued but with good sense and judgement and the boxers’ welfare always paramount.

4.3. When a boxer is knocked down, the referee shall audibly announce the count as he motions with his right arm downward indicating the end of each sound of the count. If the boxer taking the count is still down when the referee calls the count of ten (5), the referee shall wave both arms indicating that the boxer has been knocked out.

4.4. When a boxer is knocked down the referee shall order the opponent to the farthest neutral corner of the ring and pick up the count from the timekeeper or the official counting for knockdowns. Should the opponent fail to stay in the corner as directed by the referee, the referee shall stop the count and redirect the boxer to go back to the corner and resume the count at the point that it was interrupted. In the event of any knockdown or knocked out, the timekeepers count will cease when picked up by the referee whose count shall prevail and be relied on by the boxers.

4.5. A boxer shall receive a twenty (10) second count if the boxer feet touch the floor.Or when wheelchair is at 90 degree angle. The boxer is to be unassisted by spectators or his/her seconds. If assisted by anyone, the boxer may lose points or be disqualified with such a decision being within the sole discretion of the referee.

4.6. A boxer who has been knocked down or out cannot be saved by the bell in any round. If a boxer is down or showing lack of defence or attack from up standing or wheelchair position and the round has terminated, the referee shall continue the count until the boxer rises or raises hands or is counted out. If a boxer fails to rise before the count of ten (10), he shall be declared the loser by knockout in the round just concluded.

5.) THE REFEREE

5.1. The referee is the sole arbiter in all championship contests and the only person authorized to stop a contest at any stage if he considers it to be one-sided or if either boxer is in such condition that to continue might subject them to serious injury.

5.2. Before any championship contest begins, the referee shall identify the chief second of each boxer and shall hold said chief second responsible for the conduct of their respective corner. Shaking hands by the boxers is recommended immediately following the referee's instructions and prior to the commencement of the final round.

5.3. The referee (or the (ABO) Supervisor) shall examine the bandages and gloves of each boxer before the contest begins to make sure that the gloves are free of any extraneous substance that could be harmful to the opponent, and that the bandages of each boxer are in conformity with the (ABO) Rules & Regulations.

5.4. The referee shall be the only person authorized to determine if injuries were the result of legal blows, accidental fouls or intentional fouls.

5.5. The referee may stop the contest and consult with the ringside physician on the medical advisability of a boxer's ability to continue. However, the referee is the only person permitted to signal the end of a contest.

5.6. The referee and the boxers acknowledge that the referee is not to be an agent, servant or employee of the (ABO).

6.) THE JUDGES

6.1. All championship contests will be evaluated and scored by three judges.

6.2. The Ten (10) Point Must System will be the standard system of scoring a contest. Under no circumstances the scoring will be less than 10:6 exclusive of penalty point deductions. Scoring even rounds is not recommended, the judges must take effort to pick a winner of each round.

6.3. The scorecards will be picked up after each round and the tally made by the (ABO) Supervisor. The judges are not allowed to keep a running score.

6.4. In the event the contest is stopped and determined by the scorecards, the judges will score the round in which it has been stopped.

7.) THE RINGSIDE PHYSICIAN

7.1. The ringside physician may enter the ring during the course of a round only at the request of the referee.

7.2. The ringside physician may enter the ring between rounds on their own and advise the referee about the condition of either boxer.

8.) THE TIMEKEEPER

8.1. Subject to the requirements and discretion of the local commission, it is the commendation of the (ABO) that two timekeepers should be used, but one may suffice. One keeps the time of the rounds, the other is utilized for the knockdown call. Two stopwatches are to be used.

8.2. Ten (10) seconds before the interval minutes are up, the timekeeper will sound an acoustic signal and announce "seconds out".

8.3. The timekeeper shall indicate the last ten (10) seconds remaining in each round by knocking loudly on a table with a hammer or a similar instrument.

8.4. When a boxer is down the knockdown timekeeper shall immediately start counting the elapsed seconds in a loud, clear voice. He shall indicate each elapsed second with progressive upraised fingers until the referee has either taken up his count or told the boxers to box.

8.5. It is entirely up to the referee to determine if a knockdown has occurred. If the referee ignores or waves away the timekeeper, then that is the official ruling. If the referee is in the course of applying a count and the round has been completed, the bell indicating the end of the round will not be sounded. If the boxer rises before ten (10) is counted and the referee gives the command box, the bell will be sounded to end the round.

8.6. When the referee orders and signals time, the timekeeper shall stop the watch and only restart it when the referee orders box. The timekeeper must always be alert to accept any signals from the referee.

9.) THE SECONDS

9.1. Each boxer in a championship contest shall be allowed no more than four (4) seconds. One of these seconds shall be designated the chief second, responsible for the conduct of the corner during the contest. Only one (1) of these seconds is allowed to enter the ring between rounds.

10.) FOULS AND INJURIES

The (ABO) adopts and incorporates by reference the Unified Rules

10.1. If a boxer sustains an injury from a fair blow and the injury is severe enough to terminate the contest, the injured boxer shall lose by technical knockout (TKO).

10.2. Injuries sustained by fouls:

(a) Intentional Fouls

1. If an intentional foul causes an injury, and the injury is severe enough to terminate the contest immediately, the boxer causing the injury shall lose by disqualification (DQ).

2. If an intentional foul causes an injury, and the contest is allowed to continue, the referee shall notify the authorities and deduct two (2) points from the boxer who caused the foul. Point deductions for intentional fouls will be mandatory.

3. If an intentional foul causes an injury, and the injury results in the contest being stopped in a later round, the injured boxer will win by TECHNICAL DECISION if he is ahead on the scorecards; and the contest will result in a TECHNICAL DRAW if the injured boxer is behind or even on the scorecards.

4. If a boxer injures himself while attempting to intentionally foul his opponent, the referee will not take any action in his favor, and this injury shall be the same as one produced by a fair blow.

5. If the referee feels that a boxer has conducted himself in an un-sportsman-like manner, he may stop the contest and disqualify the boxer.

(b) Accidental Fouls

1. If an accidental foul causes an injury, and the injury is severe enough to terminate the contest immediately, the contest will result in a NO DECISION if stopped before four (4) completed rounds. Four (4) rounds are complete when the bell rings signifying the end of the fourth round.

2. If an accidental foul causes an injury, and the injury is severe enough to terminate the contest immediately after four (4) rounds have occurred, the contest will result in a TECHNICAL DECISION awarded to the boxer who is ahead on the scorecards at the time the contest is stopped.

3. Partial or incomplete rounds will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.

10.3. A boxer who is hit with an accidental low blow must continue after a reasonable amount of time, but no more than five (5) minutes, or he/she will lose the contest.

11.) DRUGS AND STIMULANTS

11.1. The use of illegal or performance enhancing drugs or other stimulants before or during the contest by any of the boxers shall be sufficient cause for disqualification of the boxer guilty of said use.

11.2. Only plain water or approved electrolyte drinks may be given to a boxer in the course of the contest. For the purpose of this paragraph, approved electrolyte drinks shall mean common sports drinks such as Gatorade, Powerade, Accelerade, Cytomax, and G Push, or any other sports drink not expressly prohibited by the International Olympic Committee (IOC).

11.3. Lubricants around the eyes is allowed in amounts with the referees' discretion; the use of lubricants, or any other substance on a boxers' arms, legs and body is prohibited.

11.4. A discretionary use of coagulants approved by the ringside physician, such as adrenalin (1/1.000), may be allowed between rounds to stop bleeding of minor cuts or lacerations sustained by a boxer during the course of the contest. The use of "iron type" coagulants, such as Monsel's Solution, is absolutely prohibited. The administration of any "iron type" coagulants by or to any boxer is considered as a violation and shall be grounds for disqualification.

11.5. The (ABO) encourages all local commissions to conduct anti-doping tests before or after the contest. If the local commission conducts the tests, they shall be administered in accordance with the rules and regulations of the local commission.

11.6. The boxer shall indicate at the time of the rules meeting if he is under medication. If the boxer is under medication, he shall provide evidence that he is using it for therapeutic purposes by means

of medical certification and such medication must not be prohibited by the local commission. Any drugs prohibited by the local commission or the International Olympic Committee (IOC) shall be considered illegal drugs, whether considered performance enhancing or not and shall subject the violator to loss of title and/or fines at the sole and absolute discretion of the(ABO).

11.7. The General Medical Guidelines for(ABO)Championship Contests as published on website shall apply for all championship contests.

12.) BANDAGES

12.1. In all weight divisions hand bandages shall be restricted to twenty (20) yards (18,288 m) of soft gauze bandage per hand, not more than two (2) inches (5,080 m) in width, held in place by not more than eight (8) feet (2,438 m) of adhesive tape of one-and-a-half (1 ½) inches (3,810 m) of width.

12.2. Adhesive tape shall not cover any part of the knuckles when the hand is clenched to make a fist.

13.) GLOVES

13.1. The weight of the gloves to be used in championship contests shall be as follows:

(a) From Flyweight, to Heavyweight, twelve (12) ounce gloves shall be used.

13.2. The boxers may, by agreement, determine which brand of gloves are to be used. The boxers may agree that different brands of gloves may be used by each boxer. In the absence of agreement, the promoter shall be responsible to provide no less than four (4) identical pairs of new gloves to be selected by the boxers for use in the championship contest and for back-up. The(ABO)Supervisor shall be the final authority in any disputes and his ruled shall be binding.

14.)Ring or Cage

14.1. The local commission shall verify before the contest that rings or cage are acceptable to be used.

15.) PROTECTORS / MOUTHPIECES

Head Guards to be worn for all (ABO) Amateur boxers.

15.1. The protective cups and mouthpieces shall be compulsory for all boxers participating in championship contests. It is the responsibility of the boxer and the chief second to ensure that the boxer is fitted with the appropriate protection devices before each championship contest.

15.2. A championship contest is not to be terminated by a low blow, as the protector that boxers use must be sufficient to withstand any low blow which might incapacitate a boxer.To which wheelchair users will use a belt to which would divine low punching Referee would stand in.

15.3. All boxers are required to have two (2) mouth pieces permitted at the start of the contest. No round can begin without mouthpiece. No Red mouth guards allowed, If the mouthpiece is dislodged during competition, the referee will call time and have it replaced at the first opportune moment without interfering with the immediate action. Points may be deducted by the referee if he feels the mouthpiece is being purposely spit out.

16.) MISCELLANEOUS

16.1. The champion will wear the (ABO) Championship Belt when coming into the ring, which will be given to the referee by the champion and passed to the (ABO) Supervisor ringside. At the end of the contest, before the result is announced, the (ABO) Supervisor shall be invited into the ring to immediately proceed with the championship belt ceremony.

16.2. The (ABO) does not arrange, promote, organize or produce championship contests. It merely promulgates rules governing the contests, licences the use of its name and awards the (ABO) Championship Belt to the winner.

16.3. The scheduling of contests, safety standards, supplying of safety equipment, ambulances, evacuation and emergency procedures, the provision of doctors or any of the attendant and peripheral matters necessary to supervise and administer any contest for which it has licensed the use of the (ABO) name are always the responsibility of the promoters under the supervision and control and in accordance with the rules of the local commission. It is the obligation of the promoter and/or the local commission to meet all governmental standards and to pay for any such service provided at the contest.

16.4. These Rules & Regulations are to be interpreted in conformity with the laws of Luxembourg. All participants agree and consent that the exclusive venue for any and all legal action in which the (ABO) is made a party, whether it is to enforce, interpret or declare the application of these Rules & Regulations or to appeal from any determination of the (ABO),

The parties undersigned hereby agree to participate in the contest and hereby release, discharge and indemnify and keep indemnified the (ABO), its officers, agents, and employees, from all claims, actions, demands, judgements and executions which the undersigned, its heirs, executors, administrators, or assigns may have, or claim to have, against the (ABO), its officers, agents, and employees from all personal injuries, known or unknown, and injuries to property, real or personal, caused either directly or indirectly, or arising out of the above sporting activities.

We the undersigned explicitly and unequivocally agree that we have read and understood the (ABO) Rules & Regulations contained herein and shall adhere to these Rules & Regulations. We understand fully the inherent risks involved with the above sporting activity and fully waive all our rights and claims towards the (ABO), cause of actions and assume all responsibilities and risks.

We hereby sign these Rules & Regulations freely and voluntarily with complete understanding and knowledge of its significance.

Place and Date: _____

Promoter: _____

Contestant: _____

(or Representative)

Contestant: _____

(or Representative)

(ABO)Supervisor: _____

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COMPILED BY Colin Wood