

# Coach Nudge#13



Coaching Nudge #13 provides an update on the new England Boxing Rule Book. For more information on the new rule book please visit the [England Boxing Website](#).

# Coaching and Sparring

## The Coach

- The coach is responsible for the development and safety of the boxer during any training, any coach **MUST** hold a current valid qualification and be registered with England Boxing before commencing any boxing training.

## Age Limit

- Individuals from the age of 17 may qualify as a coach but are not permitted to act as a coach until they reach their 18th birthday.

## Professional Coaches

- A coach with a professional coaching license may corner a boxer provided they have the appropriate England Boxing qualification. To second an England Boxer at International level or AIBA qualifying event the coach must have a minimum of AIBA level 1 coaching certification.

# Coaching and Sparring

## Dual Registration

- Coaches may register as officials and boxers, but they may only operate in a dual capacity at events as follows;
  - Coaches are not permitted to box and coach on the same event or tournament.
  - Coaches may only coach and officiate at an event if sanctioned by the Supervisor.

## Dress

Minimum dress for coaches at England Boxing competitions is as follows;

- T Shirt/Polo Shirt/Tracksuit. Shorts (mid-thigh length) or Tracksuit trousers. Training shoes.

Prohibited items of clothing

- Vests or singlets. Tops with offensive gestures or language. Shorts shorter than mid-thigh length

# Coaching and Sparring

## Conduct and Behavior of Coaches During Competition

- Each boxer is permitted up to 3 seconds in his/her corner.
- Only 1 coach only may enter the ring to service the boxer.
- Coach 2 may stand on the apron outside of the ropes.
- Coach 3 must remain with both feet on the floor.
- Coaches may coach their boxer from the corner but must adhere to Rule 3.6.3.
- Seconds are not permitted to stand up and/or to encourage or incite spectators by words or signs during the progress of a round. Seconds are not allowed to touch the ring during the Bout, yell, cause a scandal or disturb the Competition.
- Seconds' seating area must be 1 meter away from the ring corner within a 1.5 m x 2.5 m designated area.
- Seconds are not permitted to walk off Second's designated area with disagreed actions against the Referee.
- Seconds are not permitted to throw any item into the ring to demonstrate a disagreement or to kick any chair or water bottle or to take any other action that may be deemed as unsportsmanlike behavior.
- The use of any communication device is not permitted in the FOP such as but not limited to mobile telephones, walkie-talkies, smart phones, headsets, shortwave radios, etc.
- Under no circumstance are Seconds allowed to administrate supplemental oxygen or any type of inhaler to a Boxer during a Bout.
- Seconds are not permitted to yell at/argue with any Official on the FOP during or after the Bout.

## Coaching and Sparring

### **Cautions and Warnings for a breach of Rule 3.6.3;**

- 1st violation of the prohibited activity, seconds will receive a caution from the Supervisor
- 2nd violation of the prohibited activity, seconds will receive a warning and be placed just outside of the field of play area but allowed to remain in the competition venue
- 3rd violation of the prohibited activity, the second will be removed by the Supervisor for the rest of the day.
- If seconds are removed for a 2nd time, seconds will be completely suspended from the competition.

# Coaching and Sparring

## Sparring

- Sparring is defined as Boxing training where blows are delivered to the target area with significant but reduced force between boxers in preparation for competitive boxing.
- a. Sparring is only permitted where a boxer, is registered on The Vault (Carded or Recreational) and have medical clearance appropriately documented.
- b. For reasons of safeguarding and safety, under no circumstances is sparring permitted for any boxer under the age of 10 years old.
- c. All England Boxers taking part in sparring must have completed an Annual Medical, be declared as Fit To Box by a Doctor and not be serving a medical suspension, for boxers from external organization's see 3.8.1
- d. All sparring must be conducted under the supervision of an instructor (minimum of a level 2 coach) who is also a member of England Boxing and registered on The Vault or a qualified and registered England Boxing Referee.
- e. If a boxer receives a KO or a sparring session is stopped due to a boxer receiving a blow or a combination of blows to the head and or body, then the medical suspensions and concussion protocols detailed in Section 17 MUST be applied. Please also see 17.1.6 and 17.1.7.

# Coaching and Sparring

## **Sparring Athletes not registered to England Boxing**

- Boxers may only participate in sparring activities with individuals who are appropriately matched, registered with an AIBA affiliated National Governing Body or a registered boxer with the British Boxing Board of Control , the individual must have an in date Annual Medical, have a record book which includes ALL of their combat sport experience, and not be serving a medical suspension. All sparring activities must conform to England Boxing rule 3.7.



# A Coach Reflection from the 2020 Coaching Scrapbook



*Know Self*  
*Know the Boxer*  
*Know the Sport*

