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.

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.

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

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.

Cautions and Warnings for a breach of Rule 3.6.3;

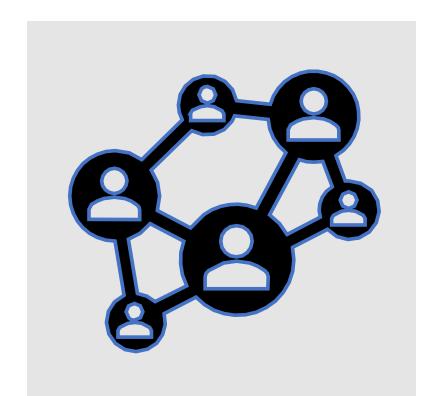
- 1st violation of the prohibited activity, seconds will receive a caution from the Supervisor
- 2nd violation of the prohibited activity, seconds will receive a warning and be placed just outside of the field of play area but allowed to remain in the competition venue
- 3rd violation of the prohibited 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.

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.

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