



FOR ONE NIGHT ONLY GUIDANCE DOCUMENT

What is For One Night Only (FONO)?

For One Night Only (FONO) is an England Boxing-backed initiative that gives individuals a one-off opportunity to box competitively at a prestigious event – and raise money for charity at the same time.

It offers the perfect stage to box at a level that is suitable for all levels of ability under the guidance of England Boxing-affiliated clubs and coaches, who adhere to the strict safety regulations and governance laid out by the national governing body.

Individuals, clubs, businesses or charities who want to take part can email, in the first instance, ashley.cooke@englandboxing.org.

What you can expect from For One Night Only events?

Competitors

- A safe, bite-size introduction to contact boxing that offers training and competition, supported by England Boxing
- The chance to raise money for charity
- The opportunity to box in front of family and friends and emulate former England Boxing competitors Anthony Joshua, Tyson Fury, Nicola Adams and Terri Harper.

Clubs

- An increased profile and awareness for clubs in their local community
- Increased adult club membership
- An additional source of club income.

Find out more

For more information, please scroll through to the following sections:

- **Information for Clubs and Charity Fundraisers**

- **Information for Officials**
- **Information for Coaches**
- **Information for Boxers/Competitors**
- **Information for Supporters/Families/Friends**

Information for Clubs and Charity Fundraisers

If you are thinking about **getting involved in** a For One Night Only event, here are the key things to bear in mind.

- All For One Night Only events can **only be delivered via England Boxing-affiliated clubs**, meaning if you are a non-boxing charity or organisation who wants to get involved, you must utilise the expertise of a club in your area, who are accustomed to holding their own shows.
- **Identifying Potential boxers/competitors to take part should be done early on.** A few suggested routes for clubs to take to secure competitors to take part – if you are not approached directly – could be through Lions Clubs, Round Tables, corporate teams or sports teams.
- **Event marketing** needs to be conducting before 12-week training programme of a minimum two-three sessions per week starts (at least three months).
- Organising clubs should remember the need to **sell the whole event as an experience** for the boxers and the paying public, not just the boxing itself. Crowd participation should be encouraged.
- **Things that should be on an organising club's checklist** include securing an England Boxing-registered doctor and officials, gloves, scales, security, lights and PA system, tickets posters, additional entertainment and food (as required) and booking in the event with the relevant England Boxing region.
- Bigger crowds may need an **extra security provision**. This may particularly be the case as those in attendance may not be familiar with the traditional boxing etiquette for events
- **There may be an occasion where a boxer cannot compete** because there is not a safe pairing to be made. Boxers' health and welfare is paramount.

Information for Officials

Guidance for the appointment of officials for For One Night Only events is detailed below.

- All For One Night Only events **must use England Boxing-affiliated officials**.
- Only experienced officials who understand the need to **support and encourage all boxers/competitors to enjoy the experience** of competing should be used.
- Officials must be prepared to accept that the level of competence and **understanding of rules by boxers may not be at the level of open competition standard**, and should adjust accordingly.
- They should be aware that For One Night Only events **14oz or 16oz gloves may be used for all weight classes**. This will have been agreed by the coaches and supervisor prior to the event starting. Please note: only one brand of AIBA-approved gloves may be used at any one event.

- When matching, boxers should be paired **according to England Boxing Championship weight rules, along with ability and any previous experience boxers have.**
- **There may be an occasion where a boxer cannot compete** because there is not a safe pairing to be made. Boxers' health and welfare is paramount.
- All boxers must have a **pre-bout medical.**

Information for Coaches

Coaches should bear the following guidance in mind when preparing boxers for For One Night only bouts, which will be different to preparations for regular England Boxing competitions.

- Boxers must undergo a **minimum 12-week training programme** to be able to compete.
- They should take part in a **minimum two, ideally three, training sessions per week.**
- Training must be delivered by a **minimum of a Level 2 coach.**
- Coaches must ensure **boxers complete a medical and registration** via [The England Boxing Vault](#) before starting the training programme.
- Coaches are asked to **emphasise skill development** for all boxers, focusing mainly on straight punches with appropriate defences and counters.
- Coaches need to **be aware of the development of strength, power and weight loss** during the programme, and pairings may need to be reviewed.
- **All boxers are to train as a team in the same gym** with the designated coach identifying the safest pairings to compete. This will be achieved by regular technical/conditioned spars to identify pairs.
- Boxers should be paired **according to England Boxing Championship weight rules.**
- Boxers will want to win – the coach's role is to **make sure pairings are made for the safety and enjoyment of both boxers.**
- **There may be an occasion where a boxer cannot compete** because there is not a safe pairing to be made. Boxers' health and welfare is paramount.

Information for Boxers/Competitors

If you're thinking of stepping into the ring for the first time for a For One Night Only bout, here's what you can expect.

- An opportunity to live, train and compete under England Boxing regulations, **following in the footsteps of stars such as Anthony Joshua, Tyson Fury, Nicola Adams and Terri Harper.**
- Boxers will **experience weight loss and strength development** as a result of their training.
- You will experience the glitz and glamour and feeling of competing under the lights and smoke in front of a crowd.
- You will have to commit to a **12-week training programme**, which will be managed and developed by an experienced Level 2 England Boxing coach.

- You will be expected to take part in a **minimum two, ideally three, training sessions per week.**
- **You must undergo a full England Boxing medical** by a registered doctor.
- You must **register on the England Boxing vault** (the club where you train will help you do this).
- All boxers must have a **pre-bout medical.**
- You can be assured that, at all times, **boxers' health and welfare will be paramount.**
- **There may be an occasion where a boxer cannot compete** because there is not a safe pairing to be made. Boxers' health and welfare is paramount.

Information for Supporters/Families/Friends

For One Night Only can't wait to welcome you along to support your family member, friend or colleague and help them raise money for charity. Here's what you can expect.

- Join in with a **fantastic evening of entertainment** as those you know thrive on your support in their quest to enjoy competing at an England Boxing event.
- Enjoy the thrill of being part of a For One Night Only, with **plenty going on – both in and out of the ring.**
- Your vocal support is needed and encouraged, but **remember there are two people in the ring** who deserve your respect.
- **There may be an occasion where a boxer cannot compete** because there is not a safe pairing to be made. Boxers' health and welfare is paramount.

Questions or Queries?

Please email in the first instance ashley.cooke@englandboxing.org who will do his best to answer your enquiry.