



ADVICE FOR BOXERS WHO HAVE TYPE 1 AND TYPE 2 DIABETES

Following England Boxing's total adoption of the AIBA Rules, the guidance regarding boxers with diabetes has changed.

The rule now states that you cannot box if you have:

- 2.21: Uncontrolled type 1 or type 2 diabetes mellitus or uncontrolled thyroid disease.

Therefore, if a boxer has controlled diabetes, he or she may box.

As a precaution, and in the interest of the boxer's safety, England Boxing advises all boxers with controlled diabetes to inform the ringside doctor that they are diabetic and provide information about the medication they are taking.

[Click here](#) for the full AIBA medical handbook.