

11.9 Boxing (Friday and Saturday)

Boxing takes place on Friday (17:00-22:00) and on Saturday (09:00-22:00) in the open air theatre. When there is bad weather boxing will be hosted in a nearby indoor location (Atrium inside the Bastille).

1. One team can be enrolled per OSSO/educational institution. A team consists of a maximum of 30 ladies and 30 men.
2. Per OSSO a maximum of 3 women and 3 men can be entered per weight class (A, B and starters class).
3. The team of an OSSO may only consist of students who meet the conditions set out in chapter 1 of the event's regulations of the SSN. If this rule is violated, the team loses all matches.
4. If an unauthorized participant participates in the GNSK, a fine of €200,- will be charged to the OSSO for which that participant competes. Also, the results of the team in question will be cancelled.
5. Participating boxers are obliged to have paid the entry fee for the preliminaries. If they are eliminated in the preliminaries, the entry fee will be refunded.
6. A boxer who participates in the GNSK must be a member of the Dutch Boxing Federation. A (recreational) membership can be arranged through the organisation.
7. Every competitive boxer is obliged to undergo a general medical examination each year at an authority or doctor appointed by the MedCom. The costs of the annual examinations are at the expense of the boxer in question.
8. Boxers are classified by age as follows:
 - a. Elite men and women boxers 19 to 30 years of age
 - b. Youth boxers ladies / gentlemen 17 to 18 years
9. Boxers are classified by weight as follows:
 - a. Elite and Youth Men boxing in the following 8 weight classes: 48-52 Kg, 57 Kg, 63 Kg, 69 Kg, 75 Kg, 81 Kg, 91 Kg and 91+ Kg.
 - b. Elite and Youth ladies boxing in the next 10 weight classes: 45-48 Kg, 51 Kg, 54 Kg, 57 Kg, 60 Kg, 64 Kg, 69 Kg, 75 Kg, 81 Kg and 81+ Kg.
10. Boxers are divided into the following classes:
 - a. A class: boxers who have participated in 16 or more matches;
 - b. B class: boxers who have participated in 7 to 15 matches;
 - c. Starter class: boxers who have participated in 6 matches or less.
11. The use of gloves is classified as follows:
 - a. 12 oz gloves by the men's boxers Elite in weight classes: 69 kg to 91+ kg;
 - b. 10 oz gloves by the men's boxers Elite in weight classes: 49 kg to 64 kg;
 - c. 10 oz gloves by women and men boxers in the other classes and weights.
12. The gloves are made available by the organisation.
13. The use of boxing caps is classified as follows:
 - a. Men's boxers Elite in all weight classes boxing without the use of a boxing; these boxers may use Cavilon to prevent a cut or wound.
 - b. Female and male boxers in the other classes and weights boxing with a boxing cap.
14. The boxing caps are provided by the organisation.
15. The boxers are responsible for the following accessories:
 - a. Bandages
 - i. The bandages have a Velcro closure and are a minimum of 2.5 meters long and a maximum of 4.5 meters long and a maximum of 5.7 cm wide (per hand). Before announcing the result, the umpire will check the bandages of both boxers.
 - b. Clothing

- i. Boxers wear a shirt, trousers and headdress in the colour of the corner they are boxing from. The ladies boxers have the choice to wear a boxing skirt instead of boxing pants. Shoes with heels, sneakers, gymnastic and athletics shoes are not allowed in the A and B class. In the Starters Class, however, it is allowed to box with normal sports shoes.
 - c. Mouth guard
 - i. Boxers are required to wear a mouth guard. Wearing fully or partly red (pink) mouth guards is not allowed.
 - d. Pubic area protector
 - i. In all men's competitions it is compulsory to wear a cup protector. The protector must not cover any permitted impact area. In women's competitions, it is permitted to wear a chest protector (without metal front closure) and a pubic area protector.
 - ii. Boxers wear a belt in a contrasting colour to the colour of the shirt and trousers (skirt); the dimensions of the belt around the body are a minimum of 6 cm and a maximum of 10 cm wide.
- 16. Before the boxers can be weighed, they must be approved for participation by the ring doctor. The time of the weighing and inspection will be announced by the organizer of competitions.
- 17. At the official weighing, the boxer must carry both proof of identity and the starting booklet. The proof of identity is for age and person control and the starting booklet so that the designated officials can do the quality control and report the weighing result. The start booklet will be taken by the boxer to the examining physician after the designated officials have handed it over.
- 18. Both boxers can prepare in the appointed dressing rooms corresponding with their color (blue or red).
- 19. The referee uses four commands during a match:
 - a. "STOP"; to stop boxing immediately, time continues.
 - b. BOX; to start boxing.
 - c. BREAK; both boxers must step back and wait for further commands, from the referee, before they may resume boxing.
 - d. TIME; to stop time. This command is only used if a longer stoppage is required.
- 20. Each amateur boxer, representing a Dutch boxing centre, must be assisted in the ring by a trainer/coach who holds a licence issued by the Boxing Federation. Each trainer/coach may be assisted outside the ring by a helper, this helper may not enter the ring ropes.
- 21. The classification of the preliminaries is done by drawing lots, by the designated person.
- 22. When no exceptions are made in the above points, the regulations of the NBB apply.
- 23. In all cases, the boxing committee reserves the right to make a binding decision.