



USIBA Rules Summary v.10.6.2019

Register with USA Boxing	Required	
Full-Time College Student	Required	
Headgear	Required	
Gloves	12 oz. (National Championship) 10, 12, or 16 oz (Club Shows per. USAB rules)	
# of Rds/Min.	3 Rounds of 2 mins (Beginner & Novice) 3 Rounds of 3 mins (Open) Shorter rounds permitted at Club Shows	
Compulsory Count Limits	Bout is stopped upon 3rd in a Round, or 4th in a Bout	
Weight Differentials Guidelines for Matched Bouts	Men 108 = 6 114 = 6 123 = 8 132 = 8 141 = 10 152 = 10 165 = 10 178 = 15 201 = 15 201+ = n/a	Women 106 = 8 112 = 8 119 = 8 125 = 8 132 = 10 141 = 10 152 = 10 165 = 15 178 = 15 178+ = n/a
National Tournament Divisions	0-2 Bouts = Beginner* 0-9 Bouts = Novice 10, or more Bouts = Open *Boxers are eligible for Beginner Division for one year.	
National Tournament Weight Categories	Men 108, 114, 123, 132, 141, 152, 165, 178, 189, 201, 225, 225+	Women 106, 112, 119, 125, 132, 141, 152, 165, 178, 178+
National Tournament Weight Allowances	Day 1: no allowance Day 2: 1 pound Day 3: 2 pounds	
Team Scoring at National Tournament	Registered teams may compete for a team title. Check the USIBA Team Scoring Policy.	

Additional Reminders for College Boxers*

Uniform Rule:	No binding material (such as tape) permitted on the sleeveless shirt nor shorts. Waistband of shorts must be a different color than the sleeveless shirt. Shorts may not extend past top of knee.
Protectors:	Men boxers are required to wear a groin protector. Protectors are optional for women boxers.
Use of Bandages:	Training wraps (stretchy cotton w/ velcro closure) = 2.5m (8') to 4.5m (14.7') x 5.7cm (2.25") or Gauze = 15m (49') x 5cm (2") and 5m (16') x 10cm (4") & Tape: 5m (16') x 2.5cm (1")
Mouthguard:	No red, pink, or orange colors allowed on mouthguards. Losing gumshield due to legal blow = caution (a 3rd caution = warning) Spitting out the gumshield = warning
Weigh-ins & Physicals:	All boxers weigh on the first day of the tournament, otherwise boxers weigh in only on the days in which they are scheduled to compete.
Hair:	Hair must be contained beneath the headgear. Boxers with long hair must wear a cap or net.
Facial Hair:	Male boxers must be clean-shaven at weigh-ins. Razors are not provided.
Piercings:	All jewelry, including earrings, nose rings, tongue rings, etc., must be removed during bout.
USA Boxing Rulebook	https://www.teamusa.org/usa-boxing/usa-boxing-national-rule-book

USIBA was formed in 2012 by college students and boxing coaches who sought the most ethical, safe, and positive experience for their teams. USIBA aims to be the preeminent competitive intercollegiate amateur boxing league in the United States. By re-introducing boxing into the college and university system, USIBA seeks to reestablish boxing as an important, and relevant, collegiate sport while increasing the overall competitiveness of the entire amateur boxing system in the U.S. USIBA develops programs to recast boxing as a pathway to educational and life success. For more information, go to our website at www.collegeboxing.org.