



International Fight and Fitness Sports Federation

Boxing Competitions in IFSF

1. Weight Classes:

Page | 1

Competitors are grouped into weight divisions to ensure fair matchups.

Typical weight classes include:

- Flyweight (up to 112 lbs)
- Bantamweight (113-118 lbs)
- Featherweight (119-126 lbs)
- Lightweight (127-135 lbs)
- Welterweight (136-147 lbs)
- Middleweight (148-160 lbs)
- Light Heavyweight (161-175 lbs)
- Heavyweight (176-200 lbs)
- Super Heavyweight (over 200 lbs)

2. Rules and Regulations:

- **Attire:** Boxers wear regulation boxing shorts, shoes, and gloves.
- **Gloves:** Standard boxing gloves are worn, typically 8 oz to 10 oz for lighter weight classes and up to 12 oz for heavier divisions.
- **Mouthguard:** Mandatory for all fighters.
- **Hand Wraps:** Hand wraps are used under gloves for wrist support and protection.



3. Scoring System:

- Points are awarded based on effective punching techniques, ring generalship, defense, and overall control of the bout.
- Judges score rounds using the 10-Point Must System, where the winner of each round receives 10 points, and the opponent receives 9 or less, depending on their performance.

4. Rounds and Duration:

- **Professional Matches:** Typically consist of ten 3-minute rounds with a 1-minute break between rounds.
- **Amateur Matches:** Rounds may vary but commonly consist of three 3-minute rounds.

5. Knockouts and Decisions:

- **Knockout (KO):** Occurs when a fighter is unable to continue due to strikes or cannot beat the referee's count.
- **Technical Knockout (TKO):** Referee or ringside doctor stops the fight due to a fighter being unable to defend themselves effectively.
- **Decision:** Matches are decided by judges' scorecards if the bout goes the distance.

6. Refereeing and Officials:



- Matches are overseen by a referee who ensures adherence to rules, fighter safety, and fair play.
- Additional judges score the bout from different angles around the ring to determine the winner in case of a decision.

7. Conduct and Sportsmanship:

- Boxers are expected to adhere to the highest standards of sportsmanship, respecting opponents, officials, and the rules of competition.
- Unsportsmanlike conduct, including deliberate fouls, may result in penalties, point deductions, or disqualification.

8. Anti-Doping Measures:

- IFSF enforces anti-doping regulations to ensure fair competition and athlete safety. Random drug testing may be conducted before or after matches.

9. Championships and Tournaments:

- IFSF organizes championships and tournaments where boxers compete for titles within their weight divisions and earn recognition within the global boxing community.



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Join IFSF Boxing Competitions and Experience the Thrill of Competitive Boxing!
