



**UNITED STATES BOXING LEAGUE**

**Official Boxing Rules of the United States Boxing League.**

**Contest Rules**

1. **Each regular season contest shall consist of Three (3) rounds and each round shall be of five (5) minute duration, with a one (1) minute rest period between rounds. Championship contest shall consist of five (5) rounds and each round shall be of five (5) minute duration, with a sixty (60) second rest period in between rounds.**
2. **The World championship contests shall consist of seven (7) rounds and each round shall be of five (5) minutes duration, with a ninety (90) second rest period in between rounds.**
3. **Every boxer in each divisional classification must compete in at least one (1) event per season and Boxers cannot compete in back-to-back scheduled events.**
4. **Any team that fails to have or cannot have a boxer compete in a divisional classification in any scheduled event will forfeit said contest with the opponent being awarded a six (6) point victory equal to a unanimous decision.**
5. **The team designated as the 'visiting' team must reveal boxers competing 72 hours prior to competition. The home team will have the advantage of selecting their roster 48 hours prior to competition.**
6. **A boxer named as contestant for an event must weigh in within the classified division limits. Official weigh-in will consist of one (1) official step on the scale, boxers will NOT be given a second chance at making weight.**
7. **Boxers failing to make weight in their scheduled competing bout will forfeit with the opponent being awarded a six (6) point victory equal to a unanimous decision.**
8. **The referee is the sole arbiter of a bout and is the only individual authorized to stop a contest.**



9. All bouts will be evaluated and scored by five (5) judges, with only three (3) becoming the official and binding score. Scorecards of the two (2) opposite scoring judges, the lowest and the highest in contest totals will become void and omitted.

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10. The 10 Point Must System will be the standard system of scoring a bout. Each Judge will independently judge the merits of the two (2) Boxers using the 10 Point Must Scoring System based on following criteria:

- 10.1. Blows in target area
- 10.2. Quality blows in target area
- 10.3. Domination of the round
- 10.4. Competitiveness
- 10.5. Technique and tactics superiority (Ring Generalship)
- 10.6. Infringement of the rules

4.a The Judges must apply the following criteria to score round:

- 10.7. 10 vs. 9 – Close competitive round
- 10.8. 10 vs. 8 – Knockdown and or clear dominance
- 10.9. 10 vs. 7 – Total dominance, over matched

11. The Mandatory Eight (8) Count after knockdowns will be standard procedure in all bouts. Boxer must be up and standing by a count of Ten (10) in order for the fight to continue. If boxer is up and on their feet by the count of Ten (10), the referee will determine whether boxer can continue the contest.

12. All professional boxers are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the immediate action. Points may be deducted by the referee if he feels the mouthpiece is being purposely spit out. If the dislodged mouthpiece cannot be found, the corner can use a secondary mouthpiece, if a replacement mouthpiece is not available, referee shall stop the contest with the boxer losing.

13. There is NO Standing Eight (8) Count.



14. There is **NO Three (3) Knockdown Rule.**

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15. A boxer shall receive a twenty (20) second count if the boxer is knocked out of the ring and onto the floor. The boxer is to be unassisted by spectators or his/her seconds. If assisted by anyone, the boxer may lose points or be disqualified with such a decision being within the sole discretion of the referee.

16. A boxer who has been knocked down **CAN** be saved by the bell in any round, including the last and final round.

17. If a boxer sustains an injury from a fair blow and the injury is severe enough to terminate the bout, the injured boxer shall lose by TKO.

18. Injuries sustained by Fouls:

**Intentional fouls.**

- I. If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the boxer causing the injury shall lose by disqualification.
- II. If an intentional foul causes an injury and the bout is allowed to continue, the referee shall notify the authorities and deduct two (2) points from the boxer who caused the foul. Point deductions for intentional fouls will be mandatory.
- III. If an intentional foul causes an injury and the injury results in the bout being stopped in a later round, the injured boxer will win by **TECHNICAL DECISION** if he is ahead on the score cards; and the bout will result in a **TECHNICAL DRAW** if the injured boxer is behind or even on the scorecards.
- IV. If the boxer injures himself while attempting to intentionally foul his opponent, the referee will not take any action in his favor, and this injury shall be the same as one produced by legal action.
- V. If the referee feels that a boxer has conducted himself in an unsportsman-like manner, he may stop the bout and disqualify the boxer.

**Accidental fouls.**

- If an accidental foul causes an injury severe enough for the referee to stop the bout immediately, the bout will result in a **NO DECISION** if stopped before four (4) completed rounds. Four (4) rounds are complete when the bell rings signifying the end of the fourth round.
- If an accidental foul causes an injury severe for the referee to stop the bout immediately after four (4) rounds have occurred, the bout will result in a **TECHNICAL DECISION** awarded to the boxer who is ahead on the score cards at the time the bout is stopped.
- Partial or incomplete rounds will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.
- A fighter who is hit with an accidental low blow must continue after a reasonable amount of time but no more than five (5) minutes, or he/she will lose the fight.