

Association of Boxing Commissions

Uniformity – Professionalism – Consistency

CHAMPIONSHIP RULE

Female Boxing Guidelines

- 1) All bouts shall be scheduled for no more than then (10) rounds with each round may last up to three (3) minutes. One (1) minute between rounds.
- 2) Female boxers shall use NO facial cosmetics and have their hair secured with soft and non-abrasive materials.
- 3) The weight classes shall be the same as use by male boxers.
- 4) Female boxers shall wear breast protectors and groin protectors that are both properly fitted and a mouthpiece is also required.
- 5) Glove size: Females boxers up to and including 147 lbs., shall use 8 oz., gloves and female boxers over 147 lbs., shall use 10 oz., gloves properly fitted.
- 6) All female boxers must provide a **negative pregnancy test** prior to each bout.