



# World Boxing Council 2019-20

## Weight Management Program



# Weight Management Program



Nutrition and Weight  
Management Committee

The WBC began the Weight Management Program effective January 1, 2019.

# Weight Management Program

- ✓ Mandatory disclosure: promoter must require each boxer to submit to the WBC the precise weight at the time of signing the bout
- ✓ Safety weigh-in 30-14-7: 30 day (10%); 14 day (5%); 7 day (3%)
- ✓ Weigh-in on site the day of the fight: On site (10%)
- ✓ The WBC reserves the right to impose any of the following penalties for non-compliance:.
  - a. Warning
  - b. Fines up to \$5,000 dollars for numbers 1 and 2
  - c. Withdrawal of sanctioning of the bout
  - d. Up to 30% penalty on the purse on number 3



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## Research Protocol Ibarra

Dr. José Luis

Notification



*Done; we need to reinforce awareness campaign in order to put everyone on the same page and engage all parties*

Protocol design



*The first draft delivered, Dr. Ibarra will send a copy for discussion*

Data collection



*Ongoing, we are collecting information from most fights. Weigh in at the time of signing contracts is getting hard to obtain*

Data analysis



*Could have the first report shortly*





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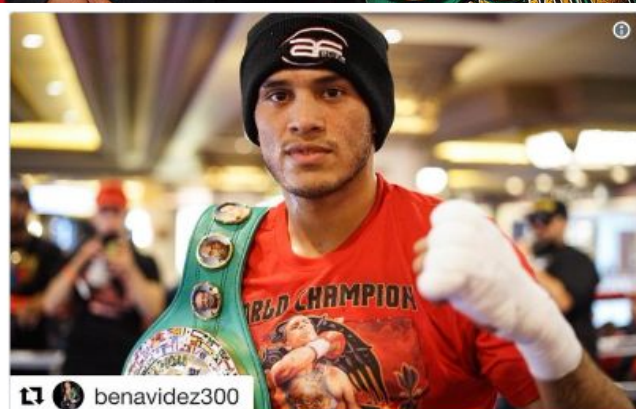
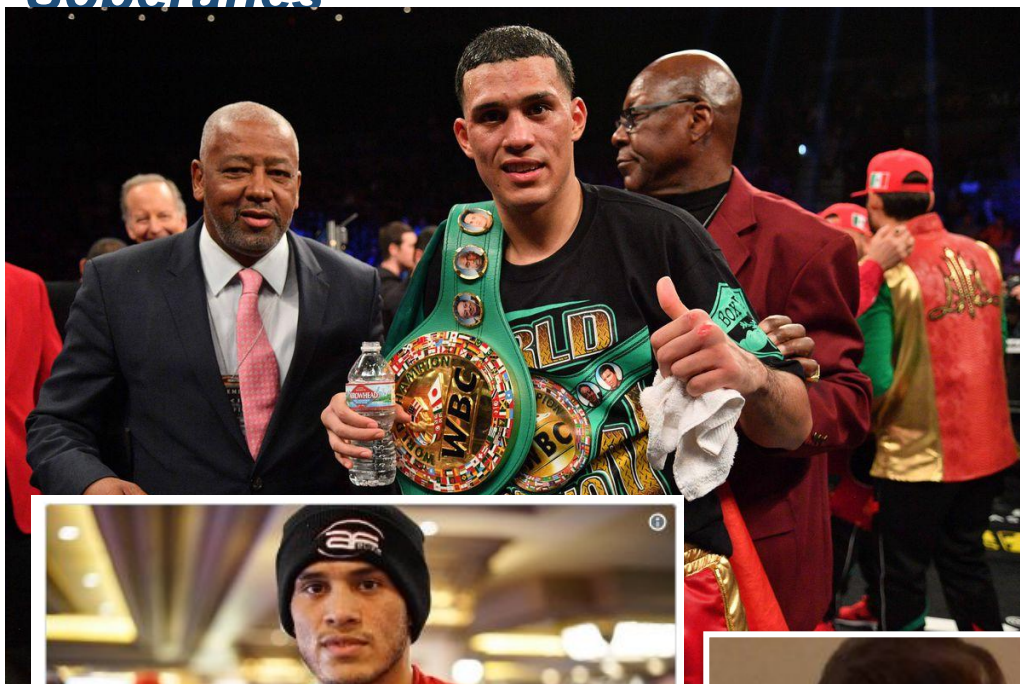
Research Protocol  
Ibarra

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Data collection

## Weight Management Program WBC Featherweight (126 lbs)

Fight	Name of boxer	Rounds	Place	Date	Champion's hip	Initial weight	30	14	7	Official weight	Day of fight weight	% difference	weight difference between official and dof	dof weight difference between boxers	result	Notes
	MARTINE	6	CHIHUAH	15.02.19						120.56	128.92	6.4	8.4	3.1	4	
	VILLA C.	6	CHIHUAH	15.02.19						126.5	130.9	3.3	4.4	3.1	10	
	MARQUEZ	4	CHIHUAH	15.02.19						128.7	136.84	5.9	8.14	4.2	1	1
	NUÑEZ H	4	CHIHUAH	15.02.19						125.4	127.6	1.7	2.2	4.2	7	1
	MERCADO	8	ZACATECA	2.03.19						124.8	127.82	2.3	3.02	0.1	2	2
	FOGUERA	8	ZACATECA	2.03.19						124.3	127.38	2.4	3.08	0.1	8	2
	ROMERO	4	ZACATECA	02.03.19						125.4	128.26	2.2	2.86	2.3	4	4
	GARCIA G	4	ZACATECA	02.03.19						118.8	124.52	4.5	5.72	2.3	10	4
	BASTAR A.	8	CAN CUN	16.02.19						120.56	128.7	6.3	8.14	4.01	3	8
	RODRIGUEZ	8	CAN CUN	16.02.19						124.3	138.6	10.31	14.3	4.01	9	8
	CASTRO C.	4	CAN CUN	16.02.19						123.64	127.16	2.76	3.52	0	3	4
	MAIL D.	4	CAN CUN	16.02.19						123.64	127.16	2.76	3.52	0	9	4
	PEDROZA O	4	JALISCO	26.01.19						124.3	127.6	2.5	3.3	3.7	2	2
	OCAMPO L	4	JALISCO	26.01.19						121.66	129.8	6.2	8.14	3.7	8	2
	NYAMBAYAR	12	NEW YORK	26/01/2019						124.96	128.92	3.07	3.96	7.53	3	12
	MARRERO C	12	NEW YORK	26/01/2019						125.18	140.14	10.6	14.96	7.53	9	12



David Benavidez  
@Benavidez300

I would like to sincerely apologize to the wbc for my actions I am embarrassed to have this happen and to my all my fans that I lost the respect of I know a lot of people won't see me the same but I am young and it was a mistake on my behalf .  
[@WBCBoxing](#) [@BenavidezBoxing](#)

11:20 PM - Sep 18, 2018

672 331 people are talking about this



## THE PROGRAM

- ✓ Our main goal has always been the security and wellbeing of all boxers.
  - ✓ The Program will follow scientific research protocols: based on hard data and rigorous analysis
  - ✓ Discovery + share information + impulse debate with all parties + education, seeking for secure practices in weight management.
- The Program will be permanent (weigh control of ranked boxers).
  - Surprise testing (Weight, Fat %, BMI)
  - All affiliated countries
  - Health information and nutritional assistance provided by the WBC
  - Voluntary and random weighing of participants
  - Participants' must provide information and location of training camp.



# Nutrition and Weight Management in Boxing

## Online course



Educational Innovation in Professional Boxing



1. Clean Boxing Program
2. Nutrition in boxing
3. Weight management
4. Hydration

## ***WBC Psychology and nutrition talks***

***L.P. Diana Sosa***



## Roadshow (pilot program 2019-20)

- ✓ 20 live talks during the first year (México)
- ✓ Boxing gyms, universities, local boxing commissions, etc.
- ✓ Podcast WBC and social media campaign, WBC platform
- ✓ Printed and digital material
- ✓ Reproduce the model in other countries



## *Project collaboration WBC – Tec de Monterrey*



### WEIGH MANAGEMENT PROJECT (2019-20)



- ✓ Mobile app for weigh-in record keeping
- ✓ Database management
- ✓ Data analysis and research projects related to the weigh management and other health-related topics
- ✓ The mechatronic project regarding sensors for speed and power of a punch
- ✓ Boxing program for students launched 2019