



# Professional Boxing Career's Rules & Regulations

Professional Boxing Career is the authority to grant licenses to Boxers and others engaged in the sport of professional boxing, and to regulate, control and supervise professional and corporate boxing in Pakistan, which is recognized by the world official record-keeping website BoxRec.

Rules of boxing the opponents in any one contest must be engaged at the same weight. All Boxers must weigh in not less than 24 hours or more than 36 hours before the commencement of a tournament. When a contestant is overweight, he is allowed 1 hour from the time of the weigh-in to achieve the correct weight. If still overweight after such an hour, no further weigh-in is allowed.

The boxer or his Manager, shall if directed do so by the official of the PBC. In charge of the weigh-in, produce the duly executed boxer and promoter contract for the contest to such officials. The council will also appoint a referee, a timekeeper, a supervisor, and three judges to score the contests. When officiating in the boxing ring the Referee shall wear a clean white PBC-approved shirt, a black bow tie and dark trousers and black shoes. All boxers shall be medically examined at the weigh-in or immediately prior to the commencement of the promotion. Each boxer must also be medically examined after every contest. If the examining doctor

considers it necessary to do so he shall send a report to the PBC medical board. A doctor must be available to give immediate attention to any Boxer should this be required. No more than three persons acting as seconds shall be allowed in each corner and only one shall be allowed inside the ring at any one time. The Referee must acquaint himself with the identity of the Chief Second in each contest.

- Age limit 18 to 36 boxers can only participate under PBC supervision.
- Each round shall consist of a three (3)-minute (Females: two (2)-minute) duration, with a one (1)-minute rest period between rounds.
- Mandatory durations of PBC championship contests are as follows:
  - PBC Titles: (Males) 8 Rounds (Females) 6 Rounds)
  - Provincial Titles: PBC Sindh, PBC Punjab, PBC KPK, PBC Balochistan: 6 Rounds.
- Any PBC Champion must defend his/her title within four (4) months,
- Any provincial Champion must defend his/her title within four (4) months, otherwise, the title may be declared vacant at the discretion of the Professional Boxing Career.

Corners can only bring to the ring corner:

- Clean white towels.
- White petroleum jelly.
- Best quality sterile cotton wool.
- Sterile gauze in small sealed packets.
- Orange, cherry, or dental swab sticks.

- A quantity of Adrenalin made into a 1:1000 aqueous solution, or such hemostatic as shall have been approved by the Medical Sub-Committee of the Medical Board.
- A pair of Steel Prestige Medical Lister Bandage Scissors.
- An ice bag.
- A roll of 1-inch zinc oxide plaster.
- A number of soft bandages.
- Enswell eye iron.

## WEIGH-IN

Boxers for a national championship contest shall weigh in between 4 pm and 6 pm (local time) on the day prior to the scheduled match at a place approved by the PBC Supervisor and in the presence of the Professional Boxing Career Supervisor on calibrated scales.

These scales must be available to both boxers at least 2 hours prior to the official weigh-in. The weigh-in time may be altered at the discretion of the PBC Supervisor.

Weight determines championships; if either boxer fails to make the prescribed weight by the official weigh-in, either of them has 2 hours from that time to make the prescribed weight in the presence of the Professional Boxing Career Supervisor. If either or both boxers fail to make the prescribed weight within the additional 2 hours period, these Rules & Regulations remain in full force and effect and the contest shall be held as an overweight championship contest or a non-title contest as the case may be.

If a National Champion fails to make the prescribed weight and the Challenger makes weight, the National Champion shall lose the title at the scales, and the championship shall then and there be declared vacant. The championship may not, however, be won at the scales. The contest shall go forward,

If the contest is for a vacant title and one of the Co-Challengers fails to make the weight, the contest will go forward as a championship contest, however, only the boxer who has made the weight can win the title if he/she wins the contest.

Professional Boxing Career championships shall be recognized in the following weight divisions:

<b>Weight Division</b>	<b>Weight KG</b>	<b>Weight Pounds</b>	<b>Diff</b>
<b>Atom (Female)</b>	<b>46.27</b>	<b>102</b>	<b>0</b>
<b>Minimum</b>	<b>47.627</b>	<b>105</b>	<b>1.357</b>
<b>Lightflyweight</b>	<b>48.987</b>	<b>108</b>	<b>1.360</b>
<b>Flyweight</b>	<b>50.802</b>	<b>112</b>	<b>1.815</b>
<b>Superflyweight</b>	<b>52.163</b>	<b>115</b>	<b>1.361</b>
<b>Bantamweight</b>	<b>53.524</b>	<b>118</b>	<b>1.361</b>
<b>Superbantamweight</b>	<b>55.338</b>	<b>122</b>	<b>1.814</b>
<b>Featherweight</b>	<b>57.153</b>	<b>126</b>	<b>1.815</b>
<b>Superfeatherweight</b>	<b>58.967</b>	<b>130</b>	<b>1.814</b>
<b>Lightweight</b>	<b>61.235</b>	<b>135</b>	<b>2.268</b>
<b>Superlightweight</b>	<b>63.503</b>	<b>140</b>	<b>2.068</b>
<b>Welterweight</b>	<b>66.678</b>	<b>147</b>	<b>3.175</b>
<b>Superwelterweight</b>	<b>69.853</b>	<b>154</b>	<b>3.175</b>
<b>Middleweight</b>	<b>72.575</b>	<b>160</b>	<b>2.722</b>
<b>Supermiddleweight</b>	<b>76.204</b>	<b>168</b>	<b>3.629</b>
<b>Lighthouseweight</b>	<b>79.379</b>	<b>175</b>	<b>3.175</b>
<b>Cruiserweight</b>	<b>90.719</b>	<b>200</b>	<b>11.32</b>
<b>Heavywaight</b>	<b>Over 200 Pounds with no limits</b>		

## **MEDICAL EXAMINATION AND SAFETY**

To encourage the preservation and protection of the health and welfare of the boxers, both must submit all medical & blood reports as required by the commission having jurisdiction over the contest.

# KNOCKDOWN, KNOCKOUT, AND COUNT

A boxer shall be considered “down” when, as a result of a legal blow as ruled by the referee, who is the only person authorized to determine this, any part of their body other than their feet is on the canvas, or if they are hanging helplessly over the ropes, or if they are still rising from the down position and not standing upright.

The Mandatory 8 Count after knockdowns will be standard procedure in all national championship contests. There is no Standing 8 Count; there are no 3 Knockdown Rules. If in the referees’ judgment, the knockdowns have been indecisive and clearly with no injurious effect upon the boxer, the contest may be continued but with good sense and judgment, and the boxers’ welfare is always paramount.

When a boxer is knocked down, the referee shall audibly announce the count as he motions with his right arm downward indicating the end of each sound of the count.

If the boxer taking the count is still down when the referee calls the count of 10 the referee shall wave both arms indicating that the boxer has been knocked out.

When a boxer is knocked down, the referee shall order the opponent to the farthest neutral corner of the ring and pick up the count from the timekeeper or the official counting for knockdowns. Should the opponent fail to stay in the corner as directed by the referee, the referee shall stop the count and redirect the boxer to go back to the corner and resume the count at the point that it was interrupted. In the event of any knockdown, the timekeepers' count

will cease when picked up by the referee whose count shall prevail and be relied on by the boxers.

A boxer shall receive a 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.

A boxer who has been knocked down cannot be saved by the bell in any round. If a boxer is down and the round has terminated, the referee shall continue the count until the boxer rises or is counted out. If a boxer fails to rise before the count of 10 he shall be declared the loser by knockout in the round just concluded.

## THE REFEREE

The referee is the only person authorized to stop a contest at any stage if he considers it to be one-sided or if either boxer is in such condition that to continue might subject them to serious injury.

Before any championship contest begins, the referee shall identify the chief second of each boxer and shall hold the chief second responsible for the conduct of their respective corner. Shaking hands by the boxers is recommended immediately following the referee's instructions and prior to the commencement of the final round.

The referee, Inspector (or Pakistan Boxing Council's Supervisor) shall examine the bandages and gloves of each boxer before the contest begins to make sure that the gloves are free of any extraneous substance that could be harmful to the opponent, and

that the bandages of each boxer conform with PBC Rules & Regulations.

The referee shall be the only person authorized to determine if injuries were the result of legal blows, accidental fouls, or intentional fouls.

The referee may stop the contest and consult with the ringside doctor on the medical advisability of a boxer's ability to continue. However, the referee is the only person permitted to signal the end of a contest.

## THE JUDGES

All championship contests will be evaluated and scored by three judges.

The 10-Point Must System will be the standard system of scoring a contest. Under no circumstances, the scoring will be less than 10:6 exclusive of penalty point deductions. Scoring even rounds is not recommended, the judges must make an effort to pick a winner of each round.

The scorecards will be picked up after each round and the tally made by PBC Supervisor. The judges are not allowed to keep a running score.

In the event the contest is stopped and determined by the scorecards, the judges will score the round in which it has been stopped.



# RINGSIDE DOCTOR/PARAMEDICAL

The ringside doctor may enter the ring during the course of the round only at the request of the referee.

The ringside doctor may enter the ring between rounds on their own and advise the referee about the condition of either boxer.

# TIMEKEEPER

10 seconds before the interval minutes are up; the timekeeper will sound an acoustic signal and announce “seconds out”.

The timekeeper shall indicate the last 10 seconds remaining in each round by knocking loudly on a table with a hammer or a similar instrument.

When a boxer is down the knockdown timekeeper shall immediately start counting the elapsed seconds in a loud, clear voice. He shall indicate each elapsed second with progressive upraised fingers until the referee has either taken up his count or told the boxers to box.

It is entirely up to the referee to determine if a knockdown has occurred. If the referee ignores or waves away the timekeeper, then that is the official ruling. If the referee is in the course of applying a count and the round has been completed, the bell indicating the end of the round will not be sounded. If the boxer rises before 10 is counted and the referee gives the command box, the bell will be sounded to end the round.

When the referee orders and signals time, the timekeeper shall stop the watch and only restart it when the referee orders box. The

timekeeper must always be alert to accept any signals from the referee.

## SECONDS

Each boxer in a championship contest shall be allowed no more than 4 seconds. One of these seconds shall be designated the chief second, responsible for the conduct of the corner during the contest. Only 1 of these seconds is allowed to enter the ring between rounds.

## FOULS AND INJURIES

If a boxer sustains an injury from a fair blow and the injury is severe enough to terminate the contest, the injured boxer shall lose by technical knockout (TKO).

Injuries sustained by fouls

Intentional Foul

If an intentional foul causes an injury, and the injury is severe enough to terminate the contest immediately, the boxer causing the injury shall lose by disqualification (DQ).

If an intentional foul causes an injury, and the contest is allowed to continue, the referee shall notify the authorities and deduct 2 points from the boxer who caused the foul. Point deductions for intentional fouls will be mandatory.

If an intentional foul causes an injury, and the injury results in the contest being

stopped in a later round, the injured boxer will win by TECHNICAL DECISION if he is ahead on the scorecards; and the contest will result in a TECHNICAL DRAW if the injured boxer is behind or even on the scorecards.

If a 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 a fair blow.

If the referee feels that a boxer has conducted himself in an unsportsmanlike manner, he may stop the contest and disqualify the boxer.

### Accidental Fouls

If an accidental foul causes an injury, and the injury is severe enough to terminate the contest immediately, the contest will result in a NO DECISION if stopped before 4 completed rounds. 4 rounds are complete when the bell rings signifying the end of the fourth round.

If an accidental foul causes an injury, and the injury is severe enough to terminate the contest immediately after 4 rounds have occurred, the contest will result in a TECHNICAL DECISION awarded to the boxer who is ahead on the scorecards at the time the contest 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 boxer who is hit with an accidental low blow must continue after a reasonable amount of time, but no more than 5 minutes or he/she will lose the contest.

# RING

The local commission shall verify before the contest that the rings used shall be no less than 18 feet nor more than 24 feet by side within the ropes.

4 ropes are mandatory

# HAND WRAPS

In all weight divisions, hand bandages shall be restricted to 18 meters of soft gauze bandage per hand, not more than 2 inches in width, held in place by not more than 8 feet of adhesive tape of one-and-a-half (1 ½) inches of width.

Adhesive tape shall not cover any part of the knuckles when the hand is clenched to make a fist.

# GLOVES

The weight of the gloves to be used in championship contests shall be as follows:

From Strawweight to Welterweight, 8-ounce gloves shall be used.

From Super welterweight to Heavyweight, 10-ounce gloves shall be used.

# PROTECTORS / MOUTHPIECES

The protective cups and mouthpieces shall be compulsory for all boxers.