

Rules & Regulations of Boxing Club

- Boxing is a controlled aggression inside the Ring. It's Sport between matching opponents within sets of Rules hence following of stricter discipline in the Boxing training club, on championship tour, Sparring visits, and at all relevant places will be observed by the Chief Coach.
- Boxer must bring following items with them for regular practice schedule –
a) Hand wraps b) Gum shield c) Skipping rope d) Water Bottle e) Napkin
f) Towel g) Center Guard h) Head Guard and / or Competition Gloves on Coaches recommendation.
- Boxer must wear practice attire when practicing.
- Boxer must follow Coaches instruction carefully. No Boxer should try any activity without coach's attention.
- All Boxer are instructed to wear Punching mittens while punching the Bag.
- No Boxer should throw punches or try out some combination on other Team Mates.
- No Boxer shall ever think of Doping or instigating thought of Doping in other Team Mates mind. This is punishable crime.
- Boxers are advised not to wear Gold Chains, Diamond Rings or carry valuable, costly things or carry excessive cash with them. This Boxing Club will not be responsible in any way to the loss of any valuables of any individual during practice session.
- Boxers of all Religions, Castes, Creeds and Gender will be treated equally.
- Boxers are requested not to delay their fees beyond 5th of every month.
- Boxing is the best tool of Self Defense should never be used for any offence. The same will be viewed seriously.

Read and Accepted: _____
(Parents / Legal Caretaker)

(Boxer)