



Central Coast Boxing Club^{Inc.}

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Central Coast Boxing Club Inc

Sparring Policy & Procedure

Combat Sport Requires Sparring Policies and Procedures to help protect against Head Injury & Trauma.

Central Coast Boxing Club's Policy and Procedures are as follows:

- Combatants must only participate in Sparring once within a seven (7) day period.
- Combatants **must not** participate in sparring within 2 days of a competition
- Sparring must be stopped immediately if a Boxer is being outclassed and is in risk of a concussion, a jab only policy can be adopted.
(Remember Boxing is about skill and longevity)
- If a Combatant has been concussed, they must not participate in sparring or competition for 30 days or without a doctor's clearance.
- PPE equipment must be worn at all times during sparring
(Head Gear, Mouth Guard, 16oz Gloves, Groin Guard for all boxers. A chest plate is optional for female Boxers).
- Boxers must be older than 12 years of age or body tag must be adopted for the sparring.
- Weight difference is to be a maximum of 3.5kg or jab only must be adopted for the sparring.
- Age difference must be within 3 years or jab only must be adopted for the sparring.
- A Female Boxer sparring against a male Combatant must be the same age or older than the male Boxer.
- Experience must also be taken into consideration alongside the weight, age and gender as mentioned above.
- **Any** competitor sparring at Central Coast Boxing Club must bring to our attention if they have suffered any head injury or concussion in the prior 30 days.
- **Any** competitor sparring at Central Coast Boxing Club must sign our sparring participation waiver.

I have read the Central Coast Boxing Club Inc Sparring Policy and Procedure and understand its terms and agree to uphold all conditions both within our home gym and at any other venue where I am representing Central Coast Boxing Club Inc.

I agree that myself/child have read and understand the Central Coast Boxing Club Inc Sparring Policy and Procedure and by proceeding with the online registration I agree to the terms of this document.