



USA Boxing National Team Policies & Procedures

USA Boxing Team members, including athletes, coaches, officials and volunteers must conduct themselves in a sportsmanlike and professional manner, holding themselves accountable to USA Boxing's Code of Conduct and Team Rules during the entirety of all national and international events, including the time spent travelling to and from the host location. Unsportsmanlike conduct or disobeying rules may result in removal from the team, event, and possible participation in future USA Boxing events.

Sportsmanlike conduct is defined as, but is not limited to: respect for opponents, competition officials, employees, the public; respect for facilities, privileges and operation procedures; the use of courtesy and good manners; acting responsibly and maturely; refraining from the use of profane or abusive language; and abstinence from illegal and banned drugs.

High Performance Staff as referenced below includes the: High Performance Director, National Head Coach, National Assistant Coach, National Junior & Youth Coach, National Strength & Conditioning Coach, High Performance Manager, High Performance Coordinator, and assigned medical/support staff.

USA Boxing National Team policies and procedures are in place to ensure the safety of National Team athletes and staff. The following set of rules outlines specific policies and procedures that all USA National Team Members must adhere to, in addition to the USA Boxing Code of Conduct and Elite Athlete Contract that all athletes are required to sign and adhere to:

General

- A. National Team members will act in a way that will bring respect and honor to themselves, their teammates, USA Boxing and the United States.
- B. Athletes will recognize, respect and adhere to the authority of USA Boxing's appointed coaches, team leaders, and medical staff.
- C. Hazing and or sexual harassment of any nature is not permitted in any form or fashion.
- D. National Team members must respect the property of others at all time.
- E. Absolutely no alcohol is permitted for any athlete for the entire duration of the event.



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- F. Absolutely no performance enhancing drugs, performance inhibiting drugs, stimulants or recreational drugs are permitted for the entire duration of the event.
- G. National Team members are required to wear designated USA Boxing apparel at all official team functions and events.
- H. National Team members are required to follow all COVID-19 protocols as written and provided by USA Boxing.
- I. During team travel, athletes are required to wear designated team travel gear, as outlined by the High Performance Manager or High Performance Coordinator prior to departure.
- J. Athletes are prohibited from selling team apparel
- K. Athlete will be responsible for the cost of lost team apparel and will be resupplied upon a case-by-case basis.
- L. All Team Members are required to have an active Teamworks account and app on phone. Team Members are to contact the High Performance Manager or High Performance Coordinator immediately if there are any issues with the account/app.

Training Camp

- M. Athletes will be provided, at minimum, five (5) days to respond to any invitation to attend a USA Boxing National Team Training Camp. Extensions must be submitted to the High Performance Manager or High Performance Coordinator, no less than 24 hours prior to the deadline.
 - o Athletes who miss the deadline and do not request an extension forfeit their roster spot at the Training Camp.
- N. Once Athletes have accepted his or her place at the Training Camp, he or she assumes all financial responsibility for any flight changes made more than 24 hours after the timestamp delivery of the itinerary.
- O. If an athlete misses a flight for reasons other than flight delays, flight cancellations, or other extenuating circumstances, the athlete will be financially responsible for all costs associated with his or her rescheduled transportation to the training camp.
- P. Athletes must not miss any team activities outlined on the Training Camp Schedule. If the Athlete is to miss any session for any reason, the Athlete is to notify the High Performance Staff no less than 30 minutes prior to a scheduled appointment or session.
- Q. Athletes must bring all USA Boxing allocated gear and apparel to each training camp he or she is selected for.

Housing

- R. Curfew is 10:00 PM, unless changed in writing by the High Performance Staff. Athletes are not permitted to leave their assigned room after curfew for any reason



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except in an emergency. If an athlete feels they must leave the room after curfew for any reason other than an immediate emergency, they are required to contact and speak with the High Performance Staff before doing so.

- S. Athletes are required to sleep in the room assigned to them by the High Performance Staff. Any issues regarding the need to change rooms must be brought to the attention of the High Performance Staff.
- T. Athletes are not permitted in rooms not assigned to them or any room assigned to another country. Athletes can congregate in common areas prior to curfew if they so choose.
- U. Athletes must keep their assigned room neat and tidy, be respectful of the cleaning staff, and follow all rules set forth by the host hotel or training center. Athlete is also responsible to tidying up room prior to departure from camp/competition.
- V. Athletes are not permitted to leave the hotel, competition venue or training venue for any reason without prior approval from a member of the High Performance Staff. Furthermore, athletes under the age of 18 must be accompanied by a member of the High Performance Staff.

Scheduled Team Activities

- W. Athletes are required to attend and arrive at all team functions a minimum of 15 minutes prior to the scheduled start, to include meetings, practices, press conferences, competitions, etc. unless excused or otherwise instructed by the High Performance Staff.
- X. Athletes are required to be prepared and must have the necessary equipment for optimal performance prior to all scheduled team activities. This means having all necessary training equipment (hand wraps, gloves, headgear, etc.) ready prior to the start of the training session.
- Y. Athletes are required to wear team apparel at all scheduled team activities.
- Z. The use of cell phones or other electronics during scheduled team activities is prohibited.
- AA. Unless approved by USA Boxing, only official team members/camp participants are permitted at team meetings, team meals, training sessions and competitions. Visitors are welcome to attend competitions and support the team from designated spectator areas.
- BB. If currently enrolled in school, all athletes must attend scheduled study hour sessions unless given permission by the High Performance Staff. Alternative options will be provided for those not currently enrolled in school.



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- If athlete misses a scheduled tutoring session without prior notification of at least 2 hours prior to session, the athlete will be financially responsible for covering the cost of the missed tutoring session unless excused by USA Boxing High Performance staff due to extenuating circumstances.
- CC. National Team members are required to participate in scheduled media activities if compatible with training and competition schedule, when requested by USA Boxing.
- DD. Unless given permission by the High Performance Staff, all athletes must attend all competition sessions that a Team USA athlete is competing in.

Competition

- EE. Only accredited National Team coaches, staff or other national team members shall be permitted to warm-up or accompany athletes in the designated competition area.
- FF. National Team members are not permitted to conceal or cover-up any USA Boxing sponsor, supplier or licensee brand, or any other identification appearing on USA Boxing apparel and equipment.
- GG. Unless approved by the High Performance Staff, National Team members are not permitted to mingle with parents, personal coaches, or friends before competition.
- HH. Athletes who have won a medal are required to attend the medal stand ceremony, in the required team apparel, unless excused by the High Performance Staff due to injury.
- II. Athletes are required to compete in all scheduled competition bouts he or she advances to, unless medically disqualified or approved, in writing, by USA Boxing.

Family & Friends

Training Camps

- JJ. Family, friends, personal coaches and other visitors are welcome to attend scheduled training sessions with the prior approval of the High Performance Staff. Requests to observe training sessions must be submitted in writing to the High Performance no less than 48 hours in advance of the training session.
- KK. Guests are permitted to observe training sessions and we ask that you respectfully remain around the perimeter of the training area.
- LL. Please note that guests may not have access to certain facilities due to OPTC policies and the High Performance staff reserves the right to hold private training sessions.
- MM. Due to OPTC policies, all family, friends, and personal coaches must be Safe Sport compliant.
- NN. Family, friends, personal coaches and other visitors are not permitted to be in team member's rooms. Athletes wanting to meet with guests must attain permission from the High Performance Staff prior to the guest arriving. Furthermore, any guest that is permitted to meet with an athlete must do so in common areas.



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- OO. If athletes wish to spend any team designated free time with family or friends, they need to seek approval from the High Performance Staff, as meals, transportation and other activities may have already been planned and paid for.

Competition

- PP. Unless approved by USA Boxing, only official team members are permitted at team meetings, team meals, training sessions and competitions. Visitors are welcome to attend competitions and support the team from designated spectator areas.
- QQ. Only accredited National Team coaches, staff or other national team members shall be permitted to warm-up or accompany athletes in the designated competition area.
- RR. Unless approved by the High Performance Staff, National Team members are not permitted to mingle with parents, personal coaches, or friends before competition.

Medical Management

- SS. Athlete shall promptly notify USA Boxing in writing of any illness or injury that interferes, or could reasonably be expected to interfere, in any manner with Athlete's High Performance Schedule.
- TT. Should Athlete be ill or injured and unable to meet the requirements listed within the High Performance Schedule, Athlete will be required to report to a USOPC Network Clinic or other medical provider, approved by USA Boxing, to undergo a thorough examination to determine if the athlete has medical reasons to forego any planned event in which Athlete has been selected to compete. Athlete shall comply with the full rehabilitation process as prescribed by USA Boxing, USOPC or other agreed upon rehabilitation services.
- UU. Any boxing related medical appointments made for medical treatment outside of the Olympic & Paralympic Training Center (OPTC) Sports Medicine Department must be reported to the USA Boxing medical staff.
- VV. Athletes training at the Olympic & Paralympic Training Center are expected to attend all scheduled medical appointments. If an athlete does not attend a scheduled appointment at OPTC Sports Medicine, he or she may be liable for decreased or suspended Sports Medicine and Recovery Center privileges and a reduction to his or her stipend.



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Weight Management

All USA Boxing athletes selected to participate in training camps and/or competitions must abide by the following weight management policy. In the event Athlete fails to make weight at a competition or follow the Athlete Weight Management Guidelines listed below, whether held in the United States or a foreign country, athlete shall be subject to the following penalties;

- a) Dismissal from trip and liability for reimbursement of all expenses for said competition paid on Athlete's behalf by USA Boxing including transportation, per diem and housing.
- b) Athlete stipend reduction and/or forfeiture for the month in which the event is held.
- c) Possible forfeiture of athlete stipend for the entire term of the contract and removal from team

At all competitions at which Athlete represents USA Boxing, Athlete shall meet the weight class in which he or she is selected to compete.

At all training camps leading to international competitions, Athletes are required to abide by the Athlete Weight Management Guidelines listed below.

Official weigh-ins will be conducted multiple times per day during USA Boxing training camps. Athlete's Official Weight will be determined using the average off all official weigh-ins over the course of the first 5 days of the training camp. Weights may be conducted with a hydration test, whereby Athletes must be HYDRATED (USG >1.025).

Athlete Guidelines Within 21+ days of Competition

Elite Men's Weight Divisions	
Class	7% or LESS
52kg	55.64
57kg	60.99
63kg	67.41
69kg	73.83
75kg	80.25
81kg	86.67
91kg	97.37

Elite Women's Weight Divisions	
Class	7% or LESS
48kg	51.36
51kg	54.57
54kg	57.78
57kg	60.99
60kg	64.20
64kg	68.48
69kg	73.83
75kg	80.25
81kg	86.67



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Athlete Guidelines Within 14 days of Competition

Elite Men's Weight Divisions		Elite Women's Weight Divisions	
Class	5% or LESS	Class	5% or LESS
52kg	54.60	48kg	50.40
57kg	59.85	51kg	53.55
63kg	66.15	54kg	56.70
69kg	72.45	57kg	59.85
75kg	78.75	60kg	63.00
81kg	85.05	64kg	67.20
91kg	95.50	69kg	72.45
		75kg	78.75
		81kg	85.05

Athlete Guidelines Within 7 days of Competition

Elite Men's Weight Divisions		Elite Women's Weight Divisions	
Class	3% or LESS	Class	3% or LESS
52kg	53.56	48kg	49.44
57kg	58.71	51kg	52.53
63kg	64.89	54kg	55.62
69kg	71.07	57kg	58.71
75kg	77.25	60kg	61.80
81kg	83.43	64kg	65.92
91kg	93.73	69kg	71.07
		75kg	77.25
		81kg	83.43



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