

BOXING

HISTORY :

Boxing originated in England, between the eighteenth and nineteenth centuries, which was fought with bare hands, making it a very brutal and violent sport. Years later this sport started to be regulated especially in 1867 with the formulation of the Queensberry Rules.

Boxing has always been an Olympic sport, not being present only at the 1912 Olympic Games in Stockholm, since at that time sport was banned in the country. Over the years many boxing variations have emerged, the most famous of which are Thai Muay Thai and French Savate, who are already using their legs.

POINTS TO REMEMBER

1. Length of boxing ring between the ropes	4.9 to 6.1 m
2. Breadth of boxing ring between the ropes	4.9 to 6.1 m
3. Platform of the ring from the ground	0.90 to 1.22 m
4. No. of ropes	4
5. Diameter of each rope	25 mm
6. Height of 1 st, 2nd, 3rd & 4th rope above the mat	.46, .76, 1.07 and 1.37 m respectively
7. Length of the bandage	2.5 m
8. Width of the bandage	4.4 cm
9. Standard weight of gloves	284 g (10 ounces)

RULES

1. The opponents in any one contest must be engaged at the same weight.
2. All boxers must weigh-in not less than 24 hours or more than 36 hours before the tournament.
3. When a contestant is overweight, he is allowed 1 hour from the time of the weighing to achieve the correct weight. If still overweight after such time, no further weighing is allowed.
4. In all contests the number of rounds shall be specified. No contest shall exceed 12 rounds nor be less than 8 minutes of actual boxing. Rounds shall be of 3 minute duration with an interval between each round of 1 minute.

5. All contests shall be decided in a four-rope ring no less than 16 foot and no more than 20 foot square.

6. Boxing gloves are 8 ounces in weight for contests from flyweight to welterweight and 10 ounces for contests from light-middleweight upwards.



7. Boxers must shake hands before the commencement of the contest and at the beginning of the final round.

8. The timekeeper will count off the seconds strictly in accordance with his watch - 20 seconds unassisted if the boxer falls out of the ring.

9. You cannot hit below the belt, hold, trip, kick, headbutt, wrestle, bite, spit on or push your opponent.

10. You cannot hit with your head, shoulder, forearm or elbow.

11. You cannot hit with an open glove, the inside of the glove, the wrist, the backhand or the side of the hand.

12. You cannot punch your opponent's back, or the back of his head or neck (known as a rabbit punch) or in the kidneys.

13. You cannot throw a punch while holding on to the ropes to gain leverage.

14. You can't hold your opponent and hit him at the same time, or duck so low that your head is below your opponent's belt line.

15. When the referee breaks fighters from a clinch, you have to take a full step back; you cannot, immediately hit your opponent.

16. You cannot spit out your mouthpiece on purpose to get a rest.

17. If you score a knockdown of your opponent, you must go to the farthest neutral corner while the referee makes the count.

18. If you "floor" your opponent, you cannot hit him when he's on the canvas.

19. A boxer who is hit with an accidental low blow has up to five minutes to recover. If the foul results in an injury that causes the fight to end immediately, the boxer who committed the foul is disqualified.

20. If the foul causes an injury but the bout continues, the referee orders the judges to deduct two points from the boxer who caused the injury.

21. If an unintentional foul causes the bout to be stopped immediately, the bout is ruled a "no contest" if four rounds have not been fully completed. If four rounds have been completed, the judges' scorecards are tallied and the fighter who is ahead on points is awarded a technical decision. If the scores are even, it will be called a "technical draw."

22. Judges score on a 10-point scale. Most rounds will end 10-9, with the more dominant boxer receiving 10 points, the other receiving 9. If a judge deems the round completely even, both fighters receive 10 points.

23. When the referee sees fit, he can take away a point or two for an intentional foul; he can do the same for unintentional ones, but that usually occurs after at least a warning.

24. The winner is either decided by the judges if the fight goes the distance or by knockout (floored and cannot get up within 10 seconds), technical knockout (boxer unwilling to continue, or is deemed unable to do so) or disqualification.

25. If a fight goes this distance, and the result is determined by the scorecards, the possible outcomes are unanimous decision, split decision, majority decision or draw.



Scoring System

As of the 2016 Olympic Games, scoring is done with the traditional 10-point must system that is commonly used in boxing. Rather than the total points, each round is scored by the five judges and a computer randomly selects three of their scores to count.

Each judge must award 10 points to the boxer they judge to have won the round within 15 seconds of the end of the round. The judging criteria are the number of target-area blows landed, domination of the bout, technique and tactical superiority, competitiveness, and infringement of the rules. The winner of the round gets 10 points, while the loser gets a lower number from six to nine points. Nine points would denote a close round, eight points a clear winner, seven points total dominance, and six points overmatched.

After the final round, each judge adds their round scores to determine a winner. In a unanimous decision, all of the judges gave the same boxer two or more rounds. If there is a disagreement among the judges, it is a split decision.

FUNDAMENTAL SKILLS

A 'straight right' : This is the most powerful and damaging punch, but it may leave the boxer open to a counterattack if it fails to connect. It is best used in a combination of punches, usually after the opponent's defense has opened up after being hit with a good left jab.

A 'straight left' : This is a good way of keeping an opponent on the back foot.

Hook : The hook comes from the side so can catch the opponent unaware as it initially comes from out of their vision. The hook requires the boxer to arch and turn their body into a punch. It can be made with either the left or right arm.

Uppercut : The uppercut can be a great knockout punch and is delivered at close quarters. It comes up from underneath, has an element of surprise, and is usually aimed at the jaw with either hand. One drawback is that if it doesn't take the opponent out, there is a big chance they will be able to deliver a counterattack.

TERMINOLOGIES

Blocking : The technique to prevent an opponent's punch from landing cleanly on the head or torso by using the hands, shoulders or arms.

Bout : A short spanned match conducted between two competitors with a timeline of four three minute rounds, and with a break of one-minute between each round.

Break : A referee's command for boxers to free from a prolonged trap or a clinch.

Caution : An admonition to the boxer by a referee. Three cautions are issued before a warning. Mostly, the player is cautioned when he commits a foul.

Clinch : When two boxers are holding, or trapping each other for a longer duration, without any punches or fight involved.

Foul : An infringement of boxing rules.

Hook : A short power punch in which the boxer swings from the shoulder with his elbow bent, bringing his fist from the side toward the center.

Sn-fighting : Boxing at close range.

Jab : A quick, straight punch thrown with the lead hand.

Knock Down : A boxer is technically "knocked down," even if he hasn't fallen but he takes a serious blow or blows to the head and the referee steps in to stop the action.

Upper cut : This is one of the punches that is landed on the guard of the boxer from below in an upward direction.

Weaving : A method used by the boxer to escape the anticipated punches through twist and turn movements.

ARJUNA AWARD WINNERS

1961	Nandu Nat
1962	Hav. P.Badadur Mal
1968	Hav. Dennis Swamy
1972	Hav. Chandranarayanan
1977-78	B.S.Thapa
1979-80	B.Singfi
1981	Hav. G, Manpharan
1983	Jas Lai Pradhan
1987	Seeva Jayararn
1991	D.S.Yadav
1993	Manoj Pingale
1995	V. Devarajan
1998	N.G. Dingicb Singh
1999	Jitender Kumar

2003	Ms. MGMarykorn
2006	Vijender Kumar
2009	L Sarita Devi
2011	Suranjoy singh.
2013	Kavita.Chahal:
2015	Mandeep Jangra
2017	Sub. L Debendro Singh
1961	L. Buddy D'Souza
1966	Hawa Singh
1971	Hav. Muniswamy Venu
1973	Hav. Muniswamy Venu
1978-79	C.C. Machaiah
1980-81	Issac Amaldas
1982	Hav. Kaur Singh
1986	Jai Pal Singh
1989	Gopal Dewang
1992	Rajender Prasad
1993	Mukund Killekar
1996	Raj Kurnar Sangwan
1999	Gurcharan Singh
2002	Mohammed Ali Qamar
2005	Akhil Kumar
2008	Verghese Johnson
2010	Dinesh Kumar
2012	Vikas Krishan
2014	Manoj Kumar, Jai Bhagwan
2016	Shiva Thapang
2018	Subedar Satish Kumar

DRONACHARYA AWARD WINNERS

1985	Om Prakash Bhardwaj
1999	Capt. Hawa Singh

2004	Gurcharan Singh
2009	Damodaran Chandralal
2012	Jai dev Bisht
2012	B.I. Fernadez
2017	Brij Bhushan Mohanty
1998	G.S.Sandhu
2003	Anup Kumar
2005	Hony. Captain M Venu
2007	Jagdish Singh
2010	Libomcha Singh
2013	Mahavir Singh
2018	Subedar Chenanda Achaiah Kuttappa

TOURNAMENTS

1. Open state for men
3. Distt. level
5. Inter state level or Natbnalschooi.games
7. Inter distt level
9. Asian games
2. National Games
4. Open inter state
6. World Championship
8. Federation Cup
10. Open state for women

VENUES

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|--|--------------------------|
| 1. West IVieibourne Stadium | 2. Arena Mexico |
| 3. Los Angeles-Memorial Sports Arena | 4. Campal Indoor Complex |
| 5. G. M. C. Balayogi SATS indoor Stadium | 6. Talkatora Stadium |