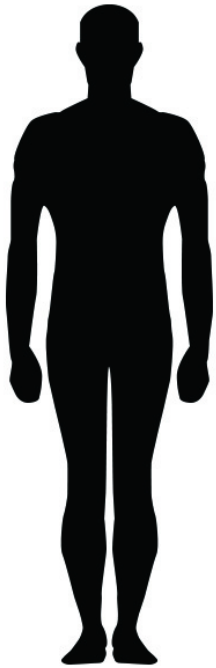


# Weight Control at Club Shows

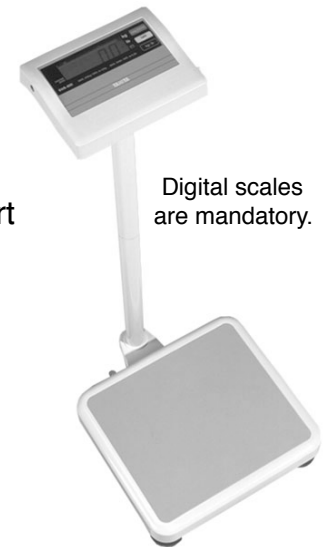


Boxers must weigh-in each day they box.

## Weigh-In Checklist

1. Meet with Sanction Holder and Chief of Officials to decide location and officials responsible for weight control process.
  - The official scale must be available as a trial scale, prior to the official weigh-in.
  - Weigh-in area must be private. (Separate weigh area for women and men Boxers.)
  - Scale(s) must be digital. Use a pen to record weights to the ounce (e.g., 151.2).
  - Decide protocol for recording weights, and collecting passbooks.
  - Review Bout Sheet or make a list of names of all participating Boxers.
  - Announce location and time of weigh-in to Boxers and Coaches.
2. Greet each boxer, introduce yourself, and confirm spelling of their name and city/gym.
  - Boxers with facial hair must shave prior to weigh-in. (Master's boxers allowed minimal facial hair.)
3. Boxers may step on the scale one time.
  - Boxers are weighed by an official of the same sex.
  - Boxers weigh in underwear or swimsuit (or nude).
  - Record actual weights.
4. Review general rules with Boxers, as needed:
  - No body piercings or accessories allowed in the ring.
  - Boxers with long hair must use a hair cap or net underneath headgear.
  - Sleeveless uniform shirt. Shorts must have waistband of different color than shirt
  - No binding material (tape, string) allowed on the shirt or shorts.
5. Inform Boxers of the next step in Event Flow:
  - Location of Pre-Bout Physical.
  - Health forms and Releases must be presented to the Medical Doctor.
  - Location of Equipment Control (Glove Table).
  - Start time of Bouts.

*An orderly weigh-in is more efficient for everyone, and reassuring to Boxers who may be nervous.*



Digital scales are mandatory.