



LBC and Club Competition Weigh-Ins

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Scales

- Trial scales will be available 30 minutes – 1 hour prior to set weigh-in time.
- COO will set trial scale time.
- Test scales must be calibrated the same as the official scale(s).

Weigh-ins

- Boxers must have their passbook with updated physical to weigh-in.
- The duration of the Weigh-in will be two hours or until completed.
- Weigh-In must be conducted by officials authorized by the COO and must be of the same gender as the boxer.
- Weigh-ins will be conducted in a private room.
- Coaches or parents are not allowed in the weigh-in room.
- Boxers must remove all facial hair before stepping on the scale at the official weigh-in. No type of body jewelry and no body accessories will be permitted to be worn. (Master Boxers allowed to have moustaches and neatly trimmed beards of less than two inches in length)
- A boxer will be present at the beginning of the Daily Weigh-in.
- The official will call out the boxer's name listed on the bout sheet. If at that time the boxer is not present when the last name on the bout sheet is called, he or she will be disqualified.
 - The COO may relax this condition if unavoidable circumstances occur.
- For the Weigh-In, the registered boxer's weight must not exceed the maximum of the boxer's weight category nor be below the minimum of the boxer's weight category.
- Medical examinations will take place one hour prior to competition start time.
- Tournament weigh-ins – refer to National Rulebook