

Adirondack USA Boxing Coach Fact Sheet

New coaches and coaches who are renewing USA Boxing memberships for themselves or their boxers should be aware of the following rules and best practices for competition:

USA Boxing Registration, Physicals and New Passbooks

1. To complete USA Boxing registration, go to <https://usaboxing.webpoint.us/> and complete all the requirements for a USA Boxing membership.
2. Boxers must print the USA Boxing physical form from USA Boxing: http://www.teamusa.org/-/media/USA_Boxing/2017-Membership-Files/ANNUAL-ATHLETE-PHYSICAL-FORM-2017.pdf. The doctor providing the boxer physical must sign and date the form and part of it is included in the competition passbook.
3. Masters boxers (athletes may choose Elite or Masters between ages 35-40; boxers over 40 are Masters) have slightly different physical requirements and form to print from USA Boxing: http://www.teamusa.org/-/media/USA_Boxing/Annemarie/Masters-Physical-Examination-Form.pdf.
4. Coaches must complete SafeSport and register early enough for their background screening to clear. This can take two weeks or more, so register early to work in the corner at a specific event.
5. Mail the printed membership card and completed physical, along with two passport-sized photos and a copy of the athlete's birth certificate, to registration chair Kelly Denvir. Coaches just need to send the card showing a Current USA Boxing membership (Pending means something hasn't cleared yet) and a passport-sized photo.

Kelly Denvir
Adirondack Association of USA Boxing
PO Box 61
Waterford, NY 12188

Competition Attire and Safety Equipment

Boxer Attire - Wearing uniform colors to match the corner are strongly recommended but not required at the local level. A contrasting waistband - where the belt is a different color than BOTH the shorts and the shirt - is required.

Hair and Facial Hair - Boxers with long hair MUST wear a hair net during competition. Beards are now permitted at local and regional events, with some limitations on length.

Safety Equipment - A groin protector/cup, USA Boxing-approved headgear and a mouthpiece are required for competition. Red and orange mouthpieces are no longer banned - all mouthpiece colors are permitted. Competition headgear must include a USA Boxing or IBA certification label.

Braces - Boxers with braces must have a fitted mouthpiece provided by their dentist as well as the Braces Waiver form signed by the boxer and, if the athlete is a minor, the parent attached to their passbook. https://www.teamusa.org/-/media/USA_Boxing/July-2020/Braces-waiver.pdf