

## Fighter/corner information handout (boxing)

### General information

- Fighters should try on BOTH gloves once they have been handed out. Gloves are occasionally mismatched (two lefts, different sizes, etc.) and it is difficult to correct this during the event.
- All fighters and corners must have a valid Minnesota fighter or corner license at the event.
- Fighters are allowed no more than three corners for all non-title fights and no more than four corners for all title fights. Fighters are allowed to have one individual working exclusively as a cutman that would not count towards the maximum allowed corners. The designated cutman cannot provide instruction or coaching in the locker room or during a bout. The Office of Combative Sports (OCS) may increase or decrease the maximum allowable corners based on venue size and promotion requests.
- Only the fighter and their approved licensed corners and cutman are allowed in the technical zones. Technical zones include locker rooms, walkway to ring, blocked off area around ring and any other area under the oversight of OCS. **No family, friends, sponsors, etc are allowed in the technical zones.**
- Managers, promoters and other non-licensed fight team members will NOT be allowed all-access to the technical zone areas. Any managers or promoters that want to be granted access to briefly speak with their fighter will need to speak with one of the lead inspectors and be escorted into the technical zones. OCS can at any time fully restrict technical zone access for promoters and managers.
- No alcohol or drugs (prescription or street) are permitted in the technical zones.
- Only water, juice and sports drinks (ie. Gatorade, Body Armor) are allowed in the technical zones. All beverages must be in a sealed container. **Reusable water bottles are not allowed.**
- No heavy foods are allowed in the technical zones. Only sealed snacks, fruit, etc are allowed.
- Fighters should provide their own towel, bucket and Vaseline. Vaseline may be applied in the locker room. Once Vaseline has been applied, the fighter may not be touched by anyone other than the referee, inspector or OCS representative. Vaseline is allowed to be applied in the ring between rounds.
- When walking to the ring, it is acceptable for fighters to “high-five” or “fist bump” members of the crowd. However, the fighter’s gloves MUST be wiped down with a clean towel upon entering the ring.
- Please be respectful of the other fighters in the locker room.
- All fighters, corners and cutmen must check-in with OCS upon arriving at the event and be issued a wristband gaining them access to the technical zones. **NOTE: Only fighters, corners and cutmen with a valid license and photo ID will be issued a wristband. Each fighter is allowed a limited number of persons in the locker room and in their corner.**
- Fighters are not allowed to wear any facial cosmetics or excessive hair care products. Only soft and non-abrasive materials shall be used to secure hair. Bobby pins are not allowed to hold hair in place.
- Any creams or liquids used to treat cuts or other impairments must be approved by the ringside physician. Smelling salts and liniments applied to the skin are not allowed. Vaseline that is pre-mixed with a coagulant is NOT allowed. Any mixing of this sort must be done in the presence of an inspector.

- Corners and cutmen should remain seated during the duration of rounds and wait until a round ends to get up. Corners should only be providing direction to their fighter and not speaking to their opponent, opponent's team or officials. Only clean language should be used in the corner.
- For all non-title fights, one corner is allowed in the ring, and two on the apron, between rounds. For all title fights, two corners are allowed in the ring and one on the apron. OCS can, at any time, fully restrict the number of corners allowed to enter between rounds.
- Cell phones are only allowed to be used as timekeeping devices in the corners. Cell phones cannot be used to record the fight, take photos, make calls or send/receive texts.
- After their bout, fighters should immediately exit the ring and go directly to the designated area for medical examination. Fighters should not be stopping to interact with crowd, family or friends. Fighters will be notified ahead of time if they are to remain in the ring for interviews. Additionally, coaches/teams should not enter the ring post-fight to take photos unless given permission ahead of time.
- All fighters must see the ringside physician following their bout. Failure to do so will result in fighter being placed on an indefinite medical suspension until cleared by their primary care physician.
- All fighters, regardless of winning or losing, will be put on a mandatory 14-day rest suspension. Any additional suspensions will be issued by the ringside physician and the fighter will be given a copy of their suspension notice which they, or their representative, will sign.

## Hand wrapping

- Fighters must provide their own hand wrapping materials. Check with your promoter to see if they have these materials available should you need them.
- **Hand wraps shall be restricted to no more than 20 yards of soft gauze, not more than two inches wide. The gauze shall be held in place by no more than eight feet of adhesive tape, no more than one and one-half inches wide. The adhesive tape shall not cover any part of the knuckles when the hand is clenched to make a fist. The use of water, or any other liquid or material, on the tape is prohibited.**  
**NOTE: The inspector assigned to you must approve all hand wrapping materials before you begin wrapping your hands.**
- Tape or gauze may be used between the knuckles, provided it is no higher than the padding on the knuckles.
- Stacking (ie. gauze, tape, gauze, tape) is not allowed.
- Any pads made to be placed on the back of the hand must be approved by an inspector.
- Once a fighter's hands are wrapped, and/or gloved, the fighter is not permitted to leave the locker room area unless accompanied by an inspector. This includes bathroom trips and warming up. The inspectors will make every effort to accommodate requests to accompany fighters where they wish, but if a fighter leaves the supervision of the inspectors, the hand wraps will have to be redone.

## Equipment

- Fighters must provide their own foul-proof protective cup, mouthguard and fight shorts.
- Taping of ankles or use of supportive braces on joints below the waist is permitted.

- Fight shorts must not contain any sort of pockets or have loose strings. Any shorts with a tie waistband must have the extra string tucked into the shorts.
- Female fighters must wear a short sleeved (above the elbow) or sleeveless form fitting rash guard and/or sports bra. No loose-fitting tops are allowed. All fighters must wear approved shorts including biking shorts or kickboxing shorts.

**NOTE: All fighter and/or coach bags and equipment will be checked by OCS prior to being allowed access to the technical zones. Any items deemed to be illegal will need to be removed from the bag(s) and brought out of the building before the fighter and/or corner(s) are allowed to enter the technical zones.**