

# Extract from Boxing Australia Competition Rules

## Rule 15: Masters Boxing

15.1. Masters Boxing will be open to boxers in normal competition who have attained the age of 41\* years or more (\* for AMG2025 the minimum age is 30 years). For championship or similar competitions, a Master boxer's age will be determined using his or her year of birth. There is to be no more than a ten (10) year age difference between the matched competitors e.g. 41 to 51 years. Masters' boxers may compete against elite boxers provided there is no more than a ten (10) year age gap e.g. 32–42 years, provided the State/Territory Association Secretary or their representative, and the Technical Delegate and/or senior R&J present, the boxers and the boxers' coaches agree.

15.2 Masters Boxing will be conducted under these regulations and Elite Boxing weight limits will apply. In addition, the following will apply to all Masters Boxing in Australia:

15.2.1. There will be three (3) rounds for males and females;

15.2.2. The rounds will have a duration of not more than two (2) minutes;

15.2.3. A bout will be stopped if an individual boxer receives:

- three (3) eight counts in one (1) round, or
- four (4) eight counts in the bout.

15.2.4. Head guards are mandatory for all Masters Boxing bouts.

15.3 Boxers who have previously competed as professionals will be allowed to compete in Masters Boxing.

## Requirements for Boxing at Australian Masters Games 2025

### Age Requirements

For matching purposes, your age is the age in years you will be as at 31 December 2025. Minimum age for AMG Boxing is 30 years.

### AMG 2025 Competition Age Groups - Men and Women

30-40 years, 41-45 years, 46-50 years, 51-55 years,  
56-60 years, 61-65 years, 66+ years

### AMG 2025 Weight Classes & Divisions

*Bandwidth key: eg "47-50" means 47kg or more, but less than 50kg*

#### Men

47-50, 50-55, 55-60, 60-65, 65-70, 70-75, 75-80, 80-85, 85-90, 90-100, 100+ kg,

#### Women

45-48, 48-51, 51-54, 54-57, 57-60, 60-65, 65-70, 70-75, 75-80, 80-90, 90+ kg

### Experience levels

Includes experience with boxing competition bouts (incl pro boxing), or other martial arts such as kickboxing or MMA:

- Novice: 0-5 bouts experience
- Intermediate: 6-9 bouts experience
- Open: 10 or more bouts experience

### Duration

All bouts are 3 x 2-minute rounds.

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## Requirements for Boxing at Australian Masters Games 2025 *(continued)*

- Boxers in the 30-40 age range will compete under the Masters Rules.
- All bouts at AMG 2025 will use **16oz gloves** provided by the organiser.
- Head guards are mandatory for all bouts. Boxers may wear their own headguard provided it is approved by the senior technical official, but headguards will also be available from the weigh-in station for use in your bout. Head guards must be an 'open face' design and use a Velcro fastening system.
- Boxers must wear a form fitting mouthguard
- Male boxers must wear a groin or cup protector
- Female boxers may wear a breast protector and may wear a short-sleeve tee-shirt under the singlet
- Boxers must bring a blue singlet and blue shorts (or skort) and a red singlet and red shorts (or skort) and must wear the appropriate colour for the corner they are drawn to compete from in a bout. There must be a distinctively coloured waistband (white or black preferred) on the shorts/skort to establish an approximate belt line.
- All female boxers, regardless of age, will be required to fill out a pregnancy declaration/indemnification form provided by event organisers during weigh-in.
- Body piercings and jewellery must not be worn during a bout
- Hand wraps are to be 3.5-4.5m long and 5.7 cm wide stretchy cotton material rolls with a Velcro closure. No other foreign objects (including gauze, gel pads, tape) are to form part of the hand wrap. "Pro wraps" will not be permitted.
- Long hair should not limit a boxer's vision and should be completely secured (eg. hair net, swimming cap etc). Hair extending outside of the headguard must not exceed 5cm.
- Facial hair is permitted.

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