



COMPETITIVE BOXING GUIDELINES

1. **Punctuality is key:** Complete 25 push ups for tardiness.
2. **Equip yourself:** Purchase your own gear, including a skipping rope, headgear, cup, and sparring gloves.
3. **Safety first:** Wear your mouthpiece throughout the entire class.
4. **Boxing Nova Scotia registration:** Ensure your registration is up to date.
5. **Open communication:** Reach out to the coach for any concerns, both inside and outside the gym.
6. **Sparring for learning:** Engage in sparring to enhance your techniques and skills.
7. **Follow instructions:** Failure to obey instructions may lead to exclusion from sparring, at the discretion of the coaches.
8. **Keep it in the ring:** Engaging in fights outside the club will result in immediate dismissal.
9. **Mandatory fitness:** Running outside of club hours is a mandatory part of your training.
10. **Respect is key:** Adhere to the club's code of conduct. Treat both the club and your fellow teammates with respect.
11. **Club commitment:** Focus on what you can contribute to the club rather than what it can do for you.
12. **Performance matters:** Coaches may sideline you from competition if your performance is not meeting expectations.
13. **Weight management:** Maintaining your competition weight is your personal responsibility.
14. **Register for competitions:** Keep an eye out for posted competitions and sign up for those you can attend.
15. **Fundraising:** All competition-related fundraising must be coordinated through the club.
15. **Responsibility on the road:** Travel arrangements for competitions are your responsibility.
17. **Honour your commitments:** Missing a scheduled competition without notice may result in suspension.