



***NOTE: BESIDES SIGNING OF THESE RULES, SEPARATE WEIGH-IN & RULES-MEETING REPORT MUST BE SIGNED BY ALL REQUIRED PARTIES FOLLOWING THE WEIGH-IN AND BEFORE THE FIGHT, AND SEND TO THE PAKISTAN PROFESSIONAL BOXING ASSOCIATION BEFORE THE FIGHT!***

## **PGBF GENERAL RULES AND REGULATIONS:**

**1. PPBA national title Championship contests** must be of eight (8) rounds duration for men and six (6) rounds for women.

**Each round** shall be of three (3) minutes duration with one (1) minute intermission between rounds for men, and two (2) minutes duration with one minute intermission between rounds for women.

**2. Three judges shall score** the contests and determine the winner through the use of the ten (10) point must system. In this system the winner of each round receives ten (10) points and the opponent an appropriately lesser number. Under no circumstances will the scoring be less than ten (10) to six (6) exclusive of penalty points deductions.

**3. The score cards** will be picked up after each round and the tally made by the PGBF Commissioner.

## **WEIGHTS AND WEIGH-IN CEREMONY:**

**1. Contestants** for a Championship contest shall be weighed between 12:00pm and 8:00pm on the day prior to the scheduled match at a place determined by the PPBA Commissioner. The scales to be used at the official weigh-in must be available to both contestants at least two hours prior to the official weigh-in.

**2. Weight determines championships**, if either of the Contestants (Champion or Challenger) fails to make the prescribed weight by the official weigh-in, they have two hours to re-weigh and make weight in the presence of the PPBA Commissioner.

### **3. Weight Divisions**

The Championships shall be recognized in the following 17 weight divisions:

| <b>Weight Division</b> | <b>Maximum Weight</b>       |
|------------------------|-----------------------------|
| Heavyweight            | Over 200 Lb. (90.71 Kg)     |
| Cruiserweight          | Not over 200 Lb. (90.71 Kg) |
| Light Heavyweight      | Not over 175 Lb. (79.38 Kg) |
| Super Middleweight     | Not over 168 Lb. (76.20 Kg) |
| Middleweight           | Not over 160 Lb. (72.57 Kg) |
| Super Welterweight     | Not over 154 Lb. (69.85 Kg) |
| Welterweight           | Not over 147 Lb. (66.68 Kg) |
| Super Lightweight      | Not over 140 Lb. (63.50 Kg) |
| Lightweight            | Not over 135 Lb. (61.23 Kg) |
| Super Featherweight    | Not over 130 Lb. (58.97 Kg) |
| Featherweight          | Not over 126 Lb. (57.15 Kg) |
| Super Bantamweight     | Not over 122 Lb. (55.34 Kg) |
| Bantamweight           | Not over 118 Lb. (53.52 Kg) |
| Super Flyweight        | Not over 115 Lb. (52.16 Kg) |
| Flyweight              | Not over 112 Lb. (50.80 Kg) |
| Light Flyweight        | Not over 108 Lb. (48.99 Kg) |
| Minimum weight         | Not over 105 Lb. (47.62 Kg) |

## MEDICAL EXAMINATION AND SAFETY STANDARDS:

**In order to encourage the preservation and protection of the health and welfare of Boxers** who compete in bouts that are licensed for the PPBA title, both the Champion and the Challenger must submit all medical reports of the Boxer's medical condition as required by the PPBA Commissioner having jurisdiction over the bout.

**Prior to the contest, each Contestant must also receive a physical examination** and approval by the Physician/doctor appointed by the PPBA Commissioner. The examination shall meet the standards as dictated by the PPBA Commission. At least two Physicians shall be present at ringside and be seated at close proximity to each Boxer's corner.

**The PPBA advocates medical and safety standards** recommended by the The International Association of Ringside Physicians/doctor (IARP).

## KNOCKDOWN AND KNOCKOUT:

- 1. A boxer shall be considered to be "down"** when any part of their body, other than their feet are on the canvas or if they are hanging helplessly over the ropes as a result of a legal blow as rules by the Referee, who is the only person authorized to determine this, or if they are still rising from the down position and not standing upright.
- 2. The mandatory eight (8) count rule shall be in effect** in all PPBA Championship bouts. No standing eight (8) is permitted. Three knockdowns in any one round do not automatically terminate the fight. If in the Referee's judgement the knock-downs have been indecisive and clearly with no injurious effect upon the Boxer, the contest may be continued but with good sense and judgement and the Boxer's welfare always paramount.
- 3. When the Contestant is knocked down,** the Referee shall audibly announce the count as he motions with his right arm downward indicating the end of each sound of the count. If the Contestant taking the count is still down when the Referee calls the count of ten (10), the Referee shall wave both arms indicating that the Contestant has been knocked out.
- 4. When a Contestant has been knocked down,** the Referee shall order the opponent to the farthest neutral corner of the ring and pick up the count from the Timekeeper or the Official counting for knockdowns. Should the Opponent fail to stay in the corner as direct by the Referee, the Referee shall stop the count at the point that it was interrupted. In the event of any knockdown, the Timekeeper's count will cease when picked up the Referee whose count shall prevail and be relied on by the Contestant.
- 5. A Contestant, who has been knocked out of the ring** (body off the apron) as a result of a legal blow, may not be helped back in by their Corner people. The Referee shall allow the Contestant twenty (20) seconds to re-enter the ring and stand. Should the Contestant fail to re-enter the ring on his own by the allotted time, the Referee shall wave both arms to indicate that they have been knocked out and raise the hand of the opponent as the winner.
- 6. A Contestant may not be saved by the bell in any round.** If a Contestant is down and the round has terminated, the Referee shall continue the count until the Contestant rises or is counted out. If a Contestant fails to rise before the count of ten (10), they shall be declared a loser by knockout in the round just concluded.

## ILLEGAL BLOWS AND FOULS:

- 1. It is expressly understood that a Championship contest** is not to be terminated by the effects of a low blow. The protection that must be used by both Contestants is sufficient protection to withstand any so-call low blow which might incapacitate either one of the Contestants.
- 2. If one of the Contestants, after the Referee instructs them to continue,** indicates an unwillingness to continue because of a claim of a low blow, the contest shall be terminated and the contest shall be awarded to their Opponent.
- 3. In case of any type of accident found,** the Referee shall determine if the fouled Contestant can immediately continue or not. If the Referee determines that their chances have been jeopardized as a result of the foul, the Referee may order an interval of not more

than five (5) minutes of rest. The bout shall continue hereafter if caused by a low blow.

**4. Any Contestant who deliberately fouls** their Opponent during a contest shall be penalized with a deduction of points or disqualification, depending on the severity of harmfulness of the foul and its effect on the Opponent.

## INJURIES:

### A. FAIR BLOWS

When an injury is produced by a fair blow and because the severity of the injury, the contest cannot continue, the injured boxer shall be declared the loser by technical knockout.

### B. SELF-SUSTAINED

If a boxer injures themselves, such as a broken bone or sprain and is unable to continue for any other self-sustained physical reason, they shall have lost by technical knockout.

### C. INTENTIONAL FOULS

If a Contestant intentionally fouls their Opponent and as a result an injury is produced and due to the injury, in the Referee's opinion the Contestant cannot continue, the offender shall be declared the loser by disqualification. If in the subsequent rounds the same injury should become so severe that the contest has to be suspended, the decision will be awarded as follows:

1. Technical draw, if the injured Boxer is behind on points or even on the score cards of the Judges.
2. Technical decision, if the injured Boxer is ahead on points on the score cards of the Judges.

### D. ACCIDENTAL FOULS

If the Referee sees or determines that a Boxer has been accidentally injured by their Opponent so that they cannot continue, a technical decision shall be awarded to the Contestant who is ahead in points on the scorecards.

If under the same circumstances the fight can continue, the Referee shall notify the Judges, the Commission, and the PGBF's Commissioner that the injury has been caused by an accidental foul, so that if in the subsequent rounds the injury becomes so severe that the bout has to be stopped, the decision shall be awarded to the Contestant ahead on the score cards. If a bout has to be stopped as a result of an accidental foul before four (4) rounds have been completed, the bout will result in a technical draw. The fourth round shall be deemed to have ended when the bell rings ending the fourth round.

## THE REFEREE:

1. The Referee shall be the Chief Official in every Championship contest and shall maintain supervision and control over the contest while it is in progress.
2. **Before any Championship contest shall begin**, the Referee shall ascertain the name of the Chief Second of each Contestant and shall hold the said Chief Second responsible for the conduct of their respective corner. Shaking hands by the Contestants is permissible immediately following the Referee's instructions.
3. **The Referee is empowered** to enforce the Rules and Regulations of the PPBA Commission and the Rules and Regulations of the PPBA pertaining to the conduct and behavior of the Contestants.
4. **The Referee shall be the only person** authorized to determine if injuries were the result of legal blows, accidental fouls or intentional fouls.
5. **The Referee shall have the power to stop a contest** and render a decision at any stage if they consider it to be one-sided or if either Contestant is in such condition that to continue might subject them to serious injury.
6. **If a Boxer sustains an injury from a fair blow or foul** that the Referee believes may incapacitate the Boxer, the Referee is empowered to interrupt the contest and consult with the Ringside Physician on the advisability of allowing the bout to continue. The Referee is the only one permitted to signal the end of a bout.

## THE RINGSIDE PHYSICIAN:

The Ringside Physician may enter the ring during the course of the round only at the request of the Referee. The Ringside Physician may enter the ring between rounds on their own, and advise the Referee about the condition of either Opponent.

## DRUGS AND STIMULANTS:

- 1. The use of illegal or performance enhancing drugs** or other stimulants before or during the championship contest by any of the contestants shall be sufficient cause for the disqualification of the contestant guilty of said use.
- 2. Any substance, other than plain water,** given to a Contestant during the course of the bout is absolutely prohibited. A discretionary amount of lubricant may be used around the eyes; however, the use of lubricants, grease or any other foreign substance on the arms, legs or body is prohibited.
- 3. A discretionary use of coagulants** approved by the Ringside Physician/doctor, such as adrenalin (1/1000), may be allowed between rounds to stop bleeding of minor cuts or lacerations sustained by a Contestant during the course of the fight.
- 4. The use of "iron type" coagulants,** such as Monsel's solutions, is absolutely prohibited. The administration of any "iron type" coagulants by or to any Contestant is considered a violation and shall be grounds for disqualification.
- 5. Anti-doping testing is mandatory if stipulated in the rules and regulations of the PGBF Commission.** The PGBF encourages to conduct anti-doping tests before or after the fight.

## GLOVES:

- 1. The weight of gloves to be used in Championship contests** shall be as follows:
  - A. Super Welterweight, up to and including Heavyweights, shall use ten (10) ounce gloves.
  - B. Minimumweights, up to and including Welterweights, shall use eight (8) ounce gloves.
- 2. The PPBA Commission's Inspector** shall inspect the gloves of each Contestant prior to the beginning of the contest to insure that the gloves are free of any foreign substance that could be detrimental to an Opponent and are properly laced and taped.

## BANDAGES:

- 1. The amount and type of bandages** to be used in Championship contests shall be as follows:
  - A. In all weight classes, up to and including Middleweights,** hand bandages shall be restricted to ten (10) yards/(9.1) meters of soft gauze bandage not more than two (2) inches in width, held in place by not more than six (6) feet of surgeon's tape, one (1) inch in width, for each hand.
  - B. Super Middleweights, up to and including Heavyweights,** shall not use bandages of more than twelve (12) yards/(10.9) meters in length and not more than eight (8) feet of surgeon's tape, one (1) inch in width, for each hand.
  - C. The binding of surgeon's tape** shall not be applied within one (1) inch of the knuckles of the Contestant's hands. The PGBF Commission shall inspect the bandages to ensure they comply with these and all PGBF Regulations.

## MOUTHPIECES:

**All Professional Boxers are required to wear a mouthpiece** during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the Referee will call time and replace the mouthpiece at the first opportune moment without interfering with the immediate action. Points may be deducted by the Referee if they feel the mouthpiece is being purposely spit out. **All boxers must have two mouthpieces** at the start of a contest.

**MISCELLANEOUS:**

**The Champion or his team will bring the Championship Belt** to the ring, and will give it to the Referee who will pass it to the PPBA Commissioner at ringside. At the end of the contest, before the result is announced, the PGBF Commissioner and the Chairman of the PPBA Commission or their representative, and the Promoter of their representative shall be invited into the ring to immediately proceed with the Championship Belt Ceremony.

**The scheduling of bouts**, safety standards, supplying of safety equipment, ambulances, evacuation and emergency procedures, the provision of doctors or any of the attendant and peripheral matters necessary to supervise and administer any fight for which it has licensed always arranged by the PGBF under the supervision and control and in accordance with the Rules of the PPBA Commission.

It is explicitly and unequivocally ascertained that the successful Contestant of the Championship agrees to and adheres to the PGBF Rule that they must defend the said title within the said weight class **within a six month period of winning or last defending the title** or the PPBA reserves the right to declare the title vacant. **If no plans for a title defense has been communicated to the PPBA within a four month period of winning or last defending the title**, the PGBF reserves the right to make the title available for another fight.

It is explicitly and unequivocally ascertained that the successful Contestant of the Championship agrees to and adheres to the PGBF Rule that should the Contestant **fight for another title without agreement of the PPBA, lose a bout for another title, or lose a non-title bout**, the PPBA reserves the right to declare the title vacant.

**The parties undersigned** hereby agree to participate in the bout and hereby release, discharge and indemnify, and keep indemnified, the PPBA, its officers, agents and employees, from all claims, actions, demands, judgements, and executions which the undersigned, its heirs, executors, administrators, or assignees may have, or claim to have, against the PPBA, its officers, agents, and employees from all personal injuries, known or unknown, and injuries to property, real or personal, caused by either directly or indirectly, or arising out of the above sporting activities.

**We the undersigned explicitly and unequivocally agree that we have read and understood the PPBA Rules & Regulations contained herein and shall adhere to these Rules & Regulations. We understand fully the inherent risks involved with the above sporting activity and fully waive all our rights and claims towards the PPBA, cause of actions and assume all responsibilities and risks.**

**Signed By:**

.....  
**Promoter  
responsible rep. of**

.....  
**Chairman or  
PGBF commission**

.....  
**Boxer 1 (or representative)  
representative)**

.....  
**Boxer 2 (or**

.....  
**PGBF supervisor**

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