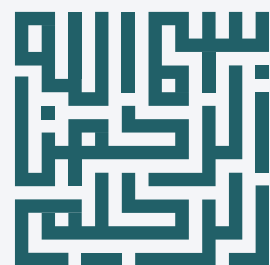


الاتحاد السعودي للملاكمة
SAUDI BOXING FEDERATION



Saudi Boxing Federation Technical Regulations for Private Clubs



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A/ Technical Requirements



1. Coaches

1.1 The club must have at least one head coach with a Level 1 coaching certificate.

2.1 The coach must hold a certificate in first aid.

3.1 Practical Experience: The coach must have practical experience in practicing boxing, either as a player or assistant coach.

4.1 Technical Knowledge: The coach must have a comprehensive understanding of the technical fundamentals of boxing, including strike techniques, defensive movements, tactical strategies, and game plans.

5.1 Analytical and Evaluation Capabilities: The coach must be able to analyze and accurately evaluate the players' performance, and then develop plans for their development and improvement.

6.1 Teaching and Mentoring Skills: The coach must possess strong teaching and mentoring skills, enabling them to explain concepts and techniques in a clear and easy-to-understand manner.

7.1 Knowledge of Physical and Mental Aspects: The coach must be knowledgeable about the physical requirements and psychological aspects of the sport.

2. Facilities

1.2 Provision of adequate space for practicing the sport of boxing

2.2 Equipping the rooms with sufficient sanitary facilities (toilets, showers).

3.2 Lighting and Ventilation:

Good and consistent lighting throughout the facility.

Adequate ventilation system to ensure air renewal in the facility.

4.2 Medical Facilities:

A first aid room equipped with the necessary medical equipment.

5.2 Facility Security and Safety:

Providing the necessary safety and security measures to protect the participants.

Appendix A



3. Equipment

- Training ring, either permanent or portable, with a minimum size of 12 feet x 12 feet, equipped with 4 corner posts and 4 sets of ropes.
- The inner floor of the ring must be lined with protective foam and fabric padding of at least 1 inch thickness.
- The edges of the ring must be padded for protection.
- The floor of the ring must be covered with a suitable synthetic material.

Hand protection requirements:

Boxing Gloves:

Legal competition-style boxing and sparring gloves in various weights, such as 10 oz, 12 oz, 14oz, or larger.

Hand Wraps:

Cloth hand wraps used to provide support and protection for the boxer's hands and wrists.

Punching bags

These are the heavy bags used for practicing punching techniques.

Speed bags

These smaller, lighter bags are used for developing hand speed and coordination.

Striking shields

These are handheld strike shields or pads used for practicing punches.

Additional required equipment and facilities:

Jump Ropes

These are used for cardiovascular training and developing footwork.

Strength Training Equipment

This can include free weights, resistance bands, medicine balls, etc. for building muscular strength and power.

Instructional Aids

Visual aids like posters, diagrams, or video displays to help teach boxing techniques and tactics.

3. Equipment

❖ The fitness measurement equipment required:

- **Blood Pressure and Pulse Monitoring Devices**
Equipment to measure the boxer's blood pressure and heart rate/pulse.
- **Weighing and Height Measurement Devices**
Scales and height measurement tools to track the boxers' weight and height.

❖ Protective Headguards:

Sparring headguards in various sizes to accommodate different head sizes.

4. Safety

- 4.1** Upon acceptance of the player, the player is required to submit a medical examination stating that the participant is medically fit and the club is held the full responsibility for that.
- To obtain it, please fill out the following form (player form): <http://sfsm.org.sa/mos20>
 - Then fill in the following form (hospital / clinic form): <http://sfsm.org.sa/mos10>
- 4.2** Having a certified physiotherapist for the team or a valid contract with a clinic from the Saudi Federation for Health Specialties. In the event that a specialist is available but not accredited, one can apply for accreditation by filling out the following form by the Saudi Federation for Sports Medicine (SFSM) <http://sfsm.org.sa/mos30>
- **** If needed, SFSM provides a list of physiotherapists. To request, please click on: <http://sfsm.org.sa/mos40>
- 4.3 First Aid** - Provide first aid kit with adequate equipment as it's stipulated here <http://sfsm.org.sa/mos70> as per SFSM's minimum standards, and to have an ambulance car during games & tournaments (if available).
- **** For your convenience, we have prepared a ready-made first aid kit, to obtain it please click on the below:
<http://sfsm.org.sa/nafes/>
- ✓ **Small Bag:** SAR 12,650 (up to 50 persons)
 - ✓ **Large bag:** SAR 14,375 (up to 100 persons)
- 4.4 Fire alarm system according to the requirements of the Civil Defense**

5. Competition

5.1 The Saudi Arabian Olympic Committee and Federations issues the conditions and instructions regulating the internal and external participations, whether in training camps, tournaments or competitions, and circulates them to the sports federations to work in accordance with them.

B/ Administrative Requirements



6. Membership

6.1 Procedure for becoming a Member Club

6.2. If you wish for your club to be affiliated with SABF, you will need to follow the Club Registration Process by applying to SABF via Ksaboxing@sabf.sa

6.3. The approval process by SABF for Club Membership includes:

- I. review and consideration of the application by the SABF
- II. a visit to inspect the boxing club's premises (by a SABF representative)

6.4 To ensure the continuing membership of a Member Club in the Saudi Arabia Boxing Federation (SABF), the Member Clubs must submit an application for renewal on or before 1st June of each year. If the Member Clubs fail to renew their annual membership, the membership of the Club will be suspended. The membership of the Club cannot be transferred.

6.4. Decisions regarding the admission of a club as a Member Club should be made following due process, be unbiased and given in good faith. If an application is rejected, the applicant will be notified in writing (with reasons given). If the reasons given for the rejection are capable of being remedied by the applicant, the applicant may be given the opportunity to remedy the reasons and to reapply.

7. Fees

7.1 2,000 per year

8. Violations & Penalties (TBC)

	Violations			
		Penalties	Penalties	Penalties
			Penalties	
1	Organizations If a finding is made by a Participant Protection Committee that a Member Club, or an organisation affiliated to a Member Club, has breached these Regulations	a written warning	a fine	a direction that any rights, privileges and benefits provided to that organisation by SABF and/or a Member Club or Clubs be suspended for a specified period
2	Individuals Subject to contractual and employment requirements, if a finding is made by a Participant Protection Committee that an individual has breached these Regulations, one or more of the following forms of discipline may be imposed by such Committee	a direction that the individual make a verbal and/or written apology; + a written warning	a direction that the individual attend counselling to address his or her behavior;	a withdrawal of any awards, scholarships, placings, records, achievements bestowed in any tournaments, activities or events held or sanctioned by SABF or a Member Club;
3	Disciplinary Measures If an individual or organisation to which these Regulations applies breaches the same, one or more forms of discipline may be imposed. Any disciplinary measure imposed under these Regulations must	be applied consistently with any contractual and employment rules and requirements	be fair and reasonable;	be based on the evidence and information presented and the seriousness of the breach; and be determined in accordance with SABF's Constitution and Regulations.
4	Factors to consider The form of discipline to be imposed on an individual or organisation will depend on factors such as:	the nature and seriousness of the breach;	whether or not the person or organisation knew, or should have known, that the behaviour was a breach;	whether or not there have been relevant prior warnings or disciplinary action;

THANK YOU