

CRUSHER COMBAT SPORTS

Be FIRST Championships Tournament

Recreational **BOXING RULES !!!!!**

TEENS 16yrs + and ADULT divisions ONLY!

GEAR : MUST SUPPLY YOUR OWN GEAR !!!! You are required to wear headgear and use 16OZ gloves. Kidney protector optional. Boxing shoes are optional.

CLOTHING: Must wear shorts and your team/gym t-shirt.

Depending on your division size you may be in a double elimination tournament. IF you have 3 or less entered in the division it will be done with round robin.

Divisions are divided by weight (found on registration form) and by experience :

NOVICE: UNDER 2 YEARS OF TRAINING.

ADVANCED : 3 OR MORE YEARS OF TRAINING. OR IF YOU HAVE HAD A FIGHT IN ANY ORGANIZED Amateur Or Professional EVENT!!

This is a BOXING “SPARRING” TOURNAMENT !!! Used solely for experience. Competitors must compete with speed and technique, rather than power!! You are scored on points of clean strikes made by the 3 judges provided.

ANY EXCESSIVE FORCE used will have you immediately disqualified !! You are required to punch headgear with light contact, and body contact can be at a moderate level.

Play Safe and Have FUN !!!

Keri Scarr/Michael Jorgensen
CrusherCombatSportsInc.

Be FIRST Championships Directors/Organizers.