



## NATIONAL EVENT WEIGH-IN PROCEDURES

1. TRIAL SCALES: boxers check their weight at the trial scale
  - a. Trial scales to be available beginning at 5:00 AM; one hour prior to start of weigh-in
  - b. Boxers who need time to cut weight after trial weigh-in must report to official in possession of passbooks and sign the Weigh-in Return Form.
  - c. Boxer's passbook will be held aside until the last weight class for that session is called. If at that time the boxer is still not present, they will be disqualified. If the boxer fails to make the weight limit, they will be disqualified.
  - d. Coaches are encouraged to wait in the coaches space or outside. Coaches are NOT allowed inside the FOP during weigh-ins.
2. CHECK-IN: boxers must report to the bleachers or designated seating area and pick-up their passbook
  - a. Boxers must have their credentials
  - b. Boxers should bring a bag to carry their clothing after the medical check and through the official weigh-in process
  - c. Those boxing in the AM session should report on or before 6:00 AM
  - d. Those boxing in the PM session should report on or before 6:30 AM
3. MEDICAL CHECK: boxers proceed to the Medical Check
  - a. A boxer's blood pressure is taken on their first day of boxing only
  - b. Blood Pressure check date should be indicated on the back of the passbook
4. OFFICIAL WEIGH-IN ATTEMPT: boxers to complete official weigh-in attempt
  - a. **No general weigh-in**—boxers are required to weigh-in only on the days they box
  - b. There will be zero tolerance on any overweight (Rule 11.1)
  - c. Female boxers must provide a declaration of non-pregnancy at weigh-in
5. SESSION PASSES: boxer to receive their session passes (1 boxer, 3 coaches)
  - a. Session passes should be circled to indicate the session and bout number on each of the four session passes
  - b. Boxers should not exit the weigh-in area without their session passes, credentials, and any articles of clothing they arrived with
  - c. Boxers should report (dressed) to the competition venue ten bouts before their match



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