



Boxing Day in America FAQs

What is sparring? How is it different from a competition?

Sparring is an exercise, used to refine and test boxers on technical proficiency. Sparring is not a fight. Sparring is not competition.

How does *Boxing Day in America* help on the Grassroots level?

Boxing Day in America is a new type of national event. It's a sparring expo that's open to the public. It's an opportunity for the LBC to show off and educate the public about LBC activities and LBC fundraising needs. It's a networking opportunity for coaches and officials. And it's a festive, low-stress, environment for boxers to get work with boxers they may not regularly get to work with.

Can our LBC use this as a fundraising campaign?

Administration of this program is up to the LBC. However, some parameters are set by the national office in order to provide a streamlined experience for participants, and allow for a national marketing campaign. For example, the maximum ticket for spectators is \$10.

Can we raise the ticket price? No. Tickets are low to encourage the general public to attend. A set ticket price also allows for a consistent national marketing campaign.

Is this a competition? No. *Boxing Day in America: Sparring Expo* is an LBC-wide open sparring session. The atmosphere is competitive, but supportive and positive, with coaches and boxers working together from many different clubs.

How are the sparring matches made? Coaches make the matches, using best practices as they would in a sparring session in their home Club. At the event, coaches can be provided a list of other coaches, and possible sparring match-ups for their boxer(s) approximately one hour prior to start of sparring.

Do boxers have to wear safety equipment? Yes. This is a sparring session. Coaches agree on glove sizes. Boxers must wear all safety equipment, including headgear. Boxers must use equipment in safe working condition.

Can professional boxers spar with the amateur boxers? No. Sparring between amateurs and pros is not covered by event liability insurance. *Boxing Day* is a celebration of amateur boxing. Pro boxers can support the event as alumni.

Can coaches spar? No. Sparring between boxers and coaches (or coaches against coaches) is not covered by the event liability insurance.

Can professionals spar with other pros? That's up to the LBC, but there's no liability coverage, since they aren't registered as boxers with USA Boxing.



Why aren't we using passbooks? This event is, in part, a registration drive, and new boxers may not yet have their books. Passbooks are also cumbersome for this type of event. Boxers will present their USAB membership number to verify that they are registered.

Why do boxers have to be members of USA Boxing? This event is for members of USA Boxing, designed to give boxers, who are interested in boxing, opportunity to gain experience in a supportive environment. Boxers don't need a passbook, but they must be a member of USA Boxing.

How do we know if boxers are registered as they spar? The Check-in table must use a system of index cards or bracelets to identify boxers who are registered and checked-in. See the Boxing Day Toolkit for specific ideas.

Do we have to use more than one ring? The event is best at 2 to 4 hours to keep the interest of spectators. The sparring match-ups should move quickly, one after another, non-stop. Based on experiences at previous BDA events, one ring can suffice for up to 30 boxers. Two rings are necessary for up to 75-80 boxers. Three rings are recommended for more than 80 boxers.

How does the sparring work? Boxers are matched-up by their coaches. Boxers can stay in the ring for up to three rounds at a time — this helps keep things moving for the boxers. Round-robin sparring is also encouraged to move things quickly and keep things fun for boxers. A white board or bulletin board should be used for each ring to keep track of the match-ups, and help boxers and coaches keep tabs on the ring schedules.

Who's in charge of the management of the ring? An experienced coach is needed to manage each ring, and the supervising coach should keep the time using a stopwatch and voice commands of "stop," "seconds out," "tens seconds," and "box." The referee is in charge of monitoring the boxers' action, just as they are in a competition. The safety of the boxers is paramount.