



Appendix F: Guide for Making Matches at the Local Level

This chart does not replace the rulebook. Revised 1/1/25.



				Junior	Youth		Elite		Masters	
	Pee Wee	Bantam	Intermediate							
Age Division	8, 9, 10	11, 12	13, 14	15, 16	17, 18		19 to 40		35 and older	
Match ages by Date of Birth	8 yr old = 8-9 9 yr old = 8-11 10 yr old = 9-12	11 yr old may box 9-13 12 year old may box 10-14	13 yr old may box 11-15 14 yr old may box 12-16	15 yr old may box 13-17 16 yr old may box 14-17	17 yr old may box 15-18 18 yr old may box 17-40		All ages may box 18-40		May only box other Masters, within 10 years of opponent	
	24-month maximum age difference for boxers 8-17.									
Weight Differentials for Matched Bouts	101, and under = 5 lbs	101, and under = 5 lbs	101, and under = 5 lbs	101, and under = 5 lbs	Men 110 = 6 lbs 121 = 8 lbs 132 = 8 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 15 lbs 198 = 15 lbs 198+= n/l	Women 106 = 8 lbs 112 = 8 lbs 119 = 8 lbs 125 = 8 lbs 132 = 10 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 10 lbs 198 = 15 lbs 176+= n/l	Men 110 = 6 lbs 121 = 8 lbs 132 = 8 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 10 lbs 198 = 15 lbs 198+ = n/l	Women 106 = 8 lbs 112= 8 lbs 119 = 8 lbs 125 = 8 lbs 132 = 10 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 15 lbs 198 = 15 lbs 176+ = n/l	Men 110 = 6 lbs 121 = 8 lbs 132 = 8 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 15 lbs 198 = 15 lbs 198+ = n/l	Women 106 = 8 lbs 112 = 8 lbs 119 = 8 lbs 125 = 8 lbs 132 = 10 lbs 143 = 10 lbs 154 = 10 lbs 165 = 15 lbs 176 = 15 lbs 187 = 15 lbs 198 = 15 lbs 176+ = n/l
	106 = 7 lbs	106 = 7 lbs	106 = 7 lbs	106 = 7 lbs						
	110 = 7 lbs	110 = 7 lbs	110 = 7 lbs	110 = 7 lbs						
	114 = 7 lbs	114 = 7 lbs	114 = 7 lbs	114 = 7 lbs						
	119 = 7 lbs	119 = 7 lbs	119 = 7 lbs	119 = 7 lbs						
	125 = 9 lbs	125 = 9 lbs	125 = 9 lbs	125 = 9 lbs						
	132 = 9 lbs	132 = 9 lbs	132 = 9 lbs	132 = 9 lbs						
	138 = 9 lbs	138 = 9 lbs	138 = 9 lbs	138 = 9 lbs						
	145 = 9 lbs	145 = 9 lbs	145 = 9 lbs	145 = 9 lbs						
	154 = 9 lbs	154 = 9 lbs	154 = 9 lbs	154 = 9 lbs						
	154+ = 12 lbs	154+ = 12 lbs	154+ = 12 lbs	165 = 12 lbs 176 = 12 lbs 176+ = no limit						
	Rounds	3 Rds of 1 to 1.5 mins	3 Rds of 1 to 1.5 mins	3 Rds of 2 mins, or less						

Protectors: Men must wear a groin protector. Women may wear a groin protector and/or breast protector. Protectors may not conceal any part of the target area.

Allowable items in the corner: A thin coat of vaseline may be used on the face. Water (in clear plastic bottle), towel, ice bag, cold compress, vaseline, swabs, medical gloves. Medications must be labeled.

Coed competition: Boys & girls (ages 8-10) may compete against each other in local and Developmental bouts.

MatchMaking on experience: Coaches' discretion and common sense are used when considering experience, with official in charge providing final match approval.

Development Bouts at Sanctioned events: Ages 8-12 maximum round length is 1.5 mins. Ages 13+ box maximum of 2 min rounds. Exhibition bouts are prohibited.

Uniform: Sleeveless shirt. Waistband must contrast from shirt. No metal on the body (such as piercings). Sponsor and club logos are permitted.

Bandages: Gauze = 49' x 2" + 16' x 4" for knuckle pad. Tape: 16' x 1" or Handwrap (stretch material w/ velcro closure) = 8' to 15' x 2.25"

Long hair: Must wear hair cap or net underneath headgear. Hair may extend beyond the back of the headgear but must be secured to remain to the back of the boxer.

Beard: Beards are permitted at the local and regional level, but the length may not extend past the collar bone.

Mouthguard: Mouthguards may be any color. Losing mouthguard due to blow = Caution. 3rd Caution = Warning. Spitting out the mouthguard = Warning.

Equipment: Boxers 143 lbs or less may wear 10, 12, or 16 oz gloves. Boxers over 143 wear 12 or 16 oz gloves. 16 oz "Masters-approved" gloves okay for all weights. Boxers wear gloves provided by the LBC or sanction holder, and both boxers wear the same size. Headgear must be worn, either open face or with cheek protectors.

Masters boxers must use equipment that is "Masters-approved." List of current headgear & gloves approved for competition: www.teamusa.org/usa-boxing/officials