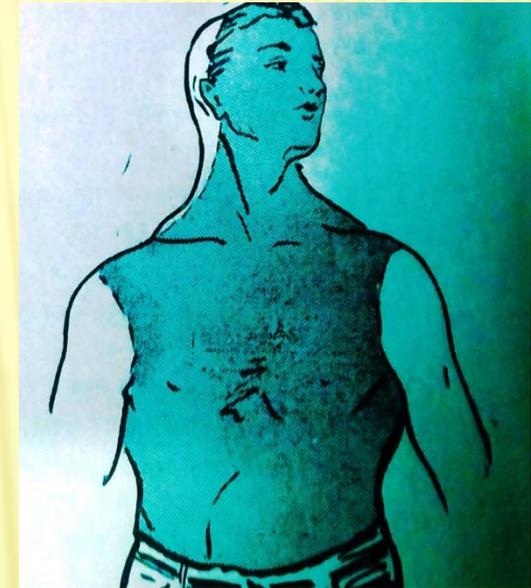
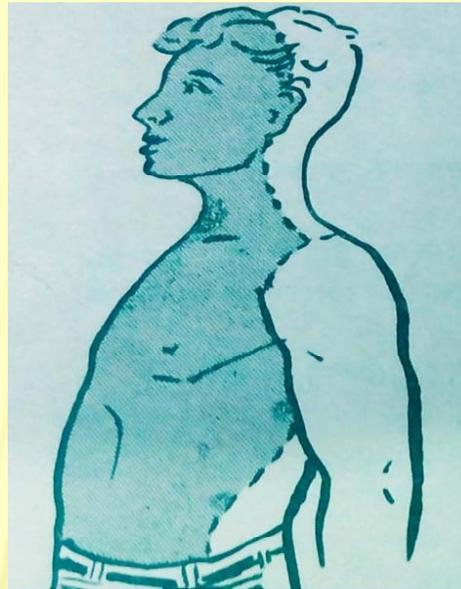
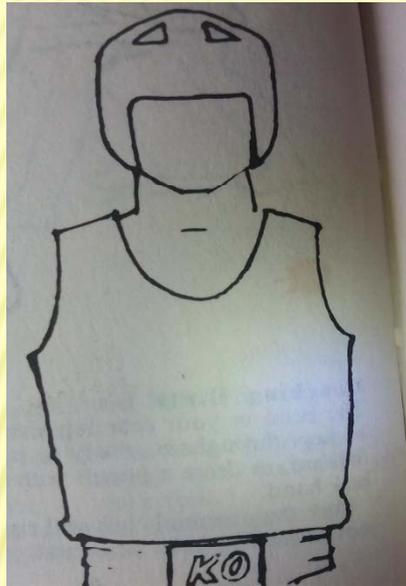


Target Area, Scoring Blow v/s. Non Scoring Blow and Fouls,

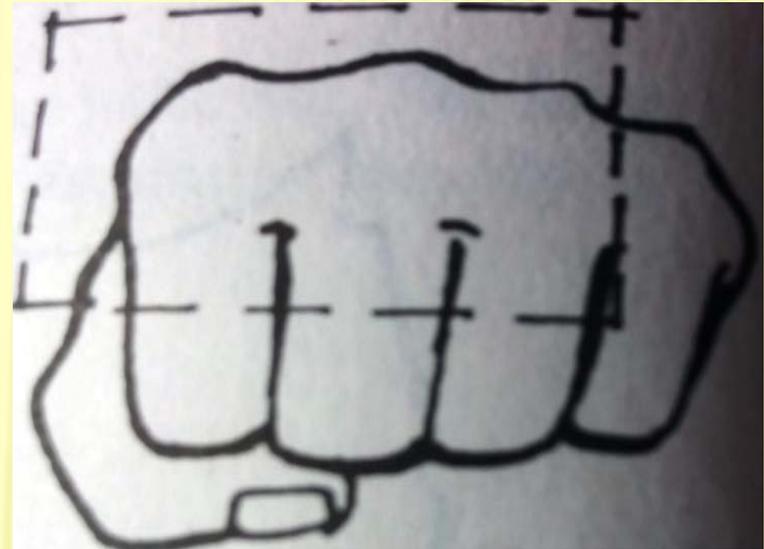
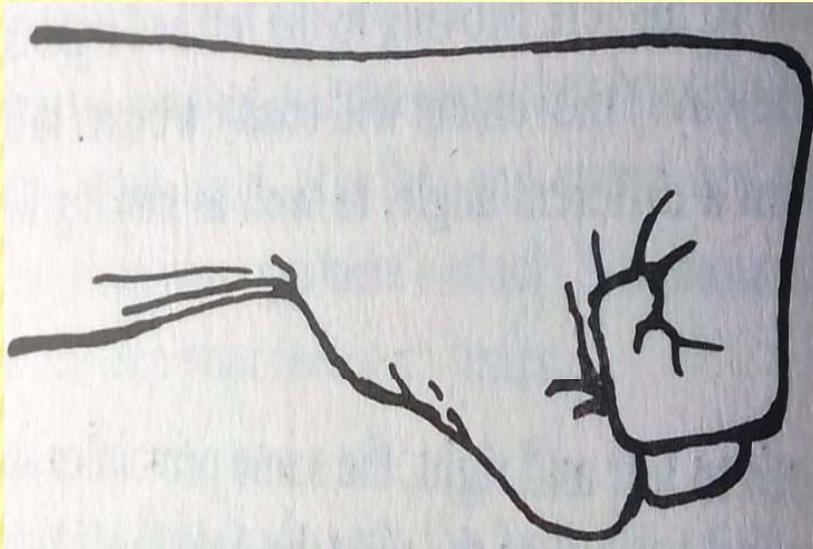


Target Area

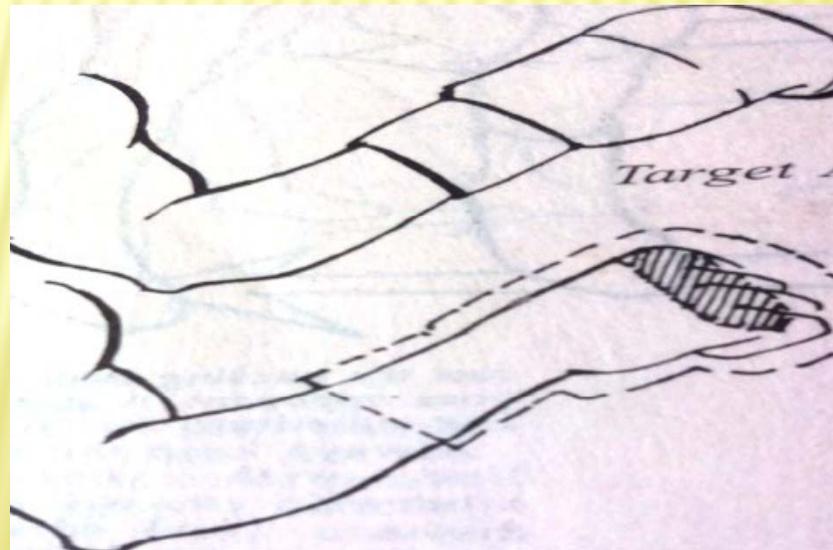


Target Area : It can be defined as , the Boxer's head front up to the ear line; coming down from the sideways of the neck which can be seen from front continuing with the front and side of torso up to the or above the belt line.

Belt line is considered to be a neutral Area and hitting on Belt Line is Not a foul. Diagram Below explains this phenomenon of Target Area well.



Scoring Blow V/s. Non Scoring



Scoring Blow



What is Scoring Blow ?	What is Non Scoring blow?
Landing on Legal Scoring Area of body.	Struck while infringing any of the Rules or without Power.
Connecting with the knuckle surface of both the hands.	Struck with the side, the hill, the inside of the Gloves.
Carrying Body weight and Shoulder behind it	Any part other than Knuckle Part.
Clearly connected on the target area. (with / out head guard)	Which lands on arms, backside of the ribs
Must have seen clearly.	Lands after Referees command Stop, Break
With out infringing any rule.	Lands after sounding Gong

Types of Fouls

❖ Hitting

- Below the belt (low blow), with the head, shoulder, forearm or elbow
- With an open glove, the inside of the glove, wrist or side of the hand
- The back of the opponent, especially on the back of the neck or head
- With a kidney punch
- With a pivot blow / backhand punch

❖ Holding

- Holding and hitting
- Locking the opponent's arm or head, or pushing an arm underneath the arm of the opponent

❖ Tripping

❖ Kicking

❖ Butting

❖ Strangling

❖ Pulling

❖ Biting

❖ Faking / simulating

❖ **Pushing**

- Opponent's face with an arm or an elbow
- The head of the opponent back over the ropes;

❖ **Attacking whilst holding the ropes or making any unfair use of the ropes;**

- ❖ **Lying on, wrestling and throwing in the clinch;**
- ❖ **Attacking an opponent who is down or who is in the act of rising;**
- ❖ **Ducking below the belt of the opponent;**
- ❖ **Completely passive defence by means of double cover and intentionally falling, running, or turning the back to avoid a blow;**
- ❖ **Speaking;**
- ❖ **Not stepping back when ordered to break;**
- ❖ **Attempting to strike opponent immediately after the Referee has ordered "break" and before taking a step back;**
- ❖ **Assaulting or behaving in an aggressive manner towards a Referee at any time;**
- ❖ **Gum shield falling out**
- ❖ **Keeping the advanced hand straight in order to obstruct the opponent's vision.**

Fouls

There are three types of fouls. Minor, major and flagrant thus based on the criteria caution or warning/disqualification can be issued.

Common minor fouls are:

- ▶ Low head but not dangerous.

- ▶ Slight holding, not causing advantage.

- ▶ Slight pushing, not causing advantage.

- ▶ Not stepping back on the command “Break”.

- ▶ Stepping on the opponent’s toe.

are not all inclusive and are just a few examples. For minor fouls, cautions should be given without stopping the Bout by using hand signals and/or verbal commands

Common major fouls:

- Low blow**
- Slapping**
- Holding**
- Holding and hitting**
- Hitting behind head**
- Low Head**
- Hitting behind back**
- Passive Defence**
- Pushing**
- Gum shield falls out or knocked out.**

For major fouls, the Referee should command “stop” and issue at least a “strong caution”, may also issue a “warning”

Common flagrant fouls:

Fouls



- ❖ Head butt
- ❖ Lacing
- ❖ Slamming opponent to the canvas
- ❖ Strike opponent without taking a full step back on the command “Break”
- ❖ Hitting while opponent is down
- ❖ Hitting after the bell
- ❖ Hitting behind the head (intentional)
- ❖ Hitting behind the back (intentional)
- ❖ Hitting with the elbow
- ❖ Hitting with shoulder
- ❖ Spitting out gum shield.

For flagrant fouls, the Referee should command “stop” and give “strong caution” or “warning” and if there is no other option, then disqualify the Boxer.

The Referee shall use experience to control the Bout without causing unnecessary stoppages, warning, disqualification, etc.

The listed fouls are not all inclusive and are just a few examples.

If a Referee has any reason to believe a foul has been committed which is unseen, the Referee may consult the Judges.

Cautions



➤ For minor fouls :

- The Referee should not stop the Bout.
- The Referee should seek the best position to obtain line of vision of the offending Boxer.
- It is not necessary to give a caution immediately but it should be issued in a timely manner.
- The Referee should make suitable hand and brief verbal signals to indicate the infringement.

➤ For persistent minor fouls :

- The Referee should command “stop”.
- It is not necessary to send the other Boxer to the neutral corner.
- The Referee should issue a strong caution using hand and brief verbal gesture.

Cautions



➤ For major fouls

- The Referee should command “stop”.
- It is not necessary to send the other Boxer to the neutral corner.
- The Referee should issue a strong caution using hand and verbal gesture to offending boxer.
- The Referee should have complete attention of the offending Boxer and give a very clear signal of the infringement.

➤ For flagrant fouls

- The Referee should command “stop”.
- The Referee may issue a strong caution using hand and verbal gesture to offending boxer or issue a warning.