

BFI Boxing Athlete Evaluation Form

Athlete Name:	Weight Class:	
Evaluation Topic	Max 10 Points per Category	Comments
Attendance at HPU training: Refer to the Annexure-1		
International Performance Potential: Potential for success at the international level based on assessment of technique and skill by HPU Coaching Staff. Displays drive, determination, willingness to learn new concepts, continuous improvement mindset.		
Weight Management: Compliance with Body Weight Management- Refer to the Annexure-2		
Strenght and Conditioning. Refer to the Annexure-3		
Health Management: Compliance with all Medical advice and Guidelines . Refer to the Annexure-4		
Evaluation Topic	Max 50 Points per Category	
Performance in Training: Successful implementation of techniques and tactics taught by National Head Coach, National Strength & Conditioning Coach, and High Performance Staff based on the subcategories listed on the following page.	0	
Boxer Evaluation Score	0	

Scoring Guide					
0	1 or 2	3 or 4	5 to 6	7 to 8	9 to 10
Very Poor	Poor	elow Average	Average	bove Average	Excellent

Performance in Training Subcategories		
Athlete Name:	Weight Class:	
	Event Name & Date:	
Evaluation Topic (Technical/Tactical Criteria)	0 - 5	Comments
Competitiveness/Domination		
Combination Punching		
Effectiveness of Defense		
Effectiveness of Attack		
Intensity/Time Between Attacks		
Effective Jab		
Effective Feinting		
Coachability		
Adaptability		
Rules Infringement/Ring General		
Total	0	

Scoring Guide		
0	Very Poor	Did not fulfill any aspect of topic
1	Poor	Boxer not competitive, taking too much punishment
2	Below Average	Boxer did not demonstrate enough boxing criteria
3	Average	Boxing demonstrated adequately in boxing criteria, but not consistent
4	Above Average	Boxer demonstrated majority of boxing criteria proficiently
5	Excellent	Boxer demonstrated all boxing criteria consistently and dominantly

Annexure-1

Attendance

Each absence in one week's training cycle(Comprising 10 Sessions) will deduct one point.
The average of all training sessions up to start of evaluation will give the Final Score.

Weight Management

Annexure-2

**BOXING FEDERATION OF INDIA
WEEKLY WEIGHT TARGETS
PERFORMANCE NUTRITION**

5 weeks	4 weeks	3 weeks	2 weeks	1 week	0 weeks/		Weekly
52.9	52.2	51.5	51	50.5	50		0.5-0.7
57	56.4	55.8	55.2	54.5	54		0.5-0.8
60.2	59.4	58.7	58.1	57.5	57		0.5-0.8
63.2	62.4	61.7	61.1	60.5	60		0.5-0.8
69.2	68.5	67.8	67.2	66.6	66		0.6-0.8
78.6	77.7	76.9	76.3	75.8	75		0.6-0.9

Any athlete who is over weight at daily weigh-in Mon-Sat will loose a point.

Any athlete who is also under the actual fight weight eg.

50kg/54kg/57/60/66/75kg so far out from competition will also loose a point on a daily basis.

**BOXING FEDERATION OF INDIA
WEEKLY WEIGHT TARGETS
PERFORMANCE NUTRITION**

5 weeks	4 weeks	3 weeks	2 weeks	1 week	0 weeks/	Weekly
54	53.2	52.6	52	51.5	51	0.5-0.8
60.2	59.4	58.7	58.1	57.5	57	0.5-0.8
66.9	66.1	65.4	64.7	64.1	63.5	0.6-0.8
74.5	73.7	73	72.3	71.6	71	0.6-0.8
83.7	82.8	82	81.3	80.6	80	0.6-0.9
96	95.1	94.3	93.5	92.7	92	0.7-0.9

Any athlete who is over allowed weight at the daily weigh-in Mon-Sat will loose a point on a daily basis. Any athlete who is under the actual fight weight eg. 51/57/63.5/71/80/92/92+kg so far out from competition will loose a point on a daily basis.

Strength and Conditioning Parameters

Annexure-3

Scoring	Conditioning 3 x 800m	Isometric Mid Thigh Pull	UB Strength Push	Power CMJ
10	Best time	Highest Force Output (N/kg)	Highest 1 RM	Highest jump
9	+ 3 s	-4%	- 3kg	- 1cm
8	+ 3 s	-4%	- 3kg	- 1cm
7	+ 3 s	-4%	- 3kg	- 1cm
6	+ 3 s	-4%	- 3kg	- 1cm
5	+ 3 s	-4%	- 3kg	- 1cm
4	+ 3 s	-4%	- 3kg	- 1cm
3	+ 3 s	-4%	- 3kg	- 1cm
2	+ 3 s	-4%	- 3kg	- 1cm
1	+ 3 s	-4%	- 3kg	- 1cm

Note: Example 1, 2 or 3 seconds slower is 9 points. 4, 5 or 6seconds slower is 8 points etc

Health Management

Scoring system-:

1. Weekly 5-point score for each week when the camp resumes till the assessment period. Before the assessment begins, average score will be taken for the whole period and will be added to the total score.
2. During the assessment period- Weekly 5-point score will be taken for the weeks of assessment and their average will be added to the total score.

At the end, athlete will be given score out of 10.

Following are the parameters for the scoring-:

Following the instructions of medical team- eg: if sports medical practitioners think that athlete could train, and he/she is making excuses.

One- if he/she agrees to train.

Zero - if he/she does not

No of training sessions modified due to chronic injury-:

Three or greater than three -0

one to two-1

zero - 2

No of sessions missed due to injury/illness-:

Three or greater than three -0
one to two-1
zero - 2

Maximum score-5