



Date: 5th January 2025

BFI Selection Policy 2025-26:

(This policy valid till December 2026 and supersedes all previous selection policies/criteria's issued by BFI till date (5th January 2025) with respect to Elite Men and Women Selections.)

Objectives

To select the most competitive possible team to represent India.

To select athletes who are seen to be genuine medal hopes at international tournaments or who have been identified by the Boxing Federation of India (BFI) as long-term development athletes capable of achieving future success for Indian boxing.

Mandatory Eligibility Requirements

To be eligible for selection, athletes must:

- Hold an Indian passport at the time of being considered for selection.
- Be an Indian citizen and eligible to represent India and the sport of boxing.
- Be born between 1st January 1985 to 31st December 2006 (Age-19 to 40).
- Be a registered BFI member, in good standing, for the 2025 season.
- Have signed the BFI Code of Conduct.
- Not be currently disqualified or suspended, or provisionally disqualified or suspended, by the BFI, NADA or under the WADA/ITA.
- Agree to comply with any pre-championships training and competition plan as decided by the BFI & HPU.

Additional requirements¹ not set out above, for participation in domestic or international qualifying events may be imposed at the discretion of the BFI.



Any such requirements will be published in writing with sufficient notice to athletes

Pathways Into National Coaching Camp:

First:

Entry to the National Coaching Camp (January 2025):

- Medalist at the 8th Elite National Championship.

The National Championship is mandatory for boxers to be part of Elite National Coaching Camp in January, 2025. There will be no exceptions made fill next qualification, which will be in April 2025.

Second:

Entry to the National Coaching Camp (Feb 2025)

- Gold & Silver in the REC Combined Elite National Level Talent Hunt 2024 held in NBA Rohtak from 6th October to 13th October 2024.

From 1st March 2025 the above-mentioned medalist from REC combine Elite national talent hunt will to be included in the Elite National Coaching Camp for 2 weeks. They will be provided the opportunity to select their respective weights from the new 10 World Boxing weight categories for their inclusion in the national camp, where they will prepare for the evaluation process for camp pruning.

Camp pruning will be done through evaluation & assessment.

Camp Pruning (March 2025):

2 Weeks after inclusion of REC finalist (as above) there will be an evaluation for one week to determine the ranking at the National Camp. During this evaluation Camp Rank 3 & 4 and REC Gold & Silver will participate for this evaluation. The top 2 ranking from



this evaluation will be retained in the camp and remaining will be excluded from the camp.

Third Entry to the National Coaching Camp (June 2025):

Eligible Athletes:

- Elite National Campers.
- Gold & Silver of the Chief of Army Staff (Elite Men).
- Gold & Silver of the National Level Tournament (TBD) (Elite Women).

Camp Pruning & Elite World Championship Selection (June 2025):

2 Weeks after inclusion of Finalist of the Chief of Army Staff Cup & National Level Tournament (TBD) (Elite Women) (as above) there will be an evaluation for 7 to 12 days to determine the ranking at the National Camp. During this evaluation National Campers, Chief of Army Staff Cup & National Level Tournament (TBD) (Elite Women) Gold & Silver will participate for this evaluation. The No 1 Rank athlete will go for the World Championship and No 2 will be kept as Reserve. The bottom 2 ranking from this evaluation will be excluded from the camp. **The boxers will be allowed onetime to change the weight category for this evaluation in National Interest.**

Camp pruning will be done through evaluation & assessment.

Fourth Entry to the National Coaching Camp (October 2025):

Eligible Athletes:

- Elite National Campers.
- Gold & Silver of the Federation Cup Open Tournament (Elite Men & Women).



Camp Pruning, Selection of World Cup Final & Asian Boxing Championship (October 2025):

2 Weeks after inclusion of Federation Cup finalist (as above) there will be an evaluation for 7 to 12 Days to determine the ranking at the National Camp. During this evaluation Camp – National Campers and Federation Cup Gold & Silver will participate for this evaluation. The No 1 Rank athlete will go for the Asian Championship and No 2 for the World Cup Final. The bottom 2 ranking from this evaluation will be excluded from the camp.

Additional Pathway to the National Coaching Camp (January 2026) *

The gold and silver medallists from the Interuniversity Championship (Elite Men & Women) will be selected for the National Camp, provided the championship is conducted in full compliance with BFI regulations and officiated by certified BFI technical officials.

Camp pruning will be done through evaluation & assessment.

Wild Cards²:

The Selection Committee in consultation with the High-Performance Unit (HPU) team, may pick a wild card to participate in any of the weight divisions whom they believe is best suited to participate in the National Coaching Camp. Any such wild card entry picked will be tested in the National Camp for a max up to 2 weeks and a call for final



retention, thereafter, will be taken by the Selection Committee based on recommendations of HPU.

Team Selection:

For all International Tournament other than World/Asian Championship, Continental/Multi Sport Games, the National Coaching Camp Ranking will be followed.

Based on certain circumstances, BFI may choose between selection trials or evaluation, and this decision will be communicated to all stakeholders through the selection criteria for that particular tournament | Championship.

Elite Men & Women World Championship September 2025, England:

Team will be selected 2 months before the announced date of the Championship through evaluation. Rank 1 of each Weight Category will go for the World championship and Rank 2 will be reserve in that weight category.

This evaluation will run over 10-12 days. Weight categories for Elite Men & Women National Coaching Camp and World Championship as follows:

Elite Men:

(47- 50) Kg

55 Kg

60 Kg

65 Kg

70 Kg

75 Kg



80 Kg

85 Kg

90 Kg

+90 Kg

Elite Women:

(45 - 48) Kg

51 Kg

54 Kg

57 Kg

60 Kg

65 Kg

70 kg

75 Kg

80 Kg

+80 Kg

De-selection:

Athletes may be deselected at any stage for the following reasons:

- a) **Anti-doping:** Athletes that are suspended as a result of on-going or concluded anti-doping charges will be deselected.



- b) **Fitness:** Athletes may, at the discretion of the HPU, be required to undergo a fitness test after being selected / nominated where there are concerns over the athlete's capability to compete to the level required for the World/Asian Championship, Continental/Multi Sport Games or any International Tournament. The format will be determined by the High Performance Unit. Any Deselection decision, following such a test, will be final.
- c) **Injury:** The HPU may require the Medical Team to examine any athlete injury concerns identified by the HPU, following selection or nomination. Any Deselection decision, following such a medical examination, will be final. The next ranked athlete will at this point be automatically upgraded to next higher rank.
- d) **Preparation:** Where an athlete's training and preparation for a tournament is below the standard³ expected or they fail to participate in organized squad training sessions, he or she may, at the sole discretion of the Selection committee & HPU, be deselected.
- e) **BFI Policies:** Athletes in breach of BFI policies, including this selection policy, and Athletes code of conduct may be de-selected.
- f) **Ineligibility⁴:** where information confirms that the athlete is not actually eligible to compete.
- g) **Replacement:** If an athlete is deselected the next ranked athlete will at this point be automatically upgraded. A replacement athlete to fill up the vacant slot in that particular weight category will be picked during the next scheduled camp pruning.

A handwritten signature in black ink, appearing to read "Hemanta K. Kalita".



Hemanta Kumar Kalita
Secretary General
Boxing Federation of India



Terms:

Selection Committee: Composition of Selection Committee- Refer to BFI website.

High Performance Unit (HPU): Composition of HPU- Refer to BFI website.

Explanatory Notes / Footnotes to Selection Policy:

1. In case any new requirements are set by the World Boxing /Continental Federation/International Olympic Committee, which may warrants specific changes in the existing policy to ensure representation of our athletes at the World/Asian Championship, Continental/Multi Sport Games.
2. Exceptional talent identified by the selection committee; to include Potential boxers who got an early exit or were already in Injury during the national Championship (Boxers who have the potential to represent India at the World/Asian Championship, Continental/Multi Sport Games or any International Tournament).
3. Below Standard parameters :
If an athlete is not performing / following the HPU protocols as listed below :-
Weight Management- not remaining in the parameter of weight allowance for over 2 weeks.
Health Management- not following health management protocols and missing more than 10 sessions in a 2 week training cycle.
Attendance- missing 50% session in a 2 weeks training cycle.
Training Plan set by the HPU- not following / refusing to follow the planned sessions more than 5 times in a 2 week training cycle.
4. Information includes all the mandatory eligible requirement set in the selection policy. In addition, if an athlete suffers an Injury, which requires over 3 weeks of rehab will be de-selected.

EVALUATION FORM & RANKINGS

The camp rankings will be determined through regular evaluations, which will be conducted on a quarterly basis. However, due to some unforeseen circumstances, in situations where evaluation may not be possible, BFI may conduct selection trials. Such change shall be communicated and promulgated to all, well in time.

Evaluation Form attached – “Attached at Appendix B”

IMPORTANT:

Unethical Conduct & Breaking Camp Discipline (Negative Marks - 10 Points)

Any instance of unethical conduct, violation of camp discipline, or breach of the code of conduct may result in a penalty of up to 10 marks being deducted from the final evaluation results.

Boxers are expected to adhere to the code of conduct and follow all instructions issued by the High Performance Unit. Warning tickets will be issued for violations, and marks will be deducted as follows:

- **1 warning ticket:** Deduction of 3 marks
- **2 warning tickets:** Deduction of 6 marks
- **3 warning tickets:** Deduction of all 10 marks & Disqualification from the camp

The warning tickets can only be issued by the Head of the HPU in consultation with BFI.

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BFI Boxing Athlete Evaluation Form

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		
Strength 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	Below Average	Average	Above Average	Excellent

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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

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NOTE :

1. **The Boxing Federation of India will Utilise this evaluation system for determining camp rankings. However,** due to some unforeseen circumstances, in situations where evaluation may not be possible, BFI may conduct selection trials. Such change shall be communicated and promulgated to all, well in time.
2. Any instance of unethical conduct, violation of camp discipline, or breach of the code of conduct may result in a penalty of up to 10 marks being deducted from the final evaluation results.

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Attendance at National Coaching Camp

Attendance will be recorded throughout the national training camp. The official start date of the national camp will serve as the commencement date for attendance tracking. An initial 3-day grace period will be given to all boxers.

Each missed training session will result in a deduction of 1(one) mark from the boxer's overall attendance score.

To avoid attendance penalties, any absence from training must be formally approved by both the Head Coach and the Boxing Federation of India. Only absences with such prior authorisation will be considered valid leave and marks will not be deducted.

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Weight Management

The Boxers must follow the BFI's weight management chart throughout their time in the national camp. The target weight will be determined by the competition schedule.

Boxers will be given a 10-day grace period upon arrival to adjust to the camp's routine and achieve their target weight. During camp breaks, It will be individual responsibility of each athlete to remain in the prescribed weight. No grace will be given on the resumption of camps.

If a boxer doesn't have a competition within 5 weeks, the target weight will be the weight specified for the 5th week on the chart.

Boxers will be weighed every day. Each time a boxer is over their respective target weight, 1 (one) mark will be deducted from his/her evaluation score.

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Weight Management						
BOXING FEDERATION OF INDIA						
WEIGHT TARGETS - MEN						
5 Weeks & Above	4 Weeks	3 Weeks	2 Weeks	1 Weeks	0 Weeks	Weekly
					50 Kg	
					55 Kg	
					60 Kg	
					65 Kg	
					70 Kg	
					75 Kg	
					80 Kg	
					85 Kg	
					90 Kg	
					90+ Kg	

Weight Management						
BOXING FEDERATION OF INDIA						
WEIGHT TARGETS - WOMEN						
5 Weeks & Above	4 Weeks	3 Weeks	2 Weeks	1 Weeks	0 Weeks	Weekly
					48 Kg	
					51 Kg	
					54 Kg	
					57 Kg	
					60 Kg	
					65 Kg	
					70 Kg	
					75 Kg	
					80 Kg	
					81+ Kg	

NOTE: Target weights shall be specified before the commencement of the National Coaching Camp.

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Strength and Conditioning Parameters

Annexure-3
OF APPENDIX B

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

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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-:

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

Maximum score-5

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