

Date: 01st May 2026

Corrigendum to the Notification-Assessment Schedule – Elite National Coaching Camp- May

Please note the following updates: The sanction was received on 29th April 2026, and 40 names are currently missing from the list. Additionally, the dates for weight allowance and attendance will now be considered from 4th May 2026 onwards, to provide boxers with adequate time prior to the assessment. The sanction for the remaining boxers is still awaited.

The rankings determined from this assessment shall be followed for the Commonwealth Games, Asian Games, World Boxing Cup 2, and any other international competitions until the next assessment is conducted.

This is to inform all Campers that the assessment to determine the **National Camp Ranking** at the **Elite National Coaching Camp** will be conducted as per the following schedule by the High Performance Unit.

1. Assessment Schedule as per Selection Criteria 2026

- **6th May to 7th May 2026 (Maximum 10 Points):**

Strength & Conditioning Tests- **Annexure-1**

- **11th May to 15th May 2026 :**

The sparring sessions will be conducted in a knockout format. The total assessment will carry 200 marks, comprising 50 marks for non-technical parameters—namely Attendance, Weight Management, Health Management, International Potential, and Strength & Conditioning—and 50 marks for technical evaluation awarded by each evaluator, as per the format attached at **Annexure-2**.

Sr No	Guidelines for Assessment of Boxers
1	All Elite National Campers (Except the finalists of the Asian Championship 2026 in Olympic Weights) are required to formally communicate the weight category in which they intend to participate for the assessment by 29th April 2026.
2	For Olympic Weights - Ranks 1–4 will be based on the latest National Camp standings. Ranks 5 and 6 will go to the gold and silver medalists of the COAS Cup 2026. All other boxers who have changed weight categories will be placed below them through a draw of lots.
3	For Non - Olympic Weights - Ranks 1–2 will be based on the latest National Camp standings. Ranks 3 and 4 will go to the gold and silver medalists of the COAS Cup 2026. All other boxers who have changed weight categories will be placed below them through a draw of lots.

Sr No	Guidelines for Assessment of Boxers
4	In weight categories where there are 4 boxers, highest rank boxer will compete with lowest rank boxers in a knockout format. In weight categories with more than four boxers, those ranked 3 and below will compete among themselves first in a knockout format, and then face Rank 1 and Rank 2 to determine the final National Camp rankings.
5	In Olympic Weights- Rank 1 to 4 after the assessment will be part of the National Coaching camp rest will be excluded. In Non-Olympic Weights- Rank 1&2 after the assessment will be part of the National Coaching Camp rest will be excluded.
6	The detailed day-wise bout schedule will be shared once all campers confirm the weight category they wish to compete in.

2. Weight Management- (Maximum 10 Points)

Weight Allowance for Assessment (Rounded off to nearest First Decimal):

WOMEN						
Weight Category	Weight allowance 4th May- 5%	Weight allowance 6th May- 4%	Weight allowance 7th May- 4%	Weight allowance 8th May- 3%	Weight allowance 10th May- 2%	Weight allowance for assessment Sparring 11-15 May - 1%
48	50.4	49.9	49.9	49.4	49.0	48.5
51	53.6	53.0	53.0	52.5	52.0	51.5
54	56.7	56.2	56.2	55.6	55.1	54.5
57	59.9	59.3	59.3	58.7	58.1	57.6
60	63.0	62.4	62.4	61.8	61.2	60.6
65	68.3	67.6	67.6	67.0	66.3	65.7
70	73.5	72.8	72.8	72.1	71.4	70.7
75	78.8	78.0	78.0	77.3	76.5	75.8
80	84.0	83.2	83.2	82.4	81.6	80.8

MEN

Weight Category	Weight allowance 4th May- 5%	Weight allowance 6th May- 4%	Weight allowance 7th May- 4%	Weight allowance 8th May- 3%	Weight allowance 10th May- 2%	Weight allowance for assessment Sparring 11-15 May - 1%
50	52.5	52.0	52.0	51.5	51.0	50.5
55	57.8	57.2	57.2	56.7	56.1	55.6
60	63.0	62.4	62.4	61.8	61.2	60.6
65	68.3	67.6	67.6	67.0	66.3	65.7
70	73.5	72.8	72.8	72.1	71.4	70.7
75	78.8	78.0	78.0	77.3	76.5	75.8
80	84.0	83.2	83.2	82.4	81.6	80.8
85	89.3	88.4	88.4	87.6	86.7	85.9
90	94.5	93.6	93.6	92.7	91.8	90.9

For each instance of being overweight as per the above table, 2 marks will be deducted per session until 10th May 2026 for the above mentioned dates in the table (5 Sessions).

From the sparring sessions commencing on 11th May 2026, a weight allowance of up to 1% of the respective weight category (in which the boxer is participating for assessment) will be permitted. **Any boxer exceeding this 1% allowance will be excluded and will not be permitted to participate in the sparring sessions.**

3. Health Management (Maximum 10 Points):

Scoring Structure

1. A score out of **10 points** will be assigned for the duration from **4th May to 10th May 2026**.
2. Each athlete will receive a **final score out of 10 points**, based on overall performance, participation, health management, and compliance with medical and training protocols.

Assessment Criteria

1. Compliance with Medical Team Instructions – (Maximum 2 Points)

Example: If the Sports Medical Team determines that an athlete is medically fit to resume training, but the athlete gives excuses to avoid participation:

- **0 Points** – Athlete does not follow the medical team’s advice and refuses to participate in training.

- **Full Points** – Athlete follows the medical team’s advice and participates in training.

2. Training Sessions Modified Due to Chronic Injury (Maximum 4 Points)

Scoring will be based on the number of training sessions modified due to chronic injury:

- **3 or more sessions modified** – 0 points
- **1 to 2 sessions modified** – 2 point
- **No sessions modified** – Full points

3. Training Sessions Missed Due to Injury or Illness (Maximum 4 Points)

Scoring will be based on the number of training sessions missed due to injury or illness:

- **3 or more sessions missed** – 0 points
- **1 to 2 sessions missed** – 2 point
- **No sessions missed** – Full points

Final Scoring Summary

- **Total Score:** 10 Points

4. Attendance at the National Coaching Camp (Maximum 10 Points):

As per the prescribed protocol uploaded on BFI’s official website, the attendance of the boxers at the National Coaching Camp shall be duly recorded from 4th May 2026. Each missed training sessions 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 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.

Note:

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 Coaches in consultation with BFI.



Date: 03-01-2026

Circular

This is to inform all concerned that the physical tests as specified below shall be conducted from the forthcoming National Camp onwards. The results of these tests will be considered for athlete assessment and evaluation of boxers. These tests shall supersede all previously followed physical testing protocols. Compliance with the revised testing framework is mandatory for all participants.

BFI Physical Testing Selection Criteria

Overview and intent:

The aim of this test battery is to profile elite boxer's aerobic/anaerobic capacity, fatigue resistance, lower-body elastic power, and unilateral upper-body punching power.

Outcomes inform conditioning targets (aerobic vs. glycolytic emphasis), power training priorities (leg spring vs. hip/arm drive), asymmetry management, and readiness monitoring. Furthermore, the below tests will be used as part of the broader Team India selection criteria.

Evaluation Tests:

The following 4 tests scores will be considered for evaluation scoring process.

- CMJ
- Landmine Punch Throws
- 30-15 IFT
- 30's Anaerobic Wingate Test

The athleticism score of these tests will be used as a Physical Assessment Score during selection process before any major International Championships.

1) 30-15 Intermittent Fitness Test (30-15 IFT)

What it measures:

Intermittent aerobic capacity, high-intensity running speed, and change-of-direction tolerance under incomplete recovery.

Primary output:



VIFT (speed at final completed stage).

Why it matters for boxing:

Boxing is intermittent with bursts and partial recoveries. VIFT is a strong anchor for prescribing high-intensity intervals that mimic rounds.

Protocol (standard):

1. Setup: 40 m shuttle (2×20 m with a midline), paced by audio beeps.
2. Work: 30 s run at prescribed speed.
3. Recovery: 15 s passive or walking recovery within the lane.
4. Speed increases by 0.5 km/h every stage until the athlete twice fails to reach the line on time.
5. Record speed at final/completed stage (km/h) and HR peak if available.

Key outputs and use:

1. VIFT → prescribes interval speeds or power for equipment-based conditioning (e.g., assault bike power equivalents).
2. Estimated VO₂max (optional): some formulas use VIFT and age/sex.

2) Wingate Anaerobic Test – Fatigue Index

What it measures:

Peak power (PP), mean power (MP), and Fatigue Index (FI) over a 30 s all-out sprint on a cycle ergometer.

Fatigue Index reflects drop-off in power across the test, a proxy for anaerobic capacity and fatigue resistance.

Why it matters for boxing:

Repeated high-power efforts under acidosis are characteristic of exchanges and flurries inside rounds.

Protocol (standard):

1. Warm-up: 5–8 min with 2–3 brief sprints.
2. Test: 30 s maximal sprint from a rolling start; provide strong verbal encouragement and real-time feedback.

Calculations:

- a. Peak Power (W): highest 1 s (or 5 s) power.
- b. Minimum Power (W): lowest 1 s (or 5 s) power.



- c. Fatigue Index (FI, %): $[(\text{Peak Power} - \text{Minimum Power}) / \text{Peak Power}] \times 100\%$

Interpretation:

- a. Lower FI indicates better fatigue resistance (power is maintained better). However, very low FI with low PP is not desirable—aim for high PP with moderate FI.

3) Countermovement Jump (CMJ) – Jump Height

What it measures:

Explosive lower-body power and neuromuscular readiness.

Why it matters for boxing:

Lower-body elastic power underpins kinetic chain speed for punching and evasive footwork;

Protocol (standard):

1. Warm-up: 5–8 min with 2–3 warm up Jumps.
2. Hands-on-hips (to remove arm swing)
3. Depth self-selected but cue “fast down–up.” Perform 2-3 trials, best value recorded; 60–90 s rest between.

Measurement options:

Force plate (gold standard)

4) Landmine Punch Throw – Peak Relative Power (PP)

What it measures:

- a. Unilateral upper body/torso power in a punching pattern, capturing kinetic sequencing from lower body/hips through the arm.
- b. Output of interest: Peak Power relative to bodyweight for each arm,

Why it matters for boxing:

Punching is unilateral and explosive. Arm-to-arm power asymmetry and absolute Peak Power are highly relevant for performance and injury risk management.

Protocol (practical):



1. Setup: Barbell in landmine/jammer attachment with a light to moderate load (e.g., 20-30kg total on the barbell). Use boxing stance.
2. Stance options: Half-kneeling (reduces lower-body contribution and improves standardization) or split-stance with cue to minimize countermovement.

Instrumentation:

Linear position transducer or inertial sensor (VBT) (e.g., GymAware/Push) attached to the bar end to compute power.

Execution:

- a. 3–5 maximal single-arm punch throws per arm, 45–60 s rest between reps, 2–3 min between arms.
- b. Cue “fast and clean drive; full extension; release if safe or decelerate consistently” depending on facility policy.
- c. Record: Peak velocity and Peak Power per rep; take the best rep per arm.

Weight-class normalization and scoring framework

Goal: Ensure fairness across different body sizes by benchmarking each athlete against peers in the same weight class.

Method: For every test, the Z-score within each weight class will be calculated. Then sum of all other fitness parameters Z-scores will be calculated to produce a single “Total Athleticism Score” relative to that weight class.

What is a Z-score?

Concept: Z-score expresses how far and in what direction a score deviates from the weight-class average, in units of that weight-class standard deviation.

Formula (for athlete value x in a given weight class):

$$Z = \frac{\text{(Any fitness test Score)} - \text{Weight class average for the specific test}}{\text{weight class standard deviation}}$$

Why it's relative:

Z-scores are computed against peers in the same weight class. Z = +1 means the athlete is one standard deviation above the average of the same weight-class. This controls for class-specific distributions and makes comparisons fair and interpretable within the class.



Quick interpretation:

- $z = 0$ (around average)
- $z = +1$ (about top ~84th percentile (assuming normal-ish distribution) (Means above the average score of 0)
- $z = -1$ (about bottom ~16th percentile) (Means below the average score of)

Directionality and sign conventions (very important)

To make the total score meaningful, the scores will be converted to “higher is better” before computing or combining Z-scores:

Higher-is-better:

- a. 30-15 IFT (VIFT; km/h)
- b. CMJ jump height
- c. Landmine punch throw Peak Power (PP) and PP/BW ($W \cdot kg^{-1}$)

Lower-is-better:

- a. Wingate Fatigue Index

*Side note - Store Z-scores alongside raw values for transparency.

Total Athleticism Score (sum of Z-scores)

Unweighted sum (default):

Calculation: SUM of the Z-score of all 4 tests will be converted to a T score with the following formula $T = (Z \times 10) + 50$, as a total score of athleticisms.

Example:

Suppose an athlete's Z-scores within their weight class are:

- b. 30-15 IFT: +0.8
- c. Wingate Fatigue Index (inverted): +0.3
- d. CMJ height: +1.1
- e. Landmine Throw Peak Power (best arm or averaged): +0.6
- f. Total: Z-score = $0.8 + 0.3 + 1.1 + 0.6 = 2.8$
- g. $T = (2.8 \times 10) + 50$
- h. Total Score of athleticism = 78

Annexure-2

BFI Boxing Athlete Evaluation Form		
Athlete Name:	Weight Class:	
Evaluation Topic	Max 10 Points per Category	Comments
Attendance at HPU training		
International Performance Potential		
Weight Management		
Strength and Conditioning		
Health Management		
Total		

BFI Boxing Athlete Evaluation Form		
Evaluation Topic (Technical/Tactical Criteria)	Max 5 Points per Category	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		