

BOOMERZ BOXING & BOXING ONTARIO NOVICE TOURNAMENT

SAVE THE DATE: AUGUST 21-23, 2026
BMO CENTRE LONDON



BOXINGONTARIO.COM

THIS IS A BOXING EVENT SANCTIONED BY BOXING ONTARIO.
THIS CONTEST IS SANCTIONED BY AN ORGANIZATION OFFICIALLY RECOGNIZED BY THE PROVINCE OF ONTARIO.

NOVICE TOURNAMENT 2026

Dear Boxing Ontario Clubs and Coaches,

We thank you once again for your availability and your dedication to commit in this very important event with over entries from across provinces.

Please be sure to take your time to read through the information supplied, as you find in this Handbook all the necessary information regarding the competition and the related logistics.

We would like to wish all competitors good luck in the tournament.

HANDBOOK CONTENTS:

- Tournament Agreement
- Key Contacts
- Venues – Hotel, Weigh-in and Competition
- Weigh-in Procedure
- Important Notes
- Tournament Schedule
- Scoring Criteria
- Pre-Bout Medical – Male and Female
- Temporary Book Replacement Form

TOURNAMENT AGREEMENT: Any boxer, coach or official participating in the tournament acknowledges that they are registered with Boxing Ontario for 2026. You will be required to show proof of registration at any time throughout the course of the tournament via boxer/official passports and coaches' cards.

It's recommended that you keep your registration number on your person at all times.

Every Boxer must disclose all prior bout experience, including bouts or matches in other combative sports; failure to do so will result in sanctions against the boxer, the boxer's current club and/or the boxer's coach.

By registering for this event, the boxer and Coach(s) hereby acknowledge and confirm that the registered or registering boxer is not registered or registering with another Province or other Federation and is not qualifying or intending to qualify with another Federation. Failure to provide full disclosure may be cause for disciplinary action which may affect the boxer's ability to qualify in Canada and or another Federation.

KEY CONTACTS:

Please find below your main contacts on site:

Function	Name	Email
Tournament Technical Delegates	Paul DeMelo/Tom Amaral/Joyce Findlay	pdemelo@boxingontario.com
Chief Official	Paul DeMelo	pdemelo@boxingontario.com
Weigh-In Responsibility	David Gustyn	bigslick201499@gmail.com
Coaches Meeting Coordinator	Paul De Melo	pdemelo@boxingontario.com
Marketing	Ms. Becca Freeman	pr@boxingontario.com
Boxing Ontario Office	Ms. Naiomi Braithwaite	info@boxingontario.com

If you have any question before your departure, do not hesitate to contact Provincial Official Paul Demelo at pdemelo@boxingontario.com

OFFICIALS (RJ)

	Name
1	Paul DeMelo
2	Tommy Amaral
3	Amanda Smith
4	Branka Brkljc
5	Jennifer Huggins
6	Nahome Isaac
7	Nataliya Knyaz
8	Ryne Furik
9	Francois Toulouse
10	James Glynn
11	Kristina Doran
12	Rob Bender
13	Isabel DeMelo
14	Lanay Browning
15	Keith Vanderpool
16	David Gustyn
17	Diana Alkordy
18	Ian Kelly
19	Jennifer Rodgers
20	Brock Boyd
21	Adele Wiltshire
22	Joanne Gustyn
23	Shane Strickland
24	Alex Cacciotti
25	Joshua Strickland
26	Michael Strickland
27	Al Duffy
28	Anatolii Frolov
29	Bailey Kinsman
30	Chad Giroux
31	Heather Carter
32	Jack Sullens
33	Sue Richards
34	Andy Brestland
35	Bhavek Budhia
36	<i>Sonny Wong</i>
37	Dirk Evelyn
38	Joyce Findlay
39	Lee Smith

SCORING CRITERIA

Points are awarded in each round, based on a “10-Must-System”:

The Winner of each round is awarded 10 points; the loser is awarded between 6 to 9 points, as follows:

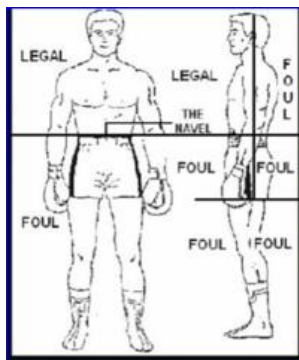
- 10 – 9 is considered a Close Round (can be ‘close’ 0 or ‘clear’ 9)
- 10 – 8 is considered a Clear Winner (essentially not competitive, one-sided)
- 19 – 7 is considered Total Dominance (seldom if ever used)

3 to 5 Judges independently score a bout, based on the following criteria (sequentially – see below):

- The volume of quality blows on the target, or scoring area (see diagram below)
- Domination of the bout by Technique and Tactics
- Competitiveness of the Boxer

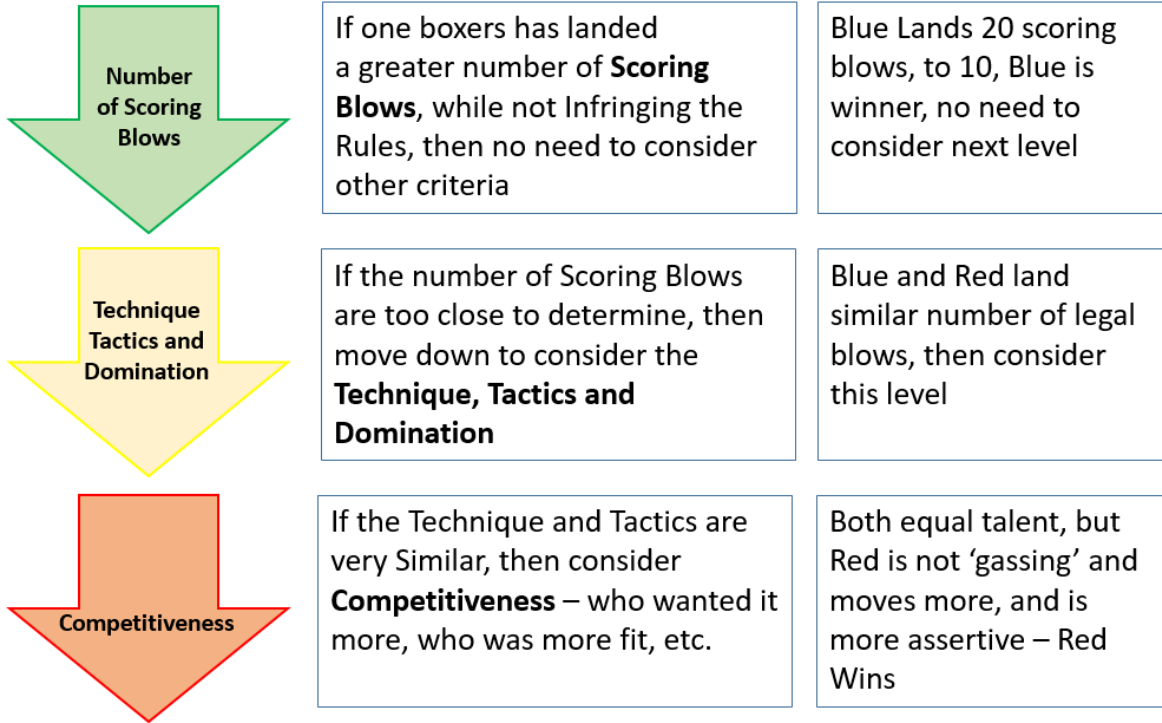
Scoring considerations is given to blows that:

- Do not infringe the rules
- Land in the legal scoring area (see diagram below)
- Land with the knuckle surface of the hand
- Have the weight of the body or should behind them (effective punches)
- Are seen by the judge as clearly connecting



SCORING CRITERIA

Scoring Criteria is Progressive. Move from Top set of Criteria, to the Next, as Necessary



SPECIAL NOTICES:

- **NO FOOD AND NO DRINKS OTHER THAN WATER ON THE FIELDS**
- **NO GUM ALLOWED ON FIELDS**
- **COACHES MUST BRING THEIR OWN SPIT BUCKETS (FACILITY DOES NOT PROVIDE)**
- **ALLOWED HEADGEAR MUST BE APPROVED BY IBA, AIBA OR USA BOXING (LOOK FOR STICKER AT BACK)**
- **COACHES MUST ENSURE THAT THEY HAVE AN EXTRA COACH AVAILABLE IN CASE OF OVERLAPPING FIGHTS (FIGHTS WILL NOT BE DELAYED)**
- **BEARDS MUST NOT COVER THE NECK, BELOW THE CHIN IS OK**
- **RED MOUTHGUARDS ARE NOW ALLOWED**
- **IF YOUR BOXERS HAS NOT RECEIVED THEIR BOOK YET, YOU MUST PRINT AND BRING THE TEMPORARY BOOK FORM (LAST PAGE)**
- **PLEASE REMEMBER EVERYONE THERE INCLUDING OFFICIALS ARE VOLUNTEERS AND DESERVE RESPECT. ANY CONCERNS SHOULD BE VOICED TO THE RING SUPERVISOR OR TECHNICAL DELEGATE, NOT THE OFFICIAL. 100% REMOVAL FROM CORNER ENFORCED**

WEIGH-IN PROCEDURE

Due to the large number of boxers, it is imperative that everyone follow these weigh-in procedures, so we have an efficient experience.

Please make sure boxers have the following before arriving:

- **PHOTO ID**
- Pre-bout medical – signed by coach (form included in handbook)
 - Please print and have a supply on hand
- Boxing Passport Book
 - If do not have, please try and find a replacement book in club
 - If can't find replacement book then have a completed Temporary Book Replacement Form (form included in handbook)
- Shorts & tank top – for weigh-ins

Upon arrival – Boxers will:

- Attend Boxer Verification Desk
- **Confirm SESSION, RING & CORNER (bout lists will be available to check)**
- Boxers & coaches will receive their wristbands for the weekend
- Boxers will receive their wristband for their upcoming session then enter the Field
- **Coaches will not be allowed to enter the Field**

Please make sure boxer sticks to their own ring and own session – following steps:

1. Proceed to the registration desk – based on ring & split into Session 1 & 2
2. Blood pressure monitoring desk – based on ring & split into Session 1 & 2
3. Doctor – first available
4. Exit Field area to the scales
5. Scale – first available

If there are any questions, there will be volunteers who can get a senior official to assist.

Please adhere to weigh-in times. If the time says 8 to 9, then the line closes at 9

DOCTORS: 4 Doctors, coordinated by Dr. Arbeau

TEST SCALE:

Opens at 7am, near the Weigh-In area

WEIGH-IN LOCATION: SAME AS COMPETITION VENUE

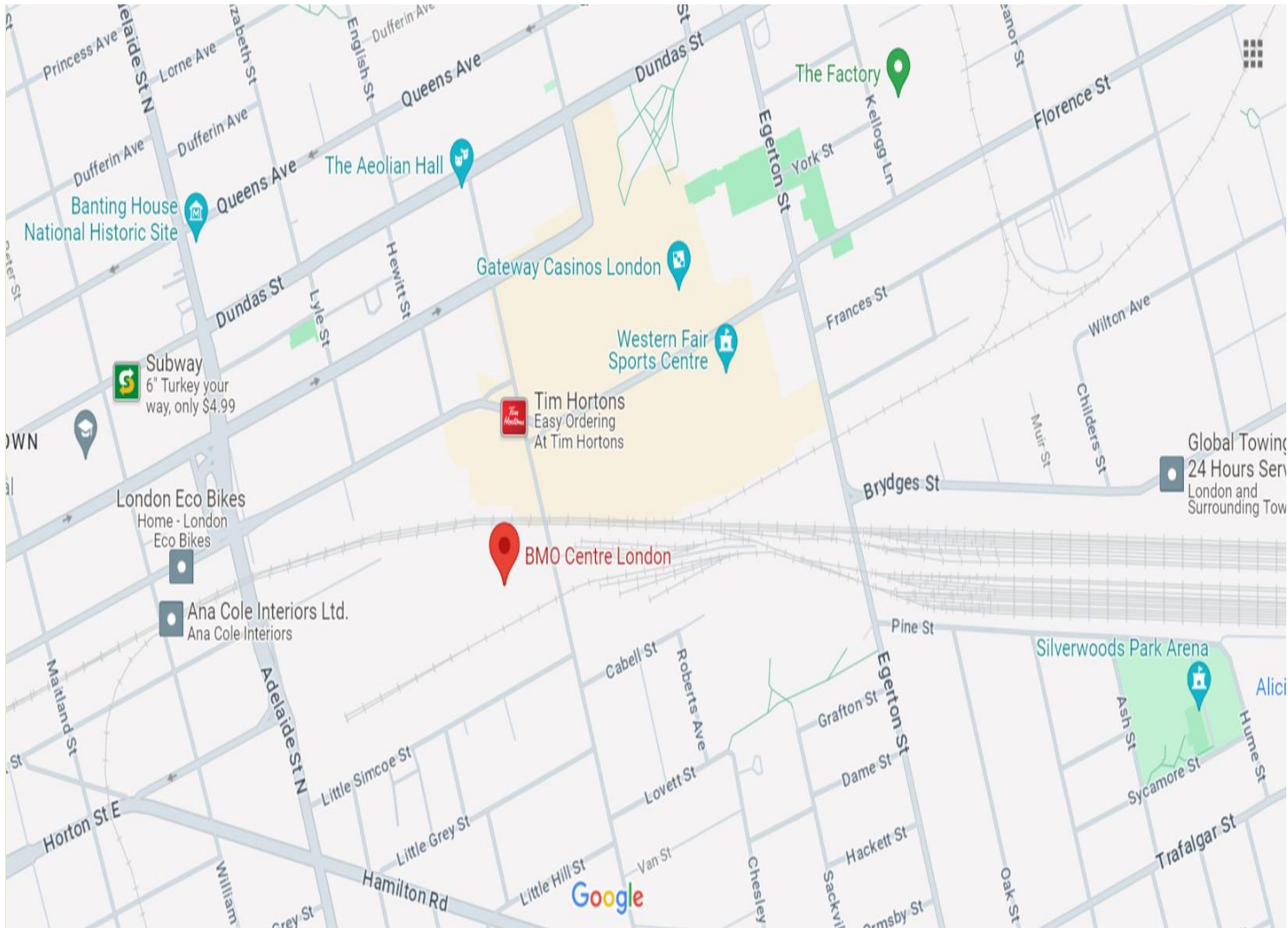
BMO CENTRE LONDON

295 Rectory St., London, ON N5Z 0A3

There is lots of parking at the venue, if not in front around the side of the building.



**BOXERS HAVE TO PRESENT THEMSELVES WITHIN
THE FIRST HOUR OF WEIGH-INS, AS LINE WILL
CLOSE AT THAT TIME**



TOURNAMENT SCHEDULE:

Friday, Aug. 21 – EVENT DAY 1		
Date and Event	Time	Place/Accountable
Weigh-ins	2:00 pm – 3:00 pm Line Closes at 3pm	COMPETITION VENUE
Session 1	6:00 pm	Competition Venue
Saturday, August 22– EVENT DAY 2		
Weigh-ins	8:00 am – 9:00 am Line Closes at 9am	COMPETITION VENUE
		•
Session 2	1:00 pm	Competition Venue
		•
Session 3	6:00 pm	Competition Venue
Sunday Aug. 23 – EVENT DAY 3		
Weigh-ins	8:00 am – 9:00 am Line Closes at 9am	COMPETITION VENUE
Session 4	12:00 pm	Competition Venue

Athletes:

- Red/Blue singlets
- Athletic shorts matching, or neutral colour
- Headgear must be IBA or USA Approved (Hair must be tucked into headgear)
- Check hand wraps of boxers, wraps not gauze, one strand of wrap between fingers. NO tape on wraps
- **No tape on singlets**, gloves, wraps or shorts (Initiation boxers the exception)
- Visible belt line, not with tape
- No excessive Vaseline and only brow and nose
- Boxing or Running Shoes acceptable
- Boxers and coaches not to hit the pads with the competition gloves
- Elite Male Boxers 65+ (70KG weight class) must wear 12oz gloves

Weight Classes

Weight Categories

Elite and U19 Men's Weight Categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	47kg	50kg	Flyweight / M50kg
2	50kg	55kg	Bantamweight / M55kg
3	55kg	60kg	Lightweight / M60kg
4	60kg	65kg	Welterweight / M65kg
5	65kg	70kg	Light Middleweight / M70kg
6	70kg	75kg	Middleweight / M75kg
7	75kg	80kg	Light Heavyweight / M80kg
8	80kg	85kg	Cruiserweight / M85kg
9	85kg	90kg	Heavyweight / M90kg
10	90kg	-	Super Heavyweight / M90+kg

Elite and U19 Women's weight categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	45kg	48kg	Light Flyweight / W48kg
2	48kg	51kg	Flyweight / W51kg
3	51kg	54kg	Bantamweight / W54kg
4	54kg	57kg	Featherweight / W57kg
5	57kg	60kg	Lightweight / W60kg
6	60kg	65kg	Welterweight / W65kg
7	65kg	70kg	Light Middleweight / W70kg
8	70kg	75kg	Middleweight / W75kg
9	75kg	80kg	Light Heavyweight / W80kg
10	80kg	-	Heavyweight / M80+kg

U17 (Junior C) Men's and Women's weight categories

#	Over (Min limit)	Under (Max limit)	Category Name
1	44kg	46kg	Pinweight / M46kg / W46kg
2	46kg	48kg	Light Flyweight / M48kg / W48kg
3	48kg	50kg	Flyweight / M50kg / W50kg
4	50kg	52kg	Light Bantamweight / M52kg / W52kg
5	52kg	54kg	Bantamweight / M54kg / W54kg
6	54kg	57kg	Featherweight / M57kg / W57kg
7	57kg	60kg	Lightweight / M60kg / W60kg
8	60kg	63kg	Light Welterweight / M63kg / W63kg
9	63kg	66kg	Welterweight / M66kg / W66kg
10	66kg	70kg	Light Middleweight / M70kg / W70kg
11	70kg	75kg	Middleweight / M75kg / W75kg
12	75kg	80kg	Light Heavyweight / M80kg / W80kg
13	80kg	-	Heavyweight / M80+kg / W80+kg

Weights for Funbox, U 13 (Junior A) and U 15 (Junior B boxers) Women's)

#	Over (Min limit)	Under (Max limit)	
1	26kg	28kg	U 13 (JR A)/Fun box only
2	28kg	30kg	U 13 (JR A)/Fun box only
3	30kg	32kg	U 13 (JR A)/Fun box only
4	32kg	34kg	U 13 (JR A)/Fun box only
5	34kg	36kg	
6	36kg	38kg	
7	38kg	40kg	
8	40kg	42kg	
9	42kg	44kg	
10	44kg	46kg	
11	46kg	48kg	
12	48kg	50kg	
13	50kg	52kg	
14	52kg	54kg	
15	54kg	57kg	
16	57kg	60kg	
17	60kg	63kg	
18	63kg	66kg	
19	66kg	70kg	
20	70kg	75kg	
21	75kg	80 kg	
22	80+ kg		

BOXING ONTARIO - Communicable Illness / Disease Policy (In effect September 2021)

Definitions

1. The following terms have these meanings in this Policy:
 - a) *"Association"* – Boxing Ontario.
 - b) *"Member"* – All categories of membership defined in the Association's Bylaws, as well as all individuals employed by, or engaged in activities with, the Association including, but not limited to, athletes, coaches, referees, officials, volunteers, managers, administrators, committee members, and directors and officers of the Association.
 - c) *"Communicable illnesses / disease"* – Refers to viruses, bacteria or other communicable based medical conditions.

Purpose

2. The purpose of this Policy is to guide the Association in matters regarding communicable illnesses.

Policy

3. All members shall review and follow this policy.
4. If a member knowingly is infected with a communicable illness / disease they shall refrain from active participation at any level in an event.
5. Should any member display symptoms consistent with a communicable illness they shall not enter any area of an office or venue.
 - a) Symptoms include but are not limited to:
 - i. Fever and / or chills
 - ii. Persistent cough
 - iii. Abnormal fatigue
 - iv. Sore throat
 - v. Vomiting / Diarrhea
6. Additional to the above no member shall participate in any component of an event should they be experiencing symptoms.
7. Athletes shall not share items which could potentially cause cross contamination; these items include but are not limited to water bottles and soiled athletic wear.
8. At all times members shall be wearing disposable medical gloves when:
 - a) Handling athlete's protective equipment (i.e. mouth guard).
 - b) Working in a corner.
 - c) Acting as an in ring official.
 - d) Acting as the bout Doctor.
 - e) Contacting potentially soiled gloves or other articles.
9. These gloves are to be changed and disposed of properly between athletes.
10. Bout gloves shall be disinfected between each athlete with:
 - a) An approved spray on the interior.
 - b) An approved wipe or spray on the exterior.
 - c) When bouts are complete for the day all efforts must be made to dry the gloves after disinfection.
11. Field of play:
 - a) All related surfaces of the field of play shall be cleaned as approved if they become soiled and at the end of each event.
 - b) At no time shall bodily fluids be permitted to remain wet in the field of play if another bout is to occur.
12. Further information or clarity on the above points can be asked of the onsite Doctor for events.

This policy shall be reviewed and updated annually or as needed



CANADIAN AMATEUR BOXING ASSOCIATION



Pre-bout Medical Questionnaire for Male Boxers

Date: _____

Site: _____

Questions for Boxer:

Name: _____
(Please Print)

Have you had any of the following symptoms lately?

- | | | |
|--|----------------------------------|---------------------------------|
| 1. Headaches | Yes [☐] | No [☐] |
| 2. Dizziness | Yes [☐] | No [☐] |
| 3. Nausea or vomiting | Yes [☐] | No [☐] |
| 4. Double or blurred vision | Yes [☐] | No [☐] |
| 5. Have you taken any medication within the last 90 days | Yes [☐] | No [☐] |

If yes what kind _____

- | | | |
|---|----------------------------------|---------------------------------|
| 6. Do you have any body piercing | Yes [☐] | No [☐] |
| 7. In the last 12 months, have you had close contact with any person who has Hepatitis or HIV | Yes [☐] | No [☐] |

If you think you may be infected with Hepatitis or HIV you should not box**IN THE LAST 30 DAYS**

- | | | |
|---|----------------------------------|---------------------------------|
| 8. Have you participated in any contact sport (including boxing)? | Yes [☐] | No [☐] |
| 9. Did you sustain any injury? | Yes [☐] | No [☐] |
| If Yes what type of injury _____ | | |
| 10. Did you receive any suspension or removal from play? | Yes [☐] | No [☐] |
| 11. Have you sustained a concussion in the last 60 days? | Yes [☐] | No [☐] |

If you do not understand any questions please inform the Medical Doctor

Boxer Signature: _____

Questions for Coaches:

Name: _____
(Please Print)

Have you noticed any decrease in function or negative change in your boxer regarding the following?

- | | | |
|--------------------------------|----------------------------------|---------------------------------|
| 1. Attention or concentration: | Yes [☐] | No [☐] |
| 2. Memory | Yes [☐] | No [☐] |
| 3. Speech | Yes [☐] | No [☐] |
| 4. Behavior | Yes [☐] | No [☐] |
| 5. Sparring (quickness) | Yes [☐] | No [☐] |

In the past 30 days has your boxer sustained injury or removal
From play in any contact sport including boxingYes [☐] No [☐]

Coach Signature: _____

Medical Doctor – Name: _____ License # _____
(Please Print)

Medical Doctor - Signature: _____



CANADIAN AMATEUR BOXING ASSOCIATION



Pre-bout Medical Questionnaire for Female Boxers

Date: _____

Site: _____

Questions for Boxer:

Name: _____
(Please Print)

Have you had any of the following symptoms lately?

- | | | |
|--|----------------------------------|---|
| 1. Headaches | Yes [☐] | No [☐] |
| 2. Dizziness | Yes [☐] | No [☐] |
| 3. Nausea or vomiting | Yes [☐] | No [☐] |
| 4. Double or blurred vision | Yes [☐] | No [☐] |
| 5. Have you taken any medication within the last 90 days | Yes [☐] | No [☐] |
| 6. If yes what kind _____
Are you pregnant | Yes [☐] | No [☐] |
| 7. When was your last menstruation? | Date: _____ | |
| 8. Did you do a pregnancy test | Yes [☐] | Negative [☐] Positive [☐] No [☐] |

If you even think you might be pregnant you should not box

- | | | |
|---|----------------------------------|---------------------------------|
| 9. Have you noted any menstrual abnormality recently such as an absent menses, abnormal vaginal bleeding with or without pelvic pain / tenderness not consistent with your normal menstrual cycle & patterns? | Yes [☐] | No [☐] |
| 10. Have you noted any breast masses, bleeding or other breast dysfunction | Yes [☐] | No [☐] |
| 11. Have you had breast augmentation implants or tissue transfer | Yes [☐] | No [☐] |
| 12. Do you have any body piercing | Yes [☐] | No [☐] |
| 13. In the last 12 months, have you had close contact with any person who has Hepatitis or HIV | Yes [☐] | No [☐] |

If you think you may be infected with Hepatitis or HIV you should not box

IN THE LAST 30 DAYS

- | | | |
|--|----------------------------------|---------------------------------|
| 14. Have you participated in any contact sport (including boxing)? | Yes [☐] | No [☐] |
| 15. Did you sustain any injury? I | Yes [☐] | No [☐] |
| 16. If Yes what type of injury _____
Did you receive any suspension or removal from play? | Yes [☐] | No [☐] |
| 17. Have you sustained a concussion in the last 60 days? | Yes [☐] | No [☐] |

If you do not understand any questions please inform the Medical Doctor

Boxer Signature: _____

Questions for Coaches:

Name: _____
(Please Print)

Have you noticed any decrease in function or negative change in your boxer regarding the following?

- | | | |
|--------------------------------|----------------------------------|---------------------------------|
| 6. Attention or concentration: | Yes [☐] | No [☐] |
| 7. Memory | Yes [☐] | No [☐] |
| 8. Speech | Yes [☐] | No [☐] |
| 9. Behavior | Yes [☐] | No [☐] |
| 10. Sparring (quickness) | Yes [☐] | No [☐] |

In the past 30 days has your boxer sustained injury or removal from play in any contact sport including boxing

Yes [☐] No [☐]

Coach Signature: _____

Medical Doctor – Name: _____ License # _____
(Please Print)

Medical Doctor - Signature: _____



Boxers Temporary Fight Record

[illegible]

MEDICAL EXAMINATION PRIOR TO AND AFTER COMPETITION

[illegible]

NOVICE TOURNAMENT 2026

