Coaches Handbook

# GOLDEN GLOVES PROVINCIAL CHAMPIONSHIPS

**October 15 - 18, 2026**

Dear Boxing Ontario Clubs and Coaches,

We thank you once again for your availability and your dedication and commitment to this very important event.

Please be sure to take your time to read through the information in this Handbook as it contains 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
- Residency Requirements
- 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 2025. 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:

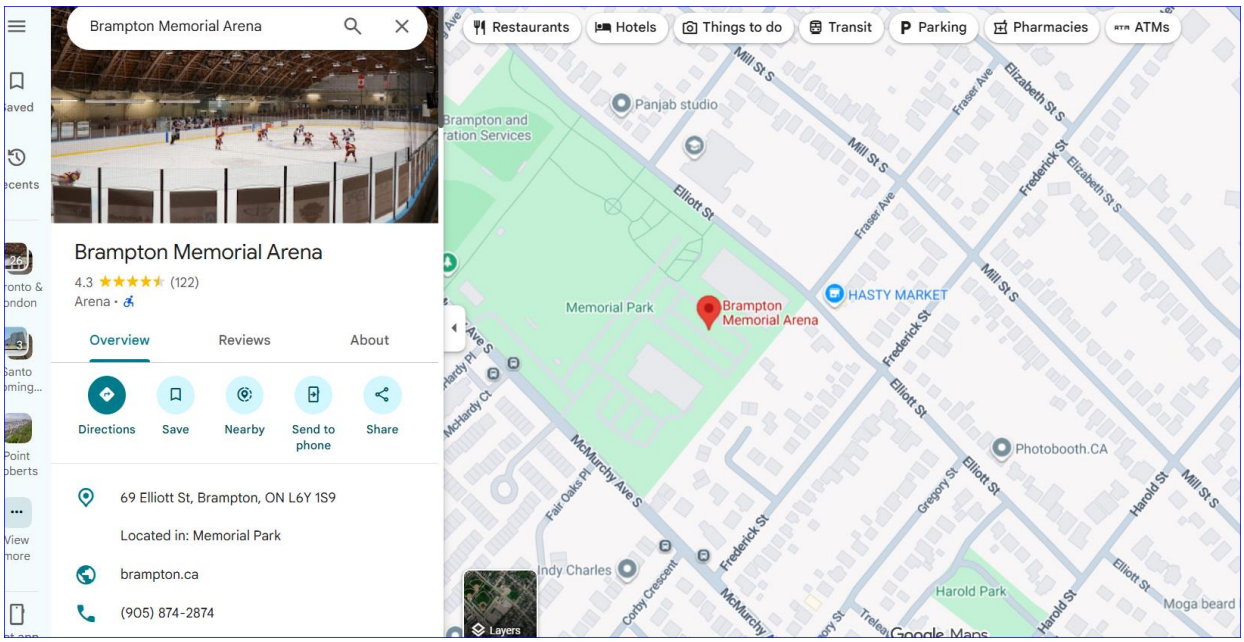
| Function | Name | Email |
|---|---|---|
| Tournament Technical Delegate | Mr. Paul DeMelo | pdemelo@boxingontario.com<br>(647) 628-6414 |
| Chief Official | Mr. Paul DeMelo | pdemelo@boxingontario.com |
| Marketing | Ms. Becca Freeman | pr@boxingontario.com |
| Boxing Ontario Office | Ms. Naiomi Braithwaite | info@boxingontario.com |

## OFFICIALS (RJ)

| | Name | Region |
|---|---|---|
| 1 | Paul DeMelo | ONTARIO |
| 2 | Tommy Amaral | ONTARIO |
| 3 | Nick Chronopoulos | ONTARIO |
| 4 | Iryna Blazey | ONTARIO |
| 5 | Isabel DeMelo | ONTARIO |
| 6 | Diana Alkordy | ONTARIO |
| 7 | Gus Liapas | ONTARIO |
| 8 | Joyce Findlay | ONTARIO |
| 9 | Chris Fenn | ONTARIO |
| 10 | David Gustyn | ONTARIO |
| 11 | Francois Toulouse | ONTARIO |
| 12 | Shane Strickland | ONTARIO |
| 13 | Michael Strickland | ONTARIO |
| 14 | Shawn Floyd | ONTARIO |
| 15 | Lanay Browning | ONTARIO |
| 16 | Lee Smith | ONTARIO |
| 17 | Anatolii Frolov | ONTARIO |
| 18 | Matt Standish | ONTARIO |
| 19 | Sonny Wong | ONTARIO |
| 20 | Amanda Smith (Volunteer) | ONTARIO |
| 21 | Chad Giroux (Volunteer) | ONTARIO |
| | | |

*********WEIGH-IN LOCATION: SAME AS COMPETITION VENUE ***********

Brampton Memorial Arena
69 Elliott St. Brampton, ON L6Y 1S9



## TOURNAMENT SCHEDULE:

- **On Day 1 (Thursday October 15)**
  - **Weigh-ins are from 2pm to 3pm (line closes at 3pm) – have the boxers in line by 1:30pm as we will start as soon as doctors are available**
  - **Evening Session at 6pm**

- **Friday and Saturday**
  - **Weigh-ins are from 8am to 9am (line closes at 9am) – have the boxers in line by 7:30am as we will start as soon as doctors are available**
  - **Afternoon Session at 1pm**
  - **Evening Session at 6pm**

- **Sunday**
  - **Weigh-ins are from 8am to 9am (line closes at 9am) – have the boxers in line by 7:30am as we will start as soon as doctors are available**
  - **Afternoon Session at 12pm (NOON)**

**WEIGH-IN PROCEDURE**

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: (Residency handled at original registration)

- **PHOTO ID AND PROOF OF RESIDENCY. A DRIVERS LICENSE OR HEALTH CARD IS NOT PROOF OF RESIDENCY. YOUR BOXER MUST SHOW AN ORIGINAL OR UNTAMPERED PHOTO OF ONE OF THE FOLLOWING:**
  - **Canadian Birth Certificate**
  - **Canadian Passport**
  - **Canadian Permanent Resident Card**
  - **Native Canadian ID**
  - **Court/Judge Approved Proof of Legal Refugee Status (not pending, but APPROVED)**
- Pre-bout medical – signed by coach (form included in handbook)
  - Please print and have a supply on hand
  - **NOTE: YOU WILL BE REQUIRED TO HAVE THE PRE-BOUT MEDICAL ON YOUR FITST WEIGH-IN, NOT SUBSEQUENTLY**
- Boxing Passport Book
  - If do not have, please try and find a replacement book in club
  - If can't find replacement book contact Boxing Ontario immediately as a passport book is required.

Upon arrival – Boxers will:

- Attend Boxer Verification Desk
- **Confirm SESSION, RING & CORNER (bout lists will be available to check) – But the most up to date information will be on the Boxing Ontario Website**
- 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 without s wristband**

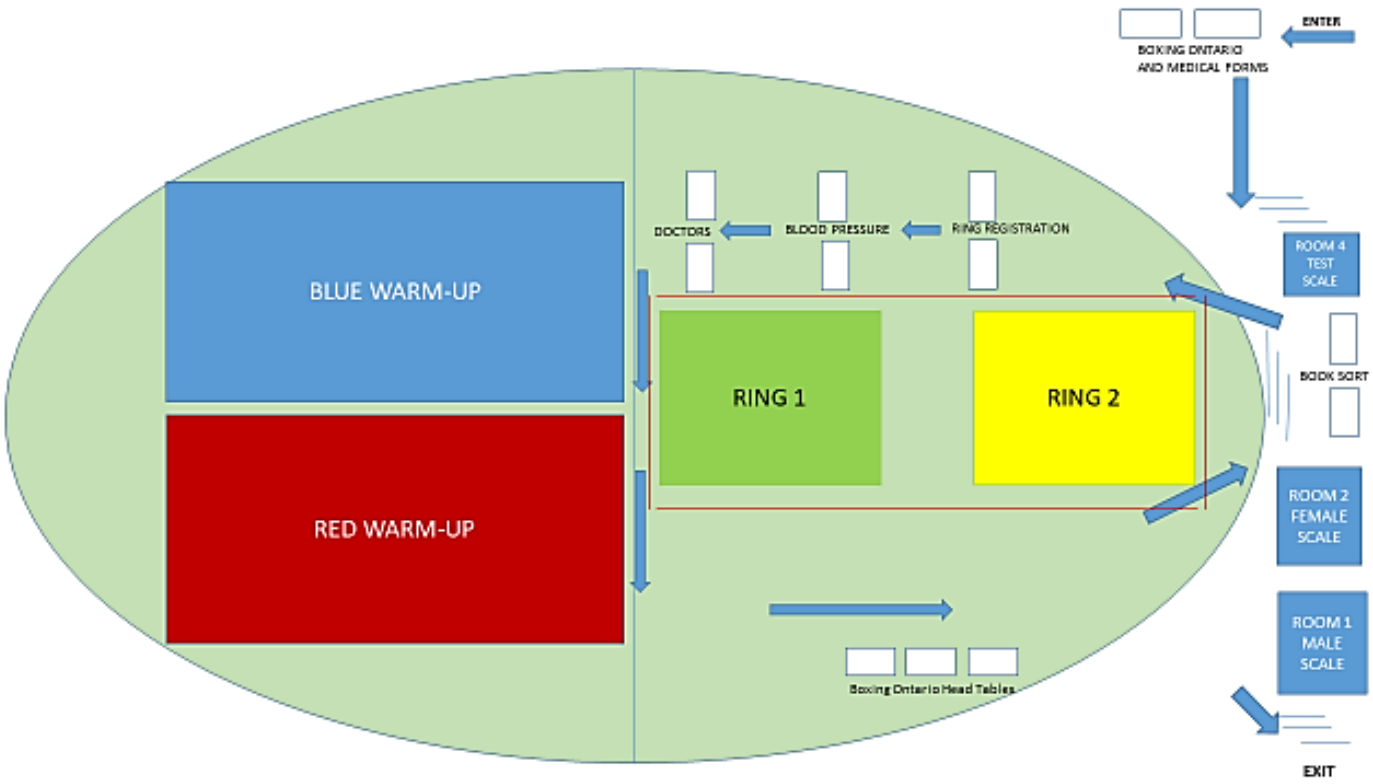
Please make sure boxer sticks to line-up depicting their ring and session – following steps:

1. Proceed to the registration desk – based on ring & split into Session 1 & 2
2. Residency will be confirmed and the book stamped accordingly
3. Blood pressure monitoring desk – based on ring & split into Session 1 & 2
4. Doctor – first available
5. Exit Field area to the scales
6. Scale – first available

There will be separate weigh-in area for males and females

- Weigh-ins will be conducted in undergarments

## Weigh-In Flow Chart:



**IMPORTANT NOTES:**

- **RESPECT** officials whether or not you agree with decision
  - Be Aware of Event Removal and Suspension Policy
  - https://boxingontario.com/forms-documents/policy-constitution/
- **Boxers can take off their wristband, but they must keep it to get a replacement band.** If they do not keep their band, they will have to pay to get a new one.
- Coaches must keep wristband on the entire tournament, if they lose it, cost will be $20 for a new one.
- NO NUTS (due to allergies we ask that you pack nut free food and snacks)
- Please eat all meals in designated areas.
- Due to the number of bouts and sometimes circumstances beyond our control, it is important you are prepared to either proceed earlier or later than thought.

**UPON ARRIVAL FOR SESSION:**

- **ONLY coaches & boxers for that session** (with proper wristband) will be allowed into the Field
- Boxers will change and get ready
- **2 bouts prior to their bout:**
  - **Walk toward Section 1 (where the rings are) to the glove table**
  - **get gloved up**

**FIELD OF PLAY**

- Licensed, registered coaches only
- No electronic devices, no recording
- 10 second tap does not mean stand-up
- Boxers MUST shake hands before and after bout
- No boisterous behaviour by coach or boxer

**COACHES:**

- **No jeans, no sandals, no offensive logos, no sunglasses, no tank tops**
  - If you are not wearing proper attire you will be asked to change
- PROPER athletic attire: track suit, ~~short or~~ long pants, t-shirt, athletic shoes
- **NO HATS**
- MUST have white Towel
- **CLEAR** Water Bottle – none will be supplied
- **Must have your own bucket**

**BOXERS:**

- **NO CANADA SINGLETS ALLOWED. BOXING ONTARIO SIGLETS ARE FINE**
- Red/Blue singlets, athletic shorts matching, or neutral colour (this is Provincials, so no black singlets or shorts are allowed)
- Visible belt line, not with tape
- Headgear must be IBA or USA Approved (Sting, Rival, Ringside, Title, Wesing)
  - No cheek guards on headgear
  - Hair MUST be tucked into headgear
- Wraps not gauze, one strand of wrap between fingers. NO tape on wraps
- **NO TAPE** on singlets, gloves or shorts
- No excessive Vaseline and only brow and nose
- Boxing or Running Shoes
- Red mouth guards are allowed (but discouraged)

## NOTE: Please DO NOT hit pads with competition gloves

## Make-Up Bouts:

We will allow makeup bouts only on the following conditions, (1) the boxer registered and paid for the tournament but did not get a match, or (2) the boxer got a tournament match but did not advance. Those two types of boxers can fight each other. We will only allow makeup bouts on the first two days. There will be no makeup bouts on the final two days, as the focus will be predominantly on finals.

# SCORING CRITERIA

## We will use Electronic Scoring, so Coaches will have the Scores in the Corner

**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 7 to 9 points, as follows:

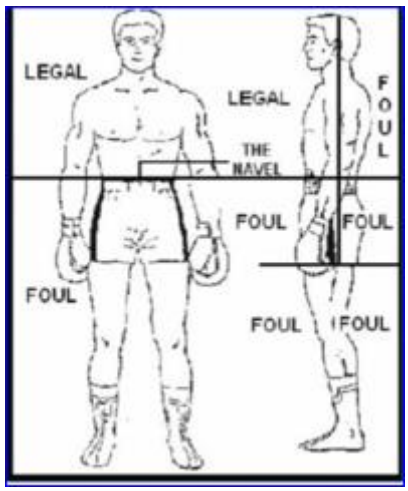
- 10 – 9 is considered a Close Round (can be 'close' 9 or 'clear' 9)
- 10 – 8 is considered a Clear Winner (essentially not competitive, one-sided)
- 10 – 7 is considered Total Dominance (seldom if ever used)

**5 Judges independently score a bout, based on the following criteria** (sequentially assessed, not concurrently assessed – see below)**:**

- The volume of quality blows on the target, or scoring area (see diagram below) – 90%+ of fights are determined here
- Domination of the bout by Technique and Tactics (used less than 10% of the time)
- Competitiveness of the Boxer (almost never used)

**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 would dent a bag)
- Are seen by the judge as clearly connecting
- No extra points are given for a knock-down (but if knock-downs and/or 8 counts are a result of continued dominance, they may have a scoring impact, particularly when the volume of quality punches is close)
- Consider a knock-down just a scoring blow




# SCORING CRITERIA

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

| | | |
|---|---|---|
| **Number of Scoring Blows** | If one boxers has landed a greater number of **Scoring Blows**, while not Infringing the Rules, then no need to consider other criteria | Blue Lands 20 scoring blows, to 10, Blue is winner, no need to consider next level |
| **Technique Tactics and Domination** | If the number of Scoring Blows are too close to determine, then move down to consider the **Technique, Tactics and Domination** | Blue and Red land similar number of legal blows, then consider this level |
| **Competitiveness** | If the Technique and Tactics are very Similar, then consider **Competitiveness** – who wanted it more, who was more fit, etc. | Both equal talent, but Red is not 'gassing' and moves more, and is more assertive – Red Wins |

## DISCUSSION ON 8 COUNTS:

***An 8 count and/or a knock-down is a scoring blow, that's it. It does not in-and-of-itself affect the score***

**An 8 count is administered if a boxer is considered down**

**A boxer is considered down if, due to a scoring blow or series of legal blows:**

- **Any part of boxer (other than feet) touches the canvas**
- **Boxer hangs on ropes**
- **Boxer is outside (or partially) outside of ropes**
- **Boxer momentarily dazed**

**Note: An 8 count given as result of a foul is a recovery 8 count and is not considered part of the maximum 8 count limit -a warning may be given to opposing boxer by referee**

***The 8 count is not a rest for the boxer (that is the consequence), it is an opportunity for the referee to assess the ability of the affected boxer to continue without further injury***

**All *Open* Male and Female Boxers, are allowed UP TO *Three* 8 counts in round, *Four* in bout (does not include recovery 8 counts).**

**The referee does not have to allow the maximum to be accumulated**