

Duration of Rounds: Men and Women 3X2 Minute Rounds using 14oz Gloves.

Weights:

Men kg 48; 51; 54; 57; 60; 64; 67; 71; 75; 81; 85; 91; 91+

Women kg 46; 48; 50; 52; 54; 57; 60; 63; 66; 70; 75; 80; 86

Age Requirements: Shall have reached the age of 17 years and be under the age of 35 years on February 19th 2010. Shall be no more than three years in boxing and have not more than 10 contests and has not participated in a National or Provincial Championship.

Entries:

Entry fee is €20 payable at weigh-in.

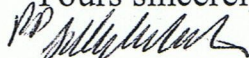
Entries accompanied by Boxer's Medical Record Cards should be forwarded **to reach the undersigned not later than February 12th** giving name, Date of Birth, weight and Club. Entries are subject to vetting and it is a condition of entry that all competitors and officials have signed the Waiver/Members Acknowledgement Form.

Male Boxers must present themselves clean shaven and all boxers must advise the doctor of any medication they are taking or have taken in the preceding 4 weeks. Attention is called to the stipulation in the IABA Ltd Rule Book that each boxer presented by his or her club should be fit to box. This is the responsibility of the Club.

Boxers must have one red and one blue vest. Coaches must wear tracksuits and trainers at all sessions and endeavour to set a high standard of hygiene in the corners.

Gum Shields: Red, Orange or Green, White and Orange are strictly prohibited.

Yours sincerely,



Sean Crowley

Hon Secretary

Boxing Council IABA Ltd