Boxing Guidelines- Concussions

The following guidelines are to help protect children involved in the PAL boxing program who may suffer a “concussion” during the course of the program.

The term “concussion” is defined by USA Boxings Medical Handbook and Medical Rules of AIBA Open Boxing as a temporarily altered state of motor hypotonus, helplessness and disturbed consciousness.

All athletes and guardians will sign a concussion information form every year the child is participating in the PAL boxing program. This form will stay in the child’s individual file maintained by PAL staff. This form serves as an informational guide to the guardians as to the signs and symptoms of concussions.

Coaching staff will attend/take concussion related training every two years. Certificates of completion will be placed into staff’s personnel file.

In the event a PAL athlete shows/exhibits signs of suffering from a concussion the following guidelines will be followed:

- The athlete will be pulled from the activity immediately and the parent/guardian notified immediately (child will not be allowed to participate in activity the same day)

- Coach/Staff will fill out a PAL incident form, immediately after the incident, which will be reviewed by the PAL Director

- Child will be required to have a concussion return to play form completed by a doctor prior to returning to the PAL boxing program.

Minimal Suspension Periods after Knockout (K/O) and Technical Knockout (TKO)

AVPAL has adopted USA Boxings rules for suspension periods after concussions and knockouts. The following periods will adhered to in these situations:

- No Loss of Consciousness: If a boxer suffers a knockout as a result of blows to the head or if the bout is stopped by the coach because the boxer has received heavy blows to the head, then the boxer may not take part in boxing or sparring for a period of at least 30 days afterward. (First time)

- Loss of consciousness less than one minute: the boxer may not take part in boxing or sparring for a period of at least 90 days afterward. (First time)

- Loss of consciousness more than one minute: the boxer may not take part in boxing or sparring for a period of at least 180 days afterward. (First time)
-If during a period of 90 days after a boxer’s suspension for KO or TKO, training is stopped due to a head injury requiring suspension, the suspension period of the longer mandated suspension is doubled or a minimum of 90 days. That is, it is the longest of the two suspension periods that determines what is doubled. However, there is NO 60 day suspension. If the longer of the two is a 30 day suspension, i.e. if both are 30 day suspensions, the new suspension is for 90 days from the time of the second suspension. If it is 90 days, it becomes 180 days. If it is 180 days, it goes to 365 days.

- If during a period of 365 days the boxer suffers a third knockout or TKO from head blows, then he/she may not take part in boxing or sparring for a period of 18 months after the third occurrence. Any combination of knockouts or TKOs from head blows that equal three under these circumstances qualifies for the 18 month suspension. It would not be out of line to discuss the option of retiring at this point.

-Any boxer who loses a difficult bout as a result of many blows to the head or who is knocked down in several successive competitions may be barred from taking part in boxing or sparring for a period of 30 days after the last contest.