

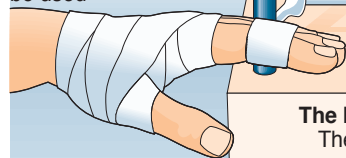
The noble art of self defence

Bouts are of five rounds lasting three minutes each with a one minute rest between rounds. Competitors can win on points or by a knockout. Points are awarded by five ringside judges – each from a different country. There can be no draw in Olympic boxing

Head guards: all Olympic boxers must wear head guards and gumshields for protection



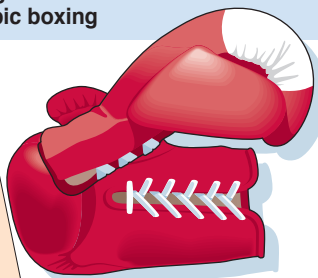
Hands: bandaged for protection. Up to 2.5m of bandage may be used



Plastic covered ropes

Padded corners

Category	Weight limit
Light flyweight	up to 48kg
Flyweight	48 – 51kg
Bantamweight	51 – 54kg
Featherweight	54 – 57kg
Lightweight	57 – 60kg
Light welterweight	60 – 63.5kg
Welterweight	63.5 – 67kg
Light middleweight	67 – 71kg
Middleweight	71 – 75kg
Light heavyweight	75 – 81kg
Heavyweight	81 – 91kg
Super heavyweight	over 91kg



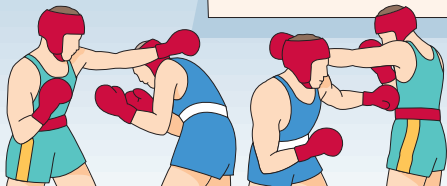
Gloves: padded leather, gloves weigh 227g up to welterweight, 284g for light middleweight and above. White scoring portion of glove enables judges to determine valid blows

Ring surface

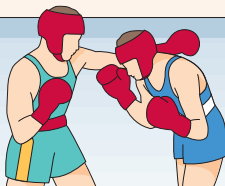
1.25cm foam underlay covered with canvas

Ring: 6.1m square

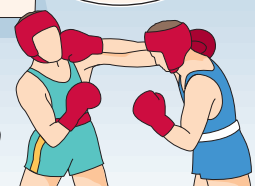
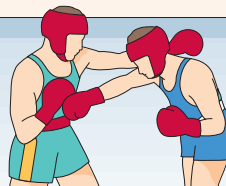
The boxer's craft: 'Slipping' is a highly skilled form of defence. The boxer is able to launch swift and effective counter attacks using finely judged sideways movements of his head



Slipping outside a left jab enables a fighter to counter with right hand punches to opponent's head or body, or short lefts to the body



Slipping inside a left jab enables left hook countering to the head and body, or straight rights to the body



Slipping inside a left jab enables a fighter to counter with a straight right to the head