2024-2025

President: Teresa Habib Meriggi

The Oxford University Amateur Boxing Club – Weight Management Policy for Competing Members

1. **Purpose**
   1. The purpose of this document is to clearly outline the club’s policy on body weight management for its competing members. This policy is necessary as maintaining a specific body weight is a requirement for competitive boxing.
2. **Application**
   1. This policy will apply to all club members who are on a pathway to competing due to competition weight categories and England Boxing matching process regulations.
   2. Members of the club who are not part of the competition squad are therefore not required to disclose their weight at any point in time,
      1. Should they wish to compete, they are required to weigh-in as part of their medical check for competition eligibility with a Doctor,
      2. Once this occurs, the following protocol will apply.
3. **General Principles**
   1. The following general principles will be followed during all club activities:
      1. The overarching ethos of this policy, and the club's activities, will be to have a positive impact on club members’ wellbeing and student experience whilst studying at the University,
      2. To avoid any doubt, no club activities should have a negative impact on a member's wellbeing, no matter what the potential positive impact on student experience or competitive advantage, either to an individual(s) or team(s),
      3. The club will have a positive and proactive culture towards weight management, and will actively discourage negative comments in relation to food choices, intake of food and drink and the potential impact on any member's body weight,
      4. It will be the club member's responsibility to ensure they are an appropriate body weight to compete. The club will put in place safeguards, such as this policy, to ensure members wellbeing is the priority during any competition period, but the club may not expect unreasonable personal information to be frequently shared with them by any member,
      5. Information on the support offered by the club, and signposting to further support, both within the club and the wider University, will be provided to all club members, and will be reiterated when appropriate e.g. when individual support is requested or during weight management discussions,
      6. The club will regularly check in with its member to ensure that they are appropriately supported during any competition period. This support is offered through the men and women’s Welfare Officers as committee members who are appropriately distanced from any team selection policies, with an understand that they are not an expert and it may be more appropriate to signpost the member to professional and/or qualified services.
      7. The club will not discriminate against any member who does not feel comfortable in discussing their body weight or the management of their body weight, although members will be expected to at least disclose their current body weight, in the interest of individual safety and wellbeing, at the appropriate intervals (outlined in (3) below), within any competition period.
      8. All club competition selection policies will be suitably separate from any weight management discussions, member support, and wellbeing safeguards put in place by the club as part of this policy or general club activities.
      9. The club will include trigger warnings, regarding food / drink and eating disorders, and an opportunity for alternative individual provisions for any member, in any weight management discussions delivered to a group of members.
      10. This policy will align with England Boxing guidance, as the National Governing Body (NGB), and if at any time the information conflicts, the information provided by England Boxing will supersede this policy, and this policy will be updated immediately to reflect that, subject to approval by the Sports Federation.
4. **Interactions with Competing Club Members**
   1. The club will have the following specific interactions with its members during any competition period:
      1. The club will confirm with its members, as early as is possible, the competition dates for any competitions and, in cases where this applies (e.g BUCS and Varsity) the weight categories available, to allow for as much preparation and support as possible to be available to each student member.
         1. If a competition date cannot be confirmed, the club will estimate the competition date and time, based on the earliest potential date, to ensure this policy can be implemented appropriately.
      2. The club will circulate in writing, by email, this policy and the support offered to members, to all affected members, at the start of any competition period.
      3. The club will arrange at least one meeting, in person or online, with all affected members, to outline this policy, the support on offer to members and the clubs' arrangements regarding weight management, for the upcoming competition period.
      4. The club will re-iterate this policy in writing, and make available the support offered to members and any discussion topics from the meeting outlined above, to all affected members, following the meeting.
      5. The club will request the disclosure of current body weight of any member who wishes to complete. It is mandatory for any athlete wishing to compete to provide this information. This information will initially be requested at the point of medical examination when a member is approved by England Boxing for competition, which will typically happen in the first half of Michaelmas term. Information will also be requested at the following times throughout the competition period:
         1. Medical examination (first half of Michaelmas term)
         2. End of Michaelmas term
         3. Training Camp (pre-Hilary term)
         4. Home show weigh-in
         5. Week before the Varsity Match
      6. Should bouts be matched throughout this period, it will be the members own responsibility to inform the club of any weight change before the event. This is to ensure the safety of all competitors, the integrity of the matching process, and avoid disappointment at weigh in on the day of the competition itself,
      7. The club will ensure that any information gathered from members is gathered in a private and confidential manner and once collected, is treated with the upmost confidentiality. Any information shared by individuals should not be shared with any other committee members. Information will be shared with coaches for matching purposes only
      8. If possible, any in person or club wide weigh-ins should be avoided and members should be trusted to disclose their own weight. If a weigh-in is required, the logistics of the process must be handled extremely sensitively using the following requirements:
         1. No group weigh-ins will be arranged. Members can chose to weigh in together as a group should they wish, but it must be made clear to all members that this is not a requirement and is completely optional. Under no circumstances will a coach be present at this time
         2. Weigh-ins for competition will be carried out as outlined in the [England Boxing Rulebook](https://www.englandboxing.org/wp-content/uploads/2023/09/Rule-Book-Final.pdf)
         3. Every effort will be made to make the weigh-in environment a positive, inclusive, and welcoming one, to reduce member concerns and ease any anxiety that individual members may feel about the process. Measures to make the environment positive, inclusive, and welcoming will be communicate to members

1. **Individual Weight Management Process**
   1. The information required for each member at the start of this process will be their current body weight.
   2. Overall principles:
      1. If weight change is required, the change should be implemented with the guidance of a medical professional and according to England Boxing guidelines, to ensure that the members wellbeing remains the priority.
      2. If weight change is required and appropriate for the individual member, the member will be notified of the competition and the matched bout weight as soon as possible in order to allow the boxer to plan ahead and reduce their anxiety
      3. Boxers are not expected to maintain their fight weight year-round.
      4. Under no circumstances does the club promote dangerous weight-cutting methods, including cutting water weight through methods such as using sweat bags or excessive sauna use.
   3. Allowed Weight Change
      1. As recommended by England Boxing, the fight weight of a boxer should not exceed a 5% difference from their walk-around weight.
         1. Fight weight defined as the weight a boxer competes at
         2. Walk around weight defined as the natural weight outside of competition preparation
      2. Boxers should maintain their walk-around weight until 2/3 weeks prior to competition, where they begin to lose or gain to reach their fight weight.
      3. For casual matching on shows throughout the competition season:
         1. Fight weight will be determined based on the initial walk-around weight measured during the medical examination
         2. Captains will confirm weights with boxers should a match be found
         3. Boxers may voluntarily submit any changes to their weights to the Captains throughout the competition season for this purpose should they wish, but they will not be asked to do so
      4. For BUCS and the Varsity Match
         1. BUCS: walk-around weight will be measured at the end of Michaelmas term in order to submit team lists and their relevant weight categories before the BUCS deadline. Boxers will only be placed in weight categories that stay within the 5% differential of their walk around weight.
         2. The Varsity Match: walk-around weight will be measured during the Training Camp period. Fight weights and allocations to categories for the match will not exceed the 5% differential.