

# YOUTH BOXING



## GYM GUIDELINES

1. Treat yourself with respect and treat all others with respect.
2. If you swear, listen to what you are saying and next time make a different choice.
3. When the bell rings, it is either time to work or time to rest – **Be ready.**
4. A coach must be present to supervise all sparring.
5. Mouth guard and headgear are required for sparring.
6. Appropriate workout clothes are as follows:
  - Shirt
  - Shorts/Sweats
  - Shoes with shoelaces tied
7. Excessively baggy clothes are not acceptable.
8. Kicking or kneeling bags or medicine balls is not acceptable.
9. Hanging on rope or bags is not acceptable.