

K.O. Boxing Rules & Regulations

1. Respect

Respect your coach, the trainers, the club, the equipment, the training, the sport, your team and classmates, and respect yourself. Respect and follow the USA Boxing Bi-Laws and Code of Conduct.

2. Discipline

Display sound judgement and morals. Develop and maintain self-discipline in the gym. This will spill over into all areas of your life. When asked to do the exercise, do the exercise at your full potential. No slacking. Give your best. What you put into your training, is what you will get out of it. If you are not succeeding in your goals, take a look at your effort and self-discipline. Be on time with eyes and ears open, ready to work.

3. Teamwork

Do your part in motivating and assisting all member of your team/class in a positive manner, to develop camaraderie and work as a team. Be positive and helpful. Negative comments or gestures will not be tolerated. Eye rolling and back talking is your ticket out the door. If you are chosen to be on the team, you will train with the team at designated team training times.

4. Cleanliness

No outside shoes on the gym floor. Pick up after yourself. Do not leave your equipment laying around. Spray down your mats, gloves and anything else you have used, prior to putting it away. Clean up your sweat. Do this without having to be told.

5. Safety

Demonstrate proper technique and form in all Boxing and Fitness exercises. Listen to your coach. Hands must be wrapped prior to participating in Boxing Training. Do not make contact with bags or touch any equipment without approval. Do not leave our gloves or mitts laying around. Put the dumbbells away properly. Put all equipment back where it belongs. If you don't know, ask. Please bring enough water to every workout, and make sure to stay hydrated on your own time outside of the gym.

6. Sparring

No pay, no punch. Everyone participating in KO (sparring, training, classes) must sign in and pay. Walk-in rates are available. All guests must register through Coach Belcher. Headgear, mouthpiece, proper boxing attire (no running shoes, no low cut tops, no short shorts), minimum of 16oz gloves, hand wraps, and use of Vaseline on gloves are required. Sparring forms must be filled out and signed prior to participating in sparring. Coach Belcher will have the final say on who is or who is not sparring.

7. Payments

Training payments are due on the 1st of every month. NO exceptions. A \$10 late fee will be applied to your next month bill, if not paid on the 1st of the month. New boxers, students, class participants, joining the gym mid month will be pro-rated. All boxers training, students, personal training must go through Coach Belcher. Use envelopes, located by the payment box, to pay each month. Fill out correctly and then place in the payment box.

8. Gym Etiquette

LISTEN. Pay attention. Less talk, more action, gets you to your results. No cursing. Do not overstep your boundaries as a Boxer and Teammate. Keep your advice positive. If someone does not want it, keep it to yourself. You may not know as much as you think you do. When you are unsure of a skill, how to use the equipment, or how to do the exercise, ask Coach. If the trainer is unsure, the K.O. Trainer will ask Coach and get you the correct answer. Be polite and respectful at all times to all participants.

9. Gym Attire

No low cut tops, cleavage must be covered. No short shorts. Shirts must be worn at all times. Compression shorts must be worn under running shorts, as the built-in material is not enough coverage. ABSOLUTELY No outside shoes on the gym floor. You may be barefoot, but not in socks.

10. Basic Rules

No smoking in or around KO. No drugs in or around KO. No alcohol on premises, except for special events. No loitering. No fighting. No use of your new found skill outside of KO. Any sparring, contact boxing, or fighting outside the gym will ban you from KO. Think this through. Be smart. If you want to fight, Coach Belcher will train you for a bout. You will box/compete in the ring in a USA Boxing match and win a trophy. If you want to play, go play. Don't waste our time. Please remember to stay hydrated outside of gym and bring enough water for your workouts. Respect the rules.