

Boxing 101 USA Rules (1-12) QUIZ 3

1. According to rule 5.1.1 all boxers registered with USA Boxing must complete an initial medical examination, to be repeated _____.
 - A. Monthly
 - B. Before each fight
 - C. Annually
 - D. Biannually
2. Who must be a registered member of USA Boxing to participate in USA Boxing activities?
 - A. Coaches
 - B. Boxers
 - C. Physicians & Officials
 - D. All of the above
 - E. A and B only
3. If a Boxer is knocked out during a fight but does not lose consciousness, how long must the Boxer wait to participate in competitive boxing or sparring?
 - A. 1 week
 - B. 30 days
 - C. 10 days
 - D. 1 day
4. How many warnings from a Referee can a Boxer receive before he/she is disqualified from a Bout?
 - A. 1 warning
 - B. 5 warnings
 - C. 3 warnings
5. If a Boxer is knocked down during a Bout, where must the other Boxer go in the ring?
 - A. Back to his/her corner
 - B. To the neutral corner
 - C. Stay where they are
 - D. To stand next to the official
6. According to Rule 9, what is considered a foul in a boxing Bout? (Answer all that apply)
 - A. Hitting with an open glove
 - B. Turning your back to your opponent to avoid a blow
 - C. Speaking
 - D. Faking injury
 - E. If a Boxer's mouth piece falls out for a 3rd time
7. Number of quality blows, domination of the bout, competitiveness, and technique are all methods that a judge can use to determine the merit of each Boxer in a Bout. This scoring system used by USA Boxing is referred to as:
 - A. "Ten-Point Must System"
 - B. "Points System"
 - C. "Judge of Merit System"

8. After being knocked down in the ring, a Boxer is given _____ to demonstrate that he/she is ready to compete.
- A. 10 counts
 - B. 7 counts
 - C. 8 counts
 - D. 5 counts
9. In a Men's Novice Boxing Bout, a maximum of _____ 8 counts will be given in one round.
- A. 1
 - B. 5
 - C. 4
 - D. 3
10. After the Referee has reached the count of "ten," the Bout ends and must be decided as _____.
- A. Win by Technical Knockout
 - B. Win on Points
 - C. Win by Walkover
 - D. Win by Knockout
11. What occurs if a USA Boxing member competes in an unsanctioned boxing contest?
- A. The Boxer will be suspended from USA Boxing.
 - B. The Boxer will continue to participate as usual in USA Boxing activities.
 - C. The Boxer will be terminated from USA Boxing.
 - D. All of the above could occur.
 - E. A and C only
12. Before participants are allowed to work or compete at any competitions, they must be _____.
- A. A currently registered member and properly certified with USA Boxing.
 - B. They must have been boxing or training for a minimum of one year.
 - C. They must be above the age of 18.
 - D. All of the above
13. What occurs if a Boxing competitor has braces?
- A. They will not be allowed to compete
 - B. They must wear a dentist-molded mouthpiece
 - C. They will have to purchase special dental coverage from USA Boxing
14. What constitutes a knock down during a boxing contest?
- A. If the Boxer trips and falls.
 - B. If the Boxer is pushed and falls in the ring.
 - C. If the Boxer hangs helplessly on the ropes as a result of a blow or series of blows.
 - D. If the Boxer falls as the result of a blow that comes after the blow.

15. If a Boxer does not stand before the 8 count, _____.
- A. The Referee can stop counting, and the fight is over.
 - B. The Referee must continue to count up to the count of 10.
 - C. The Boxer can stand and continue to fight as long as he/she stands before the count of 10.
16. How is a low blow handled by the Referee in a boxing competition?
- A. If the offended Boxer complains, the offending boxer is immediately disqualified even if the blow was unintentional.
 - B. The offended Boxer is given 2 min to recuperate from the blow, and the bout will continue.
 - C. If the offended Boxer does not complain and the low blow was not hard and intentional, the Referee will signal the foul without interrupting the Bout.
17. How many judges are present during a USA Boxing bout.
- A. 2
 - B. 4
 - C. 5
 - D. 6
18. How many points can the losing Boxer receive in a round?
- A. 10
 - B. 0
 - C. 5
 - D. 9
19. If a Boxer loses consciousness for more than one minute as the result of a blow, they will be on medical restriction for a minimum of _____.
- A. 360 days
 - B. 180 days
 - C. 90 days
 - D. 30 days
20. According to rule 5.5.4.6, Any Boxer who has a medical restriction must not _____ or _____ during the period of restriction. (Select two answers to fill the blanks)
- A. Train
 - B. Run
 - C. Spar
 - D. Walk