

Boxing

Evolution



Competitions involving hand-to-hand combat have been around for thousands of years. In some instances these contests have been quite violent and brutal, however the sport of boxing has evolved into an illustrious competition of speed, agility and strategy.

At the Olympics

Boxing first arrived on the Ancient Olympic program, in the late 7th century when combatants wrapped their fists with long strips of leather. At this time, competitions continued until one contestant conceded or was knocked-out.

Because of the highly dangerous reputation of the sport, it did not appear on the Olympic Program until 1904 in St. Louis when the popularity of the sport in the US prompted its inclusion. The re-appearance of boxing on the Olympic Program was short-lived, as at the 1912 Stockholm Games it was removed from the program because Swedish National Law prohibited it. Then in 1920, boxing was made a permanent sport on the Olympic Program.

Athletes box within specific "classes" based on their body weights, meaning that boxers of similar strength and size compete against one another. There are 11 weight classes, from light flyweight (less than 48 kg) to super heavyweight (more than 91 kg). Competitors can win events through a variety of methods – knockout, disqualification, withdrawal due to an injury, or when the score difference is more than 20 points. In addition, if the official believes that an athlete is receiving excessive punishment the official may signal the end of the match and declare the opposing athlete the winner. Athletes may be disqualified if in a match they receive three warnings from the referee. Warnings are awarded as a result of three cautions from the referee for the same foul.

Some examples of fouls include: holding an opponent; hitting below the belt with the hand, leg or knee; hitting the back of the opponent's head and improper use of the ring ropes.

Boxers qualify for the Games in Tournaments held in Africa, Asia, the Americas, Europe, and Oceania. The total number of boxers admitted to the Games from any region depends on the strength of boxing in the region and also varies depending on the weight class.

Getting Involved

A brilliant combination of technique and stamina, boxing is often ranked as the most physically demanding sport in the world! But remember, without proper training and equipment, boxing can be a very dangerous sport. Thinking about giving it a try? Why not, join a local boxing club or gym that offers recreational or fitness boxing. For a complete list of local boxing clubs, please visit www.boxing.ca for information.

