

Iwade Boxing Academy

Sparring rules!

SPARRING IS EARNED

Be medically fit

- Show defence & control
- Coach approval
- No first-day sparring

FULL PROTECTIVE GEAR REQUIRED

16oz gloves

- Head-guard
- Mouthguard
- Hand wraps
- Groin guard
- Chest protector recommended

INTENSITY LEVELS

Level 1 Technical (30–40%) • Level 2 Controlled (50–70%) • Level 3 Hard (70–90%)

SAFE MATCHING

Coach selects partners by weight, experience, reach and control.

ZERO-TOLERANCE

No knockout hunting • No ego sparring • No trash talk • Obey STOP immediately

ROUND LIMITS

Beginners 3–4

- Intermediate 4–6
- Competition coach decides

SAFETY FIRST

Rocked, dizzy or injured = Sparring stops. Knockdown = No more sparring that session.

PARTNER RESPONSIBILITY

Protect your partner. If they can't defend — STOP.

COACH AUTHORITY IS FINAL

“We build fighters — not hospital visits.”