



Boxing Team Code of Conduct and Commitment

Although boxing is an individual sport, at the Portland Boxing Club it is also a team. With that in mind, and as a member of the Portland Boxing Club team, I will be held to a high standard. I understand that my compliance with this Boxing Team Code of Conduct and Commitment is a requirement for my participation on the Portland Boxing Club team.

Commitment

- I will commit for the whole season, which is generally September through July. Even if I am not preparing for a bout, I will help teammates prepare for their bouts.
- I will train at the gym at least 4 times per week.
- I will do roadwork on my own at least 4 times per week.
- I will inform the coach if I am going to miss training.
- I will be on time so that the coach can make training and sparring plans.

Travel

- I will wear the team uniform for bouts and for travel.
- I will travel to and from boxing matches with the team and will stay with the team, unless other arrangements are made in advance with the coach's approval.

Sportsmanship

- I will be supportive of my team in training, at competitions and in general.
- I will act in a manner consistent with the spirit of fair play and conduct myself with good sportsmanship.
- I will recognize, respect and adhere to the authority of coaches and officials.
- I will respect others, including my opponents, coaches, competitors, officials, doctors and spectators.
- I will not mock my opponent in any way.

Responsible Behavior

- I will respect the property of others.
- I will return all equipment, competition uniforms and travel suits should I no longer be a member of the team.
- I will refrain from use of illegal drugs, tobacco products and alcohol.
- I will not engage in street fighting at any time.
- I will not engage in, nor tolerate any form of verbal, physical, or sexual harassment or abuse.
- I will refrain from illegal or inappropriate behavior that would detract from a positive image of myself or the Portland Boxing Club.
- I will abide by the policies and rules established by the Portland Boxing Club, the Golden Gloves and USA Boxing.

Any member present during any violation of the Boxing Team Code of Conduct and Commitment should leave the area immediately or will be considered a participant by choice.

Disciplinary Penalties

Failure to comply with the Boxing Team Code of Conduct and Commitment will result in your Portland Boxing Club membership being suspended or terminated.

Acceptance

I have familiarized myself with the Boxing Team Code of Conduct and Commitment and understand that my acceptance is a condition of my Portland Boxing Club membership.

Printed Name

Signature

Date