

What is Diploma Boxing?

Diploma boxing is a branch of boxing with adapted rules for boys and girls aged 10–15, giving us, as supporters of the sport, a means to:

- Educate and train well-developed boxers.
- Keep boys and girls aged 10–15 engaged in the sport.
- Attract and recruit young people to boxing in competition with other youth activities.
- Broaden the foundation of Swedish boxing.
- Promote the sport in an appealing and attractive way.
- Create a large and extensive youth program within clubs.
- Provide boxers with technical confidence, helping them develop into courageous fighters.
- Engage parents and relatives in club activities.
- Physically build up and socially and psychologically support young people in their developmental years.

Weight Classes in Diploma Boxing

- Under 28 kg – Light Microweight
- 30 kg – Microweight
- 32 kg – Light Atomweight
- 34 kg – Atomweight
- 36 kg – Light Moleculeweight
- 38 kg – Moleculeweight
- 40 kg – Light Knotweight
- 42 kg – Knotweight
- 44 kg – Light Mosquitoweight
- 46 kg – Mosquitoweight
- 48 kg – Light Flyweight
- 50 kg – Flyweight
- 52 kg – Light Bantamweight
- 54 kg – Bantamweight
- 57 kg – Featherweight
- 60 kg – Lightweight
- 63 kg – Light Welterweight
- 66 kg – Welterweight
- 70 kg – Light Middleweight
- 75 kg – Middleweight
- 80 kg – Light Heavyweight
- 86 kg – Heavyweight
- Over 86 kg – Super Heavyweight

Weight classes under 28 kg can continue at 2 kg intervals.

Competition Classes in Diploma Boxing

- **Class C:** 10–11 years (minimum 10 years old).
- **Class B:** 12–13 years.
- **Class A:** 14–15 years (calendar year applies). Boxers who turn 15 may participate in Diploma-SM if they have NOT competed in youth matches.

Round Duration

- **C Boys/Girls:** 3 x 1 min
- **B Boys/Girls:** 3 x 1.5 min
- **A Boys/Girls:** 3 x 2 min

To receive a diploma, a boxer must score **27 points**.

- After 5 diploma matches with 27 points, they receive the **bronze badge**.
- After 5 diploma matches with 31 points, they receive the **silver badge**.
- After 5 diploma matches with 35 points, they receive the **gold badge**.

A boxer can participate in a maximum of **two matches per day**.

In tournaments, the winner is the boxer with the most judge votes.

Officials

- **Referee:** Must have a referee license.
- **Judges:** Must have completed a coach course (Step 1) or a referee course.
- **Diploma boxing is judged by three judges**, who score each round on a scale of 1–5, including half-points.
- **Tournament Leader:** Has the right to stop a match if necessary.
- **Medical Staff:** A doctor or medically trained personnel should be present at smaller competitions. For larger events, a doctor must be available.

Diploma boxing **must not become too intense**. If a boxer focuses on striking with force, the referee will first give a warning. If the boxer continues, a point will be deducted from all judges' scorecards. If the behavior persists, the boxer will be disqualified. No points are awarded to a disqualified boxer, while the opponent receives points for the rounds completed.

Overage boxers may be allowed to compete in other diploma tournaments but must not have participated in official matches. Only approved diploma judges may officiate at **Diploma-SM**.

Referees

Judges

- Must have completed an instructor or referee course (preferably both).
- Must remain neutral and cannot give advice to boxers during a match.
- Can only issue warnings for excessive force based on the referee's signal.
- Mistakes in the scorecard must be crossed out with a single line and signed by the judge.

Coaches (Seconds)

- Must prepare and inform the boxer.
- Ensure the boxer faces the ring during breaks.
- Leave the ring immediately during pauses and remain on the floor in the boxer's corner.
- May have an assistant, who cannot enter the ring.
- Cannot give boxing advice during the match—only calming and defensive instructions (e.g., "Move," "Guard up," "Stay calm").
- Shares overall responsibility with the judges for ensuring fair and safe competition.

Explanation of Terms

HARD BOXING means:

- Punching with force (using body momentum or exerting excessive power).
- Hitting hard (even if technically well-executed).
- Rushing at the opponent.
- Pressuring the opponent into complete passivity.
- Using intimidation to gain an advantage.

A GOOD IMPRESSION means:

- Boxing smoothly and technically.
- Displaying skills (using a broad range of techniques without excessive force).
- Adapting to the opponent's ability.
- Avoiding shadowboxing (punches should make contact but not force the opponent to surrender).

Overall Impression

Judges assess each element individually but must also consider whether punches are thrown with balance and proper distance.

Scoring Scale

- **1 point:** Clearly failed
- **1.5 points:** Failed
- **2 points:** Not approved
- **2.5 points:** Almost approved
- **3 points:** Approved
- **3.5 points:** Slightly above approved
- **4 points:** Clearly approved
- **4.5 points:** Nearly perfect
- **5 points:** The perfect boxer

If both boxers receive the same score, a “+” is awarded to the one with better discipline. If still tied, the “+” goes to the one with the best defensive technique.

If a boxer **quits**, they receive no points. If disqualified for excessive force or unsportsmanlike conduct, they also receive no points.

The Purpose of Diploma Boxing

Diploma boxing must never become rough. The purpose is to **teach youth boxing in a soft and humane way**, evaluating their technical skill rather than their power or aggression.

Scoring Adjustments

To allow more precise judgments, **half-points** have been introduced to the existing 1–5 scale: **"1-1.5-2-2.5-3-3.5-4-4.5-5"**

Since 3 points equal "approved" and 27 points equal a diploma, these values remain unchanged. The half-point system allows a more nuanced evaluation while keeping current standards.

For example:

If three judges score a round **2.5-2-3**, the total would be **7.5 points**. Assuming identical scores from all judges, the total is $7.5 \times 3 = 22.5$, which is rounded up to **23 points** as the final result.

Judging Approach

Judges must focus on **overall impression** rather than fixating on one aspect of the fight. Proper evaluation requires considering the entire performance to assess the boxer's technical level accurately.

How to score

DIPLOMABOXING

Assessment Criteria for Diploma Boxing

1-Point Level – Clearly Failed

Overall Impression: This diploma boxer should not have participated in this competition; he is evidently too inexperienced.

Punch Repertoire: Mostly wild swings, unclean punches, and excessive focus on hitting hard.

Guarding and Evasion: Almost nonexistent; struggles to control hand positioning, ducks, and turns away.

Balance and Footwork: Unstable, unsure of foot placement, stumbles, and has difficulty maintaining balance.

1.5-Point Level – Failed

Overall Impression: Some training is evident, but it often falls apart under pressure.

Punch Repertoire: Mostly left jabs, occasional right-hand attempts that are unbalanced and poorly timed. Overemphasis on power punches.

Guarding and Evasion: Tries to keep hands up but loses composure when pressured. Lacks understanding of evasive movements.

Balance and Footwork: Attempts to stay balanced but struggles under pressure, forgetting learned techniques.

2-Point Level – Not Passed

Overall Impression: Looks like boxing but appears stiff, hesitant, and uncoordinated. Breaks down at times.

Punch Repertoire: Can jab, occasionally attempts left-right combinations, but inconsistencies exist. Sometimes resorts to brawling. Struggles with distance control.

Guarding and Evasion: Keeps hands up but gets hit too easily. Tends to turn away or duck under pressure.

Balance and Footwork: Maintains some control but moves in a predictable manner, chases opponents instead of cutting off the ring. Lacks balance when punching.

2.5-Point Level – Almost Passed

Overall Impression: Resembles boxing but still makes too many mistakes or punches too aggressively.

Punch Repertoire: Uses the left hand well, attempts left-right combinations but throws too many unclean or repetitive punches. Over-relies on power.

Guarding and Evasion: Tries to maintain a guard but still gets hit too easily. Becomes too static in pressured situations.

Balance and Footwork: Good stance but moves stiffly and predictably, making it easy for opponents to control the pace.

3-Point Level – The Approved Diploma Boxer

Overall Impression: This looks like boxing. The boxer understands the basics and maintains composure in pressured situations.

Punch Repertoire: Can throw clean left-right combinations, jabs well, and attempts to control distance.

Guarding and Evasion: Always tries to defend, though occasional lapses occur.

Balance and Footwork: Maintains a good stance, decent weight distribution, and moves adequately to escape pressure. Struggles with tempo changes and variety in movement.

3.5-Point Level – Slightly Better Than Approved

Overall Impression: The boxer now attempts more advanced techniques, such as stopping an opponent's attack with a well-timed left or throwing single-hand multi-punch combinations.

Punch Repertoire: Mastered the 3-point level and now incorporates multi-punch combinations. Occasional warnings for hard or unclear punches are acceptable but should not be frequent.

Guarding and Evasion: Guards well but may still get hit too easily at times. Begins to anticipate and counter opponent's punches.

Balance and Footwork: Good balance and distance control, though sometimes moves too predictably or gets too far from the opponent. Tries to cut off the ring effectively.

4-Point Level – Clearly Approved

Overall Impression: Almost a complete boxer, with only minor mistakes. Can box at mid-range and in close combat without excessive clinching.

Punch Repertoire: Uses jabs, straight combinations, counterpunches, uppercuts, and body hooks effectively. Shows variety in attacks.

Guarding and Evasion: Moves smoothly, reads incoming punches, and avoids panic under pressure.

Balance and Footwork: Maintains strong balance, distances well, and cuts off the ring effectively. Can adjust tempo and direction but still favors one movement pattern.

4.5-Point Level – Almost Perfect

Overall Impression: If this boxer were 15 years old, they would be ready for real competition. Skilled and experienced, with only occasional mistakes.

Punch Repertoire: Uses a full range of punches, including combinations of hooks, uppercuts, and body shots. Occasional lapses in control.

Guarding and Evasion: Anticipates opponent's moves, guards efficiently, and evades smoothly. Occasionally gets hit due to minor errors or overconfidence.

Balance and Footwork: Excellent balance, adjusts tempo and direction well, and controls distance effectively. Occasionally falls into repetitive movement patterns.

5-Point Level – The Perfect Diploma Boxer

Overall Impression: A beauty to watch! This boxer handles every situation without relying on power punches.

Punch Repertoire: Uses all types of punches with maximum variation.

Guarding and Evasion: Exceptional defense; hands always in place, excellent head movement, and evades effortlessly.

Balance and Footwork: Perfect balance, constant tempo shifts, and dynamic movement. Adapts against stronger opponents by increasing movement and disrupting their rhythm.