



# HANDWRAPS & TAPING

## **HAND BANDAGES MUST BE:**

- Crepe, gauze or a soft cloth type material.
- Not be more than five (5) metres long and five (5) centimetres wide for each hand.
- Placed on both of the Contestant's hands.

**THERE IS TO BE NO HARD BUILD-UP OF ANY MATERIAL OVER THE KNUCKLES**

## **ADHESIVE TAPE MUST BE:**

- Used to secure the bandages on each hand of the Contestant.
- Not more than two and a half (2.5) metres long and two and a half (2.5) centimetres wide for each hand.
- Applied to the back of each of the Contestant's hands but shall not be applied to cover the Contestant's knuckles. Tape cannot reach beyond or cover the knuckles when the fist is closed.
- Adhesive tape applied directly on the skin is permitted.
- Thin strips of adhesive tape may be placed between the fingers to aid in keeping the bandage in place.

## **BANDAGING AND TAPING OF CONTESTANTS HANDS:**

- Shall be conducted in the dressing rooms. Contestants arriving at a contest venue with their hands already wrapped will be asked to remove the handwraps and have them re-wrapped at the venue.
- Shall be inspected upon completion by the Head Referee or a Commission Representative (if necessary)
- Shall be signed or stamped by the Head Referee or Commission Representative (if Necessary) upon inspection.

**BANDAGES OR TAPE SHALL NOT BE AFFIXED IN ANY WAY THAT THE CONTEST REFEREE OR THE DUTY COMMISSIONER CONSIDERED DETRIMENTAL TO AN OPPONENT.**

## **WHAT DOES THE REFEREE LOOK FOR IN SIGNING OFF A HANDWRAP?**

- Ensure the hand hasn't been wrapped in any way that could possibly gain advantage over an opponent.
- Ensure that there is no hard buildup of any type over the knuckles.
- Referees will use their thumb to feel and identify each knuckle. If the knuckles and the spaces between the knuckles can be felt and there isn't any tape over the knuckles, the wraps are more than likely acceptable.
- Referee may repeat this inspection with the hand in a flat position if it is felt necessary.
- The hands are wrapped to protect the boxer's hands by giving support to the metacarpals and wrist as well as providing padding over the knuckles.
- Adhesive tape applied directly on the skin is acceptable as long as it is not applied over the knuckles.



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material.



Bandaging and taping of  
Contestant's hands shall be  
conducted in the dressing rooms.

Thin strips of adhesive tape may be placed between the fingers to keep the bandage in place.



Tape is not permitted past the knuckles.



Wraps will be inspected upon  
completion by the Head Referee  
and signed or stamped.



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felt and there isn't any tape over the knuckles, the wraps are  
more than likely acceptable.