

# Watertown Area Boxing Club

## Rules & Regulations

1. Be respectful of the gym, other boxers, coaches, and especially yourself.
2. NO fighting outside of the gym.
3. You must be an official member of the gym and have had 3 months of consistent training before that upcoming event in order to fight in competition. (Certain circumstances this rule can be lifted approved by Coach Pepe.)
4. You must sign in upon arrival. Sign up sheet will be on front desk.
5. Pay your membership dues on time. More than 3 weeks late with payment membership will be suspended until paid in full.
6. NO boxer is allowed in GARAGE AREA or any other parts of the building that is not part of the W.A.B.C. unless accompanied by a coach. (Boxers are only allowed in locker room, bathroom, and gym.)
7. Locker space will be available on request for minimum fee.
8. Be on time for practice with hands wrapped and ready to go.
9. Never spar UNTIL a coach is notified FIRST!
10. Boxers must work on stations before coming into the ring to work mitts with the coach or sparring.
11. Clean and sanitize any gym equipment that you borrow during workout sessions.
12. Clean and put away gloves or equipment that you use in the gym.
13. No spitting on floors.
14. No music played in the gym that is disrespectful, offensive, or vulgar language.
15. Pick up after yourself. Pick up water bottles or any personal belongings at end of practice.
16. Gym towels used during practice must be put in laundry basket when leaving.
17. Visitors must be seated when boxers are sparring.
18. **FIGHT HARD...FINISH STRONG!!**

