

# BOXING – TAG BOX

## Equipment required

- Area marked out on the floor with cones or throw-down markers.
- Bibs and stopwatch.

## Quick rules

- Boxers must tag (open hand), and not punch.
- Boxers must stay in their boxing stance.
- Boxers can only tag with their lead hand.
- Boxers must stay inside the square.

## Health and safety

- Boxers are tagging not punching.
- Aim for the shoulder not the head.
- No jewellery to be worn.



## FOR YOUNG PEOPLE

### Think tactics

The key to this game is to 'tag and not be tagged'. Think about using your footwork to push in and out of the range of your opponent.

### Spirit of the Games: Excellence through Competition



Respect your opponent and the referee.





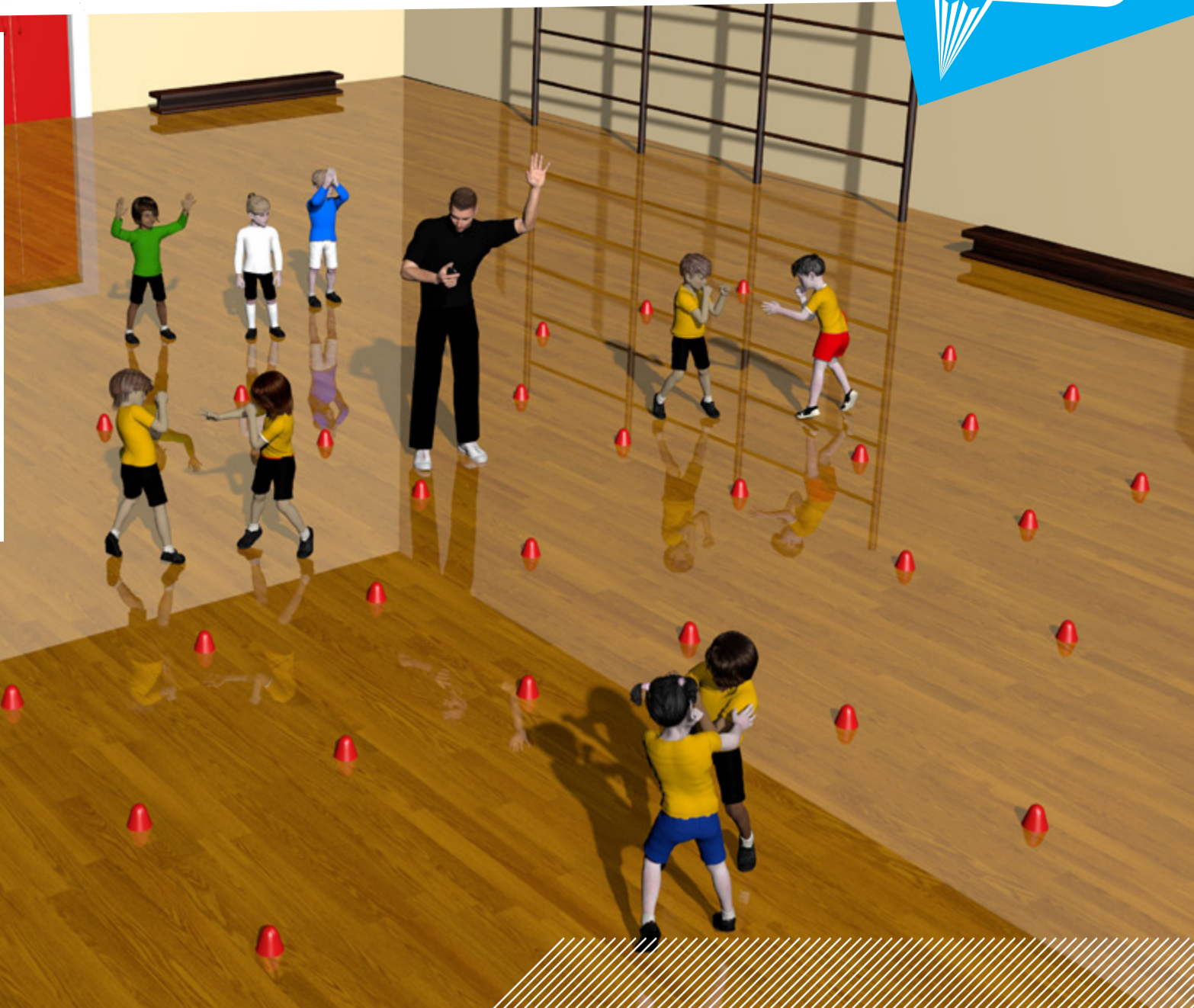
# BOXING – TAG BOX

## Quick introduction

Tag box is a pairs game of agility and skillful movement. Boxers must tag their opponent's back shoulder with their lead hand to score a point.

## Getting started

- Tag box should be played in a 12x12' square. Mark the area using cones, existing lines, or throw-down markers.
- The game is about boxing-specific movement not punching.
- Boxers wear different coloured bibs.
- The game is officiated by a referee who keeps the time and adds up the scores.
- The referee must stand outside the playing area.
- The game is played over three one-minute rounds.



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## Hints and tips

- This game can accommodate as many participants as space allows.
- You could have more than one pair in each square.
- Encourage those not boxing to shadow movements before they compete.

## Leadership and volunteering opportunities

- Roles available could be:
  - Referee.
  - Score co-ordinator.
  - Timekeeper.
  - Equipment manager.

## Officiating

- Study the rules:
  - Look for clean tags to the back shoulder with an open hand.
  - Add the scores up accordingly.
  - If in doubt, call a break, e.g. use the terminology but use it like a let in tennis.

## Think Inclusively (STEP)

### Space

- If appropriate, reduce the size of the boxing area for SEN/disabled athletes.
- Squares should be clearly marked with coloured cones.

### Task

- If appropriate, allow SEN/disabled athletes to score points by touching their opponent's wrist, elbow or front of the shoulder.

### Equipment

- Allow SEN/disabled players to score points by touching a specific part of an opponent's bib.
- If beneficial, allow SEN/disabled players to play sitting down.

### People

- Wheelchair users can play against seated opponents.
- For visually impaired players with enough vision to see their opponent, make sure players wear colour-contrasting bibs and stay within sight of each other.

