**Rules and Regulations**

All members of the Training Session, including coaches, staff, and fellow members, should be treated with respect at all times. Any disrespectful behaviour or language will not be tolerated.

**Safety First:** Safety is of the utmost importance in boxing. All members must follow safety guidelines and rules during training and sparring to prevent injury.

**No Bullying:** Any form of bullying, harassment, or discrimination will not be tolerated in the Training Session. Members must treat each other with kindness and respect.

**Attire:** Boxers must wear appropriate attire, such as boxing gloves, mouth guard, headgear, and protective cup. Clothing must be clean and free from any offensive symbols or language.

**Discipline:** Boxing requires discipline, and all members are expected to demonstrate discipline in their training and personal conduct. Failure to comply with rules or instructions may result in disciplinary action.

**Punctuality:** Members are expected to be on time for all training sessions, classes, and events. Latecomers may be denied entry to the session.

**Cleanliness:** Members are responsible for keeping the boxing hall clean and tidy. All equipment must be put back in its place after use, and members must dispose of any trash properly.

**Personal Hygiene:** Members must maintain good personal hygiene by wearing clean clothing and using deodorant. Anyone who fails to adhere to basic hygiene standards may be asked to leave.

**Sportsmanship:** Boxers are expected to display good sportsmanship at all times, both in and out of the ring, and to respect their opponents, coaches, and officials.

**No Doping:** The use of drugs or alcohol is strictly prohibited in the Training Session. Any member found using or possessing drugs or alcohol will be asked to leave the Training Session.