



Watertown Area Boxing Club Rules & Regulations

1. Be respectful of the gym, the building, 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 to fight in competition. (Under certain circumstances, this rule can be lifted pending approval by Coach Pepe.)
4. You must sign in upon arrival. The sign-in sheet will be on the podium just inside the gym door.
5. Pay your membership dues on time. Dues are due on the 1st of every month for the entire month. If you are more than 2 weeks late with payment, your membership will be suspended until your dues are paid in full. No refunds will be given.
6. Locker space will be available upon request for a nominal fee.
7. Be on time for practice with your hands wrapped and ready to go.
8. Never spar UNTIL a Coach is notified FIRST!
9. Boxers must work on stations before coming into the ring to work mitts with the Coach and/or sparring.
10. Clean and sanitize any gym equipment that you borrow/use during workout sessions.
11. Clean and put away gloves or equipment that you use in the gym.
12. No spitting on the floors or in the ring.
13. No music played in the gym that is disrespectful, offensive, or has vulgar language.
14. Clean up after yourself. Pick up water bottles or any personal belongings at the end of practice.
15. Gym towels used during practice must be put in laundry basket when leaving.
16. Visitors must be seated when boxers are sparring.
17. Children may not be left unattended to run around the gym. This is dangerous!
18. FIGHT HARD...FINISH STRONG!!