

## Boxer

A boxer takes part in boxing matches. Each match lasts for: a fixed number of three minute rounds (up to 12 rounds); until one contestant falls and is unable to get up within ten seconds; or, until the referee decides one contestant has taken enough physical punishment.

The winner is the one who lands the most punches (according to either the referee or a panel of three judges) or who knocks out the opponent.

## The Work

You could be:

- training regularly, and keeping a check on your weight and control it by diet and exercise, as your weight determines which opponents you will meet
- taking part in matches your manager arranges including warm-up fights to support the main match
- going into the boxing ring in front of spectators – often a large crowd
- approaching your opponent when the bell rings at the start of a round, and trying to land a punch to the head or upper body, while trying to avoid punches yourself
- boxing until the bell rings at the end of each three minute round
- trying to get up within ten seconds if you fall
- obeying the rules and all orders from the referee
- if successful, meeting fans and giving press interviews before and after fights.

## Pay

Income varies. Very few boxers get big money prizes and the British Boxing Board of Control (BBBC) advises boxers to make sure they have a regular income from an ordinary job. The earnings, or purse, for a first fight can be only a few pounds. Most boxers have another job throughout their lives, using their boxing income as a supplement to regular wages.

Your manager will negotiate the purse you earn for each fight. Its value depends on your record of success in previous fights (amateur or professional), rather than on winning or losing the current fight.

The weight class of the contenders can also affect the value of the prize. At the other end of the scale, a tiny minority of boxers can earn more than £100,000 per fight.

## Conditions

- This is a hard and demanding sport and there is a risk of permanent or long term injury or even death.
- Matches are in the evenings or at weekends.
- In professional matches you wear boxing gloves and shorts and use a gumshield inside your mouth.
- In amateur matches you also wear protective headgear and usually a vest.
- After a fight you may have dental damage and cuts, bruises, or even broken bones, particularly to your face.

## Getting In

- You must first do well as an amateur boxer, before trying to become a professional – the BBBC expects this.
- You might be able to start through a junior group boxing programme funded by [sportscotland](#). Additional funding from sportscotland institute of sport may also be available to you through your national governing body.
- As a professional boxer, you must have a licence from the BBBC.
- You must be supervised by a trainer licensed by the BBBC.
- You must have a contract with a manager licensed by the BBBC – he will provide the gym for training and arrange matches and publicity.
- You must meet strict fitness standards set by the BBBC. In addition to a full medical, you must provide certificates of an MRI/MRA brain scan, HIV testing, Hepatitis B and C antigen testing and have a Hepatitis B vaccination.

## What Does It Take

You must have:

- perseverance and dedication to the sport
- self-discipline and self-control to maintain your diet and training
- a competitive nature
- physical courage
- strength and stamina
- agility.

## Training

- Training is hard and must be regular.
- With your trainer, you take part in a punishing daily training schedule including practice fighting, gym work and jogging.
- This is more intensive in the run up to every match.
- You must train to be at your peak when you are about to fight a match.

## Getting On

- You would aim to become a champion boxer and train towards this.
- You will have a short boxing career and probably leave the ring by your mid-thirties.
- If you want to stay in the sport, you can move into training, promotion and management.
- If you have saved enough money from your earnings, you could open a training gym of your own.

## Contacts

**Boxing Scotland**  
Tel: 0845 241 7016

Website: [www.boxingscotland.org](http://www.boxingscotland.org)  
Facebook: [www.facebook.com/boxingscotland](https://www.facebook.com/boxingscotland)

**British Boxing Board of Control (BBBC)**

Tel: 029 2036 7000  
Email: [admin@bbbofc.com](mailto:admin@bbbofc.com)  
Website: [www.bbbofc.com](http://www.bbbofc.com)

**sportscotland**

Tel: 0141 534 6500  
Website: [www.sportscotland.org.uk](http://www.sportscotland.org.uk)  
X: @sportscotland  
Facebook: [www.facebook.com/sportscotland](https://www.facebook.com/sportscotland)

**sportscotland institute of sport**

Tel: 01786 460100  
Website: [www.sisport.com](http://www.sisport.com)  
X: @sportscotland

## Statistics

Employment Status : Not available this career.

### Past Unemployment - Scotland

No Claimant statistics available for Scotland.

Predicted Employment Statistics : Not available this career.