



IS AN AMATEUR BOXING SAVAGE SPORT OR IS NOBLE ART?

Prof. Hamdy Abd El-Maksoud El-Gazzar⁽¹⁾

(1) Prof. at Faculty of Sport Education, Alexandria University Department of Training Combat, and Individual Sports

Abstract:

Despite the inherent risks involved amateur boxing it remains a popular sport worldwide. While it's true that boxers punch each other and some have tragically lost their lives to injuries sustained during bouts, it's important to note that most of the sport's participants are amateurs rather than professionals. These amateurs are required to wear headgear and thicker gloves, focus on safety, and score points by touching their opponent instead of causing harm. Boxing may be seen by some as a violent form of entertainment, but for those who participate, it's much more than that. It's a test of strength, endurance, and agility, as well to build character and develop discipline. Therefore, we believe that amateur boxing should continue to exist, as it provides individuals with valuable life skills and an opportunity to push themselves to their limits. Those who criticize boxing as a brutal sport are often individuals who have never experienced it firsthand. It's time to recognize the value of amateur boxing and support those who choose to pursue this challenging and rewarding sport. [8] [15].

Introduction:

Boxing is one of the safest sports you can participate in. Despite its reputation for being violent, boxing is less dangerous than many other popular sports like soccer, baseball, basketball, football, golf, and even bicycling. The injuries that do occur in amateur boxing are usually due to mistakes or carelessness rather than actual harm. Sports are an excellent way for disadvantaged people to improve their lives and social status. Many successful professional athletes come from impoverished backgrounds, and boxing has proven to be a particularly effective way to keep young people away from drugs, gangs, and the streets [10] [11]. For those who participate, boxing can be a source of fitness, health, and confidence, as well as discipline, security, and well-being. Unfortunately, some people believe that boxing is dangerous and can result in serious injury or even death. However, this is not the case. Deaths and injuries in the ring are usually caused by an accumulation of punishment over time, rather than a single punch. In fact, all ring deaths are preventable and can be avoided by training referees to stop fights when one fighter is taking significant damage. While some may argue that boxing is too violent and should be banned, this is not the answer. Banning boxing would deprive countless people of the benefits it provides and would not necessarily reduce the incidence of injuries or deaths. Instead, we should focus on improving the safety of the sport and promoting responsible participation. With proper training, equipment, and oversight, boxing can be a safe and rewarding activity for everyone medical response is also a factor. This is why serious injuries in major, broadcast fights are much less common than they were [10] [11] [20].

It's important to note that in combat sports, there are some injuries that are not caused by bad luck or accident, but by fighters punching the back of the head. This is extremely risky because the skull is thinner in that area and there are major blood vessels present. Direct damage to the spinal

cord is also possible. Referees should strictly enforce rules to prevent these punches, and sanctioning bodies and commissions should act afterwards. Moreover, there are some warning signs before a fighter even enters the ring. Many of those who die during a fight are already predisposed to it due to their medical condition. Dehydration is a major concern, especially when a fighter cuts too much weight before a fight and fails to regain enough of it. Severe weight cutting can lead to effective dehydration since the brain can remain dehydrated even if the body is given plenty of water. When there is less water in the skull, the brain is more vulnerable to damage from hits. Concussion is the most obvious cases are when somebody has recently been knocked out but gets in the ring again anyway. But it can also occur when people have post concussive syndrome. There are also other less common causes of death, probably the biggest safety issue in boxing other than being punched is falling over, which can be deadly. People who are knocked out can't control their fall, so fall in dangerous ways. It is due to a shortcoming in training programs to teach the methods and means of technical defenses to avoid the opponent's offensive punches. It is the coach's responsibility not to allow his boxer to climb the ring before he has mastered the means of defending himself, so he is not exposed to receiving his opponent's punches. The two major concerns in boxing are injuries caused by falling back and hitting the head hard, which is why posts are now padded, and injuries sustained by falling forward and landing on the top of the head, which can result in a broken neck. Additionally, a punch can cause fatal damage to the liver, kidneys, or lungs. However, this should not occur with proper medical care, as doctors should be able to detect any problems before they become life-threatening. [3] [7] [9]. Besides, all these injuries reflect a defect in developing boxing defenses methods against opponent punches during bouts.

The Problem:

The main issue at hand is whether amateur boxing should be considered a brutal sport or a refined art. To analyze this, we will consider the opinions of both supporters and opponents while using the International Amateur Boxing rules as a neutral guideline for protecting the amateur boxer. Let's start by defining the problem at hand. The sport of boxing is often criticized by those who don't understand it. Some people view it as a violent and barbaric activity that only serves to satisfy the impulses of violent individuals. However, this opinion is misguided and ignores the many positive aspects of the sport. Boxing is a highly technical and skilled activity that requires intense training and discipline. The athletes who participate in it are dedicated and driven to succeed. In addition, boxing is governed by strict rules and regulations that ensure the safety of the fighters. Finally, at the end of every match, the fighters display good sportsmanship towards each other. All of these factors combine to make boxing a challenging, exciting, and respectable sport [9].

It is understandable that some people may disagree with combat sports. After all, we live in a society that condemns violence, so it seems strange that we allow sports that involve combat. However, these sports also fulfill a human attraction to violence. For some reason, we are drawn to violent activities, as evidenced by the popularity of horror movies and other forms of entertainment that feature gruesome and sickening acts. Boxing falls into this category as well, though it's becoming less controversial and more popular. Boxing attracts people from all walks of life, and it has an ability to shock and inspire. There's something about boxing that cannot be replicated by any other sport. It teaches discipline and determination and provides structure where other institutions and influences have failed. Many young people have turned their lives around through boxing, and that trend is likely to continue for years to come. [1] [7] [9].

Boxers are often wrongly stereotyped as violent bar-room brawlers, but this couldn't be further from the truth. Boxers are highly skilled athletes whose body movements and techniques are refined and precise, making them true masters of their craft. Timing, speed, and skill are combined to create a work of art that only a select few can replicate. These men and women put everything on the line each time they enter the ring to fulfill their dreams and entertain fans. Their years of dedication, hard work, and sheer desire are awe-inspiring. The general unwillingness to let the business which can shatter their dreams stop them from trying to achieve their goals is something special to behold. They should be held in the highest respect as they are willing to dedicate themselves to their craft in a way that not many of us are capable of. If every person showed the same levels of commitment as boxers do, then the world would be a better place. The thrill of knowing that one punch can end a fight and the excitement of two people giving everything they have in the ring cannot be replicated by anything else. Boxing is truly the noble art. [4] [17].

Boxing is a sport that boasts a long history and a passionate following. In the ring, the outcome is determined through a direct and essential fight, which is like life. Though boxing carries a risk of injury, including the potential for serious

harm or death, it is still allowed because it is regulated and governed by rules and safety measures. The sport has evolved to prioritize the safety of its participants through regulations, such as mandatory medical check-ups, weight classes, and protective gear. Furthermore, advancements in medical knowledge and technology have improved the ability to diagnose and treat injuries. Ultimately, the decision to allow boxing involves a balance between the risks and the freedom of individuals to participate in the sport of their choice. [2] [14].

Boxing has been a beloved sport since the ancient times, with its roots tracing back to ancient Greece. However, during the Middle Ages, jousting became the preferred sport of the aristocratic class, and boxing lost its popularity. Fortunately, upper-class British citizens revived this "lost" sport, and thus modern boxing emerged. While other forms of dueling, such as fencing, were also popular at the time, only boxing evolved into a globally popular modern elite sport. In my view, boxing is the most noble and aristocratic modern sport; it instills values such as courage, honor, and tenacity in athletes, more so than any other sport. Boxers are the epitome of noble athletes, which is why boxing has earned the title of "noble art." So, if you are looking for a sport that promotes these values and traits, then boxing is the one for you! [8].

Boxing is a sport that values fairness and skill. Unlike other sports, it does not allow a victory over a weaker competitor who is unable to compete at the same level as their opponent. This is because the International Law of Amateur Boxing states that if a boxer loses the ability to defend themselves during a match, the match must be stopped to prevent a stronger boxer from winning unfairly. It is considered outside the level of fair play for a strong boxer to perform well against a weakened opponent. The focus of boxing is on the challenge between two competitors of equal ability, and this rule ensures that the outcome is a result of their relative skills. This comprehensive panoramic view reveals that boxing is a sport that values fairness and skill, making it a true test of one's ability [4] [8].

As per the International Law of Amateur Boxing, the referee must promptly intervene if it becomes evident that a match is one-sided. The welfare of the boxers is of paramount importance, and the law aims to maintain competitiveness while safeguarding their safety. If a boxer is unable to defend themselves and is receiving unwarranted harm, the referee must stop the match immediately. Similarly, the coach can withdraw their boxer from the match at any time if they believe they are at risk of injury or have no chance of winning. In such cases, the law grants the boxer the right to signal the referee of their withdrawal if the coach abandons them. The law is designed to ensure that boxing remains a sport that is both fair and safe for all involved [1].

Amateur boxing is a sport that has always valued clean play and integrity, and international law has established specific rules and requirements to ensure that these values are upheld. These rules include penalties for performances that

violate the conditions of clean play, with the aim of preserving the fairness and integrity of the sport. While minor violations can result in warnings or advice, serious errors that result in physical or behavioral harm to the player can lead to disqualification from the match or even the tournament. To enforce these rules, supervisor rules have been established to cover technical and behavioral violations, with penalties ranging from warnings to disqualification depending on the severity of the offense. These rules are in place to ensure that all players are held to the same high standard of clean play, regardless of their skill level or experience. It is important that all players understand the importance of clean play in amateur boxing, and the consequences of violating the rules. Minor violations can escalate quickly, leading to disqualification and the loss of the opportunity to compete. Serious errors can result in physical or behavioral harm to the player, as well as damaging the integrity of the sport. In conclusion, international law has established rules and requirements for clean play in amateur boxing for good reason. These rules ensure that the sport is played fairly and with integrity, and penalties are in place to enforce these standards. It is the responsibility of all players to adhere to these rules and uphold the values of the sport, so that amateur boxing can continue to be enjoyed by all [1].

Boxing is a sport that requires discipline both inside and outside the ring. As a boxer, it is imperative that you follow the rules and regulations set forth by the International Law of Amateur Boxing. This includes respecting the referee's decisions and showing proper behavior towards all members of the judging and jury committee. In accordance with the International Law of Amateur Boxing, the referee is responsible for ensuring the safety of the boxer during the match. If a boxer is knocked down by a strong punch, the referee will count to eight seconds and give the boxer a mandatory rest to recover. It is the responsibility of the referee to ensure that the knocked-down boxer is not further harmed by their opponent. A victory must be a fair win, not a victory over a weakened opponent. It is crucial that boxers adhere to these rules to maintain the integrity of the sport. Any breach of these rules will result in punishment.

Let us strive for fair play and good sportsmanship to uphold the honor and dignity of amateur boxing [18].

It is not uncommon in sports for a stronger participant, whether an individual or a team, to target their weaker opponent to secure an easy victory, without any regard for the fairness of the competition. In such cases, winning at any cost and in the absence of equal competition is not a condition for victory. On the other hand, boxing is considered an exemplar of fair competition. When two boxers' step into the ring, they are bound by rules that ensure an honorable fight, with no cheap shots or surprise attacks. This is like the morals of a knight, who refrains from attacking a weaker opponent who has harmed them, choosing instead to rise above the situation with nobility [1][5] [8] [9].

Boxing is considered a noble art because it prohibits striking in sensitive and dangerous areas such as hitting behind the head, behind the kidneys, or below the belt to protect the testicles. When a boxer is in the ring, they cannot

hide and have an opportunity to test their bravery, face fear, overcome obstacles, outwit their opponent, avoid punches and ultimately not give up. However, just like in life, some blows cannot be avoided, whether in the ring or metaphorically in the form of unexpected problems. Sometimes, a boxer may even get knocked down. At that moment, they have a choice to either face the difficulty bravely or be knocked out and remain lying on the floor, mentally and physically broken [12][18][19].

Boxing demands bravery, agility, and anticipation. Through persistent practice, one can develop these skills, along with mental fortitude, the ability to take a punch, and quick reflexes. As Theodore Roosevelt said, "It is not the critic who counts." The true credit belongs to the boxer who steps into the ring, fighting with all their might.

Boxing is a fair sport that demands honesty, integrity, and sportsmanship. When a boxer steps into the ring, they must rely solely on their own skills to come out on top. It's not just about winning or losing, but about the journey of self-improvement and the thrill of the fight [16] [19].

It is a commonly held belief that nothing attracts a crowd more quickly than a fight, and this notion rings true. Pugilism, commonly known as boxing, is one of the oldest sports in history and has served as a medium for various forms of artistic expression throughout the centuries. However, the true history of boxing has been obscured by popular myths, traditional legends, and outright falsehoods. The purpose of this paper is to uncover the history of eighteenth-century boxing as a reflection of an expanding society rather than as a mere part of a limited legend [18].

Boxing, which is also called the sweet science, has an ancient and rich history that spans over centuries. It is more than just a sport; it is an art form and a self-defense mechanism that has been respected and admired throughout history. The origins of modern boxing can be traced back to early civilizations. The earliest documented evidence of boxing dates to around 3000 BC in Egypt, where it was depicted on hieroglyphics. However, it was the Greeks who truly refined boxing into a form of combat. The Greeks established rules, such as the use of hand wraps and the prohibition of strikes below the belt. Boxing matches were held at the ancient Olympic Games and were a true test of a warrior's strength, skill, and character. [18]

During the Roman period, the evolution of boxing continued. However, it reached a low point during the Middle Ages when it was viewed as a brutal and uncivilized pursuit. In the 18th century, boxing experienced a revival in England. The introduction of the London Prize Ring Rules in 1743 marked a turning point for the sport. These rules emphasized fairness, integrity, and sportsmanship, and laid the foundation for modern boxing. In the 19th century, boxing gained even more respect when it was adopted by the British aristocracy. The Marquis's of Queensberry Rules, established in 1867, further refined the sport and set the standard for what we know today. With time, boxing's image transformed from a back-alley brawl to a noble art, drawing enthusiasts and practitioners from all walks of life. Boxing became a mainstream sport by the early 20th century, and since then its influence has spread worldwide. It is not just a physical contest but also a mental discipline

that requires focus, strategy, and respect for one's opponent [18].

The sport's status as a form of self-defense and honorable fighting art has become more prominent over the years. Despite the passing of time, boxing's traditions and the honor associated with it have remained intact, making it a revered and respected form of self-defense that embodies the essence of courage, discipline, and sportsmanship. These values are still celebrated in modern boxing gyms, reminding us of the noble origins of this incredible sport. It is worth noting that boxing is a unique sport that demands the utmost respect for its traditions and rules, unlike other sports where players can call time outs and adjust their games [17] [18] [19].

Boxing is an art form that surpasses mere physical strength. It combines athleticism, strategy, and mental fortitude, requiring not only brute force but also gracefulness. The way a fighter navigates the ring, observing their opponent, and searching for the perfect opportunity to strike is truly beautiful. It embodies the pursuit of perfection within the confines of a square ring. Boxing is not just about throwing punches, it's a disciplined journey that leads up to those punches. It takes grueling hours of training in the gym, sweat-soaked training sessions, miles of running, sparring, and an unwavering desire to improve. When the boxer steps into the ring, that is the culmination of his or her hard work, training, and discipline. This dedication extends beyond physical preparation to mental toughness. This dedication extends beyond physical preparation to mental toughness. Boxers must develop an unbreakable spirit to face adversity and keep moving forward [12] [20]. Boxing is a sport that requires strategic decision-making with every move and punch. It is both a physical and a mental chess match. Fighters analyze their opponents' movements, search for openings, and adapt their tactics. Precision and strategy are as important as strength and speed in the sweet science of boxing. The ring is like a canvas, and the fighters are like artists, painting a picture with their movements and punches. The ebbs and flows of

a boxing match mirror the rhythms of life itself, with its peaks and valleys. It's a microcosm of the human experience where we face adversity, struggle, adapt, and ultimately strive for victory. Jack Dempsey confirms that success in boxing depends on training and the application of powerful punching, aggressive defense, proper stance, feinting, and footwork [10].

Boxing is often viewed to redeem oneself and achieve personal transformation. Many boxers have faced hardships and adversity in their lives, and boxing provides them with an opportunity to start anew. It's a sport that welcomes those who are willing to turn their lives around and commit to a better future. The stories of boxers who have risen from poverty, addiction, or troubled pasts to become world champions are incredibly inspiring. They remind us that no matter how difficult the circumstances, with determination and the right support system, one can overcome the odds. Boxing is one of the most noble and effective striking sports. Those who are skilled in boxing can earn a lot of money in the ring, and even an average practitioner can hold their own in a bar brawl [5].

Boxing is a sport that promotes a set of values including respect, discipline, and sportsmanship. Fighters and trainers emphasize respect for one's opponent, even during intense matches. After a fight, it is common to see competitors embrace each other, displaying mutual respect and humility. These principles extend beyond the boxing ring and into the lives of fighters, shaping their interactions with others. Boxing can be a positive outlet for people of all ages, providing an avenue for channeling energy and aggression into focused and controlled power. The sport encourages self-improvement, physical fitness, and mental resilience. Boxing gyms can serve as a sanctuary for individuals seeking discipline, structure, and personal growth. Boxing is a global sport with a rich history and a diverse community. Participants from every corner of the world unite to celebrate their shared love of the sport. In this multicultural space, friendships are formed, and differences are celebrated. The sport transcends boundaries, fostering a sense of unity among boxing enthusiasts [4] [5].

Figure (1). safety equipment's during rounds



Boxing is a sport that is often overlooked and under-promoted despite its transformative power. By promoting boxing, we can support the positive impact it can have on individuals and communities. There are several reasons why promoting boxing is crucial. Firstly, boxing can provide direction and purpose for young people who might otherwise be at risk. It teaches discipline, work ethic, and self-control, offering an alternative to negative influences.

Overall, boxing has the potential to make a positive impact on individuals and communities and promoting it can help spread awareness of the benefits it can bring [5].

Boxing has been proven to be an effective way for individuals to develop resilience and overcome mental and physical struggles. It serves as a stress-relieving outlet, which promotes overall mental well-being and can help individuals maintain physical fitness, ultimately leading to a

healthy lifestyle. Beyond these benefits, boxing has the power to unite people of different races, cultures, and geographic locations. It promotes inclusivity, understanding, and cooperation. The inspiring stories of boxers who have overcome adversity and achieved greatness can serve as a source of motivation for others to strive for their own success [5] [10].

Boxing is more than just a sport. It is a great social activity that fosters a sense of community and friendship. In downtown Vancouver, boxing gyms play a significant role in building a strong community. These gyms are not just places to learn boxing skills, but they are also like a second home for gym members. People from all walks of life, including corporate professionals and blue-collar workers, come together with a shared interest in training in the sweet science. The intensity of training helps to develop organic friendships and camaraderie among members as they push each other during drills and sparring. The supportive environment of the gym helps to forge strong bonds among members, who encourage and motivate each other through the ups and downs of training. Trainers also play a vital role in motivating and encouraging members, often taking on a mentorship role. For many downtown residents who are new to Vancouver and lacking connections, the inclusive environment of boxing gyms helps them to plant roots in the city. Whether training for fitness or competition, the community built within the four walls of a boxing gym is unlike any other. [5] [9] [21].

Boxing matches do not have timeouts, meaning that the fight between the players continues for a specific period. The match consists of three rounds, with a time limit of three minutes per round and one rest minute between rounds. The match only stops if a player is knocked out or declared unfit to continue. While during the games, players can call timeouts to adjust their game, which is a legal requirement to ensure the integrity of the win according to the knight's ethics [1].

Before the bout, a pre-bout medical examination must take place on the same day as the bout and during the daily weigh-in. Before weighing in, a boxer must be examined by a doctor and confirmed "fit to compete." If a boxer is deemed unfit to continue due to a sustained or increased injury from correct punches, the bout is stopped, and the opponent is declared the winner of the bout by Referee Stops Contest-Injury ("RSC- I"). If a boxer becomes incapable of continuing to compete due to an injury not sustained from punches, the bout is stopped, and the opponent is declared the winner of the bout by RSCI decision [1] [6].

If the referee determines, at their discretion, that an intentional foul has caused an injury to a boxer, and that the fouled and injured boxer cannot continue due to the sustained injury, the offending boxer will be disqualified. The injured boxer will be declared the winner of the bout by DSQ. Additionally, a boxer will be automatically disqualified if they receive a third warning during the bout. In such a case, their opponent will be declared the winner of the bout by DSQ. If a boxer is knocked down and fails to

resume boxing before they are counted up to ten counts (10), his opponent will be declared the winner of the bout by KO. In case of an emergency, if the referee summons the ringside doctor to the ring before the boxer is counted up to ten (10), the opponent will still be declared the winner of the bout by KO. It's important to note that if a boxer is disqualified by DSQ, they will not be awarded a medal, a quota place (if the competition is a qualifying event), or AIBA World Ranking points related to the bout [1] [9] [10].

From another point of view, and from the researcher experiences as he is first class referee in the Egyptian Federation of boxing, He believes that boxing is a noble sport for various reasons. Firstly, it is the only sport that does not allow a victory over a weak competitor who has lost the ability to compete on a level playing field. The

International Law of Amateur Boxing mandates that if a competitor loses the ability to defend themselves, the match must be stopped to prevent a strong boxer from being rewarded for winning effectively. In other words, a strong performance by a boxer whose opponent's ability has weakened is considered outside the level of the match and does not reflect the true ability of the competitors. Most boxers are amateurs, which mean they use thicker gloves, headgear, and have a high focus on safety. The goal of amateur boxing is to score points by touching the opponent instead of causing harm. Injuries in amateur boxing are mostly caused by negligence or improper execution rather than damage.

According to the International Law of Amateur Boxing, the referee must stop the match if it becomes clear that one boxer is dominating the other and the weaker boxer is unable to defend himself. The weaker boxer is not allowed to continue the match if the referee determines that he is receiving unjustified harm and have no hope of winning. In fact, the international law is very strict in protecting the boxers and ensuring a fair match. The coach also has the authority to withdraw his boxer at any time if he believes that his boxer is being unfairly harmed and has no chance of winning. The international law also grants the boxer the right to withdraw from the match by signaling to the referee if their coach abandons them. Also, Prohibit Hitting an opponent who is knocked down; this is to ensure that the boxer's well-being is given top priority and to maintain the competitiveness of the match [1] [2] [3] [9].

International law (AIBA) has strict rules and regulations to ensure fair play in amateur boxing. These rules include penalties for performances that violate the conditions of clean play. The primary objective of these rules is to win a clean game, which preserves the cleanliness of the victory. To achieve this, the International Law of Amateur Boxing has specific articles in the rules, provisions, and requirements for cleanliness of performance. The supervisor rules for technical and behavioral violations range from a warning as advice to a warning that makes the opponent aware of fundamental criticisms that affect the outcome of the match. These rules also include minor violations that escalate to disqualification from the match and the

tournament in cases of serious errors that result in significant physical or behavioral harm to the player [1] [6] [9]. Any foul must be punished; the foul is an action by a boxer, identified by the referee that does not meet the standard of a fair blow or the conduct of a responsible professional fighter. Fouls may include, but are not limited to, the following types of contact or acts such as: Hitting an opponent below the navel or behind the ear; Hitting an opponent who is knocked down; Butting with the head, shoulder, knee, elbow; Using the pivot blow (pivoting while throwing a punch) or the rabbit punch (punches thrown to the back of the head and neck areas); If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the boxer causing the injury shall lose by disqualification [1].

Any disagreement or misconduct against judges, referees, or the jury committee must be dealt with firmly. The International Law of Amateur Boxing states that the referee must protect the boxer during the match and has the authority to do so. If a boxer receives a strong punch or punches and is knocked down, the referee has the duty and authority to count and give them a mandatory eight-second rest to recover. It is not

permitted for the opposing boxer to continue to attack the downed boxer. The goal of victory in boxing should not be to defeat a weak opponent [1].

The researcher explains that in any sport, a strong performer may attack a weaker competitor to secure an easy victory, without any regard for the honor of winning against an equal opponent. Winning at all costs, even without equal competition, is not a requirement for victory in such sports. However, in boxing, the sport is fair and clean, with no punches thrown from behind your back. In the ring, there is no place to hide, and the nobility of the sport lies in not attacking a weaker opponent who has already been harmed. Nobility typically refers to a privileged class of people who often hold hereditary titles, also known as the aristocracy. [4] [5] [6] [8]

Conclusion:

The conclusion from the previous analysis clarifies a difference in vision and evaluation, and the question remains. Why is boxing an issue for bans? This question is not easy to answer. Boxing is a great experience and perhaps the most difficult of all sports because it requires speed, agility, fitness, energy, endurance, and mental strength. The most important thing is that boxing takes the boxer further

Recommendations:

The researcher made recommendations after discussing the problem. The recommendations are as follows:

1. It is recommended to create a reliable method to protect the face and head during physical activities such as boxing, as direct hits to the face and head are prohibited in Islam. To achieve this, innovative methods such as head protection guards or gloves that provide protection should be explored.
2. Based on the previous analysis, it is deemed necessary to promote boxing for youth practice. To ensure the safety of amateur boxers during competitions and after their

than he thought because it makes him alive and helps him know the value of himself. He becomes humbler in victory and more diligent in defeat. Boxing reveals the real fighter that lurks within you. Boxing is more than just a sport. It is an art, a science and a way of life that embodies discipline, dedication, and the pursuit of perfection. It offers redemption and transformation to those who seek it and promotes positive values and unity within diverse communities. By supporting boxing, we celebrate the beauty of the sport and its potential to change lives. The virtues and impact of boxing are undeniable. It reminds us that, in the ring and in life, we can overcome challenges, find strength within ourselves, and emerge as better versions of who we were meant to be. Boxing provides a canvas where stories of resilience and victory are painted, and it is a canvas well worth celebrating and promoting. [2] [4] [8] [9] [10].

The researcher believes that the national boxing commission should take legislative action to improve the state of boxing. This is a positive step towards protecting the health, safety, and overall well-being of boxers. The uniformity of regulations would be beneficial to the sport and ensure that it is properly regulated.

The proposal suggests that the commission should maintain a national computerized registry to collect specific information on injuries sustained by professional boxers and boxing personnel. The proposal also emphasizes the need to impose stricter penalties for incorrect technical strikes. In addition, here are some points to answer the question of why boxing is still allowed: Boxing has a rich historical and cultural significance dating back thousands of years. It has been practiced as a sport and form of entertainment in various cultures throughout history, and it continues to hold a special place in many societies. Its longevity and tradition contribute to its continued acceptance [2].

Boxing is a sport that is voluntarily chosen by individuals who willingly engage in the activity. Many boxers are passionate about the sport and are aware of the potential risks associated with it. In most cases, boxers make an informed decision to pursue boxing as a career. To ensure the safety of participants, boxing is highly regulated by various governing bodies, including national and international boxing associations.

These organizations enforce rules and safety measures, such as weight classes to ensure fair matchups, mandatory medical examinations before and after fights, and requirements for protective equipment such as gloves and mouth guards. [5] [7] [8] [9].

retirement from boxing, it is recommended to introduce legislation to establish unions that can secure their lives. This can be like the Sports Athlete Syndicate.

3. It is the coach's responsibility not to allow his boxer to climb the ring before he has mastered the means of defending himself, so he is not exposed to receiving his opponent's severe punches
4. The AIBA technical and competition rules should be amended to enhance boxer protection and tighten provisions for judges and referees. These amendments should continue to be required.

5. A proper medical care, as doctors should be able to detect any problems before they become life-threatening

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