



WHAT YOU NEED TO SIGN UP & START BOXING WITH SFPAL

SFPAL required documentation:

- SFPAL Waiver of Liability – signed by parent/guardian
- Code of conduct – signed
- Membership Fee -- \$60 for one year (scholarship available*)
- Academic Agreement - signed

US Amateur Boxing required documentation:

- Completed athlete membership application form, signed by your parent or legal guardian.
- Two photographs 1 ½ x 1 ½ inches above the shoulder shot (no hat or sun glasses, forward facing -- Passport style photo).
- Birth verification: birth certificate, passport
- Completed Physical Exam Form – must be on USA Amateur Exam Form

Practice attire:

For your safety, all clothing must fit appropriately--no saggy/baggy clothing will be allowed.

- Shorts – not baggy
- Tank shirt or t-shirt
- Sweat pants
- Sweat shirt
- Socks
- Running shoes
- Boxing shoes (optional until sparring in ring when they become mandatory)
- Small towel

Cannot wear:

- Jeans
- Hard sole shoes/heels
- Jewelry
- Bare feet
- Exposed buttons/zippers/snaps on the upper body/arms.
- Baggy clothing
- Clothing with offensive sayings, logos, pictures, wording...
- No blue or red clothing

The clothing/attire policy as listed above is for the safety of all participants and will strictly enforced.

** SFPAL believes that cost should not prohibit participation. If you need assistance with the membership fee please call the SFPAL office (415) 401-4666 and ask to speak with Renée Espinoza.*