



HONG KONG PROFESSIONAL BOXING BOARD





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Event Background

The Hong Kong Professional Boxing Rookie King tournament aims to provide a platform for amateur boxers transitioning to professional boxing. The tournament includes three preliminary matches (using semi-professional rules) and one final under professional boxing rule. Outstanding performers will have the opportunity to compete for the 2025 Hong Kong Rookie King title, laying a foundation for their professional careers.



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Event Overview Timeline

Registration Deadline

24 May, 2025

Preliminary Matches

First Match : 28 June, 2025

Second Match : 30 August, 2025

Third Match : 25 October, 2025

Final : 19 December, 2025

Venues

Preliminary Matches :

DEF Boxing Gym

Final :

Large-scale competition venue



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Eligibility

■ Participants

Amateur boxers aspiring to turn professional (current professional boxers are not allowed)

■ Requirement:

Must be a registered boxer with an HKPBB-affiliated boxing gym.

■ HKPBB boxing gym registration annual fee: HKD 1,000.

■ Age

17 to 35 years (participants under 18 require parental consent).

■ Participant entry fee:

HKD 200.

✦ The organizer reserves the right to modify the event schedule.



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Format and Weight Classes

Men's Division

Bantamweight: 118 lbs

Featherweight: 126 lbs

Lightweight: 135 lbs

Welterweight: 147 lbs

Women's Division

Super Flyweight: 115 lbs

Super Bantamweight: 122 lbs

Weight Class Requirements

Each weight class requires at least 4 participants.

If more than 4 participants register for an additional weight class, that class will be added.



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Competition Rules

1

Preliminary Match Format

- Format : elimination.
- Advancement : Winners advance to the next stage

2

Competition Rules Preliminary Match Rules

Men : 3 rounds, 3 minutes per round, 1-minute rest.

Women : 3 rounds, 2 minutes per round, 1-minute rest.

Gloves : 12-16 oz.

Weigh-in : 30 hours before the match

Rules : Standing 8-count enforced;

A match is stopped after 3 standing counts in a single round or a total of 5 counts.



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Final Match Rules

3

Participants : Preliminary match winners competing for the Rookie King title.

Men : 4 rounds, 3 minutes per round, 1-minute rest

Women : 4 rounds, 2 minutes per round, 1-minute rest

Gloves : 8-10 oz

Weigh-in : 30 hours before the match.

Rules : No standing 8-count; three-knockdown rule applies; only the referee can stop the match.

Health : Participants must submit brain scan and blood test reports.

License : Must register and apply for an HKPBB professional boxing license

Awards : The winner receives the 2025 Hong Kong Professional Boxing Rookie King certificate and championship belt.



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Other Regulations

- Records : All matches will be recorded on boxrec.com.
- Restrictions : Finalists are prohibited from participating in other combat sports competitions two months before the final.
- Recommendation : Participants must be recommended by an HKPBB-registered boxing center.
- Costs : Finalists are responsible for their own medical examination expenses.
- Organizer Rights : The organizer reserves the right to adjust the schedule and make final decisions.



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Hong Kong Strongest 2025 – Premier Professional Boxing Event



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Background

Hong Kong Strongest is the flagship annual event organized by the Hong Kong Professional Boxing Board (HKPBB), dedicated to identifying the most formidable boxers in Hong Kong and upholding the highest honor in local professional boxing. This prestigious competition brings together elite professional boxers, providing a fair and professional platform to showcase the exceptional standards and indomitable spirit of Hong Kong boxing.

Objective:

To crown the “Hong Kong Strongest” champion, establishing a benchmark for Hong Kong’s boxing scene



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Event Details

Date: December 19, 2025

Venue: To be officially announced through HKPBB's official channels



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Competition Rules

Men's Division

8 to 10 rounds,
each lasting 3 minutes
1-minute rest interval.

Women's Division:

Minimum of 6 rounds
each lasting 2 minutes
1-minute rest interval.

Standards

Adheres strictly to international professional boxing regulations, ensuring fairness and professionalism.



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Eligibility Criteria

Challenger Requirements

Must be a registered professional boxer recognized by the HKPBB

Experience Threshold:

Must have won at least two 6-round professional bouts, demonstrating the strength and endurance required to vie for the title.



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Overseas Participation:

1

In the absence of qualified local challengers, promoters may propose inviting overseas professional boxers

2

Subject to HKPBB approval to maintain competition standards and fairness.



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Title Defense Regulations

Defense Frequency:

The reigning “Hong Kong Strongest” champion must defend their title at least once annually to uphold the title’s competitiveness and prestige.

Challenge Mechanism:

The champion must accept challenges from qualified contenders to defend their honored status.



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Awards and Honors

The winner will be awarded the “Hong Kong Strongest” certificate of honor and the prestigious gold belt, symbolizing the pinnacle of achievement.

The champion will become an iconic figure in Hong Kong professional boxing, earning widespread recognition and respect.

Public Information

“Hong Kong Strongest” is more than a professional boxing event; it is a platform to promote Hong Kong’s sporting spirit and professional boxing culture. The Hong Kong Professional Boxing Board cordially invites the public to engage with this premier event and witness the rise of Hong Kong’s boxing champion.

Please stay tuned to the Hong Kong Professional Boxing Board (HKPBB) official website and social media platforms for the latest event updates, ticketing details, and live broadcast arrangements.



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