

Bombers warned against simulation ahead of qualifiers

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KAMPALA. Uganda's national team boxers, the Bombers, have been warned to avoid common mistakes like simulation during the Africa Olympics Qualifiers due March 9-20 in Yaoundé, Cameroon.

The Bombers have been in a training camp and will undergo their last national trials at Lugogo today. "When the referee says break you must take a step backwards but keep your guards on," Stephen Aciga Fula, a certified Aiba Star-Two referee/judge, also a member of the local boxing federation's technical committee, explained after one of the team workouts recently.

"The essence is that you must obey the rules and stay alert. You never know, your opponent might not heed the referee's call and hit you in the moment. On the other hand, if you hit your opponent in that moment, you will be penalised and if you knock them out you are automatically disqualified," he added. "Simulation (pretending that you have been fouled) is a foul itself. For instance, if an opponent, in an exchange of blows, hits you under the belt, but he hasn't harmed you as such, (because you are wearing a protector) you have the right to complain by signalling what happened, but don't pretend that you are going to die," he advised.

Likewise, he advised them against head-butting. "Some of you use it (head-butting) intentionally, injure your opponents and get away with it but out there, review cameras you will be caught by the and you will be disqualified."

Only 30 slots are available via the Africa qualifying tournament meaning only the top three boxers in the 10 weight categories will reach Rio 2016 in Brazil.