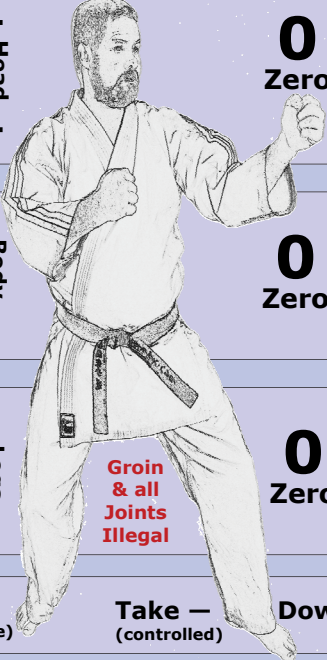
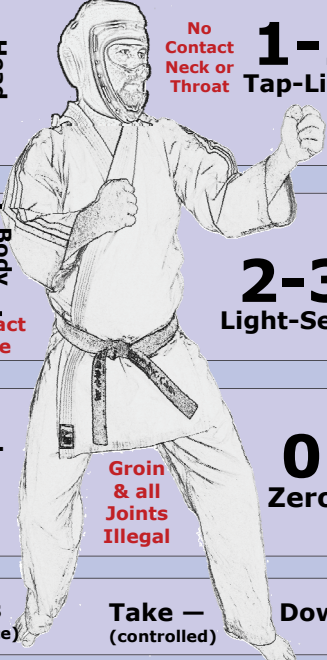
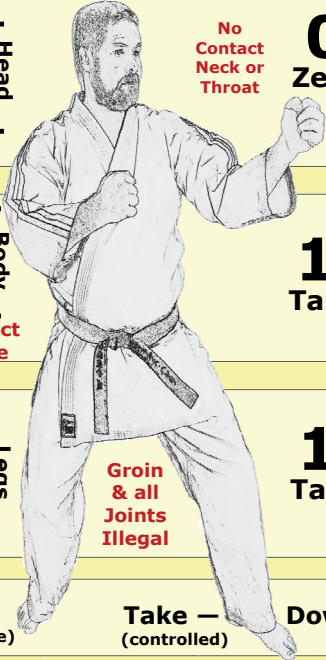


# WMAC Contact Levels Summary Chart

## POINTS SPARRING DIVISIONS

Legal Areas	Points Non Contact	Level of Contact	Legal Areas	Points Contact	Level of Contact
Yes [Head]		<b>0</b> Zero	Yes [Head]	No Contact Neck or Throat <b>1-2</b> Tap-Light	
Yes [Body]		<b>0</b> Zero	Yes [Body]	No contact to spine <b>2-3</b> Light-Semi	
No [Legs]		<b>0</b> Zero	No [Legs]	Groin & all Joints Illegal <b>0</b> Zero	
Sweeps (to off balance) Take — (controlled) Downs		Sweeps (to off balance) Take — (controlled) Downs			
<ul style="list-style-type: none"> <li>➤ Sweeps allowed to Off-Balance only</li> <li>➤ Controlled Take-Downs Allowed</li> </ul>		<ul style="list-style-type: none"> <li>➤ Sweeps allowed to Off-Balance only</li> <li>➤ Controlled Take-Downs Allowed</li> </ul>		<p><i>Must contact between ranges indicated to score!</i></p>	

## FREESTYLE SPARRING DIVISIONS

Legal Areas	Freestyle Tap	Level of Contact	Legal Areas	Freestyle Full Contact	Level of Contact
Yes [Head]		No Contact Neck or Throat <b>0</b> Zero	Yes [Head]	No Contact Neck or Throat <b>5</b> Full	Kicks Only
Yes [Body]		<b>1</b> Tap	Yes [Body]	<b>5</b> Full	
Yes [Legs]		<b>1</b> Tap	Yes [Legs]	<b>5</b> Full	
Sweeps (to off balance) Take — (controlled) Downs		Sweeps (to off balance) Take — (controlled) Downs	Sweeps (to off balance) Take — (controlled) Downs	Sweeps (to off balance) Take — (controlled) Downs	
<ul style="list-style-type: none"> <li>➤ Sweeps allowed to Off-Balance only</li> <li>➤ Controlled Take-Downs Allowed</li> </ul>		<ul style="list-style-type: none"> <li>➤ Sweeps allowed</li> <li>➤ Controlled Take-Downs Allowed</li> </ul>		<p><i>You are not required to "tap" to score!</i></p>	

### Level of Contact Key

