



WMAC Sparring Events Comparison Table

Description	Points Sparring		Freestyle Sparring Divisions	
	Points Non-Contact		Freestyle Tap	Freestyle Full-Contact
Level Of Contact	Non-Contact		Tap-Contact	Full-Contact
Bout Duration	2 Minutes		1.5 Minutes	2 Minutes
Draw Procedure	2 Min Ext. - 1st to Score		1 Min Ext. - Decision Win	2 Min Ext. - Decision Win
Bout Rhythm	Stop/Start - Point Allocation		Continuous - Decision at End	Continuous - Decision at End
Bout Scoring	1 / 2 / 3 Point System First to 12 or spread of 6 to Win		Offense / Defense / Ring craft / Stamina	1 Point Decision or 2 Point Win or Ability / Spirit / Stamina / Tactics
Official Warnings	1st - 1 point over 2nd - 2 point over 3rd - Disqualified <i>(escalation 2nd warning - 4 points over)</i>		No penalties points given, but counts towards overall decision: 1st - may decide bout if all even 2nd - only win if dominated bout 3rd - disqualified	No penalties points given, but counts towards overall decision: 1st - may decide bout if all even 2nd - only win if dominated bout 3rd - disqualified
Protective Equipment	Compulsory: Hand Mitts, Shin-Instep, Mouth Guard, Groin Guard (Male). Chest Guard & Groin Guard recommended, (female).		Compulsory: Hand Mitts, Shin-Instep, Mouth Guard, Groin Guard (Male). Chest Guard & Groin Guard recommended, (female).	Mouth Guard, groin guard, <i>(females optional)</i> , chest Guard <i>(females strongly recommended)</i> Colts - Head Guard & Shin/instep
Officials Configuration	1 Referee, 2 Roaming Judges or Mirror Judging at discretion of NTO		1 Referee, 2 Roaming Judges or Mirror Judging at discretion of NTO	1 Referee, 2 Roaming Judges or 1 Ref, 4 Judges - National/International
Legal Targets				
Inner/Outer Thighs & Calves	✗	✗	✓ Tap Contact	✓ Full Contact
Body - Front / Sides	✓	✓	✓	✓ Full Contact
Back	✓	✗	✓ No Contact to Spine	✓ No Contact to Spine
Head - All Areas	✓	✓	✓ Non-Contact	✓ Kicks & Knees Only
Illegal Targets				
All Joints	✗	✗	✗	✗
Eyes, Throat, Groin	✗	✗	✗	✗
Legal Techniques				
All Kicks	✓	✓ Non Contact	✓ Non Contact to Head	✓ Full Contact
Knee Kicks	✗	✗	✓ Body & Legs	✓ Body, Head, Legs
Elbows	✗	✗	✓ Head, Body & Legs	✓ Body & Legs
All Hand Techniques	✓	✓ Except Gouging, Finger strikes / clawing etc.	✓ Except Gouging, Finger Strikes / clawing etc. Non-Contact - Head	✓ Including Knuckle/Finger Strikes Full Contact Body, Thighs & Calves
Redirection / Deflexion	✓	✓ Limbs Only	✓ Limbs Only	✓ Limbs Only
Sweeps	✓	✓ Only to distract & Disrupt Balance - requires Follow-up	✓ Only to distract & Disrupt Balance - requires Follow-up	✓
Take-Downs	✓	✓ If controlled, lowering opponent with immediate follow-up with hand tech, <i>leg tech also - Adv-black Only</i>	✓ If controlled, lowering opponent requires immediate follow-up with hand technique	✓ If controlled, lowering opponent requires immediate follow-up with hand technique
Illegal Techniques				
Gouging - thumb/fingers, Biting, Head Butting.	✗	✗	✗	✗ Knuckle, Finger Strikes, Knife Hand etc - allowed to body
Stomping, Joint Strikes.	✗	✗	✗	✗
Grabbing, Clinching, Pulling, Pushing	✗	✗	✗ <i>(even during knee strike)</i>	✗ <i>(even during knee strike)</i>
Elbow	✗	✗	✓ Head, Body & Legs	✓ Body & Legs
Knee	✗	✗	✓ Body & Legs	✓ Head, Body & Legs
Feints to illegal targets	✗	✗	✗	✗
Disregard for safety of self or competitor	✗	✗	✗	✗
Avoiding Combat	✗	✗	✗	✗
Counter Attacking from Ground	✗	✗ <i>(Adv to Black Grade - Legal)</i>	✗ <i>(Adv to Black Grade - Legal)</i>	✗ <i>(Adv to Black Grade - Legal)</i>
Foul language, disrespectful attitude	✗	✗	✗	✗
Unsportsmanlike behaviour	✗	✗ <i>(Athlete, Coach or Spectators)</i>	✗ <i>(Athlete, Coach or Spectators)</i>	✗ <i>(Athlete, Coach or Spectators)</i>

✗ = Illegal ✓ = legal