



# 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 (escalation 2nd warning - 4 points over)	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	<b>Compulsory:</b> Hand Mitts, Shin-Instep, Mouth Guard, Groin Guard (Male). Chest Guard & Groin Guard recommended, (female).	<b>Compulsory:</b> Hand Mitts, Shin-Instep, Mouth Guard, Groin Guard (Male). Chest Guard & Groin Guard recommended, (female).	Mouth Guard, groin guard, (females optional), chest Guard (females strongly recommended) 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
<b>Legal Targets</b>			
Inner/Outer Thighs & Calves	✗	✓	✓
Body - Front / Sides	✓	✓	✓
Back	✓	✗	✓
Head - All Areas	✓	✓	✓
<b>Illegal Targets</b>			
All Joints	✗	✗	✗
Eyes, Throat, Groin	✗	✗	✗
<b>Legal Techniques</b>			
All Kicks	✓	✓	✓
Knee Kicks	✗	✗	✓
Elbows	✗	✗	✓
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	✓	✓	✓
Sweeps	✓	✓	✓
Take-Downs	✓	✓	✓
If controlled, lowering opponent with immediate follow-up with hand tech, leg tech also - Adv-black Only		If controlled, lowering opponent requires immediate follow-up with hand technique	If controlled, lowering opponent requires immediate follow-up with hand technique
<b>Illegal Techniques</b>			
Gouging - thumb/fingers, Biting, Head Butting.	✗	✗	✗
Stomping, Joint Strikes.	✗	✗	✗
Grabbing, Clinching, Pulling, Pushing	✗	✗	✗
Elbow	✗	✗	✓
Knee	✗	✗	✓
Feints to illegal targets	✗	✗	✗
Disregard for safety of self or competitor	✗	✗	✗
Avoiding Combat	✗	✗	✗
Counter Attacking from Ground	✗	✗	✗
(Adv to Black Grade - Legal)		(Adv to Black Grade - Legal)	(Adv to Black Grade - Legal)
Foul language, disrespectful attitude	✗	✗	✗
Unsportsmanlike behaviour	✗	(Athlete, Coach or Spectators)	(Athlete, Coach or Spectators)

✗ = Illegal

✓ = legal