



WMAC Sparring Events Comparison Table

Description	Points Sparring Divisions		Freestyle Sparring Divisions	
	Points Non-Contact	Points Contact	Freestyle Tap	Freestyle Full-Contact
Level Of Contact	Non-Contact	Body: Semi to Hard Contact Head: Light to Semi Contact	Tap-Contact	Full-Contact
Bout Duration	1.5 Min	1.5 Min	1.5 Minute	1.5 Min (or 2 Mins National)
Draw Procedure	2 Min Ext. - 1st to Score	2 Min Ext. - 1st to Score	1 Min Ext. - Decision Win	2 Min Ext. - Decision Win
Bout Rhythm	Stop/Start - Point Allocation	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	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 points over 3rd = Disqualified (escalation 2nd warning - 4 points over)	1st = 1 point over 2nd = 2 points 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	Hand Mitts, Shin-Instep, Mouth Guard, groin guard (females optional), Chest guard optional - female.	Hand Mitts, Shin-Instep, Mouth Guard, groin guard (females optional), Compulsory Head Guards All divisions	Hand Mitts, Shin-Instep, Mouth Guard, groin guard, (females optional), Chest guard optional - 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	1 Referee, 2 Roaming Judges or Mirror Judging	1 Referee, 2 Roaming Judges or Mirror Judging	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	✓	✓ Semi to Hard Contact	✓	✓ Full Contact
Back	✓	✓ No Contact to Spine	✓ No Contact to Spine	✓ No Contact to Spine
Head - All Areas	✓	✓ Light Contact	✓ Non-Contact	✓ Kicks & Knees Only
Illegal Targets				
All Joints	✗	✗	✗	✗
Eyes, Throat, Groin	✗	✗	✗	✗
Legal Techniques				
All Kicks	✓ Non Contact	✓ Body Semi/Hard Head Light	✓ 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...	✓ Except Gouging, Finger Strikes / clawing etc. Non-Contact - Head	✓ Including Knuckle/Finger Strikes Full Contact Body, Thighs & Calves
Redirection / Deflection	✓ Limbs Only	✓ Limbs Only	✓ Limbs Only	✓ Limbs Only
Sweeps	✓ Only to distract & Disrupt Balance - requires Follow-up	✓ Only to distract & Disrupt Balance - requires Follow-up	✓ Only to distract & Disrupt Balance - requires Follow-up	✓
Take-Downs	✓ controlled, lowering opponent with immediate follow-up with hand tech, leg tech also - Adv-black Only	✓ 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
Illegal Techniques				
Gouging - thumb/fingers, Biting, Head Butting.	✗	✗	✗	✗ Knuckle, Finger Strikes, Knife Hand etc - allowed to body
Stomping, Joint Strikes.	✗	✗	✗	✗
Grabbing, Clinching, Pulling, Pushing	✗	✗	✗ (even during knee strike)	✗ (even during knee strike)
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	✗ (Adv to Black Grade - Legal)	✗ (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)	✗ (Athlete, Coach or Spectators)	✗ (Athlete, Coach or Spectators)

✗ = Illegal ✓ = legal