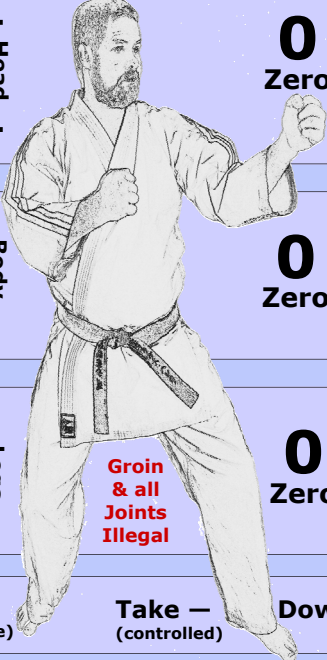
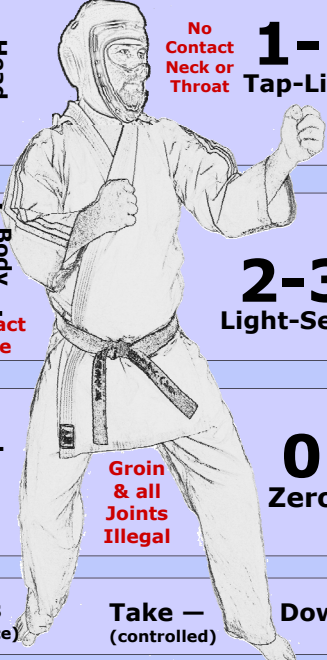
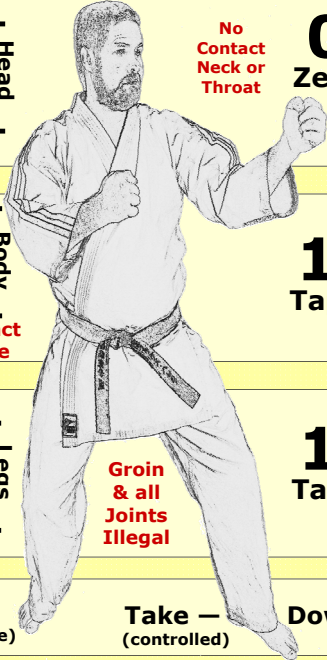
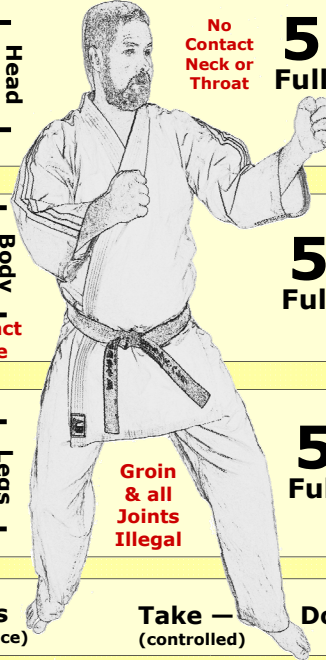


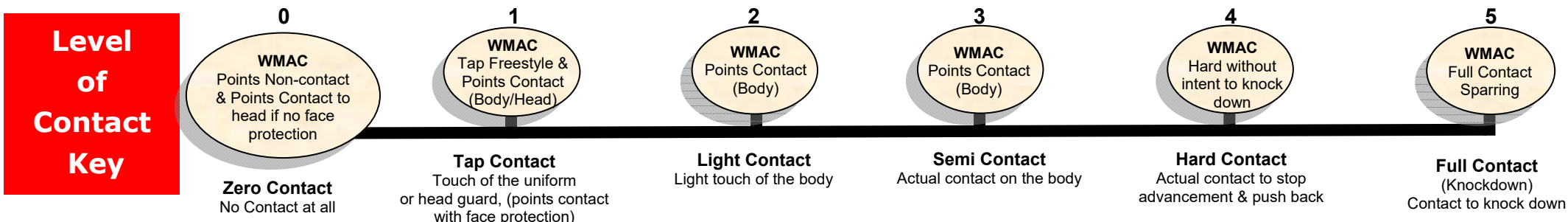
WMAC Contact Levels Summary Chart

POINTS SPARRING DIVISIONS

Legal Areas	Points Non Contact	Level of Contact	Legal Areas	Points Contact	Level of Contact
Yes [Head]		0 Zero	Yes [Head]	No Contact Neck or Throat 1-2 Tap-Light	
Yes [Body]		0 Zero	Yes [Body]	No contact to spine 2-3 Light-Semi	
No [Legs]		0 Zero	No [Legs]	Groin & all Joints Illegal 0 Zero	
Sweeps (to off balance) Take — (controlled) Downs			Sweeps (to off balance) Take — (controlled) Downs		
<ul style="list-style-type: none"> ➤ Sweeps allowed to Off-Balance only ➤ Controlled Take-Downs Allowed 				<ul style="list-style-type: none"> ➤ Sweeps allowed to Off-Balance only ➤ Controlled Take-Downs Allowed <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 0 Zero	Yes [Head]	No Contact Neck or Throat 5 Full	
Yes [Body]		1 Tap	Yes [Body]	5 Full	
Yes [Legs]		1 Tap	Yes [Legs]	5 Full	
Sweeps (to off balance) Take — (controlled) Downs			Sweeps (to off balance) Take — (controlled) Downs		
<ul style="list-style-type: none"> ➤ Sweeps allowed to Off-Balance only ➤ Controlled Take-Downs Allowed <p><i>You are not required to "tap" to score!</i></p>				<ul style="list-style-type: none"> ➤ Sweeps allowed ➤ Controlled Take-Downs Allowed 	



This is a summary only, for the full rule set please refer to the WMAC Rules Manual