



AMAC Contact Chart

Maximum Contact Allowable

The below chart demonstrates the level of contact that will be tolerated within the AMAC competition. It has been clearly defined to minimise any misunderstanding of the contact rules.

Six levels of contact can be identified, from one extreme to the next.

In AMAC, only three will be used; see the below chart.

If in ANY doubt an athlete, coach or instructor must speak to a Technical Commissioner to get clarification.

