

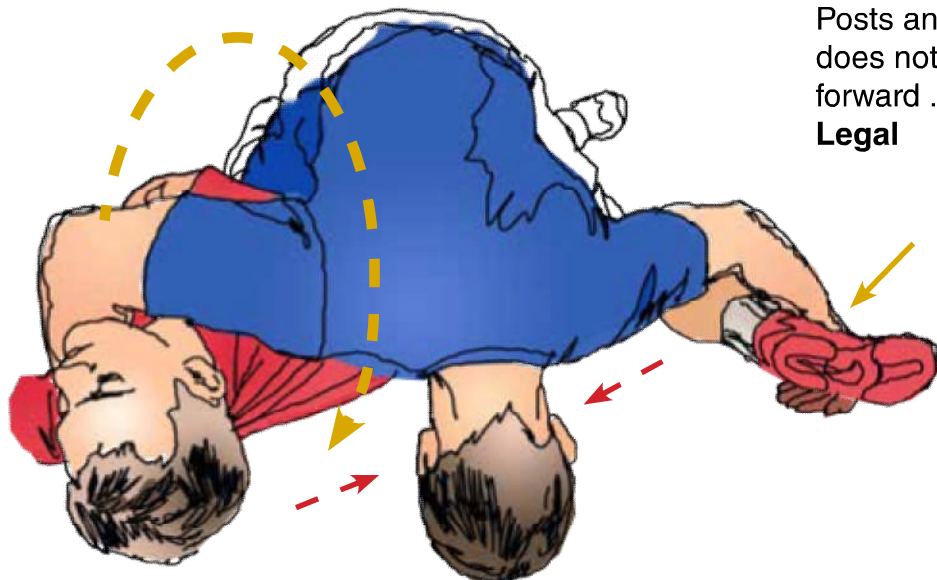
# Legal Crossface Far ankle to a “Illegal” Back bow

# 1 Set up: Wrestler “A” has broken wrestler “B” down and has a cross face to far shoulder.

**LEGAL**



Wrestler “A” drives with his chest to turn “B” he reaches back to grab either ankle. He may hold (post) the ankle to the mat. This takes away “B” ability to bridge. **LEGAL**, but official must watch this and may be potentially dangerous.



**When it becomes Illegal!**

Wrestler “A” now pulls “B”'s foot up toward the head, or while pressing the cross face around to the foot. **This has become a back bow and is ILLEGAL.**

# Cross Face...Legal/Illegal

#1 **Wrestler "A"**, slides arm across wrestler B's face turning his head in natural motion. This is **LEGAL**



**Wrestler "A"** reaches across with a cross face far arm... **LEGAL**.



#2 Set up: **Wrestler "A"** drives with unnecessary force, closed fist, or stong strike across **Wrestler "B"**'s face... Stop and **penalize immediately** for either **UNNECESSARY FORCE** or **ILLEGAL**



## KEY TO WATCH FOR:

Having arm back or high does not mean illegal, Official's judgement should come into play.

If cross face goes forcefully across **wrestler "B"**'s face, stop immediatley and penalize.

If **Wrestler "B"** is unable to turn or rotate head due to force of cross face or if head is pulled back pressing against neck... **ILLEGAL**



## Look Close...Illegal Headlock

Wrestler "A" has his right arm around the head of wrestler "B". While wrestler "A" has his left arm vined around and through the right arm of wrestler "B", with the headlock closed and clasped. Notice at the clasp ... there is no arm encircled, causing direct pressure against wrestler "B"s neck.—

**ILLEGAL**



Need to be concerned with direct pressure against the carotid artery.

if elbow is not encircled, **ILLEGAL**



Need to be concerned with direct pressure against the carotid artery.



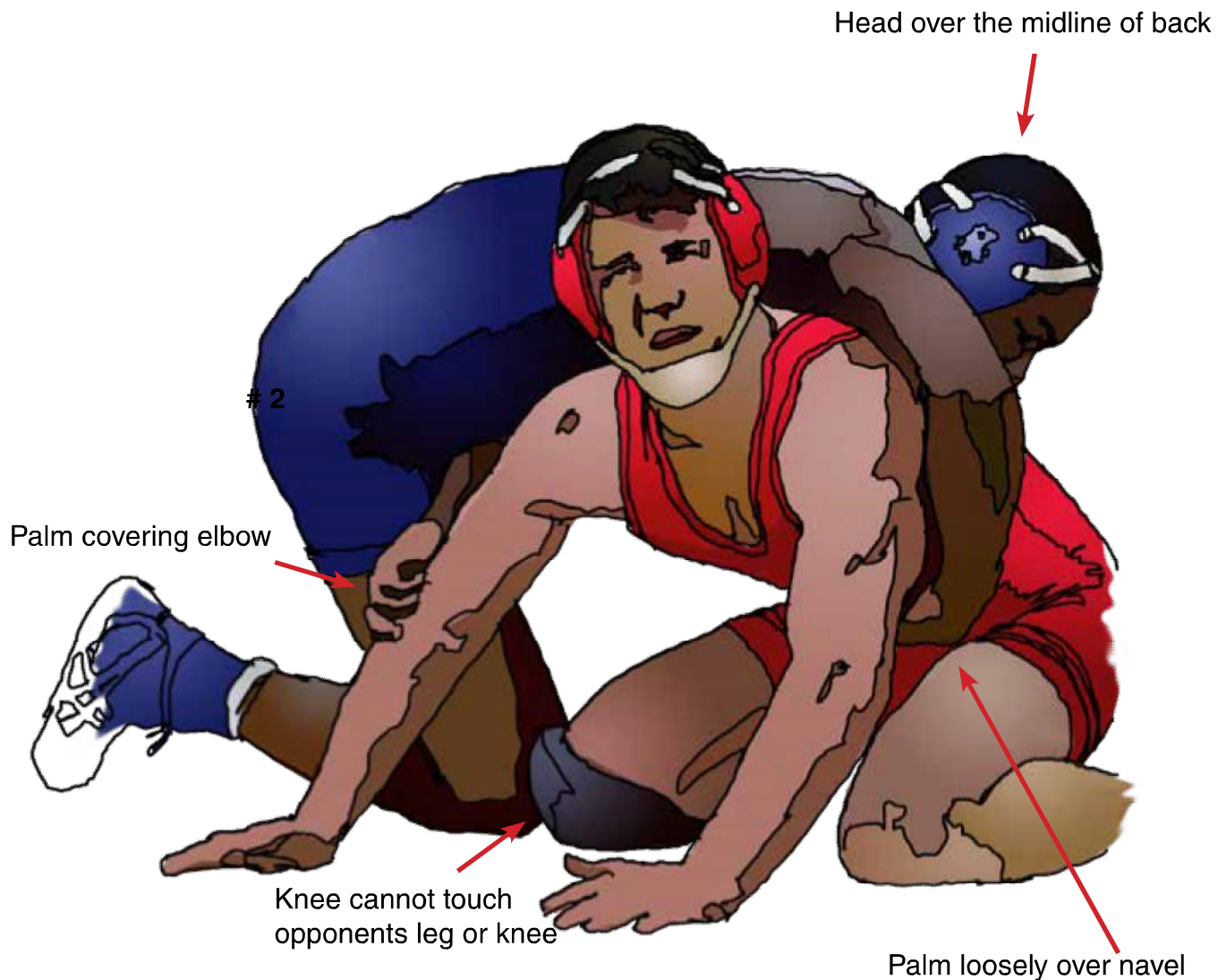
**Note:** IF "B"s elbow is encircled, or the headlock traps the shoulder, meaning the arms would be below the shoulder it would be **LEGAL**



## Legal/Illegal Starting Position

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This is a legal starting position, Palm on elbow, Knee down on side where palm is on the elbow. palm on wrestler B's navel (loosely), head over the mid line of the back. **Legal**



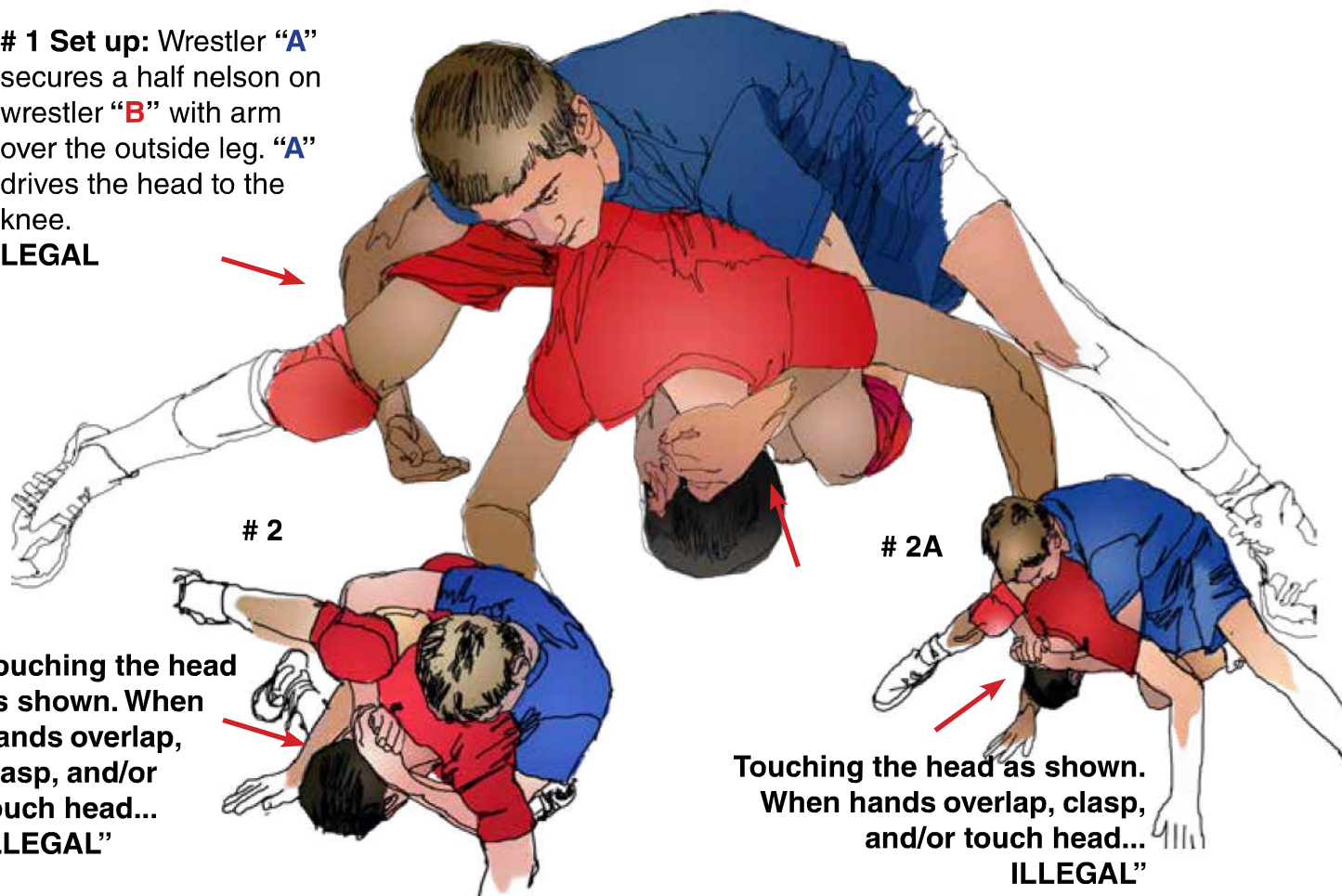
**(Note)** If wrestler **A's** knee is touching wrestler **B's** knee (as shown), or if any of the other 3 points of focus are not met this would be a caution for improper positioning. Official should caution Wrestler **A** and have wrestlers re-adjust.



# Nelson Cradle with Leg—(Full Nelson) Illegal

# 1 Set up: Wrestler “A” secures a half nelson on wrestler “B” with arm over the outside leg. “A” drives the head to the knee.

**LEGAL**



Touching the head as shown. When hands overlap, clasp, and/or touch head... **ILLEGAL**

Touching the head as shown. When hands overlap, clasp, and/or touch head... **ILLEGAL**

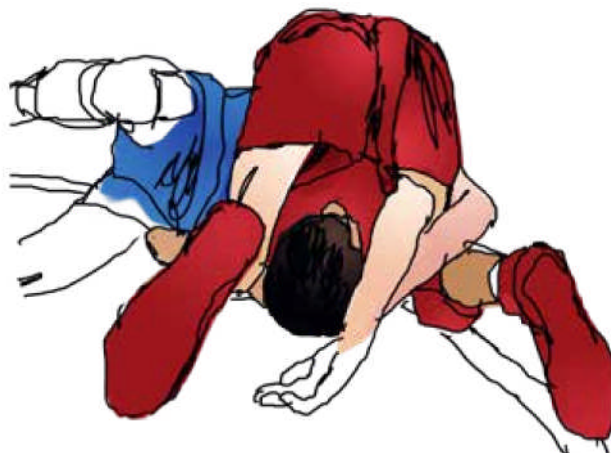
# 2-2a-3 Although not a true full nelson, this nelson-cradle meets the definition and criteria of a dangerous full nelson. The far side knee acts as the back side arm pit which creates downward pressure on the neck and can injure wrestler “B”

#3

Touching the head as shown. When hands overlap, clasp, and/or touch head... **ILLEGAL**



#4



This **nelson cradle** is interpreted the same as a variation of a **full nelson** and **shall be called and penalized the same as a full nelson.** It is illegal by application if the hands overlap, clasp or are on the ear guards.”

# Strikes to Back of Head or Neck /Illegal

**#1 Set up:** Wrestler  
“A” Forcefully elbow to  
back of neck of wrestler  
“B”. Stop and penalize  
immediately.  
**ILLEGAL/  
UNNECESSARY  
FORCE**



**KEY TO WATCH FOR:**  
Having arm back  
or high **does not  
mean illegal**,  
Official's  
judgement should  
come into play.

**NOTICE:** Having arm across the back of neck does not make it illegal, it is the **FORCE APPLIED** to this move that makes it unnecessary force or illegal

**#2 Wrestler “A”** strikes back of head/neck of **Wrestler “B”** may be considered a **FLAGRANT ACT**, minimally **ILLEGAL/ UNNECESSARY FORCE** and should be penalized accordingly.

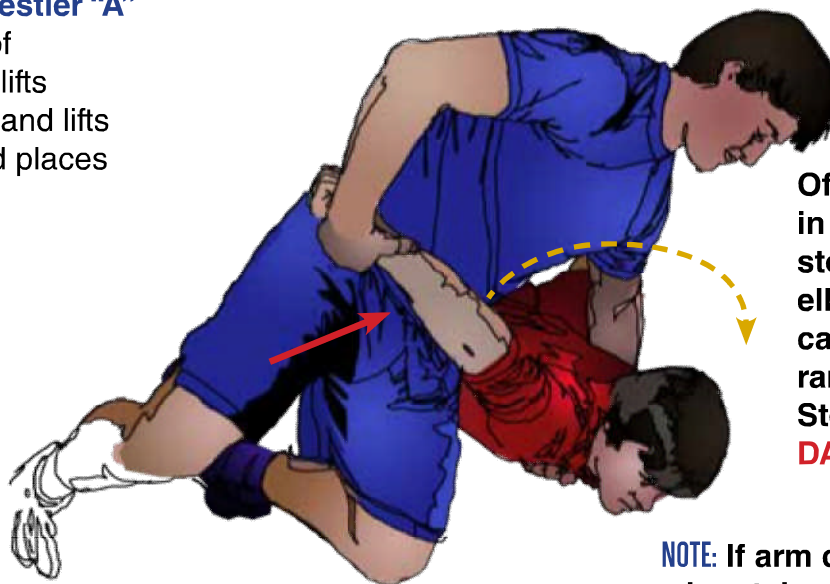


# Waist Walk ... Illegal/Legal

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## #1 Set up: **Wrestler "A"**

traps far arm of **Wrestler "B"**, lifts near side arm and lifts straight up and places on hip.

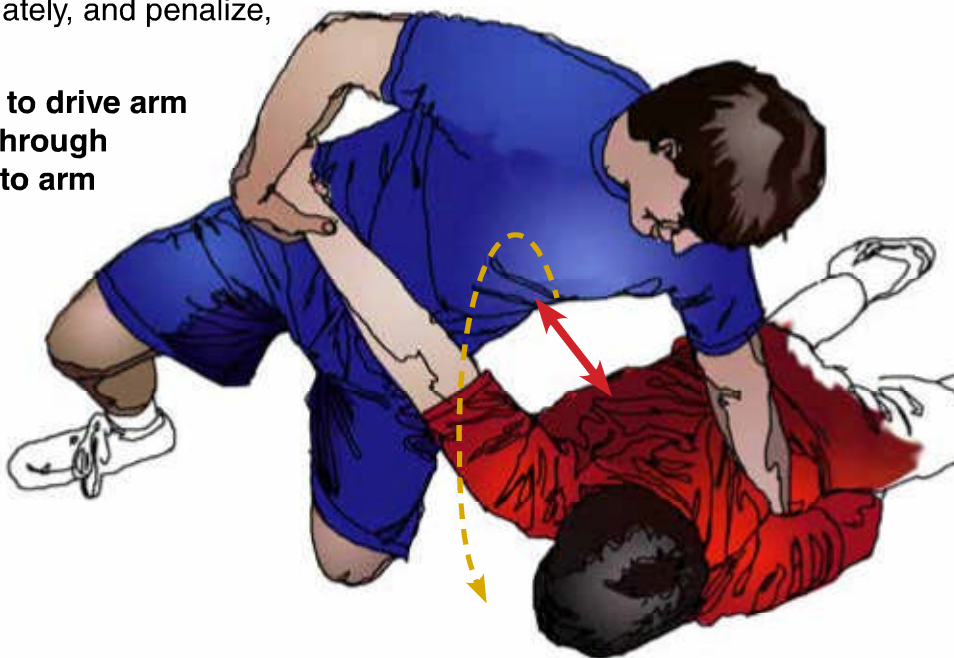


Official should be moving in on this move and stopping when it elbow is locked and cannot have normal range of motion. Stop for **POTENTIALLY DANGEROUS**

**NOTE:** If arm can bend at elbow and when taken across the body... **LEGAL**

#2 **Wrestler "A"**, with arm on hip starts walking forward, towards **Wrestler "B"**'s head. Stop immediately, and penalize, **ILLEGAL**.

**NOTE:** It is **ILLEGAL** to drive arm straight forward through shoulder, similar to arm bar situation.





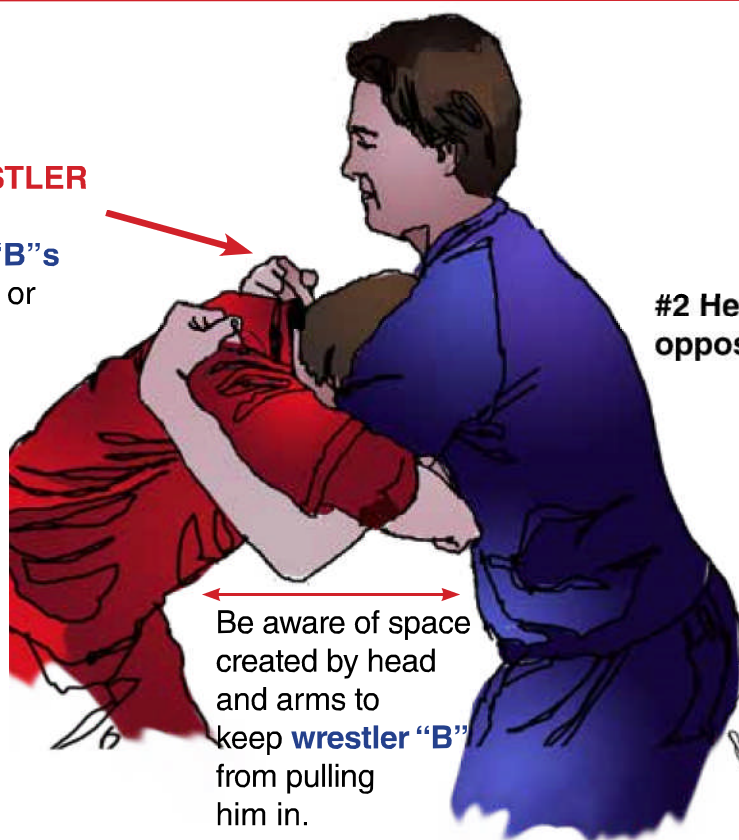
# Head block/Lift and Walk—Stalling Situations

## Head block

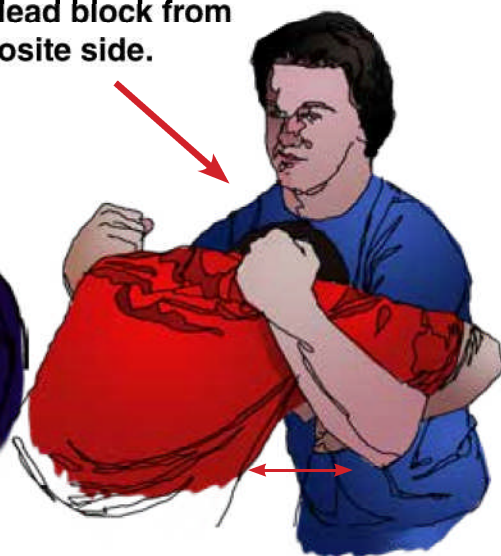
### #1 Set up: **WRESTLER**

**"A"** Puts forehead against **wrestler "B"**'s chest and pushes or blocks. Does not attempt to make a move...

**STALLING**



### #2 Head block from opposite side.



## Lift and Walk

**Wrestler "B"**, double underhooks and lifts **Wrestler "A"**, and proceeds to walk him around the mat without an attempt or effort to take opponent down to mat.

**STALLING** on **Wrestler "B"**



If **Wrestler "B"** walks **Wrestler "A"** off mat he should be called for **STALLING** for intentionally taking **wrestler "A"** off the mat.

**NOTICE:** There is no space or gap between the two wrestlers and **Wrestler "A"** is on his toes not able to get leverage to prevent being walked back or around. **Wrestler "B"** is responsible for action or lack of action.

**Stalling** for intentionally taking his opponent off the mat. (**Rule 5.24.3 e,f**)

## The KOLAT (SIDE 3/4 NELSON CHOKE- HOLD)

SET-UP—MOVE IN  
AND DROP LEVEL

Rule 7-2-2f  
7-2-4  
Potentially Dangerous

Rule 7-1-5g  
7-1-5u  
Illegal

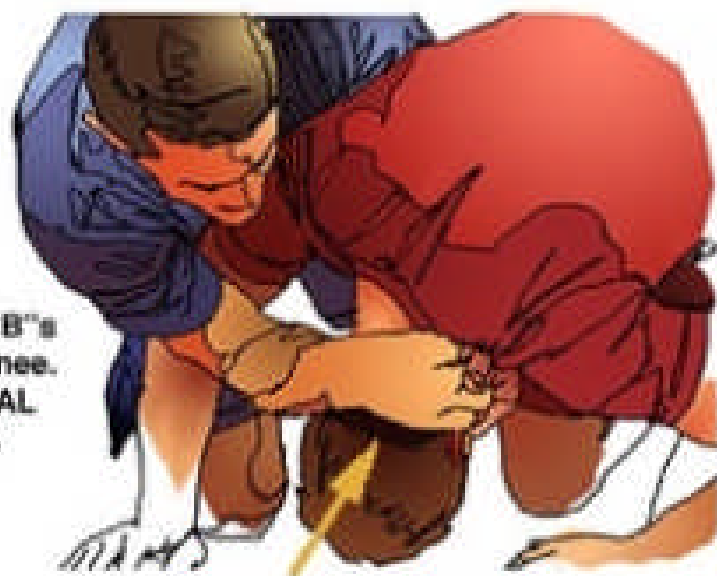


Wrestler "A" on whistle,  
drops down, hand  
over the head and under  
the armpit  
of Wrestler "B"



Head official should move in and drop  
his level and Say "keep it legal"

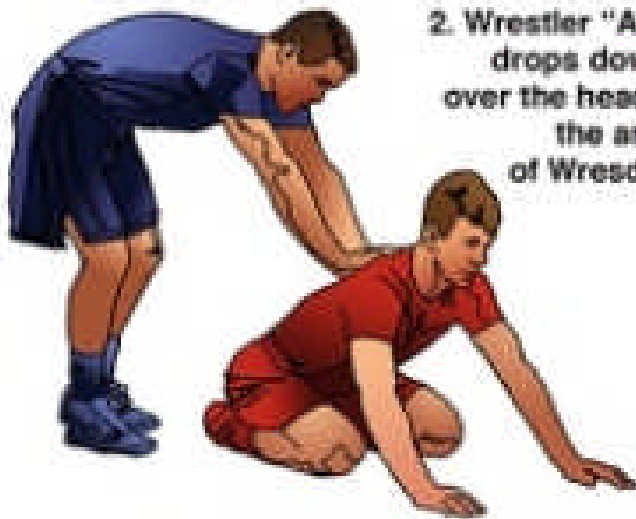
stop for Potentially Dangerous



Wrestler "A" pulls Wrestler "B"s  
head down and toward the knee.  
Stop immediately, for ILLEGAL  
and penalize accordingly.

# The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD) from Optional Start

1.



2. Wrestler "A" on whistle, drops down, hand over the head and under the armpit of Wrestler "B"



**SET-UP—MOVE IN AND DROP LEVEL**

3.



Wrestler "A" lock hands in legal headlock  
Official should instruct Wrestler "A" to keep legal

4. Rotate hands up into carotid artery then wrestler "A" snaps top arm down and applies pressure against back of neck while lower arm across throat



**Stop for potentially dangerous**

5.



Wrestler "A" with pressure against Carotid artery starts pulling Wrestler "B"s head toward his knee  
stop immediately and penalize for **ILLEGAL** hold and penalize accordingly

6. "TOO LATE" Official should have called **ILLEGAL** before wrestler "B" arrives on his back





## The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD)



### KOLAT (SIDE 3/4 NELSON CHOKE-HOLD)

**RULE—7-2-2 F, 7-2-4 —POTENTIALLY DANGEROUS**

**RULE—7-1-5 G, 7-1-5 U—ILLEGAL HOLD**

THIS IS A LEGAL HOLD BY APPLICATION BUT WHEN PRESSURE IS APPLIED TO SIDE OF NECK (CAROTID ARTERY) AND ACROSS THE BACK OF NECK STOP FOR **POTENTIALLY DANGEROUS**,

IF HEAD IS PULLED DOWN WHILE APPLYING PRESSURE, STOP FOR ILLEGAL HOLD AND PENALIZE.

### The KOLAT SIDE 3/4 NELSON CHOKE-HOLD—VIEW FROM ASSISTANT OFFICIAL POSITION.



IF Wrestler "A" turns Wrestler "B" with this hold, Assistant Official should notify Head official **immediately** for an **Illegal** hold. Head official shall penalize accordingly

Assistant Official upon seeing Wrestler "A" reach across and under arm pit of Wrestler "B" to create a head lock should move in and drop level to observe pressure from back side. He should verbally communicate to head official to watch for potentially dangerous hold.



## The KOLAT (SIDE 3/4 NELSON CHOKE-HOLD)

### 1. SET-UP



From mat, Wrestler "A" reaches over the neck and under the arm pit of Wrestler "B" and locks hands.

Head official should move in and drop his level and Say "keep it legal"

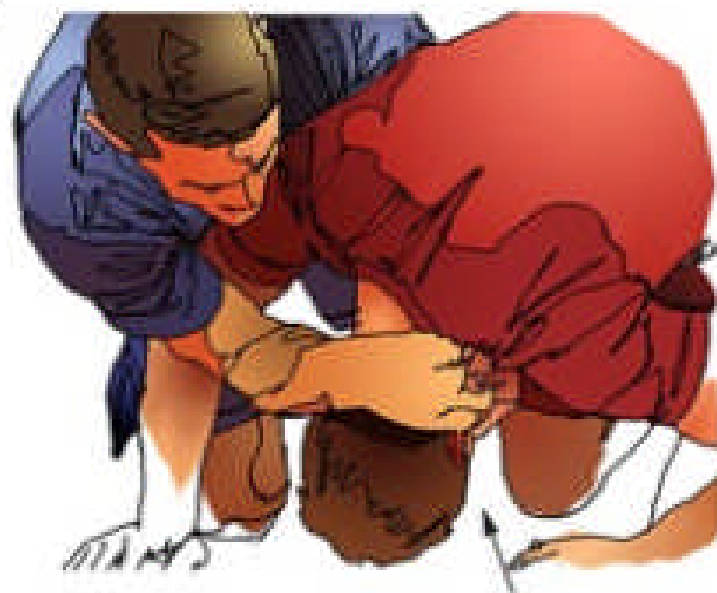
2. Wrestler "A" snaps down which creates pressure against back and side of neck (carotid artery)



3.



stop for Potentially Dangerous



4. Wrestler "A" pulls Wrestler "B's" head down stop immediately, for **ILLEGAL** and penalize accordingly.

5. If Wrestler "A" turns Wrestler "B" to his back- this will be **illegal** pressure against side of throat- stop immediately. Penalize accordingly.



# Falls And Nearfalls—Inbounds—Starting Positions— Technical Violations—Illegal Holds—Potentially Dangerous



**(5-11-2)** A fall or nearfall is scored when any part of both scapula are inbounds and the shoulders are over or outside the boundary line.



**(5-11-2)** A near fall may be scored when the defensive wrestler is held in a high bridge or on both elbows.

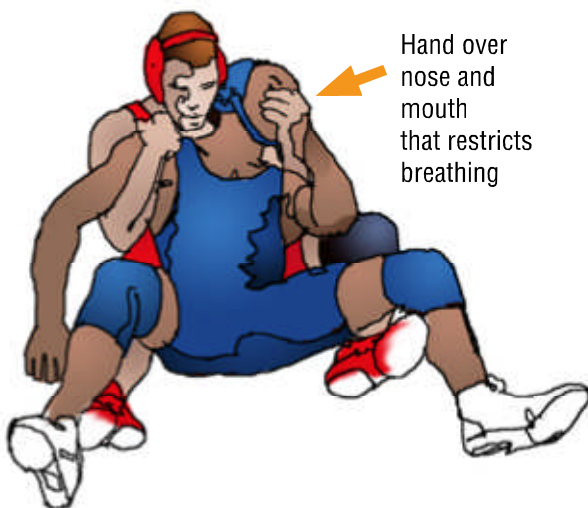


**(5-11-2)** A near fall may be scored when the wrestler is held in a high bridge or on both elbows

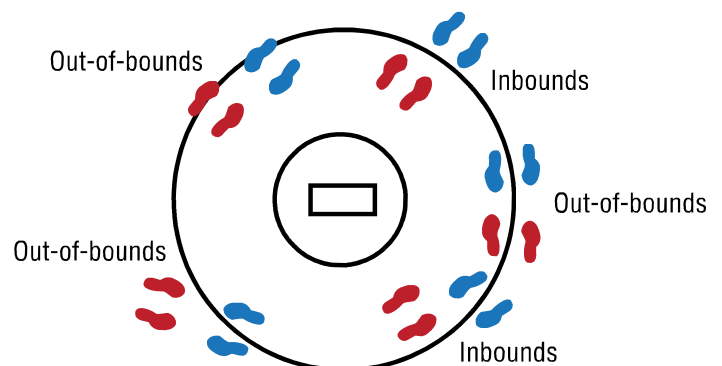
Hand over nose and mouth that restricts breathing



**(5-14-2)** When the defensive wrestler in a pinning situation, illegally puts pressure over the opponents's mouth, nose, or neck, it shall be penalized.



**(5-14-2)** Any hold/maneuver over the opponent's mouth, nose throat or neck which restricts breathing or circulation is illegal

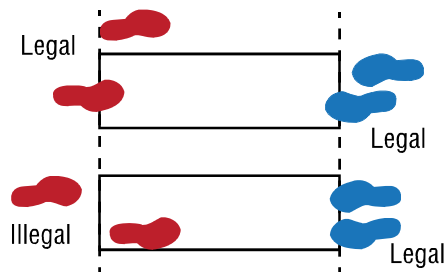


**(5-15-1)** Contestants are considered to be inbounds if the supporting points of either wrestler are inside or on but not beyond the boundary



## Starting Position

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### Neutral Starting Position

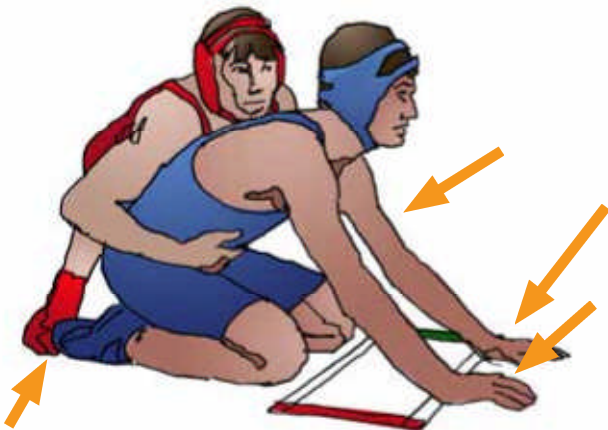
**(5-19-4)** Both wrestlers must have one foot on the green or red area of the starting lines and the other foot on line extended, or behind the foot on the line.



**(5-19-5) Legal** starting position. The offensive wrestler must have at least one knee on the mat at near side and other foot may be behind a line perpendicular to the defensive wrestler's feet, but not touching.



**(5-19-5) Illegal** starting position. The offensive wrestler does not have a near-side knee on the mat



**(5-19-5) Illegal** starting position for both wrestler's. The defensive wrestler does not have the heels of both hands in front of line. The offensive wrestler does not have the palm of one hand placed loosely over the defensive wrestler's navel and the other palm of the other hand is not placed on or over the back of defensive wrestler's near elbow.



**(5-19-5) Legal** starting position. The offensive wrestler must place the palm of the other hand on or over the back of the opponent's near elbow.

## Starting Position / change of control

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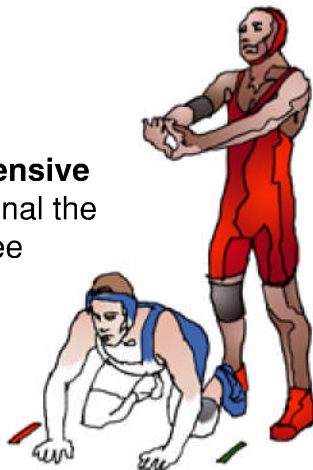


**(5-19-5) Illegal** starting position for the offensive wrestler because the right foot (not on the near side) **is in front of the defense man's feet**. You cannot straddle your opponent.

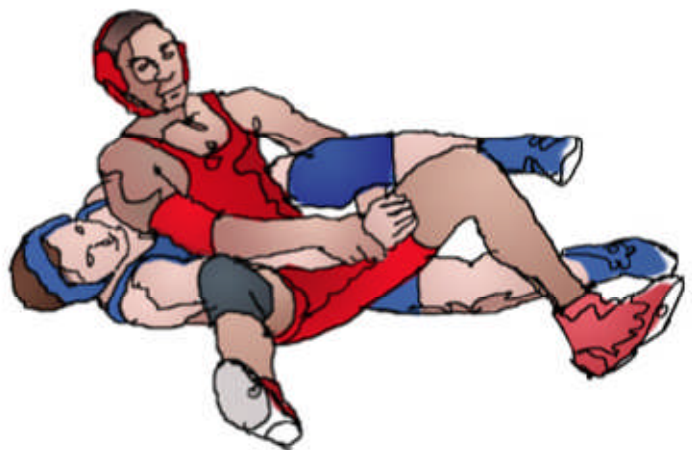


**(5-19-5) Illegal** starting position for the offensive wrestler. The offensive wrestler's knee **cannot be in contact** with the opponent, (Or break plain to block opponents move.)

**(5-19-8)** The offensive wrestler must signal the intent to the referee when using the optional start.



**(5-19-7)** When using the optional start the hands must be on the back with the thumbs touching.



**(5-21-22-1)** Following a **shoulder/grandby/peterson roll**, there is a change of control when the wrestler who was on top is **concerned about being pinned**. There may be control when either leg is picked up. The referee should begin looking for a change of control as soon as **either leg and one-arm are trapped**.

## Takedowns / control

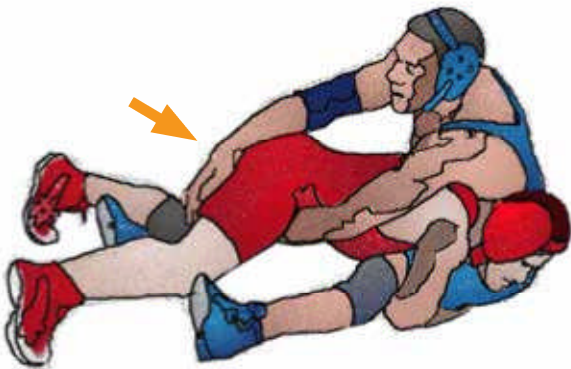
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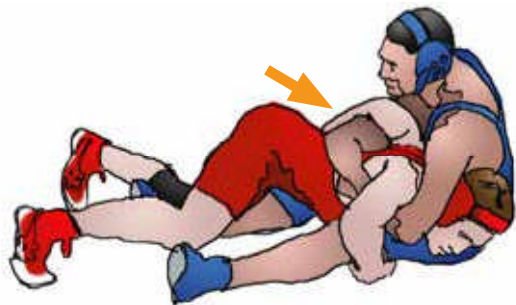
**(5-25-1)** This is a takedown regardless of the body lock by the wrestler in the blue uniform.



**(5-25-1)** When this position is obtained beyond reaction time with **one or two hands bearing the weight** a takedown shall be awarded.



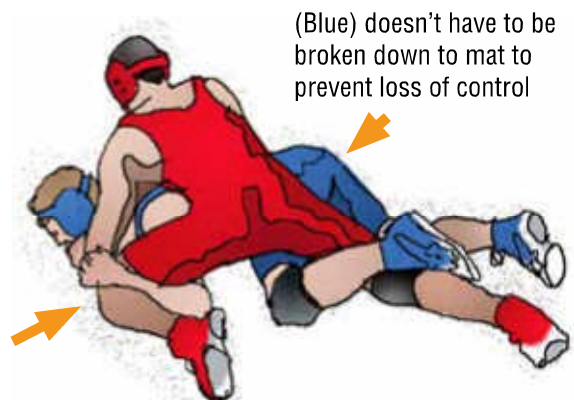
**(5-25-1)** This crotch lift does not stop the takedown by the wrestler in the blue uniform.



**(5-25-1)** This double underhook does not stop the takedown by the wrestler in the blue uniform. (If the wrestler locks their hands in the double underhook. It is an **illegal hold/maneuver. (7-1-5k)**



**(5-25-1)** There is control by the wrestler on top even though the hands of the opponent are locked around the leg. The top wrestler has the opponent off the base and is hip to hip.

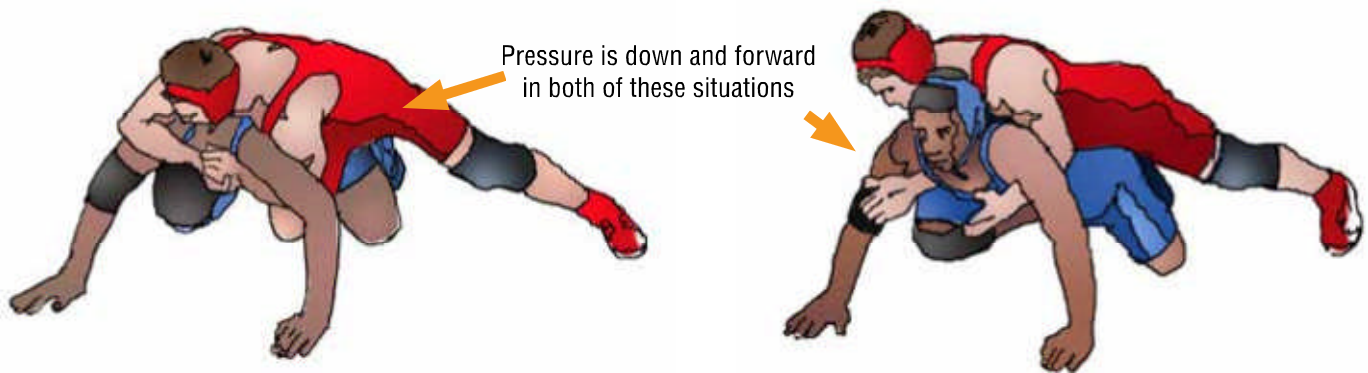


**(5-25-1)** There is control by the wrestler on top if this position is held beyond reaction time, even though hands of the opponent are locked around a leg.



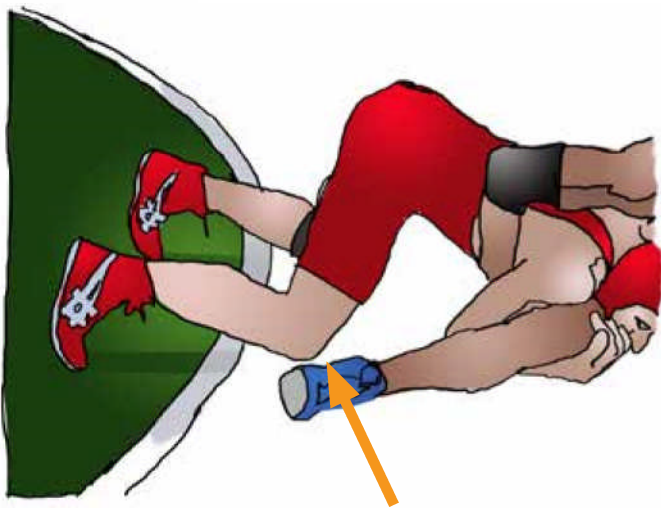
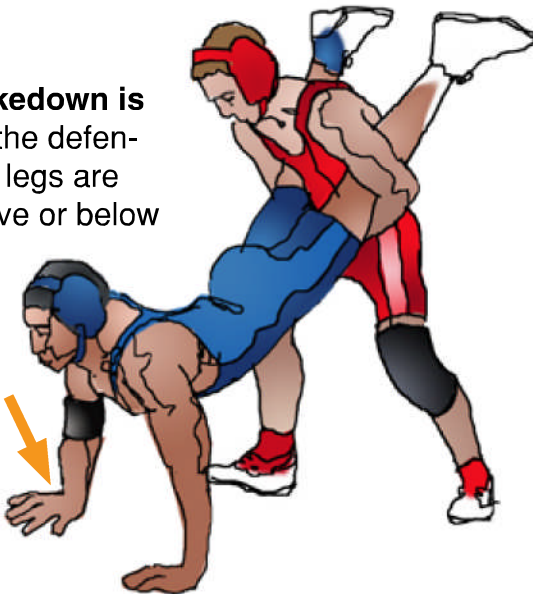
## Takedown / Control

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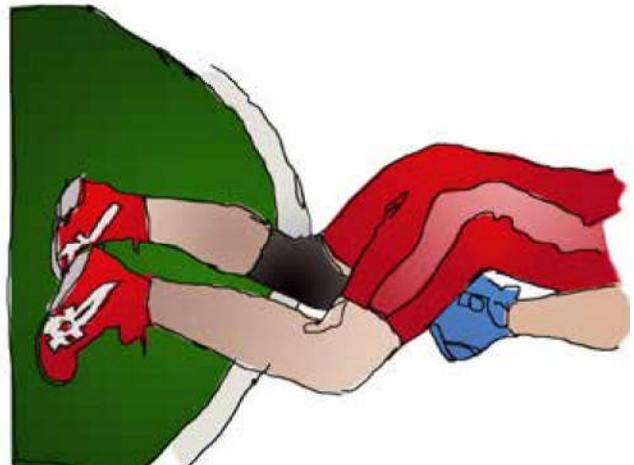


**(5-25-1)** In these two situations with leg trapped, There is control by wrestler on top.

**(5-24-2)** A takedown is scored when the defensive wrestler's legs are controlled above or below the knees and the majority of the wrestler's weight is supported by the hands.



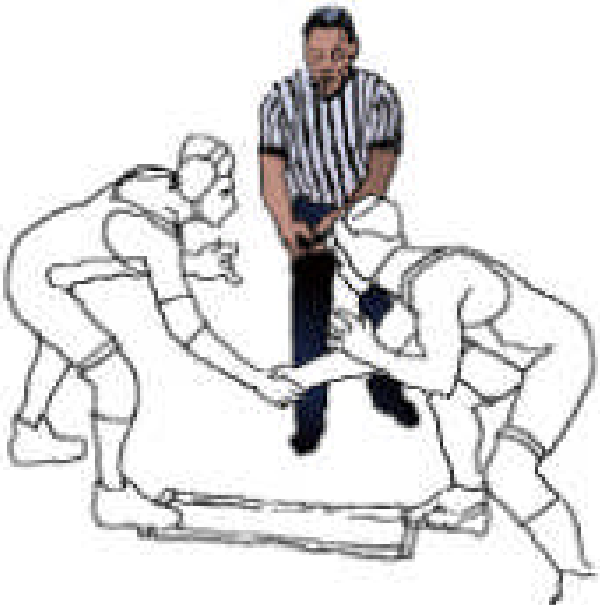
**(5-25-3)** This is a takedown. The knees can be above the mat or on the mat.



**(5-25-3)** Takedown is earned when the feet return to the mat immediately as in the above illustration.

## Referees Position / Visual Impaired in Neutral / Stalemate / illegal Hold/Manuever

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**(6-2-4)** When starting wrestlers with visual impairments in the neutral position, the finger touch start will be used and initial contact made from the front.

**(6-2-3)** In the **neutral start** the **referee** should be in tight which will help to eliminate false starts and then back out.

(Be aware the referees shoulder or arm cannot block vision of either wrestler.)



**(6-4-2)** When neither wrestler can improve their position, it is a **stalemate**. If this situation occurs repeatedly, the offending wrestler will be warned and then penalized for stalling.



**(7-1-5a)** This **double underhook snap back** from the standing position is an **illegal hold/manuever**.

## illegal Hold/Manuever / Legal

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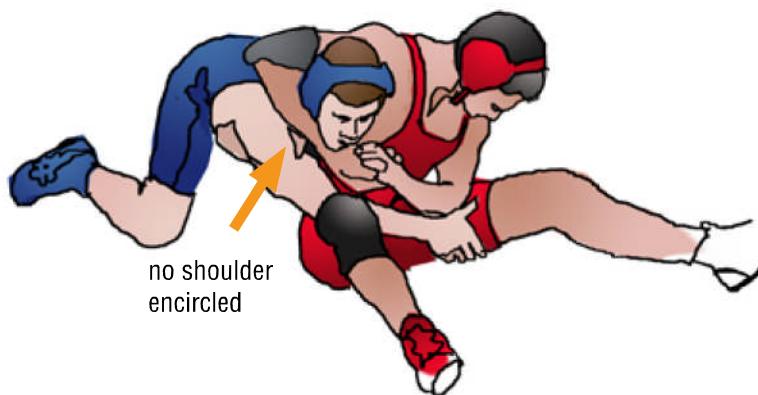
**(7-1-5b)** It is **illegal** to apply pressure away from the body in a hammerlock.



**(7-1-5b)** In the **illegal** hammerlock shown here the arm is bent above a right angle.



**(7-1-5c)** This is an **illegal twisting hammerlock** because the arm is forced away from the body.



**(7-1-5d)** when the defensive wrestler reaches back with a headlock on the offensive wrestler without an arm encircled, it is an **illegal hold/maneuver**.



**(7-1-5d)** This is a **legal** move by the defensive wrestler which places pressure on the head, similar to the 3/4 nelson.



**(7-1-5d)** This headlock is **illegal** because the arm is not encircled at or above the elbow.

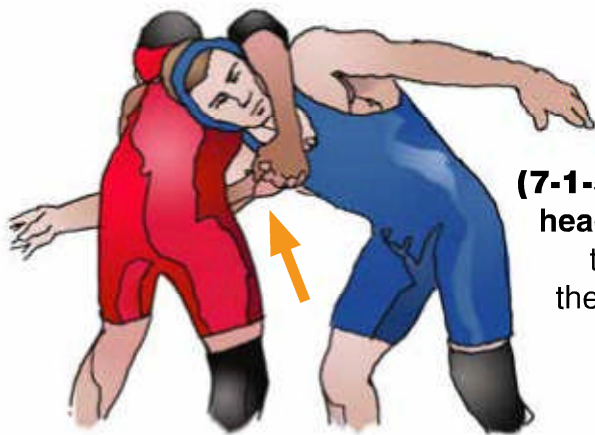


## illegal Hold/Manuever / Legal

**(7-1-5d)** This is **legal** because the hands are not locked around the head.



**(7-1-5d)** Any **legal** headlock with potential **pressure across the mouth, nose, throat or neck** is **potentially dangerous**.



**(7-1-5d)** **Illegal** headlock from the front as the arm is not encircled.

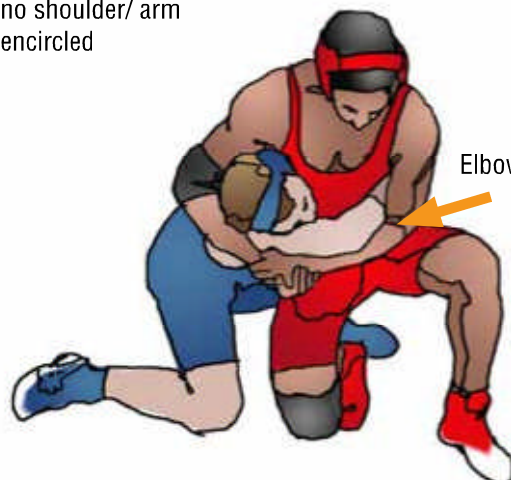


**(7-1-5d)** **Illegal** headlock

no shoulder/ arm encircled



no shoulder/arm above the elbow encircled



Elbow encircled

**(7-1-5d)** This headlock is **illegal** as the arm is not encircled above the elbow.

**(7-1-5d)** **Legal** headlock with elbow encircled.

## illegal Hold/Manuever / Legal /Potentially Dangerous



Offensive wrestler is in legal grapevine

**(7-1-5d)** Once near-fall criteria are met, this is a **legal headlock**.



**(7-1-5d)** When a **legal standing front headlock**, with arm encircled above or at the elbow, reaches the position, the man on whom it is applied is in danger of being injured when the wrestlers go to the mat. The hold/maneuver is **potentially dangerous** and the match should be stopped at this point.



**(7-1-5d)** This **headlock is illegal** because the arm is not encircled.



**(7-1-5d)** **Illegal front headlock** without an arm encircled.



**(7-1-5d)** This is a **legal hold/maneuver** even though the hands are locked around the head. Pressure is on the head but not around it.



Shoulder encircled

**(7-1-5d)** **Legal head pry.** The top wrestler can use this pry as long as it includes the arm or shoulder.



## illegal Hold/Manuever / Legal

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Leg scissors around the head is illegal



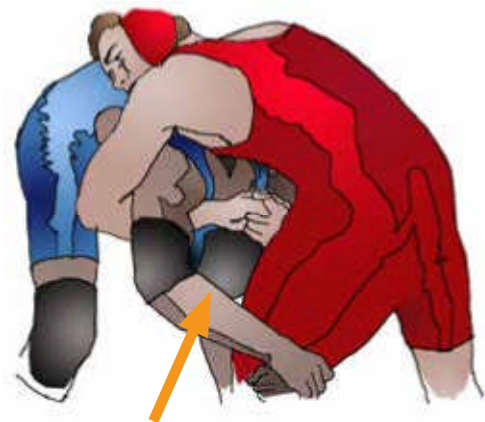
**(7-1-5e) Straight Scissors** on the head is illegal. The match shall be stopped.



**(7-1-5f) The full nelson is illegal.** The hands are overlapped but not touching.



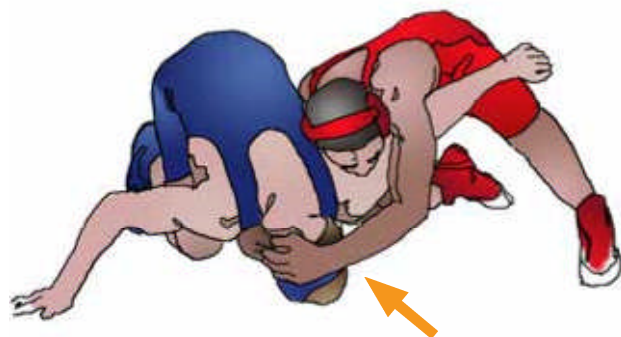
**(7-1-5f) Illegal full nelson** even though the hands so not touch.



**(7-1-5f) The full nelson from the front is an illegal hold/maneuver.**



**(7-1-5f) Legal 3/4 nelson** coming under both arms. Note: Could become illegal hold/maneuver, if pressure is on the throat and/or carotid artery.



**(7-1-5f) Legal 3/4 nelson** under one arm and over the other arm.

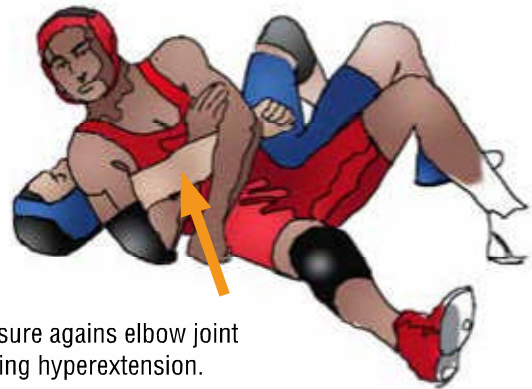


## illegal Hold/Manuever / Legal

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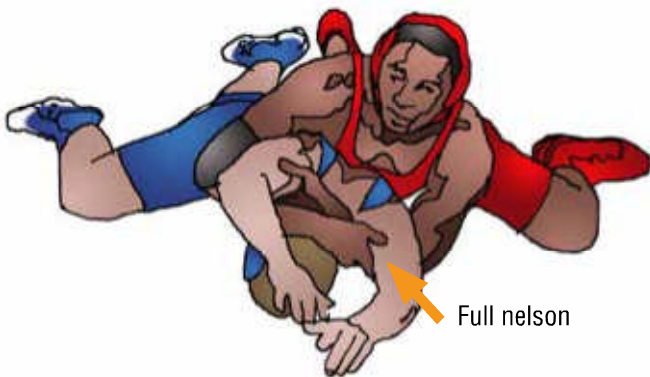


**(7-1-5h)** Illegal twisting knee lock. Pressure is against normal movement.



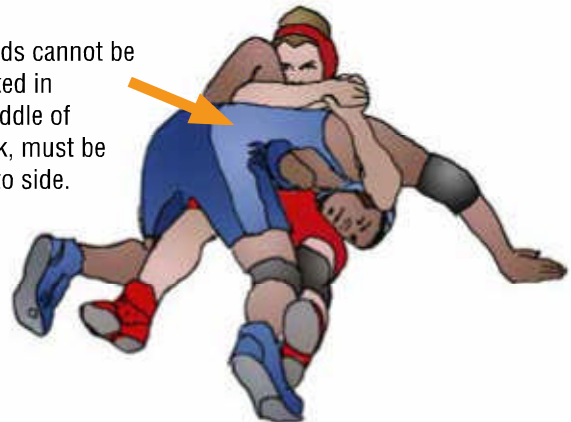
Pressure againsts elbow joint causing hyperextension.

**(7-1-5i)** The keylock is an illegal hold/manuever.



Full nelson

**(7-1-5j)** The overhead double arm bar is illegal.

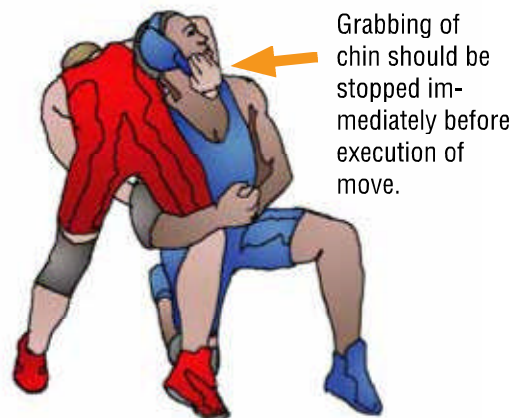


Hands cannot be locked in middle of back, must be off to side.

**(7-1-5k)** Illegal double arm bar from the front with hands locked on the back, either on the mat or on the feet.



**(7-1-5j)** Legal double arm bar from the front, hands locked under the armpit



Grabbing of chin should be stopped immediately before execution of move.

**(7-1-5l)** The neck wrench is an illegal hold/manuever. This shall be stopped immediately.

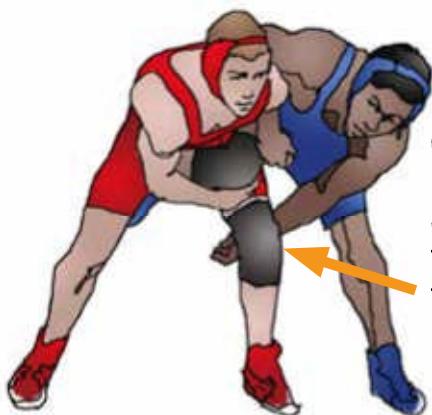
## Illegal Hold/Maneuver / Legal / Potentially Dangerous



**(7-1-5l)** The grasping of the chin on this duck under does not involve a twisting motion, therefore, it is **potentially dangerous**.



**(7-1-5l)** This is another example of an **illegal neck wrench**.

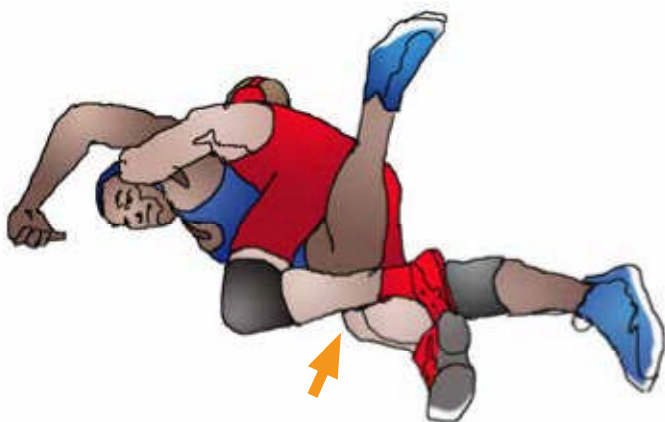


**(7-1-5n)** This is a **legal leg block**. The arm is used to block the leg prior to going to the mat, The opponent's leg cannot be "cut out" by kick.

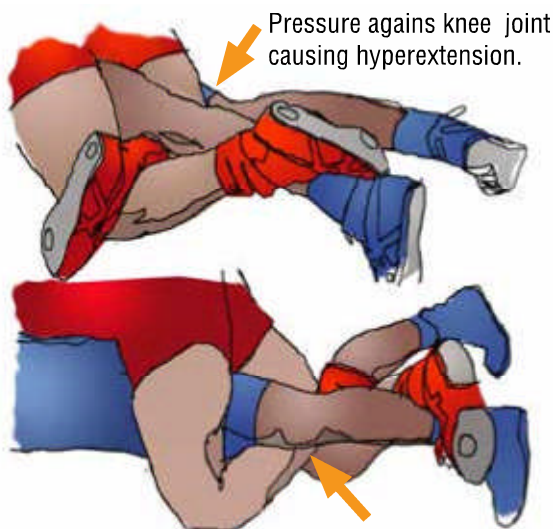


Hand can not cup the chin, must remain flat

**(7-1-5m)** The **front quarter nelson with the chin** will cause undue pressure on the neck and is **illegal**.



**(7-1-5o)** **Legal figure four** of the leg. No pressure against the knee joint.



Pressure against knee joint causing hyperextension.

Pressure against knee joint causing hyperextension.

**(7-1-5o)** The **Overscissors** is **illegal** as shown when pressure is applied against the joint causing hyperextension.

## Illegal Hold/Maneuver / Legal / Potentially Dangerous

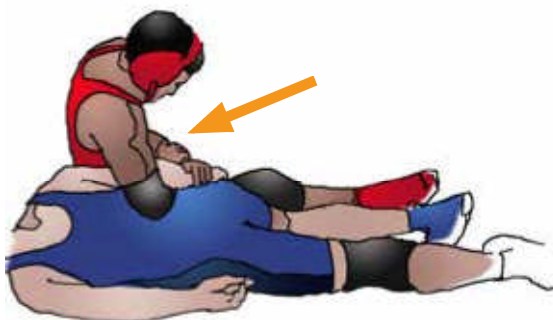
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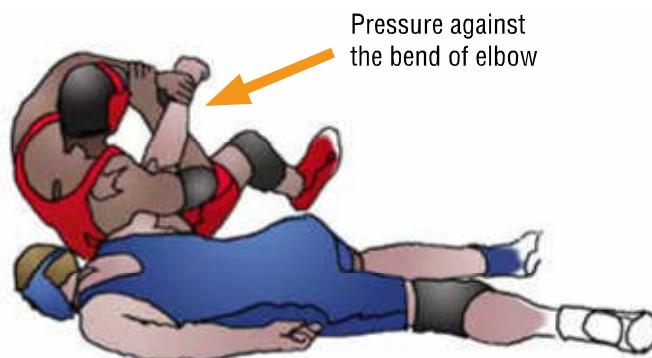
**(7-1-5p)** the head pry is an illegal hold/maneuver. It is dangerous because the head and neck are forced beyond normal movement.



**(7-1-5p)** Applying pressure to the elbow as illustrated is illegal.



**(7-1-5p)** The double wristlock is legal (left illustration) when the force is perpendicular and used to turn the opponent. When the force is parallel to the long axis of the opponent's body (right illustration), the double wristlock is illegal.



Hand on upper arm does not prevent natural bend of opponent's elbow.

**(7-1-5p)** Applied pressure in this situation is legal. The defensive wrestler can bend the elbow.



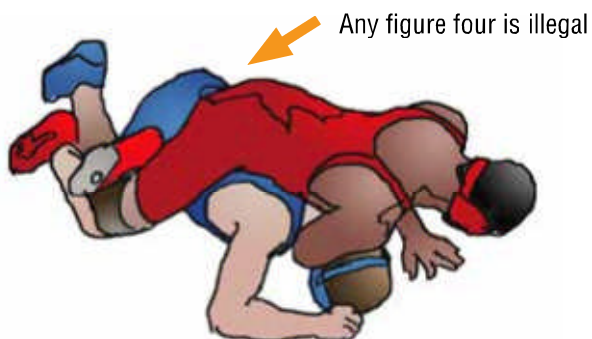
**(7-1-5p)** Illegal chicken wing. Pressure is parallel to long axis.



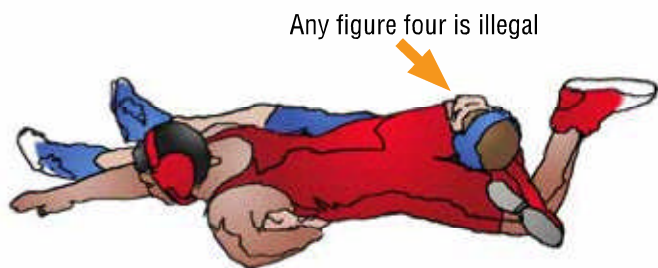
## Illegal Hold/Maneuver / Legal / Potentially Dangerous



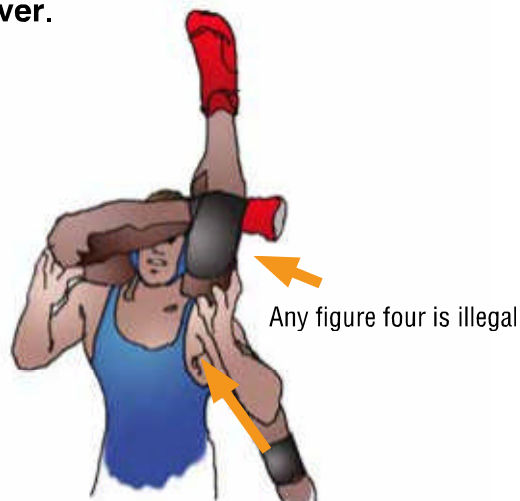
**(7-1-5q)** The **back bow** is **illegal** as illustrated by application when the pressure is toward the head. whether the defensive wrestler is on his/her stomach or hip.



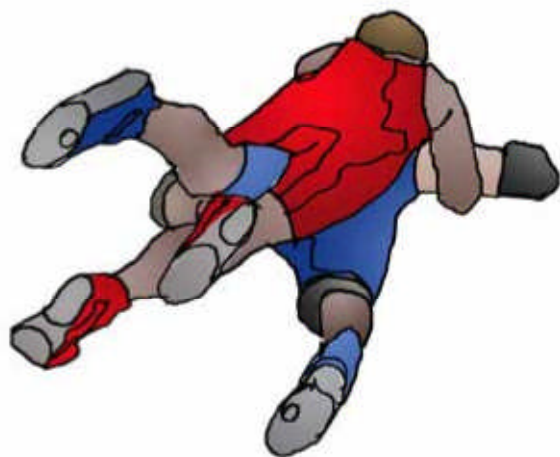
**(7-1-5r)** The **figure-four** around the **body**, the **head** or **both legs** is an **illegal hold/maneuver**.



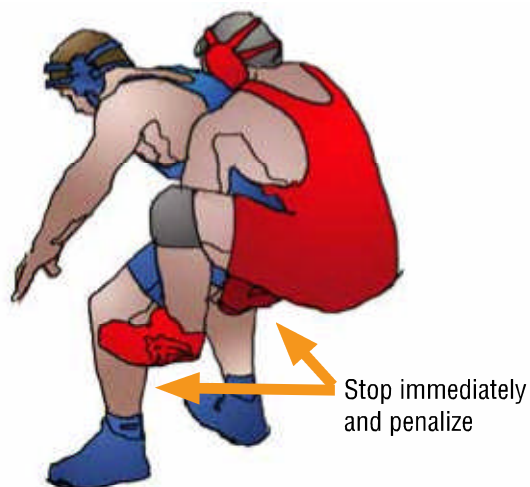
**(7-1-5r)** **Illegal figure-four** on the **head**



**(7-1-5r)** The **figure-four** around the **head** is an **illegal hold/ maneuver**.



**(7-1-5r)** The **figure-four** around **one leg** as shown in illustration is a **legal hold/maneuver**.



**(7-1-5x)** **Illegal rear-standing double knee kickback**. The wrestler shall not use this maneuver in an attempt to bring the opponent to the mat.

## Illegal Hold/Maneuver / Legal / Potentially Dangerous Holds

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**(7-1-5)** This **draping head scissors** is **legal** because there is minimal pressure against the head or neck and the arm is included.

(Leg under the arm pit is considered being around the body.)



**(7-1-5)** The **head-lock** is **legal** but the pressure against the neck and throat makes this an **illegal hold/maneuver**.



**(7-2-2)** This headlock is **potentially dangerous** if additional action is not made quickly. The right hand/arm of the defender is limp and is an indicator that the wrestler is in distress.

**(7-2-2)** This **head-and arm series** is similar to the front headlock from standing position. This hold/maneuver is **potentially dangerous** and the match should be stopped at this point.



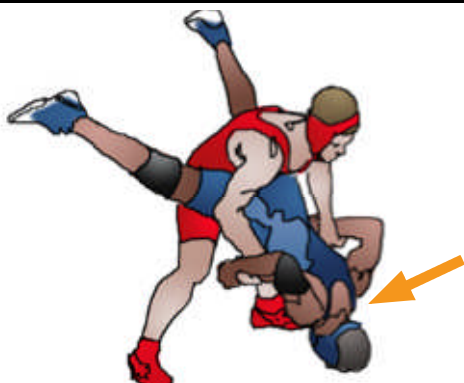
**(7-2-2)** The combination of a **legal chicken wing** and **half nelson** becomes a **potentially dangerous hold/maneuver** when the defensive wrestler is unable to roll in the direction of the pressure.



**(7-2-2)** The **stack** is **potentially dangerous**. Because of possible injury, it must be broken immediately.

## Potentially Dangerous / Legal Holds

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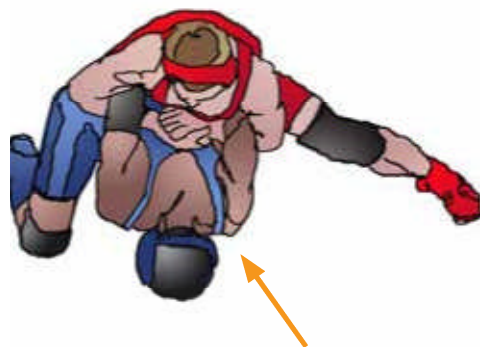
**(7-2-2)** This front bridge is **potentially dangerous** because of the possibility of injury. It must be broken immediately. Same for back bridge.



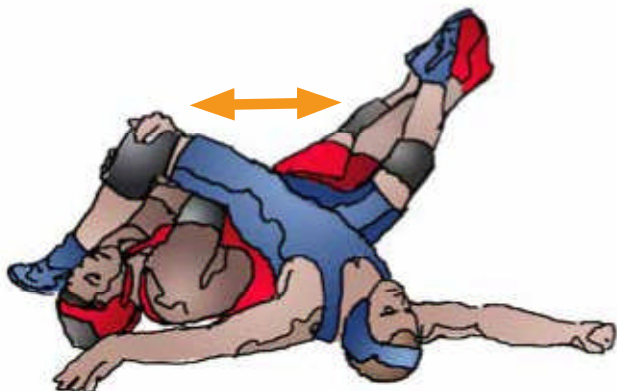
**(7-2-2)** Legal, but **potentially dangerous** as the left elbow is moved beyond the normal range.



**(7-2-2)** Legal, but could become potentially dangerous when pressure is diagonal to long axis.



**(7-2-2)** The **double arm bar** into a stack is a **potentially dangerous** situation. The offensive wrestler shall be cautioned against bringing it to an illegal position.



**(7-2-2)** The **split scissors** is **potentially dangerous**. The referee may break it to prevent injury.



**(7-2-2)** This is a **potentially dangerous arm bar** when the far arm is blocked and the bottom wrestler is unable to turn.



## Potentially Dangerous / Technical Violation

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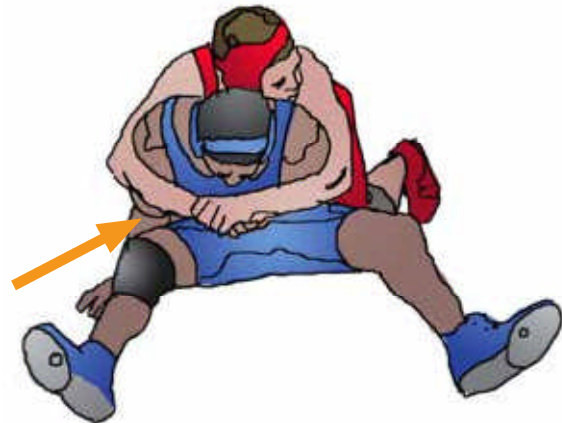
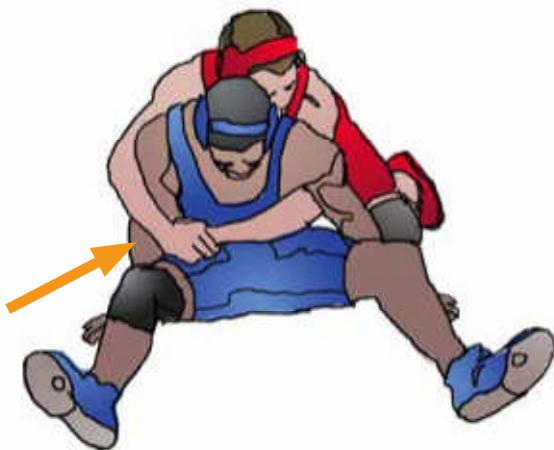
**(7-2-2)** In this **arm bar/tight waist, and arm bar 1/2 nelson** the defensive wrestler is defenseless if taken to the mat. If the referee feels there is potential injury, then the match must be stopped in order to protect the defensive wrestler.



**(7-3-3)** Interlocking of hands around both legs by the offensive wrestler is a **technical violation**.



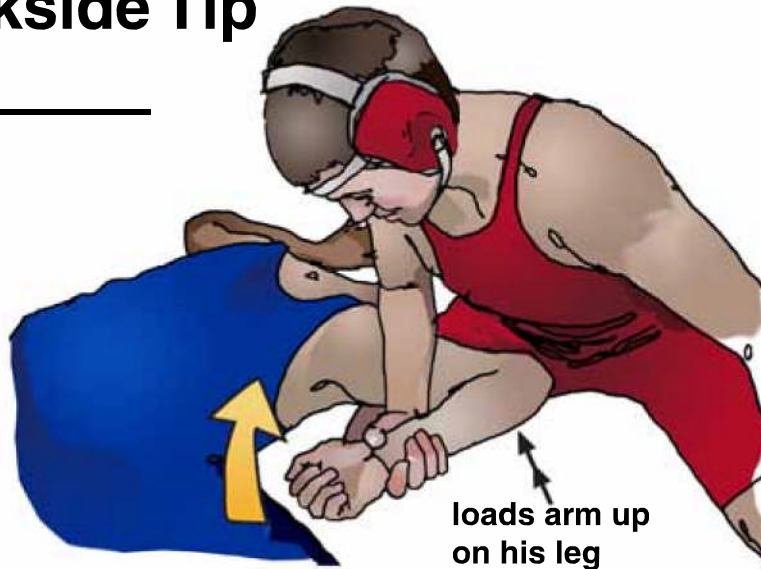
**(7-3-3)** The **chest cradle** is **locked hands** around the body and is a technical violation.



**(7-3-3)** **Locked hands around the body** is a **technical violation** by the offensive wrestler when the contestants are on the mat. It is a **technical violation** either with or **without one** or both arms.

# Blair Backside Tip

(Twisting Hammer)

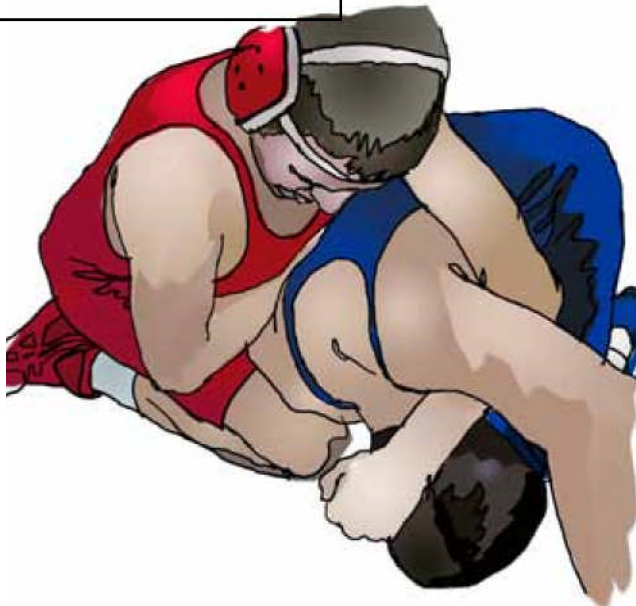
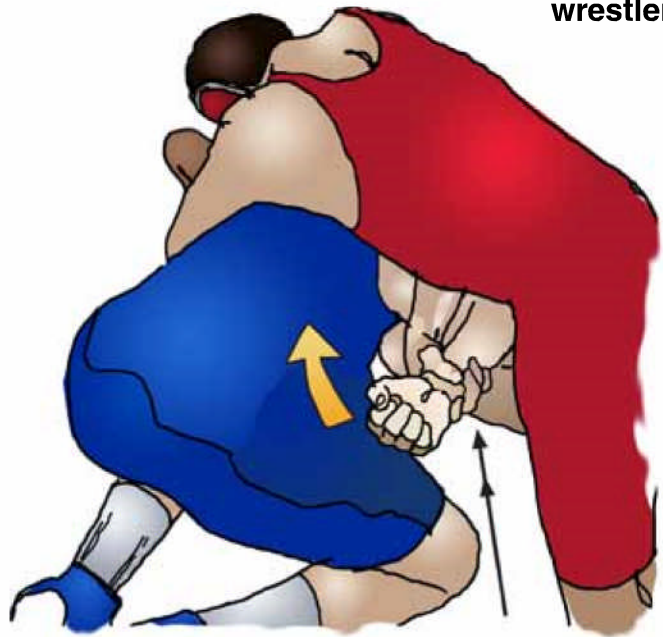


Set-up 1A. Wrestler (a) pulls arm out from under wrestler (b), loads up on his leg,

Stop here as **Potentially Dangerous**—before arm (b) moves up and away from back, (and/or the plain of the back)

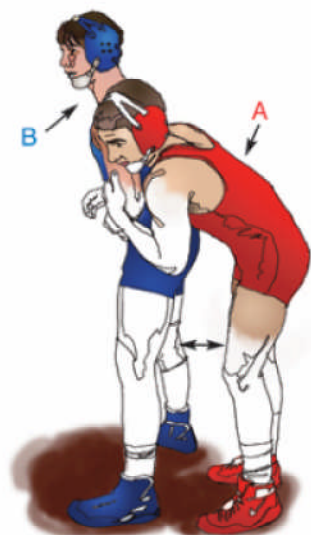
**CONCERN!** If official is in front as shown, he will most likely miss, the moment that this is Potentially Dangerous and/or an Illegal Hold. Adjust position to see the belly side of wrestler (a).

1b. Wrestler (a) reaches across to apply a backside half nelson to wrestler (b)



## DOUBLE KNEE KICK BACK—ILLEGAL BY APPLICATION

### STEP 1. SET-UP



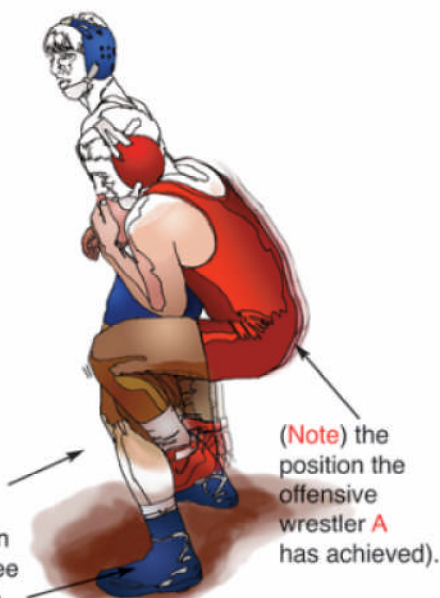
Offensive wrestler (A) creates space to jump up with both knees or feet behind the knees of the standing defensive wrestler (B)

### STEP 2. APPLICATION—ILLEGAL

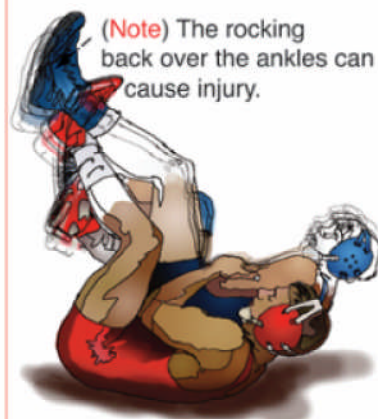
Blow whistle as soon as **Step 2** occurs. Try and prevent injury, (however) it is still an illegal hold, and should be penalized immediately.

ILLEGAL

Wrestler B could sustain injury to knee or ankle due to force and weight of wrestler A.



### STEP 3. FINISH



(REMEMBER) No near fall points can be earned if wrestler A takes wrestler B to a tilting position.

**POINTS CANNOT BE EARNED BY WRESTLER A WHEN RESULT OF ILLEGAL HOLD.**

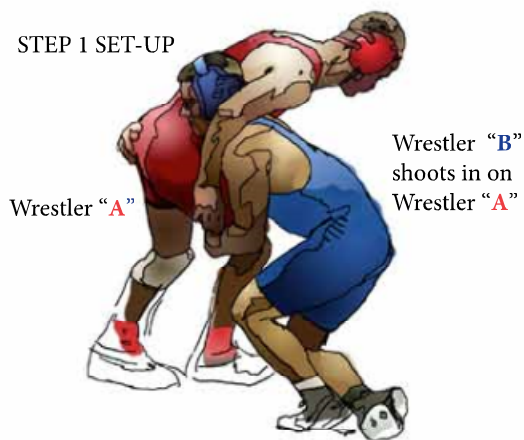
WRESTLER A (RED)

WRESTLER B (BLUE)

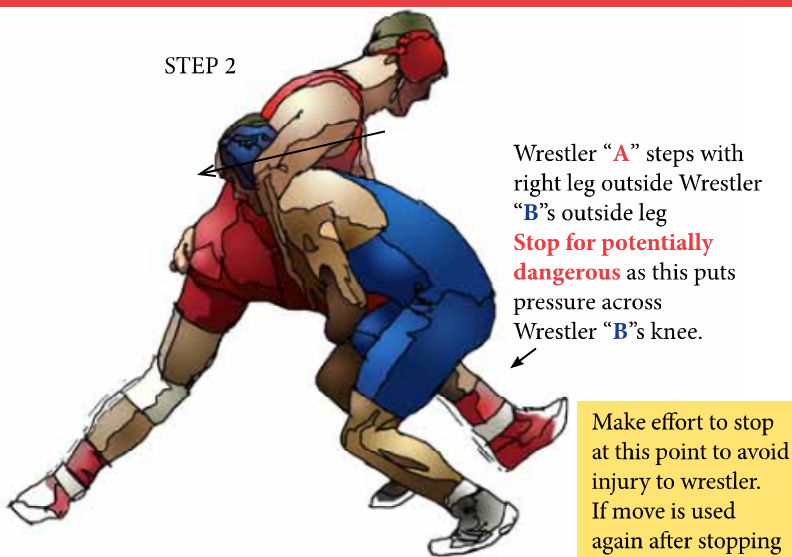


## Head Trap/Knee-Block—Potentially Dangerous

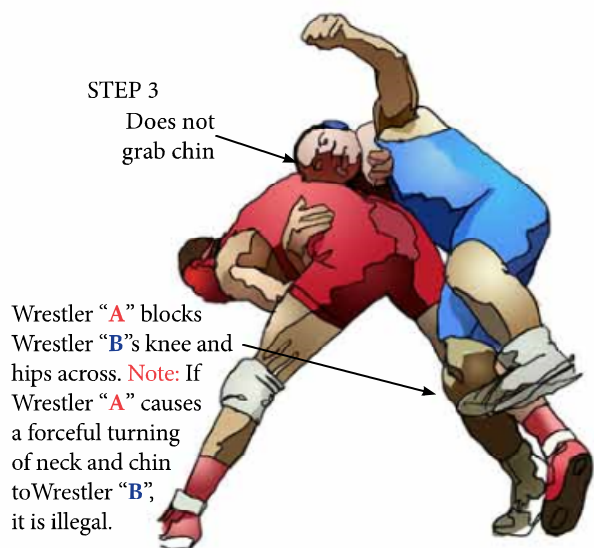
STEP 1 SET-UP



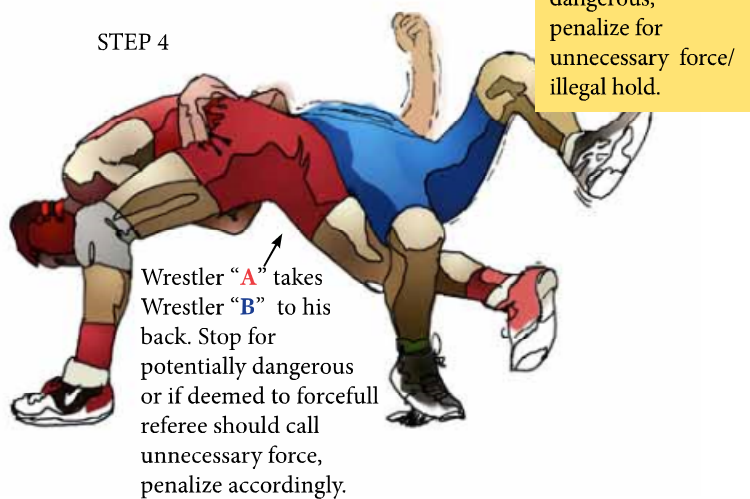
STEP 2

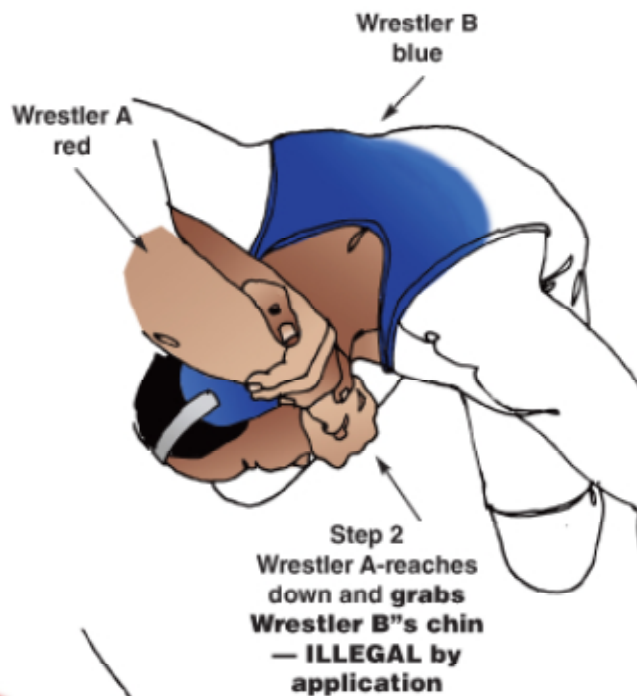
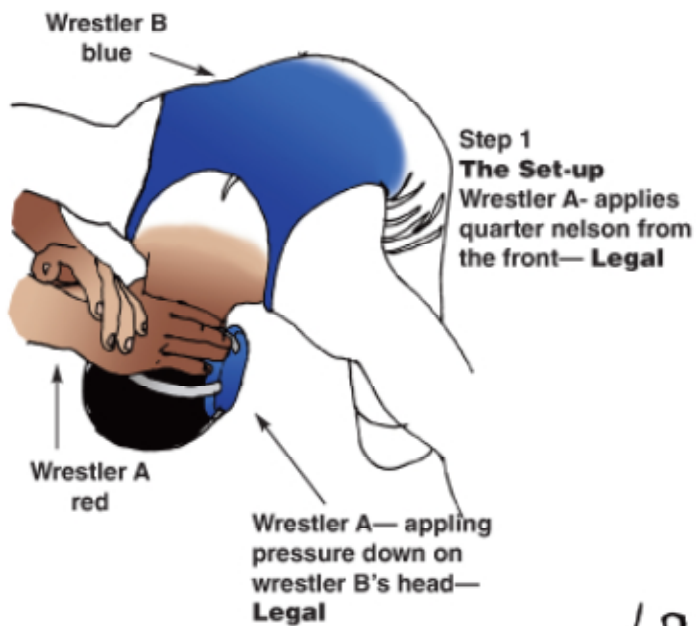


STEP 3



STEP 4





## Quarter Nelson with the Chin

—Illegal—  
(by application)

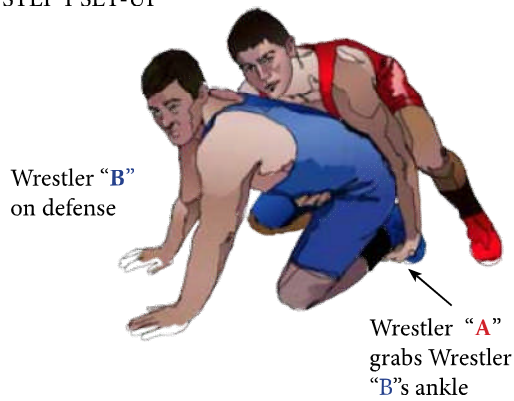


Step 2A—**OPPOSITE VIEW**  
**NOTE-** Wrestler A- grabs wrestler B'S chin. See it, call it — **ILLEGAL** by application

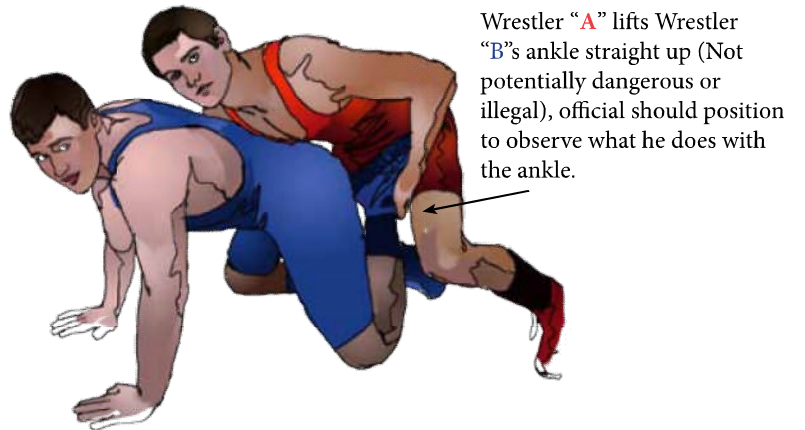
# Illegal Twisting knee

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STEP 1 SET-UP



STEP 2



STEP 3

