



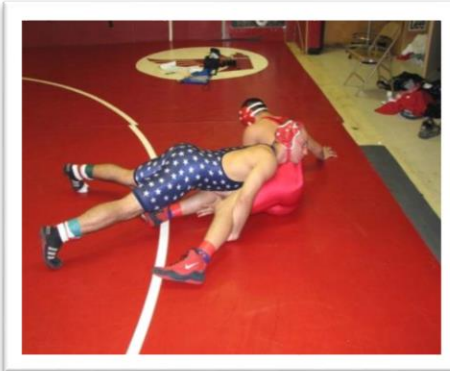

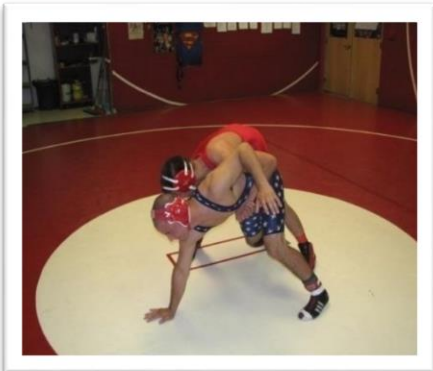



Wrestling Illustrations

Contents

Control (Takedowns/Reversals)	2
Starting Position	4
Neutral Position	7
Fall/Near Fall	8
Illegal Holds	10
Technical Violations	18
Potentially Dangerous	19

Control (Takedowns/Reversals)

<p>13. Takedown I</p> 	<p>14. Takedown w/ feet in</p> 	<p>15. Takedown w/ feet in</p> 
<p>(5-25-1) A takedown is earned when the feet return to the mat immediately as in the photos above. If the feet do not come down immediately it is an out of bounds situation with no control earned</p>		<p>(5-25-1) This is a takedown. The knees can either be above the mat or on the mat</p>
<p>16.</p> 	<p>17.</p> 	<p>18.</p> 
<p>(5-25-1) 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</p>	<p>(5-25-1) When this position is obtained beyond reaction time with one or two hands bearing the weight a takedown shall be awarded.</p>	<p>(5-25-1) This is a takedown by the Red wrestler. Also, the Red wrestler has not put his opponent in near fall criteria. Once control is awarded by the referee, the Red wrestler should be allowed reaction time to break his locked hands</p>

19. Takedown



(5-25-1) Takedown. The crotch lift by the Green wrestler does not stop the takedown.

20. Takedown II



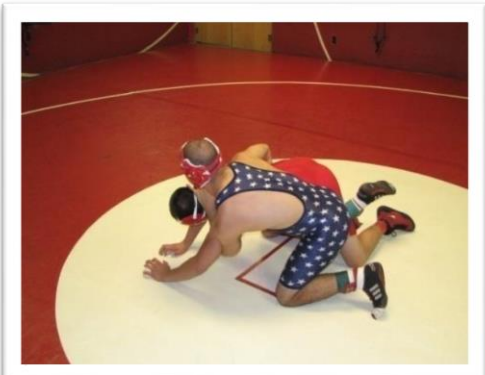
(5-25-1) Takedown. The double underhook does not stop the takedown.

21. Takedown III



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

22. Takedown IV



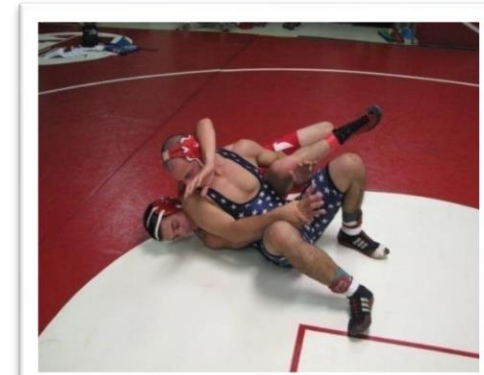
(5-25-1) This is a takedown.

23. Takedown V









(5-25-1) Takedown. Same move, as photo 22 but at a different angle .

24. Reversal

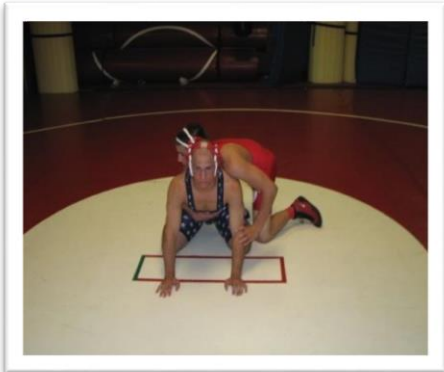


(5-22) Reversal. Following a shoulder roll, there is change of control (reversal) when the bottom wrestler is concerned about being pinned. The referee should begin looking for the reversal as soon as either a leg or arm are trapped

Starting Position

<p>25.</p> 	<p>26.</p> 	<p>27.</p> 
<p>(6-2-3) Both wrestlers will exchange a traditional handshake (not a slap) prior to the start of a match</p>	<p>(5-20-4) Legal neutral starting position</p>	<p>(5-19-4) Legal neutral starting position</p>
<p>28. Neutral Starting Position (illegal)</p> 	<p>29.</p> 	<p>30.</p> 
<p>(5-19-4) Illegal neutral starting position. The Red wrestler must have one foot on the starting line</p>	<p>(5-19-4) Legal neutral starting position</p>	<p>(6-2-4) When starting visually handicapped wrestlers in the neutral position, the finger-touch will be used and initial contact made from the front</p>

31. Starting Position



(5-19-5) Legal starting position. One knee must be down by the top wrestler on the near (elbow) side and the bottom wrestler must have his knees behind the rear starting line and hands in front of the forward starting line

32. Starting Position II



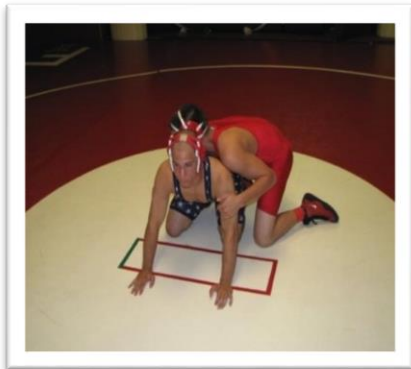
(5-19-5) Legal starting position with both knees down on the near side

33. Starting Position III (Caution)



(5-19-5) **Illegal** starting position. The Red wrestler is straddling his opponent

34. Starting Position elbow (Caution)



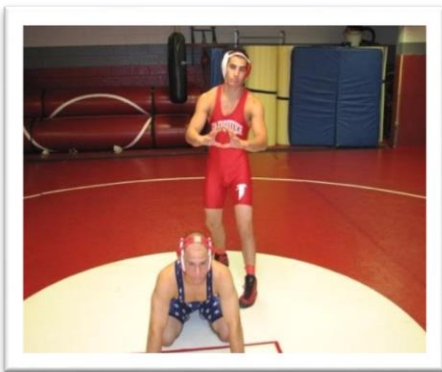
(5-19-5) **Illegal** starting position. The Red wrestler does not have his hand on his opponent's elbow

35. Starting position splitting legs (Caution)



(5-19-5) **Illegal** starting position. The Red wrestler is splitting his opponent's feet and are in contact with the defensive wrestler

36. Optional Start



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

37. Optional Start II



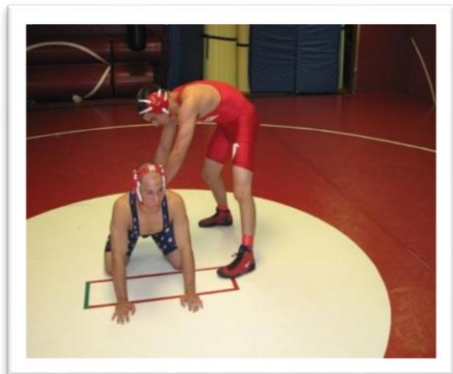
(5-19-7) When using the optional start the hands must be on the back with the thumbs touching

38. Optional Start III



(5-20-7) Legal optional start position

39. Optional Start IV



(5-19-7) Legal optional start position. The leg can be forward of the rear line but not forward of the front line

40. Optional Start (Caution)



(5-19-7) **Illegal** optional start position. The Red wrestler is straddling his opponent

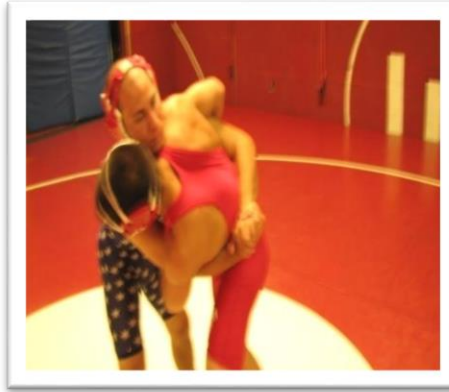
Neutral Position

41. Neutral Position



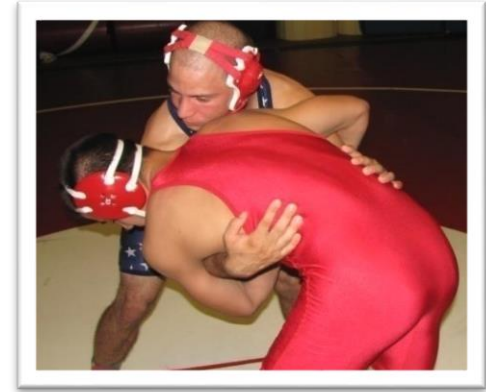
(5-10, 5-19-3) When neither wrestler is in control, they are neutral (no advantage)

42. Neutral Position – with control



(5-10, 5-19-3) The wrestler in the blue singlet is still in control with his body lock from a previous takedown or reversal

43. Neutral Position – Loss of control



(5-10, 5-19-3) When the bottom wrestler (red) is able to stand, turn, break the locked hands and separate them to the point that they cross the midline of the back, control is lost and an escape shall be awarded

Fall/Near Fall

44.



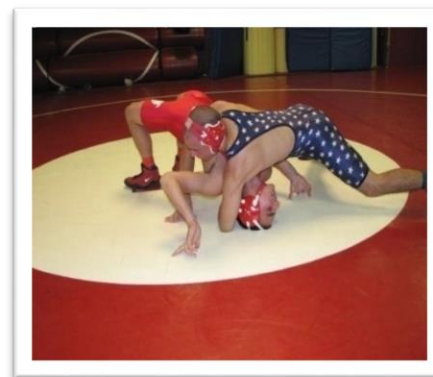
(5-11-1) This rear view shows an example of a wrestler's pinning area. Both shoulders or both scapula's must touch the mat for **two seconds** while inbounds for a fall to be earned

45.



(5-11-2) A near fall may be scored when the defensive wrestler is held on **both** elbows

46.



(5-11-2) A near fall may be scored when the defensive wrestler is held in a high bridge

47.



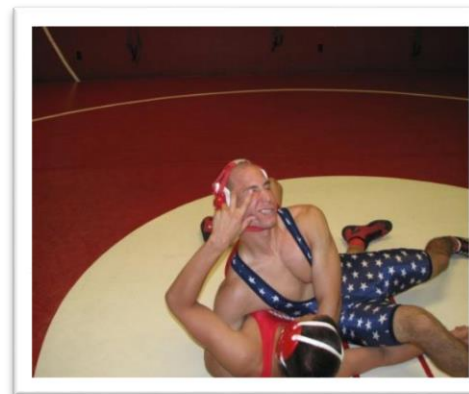
(5-11-2) A near fall may be scored when the defensive wrestler is held with one shoulder or scapula on the mat and the other at an angle of 45 degrees or less or both shoulders or scapula's held four inches from the mat

48.



(5-14-2) When the defensive wrestler in a pinning situation and illegally/ (unnecessarily rough) **puts pressure** over the opponent's mouth, nose, eyes, throat or neck, it shall be penalized when the situation ends

49.

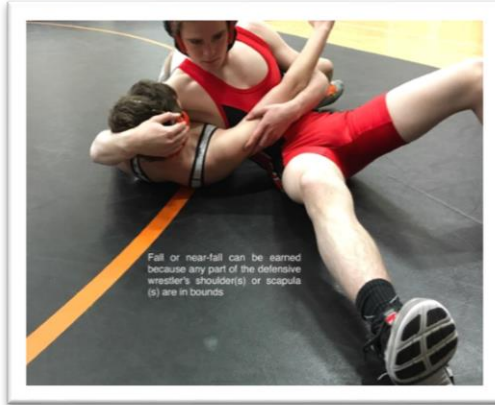


50.



(5-11-1) A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds.

51



(5-11-2b) Fall or near fall can be earned because defensive wrestlers supporting points (shoulders) are inbounds while offensive wrestler is out of bounds.

52.



Wrestler is out of bounds because toes are not supporting points while down on the mat.

Illegal Holds

53. Double Underhook (Illegal)



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

54. Double Underhook (Illegal)



55. Pressure against the joint (Illegal)



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

56. Hammerlock > 90° (Illegal)



(7-1-5b) It is illegal to bend the arm in a hammerlock above 90 degrees

57. Arm off the back (Illegal)



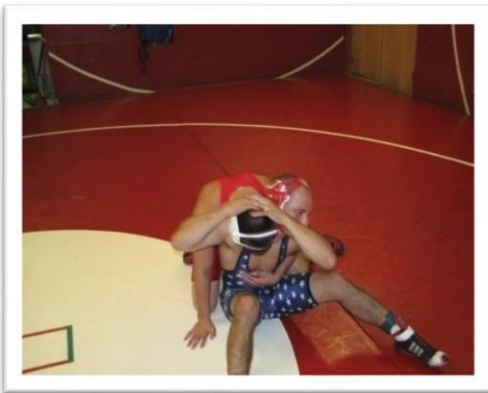
(7-1-5c) It is illegal to bring the arm off the back and twist in a hammerlock

58. Headlock w/o arm (Illegal)



(7-1-5d) This headlock is illegal since the Green wrestler does not have an arm encircled

59. Pressure on Head (**Legal**)



(7-1-5d) This is a legal move by the defensive wrestler which places pressure on the head, similar to the ¾ nelson

60. Headlock w/o arm (**Illegal**)



(7-1-5d) This headlock is **illegal** since the Red wrestler does not have an arm encircled

61. Headlock above elbow (**Illegal**)



(7-1-5d) This headlock is **illegal** since the lock is above the elbow

62. Front Headlock (**Illegal**)



(7-1-5d) This front headlock is **illegal** since the wrestler in the blue singlet does not have an arm encircled. This headlock is often missed because the official is on the wrong side of the lock

63. Headlock (**Legal**)



7-1-5d) This headlock is legal since an arm is encircled and the lock is below the elbow.

64. Headlock II (**Illegal**)



(7-1-5d) This headlock is **illegal** since an arm is not encircled placing undue pressure on the throat, neck and carotid artery

65. 3/4 Nelson (Legal)



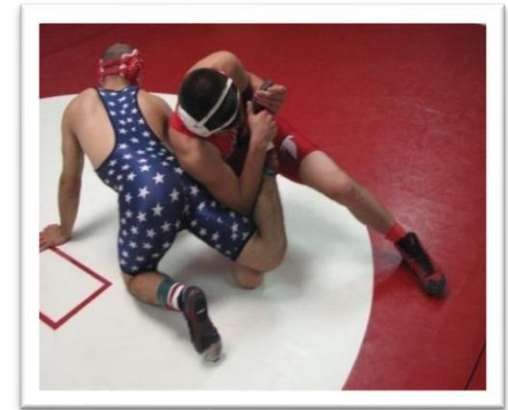
(7-1-5f) The 3/4 nelson is legal even if coming under both arms

66. Full Nelson from the front (Illegal)



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

67. Twisting Knee Lock (Illegal)



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

68. Key Lock (Illegal)



(7-1-5i) The key-lock is an illegal hold

69. Overhead Double Arm Bar (Illegal)



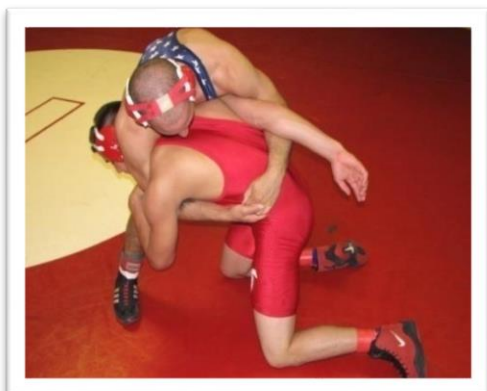
(7-1-5j) The overhead double arm bar is illegal either with one or two arms

70. Double Arm Bar (Illegal)



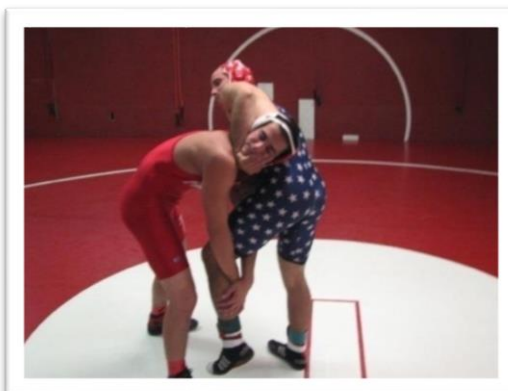
(7-1-5j) Illegal double arm bar from the front, with hands locked on the back, either on the mat or on the feet

71. Double Arm Bar – Hands on Side (Legal)



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

72. Neck Wrench I (Illegal)



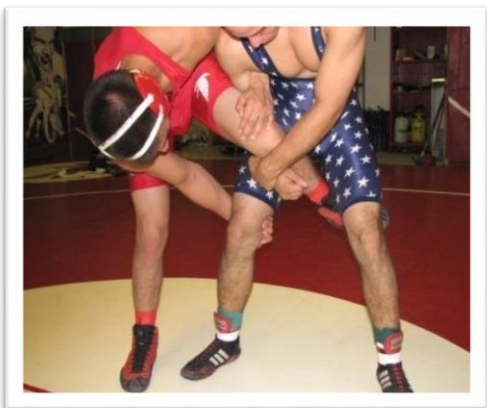
(7-1-5l) **Illegal** neck wrench. This shall be stopped immediately

73. Neck Wrench II (Illegal)



(7-1-5l) **Illegal** neck wrench. This shall be stopped immediately

74. Leg Block (Illegal)



(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 a kick

75. Cut Back (Illegal)



(7-1-5n) **Illegal** "cut back" by kicking the leg

76. Front Qtr. Nelson (Illegal)



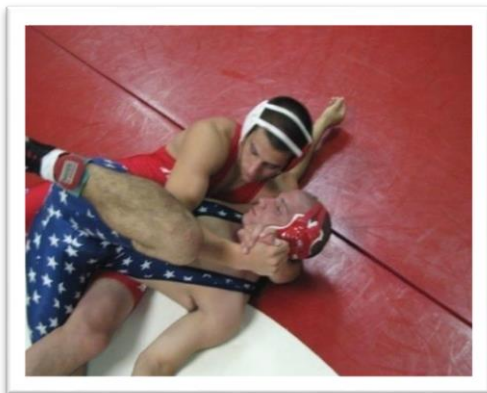
(7-1-5m) The front quarter nelson with the chin will cause undue pressure on the neck and is **illegal**

77. Guillotine (Legal)

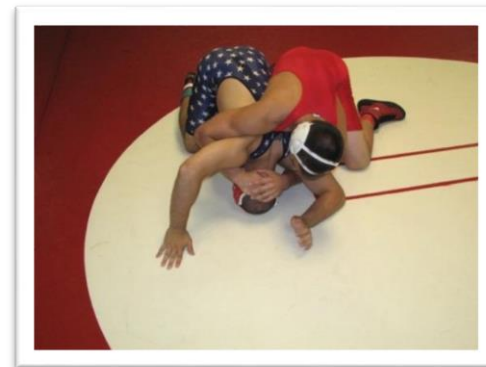


(7-1-5d) When the guillotine is applied, it is **legal** to lock the hands around the head without an arm, once near fall criteria have been met

78. Guillotine – Hands Locked (Legal)



79. Full Nelson I (Illegal)



(7-1-5f) The full nelson is an **illegal** hold

80. Full Nelson – Hands not touching (Illegal)



(7-1-5f) This full nelson is **illegal** even though the hands are not touching or overlapping

81. Figure Four around the head (Illegal)



(7-1-5r) The figure four on the head from any position is **illegal**

82. Straight Scissors on the Head (Illegal)



(7-21-5e) The straight scissors on the head is **illegal**

83. Figure Four around one leg



(7-1-5r) The figure four around one leg is legal

84. Figure Four around the body



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

85. Figure Four around the body II



(7-1-5r) The figure 4 around the body, the head or both legs is an **illegal** hold/maneuver

86. Scissors on the body



(7-1-5r) The scissors on the body is **legal** as long as it is not used for punishing the opponent

87. Over-Scissors



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

88. Figure Four around the head



(7-1-5r) The figure four around the head is an **illegal** hold/maneuver; even from the neutral position

89. Head Pry



(7-1-5p) The head pry is **illegal**

90.

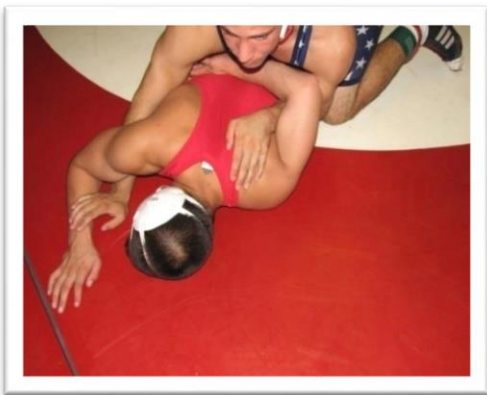
(7-1-5d) Legal head pry. The top wrestler can use this pry as long as it includes the arm or shoulder

91. Pressure to Elbow



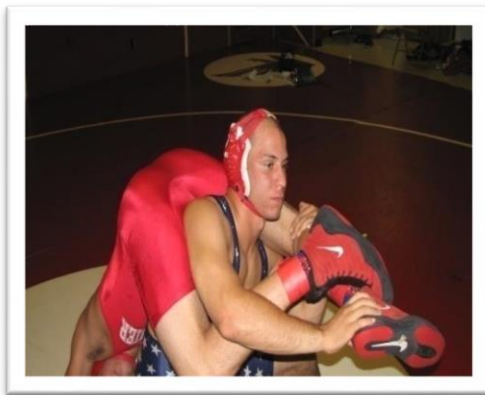
(7-1-5p) Applying pressure to the elbow as shown is **illegal**

92. Chicken Wing w/ Parallel Pressure



(7-1-5p) The chicken wing is **illegal** when the pressure is parallel to the long axis

93. Draping Head Scissors



(7-1-5) The draping head scissors is legal since there is minimal pressure on the neck or head

94. Scissors



(7-1-5e) The scissors on the head is **illegal**

95. Double Wrist Loc



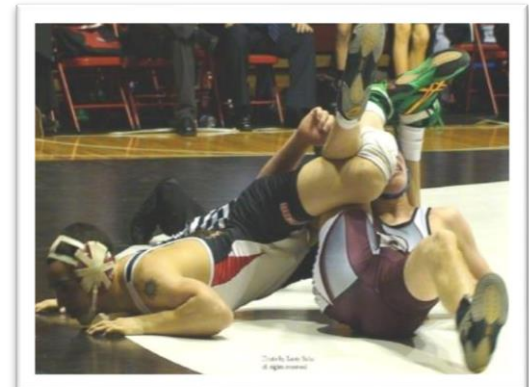
(7-1-5p) The double wrist lock is **illegal** when the force is parallel to the long axis of the opponent's body. It is legal when kept perpendicular

96. Back Bow



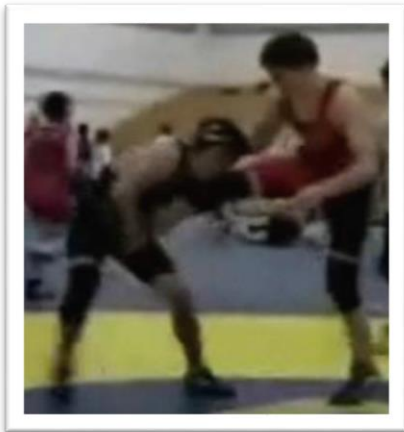
(7-1-5q) The back bow is **illegal** by application, whether the defensive wrestler is on his/her stomach or hip

97. Leg Cradle



The leg cradle is legal in high school

98. Back Flip



(7-1-5w) A back flip from the standing position is an **illegal** maneuver

99.

100.

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

Technical Violations

101. Locked Hands I



102. Locked Hands II

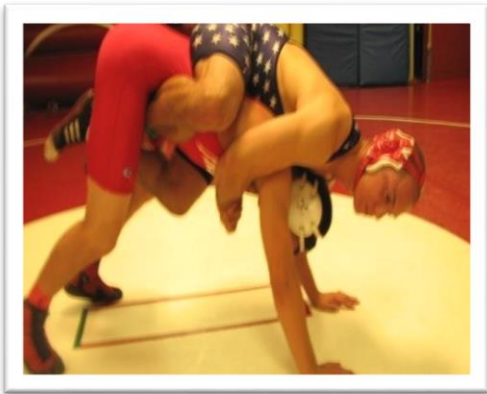


103. Locked Hands III



(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. It is not locked hands when the defensive wrestler is supporting all his weight by his feet/legs

104. Locked Hands IV



(7-3-3) When the defensive wrestler pyramids, the offensive wrestler cannot lock hands. Technical violation by the offensive wrestler

105. Locked Hands V


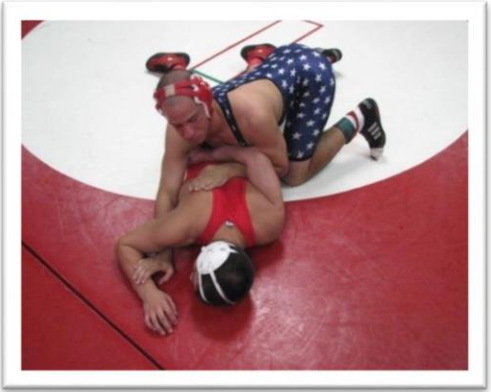

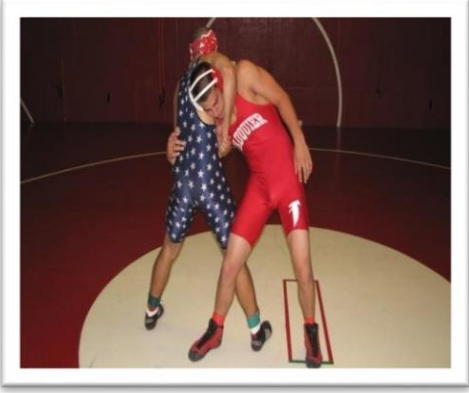



(7-3-3) The chest cradle is locked hands around the body and is a technical violation

106.

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

Potentially Dangerous

<p>107. Headlock</p> 	<p>108. Chicken Wing</p> 	<p>109. Grasping of Chin</p> 
<p>(7-2-2) This headlock is potentially dangerous if additional action is not made quickly. The left hand of the defender shows distress. Even though the head lock is legal, the pressure on the neck and throat can make it illegal</p>	<p>(7-2-2) The chicken wing is potentially dangerous but allowed as long as the pressure is not towards the long axis</p>	<p>(7-2-2) The grasping of the chin in this duck under does not involve a twisting motion, therefore, it is potentially dangerous</p>
<p>110. Head and Arm</p> 	<p>111. Front Bridge</p> 	
<p>(7-2-2) This head and arm series is very similar to the front headlock from the standing position. This hold is potentially dangerous and should be stopped immediately</p>	<p>(7-2-2) This front bridge is potentially dangerous because of the possibility of injury. It must be broken immediately. Same for the back bridge</p>	

112. Double Arm Bar stack



(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

113. Split Scissors



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

114. Arm Bar (potentially dangerous)



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

115. Arm Bar Tight Waist



(7-2-2) In this arm bar/tight waist, and arm bar and ½ nelson the defensive wrestler is defenseless if taken to the mat. If the official feels there is potential for injury, then the match must be stopped to protect the defensive wrestler

116. Arm Bar Half Nelson

