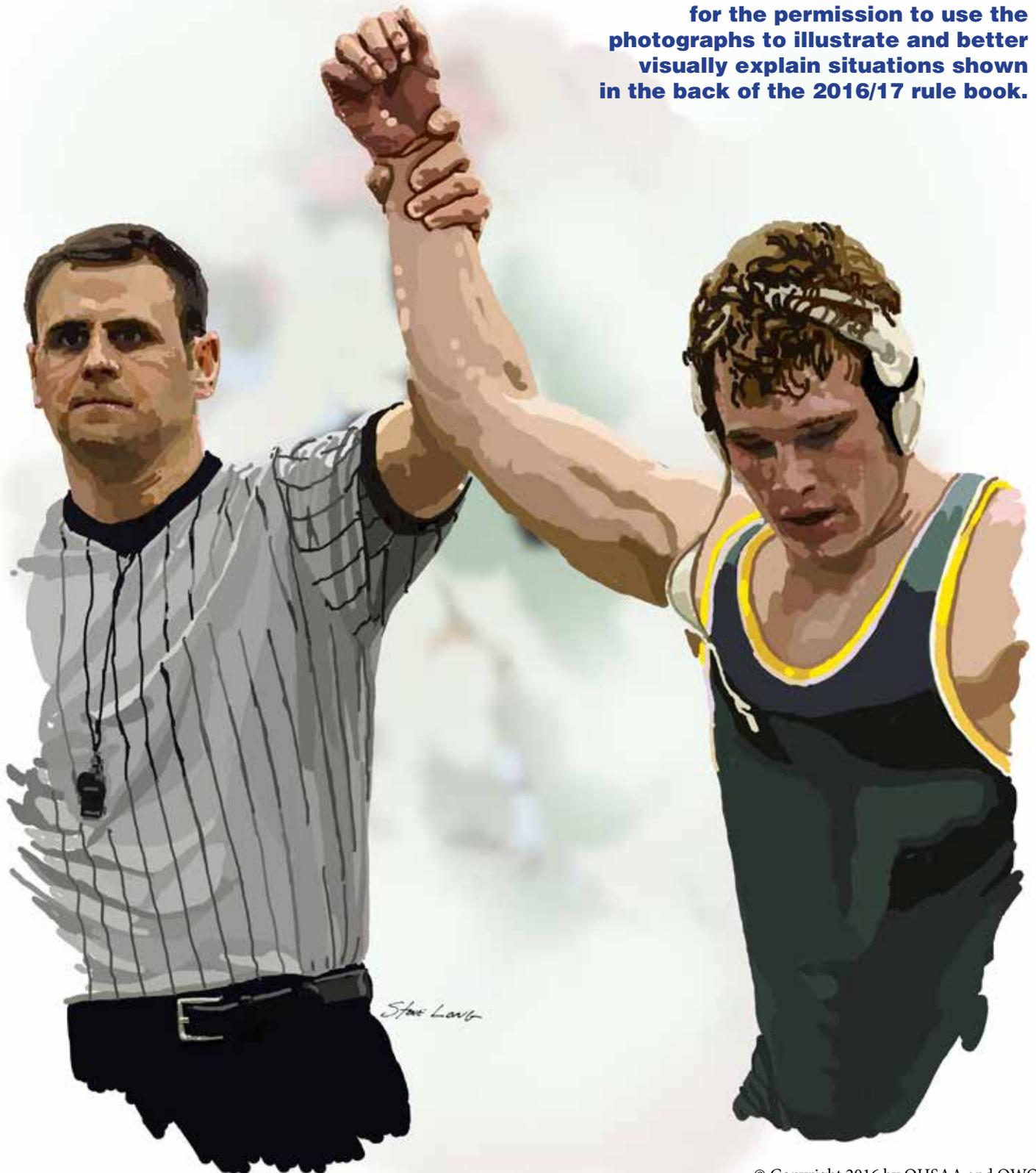




2016 /2017

NFHS wrestling Rules

The OHSAA and the OWOA wish to thank the National Federation of State High School Associations for the permission to use the photographs to illustrate and better visually explain situations shown in the back of the 2016/17 rule book.



**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.



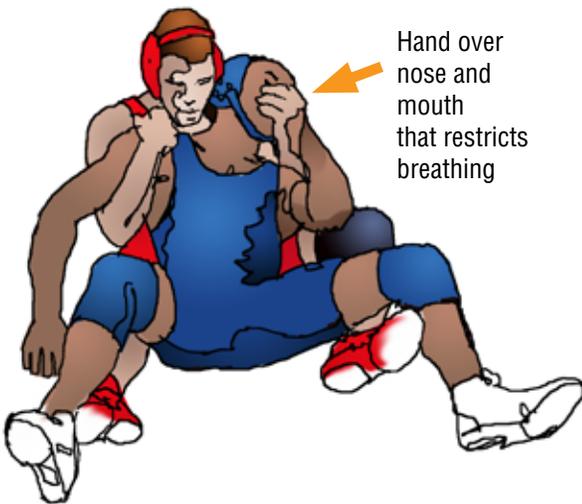
(5-11-2) A near fall may be scored when the wrestler is held in a high bridge or on both elbows

Hand over nose and mouth that restricts breathing

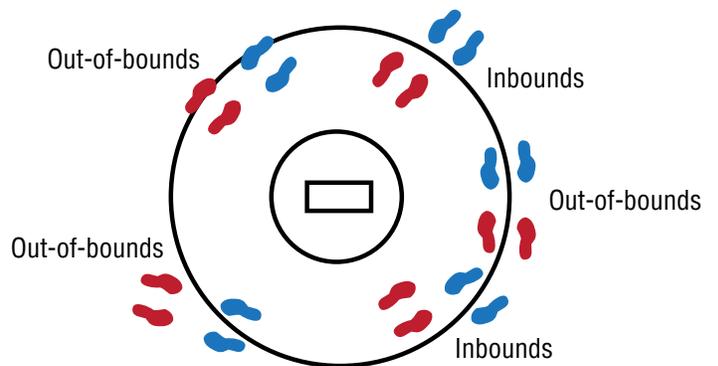


(5-14-2) When the defensive wrestler in a pinning situation, illegally puts pressure over the opponents' mouth, nose, or neck, it shall be penalized.

Hand over nose and mouth that restricts breathing

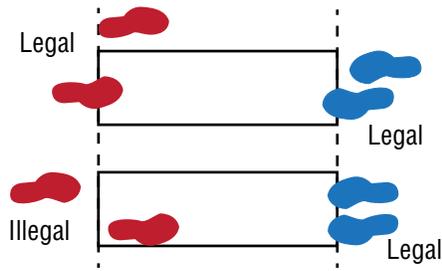


(5-14-2) Any hold/maneuver over the opponent's mouth, nose throat or neck which restricts breathing or circulation is illegal



(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

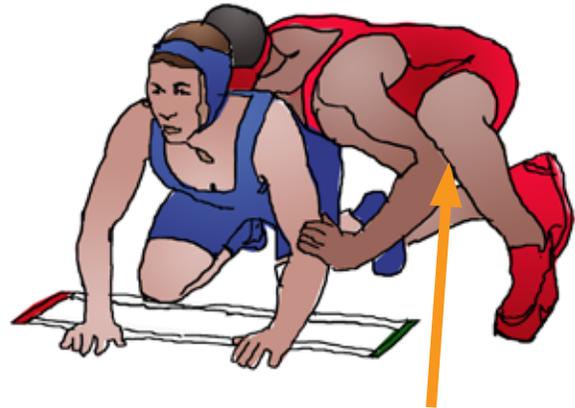


Neutral Starting Position

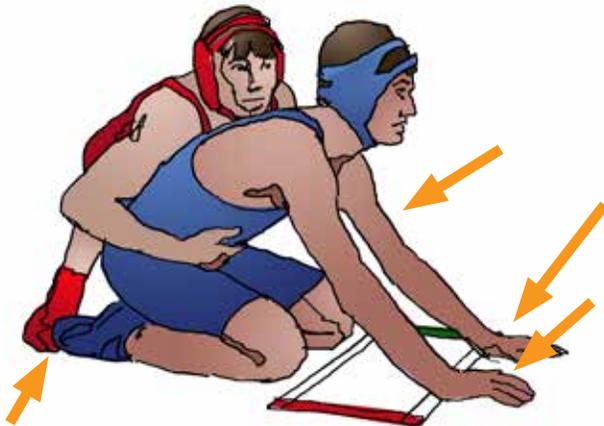
(5-19-4) Both wrestlers must have one foot on the green or red area of the starting lines and the other foot on line extended, or behind the foot on the line.



(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

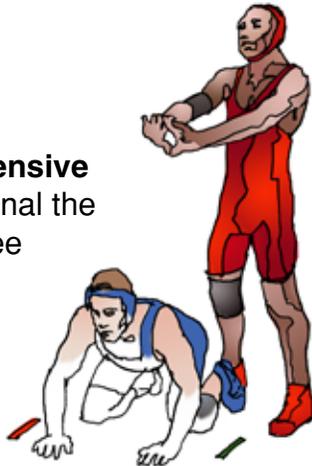


(5-19-5) Illegal starting position for the offensive wrestler because the right foot (not on the near side) **is in front of the defense man's feet**. You cannot straddle your opponent.

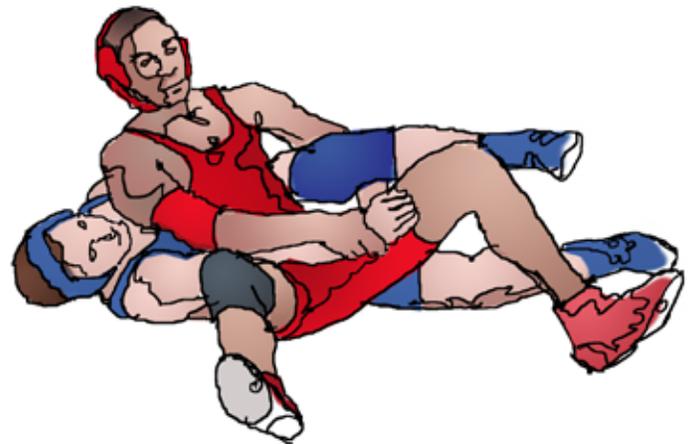


(5-19-5) Illegal starting position for the offensive wrestler. The offensive wrestler's knee **cannot be in contact** with the opponent, (Or break plain to block opponents move.)

(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**.

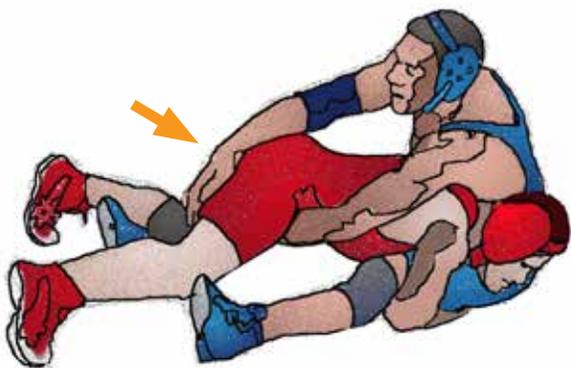
Takedowns / control



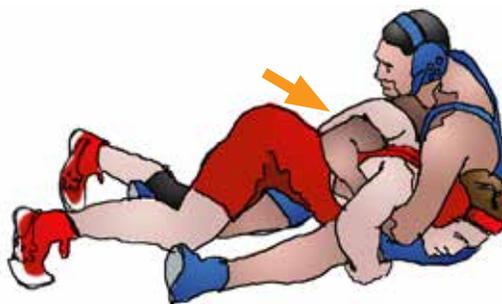
(5-25-1) This is a takedown regardless of the body lock by the wrestler in the blue uniform.



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



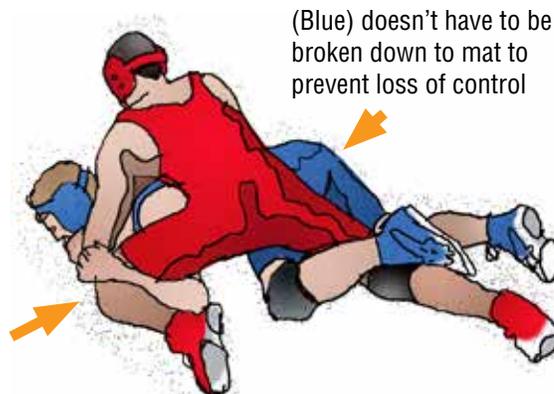
(5-25-1) This crotch lift does not stop the takedown by the wrestler in the blue uniform.



(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)**

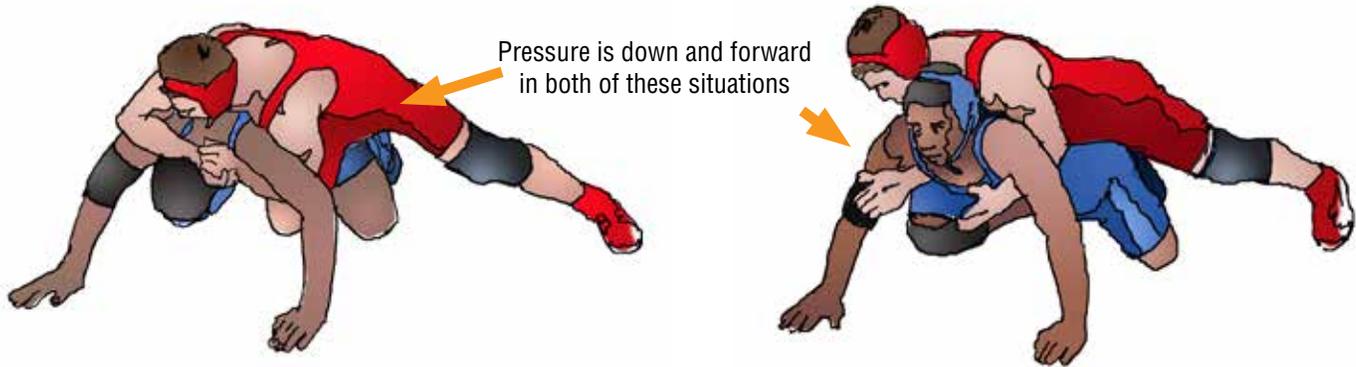


(5-25-1) There is control by the wrestler on top even though the hands of the opponent are locked around the leg. The top wrestler has the opponent off the base and is hip to hip.



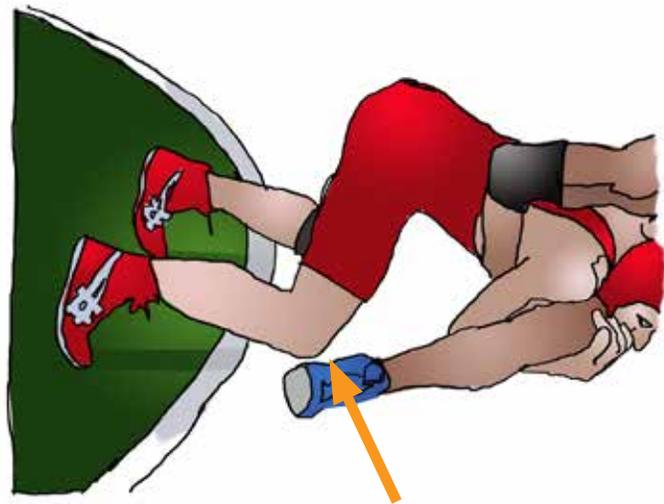
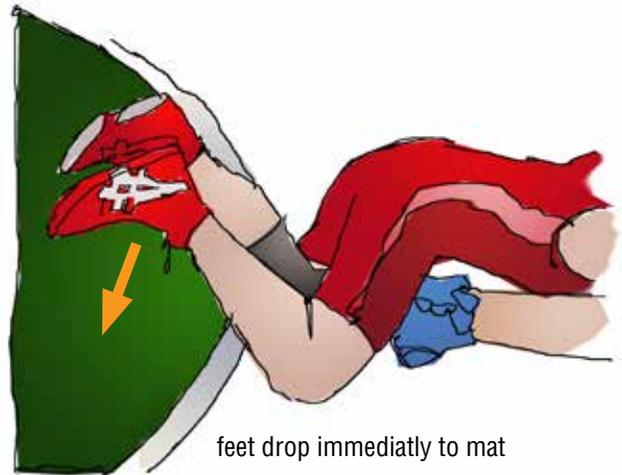
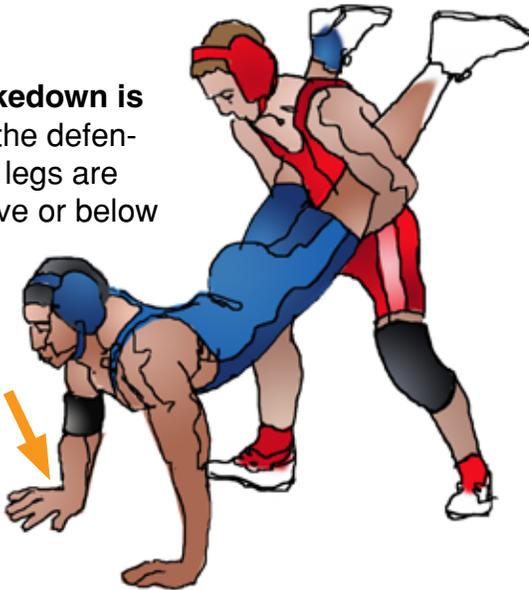
(5-25-1) There is control by the wrestler on top if this position is held beyond reaction time, even though hands of the opponent are locked around a leg.

Takedown / Control



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

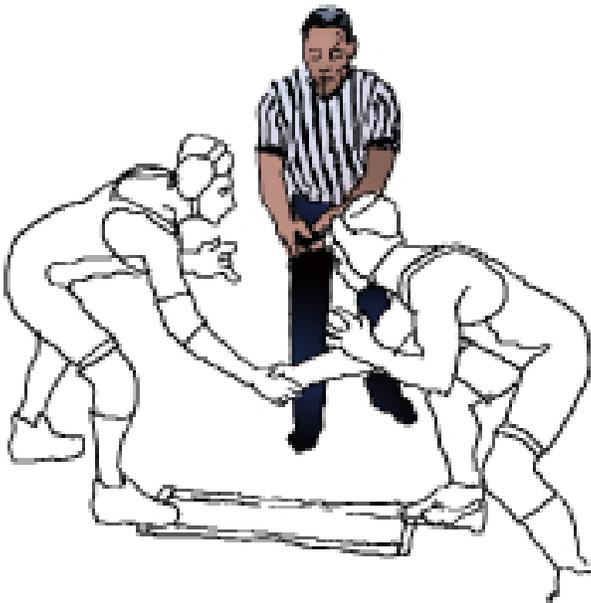
(5-24-2) A takedown is scored when the defensive wrestler's legs are controlled above or below the knees and the majority of the wrestler's weight is supported by the hands.



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

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

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



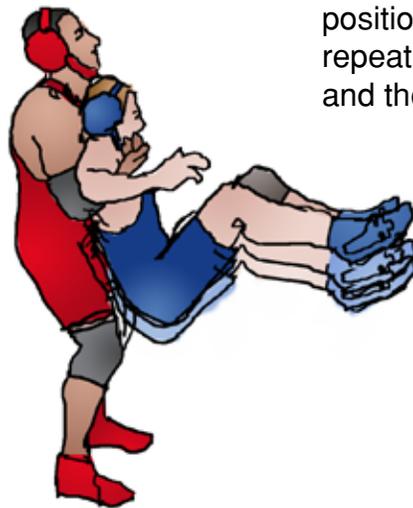
(6-2-4) When starting wrestlers with visual impairments in the neutral position, the finger touch start will be used and initial contact made from the front.

(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



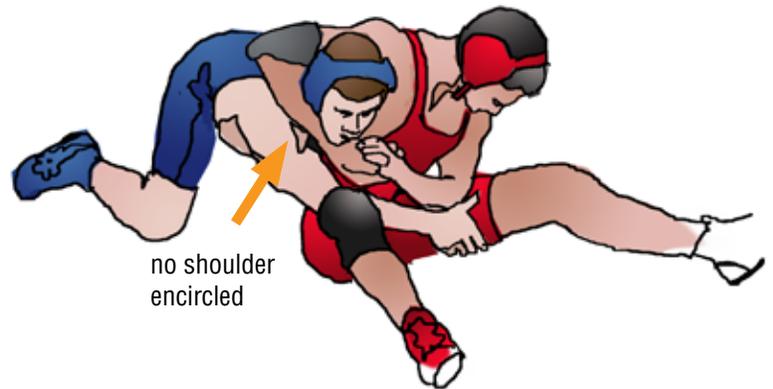
(7-1-5b) It is **illegal** to apply pressure away from the body in a hammerlock.



(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.



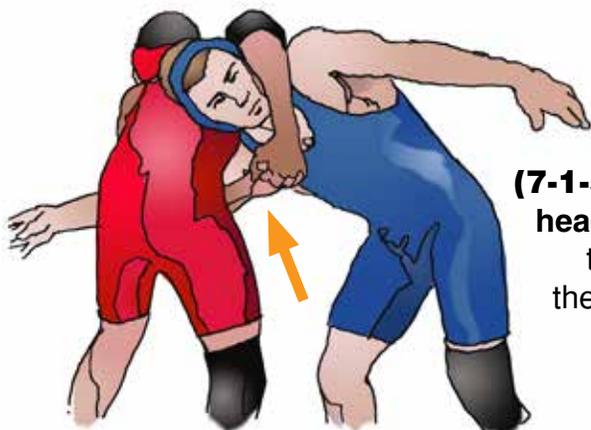
(7-1-5d) This headlock is **illegal** because the arm is not encircled at or above the elbow.

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.

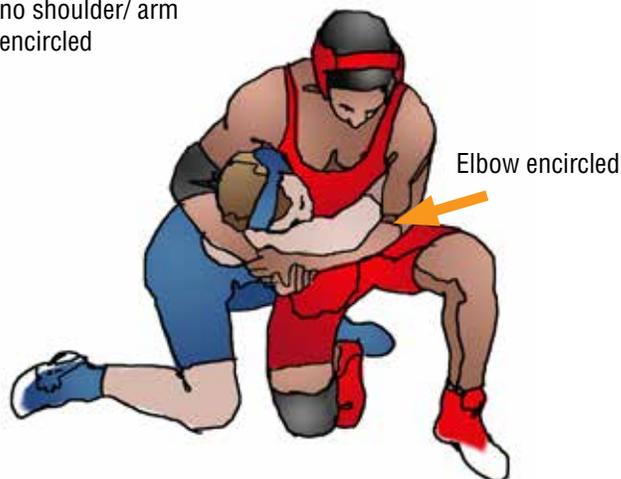


(7-1-5d) Illegal headlock

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

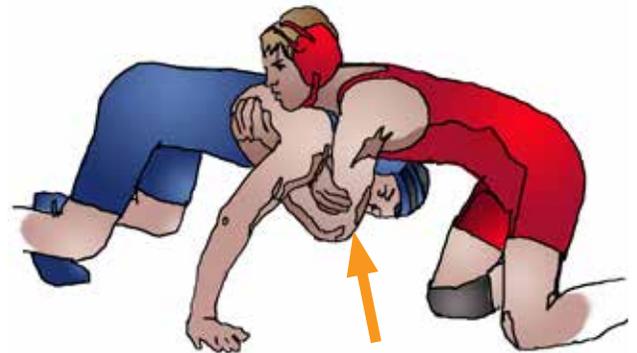
(7-1-5d) Once near-fall criteria are met, this is a **legal headlock**.



(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

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.



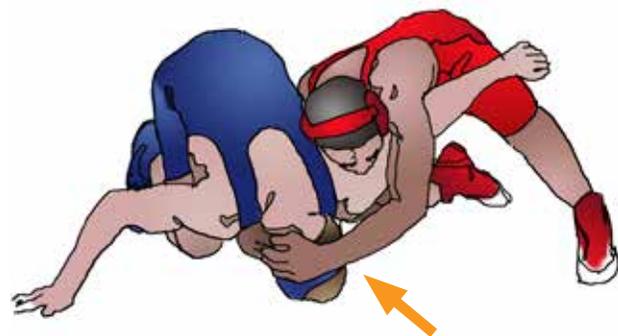
(7-1-5f) Illegal full nelson even though the hands so not touch.



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



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

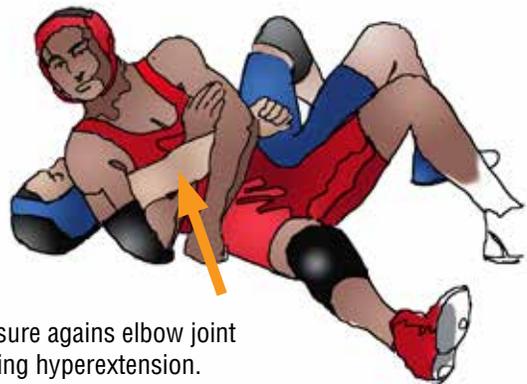


(7-1-5f) Legal 3/4 nelson under one arm and over the other arm.

illegal Hold/Manuever / Legal



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

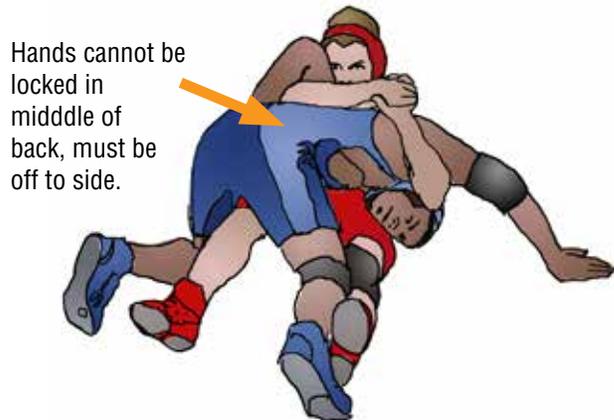


Pressure againsts elbow joint causing hyperextension.

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



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

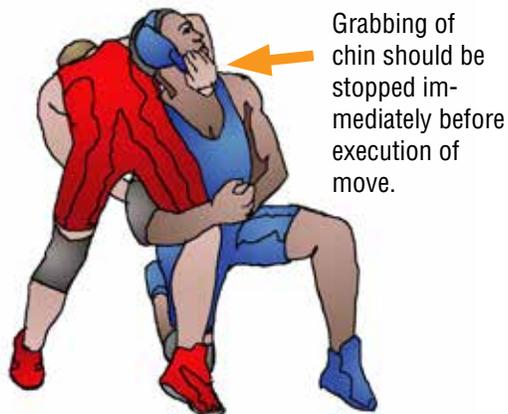


Hands cannot be locked in middle of back, must be off to side.

(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.

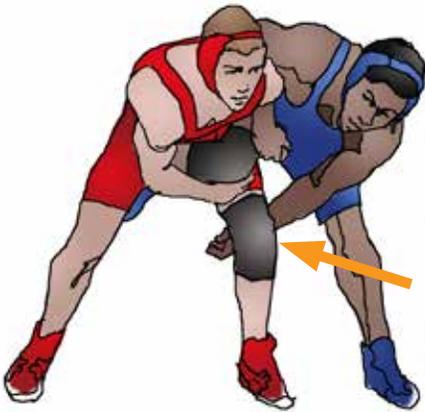
Illegal Hold/Maneuver / Legal / Potentially Dangerous



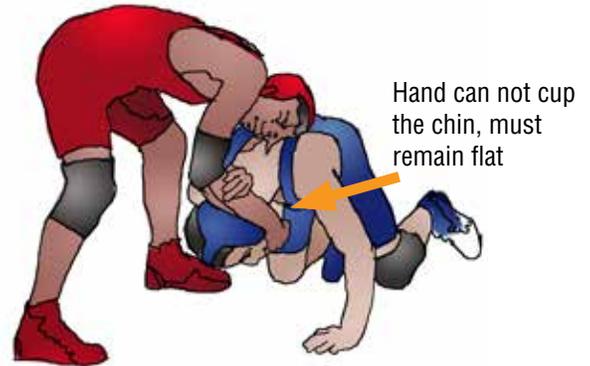
(7-1-5l) The grasping of the chin on this duck under does not involve a twisting motion, therefore, it is **potentially dangerous**.



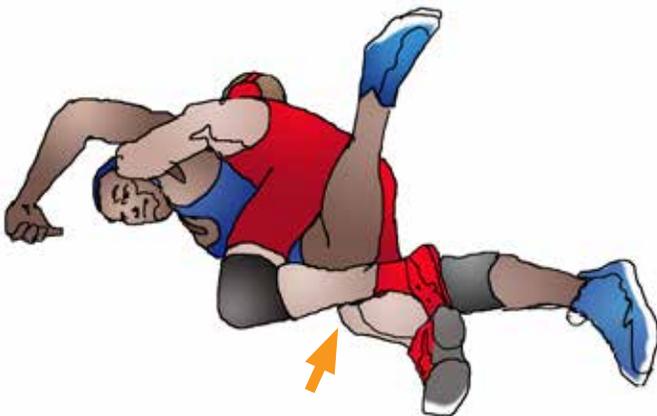
(7-1-5l) This is another example of an **illegal neck wrench**.



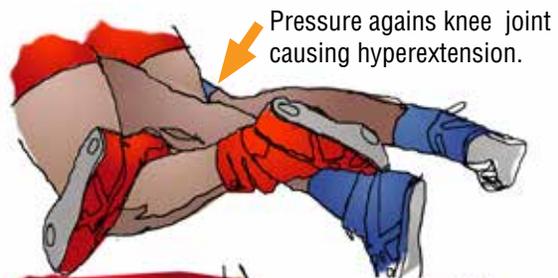
(7-1-5n) This is a **legal leg block**. The arm is used to block the leg prior to going to the mat, The opponent's leg cannot be "cut out" by kick.



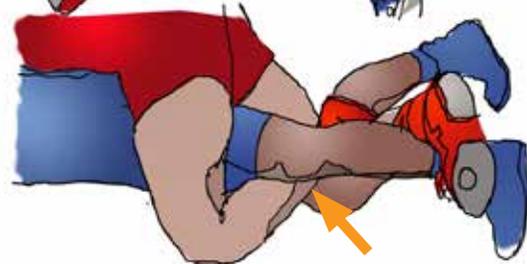
(7-1-5m) The **front quarter nelson with the chin** will cause undue pressure on the neck and is **illegal**.



(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.

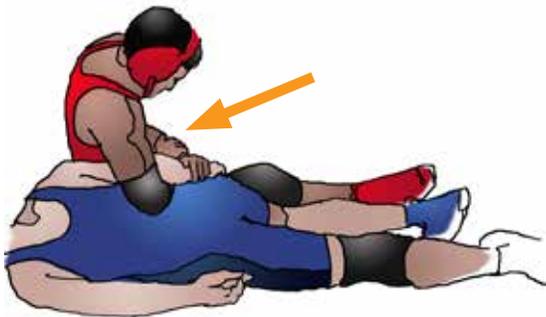
Illegal Hold/Maneuver / Legal / Potentially Dangerous



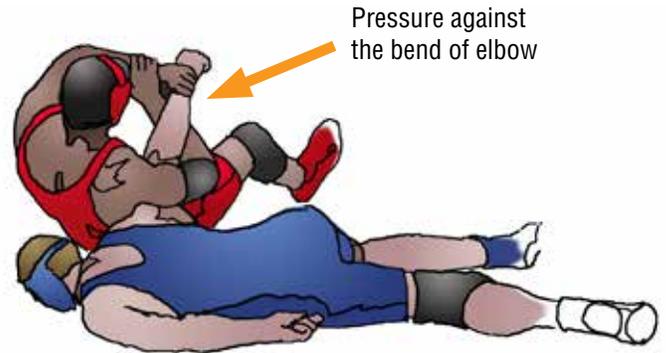
(7-1-5p) the head pry is an illegal hold/maneuver. It is dangerous because the head and neck are forced beyond normal movement.



(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.

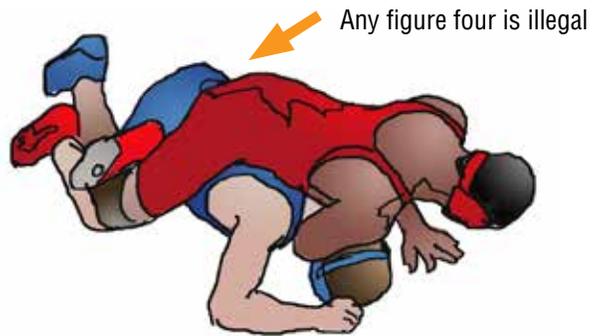


(7-1-5p) Illegal chicken wing. Pressure is parallel to long axis.

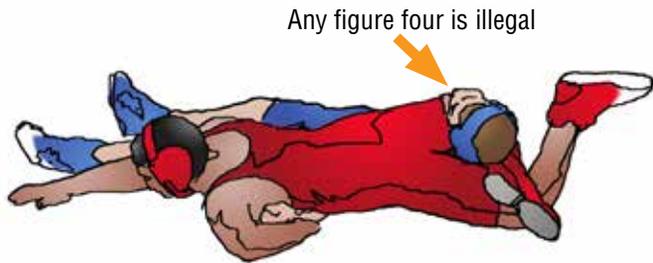
Illegal Hold/Maneuver / Legal / Potentially Dangerous



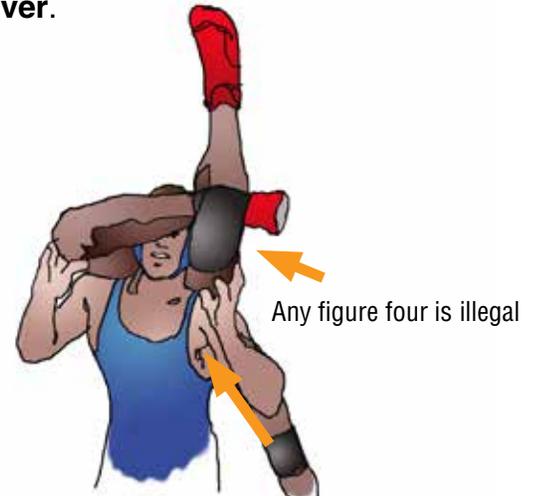
(7-1-5q) The **back bow** is **illegal** as illustrated by application when the pressure is toward the head. whether the defensive wrestler is on his/her stomach or hip.



(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



(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 **headlock** 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.

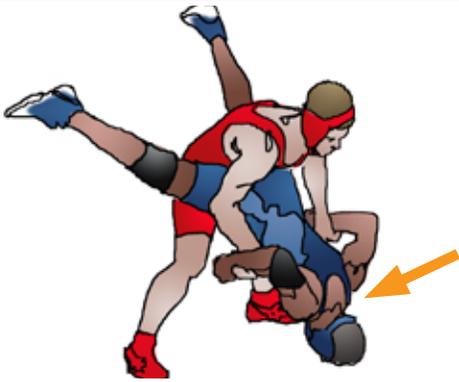


(7-2-2) The combination of a **legal chicken wing and half nelson** becomes a **potentially dangerous hold/maneuver** when the defensive wrestler is unable to roll in the direction of the pressure.



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

Potentially Dangerous / Legal Holds



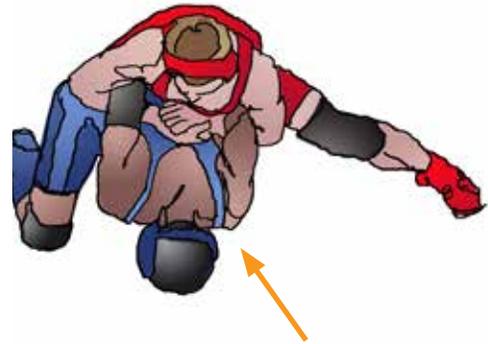
(7-2-2) This front bridge is **potentially dangerous** because of the possibility of injury. It must be broken immediately. Same for back bridge.



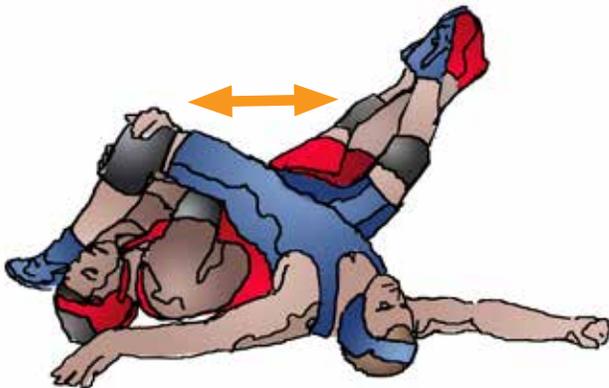
(7-2-2) Legal, but **potentially dangerous** as the left elbow is moved beyond the normal range.



(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



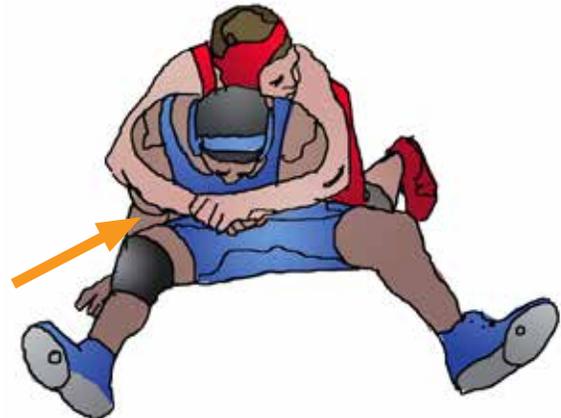
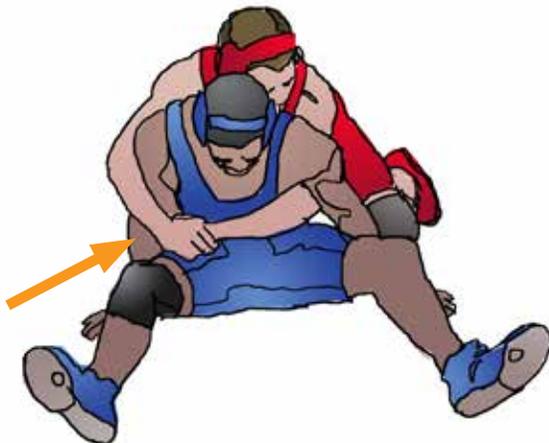
(7-2-2) In this **arm bar/tight waist, and arm bar 1/2 nelson** the defensive wrestler is defenseless if taken to the mat. If the referee feels there is potential injury, then the match must be stopped in order to protect the defensive wrestler.



(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.