



December 1, 2016

**A Hand Out-of-Bounds is a Supporting Point
Interpretation from NFHS & Rule Book Support
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Rule 5 SECTION 15 INBOUNDS

NFHS Rule 5-15-1... “Contestants are considered to be inbounds if all the supporting points of either wrestler are inside or on the boundary lines.”

NFHS Rule 5-15-2 ... “Supporting points are the parts of the body touching the wrestling area which bear the wrestler’s weight, other than those parts with which the wrestler is holding the opponent.”

- a. When down on the mat, the usual points of support are:
1. the knees;
 2. the side of the thigh;
 3. the buttocks;
 4. the hand(s);
 5. the head.

NFHS Rule 5-15-3 ... “Wrestling shall continue as long as all the supporting points of either wrestler remain inbounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.”

Rule 5 SECTION 18 OUT OF BOUNDS

NFHS Rule 5-18 ... “Out of bounds occurs when a supporting point of both wrestlers is beyond the boundary line.”

Rule 5 SECTION 25 TAKEDOWN

NFHS Rule 5-25-1... “It is a takedown when, from a neutral position, a wrestler gains control over the opponent down on the mat and all the supporting points of either wrestler are inbounds. When a majority of the defensive wrestler’s weight is borne on a hand(s), it is considered a supporting point.”

NFHS Rule 5-25-3 ... “In awarding a takedown at the edge of the mat, control must be established while all supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.”

Rule 6 SECTION 4 STOPPING AND STARTING THE MATCH

NFHS Rule 6-4-1 ... “When a supporting point of both wrestlers is out of bounds, wrestling shall be stopped and wrestlers returned to the center of the mat and started according to the position of each at the time they went out of bounds. ...”

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