

Nelson Cradle with Leg—(Full Nelson) Illegal

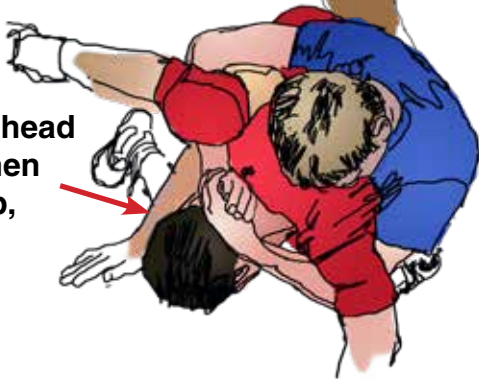
1 Set up: Wrestler “A” secures a half nelson on wrestler “B” with arm over the outside leg. “A” drives the head to the knee.

LEGAL



2

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



2A

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



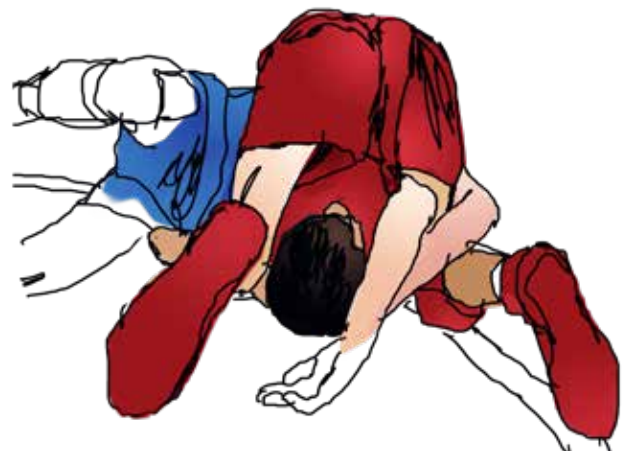
2-2a-3 Although not a true full nelson, this nelson-cradle meets the definition and criteria of a dangerous full nelson. The far side knee acts as the back side arm pit which creates downward pressure on the neck and can injure wrestler “B”

#3

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



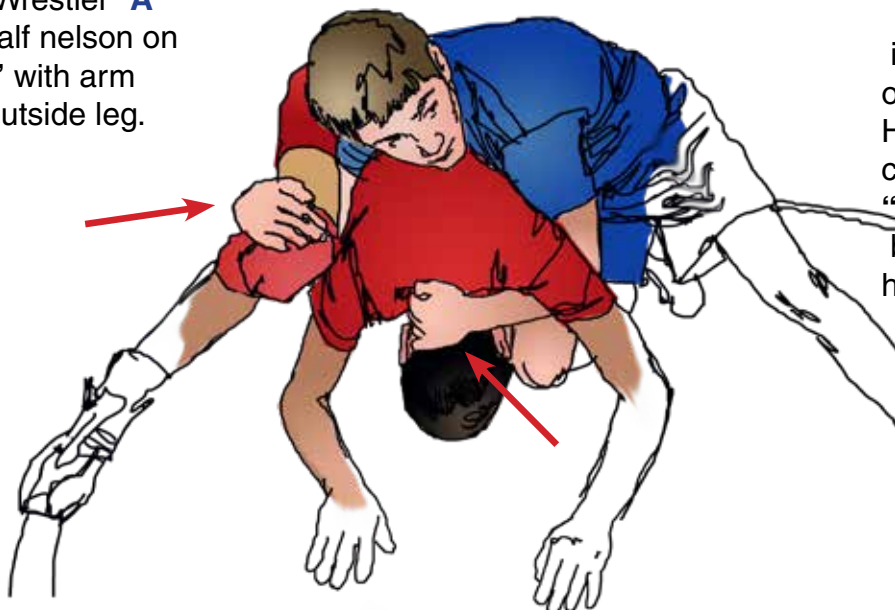
#4



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.”

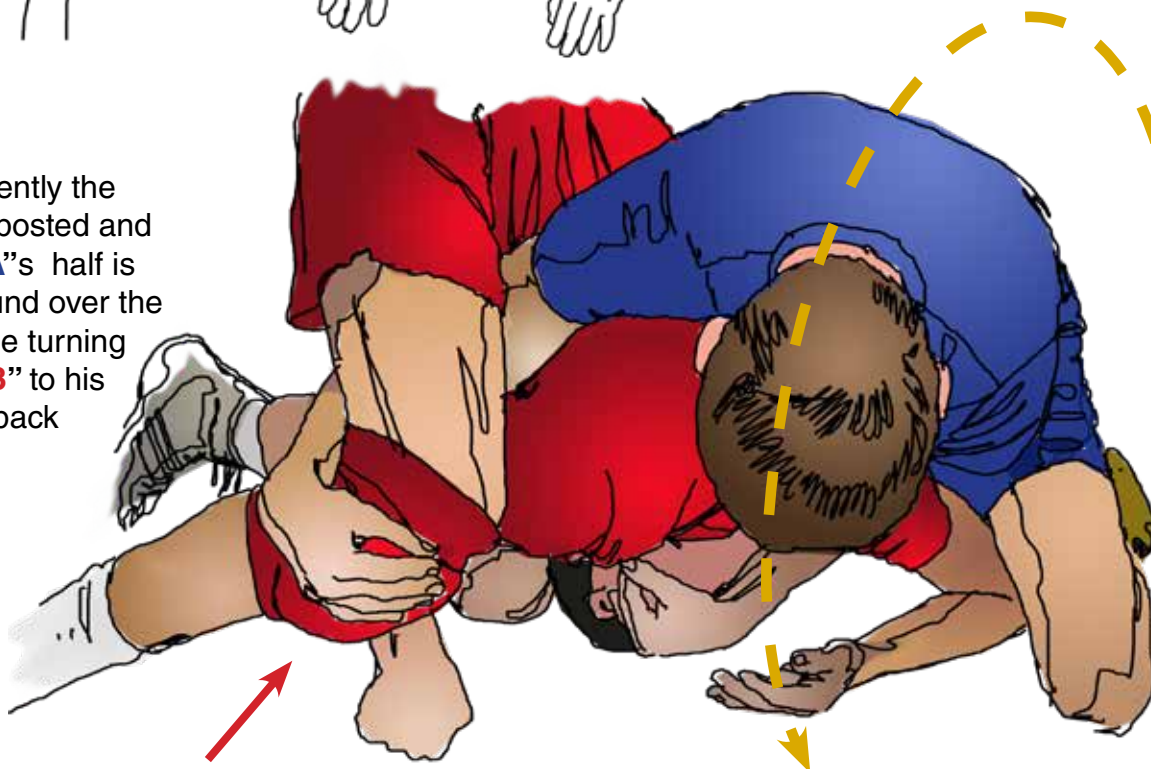
Nelson Cradle ... Legal

#1 Set up: Wrestler "A" secures a half nelson on wrestler "B" with arm **under** the outside leg.



if hands do not overlap or clasp this is **LEGAL**. However **potential danger** can be called if "A" forces "B"'s arm to be pushed beyond and behind the head.

#2
Most frequently the leg will be posted and Wrestler "A"'s half is driven around over the posted knee turning Wrestler "B" to his shoulders/back **LEGAL**.



#3 If the hands are clasped, the lock should be over the shoulder / back. Although **LEGAL**, this may be **Potentially Dangerous**.

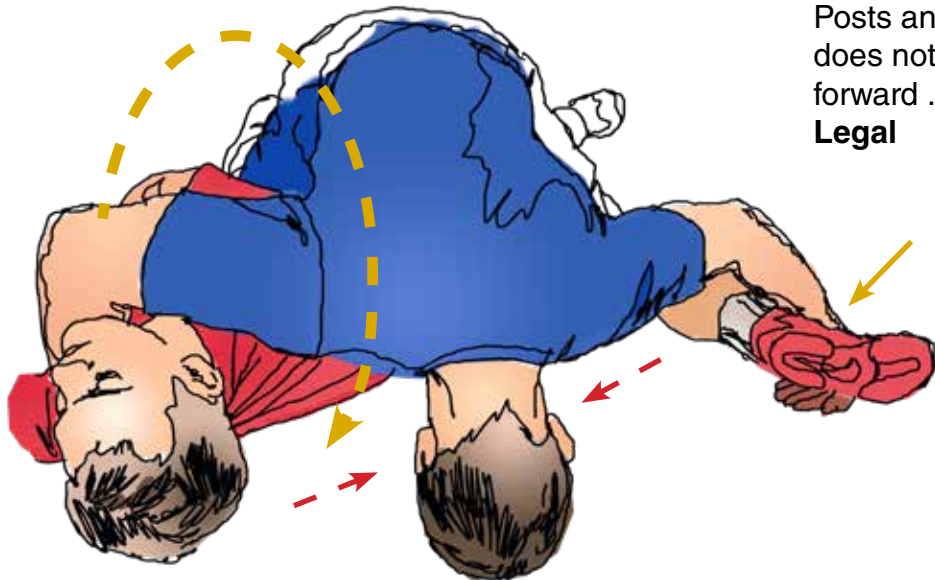
Legal Crossface Far ankle to a “Illegal” Back bow

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.**