

High School Wrestling Rules Illustrations



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**An Amateur Wrestling Referee's
Resource Center**



This presentation is intended for officials, coaches and fans as a tool to better view the illustrations found in the rules book. The illustrations do not cover every situation, but they are common situations that referees should recognize. Hopefully the color photos will highlight the situation as opposed to the common black and white photos. While these photos are not approved by the NFHS, they are identical with the current publications or are consistent with the current rules or Case Manual.

Special Thanks to:

Bryan Hurst, Head Coach, Fauquier High School, Warrenton, Virginia (9th place 2007 Virginia Group AAA State Championships)

T.J. Marable (Red Ankle Band), Wrestler, Fauquier High School

Eric Russo (Green Ankle Band), Wrestler, Fauquier High School

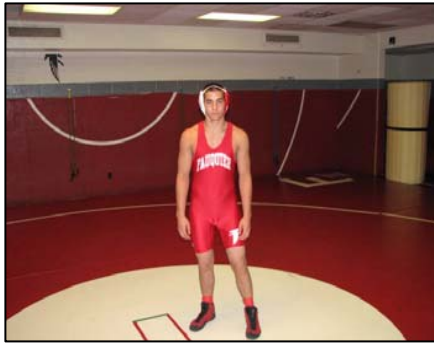
Ms. Sheri Bazemore for the use of her photography equipment

Sources. Some photos/illustrations are from the National Federation of High School Association (NFHS) Officiating Wrestling Methods Course as part of the NFHS Officials Education program with the American Sport Education Program (ASEP) http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=112&orgID=

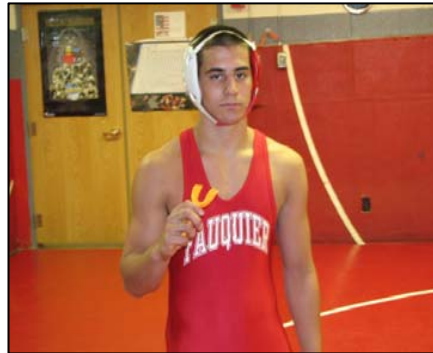
NFHS Wrestling Rules Book (2007-08)

Send comments to matref@cox.net

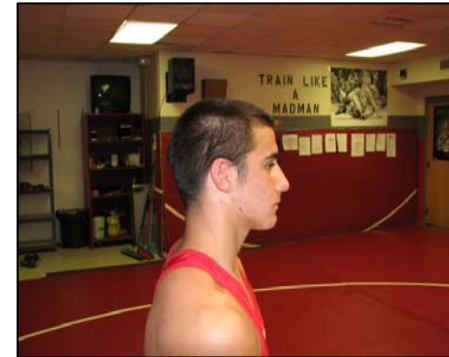
Uniform and Appearance



1. (4-1-1) This is an example of a legal uniform and a properly equipped wrestler



2. (4-2-5) Each contestant who has braces or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector



3. (4-2-1) Example of a hairstyle that conforms to the rules



4. (5-31-1, 7-3-6) The Red wrestler reported to the table and the mat not in the proper uniform. The Red wrestler will be charged with a Technical Violation (1 Match Point) and injury time will be started to correct his deficiency. The **Head Coach** will also be penalized for Unsportsmanlike Conduct (1 Team Point)

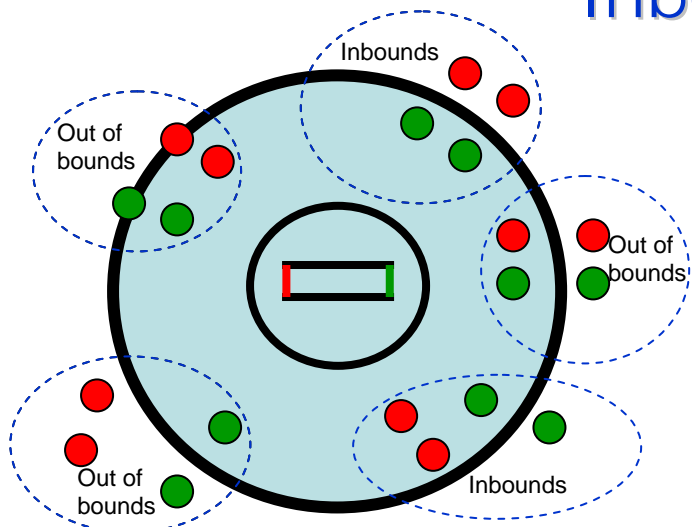


5. (4-1-1) The two-piece uniform is not permitted for High School competition per the NFHS Rules Book and 2005 Statement:
<http://www.ncaa.org/champadmin/wrestli ng/2005-06/nfhs.pdf>



6. (3-1-4) Incorrect. The referee should be conducting skin/health inspections in conjunction with weigh-ins (locker room) and the wrestlers should be wearing no more than a suitable undergarment. Conducting inspections will vary per State/Local Associations. Some Associations do not require officials to conduct weight-ins but the inspections still shall be conducted

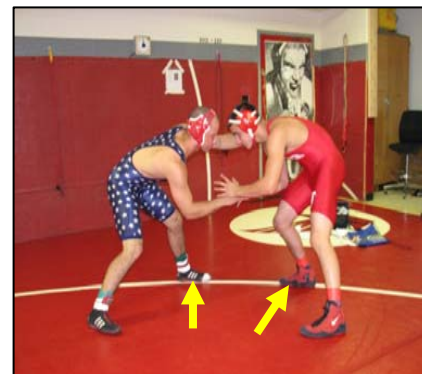
Inbounds/Out of Bounds



7. (5-15-1) Contestants are considered to be inbounds if the supporting parts of either wrestler are in side the boundary lines. The Green & Red circles indicate each wrestler's supporting parts



8. (5-15-1) Inbounds, the supporting parts of the Green wrestler are inbounds even though the Red wrestler is clearly out



9. (5-15-1) Out of bounds. Both wrestlers feet are touching the boundary line. Any portion of both wrestler's feet or supporting parts on the boundary line is considered out



10. (5-15-1) Out of bounds. Two supporting parts of one wrestler must be inbounds. In this picture, both wrestlers have a supporting part (feet) out of bounds.



11. (5-11-2) Inbounds. The scapulas are inbounds and a near fall or fall can be earned



12.(5-11-2) Inbounds. The shoulders and scapulas are out of bound **so a near fall or fall cannot be earned.** The referee should allow sufficient time for the offensive wrestler to pull his opponent inbounds

Control (Takedowns/Reversals)



13 & 14. (5-16-1) 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

15. (5-16-1) This is a takedown. The knees can either be above the mat or on the mat



16. (5-16-1) A takedown is scored when the defensive wrestler's legs are controlled above or below the knees and the majority of the weight is supported by the hands



17. (5-16-1) When this position is obtained **beyond reaction time** with one or two hands bearing the weight a takedown shall be awarded.



18. (5-16-1) 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

Control (Takedowns/Reversals)



19. (5-16-1) Takedown. The crotch lift by the Green wrestler does not stop the takedown



20. (5-16-1) Takedown. The double underhook does not stop the takedown.



21. (5-16-1) 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. (5-16-1) This is a takedown



23. (5-16-1) Takedown. Same move, different angle



24. (5-16-3) 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 Positions



25. (6-2-3) Both wrestlers will exchange a traditional handshake (not a slap) prior to the start of a match.



26. (5-20-4) Legal neutral starting position



27. (5-20-4) Legal neutral starting position



28. (5-20-4) Illegal neutral starting position. The Red wrestler must have one foot on the starting line

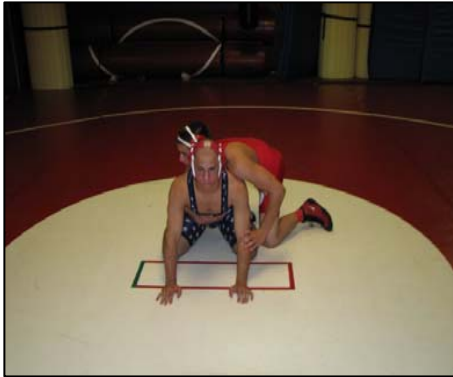


29. (5-20-4) Legal neutral starting position



30. (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

Starting Positions



31. (5-20-5) 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. (5-20-5) Legal starting position with both knees down on the near side



33. (5-20-5) Illegal starting position. The Red wrestler is straddling his opponent.



34.(5-20-5) Illegal starting position. The Red wrestler does not have his hand on his opponent's elbow

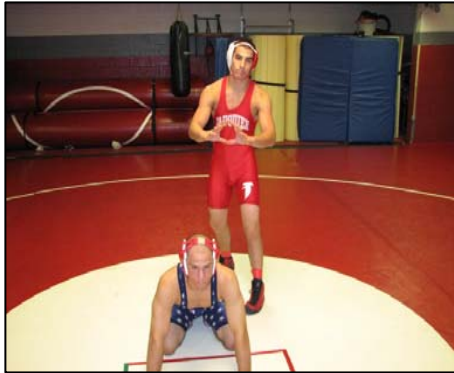


35. (5-20-5) The slow hand by the Red wrestler is an attempt to outguess the referee and must be stopped. It is stalling



36. (5-20-5) Illegal starting position. The Red wrestler is splitting his opponent's feet and are in contact with the defensive wrestler.

Starting Positions



37. (5-20-6) The offensive wrestler must signal the intent to the referee when using the optional star



38. (5-20-6) When using the optional start the hands must be on the back with the thumbs touching



39. (5-20-6) Legal optional start position



40.(5-20-6) Legal optional start position. The leg can be forward of the rear line but not forward of the front line



41.(5-20-6) Illegal optional start position. The Red wrestler is straddling his opponent.

Neutral/Escape



42. (5-10) When neither wrestler is in control, they are neutral (no advantage)



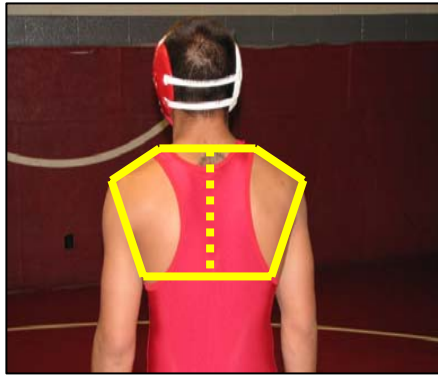
43. (5-10) The wrestler in the blue singlet is still in control with his body lock from a previous takedown or reversal



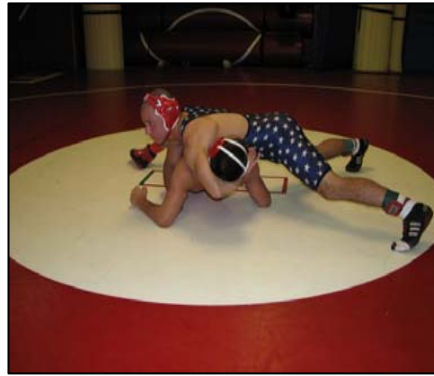
44. (5-10, see case manual) When the bottom wrestler (red) is able to stand, turn, break the locked hands and separate them to the point that they cross the midline of the back, control is lost and an escape shall be awarded

*“An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, **beyond reaction time**, while the supporting points of either wrestler are inbounds.” (5-10)*

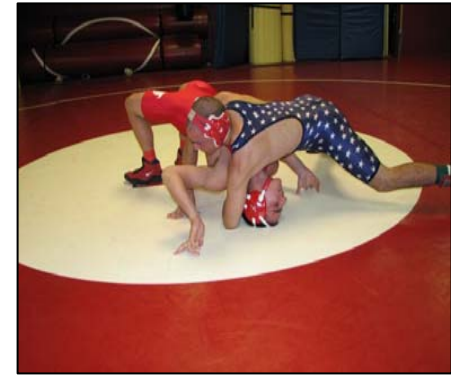
Fall/Near Fall



45. (5-11-1) This rear view shows an example of a wrestler's pinning area. Both shoulders or both scapulas must touch the mat for **two seconds** while inbounds for a fall to be earned



46. (5-11-2) A near fall may be scored when the defensive wrestler is held on **both** elbows



47. (5-11-2) A near fall may be scored when the defensive wrestler is held in a high bridge



48. (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 scapulas held four inches from the mat



49, 50 & 51. (5-14-2) When the defensive wrestler in a pinning situation, illegally **puts pressure** over the opponent's mouth, nose, eyes, throat or neck, it shall be penalized when the situation ends

Infractions (Illegal Holds)



52 & 53. (7-1-5a) This double underhook snap back from the standing position is an illegal hold



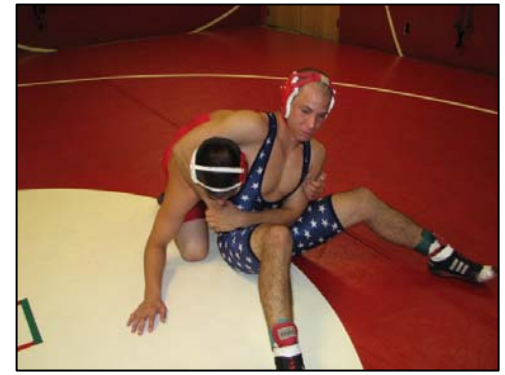
54. (7-1-5b) It is illegal to apply pressure against the joint or away from the body in a hammerlock.



55.(7-1-5b) It is illegal to bend the arm in a hammerlock above 90 degrees



56.(7-1-5c) It is illegal to bring the arm off the back and twist in a hammerlock



57. (7-1-5d) This headlock is illegal since the Green wrestler does not have an arm encircled

Infractions (Illegal Holds)



58. (7-1-5d) This is a legal move by the defensive wrestler which places pressure on the head, similar to the $\frac{3}{4}$ nelson



59. (7-1-5d) This headlock is illegal since the Red wrestler does not have an arm encircled



60. (7-1-5d) This headlock is illegal since the lock is below the elbow



61. (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.



62. (7-1-5d) This headlock is legal since an arm is encircled



63. (7-1-5d) This headlock is illegal since an arm is not encircled placing undue pressure on the throat, neck and carotid artery.

Infractions (Illegal Holds)



64 & 65. (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**.



66. (7-21-5e) The straight scissors to the head is illegal



67. (7-1-5e) The figure four to the head from the offensive position is legal



68. (7-1-5f) The full nelson is an illegal hold



69. (7-1-5f) This full nelson is illegal even though the hands are not touching or overlapping

Infractions (Illegal Holds)



70. (7-1-5f) The $\frac{3}{4}$ nelson is legal even if coming under both arms



71. (7-1-5f) The full nelson from the front is an illegal hold



72.(7-1-5f) Illegal twisting knee lock. Pressure is against normal movement



73. (7-1-5i) The key-lock is an illegal hold



74. (7-1-5i)The overhead double arm bar is illegal either with one or two arms



75.(7-1-5i) Illegal double arm bar from the front, with hands locked on the back, either on the mat or on the feet.

Infractions (Illegal Holds)



76. (7-1-5i) Legal double arm bar from the front, hands are locked on the side or under the armpit



77. (7-1-5i) Illegal neck wrench. This shall be stopped immediately



78. (7-1-5i) Illegal neck wrench. This shall be stopped immediately



79. (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



80. (7-1-5n) Illegal "cut back" by kicking the leg



81. (7-1-5m) The front quarter nelson with the chin will cause undue pressure on the neck and is illegal

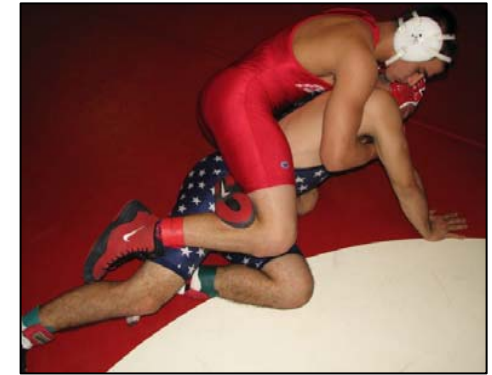
Infractions (Illegal Holds)



82.(7-1-5r) The figure four around one leg is legal



83. (7-1-5r) The figure four around both legs is illegal



84 (7-1-5r) The figure 4 around the body or both legs is illegal



85. (7-1-5r) The scissors on the body is legal as long as it is not used for punishing the opponent



86. (7-1-5o) The overscissors is illegal as shown when the pressure is applied against the joint causing hyperextension



87. (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

Infractions (Illegal Holds)



88. (7-1-5p) The head pry is illegal



89. (7-1-5p) Applying pressure to the elbow as shown is illegal



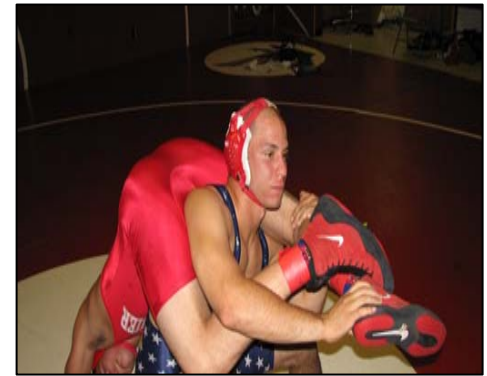
90. (7-1-5p) The chicken wing is illegal when the pressure is parallel to the long axis



91. (7-1-5q) The back bow is illegal by application



92. (7-1-5e) The scissors on the head is illegal



93. (7-1-5) The draping head scissors is legal since there is minimal pressure on the neck or head

Infractions (Technical Violations)



94, 95 & 96. (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



97. (7-3-3) When the defensive wrestler pyramids, the offensive wrestler cannot lock hands. Technical violation by the offensive wrestler



98. (7-3-3) The chest cradle is locked hands around the body and is a technical violation



99. (7-3-5) The figure four on the head from the **neutral position** is a technical violation. It doesn't need to be stopped if a takedown is in progress. The official may stop this situation to ensure safety of the wrestler in the blue singlet.

Potentially Dangerous



100. (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



101. (7-2-2) The chicken wing is potentially dangerous but allowed as long as the pressure is not towards the long axis.



102. (7-2-2) The grasping of the chin in this duck under does not involve a twisting motion, therefore, it is potentially dangerous.



103. (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



104. (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

Potentially Dangerous



105. (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



106. (7-2-2) The split scissor (banana split) is potentially dangerous. The referee may break it to prevent injury



107. (7-2-2-) This is a potentially dangerous arm bar when the far arm is blocked and the bottom wrestler is unable to turn



108 & 109 (7-2-2) In this arm bar/tight waist, and arm bar and 1/2 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.

Official's Uniform



116. (3-1-1) The official shall be dressed with a regulation shirt (with association patches), black slacks, black belt, black shoes and **Red (Left Hand) and Green (Right Hand)** wrist bands. The referee should also have a Red/Green flip disk, black whistle with lanyard and a random draw kit



117. (3-1-1) Example-Random Draw Kit
http://matref0.tripod.com/Articles/Random_Draw_Kit.pdf



118. (3-1-1) Example-Red/Green flip disk



119, 120 & 121. (3-1-1) The referees shall wear the traditional black and white shirt, the pinstriped shirt or an event provided shirt common to all referees at that event

Official's Positions



110. (6-3) In the neutral start position the official should be in tight which will help eliminate false starts



111. (5-25) Referee indicating stalling



112. (6-3) Referee offering choice of position to green



113. (3-1) Good positioning by the official to see the action



114. (3-1) Referee positioned on the out-of-bounds line to get the best view



115. (7-2-1) Referee cautioning the lifting wrestler to bring his opponent to the mat in a safe and controlled manner

Official's Wrestling Signals (High School and College)



1. Starting the Match



2. Stopping the Match



3. Time Out



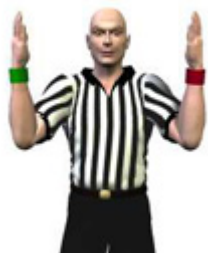
4. Start Injury Clock



5. Start Blood Clock



6. Stop Injury/Blood Clock



7. Neutral Position



8. Indicates No Control



9. Out-of-Bounds



10. Indicates Wrestler in Control Left/Right Hand



11. Defer Choice



12. Potentially Dangerous Left/Right Hand



13 Stalemate



14. Caution-False Start or Incorrect Starting Procedure



15. Stalling Left/Right Hand



16. Interlocking Hands or Grasping Clothing



17 Reversal



18 Technical Violation



19. Illegal Hold or Unnecessary Roughness



20. Near-Fall: 2, 3 or 4 Points



21. Awarding Points Left/Right Hand



22. Unsportsmanlike Conduct Left/Right Hand



23. Flagrant Misconduct Left/Right Hand



24. Coach Misconduct Left/Right Hand