

# High School Wrestling Rules Illustrations



[WWW.WRESTLINGREF.COM](http://WWW.WRESTLINGREF.COM)

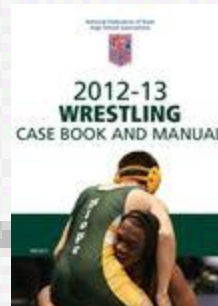
*An Amateur Wrestling Referee's  
Resource Center*



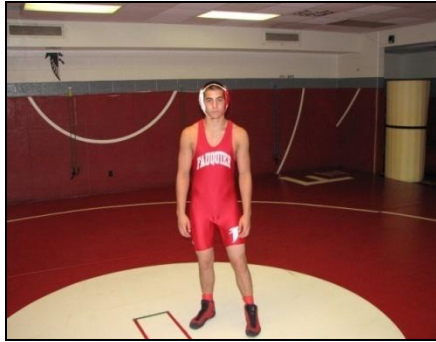
This presentation is intended for officials, coaches and fans as a tool to better view the illustrations found in the rules book. The illustrations do not cover every situation, but they are common situations that referees should recognize. Hopefully the color photos will highlight the situation as opposed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

Sources. Some photos/illustrations are from the

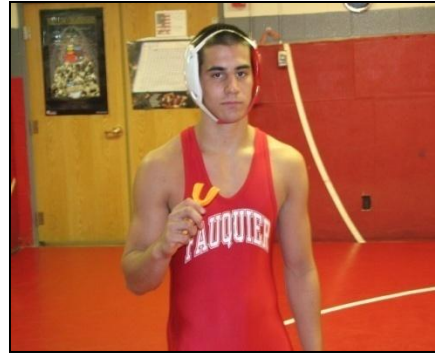
- ✓ National Federation of High School Association (NFHS)
- ✓ National Collegiate Athletic Association (NCAA)
- ✓ Officiating Wrestling Methods Course as part of the NFHS Officials Education program with the American Sport Education Program (ASEP) [http://www.asep.com/courseinfo/purchase\\_courseinfo.cfm?CourseID=112&orgID=](http://www.asep.com/courseinfo/purchase_courseinfo.cfm?CourseID=112&orgID=)
- ✓ NFHS Wrestling Rules Book and Case Book and Manual (2012-13)



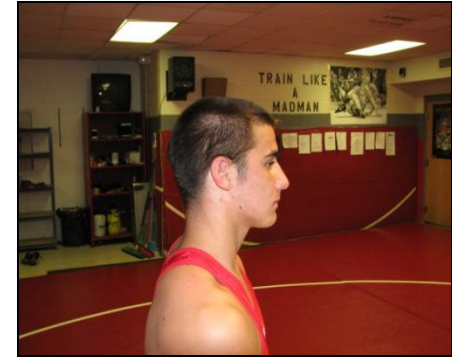
# Uniform and Appearance



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



2. (4-2-6) 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) Hair shall not extend below the earlobe on the sides and must be above the top of a normal shirt in the back. The hair, in its natural state, shall not extend below the eyebrows in the front



4. (5-27-1e, 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.



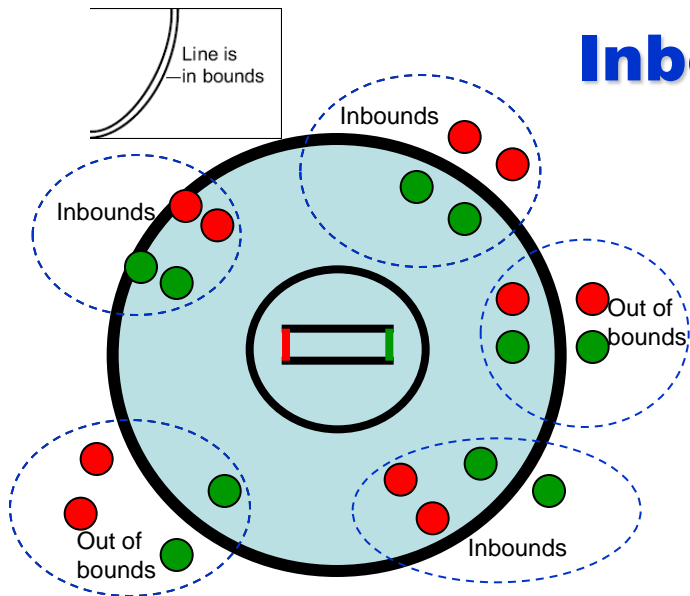
5. (4-1-1) The two-piece uniform is not permitted for High School competition per NFHS Statement in 2005:

[http://matref0.tripod.com/Articles/WRESTLING\\_UNIFORM\\_ALERT.pdf](http://matref0.tripod.com/Articles/WRESTLING_UNIFORM_ALERT.pdf)

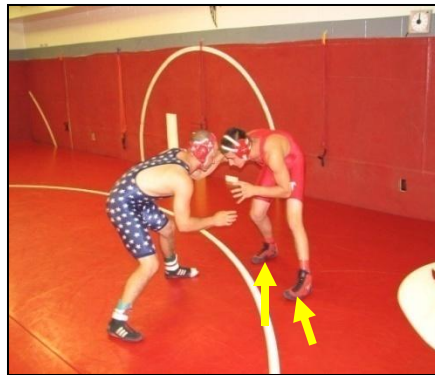


6. (3-1-4a) The referee should be conducting skin/health inspections. Conducting inspections will vary per State/Local Associations. Some Associations do not require officials to conduct weight-ins but the inspections still shall be conducted

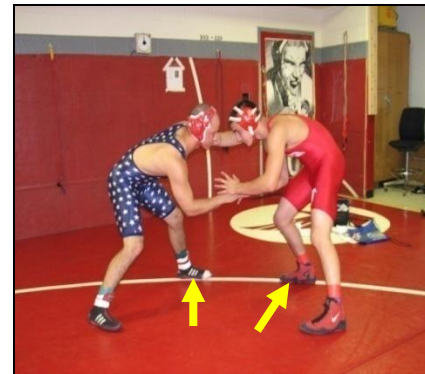
# Inbounds/Out of Bounds



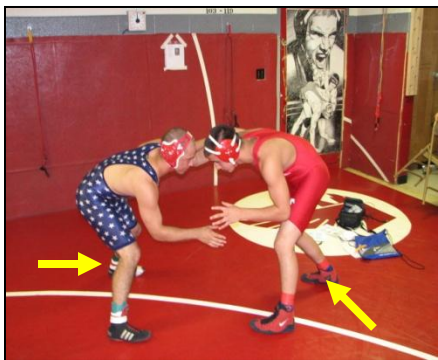
7. (5-15-1) Contestants are considered to be inbounds if the supporting parts of either wrestler are in side **or** on the boundary lines. The Green & Red circles indicate each wrestler's supporting parts



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) In bounds. Both wrestler's feet are on the boundary line. Any portion of both wrestler's feet or supporting parts inside or on the boundary line is considered in bounds



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

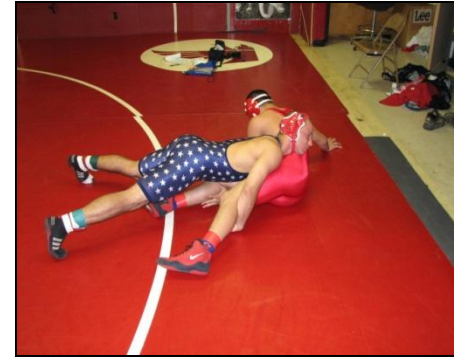


11. (5-11-2) Inbounds. When any part of both scapulas are inbounds a near fall or fall can be earned. The shoulders in this photo are intended to be over or outside the boundary line



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. (5-25-1) 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

15. (5-25-1) This is a takedown. The knees can either be above the mat or on the mat



16. (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



17. (5-25-1) When this position is obtained **beyond reaction time** with one or two hands bearing the weight a takedown shall be awarded.



18. (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

# Control (Takedowns/Reversals)



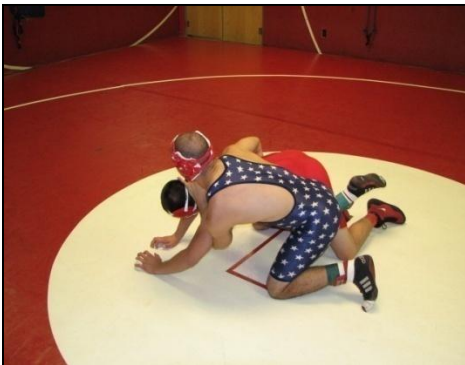
19. (5-25-1) Takedown. The crotch lift by the Green wrestler does not stop the takedown



20. (5-25-1) Takedown. The double underhook does not stop the takedown.



21. (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. (5-25-1) This is a takedown



23. (5-25-1) Takedown. Same move, as photo 22 but at different angle



24. (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 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. (5-19-4) Legal neutral starting position



28. (5-19-4) Illegal neutral starting position. The Red wrestler must have one foot on the starting line

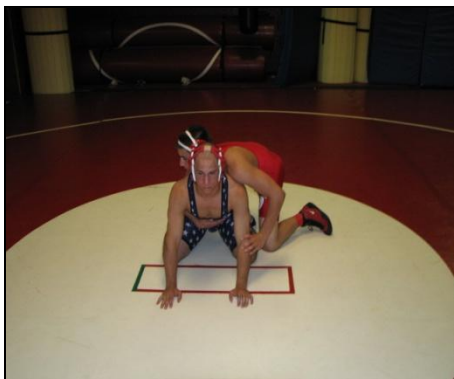


29. (5-19-4) Legal neutral starting position



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



33. (5-19-5) Illegal starting position. The Red wrestler is straddling his opponent



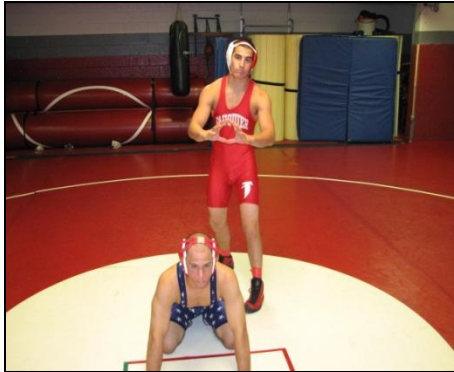
34.(5-19-5) Illegal staring position. The Red wrestler does not have his hand on his opponent's elbow



35. (5-19-5) Illegal starting position. The Red wrestler is splitting his opponent's feet and are in contact with the defensive wrestler



# Starting Positions



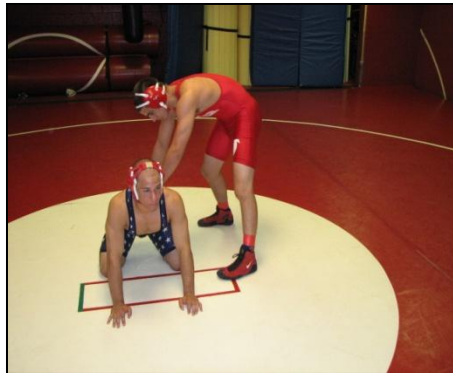
36. (5-19-8) The offensive wrestler must signal the intent to the referee when using the optional star



37. (5-19-7) When using the optional start the hands must be on the back with the thumbs touching



38. (5-20-7) Legal optional start position



39.(5-19-7) Legal optional start position. The leg can be forward of the rear line but not forward of the front line



40.(5-19-7) Illegal optional start position. The Red wrestler is straddling his opponent

# Neutral/Escape



41. (5-10, 5-19-3) When neither wrestler is in control, they are neutral (no advantage)



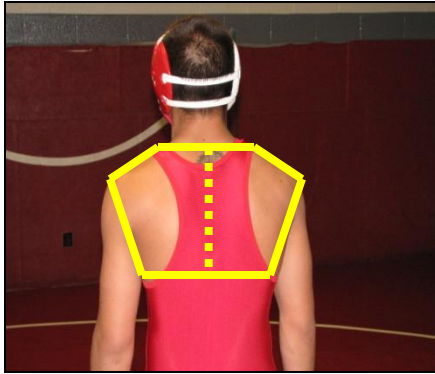
42. (5-10, 5-19-3) The wrestler in the blue singlet is still in control with his body lock from a previous takedown or reversal



43. (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

*“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)*

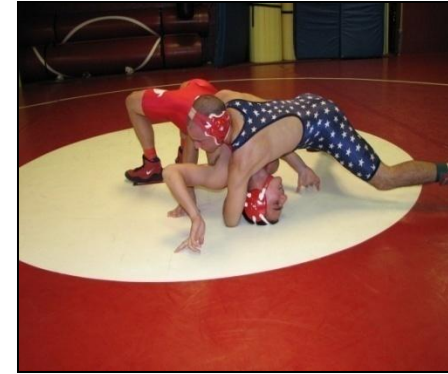
# Fall/Near Fall



46. (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



47. (5-11-2) A near fall may be scored when the defensive wrestler is held on **both** elbows



48. (5-11-2) A near fall may be scored when the defensive wrestler is held in a high bridge



49. (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



50, 51 & 52 (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

# Infractions (Illegal Holds/Maneuvers)



53 & 54. (7-1-5a) This double underhook snap back from the standing position is an illegal hold/maneuver

55. (7-1-5b) It is illegal to apply pressure against the joint or away from the body in a hammerlock



56.(7-1-5b) It is illegal to bend the arm in a hammerlock above 90 degrees

57.(7-1-5c) It is illegal to bring the arm off the back and twist in a hammerlock

58. (7-1-5d) This headlock is illegal since the Green wrestler does not have an arm encircled

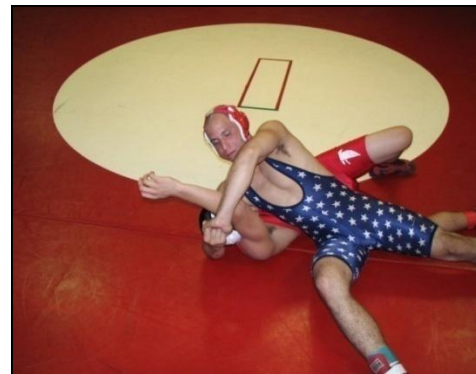
# Infractions (Illegal Holds/Maneuvers)



59. (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



60. (7-1-5d) This headlock is illegal since the Red wrestler does not have an arm encircled



61. (7-1-5d) This headlock is illegal since the lock is above the elbow



62. (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. (7-1-5d) This headlock is legal since an arm is encircled and the lock is below the elbow.



64. (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/Maneuvers)



65 & 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**



67. (7-21-5e) The straight scissors on the head is illegal



68. (7-1-5r) The figure four on the head from any position is illegal



69. (7-1-5f) The full nelson is an illegal hold



70. (7-1-5f) This full nelson is illegal even though the hands are not touching or overlapping

# Infractions (Illegal Holds/Maneuvers)



71. (7-1-5f) The  $\frac{3}{4}$  nelson is legal even if coming under both arms



72. (7-1-5f) The full nelson from the front is an illegal hold



73.(7-1-5h) Illegal twisting knee lock. Pressure is against normal movement



74. (7-1-5i) The key-lock is an illegal hold

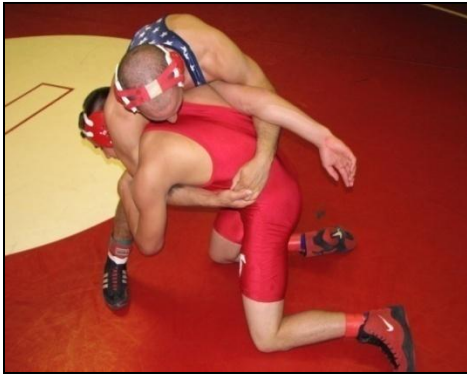


75. (7-1-5j)The overhead double arm bar is illegal either with one or two arms



76.(7-1-5j) Illegal double arm bar from the front, with hands locked on the back, either on the mat or on the feet

# Infractions (Illegal Holds/Maneuvers)



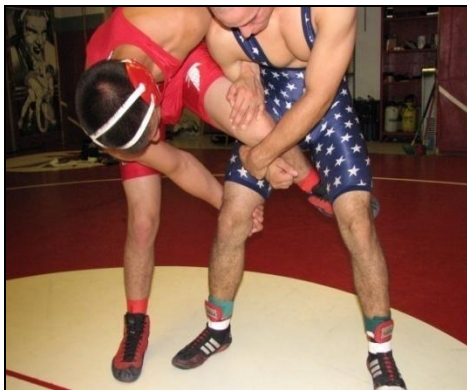
77. (7-1-5j) Legal double arm bar from the front, hands are locked on the side or under the armpit



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



79. (7-1-5l) Illegal neck wrench. This shall be stopped immediately



80. (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



81. (7-1-5n) Illegal "cut back" by kicking the leg



82. (7-1-5m) The front quarter nelson with the chin will cause undue pressure on the neck and is illegal



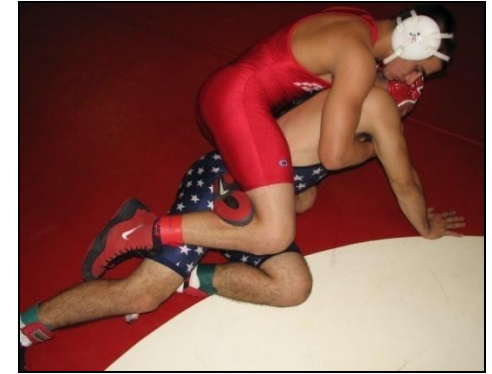
# Infractions (Illegal Holds/Maneuvers)



83.( 7-1-5r) The figure four around one leg is legal



84. (7-1-5r) The figure four around the body, the head or both legs is an illegal hold/maneuver



85 (7-1-5r) The figure 4 around the body, the head or both legs is an illegal hold/maneuver



86. (7-1-5r) The scissors on the body is legal as long as it is not used for punishing the opponent



87. (7-1-5o) The overscissors is illegal as shown when the pressure is applied against the joint causing hyperextension



88. (7-1-5r) The figure four around the head is an illegal hold/maneuver; even from the neutral position

# Infractions (Illegal Holds/Maneuvers)



89. (7-1-5p) The head pry is illegal



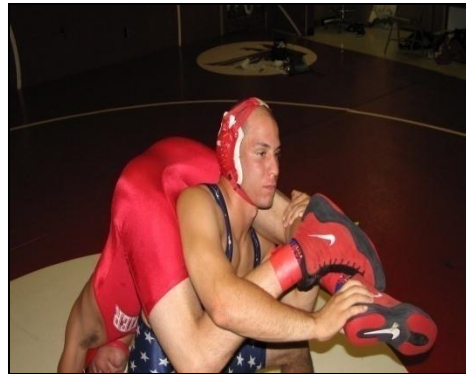
90. (7-1-5d) Legal head pry. The top wrestler can use this pry as long as it includes the arm or shoulder



91. (7-1-5p) Applying pressure to the elbow as shown is illegal



92. (7-1-5p) The chicken wing is illegal when the pressure is parallel to the long axis



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



94. (7-1-5e) The scissors on the head is illegal

# Infractions (Illegal Holds/Maneuvers)



95. (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. (7-1-5q) The back bow is illegal by application, whether the defensive wrestler is on his/her stomach or hip



97 & 98. The leg cradle is legal in high school



99. (7-1-5w) A back flip from the standing position is an illegal maneuver



See link for video of a back flip from the standing position:  
<http://matref0.tripod.com/Flip.wmv>



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

# Infractions (Technical Violations)



101, 102 & 103. (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. (7-3-3) When the defensive wrestler pyramids, the offensive wrestler cannot lock hands. Technical violation by the offensive wrestler



105. (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



107. (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



108. (7-2-2) The chicken wing is potentially dangerous but allowed as long as the pressure is not towards the long axis



109. (7-2-2) The grasping of the chin in this duck under does not involve a twisting motion, therefore, it is potentially dangerous



110. (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



111. (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



112. (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. (7-2-2) The split scissor (banana split) is potentially dangerous. The referee may break it to prevent injury



114. (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 & 116 (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



117. (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



118. (3-1-1) Example-Random Draw Kit  
[http://matref0.tripod.com/Articles/Random\\_Draw\\_Kit.pdf](http://matref0.tripod.com/Articles/Random_Draw_Kit.pdf) (Includes new NFHS Weight Classes)



119. (3-1-1) Example-Red/Green flip disk



120, 121 & 122. (3-1-1) The referees shall wear the traditional black and white shirt, the pinstriped shirt (**Check your State or Local Association**) or an event provided shirt common to all referees at that event

# 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

Indicate blood for college



5. Start Recovery Clock



6. Stop Injury/Blood/Recovery 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

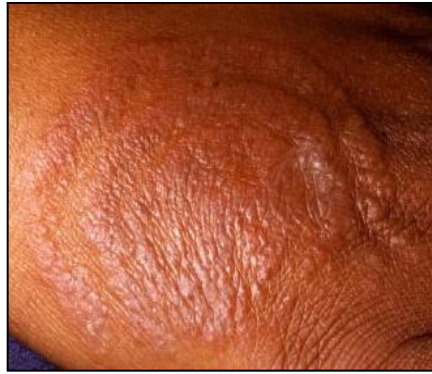
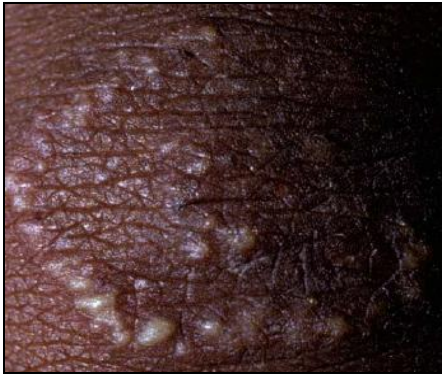


24. Coach Misconduct (HS) or Control Of Mat Area (College) Left/Right Hand



# Common Skin Disorders in Wrestling

## *Tinea*



# Common Skin Disorders in Wrestling



Tinea Versicolor



Tinea Incognito



Fungal infections. Typically known as ringworm.



Impetigo

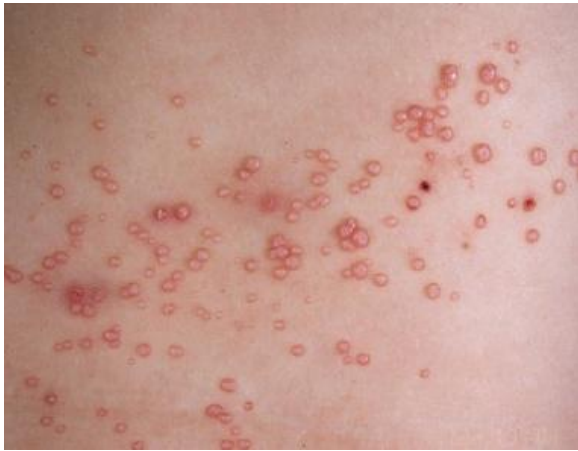
# Common Skin Disorders in Wrestling

## *Herpes Simplex/Herpes Zoster*



Herpes Zoster

# Common Skin Disorders in Wrestling



Molluscum Contagiosum



Foot and Mouth Disease



Bacterial Folliculitis

# Common Skin Disorders in Wrestling



Methicillin Resistant Staph. Aureus  
(MRSA)

[http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca.html)