



# **Illegal Holds/Maneuvers**

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NFHS Wrestling Rules Interpreters Meeting

September 23, 2009

Indianapolis, IN

## Rule 7: Illegal Holds and Maneuvers

### Case book

Pg. 25 **5.14.2 A,B, & C**

Pg. 42 **7.1.5 B,C, & E**

Pg. 44 **7.1.6 A & B**

Pg. 43 **7.1.5. F**

**7.1.5 G**

Headlocks

Headlocks

Headlocks

**Fig. 4 headlock**

Guillotine

45 – 58, 88

**59**

**60**

61 – 63

64 & 65

71 -73

75

78

### Photos

Headlocks

Scissor on head

**Fig. 4 on head**

full Nelsons

$\frac{3}{4}$  Nelsons

neck wrench

front quarter Nelson

head pry

**87** draping head  
scissor

**105** fig. 4 on head  
from neutral  
is a T.V.

### Case book

pg. 43 **7.1.5 D**

double arm bar from  
front on back

**pg. 43 7.1.5 H, I, & J**

**fig. 4 on body**

### Photos

42 – 44

67

68 - 70

79 – 80

81 – 82

83

84

**85**

hammerlocks

keylock

overhead double armbar

double wrist lock

**\*\* pressure to the elbow \*\***

chicken wing

back bow

**figure 4**

### Photos

39 – 41

66

74

**76, 86**

**77**

double underhook snap back  
(milk shake)

twisting knee lock

illegal leg block

**figure 4 on leg— legal**

**figure 4 over scissor**

**Points of Emphasis pg. 56**  
**legality of draping scissors and figure 4**

See photos on technical violations  
89 - 105

If no rule above applies, refer to the following rules:

Rule 7-1-5 Other illegal/maneuvers include, **but are not limited to:**

Rule 5-14-1 Any hold/maneuver used in such a way as to endanger life and limb is illegal; or any body part forced beyond a limit of normal range

Rule 5-14-2 Any hold/maneuver with pressure exerted over the opponents mouth, nose, throat, or neck that restricts breathing or circulation is illegal. **Photos 9 & 10**

Rule 3-1-2 *The referee has the sole authority for ruling on infractions or irregularities not covered within the NFHS rules.*

# Credits

- [www.houstonwrestling.org/2007NFHSruleswithphotos.pdf](http://www.houstonwrestling.org/2007NFHSruleswithphotos.pdf)
- The following photos are numbered to correspond to the 2009 NFHS Rule Book.



39 – 41 double underhook snap back from standing position



42 Pressure away from the body in hammerlock



43 In the illegal hammerlock shown here the arm is bent above a right angle

44

Twisting  
hammerlock  
because the  
arm is  
forced away  
from the  
body





45. Headlock is illegal without an arm encircled.





46. Pressure on the head, similar to  $\frac{3}{4}$  nelson

47. Arm is not encircled at or above the elbow



48. No photo



49.

This headlock is illegal since an arm is not encircled placing undue pressure on the throat, neck and carotid artery.

50 No photo

51 no photo

52 No photo

53. This headlock is legal since an arm is encircled





54.

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.**

56. This headlock is illegal since the Red wrestler does not have an arm encircled





57 This headlock is illegal because the arm is not encircled.



58 No photo

59.  
The straight  
scissors to the  
head is illegal



60.

The figure  
four to the  
head from  
the offensive  
position is  
legal





61 & 62

The full nelson  
is an illegal hold

63.  
The full  
nelson  
from the  
front is  
an illegal  
hold



64. & 65.  
The  
 $\frac{3}{4}$ nelson  
is legal  
even if  
coming  
under  
both arms



66.  
Illegal  
twisting  
knee lock.  
Pressure  
is against  
normal  
movement





67.  
The  
key-lock  
is an  
illegal  
hold



68.  
The  
overhead  
double arm  
bar is  
illegal  
either with  
one or two  
arms



69.

Illegal  
double arm  
bar from  
the front,  
with hands  
locked on  
the back,  
either on  
the mat or  
on the feet.



70.  
Legal double  
arm bar from  
the front,  
hands are  
locked on the  
side or under  
the armpit





71. Illegal  
neck  
wrench.  
This shall be  
stopped  
immediately

72. No photo

73

Illegal neck  
wrench. This shall  
be stopped  
immediately



74.

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





75.

The front quarter nelson with the chin will cause undue pressure on the neck and is illegal



76.  
The figure  
four around  
one leg is  
legal





77.  
The overscissors is illegal as shown when the pressure is applied against the joint causing hyperextension

78.

The head pry is illegal



79. & 80

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



81.  
Applying  
pressure to the  
elbow as shown  
is illegal



82. no photo

83.

The chicken wing is illegal when the pressure is parallel to the long axis





84.  
The back bow is  
illegal by  
application



85.  
The figure four  
around both legs  
is illegal



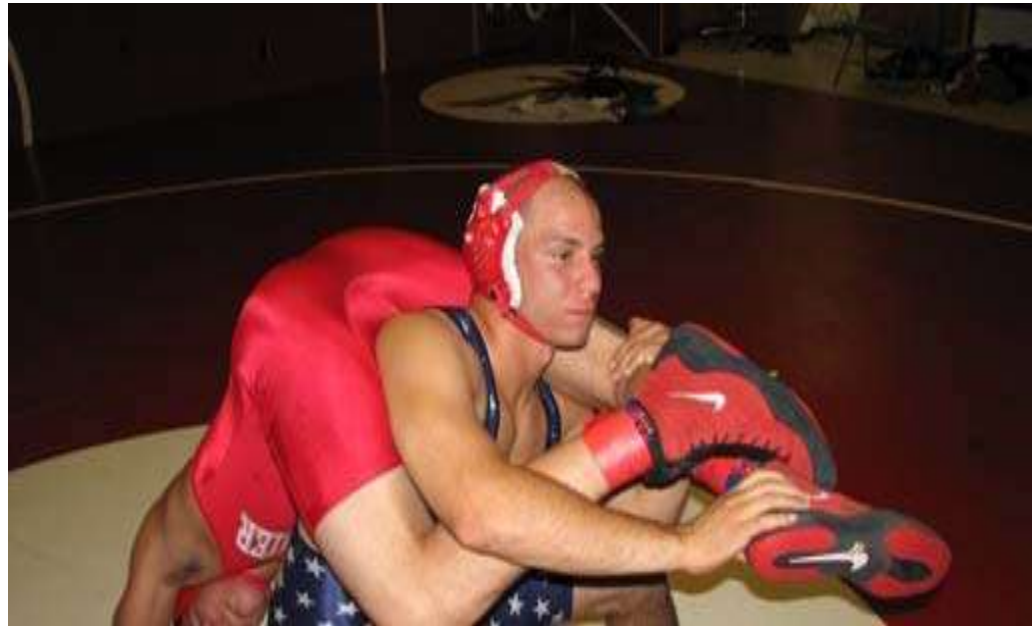
86

The figure  
four  
around  
one leg is  
legal



87.

The draping  
head scissors is  
legal since there  
is minimal  
pressure on the  
neck or head



88. No photo

**Mixed Martial Arts**

Flyswatter





Anaconda Choke





Anaconda Choke 2



Kimura from Sit-Out



# Two-on-one Throw













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