# 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.**
Cross Face...Legal/Illegal

#1 Wrestler “A”, slides arm across wrestler B’s face turning his head in natural motion. This is LEGAL.

Wrestler “A” reaches across with a cross face far arm... LEGAL.

#2 Set up: Wrestler “A” drives with unnecessary force, closed fist, or stong strike across Wrestler “B”s face... Stop and penalize immediately for either UNNECESSARY FORCE or ILLEGAL.

KEY TO WATCH FOR: Having arm back or high does not mean illegal, Official’s judgement should come into play.

If cross face goes forcefully across wrestler “B”s face, stop immediately and penalize.

If Wrestler “B” is unable to turn or rotate head due to force of cross face or if head is pulled back pressing against neck... ILLEGAL.
Wrestler “A” has his right arm around the head of wrestler “B”. While wrestler “A” has his left arm vined around and through the right arm of wrestler “B”, with the headlock closed and clasped. Notice at the clasp ... there is no arm encircled, causing direct pressure against wrestler “B”’s neck.— ILLEGAL

Need to be concerned with direct pressure against the carotid artery.

If elbow is not encircled, ILLEGAL

Note: IF “B”’s elbow is encircled, or the headlock traps the shoulder, meaning the arms would be below the shoulder it would be LEGAL.
This is a legal starting position, Palm on elbow, Knee down on side where palm is on the elbow. palm on wrestler B’s navel (loosely), head over the mid line of the back. Legal

(Note) If wrestler A’s knee is touching wrestler B’s knee (as shown), or if any of the other 3 points of focus are not met this would be a caution for improper positioning. Official should caution Wrestler A and have wrestlers re-adjust.
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.”
#1 Set up: Wrestler “A” Forcefully elbow to back of neck of wrestler “B.” Stop and penalize immediately. ILLEGAL/UNNECESSARY FORCE

**NOTICE:** Having arm across the back of neck does not make it illegal, it is the FORCE APPLIED to this move that makes it unnecessary force or illegal.

#2 Wrestler “A” strikes back of head/neck of Wrestler “B” may be considered a FLAGRANT ACT, minimally ILLEGAL/UNNECESSARY FORCE and should be penalized accordingly.

**KEY TO WATCH FOR:** Having arm back or high does not mean illegal, Official’s judgement should come into play.
Waist Walk ... Illegal/Legal

#1 Set up: Wrestler “A” traps far arm of Wrestler “B”, lifts near side arm and lifts straight up and places on hip.

Official should be moving in on this move and stopping when it elbow is locked and cannot have normal range of motion. Stop for POTENTIALLY DANGEROUS

NOTE: If arm can bend at elbow and when taken across the body... LEGAL

#2 Wrestler “A”, with arm on hip starts walking forward, towards Wrestler “B”’s head. Stop immediately, and penalize, ILLEGAL.

NOTE: It is ILLEGAL to drive arm straight forward through shoulder, similar to arm bar situation.
**Head block/Lift and Walk—Stalling Situations**

**Head block**

#1 Set up: WRESTLER “A” Puts forehead against wrestler “B”’s chest and pushes or blocks. Does not attempt to make a move...

STALLING

**Lift and Walk**

Wrestler “B”, double underhooks and lifts Wrestler “A”, and proceeds to walk him around the mat without an attempt or effort to take opponent down to mat.

STALLING on Wrestler “B”

NOTICE: There is no space or gap between the two wrestlers and Wrestler “A” is on his toes not able to get leverage to prevent being walked back or around. Wrestler “B” is responsible for action or lack of action.

Stalling for intentionally taking his opponent off the mat. (Rule 5.24.3 e,f)