



Memorandum

To: NFHS Member State Associations' Wrestling Liaisons

From: B. Elliot Hopkins, MLD, CAA, Director of Sports, Sanctioning and Student Services

Subject: Legal Cross-Face to an Illegal Back Bow and Looking Closer at Head Locks

Date: December 8, 2020

I hope this note finds you all safe. As we move into the early part of the wrestling season for some, we want to provide new illustrations about traditional maneuvers/holds (and sometimes non-traditional ones as well). We look forward to providing you with illustrations every month of the traditional wrestling season. For those whose season has been displaced, we encourage you to use these illustrations for discussion purposes to keep your officials and schools engaged until their season begins.

This installment focuses on a legal cross-face to far ankle to an illegal back bow and further investigation of the nuances of a legal head lock.

Over the past year we have received a lot of positive responses to the illustrations that we have provided you. Thank you for sharing them with your wrestling coaches and officials, we are glad that you see value in these submissions. We encourage you to have further discussions about these topics and if you have any questions, please do not hesitate to contact me. Happy Holidays!



Legal cross-face back
bow 9.28.20.pdf



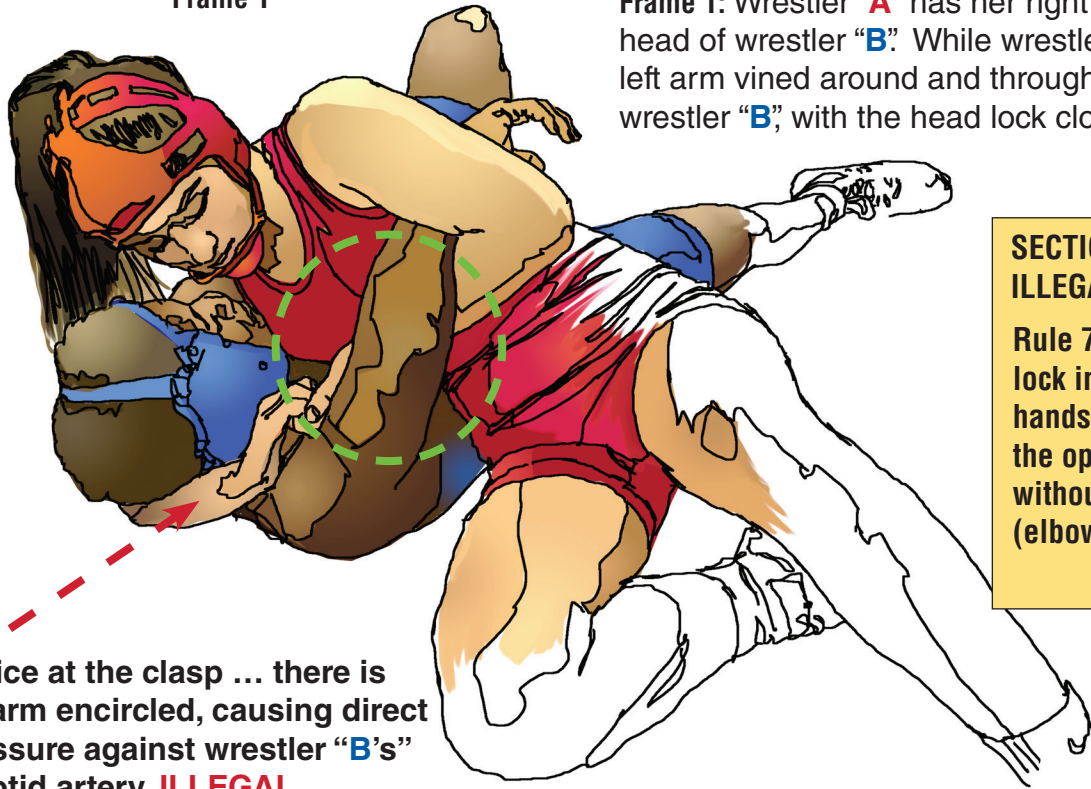
head lock - look close
9.28.20.pdf

Legal/ Illegal Headlock

Illegal Headlock... Look Close

Frame 1

Frame 1: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" has her left arm vined around and through the right arm of wrestler "B", with the head lock closed.



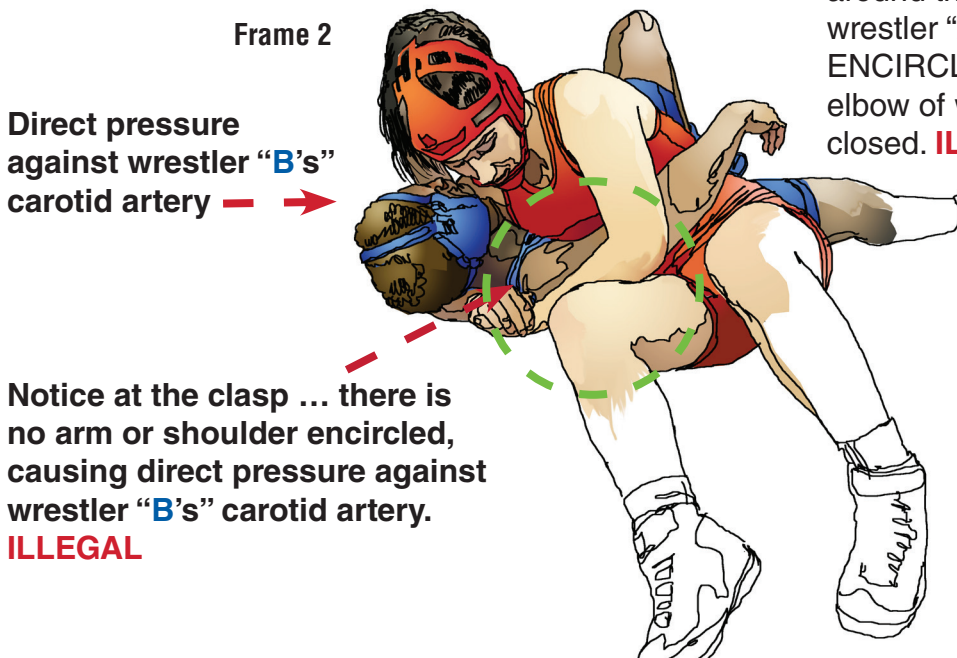
**SECTION 7 INFRACTIONS
ILLEGAL HEADLOCK**

Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents's head without encircling an arm (elbow or above)

Notice at the clasp ... there is no arm encircled, causing direct pressure against wrestler "B's" carotid artery. **ILLEGAL**

Frame 2

Frame 2: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" DOES NOT have her left arm ENCIRCLING either the shoulder or the elbow of wrestler "B", with the head lock closed. **ILLEGAL**



Direct pressure against wrestler "B's" carotid artery — →

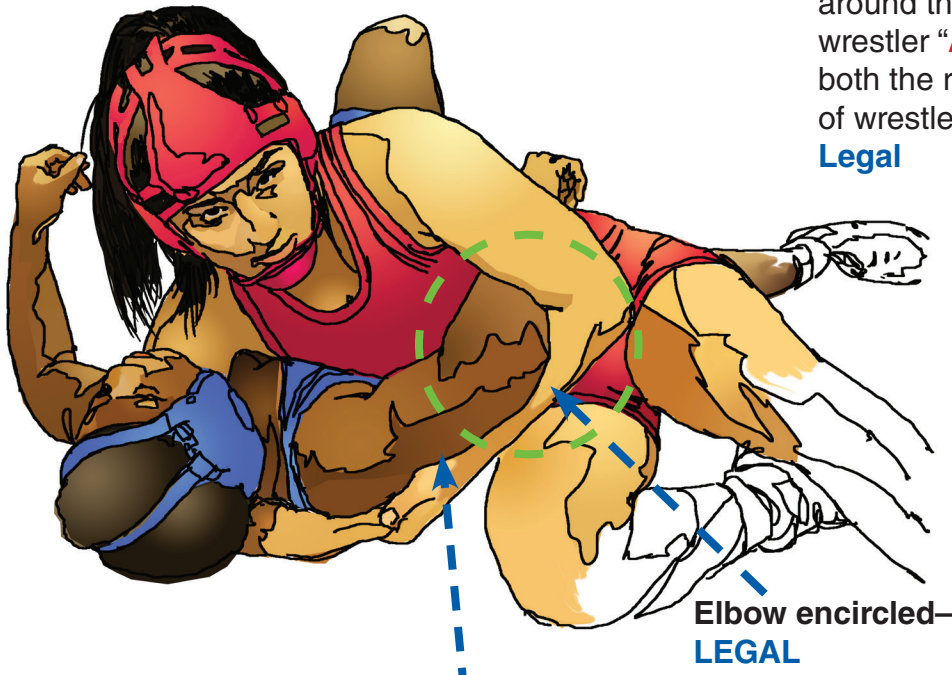
Notice at the clasp ... there is no arm or shoulder encircled, causing direct pressure against wrestler "B's" carotid artery. **ILLEGAL**

"It is the **elbow, or shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous."

Legal/ Illegal Headlock

Legal Headlock... Look Close

Frame 3



Hands locked under shoulder-LEGAL

Frame 3: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" has her left arm encircling both the right shoulder and the elbow of wrestler "B". The clasped hands are **Legal**

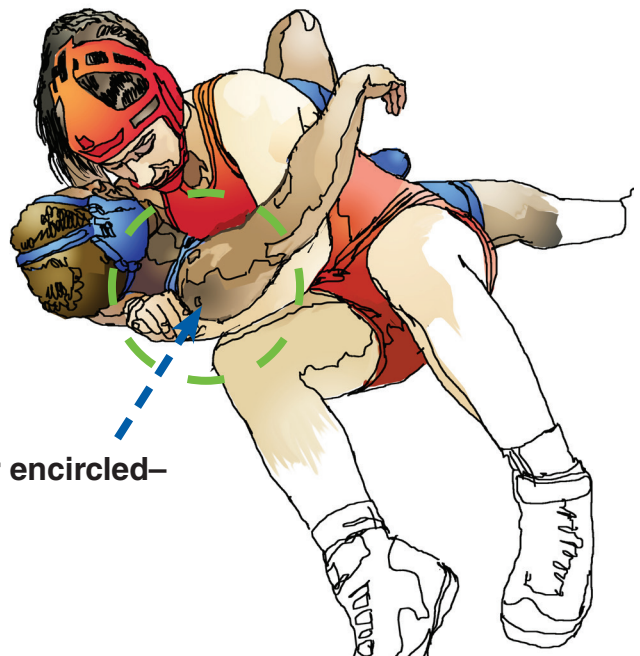
**SECTION 7 INFRACTIONS
ILLEGAL HEADLOCK**
Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents's head without encircling an arm (elbow or above)

Frame 4



Elbow encircled-LEGAL

Frame 5



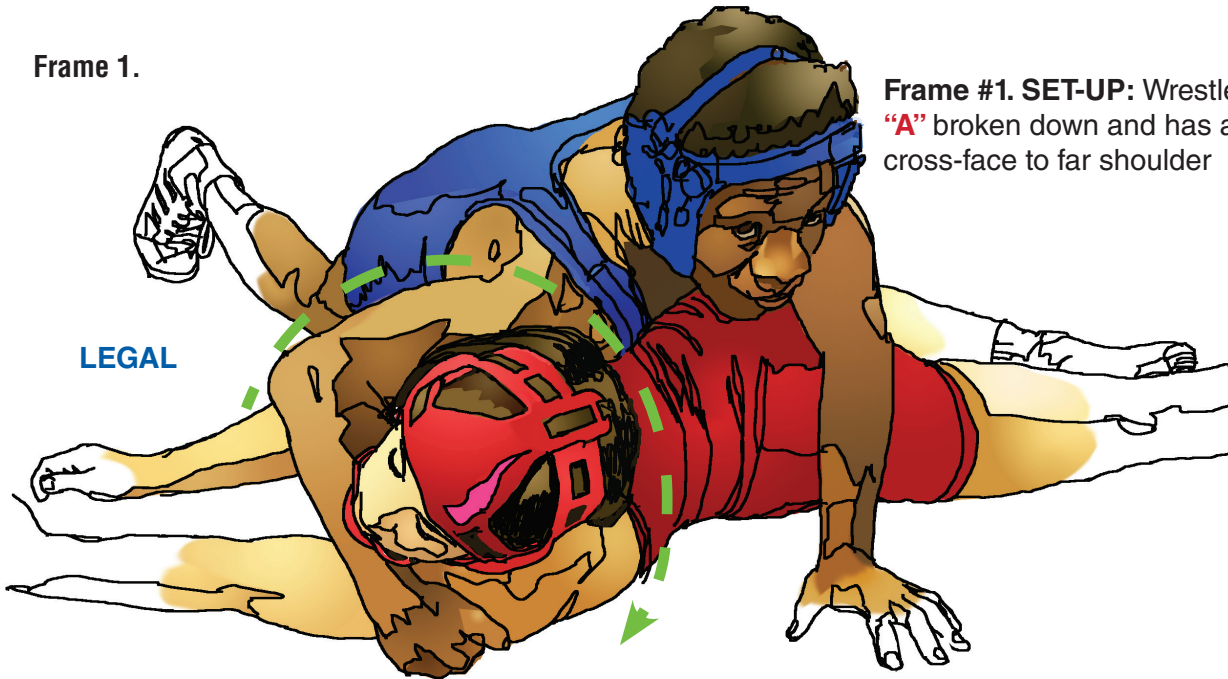
Shoulder encircled-LEGAL

"It is the **elbow**, or **shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous."

Legal Cross-face Far ankle to an **Illegal** Back Bow

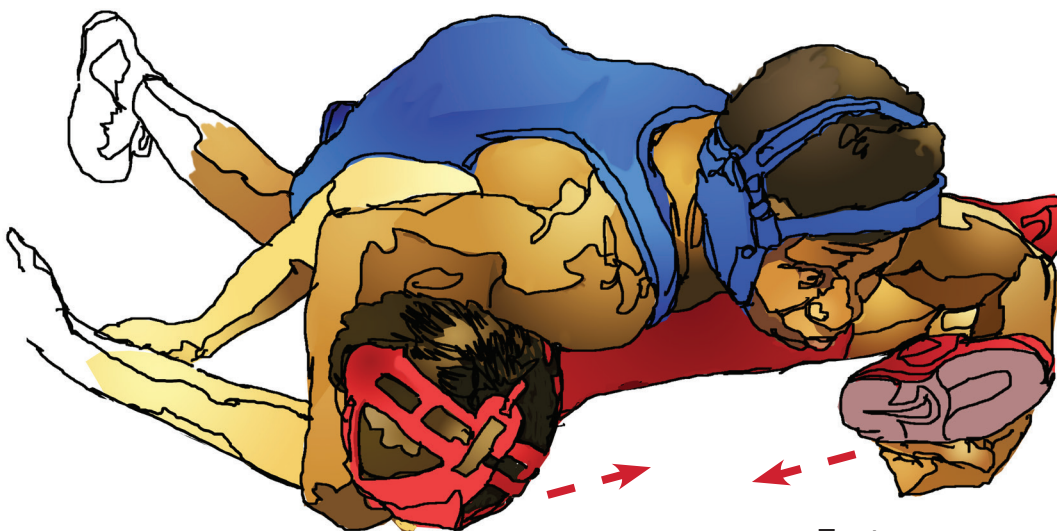
Frame 1.

Frame #1. **SET-UP:** Wrestler “B” has wrestler “A” broken down and has applied tight cross-face to far shoulder **LEGAL**.



Frame 2: Wrestler “B” drives with his chest to turn wrestler “A” for near fall. Official must watch the cross-face is not across the throat, that wrestler “B” does not grab and pull wrestler “A’s” foot up to the head and/or presses wrestler “A’s” head to his feet. **Back bow is ILLEGAL** by application.

Frame 2



Head moves toward foot
ILLEGAL

Foot moves toward head
ILLEGAL

SECTION 7 INFRACTIONS
BACK BOW
 Rule 7-1-5q
 Rule 7-1-5p
 bending, twisting or forcing the head or any limb beyond its normal limits of movement.