

Illegal Holds

2007-08 OWOA Clinic

Jim Vreeland
South Shore Wrestling Officials Association

Rule 7-1-1

A **slam** is lifting and returning an opponent to the mat with **unnecessary** force. This infraction may be committed by a contestant in either the top or bottom position, as well as during a takedown. A slam shall be called without hesitation.

Remember ... ***unnecessary*** roughness

Rule 7-1-2

A full, straight-back **suplay** and the straight-back **salto** to the head are illegal.

Suplay is chest to back,
while a salto is chest to chest.

Suplay

ILLEGAL

**STRAIGHT-BACK SUPLAY
TO THE BACK**



Front to back
set-up



The Lift

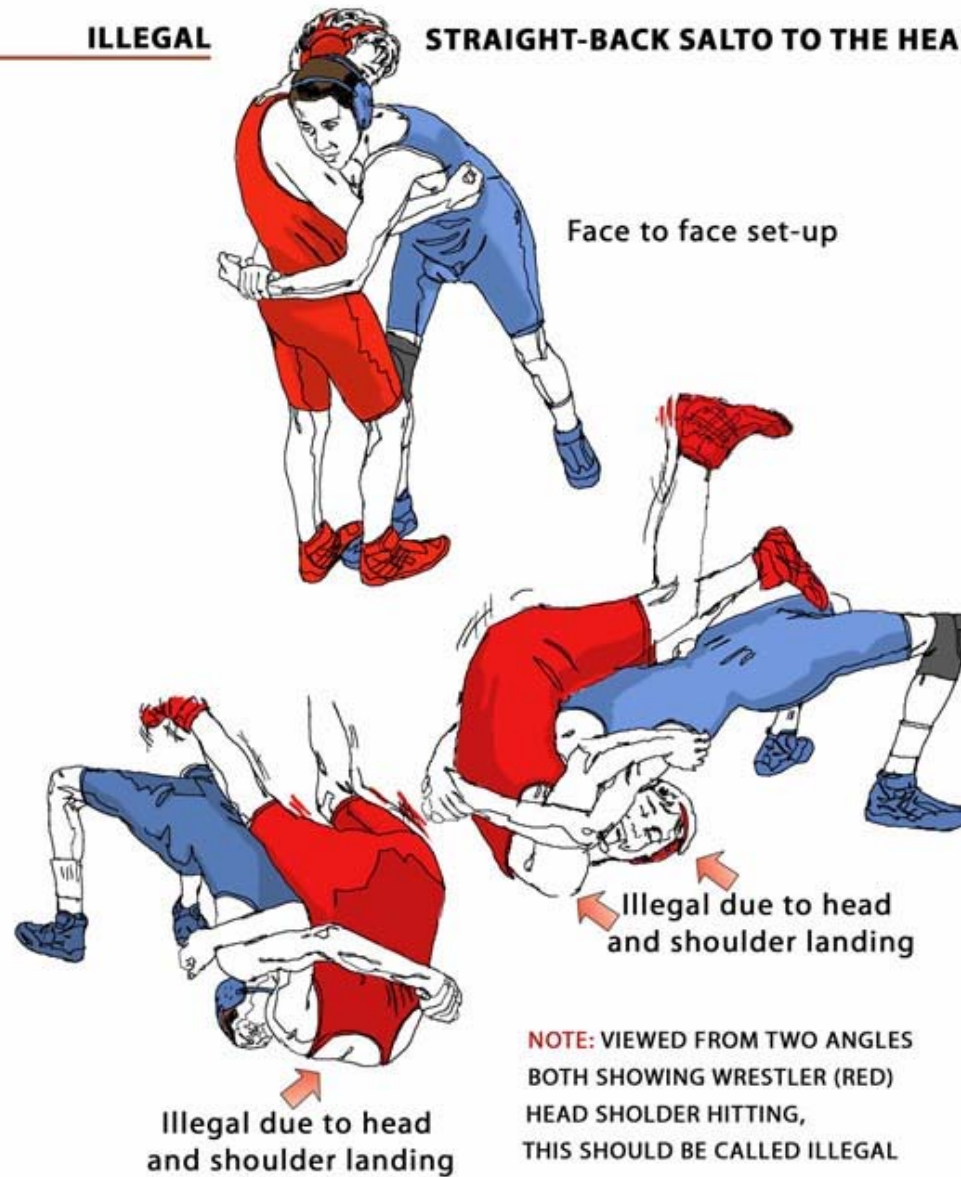


Illegal due to head
and shoulder landing

Salto

ILLEGAL

STRAIGHT-BACK SALTO TO THE HEAD



Rule 7-1-3

An **intentional drill** or a forceful fall-back is illegal and usually occurs when the defensive wrestler, from a standing position, goes forcibly to the mat while the offensive wrestler has a scissors or a cross-body ride.

Rule 7-1-4

Pulling back, as opposed to grasping, the thumb or 1, 2, or 3 fingers of an opponent's hand.

“Peeling fingers”...against the joint?

Rule 7-1-5

Other illegal holds include,

but are not limited to:

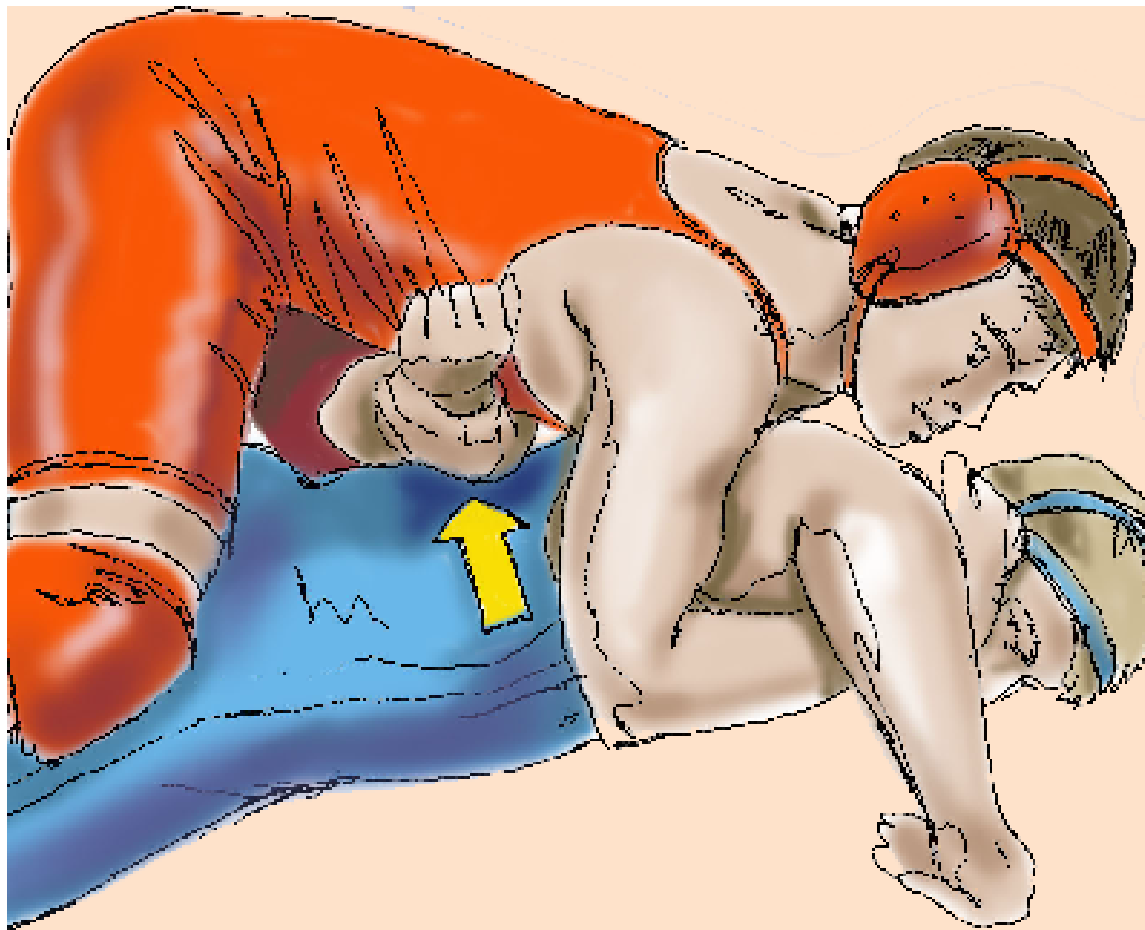
- a. **Double under hook snap back** from the standing position;
- b. The **hammerlock...beyond a right angle**;
- c. The **twisting hammerlock** along with lifting the elbow off the back in a hammerlock situation;

Illegal snapback

Try to stop this or lessen the impact before it occurs. This could be serious.



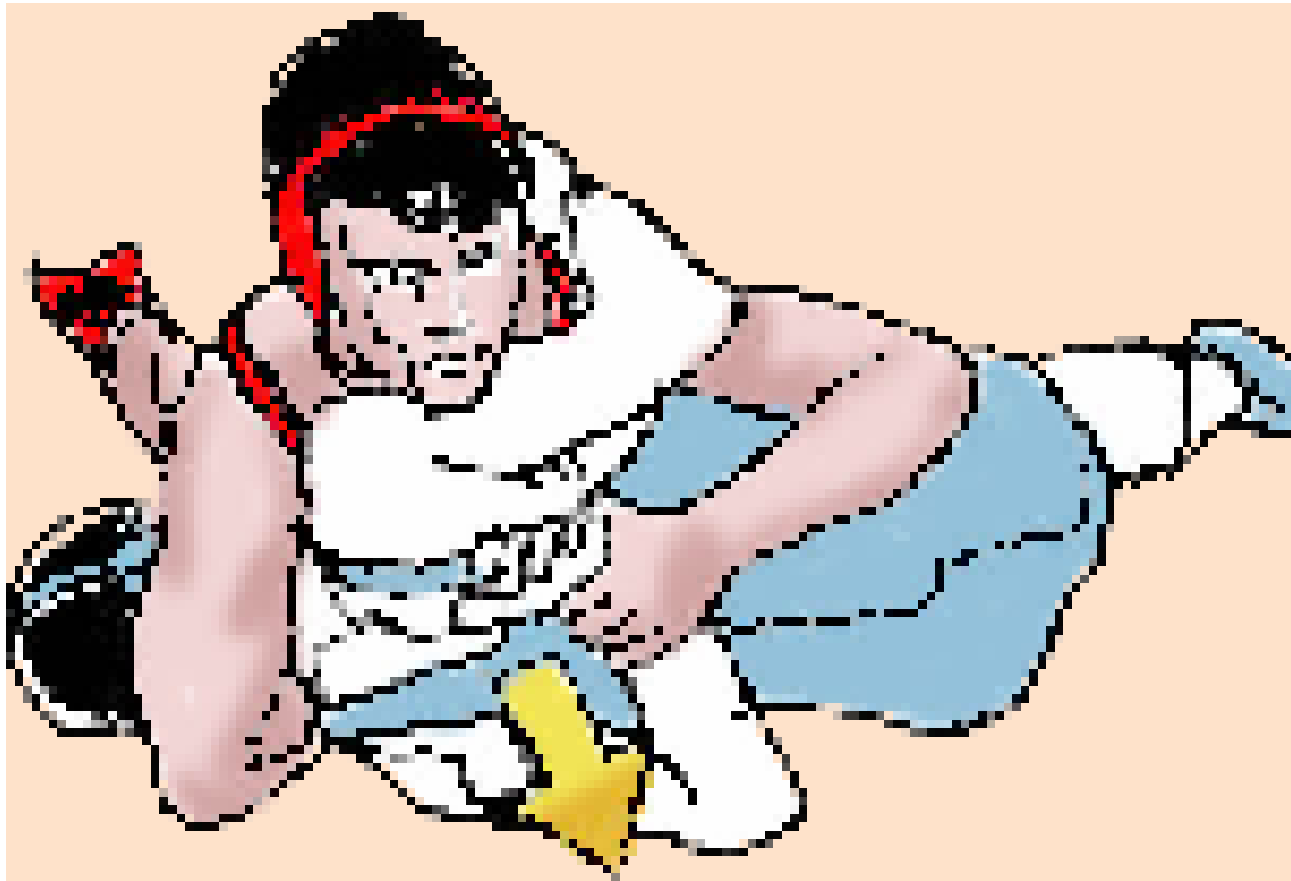
ILLEGAL Blair Tilt



Another form of a
twisting hammerlock

ILLEGAL

Twisting Hammer Lock



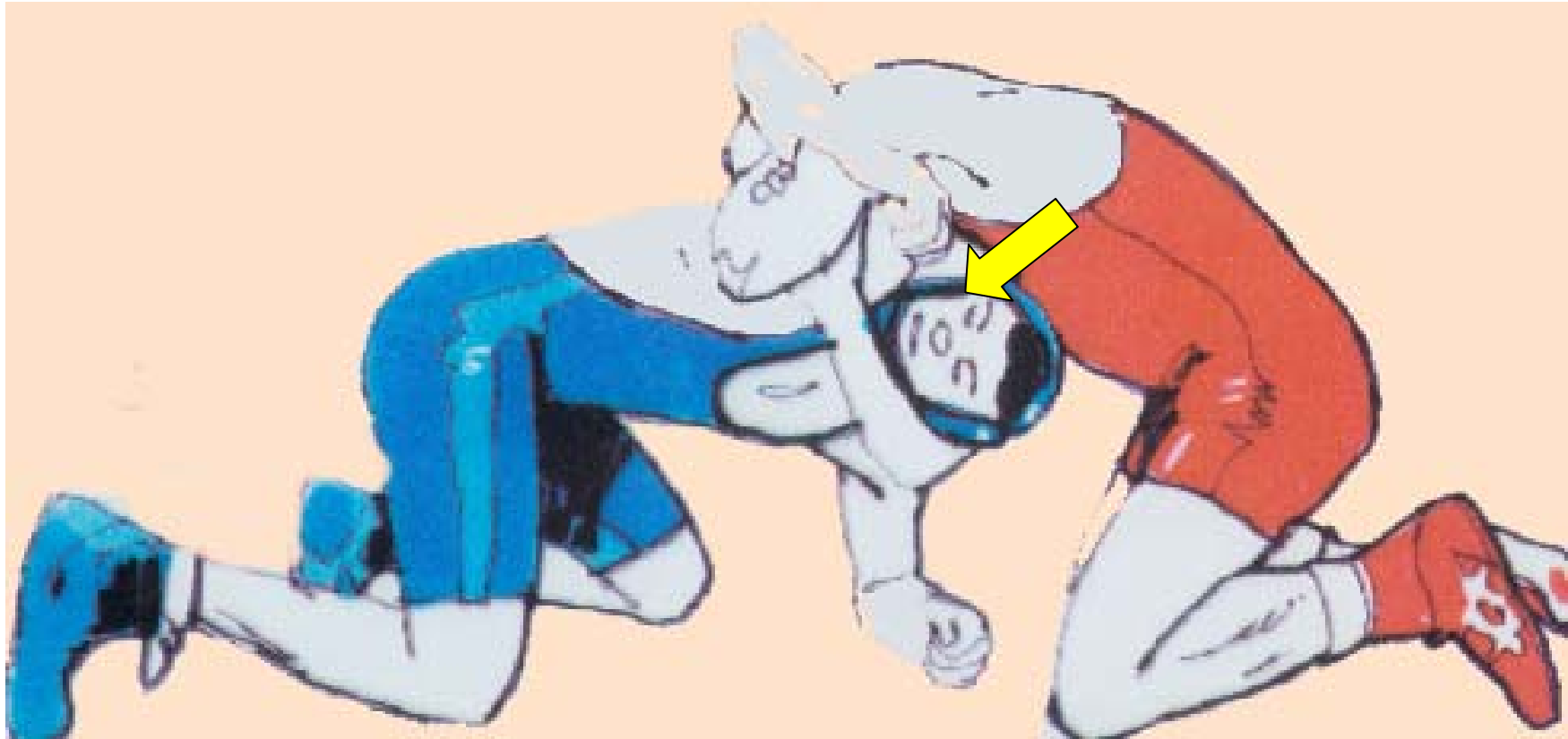
Rule 7-1-5, con't

- d. Any **headlock** in which the arms or hands are locked around the opponent's head without encircling an arm (elbow or above) or leg (except in the guillotine after near-fall criteria has been met or $\frac{3}{4}$ nelson);
- e. Straight head scissors (even though an arm is included); ... Watch for a draping sash, remember under the arm pit is considered the body (potentially dangerous).

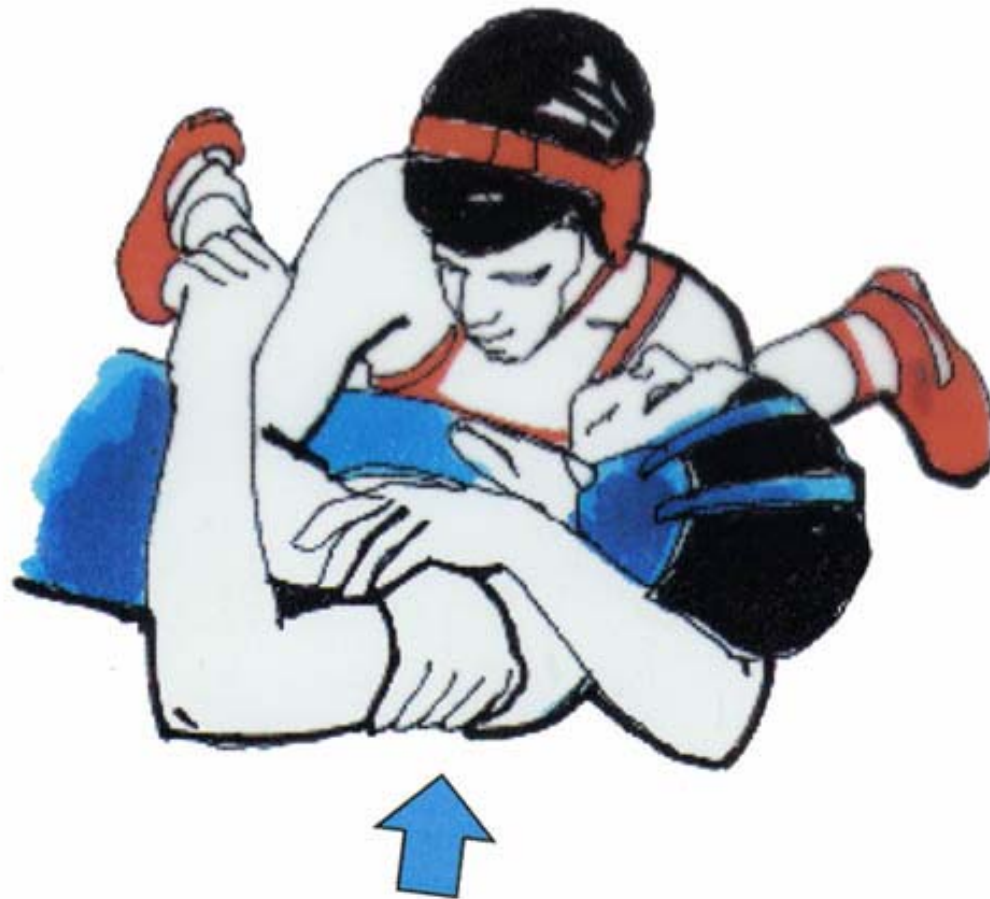
Illegal headlock



Illegal headlock

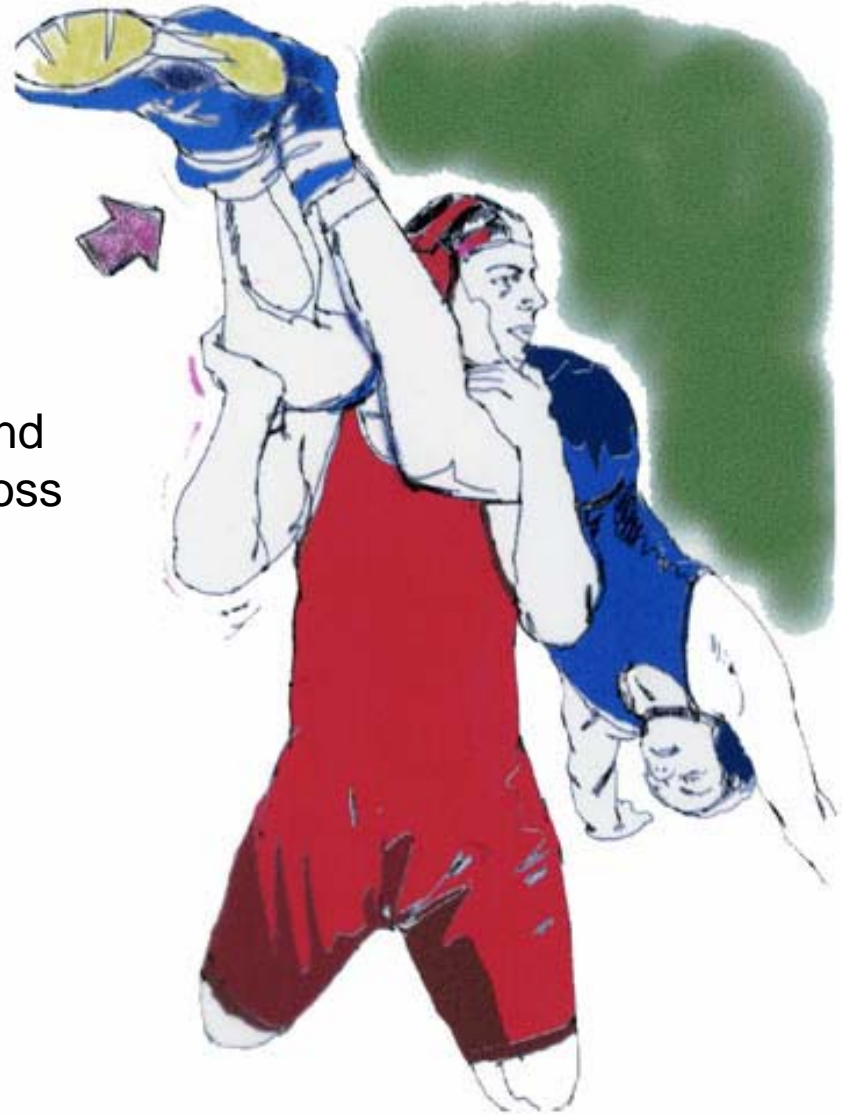


Illegal headlock



Head scissors

Illegal if the arm is included and the scissors goes directly across the throat.



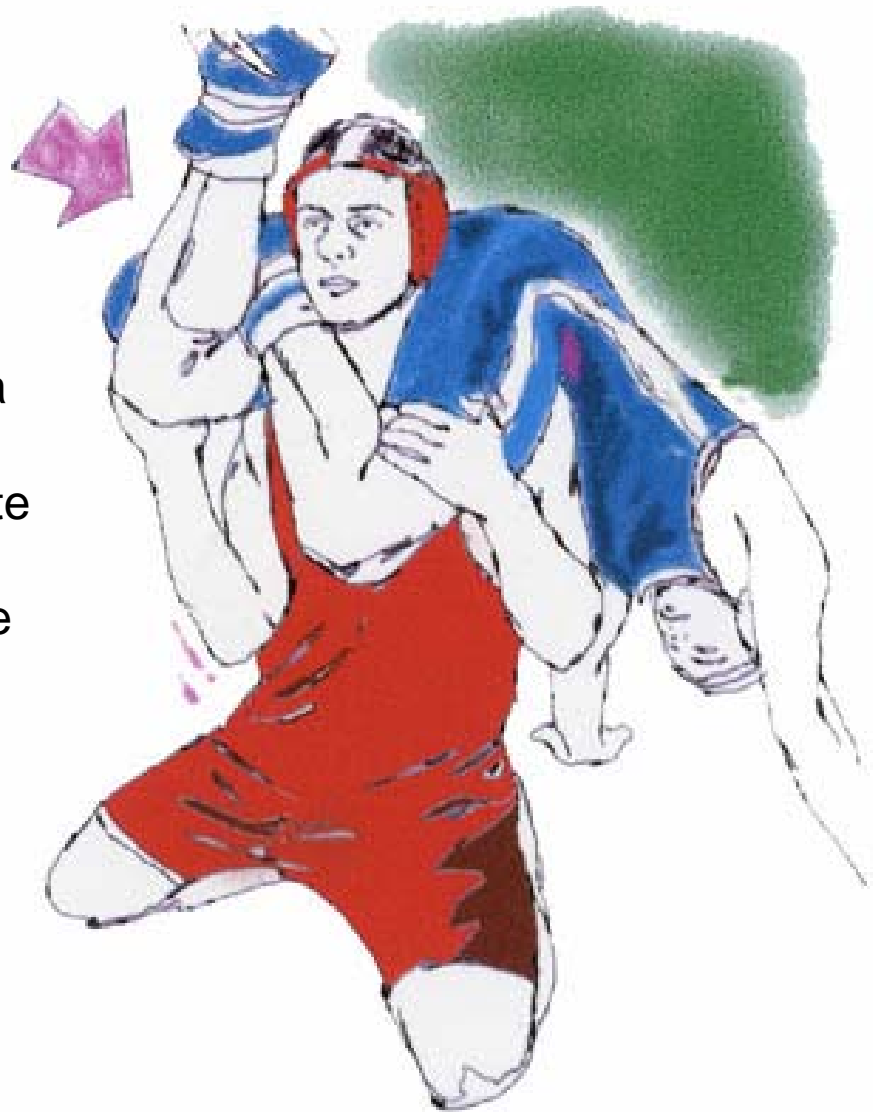
Sash

Draping sash is under an arm pit and considered around the body. Therefore a body scissor, think about potentially dangerous.



Head fig. 4

Head figure 4 from neutral is a delayed call to allow attacking wrestler opportunity to complete the takedown. Once he is checked stop match and make the technical violation call.



Keep 'em straight

A wrestler ...

may scissor the body ... not the head

be conscious of unnecessary roughness

may figure 4 head ... not the body

may figure 4 head ... nor from neutral

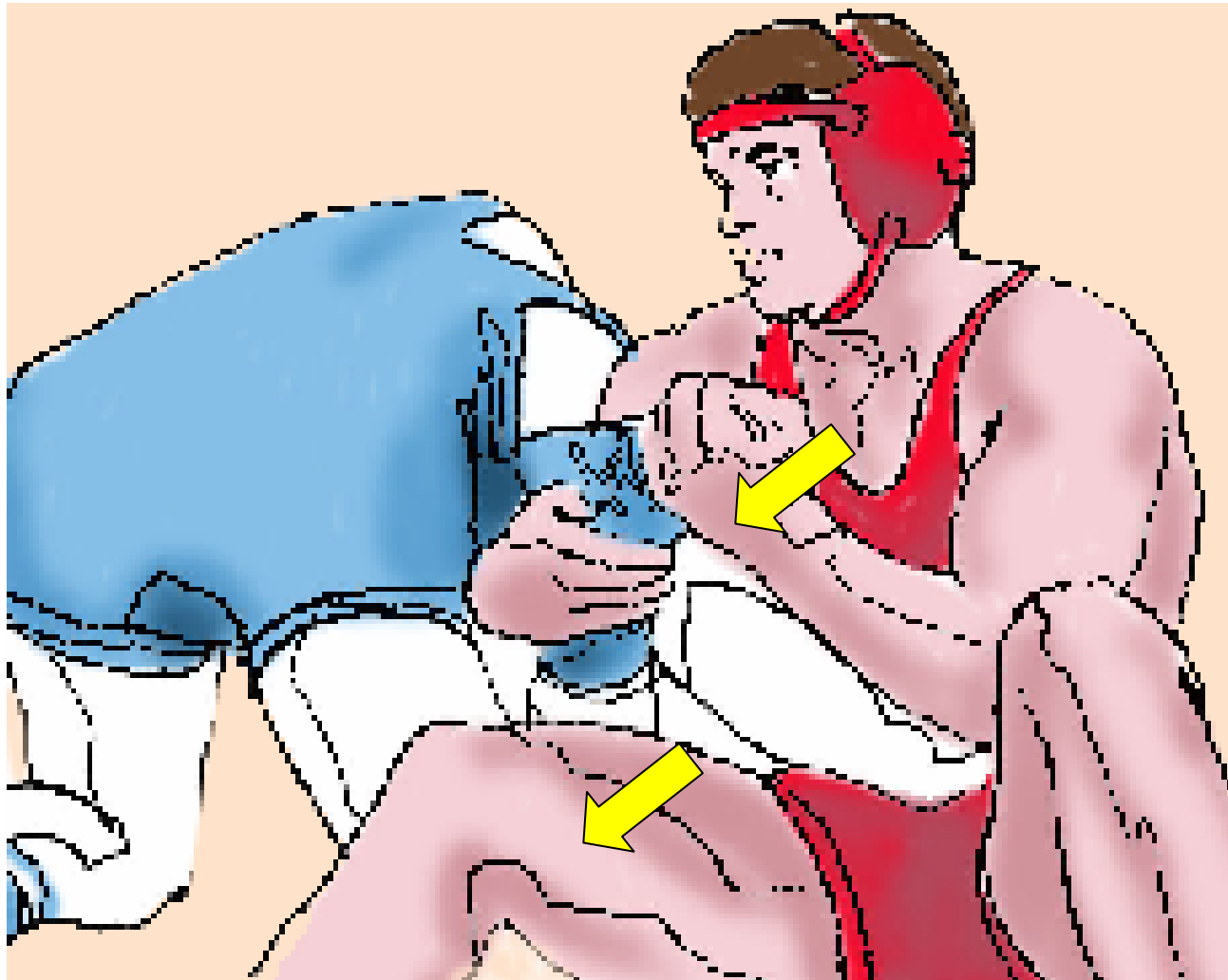
remember it is a delayed call

Rule 7-1-5, con't

- f. Full nelson;
- g. Holds putting pressure on the throat and/or carotid artery;
- h. Twisting knee lock taken against the joint and/or away from the body;
- i. Key lock;
- j. Overhead double arm bar;

ILLEGAL

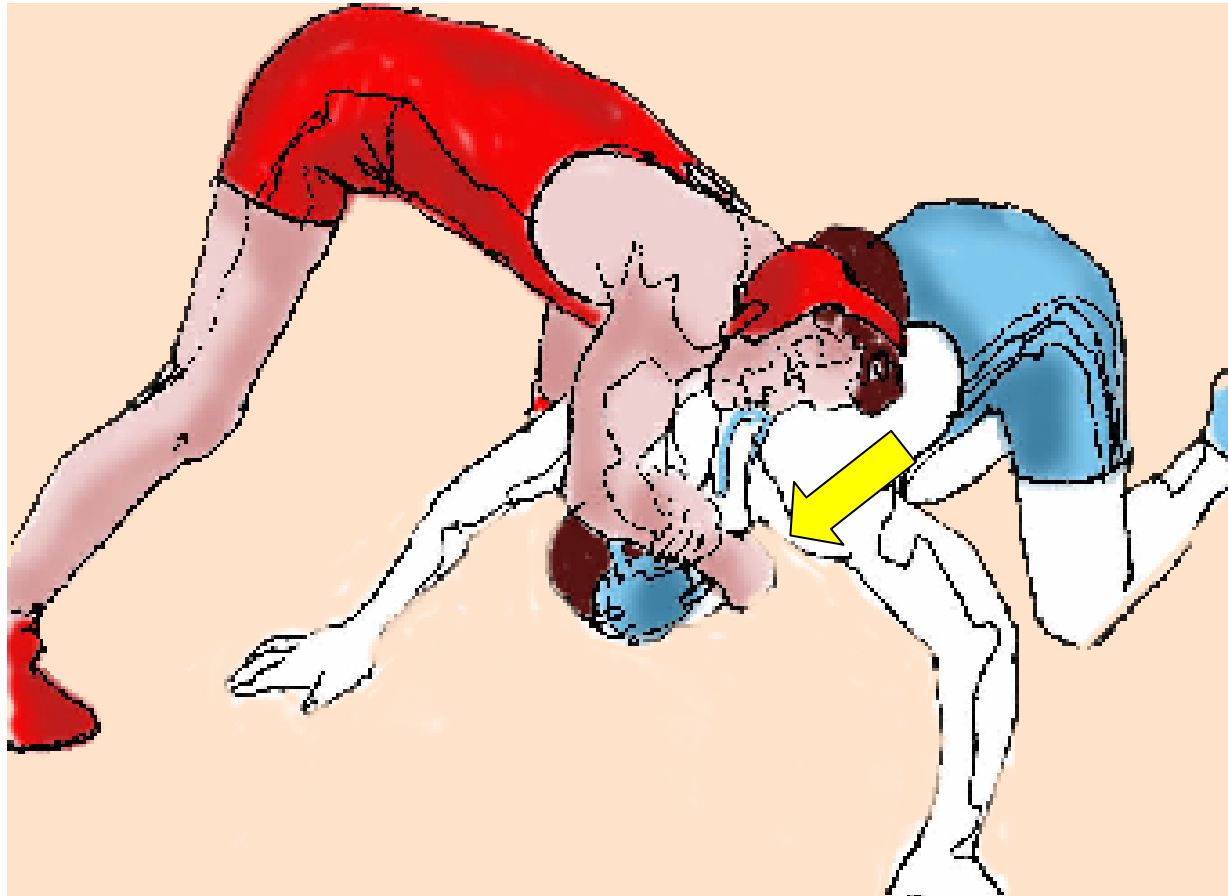
Twisting Knee



Rule 7-1-5, con't

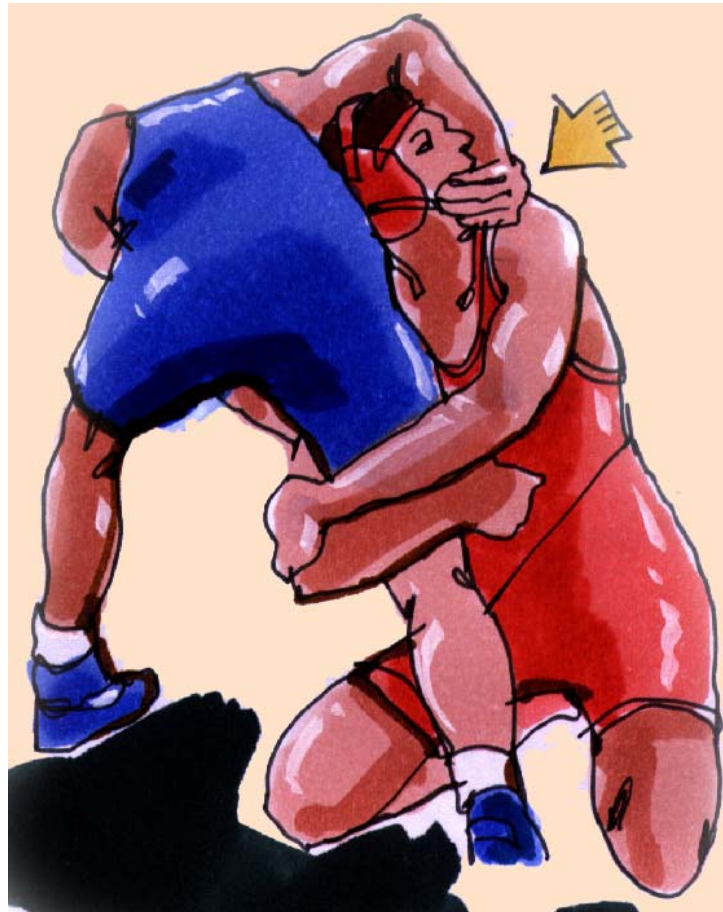
- k. Locking the hands behind the back in a double arm bar from the front;
- l. Neck wrench;
- m. Front quarter nelson with the chin;
- n. Leg block (cut-back or broom stick);
- o. Over scissors when pressure is applied against the joint which may cause hyperextension;

Front quarter w/ chin locked



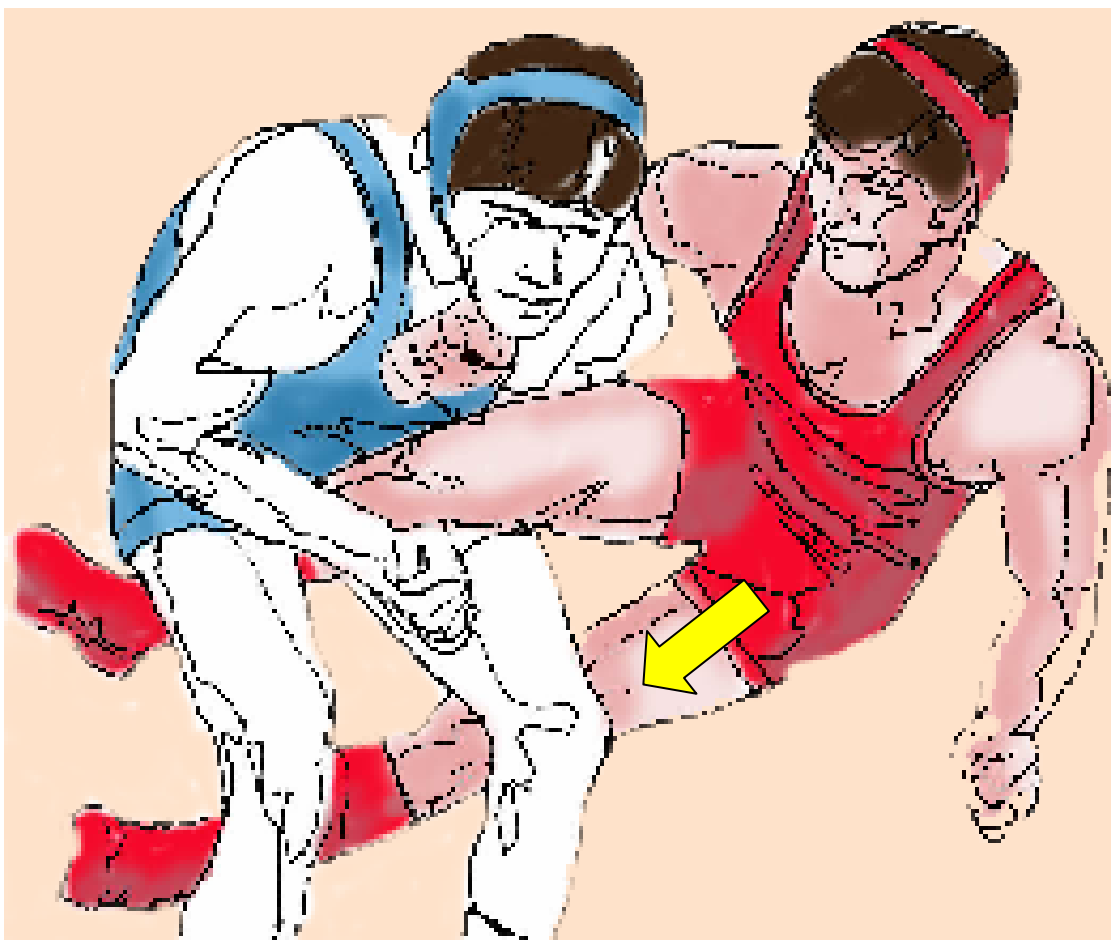
ILLEGAL

Neck Wrench

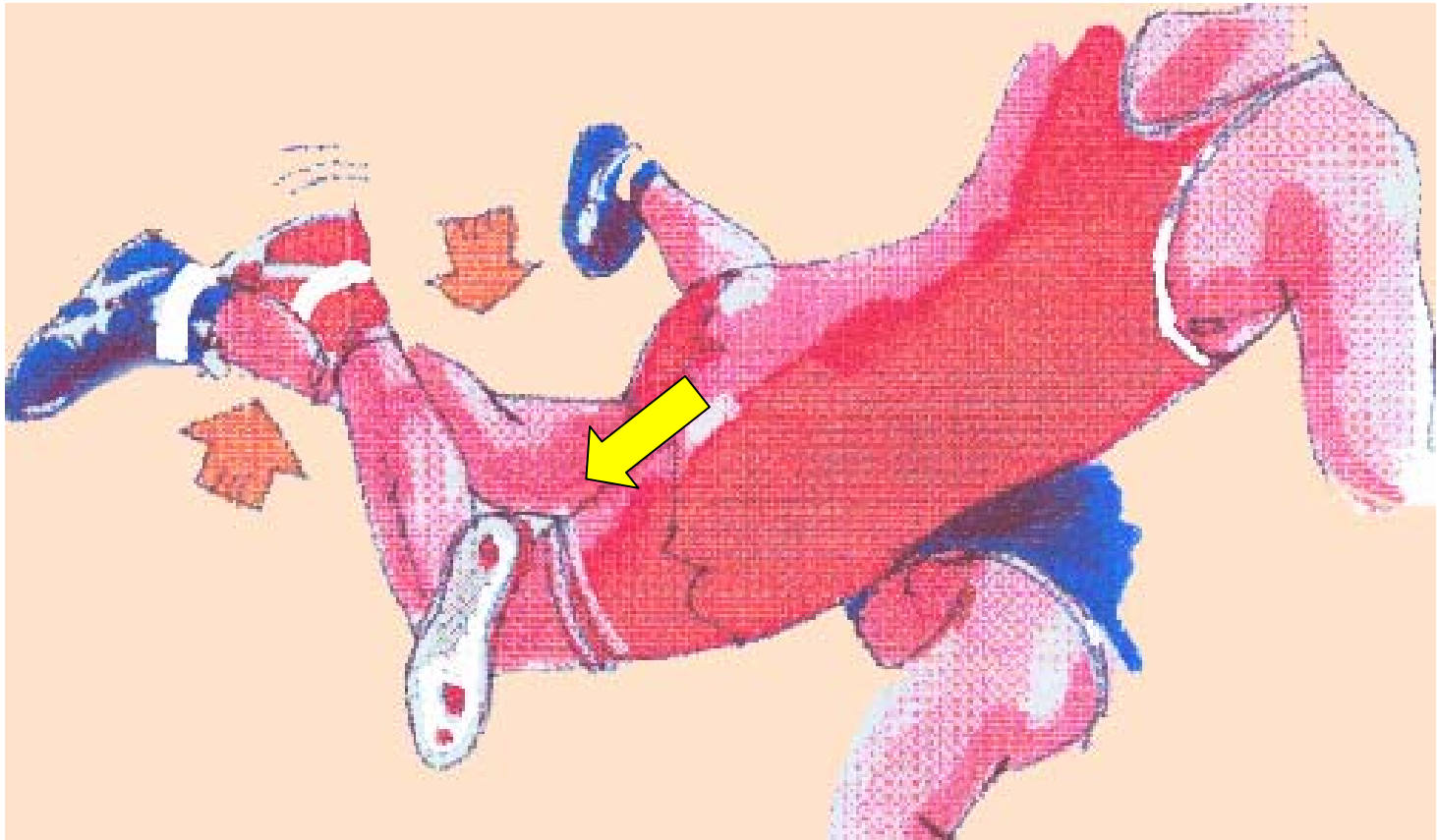


Watch for the chin being turned and the head forcibly rotated on its axis.

Leg block / broom stick / cut back

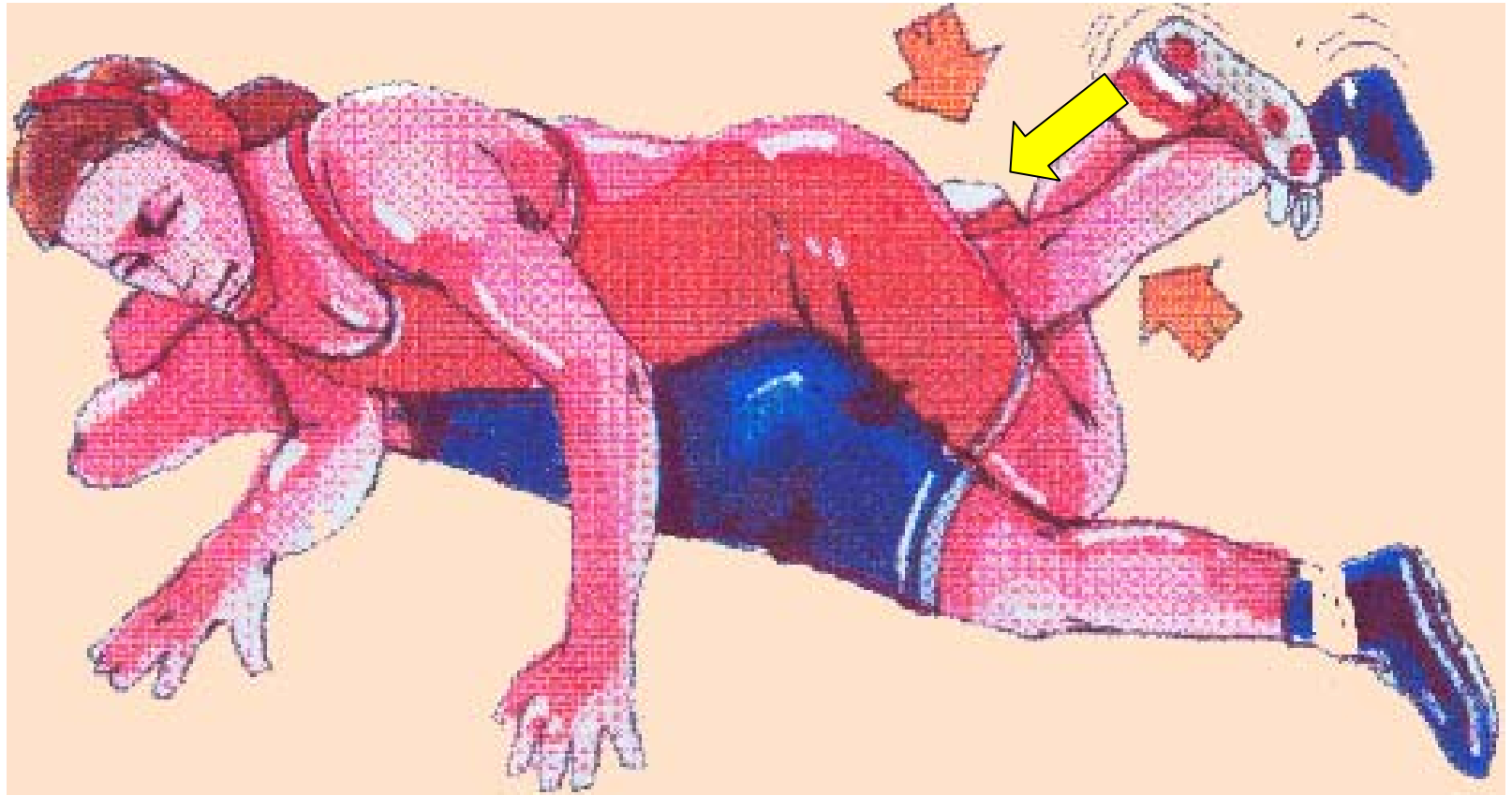


Over scissors (inside out)



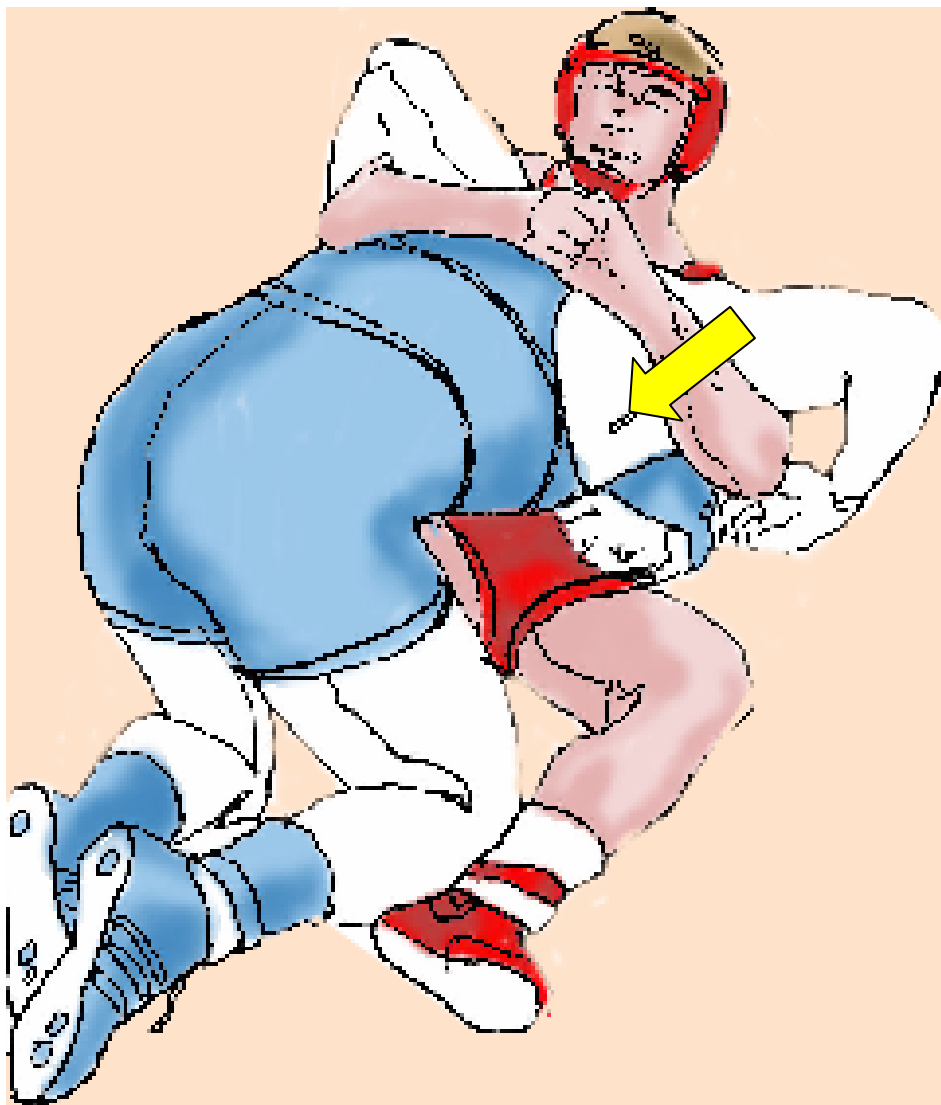
ILLEGAL

Over-scissors



ILLEGAL

Front Double Arm Bar



This can occur on the mat
Or from the neutral position.

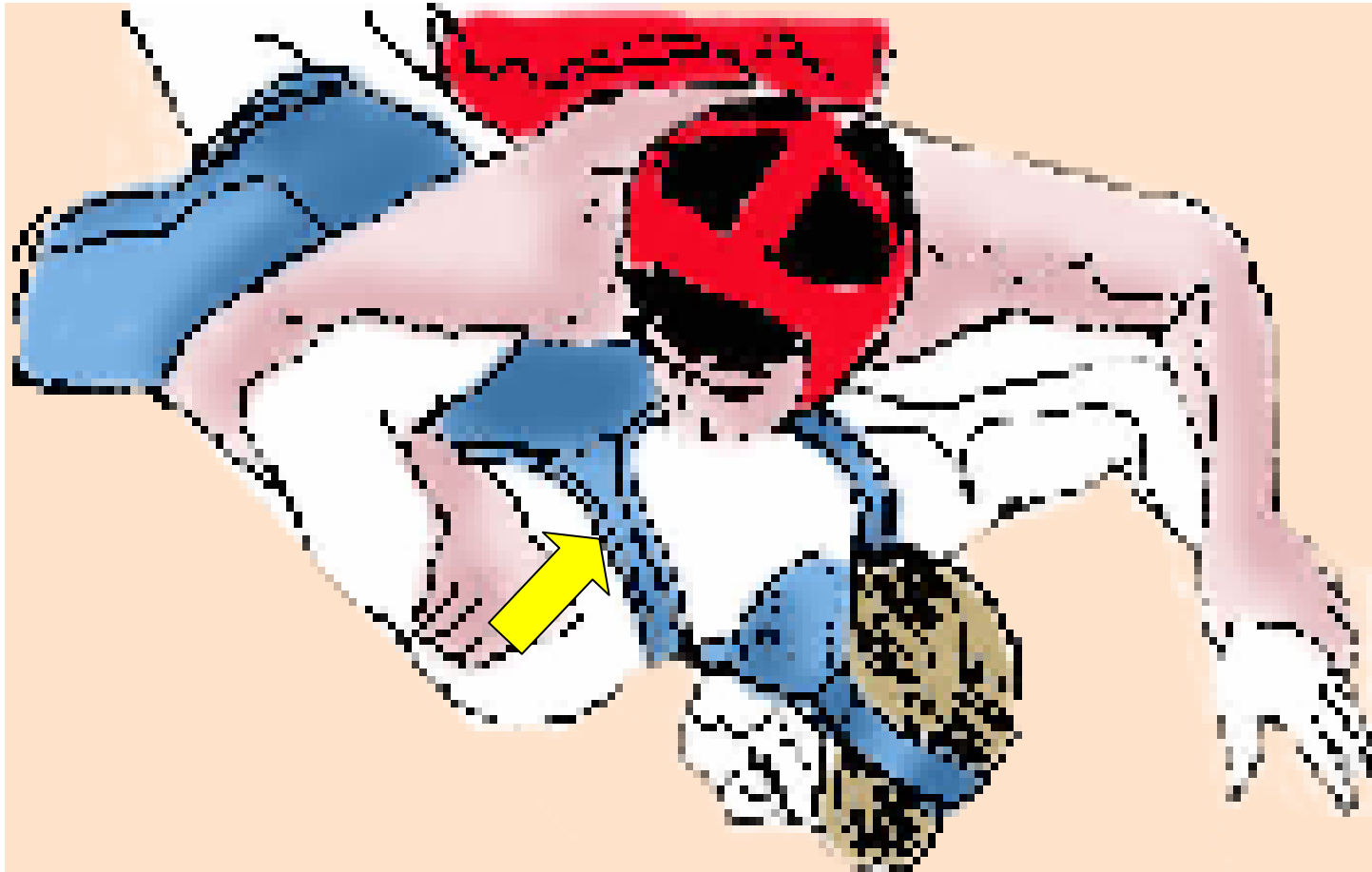
The head and neck are blocked
by offensive wrestler's body.

Rule 7-1-5, con't

- p. Bending, twisting or forcing the head or any limb beyond its normal limits of movement;
- q. Back bow;
- r. Figure 4 around the body or both legs;
- s. Chicken wing with pressure toward the shoulder, parallel to the long axis of the body;

ILLEGAL

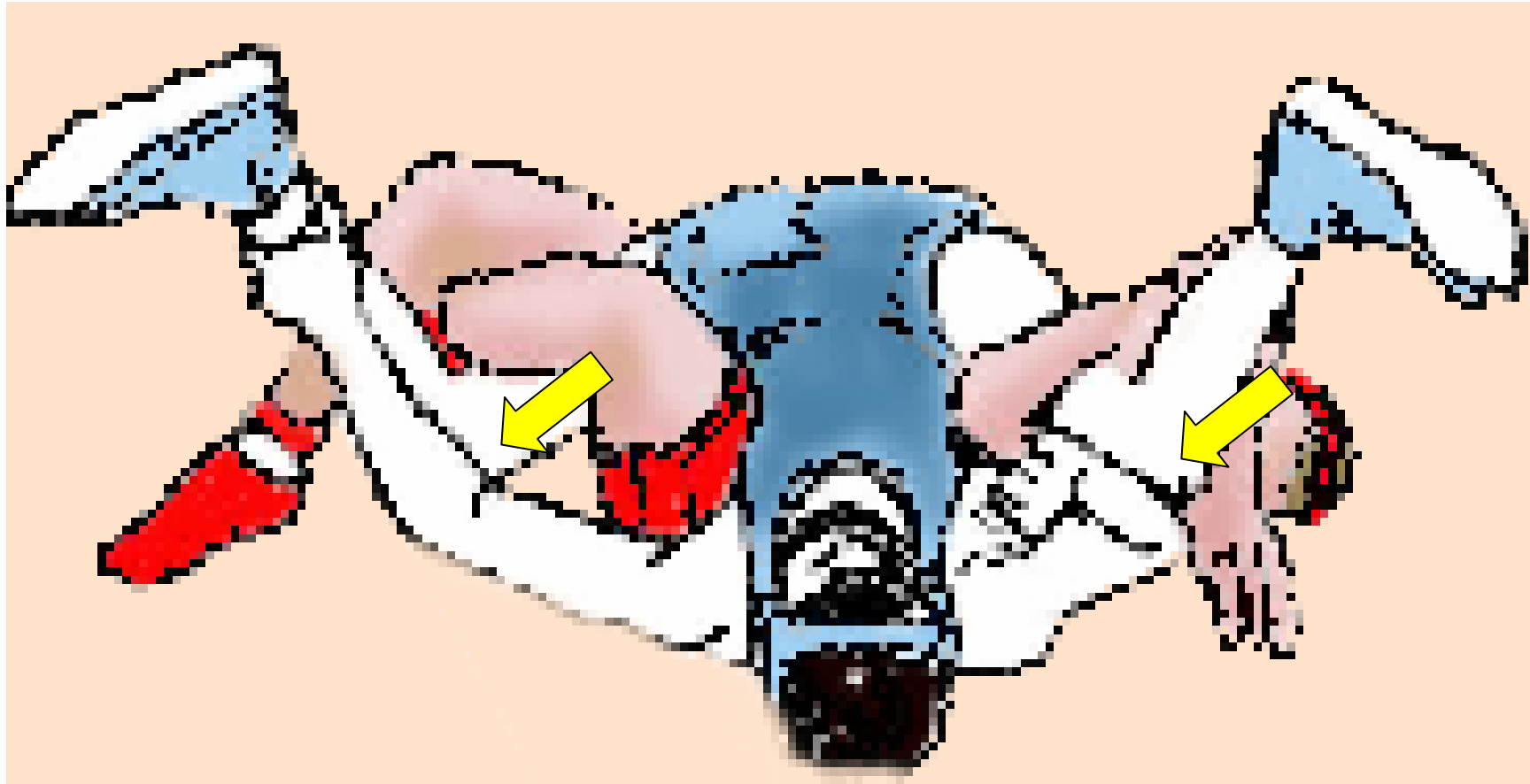
Chicken Wing



Rule 7-1-5, con't

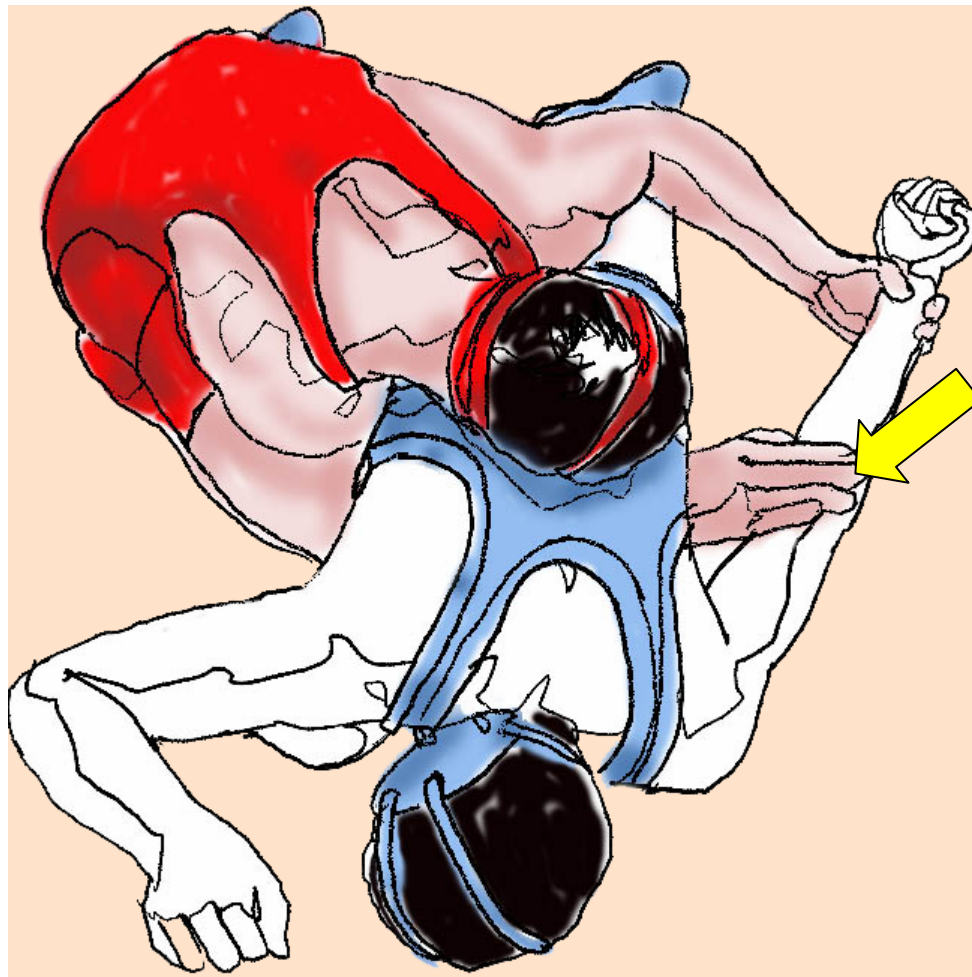
- t. Hand(s) in the eye(s) or raking the eye(s);
- u. Any hold used for punishment;
- v. Any hold with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation.

Banana splits / spladle



ILLEGAL

Corkscrew...Tulsa...Cookie



Rule 7-1-6

A wrestler applying a legal hold shall not be penalized when the opponent turns a legal hold into an illegal hold. The referee shall cause the hold to be released when it becomes illegal. The match need not be stopped unless the referee finds it necessary to do so in order to correct the situation. Whenever possible, an illegal hold shall be prevented rather than penalized.

USE POTENTIALLY DANGEROUS!