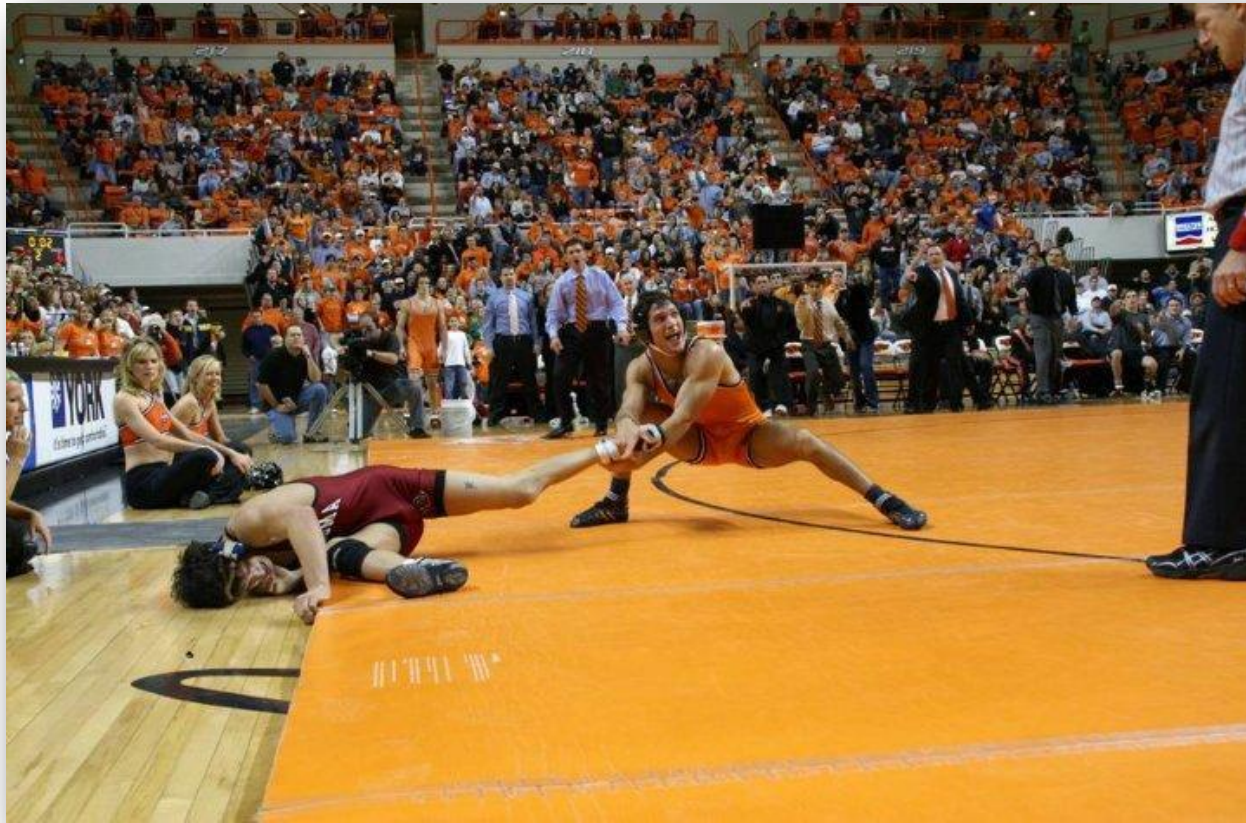


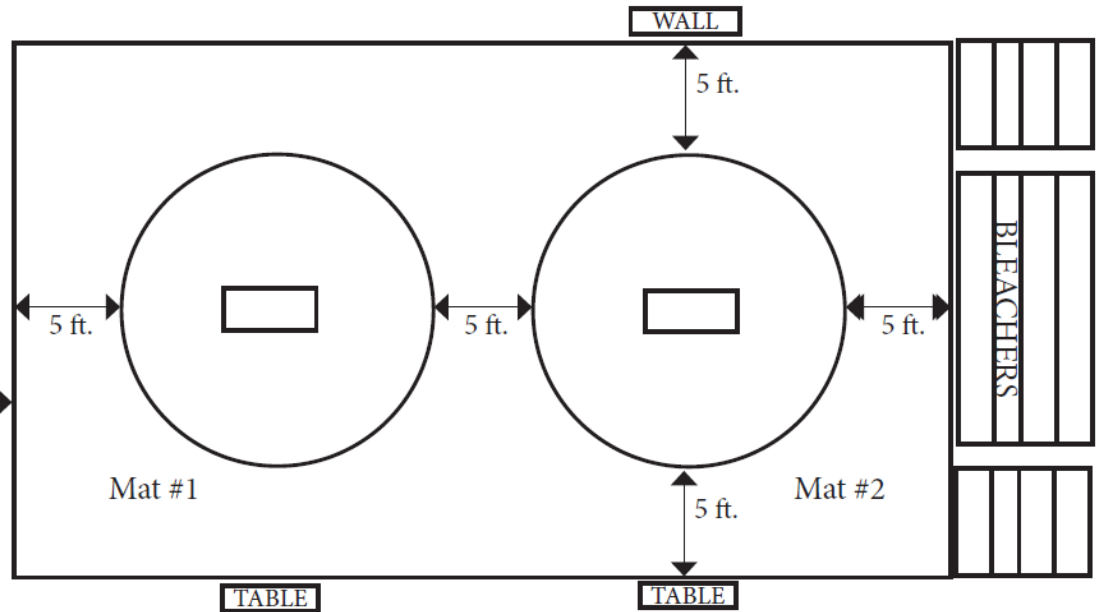
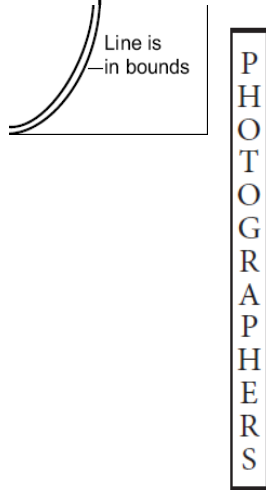
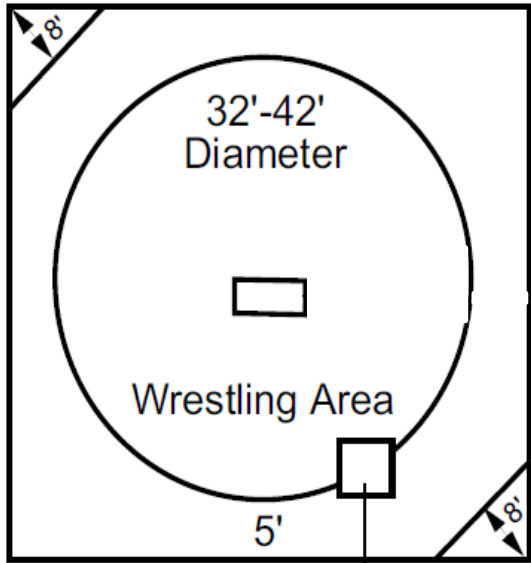


Inbound/Out of Bounds



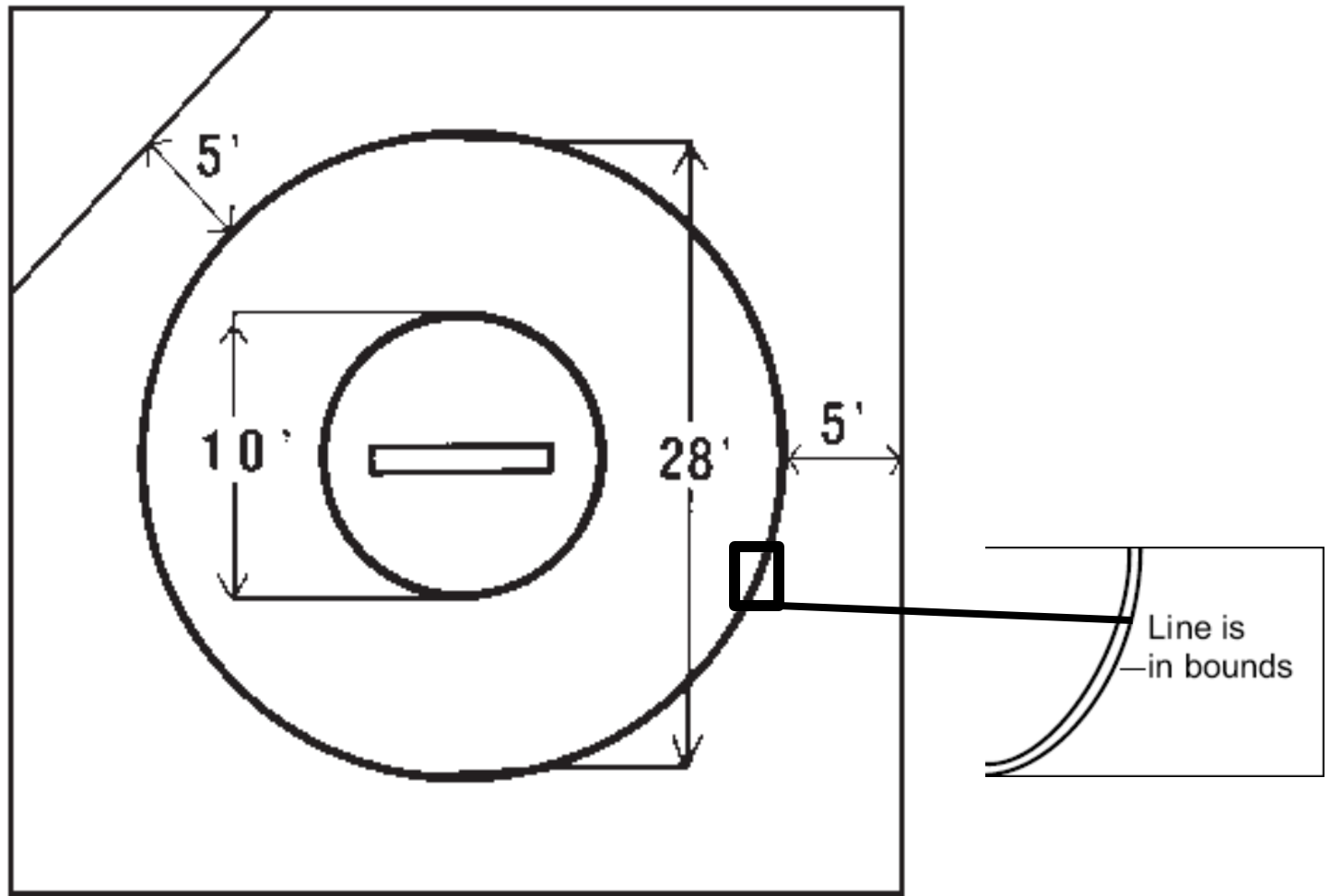
Differences Between High School and College

The College Mat



- The matted apron around the wrestling area shall extend a minimum of 5 feet between out-of-bounds lines when two mats are side by side.
- The matted apron around the wrestling area shall extend a minimum of 5 feet from the out-of-bounds line and any obstruction such as a table, bleacher or walls.
- Photographers using still or motion devices, excluding official video review equipment, shall not be permitted within 5 feet of the edge of the wrestling mat.

The High School Mat



Inbounds Differences

Singular



Contestants are considered to be in bounds if **any part of either wrestler is on or inside the boundary line**. Wrestling shall continue as long as either wrestler remains in bounds. For the purpose of awarding a point(s) at the edge of the wrestling area, a point(s) shall be awarded when control is established or lost while any part of either wrestler finishes on the mat in bounds. (NCAA Rule 2.4)

Plural



Contestants are considered to be inbounds if the **supporting parts of either wrestler are inside or on the boundary lines**. Supporting points are the parts of the body touching, or within, the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent. (NFHS Rule 5-15)

Key Difference:

College = Any Part

High School = Supporting Parts

Takedown Differences



A takedown shall be awarded when, from the neutral position, a contestant gains control by taking the opponent down to the mat in bounds and beyond reaction time. If the defensive wrestler's hand comes in contact with the mat, it is considered control. **For the purpose of awarding takedown points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler remains in bounds.** (NCAA Rule 2.6)



It is a takedown when, from a neutral position, a wrestler gains control over the opponent down on the mat and **all the supporting points of either wrestler are inbounds.** When a majority of the defensive wrestler's weight is borne on a hand(s), it is considered a supporting point(s). In awarding a takedown at the edge of the mat, control must be established while **all the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.** (NFHS Rule 5-25-1)

Reversal Differences



A reversal occurs when the defensive wrestler comes from the bottom/defensive position and gains control of the opponent, either on the mat or in a rear-standing position. For the purpose of awarding reversal points at the edge of the wrestling area, points shall be awarded when control is established **while any part of either wrestler remains in bounds.** (NCAA Rule 2.8)



It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position, while **all the supporting points of either wrestler are inbounds.** In awarding a reversal at the edge of the mat, control must be established while **all the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.** (NFHS Rule 5-16-3)

Fall/Near Fall Differences



When the defensive wrestler's back is exposed to the mat in a pinning situation **while any part of either wrestler is in bounds**, near-fall points may be earned or a fall called. (NCAA Rule 2.4)



A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for **two seconds**. A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. **The shoulders or scapula must be held inbounds.** (NFHS Rule 5-11)

Photos: Takedowns or Reversals



These photos are considered in-bounds for college and out of bounds for high school

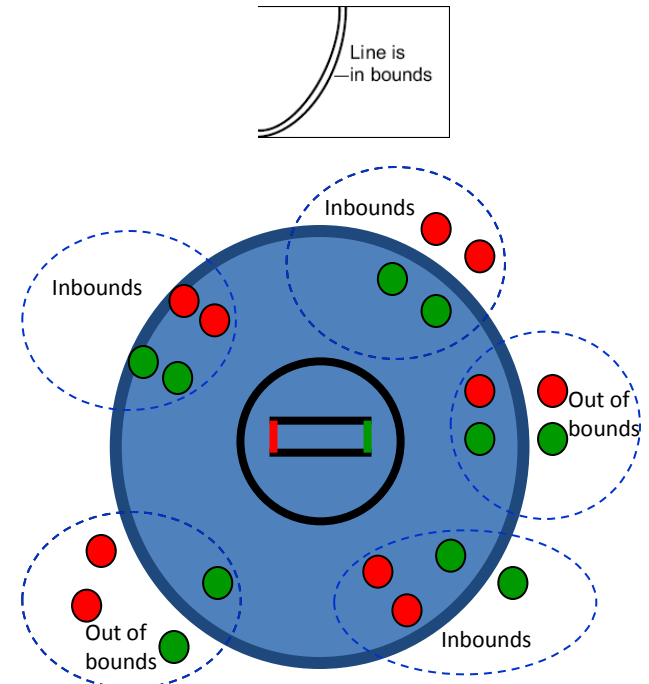
In or Out?



This photo is considered in-bounds for college and out of bounds for high school



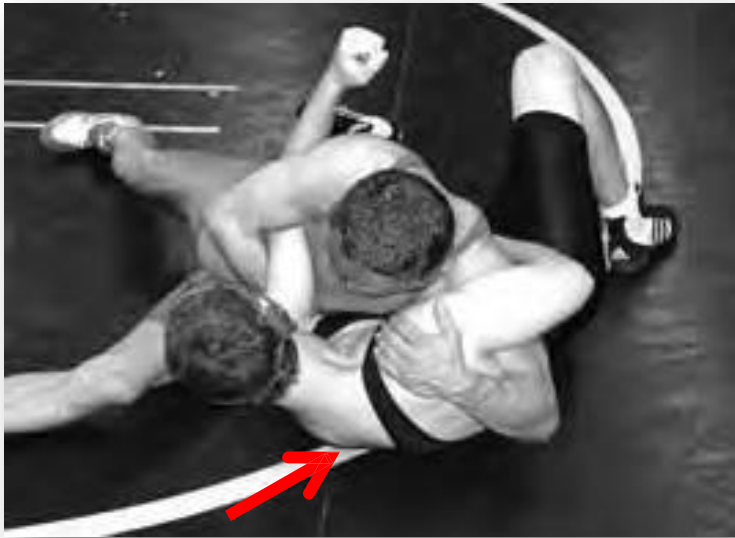
This photo is considered in-bounds for college and out of bounds for high school



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

Current high school standard for in-bounds/out of bounds

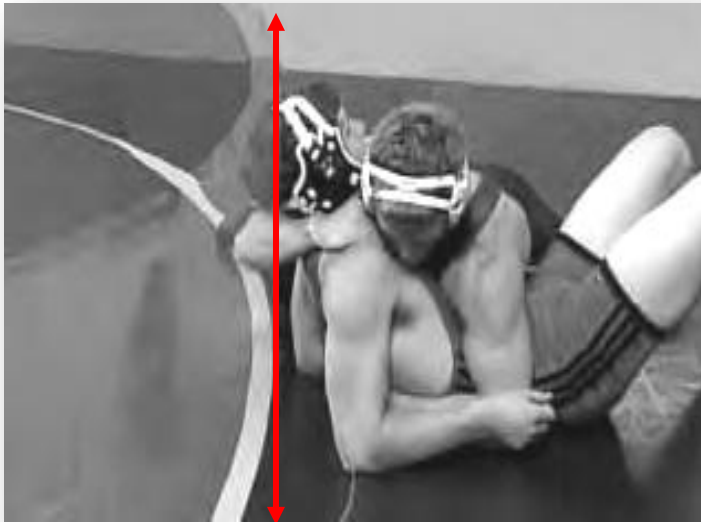
Fall/Near Fall



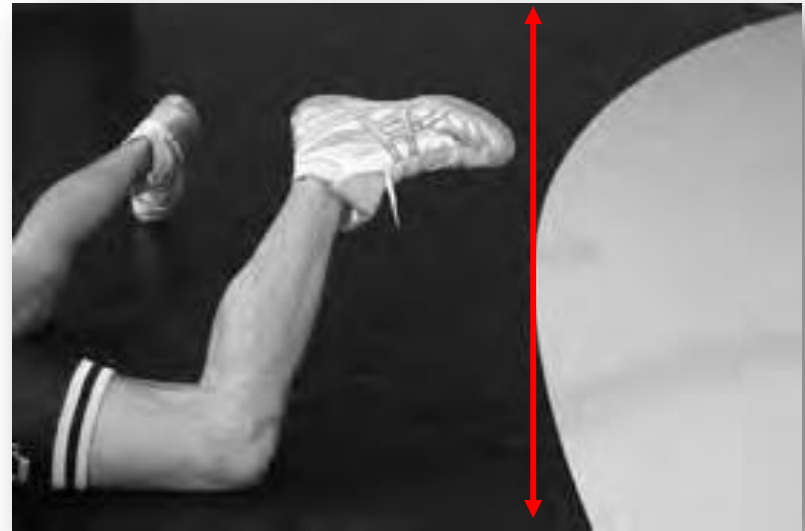
These photos are considered in-bounds for college and a fall or near-fall can be obtained. In high school, a fall or near-fall cannot occur in this situation (unless the offensive wrestler brings either both shoulders or both scapulas in-bounds).



The Cylinder



Control is established due to being within the "cylinder or sphere." Elbow breaks the cylinder.



IN BOUNDS. *The wrestlers are in bounds since the elbow of the offensive wrestler and part of the head of the defensive wrestler are inside the imaginary cylinder surrounding the wrestling area.*



OUT OF BOUNDS. *Both feet are outside the wrestling area, breaking the boundary of an imaginary cylinder surrounding the wrestling area.*

Common High School Supporting Points



(NFHS Rule 5-15-2) Supporting points are the parts of the body touching, or within, the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.

- a. When down on the mat, the usual points of support are:
 1. the knees;
 2. the side of the thigh;
 3. the buttocks;
 4. the hand(s).

References

- ❑ 2013-14 National Federation of High School Associations Wrestling Rules Book
- ❑ 2013-14 and 2014-15 NCAA Wrestling Rules and Interpretations

