

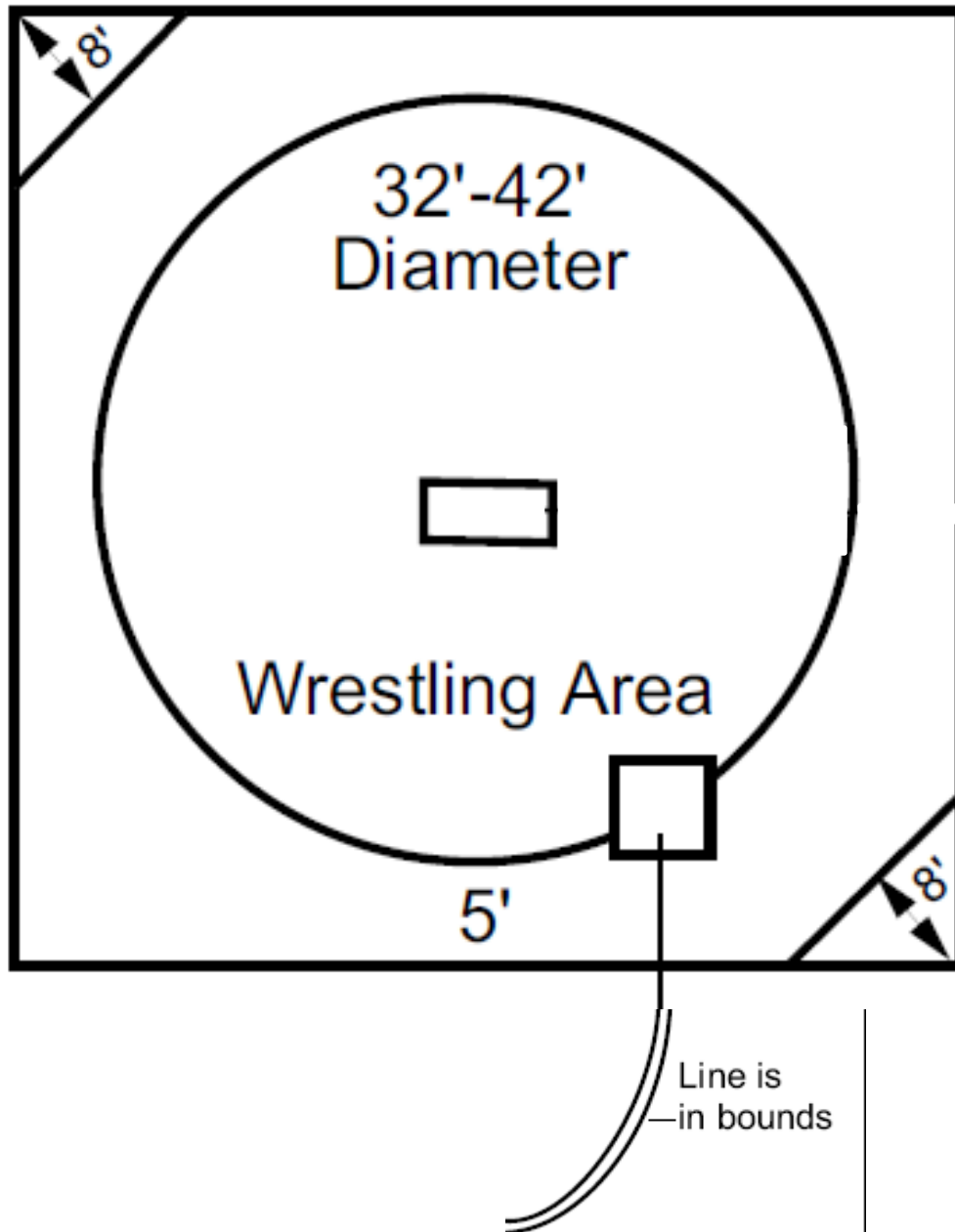


# In-bounds/Out of Bounds

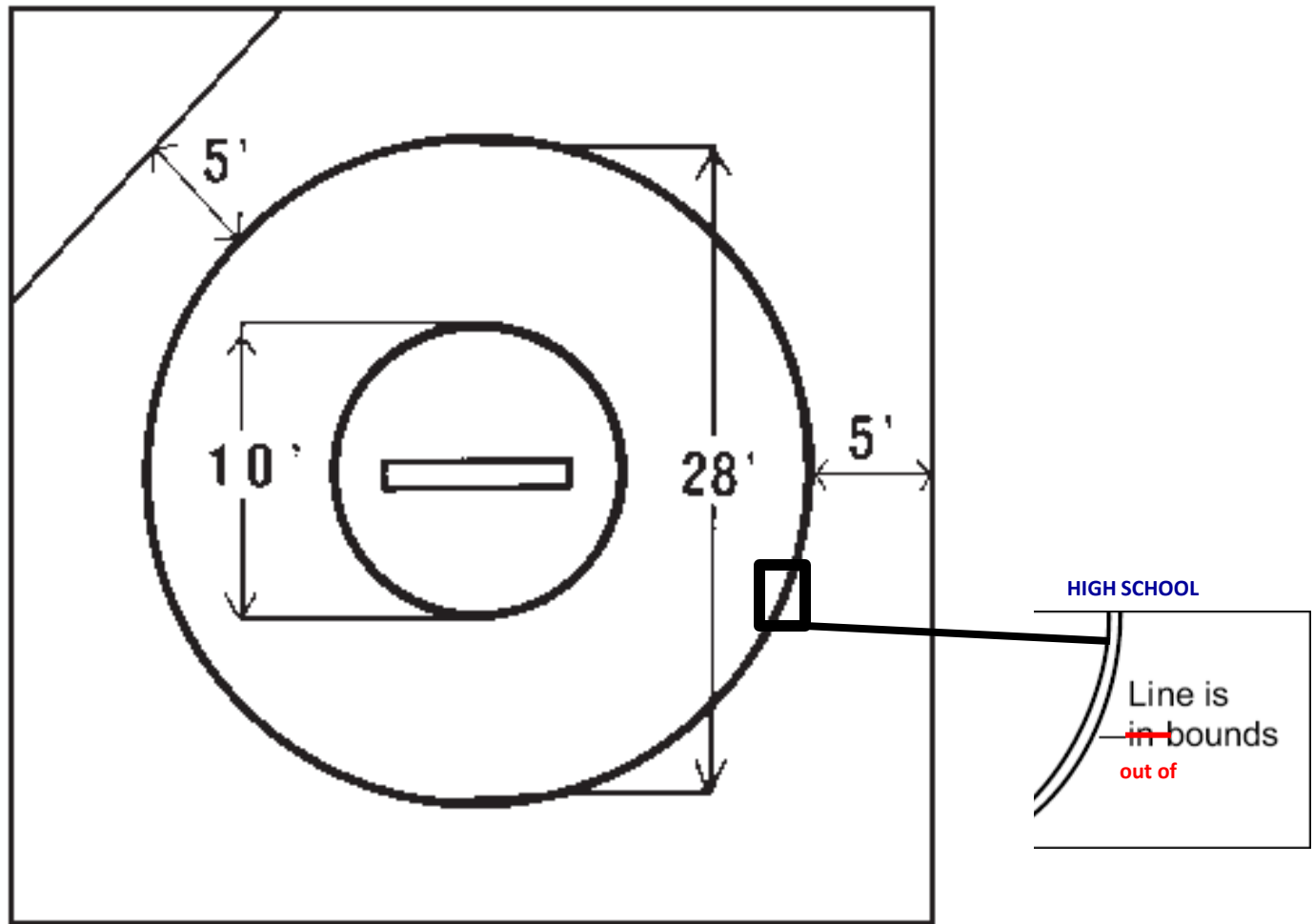
## Differences Between High School and NCAA



# The College Mat



# The High School Mat



# In-bounds 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 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:

NCAA = Any part of either wrestler

High School = Supporting parts of either wrestler

# 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. When a significant portion of the defensive wrestler's weight is borne on a hand(s), 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 finishes in bounds.** (NCAA Rule 2.6)



It is a takedown when, from a neutral position, a wrestler gains control over an opponent down on the mat **while the supporting points of either wrestler are inbounds.** When the majority of the defensive wrestler's weight is borne on a hand(s), they are considered supporting parts. (NFHS Rule 5-16-1)

# 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 the supporting points of either wrestler are inbounds. In awarding a reversal at the edge of the mat, control must be established while the **supporting point(s) of either wrestler is inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.** (NFHS Rule 5-16-3)

# Near-Fall/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, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing the opponent back in bounds. Near-fall points may be earned or a fall called if any part of the defensive wrestler's pinning area is in bounds. (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.... Criteria for a near fall occur when any part of both shoulders or both scapulae of the defensive wrestler. (NFHS Rule 5-11)

# Photos (Takedowns or Reversals)



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

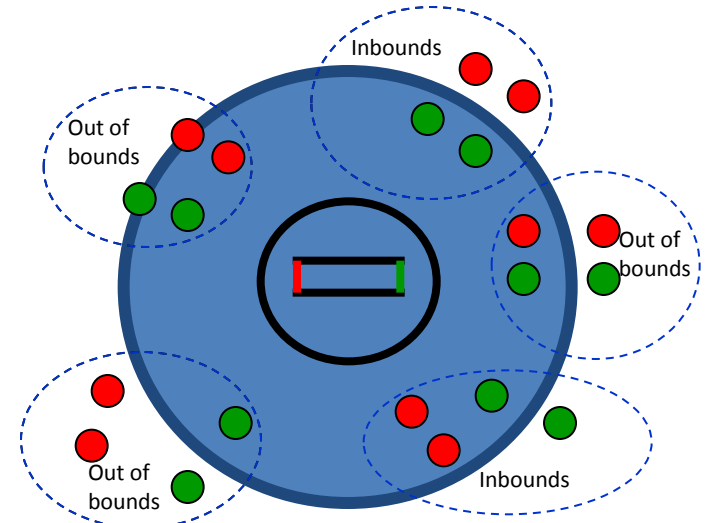
# In or Out?



**In-bounds in college, out of bounds in high school..Wrestling continues in college**



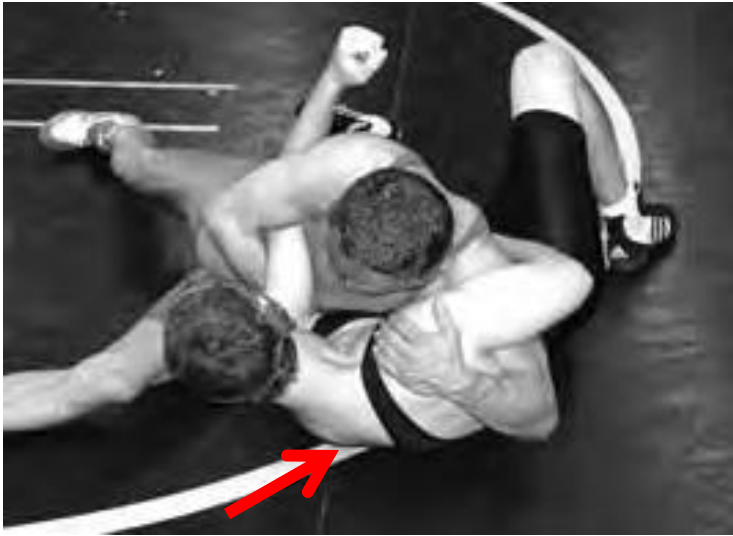
**Out of bounds in high school, in-bounds in college..Wrestling is stopped in high school**



7. (5-15-1) Contestants are considered to be inbounds if the supporting parts of either wrestler are in side the boundary lines. The Green & Red circles indicate each wrestler's supporting parts

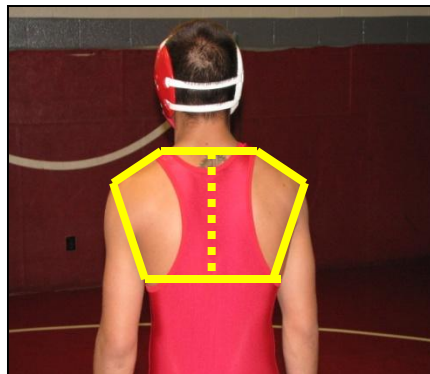
**Current high school standard for in-bounds/out of bounds**

# Near-Fall/Fall

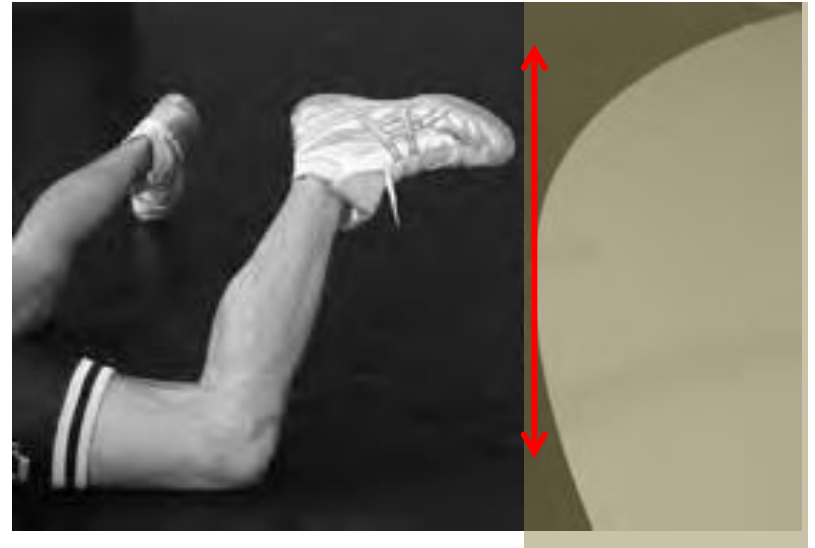
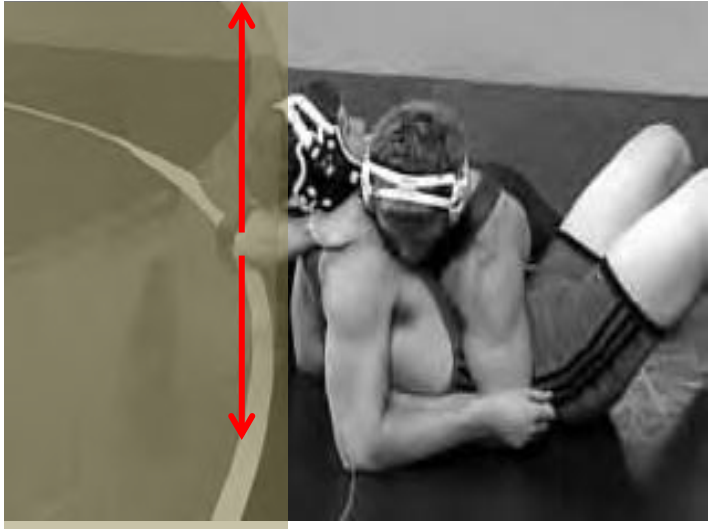


**These photos are considered in-bounds for college and a fall or near-fall can be obtained. In high school, a fall or near-fall can not occur in this situation (unless the offensive wrestler brings either both shoulders or both scapulas in-bounds).**

**The pinning area**



# 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).

# Sources

- ❑ 2010-11 National Federation of High School Associations Wrestling Rules Book
- ❑ 2010 and 2011 NCAA Wrestling Rules and Interpretations

