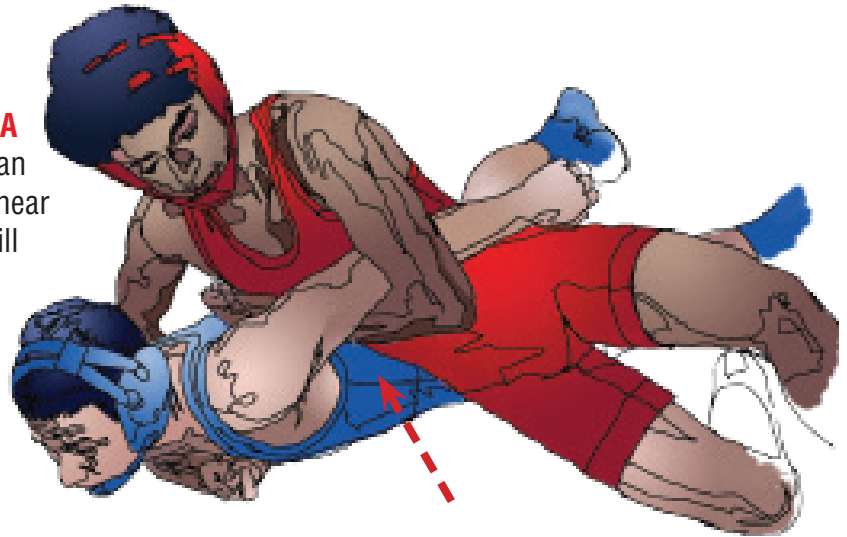
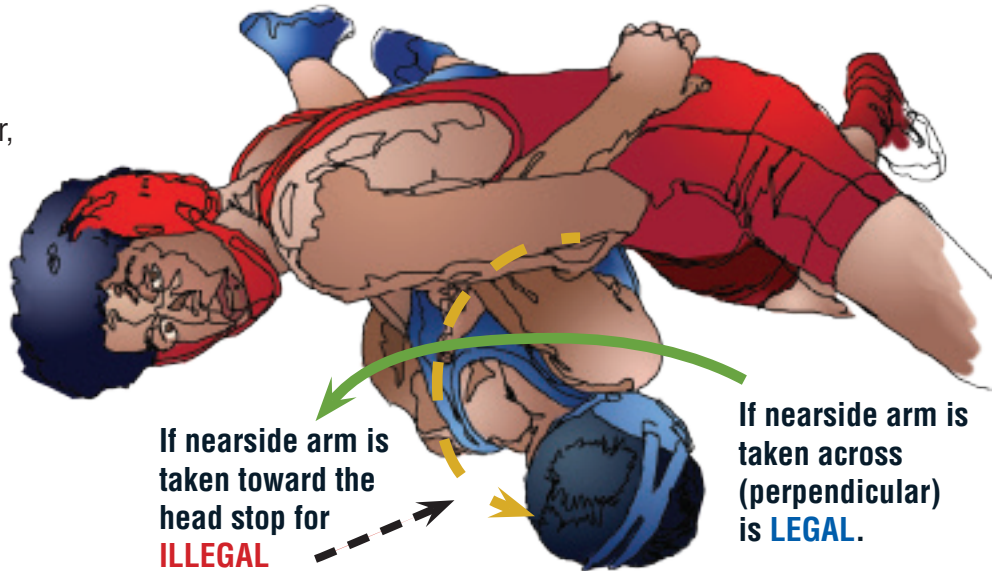


Arm Bar— may be Legal, Potentially Dangerous, or Illegal

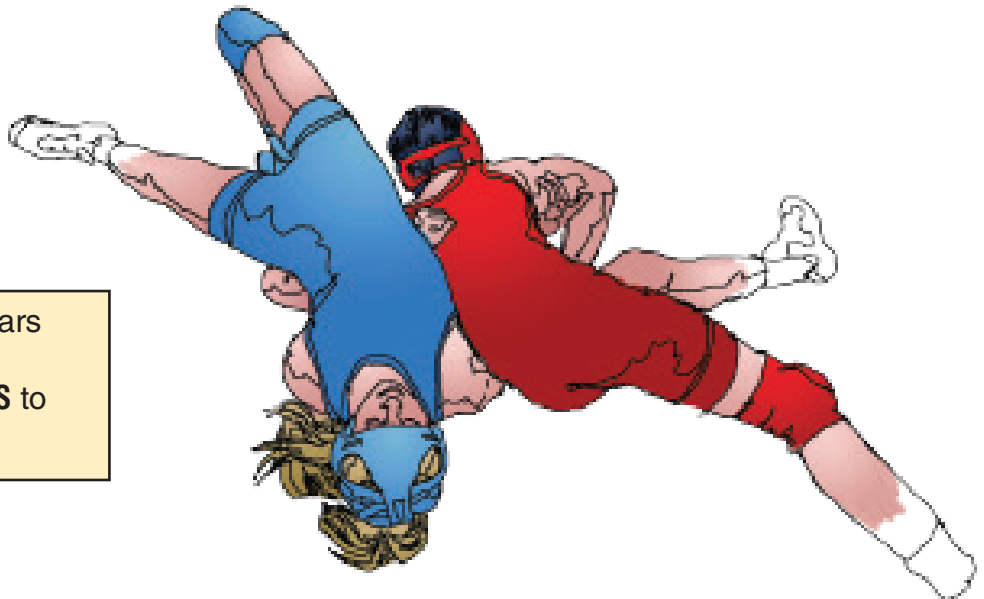
Frame 1. After breakdown, **Wrestler A** controls the nearside arm and slides an arm bar forcing his/her hand up into near side shoulder/the far side arm/wrist will then be tucked



Frame 2. With nearside arm bar, **Wrestler A** begins to drive the arm toward the ear guard then over the head. This should be recognised as **POTENTIALLY DANGEROUS** before arm goes over the top and stop immediately.



Frame 3. **Wrestler B's** elbow cannot be forced directly over the top. Shoulder joints do not rotate in that direction. Stop and penalize as it is **ILLEGAL**.



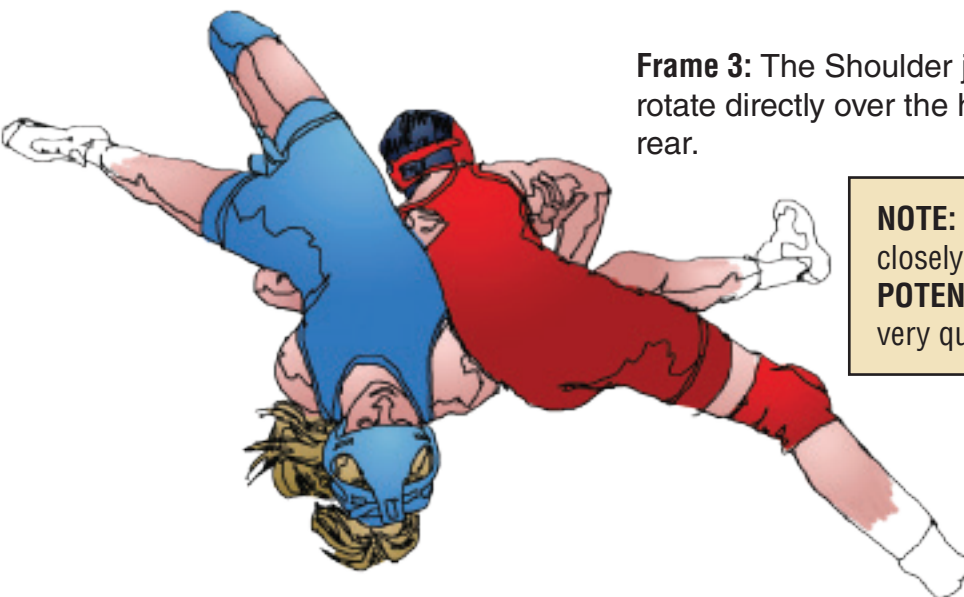
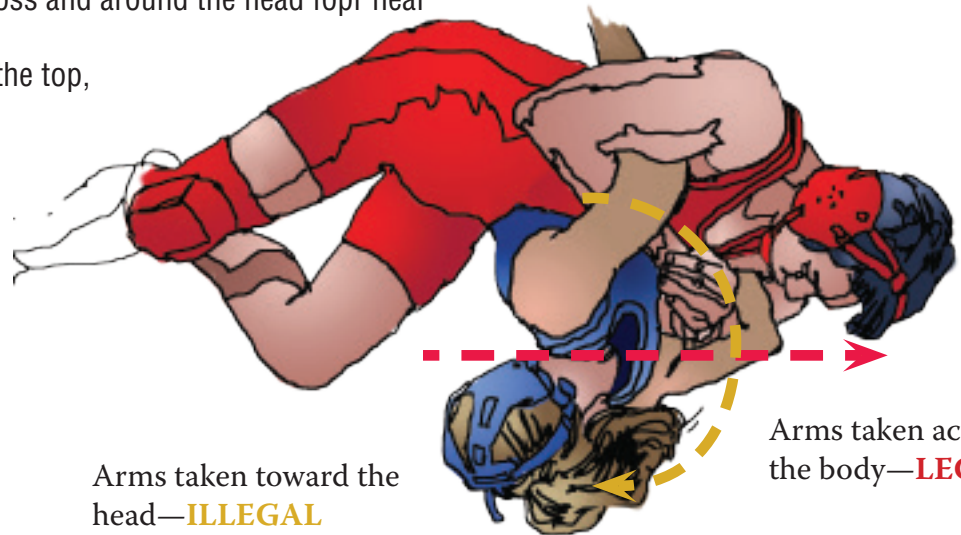
NOTE: Official must monitor arm bars very closely, as they may go from **LEGAL** to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.

Double Arm Bar— may be Legal, potentially dangerous or Illegal

Frame 1: After a breakdown, **Wrestler A** controls both the near and far side arm and slides in arm bars on both sides.



Frame 2: With double arm bar, **Wrestler A** locks hands in the middle of back of **Wrestler B**. With double arm bar, **Wrestler A** can drive either across and around the head for near fall points, which is **LEGAL**... or drive the arms directly over the top, which is **ILLEGAL**.



Frame 3: The Shoulder joint does not rotate directly over the head from the rear.

NOTE: Official must monitor arm bars very closely, as they may go from **LEGAL**, to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.

Double Knee Kick Back—Illegal



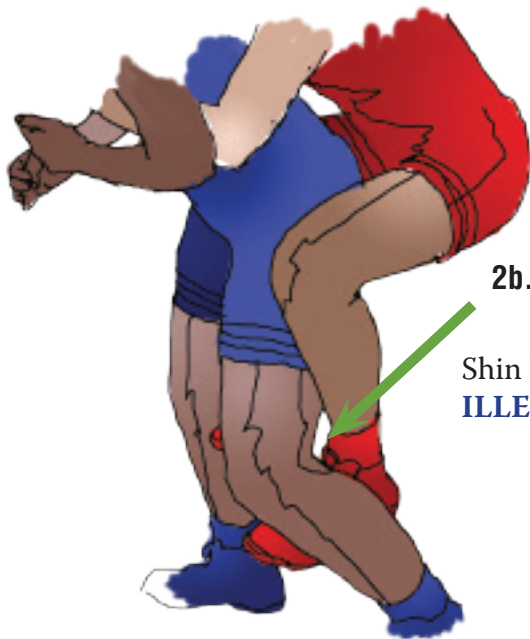
Frame 1: Set-up From a rear standing position, **Wrestler A** starts to return **Wrestler B**.



2a.

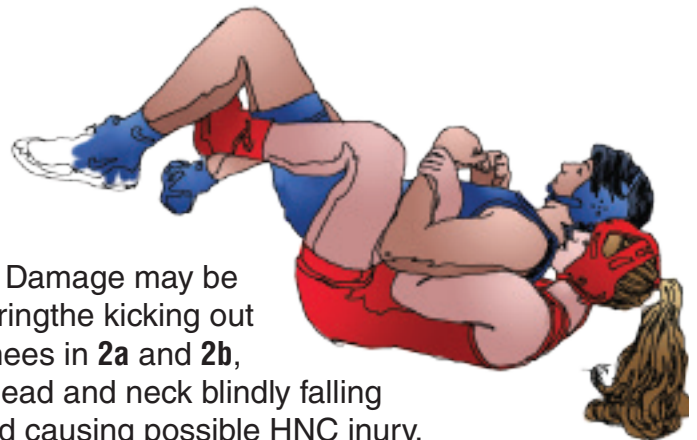
Feet behind knee
ILLEGAL

Frame 2a/b : **Wrestler A** forcefully jumps their feet/shins into the back of both knees of **Wrestler B**. **Wrestler B** will be carrying all the weight of both wrestlers, as it will kick out both legs of defensive wrestler.



2b.

Shin behind Knee
ILLEGAL



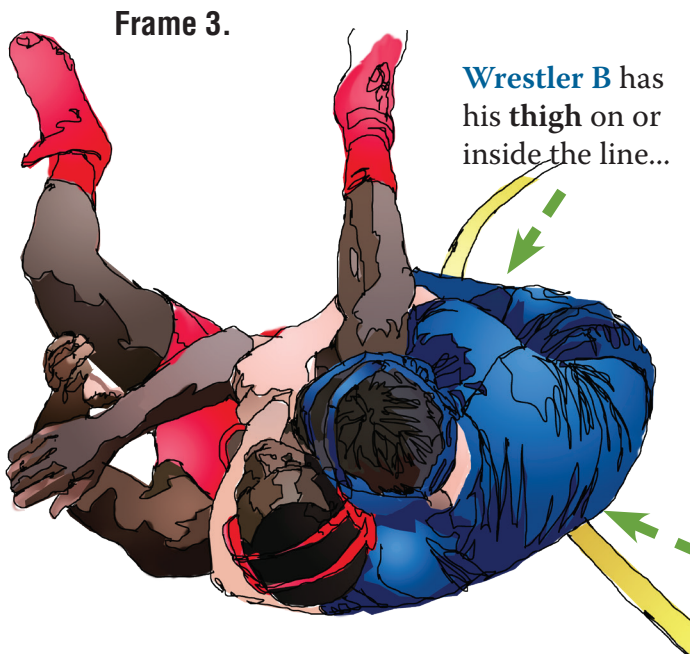
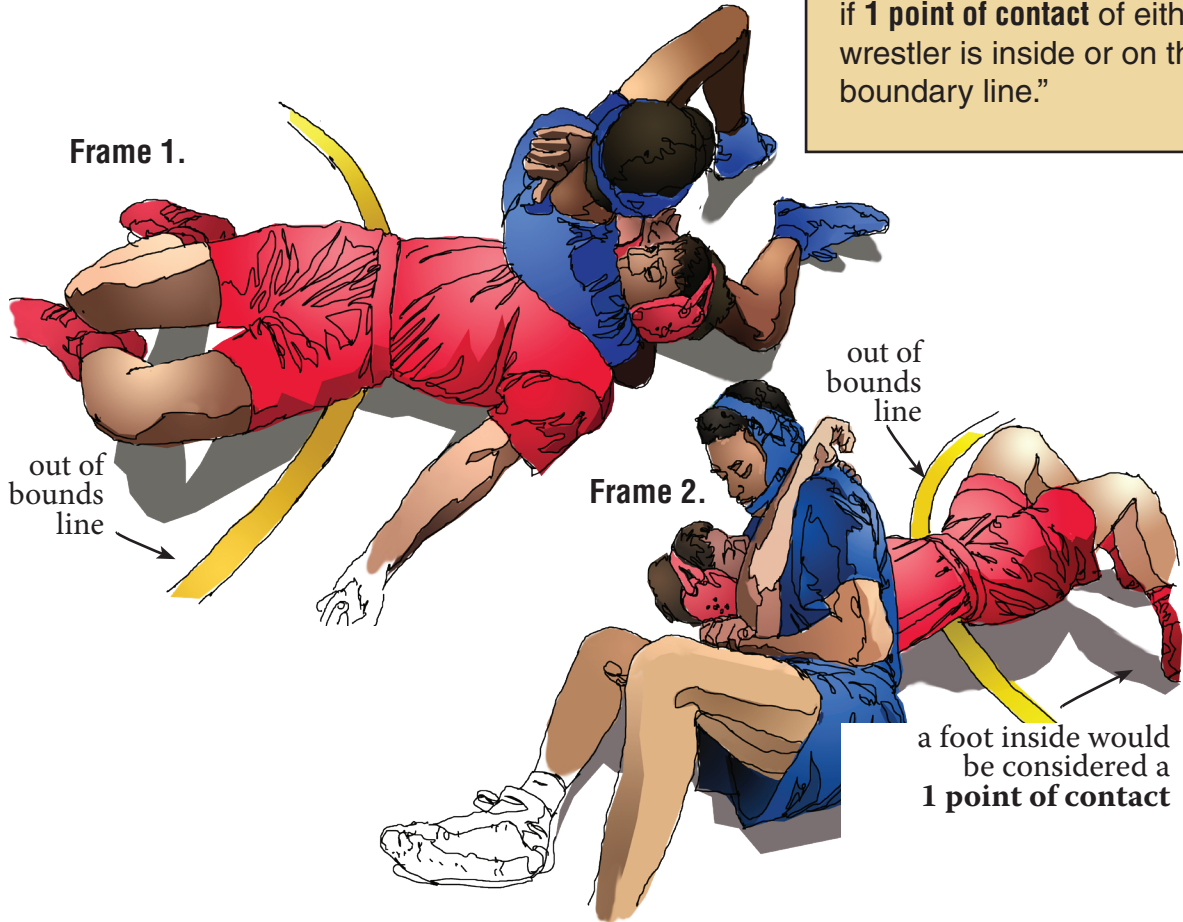
Frame 3: Damage may be done during the kicking out of the knees in **2a** and **2b**, also to head and neck blindly falling backward causing possible HNC injury. Stop immediately and penalize.

NOTE: Feet or shins forcefully kicking out the knees in **2a** and **2b** are **ILLEGAL**

Near Fall: Inbounds

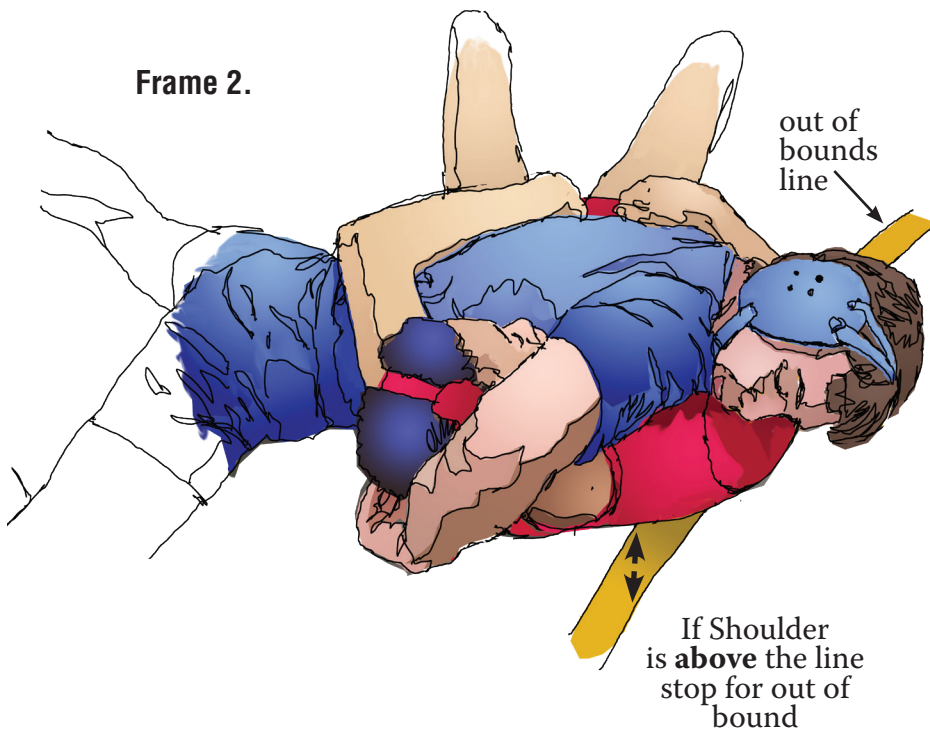
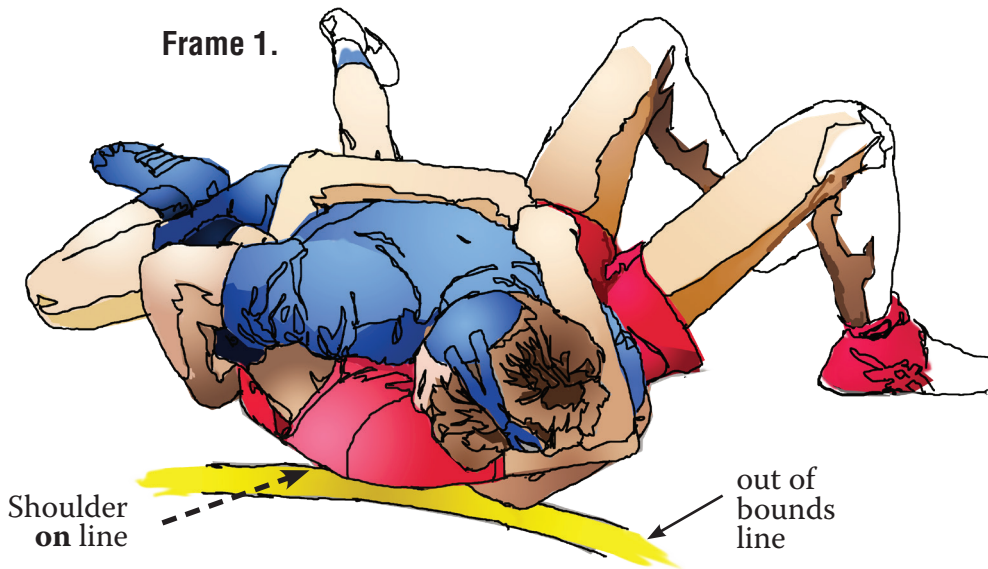
Frame 1 & 2: Based on new inbound rule 5-15-1, this pair of wrestlers are inbounds as there is **one-point of contact** with the feet and hip in or on the out of bounds circle. Wrestling may continue if safety issues make it allowable.

SECTION 15 INBOUNDS:
RULE 5-15-1 Contestants are considered to inbounds if **1 point of contact** of either wrestler is inside or on the boundary line."



Frame 3. Here it is easy to see **Wrestler B's** hip and thigh are inside or on the boundary line which counts as **1-point of contact**; they are inbounds and wrestling may continue.

Frame 1: Both **wrestler A** and **wrestler B** are completely out of bounds with **wrestler A** on his back while his right shoulder/scapula held down the mat over or on the OB line. Near fall can be counted when any part of **wrestler's A's** shoulder is **on** the OB line. *Any part of one shoulder or scapula shall be considered **one-point of contact** inbounds.*

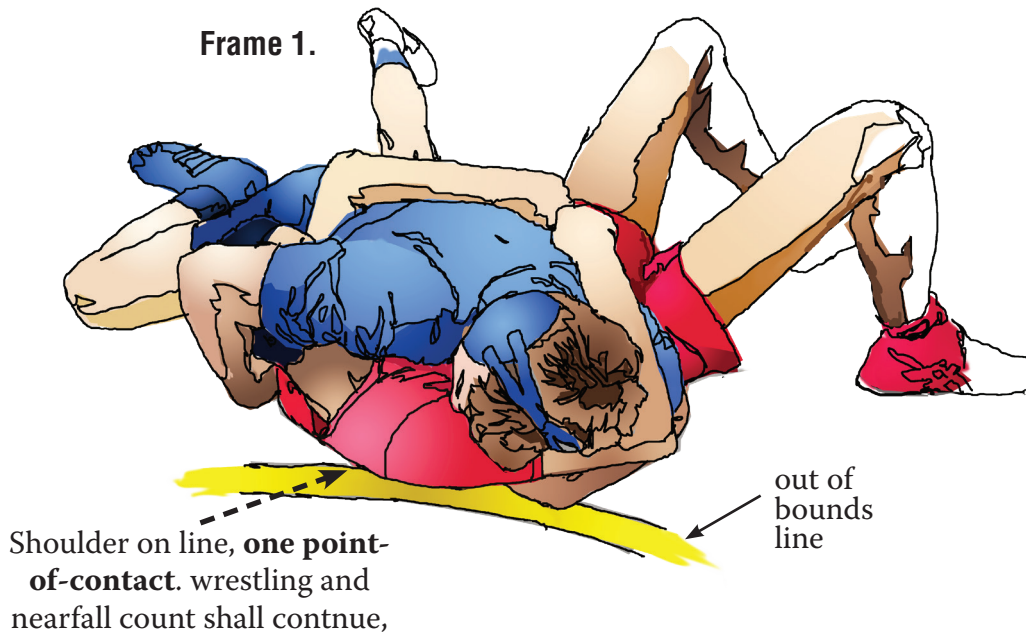


Frame 2: Both **wrestler A** and **wrestler B** are completely out of bounds with **wrestler A** on his back while his right shoulder / scapula is held above the OB line. **Near fall cannot be counted** when any part of **wrestler's A's** shoulder is above the mat. *There is **no point of contact** of either wrestler touching the inbounds portion of the mat. They are both out of bounds.*

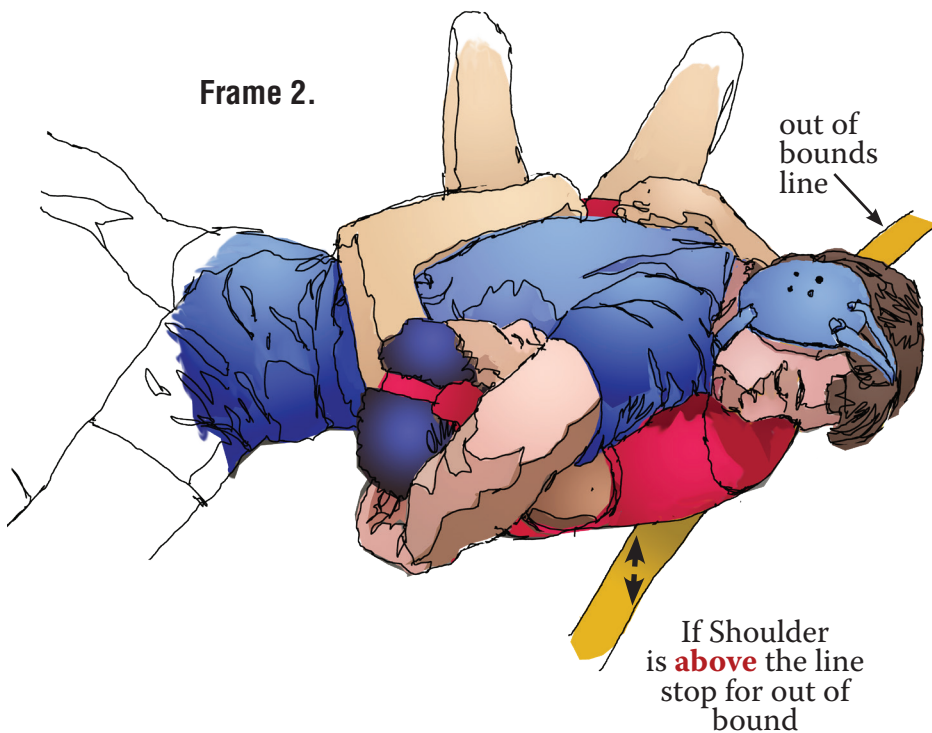
Frame 1: Both **Wrestler A** and **Wrestler B** are completely out of bounds with **Wrestler A** on his back while his right shoulder/scapula held down the mat over or on the OB line. Near fall can be counted when any part of **Wrestler's A's** shoulder is **on** the OB line. **Any part of one shoulder or scapula shall be considered one-point of contact as inbounds.**

SECTION 15 INBOUNDS:
RULE 5-15-c Near-fall points or fall shall be earned only while a point-of-contact of either wrestler is in bounds.

Frame 1.



Frame 2.



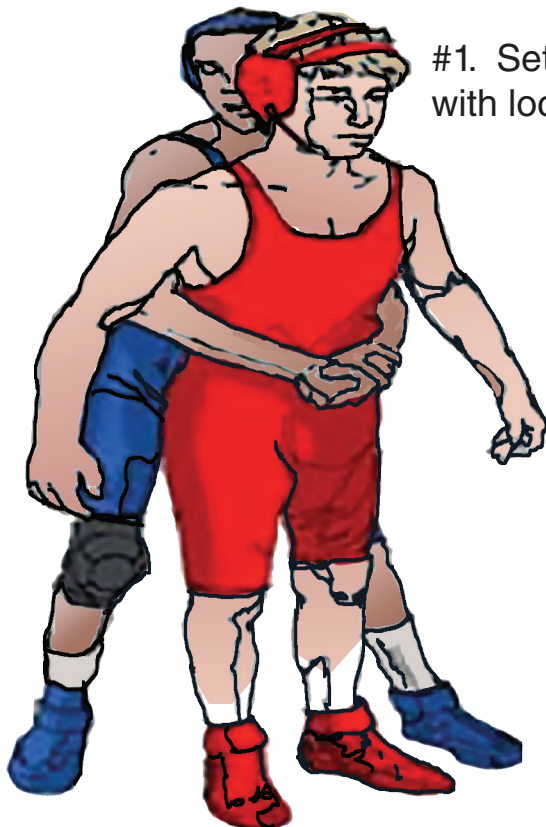
Frame 2: There is **no** point of contact of either wrestler touching the inbounds portion of the mat. They are both out-of bounds.

Straight-Back Suplay to the Head and Shoulders—ILLEGAL A

Rule 7-1-2

A full, straight-back suplay and straight-back Salto, **ILLEGAL**

#1. Set-up, chest to back with locked hands...

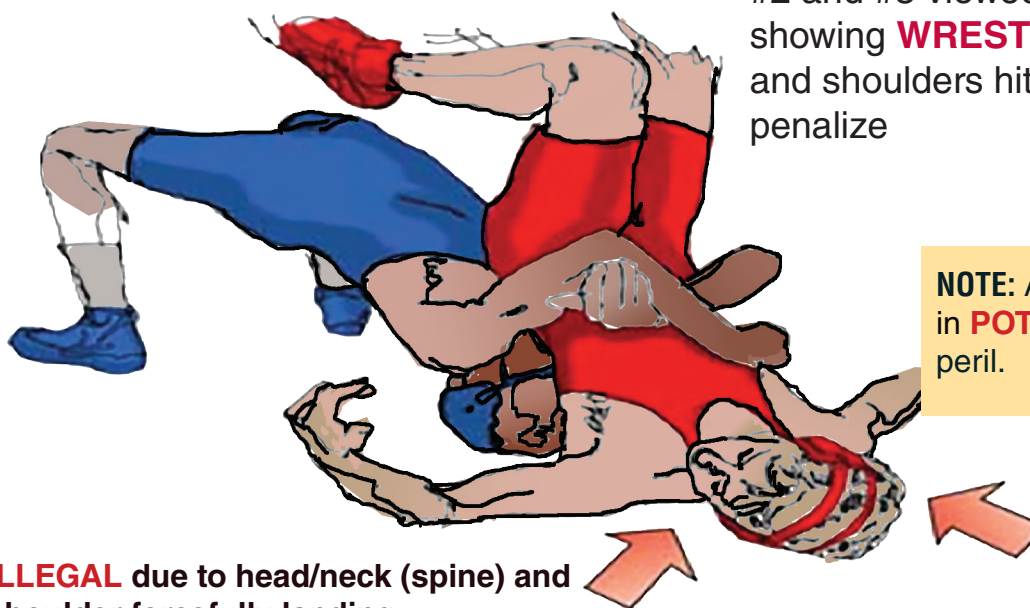


#2. **WRESTLER B** initiates move by stepping inw/tight hips to back of **WRESTLER A** and arches back and lifts straight back over the top.



#3. **WRESTLER A** is defenseless in this throw and cannot protect himself...

#2 and #3 viewed from two angles.each showing **WRESTLER A's** head, neck and shoulders hitting first. **ILLEGAL** penalize

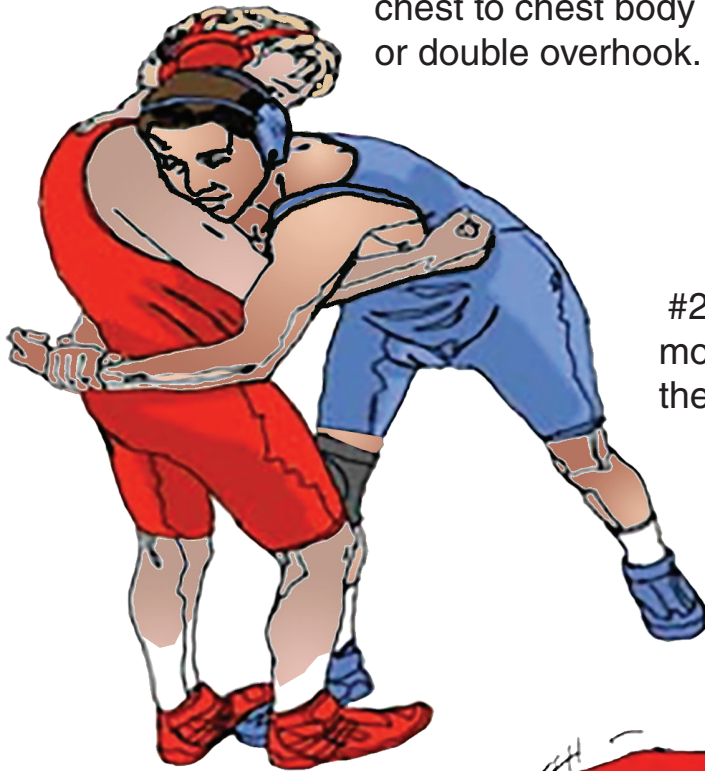


NOTE: Also places **WRESTLER A** in **POTENTIALLY DANGEROUS** peril.

ILLEGAL due to head/neck (spine) and shoulder forcefully landing

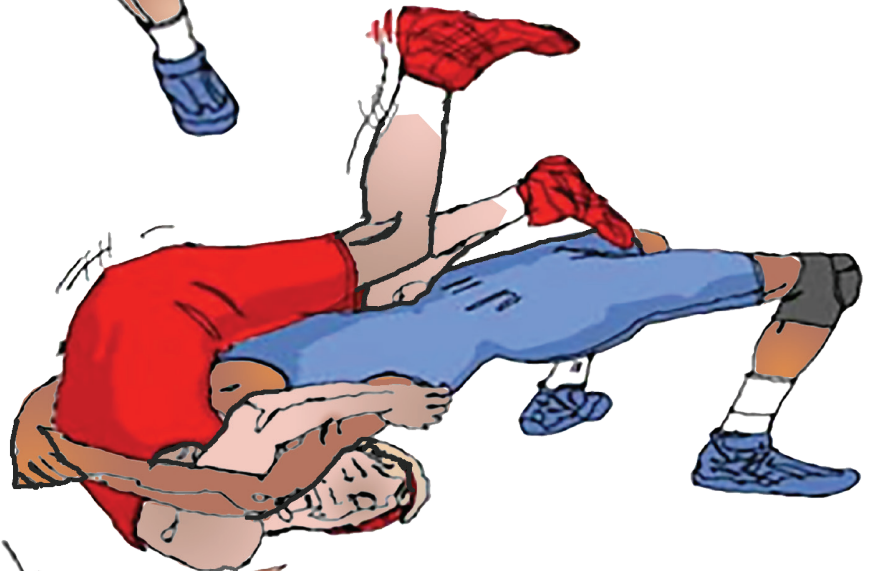
Straight-Back Salto to the Head and Shoulders—**ILLEGAL** B

#1. Set-up, face to face
chest to chest body lock
or double overhook.

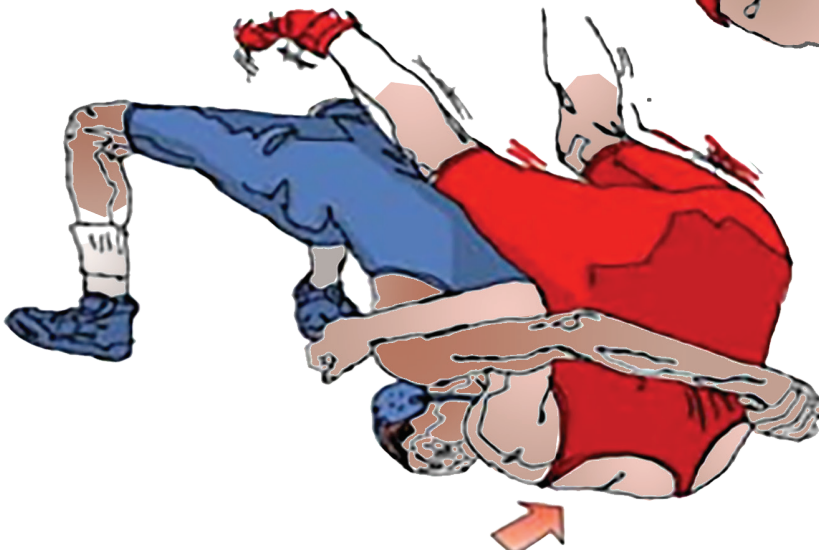


Rule 7-1-2
A full, straight-back suplay
and straight-back Salto,
ILLEGAL

#2. **WRESTLER B** initiates
move by stepping in w/tight hips
then arches back over the top.



#3. **WRESTLER A** is
defenseless in this throw
and cannot protect



#2 and #3 viewed from two angles.
Both showing **WRESTLER A's** head/
neck and shoulders
hitting first.

NOTE: Also places **Wrestler A** in
POTENTIALLY DANGEROUS
peril.

ILLEGAL due to head/neck (spine) and
shoulder forcefully landing

1. **PREPARATION:** A lifetime process to apply oneself to constantly learn and improve

- Be well conditioned: run, bike, swim, etc.
- Read, Read, Read. Rule book, case manual, all NFHS materials.
- Attend as many meetings and clinics as possible; listen, learn, discuss and network

2. **APPEARANCE**

- Dress appropriately to and from every event
- Proper officiating uniform clean, pressed and travel with an extra set
- Official's materials include a whistle, wrist bands, flip disc, random draw kit

3. **PRE-MATCH ADMINISTRATIVE DUTIES**

- The weigh-in process
- The health and safety inspection
- Inspect all special equipment; either approve or disapprove



Skin check is a separate procedure & should be performed with the straps up.

4. **TABLE TEAM**

- Meet w/ table workers, explain signals and duties of each
- Timer: starts and stops the clock on official's whistle and simultaneous hand signal
- Scorer: records points earned, penalties and any blood, injury & recovery time used by each wrestler.

5. **CLEAN CLEAR MECHANICS**

- Know and practice all 28 signals, and only approved signals shall be used
- Especially time yourself for the proper near-fall, five-second count
- Be prepared to correct the score book with memory of sequence of the scoring events

Officials should review and understand all new 2024-25 NFHS rules changes, especially w/respect to **in-bounds being 1 point of contact**, **Near fall scoring**, and **3 point takedowns**.

6. STARTING POSITIONS

- Neutral starting position
- Referee's starting position
- Wrestlers always return to center from out-of-bounds to the same position as they went out

7. WRESTLING SKILL KNOWLEDGE

- Have a working knowledge of both offensive and defensive wrestling maneuvers and skills
- Have a sound understanding of body mechanics, how body parts bend and move
- Safe legal maneuvers and especially dangerous maneuvers



8. FLOW OF MATCH POSITIONING

- Neutral wrestling: the official should flow w/ match so as to always see between both wrestlers
- Mat wrestling: the official should stay around the 12 o'clock position to view wrestler's heads, arms and upper bodies
- Anticipation of wrestling skills to move into proper position promptly and smoothly
- Proper positioning is necessary to protect wrestlers, witness illegal and potentially dangerous



9. PROFESSIONALISM

- Meet and treat coaches and athletes and table workers respectfully
- Maintain poise and composure in difficult situations
- Handle the match in an unbiased manner
- An official should be Professional • Polite • Patient • Prompt • Decisive • Direct

10. CONTINUED SELF DEVELOPMENT

- Continue to read and re-read rule book and case manual
- It is important to know the rules, apply the rules & understand the intent of the rules
- Find a veteran official to be a mentor. A personal contact for discussion, travel and work together for the first several years.