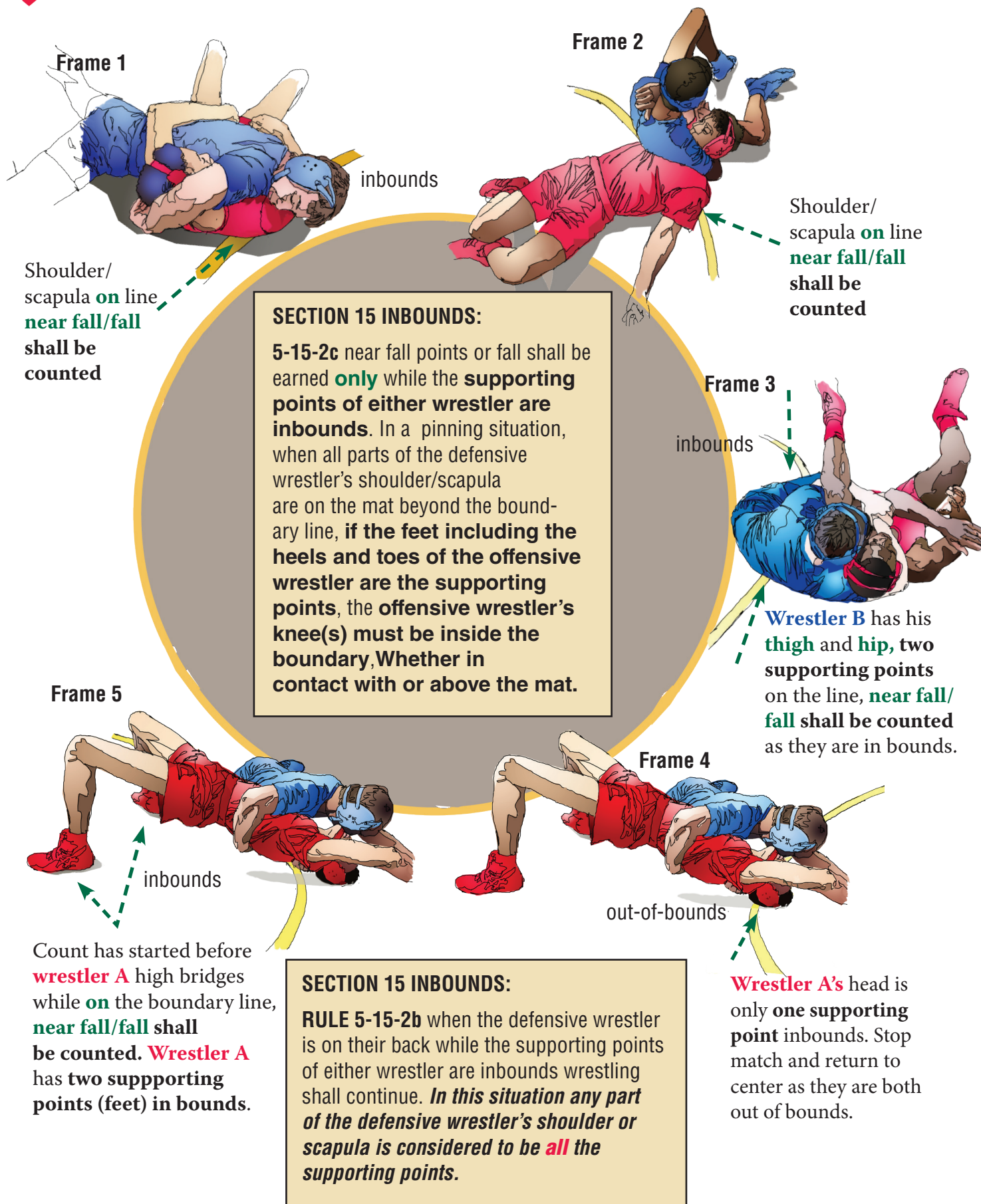
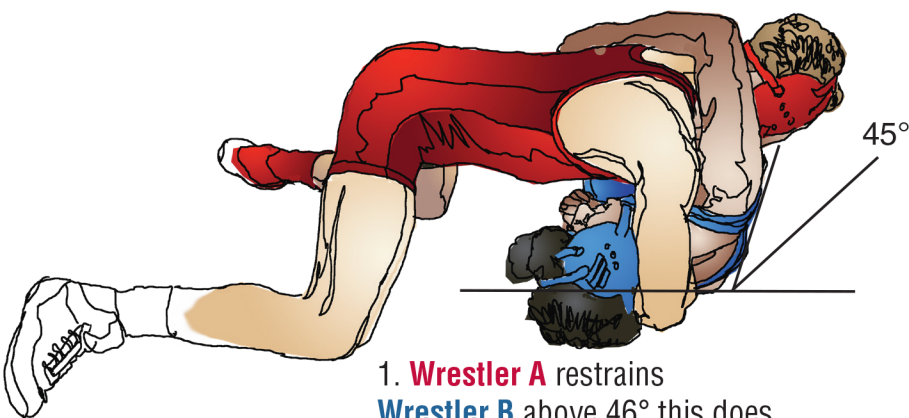
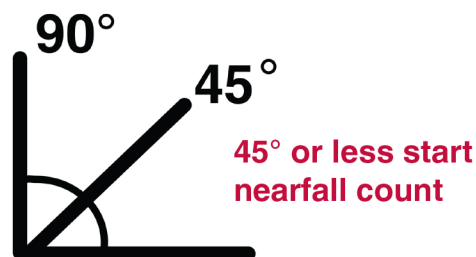


Supporting Points in Near Fall

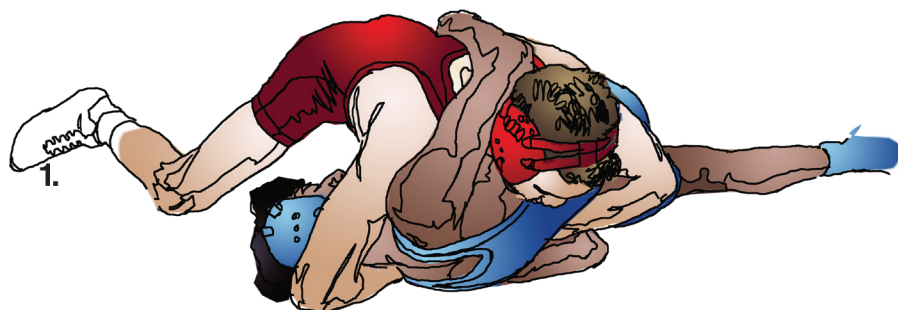




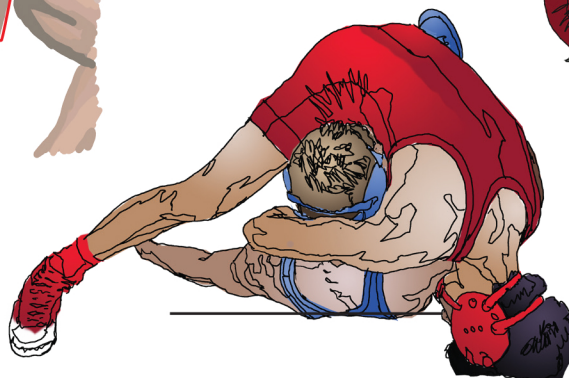
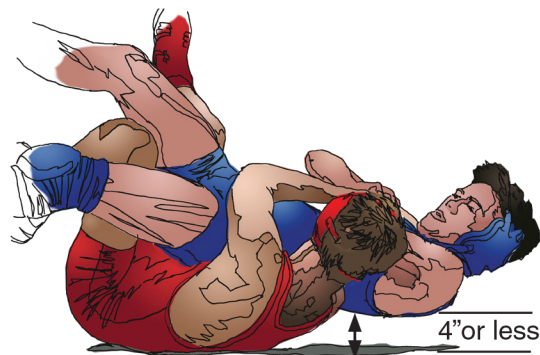
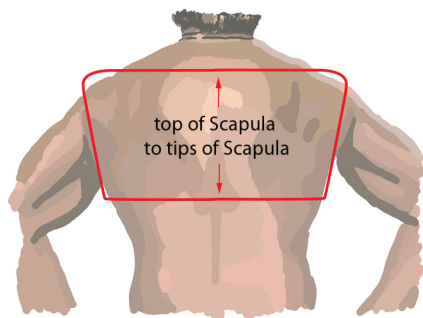
1. **Wrestler A** restrains **Wrestler B** above 46° this does not meet near-fall criteria



Rule 5-11-2a: Criteria for a **near-fall** occurs when any part of both shoulders or both scapulae of the defensive wrestler are held **within 4 inches** of the mat or less; or when one shoulder or scapulae of the defensive wrestler is touching the mat and the other shoulder or scapulae is held at **45 degrees or less** with the mat; or when the defensive wrestler is held in a **high bridge** or on both elbows.

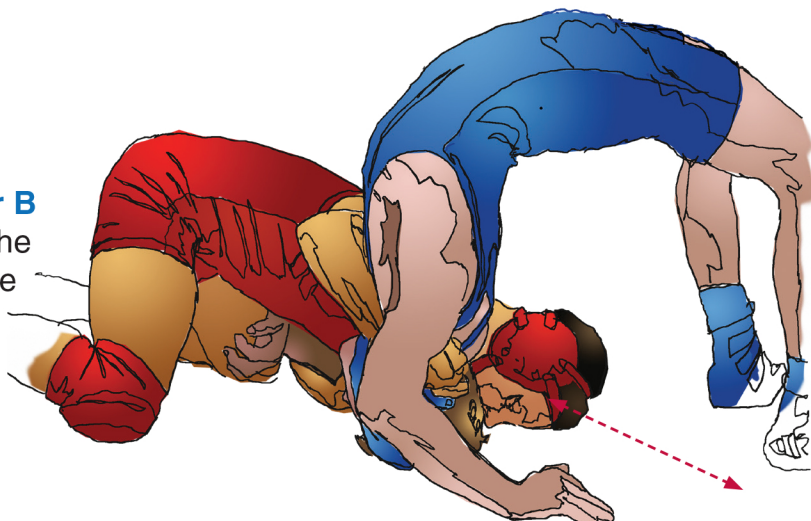


2. **Wrestler A** restrains **Wrestler B** at or below a 45° angle while the other shoulder is held in contact with the mat. **2 continuous seconds** earns a **2-point NF**, **3-continuous seconds** earn **3-point NF**, **4 continuous seconds** earns a **4-point NF**.



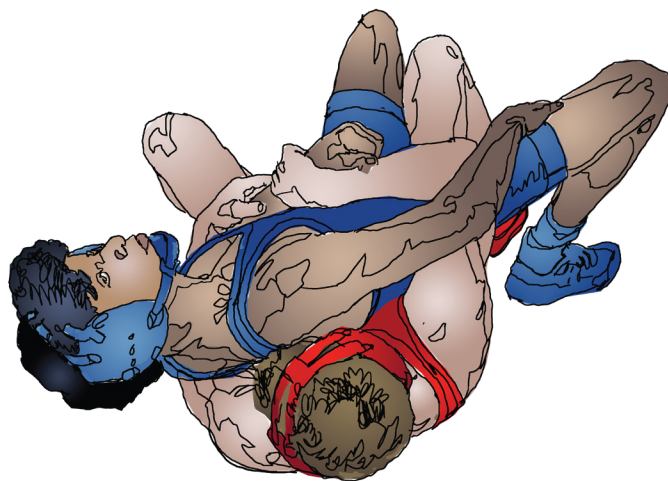
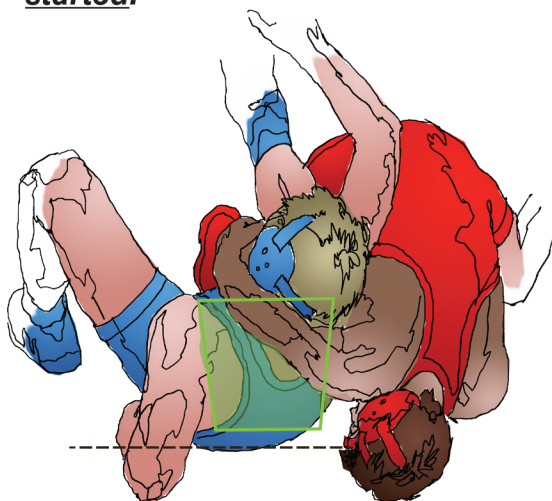
3. / 4. **Wrestler A** restrains **Wrestler B's** pinning area within 4 inches of the mat. This is near-fall criteria.

1. **Wrestler A** restrains **Wrestler B** in a high bridge. This is one of the four criteria and near-fall shall be counted.

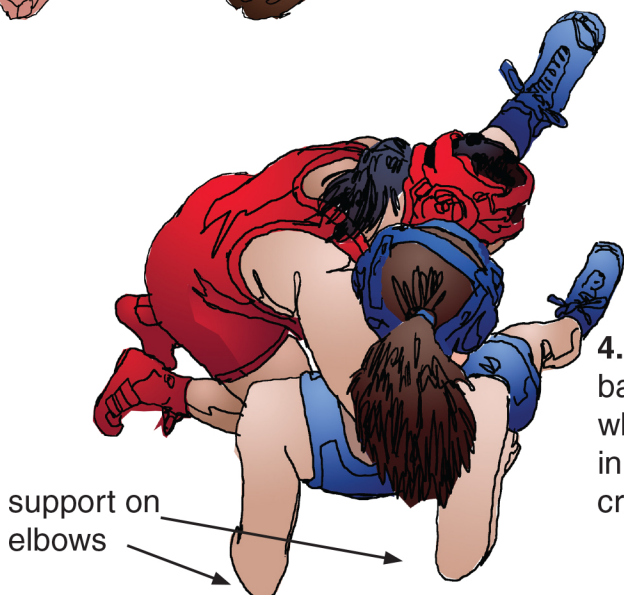


NOTE: The official must be close to protect the neck from rolling too far over top; consider potentially dangerous and slide in to physically cradle the neck

2. **Wrestler B** is posted on one elbow, above 4-inches and greater than a 45° angle do not meet near-fall criteria, and a near-fall count may not be started.



3. The intent of a **near-fall** is that the offensive wrestler is near scoring a fall. A fall cannot be scored while laying on the chest of the offensive **Wrestler A**. **Therefore, this situation does not meet near-fall criteria, and cannot be counted.**



4. **Wrestler B** is fighting off her back by posting on both elbows while **Wrestler A** restrains her in this position. This is **near-fall** criteria, and a count shall begin