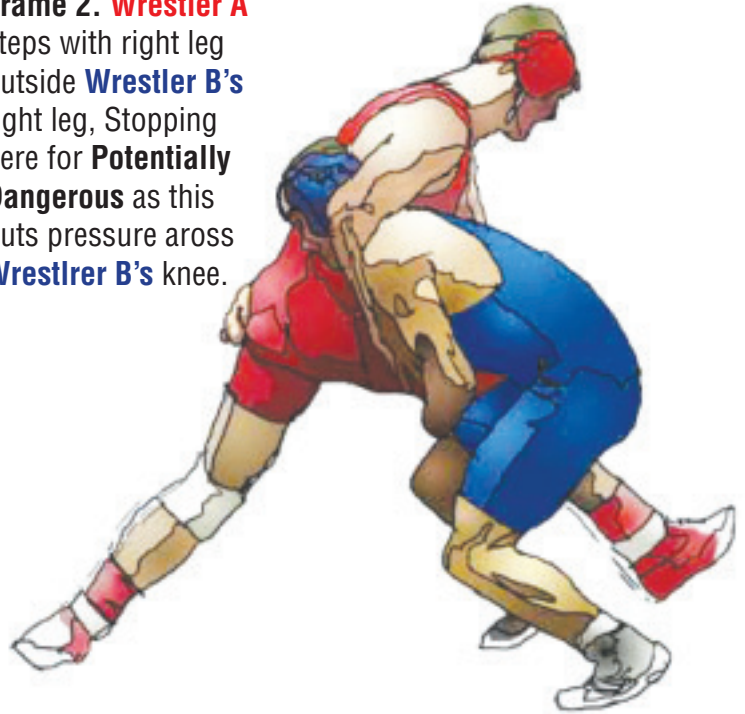


Head Trap/knee-Block– Potentially dangerous

Frame 1. Set up: **Wrestler B**
shoots in on **Wrestler A**



Frame 2. **Wrestler A**
steps with right leg
outside **Wrestler B's**
right leg, Stopping
here for **Potentially
Dangerous** as this
puts pressure across
Wrestler B's knee.



Frame 3. **Wrestler A** blocks **Wrestler B's**
right knee and reverse grasps across the
neck or may grasp chin as he/she hips
across. **Note:** If **Wrestler A** grabs the chin
of **Wrestler B** it may become an illegal
neck wrench, stop immediately to penalize
the **illegal** hold.

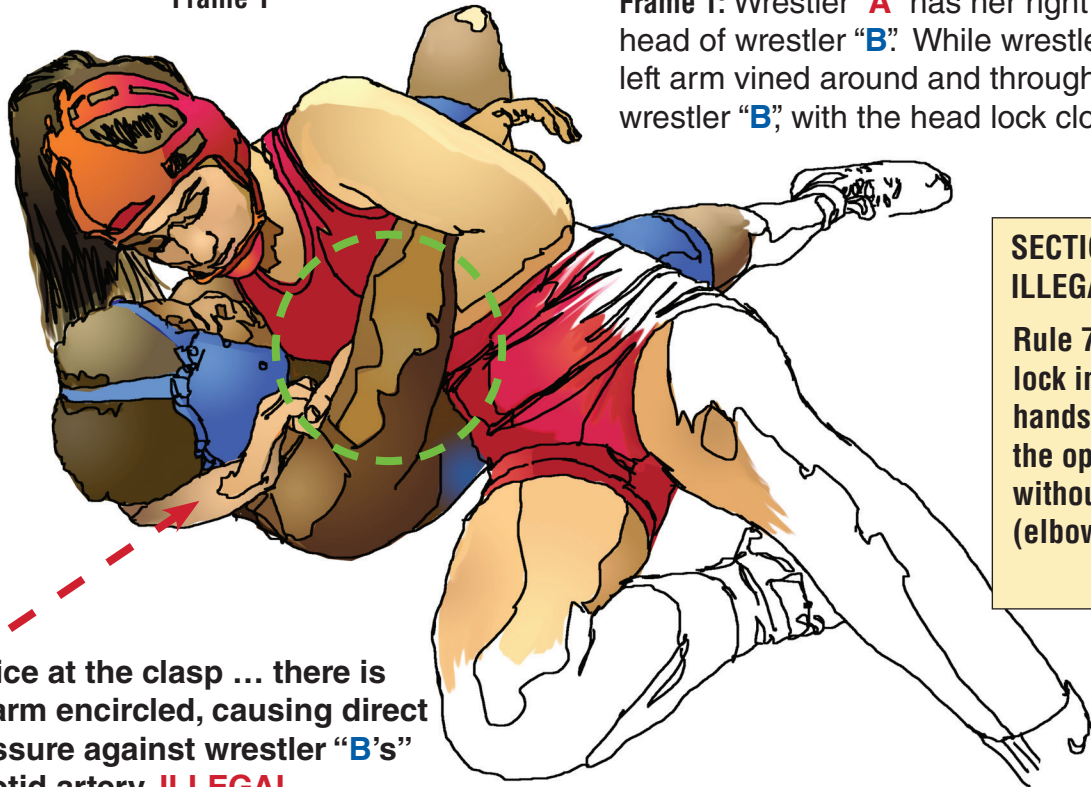


Frame 4. **Wrestler A** takes
Wrestler B to his/her back. Stop
for **Potentially Dangerous** or if
deemed to be forceful, the official
should call **unnecessary
roughness**; penalize accordingly.

Illegal Headlock... Look Close

Frame 1

Frame 1: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" has her left arm vined around and through the right arm of wrestler "B", with the head lock closed.



Notice at the clasp ... there is no arm encircled, causing direct pressure against wrestler "B's" carotid artery. **ILLEGAL**

SECTION 7 INFRACTIONS ILLEGAL HEADLOCK

Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents's head without encircling an arm (elbow or above)

Frame 2

Frame 2: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" DOES NOT have her left arm ENCIRCLING either the shoulder or the elbow of wrestler "B", with the head lock closed. **ILLEGAL**

Direct pressure against wrestler "B's" carotid artery — →

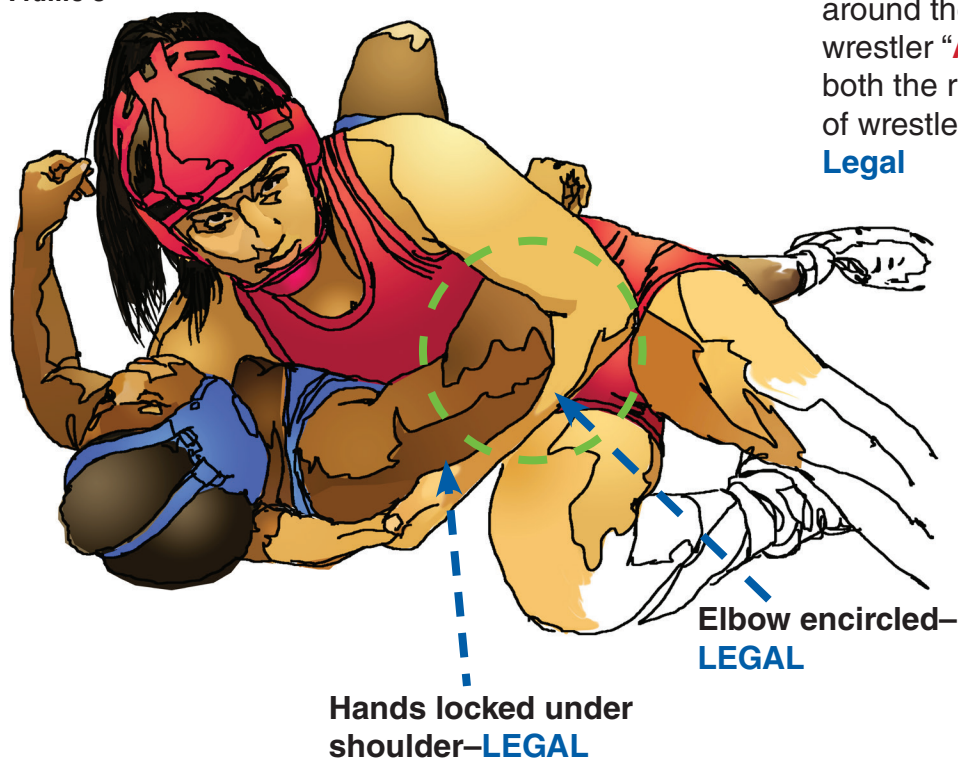


Notice at the clasp ... there is no arm or shoulder encircled, causing direct pressure against wrestler "B's" carotid artery. **ILLEGAL**

"It is the **elbow**, or **shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous."

Legal Headlock... Look Close

Frame 3

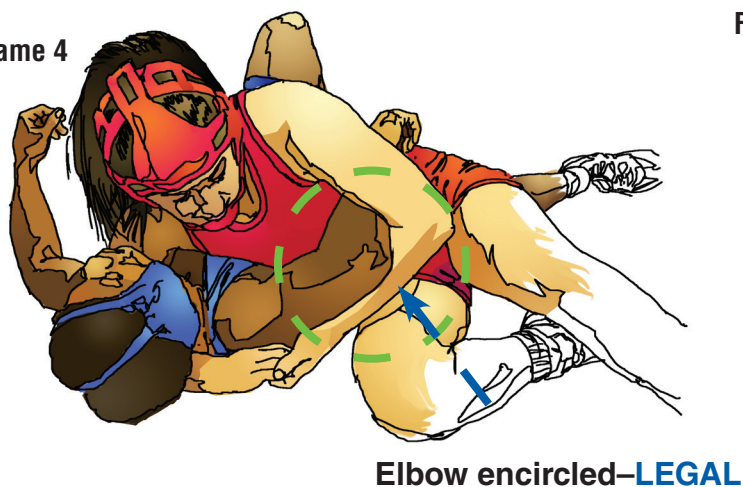


Frame 3: Wrestler “A” has her right arm around the head of wrestler “B”. While wrestler “A” has her left arm encircling both the right shoulder and the elbow of wrestler “B”. The clasped hands are **Legal**

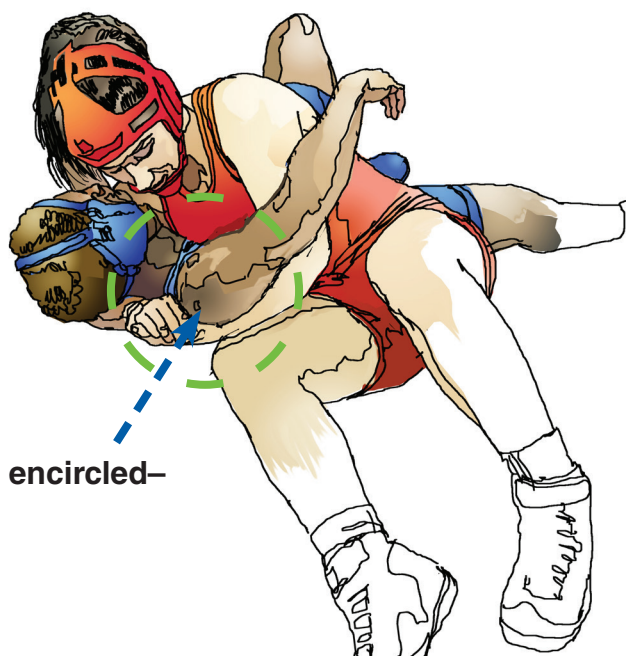
SECTION 7 INFRACTIONS ILLEGAL HEADLOCK

Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents’s head without encircling an arm (elbow or above)

Frame 4



Frame 5

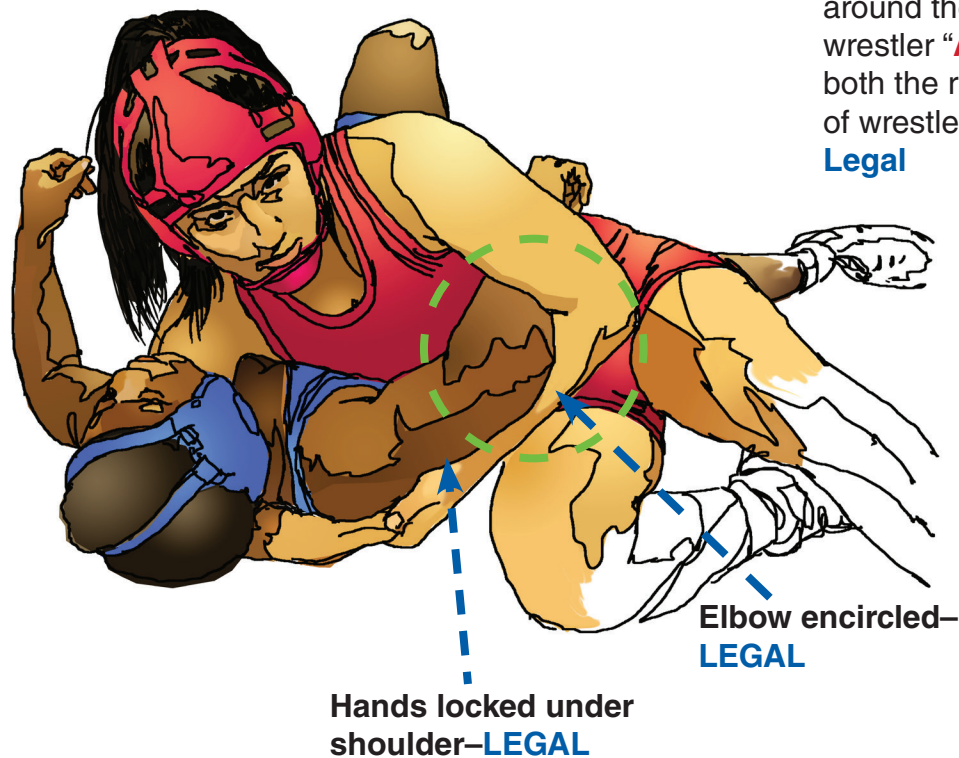


“It is the **elbow**, or **shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous.”

Legal Headlock... Look Close

B

Frame 3

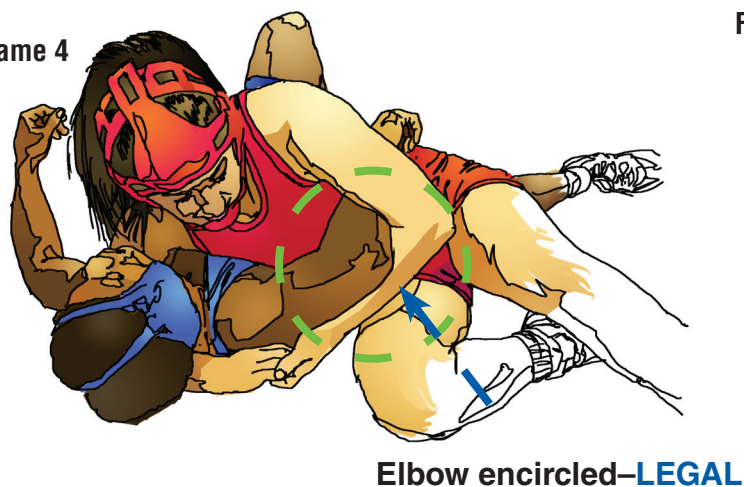


Frame 3: Wrestler “A” has her right arm around the head of wrestler “B”. While wrestler “A” has her left arm encircling both the right shoulder and the elbow of wrestler “B”. The clasped hands are **Legal**

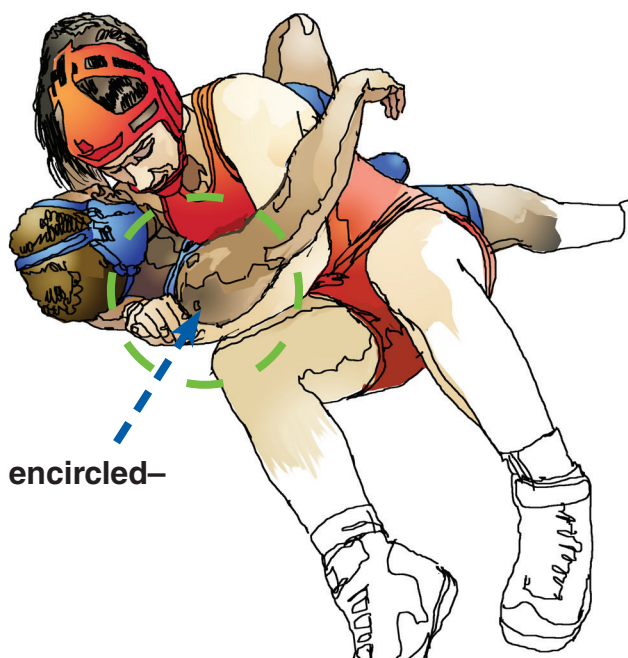
SECTION 7 INFRACTIONS ILLEGAL HEADLOCK

Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents’s head without encircling an arm (elbow or above)

Frame 4



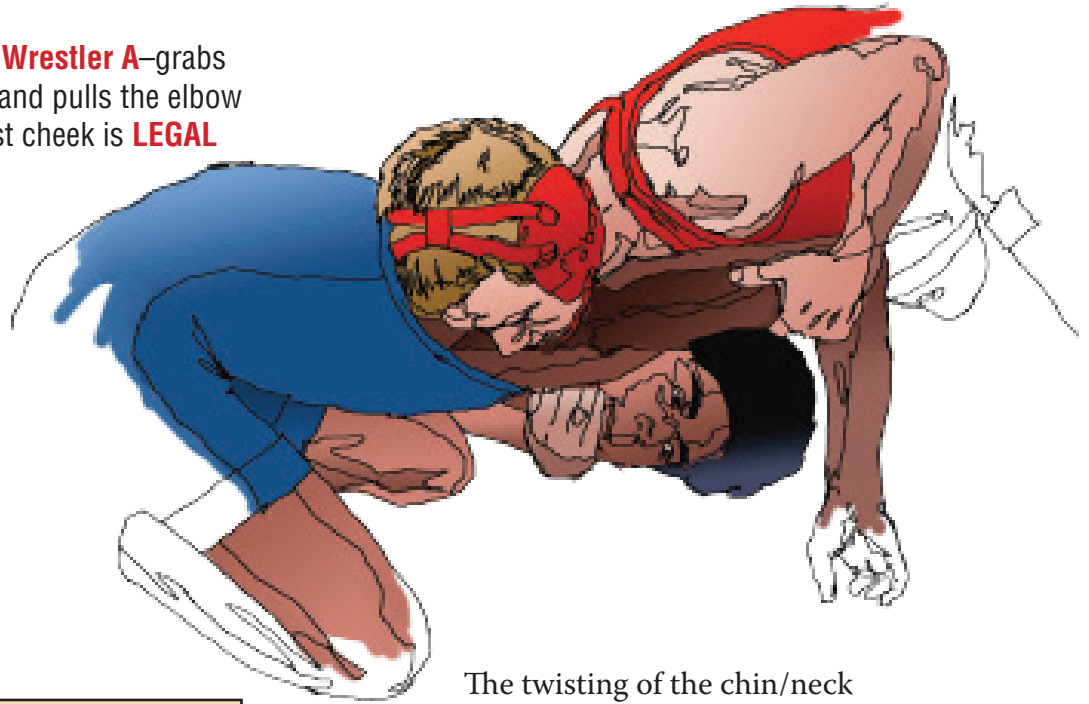
Frame 5



“It is the **elbow**, or **shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous.”

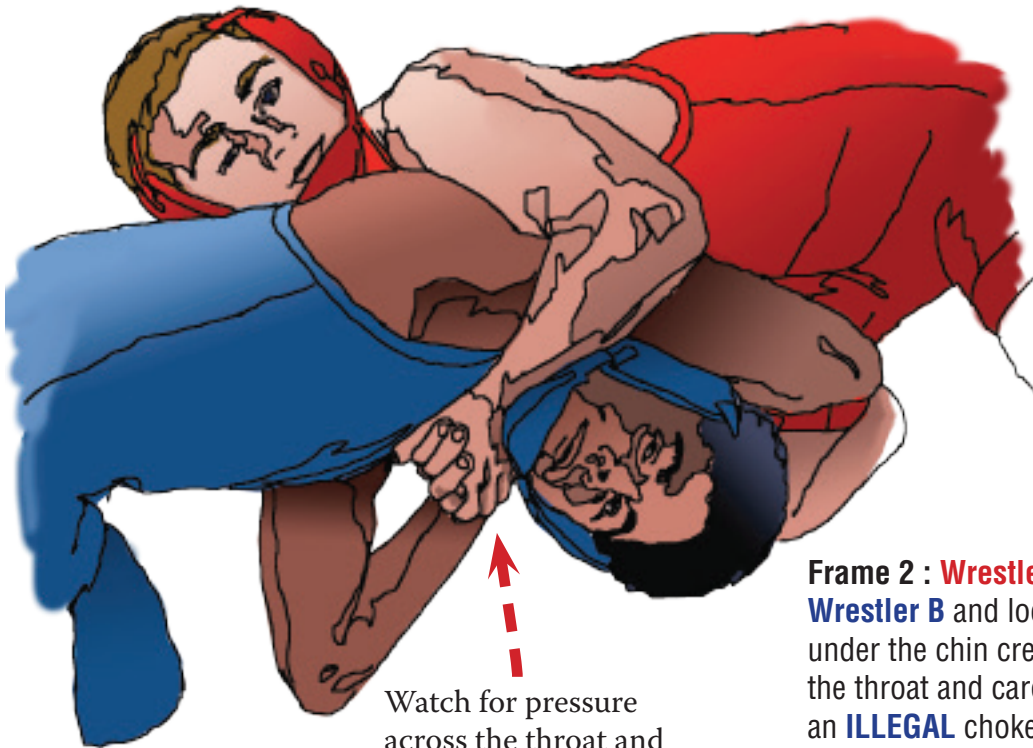
Front Head lock– Choke Hold—Illegal

Frame 1: From the front **Wrestler A**—grabs **Wrestler B's** cheek/chin and pulls the elbow up to trap the arm against cheek is **LEGAL**



NOTE: Official needs to lower their levels to see up under wrestler throat.

The twisting of the chin/neck is an **ILLEGAL** neck wrench



Watch for pressure across the throat and side of neck.

Frame 2 : **Wrestler A** releases the arm of **Wrestler B** and locks his hands at, and under the chin creating direct pressure on the throat and carotid artery and making this an **ILLEGAL** choke hold, stop and penalize.