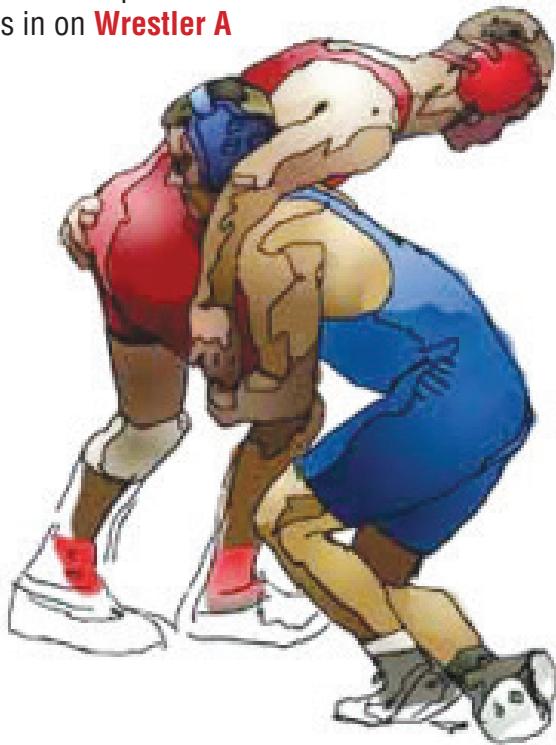
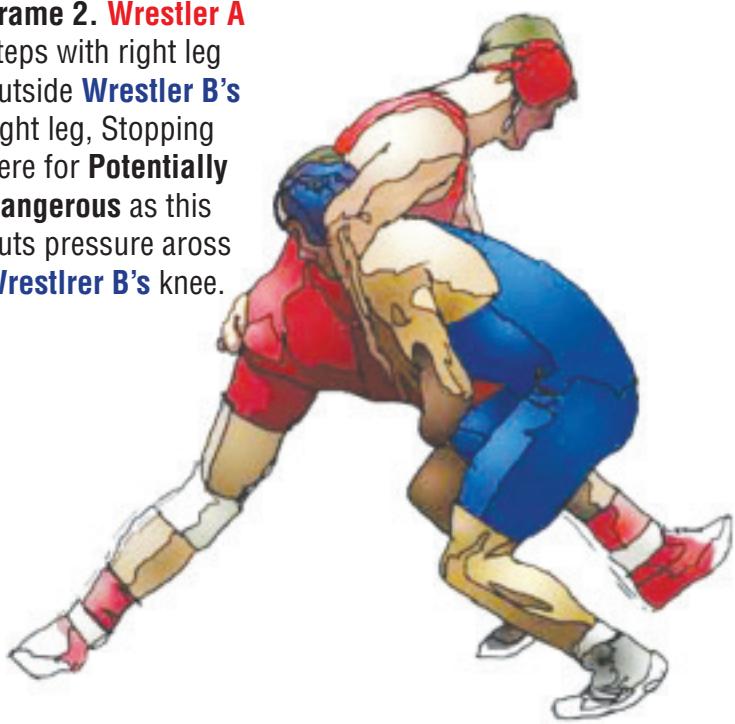


Head Trap/knee-Block- Potentially dangerous

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.

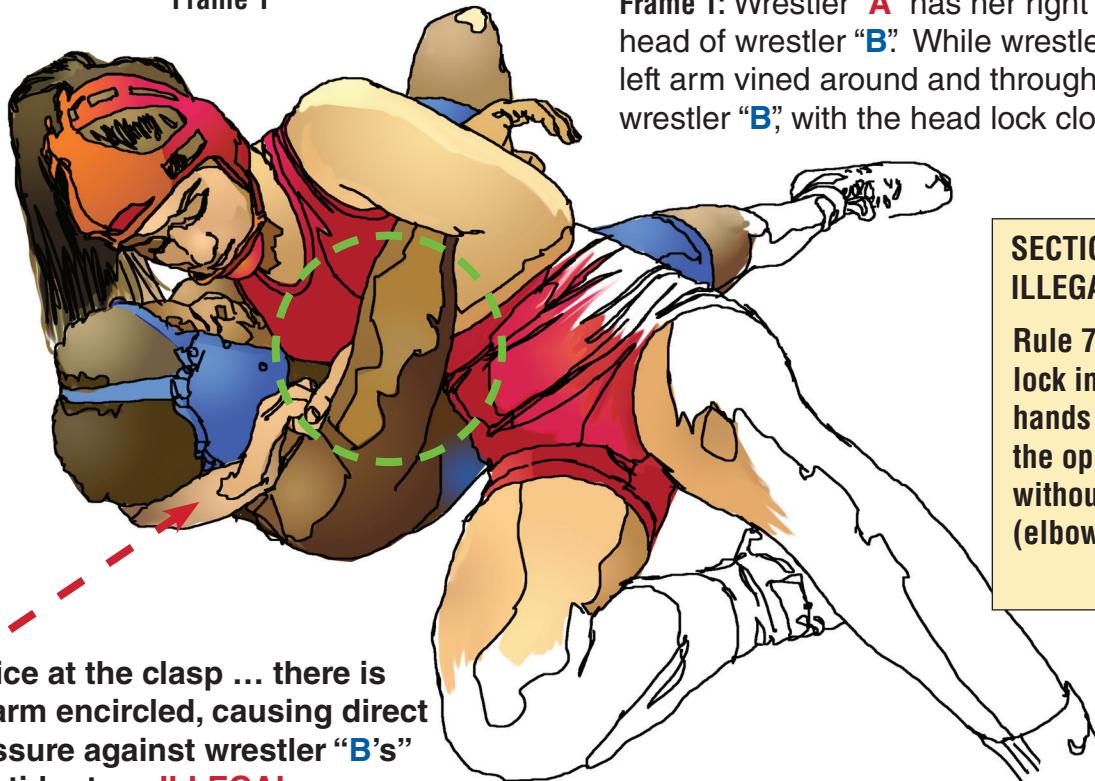


Frame 3. **Wrestler A** blocks **Wrestler B's** right knee and reverse grasps across the neck or may grasp chin as he/she hips across. **Note:** If **Wrestler A** grabs the chin of **Wrestler B** it may become an illegal neck wrench, stop immediately to penalize the **illegal** hold.

Frame 4. **Wrestler A** takes **Wrestler B** to his/her back. Stop for **Potentially Dangerous** or if deemed to 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.

SECTION 7 INFRACTIONS ILLEGAL HEADLOCK

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

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

Frame 2



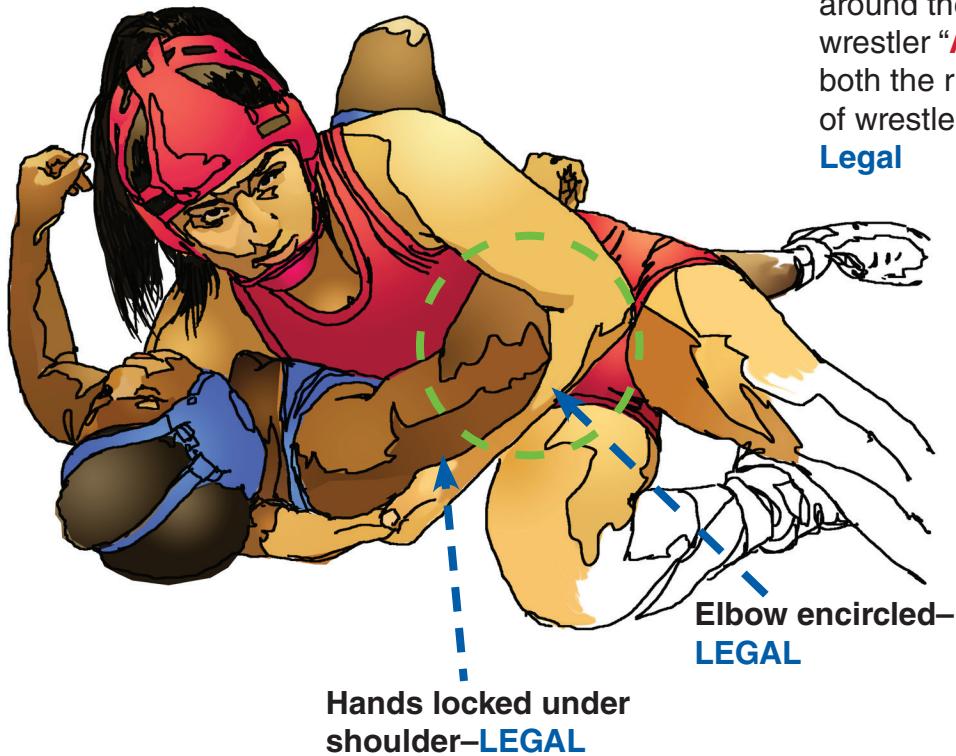
Frame 2: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" DOES NOT have her left arm ENCIRCLING either the shoulder or the elbow of wrestler "B", with the head lock closed. **ILLEGAL**

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**

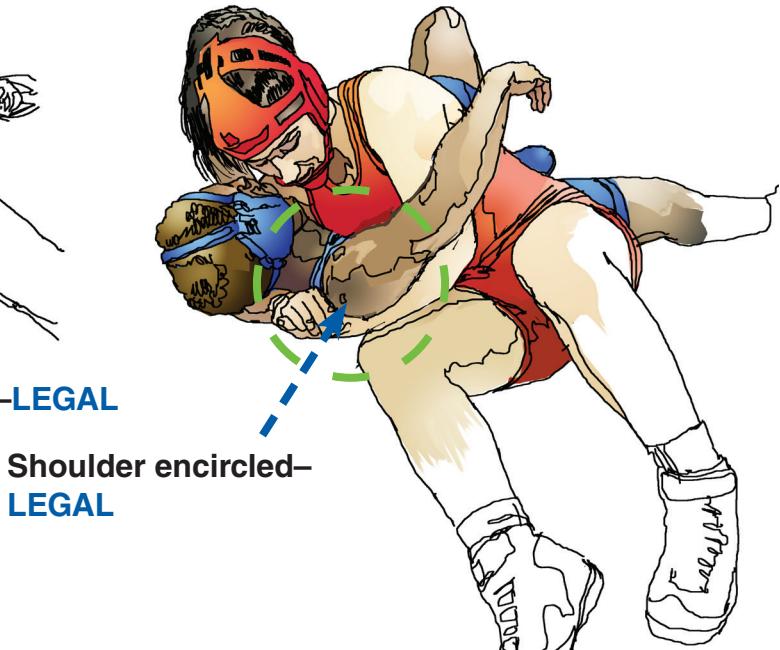
SECTION 7 INFRACTIONS ILLEGAL HEADLOCK

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

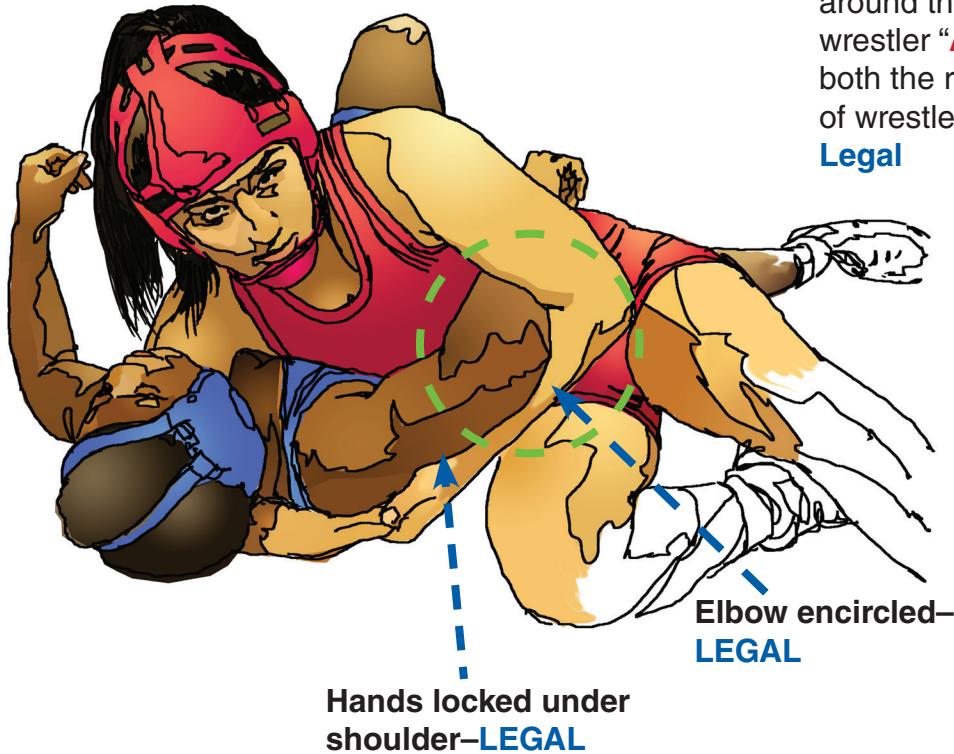


Frame 5



“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.”

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**

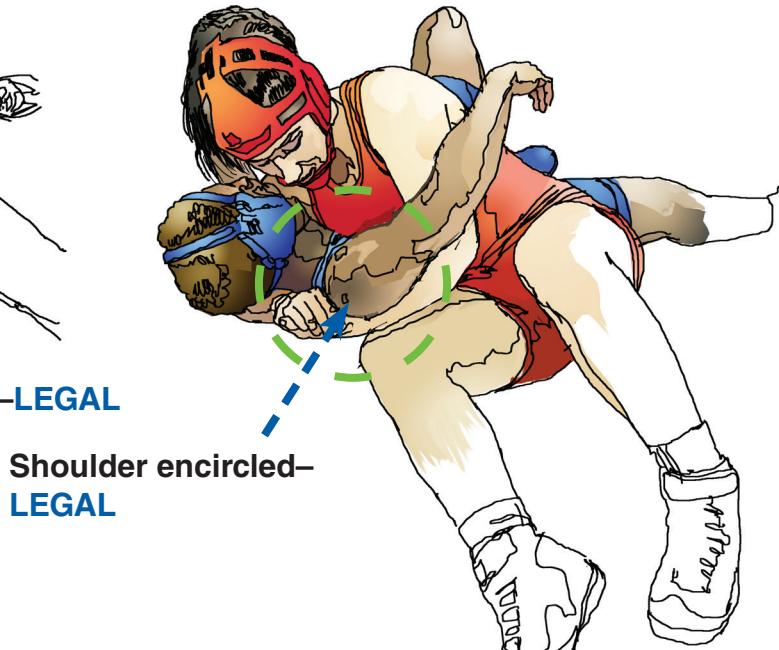
SECTION 7 INFRACTIONS ILLEGAL HEADLOCK

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



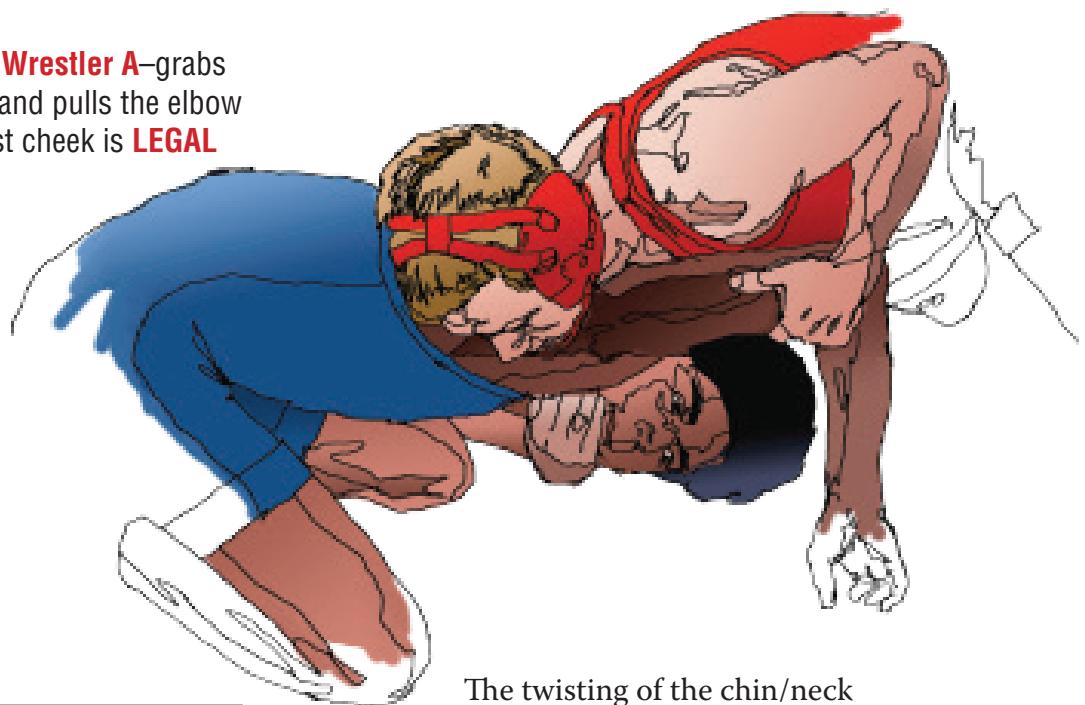
Frame 5



“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.”

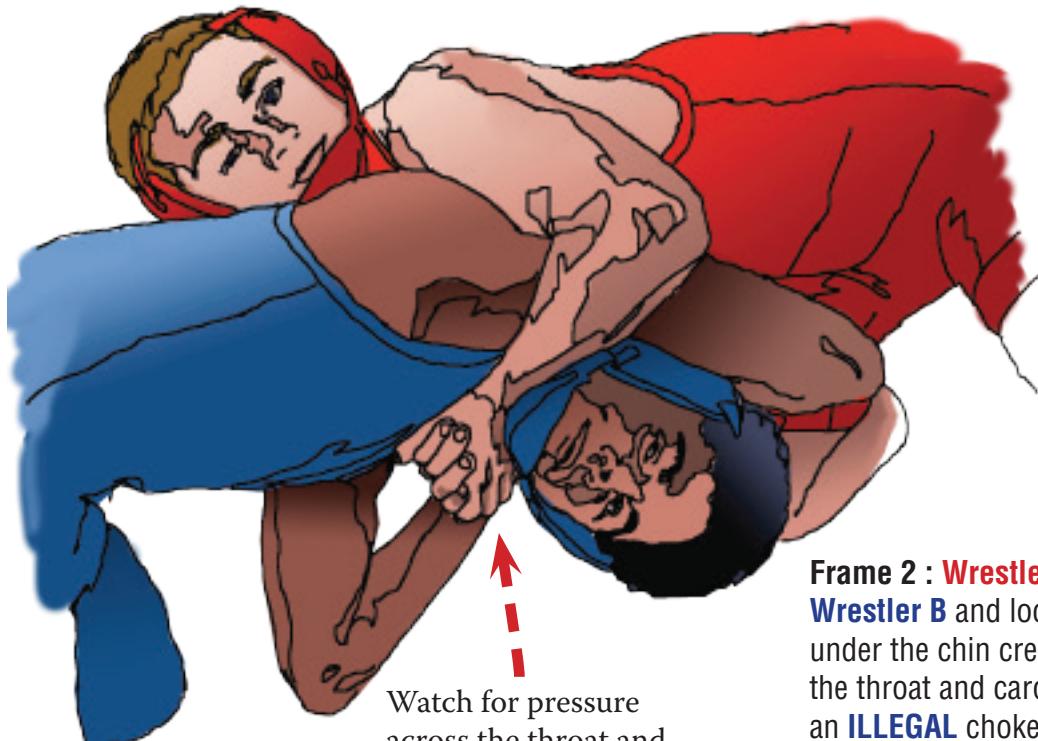
Front Head lock- Choke Hold—Illegal

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.