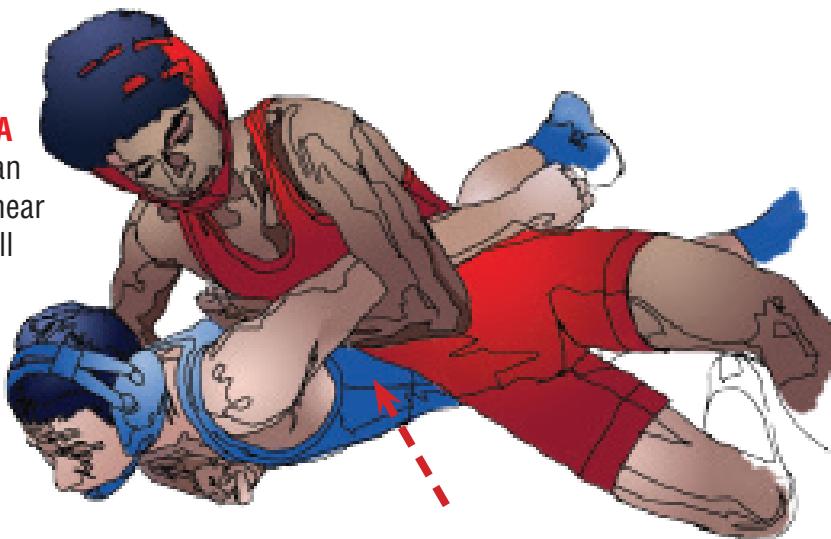


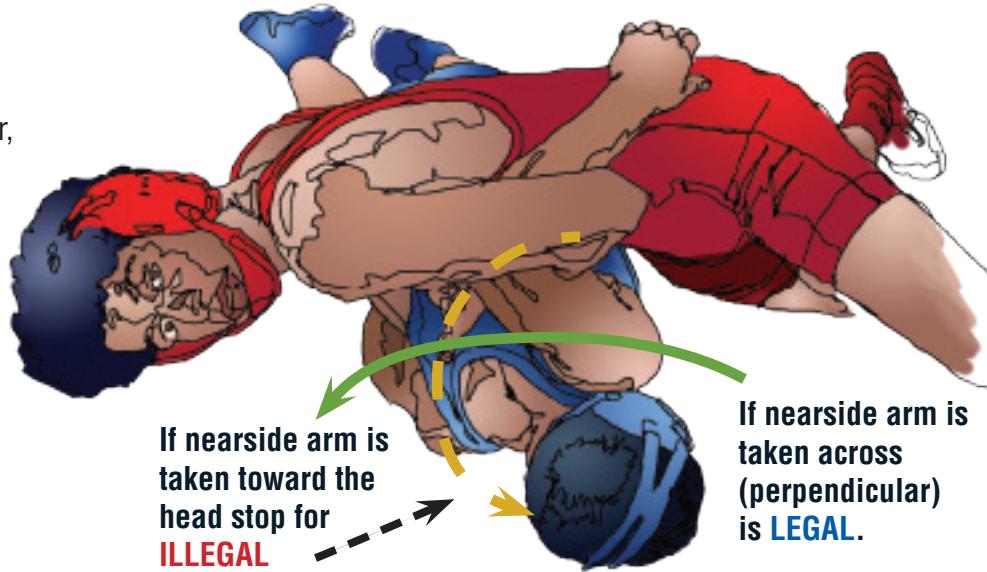
Arm Bar— may be Legal, Potentially Dangerous, or Illegal

A

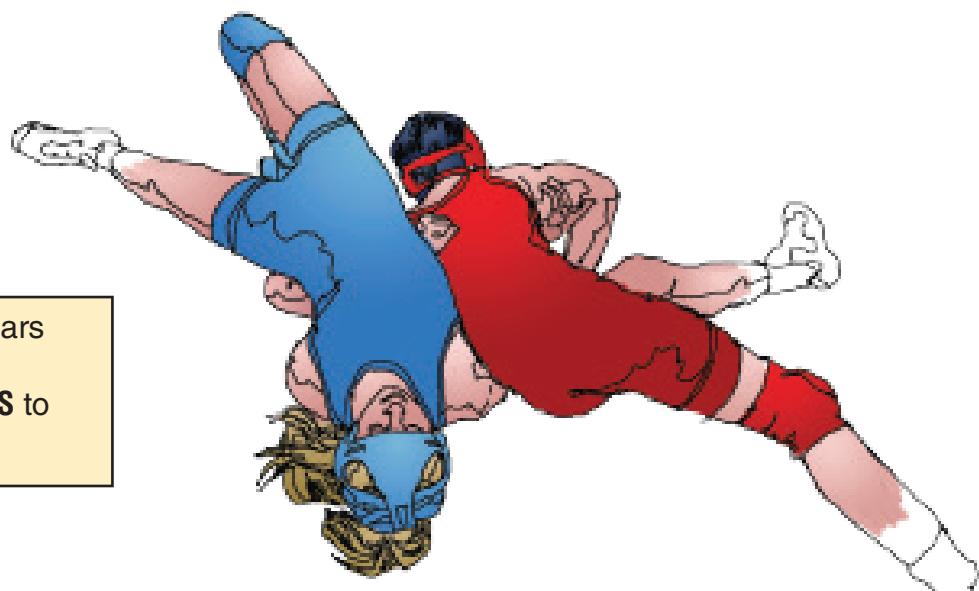
Frame 1. After breakdown, **Wrestler A** controls the nearside arm and slides an arm bar forcing his/her hand up into near side shoulder/the far side arm/wrist will then be tucked



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**.



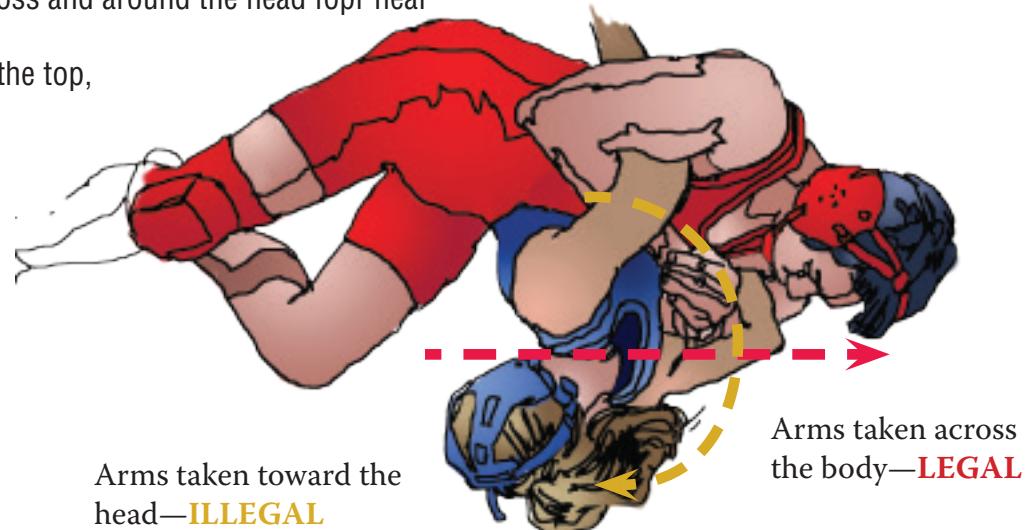
NOTE: Official must monitor arm bars very closely, as they may go from **LEGAL** to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.

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

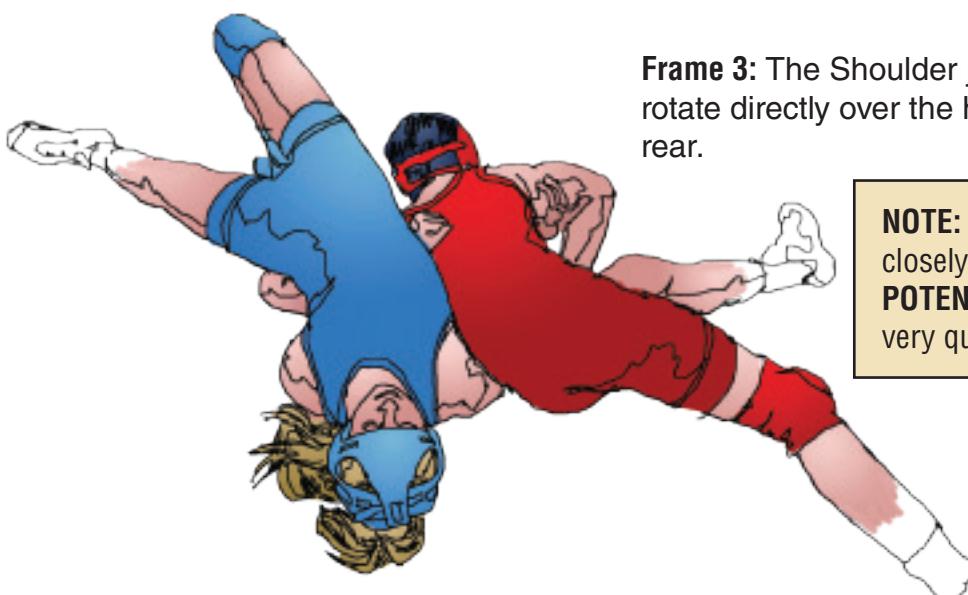
Frame 1: After a breakdown, **Wrestler A** controls both the near and far side arm and slides in arm bars on both sides.



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.