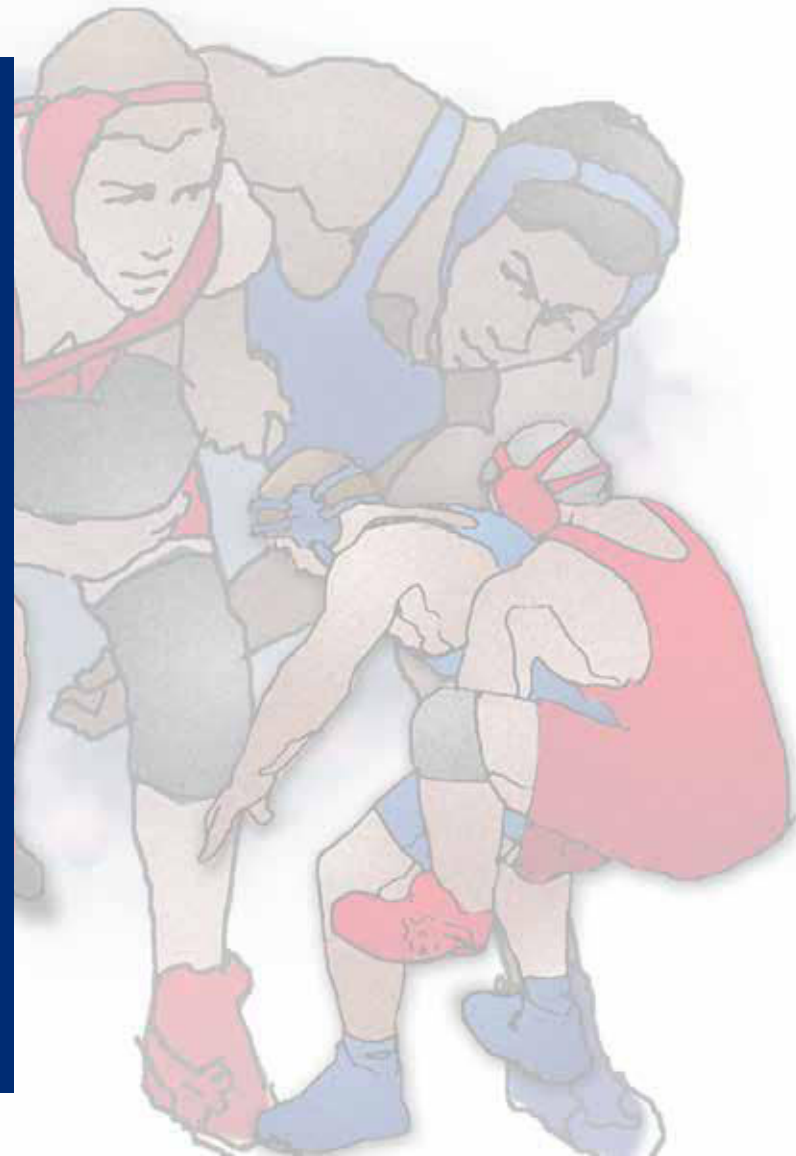


#8 Illegal Holds & Potentially Dangerous

Illegal Holds

- Slam
- Suplay or Salto
- Intentional drill or forceful fall-back
- Peeling/pulling the thumb or 1, 2, 3 fingers
- Double Underhook Snap back.
- Hammerlock above the right angle
- Twisting Hammerlock (lifting arm away from body)



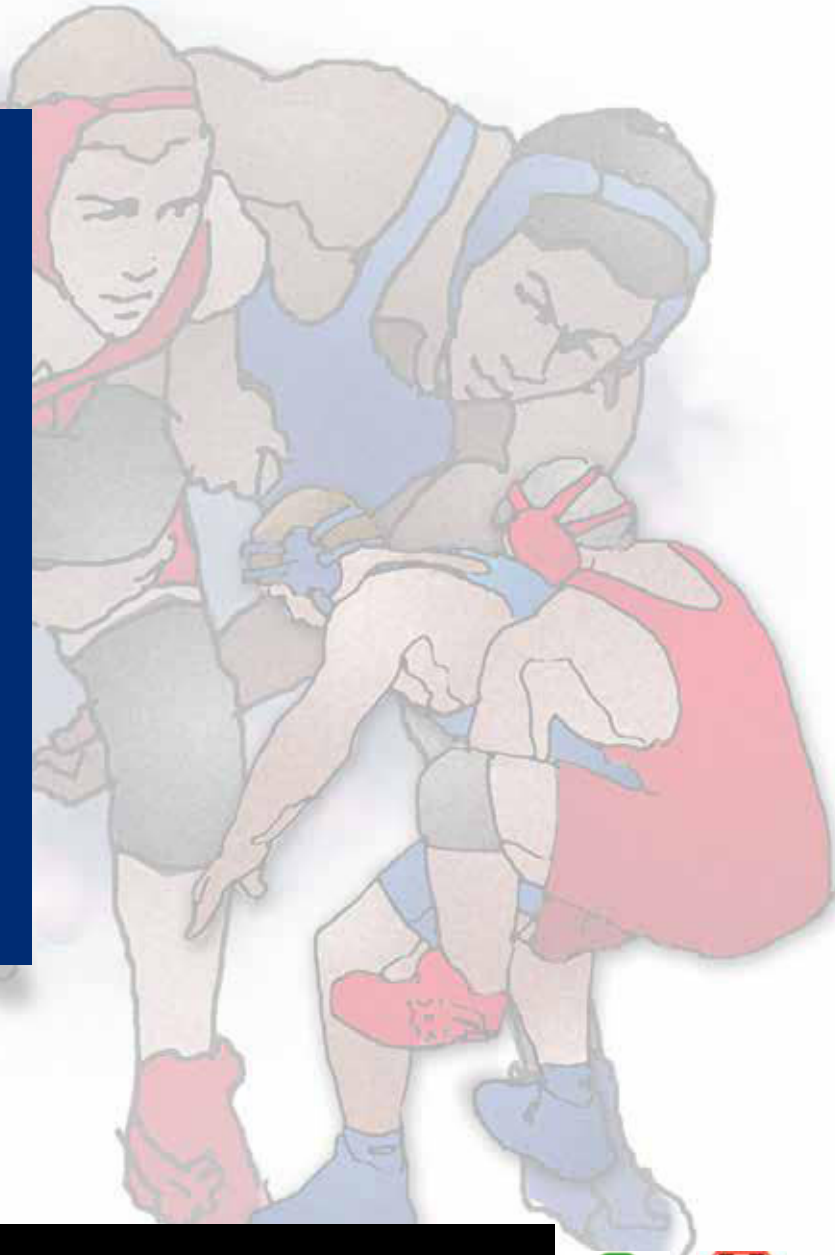
Illegal Holds

- Rear-standing double knee kickback
- Headlock w/o arm encircled
- Straight Head Scissors
- Full Nelson
- Pressure on the Throat or Carotid Artery
- Twisting Knee-lock
- Overhead Double Arm Bar



Illegal Holds

- Back Bow, by application
- Neck Wrench
- Over head double arm bar
- Front ¼ Nelson with the chin
- Leg Block (also called cut back or broomstick)
- Forcing any joint beyond its normal range of motion



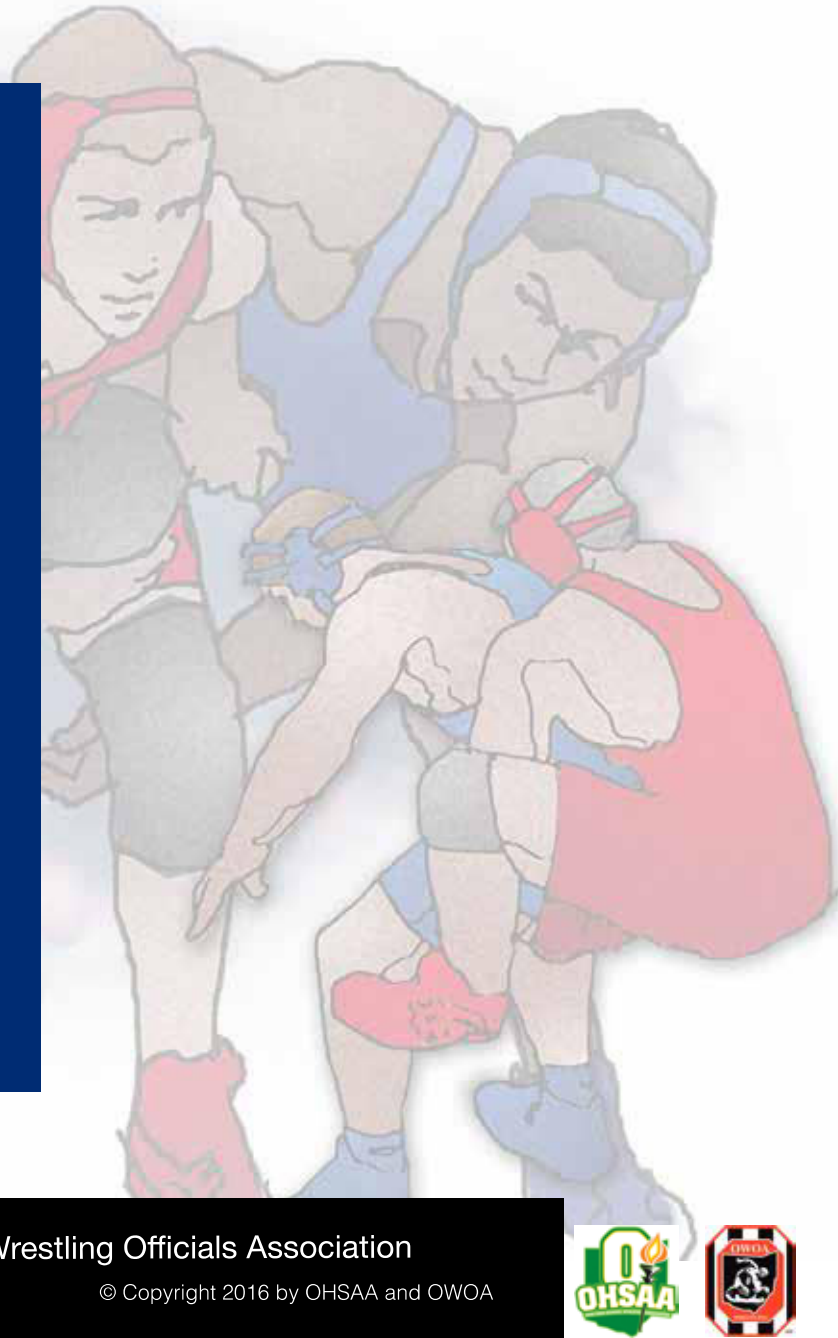
Illegal Holds

- Over-scissors when pressure is applied
- Any figure four;
 - Applied to body
 - Applied to head
 - Applied to both legs
- Chicken Wing with pressure forward into shoulder
- Rear standing back flip
- Any hold used solely for punishment



Illegal Holds

- If the defensive wrestler causes a legal hold to become illegal;
 - the referee shall stop the match, hold should be released,
 - without penalty to the offensive wrestler.
 - then restart in the same positions as they were



Potentially Dangerous

- Potentially dangerous maneuvers are recognized by the referee to possibly cause an injury. These holds shall be stopped prior to them becoming illegal and cause an injury.
- All head locks are considered dangerous and are watched very closely. The neck and throat areas.
- Arm bar situations.
- One wrestler on the back of another after a stand up are a few to mention.

