



**2018-19**  
**Out-of-Bounds & Supporting Point**  
**Interpretation from NFHS & Rule Book Support**

**Rule 5 SECTION 15 INBOUNDS**

**NFHS Rule: 5-10** ... “An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while a total of two all the supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match.”

**NFHS Rule 5-15-1** ... “Contestants are considered to be inbounds if a total of two all the supporting points of either wrestler are inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary line.”

**NFHS Rule 5-15-2** ... “Supporting points are the parts of the body within the wrestling area which may or may not bear the wrestler’s weight, other than those parts with which the wrestler is holding the opponent.”

a. When down on the mat, the usual points of support are:

1. the knee(s);
2. the side of the thigh;
3. the buttocks;
4. the hand(s);
5. the head.

b. When the defensive wrestler is on their back while the supporting points of either wrestler are in bounds wrestling shall continue. In this situation any part of the defensive wrestler’s shoulder or scapula is considered to be all the supporting points.

c. Near-fall points or fall shall be earned only while the supporting points of either wrestler are inbounds. In a pinning situation, when all parts of the defensive wrestler’s shoulders/scapula are on the mat beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler’s knee(s) must be inside the boundary, whether in contact with or above the mat.”

**NFHS Rule 5-15-3** ... “Wrestling shall continue as long as a total of two all the supporting points of either wrestler are inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. If there is no action at the edge of the mat, the referee shall stop the match”

### **Rule 5 SECTION 18 OUT OF BOUNDS**

**NFHS Rule 5-18 ...** “Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.”

### **Rule 5 SECTION 22 REVERSAL**

**NFHS Rule 5-22-1 ...** “It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position, while the total of two supporting points are inside or on the boundary line. Two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match.”

**NFHS Rule: 5-22-2 ...** “In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.”

### **Rule 5 SECTION 25 TAKEDOWN**

**NFHS Rule 5-25-1...** It is a takedown when, from the neutral position, a wrestler gains control over the opponent down on the mat and a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds. When the defensive wrestler’s hand(s) touch the mat it is considered a supporting point(s).”

**NFHS Rule 5-25-3 ...** “In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.”

### **Rule 6 SECTION 4 STOPPING AND STARTING THE MATCH**

**NFHS Rule 6-4-1 ...** “When there are no longer a total of two supporting points of either wrestler on or inside the boundary line, wrestling shall be stopped and wrestlers returned to the center of the mat and started according to the position of each at the time they went out of bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line. If the wrestlers go out of bounds in the neutral position, the match shall be resumed with each wrestler at the designated green or red area.”

**“Maintain your composure. The worst thing you can do to an opponent is to beat him.”  
Paul Brown, NFL Coach**