

Wrestling Answers Week 4, Rule 7

- 1) 7-1-1, True
- 2) 7-1-4, True – grasping OK, pulling back is illegal
- 3) 7-1-5d – Encircling arm elbow or above or leg. OK to lock in guillotine AFTER nearfall criteria has been met or OK to lock in $\frac{3}{4}$ nelson
- 4) 7-1-5r – Illegal to use figure 4 around body, head or both legs. 1 leg is OK to figure 4. OK to scissors body, as long as not used for punishment
- 5) 7-1-1t – Hands in the face is OK as long as it's not considered unnecessary roughness (physical acts that exceed normal aggressiveness) Hands in the eyes & raking the eyes is an illegal maneuver
- 6) 7-1-1v – Any hold where pressure is exerted over mouth, nose, throat or neck that restricts breathing or circulation is illegal. Look closely and be verbal “keep it legal” keep it safe” “watch the throat” “stay off the throat”
- 7) 7-1-6 – No penalty. The referee shall cause the hold/maneuver to be released when it comes illegal. “Keep it Legal” Match need not be stopped unless the referee finds it necessary to do so in order to correct situation
- 8) 7-2-1 – Yes – The wrestler applying a potentially dangerous hold shall be cautioned against forcing it into an illegal position. “Keep it Legal”
- 9) 7-2-2a-h – watch all, probably headlock due to choking/concussion
- 10) 7-3-1-5 on page 37
- 11) 7-5-3 and 7-4-2
- 12) 7-6-1 & 2 – Yes, especially early in the match
- 13) 7-6-3 - 3-0 shot ratio, usually call stalling, verbalize “backing off”
- 14) 7-6-4b – No, “more than 5 seconds”
- 15) 7-6-4d -silent count, no arm movement, after 5 seconds call stalling
- 16) Yes, if locked on side/armpit, see rule book #73, picture 69
- 17) Once the wrestler is lifted off the mat, stop match immediately
- 18) Yes, see rule book #37, 7-3-1
- 19) Disqualified – see penalty chart in rule book #42