

TWOA State Rules Clinic



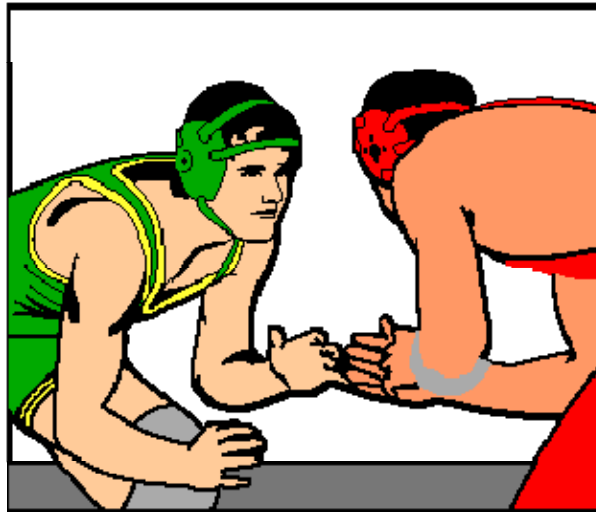
Technical Violations and Illegal Holds

22 Sep 12



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Why are we here?



Why are we here ?

Protect

Why are we here ?

Protect

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Why are we here ?

Protect The Athletes



Technical Violations

Rules 5-27 & 7-3

Competitive

Art. 1 Fleeing the mat- Going out of the wrestling area OR forcing the opponent out of the wrestling area. Exception – a wrestler in near-fall who has given up near-fall points can not flee.

Art. 2 Grasping – Grasping the mat, clothing or headgear to prevent action is a violation. Penalty point (s) will be added to any scoring action. Incidental grasping (no advantage gained) may be corrected without penalty.

Art. 3 Locking hands – interlocking or overlapping the hands around the body or both legs of the defending wrestler is a violation. Exception – if the defensive wrestler is on his/her feet or has been lifted from the mat.

Technical Violations

Rules 5-27 & 7-3

Administrative

Art. 4 Leaving the mat – Leaving the mat, other than when wrestling is ongoing, without the referee's permission is a violation.

Art. 5 Reporting – Reporting to the score table improperly dressed and/or equipped is a violation. Equipment detected during the match as illegal is a violation.

Penalizing

For the Competitive Violations the match may continue, if safe, until the scoring attempt fails or succeeds

For the Administrative Violations the offender will have injury time to correct the violation and be charged an injury timeout.

Penalty points are awarded IAW the Penalty Chart.

Illegal Holds/Maneuvers

Rules 5-14 & 7-1

Wrestlers are not allowed to inflict pain, they are allowed to apply discomfort.

Wrestling is a grappling sport, tough, physical, exhausting. However, it is not a striking sport.

Holds are illegal either by definition or because they present an unreasonable risk of injury, sometimes both.

Illegal Holds/Maneuvers

Rules 5-14 & 7-1

Rule 5-14

Art. 1 – Any hold/maneuver that places life or limbs at risk is/are illegal. When a body part is forced beyond normal range of motion, it is an illegal hold/maneuver. If unnecessary force is applied to the opponent, it is an illegal hold/maneuver.

Art. 2 – Any hold/maneuver that restricts breathing or circulation is illegal.

Illegal Holds/Maneuvers

Rules 5-14 & 7-1

Rule 7-1

Art. 1 Slam – It is a slam when the opponent is lifted from the mat and returned with unnecessary force. This can occur from any position. The slam should be called immediately upon occurrence.

Art. 2 Suplay & Salto – Belly-to-belly and belly-to-back may not be thrown straight overhead.

Art. 3 Drill – Spiking the opponent into the mat is illegal.

Illegal Holds/Maneuvers

Rules 5-14 & 7-1

Rule 7-1

Art. 4 Fingers & Thumbs – Pulling back on the thumb or fingers is illegal. Merely holding them in place is not.

Art. 5 Other Illegal holds/Maneuvers – Includes but **not limited to**: double underhook snapback, hammerlock above 90, twisting hammerlock, lifting the elbow in a hammerlock, headlocks without an arm or leg, scissors to the head, full nelson, holds that put pressure on the throat, twisting knee lock, key lock, overhead double arm bar, double arm bar behind the back, neck wrench, front quarter with chin, leg block, over scissors against the joint...

Illegal Holds/Maneuvers

Rules 5-14 & 7-1

Art. 5 continued – bending, twisting or forcing the head or limb(s) beyond normal limits, back bow, figure 4 scissors other than one leg or arm, chicken wing with the pressure up the body, hands in or raking the eyes, anything used to punish the opponent, any hold that restricts circulation or respiration, back flip from standing, rear-standing double-knee kick back.

Art. 6 – A wrestler applying a legal hold will not be penalized if the opponent cause the hold to become illegal. If possible, correct the hold. Otherwise stop the situation and restart. When possible prevent, rather than punish illegal holds/maneuvers.

Summary

Smart/stupid is not our concern.

Legal/illegal, safe/unsafe are our concern.

No wrestler should be forced to choose between injury or position.

Illegal hold/maneuvers will cause the match to stop to penalize.

Exception, when a wrestler is in a pinning situation, if the violation can be cleared and the match can continue safely, do not stop the match.

Technical violations are punished when the action stops.

Protect the athletes, usually from each other, sometimes from themselves.