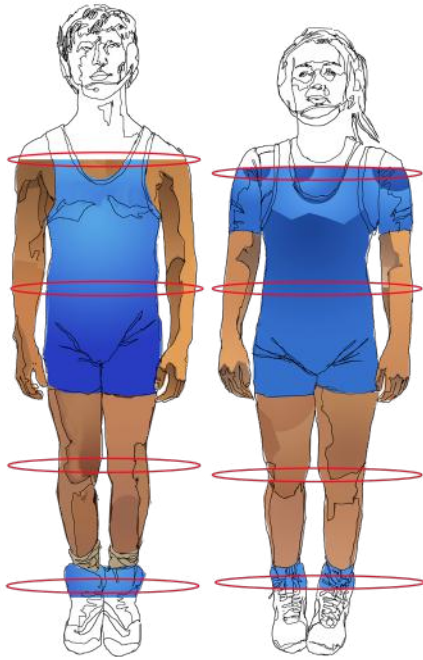


Locking Hands – Illegal (TV) or Legal



RULE 7-3-3 “Interlocking or overlapping the hands, fingers or arms around the opponent’s body (with or without an arm included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met near-fall criteria, is a **technical violation** and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.)”

Illegal/Technical Violation (TV)



Interlacing fingers



Cross palm grip



Overlapping hands



Intrelocking grip



Wrist lock grip

Legal



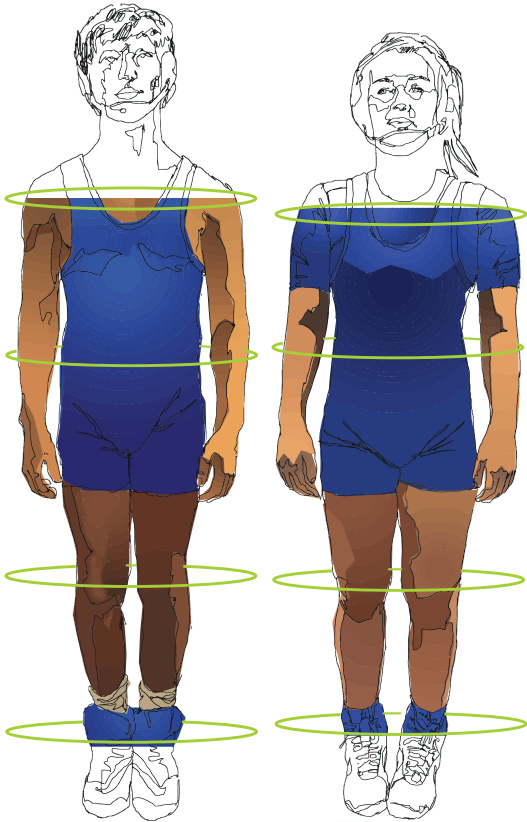
Hands side-by-side



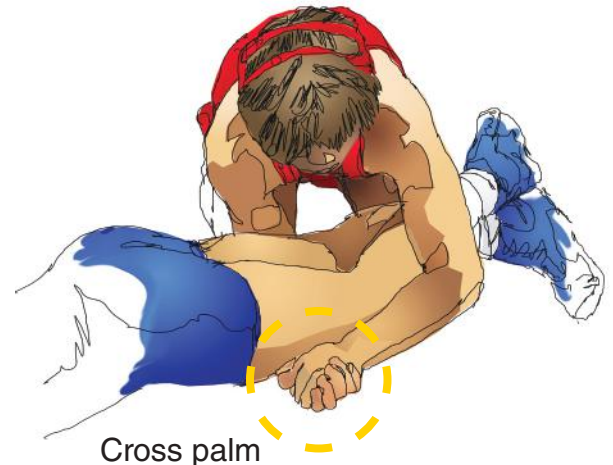
Hands side-by-side but not touching



Arms side-by-side



NOTE: Think of the tube of the body as a cylinder, offensive **Wrestler "A"** locking hands around **Wrestler "B"**'s shoulders, waist, knees, or ankles with clasped hands, overlapping hands, or interlocking fingers shall be called for locking hands and a **Technical Violation (TV)**



Cross palm grip around both knees (TV)



interlocking fingers around waist (TV)



clasping fingers around ankles (TV)



clasping hands with **extremity** included, (arm or leg), (TV)

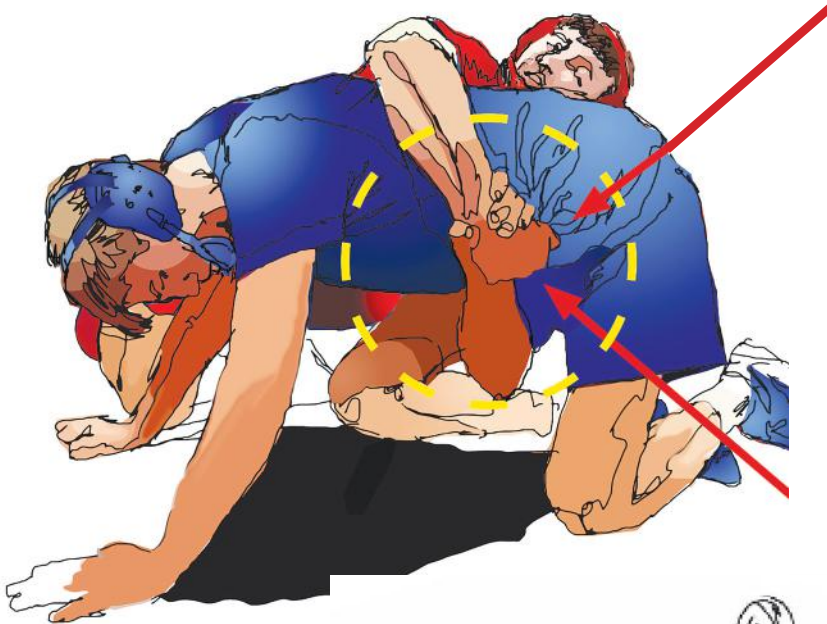


overlapping hands or arms around body (TV)

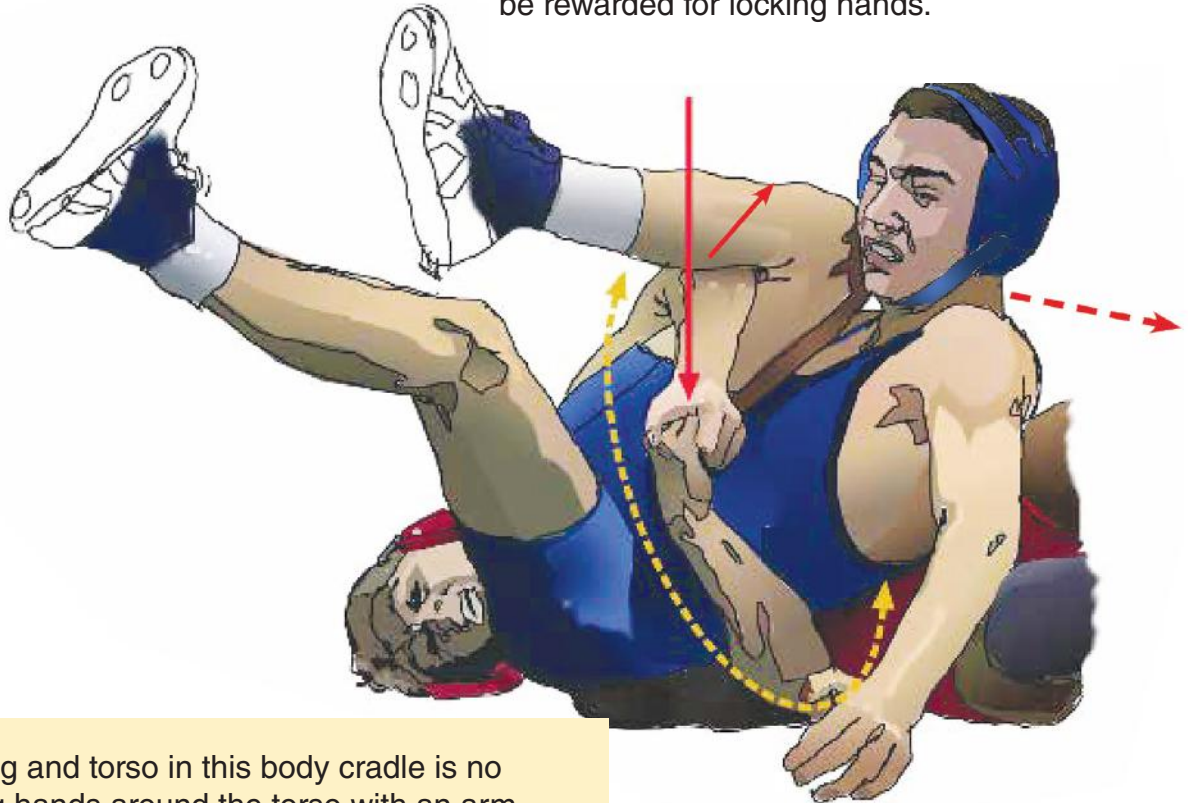
Locking hands (Extremities included)

In this situation with leg included it is a **(TV)** when applied by wrestler in the advantage position
Wrestler A. Stop the match and penalize.

NFHS Rule 7-3-3 states in-part: Interlocking or overlapping the hands, fingers or arms around the opponent's body (with or without arms included) or both legs by a wrestler in the advantage position...is a **Technical Violation (TV)**...



If **Wrestler A** takes **Wrestler B** to a stacked near fall position, **Wrestler A** has committed a **(TV)** and shall not be rewarded for locking hands.



NOTE: The encircled leg and torso in this body cradle is no different than a locking hands around the torso with an arm encircled. In fact, **Wrestler B** is placed even more at a disadvantage with a leg and torso being encircled versus torso encirclement with an arm included, **(TV)**

From neutral position **Wrestler "A"** takes **Wrestler "B"** to the mat, hand,(s) are supporting points. Signal and clearly call out "take down 2" or "reversal 2". **Wrestler "A"** has *reaction time*, to release clasped hands. Rule:5-25-1 and 2 .



NOTE: Wrestler "A" uses a cross palm grip, if not released **beyond reaction time** penalize and award **point(s)** Technical Violation (TV).

Wrestler "B"'s hands are a supporting point making **Wrestler "B"** a defensive wrestler. **Wrestler "A"** completed a takedown or reversal and has **reaction time** to release clasped hands. (TV)



NOTE: Wrestler "A" uses a cross palm grip, if not released **beyond reaction time** penalize and award **point(s)**. (TV).

Wrestler "B"'s hand is a supporting point making **Wrestler "B"** a defensive wrestler. **Wrestler "A"** completed a takedown or reversal and has **reaction time** to release clasped hands. (TV)