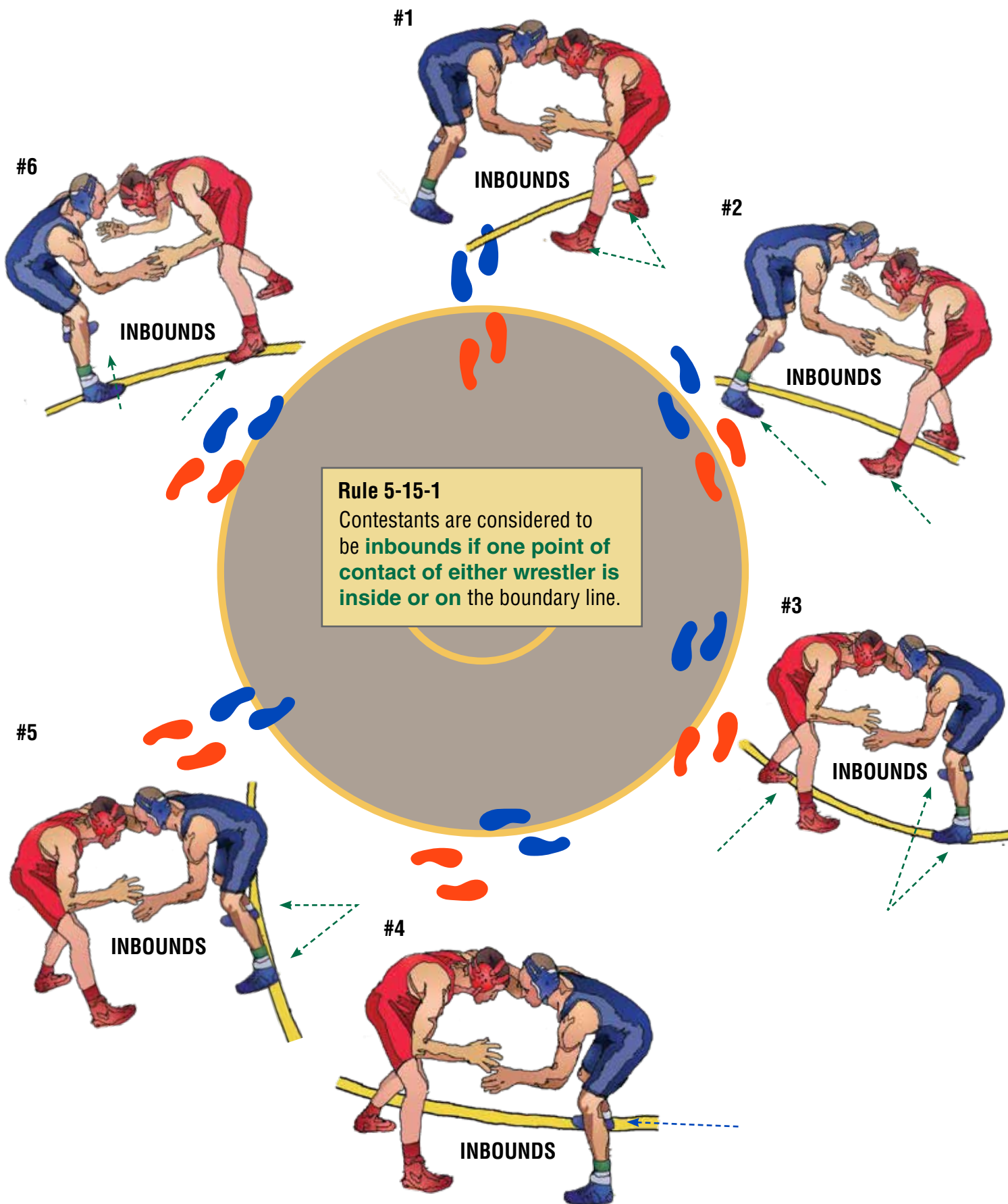


One Point of Contact

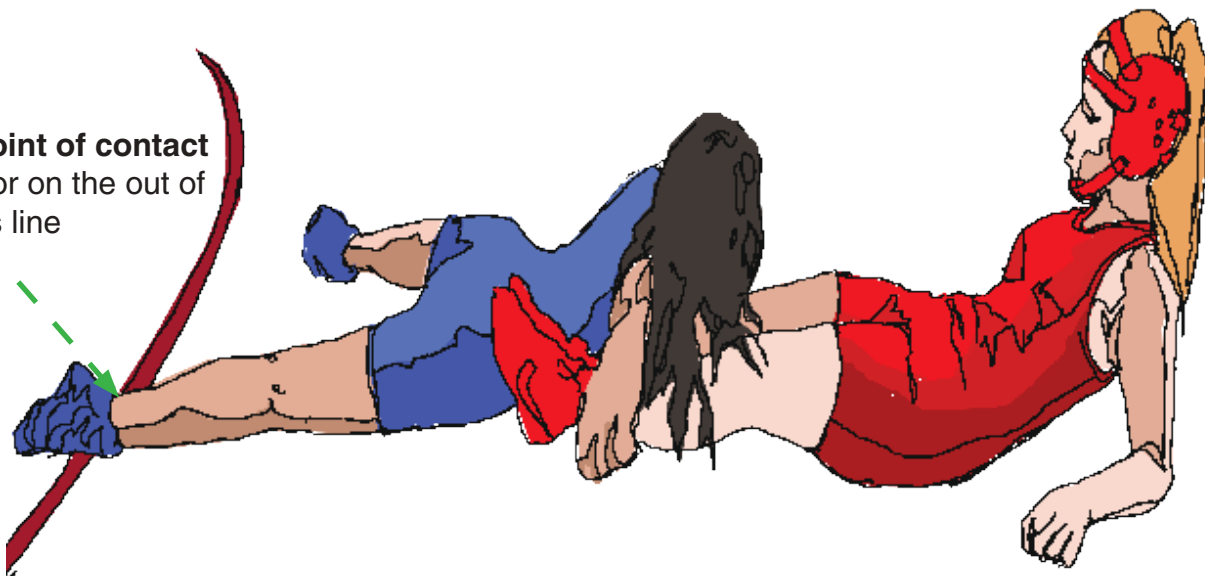


Rule 5-15-1 Contestants are considered to be inbounds if one point of contact of either wrestler is inside or on the boundary lines.

When down on the mat, usual points of contact are:

Knee(s), the side of thigh, the buttocks, the hand(s), the head, the foot (feet)

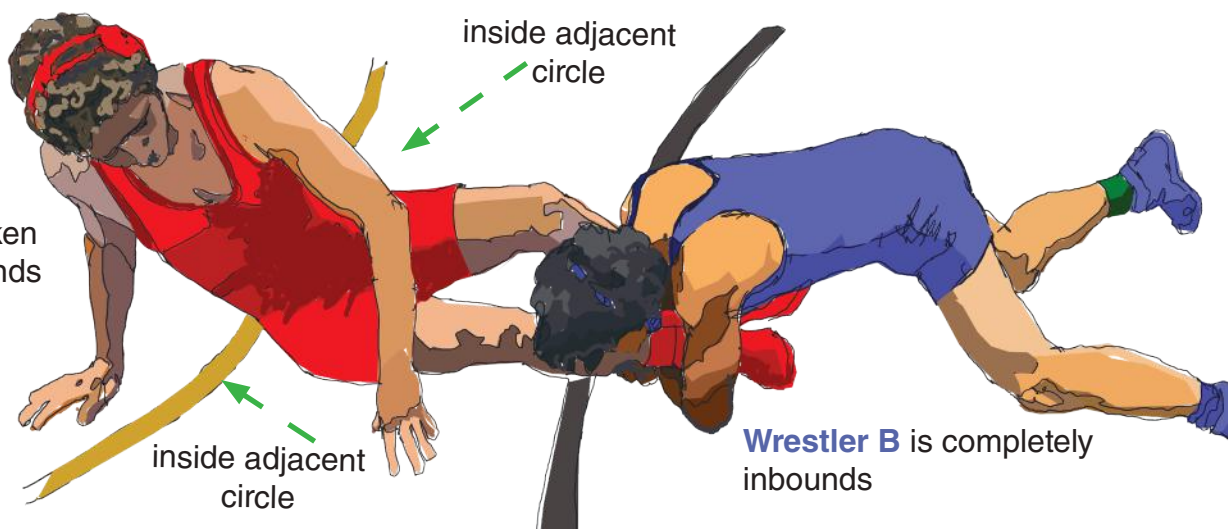
One point of contact
inside or on the out of
bounds line



Stopping and starting the match

Rule 6-4-1 When there is no longer a point of contact 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.

Wrestling will be **stopped immediately** if **Wrestler A** is taken down out of bounds landing on floor, adjacent mat, or obstacles.



It is ruled out-of-bounds situation when there is no longer a point of contact inside or on the boundary line. Either wrestler is in danger of going into a **wall, scoring table, coaching zone, on to the floor** or comes in contact with the **official**. **SAFETY** is paramount.

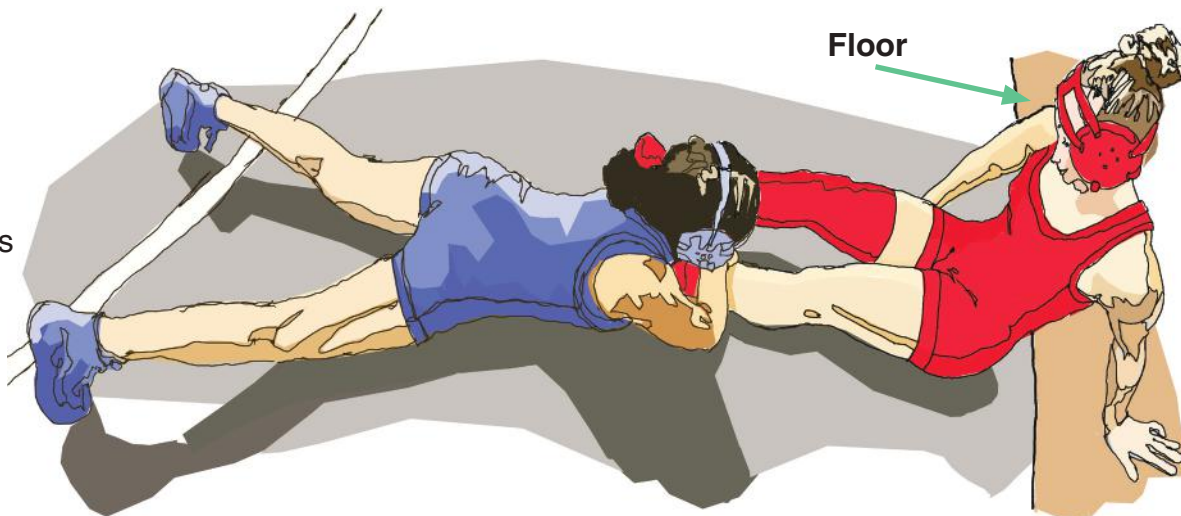
Rule 5-15-1 Contestants are considered to be inbounds if one point of contact of either wrestler is inside or on the boundary lines.

Rule 5-1-2 Points of contact are the parts of body touching the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.



Rule 6-4-1 When there is no longer a point of contact 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.

Wrestling will be **stopped immediately** if wrestler is taken down out of bounds landing on floor



It is ruled out-of-bounds situation when there is no longer a point of contact inside or on the boundary line. Either wrestler is in danger of going into a **wall, scoring table, coaching zone, on to the floor** or comes in contact with the official. **SAFETY** is paramount.