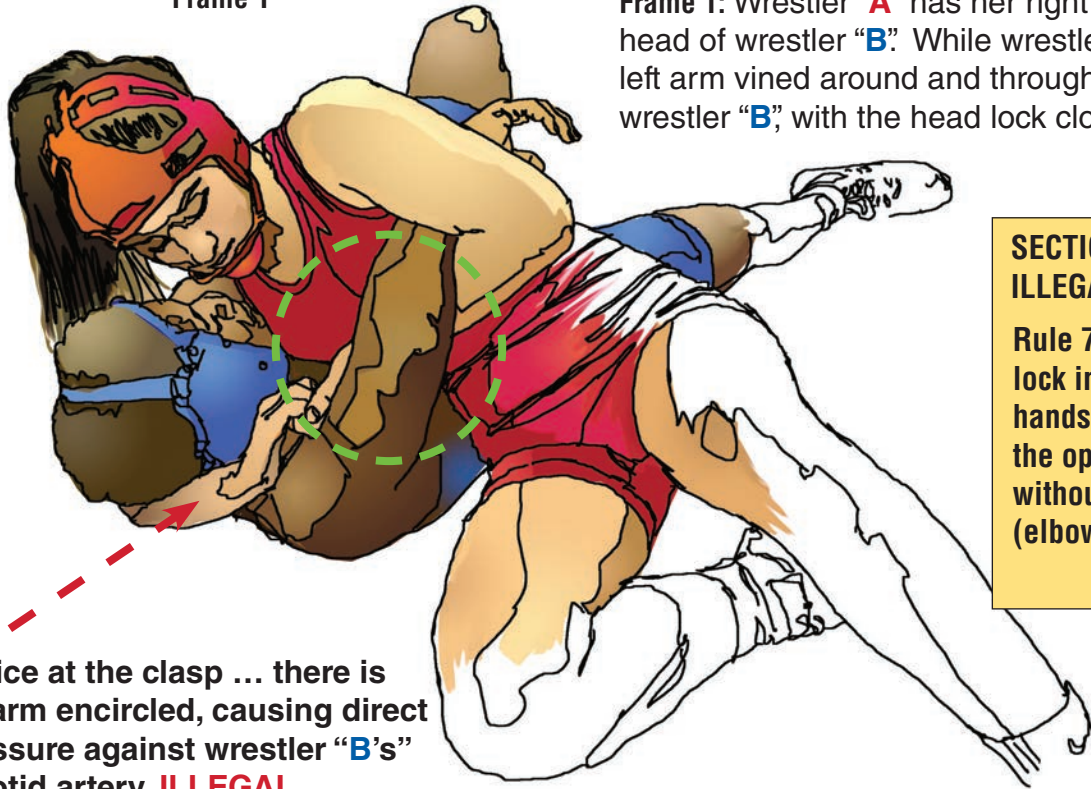


Legal/ Illegal Headlock

Illegal Headlock... Look Close

Frame 1

Frame 1: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" has her left arm vined around and through the right arm of wrestler "B", with the head lock closed.



Notice at the clasp ... there is no arm encircled, causing direct pressure against wrestler "B's" carotid artery. **ILLEGAL**

SECTION 7 INFRACTIONS ILLEGAL HEADLOCK

Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents's head without encircling an arm (elbow or above)

Frame 2

Frame 2: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" DOES NOT have her left arm ENCIRCLING either the shoulder or the elbow of wrestler "B", with the head lock closed. **ILLEGAL**

Direct pressure against wrestler "B's" carotid artery — →



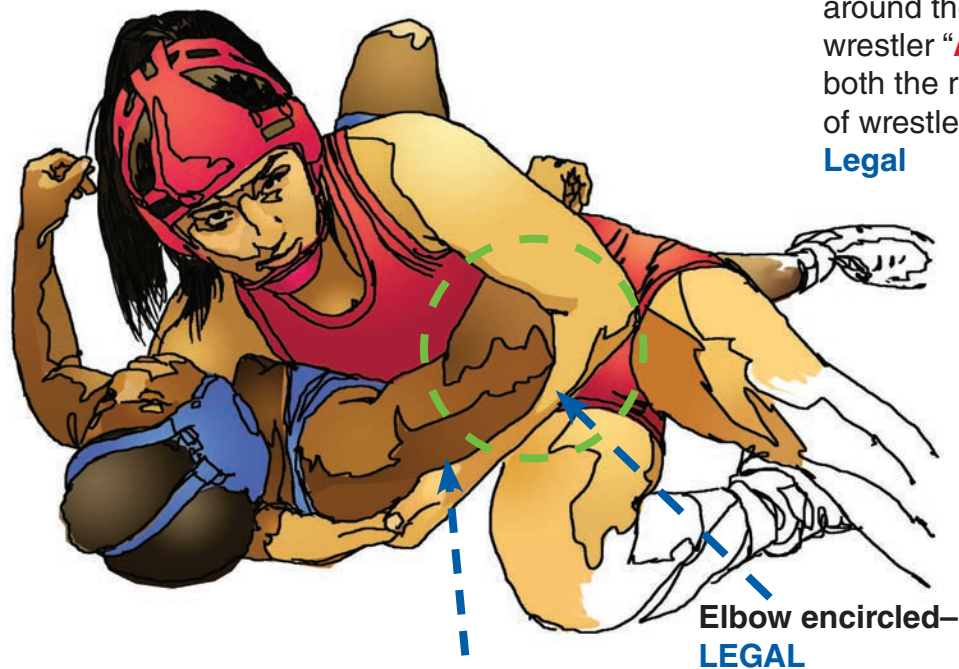
Notice at the clasp ... there is no arm or shoulder encircled, causing direct pressure against wrestler "B's" carotid artery. **ILLEGAL**

"It is the **elbow, or shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous."

Legal/ Illegal Headlock

Legal Headlock... Look Close

Frame 3



Hands locked under shoulder—LEGAL

Elbow encircled—LEGAL

Frame 3: Wrestler “A” has her right arm around the head of wrestler “B”. While wrestler “A” has her left arm encircling both the right shoulder and the elbow of wrestler “B”. The clasped hands are **Legal**

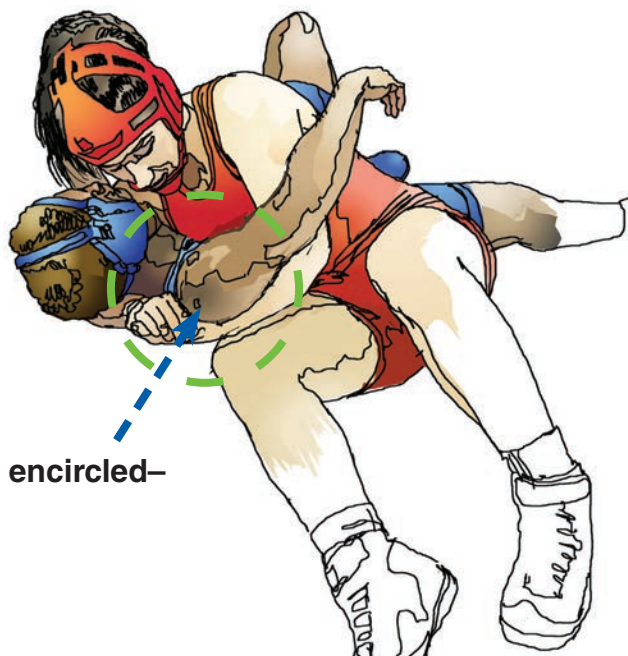
**SECTION 7 INFRACTIONS
ILLEGAL HEADLOCK**
Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents’s head without encircling an arm (elbow or above)

Frame 4



Elbow encircled—LEGAL

Frame 5



Shoulder encircled—LEGAL

“It is the **elbow**, or **shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous.”