

**Rule 7-1-5 u:** any hold/maneuver used for punishment is **illegal**

**Rule 7-4-1: unnecessary roughness** involves any physical acts which **exceed normal aggressiveness** ... which includes a **forceful forearm or elbow** used in a punishing way, such as, **on the spine or back of head or neck**.

**Rule 7-4-3: flagrant misconduct** includes **physical or no-physical acts** which the **referee considers serious enough to disqualify the contestant**. These include striking, butting, elbowing, biting, etc.

**FRAME 1: Wrestler A** drives a forcefull elbow or forearm to back of head or neck of **Wrestler B**. Stop and penalize immediately. **illegal / unnecessary roughness**.



**KEYS TO WATCH:** Having arm back or high elbow **does not mean illegal**, but is an **indicator**. The official's position and judgment is important.

**Frame 2-2a:** Blows to the head, neck and spinal areas may cause **serious injury, concussion or worse**. Hard competition is expected, but **intentional acts to harm/injure one's opponent** is a **flagrant** act and should be penalized accordingly.

Frame 2



Frame 2a

