

STALLING OVERVIEW

(some ideas about stalling)

NEUTRAL POSITION

(10/20/2012)

- an honest effort must be made to wrestle within the 10 foot circle
- Continuously avoiding contact with opponent.
- Playing the edge of the mat.
- Preventing your opponent from returning to or remaining in bounds.
- Repeatedly faking contact but not following through.
- Preventing an opponent from returning to the center of the mat.
- Tying up an opponent in any one of many arm, head, and shoulder configurations is stalling if it is not used in an aggressive manner to attempt a takedown.
- Tying up an opponent with an underhook and wrist control without an effort to take him down.
- Controlling an opponent's wrists with no further effort to gain a takedown.
- Blocking with the forearm with no effort to work for a takedown.
- Blocking an opponent with the head without moving for a takedown.
- Making contact but moving out and to the edge of the mat.
- Faking contact.
- Grasping one leg and holding it without a follow through for a takedown.
- Not attempting to secure a takedown.
- Using a single and / or double underhooks without attempting a takedown.
- Shooting and hanging onto a leg without attempting to progress.
- Grasping a single leg and after elevation in a standing position making no attempt to bring opponent to the mat.
- Repeatedly giving up a grasp on an opponent's leg with no follow through to actually gain control.
- Dropping to one or both knees in an effort to block all moves by the opponent without countering.
- Repeatedly using a back crotch hold with no attempt to elevate, thus causing a stalemate.
- Stragglng back from out of bounds.
- Unnecessarily changing or adjusting equipment
- Not aggressively working for a takedown.
- Repeatedly causing a stalemate
- Repeatedly intentionally causing a potentially dangerous situation

OFFENSIVE POSITION

- an honest effort must be made to wrestle within the 10 foot circle
- Repeatedly dropping to one leg when the opponent attempts a stand up.
- Trapping an opponent's leg to the groin or using the rear leg ride.
- Picking up one or both legs and not attempting to improve his position.
- Single wrist ride or two on one.
- Pinching an opponent's knees with your own knees.
- Continual use of the crossbody ride with no attempt to improve position.
- Trapping an ankle with the lower leg while using a deep waist.

- Repeatedly (2 or more) putting a grapevine after an opponent stands up and thereby intentionally causing a potentially dangerous situation in which the match must be stopped .
- Repeatedly grabbing one leg to prevent a switch.
- Use of the double leg grapevine for control only and no attempt to progress.
- Use of the body scissors and underhooks for control only and no attempt to progress.
- Not attempting to secure a fall.
- Using the inside thigh ride sometimes called the Cornell or Purdue ride
- Lifting an opponent off the mat and holding him there.
- Staying behind an opponent while on the feet and making no attempt to bringing him to the mat.
- Using a deep waist for control only with no attempt to progress.
- Using a half nelson and not moving perpendicular and making an honest attempt to turn the opponent.
- Using a cradle for control only with no attempt to turn the opponent.
- Being content to simply ride your opponent.
- Deep waist with no attempt to improve.
- After breaking your opponent down, shooting a deep half or arm bar and staying parallel with him.
- Simply do not wrestle aggressively.
- Legally holds the heel to the buttocks while the defensive wrestler is **broken down** on the mat for five or more seconds.
- Holding an opponent's leg or legs with the use of two hands in action that is not designed to break your opponent down or secure a fall.
- Repeatedly grasping or interlocking around one leg to prevent him from scoring.
- Delaying the match.
- Unnecessarily changing or adjusting equipment
- Repeatedly applying a grapevine and being unable to turn your opponent - thus causing a stalemate
- Repeatedly causing a stalemate
- Repeatedly intentionally causing a potentially dangerous situation

DEFENSIVE POSITION

- an honest effort must be made to wrestle within the 10 foot circle
- Remaining in a four legged table or basic referee's position without any effort to execute an escape or reversal.
- Assuming the fetal position and remaining there.
- Pulling the elbows in close to the body and remaining in that position.
- Clasp his own hands in front of his body with no attempt to secure a base.
- Grasping an opponent's hands or wrists and simply maintaining control of them in front of your own body.
- Refusing to wrestle aggressively by attempting an escape or reversal.
- Repeatedly locking or interlocking around the leg(s) of the offensive wrestler.
- Repeatedly (2 or more times) performing a stand up when the offensive wrestler has a grapevine - thus intentionally causing a potentially dangerous situation.
- Delaying the match.
- Repeatedly causing a stalemate
- Repeatedly intentionally causing a potentially dangerous situation