

# INBOUNDS

5-15-2c : “NF points or fall shall be earned only while the supporting points of either wrestler are inbounds. In a pinning situation, when all parts of the defensive wrestler’s shoulders/scapula are on the mat beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler’s knee(s) must be inside the boundary, whether in contact with or above the mat”.



A fall or NF **may** be earned. The defensive wrestler (DW) is in NF criteria and the offensive wrestler (OW) has both feet (including the toes and heels) and one knee inside the cylinder.



A fall or NF **may** be earned. The DW is in NF criteria and the OW has one knee and both feet (including the toes and heels) inside the cylinder.



A fall or NF **may not** be earned. The toes and heel of one leg are outside the cylinder.



A fall or NF **may be** earned. Both feet (including the toes and heels) as well as one knee are inside the cylinder.



**Out of bounds!** The toes are the supporting points, however both knees appear to be outside the cylinder.



A fall or NF **may be** earned. Both feet (including the toes and heels) and one knee are inside the cylinder.