

Inbounds vs Out of Bounds



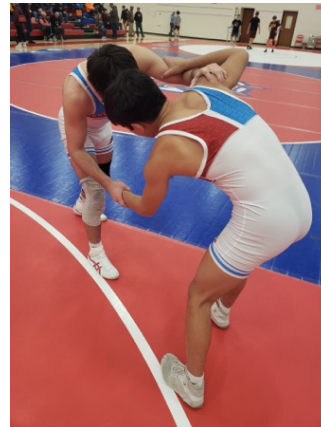
Out of Bounds: no supporting points are inbounds when in nearfall criteria, any part of the shoulders/scapula are considered all of the defensive wrestlers supporting points



Inbounds: Two supporting points (heels) are touching the line, therefore they are inbounds.



Out of Bounds: Once the wrestler is on their knee they are considered on the mat and their foot is no longer considered a supporting point, therefore only one supporting point is inbounds



Inbounds: One foot of each wrestler is touching the boundary line, therefore they are inbounds



Inbounds: The defensive wrestler is in nearfall criteria, both of the offensive wrestlers feet are inbounds and at least one knee is above or inside the boundary line



Inbounds: Two supporting points of the defensive wrestler (knee and hand) are touching the boundary line, wrestling continues