

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.



Inbounds: Foot/feet are considered supporting points even when on the mat, therefore there are two total supporting points on or inside the boundary line.



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



Inbounds: The knee and the foot of the offensive wrestler are on the mat and inbounds, wrestling shall continue and near fall or a fall may be earned. If the knee or the foot were to come off the mat the wrestlers would be considered out of bounds.