



Example #1 - Not locked. Hands are touching but they are not interlocked or overlapping.



Example #2 - Not interlocked or overlapped. Just side by side. Legal.



Example #3 - Not locked. Fingertips touching are not interlocked or overlapped.



Example #4 - Locked hands. Fingertips overlapped beyond reaction time are considered locked hands.



Example #5 - Locked hands. One hand overlapped on an arm is considered locked hands.



Example #6 - Locked hands. Hands are crossed - overlapped.



Example #7 - Locked hands. Once a wrestler is in control he may not lock his hands even in this situation. This is frequently missed by officials.



Example #8 - Once in control, the offensive wrestler may not lock his hands when the weight of the defensive wrestler is supported by his hands and feet. Locked hands.



Example #9 - Not locked hands. The def. wrestler's weight is on his feet. Even if he is draped over the offensive wrestler they are not considered locked.



Example #10 - Locked hands. Hands or arms that are crossed are considered locked.