

Near Side neck Wrench—Illegal

Frame 1. Set up: **Wrestler A** to start a bow and arrow cradle reaches across the back of the neck to grasp the chin of **Wrestler B**. Watch the chin and neck of **Wrestler B**, as it may be a neck wrench at this point.



Grabbing chin is **LEGAL**

Frame 2. **Wrestler A** may have his forearm posted across the neck of **Wrestler B**. If the chin is pulled and head twists it is an **ILLEGAL** chin/neck wrench. Stop and penalize immediately.

NOTE: Action at the head and neck of **Wrestler B** should be visible to the official. Observe the chin and head forcefully twisting on axis. Stop and penalize immediately.



head in side of **Wrestler B** prevents her spine from turning properly, creating risk to neck and spine.