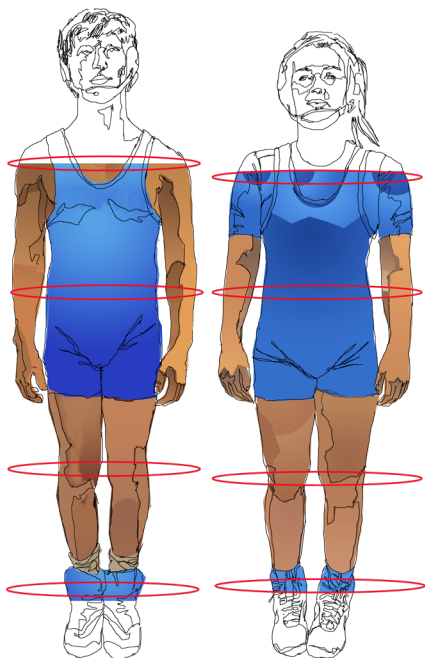


Locking Hands – Illegal (TV) or Legal

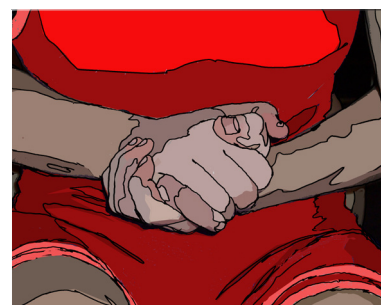


RULE 7-3-3 “Interlocking or overlapping the hands, fingers or arms around the opponent’s body (with or without an arm included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met near-fall criteria, is a **technical violation** and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.)”

Illegal/Technical Violation (TV)



Interlacing fingers



Cross palm grip



Overlapping hands

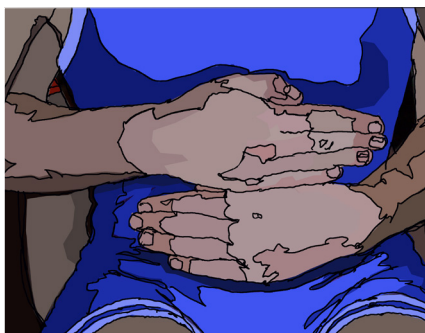


Intrelocking grip

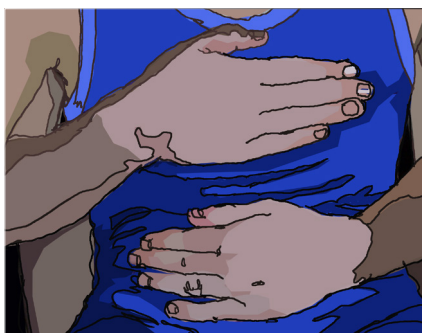


Wrist lock grip

Legal



Hands side-by-side



Hands side-by-side but
not touching



Arms side-by-side