



## One Point of Contact

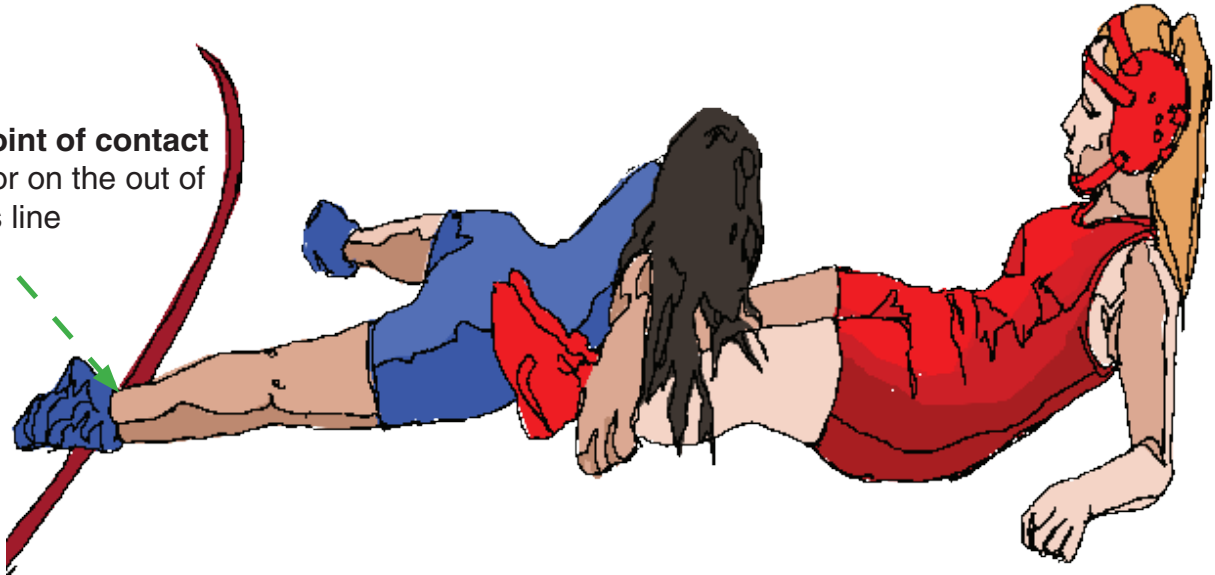
A

**Rule 5-15-1** Contestants are considered to be inbounds if one point of contact of either wrestler is inside or on the boundary lines.

**When down on the mat, usual points of contact are:**

Knee(s), the side of thigh, the buttocks, the hand(s), the head, the foot (feet)

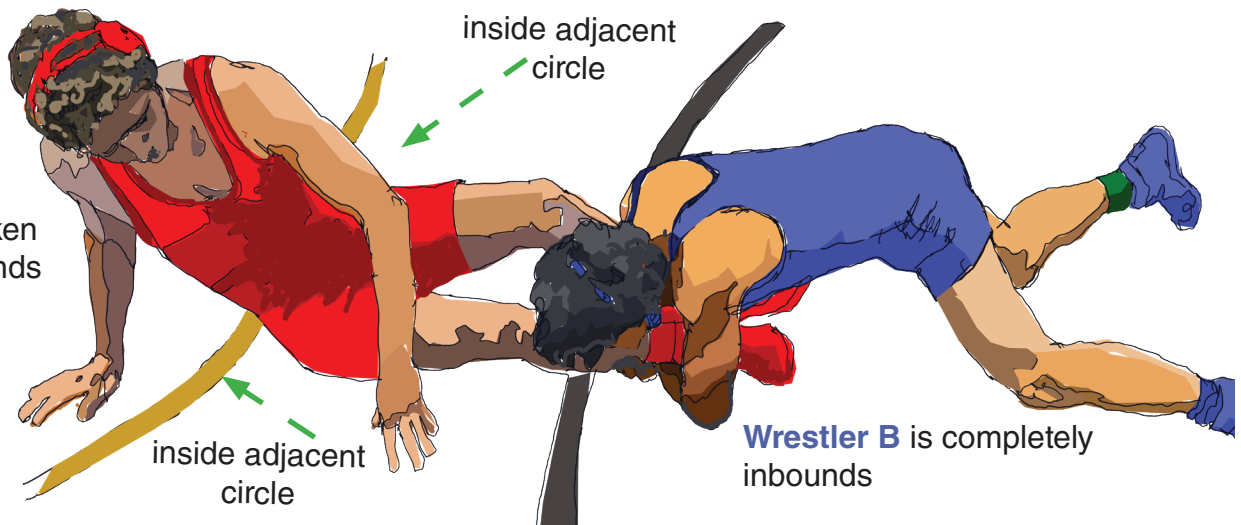
One point of contact  
inside or on the out of  
bounds line



### Stopping and starting the match

**Rule 6-4-1** When there is no longer a point of contact of either wrestler on or inside the boundary line, wrestling shall be stopped and wrestlers returned to the center of the mat and started according to the position of each at the time they went out of bounds.

Wrestling will  
be **stopped  
immediately** if  
**Wrestler A** is taken  
down out of bounds  
landing on floor,  
adjacent mat, or  
obstacles.



It is ruled out-of-bounds situation when there is no longer a point of contact inside or on the boundary line. Either wrestler is in danger of going into a **wall, scoring table, coaching zone, on to the floor** or comes in contact with the **official**. **SAFETY** is paramount.