



December 10, 2025

NFHS Wrestling Weekly Rule Interpretations

Since most states will begin their season this week, The interpretation begins the discussion of legal and illegal holds and maneuvers. Our discussion of cut-backs/leg block was modified in this year's NFHS Wrestling Rules Book. It is important that as referees, we understand what is legal and illegal when it pertains to the legs. So far, the feedback that we are receiving remains positive and encouraging. Thank you for your ongoing support this season.

We hope that the illustrations are helpful and timely for your wrestling referees to discuss and use as talking points during their officials' chapter/board meetings this season and post-season. We are attaching the illustrations as separate documents for your use and for ease of distribution. These resources are excellent conversation starters for first year and seasoned referees alike! Have a wonderful start of the wrestling season.

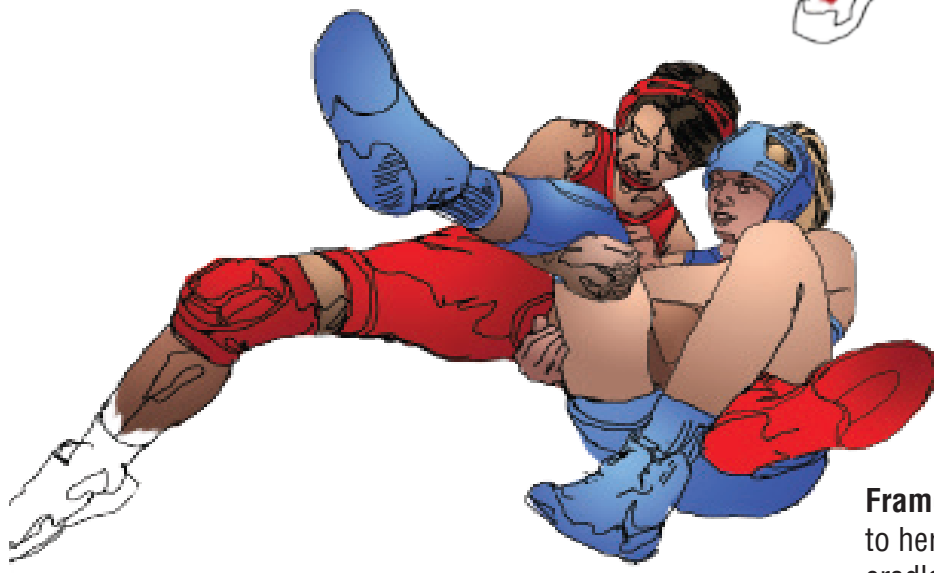
CUT BACK/LEG BLOCK —LEGAL



Frame 1: Set-up: **Wrestler B** lifts single leg of **Wrestler A**. **Wrestler A** counters while applying a tight whizzer.



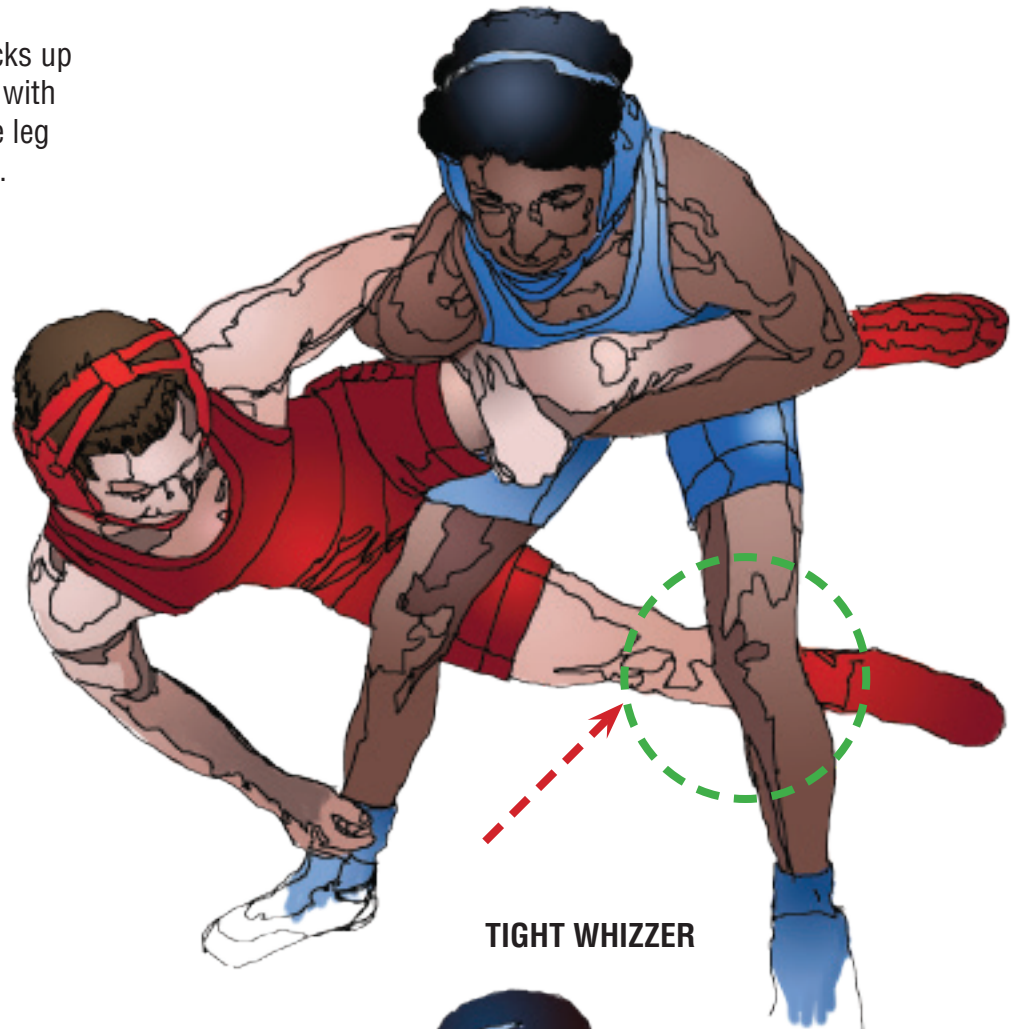
Frame 2: **Wrestler A** slides hand/wrist behind **Wrestler B's** nearside knee creating a variation of a nearside knee creating a variation of a **LEGAL** broomstick.



Frame 3: **Wrestler A** takes **Wrestler B** to her back. Locks hands in a whizzer cradle and elevates for nearfall.

CUT BACK/LEG BLOCK —ILLEGAL

Frame 1: Set-up- **Wrestler B** picks up single leg—**Wrestler A** counters with a tight whizzer and slides his free leg behind **Wrestler B's** nearside leg. Creating an illegal hold, stop and penalize immediately.



Frame 2: Set up as above. This **ILLEGAL** variation, has **Wrestler A**—jumping to drive his knee into side of **Wrestler B's** leg creating an **ILLEGAL** hold, stop and penalize immediately.



Double Knee Kick Back—Ilegal

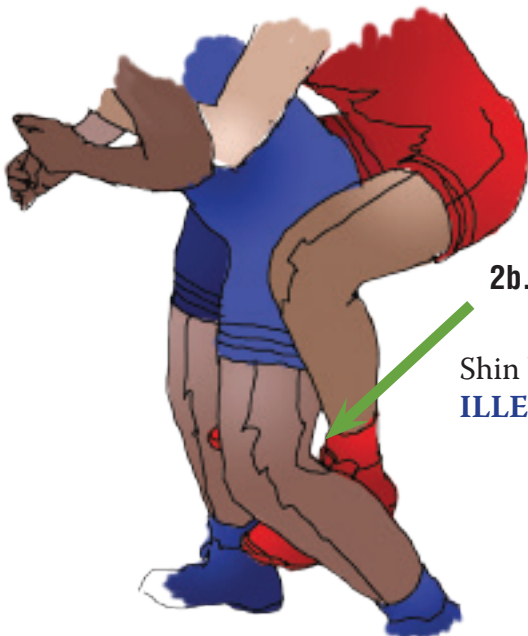


Frame 1: Set-up From a rear standing position, **Wrestler A** starts to return **Wrestler B**.



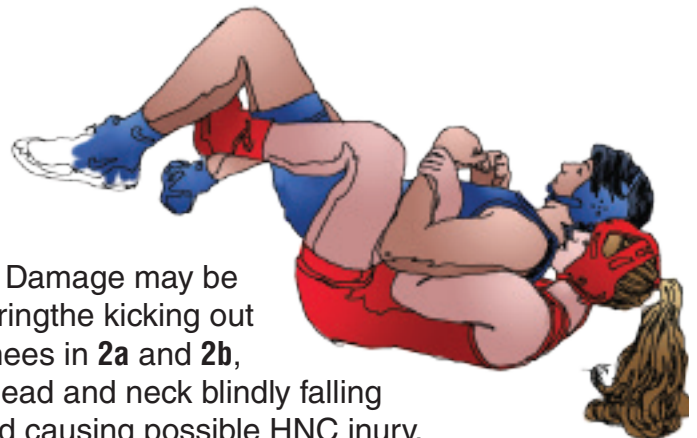
2a.

Feet behind
knee
ILLEGAL



2b.

Shin behind Knee
ILLEGAL



Frame 3: Damage may be done during the kicking out of the knees in 2a and 2b, also to head and neck blindly falling backward causing possible HNC injury. Stop immediately and penalize.

NOTE: Feet or shins forcefully kicking out the knees in 2a and 2b are **ILLEGAL**