



December 17, 2025

## NFHS Wrestling Weekly Rule Interpretations

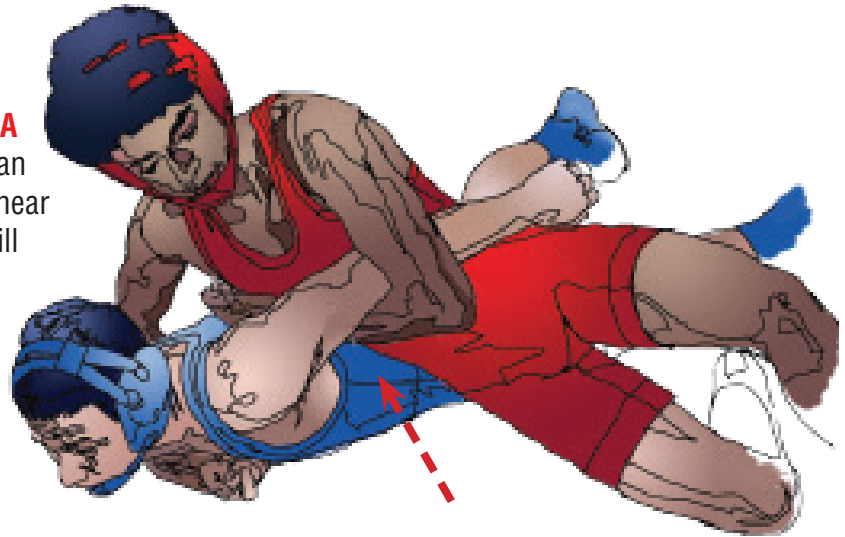
Every state is wrestling now, so it is fitting to continue the discussion of illegal holds and maneuvers. This week's interpretation begins with a move that is a conundrum of sorts, the arm bar. It is a hold that is applied to either one or both arms and can be legal, potentially dangerous and illegal in rapid succession. When the offensive wrestler applies the hold, they determine the legality of the hold based on how the arm(s) of the defensive wrestler are manipulated and/or rotated. It is important that as referees, we understand what is legal and illegal when it pertains to the arm bar because your positioning is very crucial in being able to prevent injury to an opposing wrestler. 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 wrestling season.

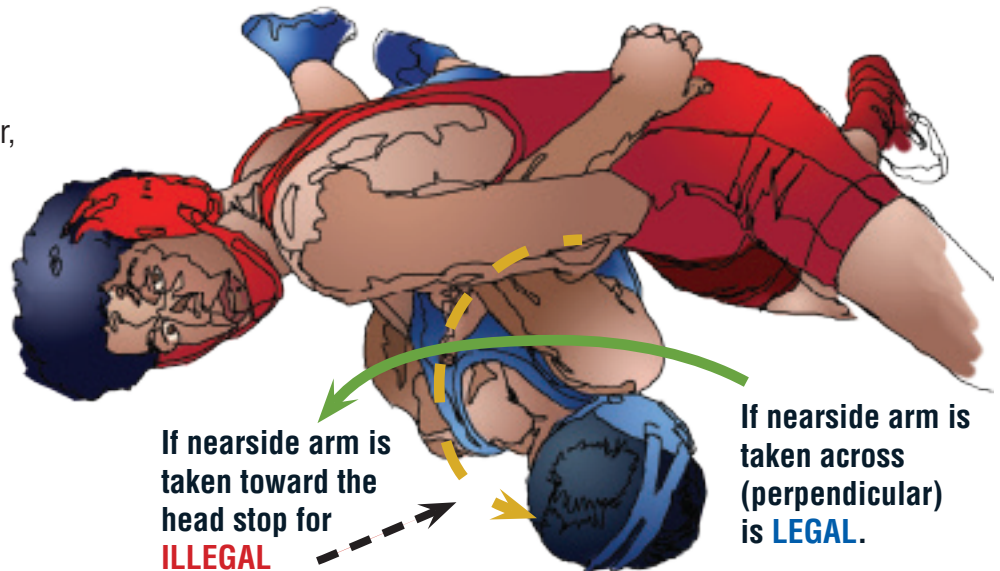
## Arm Bar— may be Legal, Potentially Dangerous, or Illegal

A

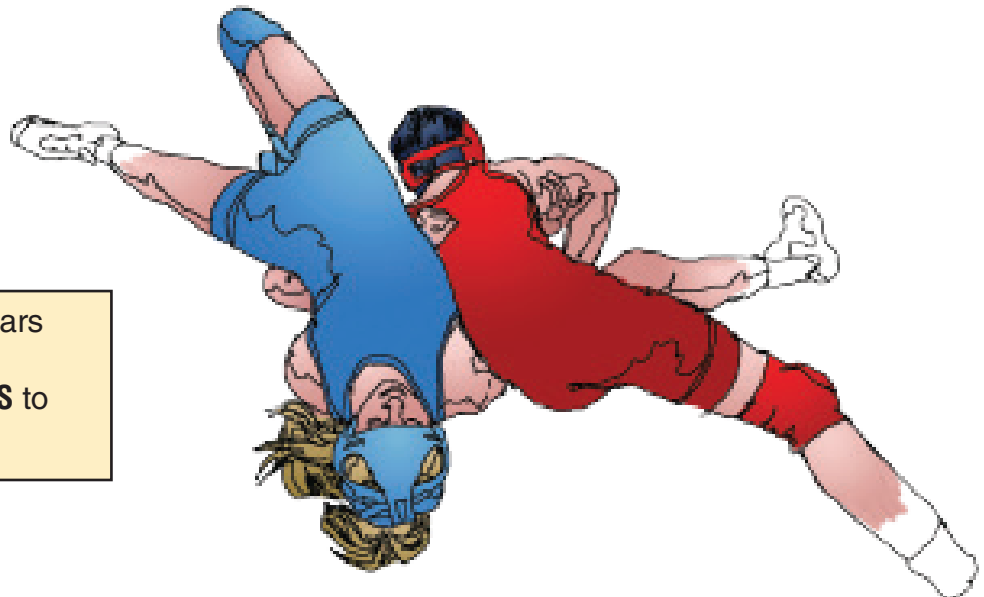
**Frame 1.** After breakdown, **Wrestler A** controls the nearside arm and slides an arm bar forcing his/her hand up into near side shoulder/the far side arm/wrist will then be tucked



**Frame 2.** With nearside arm bar, **Wrestler A** begins to drive the arm toward the ear guard then over the head. This should be recognised as **POTENTIALLY DANGEROUS** before arm goes over the top and stop immediately.



**Frame 3.** **Wrestler B's** elbow cannot be forced directly over the top. Shoulder joints do not rotate in that direction. Stop and penalize as it is **ILLEGAL**.



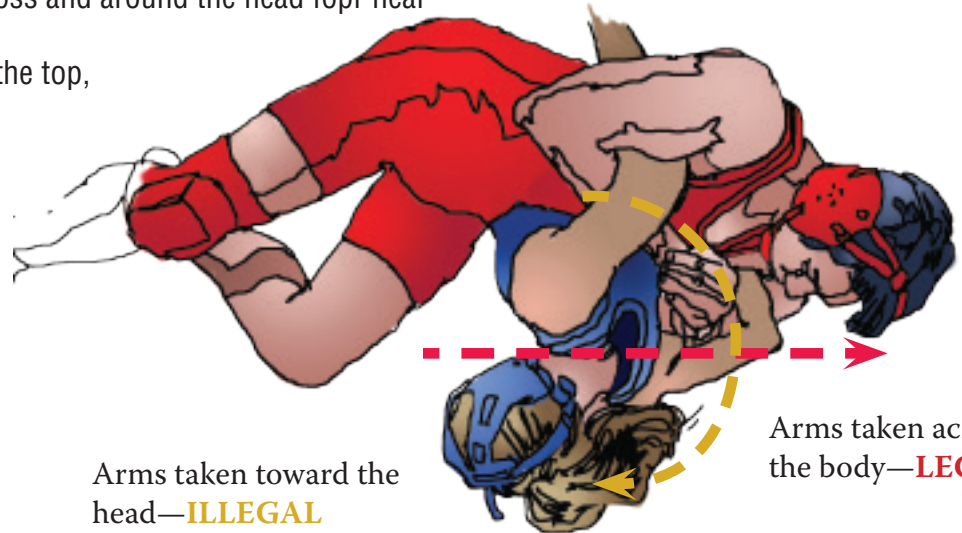
**NOTE:** Official must monitor arm bars very closely, as they may go from **LEGAL** to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.

## Double Arm Bar— may be Legal, potentially dangerous or Illegal

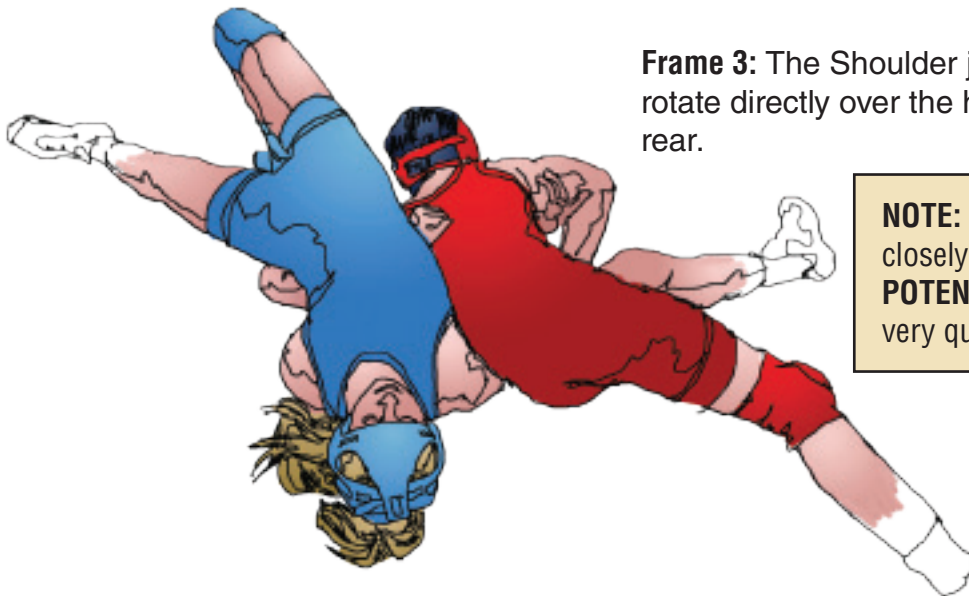
**Frame 1:** After a breakdown, **Wrestler A** controls both the near and far side arm and slides in arm bars on both sides.



**Frame 2:** With double arm bar, **Wrestler A** locks hands in the middle of back of **Wrestler B**. With double arm bar, **Wrestler A** can drive either across and around the head for near fall points, which is **LEGAL**... or drive the arms directly over the top, which is **ILLEGAL**.



**Frame 3:** The Shoulder joint does not rotate directly over the head from the rear.



**NOTE:** Official must monitor arm bars very closely, as they may go from **LEGAL**, to **POTENTIALLY DANGEROUS** to **ILLEGAL** very quickly.