

Leg Cradle

(2/7/2019)

Q - Is the leg cradle that is pictured below legal or illegal?

A - The pictures demonstrate what is often referred to as a leg cradle. It is a combination of either a head scissors and a leg, or a figure four with head and leg. This has been legal for many years and at one time was illustrated in the NFHS rulebook. Some coaches and officials feel that it is illegal due to the straight scissors or figure four on the head. In reality, it causes no more stress on the head than a 3/4 nelson or a near side cradle. The NFHS has assured us that the application of this cradle is legal.

