STALLING OVERVIEW

Some additional ideas about stalling – please also reference the NFHS rulebook

(10/24/17)

NEUTRAL

• An honest effort must be made to wrestle within the 10 foot circle
• Continuously avoiding contact with opponent.
• Playing the edge of the mat.
• Preventing your opponent from returning to or remaining in bounds.
• Repeatedly faking contact but not following through.
• Preventing an opponent from returning to the center of the mat.
• Tying up an opponent in any one of many arm, head, and shoulder configurations is stalling if it is not used in an aggressive manner to attempt a takedown.
• Tying up an opponent with an under hook and wrist control without any effort to take him down.
• Controlling an opponent's wrists with no further effort to gain a takedown.
• Blocking with the forearm with no effort to work for a takedown.
• Blocking an opponent with the head without moving for a takedown.
• Making contact but moving out and to the edge of the mat.
• Faking contact.
• Grasping one leg and holding it without a follow through for a takedown.
• Not attempting to secure a takedown.
• Using single and / or double under hooks without attempting a takedown.
• Shooting and hanging onto a leg without attempting to progress.
• Grasping a single leg and after elevation in a standing position making no attempt to bring opponent to the mat.
• Repeatedly giving up a grasp on an opponent's leg with no follow through to actually gain control.
• Dropping to one or both knees in an effort to block all moves by the opponent without countering.
• Repeatedly using a back crotch hold with no attempt to elevate, thus causing a stalemate.
• Stragglng back from out of bounds.
• Unnecessarily changing or adjusting equipment
• Not aggressively working for a takedown.
• Repeatedly causing a stalemate
• Repeatedly intentionally causing a potentially dangerous situation

OFFENSIVE POSITION

• An honest effort must be made to wrestle within the 10 foot circle
• Repeatedly dropping to one leg when the opponent attempts a stand up.
• Trapping an opponent’s leg to the groin or using the rear leg ride.
• Picking up one or both legs and not attempting to improve his position.
• Single wrist ride or two on one.
• Pinching an opponent’s knees with your own knees.
• Continual use of the cross body ride with no attempt to improve position.
• Trapping an ankle with the lower leg while using a deep waist.
• Repeatedly (2 or more) putting a grapevine after an opponent stands up and thereby intentionally causing a potentially dangerous situation in which the match must be stopped.
• Repeatedly grabbing one leg to prevent a switch.
• Use of the double leg grapevine for control only and no attempt to progress.
• Use of the body scissors and under hooks for control only and no attempt to progress.
• Not attempting to secure a fall.
• Using the inside thigh ride sometimes called the Cornell or Purdue ride
• Lifting an opponent off the mat and holding him there.
• Staying behind an opponent while on the feet and not making a genuine attempt to return them to the mat. Time allowed is 5-7 seconds. Start your count over if that attempt is made.
• Using a deep waist for control only with no attempt to progress.
• Using a half nelson and not moving perpendicular and making a attempt to turn the opponent.
• Using a cradle for control only with no attempt to turn the opponent.
• Being content to simply ride your opponent.
• Deep waist with no attempt to improve.
• After breaking your opponent down, shooting a deep half or arm bar and staying parallel with him.
• Simply do not wrestle aggressively.
• Legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for five or more seconds.
• Holding an opponent’s leg or legs with the use of two hands in action that is not designed to break your opponent down or secure a fall.
• Repeatedly grasping or interlocking around one leg to prevent him from scoring.
• Delaying the match.
• Unnecessarily changing or adjusting equipment
• Repeatedly applying a grapevine and being unable to turn your opponent - thus causing a stalemate
• Repeatedly causing a stalemate
• Repeatedly intentionally causing a potentially dangerous situation

DEFENSIVE POSITION

• An honest effort must be made to wrestle within the 10 foot circle
• Remaining in a four legged table or basic referee’s position without any effort to execute an escape or reversal.
• Assuming the fetal position and remaining there.
• Pulling the elbows in close to the body and remaining in that position.
• Clasping his own hands in front of his body with no attempt to secure a base.
• Grasping an opponent’s hands or wrists and simply maintaining control of them in front of your own body.
• Refusing to wrestle aggressively by attempting an escape or reversal.
• Repeatedly locking or interlocking around the leg(s) of the offensive wrestler.
• Repeatedly (2 or more times) performing a stand up when the offensive wrestler has a grapevine - thus intentionally causing a potentially dangerous situation.
• Delaying the match.
• Repeatedly causing a stalemate
• Repeatedly intentionally causing a potentially dangerous situation