

Supporting Points 2019-20

(updated 1/7/2020)

Rule 5-15-2a-c - "Supporting points are the parts of the body touching the wrestling area which may or may not bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent".

Supporting points (SP's) can be divided in three distinct categories:

1. **SP's while in a neutral position**
2. **SP's when down on the mat**
3. **SP's of the offensive wrestler and the defensive wrestler while in a NF or fall situation.**

SP's in a neutral position are simple; the feet, heels, or toes.

SP's when down on the mat are usually the knee(s), the side of the thigh, the buttocks, the hand(s) and the head. The toes, heels, and feet are **never** to be considered **usual** supporting points or **unusual** supporting points while down on the mat. (This is straight from the NFHS) The feet, heels and toes of the wrestlers are their SP's in the neutral position, but as soon as they go down on the mat, **whether control has been awarded or not**, now the supporting points change. They now become the **knee(s)**, the side of the thigh, the buttocks, the hand(s) and the head.

SP's while in a NF or fall situation. SP's change for both wrestlers during a fall or NF situation. **100%** of the SP's of the defensive wrestler when in a NF/fall situation are his shoulders or scapula. **All** other supporting points for the defensive wrestler **do not** apply at this time. If the defensive wrestler is in a NF/fall situation outside the 28 foot circle, then we must now focus on the supporting points of the offensive wrestler. If the feet, including toes and heels of the offensive wrestler are inbounds, his **knee(s)** must then be inside the boundary line whether in contact with it or above it (cylinder rule). This is the **only time** that feet/toes/heels would be considered supporting points for the offensive wrestler while down on the mat. In this situation, **any part** of the defensive wrestlers shoulder or scapula is considered to be **all** the supporting points. If the offensive wrestler is out of bounds and the defensive wrestler is in NF criteria, and has one scapula or shoulder in/on or above the line and the other out, wrestling will continue as long as **criteria** is maintained. A NF/fall may occur.

One other scenario that is confusing some officials is the awarding of a takedown at the edge of the mat. Just because supporting points have been clarified, **nothing has changed on how we make this call**. If the potential defensive wrestler is out of bounds and the **scoring wrestler** finishes with his toes down on the mat inbounds, a takedown is earned. If the toes are down on the mat beyond reaction time, then they drag out, a TD is earned. Contrary to what some think, the **scoring wrestler** must finish with his toes down on the mat **in bounds**. It does not matter if the potential defensive wrestler's feet finish in or out of the circle. The toes are not being considered supporting points of **either** wrestler. This is just a unique situation where aggressive wrestling is being awarded when it occurs as described.