

NYS Wrestling Interpretation Update 12-2-2022

This update will address three issues: An increase in use of a wrestling maneuver that is being called “The Blair”, “Blair Ride” or the “Blair Spiral Lock”, the use of a scale that has not been annually certified and two variations of the back bow.

Videos of this maneuver can be seen on You Tube by a number of experienced clinicians and coaches. I strongly recommend that you view these videos to familiarize yourself with this move. This maneuver can be illegal when used because it applies pressure on the shoulder parallel to the long axis of the opponent’s body. In New York State our position had been to watch this move carefully and be prepared to stop the match as potentially dangerous if necessary or illegal if appropriate.

When the official sees the gable bar position with the opponent’s fist being pressed into the ribs or armpit and then is being blocked with either leg a verbal command should be given to “keep it legal”. When the wrestler applying the hold blocks the arm with their leg and applies a half nelson to the far side there is concern that it could become illegal by creating the same torque on the shoulder typically associated with a chicken wing.

It has been brought to my attention by Elliot Hopkins NFHS Rules Book Editor, that an alternative version known as the “Blair Backside Tip” is being used. Please view the attached illustrations. When this hold is being applied officials must adjust their position to the back side to see the view that is shown in the middle illustration and watch for the arm to go beyond 90 degrees or the hold to become an illegal twisting hammer lock.

If it is discovered that the scales being provided by the home management for weigh-ins are not certified or the annual certification has expired the official will continue with the weigh-in and officiate the contest and then will be required to notify their sectional chairman so that appropriate action can be taken to make the scale rule compliant.

For the two variation of the back bow please see the separate attachment.

Steve Dalberth
NYS Wrestling Rules Interpreter.

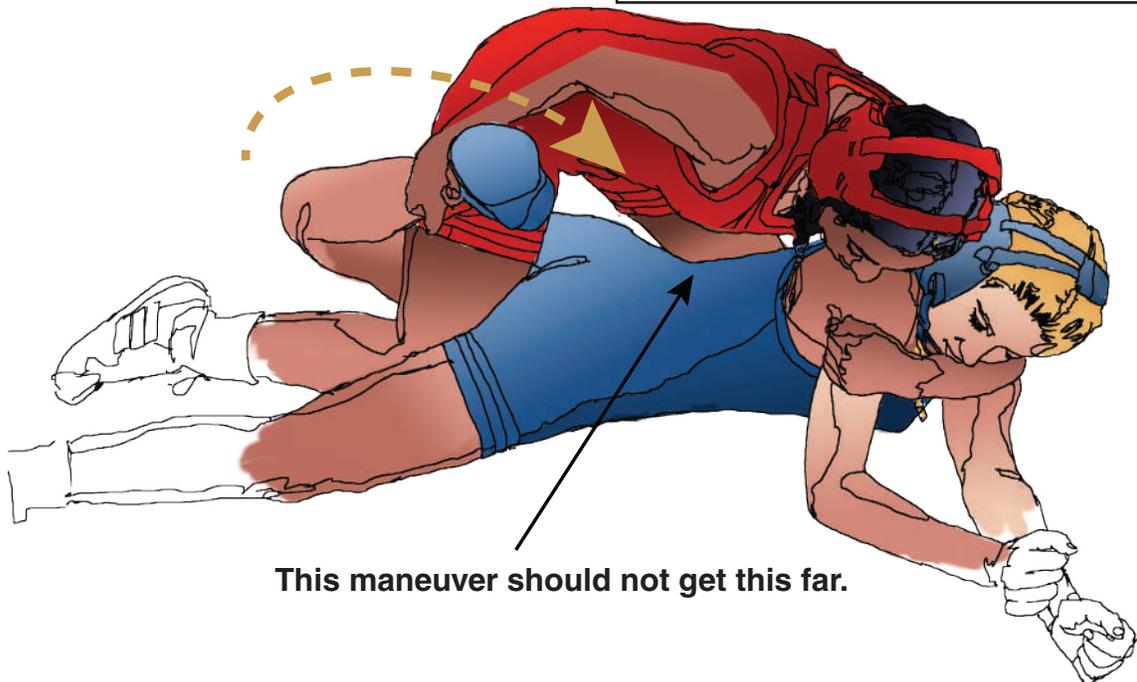
#1 Set-up **WRESTLER A**—straddling **WRESTLER B's**—nearside leg, uses a crossface to a far arm—**LEGAL**.



#2 **WRESTLER A**—reaches back and picks up nearside ankle/leg of **WRESTLER B** and pulls ankle/leg toward farside shoulder as she presses the crossface over for nearfall—**stop immediately and penalize for ILLEGAL** back bow.



This is **Illegal** by **APPLICATION** grabbing ankle/leg—The lifting of ankle/leg forced toward the opposite shoulder creates a reverse “C” to spine—**Stop immediately**, penalize accordingly.

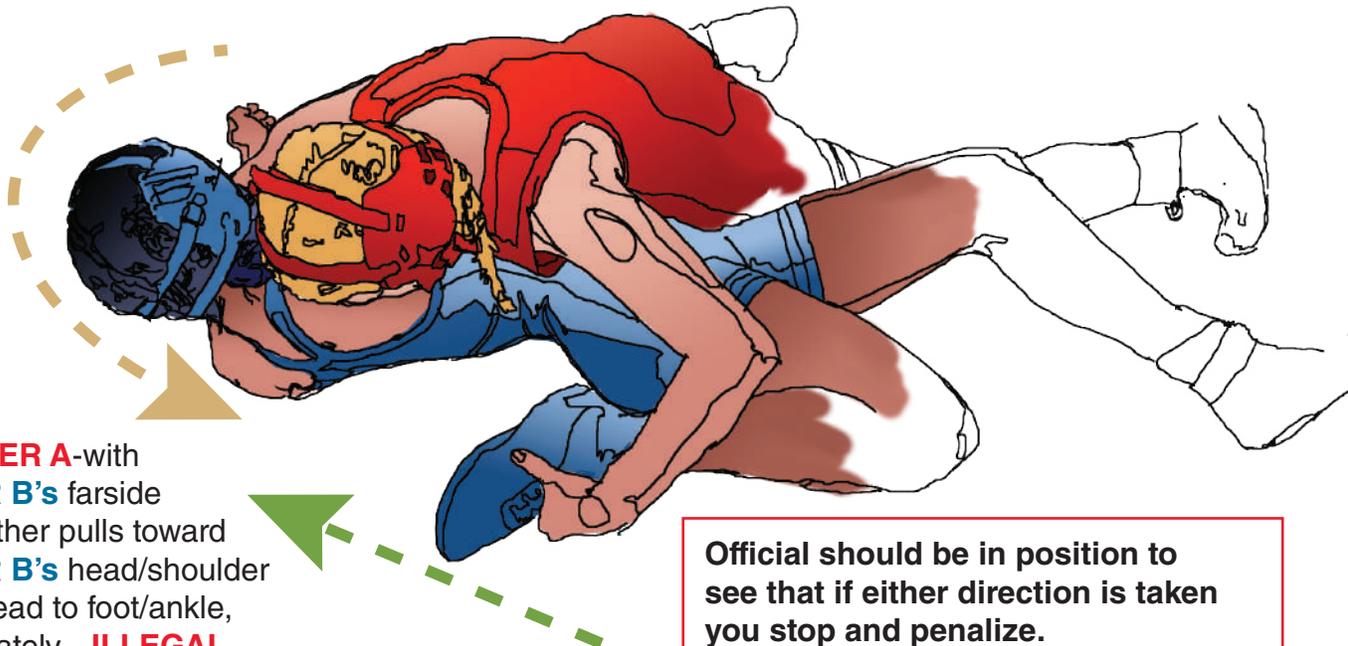
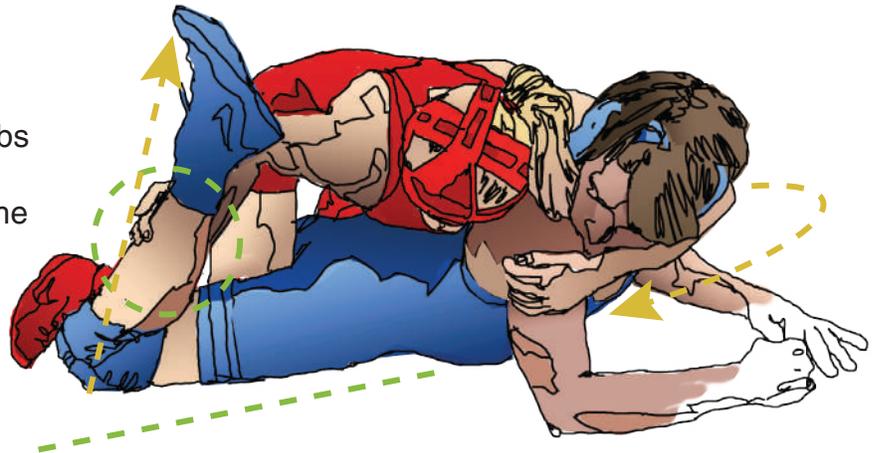


This maneuver should not get this far.



#1 Set-up **WRESTLER A**-straddling **WRESTLER B**'s nearside hip & thigh is **LEGAL**.

#2 **WRESTLER A**-reaches back grabs **WRESTLER B**'s farside foot/ankle. Grabbing foot/ankle not illegal, but the lifting of foot/ankle is **ILLEGAL**.

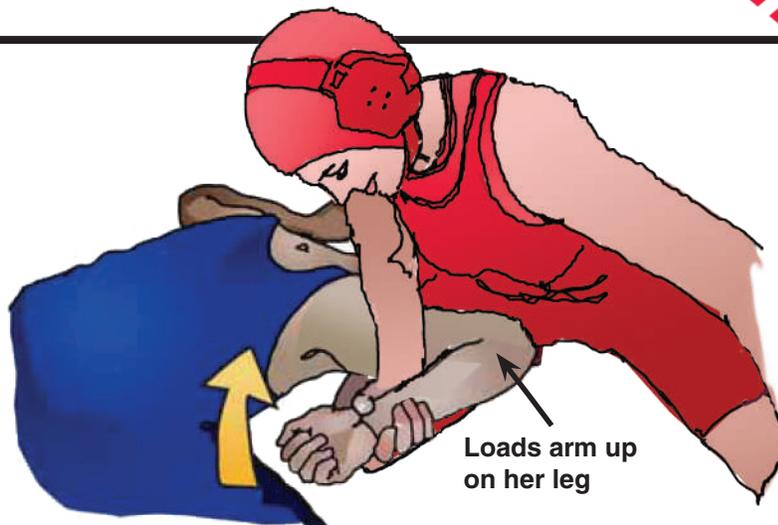


#3 **WRESTLER A**-with **WRESTLER B**'s farside foot/ankle either pulls toward **WRESTLER B**'s head/shoulder or pushes head to foot/ankle, stop immediately... **ILLEGAL Back Bow**.

Official should be in position to see that if either direction is taken you stop and penalize. This maneuver should not get this far.

Blair Backside Tip

(Hammerlock/Twisting Hammerlock)

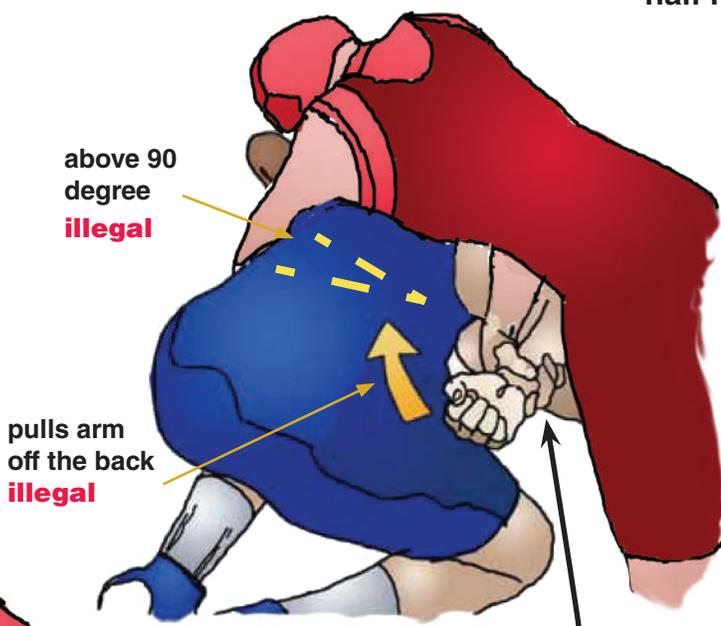


Set-up 1A. **Wrestle A** pulls arm out from under **wrestler B**, loads up on her leg.

1B. **Wrestle A** pulls **wrestler B's** arm up and across his back, she reaches for a backside half nelson.

This situation may become potentially dangerous. The official must be in position to see the arm of **wrestler B**. The elbow and shoulder may be injured.

CONCERN! If the official is out of position, **he/she** will miss the moment this becomes potentially dangerous, and more importantly when this becomes illegal.



If the arm of **wrestler B** moves up the back beyond 90 degrees-**rule 7-1-5b** describes a hammer lock. if the elbow is pulled away from the back-**rule 7-1-5c** explains a twisting hammerlock, both are **illegal**.



NOTE: Officials must adjust their position to see the belly side of **wrestle A** to see the position of **Wrestler B's** arm.