

**RULE INTERPRETATIONS FOR THE SAFETY OF  
WEST VIRGINIA WRESTLERS**

**Rule Interpretation One** -- Too many wrestlers are wrapping their arm around their opponents' throats. This practice is now "potentially dangerous." It is okay to wrap the arm around if the hand is on the side of shoulder, not over it where an opponent's breathing or circulation could be cut off. If repeated, it would be considered "Unsportsmanlike Conduct" - one match point for the opponent.

**Rule Interpretation Two** -- Too many wrestlers are grabbing the chin off a quarter nelson. This could easily lead to wrenching the opponent's neck. This practice is "illegal." The quarter-nelson alone is a very effective hold and there is no need to grab the chin; the outcome could be serious injury to one's neck when twisted quickly.

These are two very serious safety issues that must now be addressed for the welfare of all our West Virginia wrestlers.

Bill Welker, EdD  
Rules Interpreter - WVSSAC