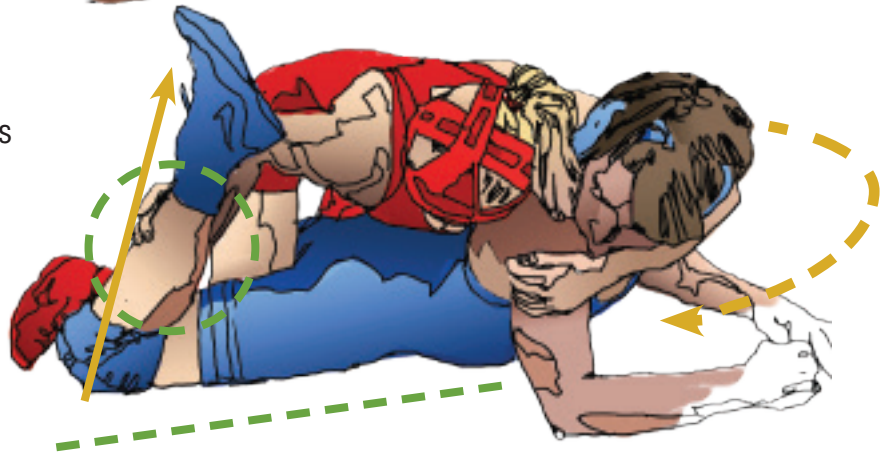


## Farside Back bow



Frame 1: Set-up **Wrestler A**—straddling **Wrestler B's** nearside hip & thigh is **LEGAL**.

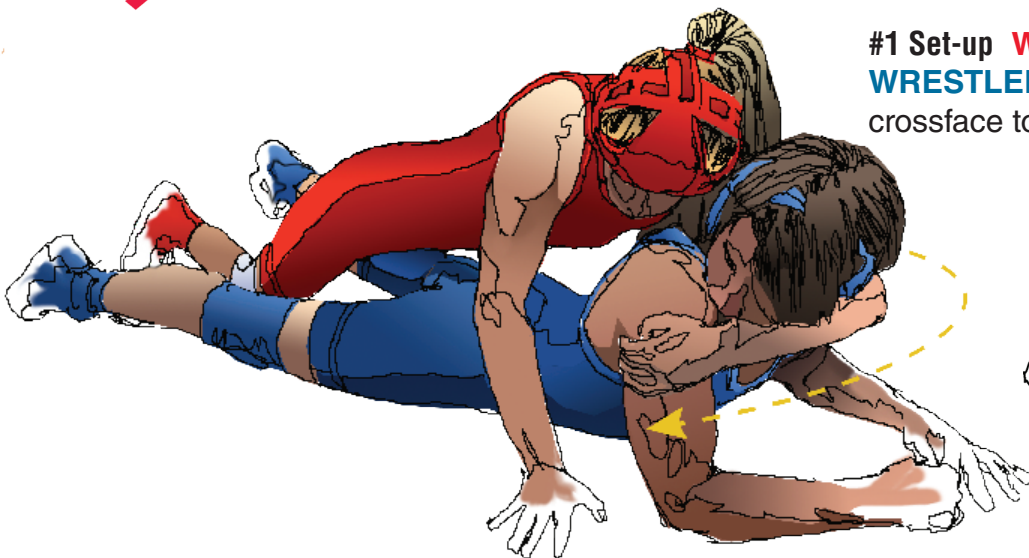
Frame 2 : **Wrestler A**— reaches back grabs **Wrestler B's** farside foot/ankle. Grabbing foot/ankle not illegal, but the lifting of foot/ankle is **ILLEGAL**.



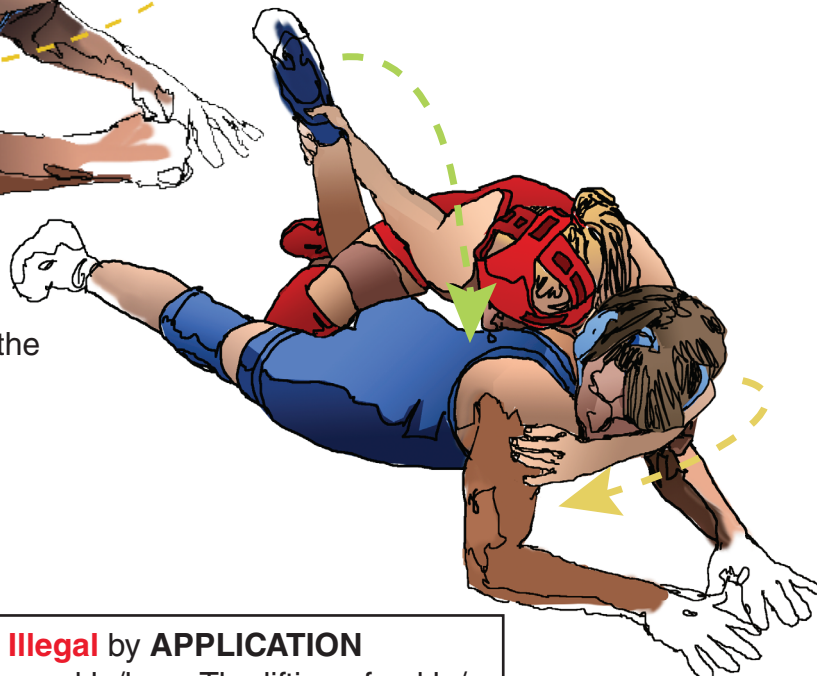
Frame 3 : **Wrestler A**—with **Wrestler B's** farside foot/ankle either pulls toward **Wrestler B's** head/shoulder or pushes head/shoulder or pushes head to foot/ankle stop immediatly... **ILLEGAL** back bow.

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

#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.

# Cross-Face far Ankle to an **Illegal** Back Bow

Frame 1.



Frame #1. Set-up: **Wrestler B** has **Wrestler A** broken down and has applied tight cross-face to far shoulder **LEGAL**.

**LEGAL**

Frame #2. **Wrestler B** drives with his chest to turn **wrestler A's** for nearfall. Official must watch the cross-face is not across the throat, that **wrestler B** does not grab and pull **wrestler A's** foot up to the head and /or presses **wrestler A's** head to his feet. **Back bow** is **ILLEGAL** by application.

Frame 2.



Head moves toward foot **ILLEGAL**

Foot moves toward head **ILLEGAL**

## SECTION 7 INFRACTIONS BACK BOW

Rule 7-1-5q

Rule 7-1-5p

bending, twisting or forcing the head or any limb beyond its normal limits of movement.