

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.