

Banana Split

1. **Set-up: Wrestler B** slides in grapevine leg on **Wrestler A**.

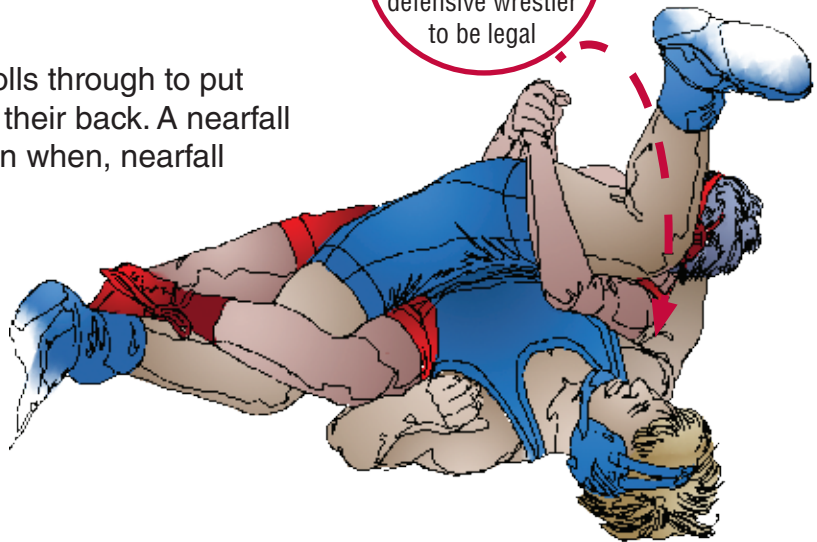


2. **Wrestler B** locks hands through the crotch and around the upper thigh of **Wrestler A**.



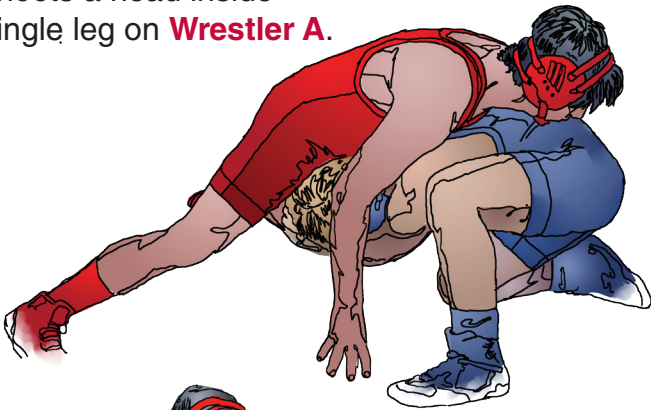
3. When **Wrestler B** hangs their head over the side, **Wrestler A** reaches over **Wrestler B's** head and rolls through...

4. **Wrestler A** rolls through to put **Wrestler B** on their back. A nearfall count may begin when, nearfall criteria is met.

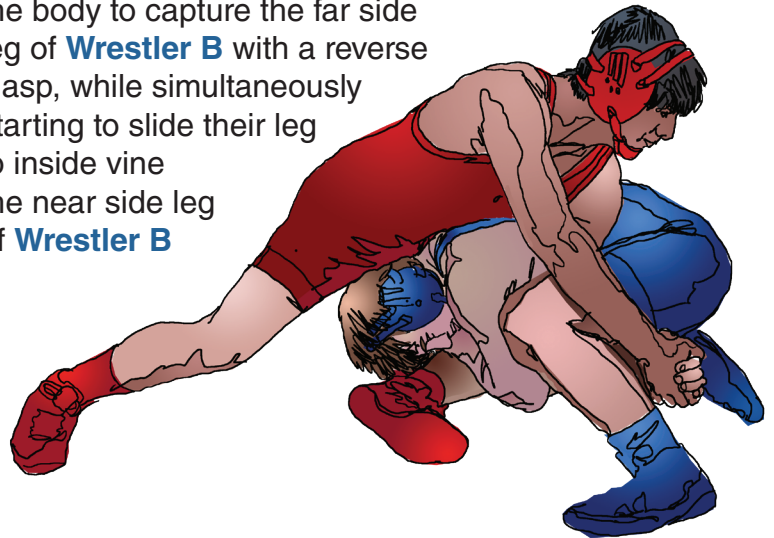


Note: The grapevine leg may split, while the other leg **must be** pulled downward toward the **ear guard and no wider than the shoulder**. The official must be vigilant as the split may become **potentially dangerous** to **illegal** very quickly.

1. **Set-up: Wrestler B** shoots a head inside single leg on **Wrestler A**.

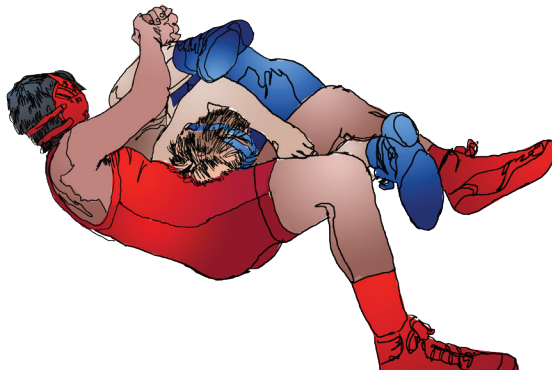


2. **Wrestler A** reaches across the body to capture the far side leg of **Wrestler B** with a reverse clasp, while simultaneously starting to slide their leg to inside vine the near side leg of **Wrestler B**

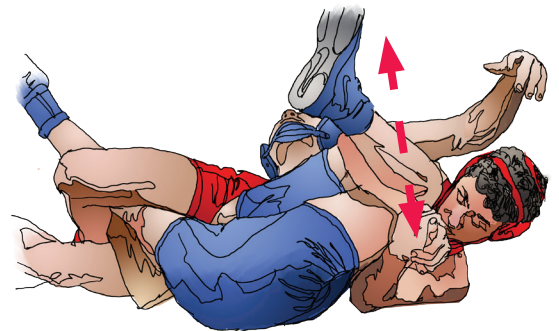


3. With **Wrestler B** head trapped inside, the nearside leg vined and the far side leg pulled up, **Wrestler A** pulls **Wrestler B** over into near fall criteria.

4/4a. Opposite side view for officials to recognize spladle leg splits

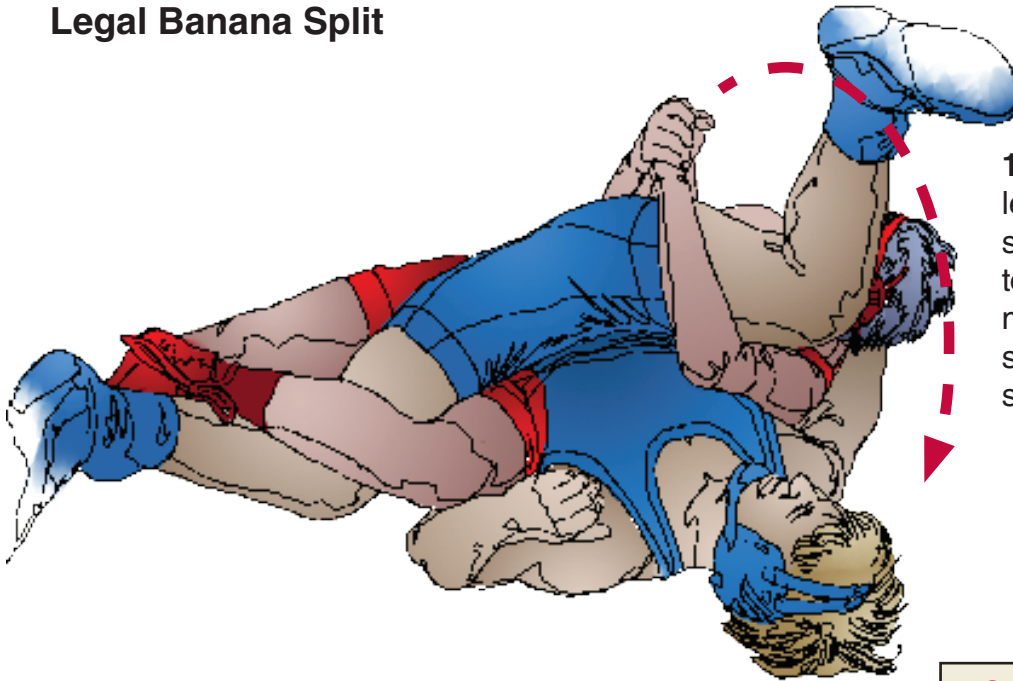


Knee has to be taken between earguard/shoulder of defensive wrestler to be legal



NOTE: If **Wrestler A** starts to pull the leg outside the range of the ear guard it becomes potentially dangerous. Stop immediately. If the leg is continued to be forced wider, it is an illegal maneuver and must be penalized.

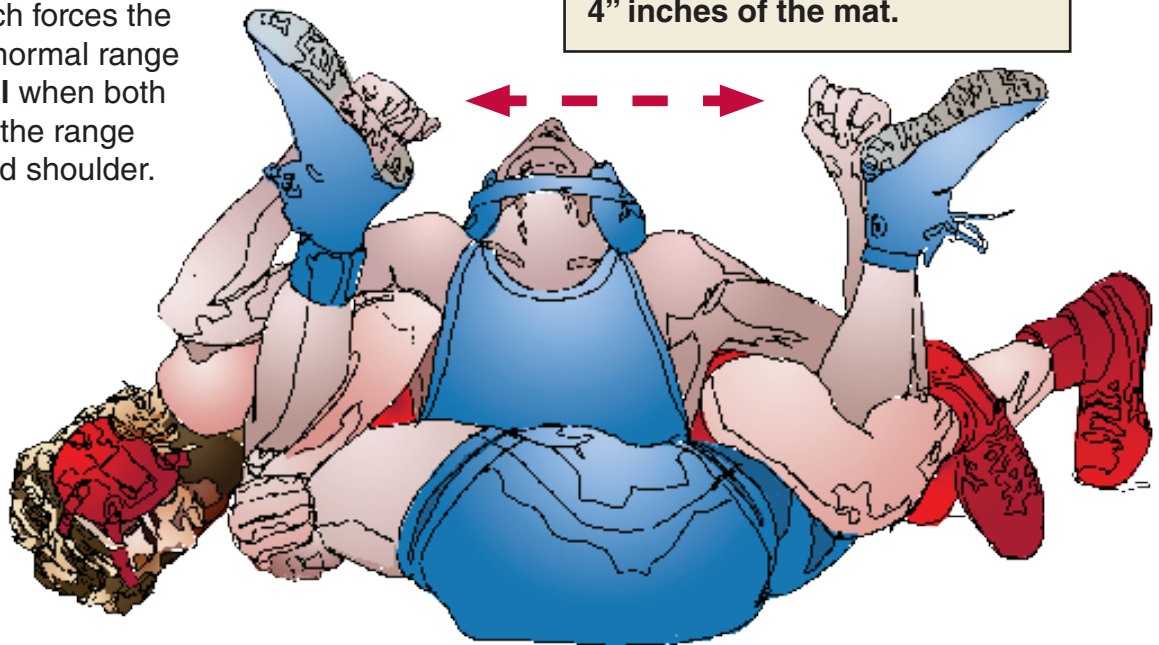
Legal Banana Split



1. **Wrestler A** pulls near side leg down to drive the near side shoulder/scapulae of **Wrestler B** to the mat for near fall criteria to be met. Near fall may be earned while split is in a legal position. A legal split allows one leg pulled wide.

Illegal Spladle Split

2. With the inside leg laced on the near side and the reverse clasp on the other, **Wrestler A** is splitting the legs of **Wrestler B** which forces the hip joints beyond their normal range of motion. This is **illegal** when both legs are pulled outside the range between ear guards and shoulder. **Stop and penalize.**



NOTE: Near-fall cannot be earned when the defensive wrestler is being blocked by laying on the chest of the offensive wrestler. Near fall may be earned if the lower part of the scapulae are within 4" inches of the mat.