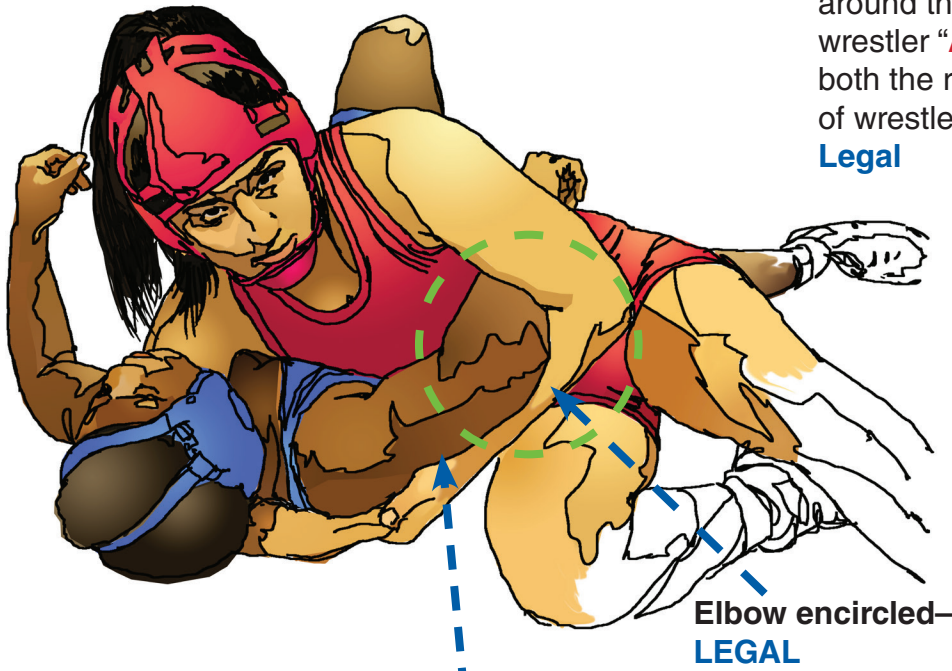


Frame 3



Frame 3: Wrestler "A" has her right arm around the head of wrestler "B". While wrestler "A" has her left arm encircling both the right shoulder and the elbow of wrestler "B". The clasped hands are **Legal**

**SECTION 7 INFRACTIONS
ILLEGAL HEADLOCK**
Rule 7-1-5d any headlock in which the arms or hands are locked around the opponents's head without encircling an arm (elbow or above)

Hands locked under shoulder-LEGAL

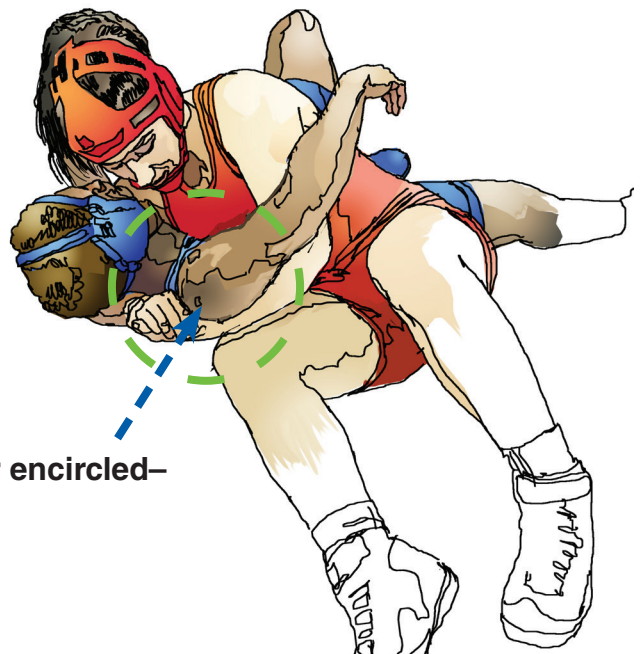
Elbow encircled-LEGAL

Frame 4



Elbow encircled-LEGAL

Frame 5



Shoulder encircled-LEGAL

"It is the **elbow**, or **shoulder encircled** that allows a headlock to be legal, because it blocks the pressure on the neck and carotid artery. It is important to note all headlocks are considered potentially dangerous."