Blair Backside Tip
(Hammerlock/Twisting Hammerlock)

Set-up 1A. Wrestler A pulls arm out from under wrestler B, loads up on her leg.

This situation may become potentially dangerous. The official must be in position to see the arm of wrestler B. The elbow and shoulder may be injured.

CONCERN! If the official is out of position, he/she will miss the moment this becomes potentially dangerous, and more importantly when this becomes illegal.

1B. Wrestler A pulls wrestler B’s arm up and across his back, she reaches for a backside half nelson.

If the arm of wrestler B moves up the back beyond 90 degrees-rule 7-1-5b describes a hammer lock. If the elbow is pulled away from the back-rule 1-1-5c explains a twisting hammerlock, both are illegal.

NOTE: Officials must adjust their position to see the belly side of wrestler A to see the position of Wrestler B’s arm.