



Neutral Stalling Q&A Part #3 of 3  
January 11, 2018

**NO wrestler may force an unnecessary restart in the neutral position.**

Examples of how unnecessary restarts occur?

1. One wrestler makes little to no effort to circle in bounds.
2. One wrestler pushes an actively circling opponent out of bounds simply to force a restart.
3. One wrestler pulls another wrestler out of bounds forcing a restart.

In all three examples, the wrestler(s) have other options besides going out of bounds

1. One wrestler makes little to no effort to circle in bounds. (this wrestler should work hard to circle in bounds or make an attack)
2. One wrestler pushes an actively circling opponent out of bounds simply to force a restart. (this wrestler should not push an actively circling opponent out of bounds)
3. One wrestler pulls another wrestler out of bounds forcing a restart. (this wrestler should turn towards in bounds and attack or defend with an intent to stay in bounds and compete)

**Rules questions surrounding example #3 pulling**

**Question:** what constitutes pulling someone out of bounds?

**SRE Response:** Pulling is exactly as it sounds, a wrestler in the neutral position pulling the other wrestler out of bounds in order to force a neutral restart. Because the number of examples is near limitless I am not going to make heavy use of specific situations but rather encourage you to understand the intent so it can be applied in all wrestling situations. As I have stated in the case book, stalling by pulling applies in all wrestling holds and situations in the neutral position.

**Question:** How can you tell if it is stalling by pulling or just backing out?

**SRE Response:** Stalling by pulling requires another wrestler to be resisting the pull and working towards keeping the wrestler action in bounds. As we know however, if a wrestler backs out of bounds with a hold or pulls the other wrestler out of bounds with a hold the resulting stall call is the same; the only difference being, the rules require the use of both the stalling signal and pulling signal for neutral stalling by pulling.

**Question:** Do the rules always require a stalling call when a wrestler in the neutral position kicks out of a leg attack?

**SRE Response:** no, if a wrestler kicks out of a leg hold and no out of bounds call is made, wrestling continues uninterrupted with no neutral out of bounds stalling call. However, if a wrestler in the neutral position kicks out of a leg attack and this kick out results in an out of bounds call then there is a mandatory stalling call per 5.7.5b and 5.7.8. As a side note, rule 5.7.9 regarding fleeing could also apply but this rule gives referees the authority to call stalling in any wrestling situation: top, bottom or neutral in which fleeing wrestling action takes place.



**Question:** Does the stalling by pulling out of bounds rule only come into play when one wrestler is on the leg of another wrestler?

**SRE Response:** No. While pulling out of bounds to force a restart when defending single legs is very common it is not the only situation in which pulling can occur. As mentioned earlier, stalling by pulling and backing out can be very similar in many situations so the rules only state that if the referee believes the unnecessary restart was because of pulling and not simply backing out then he/she would use the pulling signal in addition to indicating stalling. Also as noted earlier, pulling can be identified by the fact that the other wrestler is resisting the pull and trying to keep the action in bounds.

### **Conclusion**

Rule 5.7.5 is a stay on the mat rule. If you get anything from these three articles please remember, **no wrestler may force an unnecessary restart in the neutral position**. The rules are clear that when two wrestlers go out of bounds, unless there is substantial action with both wrestlers competing to score points, defend or attack, there will be a stalling call on either one or both wrestlers.

As a final reminder, 5.7.5 stalling is only used for out of bounds violations in the neutral position. Wrestlers in the neutral position that stay in bounds but use stalling tactics to avoid wrestling, or repeatedly back to the out of bounds line shall be called for stalling using any of the rules outlined in rule 5.7.

If you have any rules or rule interpretation question please contact me at [ncaaruleseditor@gmail.com](mailto:ncaaruleseditor@gmail.com) . These and other approved rulings for wrestling rules can be found in the case book [here](#).