

# **THE RULES of British Professional Wrestling**

The official rules governing professional wrestling in the British Isles, as drawn up in 1946 under the chairmanship of Lord Mountevans, are as follows:

(As published in "The Wrestler" September 1970)

## **THE STANDARD HOLDS**

The standard holds, throws and modes of defence and attack permitted and recognised for the purpose of international competition in the British Isles are:

Any combination of grips with one or both hands, and/or one or both legs; taken for the purpose of throwing an opponent, for the purpose of gaining a pin or submission fall. The use of the forearm for offensive and defensive purposes, the use of the sole or side of the feet, the shoulder charge and the leg dive shall be permitted.

### **The principal holds recognised by name are:**

The standing and ground half Nelsons, quarter Nelsons, three quarter Nelsons and full Nelsons.

The standing or the ground, front, side or reverse head chancery.

The waist holds.

The standing or ground arm up at the back, arm up at the back with elbow press, arm up at the back with bar.

The standing or ground wrist lever, wrist bend, arm lever or double arm lever.

The crotch hold.

The single or double leg holds, back heel, leg stroke, knee stroke, single or double leg hank.

The wrestler's bridge.

The scissors.

The flying mare, ground or standing arm roll or double arm rolls.

The buttock, cross buttock, locked arm buttock, crossed arm buttock, locked arm back drop.

## **DEFINITION OF A FALL**

A fall is deemed to have been obtained when a wrestler's shoulders have been pinned to the mat for a count of three to the satisfaction of the referee. A fall may also be given by an opponent submitting from a hold out of which he is unable to escape. A fall shall terminate any round in which it occurs.