

The Conundrum of the Scissors and its Implication for Scholastic Wrestling

By Ira Fleckman

Any referee of scholastic wrestling will point out some inconsistencies, contradictions and absurdities imbedded in the rules of high school wrestling. Coaches, even coaches of extensive experience, will claim that they never have heard of some of the rules invoked by referees. Each year the

National Federation of High School Activities conducts reviews of the rules with coaches and referees but the results are mostly cosmetic or at worst confusing. How can one technique (one hold) be defined so many different ways and do these different definitions actually help in the administration, safety and spectator interest of scholastic wrestler?

The Scissors actually includes two techniques, the Straight Scissors and the Figure 4 Scissors. The difference is that a Straight Scissors usually is applied with the ankles crossed and pressure exerted by stretching the legs out and forcing the knees together. The Figure 4 Scissors requires that the wrestler applying the hold place his toe behind his own knee