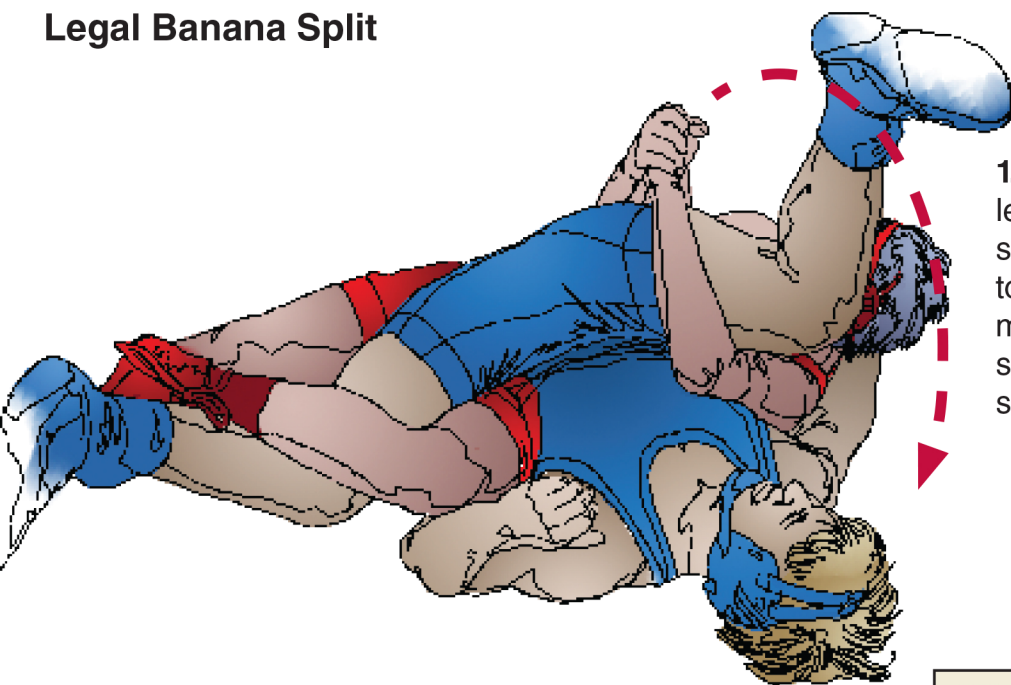


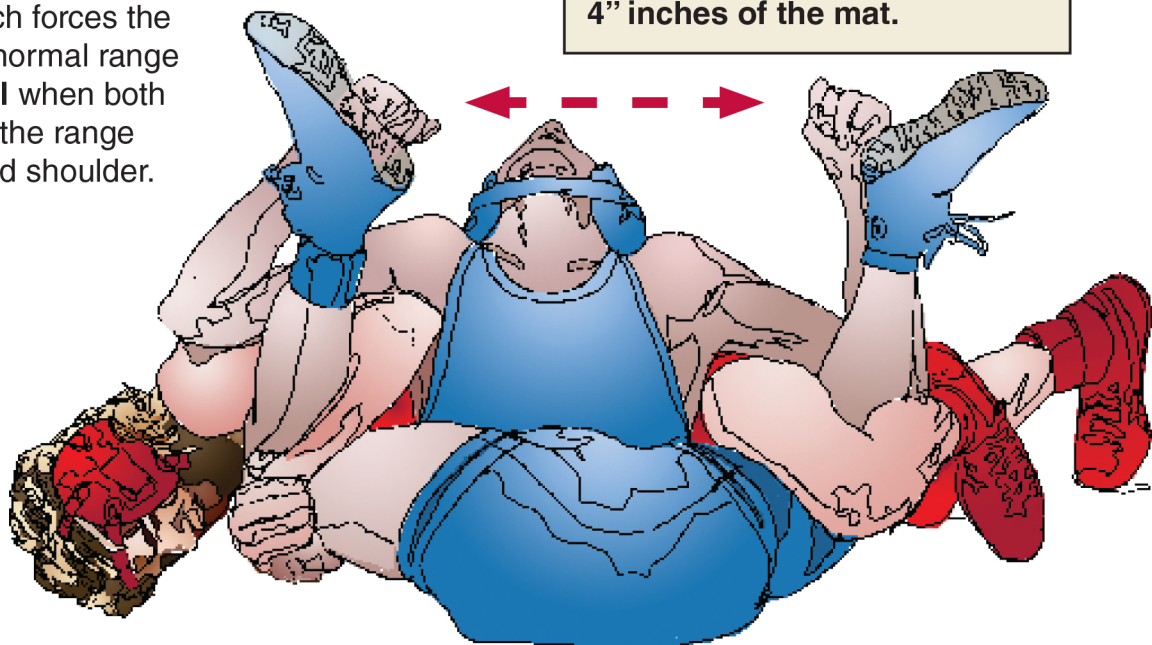
Legal Banana Split



1. **Wrestler A** pulls near side leg down to drive the near side shoulder/scapulae of **Wrestler B** to the mat for near fall criteria to be met. Near fall may be earned while split is in a legal position. A legal split allows one leg pulled wide.

Illegal Spladle Split

2. With the inside leg laced on the near side and the reverse clasp on the other, **Wrestler A** is splitting the legs of **Wrestler B** which forces the hip joints beyond their normal range of motion. This is **illegal** when both legs are pulled outside the range between ear guards and shoulder. **Stop and penalize.**



NOTE: Near-fall cannot be earned when the defensive wrestler is being blocked by laying on the chest of the offensive wrestler. Near fall may be earned if the lower part of the scapulae are within 4" inches of the mat.