**2019 Offensive Holding Categories**

\* Grabs, takes step away.

\* Grabs ankles to takedown defender.

\* Hands up on shoulder pads.

\* Hooks to a takedown.

\* Hand over the top of shoulder. (Lobster Block)

\* Holds up defender, won’t let him out.

\* Inside grab to takedown.

\* Double hook. Pulls pads up.

\* Spin and takedown.

\* Grabs inside to collar.

\* Grabs shoulder on the inside and turns.

\* Bear Hug (aka Lobster Block)

\* Hands outside frame wrestling with shoulders.

\* Gets beat, grabs around the neck.

\* Hands inside frame but takes to the ground.