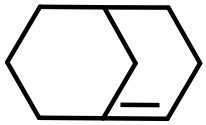
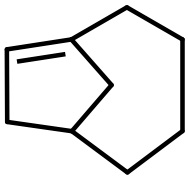
doi:10.1351/goldbook.B00732

Bredt's rule

A double bond cannot be placed with one terminus at the bridgehead of a bridged ring system unless the rings are large enough to accommodate the double bond without excessive strain. For example, while bicyclo[2.2.1]hept-1-ene is only capable of existence as a transient, its higher homologues having a double bond at the bridgehead position have been isolated: e.g.



bicyclo[3.3.1]non-1-ene



bicyclo[4.2.1]non-1(8)-ene

Source:
PAC, 1994, *66*, 1077 *(Glossary of terms used in physical organic chemistry (IUPAC Recommendations 1994))* on page 1077

See also:
PAC, 1996, *68*, 2193 *(Basic terminology of stereochemistry (IUPAC Recommendations 1996))* on page 2201

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