

2023 Wrestling Study Guide

1. Prior to the meet, the head coach shall verify that all wrestlers will be_____.
 - A. in proper uniform
 - B. properly groomed
 - C. properly equipped and ready to wrestle
 - D. All of the above.

2. A series of matches in each of the NFHS weight classes in which advancement and/or results are based upon the team's collective results:
 - A. Individually bracketed tournaments.
 - B. Team advancement tournaments.
 - C. Combination tournaments.
 - D. None of the above.

3. In regular and postseason competition, what is the maximum number of matches that a wrestler can compete in on a single day:
 - A. 5.
 - B. 6.
 - C. 7.
 - D. 10.

4. Wrestler A is called to wrestle a match 35 minutes after their previous match. What is the mandatory rest period between matches:
 - A. 60 minutes
 - B. 45 minutes
 - C. 30 minutes
 - D. None of the above.

5. Wrestlers must have a minimum of _____ rest between matches.
 - A. 30 minutes
 - B. 45 minutes
 - C. 15 minutes
 - D. 25 minutes

6. A contestant shall not accept a forfeit in one weight class and compete in:
 - A. A tournament the next day.
 - B. A dual the next day.
 - C. Any event.
 - D. Another class.

7. Each individual state high school association shall develop and utilize a special weight-control program which will discourage:
 - A. Forfeits.
 - B. Excessive weight reduction.
 - C. Excessive weight increase.
 - D. Poor eating habits.

8. For health and safety reasons, the state association's weight-control program shall require:
 - A. Hydration testing.
 - B. Concussion testing.
 - C. Flexibility testing.
 - D. Endurance testing.

9. The wrestling area of the mat shall be a circular area with a minimum of _____ in diameter.
 - A. 22 feet
 - B. 24 feet
 - C. 26 feet
 - D. 28 feet

10. The mat area includes the wrestling mat and a space of at least:
 - A. 10 feet.
 - B. 8 feet.
 - C. 6 feet.
 - D. 4 feet.

11. The referee's jurisdiction begins:
 - A. 30 minutes before the meet starts.
 - B. 45 minutes before the meet starts.
 - C. Upon arrival at the site.
 - D. 60 minutes before the meet starts.

12. When penalizing either wrestler, the referee shall stop the match, use appropriate NFHS signals and announce the penalty in the prescribed manner so that the following is made aware of the penalty:
 - A. Contestants, spectators.
 - B. Coaches.
 - C. Scorers.
 - D. All of the above.

13. The timekeeper is responsible for:
 - A. Recording the completion time of matches.
 - B. Recording the accumulated time-outs for injury and blood time, head, neck, cervical column injuries.
 - C. Recording points scored by each contestant when signaled by the referee.
 - D. None of the above.

- 14 . Which of the following is part of a legal uniform:
- A. Full-length leg sleeves.
 - B. Compression shorts/singlet with full-length, tight-fitting tights with or without a stirrup.
 - C. Mid-calf length tight-fitting tights.
 - D. B and C.
- 15 . A suitable undergarment shall be worn under:
- A. One-piece singlet only.
 - B. Shorts designed for wrestling, one-piece singlet and compression shorts.
 - C. Shorts designed for wrestling only.
 - D. Light-colored uniforms only.
- 16 . Females wearing a one-piece singlet or a two-piece uniform shall wear a:
- A. A sports bra that is not multi-colored.
 - B. A sports bra that is loose-fitting.
 - C. A sports bra that completely covers their breasts and minimizes exposure.
 - D. Only undergarments that are school issued.
- 17 . During skin check, Wrestler A appears with a full beard. Which of the following conditions would allow Wrestler A to compete:
- A. The beard must be trimmed short enough for the skin to be visible.
 - B. Wrestler A must be clean-shaven.
 - C. Wrestler A is allowed to compete as facial hair is allowed with no restrictions.
 - D. None of the above.
- 18 . During a match, a wrestler shall not wear:
- A. Arm sleeve(s) that do not contain a pad.
 - B. Leg sleeve(s) that do not contain a pad.
 - C. Wristbands.
 - D. All of the above.
- 19 . During bad time, what shall be voided:
- A. Points, penalties or injury time.
 - B. Recovery and HNC time.
 - C. Blood time.
 - D. Referee time.
- 20 . Any hold/maneuver used to endanger life and limb is:
- A. Potentially dangerous.
 - B. Illegal.
 - C. Unsportsmanlike conduct.
 - D. Legal.

- 21 . Wrestler A has control of Wrestler B who is completely out of bounds. In which of these scenarios would wrestling be continued inbounds:
- A. Wrestler A has two feet inbounds.
 - B. Wrestler A has one knee and one foot inbounds.
 - C. Wrestler A has one foot inbounds.
 - D. Both A and B.
- 22 . If a wrestler is injured from a false start in the neutral position, he/she is entitled to recovery time of:
- A. 2 minutes.
 - B. 1 minute.
 - C. 90 seconds.
 - D. 30 seconds.
- 23 . The first period of a consolation match shall be:
- A. One or three minutes in length.
 - B. One or two minutes in length.
 - C. One or four minutes in length.
 - D. All of the above.
- 24 . The first period of over time shall be:
- A. Two minutes.
 - B. Three minutes.
 - C. One minute.
 - D. None of the above.
- 25 . The wrestlers are required to shake hands:
- A. At the beginning of the match.
 - B. At the end of the match.
 - C. Both A & B
 - D. None of the above.
- 26 . _____ has the prerogative to default a match prior to the conclusion of wrestling.
- A. The coach or contestant
 - B. The coach only
 - C. The contestant only
 - D. The referee only
- 27 . Which of the following is an appropriate end-of-match procedure:
- A. Referee raises the arm of the winning wrestler's hand or raises the wrestler's arm associated with the color wristband of the winning wrestler.
 - B. Winning wrestler raises their own arm.
 - C. Both wrestlers shake hands.
 - D. All of the above.

28. When scoring a match in dual meets or tournaments, errors by the timekeeper, official scorer or referee may be corrected:
- A. After the coach or contestant leaves the mat area.
 - B. Before the start of the next match on that mat.
 - C. At the end of the tournament.
 - D. By the tournament director.
29. A slam is penalized as:
- A. A technical violation.
 - B. Stalling.
 - C. An illegal maneuver.
 - D. Potentially dangerous.
30. Illegal holds /maneuvers include:
- A. Straight back salto, straight-back suplay.
 - B. Grasping clothing.
 - C. Interlocking or overlapping hands.
 - D. Leaving the wrestling area.
31. A match is underway, and the referee sees that straight-back salto is being executed by Wrestler A, and only shoulders hit the mat first. The referee addresses the situation in this manner:
- A. Continue action since head or neck did not hit the mat first.
 - B. Continue if no injury occurs.
 - C. Signal illegal hold; award Wrestler B appropriate points.
 - D. Stop match immediately and disqualify offending wrestler.
32. A technical violation occurs when:
- A. A wrestler bites the opponent.
 - B. A wrestler punches the opponent.
 - C. A wrestler reports to the scorer's table with shoe(s) untied and not ready to wrestle.
 - D. A wrestler applies an illegal hold against the opponent.
33. Wrestling begins in the first period with both wrestlers apparently properly equipped. During the period, one wrestler loses his/her headgear, and the referee observes the he/she is wearing an earring. What is the proper call to make?
- A. Stop the match, have the wrestler remove his/her earring, charge the offending wrestler with unsportsmanlike conduct as he/she appeared on the mat improperly attired, and award a match point to the non-offending wrestler.
 - B. Stop the match, have the wrestler remove the earring and start the injury time clock which allows the wrestler 1 ½ minutes to remove the earring. Assess the head coach for unsportsmanlike conduct. Deduct 1 team point.
 - C. Stop the match, have the wrestler remove his/her earring, and charge the offending wrestler with a technical violation with one match point awarded to his/her opponent.
 - D. Stop the match, have the wrestler remove the earring and start the injury time clock which allows the wrestler 1 ½ minutes to remove the earring, and charge the wrestler a technical violation awarding one match point to the non-offending wrestler.

- 34 . When a wrestler receives a fourth offense stalling a penalty, it will result in:
- A. Opponent receiving two points and match shall be stopped.
 - B. Opponent receiving a choice of position upon restart.
 - C. Imminent reversal.
 - D. None of the above.
- 35 . Wrestler A is the defensive wrestler and loses a shoe during the process of a reversal. What is the call:
- A. Ignore the shoe and award the two-point reversal and let wrestling continue without stoppage.
 - B. Stop match immediately, penalize Wrestler A for stalling and put the wrestler back in the referee's position.
 - C. Award Wrestler B one point for technical violation on Wrestler A.
 - D. Award two-point reversal for Wrestler A and penalize Wrestler A for stalling.
- 36 . If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice:
- A. at the start of the third period and the next restart in the third period.
 - B. at the start of the third period.
 - C. on all remaining restarts the rest of the regulation match.
 - D. None of the above.
- 37 . A wrestler will be awarded _____ point(s) for a takedown.
- A. 1
 - B. 3
 - C. 4
 - D. 2
- 38 . _____ point(s) is/are awarded when the defensive wrestler earns an escape.
- A. One team
 - B. Two match
 - C. Two team
 - D. One match
- 39 . A wrestler will be awarded _____ points for a reversal.
- A. 1
 - B. 2
 - C. 3
 - D. 4
- 40 . Wrestlers shall be permitted a maximum of _____ minutes to appear ready to compete at a specified mat.
- A. two
 - B. three
 - C. five
 - D. ten

- 41 . Wrestler A does not report to the table for their match. The match is deemed a forfeit because it is not due to injury or illness. What is the status of Wrestler A competing in the tournament:
- A. Wrestler A has a medical forfeit and continues in the consolation bracket.
 - B. Wrestler A is eliminated from further competition.
 - C. Wrestler A was hurt previously and has an injury default.
 - D. The tournament director adjusts and places Wrestler A on the next available mat.
- 42 . Wrestler A is injured during the event. The injury prevents Wrestler A from appearing for their match against Wrestler B. Wrestler B would receive:
- A. a bye.
 - B. an injury default.
 - C. a forfeit.
 - D. a medical forfeit.
- 43 . All vacancies created in the tournament pairings after the first round shall be scored as:
- A. byes.
 - B. defaults.
 - C. forfeits.
 - D. opens.
- 44 . In the semi-final championship bracket both wrestlers have been disqualified for stalling. At the time of the disqualification Wrestler A had 5 points and Wrestler B had 4 points. How are the wrestler advanced in the next round?
- A. Wrestler A will advance to the finals and Wrestler B will continue in the consolidation round.
 - B. Wrestler B will be eliminated, and Wrestler A will continue in the consolation round.
 - C. Both wrestlers are eliminated from further competition.
 - D. Both wrestlers will continue in the consolation round.
- 45 . In a consolation match the coach approaches referee and states, their team's wrestler has already beaten wrestler A earlier in the tournament. How should referee respond to this situation
- A. Since there was cross bracketing, a referee will default both wrestlers.
 - B. If both wrestlers have competed against each other previously in tournament the referee will raise hands of each wrestler since both have won.
 - C. Referee will deem match a tie.
 - D. The match will be wrestled and scored as if the wrestlers had not previously met.
- <https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-Legal Figure Four-9fc6e22a6ae64e2db349c76cc252deb8.mp4>
- 46 . This figure four can continue: (video)
- A. Figure Four around one leg with pressure against the knee joint is legal.
 - B. Figure Four around one leg is illegal regardless of pressure against the knee joint.
 - C. Figure Four around both legs is legal.
 - D. All Figure Fours are legal.

[https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-TV headgear_1-7d644c435e6c462c926f1416c3baebfc.mp4](https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-TV+headgear_1-7d644c435e6c462c926f1416c3baebfc.mp4)

- 47 . A Technical Violation was issued: (video)
- A. The offensive wrestler used a figure four around the body.
 - B. The defensive wrestler grabbed the ear guards of the offensive wrestler.
 - C. The offensive wrestler locked hands.
 - D. None of the above.

[https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-2 pt reversal-1a449a18129345f8abbd6717c7e96ad9.mp4](https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-2+pt+reversal-1a449a18129345f8abbd6717c7e96ad9.mp4)

- 48 . Green wrestler was awarded two points: (video)
- A. For an escape.
 - B. For a takedown.
 - C. For a reversal.
 - D. For a fourth stalling penalty.

<https://exam-creator.s3.amazonaws.com/wrestling/Question+%2396+-+Clip+2+-+3pt+near+fall-f988992e09104c3a952c8d009f472cf5.mp4>

- 49 . The referee awarded a three-point near-fall because: (video)
- A. The defensive wrestler was held in near-fall criteria for five seconds.
 - B. One shoulder was down and the other was at a 45-degree angle.
 - C. Both shoulders /scapulae held within 4 inches of the mat.
 - D. All of the above.

<https://exam-creator.s3.amazonaws.com/wrestling/Question+%23100+-+Clip+10+-+how+were+points+earned-0bc3a4f06ec14100a60e61efbb049261.mp4>

- 50 . Points were earned in this order: (video)
- A. Escape Green 1 point, Takedown Green 2 points, Near-fall Green 3 points.
 - B. Reversal Green 2 points, Escape Green 1 point, Takedown Red 2 points.
 - C. Reversal Green 2 points, Near-fall Green 2 points, Reversal Red 2 points.
 - D. None of the above.