



2024-25 Wrestling Study Guide

1. A match is a competition between two wrestlers who are:
 - A. The same age.
 - B. The same grade in school.
 - C. Nearly equal weight as possible.
 - D. None of the above

2. Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to:
 - A. Individual participants with disabilities.
 - B. Individual participants with special needs.
 - C. Individuals with unique and extenuating circumstances.
 - D. All of the above.

3. Video recording of a match is authorized unless prohibited by the:
 - A. NFHS.
 - B. NCAA.
 - C. State high school association.
 - D. Tournament manager.

4. A wrestler who makes weight in a weight class may be shifted to:
 - A. A lower weight class.
 - B. A different team.
 - C. The next higher weight class.
 - D. None of the above.

5. 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

6. If there is no 10-foot circle, what is the best method to determine the center of the mat?
 - A. The two parallel starting lines.
 - B. The mat cannot be used.
 - C. A taped "X" in line with the head table.
 - D. Use a measuring tape prior to starting the match.

7. Is the 10-foot circle required on a wrestling mat?
- A. Yes, to clearly indicate the center of the mat.
 - B. Yes, must be a 2-inch line and/or contrasting colors.
 - C. No, the 10-foot circle is optional.
 - D. Both a & b are correct.
8. The mat area includes:
- A. The wrestling mat.
 - B. The team benches.
 - C. The scorer's table.
 - D. All of the above.
9. Scales used for weigh-ins shall be certified:
- A. Never.
 - B. Twice a year.
 - C. Annually.
 - D. Monthly.
10. The referee shall stop potentially dangerous holds/maneuvers:
- A. Immediately.
 - B. If they become illegal.
 - C. After contestant is hurt.
 - D. If possible before it reaches a dangerous state.
11. The referee's jurisdiction in a dual meet ends _____.
- A. 30 minutes after the last match.
 - B. 45 minutes after the last match.
 - C. 60 minutes after the last match.
 - D. with the approval of the scorebook.
12. Before the dual meet begins, the head coach will verify that the team is groomed, properly equipped, ready to wrestle and:
- A. Done with warm-ups.
 - B. Ready to exchange lineups.
 - C. Has shoe laces secured either with tape or by a locking device on the wrestling shoe in an acceptable fashion.
 - D. Ready to be seeded.
13. The referee shall have which accessories:
- A. Black lanyard.
 - B. Black whistle.
 - C. Kit to conduct random draw.
 - D. All of the above.

- 14 . If legal equipment becomes illegal or inoperative through use during a match, the referee shall:
- A. Declare a referee's time-out to correct the equipment.
 - B. Penalize the offending wrestler for a technical violation.
 - C. Forfeit the match.
 - D. All of the above.
- 15 . A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper action:
- A. Stalling.
 - B. Technical violation.
 - C. Official time-out.
 - D. None of the above.
- 16 . Before the dual meet begins, skin checks will be performed by the referee, if not performed by:
- A. Skin checks are only required if skin note is presented.
 - B. The visiting coaches.
 - C. The home team coaches.
 - D. Designated on site appropriate health-care provider.
- 17 . The referee should notify the coach and/or wrestlers during injury, blood, HNC or recovery time at the _____ of the remaining time left.
- A. 30-second and 15-second marks
 - B. 1-minute and 30-second marks
 - C. 45-second and 30-second marks
 - D. 2-minute and 1-minute marks
- 18 . During injury, blood, HNC or recovery time-outs, the referee should be in position to monitor:
- A. The timekeeper and scorers.
 - B. Both coaches.
 - C. Appropriate clock and wrestlers.
 - D. Both team benches.
- 19 . If the assistant referee disagrees with the referee, the following should occur:
- A. The assistant should bring it to referee's attention immediately.
 - B. The assistant will bring it up in the locker room.
 - C. The assistant will not have an opinion.
 - D. The assistant must go to scorer's table and discuss in confidence.
- 20 . During a headlock, the assistant should be positioned:
- A. In position to observe any action from underneath.
 - B. At the scorer's table watching the clock.
 - C. At the edge of the mat away from the action.
 - D. In the 10-foot circle away from the action.

- 21 . The _____ is the person responsible for circling the first point(s) scored in regulation match.
- A. timekeeper
 - B. official scorer
 - C. assistant referee
 - D. home team management
- 22 . 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.
- 23 . Which is not an acceptable fashion for securing wrestling shoelaces:
- A. Taping exposed shoelaces around the ankle of the shoe.
 - B. Double-knotting of the shoelaces.
 - C. Single-knotting of the shoelaces.
 - D. Using the lace guard which is part of the wrestling shoe.
- 24 . If a wrestler has hair that extends below a collared shirt, the wrestler will be:
- A. Required to wear a legal hair covering.
 - B. Allowed to compete because the hair-length rule no longer exists.
 - C. Required to wear a legal hair control.
 - D. All of the above.
- 25 . Who can supervise a weigh-in:
- A. The referee and/or other authorized person(s) of the same gender.
 - B. Only the referee.
 - C. Only other authorized person(s).
 - D. The referee and/or other authorized person(s) regardless of gender.
- 26 . When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted a one-pound additional allowance, a minimum of _____ advance notice is required for the opponent(s).
- A. 24 hours
 - B. 36 hours
 - C. 48 hours
 - D. None of the above.
- 27 . Wrestlers shall weigh-in wearing:
- A. A legal uniform (singlet or two-piece) with optional socks.
 - B. Suitable undergarments that cover the buttocks, groin area and sports bra that completely covers their breasts (if female) with optional socks.
 - C. Suitable undergarments with optional tube socks.
 - D. All of the above.

- 28 . Any contestant failing to make weight during the weigh-in period:
- A. Shall be sent home.
 - B. Can wrestle off.
 - C. May wrestle in the next higher weight class, permitted by individual weight-loss plan on that given date.
 - D. May wrestle in the next lower weight class.
- 29 . When awarding an escape how many points of contact are required to be in-bounds?
- A. One total.
 - B. One point of contact of either wrestler.
 - C. One point of contact of each wrestler for a total of two.
 - D. Both A & B.
- 30 . Wrestler A has Wrestler B in near-fall criteria, and the referee starts to count, but Wrestler B yells out in pain before the referee arrives at the "2" count. How many points are awarded to Wrestler A?
- A. 3
 - B. 2
 - C. 6
 - D. 4
- 31 . Wrestler A leads 3-1, the official gets to a 4 count and Wrestler B yells out in pain with an injury. Wrestler A is awarded:
- A. 3 points.
 - B. Technical Fall.
 - C. 5 points.
 - D. 4 points.
- 32 . Which of the following is considered usual point of contact?
- A. Knee.
 - B. Hip.
 - C. Foot.
 - D. All of the above.
- 33 . Wrestler A is completely out of bounds and has Wrestler B in near-fall criteria. Which scenario may a fall or near fall be earned?
- A. Wrestler B's shoulder/scapula are inbounds.
 - B. Wrestler B's right hip is inbounds.
 - C. Never, Wrestler A must have at least one point of contact inbounds.
 - D. Both A and B.
- 34 . From neutral position, Wrestler A earns a takedown with only one foot in-bounds. Which of the following is true?
- A. No takedown - both wrestlers are considered out of bounds.
 - B. Three points awarded to Wrestler A.
 - C. Two points awarded to Wrestler A.
 - D. None of the above.

- 35 . Which of the following situations would result in Wrestler A winning a match?
- A. Wrestler A scores a takedown in sudden victory into near fall criteria, and while pinning Wrestler B, commits an act of flagrant misconduct.
 - B. Wrestler A scores a reversal in ultimate tie-breaker straight into near fall criteria, and while pinning Wrestler B, Wrestler A cries out for a 3rd Injury Time Out.
 - C. Wrestler A scores a reversal in ultimate tie-breaker straight into near fall criteria, and while pinning Wrestler B, Wrestler A commits his fourth illegal hold.
 - D. All of the Above
- 36 . A match is underway and the assistant coach is agitated by the referee's last call. For the first time, the coach asks the referee to come to the scorer's table to point out the referee's misapplication of one of the wrestling rules and to question the referee's judgment. The referee determines that no misapplication of the rule has occurred. The referee:
- A. Asks the coach to sit back down and restarts the match.
 - B. Calls a misconduct warning on the head coach.
 - C. Disqualifies the wrestler of the offending coaches' team.
 - D. Escorts the coach out of the building.
- 37 . 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.
- 38 . A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper penalty:
- A. Stop the match immediately and penalize for stalling.
 - B. Stop the match immediately and penalize for technical violation.
 - C. Allow action to continue and penalize for stalling once the situation has ended.
 - D. There is no penalty. When appropriate, stop the match, charge the a referee's time-out to address the shoe.
- 39 . 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.
- 40 . A wrestler cannot take _____ immediately following recovery time.
- A. Blood time
 - B. Bad time
 - C. Injury time
 - D. Referee time

- 41 . When there is no longer a _____ point of contact inbounds, wrestling should be stopped.
- A. One
 - B. Two
 - C. Three
 - D. All of the above.
- 42 . Wrestler A false starts from the neutral position and makes contact with Wrestler B. Wrestler B is injured. What happens next?
- A. Penalize Wrestler A for the illegal move, and start the recovery time for Wrestler B. If Wrestler B is unable to continue at the conclusion of recovery time, he/she is declared the winner.
 - B. Start the injury time for Wrestler B since a false start is legal.
 - C. Start the recovery time for Wrestler B. If Wrestler B is unable to continue at the conclusion of recovery time, he/she is declared the winner.
 - D. Penalize Wrestler A for the illegal move, start the injury time for Wrestler B. If Wrestler B is unable to continue at the conclusion of injury time, Wrestler A is declared the winner.
- 43 . When a wrestler is injured, and an appropriate health-care professional(s) is present, the health-care professional will have a maximum of _____ of time for evaluation of injury to head and neck involving cervical column and/or nervous system:
- A. four minutes.
 - B. three minutes.
 - C. two minutes.
 - D. five minutes.
- 44 . Match scoring shall be kept in plain view of _____.
- A. Spectators and contestants only.
 - B. Spectators, contestants and coaches.
 - C. Spectators and referees only.
 - D. Coaches and referees only.
- 45 . Wrestler A takes down Wrestler B. How many points is Wrestler A awarded?
- A. 5
 - B. 2
 - C. 1
 - D. 3
- <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.

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- 47 . 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.

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- 48 . 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.

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- 49 . 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-Body Scissors-586890b3d2684cf0abe8c6a5c47f5077.mp4>

- 50 . The body scissor is: (video)
- A. Illegal and match should be stopped immediately.
 - B. Technical violation and match should be stopped immediately.
 - C. Potentially dangerous and match should be stopped immediately.
 - D. None of the above.