



2018-19 NFHS Wrestling Exam



1. Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to (1-1-2):
 - A. Individual participants with disabilities.
 - B. Individual participants with special needs.
 - C. Individuals with unique and extenuating circumstances.
 - D. All of the above.

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

3. Video recording of a match is authorized unless prohibited by the (1-1-3):
 - A. NFHS.
 - B. NCAA.
 - C. State high school association.
 - D. Tournament manager.

4. The mat area includes the wrestling mat and a space of at least _____ surrounding the mat, as well as the team benches and scorer's table where facilities permit (2-1-5, 5-16).
 - A. 5 feet
 - B. 10 feet
 - C. 15 feet
 - D. 20 feet

5. Surrounded and secured to the wrestling area of the mat shall be a safety mat area approximately (2-1-2):
 - A. 1-foot wide.
 - B. 2 feet wide.
 - C. 3 feet wide.
 - D. 5 feet wide.

6. The wrestling area of the mat shall be a circular area with a minimum of _____ in diameter (2-1-2).
 - A. 22 feet
 - B. 24 feet
 - C. 26 feet
 - D. 28 feet

7. A series of matches, one in each of the NFHS weight classes, constitutes a (1-2-1):

- A. Tournament.
- B. Scrimmage.
- C. Dual meet.
- D. Practice.

8. Each team shall designate a captain or captains (1-2-3):

- A. Prior to weigh-ins.
- B. After the first match begins.
- C. Prior to the beginning of the meet.
- D. None of the above.

9. The wrestling area shall be marked by _____ painted lines (2-1-3).

- A. 2-inch-wide
- B. 3-inch-wide
- C. 1-inch-wide
- D. 4-inch-wide

10. At the center of the mat shall be a (2-1-3):

- A. 9-foot circle.
- B. 8-foot circle.
- C. 10-foot circle.
- D. No circle is required.

11. Starting lines, 1-inch wide shall be (2-1-4):

- A. Omitted.
- B. Placed at the side of the mat.
- C. Placed anywhere on the mat.
- D. Placed at the center of the mat.

12. The two 3-foot lines shall be connected by a (2-1-4):

- A. 1-inch green line on both ends.
- B. 2-inch green line on both ends.
- C. 1-inch red line on both sides.
- D. 1-inch red line on one side and 1-inch green line on other end.

13. During tournament competition, coaches are allowed to (2-2-2):

- A. Stand in the restricted zone.
- B. Sit on chairs at the edge of mat, or in the corner in the restricted zone.
- C. Kneel alongside the mat.
- D. Coach standing near mat-side.

14. During tournament competition, a maximum of _____ team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat (2-2-2).
- A. two
 - B. three
 - C. four
 - D. None of the above.
15. The scorer's table shall be large enough to accommodate the (2-2-3):
- A. Official timekeeper.
 - B. Head scorer.
 - C. Visiting team's scorer.
 - D. All of the above.
16. Wrestlers shall weigh in on scales provided by the (2-4-1):
- A. Home management.
 - B. Visiting team.
 - C. Local association.
 - D. None of the above.
17. The referee shall have which accessories (3-1-1):
- A. Black lanyard.
 - B. Black whistle.
 - C. Kit to conduct random draw.
 - D. All of the above.
18. Which is not part of a referee's uniform (3-1-1):
- A. Short-sleeved knit shirt with alternating black and white 1-inch stripes.
 - B. Black wrestling/gym shoes with colored highlights.
 - C. Black socks.
 - D. Black full-length trousers.
19. To certify results of a dual meet or tournament match, the referee (3-1-12):
- A. Uses the PA system to announce results to spectators.
 - B. Signs the official scorebook or individual scoresheet.
 - C. Provides scores to official media on site.
 - D. Does not verify scores; this is host team's responsibility.
20. During injury, blood or recovery time-outs, the referee should be in position to monitor (3-1-14):
- A. The timekeeper and scorers.
 - B. Both coaches.
 - C. Appropriate clock and wrestlers.
 - D. Both team benches.

21. The referee should notify the coach and/or wrestlers during injury, blood or recovery time at the _____ for the remaining time left (3-1-14).
- 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
22. The _____ has full control of the match on matters of judgment (3-1-2).
- A. Referee
 - B. Home team's administrator
 - C. Scorekeeper
 - D. Official timer
23. The referee's jurisdiction begins (3-1-3):
- 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.
24. The _____ retains clerical authority over the meet through the completion of any reports (3-1-3).
- A. Home team management
 - B. Official scorer
 - C. Referee
 - D. Home team coach
25. The referee's jurisdiction in a tournament ends _____ (3-1-3).
- A. 30 minutes after the last match.
 - B. Upon signing the bout sheet after the last match.
 - C. 45 minutes after the last match.
 - D. 60 minutes after the last match.
26. In a dual meet, who is responsible for verifying that skin checks have been performed (3-1-4a):
- A. The referee.
 - B. Designed on-site meet appropriate care professional.
 - C. Designed on-site meet parent who is a medical professional.
 - D. The host teams.
27. The _____ is responsible for inspecting contestants during dual meets and tournaments for proper grooming (3-1-4b, 3-1-5b).
- A. Health-care professional
 - B. Referee
 - C. Visiting coach
 - D. Home team coach

28. Before the dual meet begins, who will clarify rules to coaches and contestants upon request? (3-1-4c)
- A. Home school administrator.
 - B. The referee.
 - C. The scorer.
 - D. The timekeeper.
29. Before the dual meet begins, the head coach will verify that the team is groomed, properly equipped, ready to wrestle and (3-1-4d):
- 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.
30. The referee, before a tournament begins each day, shall clarify the rules with coaches and contestants (3-1-5c):
- A. During weigh-ins.
 - B. After weigh-ins.
 - C. After warm-ups.
 - D. Upon request.
31. Before a team advancement tournament begins each day, who will verify that the team is groomed, properly equipped and ready to wrestle, including shoe laces being secured? (3-1-5d)
- A. The head coach.
 - B. The assistant coach.
 - C. The tournament manager.
 - D. The referee.
32. Before the dual meet begins, the referee shall review with scorers and timekeepers (3-1-4e):
- A. The skin forms collected during weigh-ins.
 - B. The signals and procedures to be used.
 - C. The first and last names of all contestants.
 - D. None of the above.
33. The referee will meet with head coaches and captains before _____ (3-1-4f).
- A. The tournament begins.
 - B. The teams warm-up.
 - C. The semifinal round.
 - D. The dual meet begins.
34. Who is responsible for deciding legality of equipment, mats and uniforms? (3-1-6)
- A. The host schools.
 - B. The athletic trainer.
 - C. The referee.
 - D. The host school athletic director.

35. If legal equipment becomes illegal or inoperative through use during a match, the referee shall (3-1-6):
- 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.
36. The referee shall penalize for infractions explained in Rules 7 and 8 (3-1-9):
- A. If the coaches agree.
 - B. Without hesitation.
 - C. If required by the host school and administration.
 - D. After reviewing video replay.
37. When making decisions related to the match, the referee shall not use (v):
- A. The scorer.
 - B. The timekeeper.
 - C. TV monitoring, replay or other video equipment.
 - D. The assistant referee.
38. The referee and the assistant referee should meet to discuss their point of disagreement at which location? (3-2-2f)
- A. In the locker room.
 - B. In the 10-foot circle with the wrestlers.
 - C. At the scorer's table.
 - D. On the edge of the mat away from wrestlers and coaches.
39. If the assistant referee disagrees with the referee, he or she should do the following (3-2-2e):
- 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.
40. Coaches are not permitted to address (3-2-2i):
- A. The referee.
 - B. The assistant referee.
 - C. The scorer.
 - D. The timekeeper.
41. During a headlock, the assistant should position himself (3-2-2j):
- 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.

42. During the end-of-the-match procedure, the assistant referee should observe (3-2-2k):

- A. The referee leaving wrestling area.
- B. The spectators in the stands.
- C. Both wrestlers and coaches leaving the mat area.
- D. Both wrestlers and coaches leaving wrestling area.

43. Full-length tights may be worn under a properly cut one-piece uniform with (4-1-1a):

- A. Coaches permission.
- B. Stirrups.
- C. Loose fitting t-shirt.
- D. Shorts reaching below the knees.

44. Which is not part of a wrestler's uniform? (4-1-1a-c, 4-3-1a)

- A. Singlet.
- B. Shorts designed for wrestling.
- C. Socks.
- D. Tight fitting compression shirt.

45. Which is not considered special equipment (4-1-4, 4-3-1a-b):

- A. Leg sleeve.
- B. Knee pads.
- C. Face mask.
- D. Ear guards.

46. Special equipment must (4-3-1):

- A. Allow normal movement of the joints.
- B. Allow opponent to apply normal holds/maneuvers.
- C. Be approved by referee.
- D. All the above.

47. Which is not allowable under a one-piece uniform? (4-1-1)

- A. Full-length tights with stirrups.
- B. Compression shorts.
- C. One-legged full length tight.
- D. All of the above.

48. The legal hair covering may have _____ (4-1-2)

- A. Two logos 2 ¼ square inch including promotional reference.
- B. One logo 2 ¼ square inches and no additional promotional reference.
- C. One logo 2 ½ square inches and no additional promotional reference.
- D. One logo 3 square inches and no additional promotional reference .

49. During competition, wrestlers wearing wrestling shoes in compliance must be (4-1-3):
- A. Light heelless, reaching above the ankles, laces tied and secured.
 - B. Below the ankle.
 - C. Shoelaces untied.
 - D. Unzipped.
50. Braided hair that is longer than allowed by rule is allowable if it (4-2-1):
- A. Is soft to the touch.
 - B. Doesn't contain rubber bands.
 - C. Doesn't contain bobbie pins.
 - D. Is contained in a legal hair cover.
51. There are ___ weight classifications (4-4-1).
- A. 15
 - B. 14
 - C. 13
 - D. 12
52. What is not allowed during a weigh-in? (4-5-3)
- A. Leaving the weigh-in area with the permission of the meet administrator.
 - B. If failing to make weight, stepping immediately back on same scale.
 - C. Weighing in same gender shoulder to shoulder.
 - D. Activities that promote dehydration.
53. Certain action(s) are prohibited during time off scale if a wrestler doesn't make weight on the first attempt. They include (4-5-3):
- A. Immediately stepping back on the first scale.
 - B. Weight loss or weight gain activity.
 - C. Immediately stepping on each available scale.
 - D. All of the above.
54. During weigh-ins, if only one scale is available (4-5-3):
- A. The contestant can choose not to weigh in.
 - B. The contestant can wear a plastic suit.
 - C. A contestant may step on and off the scale two times to allow for mechanical inconsistencies.
 - D. Leave weigh-in area to run for only 20 minutes.
55. When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted a 1-pound additional allowance, a minimum of _____ advance notice is required for the opponent(s) (4-5-5).
- A. 24 hours
 - B. 36 hours
 - C. 48 hours
 - D. None of the above.

56. Any contestant failing to make weight during the weigh-in period (4-5-8):
- 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.
57. Bad time is created when the wrong wrestler is given a choice (5-1-1a, e):
- A. At the start of second period.
 - B. At the start of the third period.
 - C. On the next re-start after a one-point stalling penalty.
 - D. Both B & C.
58. Biting is an act of _____. (5-2-1)
- A. Flagrant misconduct.
 - B. Unsportsmanlike conduct.
 - C. Technical violation.
 - D. Potentially dangerous.
59. The coach misconduct penalty is (5-5-2):
- A. Always charged to home team.
 - B. Always charged to assistant coach.
 - C. Always charged to head coach
 - D. Always charged to opposing team.
60. When awarding an escape how many supporting points are required to be in-bounds (5-10):
- A. One total.
 - B. Two of either wrestler.
 - C. One of each wrestlers' for a total of two.
 - D. Both B & C.
61. Wrestler B is beyond the boundary line and on his back in a pinning situation. In which situation will wrestler A be allowed to score a near-fall or fall? (5-15-2c)
- A. Wrestler A has Wrestler B in a headlock. Wrestler A's feet are touching the boundary line and his/her knees are beyond the boundary line.
 - B. Wrestler A has a deep half nelson with an inside crotch pinning combination. Wrestler A has his/her feet in bounds with knees inside the boundary line, but off the mat.
 - C. Both A and B.
 - D. Neither A and B.

62. A technical fall occurs when a wrestler has earned a/an (5-11-4):
- A. 8-point advantage.
 - B. 10-point advantage.
 - C. 15-point advantage.
 - D. 5-point advantage.
63. A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of his/her body (5-11-5):
- A. On the boundary line.
 - B. Off the mat.
 - C. Inbounds.
 - D. None of the above.
64. A wrestler is allowed to weigh-in wearing socks and must abide by the following regulation (4-5-7):
- A. The socks must be low-cut and may be removed at any point during the weigh-in.
 - B. The height of the socks must be a minimum of 6 inches above the ankle.
 - C. The sock shall be unadorned and a single solid color.
 - D. The socks must be low-cut and cannot be removed or added if the wrestler does not make weight (5-12-1b).
65. The use of tobacco products is (5-12-1b):
- A. Coach misconduct.
 - B. Flagrant misconduct.
 - C. Unsportsmanlike conduct.
 - D. Allowed when walking to your vehicle in the parking lot.
66. A flagrant misconduct will be awarded if a wrestler (5-12-1b):
- A. Uses tobacco.
 - B. Locks hands 3 times.
 - C. False starts 4 times.
 - D. Stalls for more than 2 minutes.
67. Wrestlers are inbounds if a total of two supporting points are (5-15-1):
- A. Completely outside of the boundary line but touching the mat.
 - B. Completely outside of boundary line.
 - C. Inside or on the boundary line.
 - D. None of the above.
68. Wrestlers are inbounds if a total of (5-15-1):
- A. All supporting points are inbounds.
 - B. One supporting point of each wrestler is inbounds.
 - C. Two supporting points of either wrestler are inbounds.
 - D. All of the above.

69. When down on the mat supporting points are (5-15-2a):

- A. The knee(s)
- B. The hand(s)
- C. The head
- D. All of the above.

70. Fall or Near-fall can be earned if the wrestler being pinned has all or part of the shoulders or scapula beyond the boundary line and the offensive wrestler's toes are supporting point and the knee(s) of the offensive wrestler are (5-15-2c):

- A. Inside or on the boundary line in contact with the mat.
- B. Inside of or on the boundary line above the mat.
- C. Beyond the boundary line.
- D. Both A & B.

71. Wrestling shall continue if (5-15-3):

- A. Two supporting points of either wrestler are inbounds.
- B. Only one wrestler keeps one supporting point inbounds.
- C. Only one wrestler keeps a hand inbounds.
- D. Only one wrestler keeps one knee inbounds.

72. Out of bounds occurs when (5-18):

- A. Any supporting point is beyond the boundary line.
- B. Any supporting point is on the boundary line.
- C. One supporting point if each wrestler is on the boundary line.
- D. There is not at least one supporting point or both supporting points of each wrestler inbounds.

73. A wrestler injured by a false start in the neutral position shall (5-28-3):

- A. Take an injury time-out.
- B. Default the match.
- C. Take recovery time.
- D. Take injury time followed by recovery time.

74. A wrestler who is not able to continue after being injured due to a false start in the neutral position (8-2-2):

- A. Is awarded the match after using their injury time.
- B. Must default the match if unable to continue.
- C. Is awarded the match by default after using his/her recovery time.
- D. None of the above.

75. The referee shall be in front of the contestants when starting the wrestlers from the _____. (5-19-10)

- A. Neutral position.
- B. Optional start.
- C. Down position.
- D. Optional start and down position.

76. A reversal can be earned if (5-22-1):

- A. Neither wrestlers have supporting points inbounds and the toes of scoring wrestler finish out of bounds.
- B. Only one wrestler has one supporting point inbounds.
- C. Either wrestler is inbounds.
- D. None of the above.

77. It is stalling in the neutral position when a wrestler (5-24-3c):

- A. Cannot improve his or her respective position.
- B. Is overpowered by the opponent.
- C. Prevents the opponent from returning to or remaining inbounds.
- D. Causes a hold/maneuver to be forced beyond normal range of motion.

78. A wrestler that backs off the mat out of bounds in the neutral position is penalized for (5-24-3e):

- A. Stalling.
- B. False start.
- C. Misconduct.
- D. Unsportsmanlike conduct.

79. When awarding a takedown at the edge of the mat how many supporting points must be inbounds if the feet of the scoring wrestler finish out of bounds? (5-25-3)

- A. One.
- B. All.
- C. Two.
- D. Zero.

80. A wrestler injury from a false start in the neutral position is entitled to recovery time of (5-28-3):

- A. 2 minutes.
- B. 1 minute.
- C. 90 seconds.
- D. 30 seconds.

81. Which is not considered unsportsmanlike conduct? (5-30-1)

- A. Failure to properly secure shoe laces.
- B. Taunting.
- C. Violations of bench decorum rule.
- D. All of the above.

82. The first period of a consolation match shall be (6-1-2):

- 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.

83. The first period of over time shall be (v):
- A. Two minutes.
 - B. Three minutes.
 - C. One minute.
 - D. None of the above.
84. When there is no longer a total of _____ supporting points inbounds, wrestling should be stopped. (6-4-1)
- A. One
 - B. Two
 - C. Three
 - D. All of the above.
85. Tournament scoring errors by the referee must be corrected prior to (6-6-5a1):
- A. 60 minutes after the conclusion of the tournament.
 - B. The start of the next match on that mat.
 - C. The start of the next period.
 - D. Conclusion of the tournament.
86. A slam is penalized as (7-1-1):
- A. A technical violation.
 - B. Stalling.
 - C. An illegal maneuver.
 - D. Potentially dangerous.
87. The back bow is (7-1-5q):
- A. Misconduct.
 - B. Unsportsmanship.
 - C. Illegal.
 - D. All of the above.
88. Which move is considered an illegal hold (7-1-5y):
- A. Three quarter Nelson.
 - B. Half Nelson.
 - C. Far side cradle.
 - D. Nelson cradle.
89. Which maneuver is not illegal? (7-2-2g)
- A. Leg block (cut back).
 - B. When a wrestler stands with one or both arms trapped.
 - C. Figure 4 around the body.
 - D. Locking the hands behind the back in a double arm bar from front.

90. It is stalling in neutral position when a wrestler (7-6-3):
- A. Continuously avoids contact with the opponent.
 - B. Plays the edge of the mat.
 - C. Holds the heel to the buttocks.
 - D. Both A & B.
91. The referee will not stop the match when penalizing (8-1-2d):
- A. An illegal hold by offensive wrestler.
 - B. A defensive wrestler in a pinning situation.
 - C. Unsportsmanlike conduct by offensive wrestler.
 - D. Both A & C.
92. Coach misconduct results in the following except (8-1-5a, b, c):
- A. First offense - warning.
 - B. Second offense - deduct one team point.
 - C. Remove both teams from gym.
 - D. Third offense - deduct two team points and removal of the head coach for the remainder of the day.
93. An injured wrestler is entitled to a maximum injury time-out of (8-2-1):
- A. 2 minutes.
 - B. 3 minutes.
 - C. 1 ½ minutes.
 - D. 1 minute.
94. A wrestler injured by a false start from the neutral position that cannot continue wrestling following the recovery time shall win the match by (8-2-2):
- A. Forfeit.
 - B. Default.
 - C. Disqualification.
 - D. None of the above.
95. A wrestler will be awarded _____ point(s) for a takedown. (9-1-2)
- A. 1
 - B. 3
 - C. 4
 - D. 2

96. Wrestlers competing in a multi-day team advancement tournament are eligible to compete; (11-1-4 Note)
- A. At whatever weight class they properly weigh-in at for each day of competition, plus one weight class above.
 - B. At the weight class they properly weigh-in at, plus one weight class above as determined by the first day of the event weigh-in only.
 - C. At whatever weight class they weigh-in for each day of competition, plus two weight classes above what they weigh-in at.
 - D. None of the above.
97. In the event two wrestlers, who have competed against each other previously in the tournament are paired again due to the cross-bracketing. How should their match be treated? (10-3-10)
- A. take the results of the first match and advance the winner.
 - B. rebracket and keep them away from each other until the finals.
 - C. give the winner of the previous match the option of wrestling or not.
 - D. match shall be wrestled and scored as if the wrestlers had not previously met.
98. A flagrant misconduct call results in which of the following? (8-1-6)
- A. suspension to the bench/team area.
 - B. disqualification of the offending wrestler.
 - C. disqualification of the individual, immediate removal from premises, and deduction of three team points on the first offense.
 - D. offer to the offended team the option of disqualification or deduction of three team points.
99. The referee has the authority to rule on any situation not (3-1-13):
- A. Covered in the NFHS Wrestling Case Book.
 - B. Covered in the NFHS Wrestling Officials Manual.
 - C. Covered in NFHS exam questions.
 - D. Covered in the NFHS Wrestling Rules Book.
100. A type of time-out that is used to correct legal equipment which becomes illegal through use is called (3-1-6):
- A. Injury time.
 - B. A referee's time-out.
 - C. Blood time.
 - D. Bad time.