



2019-20 NFHS Wrestling Exam Part I

1. A series of matches in each of the NFHS weight classes in which individuals initially move from round to round as a team (pools) or advance based on team results culminating in the wrestler's placement on an individual bracket with advancement from that point based on individual results would be:
 - A. Combination Tournaments.
 - B. Individually Bracketed Tournaments.
 - C. Team Advancement Tournaments.
 - D. None of the above.

2. 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.

3. Each team shall designate a captain or captains:
 - A. Prior to weigh-ins.
 - B. After the first match begins.
 - C. Prior to the beginning of the meet.
 - D. None of the above.

4. 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.

5. In a dual meet, the random draw shall take place immediately preceding weigh-ins.
 - A. True
 - B. False

6. No contestant shall wrestle in two consecutive matches with less than a _____ rest between them.
 - A. 20-minute
 - B. 30-minute
 - C. 40-minute
 - D. 45-minute

7. The order of weight class competition cannot be altered following the random draw.
- A. True
 - B. False
8. When a match is stopped for any reason, other than a termination, by rule it shall be restarted as if an out-of-bounds situation was declared.
- A. True
 - B. False
9. A 24-foot square wrestling area is illegal.
- A. True
 - B. False
10. At the center of the wrestling mat, the 10-foot circle is not required by rule.
- A. True
 - B. False
11. For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least ____ feet from the edge of the mat where facilities permit.
- A. 5.
 - B. 10.
 - C. 8.
 - D. 15.
12. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.
- A. True
 - B. False
13. 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.
- A. 5 feet
 - B. 10 feet
 - C. 15 feet
 - D. 20 feet
14. The coach and wrestler can use electronic device to communicate during match, when:
- A. When gym area is very loud.
 - B. If meet is being recorded.
 - C. Never.
 - D. If referee permits.

15. Which of the following is not special equipment?
- A. Ear guards.
 - B. Eye protection.
 - C. Face masks.
 - D. Hair coverings.
16. Wrestlers may not wear wristbands, sweatbands or bicep bands during a match.
- A. True
 - B. False
17. Wrestlers may weigh-in wearing:
- A. Suitable undergarment including low cut socks.
 - B. Suitable undergarments including mid-calf socks
 - C. Suitable undergarments including thigh-high socks.
 - D. All of the above.
18. Before an individual, combination or team advancement tournament begins each day, the referee shall review with the official scorers and timekeeper the signals and procedures to be used.
- A. True
 - B. False
19. When possible, the referee should award points on the edge of the mat calls:
- A. Before blowing the whistle, and giving the hand signal for stopping the match and out of bounds.
 - B. After blowing the whistle, and giving the hand signal for stopping the match and out of bounds.
 - C. Prior to the re-start.
 - D. Only after consultation with the Assistant Referee.
20. A suitable undergarment for a female:
- A. Covers the buttocks only.
 - B. Covers the groin area only.
 - C. Completely covers the breasts.
 - D. None of the above.
21. 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.

22. All contestants wearing a one-piece singlet shall wear:
- A. A tight-fitting, long-sleeved shirt.
 - B. A loose-fitting t-shirt.
 - C. A school-issued, tight-fitting, long-sleeved shirt.
 - D. Suitable undergarment that completely covers the groin and buttocks.
23. Any undergarment which extends beyond the inseam of a one-piece singlet shall:
- A. Be a single solid color.
 - B. Be form-fitting and may extend below the knee.
 - C. Be loose-fitting and shall not extend below the knee.
 - D. Be tight-fitting and shall not extend below the knee.
24. 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.
25. During a match, wrestler(s) are allowed to wear:
- A. Leg/arm sleeve(s) that contain a pad.
 - B. Leg/arm sleeve(s) that don't contain a pad.
 - C. Leg/arm sleeve(s) that contain a pad but are loose-fitting.
 - D. None of the above.
26. During weigh-ins female contestants shall also wear an undergarment that:
- A. Is form-fitted compression that partially covers their breasts.
 - B. Is form-fitted compression that completely covers their breasts.
 - C. Is loose-fitting that completely covers their breasts.
 - D. Is loose-fitting that partially covers their breasts.
27. During weigh-ins female contestants shall also wear:
- A. Any undergarment that completely covers their breasts.
 - B. Any loose-fitting undergarment that completely covers their breasts.
 - C. A suitable form-fitted compression undergarment that completely covers their breasts.
 - D. A suitable form-fitted non-compression undergarment that completely covers their breasts.
28. Females wearing a one-piece singlet shall wear a:
- A. Suitable undergarment that is not multi-colored.
 - B. Suitable undergarment that is loose-fitting.
 - C. Suitable undergarment that is tight-fitting and minimizes exposure.
 - D. Only undergarments that are school issued.

29. How many manufacturer's logos/trademarks/references can appear on a wrestling ear guard:
- A. 1.
 - B. 2.
 - C. 3.
 - D. 4.
30. If the wrestler's wrestling shoes have shoelaces that are visible, the laces shall be secured in which fashion:
- A. Tucking the shoelaces inside the shoes.
 - B. Single-knotting the shoelaces.
 - C. Any method the wrestlers feel is comfortable.
 - D. Double-knotting the shoelaces.
31. Shorts designed for wrestling may be worn:
- A. Over compression shorts.
 - B. Under a singlet only.
 - C. Over a singlet only.
 - D. Only with a tight-fitting compression shirt.
32. Team A has wrestlers wearing different combinations of uniforms. Which combination is not a compliant uniform:
- A. A one-piece singlet with compression shorts worn underneath the singlet.
 - B. A one-piece singlet with shorts designed for wrestling worn on top of the singlet.
 - C. A form-fitted compression shirt with full-length tights (with stirrups) worn underneath shorts designed for wrestling.
 - D. A form-fitted compression shirt worn on top of a singlet.
33. The legal hair covering may have _____
- 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 .
34. Which hairstyle is acceptable without a hair cover as long as the hair-length rule has been met:
- A. Dreadlocks.
 - B. Braided hair.
 - C. Corn rolls.
 - D. All of the above.
35. Which is considered a legal hair-control device:
- A. Bobby Pin(s).
 - B. Rubber band(s).
 - C. Beads.
 - D. Scrunchie(s).

36. 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.
37. Wrestling ear guards may contain manufacturer's logo/trademark/reference that can be no more than:
- A. 2 1/2 square inches.
 - B. 2 1/4 square inches.
 - C. 2 1/3 square inches.
 - D. 2 1/8 square inches.
38. After a failed attempt to make weight, an athlete may:
- A. Drink fluids to gain weight.
 - B. Immediately step back on the scale.
 - C. Shave or cut any hair on the body or head area.
 - D. Remove an article of clothing.
39. During bad time, what shall be voided:
- A. Injury time.
 - B. Recovery time.
 - C. Blood time.
 - D. Referee time.
40. A(n) _____ is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while the total of two supporting points of either wrestler are inbounds.
- A. escape
 - B. reversal
 - C. takedown
 - D. fall
41. A default is awarded when a wrestler fails to appear for a match.
- A. True
 - B. False
42. A default is awarded when one of the wrestlers:
- A. Fails to make weight.
 - B. Is disqualified from the match.
 - C. Fails to appear for the match.
 - D. Is unable to continue for any reason.

43. A match is from the start of the first period until the conclusion of wrestling.
- A. True
 - B. False
44. A takedown shall be awarded when:
- A. The defensive wrestler's legs or torso are controlled, and the majority of the weight is supported by the hands beyond reaction time.
 - B. The defensive wrestler's legs or torso are controlled without the majority of the wrestler's weight supported by the hands touching the mat beyond reaction time.
 - C. One or both knees of the defensive wrestler are touching the mat beyond reaction time.
 - D. All of the above.
45. Which of the following is penalized as a technical violation without a warning?
- A. Intentionally going out of the wrestling area to avoid an imminent scoring situation.
 - B. Locked hands.
 - C. Reporting to the scorer's table not properly equipped.
 - D. All of the above.
46. A wrestler that pushes or pulls the opponent out of bounds in the neutral position is penalized for:
- A. False start.
 - B. Delay of match.
 - C. Misconduct.
 - D. Stalling.
47. A wrestler who reports to the scorer's table not properly equipped will be charged with:
- A. Misconduct.
 - B. Flagrant misconduct.
 - C. Technical violation.
 - D. Recovery time.
48. Bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being give choice of position at the start of the ultimate tiebreaker.
- A. True
 - B. False
49. Biting is an act of:
- A. Misconduct.
 - B. Unsportsmanlike conduct.
 - C. Disrespect.
 - D. Flagrant misconduct.

50. Flagrant misconduct on the part of coaches or other team personnel are acts which _____.
- A. the referee considers serious enough to remove the offender from the premises
 - B. can occur prior to, during, or after a match, including the use of tobacco products
 - C. All of the above
 - D. None of the above
51. In a pinning situation, portions of both scapulae of the defensive wrestler may be:
- A. Inbounds for a fall to occur.
 - B. Out of bounds for a fall to occur.
 - C. Held in continuous contact with the mat for a full two seconds for a fall to occur.
 - D. All of the above.
52. It is not bad time when a wrestler is not given the choice of position after the two-point stalling penalty.
- A. True
 - B. False
53. Near-fall points or a fall may be earned when:
- A. Supporting points of the offensive wrestler are in bounds.
 - B. Both shoulders or both scapulae of the defensive wrestler are in bounds.
 - C. Supporting points of either wrestler are in bounds.
 - D. All of the above.
54. Near fall points or a fall may be earned when:
- A. Supporting points of the offensive wrestler are in bounds.
 - B. Both shoulders or both scapulae of the defensive wrestler are in bounds.
 - C. Supporting points of either wrestler are in bounds.
 - D. All of the above.
55. Near-fall points can only be earned while:
- A. Both shoulders of the defensive wrestler are inbounds.
 - B. Both scapula of the defensive wrestler are inbounds.
 - C. Supporting points of either wrestler are inbounds.
 - D. Soles of feet are out of bounds.
56. Once the offensive wrestler has assumed a legal starting position, he/she does not need to be stationary before the referee says "set."
- A. True
 - B. False

57. Recovery time is use for any wrestler injured because of:
- A. Illegal hold.
 - B. Unnecessary roughness.
 - C. False start from neutral position.
 - D. All of the above.
58. The mat area is only the wrestling mat.
- A. True
 - B. False
59. When starting the contestants in the down position, the referee shall not:
- A. Be in front of the wrestlers.
 - B. Be stationary and at an angle to the wrestlers.
 - C. Be behind the wrestlers.
 - D. Establish eye contact with the scorer's table.
60. Which is not a criterion for awarding a takedown:
- A. Majority of the defensive wrestle's weight supported by their hand(s) and touching the mat not beyond reaction time.
 - B. One or both knees of the defensive wrestler touching the mat beyond reaction time.
 - C. The defensive wrestler's hand(s) touching the mat beyond reaction time.
 - D. All of the above.
61. Wrestlers are out of bounds when:
- A. Any supporting point of either wrestler is beyond the boundary line.
 - B. At least one supporting point of both wrestlers are not on or inside the boundary line.
 - C. Any supporting point of either wrestler touches the boundary line.
 - D. Three supporting points of either wrestler is within boundary line.
62. _____ 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
63. A match may be as long as seven minutes, 30 seconds.
- A. True
 - B. False
64. All points during bad time are canceled.
- A. True
 - B. False

65. At the meeting with the captains, prior to the start of a dual meet, the team winning the disk flip may choose either the odd or even matches or may defer the choice.

- A. True
- B. False

66. Each match in a tournament shall be six minutes in length.

- A. True
- B. False

67. 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.

68. 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.

69. When possible, the referee should award points on the edge-of-the-mat calls before blowing the whistle for out of bounds.

- A. True
- B. False

70. 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.

71. When the timekeeper makes an error or the clock fails to start when the referee indicates time is to begin, the referee is to make a judgment concerning the amount of time that should have been consumed.

- A. True
- B. False

72. A double arm bar from the front, with the hands locked under the armpit, is illegal.

- A. True
- B. False

73. A front flip and or front hurdle over an opponent in the standing position is:
- A. A technical violation.
 - B. Stalling.
 - C. Unsportsmanlike conduct.
 - D. Illegal.
74. Illegal holds /maneuvers include:
- A. Straight back salto, straight-back suplay.
 - B. Grasping clothing.
 - C. Interlocking or overlapping hands.
 - D. Leaving the wrestling area.
75. The referee shall promptly stop all holds that are being used for punishment.
- A. True
 - B. False
76. What action is not considered flagrant misconduct:
- A. Biting an opponent.
 - B. Failure to keep shoulder straps up while on the mat.
 - C. Tobacco product usage.
 - D. Striking an opponent.
77. Which action is not unsportsmanlike conduct:
- A. Hand(s) in eye(s).
 - B. Swearing.
 - C. Indicating displeasure with a call.
 - D. Throwing ear guards.
78. Fleeing the mat occurs when a wrestler:
- A. Goes out of wrestling area during a non-scoring situation.
 - B. Goes out of wrestling area to avoid an imminent scoring situation.
 - C. Goes out of wrestling area after near fall points have been earned.
 - D. When shoelaces are not secured.
79. Going out of the wrestling area by either wrestler as a means of avoiding an imminent scoring situation is a:
- A. Illegal hold.
 - B. Stalling.
 - C. Technical Violation.
 - D. Unsportsmanlike Conduct.

80. If a wrestler's third penalty is stalling, his or her opponent will have choice of position on the next restart and will also be awarded two match points.

- A. True
- B. False

81. It is a stalemate if neither wrestler can improve his/her position.

- A. True
- B. False

82. It is stalling in the neutral position when a wrestler continually avoids contact with his opponent.

- A. True
- B. False

83. The defensive wrestler is stalling when overpowered.

- A. True
- B. False

84. The match is always stopped when penalizing either wrestler for stalling.

- A. True
- B. False

85. The removal of the ear guards is always considered delaying the match.

- A. True
- B. False

86. How many time-outs are allowed in the same match for the appropriate health-care professional(s) to evaluate an injury to the head and neck involving cervical column and/or nervous system:

- A. 1.
- B. 2.
- C. 3.
- D. Unlimited.

87. When an appropriate health-care professional(s) is present, he or she can extend the allowed injury time to a maximum of _____ 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.

88. Who is allowed to request extended injury time to evaluate an injury to the head and neck including cervical column or central nervous system:

- A. The mat official.
- B. The coach.
- C. A present appropriate health-care professional.
- D. The injured wrestler.

89. Blood time shall not exceed a maximum of _____ cumulative minutes.
- A. 1
 - B. 2
 - C. 5
 - D. 2 1/2
90. If a wrestler is accidentally injured and is unable to continue the match, the opponent shall be awarded the match by default.
- A. True
 - B. False
91. If a wrestler is injured by an illegal hold and bleeding occurs and the injured wrestler cannot continue after using five minutes of blood time, the match will be defaulted to the injured wrestler.
- A. True
 - B. False
92. If a wrestler requests an injury time-out and the referee believes there is no injury, the referee may deny the request.
- A. True
 - B. False
93. The following is not a concussion symptom:
- A. Loss of consciousness.
 - B. Bloody nose.
 - C. Headache.
 - D. Dizziness.
94. The following person cannot be overruled when it has been determined that a wrestler should not participate:
- A. The wrestler.
 - B. The opponent.
 - C. The mat timekeeper.
 - D. On-site meet appropriate health-care professional.
95. The number of blood time-outs is left to the discretion of:
- A. the referee.
 - B. the coach.
 - C. the wrestler.
 - D. the onsite meet appropriate health-care professional.
96. There is a limit of _____ time-outs for injury.
- A. three
 - B. one
 - C. four
 - D. two

97. Time required to correct illegal equipment is counted as:

- A. Referee's time-out.
- B. Bad time.
- C. Injury time.
- D. Recovery time.

98. When a designated, on-site, appropriate health-care professional rules that a wrestler may continue to compete following an injury, the wrestler's coach may overrule.

- A. True
- B. False

99. When an appropriate health-care professional(s) is present, he or she can extend the allowed injury time to a maximum of _____ 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.

100. How many time-outs are allowed in the same match for the appropriate health-care professional(s) to evaluate an injury to the head and neck involving cervical column and/or nervous system:

- A. 1.
- B. 2.
- C. 3.
- D. Unlimited.