



2023-24 NFHS Wrestling Exam Part II

1. Video recording is authorized unless:
 - A. Both coaches do not agree.
 - B. Prohibited by the state high school association.
 - C. Prohibited by the host school.
 - D. Both B and C.

2. The random draw shall take place:
 - A. After all wrestlers have weighed in.
 - B. Only if coaches don't want to start at 106 pounds.
 - C. Immediately preceding weigh-ins.
 - D. None of the above.

3. A series of matches in each of the NFHS weight classes in which each member of the team advances independently in the bracket based on that individual's results would be:
 - A. Combination Tournaments.
 - B. Team Advancement Tournaments.
 - C. Individually Bracketed Tournaments.
 - D. None of the above.

4. 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.

5. The person responsible for verifying that all wrestlers competing are properly groomed, in proper uniform and properly equipped in a tournament shall be:
 - A. The official scorer.
 - B. The referee.
 - C. The competitor.
 - D. The head coach.

6. 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.

7. Wrestlers must have a minimum of _____ rest between matches.
- A. 30 minutes
 - B. 45 minutes
 - C. 15 minutes
 - D. 25 minutes
8. 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.
9. Team A's wrestler weighs in at 105 pounds and qualifies for the 106-pound and 113-pound weight classes. Team B doesn't have a 113-pound wrestler and Team A doesn't have a 120-pound wrestler. Both wrestlers receive forfeits and then the coaches want them to wrestle in an exhibition match at 120 pounds. Is this permissible:
- A. Yes, if both coaches agree.
 - B. No, unless both parents agree.
 - C. Yes, if the athletic trainer feels it is safe.
 - D. No, a wrestler cannot compete in more than one weight class above the actual weight.
10. On Friday, Wrestler A wrestled five matches at a two-day, multi-dual meet. The following day, what is the maximum number of matches Wrestler A is allowed to wrestle:
- A. 6
 - B. 5
 - C. 4
 - D. None of the above
11. The state high school association's weight-control program shall require each wrestler to establish:
- A. A certified maximum weight.
 - B. A certified concussion test.
 - C. A certified minimum weight.
 - D. None of the above.
12. A mat must have the shock-absorbing qualities of at least:
- A. 2 inches per PVC.
 - B. 1 inch per PVC.
 - C. 3 inches per PVC.
 - D. 4 inches per PVC.
13. At the center of the mat there shall be a _____ circle, indicated by a 2-inch line.
- A. 6-foot
 - B. 8-foot
 - C. 10-foot
 - D. 12-foot

- 14 . Starting lines in the middle of the wrestling mat shall be ___ inch/inches wide.
- A. 4
 - B. 3
 - C. 2
 - D. 1
- 15 . In a tournament the restricted zone shall be no closer than 5 feet from the edge of the:
- A. mat.
 - B. scorer's table.
 - C. team benches.
 - D. circle.
- 16 . During a tournament, the coach of Team B requests to have two coaches and a stat person in the corner. Is this allowable:
- A. Yes, provided the stat person doesn't coach.
 - B. Yes, provided the opposing team agrees.
 - C. No, only two team personnel are allowed in the corner.
 - D. No. unless approved by the tournament manager.
- 17 . 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.
- 18 . The referee's jurisdiction in a tournament ends _____.
- 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.
- 19 . 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.

- 20 . The referee arrives five minutes before the start of the dual meet. The visiting team informs the referee that skin checks were not performed. The wrestlers have warmed up and the dual meet is ready to begin. The referee addresses this issue in this manner:
- A. The referee will ask the coaches to verify if anyone has any skin issues. If the answer is no, then the referee will start the dual meet.
 - B. The referee will ask each contestant if he or she has any skin issues. If the answer is no, then the referee will start the dual meet.
 - C. The referee will have each team return to the locker room. The referee or appropriate health-care professional will perform the skin check. The dual meet will start after conclusion of the skin check.
 - D. The referee will start the dual meet without skin checks because the dual meet must start at the scheduled time.
- 21 . Before a tournament begins each day, who will review the signals and procedures with the scorers and timekeeper:
- A. The referee.
 - B. The tournament manager.
 - C. The head coach.
 - D. The assistant coach.
- 22 . 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.
- 23 . The assistant referee will be granted the same mobility as the referee and will assist the referee in:
- A. Talking with coaches during matches.
 - B. Making calls.
 - C. Explaining calls to scorers and timekeepers.
 - D. All of the above.
- 24 . The assistant referee can help the referee with all situations except when _____.
- A. calling a fall.
 - B. at the end of the match to observe both wrestlers and coaches.
 - C. on an out-of-bounds call.
 - D. observing and calling technical violation.
- 25 . The assistant referee may use which signal during a match:
- A. Locking hands or grasping of clothing.
 - B. Out-of bounds.
 - C. Illegal hold.
 - D. Potentially dangerous.

- 26 . 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.
- 27 . Which uniform requires a sports bra that completely covers the breasts?
- A. A one-piece singlet.
 - B. A form-fitted shirt.
 - C. Neither uniform.
 - D. Both A and B.
- 28 . 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.
- 29 . At any time the use of _____ or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.
- A. sweat boxes
 - B. hot showers
 - C. whirlpools
 - D. All of the above.
- 30 . 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 tube socks.
 - D. All of the above.
- 31 . Bad time is when:
- A. A wrestler is in a wrong position.
 - B. The wrong wrestler is given his or her choice to start the third period.
 - C. A choice is not given after the second injury time-out or after two-point stalling.
 - D. All of the above.
- 32 . The following cannot be voided if occurred during bad time:
- A. Head/Neck/Cervical Column time-out.
 - B. Injury time.
 - C. Technical violations.
 - D. Stalling.

- 33 . When awarding an escape at the edge of the mat, the referee shall stop the match if:
- A. There is no action after a five-second count.
 - B. There is no action.
 - C. There is no action after a three-second count.
 - D. None of the above.
- 34 . When awarding an escape how many supporting points are required to be in-bounds?
- A. One total.
 - B. Two supporting points of either wrestler.
 - C. One supporting point of each wrestler for a total of two.
 - D. Both B & C.
- 35 . The official is holding three points for a near fall when wrestling is stopped because the defensive wrestler committed unnecessary roughness. What points will the official award:
- A. Two points for unnecessary roughness and three points for the near fall.
 - B. One point for unnecessary roughness and three points for the near fall.
 - C. One point for unsportsmanlike conduct and three points for the near fall.
 - D. One point for unnecessary roughness and four points for the near fall.
- 36 . The referee has reached a five-second near-fall count and the defensive wrestler applies an illegal hold/maneuver. The referee will be awarding _____ near-fall plus penalty point(s) to the offensive wrestler when the match is stopped.
- A. 5 point
 - B. 4 point
 - C. 3 point
 - D. 2 point
- 37 . Wrestler B has Wrestler A in a near-fall situation for five seconds. Wrestler A grabs the ear guards of Wrestler B in an attempt to avoid being pinned. The referee notices the violation but does not stop the match. How many points will Wrestler B receive when the situations ends:
- A. Point(s) for technical violation and four points for near fall.
 - B. Point(s) for technical violation and three points for near fall.
 - C. Point(s) for illegal hold and three points for near fall.
 - D. Point(s) for illegal hold and four points for near fall.
- 38 . In a dual meet, the referee stops the match when the wrestler on top cries out in pain. The top wrestler indicates he was bitten and shows the referee his arm with both upper and lower teeth marks visible. What is the proper procedure and ruling?
- A. Assess an unsportsmanlike penalty against the bottom wrestler and award the top wrestler a match point.
 - B. Charge the bottom wrestler with unnecessary roughness and penalize that wrestler one team point.
 - C. Charge the bottom wrestler with flagrant misconduct and award the match to the top wrestler with no other penalty assessed.
 - D. Charge the bottom wrestler with flagrant misconduct, award the match by disqualification to the top wrestler, and deduct three team points from the team of the penalized wrestler.

- 39 . 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.
- 40 . Regular matches in dual meets or tournament championship competition shall be _____ in length.
- A. Five minutes
 - B. Four minutes
 - C. Six minutes
 - D. Two minutes
- 41 . The first period of a consolation match may be _____.
- A. One or three minutes in length.
 - B. One or two minutes in length.
 - C. One or four minutes in length.
 - D. One or five minutes in length.
- 42 . A team intentionally delaying its appearance to the mat area beyond five minutes of the established dual meet starting time, shall be penalized _____.
- A. one team point.
 - B. two team points.
 - C. three team points.
 - D. five team points.
- 43 . In matches involving wrestlers with visual impairments, the _____ method shall be used in the neutral position and initial contact shall be made from the front.
- A. head-touching
 - B. one-hand
 - C. closed-fist
 - D. finger-touch
- 44 . Head/Neck/Cervical Column time-out is not an extension of:
- A. Injury time.
 - B. Recovery time.
 - C. Blood time.
 - D. All of the above.

- 45 . If the required protective ear guard is misplaced, the referee is authorized to stop the match as follows:
- A. In the neutral position, when no takedown is in progress, the match may be stopped as soon as the ear guard is displaced.
 - B. If the wrestler is being placed at a disadvantage because the misplaced ear guard is covering the eyes, nose, mouth or is causing choking, the match shall be stopped so that the proper adjustment may be made.
 - C. The referee shall stop the match in all other situations, only when there is no significant action taking place.
 - D. All of the above.
- 46 . Wrestler B executes a straight back suplay against Westler A. The referee awards points:
- A. Two-point takedown for Wrestler B.
 - B. One-point illegal hold for Wrestler A.
 - C. Two-point takedown for Wrestler B; one-point illegal hold for Wrestler A.
 - D. Two-point takedown for Wrestler B; three-point illegal hold for Wrestler A.
- 47 . The coach of Wrestler A approaches the scorer's table to talk to the referee. The coach informs the referee that Wrestler B should be penalized for grasping only one finger of Wrestler A's hand. How should this be scored:
- A. One-point illegal hold - grasping of one finger for Wrestler A.
 - B. Two points total - one point for match stoppage and one point for illegal hold.
 - C. Zero points - grasping of thumb; one, two or three digits is not illegal. It is illegal if the fingers are pulled back against the joint.
 - D. Zero points - grasping of finger is not illegal unless wrestler is hurt.
- 48 . Wrestler A has applied the Nelson Cradle to Wrestler B. The referee should score the move the following way:
- A. The referee will stop the match for potentially dangerous hold.
 - B. The referee will award one point to Wrestler B for technical violation.
 - C. The referee will award Wrestler A three points for near-fall.
 - D. Wrestler B will be awarded one point for illegal hold.
- 49 . A contestant reporting to the scorer's table, not properly equipped, or not ready to wrestle or any equipment that is detected as being illegal after the match has started is:
- A. Disqualification.
 - B. Misconduct.
 - C. Technical violation.
 - D. Flagrant misconduct.
- 50 . It is stalling when either wrestler's shoelaces:
- A. Become unsecured during the match.
 - B. Become undone/untied during the match.
 - C. Become untied during the match.
 - D. Become a hindrance to the wrestler.