



2022-23 NFHS Wrestling Exam I

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. 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.

3. 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.

4. In dual-meet competition a school may be represented by only:
 - A. Two wrestlers in each weight class.
 - B. One wrestler in each weight class.
 - C. Three wrestlers in each weight class.
 - D. As many wrestlers that the coach selects in each weight class.

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

6. Prior to the meet, the head coach shall verify that all wrestlers will:
 - A. Be in proper uniform, properly groomed, properly equipped and ready to wrestle.
 - B. Ready to wrestle, properly groomed only.
 - C. Properly equipped, in proper uniform only.
 - D. Report to the mat when called.

7. The random draw is supervised by:
- A. The referee.
 - B. The coaches after weigh-ins are concluded.
 - C. Other authorized personnel.
 - D. Both A & C.
8. Video recording of a match is authorized unless prohibited by the:
- A. NFHS.
 - B. NCAA.
 - C. State high school association.
 - D. Tournament manager.
9. At the center of the mat shall be a:
- A. 9-foot circle.
 - B. 8-foot circle.
 - C. 10-foot circle.
 - D. No circle is required.
10. 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.
- A. two
 - B. three
 - C. four
 - D. None of the above.
11. During tournament competition, coaches are allowed to:
- 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.
12. Scales used for weigh-ins shall be certified:
- A. Never.
 - B. Twice a year.
 - C. Annually.
 - D. Monthly.
13. Starting lines, 1-inch wide shall be:
- A. Omitted.
 - B. Placed at the side of the mat.
 - C. Placed anywhere on the mat.
 - D. Placed at the center of the mat.

14. Surrounded and secured to the wrestling area of the mat shall be a safety mat area approximately:

- A. 1-foot wide.
- B. 2 feet wide.
- C. 3 feet wide.
- D. 5 feet wide.

15. The mat area includes:

- A. The wrestling mat.
- B. The team benches.
- C. The scorer's table.
- D. All of the above.

16. The scorer's table shall be large enough to accommodate the:

- A. Official timekeeper.
- B. Head scorer.
- C. Visiting team's scorer.
- D. All of the above.

17. The two 3-foot lines shall be connected by: a

- 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.

18. The wrestling area of the mat shall be a circular area a minimum of _____

- A. 50 feet in diameter.
- B. 40 feet in diameter.
- C. 28 feet in diameter.
- D. 24 feet in diameter.

19. The wrestling area shall be marked by _____ painted lines.

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

20. The wrestling mat shall be of uniform thickness not more than:

- A. 2 inches thick.
- B. 3 inches thick.
- C. 5 inches thick.
- D. 4 inches thick.

21. Wrestlers shall weigh in on scales provided by the:
- A. Home management.
 - B. Visiting team.
 - C. Local association.
 - D. None of the above.
22. A type of time-out that is used to correct legal equipment which becomes illegal through use is called:
- A. Injury time.
 - B. A referee's time-out.
 - C. Blood time.
 - D. Bad time.
23. 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?
- A. The head coach.
 - B. The assistant coach.
 - C. The tournament manager.
 - D. The referee.
24. 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.
25. Before the dual meet begins, who will clarify rules to coaches and contestants upon request?
- A. Home school administrator.
 - B. The referee.
 - C. The scorer.
 - D. The timekeeper.
26. 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.
27. 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.

28. 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
29. The _____ has full control of the match on matters of judgment.
- A. Referee
 - B. Home team's administrator
 - C. Scorekeeper
 - D. Official timer
30. The assistant referee should assist the referee when observing interlocking hands or grasping of clothing by:
- A. Informing both coaches verbally.
 - B. Informing the scorers verbally.
 - C. Giving the proper signal and informing the referee of the infraction.
 - D. Giving the signal for illegal hold and informing the referee.
31. The red and green armbands shall be worn:
- A. Red on right wrist, green on left wrist.
 - B. Red and green on each wrist.
 - C. Green on right wrist, red on left wrist.
 - D. This is left to the discretion of the referee.
32. The referee and the assistant referee should meet to discuss their point of disagreement at which location?
- 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.
33. The referee shall have which accessories:
- A. Black lanyard.
 - B. Black whistle.
 - C. Kit to conduct random draw.
 - D. All of the above.
34. The referee shall penalize for infractions explained in Rules 7 and 8:
- A. If the coaches agree.
 - B. Without hesitation.
 - C. If required by the host school and administration.
 - D. After reviewing video replay.

35. 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.
36. The referee should award points on the edge of the mat, before sounding the whistle:
- A. Always.
 - B. Never.
 - C. Sometimes.
 - D. When possible.
37. The referee will meet with head coaches and captains before _____.
- A. The tournament begins.
 - B. The teams warm-up.
 - C. The semifinal round.
 - D. The dual meet begins.
38. 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.
39. When making decisions related to the match, the referee shall not use:
- A. The scorer.
 - B. The timekeeper.
 - C. TV monitoring, replay or other video equipment.
 - D. The assistant referee.
40. Who is responsible for deciding legality of equipment, mats and uniforms?
- A. The host schools.
 - B. The athletic trainer.
 - C. The referee.
 - D. The host school athletic director.
41. 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

42. 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 hour
 - C. 48 hours
 - D. None of the above.
43. 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.
44. During weigh-ins, meet administration may deduct the following amount of weight from any wrestler who wears socks or sports bra (female wrestlers) during the weigh-in:
- A. 0.2 pounds
 - B. 0.0 pounds
 - C. 0.1 pounds
 - D. 0.3 pounds
45. All wrestlers shall weigh-in wearing:
- A. Suitable undergarments (sports bra for female wrestlers).
 - B. Legal uniform.
 - C. Shoes and ear guards.
 - D. Both A and B.
46. Wrestler A reports to the skin-check area with facial hair. Is Wrestler A allowed to compete?
- A. No, facial hair is not allowed.
 - B. Yes, if the facial hair is a length that either the referee or a designated on-site appropriate health-care professional can view the skin.
 - C. Yes, if the facial hair is trimmed to a length that either the referee or a designated on-site appropriate health-care professional can view the skin. The wrestler can also choose not to trim facial hair and wear a mask.
 - D. B and C
47. 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 a referee's time-out to address the shoe.

48. 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.

49. A flagrant misconduct will be awarded if a wrestler:

- A. Uses tobacco.
- B. Locks hands 3 times.
- C. False starts 4 times.
- D. Stalls for more than 2 minutes.

50. A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of his/her body:

- A. On the boundary line.
- B. Off the mat.
- C. Inbounds.
- D. None of the above.

Video Question 51` Link - - <https://nfhs.box.com/s/dj8xjmwzddtoqrkweikt8mmghvr5h7x>

51. This figure four can continue: (video)

- A. Figure Four around one leg with no 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.

Video Question 52 Link - - <https://nfhs.box.com/s/hh6owth77txrs9b3wisx5m6fybrbt4dx>

52. The legal Chicken Wing and Half Nelson become: (video)

- A. An illegal hold.
- B. A technical violation.
- C. An unsportsmanlike conduct.
- D. A potentially dangerous hold.

Video Question 53 Link - - <https://nfhs.box.com/s/dw1mywfcglslqz9nzynsh0r7643wm32>

53. 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.

Video Question 54 Link - - <https://nfhs.box.com/s/uuxtpjxu4aeeg0p7iqj1uy3hl5z20uv8>

54. After an official's conference, which best describes why the Red wrestler earns a two-point takedown: (video)

- A. Green wrestler was in a near-fall situation.
- B. Red wrestler had both control of his opponent upon contact out of bounds and both toes/feet were down on mat.
- C. Green wrestler gave up the score because he stopped wrestling.
- D. After the throw, Green wrestler landed out of bounds.

Video Question 55 Link - - <https://nfhs.box.com/s/9ghuu0nxpiaqsnmfbylb7oa2uhqxmet7>

55. Describe what violation the referee is addressing: (video)

- A. Warning: stalling Red wrestler, backing out of the competition circle.
- B. Caution: Green wrestler, false start.
- C. Red wrestler backing out of the competition circle.
- D. Both A & C above.