

2025-26 LHSAA Wrestling Study Guide

Question Position	Question	Answer 1	Answer 2	Answer 3	Answer 4	Rule Reference
1	A match is a competition between two wrestlers who are:	The same age.	The same grade in school.	Nearly equal weight as possible.	None of the above	1-1-1
2	Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to:	Individual participants with disabilities.	Individual participants with special needs.	Individuals with unique and extenuating circumstances.	All of the above.	1-1-2
3	A series of matches, one in each of the NFHS weight classes, constitutes a:	Tournament.	Scrimmage.	Dual meet.	Practice.	1-2-1
4	State associations have the following options for selecting a starting weight in a dual meet:	Random draw.	Lowest weight to heaviest weight.	Heaviest weight to lowest weight.	A and B.	1-2-2
5	In a boys' multi-dual event, the random draw for round one was 132 pounds. In round two, the weight classes will begin with the _____ weight class.	138-pound	126-pound	144-pound	150-pound	1-2-2

6	Prior to the meet, the head coach shall verify that all wrestlers will:	Be in proper uniform, properly groomed, properly equipped and ready to wrestle.	Ready to wrestle, properly groomed only.	Properly equipped, in proper uniform only.	Report to the mat when called.	1-2-4
7	A series of matches in each of the NFHS weight classes in which advancement and/or results are based upon the team's collective results:	Individually bracketed tournaments.	Team advancement tournaments.	Combination tournaments.	None of the above.	1-3-2
8	The person responsible for verifying that all wrestlers competing are properly groomed, in proper uniform and properly equipped in a tournament shall be:	The official scorer.	The referee.	The competitor.	The head coach.	1-3-5
9	A contestant shall not accept a forfeit in one weight class and compete in:	A tournament the next day.	A dual the next day.	Any event.	Another weight class.	1-4-5

10	Each individual state high school association shall develop and utilize a special weight-control program which will discourage:	Forfeits.	Excessive weight reduction.	Excessive weight increase.	Poor eating habits.	1-5-1
11	A mat must have the shock-absorbing qualities of at least:	2 inches per PVC.	1 inch per PVC.	3 inches per PVC.	4 inches per PVC.	2-1-1
12	The wrestling area of the mat shall be a circular area with a minimum of _____ in diameter.	22 feet	24 feet	26 feet	28 feet	2-1-2
13	Starting lines, 1-inch wide shall be:	Omitted.	Placed at the side of the mat.	Placed anywhere on the mat.	Placed at the center of the mat.	2-1-4
14	The two 3-foot lines shall be connected by: a	1-inch green line on both ends.	2-inch green line on both ends.	1-inch red line on both sides.	1-inch red line on one end and 1-inch green line on opposite end.	2-1-4
15	The team bench in dual meets should be at least _____ feet from the wrestling mat where facilities permit.	5	10	12	15	2-1-5
16	Scales used for weigh-ins shall be certified:	Never.	Twice a year.	Annually.	Monthly.	2-4-2

17	The referee shall have which accessories:	Black lanyard.	Black whistle.	Kit to conduct random draw.	All of the above.	3-1-1
18	The referee's jurisdiction begins:	30 minutes before the meet starts.	45 minutes before the meet starts.	Upon arrival at the site.	60 minutes before the meet starts.	3-1-3
19	Before the dual meet begins, skin checks will be performed by the referee, if not performed by:	Skin checks are only required if skin note is presented.	The visiting coaches.	The home team coaches.	Designated on site appropriate health-care provider.	3-1-4a
20	When possible, the referee should award points on the edge of the mat calls:	Before sounding the whistle, and giving the hand signal for stopping the match and out of bounds.	After sounding the whistle, and giving the hand signal for stopping the match and out of bounds.	Prior to the re-start.	Only after consultation with the assistant referee.	3-1-8
21	The referee shall stop potentially dangerous holds/maneuvers:	Immediately.	If they become illegal.	After contestant is hurt.	If possible before it reaches a dangerous state.	3-1-11
22	The referee should notify the coach and/or wrestlers during injury, blood, HNC or recovery time at the _____ of the remaining time left.	30-second and 15-second marks	1-minute and 30-second marks	45-second and 30-second marks	2-minute and 1-minute marks	3-1-14

23	The assistant referee should assist the referee when observing interlocking hands or grasping of clothing by:	Informing both coaches verbally.	Informing the scorers verbally.	Giving the proper signal and informing the referee of the infraction.	Giving the signal for illegal hold and informing the referee.	3-2-2d
24	If the assistant referee disagrees with the referee, the following should occur:	The assistant should bring it to referee's attention immediately.	The assistant will bring it up in the locker room.	The assistant will not have an opinion.	The assistant must go to scorer's table and discuss in confidence.	3-2-2e
25	The timekeeper is responsible for:	Recording the completion time of matches.	Recording the accumulated time-outs for injury and blood time, head, neck, cervical column injuries.	Recording points scored by each contestant when signaled by the referee.	None of the above.	3-4-1b
26	Which of the following is permitted to be displayed on a wrestler's uniform top?	The player's name and a promotional advertisement.	The school's logo and the manufacturer's logo (measuring 3 square inches).	The mascot and the player's name.	The weight classification and multiple manufacturer logos.	4-1-2
27	The maximum allowable size for a single manufacturer's logo on a wrestling uniform is:	4 square inches	2 1/4 square inches	3 square inches	2 1/2 square inches	4-1-2

28	A manufacturer's logo can appear on each item of the wrestling uniform apparel _____.	Unlimited times, as long as the size restriction is met.	A maximum of two times.	Only one time.	Not at all; manufacturer logos are prohibited.	4-1-2
29	A suitable undergarment for a female:	Covers the buttocks only.	Covers the groin area only.	Completely covers the buttocks, groin area and breasts.	None of the above.	4-1-1a
30	A suitable undergarment shall be worn under:	One-piece singlet only.	Shorts designed for wrestling, one-piece singlet and compression shorts.	Shorts designed for wrestling only.	Light-colored uniforms only.	4-1-1b
31	When a wrestler reports to the mat wearing a leg sleeve without a pad, the official must:	Award one penalty point.	Do nothing - leg sleeve without a pad is legal.	Have the athlete remove the sleeve.	None of the above.	4-3-5
32	A wrestler comes to the mat wearing long socks and a leg sleeve touching one another. The official will:	Award a technical violation.	Start injury time.	Do nothing, no violation.	Assess an unsportsmanlike conduct penalty.	4-3-5
33	A caution is given to a contestant who:	Applies an illegal move.	Slams his or her opponent.	Assumes an incorrect starting position or	Bites his or her opponent.	5-4-1

34	Leading by 12 points, Wrestler A turns Wrestler B with a cradle. After Wrestler A earns a four-point near fall, Wrestler B comes out of near-fall criteria and does not break the lock of the cradle. Wrestler A immediately returns Wrestler B to near-fall position. The official:	Allows wrestling to continue for possible fall because the wrestlers remain in a pinning combination.	Stops the match and awards the near-fall points which results in a technical fall.	Awards the back points with allowing the wrestler to attempt to secure a fall.	None of the above.	5-11-2c
35	Wrestler A has 11-point advantage and earns a 4-count with a pinning combination. Wrestler B reverses Wrestler A directly to a fall position. The official calls a fall for Wrestler B. What is the ruling?	Wrestler B is awarded the fall and is the winner of the match.	Wrestler A would be declared the winner because they earned a technical fall before the reversal.	Wrestler A and B start overtime.	None of the above.	5-11-4b
36	Any hold/maneuver used to endanger life and limb is:	Potentially dangerous.	Illegal.	Unsportsmanlike conduct.	Legal.	5-14-1

37	_____ has the prerogative to default a match prior to the conclusion of wrestling.	The coach or contestant	The coach only	The contestant only	The referee only	6-4-4
38	A leg block (cut-back) is illegal when it involves:	Using the hands to grab an opponent's leg.	Leaving the feet.	Applying pressure to an opponent's thigh with the knee.	Stepping in front of an opponent's leg to impede movement.	7-1-5n
39	The illegal leg block involves using which part of the body to "cut out" an opponent's leg?	The hands or arms.	The head or shoulder.	The leg.	The elbow or knee.	7-1-5n
40	The use of a leg block (cutback) is _____.	Flagrant misconduct.	A technical violation.	An illegal hold or maneuver.	Unsportsmanlike conduct.	7-1-5n
41	Going out of the wrestling area by either wrestler as a means of avoiding an imminent scoring situation is:	Illegal hold.	Stalling.	Technical violation.	Unsportsmanlike conduct.	7-3-1
42	Which of the following is not considered locked hands while wrestling	Around the torso, including a leg only.	Around the torso, over the shoulder with the head and leg.	Around the torso, including an arm only.	All of the above.	7-3-3

43	Wrestling begins in the first period with both wrestlers apparently properly equipped. During the period, one wrestler loses his/her headgear, and the referee observes the wrestler is wearing an earring. What is the proper call to make?	Stop the match, have the wrestler remove their earring, charge the offending wrestler with unsportsmanlike conduct as they appeared on the mat improperly attired, and award a match point to the non-offending wrestler.	Stop the match, have the wrestler remove the earring and start the injury time clock which allows the wrestler 1 ½ minutes to remove the earring. Assess the head coach for unsportsmanlike conduct. Deduct 1 team point.	Stop the match, have the wrestler remove his/her earring, and charge the offending wrestler with a technical violation with one match point awarded to his/her opponent.	Stop the match, have the wrestler remove the earring and start the injury time clock which allows the wrestler 1 ½ minutes to remove the earring, and charge the wrestler a technical violation awarding one match point to the non-offending wrestler.	8-1-1
44	A technical violation occurs when:	A wrestler bites the opponent.	A wrestler punches the opponent.	A wrestler reports to the scorer's table with shoe(s) untied and not	A wrestler applies an illegal hold against the opponent.	8-1-1
45	A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper penalty:	Stop the match immediately and penalize for stalling.	Stop the match immediately and penalize for technical violation.	Allow action to continue and penalize for stalling once the situation has ended.	There is no penalty. When appropriate, stop the match, charge a referee's time-out to address the shoe.	8-1-2 Exception (2)
46	Wrestler A is the defensive wrestler and loses a shoe during the process (imminent scoring) of a reversal. What is the call:	Ignore the shoe and award the two-point reversal and let wrestling continue without stoppage.	Stop match immediately, penalize Wrestler A for stalling and put the wrestler back in the referee's position.	Award Wrestler B one point for technical violation on Wrestler A.	Award two-point reversal for Wrestler A and penalize Wrestler A for stalling.	8-1-2g

47	When a wrestler is injured, and an appropriate health-care professional(s) is present, the health-care professional will have a maximum time of _____ for evaluation of injury to head and neck involving cervical column and/or nervous system:	four minutes.	three minutes.	two minutes.	five minutes.	8-2-4b2
48	A wrestler will be awarded _____ point(s) for a takedown.	One	Three	Four	Two	9-1-2
49	_____ point(s) is/are awarded when the defensive wrestler earns an escape.	One team	Two match	Two team	One match	9-1-3
50	The official signal to indicate that the five-minute head/neck/cervical column evaluation time is to begin is:	The mat official will point to the side of their head.	The mat official will tap the front of their head with an open palm.	The mat official will tap the front of their head with a balled-up fist of either hand.	The mat official will tap the top of their head with a balled-up fist of either hand.	NFHS Signal Chart