

2021 Wrestling Study Guide



Number	Question	Answer 1	Answer 2	Answer 3	Answer 4	Correct Answer	Rule Reference
1	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
2	Each team shall designate a captain or captains:	Prior to weigh-ins.	After the first match begins.	Prior to the beginning of the meet.	None of the above.		1-2-3
3	For health and safety reasons, the state association's weight-control program shall require:	Hydration testing.	Concussion testing.	Flexibility testing.	Endurance testing.		1-5-2
4	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	All of the above.		1-2-4, 1-3-5
5	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.	5.	10.	8.	15.		2-2-1
6	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.	5 feet	10 feet	15 feet	20 feet		2-1-5, 5-16
7	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
8	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
9	A wrestler is allowed to weigh-in wearing socks and must abide by the following regulation:	The socks must be low-cut and may be removed at any point during the weigh-in.	The height of the socks must be a minimum of 6 inches above the ankle.	The socks shall be unadorned and a single solid color.	There is no length requirement for the length of socks. However, socks cannot be removed or added if the wrestler does not make weight.		4-5-7
10	After a failed attempt to make weight, an athlete may:	Drink fluids to gain weight.	Immediately step back on the scale.	Shave or cut any hair on the body or head area.	Remove an article of clothing.		4-5-3
11	All contestants wearing a one-piece singlet shall wear:	A tight-fitting, long-sleeved shirt.	A loose-fitting t-shirt.	A school-issued, tight-fitting, long-sleeved shirt.	Suitable undergarment that completely covers the groin and buttocks.		4-1-1a

12	Any undergarment which extends beyond the inseam of a one-piece singlet shall be:	A single solid color.	Form-fitting and may extend below the knee.	Loose-fitting and shall not extend below the knee.	Tight-fitting and shall not extend below the knee.		4-1-1a
13	Certain action(s) are prohibited during time off scale if a wrestler doesn't make weight on the first attempt. They include:	Immediately stepping back on the first scale.	Weight loss or weight gain activity.	Immediately stepping on each available scale.	All of the above.		4-5-3
14	During a match, a wrestler shall not wear:	Arm sleeve(s) that do not contain a pad.	Leg sleeve(s) that do not contain a pad.	Wristbands.	All of the above.		4-3-5
15	How many manufacturer's logos/trademarks/references can appear on a wrestling ear guard:	1.	2.	3.	4.		4-1-4
16	If the wrestler's wrestling shoes have shoelaces that are visible, the laces shall be secured in which fashion:	Tucking the shoelaces inside the shoes.	Single-knotting the shoelaces.	Any method the wrestlers feel is comfortable.	Double-knotting the shoelaces.		4-1-3
17	Shorts designed for wrestling may be worn:	Over compression shorts.	Under a singlet only.	Over a singlet only.	Only with a tight-fitting compression shirt.		4-1-1b
18	Team A has wrestlers wearing different combinations of uniforms. Which combination is not a compliant uniform:	A one-piece singlet with compression shorts worn underneath the singlet.	A one-piece singlet with shorts designed for wrestling worn on top of the singlet.	A form-fitted compression shirt with full-length tights (with stirrups) worn underneath shorts designed for wrestling.	A form-fitted compression shirt worn on top of a singlet.		4-1-1a-c
19	The coach and wrestler can use electronic device to communicate during match, when:	When gym area is very loud.	If meet is being recorded.	Never.	If referee permits.		4-3-6
20	The legal hair covering may have:	Two logos 2¼ square inches including promotional reference.	One logo 2¼ square inches and no additional promotional reference.	One logo 2½ square inches and no additional promotional reference.	One logo 3 square inches and no additional promotional reference.		4-1-2
21	When giving advanced notice concerning weight allowance, acceptable school staff can be:	Coach, homeroom teacher or trainer.	School board member.	Coach, principal or athletic director.	Team scorer, trainer or timekeeper.		4-5-5
22	Which is considered a legal hair-control device:	Bobby Pin(s).	Rubber band(s).	Beads.	Scrunchie(s).		4-2-1
23	Which is not allowable under a one-piece uniform?	Full-length tights with stirrups.	Compression shorts.	One-legged full length tight.	All of the above.		4-1-1
24	Which is not considered special equipment:	Socks.	Knee pads.	Face mask.	Ear guards.		4-1-4, 4-3-1a, b
25	Wrestling ear guards may contain manufacturer's logo/trademark/reference that can be no more than:	2 1/2 square inches.	2 1/4 square inches.	2 1/3 square inches.	2 1/8 square inches.		4-1-4
26	A default is awarded when one of the wrestlers:	Fails to make weight.	Is disqualified from the match.	Fails to appear for the match.	Is unable to continue for any reason.		5-7

27	A near-fall occurs when the offensive wrestler has control of the opponent in a pinning situation:	When near-fall criteria are met for a period of two seconds or longer.	If the defensive wrestler is injured or bleeding occurs in an imminent near-fall situation or before the two-point near-fall criteria of a two count have been met.	If the defensive wrestler is injured or bleeding occurs after the two-point near-fall criteria of a two count have been met and before the three-point near-fall criteria of a five count have been earned.	All of the above.		5-11-2, 5-11-2f, 5-11-2g
28	A takedown shall be awarded when:	The defensive wrestler's legs or torso are controlled, and the majority of the weight is supported by the hands beyond reaction time.	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.	One or both knees of the defensive wrestler are touching the mat beyond reaction time.	All of the above.		5-25-2
29	A wrestler that backs off the mat out of bounds in the neutral position is penalized for:	Stalling.	False start.	Misconduct.	Unsportsmanlike conduct.		5-24-3e
30	If a wrestler is injured from a false start in the neutral position, he/she is entitled to recovery time of:	2 minutes.	1 minute.	90 seconds.	30 seconds.		5-28-3
31	A wrestler that pushes or pulls the opponent out of bounds in the neutral position is penalized for:	False start.	Delay of match.	Misconduct.	Stalling.		5-24-3f
32	A wrestler who reports to the scorer's table not properly equipped will be charged with _____ and will be placed on injury time to correct the situation:	Misconduct.	Flagrant misconduct.	Technical violation.	Recovery time.		5-27e, 8-1-1
33	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 (or one supporting point of each wrestler) supporting points of either wrestler are inbounds.	escape	reversal	takedown	fall		5-10, 5-15-1
34	Any hold/maneuver that restricts breathing or circulation is:	Unsportsmanlike conduct.	Potentially dangerous.	Illegal.	Legal.		5-14-2
35	Awarding of points is determined by _____.	control	head coach	scorekeeper	disqualification		5-6-3
36	Bad time involves time that occurred:	When the wrong wrestler was given choice at start of second period.	On next restart after opponent receives one-point stalling penalty.	When a clock should have been stopped at the end of a period.	After opponent has taken first injury time-out.		5-1-2a
37	Any hold/maneuver used to endanger life and limb is:	Potentially dangerous.	Illegal.	Unsportsmanlike conduct.	Legal.		5-14-1
38	During bad time, what shall be voided:	Points, penalties or injury time.	Recovery and HNC time.	Blood time.	Referee time.		5-1-3e

39	Flagrant misconduct on the part of coaches or other team personnel are acts which _____.	the referee considers serious enough to remove the offender from the premises	can occur prior to, during, or after a match, including the use of tobacco products	All of the above	None of the above		5-12-1, 7-5-5
40	In a pinning situation, portions of both scapulae of the defensive wrestler may be:	Inbounds for a fall to occur.	Out of bounds for a fall to occur.	Held in continuous contact with the mat for a full two seconds for a fall to occur.	All of the above.		5-11-1
41	Recovery time is use for any wrestler injured because of:	Illegal hold.	Unnecessary roughness.	False start from neutral position.	All of the above.		5-28-3
42	When starting the contestants in the down position, the referee shall not:	Be in front of the wrestlers.	Be stationary and at an angle to the wrestlers.	Be behind the wrestlers.	Establish eye contact with the scorer's table.		5-19-10
43	Which is not a criterion for awarding a takedown:	Majority of the defensive wrestle's weight supported by their hand(s) and touching the mat not beyond reaction time.	One or both knees of the defensive wrestler touching the mat beyond reaction time.	The defensive wrestler's hand(s) touching the mat beyond reaction time.	All of the above.		5-25-2
44	Which is not considered unsportsmanlike conduct?	Failure to properly secure shoe laces.	Taunting.	Violations of bench decorum rule.	All of the above.		5-30-1
45	Which of the following is penalized as a technical violation without a warning?	Intentionally going out of the wrestling area to avoid an imminent scoring situation.	Locked hands.	Reporting to the scorer's table not properly equipped.	All of the above.		5-27-1a
46	Wrestlers are out of bounds when:	Any supporting point of either wrestler is beyond the boundary line.	At least one supporting point of both wrestlers are not on or inside the boundary line.	Any supporting point of either wrestler touches the boundary line.	Three supporting points of either wrestler is within boundary line.		5-18
47	The first period of a consolation match shall be:	One or three minutes in length.	One or two minutes in length.	One or four minutes in length.	All of the above.		6-1-2
48	The first period of over time shall be:	Two minutes.	Three minutes.	One minute.	None of the above.		6-1-3
49	Tournament scoring errors by the referee must be corrected prior to:	60 minutes after the conclusion of the tournament.	The start of the next match on that mat.	The start of the next period.	Conclusion of the tournament.		6-6-5a(1)
50	When scoring a match in dual meets or tournaments, errors by the timekeeper, official scorer or referee may be corrected:	After the coach or contestant leaves the mat area.	Before the start of the next match on that mat.	At the end of the tournament.	By the tournament director.		6-6-4a(1)

51	Wrestler B loses the match 7-8 wrestler B leaves the wrestling area. Wrestling B coach remains in the mat area to verify the match score and discovers an error. The referee reviews the match score and finds that Wrestler A awarded four points for a near fall instead of two. The match score when corrected is now Wrestler A 6 points and Wrestler B, 7 points. Can the referee change the winners of the match?	Yes, because the coach of the offended contestant remained in the at area.	No, because the offended contestant left the mat area.	Yes, because the coach found the scoring error after sharing the scoring error with the referee on film.	No, because both wrestlers left the mat area.		6-6-4a(1), 6-6-5a(1)
52	A front flip and or front hurdle over an opponent in the standing position is:	A technical violation.	Stalling.	Unsportsmanlike conduct.	Illegal.		7-1-5w
53	A match is underway, and the referee sees that straight-back salto is being executed by Wrestler A, and only shoulders hit the mat first. The referee addresses the situation in this manner:	Continue action since head or neck did not hit the mat first.	Continue if no injury occurs.	Signal illegal hold; award Wrestler B appropriate points.	Stop match immediately and disqualify offending wrestler.		7-1-2
54	A slam is penalized as:	A technical violation.	Stalling.	An illegal maneuver.	Potentially dangerous.		7-1-1
55	A wrestler is in neutral position, continuously avoiding contact with opponent. The wrestler is playing the edge of the mat and is not attempting to secure takedown. The referee addresses the situation in this manner:	Unsportsmanlike conduct call.	Wrestler misconduct.	Stalling.	Illegal maneuvers warning.		7-6-3
56	During the second period, the referee is addressing Wrestler B who has choice. Wrestler B chooses top position. As the referee informs the scorer's table of Wrestler B's choice, Wrestler A is talking with the team's coach and is standing outside of the wrestling area. The penalty that will be assessed is:	None, if Wrestler A returns to the wrestling area immediately.	Wrestler B would receive one match point for technical violation.	Wrestler A would be warned for stalling.	The coach of Wrestler A would be charged with misconduct.		7-3-4
57	Fleeing the mat occurs when a wrestler:	Goes out of wrestling area during a non-scoring situation.	Goes out of wrestling area to avoid an imminent scoring situation.	Goes out of wrestling area after near-fall points have been earned.	Has shoelaces that are not secured.		7-3-1
58	It is stalling when:	A wrestler reports to the scorer's table with shoelaces undone.	A wrestler reports to the scorer's table with shoelaces unsecured.	A wrestler's shoelaces become unsecured during a match.	A wrestler's shoelaces become undone during the match.		7-6-6d
59	The back bow is:	Misconduct.	Unsportsmanlike.	Illegal.	All of the above.		7-1-5q
60	The wrestlers are at the edge of the mat in a neutral position. Wrestler A has a single leg. Wrestler B dives out of bounds to avoid being taken down. The referee awards points to:	Wrestler A shall be awarded one point because Wrestler B is penalized for fleeing the mat.	Wrestler B receives a warning for stalling.	Wrestlers A and B are warned for stalling because they are wrestling at the edge of the mat.	The referee will only issue a penalty if this maneuver to avoid scoring was repetitive.		7-3-1

61	There can be no fleeing of the mat if the following has been earned:	Near-fall	Escape	Takedown	A and C.		7-3-1
62	Unsportsmanlike conduct includes, but is not limited to which of the following:	Taunting	Repeatedly dropping to one knee or hand to break locked hands.	Failure to keep shoulder straps up while on the mat.	All of the above.		7-4-2
63	Which action is considered unsportsmanlike conduct:	Repeatedly dropping to one hand to break locked hands.	Full Nelson.	Biting.	Nelson cradle.		7-4-2
64	Which of the following is not a technical violation?	A figure 4 around the body.	Reporting to the scorer's table not properly equipped.	Leaving the wrestling area without first receiving permission from the referee.	Going out of the wrestling area as a means to avoid wrestling.		7-1-5, 7-3
65	Which of the following situations results in a stalling warning or penalty?	Wrestler B is laying on his/her stomach and being overpowered.	Wrestler B dives out of bounds to avoid an imminent scoring situation.	Wrestler A's shoelaces become undone.	Wrestler A creates the first stalemate of the match by locking around one leg after an unsuccessful takedown attempt.		7-6-6d
66	Which wrestling hold/maneuver is considered illegal?	Split Scissors	Chicken Wing	Toeholds	None of the above		7-2-2
67	Wrestler A is the defensive wrestler and executes a stand up. Wrestler B stays behind Wrestler A and is not attempting to release or return the opponent to the mat. The referee addresses the situation in this manner:	The referee will penalize Wrestler B for stalling.	The referee will penalize Wrestler A for stalling.	The referee will not penalize either wrestler.	The referee will penalize Wrestler B only after five seconds have passed.		7-6-4d
68	Wrestler A stands, and Wrestler B is standing in rear position with a 2 on 1. They are approximately one foot from the out-of-bounds line. Wrestler B hula-hoops Wrestler A out of bounds. What is the correct call:	Technical violation.	Stalling.	Unsportsmanlike conduct.	Misconduct warning on the head coach.		7-6-2
69	Wrestler B from the defensive position repeatedly drops to one hand from the standing position to break the locked hands of Wrestler A. The referee penalizes the situation in the following method:	Wrestler A should be penalized for technical violation each time.	Wrestler A can only be penalized if Wrestler B drops to one knee.	Wrestler B can only be penalized if he/she drops to both hands.	Wrestler B shall be penalized for unsportsmanlike conduct.		7-4-2
70	Wrestler B is the offensive wrestler and has broken Wrestler A down on the mat and is trapping the heel to the buttocks for five seconds. The referee penalizes:	Wrestler A for not working for an escape.	Wrestler A for not working for a reversal.	Wrestler B for trapping the heel to the buttocks for five seconds.	Neither wrestler should be penalized if they stay inbounds.		7-6-4b
71	_____ can be awarded when a match is stopped for an injury:	Imminent takedown.	Imminent escape.	Imminent reversal.	All of the above.		8-2-9
72	A wrestler cannot take _____ immediately following recovery time.	Blood time	Bad time	Injury time	Referee time		8-2-2

73	Blood time shall not exceed a maximum of _____ cumulative minutes.	1	2	5	2 1/2		8-2-7
74	During a pinning situation, Wrestler B in an attempt to avoid being pinned, commits an illegal hold. The referee addresses the situation in the following manner:	The referee shall stop the match immediately to penalize Wrestler B.	The referee shall allow the match to continue and penalize Wrestler B when the pinning situation has concluded.	The referee shall allow the match to continue and if Wrestler B is pinned the penalty will be assessed as deduction of one team point.	The referee will ask Wrestler A if the match should be stopped. If yes, then Wrestler B should be penalized immediately.		8-2-2
75	During the match the designated on-site health-care provider determines that Wrestler A cannot continue. The health-care provider can be overruled by whom?	The referee.	Wrestler A's head coach.	The on-site health care professional cannot be overruled.	Wrestler A's parents.		8-2-5
76	How many injury 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:	1.	2.	3.	Unlimited.		8-2-4b(3)
77	If Wrestler A takes a second injury time at the end of the sudden victory period, Wrestler B may choose which position?	Choice of top, bottom or neutral at start of both 30-second periods.	Choice of bottom or neutral at start of both 30-second periods.	Choice of top or neutral at start of both 30-second periods.	Choice of top or bottom at start of both 30-second periods.		8-2-1f
78	If Wrestler A takes a second injury time during the sudden victory period, Wrestler B may choose which position on the restart?	Neutral only.	Neutral or top only.	Top, bottom or neutral.	Top or bottom only.		8-2-1e
79	If Wrestler A takes a second injury time during the ultimate tie breaker period, Wrestler B upon the restart may choose:	Top or bottom.	Top, bottom or neutral.	Top or neutral only.	Bottom or neutral only.		8-2-1j
80	If Wrestler A takes a second injury time at the conclusion of the first period, when will Wrestler B will have choice of position?	At start of the second and third periods.	On the next restart after the second period begins.	On the next restart after the start of the third period.	Answers A & B at the start of the sudden victory only.		8-2-1a
81	The following is not a concussion symptom:	Loss of consciousness.	Bloody nose.	Headache.	Dizziness.		8-2-4a
82	The following person cannot be overruled when it has been determined that a wrestler should not participate:	The wrestler.	The opponent.	The mat timekeeper.	On-site meet appropriate health-care professional.		8-2-5
83	The number of blood time-outs is left to the discretion of:	the referee.	the coach.	the wrestler.	the onsite meet appropriate health-care professional.		8-2-7
84	There is a limit of _____ time-outs for injury.	three	one	four	two		8-2-1
85	Time required to correct illegal equipment is counted as:	Referee's time-out.	Bad time.	Injury time.	Recovery time.		8-2-1

86	Warnings and penalties for stalling are:	Penalized independent of the progressive penalty chart.	Penalized cumulative with technical violations.	Penalized cumulative with illegal holds.	Penalized cumulative with unsportsmanlike conduct.	8-1-4
87	When a wrestler receives a fourth offense stalling a penalty, it will result in:	Opponent receiving two points and match shall be stopped.	Opponent receiving a choice of position upon restart.	Imminent reversal.	None of the above.	8-1-2
88	When a wrestler is injured, and an appropriate health-care professional(s) is present, he or she will have the maximum of _____ of time 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
89	Wrestler A false starts from the neutral position and makes contact with Wrestler B. Wrestler B is injured. What happens next?	Penalize Wrestler A for the illegal move, and start the recovery time for Wrestler B. If Wrestler B is unable to continue at the conclusion of recovery time, he/she is declared the winner.	Start the injury time for Wrestler B since a false start is legal.	Start the recovery time for Wrestler B. If Wrestler B is unable to continue at the conclusion of recovery time, he/she is declared the winner.	Penalize Wrestler A for the illegal move, start the injury time for Wrestler B. If Wrestler B is unable to continue at the conclusion of injury time, Wrestler A is declared the winner.	8-2-2
90	Wrestler A informs the referee that he/she needs a time-out from feeling dizzy and experiencing a headache. The referee addresses the situation in this manner:	The referee will call a HNC time-out and have the on-site appropriate health-care professional examine the wrestler.	The referee will call a referee's time-out to discuss the situation with the coach of the injured wrestler.	The referee will call a referee's time-out and discuss the situation with the on-site appropriate health-care professional.	The referee will not call a time-out unless requested by the coach of Wrestler A.	8-2-4
91	Wrestler B is on injury time. How many coaches are allowed on the mat?	Each wrestler is allowed up to three coaches.	Each wrestler is allowed up to one coach.	Each wrestler is allowed unlimited amounts of coaches.	Each wrestler is allowed no more than two coaches.	8-2-6
92	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 he/she is wearing an earring. What is the proper call to make?	Stop the match, have the wrestler remove his/her earring, charge the offending wrestler with unsportsmanlike conduct as he/she 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
93	_____ team points are awarded in a dual meet for a double forfeit.	Zero	One	Two	Three	9-2-1d
94	_____ is when the margin of victory ranges from 8 to 14 points in a match.	A decision	A major decision	A technical fall	None of the above	9-1-7