

## 2022-23 Wrestling Study Guide



Number	Question	Answer A	Answer B	Answer C	Answer D	Correct Answer	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	A wrestler who makes weight in a weight class may be shifted to:	A lower weight class.	A different team.	The next higher weight class.	None of the above.		1-4-6
3	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
4	In dual-meet competition a school may be represented by only:	Two wrestlers in each weight class.	One wrestler in each weight class.	Three wrestlers in each weight class.	As many wrestlers that the coach selects in each weight class.		1-4-1
5	No contestant shall wrestle in two consecutive matches with less than a _____ rest between them.	20-minute	30-minute	40-minute	45-minute		1-4-4
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	The random draw is supervised by:	The referee.	The coaches after weigh-ins are concluded.	Other authorized personnel.	Both A & C.		1-2-2b
8	Video recording of a match is authorized unless prohibited by the:	NFHS.	NCAA.	State high school association.	Tournament manager.		1-1-3
9	At the center of the mat shall be a:	9-foot circle.	8-foot circle.	10-foot circle.	No circle is required.		2-1-3
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.	two	three	four	None of the above.		2-2-2

11	During tournament competition, coaches are allowed to:	Stand in the restricted zone.	Sit on chairs at the edge of mat, or in the corner in the restricted zone.	Kneel alongside the mat.	Coach standing near mat-side.		2-2-2
12	Scales used for weigh-ins shall be certified:	Never.	Twice a year.	Annually.	Monthly.		2-4-2
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	Surrounded and secured to the wrestling area of the mat shall be a safety mat area approximately:	1-foot wide.	2 feet wide.	3 feet wide.	5 feet wide.		2-1-2
15	The mat area includes:	The wrestling mat.	The team benches.	The scorer's table.	All of the above.		2-1-5
16	The scorer's table shall be large enough to accommodate the:	Official timekeeper.	Head scorer.	Visiting team's scorer.	All of the above.		2-2-3
17	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 side and 1-inch green line on other end.		2-1-4
18	The wrestling area of the mat shall be a circular area a minimum of _____	50 feet in diameter.	40 feet in diameter.	28 feet in diameter.	24 feet in diameter.		2-1-2
19	The wrestling area shall be marked by _____ painted lines.	2-inch-wide	3-inch-wide	1-inch-wide	4-inch-wide		2-1-3
20	The wrestling mat shall be of uniform thickness not more than:	2 inches thick.	3 inches thick.	5 inches thick.	4 inches thick.		2-1-1
21	Wrestlers shall weigh in on scales provided by the:	Home management.	Visiting team.	Local association.	None of the above.		2-4-1
22	A type of time-out that is used to correct legal equipment which becomes illegal through use is called:	Injury time.	A referee's time-out.	Blood time.	Bad time.		3-1-6

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?	The head coach.	The assistant coach.	The tournament manager.	The referee.		3-1-5d
24	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
25	Before the dual meet begins, who will clarify rules to coaches and contestants upon request?	Home school administrator.	The referee.	The scorer.	The timekeeper.		3-1-4c
26	During a headlock, the assistant should be positioned:	In position to observe any action from underneath.	At the scorer's table watching the clock.	At the edge of the mat away from the action.	In the 10-foot circle away from the action.		3-2-2j
27	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
28	The _____ is the person responsible for circling the first point(s) scored in regulation match.	timekeeper	official scorer	assistant referee	home team management		3-3-1b
29	The _____ has full control of the match on matters of judgment.	Referee	Home team's administrator	Scorekeeper	Official timer		3-1-2
30	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
31	The red and green armbands shall be worn:	Red on right wrist, green on left wrist.	Red and green on each wrist.	Green on right wrist, red on left wrist.	This is left to the discretion of the referee.		3-1-1
32	The referee and the assistant referee should meet to discuss their point of disagreement at which location?	In the locker room.	In the 10-foot circle with the wrestlers.	At the scorer's table.	On the edge of the mat away from wrestlers and coaches.		3-2-2f

33	The referee shall have which accessories:	Black lanyard.	Black whistle.	Kit to conduct random draw.	All of the above.		3-1-1
34	The referee shall penalize for infractions explained in Rules 7 and 8:	If the coaches agree.	Without hesitation.	If required by the host school and administration.	After reviewing video replay.		3-1-9
35	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
36	The referee should award points on the edge of the mat, before sounding the whistle:	Always.	Never.	Sometimes.	When possible.		3-1-8
37	The referee will meet with head coaches and captains before _____.	The tournament begins.	The teams warm-up.	The semifinal round.	The dual meet begins.		3-1-4f
38	The referee's jurisdiction in a dual meet ends _____.	30 minutes after the last match.	45 minutes after the last match.	60 minutes after the last match.	with the approval of the scorebook.		3-1-3
39	When making decisions related to the match, the referee shall not use:	The scorer.	The timekeeper.	TV monitoring, replay or other video equipment.	The assistant referee.		3-1-9
40	Who is responsible for deciding legality of equipment, mats and uniforms?	The host schools.	The athletic trainer.	The referee.	The host school athletic director.		3-1-6
41	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
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).	24 hours	36 hours	48 hours	None of the above.		4-5-5

43	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 ready to wrestle.	A wrestler applies an illegal hold against the opponent.		8-1-1
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:	0.2 pounds	0.0 pounds	0.1 pounds	0.3 pounds		4-5-7
45	All wrestlers shall weigh-in wearing:	Suitable undergarments (sports bra for female wrestlers).	Legal uniform.	Shoes and ear guards.	Both A and B.		4-5-7
46	Wrestler A reports to the skin-check area with facial hair. Is Wrestler A allowed to compete?	No, facial hair is not allowed.	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.	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.	B and C		4-2-1
47	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)
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:	four minutes.	three minutes.	two minutes.	five minutes.		8-2-4b2

49	A flagrant misconduct will be awarded if a wrestler:	Uses tobacco.	Locks hands 3 times.	False starts 4 times.	Stalls for more than 2 minutes.		5-12-1b
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:	On the boundary line.	Off the mat.	Inbounds.	None of the above.		5-11-5