

2002-03 WRESTLING RULES EXAMINATION - PART I



Instructions: Only the answer sheet of this examination will be sent to the grader. You retain the questions for further study. Since correction is by machine scanning or perforated key, you must use care in clearly marking correct spaces on the answer sheet according to directions. Every part of each question is to be answered. Indicate whether you believe a part is true or false by marking the appropriate blank on the answer sheet.

NOTE: Send answer sheet to your state association office unless otherwise instructed.

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A. Rules Changes - 2002-03

1. State associations may adopt different weigh-in procedures for dual meets other than those outlined by the NFHS rules book.
2. During an injury time-out, either coach may give instructions to his wrestler.
3. All wrestlers must wear shoes that have laces, even though they are covered by a zipper or other device so the laces are not visible.
4. A competitor may wear a shirt underneath the sleeveless wrestling shirt, if it is approved by the referee and has no markings other than a manufacturer's logo/trademark.

B. Rules Changes - 2002-03

5. It is possible to earn a total of five points if a match is stopped because the defensive wrestler begins to bleed and also commits an illegal hold.
6. A wrestler may be charged with stalling should continual headgear adjustment stop the orderly flow of the match.
7. Hair that is as abrasive as an unshaved face is not included in the wrestler's appearance rule.
8. All competitors must be in the designated weigh-in area at the time weigh-ins are scheduled to begin.

C. Competition

9. Competition in dual meets and tournaments shall be conducted by a random draw of all weight classes.
10. The order of weight class competition cannot be altered following the random draw.
11. The minimum weight for a 275-pound contestant is 189 plus pounds.
12. Prior to the commencement of a dual meet, coaches shall affirm to the referee that their wrestlers are properly groomed, properly equipped and wearing a legal uniform.

D. Equipment and Wrestling Area

13. During tournament competition, two coaches in chairs and a scorekeeper are permitted at mat side.
14. Approximately 5 feet of safety mat is required outside of the wrestling area.
15. Scales for weighing in contestants of both teams may be provided by either team.
16. There is not a maximum mat size for competition.

E. Persons Affiliated With the Team

17. If a medical person affiliated with the team acts in an unsportsmanlike manner, he/she would not be penalized like other team personnel.
18. Unsportsmanlike conduct by any wrestler prior to or following his match carries the same penalty as unsportsmanlike conduct for a coach.
19. Non-participating team personnel, who are in the bench area, are not covered by the rules concerning bench decorum.
20. Spectators who act in an unsportsmanlike manner shall be removed by the home management and the home team penalized a team point.

F. Officials

21. The referee shall stop all potentially dangerous holds, if possible, before they reach the dangerous state.
22. The referee shall flip a disk to determine which wrestler has the choice of the beginning of the second period in tournaments only.
23. The referee shall meet with both captains and coaches and explain the official's expectations of good sportsmanship.
24. The official scorer shall circle the first point(s) scored in the match.

G. Officials

25. The scorer keeps and records in the scorebook all injury time-outs and time accumulated for time-outs.
26. When possible, the referee should award points on the edge-of-the-mat calls before blowing the whistle for out of bounds.
27. On matters of judgment, the decision of the referee shall be final.
28. The referee should never stop the match in order to discuss a situation with the assistant.

Special Equipment

29. The referee has final authority as to an artificial limb even though a state association has approved its use.
30. All special equipment must permit the normal movement of joints.
31. Hair covers are considered as special equipment and bandannas are not a legal hair cover.
32. To help identify contestants, red and green leg bands must be worn on either or both legs.

About Weigh-in

33. More than one competitor from each team may weigh in for a weight class for dual-meet competitions.
34. During dual-meet weigh-ins, a wrestler who did not make weight at the time his class was called, must attempt his subsequent tries immediately following the 275-pound class.
35. The minimum weight for a 103-pound contestant is 88 pounds.
36. A contestant, who receives permission from the referee in advance for a valid reason, may have extended time to make the required weight.

Out of Bounds

37. A wrestler's supporting points are the parts of the body touching or within the wrestling area which bear the wrestler's weight.
38. Anytime a match is stopped, it shall be re-started as if an out-of-bounds situation occurred.
39. An escape may be earned if the supporting points of either wrestler remain inbounds.
40. A reversal is earned when the defensive wrestler gains control of his opponent while the supporting points of either wrestler are inbounds.

A Fall

41. A fall shall be called if the left shoulder and left scapula are held in contact with the mat for a period of two seconds.
42. Only the wrestler in control may score a fall.
43. The two-second count for a fall shall be loud enough so both contestants can hear.
44. A fall terminates wrestling.

Takedowns

45. A takedown is not earned until the defensive wrestler is down on his hands and knees.
46. A takedown can only be earned from the neutral position.
47. A takedown cannot be awarded if either contestant is out of bounds.
48. A contestant shall be awarded a penalty point for a technical violation, grasping of clothing, in addition to the takedown, if successfully completed.

Near Falls

49. It is possible to win by a fall and not have control of the opponent.
50. It is a two-point near-fall when the offensive wrestler is held in near-fall criteria for a period of three seconds.
51. It is possible to earn a four-point near fall.
52. It is possible to score a near-fall against an offensive wrestler.

About Starting Position

53. The offensive wrestler must place the palm on or over the back of the opponent's elbow.
54. The choice of position in the tiebreaker is based on the first offensive points scored.
55. It is not permissible for the legs or feet of the offensive wrestler to be in contact with the defensive wrestler when starting from the down position.
56. In the optional starting position, the offensive wrestler may have his hands anywhere on the defensive wrestler's back between the neck and waist, provided his thumbs are touching.

Match Results

57. In order to receive a forfeit, a wrestler needs only to report to the scorer's table.
58. A match is from the start of the first period until the conclusion of wrestling.
59. As soon as one wrestler scores 15 or more points, the match shall be stopped.
60. The overtime and tiebreaker are not considered part of the regular match.

Starting the Match

61. The individual who must report to the scorer's table first in dual-meet competition is determined by the flip of a disk.
62. The first period of a consolation match may be one or two minutes in length.
63. If one of the competitors is sight-handicapped, all wrestling shall be conducted from the referee's position.
64. When a match is stopped for any reason other than a termination, by rule, it shall be restarted as if an out-of-bounds situation was declared.

D. Stopping the Match

- 65. If a wrestler is injured or indicates that he is injured, the referee shall stop the match.
- 66. The coach of a contestant may default the match at any time.
- 67. A contestant may have an unlimited number of time-outs for bleeding, so long as the cumulative bleeding time does not exceed five minutes.
- 68. A wrestler who is injured due to an illegal hold is entitled to two minutes of recovery time and 1½ minutes of injury time.

R. Correction of Errors

- 69. When bad time occurs, points earned during that period remain.
- 70. Unsportsmanlike conduct is not voided if it occurs during bad time.
- 71. If the referee can determine the amount of time that should have been run off the clock and it was because of a timer's error, he may deduct the time.
- 72. Any points, penalties or injury time that occurred during bad time shall be voided without exception.

S. Potentially Dangerous Situations

- 73. Should a body part be forced to its limit of normal range of motion, the hold should be considered potentially dangerous.
- 74. A restart after stoppage for a potentially dangerous hold is the same as if an out-of-bounds situation occurred.
- 75. Any legal front headlock is a potentially dangerous situation.
- 76. Potentially dangerous holds cannot become illegal holds.

T. Stalling

- 77. An intentional release is always considered stalling.
- 78. A defensive wrestler should be called for stalling, if he is overpowered by his opponent.
- 79. When warning or penalizing an individual for stalling in the neutral position, the match will not be stopped.
- 80. It is stalling if neither contestant can improve his position.

U. Conduct of Coaches, Team Personnel and Other

- 81. Unsportsmanlike conduct can occur on a coach prior to, during or after a contest.
- 82. It is unethical on the part of the coach to allow a wrestler to take an injury time-out for a non-injury situation.
- 83. Any coach who commits flagrant misconduct shall be removed from the premises immediately and two team points shall be deducted.
- 84. Following a coach/referee conference at the scorer's table, the referee determined that no change in the match should take place; therefore, the coach shall be warned/penalized for misconduct.

V. Penalties

- 85. Points awarded for false start are not a part of the penalty sequence leading to disqualification.
- 86. The grasping of clothing by a wrestler being taken down is a delayed call when a takedown is imminent.
- 87. A figure-four around the head from the neutral position is a technical violation, but the call is delayed when a takedown is imminent.
- 88. If near-fall points have been earned, the defensive wrestler may push himself off the mat to avoid being pinned, without penalty.

W. Injuries

- 89. Bleeding time is the same as injury time: 1½ minutes allowed per match.
- 90. The maximum allowable injury time is 1½ minutes.
- 91. If an individual is injured and bleeding occurs, there will be an accumulative maximum time of five minutes in order to control the bleeding prior to termination of the match.
- 92. The curtailment of bleeding shall mean that a wrestler is ready to compete, except for the need to be cleaned up.

X. Injuries

- 93. If a contestant indicates an injury for the purpose of preventing a score or a fall, he will be charged with an injury time-out.
- 94. If a second time-out is taken at the conclusion of the first period, the opponent will have choice of position at the start of the second period and also at the start of the third period.
- 95. If a wrestler is injured accidentally and is unable to continue, his opponent shall be awarded the match by forfeit.
- 96. A wrestler injured by the use of a figure-four around the body is entitled to two minutes of recovery time.

Y. In Tournaments

- 97. Defeat due to injury eliminates the contestant from further competition.
- 98. A disqualification always eliminates a contestant from further competition in a tournament.
- 99. During the first day of a two-day tournament, Coach A is warned and then penalized once for misconduct. During the first match of the second day, he requests a coach/referee conference concerning a misapplication of a rule, which does not result in any change in the call. The coach must be removed from the premises.
- 100. Byes are allowed only in the first round of a tournament.