



2013-14 NFHS Wrestling Exam – Part I

1. The random draw shall take place immediately preceding weigh-ins for a dual meet.
 - A. True
 - B. False
2. In tournaments, consolation rounds may start with contestants who were defeated by the winners of first-round matches. At the conclusion of the championship semifinals, the losers of those semifinals may be cross-bracketed into the consolation semifinals.
 - A. True
 - B. False
3. It is legal for a wrestler to compete wearing wristbands, sweatbands or bicep bands.
 - A. True
 - B. False
4. A referee can approve the wearing of a sleeveless undershirt under the one-piece singlet if it meets all of the requirements as stated in the rule.
 - A. True
 - B. False
5. When a match is terminated simultaneously for both wrestlers in the championship bracket, one of the wrestlers will be the winner and will advance in the championship bracket.
 - A. True
 - B. False
6. If bleeding is not stopped within a cumulative time of six minutes, the match shall be terminated and the opponent shall be awarded the match by default.
 - A. True
 - B. False
7. It is not necessary for the assistant referee to agree with the referee if there is disagreement about a situation.
 - A. True
 - B. False
8. The assistant referee may stop the match at any time just like the referee.
 - A. True
 - B. False
9. If a wrestler's third penalty is stalling, his or her opponent will have choice of position on the next restart and will also be awarded two match points.
 - A. True
 - B. False
10. Video recording is authorized unless prohibited by the state high school association.
 - A. True
 - B. False

11. The assistant referee shall use his/her whistle in the same manner as the referee.
A. True
B. False
12. When penalizing wrestlers, the referee always shall stop the match.
A. True
B. False
13. Beginning with the 2014-15 wrestling season, the hair cover shall be attached to the ear guards.
A. True
B. False
14. Forfeits are still considered as matches wrestled when considering the limit of five matches in one day.
A. True
B. False
15. The official scorer is responsible for recording the wrestler who makes the choice at the beginning of the second and third periods.
A. True
B. False
16. The timekeeper is responsible for keeping track of blood time.
A. True
B. False
17. The jurisdiction time of the referee begins when he/she is checking wrestlers prior to a contest and, in dual meets, concludes with the approval of the scorebook.
A. True
B. False
18. The official scorer is responsible for monitoring recovery time.
A. True
B. False
19. Electronic devices that enable communication between a coach and contestant during a match are not permitted.
A. True
B. False
20. It is bad time when a wrestler is not given the choice of position after the two-point stalling penalty.
A. True
B. False
21. Once a wrestler has weighed in with the artificial limb, it can be removed during competition.
A. True
B. False
22. The referee has final authority as to an artificial limb even though a state association has approved its use.
A. True
B. False

23. A wrestler's required equipment is ear guards, uniform and wrestling shoes.
A. True
B. False
24. A bandanna is permissible as a hair cover.
A. True
B. False
25. The wrestling uniform may contain a logo/trademark/reference, which is no larger than 2 1/4 square inches with no dimension more than 2 1/4 inches.
A. True
B. False
26. A 2-pound growth allowance may be added to each weight class any time after the date of certification.
A. True
B. False
27. Competition shall be in 15 weight classes.
A. True
B. False
28. 215-pounds is one of the NFHS competition weight classes.
A. True
B. False
29. Any method for quick weight-reduction purposes is prohibited and shall disqualify an individual from competition.
A. True
B. False
30. The minimum weight for a 106-pound wrestler is 90 pounds.
A. True
B. False
31. During dual-meet weigh-ins, a wrestler who did not make weight at the time his/her class was called must attempt subsequent tries immediately following the 285-pound class.
A. True
B. False
32. An on-site meet physician is permitted to examine the wrestler either immediately prior to or immediately after the weigh-in.
A. True
B. False
33. Current written documentation from a physician on a communicable skin disease does not have to be on an approved form from either the NFHS or a state association.
A. True
B. False
34. Weigh-ins for dual-meet competition shall be held a maximum of one hour prior to the start of the meet.
A. True
B. False

35. The head coach, prior to the meet, does not have to verify that all of his/her wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.

A. True

B. False

36. All wrestlers shall have at least a 45-minute rest period between consecutive matches.

A. True

B. False

37. In a multiple dual event, it is permissible to wrestle in more than one weight class.

A. True

B. False

38. Competition in dual meets and tournaments shall be conducted by a random draw of all weight classes.

A. True

B. False

39. Substitution is permitted for any wrestler in dual meets or tournaments once the wrestler has properly reported to the scorer's table.

A. True

B. False

40. Once the offensive wrestler has assumed a legal starting position and is stationary, the referee shall verbally say "Set" and then pause momentarily before starting wrestling.

A. True

B. False

41. A match is competition between two individual wrestlers who are of as nearly equal weight as possible.

A. True

B. False

42. A stalemate is a position in which neither wrestler has control.

A. True

B. False

43. Near-fall criteria is met when one shoulder is on the mat and the other shoulder is held less than 90 degrees from the mat.

A. True

B. False

44. A wrestler may have control, even when the opponent has locked hands around one of his legs.

A. True

B. False

45. When a defensive wrestler refuses to aggressively attempt escapes or reversals, it is stalling.

A. True

B. False

46. Coach misconduct may occur while the clock is running.

A. True

B. False

47. If a coach believes a misapplication of a rule has taken place, a conference shall take place at his team's corner of the mat.

A. True

B. False

48. Penalty points for unnecessary roughness shall be awarded in addition to points earned.

A. True

B. False

49. A team forfeit shall be scored 1-0. If the offended team is ahead, the score stands.

A. True

B. False

50. There are five types of technical violations and each is penalized without warning.

A. True

B. False

51. Advancement points are the same in the championship bracket as they are in the consolation bracket.

A. True

B. False

52. Match points for unsportsmanlike conduct are the first criteria of the dual-team tie-breaking system.

A. True

B. False

53. If a wrestler takes an injury time-out for a non-injury situation, it will be considered as unethical.

A. True

B. False

54. It is possible for the first, second and third periods to all start from the neutral position.

A. True

B. False

55. There is no rest period between periods in a wrestling contest.

A. True

B. False

56. The conclusion of wrestling occurs when the wrestlers complete their handshake.

A. True

B. False

57. Wrestlers are not required to shake hands at the end of each match.

A. True

B. False

58. The referee shall, following the wrestlers' handshake, remind each wrestler to shake the opposing coach's hand.

A. True

B. False

59. In dual-meet competition, if a team intentionally delays its appearance on the mat beyond five minutes, there shall be a team forfeit.

A. True

B. False

60. The choice of position in the tiebreaker is based on the first offensive point(s) scored.

A. True

B. False

61. If the referee needs to address a situation not covered by injury, blood or recovery time, a referee's time-out shall be charged.

A. True

B. False

62. As soon as one wrestler goes out of bounds, the referee shall stop the match.

A. True

B. False

63. When no points are scored in the regular match, the referee flips a disk before the overtime begins to determine choice of position in the event of a tiebreaker.

A. True

B. False

64. The official scorer is responsible for assisting, when requested by the referee, in determining whether a situation occurred before or after termination of a period.

A. True

B. False

65. The referee shall stop the match for a stalemate situation.

A. True

B. False

66. In the neutral position, with no takedown in progress, the match may be stopped as soon as the ear guard is displaced.

A. True

B. False

67. Giving a wrestler the incorrect choice of a starting position is always considered bad time.

A. True

B. False

68. If a coach believes the referee has made an error concerning a judgment call, he/she may request a referee-coach conference.

A. True

B. False

69. The choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match (first three periods of the match), unless superseded by an unsportsmanlike conduct penalty at any time during the match.

A. True

B. False

70. Individually bracketed tournaments are a series of matches in each of the NFHS weight classes in which each member of the team advances independently on the bracket based on that individual's results.

A. True

B. False

71. Overtime is an extension of the regular match.

A. True

B. False

72. Stalling cannot be called during overtime.

A. True

B. False

73. An overtime period is only for tournament competition.

A. True

B. False

74. There is a one-minute rest period between the regulation match and the sudden victory period.

A. True

B. False

75. If there is artwork in the center of the mat, the starting lines are not necessary.

A. True

B. False

76. The 10-foot circle is an optional mat marking.

A. True

B. False

77. A wrestler applying a legal hold/maneuver is never penalized when the opponent turns a legal hold/maneuver into an illegal hold/maneuver.

A. True

B. False

78. Grasping the ear guards of one's opponent is considered an illegal hold.

A. True

B. False

79. Any hold/maneuver used for punishment is illegal.

A. True

B. False

80. A full, straight-back suplay and the straight-back salto to the head are not illegal.

A. True

B. False

81. The over scissors is illegal only when pressure is applied against the joint, which may cause hyperextension.

A. True

B. False

82. Pulling back three fingers of an opponent's hand is not illegal.

A. True

B. False

83. Holds/maneuvers are potentially dangerous when a body part is forced to the limit of the normal range of movement.

A. True

B. False

84. The chicken wing is not considered a potentially dangerous hold/maneuver.

A. True

B. False

85. A restart after stoppage for a potentially dangerous hold/maneuver is the same as if an out-of-bounds situation occurred.

A. True

B. False

86. A front headlock is always considered potentially dangerous and shall be stopped immediately.

A. True

B. False

87. When bringing an opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.

A. True

B. False

88. There can be a technical violation of fleeing the mat even if near-fall points have been earned.

A. True

B. False

89. The figure-four around the body is not a technical violation.

A. True

B. False

90. Following two cautions, there is a 1-point penalty for each subsequent infraction for false start or incorrect starting position.

A. True

B. False

91. 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.

A. Individually Bracketed Tournaments

B. Team Advancement Tournaments

C. Combination Tournaments

D. None of the above

92. 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.

93. Before the dual meet begins, the referee shall:
- A. clarify the rules with coaches and contestants upon request.
 - B. review with the scorers and timekeeper signals and procedures to be used.
 - C. meet with head coaches and captains and explain to them that they are to make certain everyone exhibits good sportsmanship throughout the contest.
 - D. All of the above.
94. Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of _____ before the first session of each day.
- A. one hour
 - B. two hours
 - C. three hours
 - D. four hours
95. Any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school event
- A. Unnecessary Roughness
 - B. Unsportsmanlike Conduct
 - C. Flagrant Misconduct
 - D. None of the above.
96. In matches involving wrestlers with visual impairments, the _____ method shall be used in the neutral position and initial contact shall be made from the front.
- A. finger-touch
 - B. closed-fist
 - C. one-hand
 - D. head-touching
97. Which wrestling hold/maneuver is considered illegal?
- A. Neck Wrench
 - B. Full Nelson
 - C. Overhead Double Arm Bar
 - D. All of the above.
98. If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice:
- A. at the start of the third period and the next restart in the third period.
 - B. at the start of the third period only.
 - C. on all remaining restarts the rest of the regulation match.
 - D. None of the above.
99. If a defensive wrestler is injured or bleeding occurs after near-fall criteria have been met for two seconds, a _____ near fall shall be awarded.
- A. two-point
 - B. three-point
 - C. four-point
 - D. five-point

100. All vacancies created in the tournament pairings after the first round shall be scored as:

- A. byes.
- B. defaults.
- C. forfeits.
- D. opens.



NFHS Exam - Answer Key

2013-14 NFHS Wrestling Exam - Part I

Question Number	Question Answer Choice	Answer Text	Rule Reference
1.	A	True	1-2-2a; 4-5-3; 5-2-1-1
2.	A	True	10-3-6
3.	B	False	4-3-5
4.	A	True	4-1-1a
5.	B	False	10-2-9
6.	B	False	8-2-7
7.	A	True	3-2-2g
8.	B	False	3-2-2e, g
9.	A	True	7-6; Penalty Chart
10.	A	True	1-1-3; 10-1-2
11.	B	False	3-2
12.	B	False	3-1-9; 8-1-2
13.	A	True	4-2-1 NOTE
14.	B	False	1-4-3; 5-1-3; 5-1-7-2
15.	A	True	3-3-1c
16.	A	True	3-4-1b
17.	B	False	3-1-3
18.	B	False	3-4-1c
19.	A	True	4-3-6
20.	A	True	5-1-1; 6-6-2d
21.	B	False	4-5-9
22.	A	True	3-1-5
23.	A	True	4-1
24.	B	False	4-2-1
25.	A	True	4-1-2
26.	A	True	4-4-4
27.	B	False	4-4-1
28.	B	False	4-4-1
29.	A	True	4-4-3
30.	B	False	4-4-1
31.	B	False	4-5-3
32.	A	True	4-2-3
33.	B	False	4-2-3

72.	B	False	5-24; 6-7-2; 7-6
71.	A	True	6-7-2
70.	A	True	1-3-1
69.	A	True	6-7-1c(6)
68.	A	True	3-1-2; 5-5; 6-6-6
67.	B	False	6-6-1
66.	A	True	6-4-5a
65.	A	True	6-4-2
64.	B	False	3-4-1e
63.	B	False	6-7-1
62.	B	False	6-4-1
61.	A	True	5-28-4
60.	B	False	6-7-1; 6-7-1c(2)
59.	B	False	6-2-1
58.	B	False	6-5-2
57.	B	False	6-5-2
56.	B	False	5-17-2
55.	A	True	6-1-4
54.	A	True	6-2-3
53.	A	True	8-2-1 Note
52.	B	False	9-2-2a
51.	B	False	9-2-3
50.	A	True	5-27-1
49.	A	True	9-2-1e
48.	A	True	5-29-2
47.	B	False	5-28-5
46.	B	False	5-5-2
45.	A	True	5-24-5
44.	A	True	5-6-1
43.	B	False	5-11-2a
42.	B	False	5-23
41.	A	True	1-1-1; 5-17-1
40.	A	True	5-19-9
39.	B	False	1-4-1
38.	B	False	1-2-2; 1-3-4
37.	A	True	1-4-1
36.	A	True	1-4-4
35.	B	False	1-2-4
34.	A	True	4-5-1

73.	B	False	6-7-1
74.	B	False	6-7-1a
75.	B	False	2-1-4
76.	B	False	2-1-3
77.	A	True	7-1-6
78.	B	False	7-3-2
79.	A	True	7-1-5u
80.	B	False	7-1-2
81.	A	True	7-1-5o
82.	B	False	7-1-4
83.	A	True	7-2-1
84.	B	False	7-2-2d
85.	A	True	7-2-4
86.	B	False	7-2-2
87.	A	True	7-3-3
88.	B	False	7-3-1
89.	A	True	7-1-5r
90.	A	True	Penalty Chart; 8-1-3
91.	B	Team Advancement Tournaments	1-3-2
92.	A	two	2-2-2
93.	D	All of the above.	3-1-4
94.	B	two hours	4-5-2
95.	C	Flagrant Misconduct	5-12-2a
96.	A	finger-touch	6-2-4
97.	D	All of the above.	7-1-5
98.	B	at the start of the third period only.	8-2-1b Exception
99.	B	three-point	9-1-5
100.	C	forfeits.	10-2-8