



2025-26 NFHS Wrestling Exam Part I

1. A match is a competition between two wrestlers who are:
 - A. The same age.
 - B. The same grade in school.
 - C. Nearly equal weight as possible.
 - D. None of the above

2. Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to:
 - A. Individual participants with disabilities.
 - B. Individual participants with special needs.
 - C. Individuals with unique and extenuating circumstances.
 - D. All of the above.

3. A series of matches, one in each of the NFHS weight classes, constitutes a:
 - A. Tournament.
 - B. Scrimmage.
 - C. Dual meet.
 - D. Practice.

4. State associations have the following options for selecting a starting weight in a dual meet:
 - A. Random draw.
 - B. Lowest weight to heaviest weight.
 - C. Heaviest weight to lowest weight.
 - D. A and B.

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.
 - A. 138-pound
 - B. 126-pound
 - C. 144-pound
 - D. 150-pound

6. Prior to the meet, the head coach shall verify that all wrestlers will:
 - A. Be in proper uniform, properly groomed, properly equipped and ready to wrestle.
 - B. Ready to wrestle, properly groomed only.
 - C. Properly equipped, in proper uniform only.
 - D. Report to the mat when called.

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:
 - A. Individually bracketed tournaments.
 - B. Team advancement tournaments.
 - C. Combination tournaments.
 - D. None of the above.

8. The person responsible for verifying that all wrestlers competing are properly groomed, in proper uniform and properly equipped in a tournament shall be:
 - A. The official scorer.
 - B. The referee.
 - C. The competitor.
 - D. The head coach.

9. A contestant shall not accept a forfeit in one weight class and compete in:
 - A. A tournament the next day.
 - B. A dual the next day.
 - C. Any event.
 - D. Another weight class.

10. Each individual state high school association shall develop and utilize a special weight-control program which will discourage:
 - A. Forfeits.
 - B. Excessive weight reduction.
 - C. Excessive weight increase.
 - D. Poor eating habits.

11. A mat must have the shock-absorbing qualities of at least:
 - A. 2 inches per PVC.
 - B. 1 inch per PVC.
 - C. 3 inches per PVC.
 - D. 4 inches per PVC.

12. The wrestling area of the mat shall be a circular area with a minimum of _____ in diameter.
 - A. 22 feet
 - B. 24 feet
 - C. 26 feet
 - D. 28 feet

13. Starting lines, 1-inch wide shall be:
 - A. Omitted.
 - B. Placed at the side of the mat.
 - C. Placed anywhere on the mat.
 - D. Placed at the center of the mat.

- 14 . The two 3-foot lines shall be connected by: a
- A. 1-inch green line on both ends.
 - B. 2-inch green line on both ends.
 - C. 1-inch red line on both sides.
 - D. 1-inch red line on one end and 1-inch green line on opposite end.
- 15 . The team bench in dual meets should be at least _____ feet from the wrestling mat where facilities permit.
- A. 5
 - B. 10
 - C. 12
 - D. 15
- 16 . Scales used for weigh-ins shall be certified:
- A. Never.
 - B. Twice a year.
 - C. Annually.
 - D. Monthly.
- 17 . The referee shall have which accessories:
- A. Black lanyard.
 - B. Black whistle.
 - C. Kit to conduct random draw.
 - D. All of the above.
- 18 . The referee's jurisdiction begins:
- A. 30 minutes before the meet starts.
 - B. 45 minutes before the meet starts.
 - C. Upon arrival at the site.
 - D. 60 minutes before the meet starts.
- 19 . Before the dual meet begins, skin checks will be performed by the referee, if not performed by:
- A. Skin checks are only required if skin note is presented.
 - B. The visiting coaches.
 - C. The home team coaches.
 - D. Designated on site appropriate health-care provider.
- 20 . When possible, the referee should award points on the edge of the mat calls:
- A. Before sounding the whistle, and giving the hand signal for stopping the match and out of bounds.
 - B. After sounding the whistle, and giving the hand signal for stopping the match and out of bounds.
 - C. Prior to the re-start.
 - D. Only after consultation with the assistant referee.

- 21 . The referee shall stop potentially dangerous holds/maneuvers:
- A. Immediately.
 - B. If they become illegal.
 - C. After contestant is hurt.
 - D. If possible before it reaches a dangerous state.
- 22 . The referee should notify the coach and/or wrestlers during injury, blood, HNC or recovery time at the _____ of the remaining time left.
- A. 30-second and 15-second marks
 - B. 1-minute and 30-second marks
 - C. 45-second and 30-second marks
 - D. 2-minute and 1-minute marks
- 23 . The assistant referee should assist the referee when observing interlocking hands or grasping of clothing by:
- A. Informing both coaches verbally.
 - B. Informing the scorers verbally.
 - C. Giving the proper signal and informing the referee of the infraction.
 - D. Giving the signal for illegal hold and informing the referee.
- 24 . If the assistant referee disagrees with the referee, the following should occur:
- A. The assistant should bring it to referee's attention immediately.
 - B. The assistant will bring it up in the locker room.
 - C. The assistant will not have an opinion.
 - D. The assistant must go to scorer's table and discuss in confidence.
- 25 . The timekeeper is responsible for:
- A. Recording the completion time of matches.
 - B. Recording the accumulated time-outs for injury and blood time, head, neck, cervical column injuries.
 - C. Recording points scored by each contestant when signaled by the referee.
 - D. None of the above.
- 26 . Which of the following is permitted to be displayed on a wrestler's uniform top?
- A. The player's name and a promotional advertisement.
 - B. The school's logo and the manufacturer's logo (measuring 3 square inches).
 - C. The mascot and the player's name.
 - D. The weight classification and multiple manufacturer logos.
- 27 . The maximum allowable size for a single manufacturer's logo on a wrestling uniform is:
- A. 4 square inches
 - B. 2 1/4 square inches
 - C. 3 square inches
 - D. 2 1/2 square inches

- 28 . A manufacturer's logo can appear on each item of the wrestling uniform apparel _____.
- A. Unlimited times, as long as the size restriction is met.
 - B. A maximum of two times.
 - C. Only one time.
 - D. Not at all; manufacturer logos are prohibited.
- 29 . A suitable undergarment for a female:
- A. Covers the buttocks only.
 - B. Covers the groin area only.
 - C. Completely covers the buttocks, groin area and breasts.
 - D. None of the above.
- 30 . A suitable undergarment shall be worn under:
- A. One-piece singlet only.
 - B. Shorts designed for wrestling, one-piece singlet and compression shorts.
 - C. Shorts designed for wrestling only.
 - D. Light-colored uniforms only.
- 31 . When a wrestler reports to the mat wearing a leg sleeve without a pad, the official must:
- A. Award one penalty point.
 - B. Do nothing - leg sleeve without a pad is legal.
 - C. Have the athlete remove the sleeve.
 - D. None of the above.
- 32 . A wrestler comes to the mat wearing long socks and a leg sleeve touching one another. The official will:
- A. Award a technical violation.
 - B. Start injury time.
 - C. Do nothing, no violation.
 - D. Assess an unsportsmanlike conduct penalty.
- 33 . A caution is given to a contestant who:
- A. Applies an illegal move.
 - B. Slams his or her opponent.
 - C. Assumes an incorrect starting position or false starts.
 - D. Bites his or her opponent.
- 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:
- A. Allows wrestling to continue for possible fall because the wrestlers remain in a pinning combination.
 - B. Stops the match and awards the near-fall points which results in a technical fall.
 - C. Awards the back points with allowing the wrestler to attempt to secure a fall.
 - D. None of the above.

- 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?
- A. Wrestler B is awarded the fall and is the winner of the match.
 - B. Wrestler A would be declared the winner because they earned a technical fall before the reversal.
 - C. Wrestler A and B start overtime.
 - D. None of the above.
- 36 . Any hold/maneuver used to endanger life and limb is:
- A. Potentially dangerous.
 - B. Illegal.
 - C. Unsportsmanlike conduct.
 - D. Legal.
- 37 . _____ has the prerogative to default a match prior to the conclusion of wrestling.
- A. The coach or contestant
 - B. The coach only
 - C. The contestant only
 - D. The referee only
- 38 . A leg block (cut-back) is illegal when it involves:
- A. Using the hands to grab an opponent's leg.
 - B. Leaving the feet.
 - C. Applying pressure to an opponent's thigh with the knee.
 - D. Stepping in front of an opponent's leg to impede movement.
- 39 . The illegal leg block involves using which part of the body to "cut out" an opponent's leg?
- A. The hands or arms.
 - B. The head or shoulder.
 - C. The leg.
 - D. The elbow or knee.
- 40 . The use of a leg block (cutback) is _____.
- A. Flagrant misconduct.
 - B. A technical violation.
 - C. An illegal hold or maneuver.
 - D. Unsportsmanlike conduct.
- 41 . Going out of the wrestling area by either wrestler as a means of avoiding an imminent scoring situation is:
- A. Illegal hold.
 - B. Stalling.
 - C. Technical violation.
 - D. Unsportsmanlike conduct.

- 42 . Which of the following is not considered locked hands while wrestling on the mat:
- A. Around the torso, including a leg only.
 - B. Around the torso, over the shoulder with the head and leg.
 - C. Around the torso, including an arm only.
 - D. All of the above.
- 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?
- A. 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.
 - B. 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.
 - C. 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.
 - D. 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.
- 44 . A technical violation occurs when:
- A. A wrestler bites the opponent.
 - B. A wrestler punches the opponent.
 - C. A wrestler reports to the scorer's table with shoe(s) untied and not ready to wrestle.
 - D. A wrestler applies an illegal hold against the opponent.
- 45 . A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper penalty:
- A. Stop the match immediately and penalize for stalling.
 - B. Stop the match immediately and penalize for technical violation.
 - C. Allow action to continue and penalize for stalling once the situation has ended.
 - D. There is no penalty. When appropriate, stop the match, charge a referee's time-out to address the shoe.
- 46 . Wrestler A is the defensive wrestler and loses a shoe during the process (imminent scoring) of a reversal. What is the call:
- A. Ignore the shoe and award the two-point reversal and let wrestling continue without stoppage.
 - B. Stop match immediately, penalize Wrestler A for stalling and put the wrestler back in the referee's position.
 - C. Award Wrestler B one point for technical violation on Wrestler A.
 - D. Award two-point reversal for Wrestler A and penalize Wrestler A for stalling.
- 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:
- A. four minutes.
 - B. three minutes.
 - C. two minutes.
 - D. five minutes.

- 48 . A wrestler will be awarded _____ point(s) for a takedown.
- A. One
 - B. Three
 - C. Four
 - D. Two
- 49 . _____ point(s) is/are awarded when the defensive wrestler earns an escape.
- A. One team
 - B. Two match
 - C. Two team
 - D. One match
- 50 . The official signal to indicate that the five-minute head/neck/cervical column evaluation time is to begin is:
- A. The mat official will point to the side of their head.
 - B. The mat official will tap the front of their head with an open palm.
 - C. The mat official will tap the front of their head with a balled-up fist of either hand.
 - D. The mat official will tap the top of their head with a balled-up fist of either hand.