1) All scoring errors can be corrected if they are detected within 48 hours. [Rule 6-6-4, 5]

- True
- False (Correct)

2) The only way a wrestler can lose a match when ahead by 15 or more points is to commit an unsportsmanlike act. [Rule 5-11-4b]

- True
- False (Correct)

3) A defensive wrestler must allow the offensive wrestler an opportunity to assume a legal starting position on either side. [Rule 5-19-2]

- True (Correct)
- False

4) Which wrestling hold/maneuver is considered illegal? [Rule 7-2-2]

- Split Scissors
- Chicken Wing
- Toeholds
- None of the above (Correct)

5) Although not a requirement, the referee may stop the match on any potentially dangerous situation. [Rule 5-20; 7-2-2]

- True (Correct)
- False

6) It is stalling if neither wrestler can improve his/her position. [Rule 6-4-2a]

- True
- False (Correct)

7) There shall be no ________________ after the first round of competition in both the championship and consolation brackets. [Rule 10-3-2]

- forfeits
- byes (Correct)
- defaults
- disqualifications
8) In the neutral starting position, both wrestlers must be stationary at the start. [Rule 5-19-4]

- True (Correct)
- False

9) Spectators who act in an unsportsmanlike manner shall be removed by the home management and the home team penalized a team point. [Rule 7-5-6]

- True
- False (Correct)

10) If a wrestler is injured or indicates an injury, the referee shall stop the match. [Rule 6-4-3]

- True (Correct)
- False

11) The Figure 4 around the head is not an illegal hold/maneuver. [Rule 7-1-5r]

- True
- False (Correct)

12) Unsportsmanlike conduct by any wrestler prior to or following the match carries the same penalty as unsportsmanlike conduct for a coach. [Rule 5-30; 8-1-4; Penalty Chart]

- True (Correct)
- False

13) A forfeit is when the opponent, for any reason, fails to appear for a match. [Rule 5-13]

- True (Correct)
- False

14) A series of matches, one in each of the NFHS weight classes, constitutes a dual meet. [Rule 1-2-1]

- True (Correct)
- False

15) If near-fall points have been earned, the defensive wrestler may push himself off the mat to avoid being pinned, without penalty. [Rule 7-3-1]

- True (Correct)
- False
16) A fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler's body out of bounds. [Rule 5-11-5b]

- True (Correct)
- False

17) At the center of the mat there shall be a ______________ circle, indicated by a 2-inch line. [Rule 2-1-3]

- 6-foot
- 8-foot
- **10-foot (Correct)**
- 12-foot

18) Any act or action which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. [Rule 5-26]

- Unnecessary Roughness
- Technical Violation
- **Taunting (Correct)**
- Flagrant Misconduct

19) If a wrestler's first penalty (1-point) is stalling, his or her opponent will have choice of position on the next restart. [Rule 7-6; Penalty Chart]

- True
- **False (Correct)**

20) Coach misconduct occurs when a coach improperly questions the referee at the scorer's table. [Rule 5-5-1]

- True (Correct)
- False

21) Forfeits are no longer considered as matches wrestled when considering the limit of five matches in one day. [Rule 1-4-3; 5-13; 5-17-2]

- True (Correct)
- False

22) When in a pinning combination, the defensive wrestler's shoulders or scapula are considered supporting points. [Rule 5-15-2b]

- True (Correct)
- False
23) A warning is always given before unsportsmanlike conduct is called. [Rule Penalty Chart]

   - False (Correct)

24) It is bad time if the choice of position was not given after the second injury time-out. [Rule 5-1-1]

   - True (Correct)
   - False

25) During tournament weigh-ins, a wrestler is permitted only one attempt to make the prescribed weight. [Rule 4-5-3]

   - True
   - False (Correct)

26) If a medical person affiliated with the team acts in an unsportsmanlike manner, he/she would not be penalized like other team personnel. [Rule 5-30-1; 7-5-3; 8-1-4]

   - True
   - False (Correct)

27) Stalling shall be called consistently from the start of the first period until the conclusion of the overtime. [Rule 6-7-2; 7-6-2]

   - True (Correct)
   - False

28) If the second injury time-out is taken at the conclusion of the first period, the opponent shall have the choice of position at the start of the second and third periods. [Rule 6-3-3 Note; 8-2-1 EXCEPTION a]

   - True (Correct)
   - False

29) Beginning with the 2014-15 wrestling season, the hair cover does not need to be attached to the ear guards. [Rule 4-2-1 NOTE]

   - False (Correct)

30) Wrestlers should know the dangers of potentially dangerous holds/maneuvers. [Rule 7-2-2]

   - True (Correct)
   - False
31) All wrestlers must be in the designated weigh-in area at the time weigh-ins are scheduled to begin. [Rule 4-5-3]

- True (Correct)
- False

32) Flagrant misconduct on a coach can only occur prior to or after a match. [Rule 7-5-5]

- True
- False (Correct)

33) The coach may move toward the mat only during a charged time-out or at the end of the match. [Rule 7-5-2]

- True (Correct)
- False

34) A contestant shall not accept a forfeit in one weight class and compete in another weight class in the same competition. [Rule 1-4-5]

- True (Correct)
- False

35) The assistant referee is responsible for communications to the coaches. [Rule 3-2-2]

- True
- False (Correct)

36) A head tap should always be called unsportsmanlike conduct. [Rule 7-4-1]

- True
- False (Correct)

37) A fall terminates any overtime period. [Rule 5-11-1; 6-7-1d]

- True (Correct)
- False

38) A fall earns the same number of team points as a technical fall in a dual meet. [Rule 9-2-1]

- True
- False (Correct)
39) If a wrestler chooses to weigh-in with the artificial limb, the wrestler shall wear the artificial limb during competition at all times. [Rule 4-5-9]

- True (Correct)
- False

40) If no scoring occurs in the 30-second ultimate tiebreaker, the offensive wrestler will be declared the winner. ___________ match point(s) will be added to the offensive wrestler’s score to determine the final match score. [Rule 9-1-8]

- One (Correct)
- Two
- Three
- Four

41) If a body part is forced to its limit of normal range of movement, the hold/maneuver should be considered potentially dangerous. [Rule 7-2-1]

- True (Correct)
- False

42) In a near-fall situation, as soon as a three-point near fall has been earned, it should be awarded. [Rule 5-11-2c]

- True
- False (Correct)

43) The physician’s release form for a wrestler to participate with a particular skin condition shall be furnished at the time the wrestler reports and checks-in at the scorer’s table. [Rule 4-2-3]

- True
- False (Correct)

44) In a match involving a visually-impaired wrestler, contact is to be maintained throughout the match. [Rule 6-2-4]

- True (Correct)
- False

45) A bridgeback in a body scissors, or bridgeovers with a wrist lock are considered near-fall situations. [Rule 5-11-2d]

- True
- False (Correct)
46) Unsportsmanlike conduct is not voided if it occurs during bad time. [Rule 5-1-3]

- True (Correct)
- False

47) If a state uses the growth allowance, all wrestlers are eligible for the allowance. [Rule 4-4-4]

- True (Correct)
- False

48) The awarded wrestler need not be in uniform to receive a forfeit. [Rule 5-13]

- True
- False (Correct)

49) The referee is the final authority as to a wrestler wearing eye protection. [Rule 3-1-5; 4-3-1a]

- True (Correct)
- False

50) To help identify wrestlers, red and green leg bands must be worn on either or both legs. [Rule 4-3-4]

- True
- False (Correct)

51) When a wrestler, coach, other team personnel or spectator is removed for unsportsmanlike conduct, the team score will be reduced by three points. [Rule 7-5-1, 6; 8-1-4]

- True
- False (Correct)

52) State associations may adopt different weigh-in procedures for dual meets than those outlined by the NFHS rules book. [Rule 4-5-1, 3, 7]

- True
- False (Correct)

53) If the offensive wrestler selects the optional starting position, the wrestler does not need to indicate this intent to the referee. [Rule 5-19-8]

- True
- False (Correct)
54) A neck wrench is a potentially dangerous hold/maneuver. [Rule 7-1-5]

- False (Correct)

55) Scales for weighing in contestants of all teams and all contestants may be provided by both teams. [Rule 2-4-1]

- False (Correct)

56) If no scoring occurs in the 30-second ultimate tiebreaker, the defensive wrestler will be declared the winner. [Rule 9-1-8]

- False (Correct)

57) The match is always stopped when penalizing either wrestler for stalling. [Rule 8-1-2]

- False (Correct)

58) Wrestlers shall wear wrestling ear guards, which provide: [Rule 4-1-4]

- Adequate ear protection.
- No injury hazard to the opponent.
- An adjustable locking device to prevent it from coming off or turning on the wrestler’s head.
- All of the above. (Correct)

59) The head coach shall not be penalized when a wrestler reports to the scorer’s table with shoelaces that are not properly secured. [Rule 5-27-1e; 7-3-5]

- True (Correct)

60) The contestant or his/her coach has the prerogative to default a match to the opponent at any time prior to the conclusion of wrestling by informing the referee. [Rule 6-4-4]

- True (Correct)

61) A disqualified wrestler is always removed from further competition. [Rule 5-8; 5-12-2a]

- False (Correct)
62) It is possible to score a near fall against an offensive wrestler. [Rule 5-11-2b]

☐ True

☒ False (Correct)

63) During an injury time-out, either coach may give instructions to the wrestler. [Rule 8-2-1, 6]

☐ True (Correct)

☐ False

64) In the neutral starting position, it is permissible to have both feet on the starting line. [Rule 5-19-4]

☐ True (Correct)

☐ False

65) If bleeding is not stopped within a cumulative time of _____________ minutes, the match shall be terminated and the opponent shall be awarded the match by default. [Rule 8-2-7]

☒ three

☐ four

☒ five (Correct)

☐ six

66) The taping of fingers and thumb is not a violation. [Rule 4-3-3]

☐ True (Correct)

☐ False

67) The match is stopped for all illegal holds/maneuvers. [Rule 3-1-9; 5-14; 7-1; 8-1-2]

☐ True

☒ False (Correct)

68) Video recording is authorized unless prohibited by the state high school association. [Rule 1-1-3; 10-1-2]

☐ True (Correct)

☐ False

69) A wrestler leaving the wrestling area, without first receiving permission to do so from the referee, is a technical violation. [Rule 5-27-1d; 7-3-4]

☐ True (Correct)

☒ False
70) Anytime a match is stopped, it shall be re-started as if an out-of-bounds situation occurred. [Rule 6-6-2 EXCEPTION]

- True
- False (Correct)

71) Each team shall designate a captain or captains prior to the beginning of the dual meet. [Rule 1-2-3]

- True (Correct)
- False

72) The number of time-outs called for bleeding is left to the discretion of the referee. [Rule 8-2-7]

- True (Correct)
- False

73) A front headlock or any headlock with an arm or leg encircled is a potentially dangerous hold. [Rule 5-20; 7-2-2f]

- True (Correct)
- False

74) A coach may communicate with his/her wrestler during a match by using an electronic megaphone. [Rule 4-3-6]

- True
- False (Correct)

75) A series of matches in each of the NFHS weight classes in which individuals initially move from round to round as a team (pools) or advance based on team results culminating in the wrestler’s placement on an individual bracket with advancement from that point based on individual results would be: [Rule 1-3-3]

- Combination Tournaments. (Correct)
- Individually Bracketed Tournaments.
- Team Advancement Tournaments.
- None of the above.

76) Wrestlers may not wear wristbands, sweatbands or bicep bands during a match. [Rule 4-3-5]

- True (Correct)
- False
77) The timekeeper is responsible for: [Rule 3-4-1a]

- Recording the completion time of matches.
- **Recording the accumulated time-outs for injury and blood time. (Correct)**
- Recording points scored by each contestant when signaled by the referee.
- None of the above.

78) Anytime a wrestler is out of bounds, the referee shall stop the match. [Rule 5-15-3; 5-18]

- True
- **False (Correct)**

79) The referee has the sole authority for ruling on infractions or irregularities not covered within the NFHS wrestling rules. [Rule 3-1-2]

- **True (Correct)**
- False

80) If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period and the opponent already has the choice at the beginning of the second 30-second tiebreaker period, the opponent would then have the added choice at the first restart after the beginning of the second 30-second tiebreaker period. [Rule 8-2-1h]

- **True (Correct)**
- False

81) On matters of judgment, the referee will use the NFHS wrestling rules and interpretations, and the referee's decision shall be final. [Rule 3-1-2]

- **True (Correct)**
- False

82) Bad time is time wrestled with wrestlers in the wrong position. [Rule 5-1-1; 6-6-1]

- **True (Correct)**
- False

83) Bad time is time wrestled with a wrestler not given the choice of position after the two-point stalling penalty. [Rule 5-1-1; 6-6-2d]

- **True (Correct)**
- False
84) The referee should never stop the match in order to discuss a situation with the assistant referee. [Rule 3-2-2e, f]

- True
- **False (Correct)**

85) Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class. [Rule 4-5-8]

- True (Correct)
- False

86) 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. [Rule 5-11-1]

- True
- **False (Correct)**

87) In order to earn a fall, a wrestler must hold his/her opponent’s shoulders or scapula to the mat for a period of at least one second. [Rule 5-11-1]

- True
- **False (Correct)**

88) If the near-fall criteria are met for a period of three seconds, a three-point near fall will be earned. [Rule 5-11-3]

- True
- **False (Correct)**

89) A contestant can wrestle in two consecutive matches with less than a 30-minute rest between matches. [Rule 1-4-4]

- True
- **False (Correct)**

90) The two-second count for a fall shall be loud enough so both wrestlers can hear. [Rule 5-11-1]

- True
- **False (Correct)**

91) A wrestler who receives permission from the referee in advance, for a valid reason, may have extended time to make the required weight. [Rule 4-5-8]

- True
- **False (Correct)**
92) 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. [Rule 1-2-4; 1-3-5]

- True (Correct)
- False

93) As long as all the supporting parts of either wrestler are inbounds, wrestling shall continue. [Rule 5-15-1]

- True (Correct)
- False

94) The random draw shall take place immediately following the weigh-ins and be supervised by the referee or other authorized person. [Rule 1-2-2a; 4-5-3; 5-21-1]

- True
- False (Correct)

95) After three stoppages for adjustment of ear guards, the referee shall award one penalty point to the opponent. [Rule 6-4-5]

- True
- False (Correct)

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. [Rule 6-2-4]

- head-touching
- one-hand
- closed-fist
- finger-touch (Correct)

97) A wrestler is allowed 1½ minutes of injury time for each match. [Rule 8-2-1]

- True (Correct)
- False

98) It is permissible to allow coaches on the corner of the mat in a restricted zone during a tournament. [Rule 2-2-2]

- True (Correct)
- False
99) If the referee can determine the amount of time that should have been run off the clock, and it was because of a timekeeper’s error, he/she may deduct the time. [Rule 6-6-3]

- True (Correct)
- False

100) Flagrant misconduct will disqualify any individual for the remainder of a multiple-school event or a tournament. [Rule 8-1-6]

- True (Correct)
- False