1. The legal hair cover shall be attached to the ear guards.
   A. True
   B. False

2. Bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being give choice of position at the start of the ultimate tiebreaker.
   A. True
   B. False

3. Any contestant reporting to the scorer's table not properly equipped or not ready to wrestle is given a delay-of-match warning.
   A. True
   B. False

4. The new wrestling referee signal for unnecessary roughness is to cross both wrists in front of the chest.
   A. True
   B. False

5. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.
   A. True
   B. False

6. All points during bad time are canceled.
   A. True
   B. False

7. The random draw shall take place immediately preceding weigh-ins for a dual meet.
   A. True
   B. False

8. 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

9. It is legal for a wrestler to compete wearing wristbands, sweatbands or bicep bands.
   A. True
   B. False
10. 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

11. When a match is terminated simultaneously for both wrestlers in the championship bracket and no points have been scored in the match, one of the wrestlers will be the winner and will advance in the championship bracket.
   A. True
   B. False

12. 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

13. 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

14. Video recording is authorized unless prohibited by the state high school association.
   A. True
   B. False

15. The uniform shall be worn as intended/designed by the manufacturer.
   A. True
   B. False

16. Forfeits are still considered as matches wrestled when considering the limit of five matches in one day.
   A. True
   B. False

17. During injury, blood or recovery time-outs, the referee should be in a position to monitor the appropriate clock and wrestlers.
   A. True
   B. False

18. If the assistant referee disagrees with the referee, the referee shall stop the match to discuss the situation.
   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 not 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 biking-short-type garment may extend below the singlet as long as it is tight fitting, single solid color, unadorned and does not extend below the knees.
   A. True
   B. False

24. Hair that is as abrasive as an unshaved face is not included in the wrestler’s appearance rule.
   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 contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of the weigh-in, qualifies the competitor.
   A. True
   B. False

27. Any method for quick weight-reduction purposes is prohibited and shall disqualify an individual from competition.
   A. True
   B. False

28. 103-pounds is one of the NFHS competition weight classes.
   A. True
   B. False

29. More than one wrestler from each team may weigh in for a weight class for dual-meet competitions.
   A. True
   B. False
30. The minimum weight for a 113-pound wrestler is 90 pounds.
   A. True
   B. False

31. It is required that all wrestlers weigh in stripped.
   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. The host management may adjust the amount of time between weigh-ins and the start of competition, as long as the maximum time is not exceeded.
   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. The order of weight class competition cannot be altered following the random draw.
   A. True
   B. False

37. A wrestler may accept a forfeit at 152 pounds and then wrestle at 160 pounds.
   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. A default is awarded when a wrestler fails to appear for a match.
   A. True
   B. False

41. A neutral position means neither wrestler has control.
   A. True
   B. False

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

43. The mat area is only the wrestling 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. It is stalling when either wrestler repeatedly creates a stalemate situation to prevent an opponent from scoring.
   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. All disqualifications carry a two-point team deduction.
   A. True
   B. False

52. In dual-meet competition, a forfeit is scored the same number of points as a fall.
   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 not possible for the first, second and third periods to all start from the neutral position.
   A. True
   B. False

55. Overtime is not an extension of the regular match.
   A. True
   B. False

56. In tournament competition, the choice at the start of the second period is determined by a toss of the disk.
   A. True
   B. False

57. Wrestlers are not required to shake hands at the end of each match.
   A. True
   B. False

58. At the meeting with the captains, prior to the start of a dual meet, the team winning the disk flip may choose either the odd or even matches or may defer the choice.
   A. True
   B. False

59. The first period of a consolation match may be one or two minutes in length.
   A. True
   B. False

60. When possible, the referee should award points on the edge-of-the-mat calls before blowing the whistle for out of bounds.
   A. True
   B. False

61. If the optional starting position is used, the offensive wrestler is to place their hands only on the shoulders of the opponent.
   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. For any wrestler who is bleeding, a maximum of five minutes will be allowed to control the bleeding, and there is also a limit of two occurrences per match.
   A. True
   B. False

65. The coach of a wrestler can default a match in progress or during an injury time-out by informing the referee.
   A. True
   B. False

66. 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.
   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 wrestler who scores the first point(s) in the sudden-victory period shall be declared the winner.
   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. In the sudden-victory period of overtime, on a takedown or reversal straight to near-fall criteria, the match will be stopped as points have been scored.
   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 end of regulation time and the start of the first overtime period, so the referee can verify the score.
   A. True
   B. False

75. All mat markings on a wrestling mat are 2 inches in width.
   A. True
   B. False

76. A 24-foot square wrestling area is illegal.
   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. A double arm bar from the front, with the hands locked under the armpit, is illegal.
   A. True
   B. False

80. Pulling back as opposed to grasping the thumb or one, two or three fingers of an opponent’s hand is an illegal hold/maneuver.
   A. True
   B. False

81. Any hold with pressure extended over the opponent’s mouth, nose, throat or neck that restricts circulation or breathing is an illegal hold/maneuver.
   A. True
   B. False
82. Whenever possible, an illegal hold/maneuver shall be prevented rather than penalized.
   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. The split scissors is categorized as an illegal hold/maneuver.
   A. True
   B. False

86. Any legal front headlock is a potentially dangerous situation.
   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. All vacancies created in the tournament pairings after the first round shall be scored as:
   A. byes.
   B. defaults.
   C. forfeits.
   D. opens.
92. 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

93. Which wrestling hold/maneuver is considered illegal?
A. Neck Wrench  
B. Full Nelson  
C. Overhead Double Arm Bar  
D. All of the answers are correct.

94. 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

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 answers are correct.

96. 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

97. 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 answers are correct.
98. 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 answers are correct.

99. 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 answers are correct.

100. Coach Misconduct results in the following:
    A. First offense - deduct one team point.
    B. Second offense - deduct two team points.
    C. Third offense - deduct two team points and removal of the head coach for the remainder of the day.
    D. None of the answers are correct.