

## 2018-19 Wrestling Officials Exam For Postseason Tournament Consideration

1. No contestant shall wrestle in two consecutive matches with less than\_\_ minutes rest between matches.
  - a. 25
  - b. 35
  - c. 45
  - d. 55
  
2. Coaches Misconduct is called when a conference is requested with the referee at the scorer's table regarding a misapplication of the rule, and the referee determines that
  - a. There was a misapplication of the rule.
  - b. The opposing coach was not involved in the conference.
  - c. The coach has used abusive language towards the referee
  - d. The coach has questioned the judgement of the referee.
  
3. If it becomes necessary to remove a spectator from the premises, \_\_\_ shall be the one to remove the individual.
  - a. Home management.
  - b. Home management and the referee.
  - c. The referee.
  - d. The police.
  
4. The referee is not only responsible for checking the uniforms and legality of equipment for participants, but he/she is also responsible for checking
  - a. Mats
  - b. Markings
  - c. Taping
  - d. All of the above.
  
5. The conclusion of wrestling occurs when the time expires at the end of the third period or
  - a. Overtime begins.
  - b. A fall or technical fall is eminent.
  - c. Coach or wrestler defaults the match.
  - d. All of the above
  
6. The number of times the offensive wrestler places an opponent in a near-fall position during a pinning situation dictates the number of near-falls the offensive wrestler will receive.
  - a. True
  - b. False
  
7. From the neutral starting position, which of the following is not allowed
  - a. Any part of the body touching the mat in front of the lead foot.
  - b. Both feet on the starting line.
  - c. One foot on the starting line and one behind.
  - d. None of the above are allowed.

8. If wrestler A's shoe comes untied during the match, the referee should:
  - a. Ignore them as long as the laces do not interfere with the match.
  - b. Have wrestler A retie their shoe when actions stops and resume wrestling without a penalty.
  - c. Stop the match and assess a technical violation.
  - d. When action ceases, stop the match to allow wrestler A to retie the shoe and assess a stalling warning. December 2017 MHSAA Wrestling Update.
  
9. Contestants may wear\_\_ during weigh-in, which cannot be removed from or added if the wrestler does not make weight.
  - a. Unadorned knee socks.
  - b. Low-cut socks.
  - c. Mid-calf sock.
  - d. School issued knee socks.
  
10. The coach misconduct penalty shall always be charged to
  - a. The coach who violated.
  - b. The head coach.
  - c. The wrestler who is on the mat.
  - d. None of the above.
  
11. Who can overrule a family physician's diagnosis of a communicable skin condition presented at weigh-ins?
  - a. The designated, on site meet, appropriate health-care professional.
  - b. The host school administrator.
  - c. The coach.
  - d. The trainer from the visiting school.
  
12. Bad time occurs when:
  - a. Wrestling has been allowed to continue following a violation when the match should have been stopped.
  - b. Wrong wrestler given choice at the start of the third period.
  - c. A clock should have been stopped at the end of a period.
  - d. All of the above.
  
13. If a wrestler who is to report first, is sent to the scorer's table in dual-meet competition, once he/she reports, that wrestler cannot be withdrawn without being disqualified except:
  - a. When the referee called for the wrong wrestler, based on the pre-meet disk toss, to report.
  - b. When the first match selected was odd.
  - c. When the coach was not ready.
  - d. The opposing wrestler does not present within three minutes
  
14. If bleeding is not stopped within an accumulated bleeding time of \_\_\_, the match shall be terminated and the opponent shall be awarded the match by default.
  - a. 1 minute 30 seconds
  - b. 2 minutes
  - c. 5 minutes
  - d. 6 minutes

15. Which of the following is an illegal hold/maneuver?
- Split scissors.
  - The Nelson-Cradle
  - Front headlock with an arm encircled.
  - Toeholds.
16. During a multi-dual event, if the last weight class completed is 125 pounds, the first weight class to be completed in the next dual is:
- 125
  - 130
  - 135
  - 140
17. Errors involving the computation of match score must be corrected
- Within 30 minutes of the official posting of team scores
  - Prior to the offend contestant leaving the mat.
  - Prior to the next match in which either wrestler competes.
  - Within 30 minutes of the conclusion of the event.
18. Which of the following acts is voided during bad time?
- Coaches misconduct
  - Blood time
  - Unnecessary roughness
  - Illegal holds/maneuvers
19. The following hold(s)/maneuver(s) are illegal except?
- Hammerlock above a right angle.
  - Front, quarter nelson with the chin.
  - Grasping the thumb or 1, 2, or 3 fingers of an opponent's hand.
  - All of the above are illegal.
20. If multiple scales are available for weigh-ins, the contestant may
- Step on and off each scale twice.
  - Step on scale one only once.
  - Step on each scale once.
  - Step on and off the first scale two times and each other scale once.
21. When the Assistant Referee observes a false/improper start by either wrestler, they should:
- Signal a caution by using the approved NFHS signal.
  - As soon as appropriate, advise the referee of the infraction.
  - Ignore it, as it is not your call.
  - Correct the wrestler when a violation occurs.
22. The timekeeper is responsible for:
- Keeping track of the time of day.
  - Recording the accumulated time-outs for injury and blood time
  - Monitoring the number of coaches trip to the scorer's table
  - All of the above

23. Special equipment is defined as any equipment worn that is not required by rule. Which of the following is not special equipment?
- Socks
  - Face masks
  - Eye protection
  - All are special equipment
24. It shall be considered a \_\_\_\_ when the opponent, for any reason, fails to appear for a match.
- Forfeit
  - Bye
  - Default
  - Draw
25. Contestants interlocked in a position other than a pinning situation, in which neither wrestler can improve their respective position(s) is:
- Stalling
  - Potentially dangerous
  - A Stalemate
  - A delay of match.
26. Contestants are considered to be in bounds if a total of \_\_\_ supporting points of either wrestler are inside or on the boundary lines.
- Two
  - Three
  - Four
  - All
27. At the conclusion of the match, failure by the wrestler(s) to shake hands with the \_\_\_\_ is an act of unsportsmanlike conduct.
- Referee
  - Opposing coach
  - Official Score Keeper
  - Other wrestler
28. The Back Bow is illegal
- When the pressure is towards the head
  - By application
  - When any pressure is applied
  - If the defensive wrestler is on his/her stomach
29. A wrestler reports in at the scorer's table wearing a religious medallion. This is permissible if
- They have a note from the school on letterhead
  - The wrestler
  - A wrestler cannot wear jewelry
  - They have a letter from their priest

30. The team trainer who is ejected from the event would
- Be assessed a Flagrant Misconduct penalty and have a three team point deduction
  - Be assessed an Unsportsmanlike penalty and deduct one team point
  - Have to leave with no point deduction
  - None of the above.
31. To determine supporting points, the NFHS has removed the following language
- Body touching the wrestling area
  - Parts with which the wrestler is holding the opponent
  - Area which bears the wrestler's weight
  - Inbounds and out of bounds
32. Which of the following is a definition of stalling:
- Continuously avoiding contact
  - Preventing an opponent from returning out of bounds
  - Pushes or pulls their opponent out of bounds
  - All of the above
33. A false start from the neutral position that results in injury to the opponent entitles the injured wrestler to two minutes of recovery time.
- Which is deducted from the opponents injury time
  - Not deducted from either wrestler's injury time
  - Only if the opponent intended to hurt the injured wrestler
  - Which will be deducted from the injured wrestler's injury time allowance.
34. It is unsportsmanlike to drop repeatedly to one hand to break locked hands by the opponent. The violator should be penalized
- The first time it happens
  - The second time it happens
  - Whenever the official feels it was done purposely
  - If the defensive wrestler looks to the official for relief
35. Wrestler A is visually impaired and when starting in the neutral position Wrestler B breaks contact and backs up just prior to attempting a takedown.
- Wrestler B should be warned that they must maintain contact with Wrestler A.
  - As long as they began with contact, wrestling continues.
  - Wrestler B should be cautioned for a false start.
  - Wrestler B should be penalized for unsportsmanlike conduct.
36. Wrestler A has one leg of Wrestler B in the air and A intentionally goes out of bounds
- Wrestler B should be warned for stalling.
  - Wrestler A should be penalized for fleeing
  - Wrestler A should be warned for stalling
  - Wrestler B should be penalized for fleeing.

37. Wrestler A reports to the scorer's table with his/her uniform straps taped together in the back, so the uniform would fit better.
- A is penalized one match point for a technical violation and must take injury time to make the uniform legal.
  - It is okay, if A has a note from the school administration on letterhead.
  - A must use injury time to make the uniform legal.
  - A is assessed a technical violation.
38. Weigh in begins at 5:00 pm, there are four teams competing. Weigh-in begins at 130 pounds. Just before the 125 weight concludes, the home team's 130 pounder arrives.
- He/she is allowed to weigh in as long as the last weight has not been completed.
  - The wrestler can weight in but they must compete at 135.
  - The wrestler failed to make weight during the weigh-in period and is not eligible to compete in that event.
  - The on-site administrator can allow the wrestler to compete.

True or False:

39. Unsportsmanlike conduct by any wrestler prior to or following the match carries the same penalty as unsportsmanlike conduct for a coach.
40. When penalizing contestants, the referee shall always stop the match.
41. Once a wrestler has lifted the opponent off the mat, in order to be considered out of bounds, both feet must be out of bounds.
42. The only way a wrestler can lose a match when ahead by 15 or more points is to commit a flagrant or unsportsmanlike act.
43. Wrestler A has earned, but not been awarded a 2 point near fall. Wrestler B scratches the face of A hard enough that A releases the hold. The referee stops the match and awards A three points for the near fall (two points for the near fall and an additional point for the stoppage) and one point for the illegal hold.
44. A disk toss precedes the overtime match in order to determine choice in the tiebreaker, if no points were scored in the regular match.
45. If a wrestler is injured or indicates an injury, the referee must stop the match.
46. Giving a wrestler the incorrect choice is always considered bad time.
47. The third time a coach questions the misapplication of a rule and no changes were made at any time causes the coach to be ejected and a deduction of two team points.
48. A figure-four around the head from the neutral position is a technical violation, but the call is delayed when a takedown is imminent.
49. If a second time-out is taken, a wrestler's opponent will get his choice of position on the restart except in the tiebreaker.
50. When no designated medical staff is available, the coach has the authority to rule as to whether or not his wrestler may continue following any injury, including consciousness.