

2023-24 Wrestling Rules Examination Questions

1. Going out of the wrestling area by either a wrestler or forcing an opponent out of the wrestling area at any time as a means of avoiding wrestling is (7.6)
 - a. Unsportsmanlike Conduct
 - b. A Technical Violation
 - c. Stalling
 - d. Flagrant Misconduct
2. Any points, penalties, or injury time that occurred during bad time shall be voided except for (5.1)
 - a. Head/neck/cervical (HNC) injury time
 - b. Unnecessary roughness
 - c. Blood time
 - d. None shall be voided.
3. If the contestant fails to make weight on the first scale after the second attempt, the contestant shall immediately step on each available scale once to make the weight. During the time off the scales, the contestant can: (4.5)
 - a. Go to the restroom.
 - b. Drink water
 - c. Take off their socks.
 - d. None of the above
4. When one of the competitors is unable to continue wrestling for any reason, the opponent is awarded a (5.7)
 - a. Fall
 - b. 30-minute rest before the next match
 - c. Medical Forfeit
 - d. Default
5. Wrestler A has Wrestler B in a pinning situation, and A taunts B. The referee should: (7.5)
 - a. Stop the match and penalize Wrestler A for unsportsmanlike conduct.
 - b. Warn Wrestler A and allow the wrestler the opportunity to complete the fall.
 - c. Continue watching for the fall and ignore the chirping by Wrestler A
 - d. Stop the match and penalize Wrestler A for flagrant misconduct.
6. Per MHSAA regulations, a coach or athlete may be ejected post-contest for
 - a. Refusing to help calm unruly spectators.
 - b. Not answering the official's questions
 - c. Any acts that would have resulted in an ejection during competition.
 - d. They looked at me after I told them not to
7. Wrestlers are permitted to report to the scorer's table wearing jewelry if it is: (3.1)
 - a. Approved by the school.
 - b. A religious medal
 - c. Covered in tape.
 - d. No jewelry is permissible.

8. During a regular dual meet competition, it is permissible for coaches to be at the corner of the mat if: (2.2)
 - a. They always stay seated.
 - b. The home school grants permission.
 - c. They are no closer than 10 feet to the circle's edge.
 - d. Coaches cannot coach from the corner of the mat.

9. When the defensive wrestler stands with one or both arms trapped and is lifted off the mat by the offensive wrestler. The referee shall: (7.2)
 - a. Caution the offensive wrestler to be careful.
 - b. Watch the defensive wrestler for signs of stress.
 - c. Move to a position to catch the defensive wrestler.
 - d. Immediately stop the match as it is potentially dangerous.

10. The coach may move toward the mat only: (7.5)
 - a. If they do not interfere with the match in progress
 - b. During a charged timeout or at the end of the match.
 - c. If their wrestler screams as though injured
 - d. To question an official's call

11. Any contestant failing to make weight during the weigh-in period (4.5)
 - a. Shall be sent home.
 - b. Can wrestle off.
 - c. May wrestle in the next higher weight class (regular season only), permitted by the individual weight-loss plan on that given date.
 - d. May wrestle in the next lower weight class.

12. ___ team points are awarded in a dual meet for a double forfeit. (9.2)
 - a. Zero
 - b. One
 - c. Two
 - d. Three

13. During any headlock, the assistant should be: (3.2)
 - a. In position to observe any action from underneath but remain on his/her feet.
 - b. At the scorer's table, watching the clock.
 - c. At the edge of the mat, away from the action
 - d. Behind the referee to have the same view as the referee

14. Only one wrestler may represent a school in each weight class during dual-meet competition, and no substitution is permitted for any wrestler in dual meets once the wrestler (1.4)
 - a. Has been cleared by the official overseeing the weigh-in procedure.
 - b. Has stepped on the mat.
 - c. Has appropriately reported to the scorer's table.
 - d. Has been designated as the starter by the coach at weigh-in

15. Bad time occurs when the wrong wrestler is given the choice of position: (5.1)
 - a. At the start of the third period
 - b. At the start of the second 30-tiebreaker period
 - c. At the start of the ultimate tiebreaker
 - d. All the above.
16. The coach misconduct penalty is: (5.5)
 - a. Always charged to the home team
 - b. Always charged to the assistant coach
 - c. Always charged to the head coach.
 - d. Always charged to the opposing team
17. The first period of a consolation match shall be: (6.1)
 - a. One minute in length
 - b. One or two minutes in length.
 - c. Two minutes in length
 - d. All the above
18. When there is no longer a total of supporting points of either wrestler on or inside the boundary line, wrestling shall be stopped. (6.4)
 - a. One
 - b. Two.
 - c. Three
 - d. All the above
19. The referee will not stop the match when penalizing: (8.1)
 - a. An illegal hold by the offensive wrestler.
 - b. A defensive wrestler in a pinning situation.
 - c. Unsportsmanlike conduct by offensive wrestlers.
 - d. Offensive wrestler for stalling.
20. Which of the following is a true statement? (4.1)
 - a. Full-length tights may be worn without stirrups.
 - b. Loose-fitting t-shirts are allowed.
 - c. Sideburns must be trimmed no longer than earlobe level.
 - d. None are true.
21. In the offensive starting position, the offensive wrestler shall: (5.19)
 - a. Place their head on or above the mid-line of the opponent's back.
 - b. Place their arm loosely around the opponent's body with the palm placed loosely over the defensive wrestler's navel.
 - c. Not having their legs or feet in contact with the defensive wrestler
 - d. All the above.
22. Contestants are considered inbounds if: (5.15)
 - a. All supporting points of either wrestler are in bounds.
 - b. One supporting point of each wrestler is in bounds.
 - c. Two supporting points of either wrestler are in bounds.
 - d. All the above.

23. A flagrant misconduct call will result in which of the following: (8.1)
- Restriction to the bench/team area
 - Disqualification of the offending wrestler
 - Disqualification of the individual, immediate removal from premises, and deduction of two team points on the first offense
 - Disqualification of the individual, immediate removal from premises, and deduction of three team points on the first offense.
24. Wrestler B is beyond the boundary line and on his/her back in a pinning situation. In which situation is Wrestler A allowed to score a near-fall or fall? (5.15)
- Wrestler A has Wrestler B in a headlock. Wrestler A's feet are touching the boundary line, and their knees are outside the boundary line.
 - Wrestler A has their feet and knees inside the boundary line.
 - Both A & B
 - Neither A nor B
25. It is stalling in the neutral position when a wrestler: (5.24)
- Cannot improve his or her respective position.
 - Is being overpowered.
 - Prevents the opponent from returning to or remaining inbounds.
 - Forces a hold/maneuver beyond normal range of motion.
26. Each wrestler is required to make _____ to stay within the ___ foot circle and wrestle aggressively, regardless of position or the time/score of the match. (7.6)
- An effort; twenty-eight
 - An honest attempt; twenty-eight
 - An effort; ten
 - An honest attempt; ten.
27. Referees have _____ for enforcement of rules that extend beyond officiating a match. (3.1)
- No jurisdiction or responsibility
 - To defer to the mat referee
 - To defer to the AR
 - Jurisdiction
28. The NFHS signal to start head, neck, and cervical injury evaluation time is a:
- Clenched fist to the center of the official's forehead.
 - Circling finger in the air
 - Finger to the side of the head
 - Arms crossed above the head.
29. A wrestler failing to make every effort to stay inbounds during an imminent scoring situation shall be penalized for (7.3)
- Unsportsmanlike Conduct
 - Fleeing the mat.
 - Stalling
 - Misconduct
 - e.

30. When the defensive wrestler places himself in a precarious position during an attempted escape or reversal, a near fall shall not be scored unless the offensive wrestler has control and _____ the opponent in a pinning situation for ___ second(s). (5.11)
- Restrains, two.
 - Stops, three continuous.
 - Restrains, five
 - Adjusts, one
31. Overtime wrestling is an extension of the regular match. Which of the following does not accumulate throughout the regular match and the overtime period? (6.7)
- Cautions
 - Penalties
 - Injury time
 - All the above are cumulative.
32. A present, appropriate healthcare professional is allowed a maximum of ___ minutes of HNC injury time to evaluate the head and neck involving the cervical column. (8.2.4)
- 3
 - 4
 - 5
 - Unlimited
33. _____ is penalized separately from the Penalty Chart. (8.1)
- Biting
 - Profanity towards an official
 - Stalling.
 - Flagrant Misconduct
34. The 8-to-14-points margin of victory in a match is: (9.1)
- A decision
 - A major decision.
 - A technical fall
 - None of the above
35. The referee, assistant referee, and two contestants are the only individuals permitted on the wrestling mat. If a coach has a question, he/she may speak only to: (6.6)
- The assistant referee
 - The referee at the head table.
 - Either the referee or the assistant
 - The scorekeeper
36. The _____ has the authority to rule promptly and in the spirit of good sportsmanship in any situation not explicitly covered by the rules. (3.1)
- Meet manager.
 - Home team head coach
 - Referee.
 - On-site administrator

37. No wrestler shall wrestle in more than ___ matches (championship or consolation), excluding forfeits in any single tournament day conducted during the regular season or by the state high school association for qualification to the state high school championships or the championships. (1.4)
- 3
 - 4
 - 5
 - 6
38. All contestants shall weigh in wearing a legal uniform and a suitable undergarment that completely covers the buttocks and groin area. Female contestants shall also wear _____ that completely covers their breasts. (4.5)
- Stirrups
 - Any length socks.
 - A sports bra
 - A form-fitting compression undergarment.
39. If a contestant is injured because of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the injured wrestler is entitled to 2 minutes of ___ time which is not deducted from the injured wrestler's injury time allowance, nor shall it constitute an HNC time out. (8.2)
- Injury time
 - Recovery time
 - Bad time
 - Referee's time
40. During a match, a wrestler shall not wear: (4.3)
- Arm sleeves that do not contain a pad.
 - Leg sleeve(s) that do not contain a pad.
 - Wristbands
 - Any of the above
41. When a match is stopped for an injury, including HNC, during an imminent scoring situation, and the referee determines that scoring would have been successful had wrestling continued, the referee shall charge _____ or, if appropriate, an HNC timeout to the injured contestant and award applicable point(s) to the non-injured wrestler. (8.2)
- Recovery timeout
 - Blood timeout
 - Referee's timeout
 - Injury timeout
42. If the official detects wet blood during an imminent scoring situation, they shall: (8.2)
- Immediately stop the match and award the appropriate point(s)
 - Allow the situation to play out.
 - Caution the aggressive wrestler to avoid getting blood on them.
 - None of the above

43. Wrestler A has Wrestler B's legs, and during competition, B's shoe comes off. What is the ruling? (4.1)
- The referee calls an official's timeout and allows Wrestler B to correct the shoes.
 - Wrestling continues until there is a standard stop in the action, and Wrestler B is charged an injury timeout to correct the shoe issue.
 - Wrestler B would be penalized for a technical violation, and injury time would be started to allow Wrestler B to secure the shoe back on correctly.
 - Wrestler B would be penalized for stalling.
44. A wrestler reports to the weigh-in with shoulder-length braided hair. (4.2)
- This is not permitted as hair must be in its natural state.
 - If the wrestler has a legal hair covering, this would be permitted.
 - This would be permitted, and no legal hair covering is required.
 - The wrestler must have a clearance letter from the MHSAA.
45. School A has male and female wrestlers on its team. Who is authorized to conduct the weigh-ins? (4.5)
- The school's coach to protect the modesty of the female wrestlers.
 - The referee or other authorized person of any gender shall supervise the weigh-ins of all contestants.
 - Only a referee of the same gender as the wrestler
 - A male referee must have a female present to weigh the female wrestlers.
46. Team A has wrestlers wearing different combinations of uniforms. Which combination is not a compliant uniform: (4.1)
- A one-piece singlet with compression shorts worn underneath the singlet.
 - A one-piece singlet with shorts designed for wrestling worn on top of the singlet.
 - A form-fitted compression shirt with full-length tights worn underneath shorts designed for wrestling.
 - A form-fitted compression shirt worn on top of a singlet.
47. Wrestler A has been called for their fourth stalling call for backing off the mat. (8.1)
- The official must stop the match after calling the fourth stalling call and award the correct points (two points) and choice of position to the opponent of the offender.
 - Allow wrestling to continue until there is a normal stoppage of action.
 - Award the two penalty points and disqualify the offending wrestler if they stall again.
 - None of the above
48. While Wrestler A is in an imminent scoring situation (takedown, escape, or reversal), Wrestler B indicates to the referee he/she is injured: (8.2)
- The referee shall stop the match, and no point(s) are awarded.
 - The injured wrestler is penalized for unsportsmanlike conduct because the referee does not believe the injury cry.
 - The referee shall stop the match and award the point(s) if, in the referee's opinion, the point(s) would have been scored aside from the injury.
 - Imminent scoring can only occur in a near fall situation.

49. Competition in dual meets shall be conducted by random draw of weight classes and: (1.2)
- a. The random draw shall take place immediately preceding weigh-ins.
 - b. The referee or other authorized person shall supervise the random draw.
 - c. Subsequent matches will follow in sequential order.
 - d. All the above
50. The following is not a 2023-24 MHSAA boys weight class (4.5)
- a. 106
 - b. 126
 - c. 170
 - d. 190
51. Coach Misconduct results in the following (8.2)
- 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 above