

2025-26 Wrestling Officials Exam for Postseason Tournament Consideration

1. An assistant coach approaches the referee at the scorer's table during a match and asks why the official penalized the wrestler for stalling (a judgment call) (Rule 5.5) This should be:
 - A. One-point technical violation.
 - B. Coaches misconduct warning
 - C. Allowed to continue with no penalty because coaches may ask questions.
 - D. Asked to leave the mat area immediately and send the head coach.
2. What is the point value awarded for a Takedown in the 2025-26 NFHS rules? (Rule 9.1)
 - A. 1 point
 - B. 3 points
 - C. 2 points
 - D. 4 points
3. How many seconds of near-fall criteria must be held for a wrestler to be awarded four points for a near-fall? (Rule 9.1)
 - A. 2 seconds
 - B. 3 seconds
 - C. 4 seconds
 - D. 5 seconds
4. When does a match stop for a Technical Fall if a takedown or reversal creates a 15-point advantage and goes straight to near-fall criteria? (Rule 5.11)
 - A. Immediately upon the 15-point advantage being reached.
 - B. After the referee confirms the call with the scorer.
 - C. After the conclusion of the period.
 - D. When the near-fall criteria are no longer met.
5. How is the starting weight class for a dual meet determined, according to the modified rule? (Rule 1-2)
 - A. Random draw of weight classes, or lowest weight to heaviest.
 - B. Always start at the lowest weight class.
 - C. Always start at the heaviest weight class.
 - D. Agreement of the opposing head coaches.
6. How many total near-fall points can be scored in one pinning situation, regardless of how many times the criteria are met? (Rule 5-11)
 - A. Two near falls maximum.
 - B. Three near falls maximum.
 - C. Unlimited near falls
 - D. One near-fall maximum.

7. If a defensive wrestler is injured or bleeding occurs after a four-point near-fall has been earned, what is the total near-fall value awarded? (Rule 5-11)
- A. 5 points
 - B. 4 points
 - C. 3 points
 - D. No additional points, the match is stopped.
8. What is the official signal to "Indicate No Control"? (Official Wrestling Signals #9)
- A. A circular motion.
 - B. Arms extended and crossed overhead.
 - C. Change direction of arrows to left and right instead of circular.
 - D. Tapping the chest with both hands.
9. Once a technical fall has been earned, what is true regarding the match outcome? (Rule 5-11)
- A. The offensive wrestler must still pin the opponent to win.
 - B. The offensive wrestler cannot lose the match.
 - C. The defensive wrestler is awarded one penalty point.
 - D. The match score is reset to 0-0 for the remainder of the period.
10. What signal was removed from the list of Official Wrestling Signals for 2025-26? (Official Wrestling Signals #3)
- A. Indicate No Control
 - B. Stalemate
 - C. Officials' Time-out
 - D. Penalty/Caution
11. What is the minimum near-fall time required to be awarded 3 points? (Rule 5-11)
- A. 2 seconds
 - B. 3 seconds
 - C. 4 seconds
 - D. 5 seconds
12. Wrestlers are now permitted to wear which item without a pad during a match? (Rule 4-3)
- A. Leg sleeves
 - B. Bicep bands
 - C. Wrist bands
 - D. Arm sleeves
13. How many times may a manufacturer's logo appear on the uniform top, bottom, or legal hair covering? (Rule 4-1)
- A. No more than once on each item of uniform apparel.
 - B. No more than twice on each item.
 - C. Unlimited times.
 - D. Only on the waistband or neck of the uniform.

14. What type of band/sleeve must **still** contain a pad to be worn during a match? (Rule 4-3)
- A. Leg sleeve
 - B. Thigh compression sleeve
 - C. Tights
 - D. Arm sleeve
15. What is an added clarification regarding the illegal hold/maneuver known as the leg block or "cut-back"? (Rule 7-1)
- A. It is only illegal when applied from a neutral position.
 - B. It is illegal when leaving the feet and using the foot or leg to 'cut out' an opponent's leg, to include from the rear-standing position.
 - C. It is only illegal during the third period
 - D. It is only illegal if it results in an injury.
16. What term was replaced with "extremity" in the rule regarding interlocking or overlapping the hands around the opponent's body? (Rule 7-3)
- A. Arm
 - B. Waist
 - C. Leg
 - D. Head
17. When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a: (Rule 7-3)
- A. Illegal Hold
 - B. Technical Violation
 - C. Misconduct
 - D. Stalling
18. What is the status of the 10-foot circle at the center of the wrestling mat for the 2025-26 season? (Rule 2-3)
- A. It is mandatory for all high school mats.
 - B. It must be clearly marked in a contrasting color.
 - C. It is now optional.
 - D. It has been replaced by an 8-foot circle.
19. Which signal has been modified to be signaled like the "OK" sign? (Official Wrestling Signals #21)
- A. Locked Hands.
 - B. Illegal Hold.
 - C. Near Fall.
 - D. Penalty Point.

20. What is the encouragement for wrestlers concerning the center of the mat? (Rule 5-24)
- A. Stay within the 10-foot circle.
 - B. Stay in the center of the mat.
 - C. Keep one foot inside the center line.
 - D. Start every period in the 10-foot circle.
21. Which group may be removed from the contest by school administration if using demeaning or profane language? (Point of Emphasis) (Rule 5-30)
- A. Coaches only.
 - B. Officials only.
 - C. Spectators.
 - D. Wrestlers only.
22. What is the appropriate mechanic for the referee to signal "Out-of-Bounds"? (Point of Emphasis) (Rule 3-1)
- A. Pointing to the area out of bounds with one arm.
 - B. Sounding the referee's whistle while using a sweeping motion of both arms.
 - C. Clapping hands together above the head.
 - D. Holding the arm straight out from the shoulder.
23. For the 2025-26 season, attention is being called to which critical document designed to prevent the spread of infectious skin diseases? (Point of Emphasis)
- A. Official Wrestling Weigh-In Card.
 - B. NFHS Skin Lesion Form.
 - C. Certified Trainer's Report.
 - D. Weight Management Plan.
24. A coach crosses the line onto the mat during a non-charged time-out without permission. The proper penalty is (Rule 7.5.):
- A. Verbal warning only
 - B. Technical point to the opponent team
 - C. Penalty for unsportsmanlike conduct
 - D. Disqualification of the coach
25. Before a dual meet begins, the head coach and captain must (Rule 3.1):
- A. Submit lineups only
 - B. Meet with the referee for a pre-meet conference
 - C. Meet with the scorer's table
 - D. Report only after weigh-ins

26. A wrestler indicates injury during an imminent scoring situation initiated by the opponent. The referee should: (Rule 8-9)
- A. Stop match with no points
 - B. Award points if scoring situation was imminent
 - C. Declare injury default
 - D. Restart from neutral
27. Which action is flagrant misconduct? (Rule 7-4)
- A. Stalling repeatedly
 - B. Minor contact
 - C. Delay of match
 - D. Striking an opponent intentionally
28. A wrestler's fingers become entangled in the opponent's hair during a legal hold. This is: (Rule 5.29)
- A. Unnecessary Roughness
 - B. Illegal if opponent complains
 - C. Not unnecessary roughness if unintentional
 - D. Penalized automatically
29. A coach addresses the *assistant referee* during a match. This is: (3-2)
- A. Permitted
 - B. Allowed if respectful
 - C. Not permitted; only head referee addressed
 - D. Permitted during timeouts
30. One of the 2025-26 Points of Emphasis includes:
- A. Warm-up protocol
 - B. Use of Skin-Lesion Form and coach conduct enforcement
 - C. Handshake before weigh-ins
 - D. Overtime procedure
31. A wrestler verbally taunts the opponent. The correct call is: (Rule 5-30)
- A. Warning
 - B. Unsportsmanlike conduct (charged to wrestler)
 - C. Coach misconduct
 - D. Delay warning

32. If a near-fall creates a 15-point advantage, the match continues until: (Rule 5-11)
- A. Opponent concedes
 - B. Near-fall criteria no longer exist
 - C. Whistle blows
 - D. Period ends
33. When beginning in the neutral position, wrestlers should start: (Rule 5-19)
- A. Kneeling
 - B. Any stance
 - C. Standing on feet, lead foot on starting line
 - D. Crouched on knees
34. During competition, may the referee review video upon a coach's request? (Rule 3-1)
- A. If both coaches agree
 - B. Only in finals
 - C. Not permitted
 - D. Allowed after match
35. During the match, when one of the competitors is unable to continue wrestling for any reason, their opponent is awarded a (Rule 5.7)
- A. Fall
 - B. 30-minute rest before the next match
 - C. Default
 - D. Medical Forfeit
36. Bad time occurs when the wrong wrestler is given the choice of position: (Rule 6-6)
- A. At the start of the third period
 - B. At the start of the 30-second tiebreaker period
 - C. At the start of the ultimate tiebreaker
 - D. All the above
37. When there is no longer __supporting point(s) of either wrestler on or inside the boundary line, wrestling shall be stopped. (Rule 5-18)
- A. One
 - B. Two
 - C. Three
 - D. All the above

38. 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? (Rule 5.15)
- A. Wrestler A's feet are touching the boundary line, and their knees are outside the boundary line
 - B. Wrestler A has their feet and knees inside the boundary line
 - C. Both A & B
 - D. Neither A nor B
39. If the official detects wet blood during an imminent scoring situation, they shall: (Rule 8-8)
- A. Immediately stop the match and award the appropriate point(s)
 - B. Allow the situation to play out
 - C. Caution the aggressive wrestler to be careful to avoid getting blood on them
 - D. None of the above
40. Wrestler A has been called for their fourth stalling call for backing off the mat. (Rule 8.4)
- A. 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
 - B. Allow wrestling to continue until there is a normal stoppage of action
 - C. Award the two penalty points and disqualify the offending wrestler if they stall again
 - D. None of the above