

2022-23 Wrestling Exam for Postseason Consideration

1. Going out of the wrestling area by either 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 one time to make 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. Forfeit
 - d. Default
5. Wrestler A has Wrestler B in a pinning situation and A begins to taunt 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. Unsportsmanlike conduct includes, but is not limited to which of the following: (7.4.2)
 - a. Taunting
 - b. Repeatedly dropping to one knee or one to break locked hands
 - c. Failure to keep shoulder straps up while on the mat
 - d. All the above

7. Wrestlers are permitted to report to the scorer's table wearing jewelry if it is: (3.1)
 - a. Less than 2" in length
 - b. A religious metal
 - 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. Permission is granted by the home school
 - c. They are no closer than ten' to the edge of the circle
 - 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 potentially dangerous
10. The coach may move towards 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 in pain
 - d. To question an official's call
11. The match shall be stopped for any wrestler who is bleeding, except when the contestant has: (8.2)
 - a. Been restrained in a pinning situation
 - b. Any amount of wet blood on their uniform or skin
 - c. A soaked nose plug or bloody wound cover
 - d. None of the above are an exception
12. The referee should notify the coach and/or wrestlers during injury, blood, or recovery time at the _____ for the remaining time left. (3.1)
 - a. 30-second and 15-second marks
 - b. 1-minute and 30-second marks
 - c. 45-second and 30-second marks
 - d. 2-minute and 1-minute marks
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. Which is considered special equipment? (4.2, 4.3)
- a. Face mask
 - b. Braces
 - c. Eye protection
 - d. All the above
15. For compliance, wrestling shoes must: (4.1)
- a. Be light heelless, reaching above the ankles
 - b. Be the same as the school's colors
 - c. Have the school logo on them
 - d. Be unzipped
16. Bad time occurs when the wrong wrestler is given choice of position: (5.1)
- a. At the start of third period
 - b. At the start of the second :30 tiebreaker period
 - c. At the start of the ultimate tiebreaker
 - d. All the above
17. The coach misconduct penalty is: (5.5)
- a. Always charged to home team
 - b. Always charged to assistant coach
 - c. Always charged to head coach
 - d. Always charged to opposing team
18. 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. 90 seconds
19. 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
20. The referee will not stop the match when penalizing: (8.1)
- a. An illegal hold by offensive wrestler.
 - b. A defensive wrestler in a pinning situation.
 - c. Unsportsmanlike conduct by offensive wrestler.
 - d. Offensive wrestler for stalling.

21. Wrestler B attempts a reversal and before B can complete the maneuver, Wrestler A screams. What is the call? (8.9)
- The match is stopped, and Wrestler A is charged with stalling
 - If the referee determines that Wrestler B would have completed the maneuver, then Wrestler A would be charged with an injury timeout and Wrestler B awarded two points for the reversal
 - Wrestler A is charged with an unsportsmanlike conduct penalty for feigning an injury
 - A referee's timeout to protect the wrestlers
22. Which of the following is a true statement? (4.2)
- Wrestlers shall be clean shaven
 - Hair shall not extend below the top of an ordinary shirt collar in the back and on the sides
 - Sideburns must be trimmed no longer than earlobe level
 - None are true
23. In the offensive starting position, the offensive wrestler shall: (5.19)
- Place their head on or above the mid-line of the opponent's back
 - Place their arm loosely around the opponent's body with the palm of the hand placed loosely over the defensive wrestler's navel
 - Not have their legs or feet in contact with the defensive wrestler
 - All the above
24. Contestants are considered inbounds if: (5.15)
- All supporting points of either wrestler is inbounds.
 - One supporting point of each wrestler are inbounds.
 - Two supporting points of either wrestler is inbounds.
 - All the above.
25. 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
26. 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
27. 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

28. 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
29. 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
30. The NFHS signal to start head, neck, cervical injury evaluation time is a:
- Clenched fist to center of the official's forehead.
 - Circling finger in the air
 - Finger to the side of the head
 - Arms crossed above the head
31. 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
32. When the defensive wrestler places their self 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
33. Overtime is an extension of the regular match. Which of the following do not accumulate throughout the regular match and the overtime period? (6.7)
- Cautions
 - Penalties
 - Injury time
 - All the above are cumulative
34. A present, appropriate health-care professional is allowed a maximum of ___ minutes of HNC injury time to evaluate head and neck, involving the cervical column. (8.2.4)
- 3
 - 4
 - 5
 - Unlimited

35. _____ is penalized separately from the Penalty Chart. (8.1)
- Biting
 - Profanity towards an official
 - Stalling
 - Flagrant Misconduct
36. From the optional start, the offensive wrestler, on the whistle, backs away to the outer edge of the ten-foot circle and the defensive wrestler just sits there. Either wrestler should be called for stalling unless: (7.6)
- The defensive wrestler turns and faces the opponent
 - The offensive wrestler moves around to face the opponent
 - Both wrestlers began to wrestle aggressively
 - All the above
37. 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
38. The _____ has the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered by the rules. (3.1)
- Meet manger
 - Home team head coach
 - Referee
 - On site administrator
39. No wrestler shall wrestle in more than ___ matches (championship or consolation) excluding forfeits in any single day of the tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves. (1.4)
- 3
 - 4
 - 5
 - 6
40. 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.

41. 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
42. If a wrestler is injured because of a _____, the referee shall stop the match and award the injured wrestler a recovery timeout: (5.28)
- Illegal hold/maneuver
 - Unnecessary roughness
 - Unsportsmanlike conduct
 - All the above
43. 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 a _____ or if appropriate, an HNC time out to the injured contestant and award applicable point(s) to the non-injured wrestler. (8.2)
- Recovery time out
 - Blood time out
 - Referee's time out
 - Injury time out
44. If the official detects wet blood during an imminent scoring situation, they shall: (8.2)
- Immediately stop the match, award the appropriate point(s)
 - Allow the situation to play out
 - Caution the aggressive wrestler to be careful to avoid getting blood on them
 - None of the above
45. 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 normal stop in the action and Wrestler B is charged an injury timeout to correct the shoe issue
 - Wrestler B would be penalized for technical violation, and injury time would be started to allow Wrestler B to properly secure the shoe back on
 - Wrestler B would be penalized for stalling
46. 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

47. 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 who will weigh-in the female wrestlers
48. Wrestler A grabs Wrestler B's hair and pulls Wrestler B down to the mat. The call is: (5.29, 7.4)
- Potentially Dangerous
 - Unnecessary roughness
 - Technical violation
 - Unsportsmanlike conduct
49. 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
50. 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
51. Competition in dual meets shall be conducted by random draw of weight classes and: (1.2)
- The random draw shall take place immediately preceding weigh-ins
 - The referee or other authorized person shall supervise the random draw
 - Subsequent matches will follow in sequential order
 - All the above
52. The following is not a 2022-23 MHSAA boys weight class:
- 106
 - 126
 - 152
 - 190
53. Coach Misconduct results in the following:
- First offense – deduct one team point
 - Second offense – deduct two team points
 - Third offense deduct two team points and removal of the head coach for the remainder of the day
 - None of the above