

2020-21 IHSAA Wrestling Rules Exam

Place	Question	Answer Choice 1	Answer Choice 2	Answer Choice 3	Answer Choice 4	Answer Choice 5	Correct Answer	Rule Reference
1	A wrestler who makes weight in a weight class may be shifted to:	A lower weight class.	A different team.	The next higher weight class.	None of the above.		3	1-4-6
2	In dual-meet competition a school may be represented by only:	Two wrestlers in each weight class.	One wrestler in each weight class.	Three wrestlers in each weight class.	As many wrestlers that the coach selects in each weight class.		2	1-4-1
3	No contestant shall wrestle in two consecutive matches with less than a _____ rest between them.	20-minute	30-minute	40-minute	45-minute		4	1-4-4
4	Prior to the meet, the head coach shall verify that all wrestlers will:	Be in proper uniform, properly groomed, properly equipped and ready to wrestle.	Ready to wrestle, properly groomed only.	Properly equipped, in proper uniform only.	Report to the mat when called.		1	1-2-4
5	Team A's 106-pound wrestler receives a forfeit and the coach then sends the 106-pound wrestler out to wrestle at 113 pounds for a match to be counted toward the team score. Is this permissible:	Yes, a wrestler may move up one weight class above his scratch weight.	No, a wrestler cannot receive a forfeit in one weight class and compete in another.	Yes, if both coaches agree.	Yes, if 48 hours' notice was given by host school.		2	1-4-5
6	At the center of the mat shall be a:	9-foot circle.	8-foot circle.	10-foot circle.	No circle is required.		3	2-1-3
7	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.	two	three	four	None of the above.		1	2-2-2
8	During tournament competition, coaches are allowed to:	Stand in the restricted zone.	Sit on chairs at the edge of mat, or in the corner in the restricted zone.	Kneel alongside the mat.	Coach standing near mat-side.		2	2-2-2
9	Scales used for weigh-ins shall be certified:	Never.	Twice a year.	Annually.	Monthly.		3	2-4-2
10	Surrounded and secured to the wrestling area of the mat shall be a safety mat area approximately:	1-foot wide.	2 feet wide.	3 feet wide.	5 feet wide.		4	2-1-2
11	The mat area includes:	The wrestling mat.	The team benches.	The scorer's table.	All of the above.		4	2-1-5
12	The wrestling area of the mat shall be a circular area a minimum of_____	50 feet in diameter.	40 feet in diameter.	28 feet in diameter.	24 feet in diameter.		3	2-1-2
13	Wrestlers shall weigh in on certified scales provided by or approved by the:	Home management.	Visiting team.	Local association.	None of the above.		1	2-4-1
14	Before the dual meet begins, who will clarify rules to coaches and contestants upon request?	Home school administrator.	The referee.	The scorer.	The timekeeper.		2	3-1-4c
15	Before the dual meet begins, the referee shall review with scorers and timekeepers:	The skin forms collected during weigh-ins.	The signals and procedures to be used.	The first and last names of all contestants.	None of the above.		2	3-1-4e
16	Before the dual meet begins, the head coach will verify that the team is groomed, properly equipped, ready to wrestle and:	Done with warm-ups.	Ready to exchange lineups.	Has shoe laces secured either with tape or by a locking device on the wrestling shoe in an acceptable fashion.	Ready to be seeded.		3	3-1-4d
17	Before the dual meet begins, skin checks will be performed by the referee, if not performed by:	Skin checks are only required if skin note is presented.	The visiting coaches.	The home team coaches.	Designated on site appropriate health-care provider.		4	3-1-4a

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18	Before a team advancement tournament begins each day, who will verify that the team is groomed, properly equipped and ready to wrestle, including shoe laces being secured?	The head coach.	The assistant coach.	The tournament manager.	The referee.		1	3-1-5d
19	A type of time-out that is used to correct legal equipment which becomes illegal through use is called:	Injury time.	A referee's time-out.	Blood time.	Bad time.		2	3-1-6
20	If the assistant referee disagrees with the referee, he or she should do the following:	The assistant should bring it to referee's attention immediately.	The assistant will bring it up in the locker room.	The assistant will not have an opinion.	The assistant must go to scorer's table and discuss in confidence.		1	3-2-2e
21	When should skin checks be performed?	Before the start of a dual meet.	Before the first match of a tournament.	Prior to the teams arriving at the competition.	Both A & B.		4	3-1-4a
22	The _____ is the person responsible for circling the first point(s) scored in regulation match.	timekeeper	official scorer	assistant referee	home team management		2	3-3-1b
23	The _____ is/are responsible for recording accumulated time-outs for injury and blood time.	timekeeper	scorekeeper	coaches	assistant scorekeeper		1	3-4-1b
24	The assistant referee should assist the referee when observing interlocking hands or grasping of clothing by:	Informing both coaches verbally.	Informing the scorers verbally.	Giving the proper signal and informing the referee of the infraction.	Giving the signal for illegal hold and informing the referee.		3	3-2-2d
25	The assistant referee will be granted the same mobility as the referee and will assist the referee in:	Talking with coaches during matches.	Making calls.	Explaining calls to scorers and timekeepers.	All of the above.		2	3-2-2
26	The red and green armbands shall be worn:	Red on right wrist, green on left wrist.	Red and green on each wrist.	Green on right wrist, red on left wrist.	This is left to the discretion of the referee.		3	3-1-1
27	The referee and the assistant referee should meet to discuss their point of disagreement at which location?	In the locker room.	In the 10-foot circle with the wrestlers.	At the scorer's table.	On the edge of the mat away from wrestlers and coaches.		4	3-2-2f
28	The referee shall have which accessories:	Black lanyard.	Black whistle.	Kit to conduct random draw.	All of the above.		4	3-1-1
29	The referee shall penalize for infractions explained in Rules 7 and 8:	If the coaches agree.	Without hesitation.	If required by the host school and administration.	After reviewing video replay.		2	3-1-9
30	The referee shall stop potentially dangerous holds/maneuvers:	Immediately.	If they become illegal.	After contestant is hurt.	If possible before it reaches a dangerous state.		4	3-1-11
31	The referee should award points on the edge of the mat, before sounding the whistle:	Always.	Never.	Sometimes.	When possible.		4	3-1-8
32	The referee will meet with head coaches and captains before _____.	The tournament begins.	The teams warm-up.	The semifinal round.	The dual meet begins.		4	3-1-4f
33	The referee, before a tournament begins each day, shall clarify the rules with coaches and contestants:	During weigh-ins.	After weigh-ins.	After warm-ups.	Upon request.		4	3-1-5c
34	The referee's jurisdiction in a dual meet ends _____.	30 minutes after the last match.	45 minutes after the last match.	60 minutes after the last match.	with the approval of the scorebook.		4	3-1-3
35	When making decisions related to the match, the referee shall not use:	The scorer.	The timekeeper.	TV monitoring, replay or other video equipment.	The assistant referee.		3	3-1-9

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36	A wrestler shall weigh in for a dual meet:	Two hours before the start of a dual meet.	The night before the dual meet.	A maximum of one hour before the start of a dual meet.	1½ hours before the start of a dual meet.		3	4-5-1
37	A wrestler who fails to make weight on the first attempt may step back on the scale after he/she:	Removes an item of clothing.	Removes excess hair.	Drinks water.	None of above.		4	4-5-3
38	All wrestlers shall weigh-in wearing:	Suitable undergarments.	Legal uniform.	Shoes and ear guards.	Both A and B.		4	4-5-7
39	Any contestant failing to make weight during the weigh-in period:	Shall be sent home.	Can wrestle off.	May wrestle in the next higher weight class, permitted by individual weight-loss plan on that given date.	May wrestle in the next lower weight class.		3	4-5-8
40	Can a wrestler compete with braided hair:	Yes, if contained in a legal hair cover.	Yes, if contained in a legal hair-control device.	Yes, if hair length meets the length rule.	Yes, as long as the hair does not contain items that are hard and/or abrasive.		4	4-2-1
41	Contestants may wear _____ on their feet for weigh-in to protect from foot disease.	thigh-high socks	high-top (mid-calf) socks	tube socks that are rolled down	low-cut socks (that fit below the ankle)		4	4-5-7
42	Contestants shall weigh-in for a tournament:	The night before wrestling begins.	A maximum of two hours before wrestling begins.	Three hours before wrestling begins.			2	4-5-2
43	During competition, rules-compliant wrestling shoes worn by wrestlers:	Must be light heelless, reaching above the ankles, laces tied and secured.	Must be below the ankle.	Must have shoelaces untied.	Must be unzipped.		1	4-1-3
44	During weigh-ins, if only one scale is available:	The contestant can choose not to weigh in.	The contestant can wear a plastic suit.	The contestant may step on and off the scale two times to allow for mechanical inconsistencies.	The contestant may leave weigh-in area to run for only 20 minutes.		3	4-5-3
45	During weigh-ins, meet administration may deduct the following amount of weight from any wrestler who wears socks during the weigh-in:	0.2 pounds	0.0 pounds	0.1 pounds	0.3 pounds		2	4-5-7
46	If a wrestler has hair that extends below a collared shirt, he or she will be:	Required to wear a legal hair covering.	Allowed to compete because the hair-length rule no longer exists.	Required to wear a legal hair control.	All of the above.		2	4-2-1
47	If a wrestler's shoe comes off during a match, which penalty should apply?	A technical violation and an injury time-out will occur.	A technical violation and an unsportsmanlike conduct will occur against the coach.	A technical violation and misconduct will occur against the coach.	None of the above.		1	4-1-3
48	Special equipment must:	Allow normal movement of the joints.	Allow opponent to apply normal holds/maneuvers.	Be approved by referee.	All the above.		4	4-3-1
49	There are ___ weight classifications.	15	14	13	12		2	4-4-1
50	What is not allowed during a weigh-in?	Leaving the weigh-in area with the permission of the meet administrator.	If failing to make weight, stepping immediately back on same scale.	Weighing in same gender shoulder to shoulder.	Activities that promote dehydration or weight gain.		4	4-5-3

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51	Which of the following is an example of a legal uniform:	One-piece singlet and shorts designed for wrestling.	Compression shorts and a short-sleeved compression shirt.	Shorts designed for wrestling and a short-sleeved compression shirt.	All the above.		4	4-1-1
52	Which is not part of a wrestler's uniform?	Singlet.	Shorts designed for wrestling.	Socks.	Tight-fitting compression shirt.		3	4-1-1a-c, 4-3-1a
53	Which of the following is true with regard to shoelaces being properly secured?	Laces secured in shoes with a Velcro cover.	Laces exposed, knotted and taped together.	Laces exposed with loops and double-knotted.	All of the above.		4	4-1-3
54	Which penalty applies if a wrestler's shoe comes off during a match:	No penalty, the referee calls a "referee's time-out" and allows the wrestler to put his/her shoe back on.	Technical violation against the wrestler.	Misconduct against the coach.	Unsportsmanlike conduct on the coach.		2	4-1-3
55	Which uniform requires a suitable undergarment that completely covers the breasts?	A one-piece singlet.	A form-fitted shirt.	Neither uniform.	Both A and B.		4	4-1-1c
56	Who can supervise a weigh-in:	The referee and/or other authorized person(s) of the same gender.	Only the referee.	Only other authorized person(s).	The referee and/or other authorized person(s) regardless of gender.		4	4-5-4
57	Which item(s) should wrestlers not wear during a weigh-in?	Suitable undergarment.	Legal uniform.	Shoes and ear guards.	All the above.		3	4-5-7
58	A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of his/her body:	On the boundary line.	Off the mat.	Inbounds.	None of the above.		2	5-11-5
59	A flagrant misconduct will be awarded if a wrestler:	Uses tobacco.	Locks hands 3 times.	False starts 4 times.	Stalls for more than 2 minutes.		1	5-12-1b
60	A technical fall occurs when a wrestler has earned a/an:	8-point advantage.	10-point advantage.	15-point advantage.	5-point advantage.		3	5-11-4
61	A wrestler who pulls his or her opponent's hair shall be penalized for:	Stalling.	False start.	Unnecessary roughness.	Technical violation.		3	5-29-1
62	After first round of competition in both championship and consolation brackets, there shall be no_____.	defaults	forfeits	disqualifications	byes		4	5-3-2
63	Hair that is caught as part of a legal maneuver shall be penalized as:	A technical violation.	Unnecessary roughness.	An illegal hold.	None of the above.		4	5-29-1
64	In a dual meet, the referee stops the match when the wrestler on top cries out in pain. The top wrestler indicates he was bitten and shows the referee his arm with both upper and lower teeth marks visible. What is the proper procedure and ruling?	Assess an unsportsmanlike penalty against the bottom wrestler and award the top wrestler a match point.	Charge the bottom wrestler with unnecessary roughness and penalize that wrestler one team point.	Charge the bottom wrestler with flagrant misconduct and award the match to the top wrestler with no other penalty assessed.	Charge the bottom wrestler with flagrant misconduct, award the match by disqualification to the top wrestler, and deduct three team points from the team of the penalized wrestler.		4	5-12-2c
65	It is stalling in the neutral position in all of the following situations, except:	Backing off the mat.	Pushing or pulling an opponent out of bounds.	Going out of bounds to avoid an imminent scoring situation.	Playing the edge.		3	5-24-3

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66	The official is holding three points for a near fall when wrestling is stopped because the defensive wrestler committed unnecessary roughness. What points will the official award?	Two points for unnecessary roughness and three points for the near fall.	One point for unnecessary roughness and three points for the near fall.	One point for unsportsmanlike conduct and three points for the near fall.	One point for unnecessary roughness and four points for the near fall.		4	5-11-2h,i
67	What are the ways in which to earn near-fall criteria?	High bridge, on both elbows, either shoulders or scapulae held within 4 inches of the mat, and one shoulder held at 60 degrees.	High bridge, on one elbow, either both shoulders or scapulae held within 4 inches of the mat, and one shoulder touching the mat and the other shoulder held at 45 degrees.	High bridge, on both elbows, either shoulders or scapulae held within 4 inches of the mat, and one shoulder held off the mat and the other shoulder held at a 45-degree angle or less.	High bridge, on both elbows, either shoulders or scapulae held within 4 inches of the mat, and one shoulder touching the mat with the other shoulder held at a 45-degree angle or less.		4	5-11-2a
68	Which of the following is not criteria for scoring a near fall:	One shoulder or scapula of the defensive wrestler is touching the mat, and the other shoulder or scapula is held at an angle of 45 degrees or less.	The defensive wrestler is held in a high bridge.	Any part of both shoulders or both scapula of the defensive wrestler are within 4 inches or less of the mat.	One shoulder of the defensive wrestler is 2 inches off of the mat, and the other shoulder is at a 45-degree angle.		4	5-11-2a
69	Which of the following is not considered stalling:	Wrestler A holds on to one leg of Wrestler B and makes no attempt to improve.	In the neutral position, Wrestler A backs directly off the mat.	Wrestler A dives off the mat during an imminent scoring situation.	Wrestler B lifts Wrestler A off the mat and walks from the center circle to out of bounds.		3	5-2-3, 4c
70	During a match, the timekeeper fails to start the clock on a restart in the second period. Both coaches notice this and ask for the match to be stopped. The official stops the match after the wrestlers go out of bounds. The official then notifies both coaches that he caught the timekeeper's error. What is the correct call?	This is bad time; re-wrestle from the original restart.	The official will make a judgment on the amount of time that should have been run off.	The coaches will help the official and timekeeper to determine how much time was used.	The timekeeper has sole authority considering time.		2	6-6-3
71	If the wrong wrestler is given the choice of position at the start of the second period:	There shall be a one-minute rest and the period restarted.	Bad time shall be declared and all points removed.	Bad time shall be declared and all penalties removed.	The opponent may be given the choice at the start of the third period.		4	6-6-1
72	Which of the following is an example of bad time?	Errors in positioning wrestlers after an out of bounds.	Failure to give choice of restart to Wrestler A after Wrestler B's two-point stalling penalty.	Errors in positioning the wrestlers (choice) at the start of the third period.	All of the above.		4	6-6-2, 8-2
73	Wrestler A was assessed an unsportsmanlike conduct penalty in the first period. What is the No. 1 criterion in determining which wrestler has the choice to begin the ultimate tiebreaker period?	First point(s) scored during regulation.	Unsportsmanlike conduct penalty.	Disc flip.	First point scored during overtime periods.		2	6-7-1c6

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74	A wrestler is bleeding due to an illegal hold, unnecessary roughness or unsportsmanlike conduct during the match. The bleeding wrestler is unable to continue following five minutes of blood time. What is the ruling?	The injured wrestler is awarded the match by default.	The injured wrestler is awarded the match by disqualification.	The injured wrestler is awarded the match by technical violation.	The non-injured wrestler is awarded the match by default.		1	8-2-7
75	Wrestler A requires time to treat a pre-existing medical condition. How should the official proceed?	The official will use a referee's time-out.	The official will charge Wrestler A with an injury time-out.	The official should not allow Wrestler A to use an injury time-out.	The official will charge Wrestler A with a recovery time-out.		2	8-2-1