

# 2023-24 Wrestling Study Guide

- 1 Prior to the meet, the head coach shall verify that all wrestlers will be \_\_\_\_\_.
- 2 A series of matches in each of the NFHS weight classes in which advancement and/or results are based upon the team's collective results:
- 3 "In regular and postseason competition, what is the maximum number of matches that a wrestler can compete in on a single day:"
- 4 Wrestler A is called to wrestle a match 35 minutes after their previous match. What is the mandatory rest period between matches:
- 5 Wrestlers must have a minimum of \_\_\_\_\_ rest between matches.
- 6 A contestant shall not accept a forfeit in one weight class and compete in:
- 7 Each individual state high school association shall develop and utilize a special weight-control program which will discourage:
- 8 For health and safety reasons, the state association's weight-control program shall require:
- 9 The wrestling area of the mat shall be a circular area with a minimum of \_\_\_\_\_ in diameter.
- 10 The mat area includes the wrestling mat and a space of at least:
- 11 The referee's jurisdiction begins:
- 12 When penalizing either wrestler, the referee shall stop the match, use appropriate NFHS signals and announce the penalty in the prescribed manner so that the following is made aware of the penalty:
- 13 The timekeeper is responsible for:
- 14 "Which of the following is part of a legal uniform:"
- 15 A suitable undergarment shall be worn under:
- 16 Females wearing a one-piece singlet or a two-piece uniform shall wear a:
- 17 During skin check, Wrestler A appears with a full beard. Which of the following conditions would allow Wrestler A to compete:
- 18 During a match, a wrestler shall not wear:
- 19 During bad time, what shall be voided:
- 20 Any hold/maneuver used to endanger life and limb is:
- 21 Wrestler A has control of Wrestler B who is completely out of bounds. In which of these scenarios would wrestling be continued inbounds:
- 22 If a wrestler is injured from a false start in the neutral position, he/she is entitled to recovery time of:
- 23 The first period of a consolation match shall be:
- 24 The first period of over time shall be:
- 25 The wrestlers are required to shake hands:
- 26 \_\_\_\_\_ has the prerogative to default a match prior to the conclusion of wrestling.
- 27 "Which of the following is an appropriate end-of-match procedure:"
- 28 When scoring a match in dual meets or tournaments, errors by the timekeeper, official scorer or referee may be corrected:
- 29 A slam is penalized as:
- 30 Illegal holds /maneuvers include:
- 31 A match is underway, and the referee sees that straight-back salto is being executed by Wrestler A, and only shoulders hit the mat first. The referee addresses the situation in this manner:
- 32 A technical violation occurs when:
- 33 Wrestling begins in the first period with both wrestlers apparently properly equipped. During the period, one wrestler loses his/her headgear, and the referee observes the he/she is wearing an earring. What is the proper call to make?
- 34 When a wrestler receives a fourth offense stalling a penalty, it will result in:
- 35 Wrestler A is the defensive wrestler and loses a shoe during the process of a reversal. What is the call:
- 36 If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice:
- 37 A wrestler will be awarded \_\_\_\_\_ point(s) for a takedown.
- 38 \_\_\_\_\_ point(s) is/are awarded when the defensive wrestler earns an escape.
- 39 A wrestler will be awarded \_\_\_\_\_ points for a reversal.

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- 40 Wrestlers shall be permitted a maximum of \_\_\_\_\_ minutes to appear ready to compete at a specified mat.
- 41 "Wrestler A does not report to the table for their match. The match is deemed a forfeit because it is not due to injury or illness. What is the status of Wrestler A competing in the tournament:"
- 42 "Wrestler A is injured during the event. The injury prevents Wrestler A from appearing for their match against Wrestler B. Wrestler B would receive: "
- 43 All vacancies created in the tournament pairings after the first round shall be scored as:
- 44 In the semi-final championship bracket both wrestlers have been disqualified for stalling. At the time of the disqualification Wrestler A had 5 points and Wrestler B had 4 points. How are the wrestler advanced in the next round?
- 45 In a consolation match the coach approaches referee and states, their team's wrestler has already beaten wrestler A earlier in the tournament. How should the referee respond to this situation?