

GHSA Wrestling Rules Study Guide

2022-23

1. A match is a competition between two wrestlers who are:
2. A wrestler who makes weight in a weight class may be shifted to:
3. Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to:
4. In dual-meet competition a school may be represented by only:
5. No contestant shall wrestle in two consecutive matches with less than a _____ rest between them.
6. Prior to the meet, the head coach shall verify that all wrestlers will:
7. The random draw is supervised by:
8. Video recording of a match is authorized unless prohibited by the:
9. At the center of the mat shall be a:
10. 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.
11. During tournament competition, coaches are allowed to:
12. Scales used for weigh-ins shall be certified:
13. Starting lines, 1-inch wide shall be:
14. Surrounded and secured to the wrestling area of the mat shall be a safety mat area approximately:
15. The mat area includes:
16. The scorer's table shall be large enough to accommodate the:
17. The two 3-foot lines shall be connected by: a
18. The wrestling area of the mat shall be a circular area a minimum of _____
19. The wrestling area shall be marked by _____ painted lines.
20. The wrestling mat shall be of uniform thickness not more than:
21. Wrestlers shall weigh in on scales provided by the:
22. A type of time-out that is used to correct legal equipment which becomes illegal through use is called:
23. Before a team advancement tournament begins each day, who will verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured?
24. Before the dual meet begins, skin checks will be performed by the referee, if not performed by:
25. Before the dual meet begins, who will clarify rules to coaches and contestants upon request?
26. During a headlock, the assistant should be positioned:
27. If the assistant referee disagrees with the referee, the following should occur:
28. The _____ is the person responsible for circling the first point(s) scored in regulation match.

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29. The _____ has full control of the match on matters of judgment.
30. The assistant referee should assist the referee when observing interlocking hands or grasping of clothing by:
31. The red and green armbands shall be worn:
32. The referee and the assistant referee should meet to discuss their point of disagreement at which location?
33. The referee shall have which accessories:
34. The referee shall penalize for infractions explained in Rules 7 and 8:
35. The referee shall stop potentially dangerous holds/maneuvers:
36. The referee should award points on the edge of the mat, before sounding the whistle:
37. The referee will meet with head coaches and captains before _____.
38. The referee's jurisdiction in a dual meet ends _____.
39. When making decisions related to the match, the referee shall not use:
40. Who is responsible for deciding legality of equipment, mats and uniforms?
41. The referee should notify the coach and/or wrestlers during injury, blood, HNC or recovery time at the _____ of the remaining time left.
42. When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted a one-pound additional allowance, a minimum of _____ advance notice is required for the opponent(s).
43. A technical violation occurs when:
44. During weigh-ins, meet administration may deduct the following amount of weight from any wrestler who wears socks or sports bra (female wrestlers) during the weigh-in:
45. All wrestlers shall weigh-in wearing:
46. Wrestler A reports to the skin-check area with facial hair. Is Wrestler A allowed to compete?
47. A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper penalty:
48. When a wrestler is injured, and an appropriate health-care professional(s) is present, the health-care professional will have a maximum of _____ time for evaluation of injury to head and neck involving cervical column and/or nervous system:
49. A flagrant misconduct will be awarded if a wrestler:
50. A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of his/her body: