

## GHSA Wrestling Exam Study Guide

1	A match is a competition between two wrestlers who are:
2	Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to:
3	Video recording of a match is authorized unless prohibited by the:
4	A wrestler who makes weight in a weight class may be shifted to:
5	The wrestling area of the mat shall be a circular area with a minimum of _____ in diameter.
6	If there is no 10-foot circle, what is the best method to determine the center of the mat?
7	Is the 10-foot circle required on a wrestling mat?
8	The mat area includes:
9	Scales used for weigh-ins shall be certified:
10	The referee shall stop potentially dangerous holds/maneuvers:
11	The referee's jurisdiction in a dual meet ends _____.
12	Before the dual meet begins, the head coach will verify that the team is groomed, properly equipped, ready to wrestle and:
13	The referee shall have which accessories:
14	If legal equipment becomes illegal or inoperative through use during a match, the referee shall:
15	A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper action:
16	Before the dual meet begins, skin checks will be performed by the referee, if not performed by:
17	The referee should notify the coach and/or wrestlers during injury, blood, HNC or recovery time at the _____ of the remaining time left.
18	During injury, blood, HNC or recovery time-outs, the referee should be in position to monitor:
19	If the assistant referee disagrees with the referee, the following should occur:
20	During a headlock, the assistant should be positioned:
21	The _____ is the person responsible for circling the first point(s) scored in regulation match.
22	Which of the following is part of a legal uniform:
23	Which is not an acceptable fashion for securing wrestling shoelaces:
24	If a wrestler has hair that extends below a collared shirt, the wrestler will be:
25	Who can supervise a weigh-in:
26	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).
27	Wrestlers shall weigh-in wearing:
28	Any contestant failing to make weight during the weigh-in period:
29	When awarding an escape how many points of contact are required to be in-bounds?
30	Wrestler A has Wrestler B in near-fall criteria, and the referee starts to count, but Wrestler B yells out in pain before the referee arrives at the "2" count. How many points are awarded to Wrestler A?
31	Wrestler A leads 3-1, the official gets to a 4 count and Wrestler B yells out in pain with an injury. Wrestler A is awarded:
32	Which of the following is considered usual point of contact?
33	Wrestler A is completely out of bounds and has Wrestler B in near-fall criteria. Which scenario may a fall or near fall be earned?
34	From neutral position, Wrestler A earns a takedown with only one foot in-bounds. Which of the following is true?
35	Which of the following situations would result in Wrestler A winning a match?
36	A match is underway and the assistant coach is agitated by the referee's last call. For the first time, the coach asks the referee to come to the scorer's table to point out the referee's misapplication of one of the wrestling rules and to question the referee's judgment. The referee determines that no misapplication of the rule has occurred. The referee:
37	A technical violation occurs when:
38	A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper penalty:
39	Wrestler A is the defensive wrestler and loses a shoe during the process of a reversal. What is the call:
40	A wrestler cannot take _____ immediately following recovery time.
41	When there is no longer a _____ point of contact inbounds, wrestling should be stopped.
42	Wrestler A false starts from the neutral position and makes contact with Wrestler B. Wrestler B is injured. What happens next?
43	When a wrestler is injured, and an appropriate health-care professional(s) is present, the health-care professional will have a maximum of _____ of time for evaluation of injury to head and neck involving cervical column and/or nervous system:
44	Match scoring shall be kept in plain view of _____.
45	Wrestler A takes down Wrestler B. How many points is Wrestler A awarded?
46	This figure four can continue: (video) <a href="https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-Legal Figure Four-9fc6e22a6ae64e2db349c76cc252deb8.mp4">https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-Legal Figure Four-9fc6e22a6ae64e2db349c76cc252deb8.mp4</a>
47	Green wrestler was awarded two points: (video) - <a href="https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-2 pt reversal-1a449a18129345f8abbd6717c7e96ad9.mp4">https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-2 pt reversal-1a449a18129345f8abbd6717c7e96ad9.mp4</a>
48	The referee awarded a three-point near-fall because: (video) <a href="https://exam-creator.s3.amazonaws.com/wrestling/Question+%2396+-+Clip+2+-+3pt+near+fall-f988992e09104c3a952c8d009f472cf5.mp4">https://exam-creator.s3.amazonaws.com/wrestling/Question+%2396+-+Clip+2+-+3pt+near+fall-f988992e09104c3a952c8d009f472cf5.mp4</a>
49	A Technical Violation was issued: (video) - <a href="https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-TV headgear_1-7d644c435e6c462c926f1416c3baebfc.mp4">https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-TV headgear_1-7d644c435e6c462c926f1416c3baebfc.mp4</a>
50	The body scissor is: (video) - <a href="https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-Body Scissors-586890b3d2684cf0abe8c6a5c47f5077.mp4">https://exam-creator.s3.amazonaws.com/wrestling/nfhsexam-videoquestion-Body Scissors-586890b3d2684cf0abe8c6a5c47f5077.mp4</a>