

GHSA Wrestling Study Guide

Question
1 Wrestling ear guards may contain manufacturer's logo/trademark/reference that can be no more than:
2 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?
3 Wrestlers may wear long socks to weigh in.
4 Wrestlers are out of bounds when:
5 Wrestler B loses the match 7-8 wrestler B leaves the wrestling area. Wrestling B coach remains in the mat area to verify the match score and discovers an error. The referee reviews the match score and finds that
6 Wrestler B is the offensive wrestler and has broken Wrestler A down on the mat and is trapping the heel to the buttocks for five seconds. The referee penalizes:
7 Wrestler B is on injury time. How many coaches are allowed on the mat?
8 Wrestler B from the defensive position repeatedly drops to one hand from the standing position to break the locked hands of Wrestler A. The referee penalizes the situation in the following method:
9 Wrestler A stands, and Wrestler B is standing in rear position with a 2 on 1. They are approximately one foot from the out-of-bounds line. Wrestler B hula-hoops Wrestler A out of bounds. What is the correct call:
10 Wrestler A is the defensive wrestler and executes a stand up. Wrestler B stays behind Wrestler A and is not attempting to release or return the opponent to the mat. The referee addresses the situation in this manner:
11 Wrestler A informs the referee that he/she needs a time-out from feeling dizzy and experiencing a headache. The referee addresses the situation in this manner:
12 Wrestler A false starts from the neutral position and makes contact with Wrestler B. Wrestler B is injured. What happens next?
13 Which wrestling hold/maneuver is considered illegal?
14 Which of the following situations results in a stalling warning or penalty?
15 Which of the following is penalized as a technical violation without a warning?
16 Which of the following is not a technical violation?
17 Which is not considered unsportsmanlike conduct?
18 Which is not considered special equipment:
19 Which is not allowable under a one-piece uniform?
20 Which is not a criterion for awarding a takedown:
21 Which is considered a legal hair-control device:
22 Which action is considered unsportsmanlike conduct:
23 When starting the contestants in the down position, the referee shall not:
24 When scoring a match in dual meets or tournaments, errors by the timekeeper, official scorer or referee may
25 When giving advanced notice concerning weight allowance, acceptable school staff can be:
26 When a wrestler receives a fourth offense stalling a penalty, it will result in:
27 When a wrestler is injured, and an appropriate health-care professional(s) is present, he or she will have the
28 Warnings and penalties for stalling are:
29 Unsportsmanlike conduct includes, but is not limited to which of the following:
30 Tournament scoring errors by the referee must be corrected prior to:
31 Time required to correct illegal equipment is counted as:
32 There is a limit of _____ time-outs for injury.
33 There can be no fleeing of the mat if the following has been earned:
34 The wrestlers are at the edge of the mat in a neutral position. Wrestler A has a single leg. Wrestler B dives
35 The official will not stop the match in the event of a head, neck and cervical injury.
36 The number of blood time-outs is left to the discretion of:
37 The mat area includes the wrestling mat and a space of at least _____ surrounding the mat, as well as the team benches and scorer's table where facilities permit.
38 The legal hair covering may have:
39 The following person cannot be overruled when it has been determined that a wrestler should not participate:
40 The following is not a concussion symptom:
41 The first period of over time shall be:
42 The first period of a consolation match shall be:
43 The coach and wrestler can use electronic device to communicate during match, when:

44	The back bow is:
45	Team A has wrestlers wearing different combinations of uniforms. Which combination is not a compliant uniform:
46	Shorts designed for wrestling may be worn:
47	Recovery time is use for any wrestler injured because of:
48	Prior to the meet, the head coach shall verify that all wrestlers will be _____.
49	No later than July 1, 2023, state associations must choose between two (12 and 14) weight classifications for girls.
50	No later than July 1, 2023, state associations must choose between three (12, 13, 14) weight classifications for boys.
51	It is stalling when:
52	In the state of Georgia, the referee will not begin the five-minute HNC injury clock until the appropriate health-care professional arrives at the mat of the injured wrestler.
53	In the absence of an appropriate health care professional, the referee shall immediately remove from competition any wrestler who is exhibiting signs of an HNC injury.
54	In a pinning situation, portions of both scapulae of the defensive wrestler may be:
55	If Wrestler A takes a second injury time during the ultimate tie breaker period, Wrestler B upon the restart may choose:
56	If Wrestler A takes a second injury time during the sudden victory period, Wrestler B may choose which position on the restart?
57	If Wrestler A takes a second injury time at the end of the sudden victory period, Wrestler B may choose which position?
58	If Wrestler A takes a second injury time at the conclusion of the first period, when will Wrestler B will have choice of position?
59	If the wrestler's wrestling shoes have shoelaces that are visible, the laces shall be secured in which fashion:
60	If a wrestler is injured from a false start in the neutral position, he/she is entitled to recovery time of:
61	HNC time-out.
62	If a head, neck or cervical column (HNC) injury occurs during bad time, that time-out would be eliminated when the bad time is re-wrestled.
63	How many manufacturer's logos/trademarks/references can appear on a wrestling ear guard:
64	How many injury time-outs are allowed in the same match for the appropriate health-care professional(s) to evaluate an injury to the head and neck involving cervical column and/or nervous system:
65	For health and safety reasons, the state association's weight-control program shall require:
66	For dual meets, all team personnel, including coaches, other than actual participating contestants shall be
67	Fleeing the mat occurs when a wrestler:
68	Flagrant misconduct on the part of coaches or other team personnel are acts which _____.
69	Each team shall designate a captain or captains:
70	Each individual state high school association shall develop and utilize a special weight-control program which will discourage:
71	During the second period, the referee is addressing Wrestler B who has choice. Wrestler B chooses top position. As the referee informs the scorer's table of Wrestler B's choice, Wrestler A is talking with the team's coach and is standing outside of the wrestling area. The penalty that will be assessed is:
72	During the match the designated on-site health-care provider determines that Wrestler A cannot continue. The health-care provider can be overruled by whom?
73	During bad time, what shall be voided:
74	During a pinning situation, Wrestler B in an attempt to avoid being pinned, commits an illegal hold. The referee addresses the situation in the following manner:
75	During a match, a wrestler shall not wear:
76	Certain action(s) are prohibited during time off scale if a wrestler doesn't make weight on the first attempt. They include:
77	Blood time shall not exceed a maximum of _____ cumulative minutes.
78	Bad time involves time that occurred:
79	Awarding of points is determined by _____.
80	Any undergarment which extends beyond the inseam of a one-piece singlet shall be:
81	Any hold/maneuver used to endanger life and limb is:
82	Any hold/maneuver that restricts breathing or circulation is:
83	All contestants wearing a one-piece singlet shall wear:

84	After the second (2nd) stalling penalty, the official shall give the offended wrestler his choice of position on the next restart.
85	After a failed attempt to make weight, an athlete may:
86	A(n) _____ is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while the total of two (or one supporting point of each wrestler) supporting points of either wrestler are inbounds.
87	A wrestler who reports to the scorer's table not properly equipped will be charged with _____ and will be placed on injury time to correct the situation:
88	A wrestler that pushes or pulls the opponent out of bounds in the neutral position is penalized for:
89	A wrestler that backs off the mat out of bounds in the neutral position is penalized for:
90	A wrestler may wrestle six (6) matches (not including forfeits) at the individual sectional tournament.
91	A wrestler is in neutral position, continuously avoiding contact with opponent. The wrestler is playing the edge of the mat and is not attempting to secure takedown. The referee addresses the situation in this manner:
92	A wrestler is allowed to weigh-in wearing socks and must abide by the following regulation:
93	A wrestler cannot take _____ immediately following recovery time.
94	A takedown shall be awarded when:
95	A suitable undergarment shall be worn under:
96	A suitable undergarment for a female:
97	A slam is penalized as:
98	A near-fall occurs when the offensive wrestler has control of the opponent in a pinning situation:
99	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:
100	A imminent takedown was in progress when an HNC injury occurred. After addressing the HNC injury, the referee shall award the points for the takedown.
101	A head, neck or cervical (HNC) injury is a separate time out from the other 4 (blood, injury, recovery and referee's) time-out.
102	A front flip and or front hurdle over an opponent in the standing position is:
103	A default is awarded when one of the wrestlers:
104	A coach is allowed to coach a wrestler during an HNC time-out.
105	_____ team points are awarded in a dual meet for a double forfeit.
106	_____ is when the margin of victory ranges from 8 to 14 points in a match.
107	_____ can be awarded when a match is stopped for an injury: