

IHSAA Wrestling Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

- 1. What is required for wrestlers in terms of footwear during competitions?**
 - A. Sneakers**
 - B. Sandals**
 - C. Wrestling shoes**
 - D. No footwear allowed**
- 2. What mental state should a wrestler strive for in high-pressure situations?**
 - A. Frustration**
 - B. Panic**
 - C. Calmness**
 - D. Overconfidence**
- 3. If a wrestler pulls an opponent's hair, what is the penalty for this action?**
 - A. Minor foul**
 - B. Unnecessary roughness**
 - C. Disqualification**
 - D. Warning**
- 4. What does a yellow card signify in IHSAA wrestling officiating?**
 - A. A yellow card signifies a warning for misconduct**
 - B. A yellow card indicates a score of -1 point**
 - C. A yellow card is issued for time violations**
 - D. A yellow card allows a wrestler to continue wrestling**
- 5. When should points be awarded on the edge of the mat?**
 - A. Only after sounding the whistle**
 - B. Before sounding the whistle, when possible**
 - C. After consulting the coaches**
 - D. When the round ends**

- 6. How is a match won by disqualification?**
- A. By scoring the most points**
 - B. By the referee's decision**
 - C. When a wrestler commits an egregious foul**
 - D. By leaving the mat area**
- 7. A technical fall in wrestling occurs when a wrestler has earned how many points?**
- A. 10**
 - B. 15**
 - C. 20**
 - D. 5**
- 8. What are 'caution points' in IHSAA wrestling?**
- A. Points given for exceptional performance**
 - B. Points for minor infractions that may lead to penalties**
 - C. Points awarded for escape maneuvers**
 - D. Points deducted for losing balance**
- 9. Which of the following actions is considered unnecessary roughness?**
- A. Pulling the opponent's hair**
 - B. Reaching for legs**
 - C. Defensive posture**
 - D. Excessive celebration**
- 10. The signals and procedures reviewed before the dual meet are essential for informing which individuals?**
- A. Only the referees**
 - B. Coaches and spectators**
 - C. Scorers and timekeepers**
 - D. Team members**

Answers

SAMPLE

1. C
2. C
3. B
4. A
5. B
6. C
7. B
8. B
9. A
10. C

SAMPLE

Explanations

SAMPLE

1. What is required for wrestlers in terms of footwear during competitions?

- A. Sneakers**
- B. Sandals**
- C. Wrestling shoes**
- D. No footwear allowed**

Wrestlers are required to wear wrestling shoes during competitions, which are specifically designed to provide the necessary support, grip, and protection for the athlete while allowing for optimal movement on the mat. Wrestling shoes are lightweight, have a snug fit, and feature a sole that offers excellent traction to help wrestlers maintain their balance and stability during matches. This specialized footwear promotes safety and performance, reducing the risk of injury while enabling wrestlers to execute techniques effectively. In contrast, the other options—such as sneakers and sandals—do not offer the support or grip needed for the dynamic movements in wrestling. Additionally, competing without footwear is not permitted, as it would pose safety risks and undermine the integrity of the sport. Thus, wrestling shoes are the only acceptable footwear during competitions, ensuring that wrestlers can compete at their best while minimizing injury risk.

2. What mental state should a wrestler strive for in high-pressure situations?

- A. Frustration**
- B. Panic**
- C. Calmness**
- D. Overconfidence**

Striving for calmness in high-pressure situations is crucial for wrestlers as it allows them to maintain focus and make rational decisions. When a wrestler faces intense competition or a challenging match, remaining calm helps them to keep their composure, process their training, and execute techniques effectively. This mental state minimizes the risk of errors caused by stress or anxiety, enabling the wrestler to think clearly about their game plan, recognize opportunities, and adapt their strategy as needed. Calmness fosters resilience, allowing athletes to manage their emotions and stay in control, which significantly increases their chances of success in competitive environments.

3. If a wrestler pulls an opponent's hair, what is the penalty for this action?

A. Minor foul

B. Unnecessary roughness

C. Disqualification

D. Warning

When a wrestler pulls an opponent's hair, it is classified as unnecessary roughness. This rule is in place to maintain safety and sportsmanship within the competition. Hair pulling can lead to potential injury and is considered an unfair advantage in a match, as it detracts from the spirit of wrestling which emphasizes skill and technique rather than aggressive or unsportsmanlike conduct. In most wrestling competitions, unnecessary roughness results in a penalty to ensure fair play. This penalty serves not only to maintain the integrity of the sport but also to protect the athletes involved. Therefore, when hair pulling occurs during a match, it points to a violation of conduct that goes beyond simple mistakes or minor infractions, justifying the label of unnecessary roughness.

4. What does a yellow card signify in IHSAA wrestling officiating?

A. A yellow card signifies a warning for misconduct

B. A yellow card indicates a score of -1 point

C. A yellow card is issued for time violations

D. A yellow card allows a wrestler to continue wrestling

A yellow card in IHSAA wrestling officiating signifies a warning for misconduct. This warning is typically issued to a wrestler or their coach for behavior that goes against the conduct guidelines set forth by the governing body of the sport. Misconduct can include unsportsmanlike behavior, arguing with officials, or any action deemed inappropriate during a match. This warning is crucial because it sets the tone for proper conduct and sportsmanship within the competition. If the behavior continues, it may lead to further penalties, including points being deducted or even disqualification. Therefore, the issuance of a yellow card serves as an important mechanism for maintaining discipline and respect in the wrestling environment.

5. When should points be awarded on the edge of the mat?

- A. Only after sounding the whistle**
- B. Before sounding the whistle, when possible**
- C. After consulting the coaches**
- D. When the round ends**

Points should be awarded on the edge of the mat before sounding the whistle when possible to ensure that the scoring accurately reflects the competitive situation as it unfolds. In wrestling, the action can often lead to a near-fall or a takedown occurring right at the boundary, and the referee should recognize these situations as they happen. This approach allows for a continuous flow in the match and reinforces the idea that wrestlers should be rewarded for effective techniques that result in scoring, even if they occur just before the action is halted. Timing is critical in wrestling, and awarding points just as the action is completed, rather than waiting for the whistle, is essential for maintaining the momentum of the match. It reflects the reality of the sport where decisions are based on performance during the contest.

6. How is a match won by disqualification?

- A. By scoring the most points**
- B. By the referee's decision**
- C. When a wrestler commits an egregious foul**
- D. By leaving the mat area**

A match is won by disqualification when a wrestler commits an egregious foul that violates the rules of the sport. This type of foul typically involves actions that are dangerous or unsportsmanlike, such as striking an opponent, illegal holds, or other serious infractions that compromise the integrity of the match and the safety of the participants. When such a violation occurs, the referee has the authority to disqualify the offending wrestler, resulting in their opponent being declared the winner of the match without the need for further scoring or wrestling. Other choices do not pertain directly to the circumstances that lead to a disqualification. For example, winning a match by scoring the most points is the standard competitive outcome of a wrestling match, while a referee's decision may relate to other rules or scoring issues rather than a disqualification. Finally, leaving the mat area may lead to penalties or pauses in the match, but it does not directly result in a disqualification unless it is part of an egregious offense.

7. A technical fall in wrestling occurs when a wrestler has earned how many points?

- A. 10**
- B. 15**
- C. 20**
- D. 5**

A technical fall in wrestling is awarded when one wrestler accumulates a significant lead over their opponent, specifically a margin of 15 points or more. This scoring mechanism is designed to recognize a dominant performance, where it is clear that one wrestler is in control of the match. The match is then stopped, and the wrestler with the 15-point advantage is declared the winner. In this context, a score of 15 points is the necessary threshold for announcing a technical fall, making this answer accurate for understanding the rules and scoring in competitive wrestling. This emphasizes the importance of both offensive strategy and scoring ability in matches, as achieving a technical fall reflects not only a lead but also an effective overall performance throughout the bout.

8. What are 'caution points' in IHSAA wrestling?

- A. Points given for exceptional performance**
- B. Points for minor infractions that may lead to penalties**
- C. Points awarded for escape maneuvers**
- D. Points deducted for losing balance**

Caution points in IHSAA wrestling are used to address minor infractions that may occur during a match. These infractions can include actions like false starts, illegal holds, or failing to return to the center of the mat when instructed. The purpose of awarding caution points is to emphasize the importance of adhering to the rules and maintaining sportsmanship throughout the match. While other choices explore various aspects of scoring and performance in wrestling, they do not accurately describe caution points. Points for exceptional performance or for escape maneuvers pertain to different scoring systems, while points deducted for losing balance would not fall under the definition of caution points or would typically be related to violations that impact the match's flow rather than merely enforcing conduct rules. Therefore, recognizing that caution points are specifically for these minor infractions helps wrestlers understand the importance of maintaining rule compliance throughout their matches.

9. Which of the following actions is considered unnecessary roughness?

A. Pulling the opponent's hair

B. Reaching for legs

C. Defensive posture

D. Excessive celebration

Unnecessary roughness refers to actions that are deemed beyond the acceptable level of physicality allowed in the sport, typically involving intent or reckless disregard for the safety of an opponent. Pulling an opponent's hair is a clear violation of the rules, as it constitutes an action that is not only aggressive but also potentially harmful. This type of behavior can lead to penalties due to concerns for the safety and sportsmanship expected in wrestling. In contrast, reaching for legs and maintaining a defensive posture are standard wrestling techniques that do not involve any excessive aggression or harmful intent. Excessive celebration, while potentially unsportsmanlike, does not qualify as unnecessary roughness since it doesn't pertain to the physical contest between competitors. Thus, pulling the opponent's hair is the most definitive example of unnecessary roughness among the options presented.

10. The signals and procedures reviewed before the dual meet are essential for informing which individuals?

A. Only the referees

B. Coaches and spectators

C. Scorers and timekeepers

D. Team members

The signals and procedures reviewed before a dual meet are crucial for scorers and timekeepers because they directly impact the management of the match. Scorers need to understand the specific criteria for awarding points and how to accurately track the scoring as the meet progresses. Timekeepers must be well-versed in the timing regulations, including match duration, and the protocols for starting and stopping the timer during the competition. These preparations ensure that everyone involved in the officiating and scoring process is on the same page, which is vital for the integrity of the competition. Effective communication of these signals and procedures helps maintain a fair and streamlined flow during the event, allowing for accurate recording of results and a clear understanding of what is happening on the mat. This knowledge does not apply exclusively to referees or coaches, nor is it primarily targeted at team members and spectators, as their roles do not focus on the officiating aspect of the meet.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ihsaawrestling.examzify.com>

We wish you the very best on your exam journey. You've got this!