

IHSAA WRESTLING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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- 1. A wrestler is awarded how many points for a successful takedown?**
 - A. 1 point
 - B. 2 points
 - C. 3 points
 - D. 4 points
- 2. What is the duration of high school wrestling matches in IHSA events?**
 - A. 2 periods of 3 minutes each
 - B. 3 periods of 2 minutes each
 - C. 4 periods of 1 minute each
 - D. 3 periods of 1.5 minutes each
- 3. What may happen to a wrestler who makes weight in a class?**
 - A. They must stay in that weight class
 - B. They may be shifted to the same weight class
 - C. They may be shifted to the next higher weight class
 - D. They may choose to go to a lower weight class
- 4. How often must scales used for weigh-ins be certified?**
 - A. Every season
 - B. Every month
 - C. Annually
 - D. Every four years
- 5. Can a wrestler compete with braided hair?**
 - A. No, it is not allowed
 - B. Yes, as long as it is neatly done
 - C. Yes, as long as the hair does not contain items that are hard and/or abrasive
 - D. Only if tied in a bun
- 6. Who is authorized to record a match unless prohibited?**
 - A. The wrestler's parent
 - B. Match official
 - C. State High School Association
 - D. Fans in the stands

7. How should exceptions to NFHS rules be handled?

- A. By the individual schools only
- B. By a vote among teams
- C. According to each state association's authorization
- D. By external commissions

8. What is the primary role of a referee during a match?

- A. To coach the wrestlers
- B. To keep track of the score
- C. To enforce the rules of the match
- D. To provide medical assistance

9. What is the maximum logo size allowed on legal hair coverings?

- A. 2 square inches
- B. 2¼ square inches
- C. 3 square inches
- D. No logos allowed

10. Which of the following ways earns near-fall criteria?

- A. High bridge with one shoulder touching the mat
- B. Back exposure for at least two seconds
- C. Wrestlers holding each other in a standing position
- D. High bridge, on both elbows, either shoulders or scapulae held within 4 inches of the mat, and one shoulder touching the mat with the other shoulder held at a 45-degree angle or less.

Answers

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

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Explanations

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1. A wrestler is awarded how many points for a successful takedown?

- A. 1 point
- B. 2 points**
- C. 3 points
- D. 4 points

A wrestler earns two points for a successful takedown in wrestling. This scoring reflects the significance of executing a takedown, as it demonstrates control over the opponent and effectively shifts the match's momentum. The two points serve to reward the wrestler for successfully bringing their opponent to the mat while maintaining control, which is a critical component of offensive strategy in wrestling. Scoring in matches is designed to reflect the techniques and tactics utilized by wrestlers, making the takedown a foundational skill in the sport. This emphasis on control and skill is why the two points allocated for a takedown are central to the scoring system in wrestling competitions.

2. What is the duration of high school wrestling matches in IHSA events?

- A. 2 periods of 3 minutes each
- B. 3 periods of 2 minutes each**
- C. 4 periods of 1 minute each
- D. 3 periods of 1.5 minutes each

In IHSA high school wrestling events, the format consists of three periods, each lasting two minutes. This structure is designed to promote active wrestling while still allowing for sufficient time to score points and strategize throughout the match. The three-period format ensures that wrestlers have opportunities to demonstrate their skills in both offensive and defensive techniques across multiple rounds. This setup contributes to the overall excitement of the matches and allows for varying tactics, as the wrestlers must adapt their approaches based on their performance in each period.

3. What may happen to a wrestler who makes weight in a class?

- A. They must stay in that weight class
- B. They may be shifted to the same weight class
- C. They may be shifted to the next higher weight class**
- D. They may choose to go to a lower weight class

When a wrestler makes weight in a specific weight class, they may be moved to the next higher weight class, which allows for strategic choices in competition. This can be beneficial for the team or the athlete if there are stronger wrestlers in their current class, or if they are seeking to compete against different opponents. This flexibility helps coaches to better align their athletes with competition levels that match their strength and skillsets. The rules regarding weight classes often aim to create fair competition while accommodating the growth and development of athletes. Moving to a higher weight class can provide opportunities for wrestlers to challenge themselves against potentially more skilled opponents and can also help in situations where the team is looking to fill specific slots in the lineup. While it is also common for athletes to have the option to move down to a lower weight class under certain conditions, making weight in a class specifically implies the potential for moving up, recognizing that there is a systematic approach in place to ensure both the safety and competitive integrity of the sport.

4. How often must scales used for weigh-ins be certified?

- A. Every season
- B. Every month
- C. Annually**
- D. Every four years

Scales used for weigh-ins in wrestling must be certified annually to ensure accuracy and reliability in weight measurement. Accurate weight measurement is crucial for fair competition, as wrestlers are often categorized into weight classes. Annual certification helps maintain consistency in how the scales perform and ensures they meet the required standards for use in official weigh-ins. This practice is important not only for fairness among competitors but also for the integrity of the sport, ensuring that no wrestler gains an unfair advantage due to faulty or uncalibrated equipment. The other intervals, such as every season or month, may seem frequent but would impose unnecessary burdens on facilities and could lead to variations in the scales being used throughout the years. The option of every four years is too infrequent to ensure precise measurements, which could jeopardize the fairness and safety of competitions. Thus, the annual certification strikes a balance between maintaining equipment and minimizing logistical issues.

5. Can a wrestler compete with braided hair?

- A. No, it is not allowed
- B. Yes, as long as it is neatly done
- C. Yes, as long as the hair does not contain items that are hard and/or abrasive**
- D. Only if tied in a bun

A wrestler can compete with braided hair as long as the hair does not contain items that are hard and/or abrasive. This is important because the rules prioritize safety for all competitors. Hair that contains hard objects could lead to injury during matches. Thus, braids are permitted if they are executed in a manner that does not interfere with the match or introduce any potential hazards. The focus on safety within wrestling regulations ensures that all athletes can compete without the risk of unnecessary injuries related to hair or any adornments in it.

6. Who is authorized to record a match unless prohibited?

- A. The wrestler's parent
- B. Match official
- C. State High School Association**
- D. Fans in the stands

The State High School Association is authorized to record a match unless there are specific prohibitions in place. This authority is granted because the association oversees the rules and regulations of high school wrestling, ensuring that standards are maintained during competitions. By allowing the association to record matches, they can analyze performance, monitor adherence to rules, and maintain an official record of the event. While parents, match officials, and fans may be interested in recordings for various reasons, it is the State High School Association that holds the official authority to record matches in the context of compliance with regulations and oversight of the sport. This centralizes the responsibility of match recording, thereby allowing for consistent standards across all competitions.

7. How should exceptions to NFHS rules be handled?

- A. By the individual schools only
- B. By a vote among teams
- C. According to each state association's authorization**
- D. By external commissions

The correct approach for handling exceptions to NFHS rules is through state association authorization. Each state's athletic association is responsible for interpreting and enforcing NFHS rules as they apply to local circumstances. This means that if a school or team seeks an exception to the general rules, they must follow the specific protocols established by their state association. State associations have the authority to grant exceptions based on the unique needs and situations of their member schools. These decisions may consider factors such as safety, logistical concerns, or regional variations in competition. Therefore, it's essential for any inquiries about rules exceptions to go through the proper state channels rather than relying solely on individual schools, team votes, or external commissions. This ensures consistency in rule enforcement and upholds the integrity of the sport within that particular state.

8. What is the primary role of a referee during a match?

- A. To coach the wrestlers
- B. To keep track of the score
- C. To enforce the rules of the match**
- D. To provide medical assistance

The primary role of a referee during a wrestling match is to enforce the rules of the match. This responsibility includes ensuring that all actions taken by the wrestlers are within the established regulations of the sport. The referee's presence helps maintain a fair and safe environment for competition by monitoring wrestlers' actions, calling fouls, and managing any disputes that may arise during the match. While keeping track of the score is an essential task, it is secondary to the overarching duty of rule enforcement. Coaching wrestlers or providing medical assistance falls outside the referee's responsibilities and would interfere with their impartiality and ability to officiate the match effectively. The referee must remain neutral and objective, focusing on the competition's integrity rather than participating in coaching or providing medical care.

9. What is the maximum logo size allowed on legal hair coverings?

- A. 2 square inches
- B. 2¼ square inches**
- C. 3 square inches
- D. No logos allowed

The maximum logo size allowed on legal hair coverings is set at 2¼ square inches. This regulation ensures that while wrestlers can express themselves or represent their schools through logos on their hair coverings, there are guidelines to prevent excessive or distracting designs. The specified size is designed to maintain a level of uniformity and professionalism in the sport, while still allowing for a moderate degree of personal or school representation. Other options, such as 2 square inches or 3 square inches, either fall below or exceed the limit set by governing bodies, making them non-compliant for use in competition. Additionally, the idea that no logos are allowed altogether would eliminate the opportunity for individual expression, which is not the case as long as the logos adhere to the defined size regulations.

10. Which of the following ways earns near-fall criteria?

- A. High bridge with one shoulder touching the mat
- B. Back exposure for at least two seconds
- C. Wrestlers holding each other in a standing position
- D. High bridge, on both elbows, either shoulders or scapulae held within 4 inches of the mat, and one shoulder touching the mat with the other shoulder held at a 45-degree angle or less.**

The correct answer outlines specific criteria that must be met for points to be awarded for near-fall situations in wrestling. Near-fall points are given when a wrestler exposes their opponent's back to the mat, indicating that a pin could potentially be achieved. In this case, the correct description includes key elements: being in a high bridge position on both elbows, having the shoulders or scapulae within 4 inches of the mat, and having one shoulder touching the mat while the other is held at a 45-degree angle or less. This configuration demonstrates that the wrestler is close to being in a pinned position, thus validating the near-fall points as per the rules. Other options fail to meet the complete criteria necessary for scoring near-fall points. For instance, a high bridge with one shoulder touching the mat does not fulfill the requirement of back exposure and positioning of the other shoulder angles. Similarly, back exposure for two seconds is part of the criteria but does not alone meet the full stipulations needed in wrestling rules for scoring. Wrestlers holding each other in a standing position doesn't present any back exposure at all, which is key for near-fall criteria to be recognized.

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!

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