

# NFHS Wrestling Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2025 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 from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

## **Questions**

SAMPLE

- 1. Wrestlers must wear which of the following to ensure compliance during matches?**
  - A. Flip-flops**
  - B. Shorts**
  - C. Regular T-shirts**
  - D. Singing suits**
- 2. What does a referee primarily use to indicate that wrestling has stopped due to out of bounds?**
  - A. Verbal cues**
  - B. Visual signals**
  - C. Physical gestures only**
  - D. Community feedback**
- 3. Can coaches and wrestlers use electronic devices to communicate during a match?**
  - A. Yes, but only during breaks**
  - B. No, never**
  - C. Yes, if agreed upon before the match**
  - D. Yes, but with restrictions**
- 4. What is the referee required to do regarding holds used for punishment?**
  - A. Encourage the use of such holds**
  - B. Stop all holds promptly**
  - C. Allow them until a pin is attempted**
  - D. Monitor but not intervene**
- 5. What is the significance of proper technique in wrestling?**
  - A. It eliminates the need for strength training**
  - B. It minimizes the risk of injury and ensures effective performance**
  - C. It allows coaches to easily select team leaders**
  - D. It is not relevant to competition outcomes**

- 6. What type of sleeves are prohibited during a match?**
- A. Leg sleeves with padding**
  - B. Arm sleeves without pads**
  - C. Wristbands with logos**
  - D. All types of sleeves are allowed.**
- 7. What action must the referee take when a wrestler is injured and requires an evaluation?**
- A. Allow a maximum of two minutes**
  - B. Call for a timeout immediate**
  - C. Extend the injury time as needed**
  - D. Continue the match unless advised**
- 8. What action must a wrestler take to end the current round during a match?**
- A. Notify the referee verbally**
  - B. Signal with their hands**
  - C. Score a point**
  - D. Go out of bounds**
- 9. If a wrestler receives a third penalty for stalling, what happens on the next restart?**
- A. The opponent is awarded three match points.**
  - B. The opponent has choice of position and receives two match points.**
  - C. The match continues without any penalty.**
  - D. The referee will review the situation before restarting.**
- 10. What is the width of the safety mat area surrounding the wrestling mat?**
- A. 2 feet**
  - B. 3 feet**
  - C. 5 feet**
  - D. 10 feet**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE



**1. Wrestlers must wear which of the following to ensure compliance during matches?**

- A. Flip-flops**
- B. Shorts**
- C. Regular T-shirts**
- D. Singing suits**

Wrestlers must wear singlets during matches to ensure compliance with the sport's regulations and to facilitate fair competition. Singlets are designed specifically for wrestling, providing not only a snug fit that avoids entanglement but also allowing officials to see the wrestler's movements clearly, which is crucial for scoring. The design of singlets supports both functionality and safety by minimizing the risk of injury due to loose clothing or improper gear. Other types of clothing, such as flip-flops, shorts, or regular t-shirts, do not meet the requirements of wrestling attire. Flip-flops are not suitable for competition due to safety concerns, while shorts and t-shirts do not offer the structure needed for performance in a wrestling context. Therefore, wearing a singlet is essential for both compliance with wrestling rules and to maintain a professional standard during matches.

**2. What does a referee primarily use to indicate that wrestling has stopped due to out of bounds?**

- A. Verbal cues**
- B. Visual signals**
- C. Physical gestures only**
- D. Community feedback**

The primary way a referee indicates that wrestling has stopped due to out of bounds is through visual signals. Referees use specific hand movements, such as raising an arm or making certain gestures, to clearly communicate to wrestlers, coaches, and spectators that the action has been halted because the wrestlers have gone outside the designated wrestling area. This visual aspect is crucial in a sport where the action can be fast-paced and involves multiple participants, ensuring that everyone is aware of the situation simultaneously. While verbal cues do play a role in officiating, they are not the primary means of signaling the stoppage of the match. Physical gestures encompass a range of actions but are part of the broader category of visual signals. Community feedback is not a formal method relied upon by referees for signaling intents during a match; instead, the focus is primarily on consistent and clear visual gestures to maintain the flow and understanding of the competition.

**3. Can coaches and wrestlers use electronic devices to communicate during a match?**

- A. Yes, but only during breaks**
- B. No, never**
- C. Yes, if agreed upon before the match**
- D. Yes, but with restrictions**

The regulation surrounding the use of electronic devices in wrestling is strict, primarily to maintain fairness and the integrity of the competition. Electronic communication during a match can provide an unfair advantage, as coaches and wrestlers could exchange strategies or real-time adjustments that could significantly impact the outcome of the match. The rules are designed to ensure that matches are contested on the athletes' skill and preparation alone, without external assistance during the competition itself. Given this context, the only appropriate stance is that such devices may never be used during a match. This reflects the governing bodies' commitment to maintaining a level playing field for all competitors in high school wrestling. While there may be allowances for using technology for training purposes outside of competition, the rules clearly prohibit any form of communication via electronic devices once the match begins.

**4. What is the referee required to do regarding holds used for punishment?**

- A. Encourage the use of such holds**
- B. Stop all holds promptly**
- C. Allow them until a pin is attempted**
- D. Monitor but not intervene**

The referee is required to stop all holds promptly if they are deemed to be used for punishment. This is grounded in the fundamental principles of the sport, which prioritize the safety and well-being of the wrestlers. The use of holds intended for punishment can lead to serious injury or abuse of the sport's spirit, which is focused on competition and skill rather than inflicting harm. Promptly stopping such holds allows the referee to maintain control over the match and ensure that the actions on the mat are fair and within the rules. This enforcement helps to uphold the integrity of the sport, preventing any unsportsmanlike conduct or excessive aggression that doesn't align with the objectives of wrestling competitions. By intervening when punishing holds are used, referees contribute to a safer environment for athletes.

**5. What is the significance of proper technique in wrestling?**

- A. It eliminates the need for strength training**
- B. It minimizes the risk of injury and ensures effective performance**
- C. It allows coaches to easily select team leaders**
- D. It is not relevant to competition outcomes**

Proper technique in wrestling is crucial as it minimizes the risk of injury and ensures effective performance. When wrestlers use techniques that are well-practiced and correctly executed, they are less likely to put themselves in positions that could lead to injuries. A strong foundation in technique helps athletes maintain control during matches, allowing them to execute moves efficiently and effectively against their opponents. Furthermore, technique plays a pivotal role in how wrestlers perform under pressure. Well-developed skills enable them to react appropriately to different scenarios during a match, making them more competitive. This attention to proper technique enhances their ability to score points and win matches, ultimately improving their overall wrestling performance. Focusing on technique rather than just physical strength also promotes longer and healthier wrestling careers, as athletes can rely on skill to gain an advantage over opponents. Therefore, the significance of proper technique cannot be overstated, as it is fundamentally linked to both safety and effectiveness on the mat.

**6. What type of sleeves are prohibited during a match?**

- A. Leg sleeves with padding**
- B. Arm sleeves without pads**
- C. Wristbands with logos**
- D. All types of sleeves are allowed.**

Arm sleeves without pads are prohibited during a match because they can facilitate unfair advantages or the potential for injury. The rules focus on ensuring that all athletes compete under the same conditions, without any additional protection that might alter the dynamics of the match. Arm sleeves that are purely for aesthetic purposes or lacking any form of padding do not provide any protective benefit, yet could distract or alter grip during competition. Thus, the regulations aim for safety and fairness, emphasizing that any additional attire must either serve a clear protective function or not compromise the integrity of the competition. In contrast, leg sleeves with padding might be allowed under specific guidelines as they can provide legitimate protection for the athlete, and wristbands with logos are often permitted as long as they don't interfere with the match's playability.

**7. What action must the referee take when a wrestler is injured and requires an evaluation?**

- A. Allow a maximum of two minutes**
- B. Call for a timeout immediate**
- C. Extend the injury time as needed**
- D. Continue the match unless advised**

When a wrestler is injured and requires an evaluation, the referee's responsibility is to ensure the safety and well-being of the athletes involved. Extending the injury time as needed allows for a thorough assessment of the injury without the pressure of a ticking clock affecting the medical evaluation. This is crucial because rushing to determine a wrestler's condition can lead to inadequate care and potential exacerbation of the injury. Injured wrestlers should be given sufficient opportunity to receive medical attention, and it's important for officials to prioritize health over the pace of the match. By extending the injury time appropriately, the referee ensures that the wrestler can be evaluated properly, which could involve checking for concussions, fractures, or other serious conditions that require careful assessment before deciding whether the wrestler can safely continue competing. The other considerations involve limiting the time for evaluations or continuing the match without pause, which would not address the need for comprehensive care for the injured athlete. Therefore, extending the injury time is the most appropriate action for the referee in this situation.

**8. What action must a wrestler take to end the current round during a match?**

- A. Notify the referee verbally**
- B. Signal with their hands**
- C. Score a point**
- D. Go out of bounds**

In wrestling, a round is typically ended when one of the competitors scores points that lead to the conclusion of the match in accordance with the rules. Scoring points not only demonstrates the wrestler's ability to control the match but also can lead to securing a win if they achieve the required points or if they meet the criteria for a decision or fall. A wrestler's action in scoring points can impact the flow of the match, contributing to their overall strategy to win, and can effectively signal the round's conclusion if it results in a victory, such as earning a pin or reaching a predetermined points threshold. This is fundamental to wrestling as it emphasizes the competitive aspect of scoring and achieving dominance over an opponent. The act of scoring is integral to the sport's objective, providing a clear endpoint to the round based on performance.

**9. If a wrestler receives a third penalty for stalling, what happens on the next restart?**

**A. The opponent is awarded three match points.**

**B. The opponent has choice of position and receives two match points.**

**C. The match continues without any penalty.**

**D. The referee will review the situation before restarting.**

When a wrestler receives a third penalty for stalling, the rules dictate that the opponent is awarded two match points and gets the choice of position for the restart. This serves as a way to penalize the stalling wrestler while providing an opportunity for the opponent to gain a better position on the mat, potentially giving them an advantage in the match. Awarding points in this scenario helps discourage stalling and encourages active wrestling, which is central to the spirit of the sport. The additional match points awarded reflect the seriousness of repeated stalling, and granting choice of position allows the opponent to strategically decide how to initiate the next phase of the match, thereby enhancing the competition's fairness and integrity.

**10. What is the width of the safety mat area surrounding the wrestling mat?**

**A. 2 feet**

**B. 3 feet**

**C. 5 feet**

**D. 10 feet**

The width of the safety mat area surrounding the wrestling mat is designated as 5 feet. This width is crucial for ensuring the safety of the wrestlers as it provides an essential buffer zone that helps prevent injuries that could occur if a wrestler were to fall off the mat during competition or practice. The additional space allows for safe movement and reduces the risk of accidents, contributing to a safer wrestling environment. This safety standard is in place across various wrestling organizations, including those governed by NFHS, to ensure consistency and protection for all participants.