

# NFHS Wrestling Practice Exam (Sample)

## Study Guide



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

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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. What is the role of the scorekeeper during a wrestling match?**
  - A. To maintain order on the mat**
  - B. To assist the referee**
  - C. To keep track of points scored**
  - D. To coach the wrestlers**
  
- 2. When can a wrestler be disqualified for illegal holds?**
  - A. When an opponent forces a pause in the match**
  - B. When an illegal hold is applied, causing risk of injury**
  - C. When a wrestler is unable to continue**
  - D. When a coach disputes a call**
  
- 3. At what times are wrestlers required to shake hands?**
  - A. At the beginning of the match**
  - B. At the end of the match**
  - C. Before weigh-ins**
  - D. Before warm-ups**
  
- 4. When is a wrestler considered out of bounds?**
  - A. When they score a takedown**
  - B. When both wrestlers stop moving**
  - C. When at least one supporting point is not on or inside the boundary line**
  - D. When the referee signals it**
  
- 5. What is the proper procedure for starting the match from the neutral position in high school wrestling?**
  - A. The wrestlers shake hands**
  - B. The referee will blow the whistle**
  - C. The referee will signal to begin**
  - D. Wrestlers start on the mat**

- 6. Who is permitted to request extended injury time for evaluating injuries related to the head and neck?**
- A. The wrestler themselves**
  - B. The head coach**
  - C. A present appropriate health-care professional**
  - D. Any official present**
- 7. A defensive wrestler is considered to be stalling when they are:**
- A. Accurately defending against holds.**
  - B. Outmatched and overpowered.**
  - C. Not advancing toward scoring.**
  - D. Engaging effectively with their opponent.**
- 8. When a health-care professional is present, they can extend the allowed injury time for head and neck injuries to a maximum of how long?**
- A. Two minutes**
  - B. Three minutes**
  - C. Four minutes**
  - D. Five minutes**
- 9. What must occur for a tie-breaker to take place in a wrestling match?**
- A. One wrestler must be injured**
  - B. The match ends with both wrestlers having the same score**
  - C. The referee calls for a timeout**
  - D. Both wrestlers agree to a tie**
- 10. The time required to correct illegal equipment is counted as what type of time?**
- A. Rest time**
  - B. Match time**
  - C. Injury time**
  - D. Timeout**

## Answers

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

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## **Explanations**

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**1. What is the role of the scorekeeper during a wrestling match?**

- A. To maintain order on the mat**
- B. To assist the referee**
- C. To keep track of points scored**
- D. To coach the wrestlers**

The scorekeeper plays a crucial role in a wrestling match by keeping track of the points scored by each wrestler. This responsibility is essential as it ensures that the official score accurately reflects the performance of each competitor throughout the match. The scorekeeper records takedowns, escapes, reversals, near falls, and any other scoring actions that contribute to the final tally. This information is vital for both the coaches and wrestlers to understand the dynamics of the match and make strategic decisions accordingly. While maintaining order and assisting the referee are important aspects of match management, they are typically the responsibility of other individuals, such as officials or volunteers. Coaching the wrestlers is also outside the scope of the scorekeeper's duties, as their focus is strictly on the logistics of scoring rather than on providing tactical guidance during the competition. Keeping accurate scores enhances the integrity of the match and allows for transparent and fair outcomes.

**2. When can a wrestler be disqualified for illegal holds?**

- A. When an opponent forces a pause in the match**
- B. When an illegal hold is applied, causing risk of injury**
- C. When a wrestler is unable to continue**
- D. When a coach disputes a call**

A wrestler can be disqualified for illegal holds specifically when an illegal hold is applied that poses a risk of injury to the opponent. The rules of wrestling prioritize the safety of the athletes, and any action that threatens their well-being can lead to disqualification. Illegal holds often involve techniques that can result in severe injury, such as cradles that are applied improperly or holds that place excessive strain on a joint. In scenarios where such holds are utilized and lead to an obvious risk for the opponent, officials are obligated to protect the wrestlers by enforcing strict penalties, which can include disqualification. The governing bodies of wrestling have established these rules to ensure that matches remain safe and fair, emphasizing the importance of sportsmanship and the well-being of all participants.

### 3. At what times are wrestlers required to shake hands?

- A. At the beginning of the match
- B. At the end of the match
- C. Before weigh-ins
- D. Before warm-ups**

Wrestlers are required to shake hands at specific times as a sign of sportsmanship and respect. The correct instance for a handshake occurs at the beginning of the match. This practice is important as it sets a positive tone for the competition, demonstrating mutual respect between competitors before they engage in the contest. The practice of shaking hands is foundational in the sport, emphasizing camaraderie and fair play. By shaking hands at the start, wrestlers acknowledge each other's efforts and the spirit of sport, which is vital in fostering a positive competitive environment. The other choices do not align with standard wrestling etiquette. For example, while handshakes may occur informally during weigh-ins or warm-ups, they are not mandated as part of the formal procedures in those moments of competition. Rather, the ritual handshake specifically serves as a clear prelude to the match itself.

### 4. When is a wrestler considered out of bounds?

- A. When they score a takedown
- B. When both wrestlers stop moving
- C. When at least one supporting point is not on or inside the boundary line**
- D. When the referee signals it

A wrestler is considered out of bounds when at least one supporting point is not on or inside the boundary line. This means that if any part of the wrestler's body that is in contact with the mat—such as their feet, hands, or knees—is outside the boundary line, they are deemed out of bounds. This rule helps to maintain the integrity of the match and ensures that wrestlers compete within the designated area. The concept of "supporting points" is crucial in wrestling, as it emphasizes that a wrestler must have at least one extremity or part of their body still within the area of competition to be considered in bounds. This rule applies to various situations during a match, particularly when transitioning between positions or performing maneuvers near the edge of the mat. In contrast, scoring a takedown, the cessation of movement, or the referee's signal does not necessarily indicate whether a wrestler is in or out of bounds. These actions might occur simultaneously with a wrestler being out of bounds but do not define the criterion for being considered in or out of bounds in wrestling.

**5. What is the proper procedure for starting the match from the neutral position in high school wrestling?**

- A. The wrestlers shake hands**
- B. The referee will blow the whistle**
- C. The referee will signal to begin**
- D. Wrestlers start on the mat**

In high school wrestling, starting a match from the neutral position involves specific procedures to ensure fairness and safety. The correct procedure is that the referee will signal to begin the match. This signal indicates that both wrestlers are in their respective positions and ready to engage in the contest, ensuring that the match does not start prematurely. The referee's signal is essential as it provides a clear and formal initiation of the match, allowing both competitors to be mentally prepared and in their optimal stance. This focus on signaling also establishes a standard procedure that all wrestlers and teams must follow, promoting consistency in matches. Other potential actions, like shaking hands, are common practices but not the official start of the match. While the whistle is often used to denote the beginning of wrestling action, the critical component is the referee's signal that specifically indicates the start of wrestling in the neutral position. By understanding this sequence, wrestlers can approach their matches with the knowledge of when action is formally commenced, which is crucial during competition.

**6. Who is permitted to request extended injury time for evaluating injuries related to the head and neck?**

- A. The wrestler themselves**
- B. The head coach**
- C. A present appropriate health-care professional**
- D. Any official present**

The correct response is that a present appropriate health-care professional is permitted to request extended injury time for evaluating injuries related to the head and neck. This protocol is designed to prioritize the safety and well-being of the wrestler, particularly in cases where head and neck injuries are involved, as these areas are critical in potentially life-threatening situations. The involvement of qualified health-care professionals ensures that any injuries are assessed by someone with the necessary expertise to identify serious conditions that may not be immediately visible. They are trained to evaluate symptoms accurately, recommend whether a wrestler should continue competing, and determine if further medical attention is needed. In contrast, while wrestlers and coaches may be concerned about the well-being of the athlete, they lack the specialized training required to make such evaluations with the same level of insight that a health professional possesses. Officials present at the match can oversee the contest and ensure that rules are followed but are not qualified to assess medical issues related to injuries. The established protocol reflects a commitment to athlete safety by ensuring that only those with appropriate medical training can make decisions regarding sensitive health matters.

**7. A defensive wrestler is considered to be stalling when they are:**

- A. Accurately defending against holds.**
- B. Outmatched and overpowered.**
- C. Not advancing toward scoring.**
- D. Engaging effectively with their opponent.**

A defensive wrestler is considered to be stalling when they are not actively working to advance toward scoring. This concept is critical in wrestling because the sport emphasizes continuous action and effort toward achieving a scoring position. If a wrestler is primarily focused on merely evading or defending without making attempts to progress, the officials may determine that they are stalling. Stalling essentially disrupts the flow of the match and does not contribute to the goal of scoring points, which is a fundamental aspect of competitive wrestling. Referees are trained to recognize behaviors that suggest a lack of initiative to score, such as excessive backward movement, minimal engagement, or a refusal to initiate offensive maneuvers. In contrast, accurately defending against holds, being overpowered, or engaging effectively with the opponent do not inherently reflect stalling behavior. A wrestler who skillfully defends themselves is actively participating in the match, and being outmatched simply indicates a temporary disadvantage rather than a refusal to score. Engaging effectively indicates an active involvement in the competition that is contrary to stalling behaviors.

**8. When a health-care professional is present, they can extend the allowed injury time for head and neck injuries to a maximum of how long?**

- A. Two minutes**
- B. Three minutes**
- C. Four minutes**
- D. Five minutes**

When a health-care professional is present, they can extend the allowed injury time for head and neck injuries to a maximum of five minutes. This provision is crucial because head and neck injuries can have significant implications for an athlete's health and safety. The extended time allows medical personnel to conduct a thorough assessment of the athlete's condition and make informed decisions regarding their ability to continue competing. Ensuring that athletes receive appropriate care in these situations is vital to prevent further injury or complications. The maximum extension is significant because it respects the need for thorough medical evaluation while balancing the competitive nature of the sport. A time limit of five minutes provides enough opportunity for a medical examination while still keeping in line with the flow of the event. Other options such as two, three, or four minutes may not afford adequate time for a proper assessment, particularly given the complexities associated with head and neck injuries, which can sometimes have delayed symptoms or require more extensive evaluation.

**9. What must occur for a tie-breaker to take place in a wrestling match?**

- A. One wrestler must be injured**
- B. The match ends with both wrestlers having the same score**
- C. The referee calls for a timeout**
- D. Both wrestlers agree to a tie**

A tie-breaker in a wrestling match is necessary when both wrestlers end the match with the same score. This situation typically arises at the conclusion of the regulation time, where neither wrestler has achieved a definitive victory as dictated by the scoring criteria. The rules of wrestling recognize the importance of determining an ultimate winner when the circumstances allow for it, thus initiating the tie-breaker process to break the deadlock. The requirement for a tie or equal score is fundamental, as it ensures that the tie-breaker is only used when absolutely necessary, promoting fair competition. A systematic approach is adopted in tie-breakers, often involving additional rounds or criteria to determine which wrestler will prevail based on performance rather than chance or external factors. In contrast, the other scenarios mentioned, such as an injury, a timeout called by the referee, or both wrestlers agreeing to a tie, do not inherently justify the need for a tie-breaker under competitive conditions. Instead, these situations may lead to different outcomes that do not involve scoring, such as a match being stopped or concluded without the need for a tie-break.

**10. The time required to correct illegal equipment is counted as what type of time?**

- A. Rest time**
- B. Match time**
- C. Injury time**
- D. Timeout**

The time required to correct illegal equipment is counted as injury time because this period is specifically allocated for addressing issues that may interfere with the athlete's safety or compliance with regulations regarding their gear. The rationale behind this classification stems from the fact that improper equipment can pose safety risks, hence it's important to ensure that all gear meets the standards set by wrestling regulations to protect the competitors. During this time, the match is temporarily halted while the athlete adjusts their equipment, which is why it falls under injury time. This definition helps clarify the importance of maintaining safety on the mat. Other options, such as rest time, match time, and timeout, are used in different contexts and do not encompass the specific situation where illegal equipment is being corrected.

## 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](mailto:hello@examzify.com).**

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

**<https://nfhsrestling.examzify.com>**

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

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