

# NFHS WRESTLING PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://nfhswrestling.examzify.com>



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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. How does a proper weight-control program impact wrestlers?**
  - A. Encourages excessive weight gain
  - B. Discourages unhealthy weight reduction
  - C. Promotes unrestricted dieting
  - D. Allows weight fluctuations
- 2. During bad time, what situation is present on the mat?**
  - A. Wrestlers are at their correct positions.
  - B. The wrong wrestler is given choice of position.
  - C. Both of the above.
  - D. Neither wrestler is in a scoring position.
- 3. In NFHS wrestling, what are coaches prohibited from doing during a match?**
  - A. Coaching from the bench during live action
  - B. Using a whistle to signal wrestlers
  - C. Encouraging their wrestlers at all times
  - D. Using cell phones to communicate
- 4. Why is hydration important for wrestlers?**
  - A. To ensure optimal physical performance and health
  - B. To increase muscle mass
  - C. To help with weight management
  - D. To maintain balance during matches
- 5. How many time-outs are allowed for a health-care professional to evaluate an injury during the match?**
  - A. Two
  - B. One
  - C. No time-outs allowed
  - D. Three
- 6. In wrestling, how many points does a wrestler receive for an escape?**
  - A. No points
  - B. 1 point
  - C. 2 points
  - D. 3 points

**7. Are all points during bad time canceled?**

- A. True
- B. False
- C. Only in the final period
- D. Depends on the referee's discretion

**8. What factors could lead to a wrestler's disqualification during a match?**

- A. Use of legal holds
- B. Injury to an opponent
- C. Intentional illegal actions, such as biting or excessive use of force
- D. Being behind in points

**9. What are the criteria for awarding near-fall points?**

- A. Both wrestlers must have one foot in bounds
- B. The offensive wrestler is in a pinning position
- C. All supporting points of the offensive wrestler are out of bounds
- D. Supporting points of the offensive wrestler are in bounds while the defensive wrestler is controlled

**10. In wrestling, what does the term "bad time" refer to?**

- A. Time spent on injury recovery.
- B. Incorrect positioning of wrestlers or choice of positions.
- C. Any period when the match is paused.
- D. Time limits surpassing the normal duration.

## **Answers**

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

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## **Explanations**

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## 1. How does a proper weight-control program impact wrestlers?

- A. Encourages excessive weight gain
- B. Discourages unhealthy weight reduction**
- C. Promotes unrestricted dieting
- D. Allows weight fluctuations

A proper weight-control program is essential for wrestlers as it primarily discourages unhealthy weight reduction. In wrestling, where weight classes are critical for fair competition, athletes often face pressure to meet specific weight standards. Unfortunately, this can lead some wrestlers to engage in unsafe practices to lose weight quickly. A well-structured weight-control program emphasizes balanced nutrition and sensible weight management practices, which educate athletes on how to reach or maintain their optimal weight healthily and sustainably. By promoting healthy eating habits, hydration, and consistent training, a proper program minimizes the risks associated with extreme dieting or rapid weight loss. This approach not only helps wrestlers compete effectively but also ensures their overall health and well-being, thus fostering long-term athletic success.

## 2. During bad time, what situation is present on the mat?

- A. Wrestlers are at their correct positions.
- B. The wrong wrestler is given choice of position.
- C. Both of the above.**
- D. Neither wrestler is in a scoring position.

In wrestling, the term "bad time" refers to a situation where the wrestlers are not in a proper scoring or advantageous position, which can create confusion regarding the positions on the mat. During bad time, it is often the case that wrestlers may not be in their correct starting positions for a given situation, and there can also be instances where the official mistakenly gives the wrong wrestler choice of position. This combination of factors—incorrect positioning and potential miscommunication in choosing position—creates an environment where neither wrestler is appropriately set up for scoring. Therefore, acknowledging both situations occurring supports the idea that "both of the above" can be present during bad time on the mat, validating that option as the correct choice.

## 3. In NFHS wrestling, what are coaches prohibited from doing during a match?

- A. Coaching from the bench during live action**
- B. Using a whistle to signal wrestlers
- C. Encouraging their wrestlers at all times
- D. Using cell phones to communicate

In NFHS wrestling, coaches are specifically prohibited from coaching from the bench during live action to ensure that the match remains a contest primarily between the wrestlers. This rule helps maintain a level playing field, as it minimizes outside influence during critical moments in the match when split-second decisions are essential. The environment during a match is designed to allow wrestlers to rely on their training, skills, and instincts rather than on real-time instructions from their coaches. Recognizing that interference or distractions from the coaching staff during the match could lead to an unfair advantage, this regulation ensures that the focus remains on the competitors themselves. In contrast to this prohibition, coaches are allowed to provide encouragement and support during breaks or between periods, which is crucial in helping their athletes bolster their confidence. The other choices either pertain to actions that are generally permissible due to the nature of wrestling matches or focus on communication methods that do not directly impact the integrity of the competition as significantly as coaching during live action does.

#### 4. Why is hydration important for wrestlers?

- A. To ensure optimal physical performance and health
- B. To increase muscle mass
- C. To help with weight management
- D. To maintain balance during matches

Hydration is crucial for wrestlers primarily because it ensures optimal physical performance and health. When athletes are well-hydrated, they have better endurance, strength, and overall physical capabilities, which are essential in a demanding sport like wrestling. Dehydration can lead to fatigue, decreased reaction times, and increased susceptibility to injuries, all of which can significantly hinder performance on the mat. Additionally, adequate hydration supports various bodily functions, including temperature regulation and nutrient transport, which are vital during intense physical activity. By maintaining proper hydration levels, wrestlers can stay sharp and perform at their best during both practice and competition, ultimately enhancing their athletic performance and health outcomes. While other choices touch on valid aspects of wrestling, such as weight management and muscle mass, they do not encompass the broader implications of hydration on overall performance and health as comprehensively as the correct answer does.

#### 5. How many time-outs are allowed for a health-care professional to evaluate an injury during the match?

- A. Two
- B. One
- C. No time-outs allowed
- D. Three

A health-care professional is allowed one time-out to evaluate an injury during a wrestling match. This provision ensures that if a wrestler sustains an injury, a qualified individual can assess the situation quickly and effectively, prioritizing the athlete's safety and well-being. The single time-out allows for a thorough evaluation without significantly disrupting the flow of the match. The structure of this rule is designed to maintain the integrity of competition while also safeguarding student-athletes, ensuring they receive appropriate care if needed. The rules strictly outline this process to minimize the risk of undue delays and encourage efficient management of any injuries that may occur during the matches.

#### 6. In wrestling, how many points does a wrestler receive for an escape?

- A. No points
- B. 1 point
- C. 2 points
- D. 3 points

In wrestling, a wrestler receives 1 point for an escape. An escape occurs when a wrestler, who is on the bottom position, successfully returns to a neutral position by getting to their feet and moving away from their opponent. This action demonstrates the wrestler's ability to break free from the control of their opponent while also showcasing their defensive skills. The scoring rules in wrestling are structured to reward the various maneuvers a wrestler can perform, and the escape is recognized as a fundamental skill. Thus, awarding 1 point encourages wrestlers to actively seek to gain freedom and return to a neutral situation, which is essential for the strategy and flow of the match.

## 7. Are all points during bad time canceled?

- A. True
- B. False**
- C. Only in the final period
- D. Depends on the referee's discretion

*In wrestling, the concept of "bad time" refers to periods during a match where the wrestler is not in a position to score points or where the action is deemed stalling or inactive. Points during these designated "bad time" periods are not counted, but they do not automatically cancel all points scored during a match. Therefore, it is accurate to state that not all points are canceled during bad time. Points that were scored before the onset of bad time remain valid. Additionally, the calculation of points in wrestling is based on the action taken during regulation periods of the match, and only specific actions during designated bad time might be treated differently based on the rules. Hence, while bad time affects scoring, it does not negate previously scored points.*

## 8. What factors could lead to a wrestler's disqualification during a match?

- A. Use of legal holds
- B. Injury to an opponent
- C. Intentional illegal actions, such as biting or excessive use of force**
- D. Being behind in points

*A wrestler can be disqualified during a match for a variety of reasons, and one of the most serious is engaging in intentional illegal actions, such as biting or excessive use of force. These actions violate the rules of fair play and sportsmanship, which are foundational principles in wrestling. The rules are in place to ensure the safety of all competitors, and any intentional attempt to harm an opponent or the use of tactics that go against the spirit of the sport can result in a disqualification. Using legal holds is an integral part of wrestling strategy and does not lead to disqualification, as these techniques are permissible within the rules. Similarly, an injury to an opponent does not automatically result in disqualification for the wrestler; rather, it may lead to stoppage of the match to assess the injured wrestler's condition. Being behind in points, while potentially disappointing for a competitor, is simply a reflection of the match's score and does not constitute a reason for disqualification. Thus, understanding the serious nature of the rules and what constitutes unsportsmanlike conduct is essential for athletes participating in wrestling.*

## 9. What are the criteria for awarding near-fall points?

- A. Both wrestlers must have one foot in bounds
- B. The offensive wrestler is in a pinning position
- C. All supporting points of the offensive wrestler are out of bounds
- D. Supporting points of the offensive wrestler are in bounds while the defensive wrestler is controlled**

Near-fall points are awarded when the offensive wrestler has the defensive wrestler in a position that makes it possible for them to be pinned. The key criteria for these points include the positioning of both wrestlers in relation to the mat boundaries and the control of the defensive wrestler by the offensive wrestler. The correct understanding is that for near-fall points to be awarded, the supporting points of the offensive wrestler need to be in bounds while the defensive wrestler is under control. This means that the offensive wrestler must have at least one supporting point (typically a foot or knee) on the mat inside the boundary lines, indicating that they are in a position to effectively maintain control and apply pressure. At the same time, the defensive wrestler must be in a position where they are unable to escape from this control, typically having their shoulders near the mat but not yet in a fully pinned position. In contrast, options that mention both wrestlers needing a foot in bounds or that all supporting points of the offensive wrestler are out of bounds do not align with the criteria for awarding near-fall points, as these scenarios do not provide the necessary control or indicate that the offensive wrestler is in a position to score.

## 10. In wrestling, what does the term "bad time" refer to?

- A. Time spent on injury recovery.
- B. Incorrect positioning of wrestlers or choice of positions.**
- C. Any period when the match is paused.
- D. Time limits surpassing the normal duration.

The term "bad time" in wrestling specifically refers to the situation where wrestlers are incorrectly positioned or making poor choices regarding their positions. This concept is important because it emphasizes the significance of maintaining proper positioning to avoid giving opponents advantages. When a wrestler is in a detrimental position, it can lead to the loss of control, opportunities for scoring, or increased risk of being taken down or pinned. Proper technique and positioning are crucial aspects of wrestling, and recognizing "bad time" helps wrestlers understand the moments when their strategy may not be effective, thereby allowing them to make necessary adjustments to enhance their performance and minimize risks during a match.

## 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://nfhs wrestling.examzify.com>

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

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