

2024-25 Wrestling Officials Exam for Postseason Tournament Consideration

1.

Going out of the wrestling area by either wrestler or forcing an opponent out of the wrestling area at any times as a means of avoiding wrestling is: (7.6)

- a. Unsportsmanlike Conduct
- b. A Technical Violation
- c. Stalling
- d. Flagrant Misconduct

2.

If the contestant fails to make weight on the first scale after the second attempt, the contestant shall immediately step on each available scale one time to make weight. During the time off the scales the contestant can: (4.5)

- a. Go to the restroom
- b. Drink water
- c. Take off their socks
- d. None of the above

3.

During an active match, when one of the competitors is unable to continue wrestling for any reason, the opponent is awarded a: (5.7)

- a. Fall
- b. 30-minute rest before the next match
- c. Forfeit
- d. Default

4.

Wrestler A has Wrestler B in a pinning situation and A begins to taunt B. The referee should: (7.5)

- a. Stop the match and penalize Wrestler A for unsportsmanlike conduct
- b. Warn Wrestler A and allow the wrestler the opportunity to complete the fall
- c. Continue watching for the fall and ignore the chirping by Wrestler A
- d. Stop the match and penalize Wrestler A for flagrant misconduct

5. Per MHSAA regulations, a coach or athlete may be ejected post-contest for

- a. Refusing to help calm unruly spectators
- b. Not answering the official's questions
- c. Any acts that would have resulted in an ejection during competition
- d. They looked at me after I told them not to

6. During a regular dual meet competition, it is permissible for coaches to be at the corner of the mat if: (2.2)

- a. They always stay seated
- b. Permission is granted by the home school
- c. They are no closer than 10' to the edge of the circle
- d. Coaches cannot coach from the corner of the mat

7.

When the defensive wrestler stands, with one or both arms trapped and is lifted off the mat by the offensive wrestler. The referee shall: (7.2)

- a. Caution the offensive wrestler to be careful
- b. Watch the defensive wrestler for signs of stress
- c. Move to a position to catch the defensive wrestler
- d. Immediately stop the match as potentially dangerous

8. During any headlock, the assistant should be: (3.2)

- a. In position to observe any action from underneath, but remain on his/her feet
- b. At the scorer's table watching the clock
- c. At the edge of the mat away from the action
- d. Behind the referee to have the same view as the referee

9. Only one wrestler may represent a school in each weight class during dual-meet competition, and no substitution is permitted for any wrestler in dual meets once the wrestler (1.4)

- a. Has been cleared by the official overseeing the weigh-in process
- b. Has stepped off the mat
- c. Has appropriately reported to the scorer's table
- d. Has been designated as the starter by the coach at weigh-in

10. Bad time occurs when the wrong wrestler is given choice of position: (5.1)

- a. At the start of third period
- b. At the start of the second :30 tiebreaker period
- c. At the start of the ultimate tiebreaker
- d. All of the above

11. The coach misconduct penalty is: (5.5)

- a. Always charged to home team
- b. Always charged to assistant coach
- c. Always charged to head coach
- d. Always charged to opposing team

12. When there is no longer at least _____ supporting point(s) of either wrestler on or inside the boundary line, wrestling shall be stopped. (6.4)

- a. One
- b. Two
- c. Three
- d. All of the above

13. A flagrant misconduct call will result in which of the following: (8.1)

- a. Restriction to the bench/team area
- b. Disqualification of the offending wrestler
- c. Disqualification of the individual, immediate removal from premises, and deduction of two team points on the first offense
- d. Disqualification of the individual, immediate removal from premises, and deduction of three team points on the first offense

14. It is stalling in the neutral position when a wrestler: (5.24)

- a. Cannot improve his or her respective position
- b. Is being overpowered
- c. Prevents the opponent from returning to or remaining inbounds
- d. Forces a hold/maneuver beyond normal range of motion

15. Each wrestler is required to make _____ to stay within the ____ center of the mat and wrestle aggressively, regardless of position or the time/score of the match. (7.6)

- a. An effort; twenty-eight
- b. An honest attempt; center
- c. An effort; ten
- d. An honest attempt; ten

16. Referees have _____ for enforcement of rules that extend beyond officiating a match. (3.1)

- a. No jurisdiction or responsibility
- b. To defer to the mat referee
- c. To defer to the AR
- d. Jurisdiction

17. A wrestler failing to make every effort to stay inbounds during an imminent scoring situation shall be penalized for: (7.3)

- a. Unsportsmanlike conduct
- b. Fleeing the mat
- c. Stalling
- d. Misconduct

18. When the defensive wrestler places himself in a precarious position during an attempted escape or reversal, a near fall shall not be scored unless the offensive wrestler has control and _____ the opponent in a pinning situation for at least ____ second(s). (5.11)

- a. Restrains, two
- b. Stops, three continuous
- c. Restrains, five
- d. Adjust, one

19. A present, appropriate health-care professional is allowed a maximum of _____ minutes of HNC injury time to evaluate head and neck, involving the cervical column. (8.2.4)

- a. 3
- b. 4
- c. 5
- d. Unlimited

20. _____ is penalized separately from the Penalty Chart. (8.1)

- a. Biting
- b. Profanity towards an official
- c. Stalling
- d. Flagrant misconduct

21. The referee, assistant referee and two contestants are the only individuals permitted on the wrestling mat. If a coach has a question, he/she may speak only to: (6.6)

- a. The assistant referee
- b. The referee at the head table
- c. Either referee or the assistant
- d. The scorekeeper

22. The _____ has the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered by the rules: (3.1)

- a. Meet manager
- b. Home team head coach
- c. Referee
- d. On site administrator

23. All contestants shall weigh-in wearing a legal uniform and suitable undergarment that completely covers the buttocks and groin area. Female contestants shall also wear _____ that completely covers their breasts. (4.5)

- a. Stirrups
- b. Any length socks
- c. A sports bra
- d. A form-fitting compression undergarment

24. If a contestant is injured because of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the injured wrestler is entitled to 2 minutes of ____ time which is not deducted from the injured wrestler's injury time allowance, nor shall it constitute a HNC time out. (8.2)

- a. Injury time
- b. Recovery time
- c. Bad time
- d. Referee's time

25. During a match, a wrestler shall not wear: (4.3)

- a. Arm sleeves that do not contain a pad.
- b. Leg sleeve(s) that do not contain a pad.
- c. Wristbands
- d. Any of the above

26. When a match is stopped for an injury, including HNC, during an imminent scoring situation, and the referee determines that scoring would have been successful had wrestling continued, the referee shall charge a _____ or if appropriate, an HNC time out to the injured contestant and award applicable point(s) to the non-injured wrestler. (8.2)

- a. Recovery time out
- b. Blood time out
- c. Referee's time out
- d. Injury time out

27. If the officials detects wet blood during an imminent scoring situation, they shall: (8.2)

- a. Immediately stop the match, award the appropriate points
- b. Allow the situation to play out
- c. Caution the aggressive wrestler to be careful to avoid getting blood on them
- d. None of the above

28. Wrestler A has Wrestler B's legs, and during competition B's shoe comes off. What is the ruling? (4.1)

- a. The referee calls an official's timeout and allows Wrestler B to correct the shoes
- b. Wrestling continues until there is a normal stop in the action and Wrestler B is charged an injury timeout to correct the shoe issue
- c. Wrestler B would be penalized for technical violation, and injury time would be started to allow Wrestler B to properly secure the shoe back on
- d. Wrestler B would be penalized for stalling

29. A wrestler reports to the weigh-in with shoulder length braided hair. (4.2)

- a. This is not permitted as hair must be in its natural state
- b. If the wrestler has a legal hair covering, this would be permitted
- c. This would be permitted, and no legal hair covering is required
- d. The wrestler must have a clearance letter from the MHSAA

30. School A has male and female wrestlers on the team. Who is authorized to conduct the weigh-ins? (4.5)

- a. The school's coach, to protect the modesty of the female wrestlers
- b. The referee, or other authorized person of any gender shall supervise the weigh-ins of all contestants
- c. Only a referee of the same gender as the wrestler
- d. A male referee must have a female present who will weigh-in the female wrestlers

31. Team A has wrestlers wearing different combinations of uniforms. Which combination is not a complaint uniform: (4.1)

- a. A one-piece singlet with compression shorts worn underneath the singlet.
- B. A one-piece singlet with shorts designed for wrestling worn on top of the singlet.
- c. A form-fitted compression shirt with full-length tights worn underneath shorts designed for wrestling.
- d. A form-fitted compression shirt worn on top of a singlet.

32. Wrestler A has been called for their fourth stalling call for backing off the mat. (8.1)

- a. The official must stop the match after calling the fourth stalling call and award the correct points (2 points) and choice of position to the opponent of the offender
- b. Allow wrestling to continue until there is a normal stoppage of action
- c. Award the two penalty points and disqualify the offending wrestler if they stall again
- d. None of the above

33. While Wrestler A is in an imminent scoring situation (takedown, escape, or reversal), Wrestler B indicates to the referee that he/she is injured: (8.2)

- a. The referee shall stop the match and no point(s) are awarded
- b. The injured wrestler is penalized for unsportsmanlike conduct because the referee does not believe the injury cry
- c. The referee shall stop the match and award the point(s) if, in the referee's opinion, the point(s) would have been scored aside from the injury
- d. Imminent scoring can only occur in a near fall situation

34. Competition in dual meets shall be conducted by random draw of weight classes and: (1.2)

- a. The random draw shall take place immediately preceding weigh-ins
- b. The referee or other authorized person shall supervise the random draw
- c. Subsequent matches will follow in sequential order
- d. All of the above

35. Coach misconduct results in the following:

- a. First offense - deduct one team point
- b. Second offense - deduct two team points
- c. Third offense deduct two team points and removal of head coach for the remainder of the day
- d. None of the above

36. The scoring term that implies that the opportunity is immediate or very close to happening is:

- a. Almost
- b. Imminent
- c. Active
- d. Potentially

37. The ability to secure a fall after a technical fall has been earned ends when:

- a. The pinning situation ends
- b. The defensive wrestler is no longer in criteria
- c. The offensive wrestler smiles
- d. The score clock shows a 15- point differential

38. If the shoelaces are visible, they must be:

- a. Double-knotted
- b. Velcroid
- c. Secured in an acceptable fashion
- d. Taped

39. Repeatedly dropping to one knee or hand from the defensive standing position is:

- a. Stalling
- b. A technical violation
- c. Unsportsmanlike behavior
- d. None of the above

40. A wrestler is taken down and controlled beyond reaction time; the opponent is awarded:

- a. 2 points
- b. 3 points on the first takedown and 2 points on subsequent takedowns
- c. 2 points on the first takedown and 3 points on each subsequent takedown
- d. 3 points on all takedowns

41. When near-fall criteria are met for three seconds, and the defensive wrestler indicates an injury, ___ points will be awarded to the offensive wrestler

- a. 2
- b. 3
- c. 4
- d. 5

42. If the offensive wrestler intentionally lets the defensive wrestler off their back, this is considered taunting and should be penalized as:

- a. Stalling
- b. Unsportsmanlike Conduct
- c. A technical violation
- d. Flagrant Misconduct

43. Full-length form-fitted tights may be worn under the singlet, compression shorts, or shorts designed for wrestling if:

- a. They match the school colors
- b. They are non-modified, both legs intact
- c. A knee pad covers them
- d. Extend just below the knee