WIAA 2026 Wrestling Rules Exam

Please answer all 50 questions below. Select the best answer for each question.

1. A match is a competition between two wrestlers who are:

A. The same age.

B. The same grade in school.

C. Nearly equal weight as possible.

D. None of the above

2. State associations have the following options for selecting a starting weight in a dual meet:

A. Random draw.

B. Lowest weight to heaviest weight.

C. Heaviest weight to lowest weight.

D. Both A and B.

3. In a boy's multi-dual event, the random draw for round one was 132 pounds. In round two, the weight classes will begin with the _____ weight class.

A. 138-pound

B. 126-pound

C. 144-pound

D. 150-pound

4. Prior to competition starting, each head coach will verify:

A. That all wrestlers will be in proper uniform.

B. That all wrestlers will be properly groomed.

C. That all wrestlers will be properly equipped.

D. All the above.

5. Team A’s 106-pound wrestler receives a forfeit and the coach then sends the 106-pound wrestler out to wrestle at 113 pounds for a match to be counted toward the team score. Is this permissible:

A. Yes, a wrestler may move up one weight class above his scratch weight.

B. No, a wrestler cannot receive a forfeit in one weight class and compete in another.

C. Yes, if both coaches agree.

D. Yes, if 48 hours’ notice was given by host school.

6. Any wrestler who is below the minimum body fat percentage must:

A. Retest within 14 days.

B. File an appeal to the respective state association.

C. There is no minimum body fat percentage.

D. Have a medical release signed by an appropriate health-care professional.

7. If there is no 10-foot circle, what is the best method to determine the center of the mat?

A. The two parallel starting lines.

B. The mat cannot be used.

C. A taped “X” in line with the head table.

D. Use a measuring tape prior to starting the match.

8. The wrestling area shall be marked by _____ painted lines.

A. 2-inch-wide

B. 3-inch-wide

C. 1-inch-wide

D. 4-inch-wide

9. Is the 10-foot circle required on a wrestling mat?

A. Yes, to clearly indicate the center of the mat.

B. Yes, must be a 2-inch line and/or contrasting colors.

C. No, the 10-foot circle is optional.

D. Both A and B.

10. What are coaches allowed to do during tournament competition:

A. Coaches are allowed in the restricted zone (on the mat) if the appropriate line is marked no closer than 5 feet from the wrestling area circle.

B. Coaches may stand on the mat while the clock is running.

C. Coaches can kneel on the mat if no chairs are provided.

D. Coaches can address concerns with the officials without going to the head table.

11. The scorer’s table shall be large enough to accommodate the:

A. Official timekeeper.

B. Head scorer.

C. Visiting team's scorer.

D. All the above.

12. Before the dual meet begins, the head coach will verify that the team is groomed, properly equipped, ready to wrestle and:

A. Done with warm-ups.

B. Ready to exchange lineups.

C. Has shoelaces secured either with tape or by a locking device on the wrestling shoe in an acceptable fashion.

D. Ready to be seeded.

13. A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper action:

A. Stalling.

B. Technical violation.

C. Official time-out.

D. None of the above.

14. The referee should notify the coach and/or wrestlers during injury, blood, HNC or recovery time at the _____ of the remaining time left.

A. 30-second and 15-second marks

B. 1-minute and 30-second marks

C. 45-second and 30-second marks

D. 2-minute and 1-minute marks

15. Which of the following forms of mouth/tooth protection is not permitted during a wrestling match:

A. Comfort Cover Braces Guard.

B. Upper- and lower-fitted mouthguards.

C. Upper mouthguard when wrestler has upper braces only.

D. Lower mouthguard when wrestler has lower braces only.

16. A Wrestler checks in at the table wearing the following: a) hearing aids, b) air pods to hear his coach's directions, c) insulin pump or d) video camera attached to the head gear. Is this legal equipment and, if not, what is the penalty?

A. In a) and d), the equipment is illegal. A technical violation is issued, and the wrestler is placed on injury time because the wrestler was not properly equipped and read to wrestle.

B. In a) and c), both are allowed.

C. None of the items are allowed.

D. All the above is allowed.

17. Which of the following are legal options for weighting teams in for a dual meet of multi-dual event?

A. Wrestlers may weigh in shoulder to shoulder by weight.

B. Wrestlers may weigh in as a team.

C. Both A and B.

D. None of the above.

18. Bad time is created when the wrong wrestler is given a choice:

A. At the start of second period.

B. At the start of the third period.

C. On the next re-start after a one-point stalling penalty.

D. Both B and C.

19. The coach misconduct penalty is:

A. Always charged to home team.

B. Always charged to assistant coach.

C. Always charged to head coach

D. Always charged to opposing team.

20. The bottom wrestler attempts to switch and is able to face the opponent, pick up both of the legs and lift them into the air, just as the buzzer sounds ending the period. The referee should at least award _____.

A. one-point escape

B. no scoring change

C. two-point reversal

D. potentially dangerous

21. Criteria for near-fall occurs when:

A. Any part of both shoulders or both scapulae of the defensive wrestler are held within 4 inches of the mat.

B. One shoulder or one scapula of defensive wrestler is touching the mat, other shoulder within 45-degree angle of the mat.

C. The defensive wrestler is held in a high bridge or on both elbows.

D. All the above.

22. Leading by 12 points, Wrestler A turns Wrestler B with a cradle. After Wrestler A earns a four-point near fall, Wrestler B comes out of near-fall criteria and does not break the lock of the cradle. Wrestler A immediately returns Wrestler B to near-fall criteria. The official:

A. Allows wrestling to continue for possible fall because the wrestlers remain in a pinning combination.

B. Stops the match and awards the near-fall points which results in a technical fall.

C. Awards the back points with allowing the wrestler to attempt to secure a fall.

D. None of the above.

23. Wrestler A has Wrestler B in near-fall criteria, and the referee starts to count, but Wrestler B yells out in pain before the referee arrives at the “2” count. How many points are awarded to Wrestler A?

A. 3

B. 2

C. 6

D. 4

24. Wrestler A has 11-point advantage and earns a 4-count with a pinning combination. Wrestler B reverses Wrestler A directly to a fall position. The official calls a fall for Wrestler B. What is the ruling?

A. Wrestler B is awarded the fall and is the winner of the match.

B. Wrestler A would be declared the winner because they earned a technical fall before the reversal.

C. Wrestler A and B start overtime.

D. None of the above.

25. _____ is any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school event.

A. Unnecessary roughness

B. Unsportsmanlike conduct

C. Flagrant misconduct

D. None of the above.

26. Which of the following situations would result in Wrestler A winning a match?

A. Wrestler A scores a takedown in sudden victory into near-fall criteria, and while pinning Wrestler B, commits an act of flagrant misconduct.

B. Wrestler A scores a reversal in ultimate tiebreaker straight into near-fall criteria, and while pinning Wrestler B, Wrestler A cries out for a third injury time-out.

C. Wrestler A scores a reversal in ultimate tiebreaker straight into near-fall criteria, and while pinning Wrestler B, Wrestler A commits fourth illegal hold.

D. Both B and C.

27. A wrestler has a bye in the first round. The person wrestles four subsequent matches, which they win. What is the wrestler's overall tournament record?

A. 5-0

B. 4-0

C. 0-5

D. 0-4

28. A wrestler is at a two-day tournament and has a bye in the first round. The individual's record going into the second day is 5-1. How many possible matches is the person able to wrestle on the second day?

A. 3

B. 5

C. 4

D. 6

29. What is the proper officiating mechanic when an offensive wrestler traps the ankle to the buttocks while the defensive wrestler is broken down:

A. Verbal count.

B. Signal count.

C. Silent count.

D. Both A and B.

30. Stalling occurs when the defensive wrestlers refuses to aggressively attempt to:

A. Escape or reversals.

B. To pin the offensive wrestler.

C. To overpower the offensive wrestler.

D. To follow instructions of both coaches.

31. Contact is to be maintained throughout the match for wrestlers that are:

A. Hearing impaired.

B. Wearing artificial limbs.

C. Visually impaired in first period.

D. Visually impaired.

32. When there is no longer _____ point(s) of contact inbounds, wrestling should be stopped.

A. One

B. Two

C. Three

D. All the above.

33. The coach believes the referee has misapplied a rule and approaches the scorer's table to discuss the situation with the referee. The referee does not agree that the rule was misapplied. Should the coach be penalized?

A. No, because the coach questioned the referee in a sportsmanlike manner.

B. Yes, the head coach is charged with misconduct because the referee didn’t change the call that was questioned.

C. No, because the head coach can question the referee one time before receiving a warning.

D. Yes, because the coach is not allowed to question the referee’s decision.

34. The use of a leg block is _____.

A. Flagrant misconduct.

B. A technical violation.

C. An illegal hold or maneuver.

D. Unsportsmanlike conduct.

35. A leg block (cut-back) is illegal when it involves:

A. Using the hands to grab an opponent's leg.

B. Leaving the feet.

C. Applying pressure to an opponent's thigh with the knee.

D. Stepping in front of an opponent's leg to impede movement.

36. Wrestler B is the offensive wrestler and has broken Wrestler A down on the mat and is trapping the heel to the buttocks for five seconds. The referee penalizes:

A. Wrestler A for not working for an escape.

B. Wrestler A for not working for a reversal.

C. Wrestler B for trapping the heel to the buttocks for five seconds.

D. Neither wrestler should be penalized if they stay inbounds.

37. The referee will not stop the match when penalizing:

A. An illegal hold by offensive wrestler.

B. A defensive wrestler in a pinning situation.

C. Unsportsmanlike conduct by offensive wrestler.

D. Both A and C.

38. A flagrant misconduct call results in which of the following?

A. Suspension to the bench/team area.

B. Disqualification of the offending wrestler.

C. Disqualification of the individual, immediate removal from premises, and deduction of three team points on the first offense.

D. Offer to the offended team the option of disqualification or deduction of three team points.

39. If a wrestler is accidentally injured and is unable to continue the match, the opponent shall be awarded the match by:

A. Forfeit.

B. Disqualification.

C. Default.

D. All the above.

40. When a wrestler is injured, and an appropriate health-care professional(s) is present, the health-care professional will have a maximum time of _____ for evaluation of injury to head and neck involving cervical column and/or nervous system:

A. four minutes.

B. three minutes.

C. two minutes.

D. five minutes.

41. Wrestler A performs an illegal move on Wrestler B causing Wrestler B to bleed. How much time is allowed for Wrestler B to stop bleeding?

A. 5 minutes

B. 1 1/2 minutes

C. 2 minutes

D. None of the above.

42. Wrestler A takes down Wrestler B. How many points is Wrestler A awarded?

A. 5

B. 2

C. 1

D. 3

43. Match scoring shall be kept in plain view of _____.

A. Spectators and contestants only.

B. Spectators, contestants and coaches.

C. Spectators and referees only.

D. Coaches and referees only.

44. Penalty points shall be awarded in accordance with:

A. Summary of scoring.

B. Tournament team scoring.

C. Scoring symbols.

D. The penalty chart.

45. _____ is when the margin of victory ranges from 8 to 14 points in a match.

A. A decision

B. A major decision

C. A technical fall

D. None of the above

46. At a tournament wrestlers are called to the mat, when it is their time to compete. Wrestler A reports to mat side dressed and ready to wrestle. Wrestler B has not reported to the mat after 5-minutes has passed. The referee addresses the situation in this manner:

A. Ask head table to make one more announcement of wrestler B's name.

B. Call head coach of wrestler B's team to mat side, to see what the problem is.

C. Raise hand of Wrestler A, as they have won by forfeit.

D. Nothing needs to be done, proceed to next match.

47. In the semifinal championship bracket, both wrestlers have been disqualified for stalling. At the time of the disqualification Wrestler A had five points and Wrestler B had four points. How are the wrestlers advanced in the next round?

A. Wrestler A will advance to the finals and Wrestler B will continue in the consolation round.

B. Wrestler B will be eliminated, and Wrestler A will continue in the consolation round.

C. Both wrestlers are eliminated from further competition.

D. Both wrestlers will continue in the consolation round.

48. During a two-day dual team tournament, a team weighs in two wrestlers at 138 pounds. On the second day, one of the wrestlers weighs in to wrestle in the 145-pound weight class. State the correct procedure.

A. This is legal under coaches' choice.

B. Legal, if one wrestler did not wrestle in lower weight class.

C. Legal because teams are permitted more than one wrestler at a weight class.

D. The wrestler is disqualified because all wrestlers must weigh-in both days at same weight class.

49. In team advancement tournaments, flagrant misconduct by a contestant results in:

A. Disqualification on the first offense, deduction of one team point and removal of the contestant from the premises immediately for the duration of the tournament.

B. Disqualification on the first offense, deduction of one team point and removal of the contestant from the premises immediately for the duration of the session only.

C. Disqualification on the first offense, deduction of three team points and removal of the contestant from the premises immediately for the duration of the tournament.

D. On the first offense, deduction of three team points and removal of the contestant from the premises immediately for the duration of the session.

50. The scoring symbol for a takedown is ___.

A. T1

B. R2

C. T2

D. T3