

**2007-2008
NCAA SELF-ADMINISTERED
WRESTLING RULES EXAMINATION**

TRUE or FALSE

- TRUE
Code, p 7
1. Jeans, T-shirts sweat suits or warm-up suits (top or bottom), headwear, and similar apparel are not considered suitable attire for coaches and are prohibited.
- TRUE
Code and 4.3.2
2. Referees shall not fraternize with coaches when in uniform or on site, and will enforce the rules firmly and fairly in both letter and spirit in such a way that attention is drawn to the wrestlers rather than themselves.
- TRUE
Spectator,p8,6.4.2
3. Profanity, racial or sexist comments or other intimidating actions directed at officials are grounds for removal from the premises.
- FALSE
1.3 and 8.2.7
4. The home team is usually considered green for scoring purposes, and the referee can not switch this to red if deemed appropriate.
- FALSE
1.4
5. Each team can designate only one captain.
- TRUE
1.5
6. All wrestlers, coaches, athletic trainers and other persons affiliated with a team are subject to the rules and governed by the decisions of the referee.
- FALSE
1.6
7. The two-inch wide line around the wrestling area is not part of the wrestling area and is out of bounds.
- FALSE
1.9
8. A contestant can receive a forfeit in one weight class and then wrestle up one weight class.
- TRUE
1.11.1
9. The name and initials of the wrestler's institution shall be displayed on competition uniforms with letters at least 2 inches high.
- TRUE
1.11.2
10. Any match stoppage directly related to shoelaces shall be treated as a delay of match and, therefore, a stalling violation.
- FALSE
1.11.3
11. A protective ear guard has to be worn during the warm-up period before a match.
- FALSE
1.12
12. Hair may not be braided or rolled and contained in a cover so that the hair rule is satisfied.
- TRUE
1.15
13. Video taping a match by anyone is not permitted.

- TRUE
2.1.3
14. In the offensive starting position, the referee shall pause momentarily before starting wrestling.
- FALSE
2.2
15. A stalemate can be called in a pinning situation.
- TRUE
2.3
16. The offensive wrestler maintains the position of advantage until the opponent is awarded an escape or a reversal by the referee.
- TRUE
2.4
17. For the purpose of awarding a point(s) at the edge of the wrestling area, a point(s) shall be awarded when control is established or lost while any part of a supporting point or any part of a foot of either wrestler finishes on the mat in bounds.
- TRUE
2.6
18. During a takedown when a wrestler's supporting point(s) are momentarily out of bounds, but a foot or feet of the scoring wrestler finishes in bounds on the mat without having broken the boundary of an imaginary cylinder surrounding and extending above the wrestling area, a takedown shall be awarded.
- TRUE
2.7
19. An escape is achieved when the offensive wrestler loses control of his/her opponent while any part of a supporting point, or any part of a foot, of either wrestler remains down on the mat in bounds.
- FALSE
2.7
20. An escape can not be awarded while the wrestlers are still in contact.
- TRUE
2.8, 1.6
21. A reversal can occur at the edge of the mat if any part of a supporting point of either contestant is on the out-of-bounds line.
- TRUE
2.6, 2.7, 2.8
22. The rule about being inbounds as long as any part of a supporting point of either wrestler is inbounds applies to escapes, reversals and takedowns.
- FALSE
2.9.1
23. A near fall is a position in which the offensive wrestler has the opponent in a controlled pinning situation in which the defensive wrestler is held on one elbow.
- TRUE
2.9.1
24. A near fall can be awarded if any part of the defensive wrestler's pinning area is inbounds.
- TRUE
2.9.6
25. When the criteria for a three-point near fall is met the match is stopped by the referee because the defensive wrestler indicates an injury, three points shall be awarded to the offensive wrestler.
- FALSE
2.12
26. The recording of time advantage (riding time) is not required for all competitions.

- TRUE
2.12.5 27. If a referee determines a fall has occurred and the period ends before he strikes the mat, the fall shall be awarded.
- TRUE
2.19 28. A medical forfeit may be declared when a contestant becomes ill during the course of tournament competition.
- FALSE
3.2 29. A heavyweight contestant must weigh a minimum of 174 pounds.
- TRUE
3.3 30. If coaches cannot agree on the wrestling order in a dual meet or multiple dual meets, a random draw shall be conducted to determine which weight class will be wrestled first.
- TRUE
3.4.3 31. Wrestlers reporting to weigh-ins for team-advancement and individual-advancement tournaments shall appear properly groomed, i.e., following hair rules and clean-shaven. The penalties for not complying follows a sequence that could result in the head coach Being removed from the premises.
- TRUE
3.4.3 32. Weigh-ins for individual or team-advancement tournaments shall be held two hours or less before the scheduled start of wrestling on the first day of competition. The weigh-ins may be conducted by team.
- TRUE
3.4.3 33. In tournaments requiring multiple-day weigh-ins, a one-pound allowance for the second day of competition shall be granted only to individuals who weighed in during the first day of competition.
- FALSE
3.4.3 34. Tournament directors do not have to follow NCAA weigh-in guidelines.
- TRUE
3.9.1 35. A physician or a certified athletic trainer shall examine all contestants for communicable skin diseases before all tournaments and meets.
- TRUE
3.9.3 36. Medical checks shall be conducted each day of competition and shall take place at the site of competition.
- FALSE
3.9.6 37. Final determination of the participant's ability to compete shall be made by the host head coach.
- TRUE
4.3.1 38. All contestants shall be uniformly attired in their school's official warm-up and match uniform. Failure to comply shall result in the head coach being penalized under Rule 14.13d, Control of Mat Area.

- TRUE
4.3.2
39. Coaches in violation of not wearing proper attire, e.g. wearing a warm-up suit top, bottom or both, shall not sit in the designated reserved zone for coaching if the prohibited apparel is not replaced with suitable attire. This applies to dual meets and tournaments. Each coach in violation shall be penalized under control of mat area.
- TRUE
4.7
40. Multiple dual meets and tournament matches may be less than 7-minutes long.
- TRUE
4.11.1
41. Advantage time shall not be kept in any sudden victory period.
- FALSE
4.11.1
42. A wrestler may choose the neutral position for any tiebreaker period.
- TRUE
4.11.1
43. A wrestler choosing the defensive position in the first tiebreaker period shall assume the offensive position in the second tiebreaker period. There is an injury exception.
- FALSE
4.11.2
44. If the score remains tied after the second tiebreaker, the match is scored as a tie.
- FALSE
4.11.1
45. If wrestler A obtains a fall in the first 30-second tie-breaker period, a second 30-second tiebreaker period will be wrestled and if wrestler B scores a fall in a faster time shall be declared the winner.
- FALSE
4.11.6
46. Recovery time is applicable in a sudden victory period.
- TRUE
4.12
47. There can be team ties in dual meet competition.
- TRUE
4.12
48. One team point shall be added to the team who wins by criteria in a team-advancement tournament.
- TRUE
4.14.1
49. Errors occurring during the first or second periods shall be corrected with wrestling resuming immediately.
- FALSE
4.14.2
50. During tournament matches, any error not resolved by the referee shall be arbitrated by the head coaches involved.
- FALSE
4.15.2
51. Badgering the referee cannot be called on wrestlers on the team bench, only the coaching staff.
- TRUE
4.17.3
52. A tournament contestant who forfeits for medical reasons shall retain advancement points and placement points previously earned, but can not advance further in the tournament.

- FALSE
4.22.4
53. If both wrestlers are disqualified simultaneously in a tournament match for flagrant misconduct, the match shall go immediately to overtime. Any subsequent point violations by either wrestler will result in disqualification.
- TRUE
4.23
54. A declaration for a medical forfeit can occur before the session after the injury or illness.
- TRUE
4.24
55. To protest in a tournament, the coach has to inform the referee and the official scorer of that intent before the match sheet is removed from the scorer's table
- TRUE
5. Scoring Table
56. In a dual meet when both teams fail to enter a participant at the same weight class, the match is scored as "no contest" and no team points are awarded.
- FALSE
6.2
57. The referee shall always stop wrestling when warning the offensive wrestler.
- TRUE
6.2
58. The referee shall not stop wrestling for warning or penalizing stalling by the offensive or wrestler while in the standing position.
- FALSE
6.2
59. The referee shall stop the match for technical violations committed during a successful reversal, escape, or takedown.
- TRUE
6.2
60. A referee should not stop the match for illegal holds or unnecessary roughness during scoring situations unless necessary to prevent injury. The referee shall stop the match after scoring has occurred or if scoring is no longer imminent.
- FALSE
6.4.1
61. It is unsportsmanlike conduct to have uniform straps down while on the apron.
- TRUE
6.5
62. A forceful slap to the head or face, or gouging or poking the eyes is included under Unnecessary Roughness.
- TRUE
6.6.1
63. Flagrant misconduct by a wrestler on the bench, who has already competed in an earlier match in a dual meet, results in the disqualification of the offender, deduction of one team point from the offender's team score, removal of the offender from the premises for this and subsequent dual meets if this is a multiple event, and his opponent being declared the winner of their earlier match.
- TRUE
6.6.1
64. The penalty for flagrant misconduct now includes a suspension of the wrestler for the team's next scheduled and shall not compete again until it is with the team at this competition.

- FALSE
6.6.1 65. The referee must alert the Chair of the Wrestling Rules Committee following that a flagrant misconduct violation occurred.
- TRUE
6.6.1 66. In dual-team events the table scorer is required to inform the head coach of any flagrant misconduct penalties against his wrestlers.
- FALSE
6.12 67. The figure-four scissors applied by the offensive wrestler around the body or around both legs of the defensive wrestler is an illegal hold.
- TRUE
6.14 68. The penalty for fleeing the wrestling area shall be one match point for each violation, and can be awarded before the wrestlers go out of bounds.
- TRUE
6.18.2 69. A referee may correct a starting position verbally without calling a technical violation.
- TRUE
7.1.1 70. After a second non-bleeding injury timeout by a contestant concludes, the non-injured wrestler is given his choice of the top, bottom or neutral position, except in the tiebreaker period where he has a choice of the top or bottom positions only.
- TRUE
7.1.1 71. If the second non-bleeding timeout is taken at the conclusion of the third period, and the score is tied, his opponent would have choice of three starting positions at the beginning of the sudden victory period.
- TRUE
7.1.2 72. A contestant who indicates an injury for the purpose of preventing scoring or being pinned must be charged an injury timeout.
- TRUE
7.1.4 73. The referee shall have the prerogative to stop the match to determine the presence of an injury before starting injury time or recovery time.
- FALSE
7.4 74. Each wrestler has 2 recovery timeouts per match.
- TRUE
8.1.2 75. An institution using a non-registered referee shall be subject to any or all of a multitude of penalties, e.g. disqualification of the head coach for one or more competitions.
- TRUE
8.1.2 76. Coaches and/or administrators should contact the Wrestling Rules Committee chair, the secretary-rules editor, the NCAA staff liaison or other members of the rules committee to report a potential violation of not using an NCAA-certified referee for a competition.
- FALSE
8.3 77. The jurisdiction time of the referee ends when all wrestlers have left the site floor after the heavyweight match.
- TRUE
8.6.6 78. Coaches are not permitted to address the assistant referee.