

1960-61 WRESTLING EXAMINATION

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NOTE: Send answer sheet to your State Association office unless otherwise instructed.

Instructions: Only the answer sheet of this examination will be sent to the grader. You retain the questions for further study. Since correction is by perforated key, you must use care in clearly marking correct circles on the answer sheet. For each printed answer which is correct, place a clearly legible X in (not above) the corresponding circle on the answer sheet. More than one answer may be correct and, in that case, more than one circle should be marked.

CONDUCT OF DUAL MEETS & TOURNAMENTS, REPRESENTATION & WEIGHING-IN

1. **About representation:** (1. During dual meets visiting contestant must be sent onto mat first) (2. Contestant may win by forfeit at one weight and compete in higher weight class in same meet) (3. Contestant may weigh in for one weight class and wrestle at a higher weight class) (4. Contestant may represent his school in only one class per meet).
2. **About weigh-ins for dual meets:** (1. Physician must check contestants) (2. Maximum time is 7 hours before meet) (3. Coach may agree to an overweight of no more than 2 pounds) (4. Maximum time is one hour before meet) (5. Minimum time is $\frac{1}{2}$ hour before meet).
3. **About costumes:** (1. Low-cut heelless shoes are legal) (2. Full-length tights are permitted) (3. When short trunks are used without tights, shirts must be worn) (4. Full-length tights and close covering sleeveless shirts are recommended) (5. The one piece uniform is illegal for interscholastic competition).
4. **In starting a match, the Official must:** (1. Advise the contestants to report on the circle at the center of the mat opposite each other, ready to wrestle) (2. Signal the wrestlers to come forward, shake hands with the right hand, pass each other, turn to the left at the edge of the circle and begin wrestling when the Official blows his whistle) (3. Inform the contestants that the match is nine minutes in length for interscholastic wrestling).
5. **About weights:** (1. No overweight is permitted) (2. 2 pounds allowance for second day of tournament) (3. Beginning January 1st and continuing until February 1st, two additional pounds will be allowed in each weight class) (4. No additional weight allowance permitted throughout season) (5. Beginning February 1st and continuing for the rest of season, one additional pound shall be allowed in each weight class).
6. **If contestant in tournament fails to weigh in the second day, his opponent shall receive:** (1. Bye) (2. Default) (3. Forfeit) (4. Postponement).
7. **When there is an uneven number of byes in bracket:** (1. Extra bye will be placed in upper bracket) (2. Extra bye will be placed in lower bracket) (3. New drawing is made).
8. **A contestant in a tournament is eligible for third place competition:** (1. If he is injured in his semi-final match and defaults) (2. If he is disqualified during the tournament) (3. If he forfeits a match in the tournament).



9. In tournaments, a wrestler may score one additional point by: (1) Winning by fall (2) Winning by default (3) Winning by forfeit (4) Winning by drawing a bye).
10. In conduct of matches: (1. The time goes on continuously even when the Referee stops the match for out-of-bounds) (2) The time is continuous except when the Referee stops and starts a match (3. There is a minute's rest between the second and third period).

DEFINITIONS

11. A fall may occur when: (1. Shoulders are held in contact with mat for one second) (2. Offensive wrestler's hand is between mat and scapula area of Defensive wrestler) (3) Both shoulders (scapula) of Defensive wrestler are held in contact with mat for two seconds (4. Defensive wrestler's head contacts mat outside wrestling area) (5) Offensive wrestler's body is 50% outside actual wrestling area).
12. When Offensive wrestler A1 has control of his opponent in a pinning combination and holds opponent's shoulders within four inches of mat for two seconds, he gets credit for: (1. Stalemate) (2. Near-fall) (3) Predicament (4. Default).
13. Defensive contestant, while in Referee's position, may: (1. Keep knees less than shoulder width apart) (2. Place elbows on mat) (3) Keep lower legs parallel (4. Place heels of both hands 10" in front of knees).
14. Two points for Reversal are awarded by Referee when Defensive wrestler: (1) Comes from underneath and gains control of opponent on mat while supporting parts of either wrestler are within wrestling area) (2. Comes from underneath and goes entirely free while supporting parts of both wrestlers are on the mat) (3. Recovers from near-fall situation) (4) Comes from underneath and gains control of opponent in rear standing position while supporting parts of either or both wrestlers are on mat).
15. About definitions: (1) When A1 is unable to continue wrestling (no illegal hold), match is awarded to B1 as default) (2. When B1 fails to appear for match, A1 is awarded default) (3) A neutral position is one in which neither wrestler is in control) (4) It is an escape when the defensive wrestler gains a neutral position) (5) It is a take-down whenever contestant brings his opponent to mat and gains control).
16. Predicament points shall be awarded when: (1) Both shoulders of the Defensive wrestler are held continuously within approximately four inches of the mat for one second or more) (2. The Defensive wrestler maneuvers his opponent into a position where Offensive wrestler's shoulders are in contact with mat for one full second) (3. Defensive wrestler, in attempting to use side-roll, has both shoulders within 3 inches of mat for one full second) (4) One shoulder of Defensive wrestler is in contact with mat and the other shoulder at an angle of 45 degrees or less with mat for one full second or more).

SCORING AND PENALTIES

17. Two points shall be awarded A1 in the following situations: (1. B1 stands up from defensive position and A1 counters with bodylock from rear taking B1 to mat again) (2. From neutral position, A1 goes behind, bodylocking B1 although they remain on their feet) (3) From neutral position A1 goes behind, bodylocking B1, who drops to his knees) (4. B1 stands up from defensive position with A1 behind him and B1 maneuvers himself behind A1 as they drop to mat).
18. It is a technical violation if A1 goes off the mat intentionally to avoid a take-down. On first such offense Referee should: (1. Place A1 down on mat, giving opponent advantage and two points) (2) Award opponent one point, no change in position) (3. Ignore situation) (4. Warn A1 for stalling).
19. At start of match A1 takes B1 down and, in process, A1 earns a predicament. A1 keeps the advantage for remainder of first period. However, just before end of first period A1 applies illegal head-scissors. Match score is: (1. A-4 B-2) (2. A-3 B-2) (3) A-4 B-1).
20. Referee should award one point for: (1) Escape) (2. Near-fall) (3) First stalling penalty) (4) Second penalty) (5) One minute or more of net accumulated time advantage).

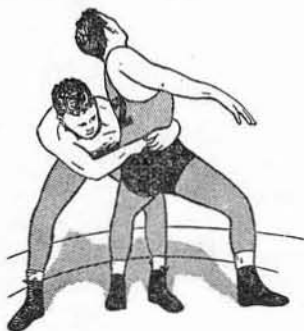
21. A "fall may be awarded if: (1. One shoulder of the Defensive wrestler is off mat) (2. Defensive wrestler is handicapped by having legs off mat and slipping) (3. Head of Offensive wrestler is off mat) (4. Offensive wrestler is handicapped by having any portion of his body off wrestling area).
22. Referee shall award two points when: (1. There is third stalling penalty) (2. Reversal is declared) (3. One shoulder of Defensive wrestler is touching mat and other shoulder is held within angle of 45 degrees for one second) (4. A take-down is gained) (5. A near-fall is declared).

INFRACTIONS AND INJURIES

23. Bodylock (hands or arms locked around body) is illegal if used by: (1. Offensive wrestler to prevent reversal on mat) (2. Offensive wrestler to prevent escape when both wrestlers are standing) (3. Offensive wrestler on mat when fall is imminent) (4. Either wrestler in neutral position for take-down) (5. Offensive wrestler to lift opponent, who is on knees on mat, for slam).
24. The following holds are illegal: (1. The $\frac{3}{4}$ Nelson) (2. Locking the hands in a double arm bar from a neutral position) (3. The figure four head-scissors) (4. The straight head-scissors).
25. If a potentially dangerous or illegal hold is developing Referee should: (1. Stop match immediately) (2. Let action continue until it becomes illegal) (3. Caution user of hold to stop it before hold becomes dangerous) (4. Penalize user).
26. The following are technical violations: (1. Leaving mat without permission) (2. Intentionally delaying the match) (3. Applying a $\frac{3}{4}$ Nelson) (4. Applying twisting knee lock).
27. If contestant in Defensive position on mat uses an illegal hold and no injury occurs, penalty is: (1. For first infraction, no penalty) (2. For second infraction, wrestler in Offensive position awarded one point) (3. For third infraction, 2 points awarded Offensive wrestler) (4. For fourth infraction, disqualification).
28. A wrestler in neutral position is stalling if he: (1. Continually backs out of circle) (2. Continually avoids contact and backs away) (3. Repeatedly takes position near edge of mat) (4. Leaves circle for purposes of maneuvering for take-down).
29. In interscholastic wrestling the Guillotine hold is legal when the Offensive wrestler A1 in applying the hold: (1. Locks his arms around the head of B1 and includes one of the opponent's arms) (2. Locks his hands around opponent's neck) (3. Overlaps his hands or arms around opponent's head) (4. Has both hands on B1's head but hands are not overlapped or locked).

OFFICIATING

30. A1, in Offensive position, locks hands around body of B1 while B1 attempts to reverse. Referee should: (1. Allow match to continue to see if B1 can complete reversal) (2. Indicate violation by grasping wrist of one hand with other hand, holding it over his head while maneuver is in process) (3. Stop match immediately, place wrestlers in neutral position and award B1 one point) (4. Stop match immediately, place A1 underneath and award B1 two points).



31. A1 has not attempted any fall maneuvers while maintaining control over B1 by holding one of B1's legs with both arms. Referee should: (1. Penalize A1 one point with no change of position) (2. Stop match, give wrestler A1 a warning if first stalling offense) (3. Place wrestlers in neutral position and award B1 one point) (4. Allow match to continue).
32. **Timer's and Scorer's Responsibilities:** (1. Last minute of match should be announced at fifteen second intervals by match Timekeeper) (2. Scorekeeper records points scored by both contestants when signaled by Referee) (3. Match Timekeeper shall assist Referee in determining whether situation occurred before or after termination of period) (4. Timer records points signaled by Referee) (5. Time advantage of each contestant is kept by Assistant Timekeeper).
33. **Referee's Responsibility:** (1. Referee may not caution user of potentially dangerous hold) (2. If there is error in recording, Referee shall correct error and render decision accordingly) (3. Referee is responsible for seating arrangement at Officials' table) (4. Referee shall not place his hands under shoulders of contestant unless absolutely necessary to determine fall) (5. A contestant who is rendered unconscious may not continue match on approval of Referee).
34. **About Referee's signals:** (1. The match is stopped. The index finger on one hand is pointed to the violator and he then raises the opposite arm with fist doubled and verbally announces the violation. This indicates a warning) (2. Grasping the wrist of one hand with his other hand and holding it over his head indicates that the Official is aware of a violation) (3. Time out is called by waving the hands back and forth in front of the body) (4. When the contestants are out-of-bounds the Referee stops the match and extends both arms horizontally to the same side toward the out-of-bounds).
35. **In resuming the match in the Referee's position on the mat:** (1. The Referee should face the Officials' table and kneel on one knee at a distance of 8 to 10 feet in front of the wrestlers) (2. The Referee should be inside the circle close enough to touch the wrestlers before starting them) (3. The Referee should start the match as soon as the Offensive wrestler places his inside leg against the leg of the Defensive wrestler) (4. Action begins when the Official blows his whistle and lowers his arm).
36. A1 has B1 in near pinning situation with Guillotine. Because of improper position, A1 is causing B1 great pain and it is obvious A1 will not pin B1 with this combination. Referee should: (1. Let situation continue until end of round) (2. Caution A1 and order him to modify or release his hold) (3. Stop match and award fall to A1) (4. Stop action and penalize A1 for using dangerous hold) (5. Allow A1 to continue if he releases pressure so fall is possible).