

## Folk Style Test 2025

Name: \_\_\_\_\_

This test is for AUSAW officials who **did not** obtain a NFHS certification in the previous season. This is open book or application. The NFHS rule book is available for about \$8 from the NFHS app in the app store. This is not meant to be easier than getting your NFHS Card only cheaper and for AUSAW purposes.

**National Federation of State High School Association** scoring rules with USA Wrestling modifications will govern the competition. These first 6 questions have to do with the USA Wrestling modifications. Select the **BEST ANSWER**

1. Headgear is required for:
    - a. All folk style wrestlers
    - b. All female folk style wrestlers
    - c. Only wrestlers 14U age group and younger
    - d. No one is required to wear headgear, but it is highly recommended
  2. Mouthguards are required for:
    - a. All wrestlers with teeth
    - b. All wrestlers with braces
    - c. No one, even the wrestlers with braces
    - d. Only wrestlers 14U age group and younger with braces
  3. What is the required rest time for USAW Folk Style wrestlers between matches?
    - a. No required rest time
    - b. 15 minutes
    - c. 20 minutes
    - d. 30 minutes
    - e. 45 minutes
  4. In Alaska a (14U and Below) match can be started when a wrestler does not have a coach. True or False
  5. A three-quarter nelson with a leg hook **IS LEGAL** in USAW Folk Style Events. True or False
  6. The double arm bar with sit out **IS ILLEGAL** for 14U age groups and younger. True or False
- Be aware there are modifications listed specifically for Girls when they travel to **Girls Folkstyle Nationals** and **Girls Tour of America** Events – Alaska will not be using those modifications at this time.

**The rest of the questions will be from the NFHS Folk Style Wrestling rule book**

7. It's the first match of the day, wrestlers have checked in and coaches are in the corners. You are ready for an exciting day of wrestling. 1:20 is on the clock. What should you do?
  - a. Ask the score keeper to contact the head table for clarification
  - b. Ask the tournament head official for direction
  - c. Start the match because if it's on the score board it must be correct
8. Wrestlers are reporting to the table and one of them has his shoes untied, Tee shirt on over a singlet, headgear in his hand or knee pads around his ankles. What should you call?
  - a. Nothing as it's the scorekeeper's job to correct them at check-in
  - b. Assess one team point for unsportsmanlike conduct
  - c. Call a technical violation on the offending wrestler and start injury time
  - d. Call a penalty point on the offending wrestler and ask the coach to prepare the wrestler better.
9. Wrestlers line up for the start of the first period and both have their leading foot on the colored line. Before the whistle one wrestler places their hand in contact with the mat in front of their foot. What should you do?
  - a. Start the match as that is in accordance with the rules
  - b. Let the wrestler know that nothing can touch the mat ahead of the lead foot.
  - c. Issue a caution for improper starting position
  - d. B and C
10. During the first period on the start of the match the Red wrestler moves backwards in a nearly straight line and without stopping exits the mat to out of bounds before stopping at the edge of the surface. What should the call be?
  - a. Stalling
  - b. Fleeing the mat
  - c. Fleeing the hold
  - d. Unsportsmanlike conduct
11. During the match both wrestlers simultaneously shoot, striking heads, and both stop wrestling momentarily before gaining awareness and Green/Blue gains awareness quicker and begins to wrestle for position. What should you do?
  - a. Continue wrestling as it appears they are both unaffected by the collision
  - b. Stop the match for evaluation of both wrestlers, restarting in neutral
  - c. Issue an unnecessary roughness penalty on the aggressive wrestler
  - d. Immediately call for medical for the evaluation of Head and Neck injury starting the 5 minutes on the clock

12. During a match one of the wrestlers indicates they were bitten. After examination of the bite you come to the conclusion that it appears to be a bite mark with teeth marks of both upper and lower teeth and the body part was in a position that the opponent could have potentially had access to. What is the correct call?
- Call Unsportsmanlike conduct on the offending wrestler and continue the match
  - Assess a technical violation on the offending wrestler and continue the match
  - Call for medical and after their evaluation continue the match if the wrestler is able
  - Call a flagrant misconduct and disqualify them from further competition on the first occurrence.
13. The official's main job when conducting the match is to:
- Apply the rules fairly and consistently
  - Protect the wrestlers by watching for illegal and potentially dangerous situations
  - Answer the coaches questions correctly and honestly to the best of ability
  - Keeping track of the time and score to assure the scoreboard is accurate
  - All of the above
14. Tie breaking in folk style is done by:
- One minute sudden victory period (first to score wins)
  - If still tied, 2 thirty second periods
  - If still tied, Ultimate Tie Breaker with choice going to the first to score in the match. Picking top means you must ride out the period, bottom wrestler must escape or reverse the top wrestler to win.
  - Least number of stalling points
  - A, B and C only when necessary
15. A fall in folk style is:
- A compressed hold of both halves of the back to the mat for 1 second
  - Both halves of the pinning area continuously held in contact with the mat for 2 seconds
  - Only valid when confirmed by the mat chairman
  - Called when the offensive wrestler's back is in constant contact with the mat momentarily
16. Near fall occurs when:
- a shoulder is in contact and the other shoulder is held at **45 degrees** or less from the mat
  - a high bridge situation is held
  - the back is held horizontal to the mat within 4 inches of the surface
  - the wrestler is held on both elbows with there back toward the mat
  - All of the above

17. Scoring of a near fall is determined by
- If held in a near fall criteria for 2 seconds, 2 points are earned
  - If held in a near fall criteria for 3 seconds, 3 points are earned
  - If held in a near fall criteria for 4 seconds, 4 points are earned
  - A second near fall can only be earned after the wrestler is returned to a neutral position and the pinning combination is released
  - If the match is interrupted by **defensive** blood or injury the next higher level of near fall is awarded
  - If there is a defensive illegal action, like hand to the offensive wrestler's airway, the next higher near fall is awarded AND a penalty point is assessed as required.
  - All of the above
18. Falls and Near Falls can be awarded out of bounds as long as **either wrestler** maintains a point of contact on the mat in bound. True or False
19. The individually available 5 minutes of Blood time is:
- Started when active bleeding is observed
  - Stopped once bleeding is contained
  - Restarted if bleeding is again not contained
  - Not accumulated when bleeding is contained but clean-up is being conducted
  - All of the above
20. The 2 minutes of Recovery Time is:
- Awarded to an injured wrestler being injured by an illegal action for each occurrence
  - Only stopped when **the wrestler** indicates they are ready to continue
  - Exhausted and the wrestler cannot continue, they are awarded the win
  - All of the above
21. The wrestler's available 1:30 minutes of injury time is:
- Used for a wrestler who is injured during a match by something other than an illegal action
  - Started only twice if time is remaining after the first injury time out.
  - If used twice the opponent is given choice of position
  - Different than Head and Neck injury time
  - All of the above
22. The wrestler's available 5 minutes of Head and Neck Injury time is:
- Called only by onsite medical staff to evaluate the wrestler for Head and Neck injuries
  - Granted only once per athlete during a match (second Head and Neck injury is a default)
  - All of the above

23. A takedown is given when:
- A wrestler has a legitimate Merkle position established past reaction time
  - A wrestler is being held in a Quadpod position past reaction time
  - A wrestler gains position and control over their opponent in parterre past reaction time
  - A wrestler holds their opponent in Near Fall Criteria before a TD had been awarded
  - TD criteria is met while going out of bounds and the offensive wrestler is able to hold and maintain contact with either wrestler in bounds
  - All of the above
24. A defensive wrestler on their back does not need to be inbounds themselves as long as any part of either wrestler is touching the line or inbounds without breaking contact. True or False
25. The wrestlers are considered inbounds with a fingertip of contact of one wrestler are inbound or touching the OOB line. True or False
26. The wrestlers are considered Out of Bounds (OOB) when the only point of contact inbounds loses contact with the surface. True or False
27. Stalling points are kept separate from penalty points for illegal violations. True or False
28. Which of these is NOT an example of stalling:
- Shoes becoming untied or coming off
  - Using their inhaler more than once during the match
  - Backing off the mat
  - Backing out of the small 10 foot circle (center of the mat)
  - Riding the hips without making an effort to work toward the fall
  - Leg riding without advancing toward the fall or near fall
  - Bottom wrestler not working to improved aka basing up
  - Bottom wrestler clamming up
29. The progression of Stalling penalties are:
- Warning, 1 point, 1 point, 2 points with choice of position, Disqualification
  - Warning, 1 point, 1 point, 2 points, Disqualification
  - Warning, 1 point, 2 points, Disqualification
  - 1 point, 1 point, 2 points, Disqualification
30. When deciding if the wrestler was leaving the mat to avoid a score you should:
- Score the offensive points rather than the Technical Violation
  - Score the Technical Violation without regards to the offensive action
  - Score both the offensive action and the Technical Violation

31. Which is NOT a Technical violation: awarded 1 penalty point
- a. Grasping (aka locking hands)
  - b. Pulling on the Ear Guards or Clothing
  - c. Fleeing
  - d. Leaving the wrestling area without permission
  - e. Reporting Not ready to wrestle (start first injury time)
  - f. Shoe becomes untied
32. What is the appropriate signal for Unnecessary Roughness?
- a. Hand to the top of the head
  - b. Flat hand to the side
  - c. Fist straight out front
  - d. Fist to your own forehead
  - e. Both Fists in front of chest rotating around each other
  - f. Put your left foot in, put your left foot out, then turn it all about
33. The progression of illegal action penalties are:
- a. Warning, 1 point, 1 point, 2 points, Disqualification
  - b. Warning, 1 point, 2 points, Disqualification
  - c. 1 point, 1 point, 2 points, Disqualification
  - d. 1 point, 1 point, 2 points with choice of position, Disqualification
34. The progression of starting position violations (Cautions) are:
- a. Caution, Caution, 1 point, 1 point, 2 points, Disqualification
  - b. Caution, Caution, 1 point, 2 points, Disqualification
  - c. Caution, Caution, 1 point, 1 point, 1 point, 1 point, 1 point, 1 point ect...
  - d. 1 point, 1 point, 1 point, 1 point, 1 point, 1 point, 1 point, 1 point ect...
35. A slam is defined as lifting and returning an opponent to the mat with unnecessary force and can be committed by only the offensive wrestler. True or False
36. A Head and Arm head lock becomes illegal when:
- a. The arm is no longer entrapped at the elbow or above
  - b. The mouth and nose are obstructed
  - c. The hold is applying pressure to the throat
  - d. All of the above
37. All potentially dangerous holds must be stopped immediately. True or False

38. All of these are considered Bad Time except:
- a. Wrestling while the clock is not running
  - b. Wrestling with the wrestlers in the wrong position
  - c. Wrong Wrestler being given choice of position
  - d. When the opponent is not given choice after second injury time
  - e. When the clock should have been stopped at the end of a period
  - f. When wrestling should have been stopped at the time of a violation
39. Any points, penalties, or injury time that occurred during bad time shall be voided with all of the following exceptions: Identify which exception does not belong in this list
- a. Flagrant misconduct
  - b. Unsportsmanlike conduct
  - c. Unnecessary Roughness
  - d. Illegal hold or maneuvers
  - e. Technical Violations
  - f. Blood time
  - g. Head and Neck injury time
40. Errors requiring Bad Time to be re-wrestled must be corrected prior to the start of any subsequent period. True or False
41. An Escape is scored when defensive wrestler gains a neutral position and the offensive wrestler loses control past reaction time regardless of having supporting points are inbounds. True or False
42. It is called **Loss of Control** if when an action is happening near the out of bounds or the end of a period and the defensive wrestler does not quite have criteria for a reversal or escape but the aspect of control is lost and time expires or they go out of bounds. True or False
43. Which of the following is NOT correct in regards to coaches misconduct:
- a. A coach improperly questions the referee at the scorer's table
  - b. When a coach requests a conference about a misapplication of a rule and it is determined the rule was applied correctly
  - c. When a coach requests a conference and questions the judgement of the referee
  - d. When a coach or assistant coach tosses something either on the mat or away from the coaches assigned area in protest
  - e. All coaches misconducts are charged to the head coach
44. At which level is the head coach removed for the day as a result of coaches misconduct?
- a. First offense - warning
  - b. Second offense – deduct one team point
  - c. Third offense – deduct two team points
  - d. Forth offense – deduct five team points

45. Are all of these considered Flagrant misconduct? Yes or No (Circle the ones you don't think are true)
- a. Striking
  - b. Butting
  - c. Elbowing
  - d. Kicking an opponent
  - e. Use of Tobacco product
  - f. Biting an opponent
  - g. 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
46. A stalemate can be called when the defensive wrestler is in near fall criteria but is preventing the offensive wrestler from securing the fall for an extended period of time? Yes or No
47. Any act or action which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender or national origin is called:
- a. Flagrant Misconduct
  - b. Unsportsmanlike conduct
  - c. Taunting
  - d. Targeting
48. Coaching is NOT allowed during injury time, blood time, recovery time, head and neck time. True or False
49. When a match is stopped for an injury time to include Head and Neck time and an imminent scoring situation was happening the referee will determine and score what would have been successfully earned if wrestling had continued. True or False
50. The legal starting position for parterre or Referees Position includes all of the following except:
- a. Defensive wrestler has the heels of both hands in front of the forward starting line
  - b. Defensive wrestler has both of their knees behind the rear starting line
  - c. The offensive wrestler will place the near hand's palm on the near side elbow of their opponent
  - d. The offensive wrestler will wrap their arm around the back of their opponent and place their palm over the navel (belly button) of the defensive wrestler
  - e. The offensive wrestler must have at least one knee on the mat on the near side of the defensive wrestler and in direct contact with their opponent's leg
  - f. If desired the Offensive wrestler may have the other foot behind the feet of their opponent but not touching or wrapped around
  - g. The head of the offensive wrestler should be midline on their opponent and relatively close to their back



You should familiarize yourself with:

- a) Optional starting position
- b) Officiating a blind or deaf contestant

Scoring:

- 1pt - Escape E1 and most penalty points P1 – 1 point
- 2pts - Reversal R2, third penalty violations P2, and 2 second near falls NF2– 2 points
- 3pts - Takedown T3 (Now 3 points), 3 second Near fall NF3 – 3 points
- 4pts – 4 second Near Fall NF4 – 4 points
- 5pts – 4 second Near falls with a defensive injury, blood time or penalty NF5 – 5 points

Also used on paper bout sheets

- C – Caution, CW, C1
- S – stalling, SW, S1, S2
- arrows to indicate choice,
- D – deferred choice and
- = to indicate neutral

Senior's and above - Consider being an ASAA/NFHS official and officiating Middle and High School events – ask me how.