

Name: _____

Class#: _____

Date: _____

STANDARD COMPETITION TEST

1. True or False: The knee mount is worth four points?
2. You are refereeing a match and Blue is stalling because he is up on points how many times must you warn him before you take away points and how many points do you take away?
3. Define Guard?
4. True or False: When running a standard competition match you need one judge, one score keeper and one timekeeper as a minimum?
5. During a match, Blue attempts a flying arm bar and misses ending up on his back with Red in his guard. Are there any points awarded for the takedown?
6. Red passes Blues guard and ends up in the mount. How many points are awarded to Red?
7. True or False: Blue gets Red in the arm bar but Red counters by holding his own wrist. Blue breaks Reds grip by peeling the fingers and gets an arm bar. Blue wins by submission.
8. Red holds Blue in the mount for two seconds but the judge gives Red 4 points. Red wins by a point but Blue's coach protests. Should the call be overturned? Why?
9. True or False: The match is supposed to last six minutes but the time keeper can let it run longer if it is a close and exciting match.
10. Blue goes from side control to knee mount and goes to mount and back to knee mount controlling each position. How many points are awarded to Blue and why?
11. Red is a good wrestler and takes Blue down but ends up in the guard and has problems passing. So Red backs away and Blue stands back up. Blue is awarded how many points and Why?
12. While scrambling on the ground Red gets on Blues back and locks one hook in and one arm over and under. How many point should the judge award and why?

13. Blue attempts a sacrifice throw on Red but slips and ends up on his back in side control. How many points are awarded and why?

14. Red has Blue in his guard and sweeps him and ends up on top with one leg in between Blues legs. How many points is Red awarded?

15. In Standard Competition the duration of the match is:

- A. 5-8 minutes long
- B. 6-10 minutes long
- C. 8-12 minutes long
- D. Both B and C
- E. All of the above

16. Define the Back Mount?

17. Define the Mount?

18. Red and Blue are tied and the time keeper throws in the towel. As a judge what action should you take?

19. Red passes Blues guard and ends up in knee mount. How many points does Red receive?

20. Blue has Red in the Rear mount. Red pulls on two of Blues fingers to break his grip to escape the Rear mount. As a judge what action should you take?

21. True or False: During standard competition you decide the first person to 15 points or submission is how you win the match. After 10 minutes the judge stops the match and awards a winner.

22. Score keeper notices Blue sweep Red and the judge missed it. The score keeper awards three points to Blue. Blue wins the match by one point and Red coaches protest. What action should you take as the judge?

23. True or False: Red is in Blues guard and stands up to pass. Red pushes on Blues knees then passes. The judge disqualifies Red for picking up Blue to pass the guard.

24. Define stalling?

25. Name at least 5 illegal techniques?

- 1. _____
- 2. _____

3. _____
4. _____
5. _____

26. Blue takes down Red and ends up in side control. How many points are awarded to Blue?

27. Red takes down Blue and ends up in the guard. How many points are awarded to Red?