



TIMEOUTS

INJURY TIMEOUT

- Maximum allowed time is 1.5 minutes (must default match if wrestler is not able to continue when time has expired)
- Maximum number of injury timeouts is 2 per match (includes overtime and tiebreaker - 3rd time out results in default)
- After 2nd injury timeout, the opponent has choice of position on the restart of the match (up, down, neutral)
- If 2nd injury timeout occurs during any period, opponent has choice on the restart of the match
- If 2nd injury timeout occurs at the end of the first period, opponent is given choice for the second and third periods
- If 2nd injury timeout occurs at the end of the third period, opponent is given choice for the start of sudden victory period
- If 2nd injury timeout occurs at the end of sudden victory period, opponent is given choice for both 30 sec. tiebreakers
- If 2nd injury timeout occurs during sudden victory or either 30 second tiebreaker, opponent is given choice on the restart of the match (neutral cannot be selected 30 second or ultimate tiebreakers)
- If 2nd injury timeout occurs at end of either 30 second tiebreaker, opponent is given choice for the next tiebreaker
- Searching for a contact lens on the mat may be considered injury time
- Handing a contact lens to the coach or quickly putting it back in would not count as injury time
- Coaching may take place during an injury timeout
- Taking an injury timeout for a non-injury situation is considered unethical
- 2 attendants/coaches and a physician are permitted on the mat with each wrestler during an injury timeout
- Anytime a wrestlers yells or cries out, the match must be stopped and an injury timeout taken by that wrestler
- Time used to correct illegal equipment shall be considered injury time
- Both wrestlers may have simultaneous injury timeouts
- If a wrestler reports with shoelaces not taped, or shoelaces come un-taped for the second time, injury time is used
- If a wrestler reports not properly equipped and ready to wrestle, injury time shall be taken
- An inadvertent poke in the eye may count as injury time (treat it like a contact lens)

RECOVERY TIME

- Maximum of 2 minutes per occurrence with no limit to the number of timeouts that can be taken
- Used to recover from an injury as the result of an illegal hold, unnecessary roughness or unsportsmanlike conduct
- Not deducted from injury time
- Contestant may not take injury time immediately following recovery time
- 2 attendants/coaches and a physician are permitted on the mat with each wrestler during an injury timeout
- Coaching may take place during an injury timeout
- If recovering contestant is unable to continue after 2 minutes, then that wrestler is declared the winner by default
- Extended to 4 minutes for central nervous system or spinal column injury if MD or Certified Trainer is present
- An injured wrestler, or coach, may default match at any time



TIMEOUTS

BLOOD TIMEOUT

- Maximum cumulative 5 minutes for each wrestler with no limit to the number of timeouts (must default if time expires)
- If both wrestlers are simultaneously bleeding **they will both** be charged at the same time
- There is no limit to the number of timeouts, but it is left to the discretion of the referee
- Coaching may take place during an injury timeout
- Bleeding is always controlled first, then injury time or recovery time may be used if necessary
(the clock is never running for recovery time and/or injury time when it is running for blood time)
- Blood Time ends when bleeding has been stopped/covered/plugged, and the only thing preventing the wrestler from competing is the clean-up
- If blood time exceeds 5 min. and is the result of an illegal hold, unnecessary roughness, or unsportsmanlike conduct, then the recovering contestant wins by default
- If accumulated blood time exceeds 5 minutes from a **legal** maneuver, and some of the blood time used was from a previous **illegal hold/maneuver**, then the bleeding contestant **loses** by default
- If accumulated blood time exceeds 5 minutes, and some of this blood time was from a previous **legal** hold, and the current bleeding time out is a result of an **illegal** maneuver, then the bleeding contestant **wins** by default
- Wrestler will not be charged a blood timeout when changing uniforms due to excessive blood on uniform
- If bleeding occurs during an injury time out, stop injury time, record it, then start blood time

REFEREE'S TIMEOUT

- Used to correct **legal** equipment which becomes illegal or unusable through the normal events of the match
(Hair covering, face mask, orthodontic mouth guard, padding, etc.)
- Used for the correction of errors
- Used to conference with coaches / timers / scorers
- Used to address any unexpected situation
- Used to stop a potentially dangerous situation (use appropriate signal)
- Used to clean up blood
- Used to change the uniform due to excessive blood
- Used to tape shoe laces the **first** time they come un-taped during a match

CENTRAL NERVOUS SYSTEM AND/OR SPINAL COLUMN TIMEOUT (Wisconsin Only)

- In the absence of a physician and/or certified athletic trainer, all injuries to the head and neck will be covered in 1.5 minutes
- When a physician and/or certified athletic trainer is present, they may extend the injury time to a maximum of 4 minutes. After the 4 minutes has expired, the athlete must be ready to wrestle without delay. If not, the match will be defaulted.
- A second occurrence of **any** head and neck injury, for any length of time, will result in a default
- When this rule is applied, time consumed **will not** affect normal injury time used, or available, for other types of injuries
- This type of injury **will** count as 1 of your 2 total time outs allowed each match
- If caused by an illegal hold, then 4 minutes is allowed for recovery time. If the injured wrestler is unable to continue, then he wins by default. The injured wrestler may choose to default at any time, if he chooses.
- If the wrestler uses 4 minutes for recovery time then continues to wrestle, then second time any head and neck injury occurs, the injured contestant loses by default.
- A physician or certified athletic trainer may terminate a match **at any time** due to illness or injury.
- If a contestant becomes unconscious, the match will be immediately defaulted. The wrestler must be examined by a physician and written permission given by that physician prior to competing again.