

## Wisconsin Interscholastic Athletic Association

### Information For Medical Personnel

Schools are encouraged to share the following information with any physicians, trainers, therapists, etc., that cover their wrestling tournaments. This is information they need to be aware of as they care for athletes needing their attention.

The best procedure would be to make copies of the information and either mail it to them in advance of contest day, or hand it to them upon their arrival for the contest.

#### Wrestling Rules Medical Personnel Need To Be Aware Of

##### A. EQUIPMENT

The legality of all equipment, including mats, markings, uniforms and special equipment, pads and taping, shall be decided by the referee. An official's time-out may be declared for the purpose of correcting legal equipment which becomes illegal or inoperative through use.

##### B. APPEARANCE AND HEALTH

Each contestant shall comply with standard health, sanitary and safety measures. (See Rules 3-1-4 and 4-2-1 b.) Because of the body contact involved, these standards shall constitute the sole reasons for disqualification. Application of this rule shall not be arbitrary or capricious.

If a participant is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide current and complete written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This document shall be furnished at the weigh-in or prior to competition at the site of the dual meet or tournament. **Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.**

##### C. ARTIFICIAL LIMBS

NF Rule 4-5-9 states: Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb if the contestant chooses to wrestle with it on. Once a wrestler has weighed in with the artificial limb, it shall not be removed during competition.

##### D. ILLEGAL EQUIPMENT INCLUDES:

1. Anything that does not permit normal movement of the joints and which prevents one's opponent from applying normal holds shall not be permitted. Any equipment which is hard and/or abrasive must be covered and padded. All special equipment must be unadorned and includes, but is not limited to hair coverings, face masks, braces and support.
2. Loose pads are prohibited.
3. Taping or strapping which substantially restricts the normal movement of a joint shall be prohibited.

Note: The taping of fingers and thumb, as is determined to be necessary by an MD or LAT, is not a violation.

##### E. INJURIES

1. An injured or ill contestant is entitled to a maximum time-out of 1 1/2 minutes which is cumulative throughout the match. There is a limit of two time-outs which may be permitted in any match, provided the total time does not exceed 1 1/2 minutes. If a second time-out is taken, the opponent will get his choice of position on the restart. (He may choose up, down or neutral.) If the second time-out occurs at the end of the first period, your opponent will have the choice at the start of the second and third period.

Time required to correct illegal equipment is counted as injury time. Time used to recover and/or replace a contact lens may be charged against a contestant's injury time and count as an injury time-out if the referee determines that this disrupts the flow of the match.

Note: Taking an injury time-out for a non-injury situation is unethical.

2. If a contestant is injured as a result of an illegal hold, unnecessary roughness or unsportsmanlike conduct (during the match) to the extent he is unable to continue following a maximum of 2 minutes recovery time, he shall be awarded the match by default. In case of an intentional attempt to injure an opponent, the offender shall be disqualified. Recovery time for injury because of an illegal hold is not deducted from the injured wrestler's injury time allowance and coaching is allowed.

Note: A contestant cannot take injury time immediately following recovery time.

#### **F. BLEEDING**

Any contestant who is bleeding will be charged with bleeding time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not controlled within a cumulative time of five minutes, the match shall be terminated and his opponent shall be awarded the match by default. If bleeding occurs as a result of unsportsmanlike conduct, illegal holds or unnecessary roughness and the bleeding contestant uses 5 minutes of bleeding time, he will be the winner of the contest by default. Any cleanup necessary after the bleeding has been curtailed is not counted against the maximum time limit of 5 minutes.

\*\* Gloves are required to be worn when attending a bleeding wrestler.

#### **G. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT**

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. [Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.](#)

#### **H. OXYGEN/INHALERS**

Oxygen administered by mechanical means for recuperative purposes is not permitted. Only prescription inhalers ought to be allowed and used only by the wrestler it has been prescribed for.

#### **I. FLUIDS PROVIDED INTRAVENOUSLY**

This invasive procedure is used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

#### **J. INJURY TIME-OUT MODIFICATIONS**

The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:

1. In the absence of appropriate health-care professional (physician or certified athletic trainer), all injuries to the head and neck involving the cervical column and/or nervous system (HNC) will be covered by Rule 8-2-4a (5-28-3, 5-28-6, 6-4-3, 8-2-6 and 8-2-9).
2. When appropriate health-care professional(s) (physician or certified athletic trainer) are present, they have jurisdiction to evaluate the injured wrestler for injuries to the head and neck involving the cervical column and/or nervous system only during the allowed time limit (maximum) of **five (5) minutes**. After that evaluation, the wrestler would be required to prepare without delay for continuation or default the match.
3. A second occurrence of injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match.

Note: When this provision is used, time consumed for the injury will in no way affect time used, or available, for other types of injuries.

- K. Coaches have no right to withhold medical attention from their athletes.