

# TIME OUTS

(10/30/2012))

## INJURY TIME

- maximum allowed time is 1.5 minutes (must default if it exceeds)
- maximum # is 2 / match (includes overtime / tie breaker - 3rd time out is a default)
- after 2<sup>nd</sup> IT your opponent has choice of position on restart (up, down, neutral)
- if 2<sup>nd</sup> IT occurs during any period, opponent has choice on restart
- if 2<sup>nd</sup> IT occurs at the end of the first period, then opponent is given choice for the second and third period
- if the 2<sup>nd</sup> IT occurs at the end of the third period, then opponent is given choice for the start of sudden victory
- if the 2<sup>nd</sup> IT occurs at the end of sudden victory period, the opponent is given choice at the start of both 30 second tiebreakers
- if 2<sup>nd</sup> IT occurs during sudden victory or either 30 second tiebreaker, the opponent is again given the choice on restart (no neutral in tiebreaker)
- if 2<sup>nd</sup> IT occurs at end of either 30 second tiebreaker, the opponent is given choice for the next tiebreaker
- If 2<sup>nd</sup> IT occurs at the end of the 2<sup>nd</sup> period, and the opponent already has the choice at the beginning of the 3<sup>rd</sup> period, the opponent would then have an additional choice on the first restart of that period.
- If the second ITO occurs at the end of the 2<sup>nd</sup> period and the opponent already has choice at the beginning of the 3<sup>rd</sup> period, they will now also have choice on the first restart
- time to **search** for a contact lens **may** be IT (just handing it to the coach or quickly popping it back in would not be IT)
- coaching may occur during IT
- taking an injury time out for a non-injury situation is unethical
- 2 attendants and a physician permitted on the mat with either wrestler
- anytime the match is stopped because a wrestler yells or cries out
- time used to correct illegal equipment
- both wrestlers may have IT simultaneously
- wrestler comes to the mat with laces not taped
- wrestlers come to mat not properly equipped / ready to wrestle
- an inadvertent poke in the eye **may** count as IT (treat it like a contact lens)

## RECOVERY TIME

- maximum 2 minutes per occurrence / unlimited occurrences
- time used to recover from an injury as a result of an illegal hold, unnecessary roughness or unsportsmanlike conduct
- not deducted from injury time
- a contestant cannot take injury time immediately following recovery time
- 2 attendants and a physician are permitted on the mat with either wrestler
- coaching is allowed
- if recovering contestant is unable to continue after 2 minutes, then they win by default
- may be extended to 4 minutes for CNS or cervical column injury (see back side)
- an injured wrestler may default match

## BLOOD TIME

- maximum 5 minutes / wrestler (must default if it exceeds)
- if both wrestlers are simultaneously bleeding **they will** be charged at the same time
- # of time outs is at the discretion of the referee
- coaching may occur
- bleeding is always controlled first, then IT or RT may be used if necessary (the clock is never running for RT and IT when it is running for BT)
- BT ends when bleeding is stopped and controlled, when wrestler has head gear on / ready to wrestle then stop the clock, cleanup now begins
- if BT exceeds 5 min. and is a result of an illegal hold, unnecessary roughness, or unsportsmanlike conduct, then the recovering contestant wins by default
- if accumulated BT exceeds 5 min. (from **legal** maneuver) and some of the BT was from a previous **illegal** maneuver, then the bleeding contestant **loses** by default
- if accumulated BT exceeds 5 min. and some of this BT 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
- will not be charged when changing uniforms due to excessive blood on uniform
- if bleeding occurs during an injury time out, stop IT, record it, now start blood time

### REFEREE'S TIME

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

### CERVICAL COLUMN AND / OR NERVOUS SYSTEM TIME OUT

(Wisconsin only)

- in the absence of a certified medical personnel (physician and/or certified athletic trainer), all injuries to the head and neck involving the cervical column and or CNS will be covered in 1.5 minutes
- when a CAT or physician is present, they may extend the allowed time to a maximum of 4 minutes for evaluation, after 4 minutes, the athlete would be required to prepare to wrestle without delay (if unable - they will default)
- a second occurrence of **any** cervical column and/or CNS injury (any amount of time) will result in a default
- when this rule is applied, time consumed will in **no way** affect time used, or available, for other types of injuries
- this type of injury **will** count as 1 of your 2 allotted time outs
- if caused by an illegal hold then 4 minutes is allowed for recovery time, if unable to continue, then the injured contestant wins by default (may default if they wish)
- if contestant use 4 minutes for recovery time and continues, the second time any injury covered under this rule occurs - the injured contestant loses by default
- a **CAT or physician** may terminate a match **at any time** due to illness or injury
- if a contestant is unconscious they must be examined by a physician and written permission given to continue