

## **WRESTLING Information For Medical Personnel**

Schools are encouraged to share the following information with any physicians, trainers, therapists, etc., that covers 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**

#### **1. 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.

#### **2. 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 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 in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.

#### **3. ARTIFICIAL LIMBS**

Wisconsin has authorized the use of artificial limbs which are no more dangerous to contestants than the corresponding human limb and do not place an opponent at a disadvantage.

#### **4. ILLEGAL EQUIPMENT INCLUDES:**

- A. 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.
- B. Loose pads are prohibited.
- C. Tapping or strapping which substantially restricts the normal movement of a joint shall be prohibited.

Note: The taping of fingers and thumb is not a violation.

#### **5. INJURIES**

- A. 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.

- B. 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.

## 6. 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.

## 7. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT

- a. Return to play on the same day – WIAA Rules state, “A student who displays symptoms of concussion and/or is rendered unconscious may not return to practice or competition during the same day without a physician’s written approval.”
- b. Return to play (and/or practice) other than the same day – **Rule 8-2-4 of WRESTLING RULES (National Federation) as follows applies: “Any contestant who shows signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to competition until cleared by an appropriate health-care professional.”**

Note: WIAA Sport Medical Advisory Committee identifies a physician and licensed athletic trainer (LAT) as an appropriate healthcare professional for determining return to play other than the same day.

## 8. OXYGEN

Oxygen administered by mechanical means for recuperative purposes is not permitted.

## 9. 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.

## 10. INJURY TIME-OUT MODIFICATIONS

- A. 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 nervous system will be covered by the same time frame as other injuries.
- B. When certified medical personnel are present, they have jurisdiction to extend the allowed time limit to a maximum of four minutes for evaluation of the injury, after four minutes, the athlete would be required to prepare without delay for continuation or default the match.
- C. A second occurrence of cervical column and/or central nervous system injury will in the same match 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.

## 11. Coaches have no right to withhold medical attention from these athletes.