

CERVICAL COLUMN AND / OR NERVOUS SYSTEM TIME OUT

How is the 1.5 minute injury time out different than the 4 minutes allowed to evaluate a wrestler that has an injury to the head / neck / or vertebral column (together known as the CNS)? *If a wrestler has a CNS (central nervous system) injury, the certified athletic trainer or a doctor may extend the normal 1.5 minutes of IT to 4 minutes to assure that a proper evaluation is completed. Upon completion of the 4 minutes, if deemed OK to wrestle by the medical attendant, the wrestler must be prepared to wrestle without delay. If they are unable to do so, or additional time is needed for the evaluation, the wrestler will lose by default. A second occurrence of any CNS injury (any amount of time) to the same wrestler will result in a default. As a result, the injured wrestler loses by default. This type of injury time out will count as 1 of your 2 allotted time outs. When this rule is applied, time consumed will in no way affect time used or available for other types of injuries. So, the wrestler may still have a time out remaining and 1.5 minutes of injury time left for a non-CNS injury. If the injury is caused by an illegal hold (perhaps a slam) then 4 minutes may be allowed for recovery time if requested by the trainer. If unable to continue, the injured contestant wins by default.*

How do you handle this type of injury if there is no medical personal present? *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 like all other injuries.*

Who determines if it is a CNS injury? *Not the official! After a small amount of injury time has elapsed, the official may ask the CAT / doctor if the injury is a CNS injury. If it is, ask them if they would like to extend the time to 4 minutes to make a proper evaluation. It is part of the official's job to meet with the trainer(s) prior to competition to make sure they understand the rule and how you/they intend to apply it.*

What do you mean by "extend the time"? *Sometimes the medical attendant does not feel they need more than 1.5 minutes and they work on the athlete for almost the entire 1.5 minutes and then ask to "extend" the time. They certainly can do this. If they had used the entire 1.5 minutes they would then have 2.5 minutes left to complete the CNS evaluation. You do not get the 1.5 minutes then an additional 4 minutes!*

What happens if they chose to extend the time and end up using only 3.5 minutes total? *If they chose to extend the time, using any part of the extended time is equivalent to using the entire 4 minutes. You cannot 'bank' any part of it.*

Explain how the extended time would work when applying recovery time due to an illegal hold. *For example, if the wrestler receives a head injury due to slam, after 1 minute the trainer indicates they would like to extend the time for a proper exam. They would now have an additional 3 minutes for their evaluation. When the time elapses, if the athlete is deemed good to go by the trainer, they would continue. Remember that the coach can overrule the decision of the trainer if the trainer determines the athlete may continue, but may not overrule them if they determine the athlete is unable to continue. If unable to continue, they win by default. If they do continue and they have another CNS injury, related or not related to the first one, the athlete would lose by default. They may have a remaining ITO and if so may use it for non CNS injuries.*

SUMMARY

- **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 (to the same wrestler) of any cervical column and/or CNS injury (any amount of time) will result in a default**
- **This type of injury will always count as 1 of your 2 allotted time outs**
- **When this rule is applied, time consumed will in no way affect time used, or available, for other types of injuries**
- **If caused by an illegal hold then 4 minutes may be requested by medical personal for recovery time, if unable to continue, then the injured contestant wins by default**
- **If the contestant uses 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**