BLOOD TIME

• 5 minutes of accumulated blood time allowed per contestant

• No limit on how many times you may stop match for blood

• Injury Time or recovery time is never running during blood time

• Coaching may occur

• When blood flow is stopped and contained / **HEADGEAR IS ON** – Blood time will be stopped and recorded – clean up now begins
  - Nose bleed must be **plugged** (if need be) for BT to stop
  - Cut must be **bandaged/wrapped** (if need be) for BT to stop

• If blood starts flowing again – start BT again

• If cleaning up face or head the headgear need not be on to stop BT

• If BT exceeds 5 minutes, wrestler loses by default

• If BT exceeds 5 minutes and was caused by illegal hold, USC, UR, bleeding wrestler wins by default

• Blood time is not running when changing uniform due to excessive blood