

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