

TIME OUTS

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 2nd IT your opponent has choice of position on restart (up, down, neutral)
- If 2nd IT occurs during any period, opponent has choice on restart
- If 2nd IT occurs at the end of the first period, then opponent is given choice for the second and third period
- If the 2nd IT occurs at the end of the third period, then opponent is given choice for the start of sudden victory
- If the 2nd IT occurs at the end of sudden victory period, the opponent is given choice at the start of both 30 second tiebreakers
- If 2nd IT occurs during sudden victory or either 30 second tiebreaker, the opponent is again given the choice on restart (no neutral in tiebreaker)
- If 2nd IT occurs at end of either 30 second tiebreaker, the opponent is given choice for the next tiebreaker
- If 2nd IT occurs at the end of the 2nd period, and the opponent already has the choice at the beginning of the 3rd 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 2nd period and the opponent already has choice at the beginning of the 3rd 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)
- An injured wrestler may default the match at any time

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 at any time

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
- A bleeding wrestler may default the match at any 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 / assistant referees / timers / scorers
- To address any unexpected situation
- Time used to stop a potentially dangerous situation (use appropriate signal)
- Clean-up of blood or other body fluids
- Changing of uniform due to excessive blood or other body fluids
- To tape shoe laces if 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 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
- If a contestant is unconscious they must be examined by a physician and written permission given to continue