November 18, 2026

NFHS Wrestling Weekly Rule Interpretations

Injury Time-Out

Rules References: 8-2-1, 8-2-4; Case Book: 8.2.4 situation A (Page 60)

SITUATION 1: Wrestler A takes an injury timeout in the first period, and after 30 seconds can continue wrestling. In the third period of the same bout, Wrestler A is injured when both wrestlers simultaneously attempt a takedown. The onsite AHCP attends to Wrestler A and the referee signals for the injury clock to start. The AHCP then informs the referee HNC time is needed for Wrestler A, so the referee directs the timekeeper to switch the clock to HNC time. After three minutes of HNC time the AHCP clears Wrestler A to continue wrestling. At this point the referee awards Wrestler B with choice of position on the restart due to Wrestler A having taken two injury timeouts.

RULING: This is the correct procedure and rule application applied by the referee.

COMMENT: HNC timeout will always start as injury time, which counts as one of the two allowable injury timeouts during a match.