

# Injury Time Explained

*updated 10/6/21*

**HNC**= Head – Neck –Cervical > 5 minutes if the wrestler is attended by the appropriate health care professional. Only one HNC time out is allowed. A wrestler requiring a second HNC during the match will lose by injury default.

**INJURY TIME** = A wrestler is injured with no penalty applied to the cause of injury , A maximum of 2 time outs and a cumulative time of 1&1/2 minutes total.

**RECOVERY TIME** = Injury time allotted to a wrestler when that wrestler is injured because of a situation where his/her opponent has been penalized. 2 minutes, for each incident

**BLOOD TIME** = a cumulative total of 5 minutes, with no limitation on the number of occurrences.

Changes for 2021-2022 Season:

- HNC Time is now **SEPARATE** from Injury Time
- Clarification that coaching is allowed during all forms of recovery time, injury time, blood time and HNC time
- Clarified if appropriate health care professional not present, HNC can not be requested. Also allows referee to make judgement based on safety of individuals in this case.

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- 1) A wrestler is entitled to only 2 injury time outs. **ANY SECOND INJURY SHALL RESULT IN THAT WRESTLER'S OPPONENT HAVE CHOICE OF POSITION ON THE RESTART.**
  - 2) **A wrestler is only entitled to ONE HNC injury time, they CANNOT GET A SECOND HNC INJURY TIME OUT !!!**
  - 3) In order to get a 5 minute HNC injury time out the appropriate Health Care Professional must be present and request it. The appropriate health care professional is a doctor, nurse, trainer, or other medical professional assigned by the school's board of education.
    - a) If the referee has already started a regular injury clock and the health care professional requests HNC injury time then the time used when the referee initially started the regular injury time will be subtracted from the 5 minutes allowed in an HNC injury. The time used will be counted as used time towards the 5 minute HNC injury time. The wrestler will **NOT LOSE** that first injury time out. He /She will still have 1 &1/2 minutes of injury time available.
  - 4) **NO WRESTLER CAN GET 2 HNC INJURY TIME OUTS**

- a. If a wrestler requires a second HNC injury time out, an injury default will be declared and his/her opponent will be awarded the win.
- 5) RECOVERY TIME takes precedence over HNC
- a. Example: Wrestler A is slammed to the mat (**no bleeding**) and the referee indicates a penalty. The wrestler and trainer want to use the 5 minute HNC injury time out. RULING: THE 2 MINUTE RECOVERY CLOCK IS STARTED AND THE WRESTLER MUST CONTINUE BEFORE THE TIME HAS RUN OUT. NO HNC INJURY TIME CAN BE USED.
- 6) Blood time takes precedence over all other injury time outs.
- a. Example: an illegal cross face by wrestler A causes wrestler B to bleed, the referee signals unnecessary roughness, the blood clock is started. After 3 minutes the bleeding has stopped but wrestler B is still not ready to return to wrestle. Now the recovery injury time should start and assuming that wrestler B does not start bleeding again, has 2 minutes recovery time to return to wrestling. If Wrestler B cannot return within the 2 minutes recovery time, Wrestler B will be declared the winner by injury default.
  - b. Wrestler B is broken down to the mat and starts bleeding. There is no penalty. The athletic trainer thinks Wrestler B may need HNC injury time. RULING ... The Blood injury time is started. If bleeding stops, and the blood clock is stopped and the Trainer still feels HNC time is necessary then, using the appropriate signal, the referee will signal the score table and start the HNC injury clock. The time used for blood will remain. The wrestler will have only one 5 minute HNC injury. If another HNC injury is needed, that wrestler will injury default the match and his opponent will be awarded the win.