

1:30 INJURY TIME

5:00 RECOVERY TIME

#9 Injury, Blood & Recovery Time



Injury Time

- Each wrestler is allowed one and a half minutes (1 ½) for any injury during competition.
 - Each is allowed only two (2) timeouts total (1 ½ min.)
 - If a wrestler uses a second Injury timeout the opponent then gets a choice of position at restart.
 - If either wrestler requires a third injury time out the match is stopped and the injured wrestler must default to his/her opponent



Blood Time

- A blood clock is started when the referees sees blood at any time during the match.
- Each wrestler is allowed a cumulative total of five (5) minutes toward controlling blood.
 - As many stoppages as needed
 - Blood clock stops when blood is controlled
 - Any clean-up time; such as mat, wrestler, or uniform is not part of the five minutes



Recovery Time

- Recovery time occurs when a wrestler is injured due to;
 - an illegal hold,
 - unnecessary roughness
 - unsportsmanlike conduct
- A two (2) minute recovery clock is granted the injured wrestler to return to the match.
- If the wrestler can not continue due to the injury, he/she shall be declared the winner.
- The injured wrestler may default the match if it is done prior to the two (2) minute recovery expiring.

