#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.