

# Second Injury Time-Out Protocol

## Current as of 2019-2020 Season

**Overview Rule 8-2-1a-h**  
 Injured wrestler entitled to:  
 Maximum 1 1/2 minutes cumulative injury time **throughout the entire match**.  
 Limit of 2 Injury Time-outs. 3rd causes injury default.

**2nd Time-Out**  
**DURING REGULATION PERIOD**  
 The opponent has choice of position "ON THE RESTART"

During Periods 1, 2 & 3;  
 OR  
 Sudden Victory  
 Shall choose Up, Down or Neutral.

During 1st and 2nd 30 Second Tiebreaker  
 OR  
 Ultimate Tiebreaker  
 Shall choose Up, or Down  
**No Neutral !**

**Overview Rule 6-3-3 Note**  
 If 2nd Injury Time-out is taken, the opponent shall have **CHOICE** of position "ON THE RESTART".

**Overview Rule 6-7-1**  
 If contestants tied at end of three regular periods, **OVERTIME** wrestling will take place.

**2nd Time-Out**  
**AT CONCLUSION OF ANY PERIOD**  
 The opponent has choice of position "ON THE RESTART"  
 Additional rules apply:

**End of Period 1**  
 Opponent gets choice at start of **BOTH** Periods 2 **AND** 3.  
 Shall choose Up, Down or Neutral

**End of Period 2**  
 Opponent gets choice at start of Period 3.  
 If opponent already has choice in 3rd, also has choice at first restart after beginning of 3rd.

**End of Period 3**  
 Opponent gets choice at start of Sudden Victory.  
 May choose Up, Down or Neutral

**End of Sudden Victory**  
 Opponent gets choice at start of **BOTH** 30 Second Tiebreakers.  
 Shall choose Up or Down

**End of 1st 30 Second Tiebreaker**  
 Opponent gets choice at start of 2nd 30 Second Tiebreaker. If opponent already has choice in 2nd 30 Second Tiebreaker, also has choice at first restart in 2nd Tiebreaker.  
 Shall choose Up or Down  
**No Neutral !!**

**End of 2nd 30 Second Tiebreaker**  
 Opponent gets choice at start of Ultimate Tiebreaker unless penalized for Unsportsmanlike Conduct anytime during match.  
 Shall choose Up or Down  
**No Neutral !!**  
**1st match point scored no longer relevant for choice!!**

