

# Second Injury Time-Out Protocol

## Effective 2013-2014 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 default)

**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 @ end of three regular periods, **OVERTIME** wrestling will take place.

**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 !**

**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!!**

