

RMN TRAINER GUIDELINES

By Bill Barron – Head Official

Trainers: We thank you in advance your commitment and care during a lengthy day of competition.

To help us best coordinate our efforts:

1. Injury time is limited to 1.5 minutes. If the coach, athlete, or official requests a trainer's presence, the injury clock will not begin until you come to the mat. You may be asked to assess whether an athlete is able to continue safely. If released from care and there is concern, if you are not being called elsewhere, your presence at matside may be of further assistance if there is additional stoppage or you need to call for the official's attention.
2. Blood clean-up is primarily the responsibility of the athletes and coaches. If you have materials for blood stoppage, these would be appreciated. There is a total of 5 minutes allowed for bleeding (blood time stops during clean-up) at which time the official and/or you may elect to terminate the contest.
3. Concussion & HNC protocol is clearly outlined in our officials' hand-outs and meetings. You are our guide to determine if an athlete can safely return to action. See specifics below.
4. Bites will necessitate both your hygienic response as well as helping the official determine if it of a flagrant nature which would result in disqualification. In general, to be considered as a reason for disqualification, there must be clearly outlined top and bottom bite marks.

Rules Clarification

1. INJURY / BLOOD / RECOVERY TIME: time for injury (1:30), recovery (2:00), and blood (5:00) are viewed as much as guidelines as they are limitations. Be as flexible as the situation may warrant.
 - a. When a young wrestler cries out during a nearfall situation, it is within the official's judgment to assess whether it is a safety concern. Stop wrestling if you determine that the hold may result in injury. If you decide to allow wrestling to continue, carefully monitor the situation.
 - b. If wrestling is stopped when criteria is met, an additional point will be granted in addition to earned nearfall points, unless stopped for a potentially dangerous or offensive illegal hold.
 - c. Monitor injury and blood time within the principle of returning the wrestler to action as soon as safely possible, while limiting the possibility of further injury or action stoppage.
 - d. Where a trainer's assistance is required, do not begin the injury/blood clock until the trainer arrives. Once a trained professional has been called to the scene, s/he will make the final determination as to when or if wrestling will continue.
 - e. Coaches clean up the blood and body fluids of their wrestler. Officials should immediately point to fluids so the coach or designated adult begins the clean-up WHILE the trainer is attending to athlete. Stop blood time when bleeding has ceased and wrestler/mat are being cleaned.
 - f. If you take a "crying/screaming" athlete off his/her back but find there is no apparent injury, score the back points earned, plus '1' for unsportsmanlike conduct. Rule 5-11-2-i.
2. HNC PROTOCOL: In the event of an evident head-neck-cervical spine injury (HNC) or the athlete exhibits signs/symptoms of a concussion, ACTION IS IMMEDIATELY STOPPED.
 - a. Insist that the coach check out his/her athlete. Your judgment as official is important.
 - b. If you have any concern about the athlete's ability to continue safely, call for a trainer to make a determination before wrestling is allowed to continue.
 - c. The 5-minute evaluation time begins when the trainer arrives at the mat.
 - d. If the trainer asks for more than 5 minutes to get a full evaluation, HNC time will continue.
 - e. If the trainer determines that the wrestler may not continue, that decision is FINAL.
 - f. If there is still any doubt as to an athlete's safety, and no trainer is available, consult with the Head Official to make a decision regarding the athlete's return to action.
 - g. In either circumstance, if the match has been allowed to continue, the official and/or the coach may still terminate a contest if there are continuing concerns / symptoms or if there is any reoccurrence of a head injury.
 - h. A match is officially over if an athlete sustains a second HNC injury in the same match. In this event, the mat official will call the trainer and the Head Official to the mat.