

**Frame 1:**  
Wrestlers shoot and bang heads causing **Wrestler A** to grab his neck and drop to a knee.

**Frame 2:**



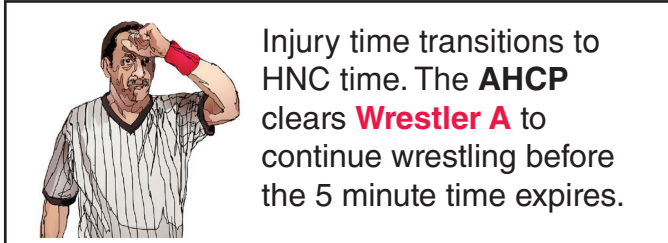
Official starts injury time.

**Frame 3:**



AHCP arrives and requests extended time to evaluate **Wrestler A**. Official signals HNC time.

**Frame 3a:**



Injury time transitions to HNC time. The **AHCP** clears **Wrestler A** to continue wrestling before the 5 minute time expires.

**Frame 4:**

**Wrestler A** sustains a second injury to his head and the official stops the match.



**Frame 5:**  
Each wrestler may use just one HNC time-out per match. **Wrestler B** wins by default.



**Rule 5-28-6:** ... Head/Neck/Cervical Column (HNC). If a contestant is injured, the onsite AHCP will have up to five (5) minutes (maximum) to evaluate the wrestler's head and neck involving the cervical column and/or nervous system. A second occurrence to the head and neck involving the cervical column and/or nervous system in the same match shall require the wrestler to default the match.

**Rule 6-4-3:** ... If a wrestler is injured due to a legal or illegal action, the referee shall stop the match under these certain conditions: a) injury time; b) blood time; c) recovery time; d) referee's time; e) Head/Neck/Cervical Column (HNC) injury time.

**Rule 8-2-4b.2:** ... When appropriate health-care professional(s) (physician or certified athletic trainer) are present they have jurisdiction to evaluate the injured wrestler for injuries to the head and neck involving the cervical column and/or nervous system only during the allowed time limit (maximum of five (5) minutes). After that evaluation, the wrestler would be required to prepare without delay for continuation or default the match.

**Rule 8-2-4b.3:** ... A second occurrence of injury to the head and neck involving the cervical column and/or nervous system in the same match shall require the wrestler to default the match.

**Rule 8-2-5:** ... A designated, on-site meet, appropriate health care professional who determines a wrestler should not participate, shall not be overruled.

Please refer to the 2021-22 NFHS Wrestling Rule Book for more information and guidance.