



Memorandum

To: NFHS State Association Wrestling Liaisons

From: B. Elliot Hopkins, MLD, CAA, Director of Sports, Sanctioning and Student Services

Subject: Head, Neck, Cervical Column and/or nervous system (HNC) Illustrations

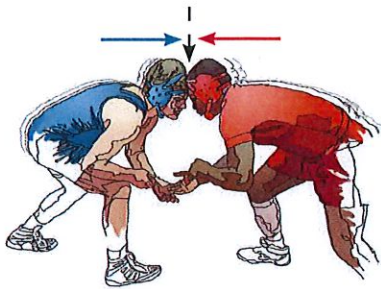
Date: November 10, 2021

Good Morning,

I hope this note finds you well. Please find the attached two new illustrations for you to use as discussion starters with your state wrestling officials. We felt that these illustrations were pertinent and warranted some discussion since so many of you are hosting your state interpretation meetings statewide.

The rules dealing with injuries to the head, neck, cervical column and/or nervous system (HNC) are very prominent in the new rule changes in the current NFHS Wrestling Rules book. Please note that the attached illustrations do not replace reading and understanding the rules book. However, they should serve as another tool to teach and train your referees. Please let me know if I can be of any assistance to you. Thank you and have a wonderful wrestling season.

BEH/kjr



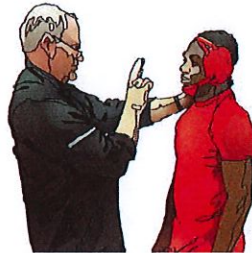
Frame 1:
Wrestlers shoot and bang heads causing **Wrestler A** to grab his neck and drop to a knee.

Frame 2:



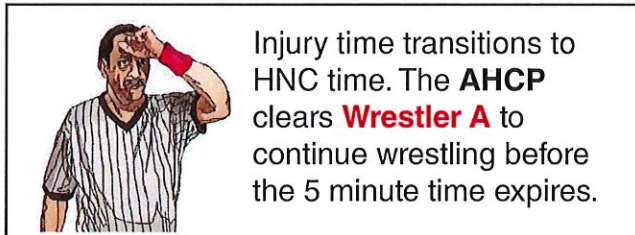
Official starts injury time.

Frame 3:



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

Frame 3a:



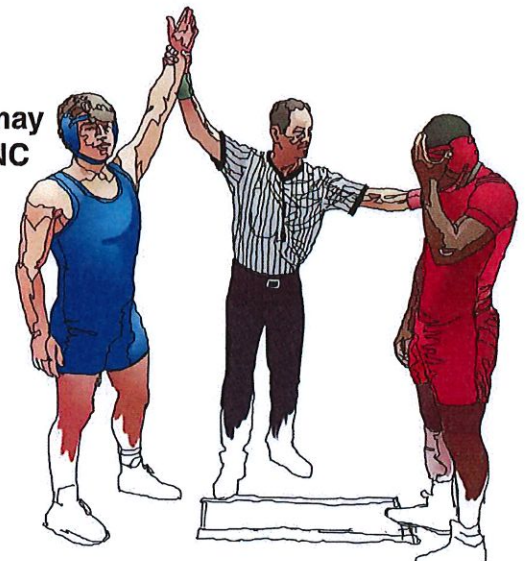
Injury time transitions to HNC time. The **AHCP** clears **Wrestler A** to continue wrestling before the 5 minute time expires.

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.

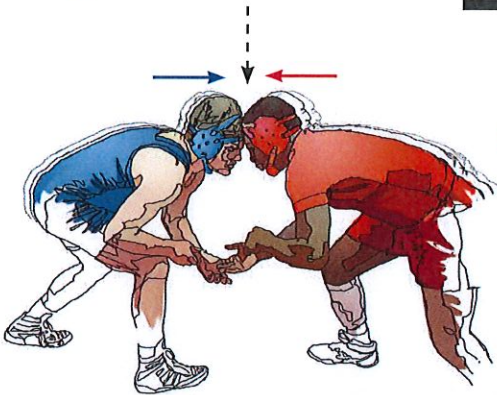
Rule 8-2-4b.2: ... When appropriate health-care professional(s) (physician or certified athletic trainer) are present they have jurisdiction to evaluate the injured wrestler for injuries to the head and neck involving the cervical column and/or nervous system only during the allowed time limit (maximum 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.

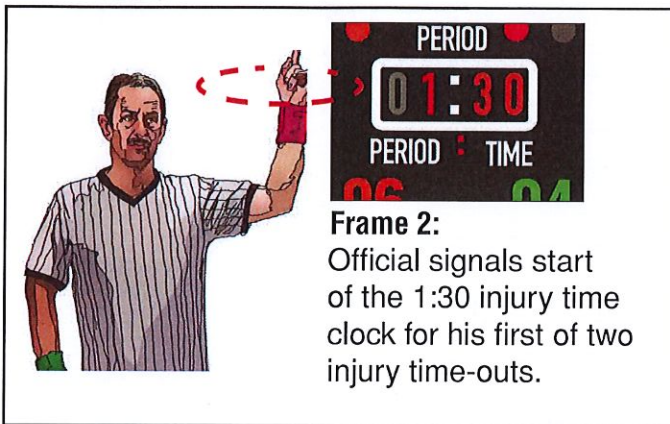
Rule 8-2-5: ... A designated, on-site meet, appropriate health care professional who determines a wrestler should not participate, shall not be overruled.

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

NO Appropriate Health Care Professional On-Site



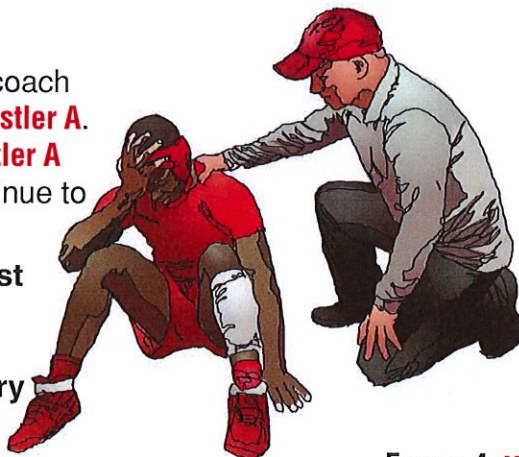
Frame 1:
Wrestler A shoots then shows signs of a shoulder injury



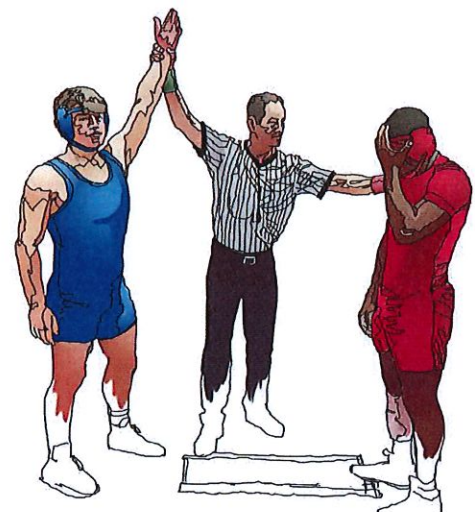
Frame 2:
 Official signals start of the 1:30 injury time clock for his first of two injury time-outs.

Frame 3:
 Official directs coach to attend to **Wrestler A**. After 1:10 **Wrestler A** is ready to continue to wrestle.

Injury time must be recorded on the bout sheet. (ex. Injury time 1:10)



Frame 4: Wrestler A then sustains an injury, this time to the head. Because there is no AHCP, the official stops the match due to signs, symptoms and behaviors consistent with a head trauma. **Wrestler B** wins by default.



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 8-2-4a: ... Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, diizziness, confusion or balance problem) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional.

Rule 8-2-4b.1: ... In the absence of appropriate health-care professional, (physician and/or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system will be covered by 8-2-4a.

Rule 8-2-6: ... During a timeout for injury, blood time, recovery time or head and neck involving the cervical column and /or nervous system time, two team attendants and appropriate health-care professional shall be permitted on the mat with either wrestler. Coaching shall be allowed during injury time, blood time, recovery time, and HNC time-out.

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