Frame 1: Two wrestlers shoot simultaneously and bang heads in the first period.

Frame 2: Official checks wrestler A and starts his injury time.

Frame 3: Coach asks for the AHCP for wrestler A. With the injury clock running past one minute the coach is informed the athletic trainer is assisting on another mat across the gym. Injury time runs out at one minute 30 seconds: wrestler A must default. Rule 8-2-4b.1 stipulates normal injury time rules are in effect when an AHCP is unavailable. Rule 5.2.6 & 8-2-1.

Check with your state association for their direction when to begin injury time.
Frame 4: AHCP arrives, at the 1:15 mark of the injury time, the athletic trainer asks the official for extra time to check wrestler A. Rule 8-2-4 b.2. requires the AHCP to ask for the injury time extension. This allows a total of five minutes of extended injury time to wrestler A.

Frame 5: With the extended HNC time the athletic trainer allows wrestler A to return to competition. The scorer is instructed to record Injury time to 1:15 HNC.

Frame 6: Wrestler A sustains another injury to his head. With 15 seconds of injury time remaining, the athletic trainer requests another extended injury time. Each wrestler is afforded one HNC extended injury time per match. Rule 8-2-4 b.3. states...if a second injury to the HNC area occurs in the same match, the wrestler must default for his/her own safety.