

In Ohio, the overtime rules for middle school wrestling are as follows:

- **Sudden victory period**

If the match is tied after regulation time, the first wrestler to score a point in a one-minute sudden victory period wins. Both wrestlers start in the neutral position.

- **Second overtime period**

If the match is still tied after the sudden victory period, a 30-second period is held. The match official flips a two-sided disc to determine which wrestler chooses the top or bottom position. The wrestler in the top position is awarded a point if neither wrestler scores.