



The 30-Second Tiebreaker: A “Heartbreaker” Flip of the Disk!

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The present National Federation State High School Association's (NFHS) 1-minute overtime period and 30-second tiebreaker set-up is definitely a much better approach to determining the winner in a wrestling match

than the old criteria system. However, "luck" is still too much of a factor in deciding who is given the "choice" in the 30-second tiebreaker with the present system.

The existing Rule (6-7-1, P. 24) reads as follows:

"If no winner is declared by the end of the 1-minute overtime period, a 30-second tiebreaker will be wrestled. The choice of position in the tiebreaker will be granted to the wrestler who scores the first point(s) in the regulation match."