

SPRING VIEW MIDDLE SCHOOL NOVICE TAKEDOWN TOURNAMENT



WHERE: Spring View Middle School

WHEN: December 14th, 2019

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WHO: Novice 6th-8th grade wrestlers who have 1-2 years of experience and who have never wrestled in the varsity division of a tournament.

WHY?: This is a great opportunity to expose newer wrestlers to live wrestling and to promote sound techniques and practices from the neutral position.

HOW?: Each match will be **one (1) running clock 3-minute round**.

- A) Only takedowns are allowed. Once a takedown happens, the wrestlers are brought back to their feet in the center of the mat. At the end of the match, whoever has the most takedowns wins.
- B) We will **pool the wrestlers by weight into groups of 5-6 wherever possible** and each pool will compete on **one designated mat**.
- C) This is to promote shooting and shot defense. **No throws are allowed. No pickups are allowed**
*(examples: double-leg to standing lift off the mat with a controlled descent is not permitted; a single leg where the attacker stands the foot up high and sweeps the leg will be permitted; any uncontrolled slams to the mat are **GROUNDS FOR DISQUALIFICATION**)*

WEIGH INS / COST: Cost to attend the tournament is \$10. (\$3 for parents at the gate)

We need a headcount of all wrestlers who plan on attending by 12/12. Weigh in remotely and send us your names and weights no later than 12/13. We will have a scale open at our site from 7-9PM on 12/13 if you prefer to weigh-in in person.

START TIME: Wrestling will begin by 8am.

FINISH TIME: We are aiming to be finished with this tournament by 1 PM.

*Keep your saturday **ALIVE!** Come to the Novice Takedown Tournament that is designed to get your wrestlers shooting and more active **EARLY** in the season. That is our goal, and we are hoping that you will bring your wrestlers to this tournament with the same **FUNDAMENTAL** goal of taking shots and developing good shot defense.*