

SPRING VIEW MIDDLE SCHOOL

NOVICE TAKEDOWN TOURNAMENT



WHERE: Spring View Middle School

WHEN: December 18th, 2021

CONTACT: Sam Martinez (vmartinez@rocklinusd.org); 916-532-5490

ADVANCED DIVISION: Wrestlers that have experience or have shown significant skill and ability. This is up to the interpretation of their coach.

RULES: neutral position takedowns, throws are allowed, **NO PICKUPS**. Control your opponent to the mat.

NOVICE DIVISION: New wrestlers that have to hone their skills before going against more skilled opponents. This is up to the interpretation of their coach.

RULES: neutral position takedowns, **NO THROWS ALLOWED**, **NO PICKUPS**. Control your opponent to the mat.

WHY?: This is a great opportunity to expose newer wrestlers to live wrestling and to promote sound techniques and practices from the neutral position. We find that once a wrestler is comfortable with shooting and shot defense that the other parts become easier. This helps your team get a head start on the season!

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. ***RULES STATED ABOVE***
*(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 **GROUND 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 12/15. Weigh in remotely and send us your names and weights no later than 12/17. We will have a scale open at our site from 6:00-7:00AM on 12/18 if you prefer to weigh-in in person.

START TIME: Wrestling will begin by 8am. **FINISH TIME:** 1pm

Pre-Covid we finished by about 12-1pm.

*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.*