

# **SPRING VIEW MIDDLE SCHOOL**

## **TAKEDOWN TOURNAMENT**



**WHERE:** Spring View Middle School - 5040 5th St, Rocklin, CA 95677

**WHEN:** December 17th, 2022

**CONTACT:** Brent Vickers [svmseaglewrestling@gmail.com](mailto:svmseaglewrestling@gmail.com); 805-709-1335

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**ADVANCED DIVISION:** Wrestlers that have varsity tournament experience or have shown significant skill.

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

**INTERMEDIATE DIVISION:** This is for wrestlers who have some experience but who have not wrestled in a varsity tournament.

**NOVICE DIVISION:** New wrestlers that have no prior live experience outside of practice.

**NOVICE/INTERMEDIATE RULES:** Neutral position takedowns, **NO THROWS ALLOWED, NO PICKUPS**. Control your opponent to the mat.

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**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!

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

- A) 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**)*

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**WEIGH INS / COST:** Registration for wrestlers is \$15. \$5 for parents at the gate

**START TIME:** *Novice* will begin by 8am. *Intermediate* by 10 am. *Advanced* by noon. These times may vary depending on registration numbers. We will email coaches with pools and starting times the day before the tournament.

**REGISTRATION:** Coaches send in your rosters to [svmseaglewrestling@gmail.com](mailto:svmseaglewrestling@gmail.com) no later than 12/14/22. Please include weight, age, and which division they will be competing in.

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