

SPRING VIEW MIDDLE SCHOOL

TAKEDOWN TOURNAMENT



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

WHEN: December 16th, 2023

CONTACT: Brent Vickers svmseaglewrestling@gmail.com; 805-709-1335

ADVANCED DIVISION: Wrestlers who have varsity tournament experience or who 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 **OR** who have shown an above average technical ability/athleticism over fellow novice wrestlers..

NOVICE DIVISION: New wrestlers that have no prior live experience outside of practice and who do not meet the second criteria for intermediate above.

NOVICE/INTERMEDIATE 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) 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 **GROUNDS FOR DISQUALIFICATION**)*

WEIGH INS / COST: Registration for wrestlers is \$15 and entry will be \$5 per adult at the door.

START TIME: *Intermediate and Advanced* will begin at 8am with split *Novice* sessions beginning around 1030a and 1230p. 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 no later than 12/14/22. Please include weight, age, and which division they will be competing in.
