

# THE ROC



## TAKEDOWN WRESTLING TOURNAMENT

**DATE: Saturday May 20, 2017**

**LOCATION: Rideau Park School (829 Rideau Road SW, Calgary, AB)**

12:00 pm - Weigh-in/registration

12:30 pm - Wrestling starts (no breaks, will run until completion)

Wrestlers will be grouped by gender and like weight then placed in a round robin draw.

**Maximum – 28 participants**

**COST: Free – If registered in the Justin Abdou Camp**

\$40 – If not registered in the Justin Abdou Camp

**Spots in tournament needs to be confirmed by Mike Dunn**

**RULES:** (modified Wrestling Canada Cadet Rules)

- 2 - 3 min. rounds. **Must wear singlet.**
- 2 points for a takedown (feet to belly or back) - 2 points will be awarded when takedown control is demonstrated (**approx. 3 seconds**) - 2 out of 3 officials must agree.
- 1 point penalty if you step out of bounds.
- Match ends with 7 points superiority.
- No ground wrestling points, takedown only.
- Takedown interpretation will reflect NCAA Folkstyle rules, you can expose your back to avoid the takedown.

**ELIGIBILITY:**

- Select groups of Men and Women grade 9 – 12 (competitive groupings will be determined by Mike Dunn).
- Event will be filmed. Athletes and athletes' parents must sign a film release (Film release attached).
- All participants must be a member of their provincial wrestling association.
- **Registration in the Justin Abdou camp does not guarantee participation in the Takedown Tournament.**

**AWARDS: The ROC Wrestling Club T-shirt to the winner of the pool**

**CONTACT: For more info on camp/tournament/registration/waiver/film release  
Mike Dunn [mikedunn@persona.ca](mailto:mikedunn@persona.ca) (403) 540-2990**



[www.therocwrestling.com](http://www.therocwrestling.com)

