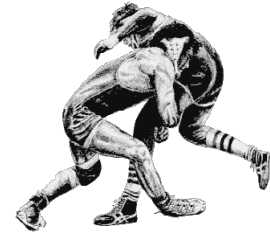




Broken Arrow Takedown Club

Novice Wrestling Program

2011-2012



Volunteer Staff

- **Club and Open Director:**
 - John Cockrell
 - cockrell2551@cox.net
- **Novice Director:**
 - Chancey Bosch
 - chancebosch@gmail.com (best method of contact)
 - (918) 671-9508
- **Novice Head Coach:**
 - Lee Van Treese
 - leethesignguy@aol.com
 - (918) 852-2695

Club Website: <http://bataakedown.com/>

Practice

- **Day & Time:** Tuesday & Thursday 6:00pm – 7:30pm
- **Location:** North Intermediate Wrestling Room (Back of Building)
- **Equipment:** Wrestling shoes, shorts, t-shirt, water bottle

Practice Procedures

- **Start:** The practices will begin with stretching, which is essential to the health of your wrestler. Please arrive in time for them to go to the bathroom, take their street shoes off, and put their wrestling shoes on before practice begins (6:00pm).
- **During:** Encourage your wrestler to listen, engage, and follow directions. If you have any questions, please find a time during a water break or after practice to talk to a coach.
- **After:** Go home and immediately wash the practice clothes and have your wrestler take a shower. Leaving their wrestling gear on, in a bag, or in the laundry hamper increases the chances of developing a skin infection.

Volunteer Coaches

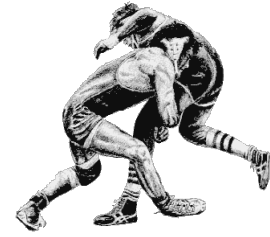
- If you have wrestling experience, coaching experience, or a desire to help, please contact Chancey Bosch (chancebosch@gmail.com). Volunteer coaches should expect to volunteer one practice a week and one tournament session on the weekend. Your support is appreciated by the wrestlers and essential for a successful club experience.



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Tournament Schedule

November 12	Union Novice
November 18, 19	***Cliff Keen Kickoff Classic
November 26	Jenks Novice Tournament
December 3	Midwest City Lil Bomber Novice Classic (2hrs)
December 11	Blue T Novice Championships
December 17	Sand Springs Novice
December 31	Newcastle (2.5 hrs)
January 6, 7	USJNC
January 14	TBD
January 20, 21	***Cliff Keen Tulsa Nationals and Novice Nationals
January 28	TBD
February 4	TBD
February 10, 11	***Regional Tournament

Denotes we will also be working the tournament

Tournament Procedures

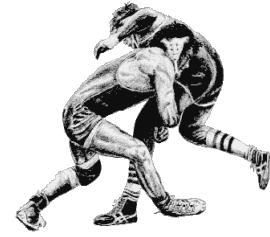
- **Register:** Submit your wrestler's weight class, division, and payment to the coach before the end of practice on the Tuesday before the tournament.
- **Weigh-in:** Arrive in time to have your wrestler weigh-in. They need to show up at weigh-in in their wrestling singlet with their fingernails cut.
- **Wrestling:** The coaches will make sure that your wrestler is taken care of on the mat. You need to make sure that your wrestler arrives to the mat on time. For parents new to the sport, there is a numbering system that will be explained at the first tournament, which will help this process.
- **Completion:** Once your wrestler has received their medal and/or finished their matches, you may leave. However, please check out with one of the coaches.
- **Questions:** If you have any questions during the tournament, please ask a coach for assistance. The table workers and tournament director will not be able to help.
- **Shower:** As soon as you leave the tournament, go directly home, wash all your wrestler's clothes, and have them take a good shower. Leaving their wrestling gear on, in a bag, or in the laundry hamper increases the chances of developing a skin infection.



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Broken Arrow Takedown Club Responsibilities

- The Club will work three tournaments during the year, which allow for the cost of the program to remain minimal. These tournaments will require participation by everyone. The volunteer opportunities are varied. These three tournaments include:
 - **November 18-19:** Cliff Keen Kickoff Classic
 - **January 20-21:** Cliff Keen Tulsa Nationals
 - **February 10-11:** Regional Tournament
- Once we work the first tournament, the other two will be easy. However, prepare now for what volunteer team you can support.

TOURNAMENT VOLUNTEERS: (no experience necessary – will train!)

- **REGISTRATION:** Register wrestlers prior to weigh-in, verify entry form is completed correctly, collect entry fee.
- **WEIGH-INS:** Weigh in wrestlers after they have registered and write their weight on their hand.
- **TABLE WORKERS:**
 - **BRACKETS:** After coaches have placed wrestlers in groups, record each wrestler's name on a bout sheet.
 - **RESULTS:** Process bracket sheets - identify 1st, 2nd, 3rd, 4th place winners.
 - **SCORE KEEPER:** Mark down scoring as provided by the referee.
 - **TIME KEEPER:** Keep time of the match.
- **ADMISSIONS:** Collect spectator admission fees at the door.
- **HOSPITALITY:** Help greet, stock, and manage the referee/coaches hospitality room.
- **REFRESHMENTS:** Bake or purchase snacks for the hospitality room.
- **MATS:** Move mats into and out of the arena.



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RULES

The object of a wrestling match is to gain a fall by pinning an opponent's shoulders to the mat for 2 continuous seconds, or to gain a decision by out-wrestling an opponent.

Length of Match: The length is determined by the age and skill of the wrestler. The first period starts from the standing or "Neutral" position. The second period allows a choice of position and is determined by a coin toss. The winner may choose top or bottom in "referee's" position or may now opt to start in the neutral position. The third period allows a choice of position and is given to the wrestler who lost the coin toss before the second period.

MATCH SCORING

MOVE	POINTS	DESCRIPTION
Takedown	2 Points	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are in-bound.
Escape	1 Point	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is in-bound.
Reversal	2 Points	When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are in-bounds.
Near Fall	2 or 3 Points	<p>When near fall criteria is met for 2 seconds. Near fall criteria is:</p> <ul style="list-style-type: none"> When any part of both shoulders or scapula of the defensive wrestler are held for a least 2 seconds within four inches of the mat OR When one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less. <p>If near fall criteria is met for two continuous seconds, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for five continuous seconds a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.</p>
Penalty	1 Point	Typically, a wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart.

PENALTY CHART

INFRACTION	WARNING	FIRST	SECOND	THIRD	FOURTH
Illegal Holds	None	1 point	1 point	2 points	Disqualification
Unnecessary Roughness	None	1 point	1 point	2 points	Disqualification
Unsportsmanlike Conduct	None	1 point	1 point	2 points	Disqualification
Stalling	Yes	1 point	1 point	2 points	Disqualification
Technical Violations	None	1 point	1 point	2 points	Disqualification

Technical violations include avoiding wrestling by leaving mat, grabbing clothing or headgear, incorrect starting position, locked hands. Technical violations for false start or incorrect starting position are a 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.