



SUNDAY, AUG 20TH RALPH MILLER SPARTAN TOURNEY!!!

Join the MPAL Granite State Gryphons on Sunday, August 20th for the 1st ever Ralph Miller Spartan Tourney! This event is a fast paced, individual tournament that will test the endurance and ability of all athletes from Kindergarten through 8th grade. Slots are limited for this one of a kind event!! Register by email by August 15th. Payment by cash or check due day of tournament. Checks payable to "Manchester Police Athletic League" with Ralph Miller Spartan written in the memo.

Format:

1 period lasting 60 seconds

30 second over time

10 second sudden death!

SCORING:

Pushout – 1 point

Takedown – 2 pts

Takedown to back – victory

3 pts - victory

Bracketing:

4 Man Round Robin

MANCHESTER POLICE ATHLETIC
LEAGUE

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<https://www.facebook.com/4LittleGryphons/>

This is a fundraising tournament. MPAL is a non-profit, inner city program. This tourney is being held as a fundraiser for MPAL and our wrestling program. Proceeds will help our kids get to tournaments throughout the upcoming season. The entry fee for this competition is \$10/wrestler cash or check made out to Manchester Police Athletic League. Please write Ralph Miller Spartan in the memo section.

To be a part of this awesome competition, please preregister by email before August 15th. The email should be sent to mjmartioski@yahoo.com and needs to contain your child's name, grade, weight and club. There will be no walk-up registrations for this event. Payment will be collected at check-in. A parent or legal guardian must complete and sign a waiver for the wrestler to compete. If you request one, I can email it to you, and there will be waivers at the tourney. Please keep in mind, there is no spectator fee, however donations of any size will be accepted with gratitude. If you choose, you may weigh in and submit the entry fee the day before the event at MPAL from the hours of 2pm-4pm.

Awards for this event will include 1st, 2nd, and 3rd place medals for all groups. Also, we will use the honor system for grades k-4 and weigh ins for grades 5-8. During weigh/check in period, we will conduct skin and nail checks. In order to keep our kiddos safe, there will be no suplex of any kind allowed, all other throws will be permitted. We will also have a concession stand.

Brackets will be compiled by age and weight. This is not a leveled competition.

Kindergarten – Check in 0700-0745, wrestle at 0800

1st and 2nd grade – Check in 0800-0845 wrestle at 0900

3rd and 4th grade – check in 0900-0945 wrestle at 1000

5th and 6th grade – weigh in 1000-1045 wrestle at 1130

7th and 8th grade – weigh – in 1100-1145 wrestle at 1230

We want our participants to wrestle comfortably. This means they may wear singlets or gym shorts and T-Shirts. Wrestling shoes are must and mouth guard is mandatory if wrestler has braces. Headgear and hairnet are both optional. Limited parking is available in the parking lot across the street in addition to on-street parking

Here is how we will run time and score the matches for all ages.

1 minute regulation period

30 second overtime

10 second sudden death

Scoring for k-4:

Pushout – 1pt

Clean takedown to control – 2 pts

Takedown to back (i.e throws to flat on back with control) Automatic victory

First person to 3 points wins, or whoever has most points at end of match.

NO SUDDEN DEATH!!

Scoring for 5th-8th:

Push out – 1 point

Clean takedown to control – 2 pts

Takedown to back (throws to flat on back with control) Automatic victory

First person to 3 points during regulation and /or overtime wins. All points are zeroed out for sudden death, first points wins. If after sudden death there is still a tie, bout goes to bottom of list to be wrestled again.

K-4 will wrestle on 3 mats and 5-8 will wrestle on 2 mats. Also, please keep in mind, all of our staff are volunteers. Referees and table workers will be High School wrestlers and coaches.

