



# LITTLE FALLS 1<sup>st</sup> ANNUAL ATTACK BANDZ TOURNAMENT

**WHAT:** GREAT FOR NOVICES! Attack bandz are the newest training tool in USA wrestling.

They were brought over from Russia and eastern European nations. They are a flag that goes around the wrestler's ankle. They help train for many techniques in our sport but keep it fun for young wrestlers. You will be amazed by the natural reactions and techniques your wrestlers use in an attack bandz match.

**RULES:** 3X 1 MINUTE PERIODS, get the opposing wrestler's flag and score 1 point. The most points at the end of 3 -1 minute periods, wins. TIME STOPS WHEN WRESTLER SCORES AND IN POTENTIALLY DANGEROUS SITUATIONS.

**DATE AND TIME:** SATURDAY, FEBRUARY 21, 2015. 10 AM – CHECK IN AT 9AM

**PLACE:** Little Falls High School

**COST:** \$15/ WRESTLER

**ELIGIBILITY:** ANY WRESTLER GRADE K-8

**AWARDS:** Trophies for all participants  
1<sup>st</sup> – 4<sup>th</sup> place – four man groups

**TO COACHES:** PLEASE SEND A ROSTER OF KIDS ATTENDING FROM YOUR TEAM. INCLUDE WEIGHT, GRADE, AGE, AND YEARS OF EXPERIENCE. WRESTLER'S WILL BE PUT INTO 4 MAN GROUPS BY WEIGHT FIRST, EXPERIENCE SECOND, AGE THIRD. Please register by Feb 14<sup>th</sup>. If you do not receive an email confirming registration- please send email again.

PAYMENT WILL BE MADE DAY OF TOURNAMENT.

SEND ROSTER TO MARC VERRI-

TEXT: 723-8379

EMAIL: [MVERRI@YAHOO.COM](mailto:MVERRI@YAHOO.COM)

**DAY OF TOURNAMENT- FOUR MATCHES WILL BE GOING AT ONCE- 3 ROUNDS FOR EACH  
WRESTLER- NO PINS, NO NF2, NO NF3. GUARANTEED SWEAT AND LOTS OF MAT TIME .SHOULD BE A  
FUN DAY FOR ALL!**