

# Douglas JV Boys & Girls

## Ground & Pound POD Tournament

Format: Pod Style (Goal to get each 6 Matches)

2 Two Minute Periods Per Bout

Each Period and Restart Starts in Referee's Position

Scoring: Pin- 6pts

Back Points - 2pts 3pts 4pts on Count

Escape - 2pts

Reversal - 4pts

Entry: Send Rosters to [DHSWrestlingcoach@gmail.com](mailto:DHSWrestlingcoach@gmail.com)

By December 5th 2024

**Douglas High School**

Weigh-ins @7:30am

December 7th 2024

1670 Hwy 395

Minden, NV 89423



Team Name: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Cost:**

**\$300 Per Team**

**18 Max**

**or**

**\$30 per**

**Individual up to 5**

Make Checks Payable to:  
DHS Wrestling C/O Jake Fair