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Sumo Wrestling Guidelines:

Contestant must be in good physical condition to participate and free from any pre existing medical condition. Persons with back, neck, knee or joint injury, respiratory problems or who may be pregnant should not participate. Any prospective participant currently under medical care should consult a physician before participating in this event.

Equipment Checklist

- (2) Suits
- (2) Helmets
- (2) Pairs of Mitts
- (1) 14'x14' Mat
- OPTIONAL: Referee whistle, cleaning supplies, prizes, etc.

Setting Up

The only setup required is assembling the mat. Each mat consists of (3) sections. Unroll each section and identify the middle section. Line up each of the outside sections to the middle section and fasten together with the velcro that is sewn onto the ends. A properly assembled mat will have your LOGO in the middle and your TOLL FREE # on the outer ring.

IMPORTANT: On all sides of the mat, allow at least 10 feet of clearance from walls, tables, structural support poles, and all other objects that could cause injury should a player be knocked off the mat during play.

Suiting Up and Getting Out

Players must remove their shoes.

Getting into and out of the Suit requires the attendants' help. First, lay the suit belly-down onto the mat and open up the back of the suit by pulling the velcro-fastened flaps apart.

The participant will then squirm into the suit feet-first while the attendant(s) hold open the back of the suit. Once the participant's legs are into the suit, he will then put his arms into the suit- one at a time. Once fully inside, the attendants close the back of the suit and gently help the participant to his feet by lifting under his arms. Once on his feet, the attendants need to place the helmet onto the player's head and fasten the chinstrap. Finally, make sure to fit the player's with the mittens.

Getting out of the suits is done in just the opposite order.

The Match

The suited players start by standing facing each other at the face off lines. The match begins on the referee's signal. The first player to muscle his opponent either to the mat or to the point of stepping onto the outer circle of the mat THREE TIMES is the winner.

It is important to prevent players from being knocked completely off of the mat. It is also ESPECIALLY important that spotters be on all four sides of the mat to prevent players from falling BACKWARDS- even onto the mat. Injury can occur when a player falls onto his back. Always try to break his fall.

Maintenance

Your Sumo Wrestling gear is designed to last for many years worth of use. Keeping your gear clean will be 95% of the upkeep.

The mats and the outer part of the suits can be kept clean through routine wiping with a clean, well-wrung damp cloth. A gentle, hypoallergenic household cleaner such as Windex can be used to spot clean. Adhesives or stubborn scuff marks can be removed with rubbing alcohol or mineral spirits. NOTE: Use caution when cleaning the artwork on the mat.

Between matches and after each event, it is important to wipe out the inside of the suits and helmets with dry towels to absorb perspiration. You should also clean the insides of the suits after every event with a damp cloth and a mild solution of antibacterial dishsoap and again wipe the inside of the suit dry. Baby powder can be used to keep the suits smelling fresh.

Should a suit become torn or slashed with a sharp object, it can be patched. Should a tear along a seam occur, 1st Choice Pieces & Parts Inc. will repair it at no cost (excluding shipping). In either case, contact 1st Choice Pieces & Parts Inc. at 866-841-7167.

Important Safety Information (Do's and Don'ts)

NEVER

- Never allow for unsupervised play
- Never allow players of significant unequal size to wrestle one another
- Never allow players to wrestle without proper sumo helmets and mittens.
- Never allow players to wrestle off the mat
- Never allow players to wear eyeglasses, earrings, or facial jewelry
- Never allow players to jump onto another player who is knocked down
- Never allow players to get a "head of steam" to begin a match. Always start at face off lines belly-to-belly.
- Never allow a match to continue if either wrestler is exhausted, overheated, or showing any sign of discomfort- including clausterphobia.
- Never allow players to grab their opponent
- Never allow horseplay that is outside of the rules

ALWAYS

- Have at least one spotter per wrestler to keep players inbounds and to prevent awkward falls.
- Make sure that players follow the rules
- Make sure that players are of good physical condition to participate. For example, do not allow pregnant women or people with known heart conditions or other ailments to Sumo Wrestle.
- USE COMMON SENSE WITH REGARD TO SAFETY

