SUMO WRESTLING

SETUP INSTRUCTIONS

Equipment Requirements: 14’x14’ ring (3 mats), 2 Sumo Wig Helmets, 2 Pair Sumo Mitts, 2 Sumo Belts, 2 Foam fill Sumo Suits

1. Unroll the three mats and align in proper order to form circular wrestling ring. Attach mats with hook and loop fastening strips, pat seams together.

2. Ensure there is plenty of clear space around the outside of the mat. Minimum space requirements approximately 20’x20’ area. Keep furniture and other item out of the way.

OPERATING INSTRUCTIONS

1. Lay suit belly down on mat.

2. Participant must remove shoes and lie face down on the mat and wiggle feet first into the unit. Spotter can hold suit open and assist participant in. Note it is not possible to get into Sumo Suit un-aided or standing.

3. With participant still lying on belly spotter must fasten buckles and close the hook and loop strip on the back of suit.

4. Spotter(s) to help participant to their feet and place helmet on participant, buckle and adjust securely. Place sumo mitts on participants hands.

The Game

A Sumo bout is called a Basho. Before a bout commences the two participants should stand behind the white lines and face each other. In traditional Sumo fashion, some pre-bout psyching out takes place in the form of staring down your opponent and some liberal knee slapping. The aim of the Basho is to wrestle your opponent either to the floor or out of the ring. This can be achieved by pushing tripping or lifting by the belt.

Important Safety Rules

1. Helmets must be worn by all contestants
2. Mitts must be worn at all times
3. No grabbing or pulling of latex sumo skin
4. Minimum of 2 spotters at all times behind contestants
5. No Shoes on mat

Warning

Persons with back, neck, knee or joint injuries, respiratory problems, or who may be pregnant, should not participate in this event

THERE WILL BE A $25.00 CLEANING FEE FOR ALL MACHINES RETURNED UNCLEANED