



SUMO SUITS



MUST BE 5' TALL TO PLAY!

RUNNING A SUMO COMPETITION

There are several options for running a group competition. Our supervisor will assist you in deciding which best suits your needs.

1. HEATS

Pairs play-off against each other in heats with winners moving to the next round until two finalists emerge. These two fight it out for "Sumo Champion". Heats can be grouped by age group, sex or other means depending on your situation.

2. TEAMS

Two teams are created and a member of each team battles it out in a Sumo match. Each game winner (there are 3 games to a bout) receives a point. The team with the highest score at the end is declared the winner.

3. KING OF THE MAT

The winner of the bout keeps playing until he/she is beaten. If someone can beat everyone in the competition they are pronounced "Sumo Champion" - Ideal for smaller competitive groups.

BOUT GUIDELINES

1. Competitors will be started apart on opposite ends of the circle, facing each other.
2. The referee will signal the competitors to begin and the competition will end in one of two ways:
 - Forcing opponent outside of circle - The contest ends when one of the contestants makes contact outside of the circle with any part of the body.
 - Forcing opponent to the mat inside the circle - The contest ends when one of the contestants makes contact inside of the circle with any part of the body except their feet.
3. The competitor who wins two or more bouts out of the three games will win the match.
4. The referee's decision on a question of fact is final. His/her interpretation of the rules during the game is final.