

## **How do you play sumo?**

Two people meet at the outer edge of the ring that is approx 3 metres across.

The round begins when the referee has asked both opponents to step into the ring

Often using the stomping ritual around the inner edge of the ring

The idea of the game is to force your opponent out of the ring or make a part of their body – apart from the soles of the feet – touch the floor

Fighting can last just a few seconds or as long as three minutes.

Pushing, tripping, slapping and body throws are in.

Pulling hair/helmets, gauging eyes and punching are all out.

The referee, with the help of judges, watches the match and decides who the winner is

You could play best of 3

## **Reasons for stopping play**

One or both of the wrestlers may be tired, over heated

The wrestlers have left the mat and need to restart a match

Raining

Wrestlers in need of refreshments

\*\* Don't forget to wear your helmets at all times when wrestling \*\*

\* \* Stay on the mat \* \*