



*"You Name it, we'll Inflate it!"*

## SUMO WRESTLING

### **Equipment Set Up**

#### **NO SHOES!**

1. Place 4 square wrestling mat on flat grassy area, making sure to match up the colored middle circle.
2. Place bladder inside liner, making sure that the plug faces the outside. Then place the liner inside the wrestling suit. (Make sure the bladder is not inflated.) Help the contestant step into the wrestling suit; pull up the liner with the bladder inside of it. Then pull up the Sumo suit. Once the Sumo suit is correctly on contestant, Velcro the flap together on their back.
3. Assist the contestant in putting on their helmet and make sure that the strap is Snug and that helmet is not too loose.
4. Place gloves on opponents.
5. Place blower end to the hole on the back of the bladder, (located on the contestants back) and start inflating the bladder, making sure that there is enough air in bladder to cushion a fall.
6. The referee starts the match and the two contestants push and pull trying to knock their opponent to the floor, or out of the 16'x16' mat.

#### **SAFETY GUIDELINES**

1. Make sure that contestants do not leap on top of their opponent's head.
2. If someone is pushed out of the ring, game is over.
3. No punching.
4. No kicking.
5. If you notice that a helmet has loosened, stop the match and tighten. Restart game. (Helmets must be worn at all times, NO EXCEPTIONS!)
6. If you notice that a bladder is deflating, stop the match, inflate the bladder again. If bladder still doesn't stay inflated, replace with a new bladder.
7. Do not let anyone play who appears to be intoxicated or under the influence of any illegal substance.
8. Please make sure that there are no sharp objects or furniture immediately surrounding the ring.
9. **Persons with back, neck, knee or joint injuries, respiratory problems, or who may be pregnant, should not participate.**