



Aarons Amusements

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SUMO WRESTLING: HOW TO PLAY

Some say it's a game of strategy, some say it's a game of strength, and some say it's a game of silliness... It's probably a mix of all three!

It's also just as much fun to watch as it is to play. The only thing better than wrestling your friend to the ground is watching them roll around trying to get up while they are lost in their 'sumo fat.'

RULES

- One participant should wear each suit, ensuring that they also wear a padded helmet.
- Each participant should stand at opposing ends of the floor mats facing each other.
- When the supervisor instructs the two wrestlers to start, both should move towards the centre and begin wrestling.
- The goal of each wrestler should be to get their opponent to fall on to the ground first, or for their opponent to step out of the ring first, finishing the round.
- The instructor may grant the players additional rounds before calling for two new players, a "best of 3" or "best of 5" between the two participants is suggested.

TOURNAMENT IDEAS

- If you have a large number of players, use butchers paper on the wall to construct a knockout system where winning players progress to the next round, much like a tennis tournament. Try to match first round participants to same gender and size competitor.
- If you don't have many players or are not rushed for time, let the winner stay on and accept a new challenger.

TIPS FROM THE PRO'S

- If you are a little shorter, hold the sumo belt higher to move the 'sumo fat' away from your legs.
- Fight 'low,' it's much easier than trying to knock someone over via their upper body
- Go to the bathroom before getting into the suit – otherwise you might piss yourself laughing!

SAFETY

- Wrestling should only take place on the padded mats, between the two players only.
- No drinks or glasses.
- No spear tackles or boxing.

AARON'S AMUSEMENTS ACCEPTS NO RESPONSIBILITY FOR ANY INJURY OR ACCIDENT RESULTING FROM THIS ACTIVITY. PEOPLE WITH PHYSICAL INJURIES OR CONCERNS SHOULD NOT PARTICIPATE

