

SUMO RULES

Participants face each other on opposite sides of the sumo ring, bow, and step into the ring.

Both participants must touch their knuckles to the ground before the match begins.

A participant who touches the inside of the ring with any part of their body except the bottom of their feet loses the match.

A participant who is shoved or thrown out of the ring loses the match.

A participant who is picked up and carried out of the ring loses the match.

Participants may push, pull or throw their opponent.

Sacrifice throws where a thrower's body touches the ground before their opponent's will result in a loss for the thrower, as their side or back will have touched the ground first.

Slapping, hitting & kicking are not allowed.