

Sumo Suit Rules and Instructions

Includes: 2 sumo suits, 2 helmets, 4 gloves, 12' x 13' mat, rules list

Setup

1. Find flat, preferably grassy area that is free of any sticks, sharp objects, rocks, standing water, drop-offs, or protruding objects. This area should measure approximately 25' x 25' as wrestlers may fall off of mat.
2. Unroll mat.
3. Place suits, gloves, and helmets on mat.
4. Velcro strip should be on the back of the suit.

Rules

1. All participants **MUST REMOVE SHOES** before stepping onto mat.
2. Use suits only on the 12' x 13' safety mat.
3. Participants must be over 5' tall and 16 years of age or older to use the suits.
4. All users must remove sharp objects; eyeglasses, watches, bracelets, necklaces, and earrings should be removed.
5. Those under the influence of alcohol or drugs should not use equipment.
6. Keep all sharp objects, silly string, gum, candy, food, other sticky substance, water, and pets away from mat and suits.
7. Participants **MUST** wear the helmets and gloves while playing.
8. Have people available to help participants in and out of suits and have extra people stand outside mat to keep participants within the mat surface.
9. Wrestlers must not begin until referee indicates that match has begun when both wrestlers are ready.
10. Spectators should surround the mat and keep wrestlers from stumbling off of mat.
11. Provide water for thirsty participants at a safe distance away from mat.
12. Do not use a wet mat and do not set up mat close to standing water.

Determining the winner

- Whoever steps outside the ring or touches the ground with anything but their feet loses in a "best of three" tournament.

Legal Moves:

- Belly Bumping (most effective method)
- Pushing
- Pulling
- Lifting
- Having Fun
- Laughing at your opponent

Illegal Moves:

- Grabbing
- Stepping out of the way of a charging wrestler

Waiver Form

In consideration of being allowed to participate in Sumo Wrestling Rentals, I understand and agree with Rental Me This, Inc. and _____ their officers, employees, agents and volunteers ("the Releasees") that:

a) neither the Releasees nor any of them may be held liable in any way for any occurrence in connection with this Sumo Wrestling Rental howsoever caused, which may result in injury, death or any other loss or damages to me or my family, and

b) I personally assume all risks in connection with the program, for any harm, injury, loss or damage which may occur while I am participating in this program, including and without limitation, all risks connected therewith, whether or not occurring as a result of the negligence of the Releasees or any of them.

I further state that I am of lawful age or legally competent to sign this affirmation and release, or that I have acquired written consent of my parents or guardians; that I understand the terms therein are contractual and not a mere recital; and that I have signed this document of my own free act. IT IS MY INTENTION BY THIS INSTRUMENT TO EXEMPT AND RELEASE THE RELEASEES AND EACH OF THEM FROM ALL LIABILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH HOWSOEVER CAUSED OR ARISING INCLUDING THE NEGLIGENCE OF THE RELEASEES OR ANY OF THEM.

I ACKNOWLEDGE THAT I HAVE READ, HAD EXPLAINED TO ME AND UNDERSTOOD THIS DOCUMENT BEFORE SIGNING IT. I VERIFY THAT I UNDERSTAND THE NATURE OF THE ACTIVITIES INVOLVED, AM PHYSICALLY FIT, AND AM SUFFICIENTLY QUALIFIED TO PARTICIPATE IN THIS EVENT.

DATE PRINTED NAME OF PARTICIPANT PARTICIPANT SIGNATURE

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