

## **American Judo and Jujitsu Federation Sumo Contest Rules Summary Card**

**DIVISIONS AND POOLS** During registration, all competitors will be weighed in and their age and experience in martial arts will be noted. **Junior pools** are usually for ages up to 15 inclusive. **Senior pools** are for those 16 years of age and over. Pools will be created utilizing standard pool sheets containing groups of 3, 4, 5, 6, 7, 8, 9 or 10 contestants. Setting up the pools is the most important part of the contest: it is for the enjoyment of the competitors and ensures their overall safety. The standard weights as used in judo contests can be used as a guideline when creating the pools, although pool creators should carefully weigh both the age and experience of contestants in the creation of the pools.

**START OF CONTEST** The referee will start by pointing to the pool controller. The controller will send the first two contestants up as indicated on the pool sheet. The referee should make a determination whether he wants to start the contestants apart at the edges of the circle or together with contestants holding each other's shoulders.

**THE CONTEST** When the contestants are ready, the referee should shout "Hajime" (meaning "begin"), or blow a whistle and the contestants should begin to fight. The contestants try to end the contest in one of three ways:

1. Forcing opponent outside of circle- The contest ends when one of the contestants makes contact outside of the circle with any part of their body.
2. Forcing opponent to the mat inside the circle- The contest ends when one of the contestants makes contact outside of the circle with any part of their body except their feet.
3. Carrying opponent outside of the circle- The contest ends if one competitor lifts his opponent off the mat completely and carries him outside of the circle. They must safely put the contestant down outside the circle.
4. Methods of Attack
  1. Pushing/Pulling- The contestant may push or pull his opponent outside of the circle at any angle and by grabbing any legal part of the opponent's body (any area that is not a vital area) or by grabbing any legal part of the opponent's uniform (no vital areas).
  2. Throwing- Since the contest does not have any divisions by rank, the referee and the sensei's of the competitors must decide before the contest whether throws will be allowed in certain divisions. Generally, intermediate level junior competitors and those that have studied over six months should be allowed to throw. Generally, all adults should be allowed to throw. **THROWING IS THE MOST DANGEROUS PART OF SUMO, ESPECIALLY IN THE JUNIOR DIVISIONS. THE REFEREE MUST ENSURE THE SAFETY OF THE COMPETITORS TO THE BEST OF HIS ABILITY.**
5. After the contest ends, the referee should clearly signal the winner to the pool controller. The winning competitor should also report his win to the pool controller.
6. The referee should then proceed clockwise or counter-clockwise to the next pool controller who will send the next competitors.
7. After a pool has been completed, it should be taken to the auditors to check it for accuracy.