

SUPERSUMO OPERATORS' GUIDE

THE GAME

Supersumo is played between two players of similar size with padded suits and helmets who face each other from each corner of a mat with the aim of dominating the central circle. It is played as best of three rounds with safety rules and operator.

SET UP IN A SAFE PLACE

Having found a flat surface, preferably soft such as grass (at least 2 metre surrounding clearance) the Supersumo mat must be securely fastened together at velcro joins to avoid trip hazards: 12ft in two pieces / 15ft in three pieces.



Make sure to avoid areas where sharp corners or inward leaning pointed features may exist eg perhaps within a bar or outside in a pub garden. MAKE CLEAR THE AREA. Inflatable surround is recommended for venues with limited space, to be staked or sand-bagged to retain shape.

SAFE EQUIPMENT USAGE

First the suits are easily placed over the players head and are designed for juniors, teens or adults with guide ages being 5 – 11 years (junior), 10 – 15 (teens) and 12 + years (adult). Never mix different size suits or significantly different size players.

Secondly the helmets are placed on the head with safety block at the back as in photo. Then the neck brace. Mitts are optional.



1. **OPERATOR MUST BE PRESENT AND HAVE READ OPERATORS' GUIDE**

2. Players must be:

FREE OF INJURY
NOT UNDER THE INFLUENCE OF ALCOHOL
NOT WEARING SHOES
SIMILAR IN SIZE

3. Players are not allowed to:

THROW OPPONENTS OUT OF RING
JUMP ON OPPONENTS
THROW OPPONENTS OVER THEIR SHOULDER / HEAD
RUN AT EACHOTHER FROM OUTSIDE MAT
ACT AGGRESSIVELY

4. Make players knock each other down within the ring thereby keeping them directed inward to the mat area as opposed to knocking each other off the mat (opposite to traditional sumo).

THE FUN BIT!

Players are encouraged to:

Make silly noises like Mr Blobby
Pretend to throw salt over their shoulders
Bend down and bow (which is not as easy as it sounds)
Look generally as silly as possible

SAFETY FIRST AND LAST!

Where players are being overly physical stop the game and remind them of the safe play rules.

In exceptional circumstances, where players are beyond control, pause the game and explain to the organiser your concerns.

If necessary stop operating and go home! Your payment will still be due and the players' safety will be secured.

I HAVE READ AND UNDERSTAND THE OPERATOR'S ROLE IN SAFE SUPERSUMOING

NAME

DATE

This operator's guide is meant as a minimum indicator of safety and all operators must adapt to the events of the day used in conjunction with Supersumo equipment. © Supersumo Ltd 2011