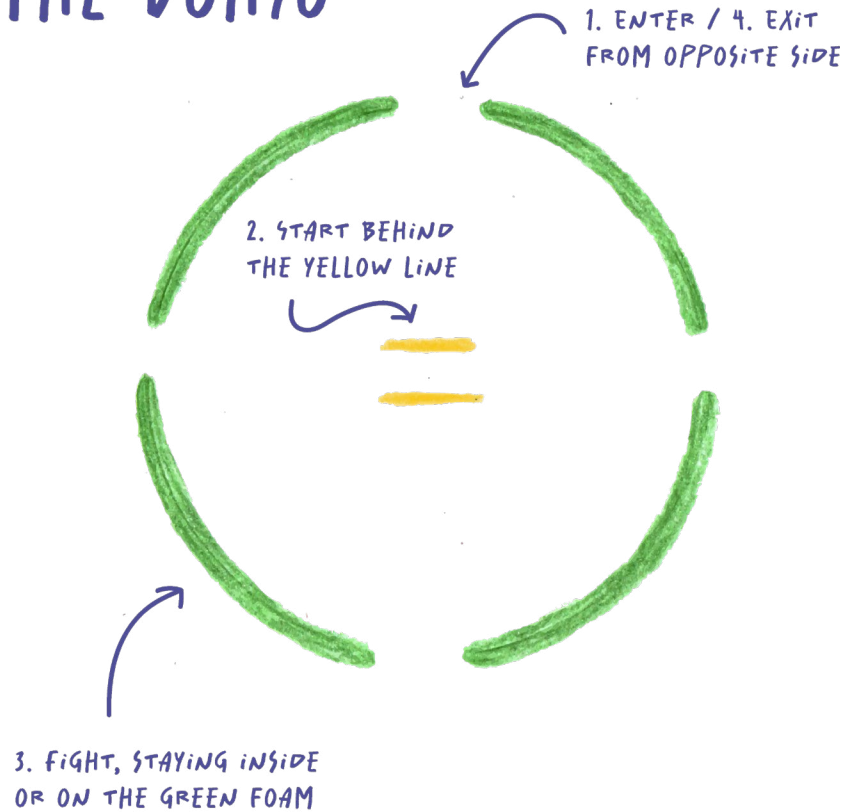


# Introductory Guide to Rules & Matches

This is a basic guide. For more information, visit [sumosundays.ca/play](http://sumosundays.ca/play) or email [sumosundays@gmail.com](mailto:sumosundays@gmail.com).

## THE DOHYŌ



### How matches work

1. Competitors enter from opposing sides of the *dohyō*, parallel to the yellow lines (the *shikiri-sen*, or starting lines) in the centre.
2. To start the match, competitors crouch down behind their starting line and place both fists on the ground when ready to begin. The *gyoji* (referee) will shout “*Hakkeyoi*,” signaling the start of the match.
3. The match finishes when someone steps out of the *dohyō* or places any part of their body on the ground (inside or outside of the *dohyō*), aside from the soles of their feet. Standing on the green part of the *dohyō* is okay.
4. Once the match is finished, competitors exit the *dohyō* from the side they entered and bow to their opponent.

### Techniques

Fighters can use most techniques during a match, including use of their opponent’s *mawashi* (sumo belt), with the exception of:

- Hair pulling
- Punching
- Striking the ears
- Choking
- Attacking the groin area
- Eye gauging
- Face striking or slapping