



SAFETY RULES

1. Remove your shoes during tasks and matches, as well as any object that could injure your opponent (e.g. necklace or ring).
2. Avoid aggressive behaviour or poor sportsmanship.
3. Carry out all tasks and matches on the two central mats of the padded surface. In case the opponents move outside these two central mats, the referee stops the match and restarts it at the centre of the mats.
4. Respect the areas where taking hold and circling are permitted.
5. Avoid taking hold of your opponent's head and going against the natural movement of any joints.
6. Maintain contact with the opponent who, if thrown off balance, risks a hard fall and injury.



ETHICAL BEHAVIOUR

1. Strictly follow all the rules.
2. Greet your opponent or shake their hand at the beginning and end of each match.
3. Compete fairly against your opponent and rely on your own talent and skills to win the match.
4. Refuse to win by unauthorized moves or cheating.
5. Respect the referee and their decisions.
6. Recognize the opponents' effective moves and good performances.
7. Accept victory with modesty and do not make fun of your opponent.