

## Siokaze rule

### 1. Athletes' own responsibility

To be able to swim continuously for the distance of the participating sport.

Please do not hesitate to abstain if you feel unwell before or during the competition.

When announcing abstention during the race, raise your right hand and signal the surveillance staff.

### 2. Contraindications for athletes

Athletes must not drink alcohol to compete or use any drugs or stimulants prohibited by law.

### 3. Support for athletes during the competition

Athletes can land on designated water boats or start points during the race to receive water and food and drink.

### 4. About wearing a wet suit and swim cap

Wet wear is allowed at distances of 3 km or less. However, when wearing a wet suit when the seawater temperature becomes high, be careful of the risk of heat stroke and compete.

Also, please prepare and wear a swim cap (a cap with a light color).

### 5. Age group of athletes

There is no age category for both men and women.

### 6. Number of events

1200 meters, 3000 meters and 5000 meters. Only one individual can participate.

### 7. Competition method

All are time races. You can swim freely.

### 8. Record

A certificate will be issued to swimmers.

### 9. Participant registration (reception)

Competitors are required to sign up for the participation by signing the handed "Pledge" within the time designated as "Reception" on the day of the competition. Only 1200 meters can be entered on the day

### 10. Start

For the start, a "rolling start method every 10 seconds" for 5 to 8 people will be used for each distance. The two pink buoys floating in the water are the starting lines. At the referee's signal, the competitor must stand still at the starting line and start with the starter's start signal.

11. How to measure the lap in order to check the number of laps and to confirm safety, each time you make one lap of the 600-meter lap course, raise your hand and tell your name to the staff when you go around the yellow buoy installed at the start point.

### 12. finish line

The finish line is at the water's edge. The time will be measured visually by the measurement staff.

At the time of the goal, the measurement staff will give you a card with the time immediately after the goal. Then, have the card with the time recorded on it be recorded at the measurement desk in the headquarters tent as it is, with the time and ranking confirmed. In addition, athletes who abstain from the tour must be notified at the headquarters tent that they have withdrawn.

### 13. Objection

Race appeals will be accepted by the referee within 30 minutes after the race ends. Objections will be decided by the referee's discretion.

### 14. Cancellation

If the organizer determines that unexpected weather conditions or other risks may accompany it, it may be canceled in advance or during competition.

### 15. Security

Six lifeguards will be monitored within the 600-meter course. If an athlete suffers an accident during the event, emergency measures will be taken. However, the measures here are only emergency measures, and if further actions are deemed necessary, the emergency medical institution will be called.

### 16. Other

You can use the shower room for a fee (100 yen) on the day. In addition, please manage your personal belongings and valuables at your own risk. Also, please understand that the organizer cannot accept any compensation for accidents or theft.