

Rules Acknowledgement and Agreement

Tsugaru Strait Swimming Federation Official Rules for Solo Swim

General Rules

The rules for the Tsugaru Strait Cross Swim (Solo Swim) shall be as follows and, in addition to what is stipulated in these rules, any other matters not mentioned shall be determined separately by the Chairman.

If there are any other unclear points, advice may be sought from the TSSF.

1. Start Point and Finish Point

Start point: Gongenzaki, Kodomari, Nakadomari, Aomori Prefecture

Finish point: Near Fukushima, Matsumae, Hokkaidō

*Finish point will be determined by the tidal current conditions on the day of the swim.

2. Swim Time Limit

The Tsugaru Strait Cross Swim shall commence no earlier than sunrise and shall conclude no later than sunset on the day of the event.

*The sunrise and sunset times officially announced by the National Astronomical Observatory of Japan shall be used as the standard.

3. Start and Finish

Start

- (1) The swimmer shall approach the start point by boat from Kodomari Fishing Port and enter the water at sunrise.
- (2) The swimmer shall then approach the rock wall of cliff of Gongenzaki, once the swimmer is in position the start of the swim shall be signaled by the observer's horn.
- (3) In the case of multiple swimmers, the starting order will be confirmed on the day before the first day of the five-day or seven-day attempt period and shall be determined by TSSF after consideration of the swimmer's preferred starting order.

Finish

- (1) The finish shall be deemed complete when the swimmer's entire body is out of the water on a finishing point considered legal under the TSSF rules.
- (2) Man-made structure (for example wave-dissipating blocks) shall be avoided as much as possible.
- (3) Where a feature such as a reef does not mark the true coastline, for example, open water lies beyond it, that feature shall not qualify as a finish point.
- (4) Notwithstanding the above rules, if by continuing to swim the swimmer would be

entering controlled waters then such a feature may be determined to be the finish point.

※All of the above shall be at the discretion of the pilot and observers. The finish shall be signalled by the observer's horn.

4. Permitted Equipment

Swimwear

- (1) Swimwear must not cover arms below shoulder-level nor legs below knee-level.
- (2) Swimwear may consist of one or two pieces, but layering of swimwear shall not be permitted.
- (3) Swimwear must be made of synthetic fibres.

*No equipment or swimwear that may aid speed, buoyancy, warmth or endurance such as wetsuits, swimming gloves, paddles, fins may be used.

Goggles and swim cap

- (1) Goggles and swim caps shall be limited to one pair of goggles and one swim cap.
- (2) Swim caps shall be made of mesh, silicone or latex.

Miscellaneous

- (1) Nose plugs, ear plugs, sunscreen or skin lubrication, such as lanolin or Vaseline®, may be used.
- (2) MP3 players and other electronic sound devices may not be used, except for safety reasons.

Equipment Check

The swimwear, goggles and swim cap will be checked and must be approved by the observers on the day before the first day of the five-day or seven-day attempt period.

5. Escort boat

The escort boats and crew (captain, deputy captain, observers, etc.) shall be designated and appointed by TSSF.

6. Support swimmers

- (1) Only one person is permitted with the permission of the observer(s).
- (2) The support swimmer may only enter the water 3 hours after the start of the swim and for a maximum of 1 hour.
- (3) Once the support swimmer leaves the water, the support swimmer may not re-enter the water until at least a further 2 hours have passed, and, again, for a maximum of 1 hour.
- (4) The support swimmer must swim side by side with the swimmer and physical contact

is not permitted. Other matters will be directed by observers.

*In the event of a serious accident, up to two support swimmers may be permitted to swim.

7. Methods and restrictions of supply of food

- (1) Only indirect feeding by means of tools from the escort boat is permitted.
- (2) Supplies may be solid, liquid, and/or jelly/paste consistencies. The contents of the rations should be reported to the observers in advance.
- (3) Alcohol, non-medicinal drugs (including performance enhancing drugs) and stimulants are prohibited. The giving of supplies shall be completed within a short duration. The pilot has discretion to order to stop the giving of supplies for safety reasons or tide conditions.

8. End of Tsugaru Strait Cross Swim and requirements for discontinuation

Requirements for Official Recognition of Completion

Reaching Hokkaidō in compliance with the aforementioned rules constitutes a successful result of the 'Tsugaru Strait Cross Swim'.

The attempt shall be deemed unsuccessful if any of the following occurs:

- (1) physical contact, whether intentional or accidental, of the swimmer with the escort boat, crew, support swimmers, etc.
- (2) if the swimmer/support swimmer violates the rules on support swimmers, such as swimming outside the specified time, physical contact, etc.
- (3) if the swimmer touches the escort boat during feeding, or if the swimmer directly receives the supplies by them having been handed over
- (4) if the captain deems it unsafe to continue due to deteriorating weather conditions, sudden changes in sea conditions, the swimmer's deteriorating health and/or determines that completion is no longer possible
- (5) if the swimmer voluntarily withdraws from the swim
- (6) any other conduct deemed by the observer(s) to be in breach of the rules

*In the event that the event is completed or cancelled, the swimmers must return to Kodomari Fishing Port as soon as possible.

9. Certificate of completion and records

Swimmers who have successfully completed the Tsugaru Strait Cross Swim will receive a certificate and observer's report by post. In the event of an unsuccessful swim attempt the observer's report can be posted to the swimmer upon request.

By signing below, I confirm that I have read and understood the rules set out in this document and agree to comply with them if accepted as a participant in the Tsugaru Strait Cross Swim.

Name _____

Date _____

Signature _____