

## 2026 Tsugaru Strait Exchange Festival

### Tsugaru Strait Cross Swim -Relay- Alternative Methods and Rules

#### Method 1: Tsugaru Strait Swimming Federation Relay official rules

Team Composition: 4 swimmers

(or 5 'Participants' if the team coach will also be in attendance)

\*Teams must include at least one Japanese swimmer

Swimming Method: Each swimmer's swim shall be limited to 1 hour intervals. Any order changes after commencement of the swim shall not be permitted.

The handover shall be considered complete when the next swimmer in rotation overtakes the current swimmer.

The relay swim will be terminated if any swimmer is unable to continue.

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.

Other:

Certificates proving that each of the swimmers have experience of swimming for 30 minutes or more in seawater temperatures of 18°C or lower within the preceding 12 months to 5 July 2026 are required.

Certificates do not need to be submitted with the application. However, they must be submitted by the deadline specified by the Tsugaru Strait Exchange Festival Executive Committee (hereinafter referred to as the "Organizer").

\*"Certificate" refers to an official document such as a completion certificate or an observer's report issued by a third-party organization. Self-reported documents are not accepted as valid certificates.

Upon successful completion, a certificate of achievement will be issued by the Tsugaru Strait Swimming Federation, a WOWSA-recognized organization.

### Method 2: The Tsugaru Strait Exchange Festival rules

Team Composition: Up to 4 swimmers

(or up to 5 'Participants' if the team coach will also be in attendance)

\*Team must include at least one Japanese swimmer

Swimming Method: Each swimmer's time in the water is unrestricted, and the order of swimmers may be changed after commencement of the swim.

The handover shall be considered complete when the next swimmer in rotation overtakes the current swimmer.

If a swimmer is unable to continue the swim, the team representative may decide to continue or abandon the swim.

Swimwear: Nothing strictly prohibited but must be appropriate for Cross Channel Swimming.

Other: Upon successful completion, a certificate of completion will be issued by the Organizer (Tsugaru Strait Exchange Festival Executive Committee) .

#### ★General Rules

- The Tsugaru Strait Cross Swim must be completed between sunrise and sunset. The relay begins when the first swimmer receives the start signal from the observer.
- Nose plugs, ear plugs, sunscreen or skin lubrication, such as lanolin or Vaseline®, may be used.
- MP3 players and other electronic sound devices may not be used, except for safety reasons.
- Any rules not specified herein shall be determined by the Organizer.

#### ★Application Documents

- Application Form (Must be submitted including full acknowledgment of the "Your Commitment" section).
  - Identification document (copy of passport with name and photo page) for each Participant.
  - Other documents deemed necessary by the Organizer.
  - Certificate evidence of swimming for 30 minutes or more in seawater below 18° C\*.
- \*Only required for teams attempting under the TSSF Relay official rules.