



The 38th Japan National Lifesaving Pool Championships
ILS Sanctioned Event
(for international competitors)

December 2025

GENERAL INFORMATION

- Name The 38th Japan National Lifesaving Pool Championships
 - Organizer Japan Lifesaving Association
 - Official International Lifesaving Federation
 - Date 21th(Sat) & 22th(Sun) February, 2026
 - Venue Tokyo Aquatics Centre (Koto-ku, TOKYO) *
- * Venue for Tokyo 2020 Olympic Games

REQUIREMENTS FOR INTERNATIONAL COMPETITORS

- The organization must be a member of the ILS.
- The country must have competed in the Lifesaving World Championships before.
- Competitors must have competed in lifesaving competitions (pool events only).
- Each organization is responsible for covering its own expenses (participation fees, travel, accommodation, visa fees, insurance, etc.) for participating in the competition. The competition organizer will not arrange for these expenses. In the event of any problems related to travel or stay, each organization must resolve the issue on its own (the competition organizer cannot bear any financial burden).
- All participants in the competition must have travel insurance. Each group/person must make their own arrangements.

EVENTS

[INDIVIDUAL EVENTS]

- * Obstacle Swim (200 m) (Female)
- * Obstacle Swim (200 m) (Male)
- * Manikin Carry (50 m) (Female)
- * Manikin Carry (50 m) (Male)
- * Rescue Medley (100 m) (Female)
- * Rescue Medley (100 m) (Male)
- * Manikin Carry with Fins (100 m) (Female)
- * Manikin Carry with Fins (100 m) (Male)
- * Manikin Tow with Fins (100 m) (Female)
- * Manikin Tow with Fins (100 m) (Male)
- * Super Lifesaver (200 m) (Female)
- * Super Lifesaver (200 m) (Male)

[TEAM EVENTS]

- * Line Throw – 12.5 m (Female)
- * Line Throw – 12.5 m (Male)



- * Manikin Relay (4 × 25 m) (Female)
- * Manikin Relay (4 × 25 m) (Male)
- * Obstacle Relay (4 × 50 m) (Female)
- * Obstacle Relay (4 × 50 m) (Male)
- * Medley Relay (4 × 50 m) (Female)
- * Medley Relay (4 × 50 m) (Male)
- * Pool Lifesaver Relay (4 × 50 m) (MIX : Male2, Female2)

*Underlined events are straight time final.

*According to the number of entries heats and finals might become straight time final.

*In the team events, it will not be allowed to form a mixed gendered team.(Excluding “Pool Lifesaver Relay”)

*[INDIVIDUAL EVENTS] The number of registered events is based on one events per competitor. If you participate in more than 2 events, additional participation fee (1,000 yen / 1 event) is required. The team events are not included.

*[TEAM EVENTS] A maximum of 3 teams from each club may enter.

■ ENTRY TIMES

For the individual events, there are minimum Qualifying Time.

The competitor must clear the minimum Qualifying Time to be able to compete.

Individual Event	minimum Qualifying Time	
	Male	Female
200 Obstacle Swim	2:53.18	3:08.91
50m Manikin Carry	0:48.96	0:56.66
100m Rescue Medley	1:43.75	1:54.64
100m Manikin Carry with Fins	1:20.36	1:31.21
100m Manikin Tow with Fins	1:28.21	1:41.32
200m Super Lifesaver	3:04.47	3:24.11

■ RULES

Rules will be conducted by the ILS Competition Rule Book 2025 Edition Effective 1 September 2025

■ TIMETABLE

Timetable will be announced later.

■ AWARD

<Awards by event>

Medals will be awarded to the first to third places in various items.

<Overall ranking>

International teams are not included in the overall group ranking.



■ **ENTRY FEE & PAYMENT**

International competitors shall pay the entry fee before the commencement of the event, which can be paid in cash on the competition day.

<Competitors Entry Fee>

Open 11,000 JPY/person

*The competitors who only participate in team events are also needed to fill out the entry sheet and pay the entry fee.

<[INDIVIDUAL EVENTS] Extra Entry Fee>

If a competitor will participate in more than 2 individual events, 1,000 JPY per event is required to pay as extra entry fee.

*The team events are not included

<Team Event Entry Fee>

6,000 JPY per event.

<About Entry Fee>

Even if a competitor cannot participate or has been disqualified, the entry fee will not be refunded. Also, even if a competitor cancels the registration after due date, or the competition is canceled due to the bad weather and the other reasons, the entry fee and the charge will not be refunded. Please make sure to be accurate on the registration process.

■ **TEAM MANAGER'S MEETING**

Competitors or representatives of international teams shall attend briefing, which will be planned to be held on 20th February before the competition. (Attendance by proxy shall also be acceptable.)

■ **DOPING TEST**

1. This competition will be conducted under the control of Japan Anti-Doping Code.
2. The participants of this competition will be considered to have agreed to be the subject of the Japan Anti-Doping Code.
3. For the participants under the age of 18, only the ones who have turned in the agreement form to the team will be allowed to participate in the competition.
4. The participants who have avoided or denied the doping test or did not follow the instructions of the inspector, or could not complete the process of doping test because of personal circumstances such as transportation, will have the possibility to be considered to have violated Japan Anti-Doping Code. If participants were considered so, he/she will take sanctions.
5. The participants who become the subject of blood test during and outside the competitions are required to rest for 2 hours after the exercise.



6. More information of Japan Anti-Doping Code and doping test can be seen at the website of Japan Anti-Doping Agency. (<http://www.playtruejapan.org>)
7. International competitors must accompany the translator at each organization / club. Doping inspectors are Japanese.

■ **STANDS**

Locations in stands will be decided by organizers for safety reasons.

■ **ENTRY FOR INTERNATIONAL COMPETITORS**

Acceptance of International Competitors will be decided by the organizing committee.

If the entry was not permitted, you will be informed from the organizing committee.

Entry should be submitted by email with the following documents by 21th January, 2026.

<Documents for entry>

- Endorsement from your ILS member National Federation
- Competitor Information / Entry form
- Consent form (Must be signed by team manager)

■ **ILS SANCTIONED**

This will be an ILS sanctioned event.

■ **CONTACT**

Japan Lifesaving Association

Suzuyo Bldg 7F, 2-1-16, Kaigan, Minato-ku, Tokyo, Japan 105-0022

E-mail: compe@jla.gr.jp



The 38th Japan National Lifesaving Pool Championships (for international competitors)

Competition Regulations

1. ELIGIBILITY & RIGHT TO PARTICIPATE

- 1-1 Competitors should be over 12 on the first day of the competition.
- 1-2 The Competitors must have a rescue (Lifesaver / Lifeguard) qualification recognized by the ILS / JLA or own country.
- 1-3 Competitors must qualify the minimum time in order to take part in the competition. (Team managers are responsible.) Team managers must check whether the competitors of their team have qualified the standards or not.

2. TEAM COMPOSITION

- 2-1 Teams must be composed of competitors belonging to the same team.
- 2-2 In the team events, it will not be allowed to form a mixed gendered team.

3. PARTICIPATION REGISTRATION

Competitors must register for the entry event using a predetermined form in advance, regardless of the individual event / team event.

4. TEAM MANAGER

The team should have one team manager. A team manager could be a competitor. The team manager should participate in the team managers meeting. If the team manager cannot participate in the TM meeting, a competitor from the team can be a substitute.

5. TEAM UNIFORMS

- 5-1 The team should wear appropriate team uniforms, swim wears, and caps during ceremonies and competition.
- 5-2 If JLA judges the design and quality of the uniform, swim wears, and swim caps are inappropriate, no competitor can compete.
- 5-3 The design of the Team Caps should be sent to JLA in advance.
- 5-4 All the members of the team should wear the same designed cap. If the design is different from the ocean and the pool, they cannot be used at the same time.
- 5-5 If the team uniform, swim wear, swim cap offends the sponsor of the competition, the team must follow the organizer's direction.

6. COMPETING REGULATIONS

Rules will be conducted according to the ILS Competition Rule Book 2025 Edition Effective 1 September 2025 and additional information below. The information below



will take priority over the ILS Competition Rule Book 2025 Edition Effective 1 September 2025.

- 6-1 This competition begins at the marshal time of the first event and finishes 20 minutes after the end of the last event. However, if there are any protest or appeals, the competition will continue until the complete resolution.
- 6-2 By entry, the competitors are regarded to have responsibility and obligation to know the regulations and the process of managing the competition.
- 6-3 The final will not be separated into A and B. It will be conducted only in 1 heat.
- 6-3 The handlers must show up to marshal with the competitors by the announced time and at the announced place. The handlers and the competitors must line up according to the officials' instructions.
- 6-4 The amount of the deposit in the appeal will be 10,000 JPY.

7. EQUIPMENTS

- 7-1 The equipment used in the race must qualify ILS Competition Rule Book 2025 Edition Effective 1 September 2025 "SECTION 8 (FACILITY AND EQUIPMENT STANDARDS AND SCRUTINEERING PROCEDURES)".
- 7-2 The equipment used in pool events such as batons, buoys and rescue tubes, will be prepared by the organizer.
- 7-3 The organizer can scrutineer the equipment prior to its use in events, and if necessary, during and/or after an event. If the equipment does not apply to the standard, the competitor cannot use the equipment or will be DQ.
- 7-4 For all the events, water temperature will be about 28 degrees, the pool depth will be 2.0m.
- 7-5 During Line Throw, the obstacles (of the Obstacle Swim) will be used as cross bars.

8. TOURNAMENT RECORD/ NATIONAL RECORD/ WORLD RECORD

- 8-1 The tournament record will be admitted with the same events as national record (as world record).
- 8-2 Through the process of admitting national record by JLA or applying the admission of world record to ILS, the nationalities of the qualified competitors will be checked.
- 8-3 Through the process of applying the admission of world record to ILS, the doping test will be conducted to all the qualified competitors. However, "Masters" are not required. International competitors must accompany the translator at each organization / club. Doping inspectors are Japanese.
- 8-4 For world record, the age of application is decided according to ILS Competition Rule Book 2025 Edition Effective 1 September 2025 "S2-11 AGE CATEGORIES".
- 8-5 International competitors will not be allowed to update the national record. To be certified as a national record, a person must have Japanese nationality.



9. OTHERS

- 9-1 Photographs, video images, and audio recordings of competitors and team members taken by the organizer or persons authorized by the organizer during the Competition may be used for the purpose of promoting lifesaving or licensed to a third party
- 9-2 Entry information submitted at the time of registration for the competition may be announced, posted, or made public by the Association or by persons authorized by the Association.
- 9-3 Filming may be restricted or denied by the organizer of the competition during the competition. In addition, the organizer may ask the competitors to submit the records of the photographs taken.
- 9-4 If any false information is found in the documents submitted to the competition organizer, participation in the competition or records may be cancelled.