



**The 39th Japan National Individual Lifesaving Championships
(for international competitors)**

April 2026

GENERAL INFORMATION

- Name The 39th Japan National Individual Lifesaving Championships
- Organizer Japan Lifesaving Association
- Date 20th(Sat) & 21th(Sun) June, 2026
- Venue Wakasawada Beach (Takahama-city, Fukui Prefecture)
- Others This competition is a test event (preliminary competition) for the lifesaving event at the “World Masters Games 2027 Kansai,” which is scheduled to be held in May 2027.

■ **Conditions for International Competitors**

- Must be able to provide a letter of recommendation from an ILS member national federation.
- Must have competed in a lifesaving competition (whether in their home country or abroad).
- Travel arrangements for flights and transfers, lodging arrangements, visa arrangements and guarantees (if required), etc., are to be made by the participants themselves. The Organizing Committee will not make any arrangements or bear any financial responsibility.
- Be sure to purchase travel insurance.
- Other instructions from the Organizing Committee must be followed.

■ **EVENTS**

[INDIVIDUAL EVENTS]

- * Surf Race (Female)
- * Surf Race (Male)
- * Surf Ski Race (Female)
- * Surf Ski Race (Male)
- * Board Race (Female)
- * Board Race (Male)
- * Oceanwoman (Female)
- * Oceanman (Male)
- * Beach Flags (Female)
- * Beach Flags (Male)
- * Beach Sprint (Female)
- * Beach Sprint (Male)
- * Beach Run (2km) (Female)
- * Beach Run (2km) (Male)

*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.



[TEAM EVENTS]

- * Beach Relay (Mix) (2 Female & 2 Males)
- * Ocean Lifesaver Relay (Mix) (2 Female & 2 Males)

* Each club may enter only one team. There will be no separate female and male events; only mixed-gender events will be held, and each team must consist of two women and two men (competition with any other gender or number of participants will not be permitted). The sections covered by the two women and two men may be chosen at the club's discretion.

■ **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>

No overall group standings shall be assigned in this competition.

■ **ENTRY FEE & PAYMENT**

International Competitors shall pay the entry fee prior to the start of the competition, and shall do so through the “Liveheats” registration system.

<Competitors Entry Fee>

9,900 JPY / person

*A system fee of “900 JPY” will be charged. This is the applicant's responsibility.

<[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.

<[TEAM EVENTS] Extra Entry Fee>

6,000 JPY / 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.



■ **ENTRY FOR INTERNATIONAL COMPETITORS**

Entries must be submitted by e-mail with the following documents attached.

Entry must also be made via the “Liveheats” registration system and payment must be made [by May 20, 2026](#).

Both procedures must be completed [by May 20, 2026](#).

<Documents for entry>

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

<Digital entry (Liveheats)>

- <https://liveheats.com/jla>
'The 39th Japan National Individual Lifesaving Championships'

If you wish to borrow competition equipment, please consult with the organizer. (However, it is not always possible to provide such equipment.)

■ **TEAM MANAGER'S MEETING**

Competitors or representatives of international teams shall attend briefing, which will be planned to be held on 19th June before the competition. (Attendance by proxy shall also be acceptable.) Briefing will be conducted via web conferencing system (only Japanese shall be used).

■ **CONTACT**

Japan Lifesaving Association

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

E-mail: compe@jla.gr.jp



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Competition Regulations

1. **ELIGIBILITY & RIGHT TO PARTICIPATE**

- 1-1 Competitors should be over 12 on the first day of the competition.
- 1-2 Competitors must be Lifesavers or whom aspires to be lifesavers.
- 1-3 Competitors must compete from one organization/club.

2. **TEAM COMPOSITION**

Teams must be composed of competitors belonging to the same team.

3. **REGISTRATION**

Competitors must register for the event using the entry form.

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, 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, the competitor cannot 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. **COMPETITION 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.

- 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.
- 6-5 The competition rules for the “Ocean Lifesaver Relay (Mixed)” are as follows:
- A) In principle, the rules for the “Ocean M Lifesaver Relay” as set forth in the “JLA Competition Rule Book 2025 Edition (Effective 1 September 2025)” published by the Association shall be applied.
 - B) Regarding the ocean course and the buoys used, the course layout for the “Oceanman Relay / Oceanwoman Relay” shall be adopted (it is not an M-shaped course as used in the “Ocean M” event).
 - C) The sequence of legs is fixed as follows: ① Run – ② Swim – ③ Run – ④ Board – ⑤ Run – ⑥ Surf Ski – ⑦ Run. (The runner will compete in a total of four legs: ①, ③, ⑤, and ⑦).
 - D) The order and specific legs assigned to the two female and two male competitors may be chosen at the team's discretion.

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 and buoys, 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.

8. OTHERS

- 8-1 In order to hold and conduct the competition safely, competitors must participate with the understanding and acceptance that it is difficult to eliminate the risk of infection from various viruses and other pathogens. Furthermore, competitors must agree that any risks or losses, including the risk of infection, are their own personal responsibility. Competitors must also understand and comply with the infection control measures presented by the organizer. In the event that an infection is confirmed among participants, competitors agree to the disclosure of information to investigative agencies and to being contacted by the organizer (however, this information will not be provided to third parties for any other purposes).
- 8-2 Photographs, video images, and audio recordings of competitors and team-related personnel 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.
- 8-3 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.
- 8-4 Filming/photography may be restricted or denied by the organizer during the competition. In addition, the organizer may request the submission of any recorded media or photographs taken.



8-5 If any false information is found in the documents submitted to the competition organizer, participation in the competition or official records may be cancelled.