

World Aquatics Masters Championships Kyushu 2023

ENTRY BOOKLET

2-11 August 2023

Official Partners



Yakult



CHAPTER1. Welcoming Addresses

- 1.1. Message from the World Aquatics President
- 1.2. Message from the President of the Organising Committee
- 1.3. Messages from the Mayors of the Three Host Cities
 - 1.3.1. Mayor of Fukuoka City
 - 1.3.2. Mayor of Kumamoto City
 - 1.3.3. Mayor of Kagoshima City

CHAPTER2. Japan and the three host cities

- 2.1. Japan
- 2.2. Fukuoka City
- 2.3. Kumamoto City
- 2.4. Kagoshima City

CHAPTER3. World Aquatics Masters Championships Kyushu 2023

- 3.1. Registration
- 3.2. Fees and Entry Procedures
- 3.3. Deadlines of Registration and Payment
- 3.4. Accreditation
- 3.5. Immigration Information
 - 3.5.1 Visa Information
 - 3.5.2 Information on Infection Prevention Measures
- 3.6. Competition and Training Venues
- 3.7. Competition Rules and Regulations
- 3.8. Competition Programme
 - 3.8.1. Swimming
 - 3.8.2. Open Water Swimming
 - 3.8.3. Diving
 - 3.8.4. Water Polo
 - 3.8.5. Artistic Swimming
- 3.9. Victory Ceremonies

CHAPTER4. Transportation Guide and Services

4.1. Fukuoka city

4.1.1. Access

4.1.2. Transportation in the city (access to each venue)

4.1.3. Accommodation

4.1.4. Sightseeing Information

4.2. Kumamoto city

4.2.1. Access

4.2.2. Transportation in the city (access to each venue)

4.2.3. Accommodation

4.2.4. Sightseeing Information

4.3. Kagoshima city

4.3.1. Access

4.3.2. Transportation in the city (access to each venue)

4.3.3. Accommodation

4.3.4. Sightseeing Information

4.4. Medical Services

CHAPTER5. Events and Other Information

5.1. Fukuoka Ichiba(Market Street)

5.2. Opening & Closing Ceremonies

5.3. Affiliated Projects

5.4. Useful Information



CHAPTER
1. Welcoming Addresses

1.1. World Aquatics President



I am delighted to welcome the Aquatics community to the World Aquatics Masters Championships – Kyushu 2023 which will be held in Japan from 2 - 11 August, 2023.

The island of Kyushu is a place of great beauty. With clean, clear seas and white sandy beaches, it's a perfect area for all ages to participate in aquatics. Japan has a long history of success in aquatics and we are very grateful for Japan's commitment to hosting both the World Aquatics Championships and the World Aquatics Masters Championships.

On behalf of the global aquatics community, I would like to express our appreciation to the Organising Committee and athletes for the patience and resolve you have shown leading up to this event. I am sure this World Aquatics Masters Championships will prove to be worth the wait!

It is an event which shows that no matter their age, our swimmers, water polo players, divers, artistic swimmers and open water swimmers remain capable of inspiring performances. With the three cities of Fukuoka, Kumamoto and Kagoshima hosting competitions, this will help promote aquatics across the generations and deliver a positive impact for everyone involved.

The World Aquatics Masters Championships is our biggest event in terms of participation, with over 10,000 athletes from 100 countries competing this year. This is 2,000 more competitors than at our last event, showing the growing popularity of aquatics around the world.

I would like to express the sincere gratitude of World Aquatics to the Japanese Swimming Federation, the Organising Committee and to the local authorities, partners and sponsors for their continued support and hard work.

To all the athletes and officials participating in the World Aquatics Masters Championships, please accept my best wishes for an enjoyable and memorable participation in this wonderful event.

Husain Al-Musallam
World Aquatics President

1.2. President of the Organising Committee



To all aquatic sports fans world over,

Hello. I am Daichi Suzuki, the President of the Organising Committee of the World Aquatics Championships Fukuoka 2023, and the Japan Swimming Federation.

I am extremely proud that the World Aquatics Masters Championships Kyushu 2023 is held in the three cities on the Kyushu Island, Fukuoka, Kumamoto and Kagoshima, and I wholeheartedly welcome all participants from across the globe.

The Championships' concept of "WATER MEETS THE FUTURE" expresses the hope that all the participants will meet the future. The event takes aim to create the future of aquatic sports through innovative technology, and also create a future for the region by connecting various people. The goal of the Championships is to further develop the event through the course of 22 years, from the one in 2001 that focused on "entertaining" people to the other in 2023 that focuses on "inspiring" people.

It is indeed four years since the last World Masters Championships was held in Gwangju in 2019. During this time, competitions could not be held and moreover, many athletes were hardly able to practise to their satisfaction. I am more than delighted that the World Aquatics Masters Championships is held once again and that I can meet you all from across the globe.

Aquatics sports is hugely popular in Japan and is something that can be enjoyed throughout one's life. I sincerely hope that this event will be an opportunity for each participating athlete to feel the bond between diverse people and to expand one's activities to reach a bright and healthy future.

Lastly, I would like to express my deepest gratitude to World Aquatics and all individuals who have made their utmost efforts in organising this event. I truly wish that this Masters Championships will be a wonderful occasion where its participants can showcase to their fullest extent what they have accomplished through their daily training, deepen their acquaintance and congratulate each other on their fine performance.

Daichi Suzuki

President Organising Committee of the World Aquatics Championships Fukuoka 2023

1.3.1 Mayor of the Host City (Fukuoka City)



To all aquatic sports fans around the world,

I am Soichiro Takashima, Mayor of Fukuoka City, the host city for swimming, diving and open water events of the World Aquatics Masters Championships Kyushu 2023.

It is a great honour for Fukuoka City to host the World Aquatics Masters Championships together with Kumamoto City and Kagoshima City in August 2023. I sincerely welcome every athlete and official that will join the event from all over the world.

After successfully hosting the first FINA World Championships in Asia in 2001, Fukuoka has developed as a city through attracting numerous MICE events, such as the G20 Finance Ministers and Central Bank Governors Meeting and the Rugby World Cup 2019.

Fukuoka City is renowned for being comfortable for both residents and visitors alike, with its major train stations, airport and port all located in a 2.5-kilometre radius, and many hotels, office buildings and shopping facilities in the city centre. In fact, the city enjoys a high level of satisfaction from its residents. As a result, the population growth of Fukuoka City ranks first among Japan's major cities for both population number and rate and continues to increase, despite the fact that the population of Japan as a whole is declining.

The swimming, diving, and open water swimming events to be held in Fukuoka City will take place at the exact same venue as the World Aquatics Championships immediately after the event. The opportunity of competing in the same venues where top athletes have competed is sure to be a valuable experience; I hope that you will feel the atmosphere of the same venues, and I look forward to seeing the same exhilarating competitions as at the World Aquatics Championships.

After two postponements, this year's event is finally here. Over the past few years, many sports events had to be cancelled or postponed. I am sure that there have been times when participants have been unable to compete, and in some cases, even practise at all. I am delighted that the World Aquatics Masters Championships, in which competitors from around the globe will take part, will be held after such a period of time, and I hope that this event will help to energise not only Fukuoka, but Kyushu, Japan, and the entire world through the power of sports.

Now, everyone involved in the event is working together to prepare to welcome you all. We are preparing to provide an environment that ensures each and every competitor can perform at their best, and that allows you to enjoy Fukuoka City to the absolute fullest during your stay.

In conclusion, I would like to thank World Aquatics, the Japan Swimming Federation, the Government of Japan, Fukuoka Prefecture, and every individual involved in organising this event. I wish each and every participants the very best of luck and success in the competition, and I look forward to seeing you all in Fukuoka in August 2023.

Soichiro Takashima,
Mayor of Fukuoka City & Vice President of the Organising Committee

1.3.2 Mayor of the Host City (Kumamoto City)



Hello swimming enthusiasts around the world.

My name is Kazufumi Onishi, and I am the mayor of Kumamoto City, which will be the Water Polo Host City for the World Aquatics Masters Championships Kyushu 2023.

I am overjoyed to have the opportunity to host such an esteemed event that has given rise to many athletic records and beautiful emotions in Kumamoto. I speak on behalf of all the citizens of Kumamoto when I say we look forward to welcoming the athletes who will compete in the event.

Even as we continue our steady progress towards restoration after the Kumamoto Earthquake, we are putting our full force behind protecting the health and safety of our residents as we partner with the national government, prefectural government, and medical institutions to confront the new dangers of COVID-19.

As you know, we are in a time when so many events and sporting competitions have been forcibly cancelled or delayed. For this reason, the championships are a chance to show our respect for the dedication of the organising team who has laboured tirelessly and the athletes who have piled on practice every day while complying with infection prevention measures in the face of these challenges. It is my hope from the bottom of my heart that watching the fruits of this labor on full display and close races unfold will deepen mutual exchange and bring us all closer together.

Kumamoto City, the members of the Masters Championships' Committee, our fellow host cities of Fukuoka City and Kagoshima City, and, of course, World Aquatics will continue preparing so that we can all see and appreciate peak condition and masterful performances.

I pray for the success of all the athletes, and I look forward to seeing you all soon!

Kazufumi Onishi, Mayor of Kumamoto City and a Committee Member

1.3.3. Mayor of the Host City (Kagoshima City)



Hello, Aquatics enthusiasts from around the World. I am Takao Shimozuru, mayor of Kagoshima City.

I am very pleased that Kagoshima City will host the Artistic Swimming competition of the World Aquatics Masters Championships Kyushu 2023, and together with my fellow residents, I offer a heartfelt welcome to the athletes, staff, and all related parties who are visiting our city from all across the globe.

Later this year in October, Kagoshima City will be hosting the Kagoshima National Sports Festival, the largest of such events in Japan. This Festival is considered as an important community-revitalisation policy, as an appealing sports content that contributes to the creation of lively communities. Preparations for a smooth hosting of the games are ongoing, and many projects, such as events and other similar activities, are already being implemented with the support from our residents, in order to build the momentum towards the Festival.

Hosting the World Masters Championships under such circumstances, welcoming the athletes from the world over, would be opportune and deeply meaningful, as the event will not only further the interest our residents have in Artistic Swimming, but will also contribute to the increase of visitors to the city and the creation of a vibrant community through sports, which are what Kagoshima City aspires to achieve.

I hope that through these Championships, Masters athletes will showcase the fruits of their daily training, make a leap forward and enjoy the exchange with their peers and the locals.

Kagoshima City is a beautiful and diverse tourist city with bountiful nature of which the most famous are the active volcano Sakurajima and the calm Kinko Bay. There are other must-visit places here in our city, from historical and cultural sites, the Onsen (hot springs) that spring up all around the city, to restaurants serving Kagoshima's exquisite cuisine, such as Kurobuta (pork from Kagoshima Berkshire pigs), Kuroushi (Kagoshima Wagyu beef), and Shōchū (traditional distilled beverage).

Athletes of the World Masters Championships, I hope that you will take advantage of your time to fully explore our beautiful city and that you will carry home with you many fond memories of your stay in Kagoshima, along with the triumphant achievements from your events.

Kagoshima City will be fully prepared for a perfect stage where you can exhibit your best performance. Our maximum hospitality will for sure enthuse you and other guests from abroad and lead to you becoming fans of Kagoshima. It is our hope that the word "Kagoshima" will become global through the World Masters Championships.

Masters athletes, I sincerely wish for your great success and look forward to meeting you here in Kagoshima City.

Takao Shimozuru
Kagoshima City Mayor/ OC Member

CHAPTER

2. JAPAN and the THREE HOST CITIES

2.1. JAPAN



Japan is located west of the Pacific Ocean, and its population as of 2020, is about 126 million, making it the 11th populated country in the world.

From the northern tip of Hokkaido to the Southern end of Okinawa, the country stretches roughly 3000 km, with a climate ranging from subarctic in the north to subtropical in the south. For this climate range, Japan enjoys a diverse nature and this in turn has created a wide variety of history, tradition and culture within the country. In recent years, the country has become one of the favourite destinations for foreign tourists.

The island of Kyushu, where the World Aquatics Masters Championships is hosted, is the third largest island in Japan. It is always brimming with energy, from the numerous volcanic mountains to the dynamic lives of its people.

Located close to Tokyo and other Asian cities, it has opened its arms to diverse cultures for over 1000 years. Here, one can experience the great nature, relax at one of the countless *onsens* (hot springs) and enjoy a warm welcoming atmosphere.

For more information

visit the JNTO (Japan National Tourism Organisation) website at <https://www.japan.travel/en/>

2.2. FUKUOKA CITY



Fukuoka City has played a vital role as a cross-cultural location between Japan and the continent for 2000 years, and has developed as an international and intercultural city. As a “Gateway to Asia”, it boasts itself as one of the most accessible cities in Japan, with Fukuoka Airport named as one of the busiest airports in the country, Hakata Port with its regular routes to Busan, South Korea and Hakata Station as the gateway to the Kyushu region.

In addition to the many restaurants serving Fukuoka’s rich food culture among which include fresh fish, ramen, *mizutaki*, and *motsunabe*, such as the famous *yatai* (food stalls), the city core centred on the Hakata & Tenjin area is a compact region outfitted with modern urban functions and commercial facilities.

For people keen on exploring traditional Fukuoka, “Hakata Old Town”, a cultural hub close to Hakata Station with temples and shrines clustered together and where a historical festival is held yearly, or historical cultural heritages such as the Fukuoka Castle and Korokan Ruins near Ohori Park may be of interest. Additionally, enjoying Fukuoka’s photogenic seaside from locations such as Shikanoshima Island, Kitazaki, or Futamigaura, is one of the highlights of visiting Fukuoka City. From Fukuoka City, it is possible to travel anywhere in the Kyushu region with ease using the Shinkansen bullet train or regular trains. In addition to many must-see spots such as onsen (hot springs) and locations showcasing the island’s natural beauty, Kyushu is home to a diverse line-up of soul foods and local sake that travellers should definitely explore while they are in the area.

Welcome Message from Fukuoka City

We are fully prepared to welcome the Masters' participants from across the globe. The event, as well as the food, nature, history and culture of the region are here for you to enjoy!

Tourist Attractions

Hakata Old Town , Shikanoshima Island, Kitazaki Futamigaura, Fukuoka Tower, Ohori Park, Fukuoka Castle & Korokan Ruins, Fukuoka City Museum, Fukuoka Art Museum, Fukuoka Asian Art Museum, public art, Hakata Gion Yamakasa (a festival with approximately 800 years of history and registered as an UNESCO Intangible Cultural Heritage, held from 1-15 July annually)

Local Specialties

Hakata Ramen (bowl of noodle in a rich, pork based soup),
Mizutaki (hot pot dish made with chopped chickens and vegetables),
Motsunabe (hot pot dish made with offal meat and vegetables),
Hakata Udon (thick noodle made from wheat flour),
Yakitori (glazed chicken skewers),
Karashimentaiko (salted cod roe seasoned with red pepper)



Local Craftworks

Hakata Ori (high quality, silk woven goods), *Hakata Dolls* (unglazed porcelain dolls), *Hakata Magemono* (small containers made from cedar boards), *Takatori Ware* (pottery ware unique to the region),

For more information, visit the following websites:

Fukuoka City Guide YOKANA VI

Official Fukuoka Sightseeing Information Website

<https://yokanavi.com/>



【Information on facilities offering hands-on cultural workshops and restaurants that are actively encouraging tourist customers】

The Fukuoka Experience (gourmet)

<https://fukuoka-experience.jp/gourmet>

The Fukuoka Experience (cultural workshops)

<https://fukuoka-experience.jp/activities>

【Recommended tourist destinations in Kyushu for foreign tourists】

FUKUOKA JAPAN STORIES & GUIDE <https://fukuoka-kyushu-travel.com/>

2.3. KUMAMOTO CITY



Kumamoto City is rich in nature, blessed with pure groundwater and abundant greens. Located in the heart of Kyushu island, it is the focal city of the region, and prides its traditional culture as well as the excellent historical heritages, including the famous Kumamoto Castle. The Castle, rising in the centre of the city, was severely damaged by the 2016 Kumamoto Earthquake, but it has been gradually restored and has become the symbol of reconstruction among citizens and tourists. The City also boasts its agricultural and marine products. With its nature and tradition, Kumamoto City is constantly developing as the hub city of Kyushu region.

Welcome Message from Kumamoto City

In holding this grand Event, the three cities of Kumamoto, Kagoshima and Fukuoka have jointly made preparations for athletes and tourists visiting from home and abroad. Here in Kumamoto, water polo matches are to be held. Filled with excitement and energy, these matches are sure to arise sensation among the spectators. We hope you will enjoy the games, cheer the athletes and feel the rising momentum of the World Aquatics Masters Championships. We also hope that the Event will be an opportunity for the three cities to further increase their attractive features, leading to a wider range of visitors who will create lively atmospheres.

Tourist Attractions

Kumamoto Castle, Sakura-no-Baba Josaien, Suizenji Jojuen Garden, Ueki Onsen (Hot spring), Gohyakurakan/Reigando (Sacred place within Unganzenji Temple, located west of Kumamoto City), Shopping arcades of Kamitori, Shimotori and Shinshigai. Kumamon Square

Local Specialities

Kumamoto ramen, Taipien (Vermicelli soup originating in China), Karashi Renkon (Mustard-stuffed lotus root), Hitomaji-no-guruguru (boiled green onions tied into knots, served with spicy mustard and miso sauce), Dagojiru (hot soup with dumplings and vegetables), Ikinari Dango (sweet dumplings with slices of sweet potatoes and red bean paste)

Local Craftworks

Higo Inlay (Engraving intricate designs to iron and inlaying them with Silver or gold), Kawashiri knives, Higo Temari and Higo Mari (both ornamental thread balls), Higo Koma (spinning top)



For more information, visit the following website:

Kumamoto City Tourism Official Guide

<https://kumamoto-guide.jp/en/>



【Kumamoto City Tourism】

Kumamoto City Walking Travel Brochure

<https://kumamoto-guide.jp/files/ab714bb3-4504-42d0-bf44-a2ba8407ecf2.pdf>

2.4. KAGOSHIMA CITY



Kagoshima City is close to the heart of Kagoshima Prefecture which is located in the southern tip of Kyushu Island. The city is home to about 600, 000 residents.

Sakurajima, the volcanic island which floats in Kinko Bay, is famous as the symbol of Kagoshima, and its view from Kagoshima City is said to resemble that of Mt. Vesuvius seen from the Italian port of Naples, the city's sister city. This is why Kagoshima City is often referred to as "Naples of the Orient". Even across the world, there are not many cities with around 600,000 residents living only a short four kilometres away from an active volcano that continues to erupt.

Located only about one hour away from Fukuoka City by Shinkansen bullet train, Kagoshima City boasts so many tourist attractions; picturesque scenes centred around Sakurajima and Kinko Bay, always filled with the beauty of abundant nature, hot springs located within the city for everyone to enjoy, Satsuma cuisine offering a variety of dishes unique to the region, to name just a few.

Welcome Message from Kagoshima City

All three cities are more than thrilled to welcome visitors from all over the world. This is a great opportunity for every Masters participant to enjoy the whole of Kyushu, and we hope that you would visit not only your venue but also other cities to experience the charm of the region.

Tourist Attractions

Sakurajima (Sakurajima Visitor Center, Yunohira Observatory, etc.), Sengan-en (a traditional garden and stately home of the Shimadzu family), Shiroyama Observatory and Shiroyama Promenade, Tenmonkan (downtown Kagoshima)

Local Specialities

Kurobuta (Black pork or Berkshire) pork and Kuroushi (Black beef) cuisines, Imo-shochu (liquor made from sweet potatoes), Kagoshima Ramen, Shirokuma (shaved ice), Karukan (sweet made of high-quality yam)

Local Craftworks

Authentic Oshima Tsumugi (hand-woven silk fabric), Satsumayaki pottery, Satsuma Kiriko cut glass, Satsuma Suzuki tin ware

For more information, visit the following website:

Kagoshima City Tourism Guide <https://www.kagoshima-yokanavi.jp/en>



Kagoshima Fan App “WAKU WAKU”

Let’s make Kagoshima more fun!! This app provides recommendations about Kagoshima City. Members of the app are gifted with a point present equivalent to ¥500 which can be used at affiliated stores.

The app comes with a translation service for four written languages (English, Korean, Traditional Chinese, and Simplified Chinese).

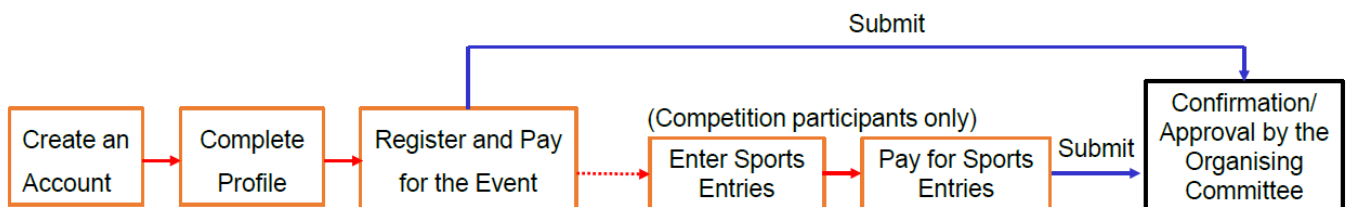
Please download the app using the following QR code.



CHAPTER

3. World Aquatics Masters Championships Kyushu

3.1. Registration



*The procedure is not complete until all registrations and payments have been made.

In order to participate in the World Aquatics Masters Championships Kyushu 2023, online registration at World Aquatics General Management System (World Aquatics GMS) must be completed.

□ World Aquatics GMS <https://registration.worldaquatics.com/> *

*Accessible starting 1 March 2023.

The registration shall take place through the online World Aquatics General Management System (World Aquatics GMS).

Registration period is from 1 March 2023 to 28 June 2023.

Athletes wishing to participate must belong to a swimming club registered with their national swimming federation. Proof of club affiliation must be registered at the time of online registration.

REGISTRATION PROCEDURE

1. Go to World Aquatics GMS at <https://registration.worldaquatics.com/>

2. Click “Create Account”

- Select either “Masters Athlete”, “Masters Coach” or “Masters Accompanying Person”

- If you participated in the FINA World Masters Championships in Kazan 2015,

Budapest 2017, or Gwangju 2019, you can log back in using your existing e-mail address and password.

3. Enter your personal data in your profile

4. Attach your colour accreditation photo (please follow the photograph requirements)

5. Attach a scanned copy of the personal identification document you will use (if you require a visa, please submit a passport scan)

6. Select “World Aquatics Masters Championships 2023” in the Event Tab.

7. Indicate the disciplines in which you intend to compete

8. Pay the Registration Fee online*
 9. Select the event in which you wish to participate once the participation fee is PAID
 10. Pay the event fees online* (for details see 3.2 below)
- * Please note that only Visa and MasterCard are accepted for payment

PHOTOGRAPH REQUIREMENTS

A passport style photo must be supplied during the online registration and that will be used as part of the accreditation badge for access to venues at the World Aquatics Masters Championships.

In order for photographs to be uploaded into the system, they must be in the *.jpeg (*.jpg) format, in colour (not black and white), with a minimum image size resolution of 425 pixels wide by minimum 566 pixels high and a maximum size of 1Mb.

THE PHOTOGRAPHS MUST BE:

- taken against a plain white, light grey or light cream background (free from shadows).
 - taken in full-face view directly facing the camera (chin and shoulders must be visible)
 - with a neutral expression and the mouth closed (no grinning, frowning or raised eyebrows)
 - taken with the eyes open, clearly visible and looking straight at the camera (with no sunglasses or tinted spectacles, and no hair across the eyes)
 - in sharp focus and under good natural lighting
 - free from reflection or glare on spectacles, the frames of which must not cover any part of the eyes.
 - taken of the full head, without any covering unless worn for religious reasons (provided that the person is photographed likewise in his/her passport)
 - of each person on their own (no objects, chair backs or other people visible)
 - free from any editing to improve or alter the appearance in any way.
 - taken no earlier than 6 months before the documents are submitted.
 - originals only (copied or scanned photographs are NOT acceptable).
- * Detailed guidelines for photographs are posted at the following location, so be sure to check.

[https://registration.fina.org/Content/docs/Fina Accreditation Photo Requirements.pdf](https://registration.fina.org/Content/docs/Fina%20Accreditation%20Photo%20Requirements.pdf)

3.2. Fees and Entry Procedures

Participation fees should be paid through the World Aquatics GMS. To obtain approval for participation, the payment of the participation fee must be completed; only Visa or Master cards can be accepted for payment. Once payment has been made, a message will be sent to the participant's e-mail address informing him or her of the payment result.

There are two types of participation fees.

- Registration Fee for athletes and accompanying persons
- Individual (Sport) Entry Fees

Registration Fee (one-off payment)

- | | |
|-------------------------|--------|
| •Athletes | USD 90 |
| •Coaches/ support staff | USD 60 |
| •Family/acquaintances | USD 60 |

If an athlete wants to be registered as a coach, they must pay the additional USD \$60; this gives them access to the pool deck at both venues even if they are not competing.

Individual Entry Fees

- | | |
|---|---------------|
| •Swimming | USD 25/person |
| •Swimming (relay) | USD 55/team |
| •Open Water Swimming | USD 65/person |
| •Diving | USD 25/person |
| •Synchronised diving | USD 50/team |
| •Water Polo | USD 550/team |
| •Artistic swimming solo | USD 25/person |
| •Artistic swimming duets, mixed duets | USD 50/team |
| •Artistic swimming team, free combination | USD 130/team |

Team Entry Fees for team sports (swimming, diving, artistic swimming, water polo)

For team sports, only persons registered as Coach/ Captain can enter the Team Entries.

Therefore, the Coach/ Captain or the athlete acting in that role must be registered first. This authorises them to view the entry tabs for the specific team in the system and allows them to see their members and register athletes for each discipline.

Once the Coach/ Captain has completed the registration, he/she can see the names of all the athletes in the same club. The Coach/ Captain selects the competitors for each event on the

screen to make up the team. Once this is done, the Coach/ Captain pays the team entry fee and then the team is approved for participation.

***Only one person per team is authorised to form a team.**

Refunds

Registration fee and individual entry fees are non-refundable. However, for water polo, refunds can be made in the event that fewer than three teams have registered for the competition.

Please also note that the right to participate cannot be transferred to another person.

3.3. Deadlines of Registration and Payment

Registration/ Participation applications deadline: Wednesday 28 June 2023 (23:59 UTC)

The following procedures must be completed by the above deadline.

- Athletes, coaches and accompanying persons wishing to participate must register. The registration fee must be paid by Wednesday 28 June 2023.
 - In addition, all athletes who wish to participate in the competition must also register for the sport entry. All individual and team entry fees must be paid by Wednesday 28 June 2023.
 - Entry times can be amended until Wednesday 28 June 2023.
- * Participation registrations and sport entries must be made by Wednesday 28 June 2023. If registration and payment have not been completed, you will not be able to register at the Accreditation Centre during the competition to participate.

3.4. Accreditation

To participate in the World Aquatics Masters Championships Kyushu 2023, you must complete your registration online (World Aquatics GMS <https://registration.worldaquatics.com/>) and pay the participation fee by the closing date, 28 June 2023 (23:59 UTC).

All athletes, coaches and accompanying persons must be registered and approved. Registration and payment of the participation fee (registration fee and sport entry fee) must be completed to be accredited for the participation.

All participants must register at the Accreditation Centre (Participants can select the location where they want to pick up their accreditation card when doing their registration. It cannot be changed after submission.) as soon as they arrive and receive their accreditation card. When collecting the card, you must present the ID (e.g. passport) you submitted for online registration. Accompanying persons must follow the same procedure.

If you lose your accreditation card, you must immediately report it to the nearest OC security.

Please note that a penalty fee may be imposed for the reissue of a lost accreditation card.

Accreditation Centres are located at the following three locations. Please note that accreditation cards cannot be collected at the competition venues, so please make sure to visit the designated Accreditation Centre.

Accreditation Centres	Disciplines	Open period	Opening Hours
Hakata Port International Terminal (Fukuoka City)	SW DV OWS	30 July - 11 August 2023	(30 July – 5 August) 8:00 – 19:00
			(6 – 11 August) 9:00 – 17:00
Aqua Dome Kumamoto (Kumamoto City)	WP	3 – 11 August 2023	(3 – 4 August) 9:00 – 18:00
			(5 – 11 August) 8:00 – 1 hours after the last match of the day; no later than 19:00
Kamoike Park Swimming Pool (Kagoshima City)	AS	3 – 11 August 2023	(3 – 4 August) 8:00 – 17:00
			(5 – 11 August) 8:00 – 1 hours after the last event of the day; no later than 19:00

Hakata Port International Terminal (Fukuoka City)

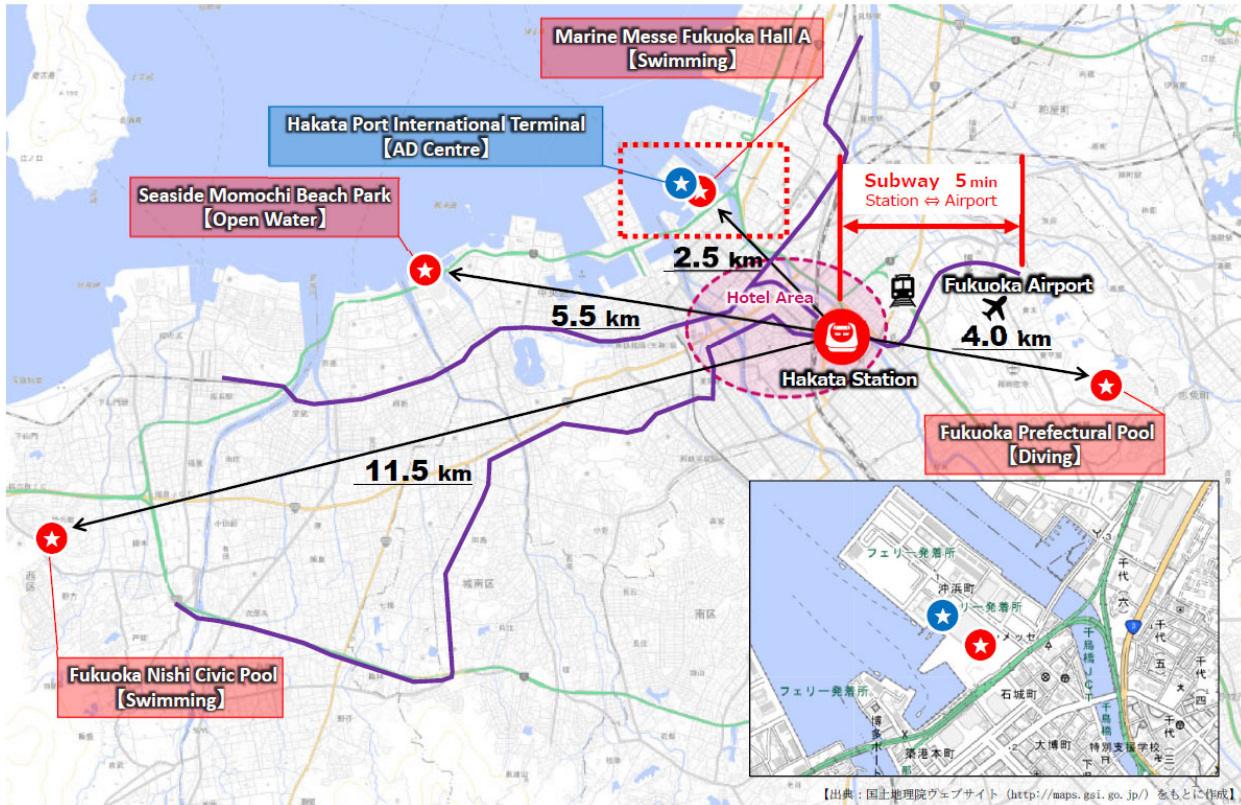
- Disciplines: Swimming, Diving and Open-Water Swimming.
- Open Period: 30 July - 11 August 2023
- Opening Hours: 30 July – 5 August 8:00 – 19:00
6 – 11 August 9:00 – 17:00

(Those who wish to start training from early in the morning must receive the accreditation card by the day before.)

·Transportation Access

Address: 14-1 Okihama-machi, Hakata-ku, Fukuoka City (Accreditation Centre is located on the 3rd floor of the terminal)

Map

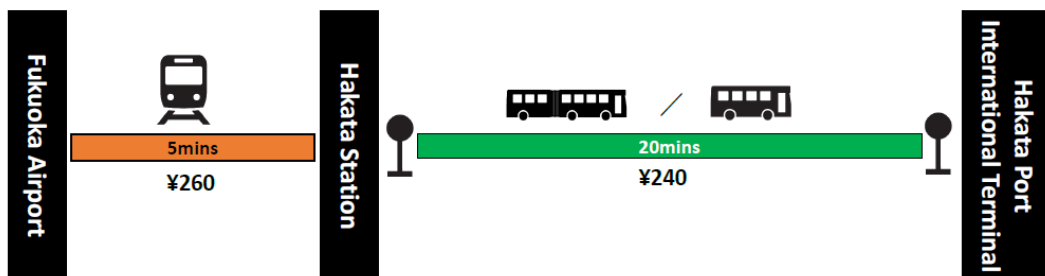


- How to Access

From Fukuoka Airport, take the City Subway to Hakata Station.

From Hakata Station, take Nishitetsu Bus to Hakata Port International Terminal.

※Travel time is approximate.



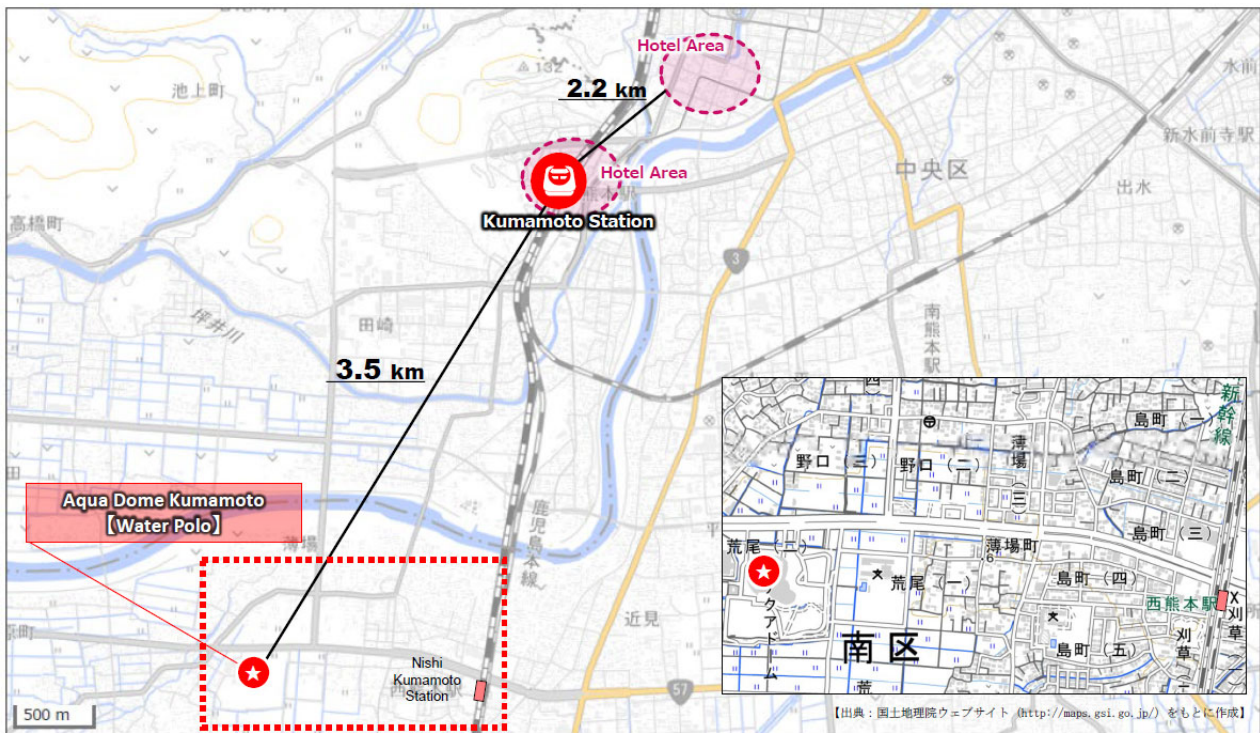
Aqua Dome Kumamoto (Kumamoto City)

- Disciplines: Water Polo
- Open Period: 3 - 11 August 2023
- Opening Hours: Official training period (3 – 4 August) 9:00~18:00
Competition period (5 – 11 August) 8:00 – 1 hours after the last match of the day;
no later than 19:00

•Transportation Access

Address: 2-1-1 Arao, Minami-ku, Kumamoto (AD Centre will be located just inside the main entrance on the ground floor of the building)

Map



•How to Access.

It is located in the Aqua Dome Kumamoto, the venue for the Water Polo competition.
For access, see section 4.2 Transportation Guide and Services (Kumamoto City).

Kamoike Park Swimming Pool (Kagoshima City)

•Disciplines: Artistic Swimming

•Open Period: 3 - 11 August 2023

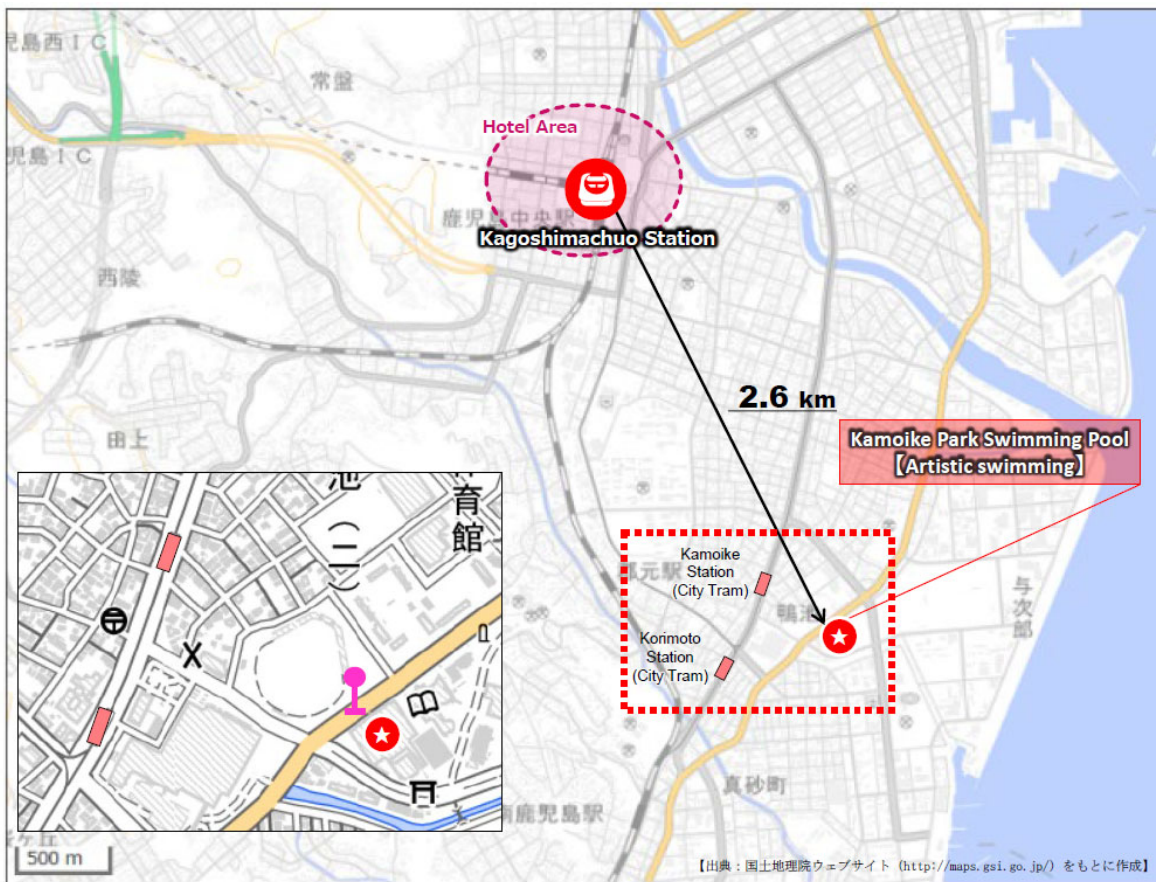
•Opening Hours: Official training period (3 – 4 August) 8:00~17:00

Competition period (5 – 11 August) 8:00 – 1 hours after the last event of the day;
no later than 19:00.

•Transportation Access

Address: 2-31-3 Kamoike, Kagoshima, Kagoshima (AD Centre will be located just inside the main entrance on the ground floor of the building)

Map



•How to Access.

It is located in the Kamoike Park Swimming Pool, the venue for the Artistic Swimming competition.

For access, see section 4.3 Transportation Guide and Services (Kagoshima City).

3.5. Immigration Information

3.5.1 Visa Information

Please refer to the separate "VISA Guide and entry requirements for Japan".

3.5.2 Information on Infection Prevention Measures *as of Dec 2022 (subject to change)

*** If the government requires, Infection Prevention Measures will be published separately until the end of June.**

1. Infection Prevention Measures

It is important to take thorough infection prevention measures to ensure a safe and secure trip. Please refer to the following information and implement your own measures.

(1) Infection Prevention Measures





(2) New Travel Etiquette for Visitors

New Travel Etiquette for Visitors



General Version

Thank you for your cooperation with Japan's infectious disease control measures.

Choose shops or accommodation that have implemented health and hygiene measures.

Practice good health and hygiene measures such as wearing a mask and washing/sanitizing your hands, even if you are vaccinated.

Monitor your physical health daily.

Maintain physical distancing.

Japan Tourism Agency

New Travel Etiquette for Visitors

Accommodation, Drinking/Dining Version




Check your body temperature and sanitize your hands upon check-in at your accommodation.

Refrain from talking when using public baths.





Follow infection prevention measures, even when drinking.


Minimize your time spent in shared dining areas.

Japan Tourism Agency

New Travel Etiquette for Visitors


Transportation Version





Wear masks when using public transport.

Improve ventilation as much as possible.




Try to travel outside of peak travel times.

Try to refrain from talking when using public transport.

Japan Tourism Agency

New Travel Etiquette for Visitors

Sightseeing/ Shopping Version




Try to travel outside of peak times and visit places that are not crowded.

Keep your voice down in public spaces.




Maintain physical distancing, even when outside.

Sanitize your hands prior to and after touching products such as souvenirs in shops.

Japan Tourism Agency

(3) Mask Wearing Guidelines

MASK WEARING IN JAPAN

INDOORS MASKS REQUIRED

IN CROWDED AREAS



Face masks are not required when you are not talking with others, and not at close range.*



OUTDOORS NO NEED for MASKS



However, wear masks when talking with others at close range.*



Thank you for your cooperation.



2. Follow-up action flow for Foreign Visitors infected/ injured in Japan (outside of competition venues)

Basic flow when foreign visitors are infected or injured in Japan is as the following.

- (1) When you have symptoms of COVID-19 infection such as fever *Please refer to the flow chart of each city for more details.

Please contact the following number if you have any symptoms such as fever for a consultation service (available 24 hours a day) regarding COVID-19 infection or medical examinations.

- Phone Numbers Fukuoka City: +81-92-687-5357
- Kumamoto City: + 81-96-687-7962
- Kagoshima City: +81-99-833-3221

- (2) If you test positive for COVID-19 〈Not allowed to participate in the competition.〉

If you test positive following a visit to a medical institution, you will basically be treated at where you are staying (hotel, etc.). Please inform the hotel staff of your test result. If the staff notifies you that guests who are tested positive for COVID-19 are not allowed to stay at the hotel, you will be admitted to an accommodation & treatment facility (hotel) contracted by Fukuoka Prefecture, so please contact the above-mentioned dedicated foreign language telephone number.

- (3) Measures during the medical treatment period 〈Not allowed to participate in the competition.〉

In principle, you are encouraged to isolate.

If 24 hours have passed since the symptoms abated or if you are asymptomatic, the minimum necessary amount of outings, such as shopping for daily necessities, are permitted. However, please ensure that you take voluntary infection-prevention action (ex. keep your outings and contact with people short, do not use public transport when travelling, always wear a mask when out and about and in contact with people, etc.).

- (4) Treatment period (patient with symptoms) 〈Not allowed to participate in the competition.〉

In principle, the treatment period is 7 days after the onset of symptoms.

*It will be discontinued on Day 8 at least 7 days after symptoms onset if symptoms have improved for at least 24 hours.

However, as there is still a risk of infection until the end of the 10-day period, thorough voluntary infection-prevention measures should be taken, such as checking the health status by temperature checks, avoiding contact with elderly people and other high-risk persons, not visiting high-risk facilities unnecessarily, not eating out and using places with high infection risk, and wearing a mask.

(5) Persons in close contact 〈Not allowed to participate in the competition.〉

If there is a person who has stayed in the same room in a hotel, etc., had close contact (touching hands without taking the necessary infection control measures), or had prolonged contact (face-to-face contact for more than 15 minutes within reaching distance (within about 1 m) of each other) with a person who has tested positive, the person will be discouraged to go out for 5 days from the day of such contact (if the person is tested negative (self-test using a test kit) on the 2nd and 3rd day, it can be lifted from Day 3). During this self-isolation period, participation in the competition is not allowed.

If persons in close contact have symptoms such as fever, please contact the above-mentioned dedicated foreign language telephone number.

(6) Costs that are free of charge (public expenditure)

Examination fee related to COVID-19 infection that are deemed necessary by a doctor at a medical institution.

*Medical fees other than above are to be borne by the patient. If the patient stays at their own hotel during the treatment period, the cost for staying there (accommodation fee, food, etc.) will also need to be borne by the patient in full.

·Basic flow when foreign visitors are infected or injured in Fukuoka City

Response Flow Chart to Foreign Visitors Infected or Injured in Fukuoka

Symptoms of COVID-19 infection such as fever, respiratory symptoms, fatigue, etc.?

YES

NO

A: COVID-19 Related Case

1. Consultation Service (Take an action as soon as symptoms such as fever appear)

Fukuoka City hotline for non-Japanese speakers: TEL.092-687-5357 (24 hours, in 20 languages)
 • In addition to introducing medical institutions, consultation regarding COVID-19 is also available. For information in each prefecture, the contact number, opening days & hours, and available languages are listed on the following website(or the QR code on the right): <http://www.c19.mhiw.go.jp/area-jp.html>



2. Testing

➤ Visit the medical institution that the Fukuoka City hotline guides you. Contact them prior to your visit.

※The doctor will decide whether to carry out the testing. The cost of tests related to COVID-19 that the doctor deems necessary for medical treatment is free of charge (publicly funded).

positive

3. Responses to be taken

➤ Basically, you should stay for the period designated below at the accommodation where you are staying. Please inform your hotel that you have tested positive. If the accommodation says those who have tested positive cannot stay there, please contact the Fukuoka City hotline; you will be placed in an accommodation facility (hotel) contracted by Fukuoka Prefecture.

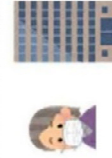
➤ The travel companion of the positive person should check whether he or she is applied to a close contact (for definition, refer to *2). In the case of close contact, please refrain from going out until the end of the quarantine period in your accommodation.

4. Those who tested positive Hospitalisation (10 days) or Isolation (7 days) *1



Hospitalisation medical costs may be required to be paid by the patients within the coverage amount of the private medical insurance they have.

4. Close contacts Quarantine (5 days) *2



Please check your own health condition and contact the consultation service A.1. (or the designated contact) if symptoms appear.

4. Those who tested negative & non close contacts



May continue travelling
 If you have symptoms, keep checking your health condition and take precautions against infectious diseases even when tested negative.

B: Illness or injury other than A

Visit a medical institution
 For medical care for other than Covid-19, please call Fukuoka City Medical Interpreting Call Center
 TEL: 092-733-5429
 (24 hours, in 20 languages)

You can search for medical institutions in Japan that accept foreign visitors at the following website.

https://www.jnto.go.jp/emergency/jpn/ml_guide.html



Contact for non-medical inquiries

Japan National Tourism Organization "Japan Visitor Hotline"
 TEL: 050-3816-2787
 365 days, 24 hours (Japanese, English, Chinese, and Korean)

*1 Medical treatment period for positive persons

➤ For hospitalised patients, isolation can be discontinued at least 10 days after symptoms onset if symptoms have improved for at least 72 hours.

➤ For those who have developed symptoms and are non-hospitalized, isolation can be discontinued without further test at least 7 days after symptoms onset; if symptoms have improved for at least 24 hours. For those who are asymptomatic, tested positive, isolation can be discontinued on Day 8, at least 7 days after the first positive viral test (will be shortened to Day 6 if the test result is negative on Day 5).

*2 Definition of close contacts and quarantine period

➤ A close contact is those who is relatively more likely to be infected by staying close or for an extended time to a person confirmed to be infected with COVID-19.

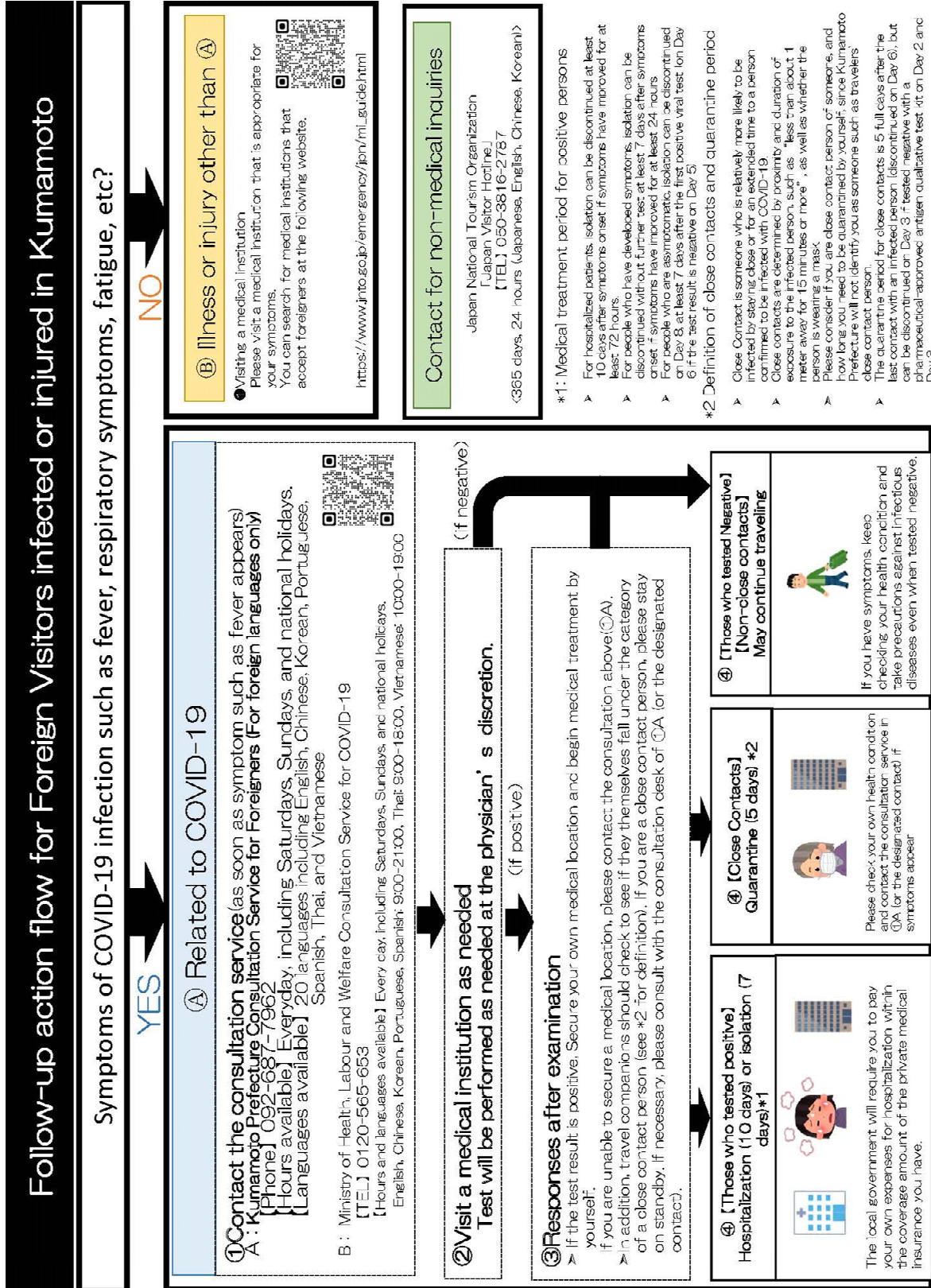
※Those who stayed in the same room, e.g. in a hotel room, with a positive person; those who had close contact (touching by hands without taking the necessary infection control measures) or prolonged contact with a positive person (face-to-face, within a distance they could reach out to each other, e.g. within 1 metre, for more than 15 minutes), and those who dined together without wearing a face mask.

➤ Fukuoka City does not identify close contacts. Those who tested positive should notify possible close contacts.

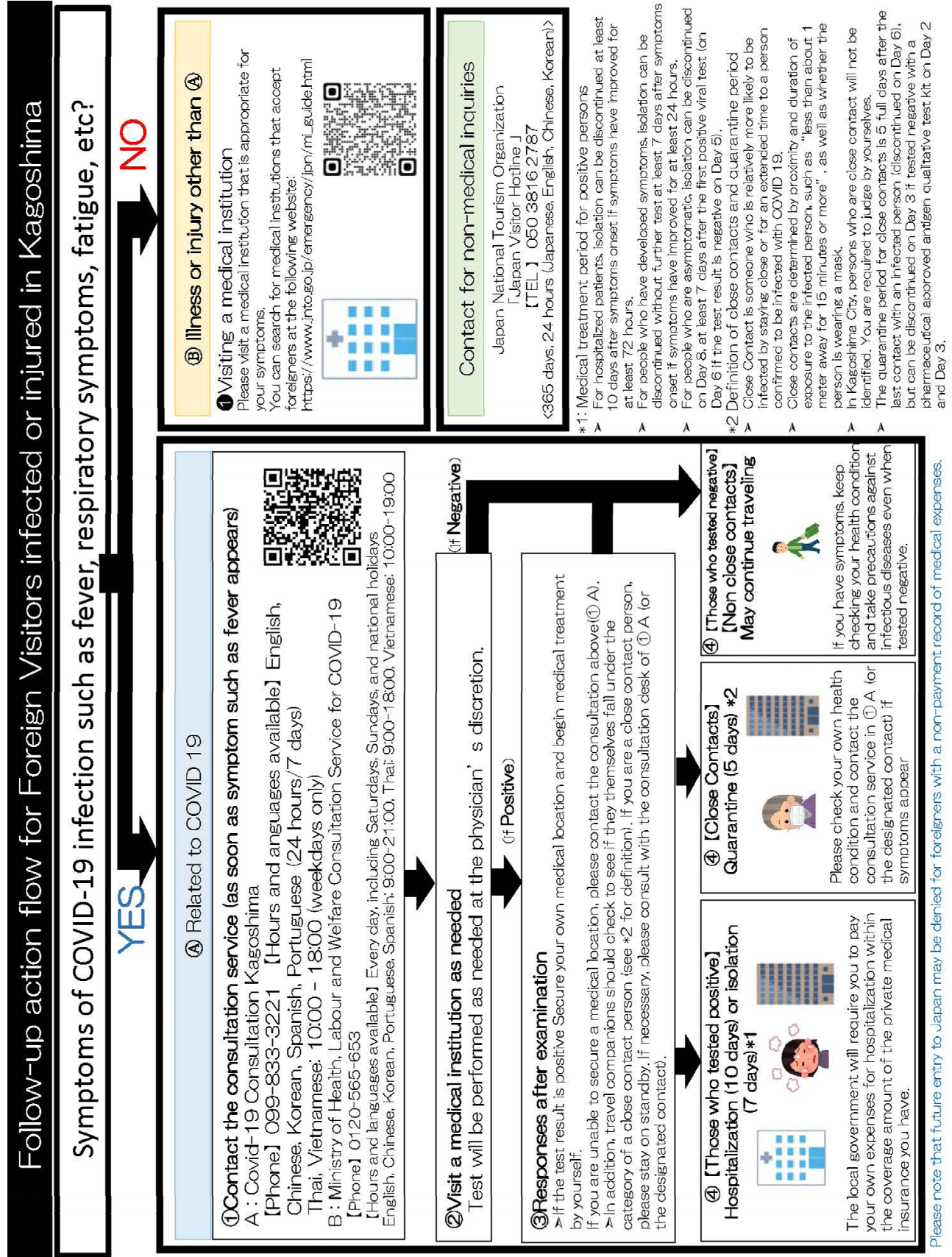
The quarantine period for close contacts is 5 full days after the last contact with an infected person (discontinued on Day 6), but can be discontinued on Day 3 if tested negative with a pharmaceutical-approved antigen qualitative test kit on Day 2 and Day 3.

Please note that foreigners with a history of non-payment of medical expenses may be denied entry into Japan in the future.

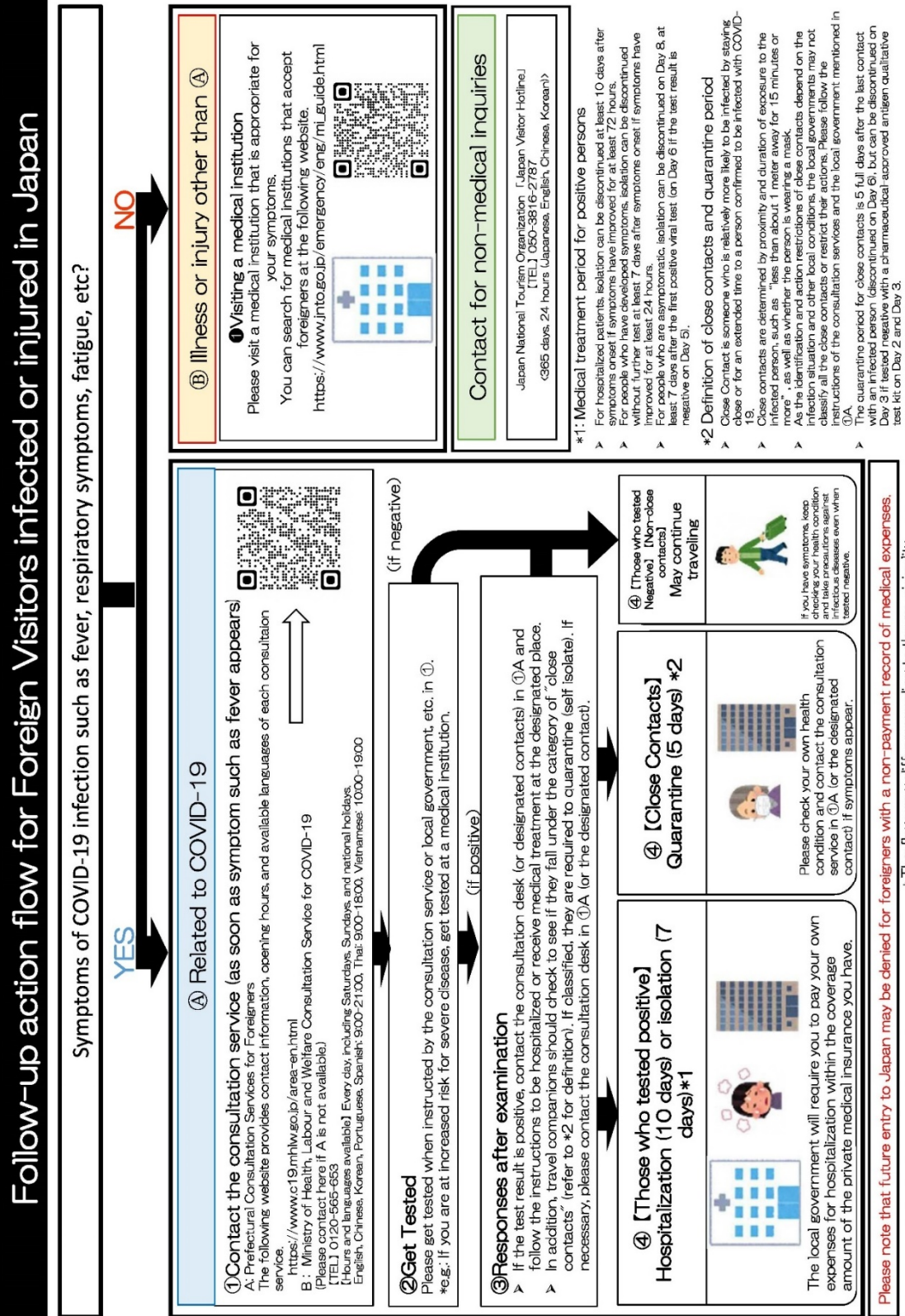
Basic flow when foreign visitors are infected or injured in Kumamoto Prefecture



·Basic flow when foreign visitors are infected or injured in Kagoshima Prefecture



Basic flow when foreign visitors are infected or injured in Japan other than host cities



3. Insurance

If you are injured or become ill during your stay in Japan, medical expenses can be very high.

We strongly recommend that you take out private medical insurance with sufficient coverage in case of an emergency to ensure a safe stay in Japan.

·Insurance (recommendation leaflet to join travel insurance)

<https://www.mlit.go.jp/kankocho/content/001483790.pdf>

〈Note〉

Participants are requested to make sure that they are aware of the medical inspections required upon their return to their home country before arriving in Japan. The Organising Committee has not prepared the necessary medical inspections, so we kindly ask that you make your own arrangements.

(All costs related to the medical inspections required on entry and return to Japan are to be borne by the participant).

〈Reference〉

·Japan National Tourism Organisation (JNTO) Visitor Hotline

<https://www.japan.travel/en/plan/hotline/>

TEL +81-50-3816-2787

·Japan National Tourism Organisation (JNTO) website

https://www.jnto.go.jp/emergency/eng/mi_guide.html

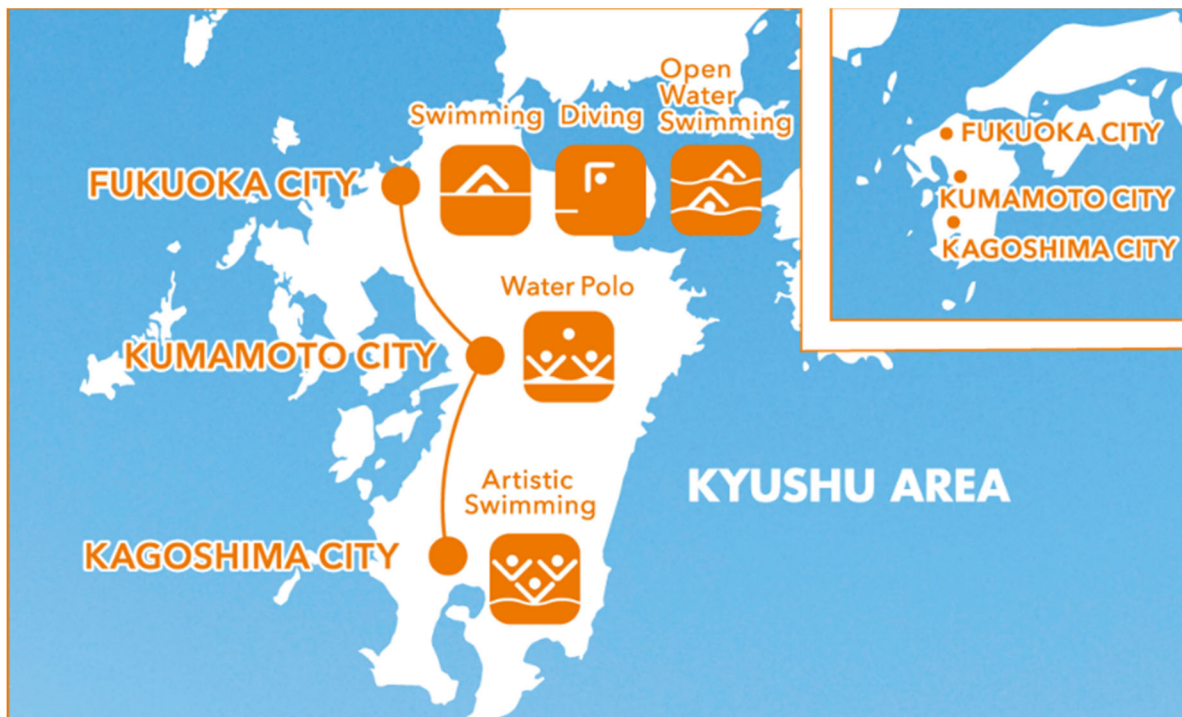
·A guidebook that helps when you're sick.

<https://www.mlit.go.jp/common/001483095.pdf>

3.6. Competition and Training Venues

The World Aquatics Masters Championships Kyushu 2023 will host 5 competitions: Swimming, Diving, Open Water Swimming in Fukuoka City, Water Polo in Kumamoto City, and Artistic Swimming in Kagoshima City.

Competitions will be held in the following 6 venues.



Marine Messe Fukuoka Hall A (Swimming)



Swimming is held at Marine Messe Fukuoka A. A special, stainless steel temporary pool, installed for the World Aquatics Championships Fukuoka 2023, will also be used for the World Aquatics Masters Championships. The pool has a length of 50m, a width of 26m and a water depth of 3m. Marine Messe A was the main venue for the 9th FINA World Championships 2001 Fukuoka. With the installation of the world's first ever 50m temporary pool, as well as the adoption of numerous video and image technologies, the Event very much influenced the Championships that followed, and was highly praised by World Aquatics.

Detailed Information

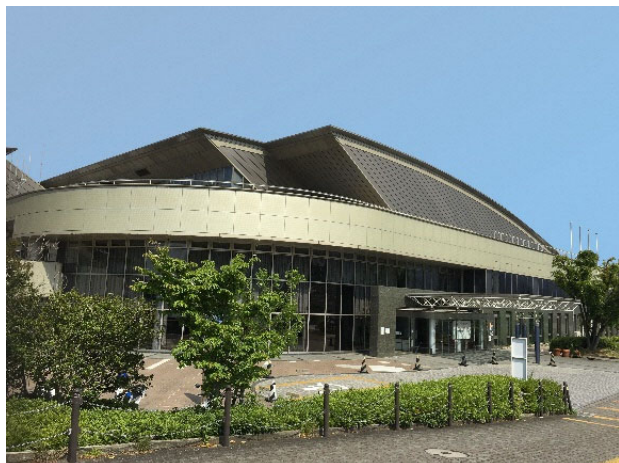
Competition Pool (Main Swimming Pool, indoor)

- Discipline: Swimming
- Dimension/Water depth: 50x26m/3m
- Water temperature: 26~27°C
- Lanes: 10

Training Pool (Swimming pool, indoor)

- Discipline: Swimming
- Dimension/Water depth: 50x25m/2m
- Water temperature: 26~27°C
- Lanes: 10
- Address: 7-1 Okihama-machi, Hakata-ku, Fukuoka
- Map: <https://www.fina-fukuoka2022.org/en/masters/venues.html>

Fukuoka Nishi Civic Pool (Swimming)



Swimming is also held at Fukuoka Nishi civic pool.

The pool was used as the water polo venue during the 18th Summer Universiade held in 1995 and was also used as the women's water polo venue at the 9th FINA World Championships in 2001.

Detailed Information

Competition Pool (Indoor)

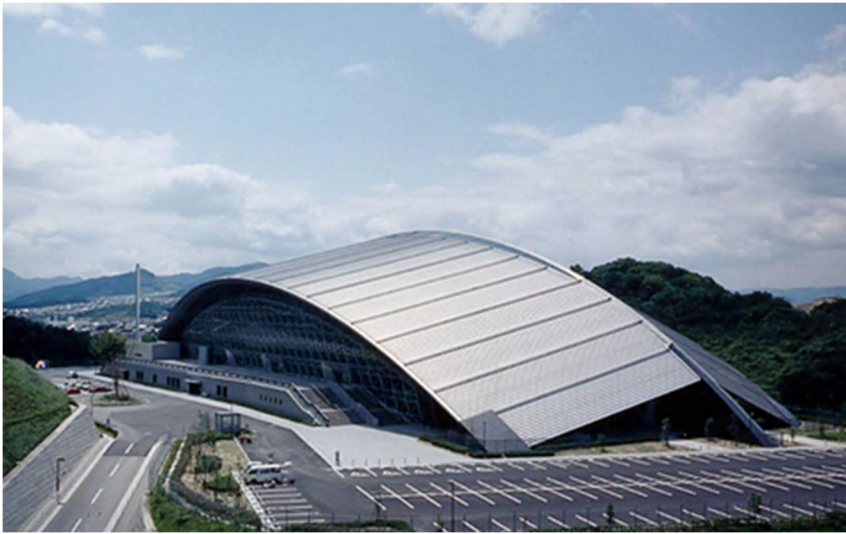
- Discipline: Swimming
- Dimension/Water depth: 50x25m/3.3m
- Water temperature: 26~27°C
- Lanes: 10

Training Pool (Indoor)

- Discipline: Swimming
- Dimension/Water depth: 25 x 14m/2m
- Water temperature: 26~27°C
- Lanes: 7
- Address: 1-4-1 Nishinooka, Nishi-ku, Fukuoka
- Map: <https://www.fina-fukuoka2022.org/en/masters/venues.html>

*For the location of Marine Messe Fukuoka Hall A and Fukuoka Nishi Civic Pool, see '4.1. Fukuoka city, 4.1.2 Transportation in the city (access to each venue)'

Fukuoka Prefectural Pool (Diving)



Diving is held at Fukuoka Prefectural Pool Complex.

Opened April 1989, it is the only diving facility in Fukuoka city.

The pool was used as the swimming venue during the 18th Summer Universiade held in 1995 and was also used as the diving venue at the 9th FINA World Championships in 2001.

Detailed Information

Competition Pool (Diving Pool, indoor)

- Discipline: Diving
- Dimension/Water depth: 20x22m/5m
- Water temperature: 28°C
- Address: 2-1-3 Higashihirao-Koen, Hakata-ku, Fukuoka
- Map: <https://www.fina-fukuoka2022.org/en/masters/venues.html>

Seaside Momochi Beach Park (OWS)



Open Water Swimming is held at Seaside Momochi Beach Park. The park, with its artificial beach, is located north of Fukuoka's two signature buildings, Fukuoka Tower and Fukuoka PayPay Dome. It is a mecca for beach sports such as beach volleyball and beach soccer. "Marizon", a complex situated in the park, houses restaurants and wedding halls. At sunset, the sky reddens and the sea turns pink, creating a breathtaking scene.

Hotels and shopping malls are also within a walking distance from the park.

Detailed Information

- Discipline: Open Water Swimming
- Course: 3km
- Water temperature: 27~29°C
- Address: Jigyo-hama, Chuo-ku, Fukuoka

Training venue: Same as the competition venue

Fukuoka Chuo Civic Pool

Training Pool: Fukuoka Chuo Civic Pool

- Discipline: Open Water Swimming
- Dimension/Water depth: 25m/1.1~1.2m
- Water temperature: 28~30°C
- Lanes: 6
- Address: 14-30 Nishikoen, Chuo-ku, Fukuoka
- Map: <https://www.fina-fukuoka2022.org/en/masters/venues.html>

Aqua Dome Kumamoto (Water Polo)



Water Polo matches is held at Aqua Dome Kumamoto in Kumamoto City.

Opened in July 1998, it is one of the core facilities of Kumamoto City; a lively community space where citizens enjoy sporting activities. Designed to meet the needs of both disabled and non-disabled persons, the Dome is fully equipped to host competitions of national and international levels. It has already hosted numerous pre-competition training camps for teams from home and abroad, including those competing in national tournaments, FINA World Championships and the Olympic Games. World Aquatics Masters Championships 2023 is the very first major international event to be hosted at Aqua Dome Kumamoto.

Detailed Information

Competition Pool (Indoor), Training Pool (Indoor)

- Construction Completion: July 1998
- Discipline: Water Polo
- Dimension/Water Depth: 1. 50x25.5m/2.0m *Divided into two fields of play
2. 25x23m/5m
- Water Temperature: 26~27°C

Training Pool (Indoor)

- Construction Completion: July 1998
- Discipline: Water Polo
- Dimension/Water depth: 25x18m/2m
- Water temperature: 29~30°C
- Address: 2-1-1 Arao, Minami-ku, Kumamoto
- Map: <https://www.fina-fukuoka2022.org/en/masters/venues.html>

Kamoike Park swimming pool in Kagoshima city (AS)



Artistic Swimming is held at Kamoike Park swimming pool in Kagoshima-City. It was opened in April 2011, under a concept to create a facility that can be enjoyed by all at anytime. It is now a well-known establishment in the region, loved by all citizens. Many national competitions have been held in the internationally approved main pool and diving pool, but World Aquatics Masters Championships 2023 is the first major international event to be hosted at this pool.

Detailed Information

Competition Pool (Indoor)

- Construction Completion: April 2011
- Discipline: Artistic Swimming
- Dimension/Water Depth: 50x25m/3m
- Water Temperature: 27~28°C

Training Pool (Out door)

- Dimension/Water depth: 25x23m/5m
- Water temperature: 32~33°C
- Address: 2-31-3 Kamoike, Kagoshima, Kagoshima
- Map: <https://www.fina-fukuoka2022.org/en/masters/venues.html>

3.7. Competition Rules and Regulations

World Aquatics Competition rules as presented on the World Aquatics website, will govern all five aquatic disciplines at the World Aquatics Masters Championships.

The information of these rules and regulations are available from the World Aquatics website www.fina.org.

3.8. Competition Programme

- | | | |
|-----------------------|--------------|---|
| · Swimming | 5-11 August | Marine Messe A, Fukuoka Nishi Civic Pool
(start 9:30 AM) |
| · Diving | 2 -7 August | Fukuoka Prefectural Pool (start 11:00 AM) |
| · Water Polo | 5-11 August | Aqua Dome Kumamoto (start 9:00 AM) |
| · Artistic Swimming | 5 -11 August | Kamoike Park Swimming Pool in Kagoshima city
(start 9:00 AM) |
| · Open Water Swimming | 2-3 August | Seaside Momochi Beach Park (start 8:30 AM) |

Before you will be allowed to train/practice and compete; you must go to the Accreditation Centre first.

Open Water, Diving and Swimming at Hakata Port International Terminal (Fukuoka City)

Artistic Swimming will be at Kamoike Park Swimming Pool in Kagoshima City

Water Polo at Aqua Dome in Kumamoto City.

3.8.1. Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December, 2023

AGE GROUPS (INDIVIDUAL EVENTS):

25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80-84,85-89,90-94
...(Five-year age groups as high as necessary)

AGE GROUPS (RELAY EVENTS): Based on the total age of team members in whole years:
100-119,120-159,160-199,200-239,240-279,280-319,320-359...(in Forty-year increments as high as necessary)

EVENTS:

Freestyle:	50m, 100m, 200m, 400m, 800m
Backstroke:	50m, 100m, 200m
Breaststroke:	50m, 100m, 200m
Butterfly:	50m, 100m, 200m
Individual Medley:	200m, 400m
Relays:	4x50m Freestyle, 4x50m Medley, 4x50m Mixed Freestyle, 4x50m Mixed Medley

All events will be swum as timed finals.

QUALIFYING STANDARDS: The times should be obtained during a sanctioned meet. World Aquatics suggests that the times should be obtained on or after 1 January, 2020.

Please note that the actual time of the event swum which has exceeded the qualifying standards, will not be shown on the result sheets but instead will be noted on the result sheets as N.T. (No Time).

Please refer below for details of qualifying standards:

https://www.fina-fukuoka2022.org/en/news/assets/WMCH_KYUSHU_ENTRY_TIMES-WOMEN.pdf

https://www.fina-fukuoka2022.org/en/news/assets/WMCH_KYUSHU_ENTRY_TIMES-MEN.pdf

If a swimmer clearly fails to achieve the QT he/she may be excluded from all upcoming individual events

World Aquatics Approved in accordance with World Aquatics approved swimwear

<https://www.fina.org/swimming/approved-swimwear>

NO FORM Smart Googles permitted during competitions

ENTRY INFORMATION: To control the number of entries, the entry process of an event can be closed if the numbers of entries exceed what can be handled within 10 hours of competition. Athletes should be aware that to ensure safety and to limit competition to 10 hours per day the entries may close earlier than the stated entry deadline. Pool allocation by age group and/or gender will be published on the website after the close of entries.

Before going to the venue to train/compete you must go to Accreditation Center at Hakata Port Terminal.

TRAINING VENUES AND TIMES:

From 3-4 August, 2023, the following pools are to be used for training:

1. Marine Messe Fukuoka Hall A warm-up pool (50m x25m, 10 lanes): 9:00~17:00
2. Marine Messe Fukuoka Hall A main swimming pool (50m x 26m, 10 lanes): 9:00~17:00
3. Fukuoka Nishi Civic Pool warm-up pool (25m x 14m, 7 lanes): 9:00~17:00
4. Fukuoka Nishi Civic Pool main swimming pool (50m x 25m, 10 lanes): 9:00~17:00

On 4 August, the Technical Meeting will be held from 17:00, after the training session.

OPENING CEREMONY will be held after the technical meeting at Marine Messe Fukuoka Hall A.

TECHNICAL MEETING:

Time: 4 August, 2023 17:00~

Place: At Venue, Marine Messe Fukuoka Hall A and Fukuoka Nishi Civic Pool

COMPETITION DATES:

5-11 August, 2023 (7 days)

Daily Start times: 9:30

COMPETITION VENUES:

1. Marine Messe Fukuoka Hall A main swimming pool
2. Fukuoka Nishi Civic Pool main swimming pool

POOL SPECIFICATIONS:

1. Marine Messe Fukuoka Hall A main swimming pool: 50m (length) x 26m (width) x 3m (depth), 10 lanes, indoor
2. Fukuoka Nishi Civic Pool main swimming pool: 50m (length) x 25m (width) x 3.3m (depth), 10 lanes, indoor

WARM UP/WARM DOWN POOLS:

1. Marine Messe Fukuoka Hall A warm-up pool (indoor): 50m (length) x 25m (width) x 2m (depth), 10 lanes
(available time: 8:00~19:30)
2. Fukuoka Nishi Civic Pool warm-up pool (outdoor): 25m (length) x 14m (width) x 1.4m (depth), 7 lanes
(available time: 8:00~19:30)

WARM-UP PROCEDURES:

• At Competition Pools

- 1) Swimmers must enter the pool feet first in a cautious and controlled manner.
- 2) No diving or backstroke starts will be allowed except in start-practice lanes.
- 3) At competition pools, one or more lanes shall be designated as start-practice lanes during the pre-meet warm-up sessions.
- 4) Training aids (such as pull-buoys, kick boards, fins, hand paddles, cords and other training aids) are NOT allowed in the competition pool or warm-up pool, nor are watches or heavy jewelry.
- 5) Jewelry with the exception of rings, stud earrings and medical alert identifiers will not be permitted.
- 6) Competition pools will be available for warm ups/ warm downs only for swimmers competing on that day.
- 7) Competition pools can be used for warm up/warm down from 8:00 to 9:15, and up to one hour after the last event no later than 19:30.

•Warm-up Pools

- 1) Open only to swimmers competing on that day.
- 2) Swimmers must enter the pool feet first in a cautious and controlled manner.
- 3) ABSOLUTELY NO starts (diving) are allowed in warm up pools.
- 4) Training aids (such as pull-buoys, kick boards, fins, hand paddles, cords and other training

aids) are NOT allowed in the competition pool or warm-up pool

5) Jewelry with the exception of rings, stud earrings and medical alert identifiers will not be permitted.

WARM UP PROCEDURES SHALL BE STRICTLY ENFORCED. ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER IN THE VENUES MAY BE SUBJECT TO PENALTIES OR OTHER SUCH ACTIONS BY THE WORLD AQUATICS MASTERS COMMITTEE.

ENTRY RESTRICTIONS: A maximum of five (5) individual events may be entered, but not more than two (2) individual events per day. Open Water Swimming event may be entered in addition to the five (5) individual events. The time entered for an individual event must not exceed the qualifying time for that event.

A swimmer can be part of a maximum of one relay per each relay event.

Entries without times will not be accepted. No entries and time change are allowed after the entry deadline (Deadline is at 23:59 UTC of 28 June 2023)

Events will close once maximum entries are reached.

OVER THE HEAD: All starts will be “over the head” i.e. swimmers from the previous race will stay in the water until the next race has started. Swimmers will start from the same end of the pool for each race.

ONE START RULE: The one-start rule will apply for all swimming events.

PRE-SEEDING AND RECONFIRMATION: Each event will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swum first within each age group. However, 800m and 400m Freestyle and 400m Individual Medley will be pre-seeded using the times entered, slowest to fastest regardless of age or age group. The reconfirmation may be done electronically. Details and notification of pre-seeding and reconfirmation will be published on the website after the close of entries.

RELAY EVENTS:

Relay sheets or cards indicating the names of the pre-registered swimmers will be given to the team representative on arrival at registration. These swimmers must be verified or amended and given an entry time on the relay sheets or cards returned to the designated point. All relay team members must be affiliated with the same swimming club. A swimmer may not swim for more than one team per relay event. It is not possible to change the entered age group for a relay team after the deadline of the entries. Change of swimmers on a relay team is allowed up to 12:00

noon on the day before the relays.

MIXED RELAYS: “Mixed” means both gender compete; i.e. two females and two males. The order of swimmers by gender is optional.

REPORTING: It is the responsibility of all swimmers to report to the Call Room (marshalling area) at least 15 minutes prior to their designated races. The swimmer will be scratched from the event if not present in FINAL call room.

RESULTS: All results will be posted on the World Aquatics Masters Championships website after each event.

MEDALS:

Individual events: Medals will be awarded to 1st to 3rd places (gold, silver and bronze) in each age group.

Relay events: For relay events, medals will be awarded to 1st to 3rd places (gold, silver and bronze) in each age group (each member of the team will receive a medal.)

CAUTION: Smoking is permitted only at designated areas.



3.8.2. Open Water Swimming

Must go to Accreditation Center at Hakata Port International Terminal before going to the training/competition venue.

RACE INFORMATION

SCHEDULE:

2 August 2023 (Wed) Women

3 August 2023 (Thu) Men

Anticipated start of first wave is 8:30 AM

VENUE: Open Water Swimming course at Seaside Momochi Beach Park

LENGTH OF COURSE: 3km (1.5Km x 2Laps)

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December, 2023

AGE GROUPS: 25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80-84,85-89,90-94 ... (five-year age groups as high as necessary).

COMPETITION RULES: World Aquatics Open Water Swimming Rules shall be applied.

NUMBER OF ENTRIES: For safety reasons, the number of competitors shall be limited to 1,000 per day. Registration for the day will close when the number of entries reaches 1,000.

START: The competitors will be organized by age groups. Competitors will start in the water in their respective waves, which will be determined after registration closes. It shall be compulsory for all swimmers to wear swim caps, provided by the Organizing Committee. Transponders will be used during the competition.

TIME LIMITS: Time limit for 3km shall be 90 minutes. Any competitor who remains on the course after 90 minutes shall be disqualified. If a competitor fails to complete the first 1.5 km of the first lap in 45 minutes, he/she will not be allowed to proceed to the second lap and shall be disqualified. Disqualified competitors must follow the instructions of the lifesavers. No official time will be recorded for these competitors.

TECHNICAL MEETING: All competitors must attend the technical meeting or watch a video of the technical meeting.

Date: 1 August 2023 (Tue) from 13:30~14:30

Place: Open Water Venue-Seaside Momochi Beach Park

How to attend online and the video of the technical meeting will be posted on the official website at a later date.

MEDALS: 1st to 3rd place finishers in each age group will be awarded gold, silver, and bronze medals respectively. Award winners must assemble at the designated place at the appointed time.

Registration:

All competitors must be at the registration area at least 90 minutes before the start of the competitors wave

The schedule for waves will be provided on the website with start times and check in information after registration closes

OTHER INFORMATION:

COURSE CONDITIONS:

- Water temperature: 27 to 29°C (depending on weather conditions)
- Ambient air temperature: 25 to 35°C (depending on weather conditions)
- Wind condition: Change depending on weather conditions
- Tide: Mild
- Current: Mild
- Swell: Mild (but changes depending on weather conditions)
- Water depth on course (around start and finish): Approximately 2m (changes depending on the tide level)
- Course bottom material: Soil and sand
- Any outlet points and underwater obstacles: None

During the competition, updated weather forecast will be shared to all participants.

SAFETY MEASURES: A medical team and lifeboats will be on standby from the start to the end of an event.

TRAINING VENUES, DATES AND TIMES:

•Seaside Momochi Beach Park Competition Venue (Not allowed on competition course)

1 August, 2023 10:00~13:00 (for men and women)

•Fukuoka Chuo Civic Pool

1 August, 2023 15:00~17:00 (for men and women)

2 August, 2023 15:00~17:00 (men only)

ACCESS TO THE VENUE: Access to the Open Water Swimming venue will be posted on the official website.

CAUTION: Smoking is permitted only at designated areas.

3.8.3. Diving

MINIMUM AGE LIMIT: 25years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December, 2023

AGE GROUPS:

·Springboard and platform:25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80+(five-year age groups as many as necessary).

·Synchronised diving: 50-99,100+ (age determined by adding the age of the two competitors).

SCHEDULE: The programme shall be for six (6) days, from 2 to 7 August, 2023.

SAFETY: Competitors must indicate that they are able to execute the dive. Officials may remove competitors from an event where the competitors' safety is a concern.

Before going to the venue to train/compete you must go to Accreditation Center at Hakata Port International Terminal.

TRAINING DATES AND TIMES:

31 July 9:00~17:00

1 August 9:00~11:00, 13:00~17:00 (Technical Meeting 11:00~12:00)

Training time during competition days will be from 8:30 until 20 minutes before the start of the first event.

Boards will be open for training one hour after the last event; no later than 20:00.

On each competition day, only competitors competing on that day may use the springboards or platform. On non-competition days, all competitors may use them.

Between each event, there will be a 20 minute training time. Only competitors competing in the next event may train at this time.

No two (2) competitors may dive from the springboard and platform simultaneously.

Dryland is available for use only during the following period:

- Official training period
- Designated training times during the competition period

Ample deck space is available throughout training and the competition

TECHNICAL MEETING:

Date and time: 1 August 2023 at 11:00

Place: Spectators stand at Fukuoka Prefectural Pool

COMPETITION SCHEDULE: The competition will start at 11:00.

The competition schedule will be provided on the website prior to the World Aquatics Masters Championships.

It will also be posted at the venue.

TOTAL NUMBER OF DIVES REQUIRED:

Springboard and Platform

AGE GROUPS (Years)	TOTAL NUMBER OF DIVES REQUIRED			
	Men 1m&3m	Women 1m&3m	Men Platform	Women Platform
25-29	7	6	6	6
30-34	7	6	6	6
35-39	7	6	6	6
40-44	7	6	6	6
45-49	7	6	6	6
50-54	6	5	5(X)	5(X)
55-59	6	5	5(X)	5(X)
60-64	6	5	5(X)	5(X)
65-69	6	5	5(X)	5(X)
70-74	5	4	4(X)	4(X)
75-79	5	4	4(X)	4(X)
80+	4	3	3(X)	3(X)

Note: (x)10m limit – Competitors 50 and over may only perform dives with feet first entries and may not exceed 2.0 in difficulty.

Synchronised Diving

Event	Age Groups	Men	Women	Mixed Team
3m Springboard	50-99	2(*)+2	2(*)+2	2(*)+2
	100 +	2(*)+2	2(*)+2	2(*)+2
Platform	50-99(X)	2(*)+2	2(*)+2	2(*)+2
	100 + (X)	2(*)+2	2(*)+2	2(*)+2

Note: (X) 10m limit: If either of the pair is 50 or over, the pair may only perform dives with feet

first entry and may not exceed 2.0 in difficulty.

(* Degree of difficulty shall be 2.0, regardless of the formula.

WARM-UP: Competitors may warm-up prior to their events.

COMPETITION VENUE: Fukuoka Prefectural Pool. Diving Pool

POOL SPECIFICATIONS: Specifications comply with World Aquatics regulations.

EQUIPMENT:

- 3x1m Springboard Duraflex Maxi B(Two (2) for the competitions, 1 (one) for training)
- 3x3m Springboard Duraflex Maxi B(for competitions)
- 1x3m Platform
- 1x5m Platform adequate for synchro
- 1x7.5m Platform inadequate for synchro
- 1x10m Platform adequate for synchro
- Water agitation system (equipment to make waves on water surface)
- A room or space will be provided with mats large enough for the competitors to warm up.
- Dryland (with a trampoline, a springboard, somersault boxes, ice bath, etc.)
- Warming basin(jacuzzi)
- Showers (behind the platform)

COMPETITION FORMAT: The competitors can freely choose their dives from the table in World Aquatics Diving Rules, provided each dive to be performed has a different dive number. For age groups 50+, any dive from 10m must be with feet first entry and with a maximum degree of difficulty of 2.0.

For age groups 70+, dives with the same dive number can be repeated if different positions are used.

In synchronised diving events, two competitors from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3m springboard and the platform synchronised diving competitions.

In synchronised diving, both competitors must perform the same dive number and position.

Otherwise, the Referees shall declare a failed dive (0 points)

All competitors will perform a full series of dives in their age group and there will be no preliminary or final contests.

DIVE SHEETS: The submission of Dive sheets will be communicated to each competitor via e-mail used for registration. World Aquatics may in exceptional circumstances accept dive sheets at the venue not later than 24 hours prior to each event. In the case of online completion, the organisers will require the signing of the original dive sheet by the competitor.

Late sheets and changes to an existing sheet will incur a penalty fee of 10.00 USD per sheet between 24 hours and three (3) hours prior to the event.

No changes of diving forms will be accepted after the deadline of 3 hours before the start of the event.

REPORTING: All competitors are responsible for being at the competition site for the start of their designated event.

MEDALS: Medals will be awarded to 1st to 3rd places (gold, silver and bronze).

CAUTION: Smoking is permitted only at designated areas.



3.8.4. Water Polo

MINIMUM AGE LIMIT: 30 years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December, 2023

AGE GROUPS: 30-34,35-39,40-44,45-49,50-54,55-59,60…(in five-year increments as high as necessary)

Age groups apply for men and women teams.

The age of the youngest member of the team determines the age group of the team.

There are no restrictions on the ages of players other than the youngest player on the team.

ENTRY INFORMATION: During the preliminary rounds when there are 17 or more teams entered some or all teams may play more than one game per day. The maximum number in each age group is 20 teams.

A club can enter only one team per age group.

Maximum number of entry is 60 teams.

COMPOSITION OF TEAMS: World Aquatics Masters Water Polo rules apply to this competition. Each team shall consist of seven players, one of who shall be the goalkeeper and who shall wear the goalkeepers cap, and not more than eight reserves may be used as substitutes, listed on the game roster, which must be submitted to the official's table for each game, not less than 45 minutes before each game commences. All players listed on the game roster will be eligible to play in the game. After the games has commenced, a team playing with less than seven players shall not be required to have a goalkeeper.

A team may enter up to 15 players on their team entry form to participate in any game of this tournament (i.e. seven players and up to 8 reserves). It is not compulsory to name a substitute goalkeeper. A goalkeeper who has been replaced by a substitute may, if the player returns to the game, play in any position.

Women players may be members of a men's team.

A player may only represent one club in the competition and all players must be registered with the same club.

If less than three (3) teams are registered in an age group, they will be asked to compete in the next youngest age group while maintaining a separate ranking.

Teams which do not accept this will have their team registration fee reimbursed.

Team's players registered just for water polo championship will have their individual registration fee reimbursed as well.

You must be accredited before you can train and compete

Accreditation at venue

TRAINING VENUES AND DATES:

The following pools are available for training:

1. Aqua Dome Kumamoto Main Swimming Pool A: approx. 23m x 20m x 2m
2. Aqua Dome Kumamoto Main Swimming Pool B: approx. 23m x 20m x 2m
3. Aqua Dome Kumamoto Diving Pool: approx. 21m x 20m x 4m
4. Aqua Dome Kumamoto Warm-up Pool: approx. 23m x 18m x 2m

Date: From 3 August, 2023, two (2) days prior to the start of the competition; 10:00~18:00

Written request for training should be made by prior to arrival, or on arrival at the competitor registration desk for Water Polo.

Further training opportunities may be available during competition, depending on the number of entries received. These additional opportunities will be announced at the Technical Meeting.

The venue will be open for training for 1 hour after the last game, no later than 19:30

TECHNICAL MEETING:

Time: 4 August 2023, from 16:00

Place: Entrance Hall at the venue, Aqua Dome Kumamoto

The final composition of the team shall be confirmed at the Technical Meeting. The team will be composed ONLY by players who have been registered in the World Aquatics GMS and paid the registration fees.

COMPETITION DATES: 5-11 August, 2023 (for 7 days) The schedule for the competition will be provided on the website as soon as possible following the draw.

COMPETITION FORMAT:

The competition format will be determined according to the number of teams entered in an age group. The object will be to have each team play a minimum of four games and to determine the final placing

as far down in each age group as feasible. The format may be round robin, or group play. In group play, there may be one or more preliminary rounds, followed by semifinal and final to determine final placing.

COMPETITION VENUES:

1. Aqua Dome Kumamoto Main Swimming pool A: approx 23m x 20m x 2m
2. Aqua Dome Kumamoto Main Swimming pool B: approx 23m x 20m x 2m
2. Aqua Dome Kumamoto Diving pool: approx. 21m x 20m x 4m

EQUIPMENT: World Aquatics approved balls made by Mikasa will be provided for the games. Competitors must provide their own caps, in accordance with World Aquatics Water Polo Rule. VII.

ENTRY PROCEDURE: To be eligible for the competition, each water polo player must complete an individual registration and pay the individual registration fee and the team must pay the registration fee for a team.

A nominated coach, manager/team representative must submit the fully completed Team Sheet for entry into the competition. Changes on the Team Sheet are not allowed after the nominated coach, manager/team leader has reconfirmed the entries at the Technical Meeting on 4 August 2023, from 16:00.

REPORTING: It is the responsibility of each team to be ready to play at least 15 minutes prior to the designated starting time for their match. Teams arriving later than 5 minutes after the designated start time for their match will forfeit the match, with the match awarded to the opponent with a score of 5-0. In the event that a forfeit may benefit the team forfeiting in terms of advancement, the Management Committee of the competition reserves to make any adjustment in the reported score to correct this possibility.

MEDALS: Medals will be awarded to 1st to 3rd places in each age group (each player on the team and a coach will receive a medal).

CAUTION: Smoking is permitted only at designated areas.



3.8.5. Artistic Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: The actual age of the competitor as of 31 December, 2023

AGE GROUPS:

- SOLO: 25-29,30-39,40-49,50-59,60-69,70-79,80 and over
- DUET: 25-29,30-39,40-49,50-59,60-69,70-79,80 and over
(with age group determined by the average age of the competitors.)
- MIXED DUET: 25-29,30-39,40-49,50-59,60-69,70-79,80 and over
(with age group determined by the average age of the competitors.)
- TEAM: 25-34,35-49,50-64,65 and over (with age group determined by the average age of the competitors.)
- FREE COMBINATION: 25-39,40-64,65 and over (with age group determined by the average age of the competitors.)

TECHNICAL MEETING:

Time: 4 August 2023, 14:00

Place: At Venue, Kamoike Park Swimming Pool

Draw for the order of appearance: The computer draw for the Technical Routines will be done after the close of entries.

You must be accredited before you can practice and compete

Accreditation at venue

PRACTICE PROVISION:

Pre competition: 3-4 August will be from 9:00~17:00

On training days 3-4 August both the warm-up pool (diving pool) and competition pool in Kamoike Park swimming pool are available for training. In the competition pool everybody has time for practice with music if the club has booked a date.

On competition days, the practice time before the competition is only for those who are competing that day. There will be no practice with music.

Time permitting no later than 19:00, there will be 2 hours of practice time after the completion of the last event for warm up in the competition pool.

COMPETITION DATES: 7 days program to be held during 5 August -11 August

Competition starts at 9:00 AM.

DATE	PROGRAM
5 August, 2023	Solo Technical
6 August, 2023	Duet Technical
7 August, 2023	Team Technical, Mixed Duet Technical
8 August, 2023	Solo Free
9 August, 2023	Duet Free
10 August, 2023	Team Free
11 August, 2023	Free Combination, Mixed Duet Free

The pool will be available up to 2 hours after the last event; no later than 19:00 for practice (Maximum time allotment for each day is 10 hours)

COMPETITION VENUE: Kamoike Park swimming pool in Kagoshima city

POOL CHARACTERISTICS:

- Kamoike Park swimming pool in Kagoshima city Competition Pool (indoor): 50m x 25m x 3m
- Kamoike Park swimming pool in Kagoshima city Training Pool (outdoor): 25m x 23m x 5m

SOUND EQUIPMENT: Competitors are responsible for their own music. Competitors/ Team managers or Coaches can submit the music electronically via the Internet to the Organising Committee as per instructions published on the website. Each submission shall include the name of the competitor, the country and club name, event and music time. Music should be recorded so that the sound levels for soft, quiet and low-pitched music are clearly audible. Competitors are responsible for ensuring that they have appropriate copyright authorisation. On the first day of the practice sessions, Competitors, Team Managers or Coaches shall be allowed to verify playback. If necessary, the Competitor/Team Manager or Coach may be allowed to change the music by presenting an acceptable reproduction to the Sound Center Manager. Music may be supplied in accordance to World Aquatics Competition Regulations AS III 27.

COACH CARD: Competitors are responsible to submit their routines with the elements (same elements) in order of performance at the same time they submit their music electronically via the internet to the Organising Committee as per instructions published on the website. No changes can be made.

ENTRY RESTRICTIONS: Duet, mixed duet, team and free combination competitors must represent the same club. Each club may submit up to a maximum of five (5) routine entries per age group per event. Each club may enter one free combination in each age group. A competitor can take part in only one Duet, Team and Free Combination.

TEAM MEMBERS: Each team shall consist of a minimum of four (4) and a maximum of eight (8) members. One half-point penalty will be deducted from the total final team score for each member less than eight (8).

Free combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

MAXIMUM TIME LIMITS: Time limits for technical routines and free routines, including ten (10) seconds for the deck movement.

Solo – Technical Routine	1 minute 30 seconds
Solo – Free Routine	2 minutes 30 seconds
Duet – Technical Routine	1 minute 40 seconds
Duet – Free Routine	3 minutes
Mixed Duet – Technical Routine	1 minute 40 seconds
Mixed Duet – Free Routine	3 minutes
Team – Technical Routine	1 minute 50 seconds
Team – Free Routine	4 minutes
Free combination	4 minutes

There is no minimum time limit.

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Free Combination.

Technical Routine: Technical routines must include all required elements as described in World Aquatics Competition Regulation Artistic Masters Rules IX 8.6.11. Music selection is optional and may be the same as the music used in the free routine.

Technical routines will be recorded (video) during the event and if necessary reviewed.

Video recording shall be in accordance to World Aquatics Competition Regulations Artistic Swimming III 27.

OTHERS: Goggles may be worn. Reserves Forms must be received at the designated point no later than 2 hours prior to the published start time of the event.

SCORING: Judging and scoring will be made as in Competition Regulations Masters AS Rules; however, the number of judges shall be in accordance with World Aquatics Competition Regulations Masters IX: 8.6.10: At the World Aquatics Masters Championships, at least four (4) judges shall officiate in three panels.

For Free Routines: One for Execution (Synchronization), one for Artistic Impression (Choreography/Music Interpretation/Manner of Presentation) one for Difficulty

For Technical Routines: One for Execution, one for Impression and Difficulty, and one for Required Elements

FINAL RESULTS: For Solo, Duet, Mixed Duet and Team, the result is the total of scores for the technical and free routines. For Free Combination, the result will be the score of the free routine.

REPORTING: It is the responsibility of each competitor, including all members of duets, mixed duets and teams to report to the call room at least 10 minutes prior to the start of the designated event.

MEDALS: Medals will be awarded to 1st to 3rd places in all events in each age group (each member of a duet, mix duet, team/free combination will receive a medal including reserves if the reserve competes) .

CAUTION: Smoking is permitted only at designated areas.

World Aquatics Competition Regulations Required Elements for Masters Technical Routines

Supplementary elements may be added.

1. Unless otherwise specified in the description of an element:

·All figures or components there of shall be executed according to the requirements described in this Appendix.

·All elements shall be executed high and controlled in uniform motion with each section clearly defined.

2. Time limits as in Competition Regulations IX.7.4.1.

3. Swim wear shall be BLACK and the competitor shall wear a whitecap.

SOLO REQUIRED ELEMENTS

Elements 1 to 5 MUST be performed (the swimmer has a choice to keep the order the same or change the order and the order must be declared when submitting their music.).

Element 6 may be performed at any time during the routine.

1. FISHTAIL – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).
2. SPLIT POSITION – followed by a walkout front or walkout back.
3. SPINNING 180° – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.
4. TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include any 2 of the following positions – Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.
5. BARRACUDA BENT KNEE – From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.
6. TWO (2) FORMS OF PROPULSION – Must include Egg Beater travelling sideways and/or forward (arms optional)

DUET/MIXED DUET REQUIRED ELEMENTS

Elements 1–5 MUST be performed (the swimmer has a choice to keep the order the same or change the order and the order must be declared when submitting their music.).

Elements 6–7 may be executed at any time during the routine.

Routines for Duet 1 to 6 as above for Solo

7. JOINED ACTION – Where the competitors are connected (touching) in some manner to perform on of the following:

- A connected figure or a connected float or connected stroking
- Action must be performed simultaneously. Mirror action is permitted.
- Stacks, lifts, platforms, throws are not permitted.

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, **MUST be performed simultaneously and facing the same direction by both competitors**, Variation in propulsion and direction facing are permitted during pattern changes.

TEAM REQUIRED ELEMENTS

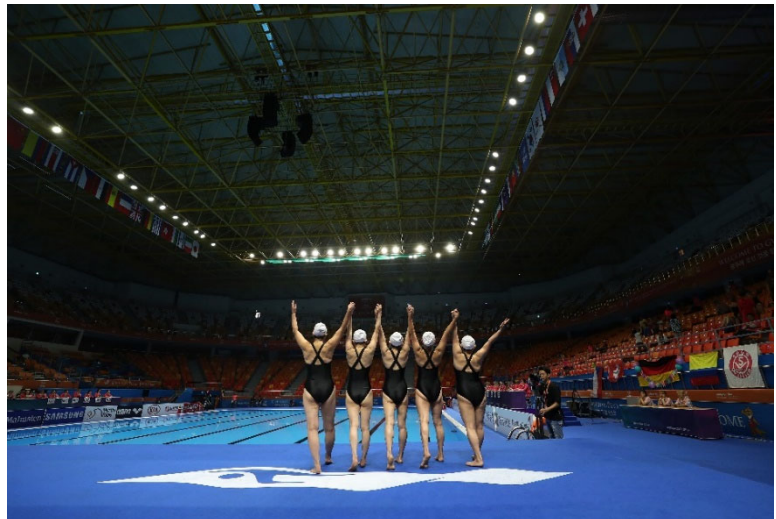
Elements 1–5 MUST be performed (the swimmer has a choice to keep the order the same or change the order and the order must be declared when submitting their music.).

Elements 6–9 may be executed at any time during the routine.

Routines for Team 1 to 7 as above for Duet.

8. CADENCE ACTION – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

9. PATTERNS – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns. With the exception of the DECK WORK, ENTRY, CADENCE and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the SAME direction by all competitors. Competitors need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except as specified in the description of the elements.



3.9. Victory Ceremonies

Victory ceremonies will be held in designated areas of the competition venues.

The detailed timeline of the awarding ceremonies will be available after the closing of the entries.

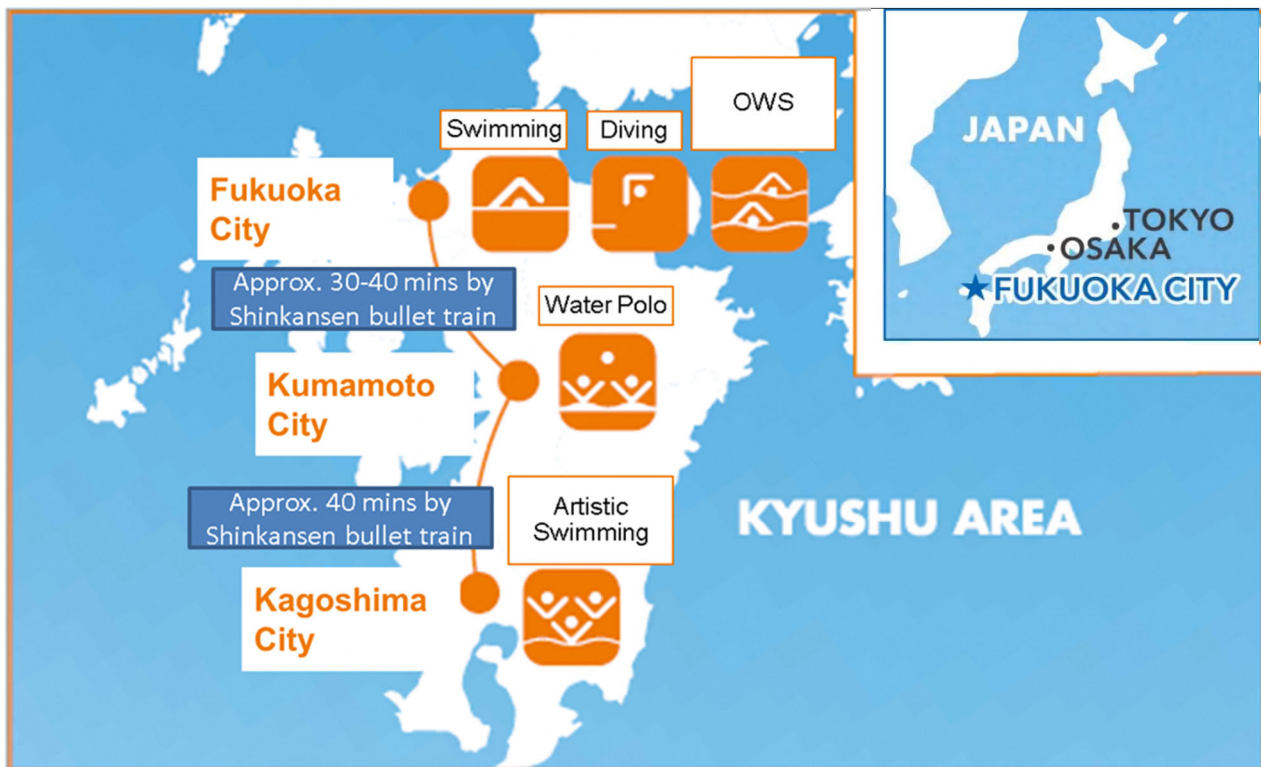
All diplomas are to be collected by athletes or the Heads of Teams at the competition venues.

CHAPTER

4. Transportation Guide and Services

The World Aquatics Masters Championships in 2023 will be held in 3 cities: Fukuoka, Kumamoto, and Kagoshima.

Each city is connected by the Kyushu Shinkansen bullet train.



4.1. Fukuoka City

4.1.1. Access

By Air [Fukuoka Airport]

Fukuoka City is widely known as one of the most conveniently located cities around the world. Fukuoka Airport is directly connected to the subway station, and it is just a 10-minutes' train ride from the station to the city centre. Excellent connections to and from international hub airports is another outstanding feature of the airport; enabling great access to cities across Europe and America.

•International flights to Fukuoka airport available from the following cities:

Seoul, Busan, Taegu, Shanghai, Beijing, Dalian, Qingdao, Wuhan, Yantai, Taipei, Kaohsiung, Hong Kong, Manila, Bangkok, Singapore, Hanoi, Ho Chi Minh, Macau, Guam, Honolulu, Helsinki (summer flights only)

* Partially suspended (as of December 2022)

•Direct flights to Fukuoka airport available from the following domestic airports:

Haneda, Narita, Nagoya (Chubu), Nagoya (Komaki), Kansai, Osaka (Itami), Sapporo, Iwate-hanamaki, Sendai, Ibaraki, Komatsu, Niigata, Shinshu-matsumoto, Shizuoka, Matsuyama, Izumo, Kochi, Tokushima, Goto, Fukue, Tsushima, Amakusa, Miyazaki, Kagoshima, Yakushima, Amamioshima, Naha, Ishigaki, Miyako (seasonal flight)

•Flight information: <https://www.fukuoka-airport.jp/en/>

•Domestic/international terminal connecting bus: Free connecting buses run every 12 min during the daytime.

International to domestic terminal: approx. 15 min. Domestic to international terminal: approx. 10 min.

•Access from Fukuoka Airport to the city: <https://www.fukuoka-airport.jp/en/access/>

From the Domestic Terminal

City Subway: Domestic terminal building is directly connected to City Subway Fukuoka Airport Station.

To Hakata Station: approx. 5 min/ ¥260 To Tenjin Station: approx. 10 min/ ¥260

Nishitetsu Bus: Local buses service from Fukuoka Airport to Fukuoka City and express buses to various places in Kyushu.

To Hakata Station (Hakata Bus Terminal): approx. 20 min/ ¥270 To Tenjin (Tenjin Central Post Office): approx. 30 min/ ¥360

Taxi: approx. 20 min to Hakata Station/ about ¥1,500, approx. 30 min to Tenjin/ about ¥2,000

*Times and fares are approximate.



From the International Terminal

Nishitetsu Bus: approx. 15 min to Hakata Station (direct bus)/ ¥270

Taxi: approx. 20 min to Hakata Station/ about ¥1,500, approx. 30 min to Tenjin/ about ¥2,000

*Times and fares are approximate.

By Rail **【Hakata Station】**

Shinkansen bullet train service to JR Hakata station is available from major cities including Kumamoto and Kagoshima. Online reservation and payment, as well as operation status of trains are available on the following website. JR Kyushu: <https://www.jrkyushu.co.jp/english/>

4.1.2 Transportation in the city (access to each venue)

*Please use public transportation to visit the venue.

*Information on how to access each venue will be provided at a later date.

*Information on public transportation services can be found on the following websites:

〈Subway〉

Fukuoka City Subway Top Page: <https://subway.city.fukuoka.lg.jp/eng/index.php>

How to get on and off: <https://subway.city.fukuoka.lg.jp/eng/how/>

〈Local bus〉

Nishitetsu Bus Top Page: <https://www.nishitetsu.jp/en/>

How to get on and off: <https://www.nishitetsu.jp/en/bus/>

*Cash (in Japanese yen) is required when using public transport (buses) (except when using transport IC cards, one-day passes, etc.).

*Arrival times may vary depending on traffic conditions (buses, taxis). Please allow plenty of time to visit the venues.

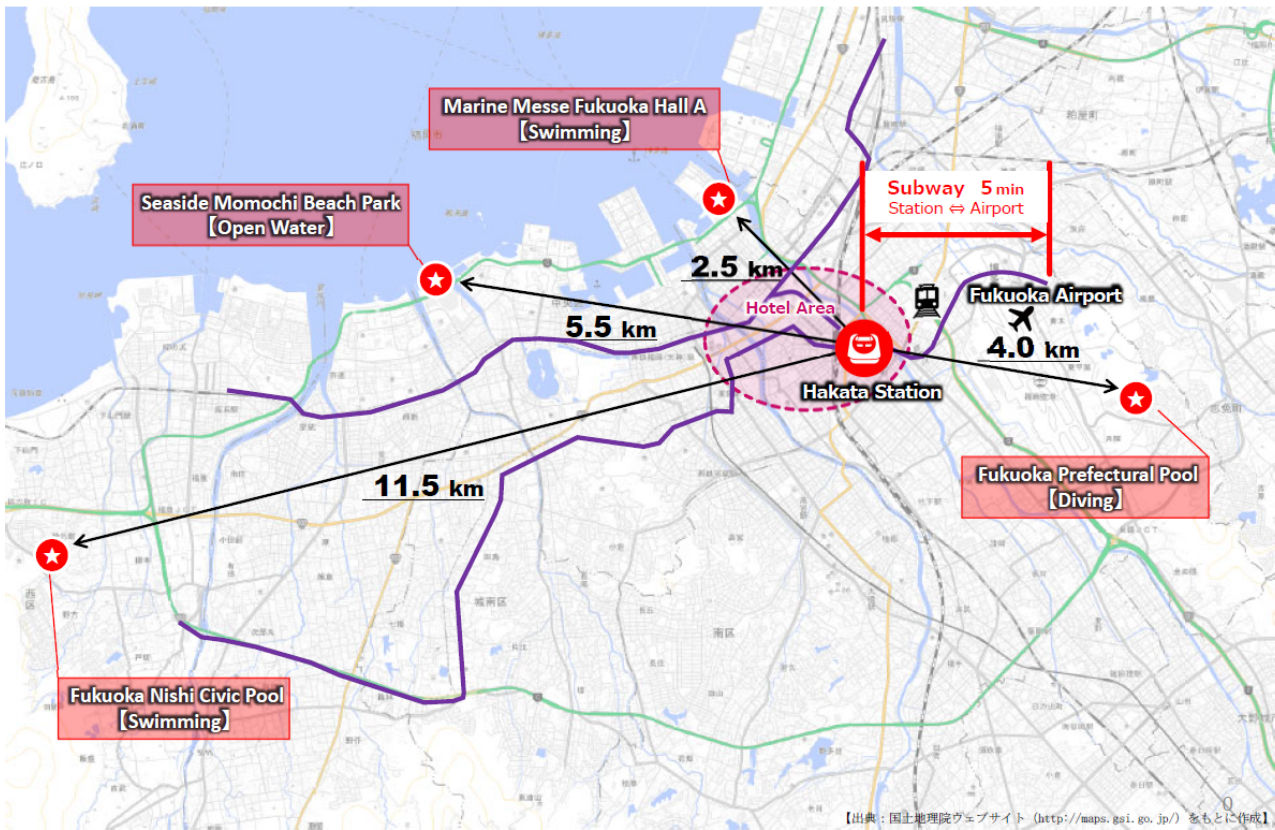
*A bus service which runs between transport hubs to the venues will be sold at a website provided by OC's affiliated travel agent (advance booking required). By using this worry-free bus service, your travel time to the venue will be much shorter and more punctual compared to public transport, and the ride guidance service provided by staff ensures a safe and comfortable ride.

A website detailing this bus service, including how to purchase tickets, will be available at a later date. Its URL will be released on OC's official website.

*Accommodation package is also on sale at the same website. (Please refer to 4.1.3 for more information.)

*Please do not drive to the venues as there is no parking for participants at the venues.

■ Venue Location Map



4.1.3. Accommodation

*Please make your own accommodation arrangements.

*Accommodation package for the Masters participants is sold at a designated website run by OC's affiliated travel agent. The URL for this website will be released at a later date on OC's official website.

*Worry-free bus service (onward and return) between venues can optionally purchased.
(please refer to 4.1.2 for more information).

4.1.4 Sightseeing Information

Please see the following website for Fukuoka City's sightseeing information.

The site also includes information on transportation, including deals on transportation passes.

*Fukuoka City Official City Guide "Yokanavi": <https://yokanavi.com/en/>

4.2. Kumamoto City

4.2.1 Access

By Air 【Aso Kumamoto Airport (Mashiki-machi, Kumamoto Prefecture)】

- International flights to Kumamoto airport available from the following locations:
South Korea (Seoul-Incheon, Daegu), Taiwan, Hong Kong
 - * Partially suspended (as of December 2022)
 - Direct flights to Aso Kumamoto airport available from the following domestic airports:
Tokyo (Haneda), Tokyo(Narita), Osaka (Itami), Osaka(Kansai), Chubu(Centrair), Nagoya (Komaki), Amakusa, Naha
- *Flight information: <https://www.kumamoto-airport.co.jp/en/service-dom/>
- Access from Aso Kumamoto Airport to the city:

<https://www.kumamoto-airport.co.jp/en/access/>

Please use airport limousine buses or other means of transportation to get from the airport to Kumamoto City, the host city of the Championships.

Limousine bus: approx. 1 hr to Kumamoto Station (in front of Kumamoto Station)/ ¥960 for adults, approx. 50 min to Kumamoto Sakura-machi Bus Terminal/ ¥880.

Taxi: approx. 45 min to Kumamoto Station/ about ¥5,600, approx. 40 min to Sakuramachi Kumamoto/ about ¥5,200 *Times and fares are approximate.

By Rail 【Kumamoto Station】

Shinkansen bullet train service to JR Kumamoto station is available from major cities including Fukuoka and Kagoshima. Online reservation and payment, as well as operation status of trains are available on the following website. *JR Kyushu website:

<https://www.jrkyushu.co.jp/english/>

4.2.2 Transportation in the city (access to each venue)

*Free shuttle bus service to the venue will be available.

Please present your registration accreditation card or GMS registration completion authorisation screen when using the shuttle buses.

The route and schedule of the free shuttle bus will be posted on the Masters Championships' official website.

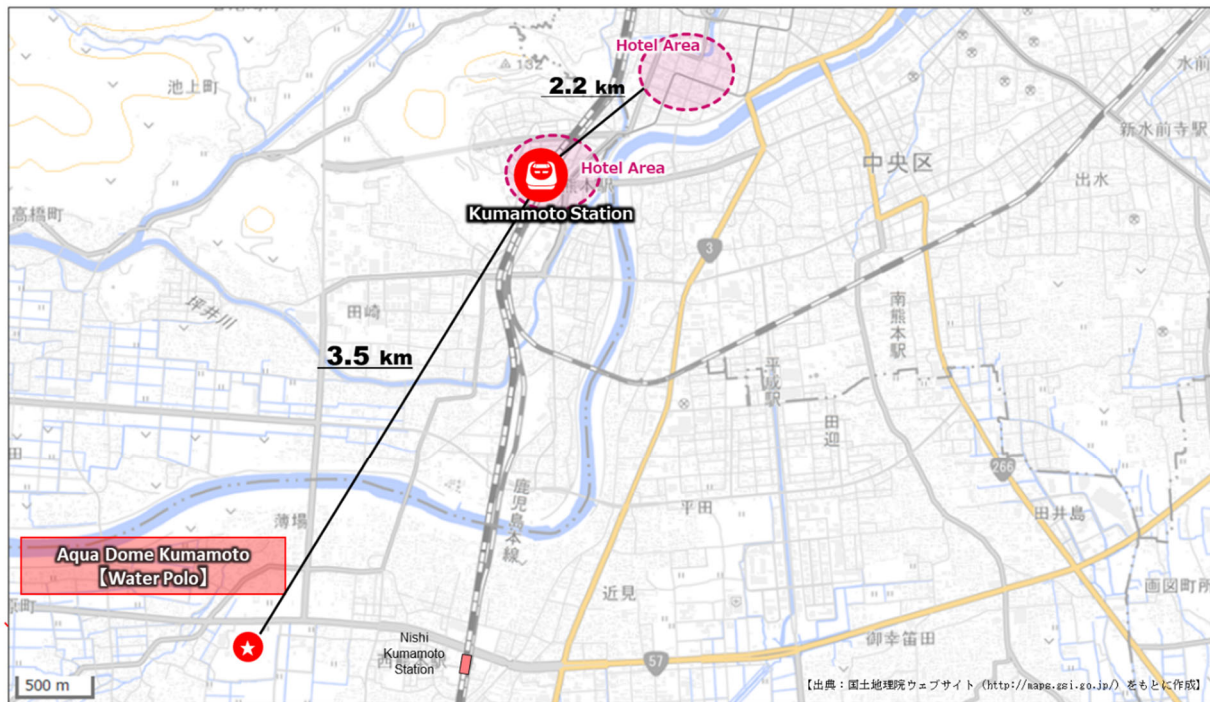
*A bus service which runs between transport hubs to the venues will be sold at a website provided by OC's affiliated travel agent (advance booking required). By using this worry-free bus service, your travel time to the venue will be much shorter and more punctual compared to public transport, and the ride guidance service provided by staff ensures a safe and

comfortable ride.

A website detailing this bus service, including how to purchase tickets, will be available at a later date. Its URL will be released on OC's official website.

*Accommodation package is also on sale at the same website. (Please refer to 4.2.3)

■ Venue Location Map



4.2.3 Accommodation

*Please make your own accommodation arrangements.

*Accommodation package for the Masters participants is sold at a designated website run by OC's affiliated travel agent. The URL for this website will be released at a later date on OC's official website.

*Worry-free bus service (onward and return) between venues can be optionally purchased. (please refer to 4.2.2 for more information). *URL (accommodation sales website)

4.2.4 Sightseeing Information

Please see the following website for Kumamoto City's sightseeing information.

The site also includes information on transportation, including deals on transportation passes.

*Kumamoto City Tourism Guide: <https://kumamoto-guide.jp/en/>

4.3. Kagoshima City

4.3.1 Access

By Air 【Kagoshima Airport (Kirishima-city, Kagoshima Prefecture)】

•International flights to Kagoshima airport available from the following cities:

Seoul, Shanghai, Taipei, Hong Kong

* Partially suspended (as of December 2022)

•Direct flights to Kagoshima airport available from the following domestic airports:

Tokyo (Haneda), Tokyo (Narita), Osaka (Itami), Osaka (Kansai), Chubu(Centrair), Mt. Fuji Shizuoka, Kobe, Matsuyama, Fukuoka, Yakushima, Tanegashima, Kikaijima, Amamioshima, Okinoerabujima, Tokunoshima, Okinawa (Naha), Yoron

*Flight information:<https://www.koj-ab.co.jp/en/>

•Access from Kagoshima Airport to the city:

<https://www.koj-ab.co.jp/en/ground-transportation/public-transportation.html>

Please use airport limousine buses or other means of transportation to get from the airport to Kagoshima City, the host city of the Championships.

Limousine bus: approx. 40 min to Kagoshima Chuo Station/ ¥1,400,

approx. 50 min to Tenmonkan/ ¥1,400.

Taxi: approx. 40 min to Kagoshima Chuo Station/ about ¥11,700,

approx. 45 min to Tenmonkan/ about ¥11,100 *Times and fares are approximate.

By Rail 【Kagoshima Chuo Station】

Shinkansen bullet train service to JR Kagoshima station is available from major cities including Fukuoka and Kumamoto.

Online reservation and payment, as well as operation status of trains are available on the following website. JR Kyushu website: <https://www.jrkyushu.co.jp/english/>

4.3.2 Transportation in the city (access to each venue)

*Please use public transportation to visit the venue.

*Information on how to access each venue will be provided at a later date.

*Information on public transportation services can be found on the following websites:

〈Tram/ Local bus〉

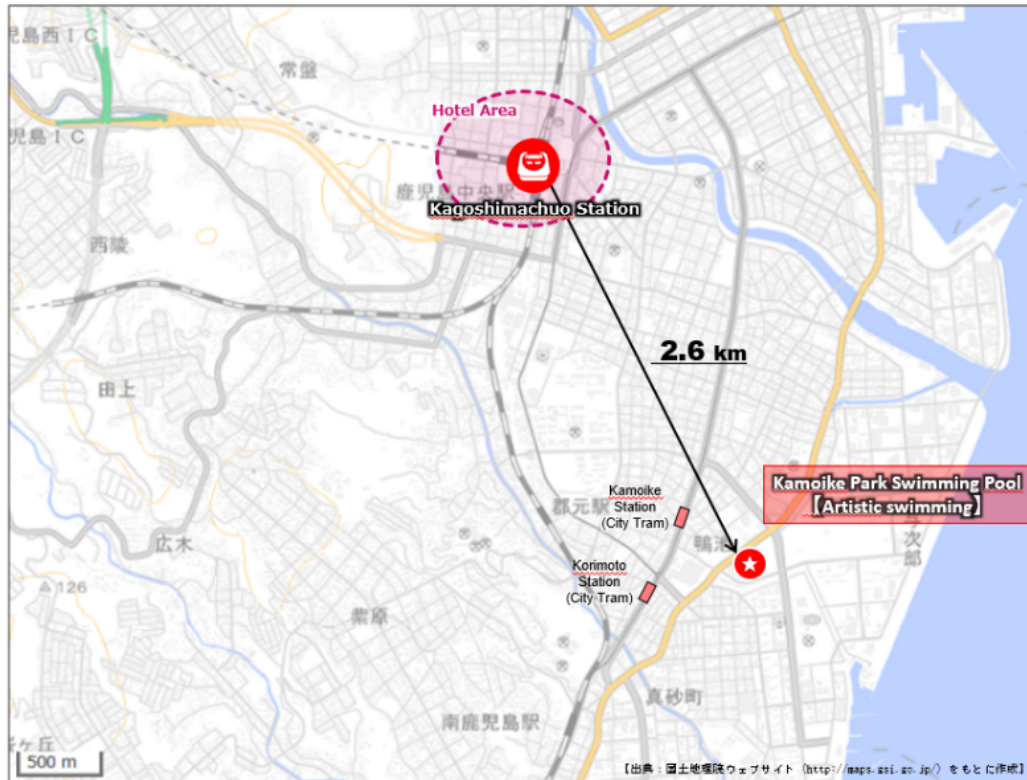
Kagoshima City Traffic Bureau Top Page: <https://www.kotsu-city-kagoshima.jp/en/>

How to get on and off: <https://www.kotsu-city-kagoshima.jp/en/e-howto/>

*Cash (in Japanese yen) is required when using public transport (buses)(except when using transport IC cards, one-day passes, etc.).

*Please do not drive to the venues as there is no parking for participants at the venues.

■ Venue Location Map



4.3.3 Accommodation

*Please make your own accommodation arrangements.

*Accommodation package for the Masters participants is sold at a designated website run by OC's affiliated travel agent. The URL for this website will be released at a later date on OC's official website.

4.3.4 Sightseeing Information

Please see the following website for Kagoshima City's sightseeing information.

The site also includes information on transportation, including deals on transportation passes.

*Kagoshima City Tourism Guide: <https://www.kagoshima-yokanavi.jp/en/>

4.4. Medical Services

During the Championships, the Organising Committee will offer participants and guests the best quality medical services. The following services will be provided to ensure that athletes compete in their best conditions:

- Medical care at competition and training venues

Medical staff from accredited hospitals will provide free first aid services at these locations. If further treatment is required, patients will be transferred to designated hospitals.

For emergency situations outside the Championships' venues and facilities, call 119 for ambulances. Patients will be taken to nearby accredited hospitals.

All participants and guests are advised by the Organising Committee to purchase health and accident insurance for the full length of your stay.

CHAPTER

5. Events and Other Information

5.1. Fukuoka Ichiba(Market Street)

During the World Aquatics Masters Championships in Kyushu, the following booths and other stands will be set up at the Fukuoka Ichiba, which will be held in the Marine Messe Hall A, the swimming competition venue.

- Sales of official goods of the Championships.
- Tourist information booths of the host cities Fukuoka, Kumamoto and Kagoshima.
- VR experience (high diving venue) booth
- Sponsor stands, etc.

For more information on the Fukuoka Ichiba, including operating hours and information on each stand, please refer to the official website.

5.2. Opening & Closing Ceremonies

A brief ceremony will be held on the day the competition starts (or the day before) at each venue. You are welcome to attend. No ceremony will be held on the last day of competition.

Swimming: 4 August 2023 (Fri), Marine Messe Fukuoka Hall A (after technical meeting)

Diving: 2 August 2023 (Wed), Fukuoka Prefectural Pool.

Water Polo: 5 August 2023 (Sat), Kumamoto City Indoor Swimming Pool (Aqua Dome Kumamoto).

Artistic Swimming: 5 August 2023 (Sat), Kagoshima City Kamoike Park Swimming Pool.

Open Water Swimming: 2 August 2023 (Wed), Seaside Momochi Beach Park

5.3. Affiliated Projects

During the World Aquatics Masters Championships Kyushu 2023, many affiliated events and projects are planned to take place in various locations. For more information, please visit our official website at <https://www.fina-fukuoka2022.org/intro/ocproject/>.

5.4. Useful Information

Currency

The official currency of Japan is the Japanese Yen (JPY). The exchange rate (as of January 2023) for some major currencies is as follows:

1 US dollar (USD) = 127 yen.

1 euro (EUR) = 137 yen.

1000 Korean won (KRW) = 102 yen.

10 Chinese yuan (CNY) = 187 yen

For the current exchange rate, visit the website

Except for some local markets and small shops, most stores accept all major credit cards.

Currency exchange is available at most banks.

The following coins and banknotes are used in Japan:

Coins: 1 yen, 5 yen, 10 yen, 50 yen, 100 yen, 500 yen

Banknotes: 1,000 yen, 2,000yen, 5,000 yen, 10,000 yen

Banks

Most banks are open from 9 a.m. to 3 p.m. on weekdays and closed on weekends. Money can be withdrawn from some ATMs using credit cards at any time. Exchange rates differ by banks; therefore, it is recommended that you compare rates by visiting their websites.

Credit Cards

Visa and Master cards are accepted at banks, hotels, stores, shops and restaurants. Bus, train and airplane tickets can also be purchased with credit cards.

Electricity

In Japan, electricity is supplied at 100V.



Wi-Fi

There will be public wireless LAN (Wi-Fi) service available in Fukuoka City, Kumamoto City and Kagoshima City.

For further details, please refer to the links below.

Fukuoka City

<https://www.city.fukuoka.lg.jp/wi-fi/index.html>

Kumamoto City

<https://www.pref.kumamoto.jp/soshiki/26/50627.html>

Kagoshima City

<http://www.city.kagoshima.lg.jp/kan-senryaku/miraisenryaku/wifi.html>