

The "Event Rules" are defined as the rules that people participating (herein "participants") in Setouchi Shimanami Kaido International Cycling Meeting, "CYCLING SHIMANAMI 2026" (herein "the event") must observe or take note of.

Participants will be deemed to have agreed to all terms and conditions by completing their entry into event.

[Important]

In order to hold a safe and accident-free event, we have consulted with related organizations and are now able to run on major expressways.

Violation of this benefit may result in the event being canceled or not being held in the future.

Please be sure to read and abide by the terms and conditions.

There are harsh opinions from local residents regarding the manners of participants who do not comply with these rules. In addition to obeying road traffic laws, please also observe good manners and be considerate of local residents and fellow participants.

1 General Notes

1. This event is not a race measuring rank or time. Participants are responsible for paying sufficient attention to safety and health management and participating in the tournament with safety as the top priority.
2. Participants must confirm, understand, and accept the rules, precautions, important matters, and pledges (herein "Event Rules") set by the organizer in advance before participating in this event. Participants who violate the rules will not be allowed to participate in this event.
3. Participants should pay attention to the announcements and mailed materials from the event organizer and make efforts to obtain the latest information on this event through the official web site and other media channels.
4. Participants not in compliance with the "Event Rules", may have their right to participate revoked.

2 Participant Eligibility

(1) To the participants for all courses

Participants must be in good health and able to complete their selected course within the time limit.

Course	Express way	All sections
A	About 23km (Mukaishima IC ~ Omishima IC) Within 1 hour 5 minutes	About 70km Within 5 hours
B	About 17km (Mukaishima IC ~ Administrative Road to Ikuchijima Minami IC) Within 55 minutes	About 70km Within 6 hours
C	About 30km (Imabari IC ~ Omishima IC) Within 1 hour 35 minutes	About 100km Within 7 hours 30 minutes
D	About 43km (Imabari IC ~ Innoshima Minami IC) Within 2 hours 20 minutes	About 140km Within 8 hours
E	About 43km (Imabari IC ~ Innoshima Minami IC) Within 2 hours 20 minutes	About 65km Within 4 hours 30 minutes
F	About 30km (Imabari IC ~ Omishima IC) Within 1 hour 35 minutes	About 70km Within 6 hours
G	About 35km (Imabari IC ~ Ikuchijima Minami IC) Within 2 hours 5 minutes	About 75km Within 6 hours
H	About 12km (Kurushima Kaikyo SA ~ Oshima BS) Within 1 hour 5 minutes	About 30km Within 4 hours

*Time spent at Aid Stations, on a ship, etc. is included.

*This table is only the estimated time it will take for the last participant to travel the relevant section.

*In reality, each course has its own checkpoint and finish closing times, so be sure to run within the time limits.

(2) Course A~G

Participants must be 15 years or older and have already completed a course of the same distance that they are registering for in a previous cycling event.

(3) Course H

Participants must be 9 years or older and able to ride on their own. However, elementary and junior high school students must be accompanied by a person who can take responsibility, such as a parent or guardian.

3 Bicycle Class Rules

(1) Allowable Bicycle Class

1. Bicycles must be equipped and fully featured for road-cycling, complying with laws and regulations. **When using an electric assist bicycle (e-bike, etc.), please ensure that all applicable regulations are observed, including the use of a product that has received model certification from the Japan Traffic Management Technology Association.**
2. Bicycles shall be freewheel with gears and both front and rear brakes in perfect working condition.
3. Electric bicycles which fit into the types exemplified above are allowed. (Only vehicles that meet the Bicycle Class Rules for each course can be used.)

Allowed ○	Course A-G	< Sport-type bicycle > • Road bike • MTB Mountain bicycle • Hybrid bicycle • Small tire diameter bicycle (16-24 inches in diameter)
	Course H	< Sport-type bicycle/City bicycle/Tandem bicycle > • Road bike • MTB Mountain bicycle • Hybrid bicycle • Small tire diameter bicycle (16-24 inches in diameter) • City bicycle (with drive train system) • Tandem bicycle(Two-seater only)
Prohibited ×	Certain types of bicycles have been deemed ineligible for use during the event due to safety concerns even if it is allowed to ride on the public roads. •Piste bicycle (fixed gear) •Recumbent bicycle •Hand cycle •Bicycles equipped with disc wheels (prohibited even if fitted to only one wheel) •Bicycle with training wheels •Trailer •Bicycle with auxiliary chair for a child •Any vehicle which is not within the limits outlined for each course *City bicycle (so-called Mamachari) with electrically assisted bicycles cannot be used on courses A to G. Only H course can be used.	

*There are no restrictions to tire type or width, but please note that tubular tires are unable to repair.

*City bicycle with electrically assisted bicycles cannot be used on courses A to G. Only H course can be used.

(2) Handlebar shape

1. Handlebars without a quick brake operation and/or are unfit for controlling on steep roads are prohibited.
2. Handlebars differing from the original equipment and are considered dangerous for travel are prohibited.

Sport-type bicycle	Allowed ○	• Ordinary drop handlebar • Flat bar (Bar ends are usable) • Riser bar • Bullhorn handlebar
	Prohibited ×	• DH handlebar • Clip-on bar • Spinaci • An extension handlebar which is attached to the drop handle listed above
City bicycle / Tandem bicycle	Allowed ○	• The handlebar equipped at the point of purchase or the one which is the same form
	Prohibited ×	• Any handlebar which is different from the one equipped at the point of purchase • Any handlebar angled beyond necessity or oppositely-attached, although they are the same form

(3) Accessories · Equipment

1. All participants are required to wear a helmet and recommended to wear gloves, and their bicycles must have a headlight, tail light or reflector, and a bell.
2. Accessories which are not necessary for the ride and prevent safe riding are prohibited.

Necessary equipment	<ul style="list-style-type: none"> • Helmet (leather or fabric helmet is prohibited.) • Bell • Headlight • Taillight or light reflector *Taillight is advisable for the ride in tunnels.
Recommended	<ul style="list-style-type: none"> • Gloves
Allowed ○	<ul style="list-style-type: none"> • Bottle cage • Cyclocomputer • Saddlebag • Mudguards • Cameras (only allowed when they are fixed directly onto bicycles or helmets etc. with adequate protection from falls) • Others, necessary for the ride
Prohibited ×	<ul style="list-style-type: none"> • Accessories which are not necessary for the ride and prevent safe riding • Baggage or clothes carried in any bike baskets are prohibited.

4 Bicycle Inspection and Supervision, Clothing, Accessories

(1) Bicycle Inspection

1. Participants are responsible for preparing and maintaining their bicycles in accordance with the rules and regulations. All bicycles must be equipped with a headlight, taillight or light reflectors, and a bell.
2. Participants are encouraged to undergo inspections and maintenance of their bicycles in advance at a bicycle shop or elsewhere.
3. Participants are required to submit a self-conducted bicycle inspection report at the reception on the day before the event.
4. On the day of the event, event staff will conduct visual inspections of bicycles.
Bicycles that the organizer deems to be insufficiently maintained or unable to ride safely will not be allowed to participate.

(2) Bicycle supervision, theft and damage

1. The organizer does not take responsibility for theft, damage, loss, etc. of bicycles.

(3) Clothing

1. When riding a bicycle, wear clothing that is suitable for exercise and highly visible, and wearing costumes and costumes is prohibited.
2. Participants must wear helmets while riding and are encouraged to wear gloves to protect themselves from injury in case of a fall.

(4) Items to carry

1. Participants must have a number on their clothing, as the registration number will be used by the organizer to identify the participant. If you are carrying a backpack, attach it to your backpack and make sure it is visible.
2. Attach your bicycle number to the handlebar so that it can be seen from the front. Also, attach your helmet bib to the front so that it can be seen from the front.
3. Participants are in principal required to repair flat tires on their own. Please carry the necessary tools, an air pump and a spare inner tube.
4. Please carry gear appropriate for the weather (rain gear, wind breakers, etc).
5. **Please carry your Myna Health Insurance Card or Certificate of Qualification(copies not accepted), cell phone and money in case of emergency.**
6. Participants are encouraged to bring food and drinks or a water bottle.
7. Participants are not allowed to carry items in the basket of their bicycles when riding because of the danger falling items could pose to others.

5 During the Event

We have consulted with related organizations and are now able to run on major expressways. Violation of this benefit may result in the event being canceled or not being held in the future. Please be sure to read and abide by the terms and conditions.

- (1) General riding rules
 1. Please obey all traffic rules and regulations, and be sure to follow instructions from staff, police officers, security guards, and other personnel.
 2. If a participant's riding is judged to be dangerous, or does not obey the directions given by event staff, they will be given a warning. If their behavior is not changed or is judged to be malicious, they may be disqualified.
 3. Please check the route, junctions, aid station locations, checkpoints, time limits, and other important information of the course you will be cycling before the event.
 4. Participants involved in or witnessing an accident or injured should alert staff immediately. If there is no staff available, participants should contact the event headquarters directly.
- (2) Traffic regulations applicable to both the highway and regular roads
 1. Participants must ride in a speed and manner that does not pose any harm or danger to others, changing their pace in accordance to road conditions.
 2. Participants on each course must stay behind the staff guide.
 3. Participants must run forward direction.
If a rider intentionally deviates from the course, the rider will be forced to retire, be placed in a storage vehicle, and then transported to the finish venue.
 4. When passing other participants is unavoidable, participants should give physical and verbal signals. Participants must ride safely and make mutual concessions.
 5. If event staff judge a participant unable to finish within the time limit or unable to continue riding, they will be picked up in a vehicle. Participants must accept the judgments made by event staff.
 6. Participants are prohibited to use earphones with the exception of necessary hearing aid equipment.
 7. Riding your bicycle with one hand holding a camera, smartphone or other device and the other on the handlebar is prohibited. Photography using a drone (small unmanned aircraft) is prohibited.
 8. Participants must turn on their lights during inclement weather, at sunset, and in tunnels.
- (3) Traffic regulations for the highway
 1. Highways are not intended for bicycle riding, such as because the outer walls and guardrails are low to prevent falls. Do not enter areas other than the roadside or on the course that begins with colored cones. Participants must abide by the rules stipulated by the organizer and drive safely at all times.
 2. The up lane (from Imabari to Onomichi) will be the driving lane. On one lane sections, participants should ride in two lines in the center of the lane.
 3. Please do not enter the outbound lane (from Onomichi to Imabari) as it is an emergency vehicle lane. If an emergency vehicle or other vehicle approaches, drive close to the side of the road. (Do not drive within the roadside strip.)
 4. Stopping and taking photos is prohibited. Participants are not allowed to stop on the highway except in case of accidents or other unavoidable circumstance like the above.
- (4) Traffic regulations for regular roads and bicycle and pedestrian areas
 1. As a general rule, the participants should endeavor to ride single file and left side of road.
 2. Always assume that there will be oncoming vehicles in areas where you need to be especially careful, such as areas with poor visibility or curves (narrow roads, access roads, bridges), and always drive at reduced speed and check for safety. Unreasonable (dangerous) overtaking and crossing into oncoming traffic are strictly prohibited.
 3. While driving, be careful of surrounding pedestrians and general vehicles, and for safety's sake, be sure to signal with your hands or arms when turning left or right. However, if it is dangerous to use your hands or arms to signal, please notify those around you by calling out to them.
 4. Family and friends are not allowed to drive parallel to your bicycle. This is dangerous and an obstruction to traffic.

(5) Bicycle Repair

1. If your bicycle breaks down, move your bicycle to a safe place like the emergency parking area on the side of the highway or the sidewalk before doing repairs.
2. As a general rule, participants must repair punctures etc. by themselves; if this is not possible, please seek help from the nearest staff member.
3. We offer mechanical service at the starting point and aid stations. If replacement parts are needed, the participant is responsible for any resulting costs.

6 Checkpoints and retirement

(1) Checkpoints

1. Checkpoints are set up as shown in the charts below on the main lane of the highway, regular roads (aid station) and at the finish.
Each checkpoint has a set end time, and for race management purposes, everyone except retirees must pass by that time. The closing times may be changed.
2. Participants should understand the closing times of each checkpoint to manage their riding time and pace.
3. Participants who cannot reach the next checkpoint by the end time will be directed by event staff to board an event vehicle and be transported to the finish location. Follow the instructions of event staff in that case.

【Express way】

Course	Type	Checkpoint	Distance from start	Start time	Closing time (subject to change) *1	Format barrier time (subject to change) *2
A	Express	Innoshima Kita IC	About 7km	7:37~ 7:57 (250 participants every 5 min)	—	8:35
		Ikuchijima Kita IC	About 12km		9:00	—
		Administrative Road to Ikuchijima Minami IC	About 17km		8:55 9:15-	*3 —
		Omishima IC	About 23km		—	9:15
	General	Tatara Shimanami Park	About 24km		10:45	—
		Hakata S.C Park	About 34km		14:35	11:00
		Yoshiumi Rose Park	About 47km		15:35	12:50
		Hirokoji [Finish]	About 70km		17:00	—
B	Express	Innoshima Kita IC	About 7km	8:02 (250 participants start at once)	—	8:35
		Ikuchijima Kita IC	About 12km		9:00	—
		Administrative Road to Ikuchijima Minami IC	About 17km		9:15	—
	General	Setoda Sunset Beach	About 23km		—	9:50
		Iwagi Port *5	About 41km		12:00	—
		Manda Fermentation Co., Ltd	About 57km		13:35	—
		Mukaishima Sports Park [Finish]	About 70km		15:45	—

Course	Type	Checkpoint	Distance from start	Start time	Closing time (subject to change) *1	Format barrier time (subject to change) *2
C	Express	Hakatajima IC	About 23km	8:15~8:31 (250 participants every 4 min)	11:00	—
		Tatara Shimanami Park	About 31km		10:45	—
		Omishima Branch	About 47km		12:20	—
	General	Hakata S.C Park	About 72km		14:35	—
		Yoshiumi Rose Park	About 85km		15:35	—
		Hirokoji [Finish]	About 100km		17:00	—
D	Express	Hakatajima IC	About 23km	8:35~8:39 (250 participants every 4 min)	11:00	—
		Setoda PA	About 33km		11:35	—
		Setoda BS	About 38km		11:20	—
	General	Manda Fermentation Co., Ltd	About 47km		11:45	—
		Mukaishima Sports Park	About 63km		12:35	—
		Tatara Shimanami Park	About 101km		14:40	—
		Hakata S.C Park	About 111km		15:15	—
		Yoshiumi Rose Park	About 124km		16:00	—
Hirokoji [Finish]	About 140km		17:00	—		
E	Express	Hakatajima IC	About 23km	8:43~8:55 (250 participants every 4 min)	11:00	—
		Setoda PA	About 33km		11:35	—
		Ikuchijima Minami IC	About 35km		11:05 *4	—
		Setoda BS	About 38km		11:20	—
	General	Manda Fermentation Co., Ltd	About 47km		13:35	12:10
		Mukaishima Sports Park [Finish]	About 65km		15:45	—
F	Express	Hakatajima IC	About 23km	8:59~9:15 (250 participants every 4 min)	11:00	—
		Omishima IC	About 30km		11:20	—
	General	Tatara Shimanami Park	About 31km		11:35	—
		Hakata S.C Park	About 41km		14:35	12:30
		Yoshiumi Rose Park	About 54km		15:35	14:00
		Hirokoji [Finish]	About 70km		17:00	—
G	Express	Hakatajima IC	About 23km	9:19~9:23 (250 participants every 4 min)	11:00	—
		Omishima IC	About 30km		11:20	—
		Setoda PA	About 33km		11:35	—
	General	Setoda Sunset Beach	About 41km		12:35	—
		Iwagi Port *5	About 60km		14:30	—
		Yuge Port [Finish]	About 75km		16:00	—
H	General	Yoshiumi Rose Park	About 16km	9:57~10:30 (30-40participants every 1 min)	15:35	12:50
		Hirokoji [Finish]	About 30km		17:00	—

*1 Closing time: The time a participant will be required to retire. If a rider cannot pass each point within the time limit, they will be unable to continue riding. Also, riders who do not make it to the finish by the allotted time will not be certified as having completed the course.

*2 Format barrier time: Times as cycling pace guides (Not recorded as DNF even if you fail to meet the time limit.) Participants who haven't left the Aid Station after the closing time will be directed by event staff to leave immediately.

*3 Participants who arrive at Administrative Road to Ikuchijima Minami IC after 8:55 A.M. are possible to return to race if they get off from highway roads and run the local road. They need to follow instructions from the staff on the day of event. Note that participants arriving at the Administrative Road to Ikuchijima Minami IC after 9:15 A.M. will be considered retired and will not be allowed to continue riding.

*4 Participants who arrive at Ikuchijima Minami IC after 11:05 A.M. are allowed to return to riding if they exit the expressway from this IC and run on the general road thereafter.

*5 Separate closing times are set for Courses B and G at Iwagi Port, which the two courses pass through, as there is no possibility that participants will overlap.

(2) Retirement

1. Do not retire without first speaking to staff.
2. If you are retire due to bicycle malfunction or poor physical condition, please notify the staff etc. of your intention to retire and be sure to remove your numbers and bicycle numbers.
3. The participants who retire will be taken by an event vehicle or ambulance to the finishing point.

7 Reception and Starting Points

(1) Reception

1. Please be sure to check in by the day before the event (October 24th). (Reception on the day is not possible)
2. Please complete the procedures at the check in venue selected at the time of application. (Venue changes cannot be made after application)
3. If you fail to check in during reception hours, you will not be allowed to participate.

(2) Starting Points

1. Parts of the Nishi-Seto Expressway (Setouchi Shimanami Kaido) will be closed from 6:00am on the day of the event (October 25th) along with some roads near the designated starting points of Course A-H at the Mukaishima IC, Imabari IC, and Kurushima Kaikyo SA. Please consider your traveling time and come to the directed starting point on time.
2. Participants who apply for parking can park their car in a designated parking area.
3. Participants are responsible for their transportation from parking areas to the starting points.
4. Participants who do not arrive at the starting point by the designated time will be disqualified and are not entitled to refunds.

8 Exemption of Liability

(1) Cancellation or suspension of the event

1. The organizer will may cancel or suspend the event due to earthquake, flood, windstorm, snow, struck by lightning, criminal cases, accidents, diseases, or expected danger by J-Alert (disaster warning system).
2. Entry fees will not be returned in the case that the event is cancelled due to events such as bad weather, deterioration of road conditions, spread of infectious diseases, etc., beyond the organizer's control.

(2) Event Insurance

1. Compensation for illness and injury of participants is limited to that specified within the range of the accident insurance provided by the organizer except when the result of an intentional act or gross negligence by the organizer.
2. Damage or theft of bicycle, equipment or belongings is not covered by the insurance provided by the organizer. Participants are encouraged to purchase supplementary insurance on their own.
3. Participants will receive first aid treatment at the aid stations for injuries sustained during the event, however, they are responsible for any resulting treatment cost including initial visit fees when they receive required treatment in a hospital. Please bring health insurance.

[Contents of accident insurance (could change)]

Coverage Benefits		payment	
Accidental Death	Accidental Injury	¥ 5 million	
	Specified Diseases		
Disability	Accidental Injury	¥ 5 million max	
	Specified Diseases		
Medical Treatment	in-patient (per day)	Accidental Injury	¥ 5,000 (within 180 days)
		Specified Diseases	
	outpatient (per day)	Accidental Injury	¥ 3,000 (within 90 days)
		Specified Disease	

Coverage Period: Event start to finish

9 Cancellation Policy

In the case of Cancellation/non-participation due to personal reasons, the entry fee will not be refunded.