

ISHIGAKI TRIATHLON 2025・The 11th Yaeyama Triathlon

Rule excerpts/basic notes

When entering the Ishigakijima Triathlon 2026 and the 12th Yaeyama County Triathlon, please read the following excerpts from the rules and precautions that you should understand in advance. The following are excerpts from the rules and precautions that you should understand before entering. Please be sure to read and understand them before entering.
Details of the rules and any changes will be posted on the website as they become available.

● Eligibility

1. 18 years old or above on December 31st, 2026.
(For relay, High school student or above)
2. Physically and mentally healthy enough to participate in the event and athletes who can comply with the competition rules.
3. Athletes who can swim 1500m within 60 minutes. (For relay, it applies to the swim part participant)
4. Athletes who have 2026 Triathlon Japan Membership.
※ Athletes residing outside Japan must register as members through the Okinawa Triathlon Federation.
Member Registration Site ⇒ <https://www.jtu.or.jp/register/>
5. Athletes who attend Registration on April 12th, Saturday, the day prior to the race.
※ If you are a paratriathlete (physically handicapped) please contact the race office.

● Main competition rules

Details of the rules will be posted on the website as they become available.

1、General Rules of Competition

The rules will be in accordance with Triathlon Japan competition rules, and some local rules (rules applicable only to this event) will apply.

2、Time limit

	Time limit (total)
SWIM	60 minutes
BIKE	3 hours 15 minutes
RUN	4 hours 45 minutes

3、Race Wear

If there is a zipper on the front, lift the zipper to compete.

4、Wet Suit

- Wearing a wetsuit is optional.
- If you wear a wetsuit, please make sure it fits your body shape.

5、Swim

- Two laps of 0.75Km per lap (1.5km).
- The start is a beach start (start from the shoreline).
- You may hold on to buoys and other objects. However, you are not allowed to climb over them.
- If you are rescued, you cannot skip (a local rule that allows you to move on to the next Bike competition). (Details are not included).

6、Bike

- The course is restricted to one side of the public road (borrowed). Please follow the traffic rules strictly and drive safely.
- The course is 40 km per lap. There are ups and downs, so please practice well before participating.
- Please wear a cycling helmet. (including while riding for test rides and transportation)
- Please participate with a road bike or TT bike. (24" front and rear or larger) (Mountain bikes, cross bikes, etc. are not allowed)
- Drafting and Blocking are prohibited.
- A puncture repair kit must be carried. It is also essential that you practice fixing a flat tire so that you can do it yourself. (Repairing with the help of others is disqualifying.)

7、Run

- The course will be 5 km one way and back. Details will be announced later.
- Traffic regulations will be enforced, but there may be times when you will be asked to stop temporarily depending on cc. Please be sure to follow the instructions of the staff.