



# TEAM LEADERS' GUIDE

## Athletics (Marathon)



TOKYO 2025 DEAFLYMPICS


# Table of Contents

## 1.OVERVIEW

- 1 Competition Rules
- 2 Course
- 3 Competition Schedule
- 4 Athlete's Transportation
- 5 Timekeeping and Record Measurement
- 6 Athlete Substitutions (Reserves)
- 7 Race Cancellation
- 8 Toilets
- 9 Water Stations and Special Drinks
- 1 0 Medical Support System
- 1 1 Course Inspection
- 1 2 Procedure Before the Start
- 1 3 Warm-Up, Cool Down
- 1 4 During the Race
- 1 5 Regarding Lap Count Display
- 1 6 Finish
- 1 7 The Competition Time Limit
- 1 8 Result and Protest
- 1 9 Medal Ceremony
- 2 0 Doping Control Test
- 2 1 Competition
- 2 2 Restrictions of Other Items Brought into the Venue

## 3.VENUE

Course Overview  
Route to the Start Point  
Athletes' Waiting Area  
Water Stations  
Special Drink  
Warm-Up Area  
Cool-Down Area  
Start Point  
Turnaround Point for Lap 1  
Turnaround Point at Shin-Kyobashi  
Turnaround Point at Shiodome  
Security



How to Identify International Sign Language Interpreters

Medical

Transportation Service

ID Card

– Catering Service

– Sports Information Desk (SID)

# Welcome Message

Dear Athletes and Team Officials,

We are delighted to welcome you to Tokyo and thank you for your participation in TOKYO 2025 DEAFLYMPICS.

This guide has been prepared to provide you with essential information to ensure your experience here is smooth, productive, and enjoyable.

We have been working diligently to support all delegations and create an environment where you can perform at your best and feel at home. We hope that your time here will be both successful in competition and rich in cultural exchange and friendships.

We wish you a safe, memorable, and inspiring stay.

## About This Team Leaders' Guide

Published in November 2025, this Team Leaders' Guide offers a summary of competition-related material about athletics' (marathon) competition at TOKYO 2025 DEAFLYMPICS and provides a variety of information aimed at helping teams in planning and preparation.

# 1.OVERVIEW

 <b>WORLD ATHLETICS™</b>		
<b>INTERNATIONAL MEASUREMENT CERTIFICATE</b>		
Name of Race <b>Tokyo 2025 Deaflympics Marathon</b>		Distance <b>42.195km</b>
Location <b>Tokyo</b>		Country <b>JPN</b>
Date of Race <b>25/11/2025</b>	Date of Measurement <b>13/10/2025</b>	Elevation Change <b>0</b>
Separation <b>0</b>	% of race distance	
Name(s) of the measurer(s) <b>Nobuhisa Fukushima, Yasushi Kanno</b>		World Athletics – AIMS Grade <b>A, B</b>
Country <b>JPN, JPN</b>	Certificate Number <b>JPN2025/385</b>	Expiry Date <b>31/12/2029</b>
International Measurement Administrator		Registered On

## 1 Competition Rules

The event will be conducted in accordance with the 2025 World Athletics (WA) and Summer Deaflympics 2025 Technical Regulations for Athletics, as well as the marathon competition guidelines for this tournament. In addition, doping control will be carried out in compliance with WA rules.

## 2 Course Tokyo Express Way and a part of Yaesu Route, Metropolitan Expressway

## 3 Competition Schedule

Time	Schedule	Time	Schedule
6:00	Venue Open	10:00	Start of Marathon Competition
7:45	Meeting of Referees	12:30	Top Finishers in Men's Marathon
8:00	Athlete Arrival and Transportation	13:00	Top Finishers in Women's Marathon Cool-Down
8:15	Athlete Check-in (Venue) and Timing Tag Test Check-in for Special Drink	14:15	Race Termination ※The gate will be closed after 14:00.
8:30	Warm-up	14:30	Medal Ceremony
9:30	Call-Up • Athlete Line Guidance (Call Room Procedure Completed)	15:30	Bus Guidance and Departure

#### 4 Athlete's Transportation

- ① Since athlete check-in will be conducted at the time of boarding the bus, athletes must board the bus prepared by the organizers and travel to the venue.

Pick-up Location	Departure Time	Number of Buses
Deaflympic Square	7:25	2
Ariake Coliseum	7:35	1

- ② Each athlete is allowed to be accompanied by one coach or manager on the bus.

※Determined at Technical Meeting

- ③ At the time of boarding, the athlete's AD cards and athlete bibs will be verified against the roster.  
(Athlete Check-In at Pick-Up Location)

#### 5 Timekeeping and Record Measurement

- ① Athlete bibs must be replaced with the special bibs distributed at the Technical Meeting on November 23, which have the runner's tag attached. Side bibs must also be worn on both hips.  
For athletes competing in both track & field and the marathon, please be aware that the bib number for the marathon differs from that used in track & field. Take extra care to avoid wearing the wrong bib.

• Front (Men)



• Back (Men)





• Front (Women)



• Back (Women)



- ③ The runner's chip must be attached to the front of the athlete bib. Any athlete who removes it or loses it during the competition will be disqualified.
- ③ Split times will be recorded every 5 km and at the halfway point.
- ④ Athletes must pass over the start, finish, and all timing mats.
- ⑤ The official start time of the race will be based on the starting lights.

## 6 Athlete Substitutions (Reserves)

In the case of athlete substitutions, due to operational reasons, the request must be submitted to the Technical Information Centre (TIC) at Komazawa Olympic Park General Sports Ground Athletic Field by 3:00 PM on November 22, the day before the Technical Meeting.

## 7 Race Cancellation

- ① If a race cancellation is ordered by the medical staff, chief referee, or competition officials, athletes must comply immediately. Additionally, athletes who intentionally run at a slow pace, stagger, walk, or stop may be deemed to interfere with event operations, and competition officials may instruct them to withdraw from the race.
- ② If athletes experience any physical issues during the race that make it difficult to continue running, they must contact the nearest official and follow their instructions.
- ③ In the event of an unexpected accident, if competition officials determine that it is no longer feasible for the athlete to continue the race (including cases where the athlete's intent cannot be confirmed) they may order the race to be stopped at that point.

## 8 Toilets

Temporary toilets will be installed near the Naka-Yuraku headquarters facility. From 8:00 to 10:00, designated athlete-only toilets will be available and clearly marked as 'Athletes Only' during that time.

## 9 Water Stations and Special Drinks

- ① Water stations will be installed at two locations, near Naka-Yuraku area and near Dobashi area. Water and sports drinks will be provided in plastic bottles.
- ② Special drink tables will be placed only near the Naka—Yuraku area.
- ③ Special drinks must be prepared by each country. On the day of the Technical Meeting, the provided stickers must be affixed to the required number of bottles, and the bottles must be submitted for inspection at the reception desk between 8:30 and 9:00.
- ④ Special drinks must be brought in, limited to 0.5 liters per bottle and a maximum of 9 bottles per person.
- ⑤ Coaches and team managers (maximum 2) from each country will be responsible for handing the items to their athletes.
- ⑥ The special drink handover area will be located near the Naka-Yuraku start/finish line. Up to two coaches or team managers from each country may enter the designated table area to hand the drinks directly to their athletes. Coaches and managers must not leave the designated area during the handover.
- ⑦ All special drink management can be handled by each national team.
- ⑧ Staff members who have completed hydration duties must cross the course only under the instruction of the referees.
- ⑨ Prohibits handover of special drink within the course (record line) , must be kept in the table area.

## 1 0 Medical Support System

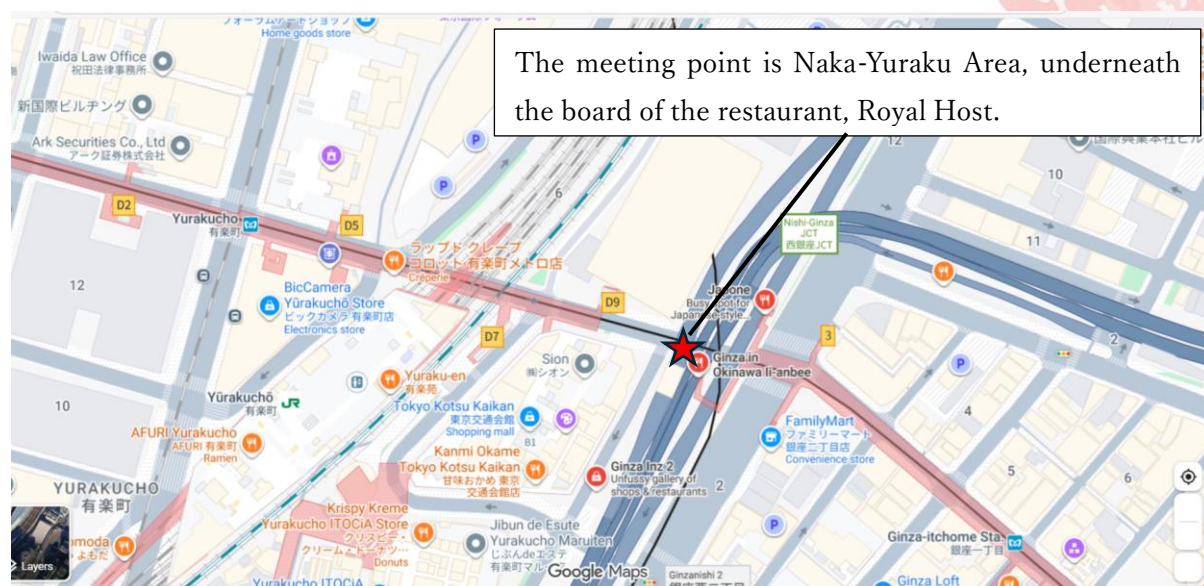
- ① Four medical aid stations will be set up within the Field of Play (FOP) (near the Shin-Kyobashi exit, near the Naka-Yuraku headquarters, near the Shimbashi entrance, and at the Shiodome turnaround point).
- ② The medical support system will include doctors, nurses, athletic trainers, emergency medical technicians, fire safety personnel, and medical liaisons, each assigned according to their respective roles and locations.
- ③ Medical support will be provided to athletes, event staff, and spectators. Any injuries or illnesses will be promptly addressed.

## 1 1 Course Inspection

- ① The course inspection will be conducted on November 24 from 9:30 to 11:00. For safety reasons, trial runs are prohibited. Inspection must be done by walk only.
- ② Due to strong winds in the area, the use of umbrellas and wearing of caps or hats is prohibited.
- ③ Please go to the toilet before arriving at the venue.
- ④ Please use public transportation to reach the venue. The Japan Deaf Athletics Association will provide



assistance for transportation to the venue (The meeting point is as follows).



Deaflympic Marathon Venue – The Meeting Point



## 1 2 Procedure Before the Start

- ① Upon arrival at the venue, athletes must pass through the timing tag area, and proceed to the athletes' changing tent.
- ② Athletes must leave their belongings in the athlete waiting tent and are responsible for removing and managing their own hearing aids or cochlear implants.
- ③ Each athlete must complete their warm-up in the designated area between 8:30 and 9:30.
- ④ After completing the warm-up, athletes must follow the staff's instructions to proceed to the start line and line up in the order designated by the organizers.
- ⑤ Final confirmation will be considered complete once the athlete has passed through the timing chip test area.
- ⑥ The call room procedure will be completed at 9:30.
- ⑦ The following starting lights will be used at the start.

## 【Standing Start】



### 1 3 Warm-Up, Cool Down

- ① The warm-up area will be set near Naka-Yuraku start/finish gate area.
- ② The warm-up area will be open from 8:30 to 9:30.
- ③ The cool-down area will be set near Naka-Yuraku headquarters' tent area.
- ④ The cool-down area will be open from after the finish until 3:00 PM.
- ⑤ Athletes must follow the staff's instructions when moving to the cool-down area

### 1 4 During the Race

A lead vehicle (bicycle) will be positioned approximately 30 meters ahead of the front-running athlete. Additionally, a tail vehicle (bicycle) will follow behind the last athlete.

### 1 5 Regarding Lap Count Display

- ① A lap counter board will be placed 20 meters beyond the finish line, displaying the number of laps remaining based on the leading group.
- ② For athletes who are lapped by the leading group, an auxiliary lap count board will be used to indicate their remaining laps.
- ③ Sign language interpreters (Japanese and International) will be stationed near the lap counter board to ensure accessible communication.

### 1 6 Finish

- ① A finish tape will be set up at the finish line. However, it may not be used if it interferes with other athletes crossing the course.
- ② After finishing, athletes will pass through the mixed zone before proceeding to the cooling-down area.
- ③ After finishing, athletes must remain within the designated area, such as the cooling-down space, and refrain from leaving the venue without permission.

### 1 7 The Competition Time Limit

A race cut-off time will be set. The race will end at 14:15. The gate will be closed at 14:00.

## 1 8 Result and Protest

- ① The results will be announced via the large screen installed in the Chū-Yūaku area and through public announcements.
- ② Protests regarding the competition results or conduct must be made verbally to the TIC by the athlete or an official representative of the team within 30 minutes after the official results are announced on the large screen. If the decision is not accepted, a written protest may be submitted to the designated official in charge of protests, accompanied by a deposit of 100 US dollars.

## 1 9 Medal Ceremony

- ① The medal ceremony for the top three male and female athletes will be held at 2:30 PM on the special stage in the Naka-Yuraku area.
- ② Medals and commemorative gifts will be awarded to the top three finishers in each event.
- ③ During the medal ceremony, athletes must wear their national team jerseys
- ④ During the medal ceremony, athletes can wear hearing aids.

Award recipients must gather in the waiting area by 2:10 PM.

## 2 0 Doping Control Test

For regulations and detailed information regarding doping control, please refer to the World Anti-Doping Agency's website (<http://www.playtruejapan.org>).

## 2 1 Competition

- ① All athletes must comply with the World Athletics Advertising Regulations.
- ② Regarding recording devices, Athletes are not permitted to bring any devices capable of capturing images or videos (such as small cameras or mobile phones) into the competition area. The restricted area refers to the zone extending from the warm-up area to the Field of Play (FOP).
- ③ Shoes used must comply with the World Athletics (WA) footwear regulations. Please refer to the WA Approved Shoe List available on the official website (<https://certcheck.worldathletics.org/>).
- ④ The use of umbrellas is prohibited inside the venue.

## 2 2 Restrictions of Other Items Brought into the Venue

Due to strong winds in the area, the use of umbrellas and wearing of caps or hats is prohibited.







## Hearing Aid Prohibited Area

- Prohibited Area (Restricted Zone): The use of hearing aids is prohibited in the following areas during competition.
- The entire marathon course from start to finish, including the areas on both sides of the course that are enclosed by tape or fencing.

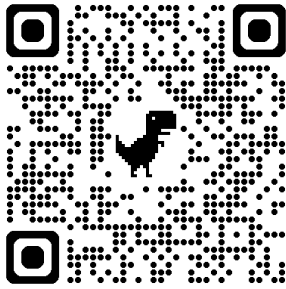
## 3. VENUE

### ▪ Course Overview

【Video's link of the course】

[Part 1]

<https://www.youtube.com/watch?v=jFWceehMKZc>



[Part 2]

<https://www.youtube.com/watch?v=CvaidImjWxw>



【Overview of the course】

Full Marathon (42,195km)

A loop course utilizing the section between Shimbashi and Shiodome Junction on the Tokyo Expressway (hereinafter referred to as the “KK Line”) and the Metropolitan Expressway Yaesu Route (hereinafter referred to as the “Yaesu Route”).

(Lap 1: 2.195 km)

[①KK Line] Naka-Yuraku to Shimbashi (2.195 km turnaround point) and back to Naka-Yuraku.

(Lap 2 to 9:5km/1 Lap)

[①KK Line]Naka-Yuraku～Shin-Kyobashi～Naka-Yuraku～Dobashi～Shimbashi

[②Yaesu Route]Shimbashi～Shiodome JCT～Shimbashi

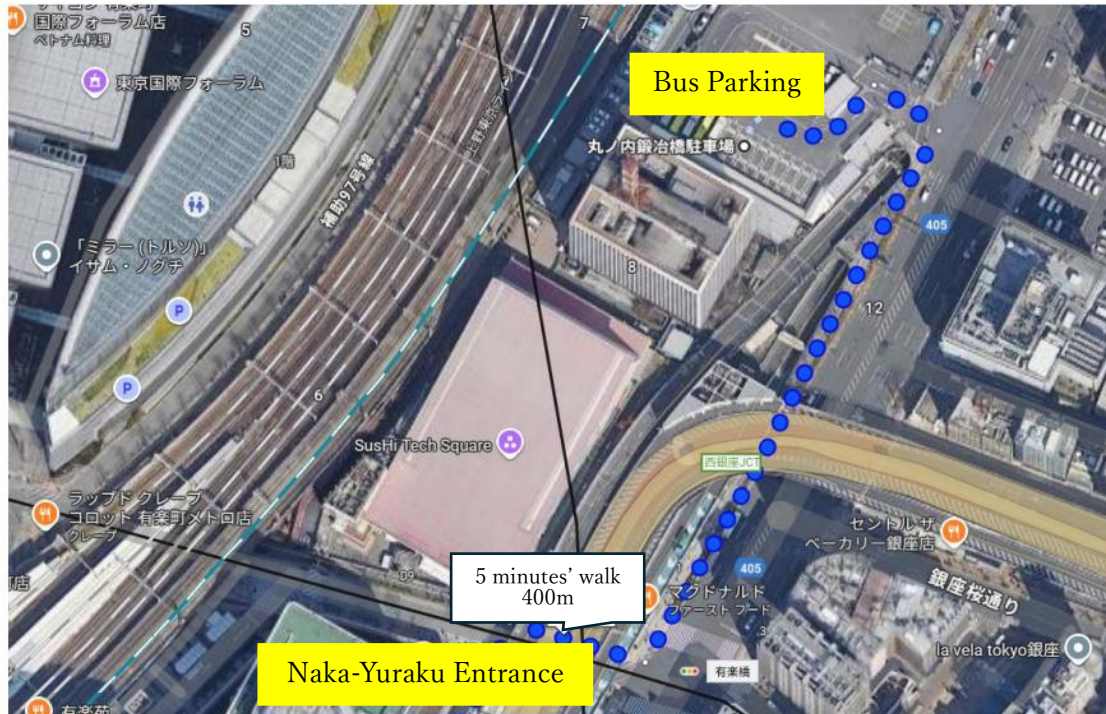
[③KK Line]Shimbashi～Dobashi～Naka-Yuraku



Map of the race course in the Ginza area of Tokyo. The route is marked with colored lines and arrows, indicating the direction of travel. Key points include the Start/Finish Point, Turnaround Point (Kyobashi JCT), and the Lap 1 Turnaround Point. The Yaesu Route is also highlighted.

[illegible]

## ▪ Route to the Start Point

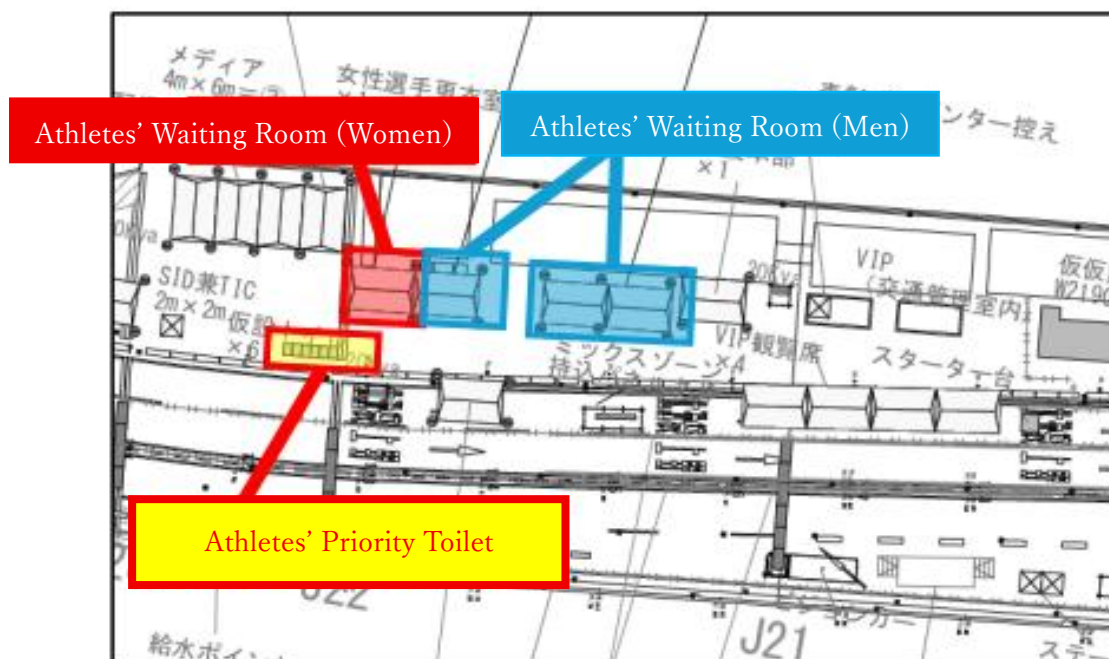


移動距離:約400m

所要時間:約5分



## ▪Athletes' Waiting Area

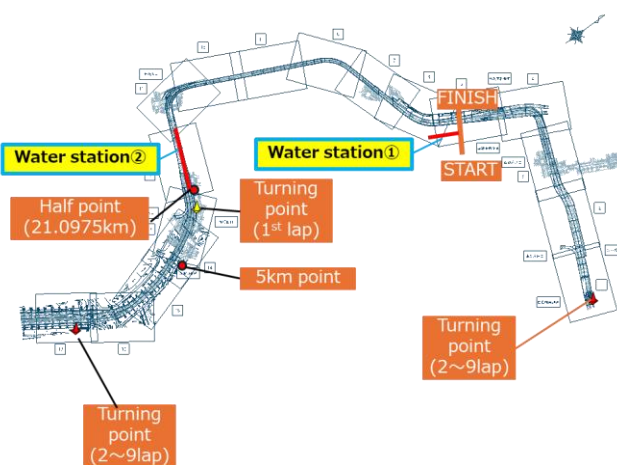


## ▪Water Stations

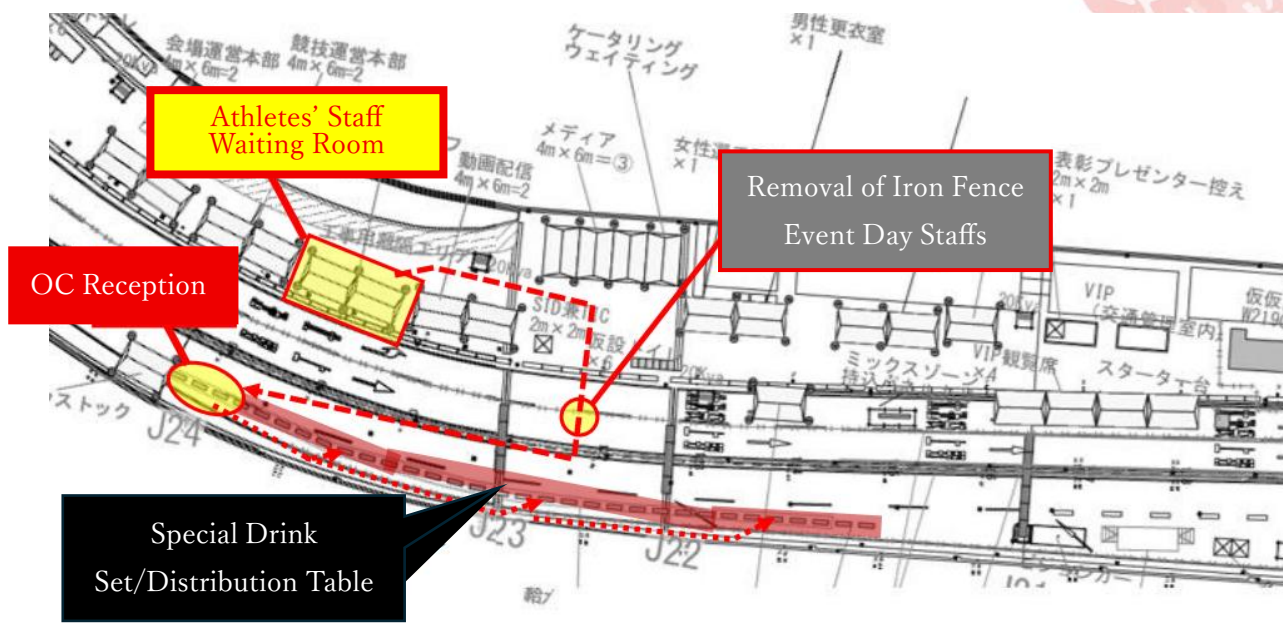
Water Stations and Distance (km)

(unit : km)

Laps	Water station① (Special Drink+General Drink)	Water station② (General Drink)
1	-	1.2
2	3.6	6.2
3	8.6	11.2
4	13.6	16.2
5	18.6	21.2
6	23.6	26.2
7	28.6	31.2
8	33.6	36.2
9	38.6	41.2

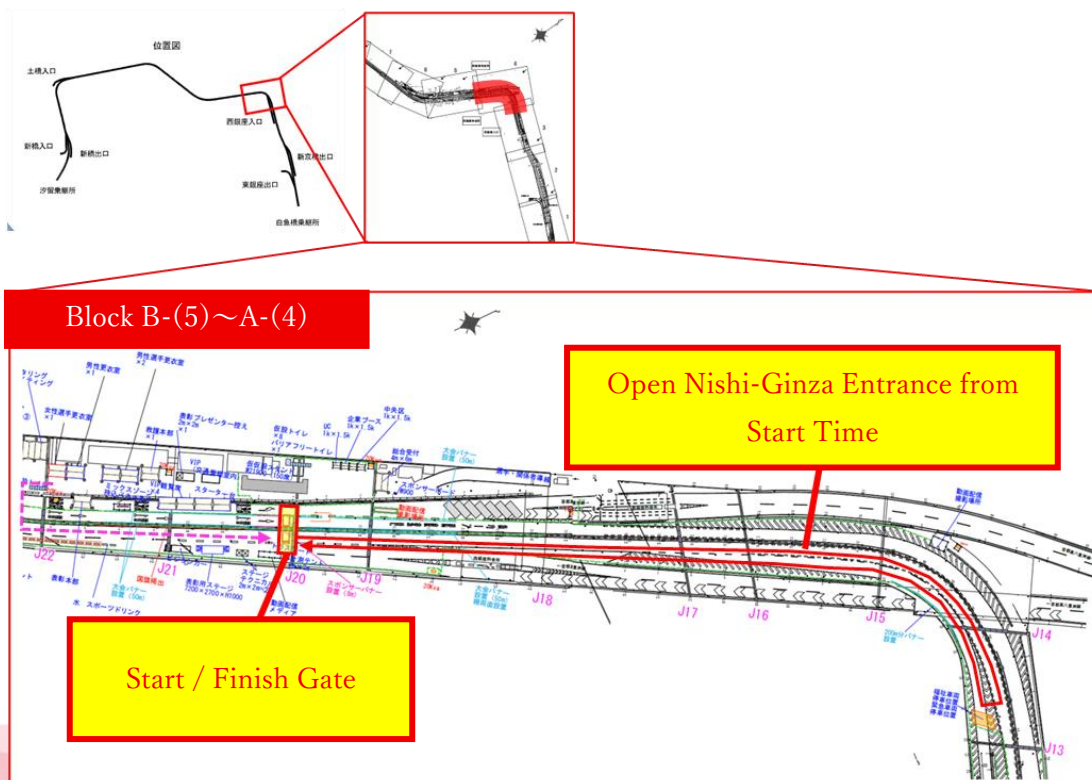


## ▪ Special Drink

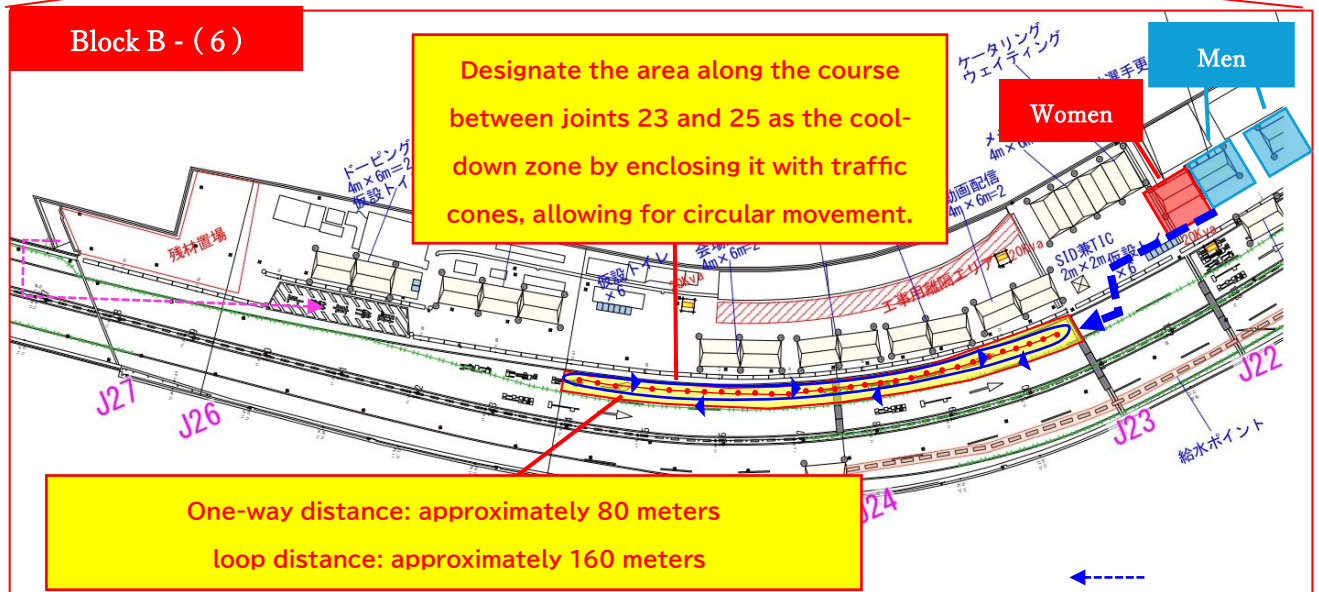


## ▪ Warm-Up Area

- Place: Near Start Point
- Warm-Up Time: 8:30~9:30

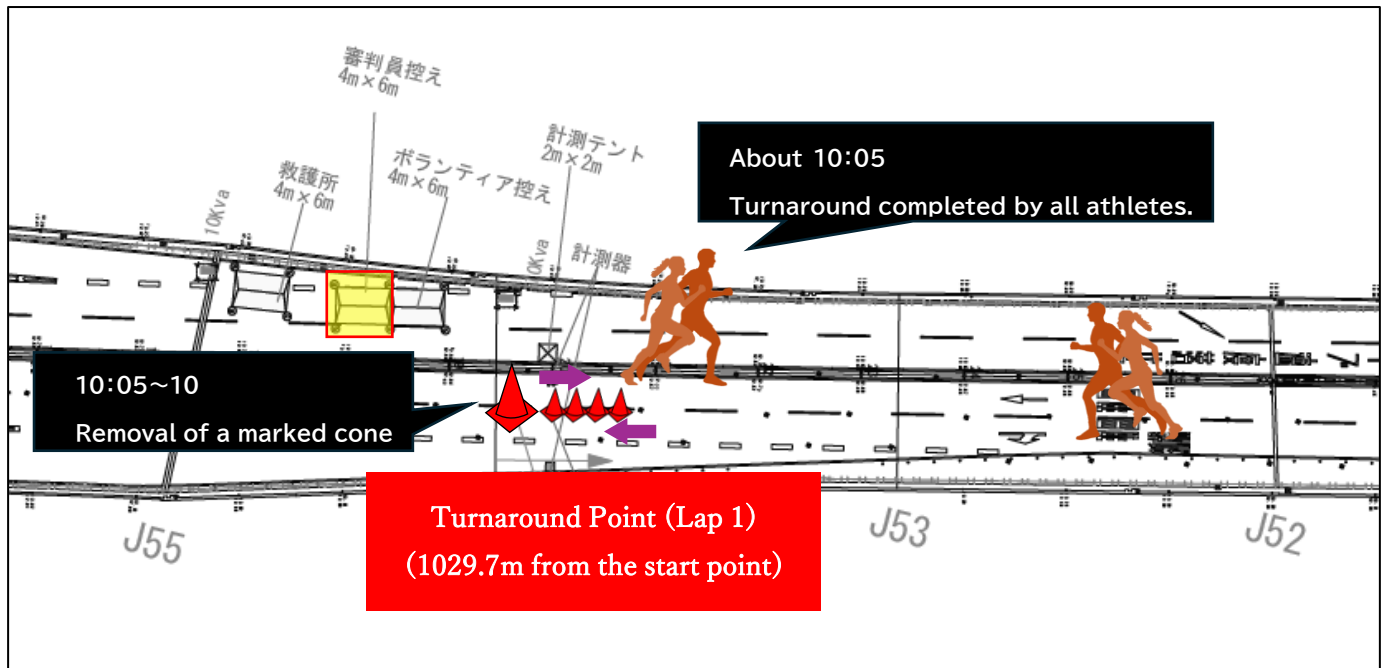
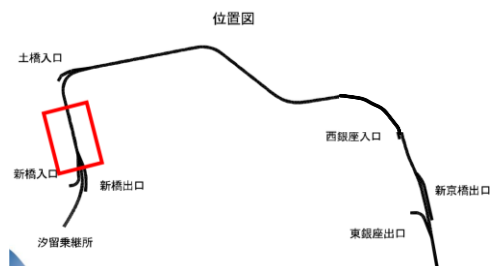


折り返し地点想定：西銀座入口スロープ上

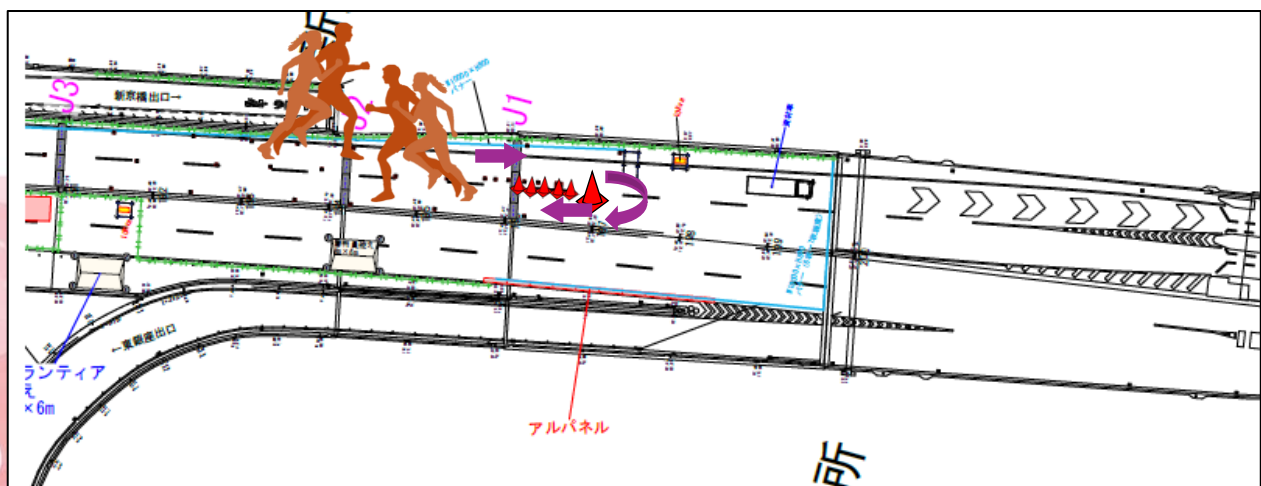




## ▪ Turnaround Point for Lap 1



## ▪ Turnaround Point at Shin-Kyobashi







# How to Identify International Sign Language Interpreters

Several sign language interpreters are stationed at the venue and wear dark navy staff uniforms. Interpreters include both International Sign interpreters and Japanese Sign Language interpreters. International Sign interpreters wear uniforms with green "IS" -International Sign- sticker. Some volunteers wearing pink uniforms may also have an "IS" sticker, but please note that the support they provide may be limited to basic expressions.



<Sign Language Interpreters>



<Volunteer>



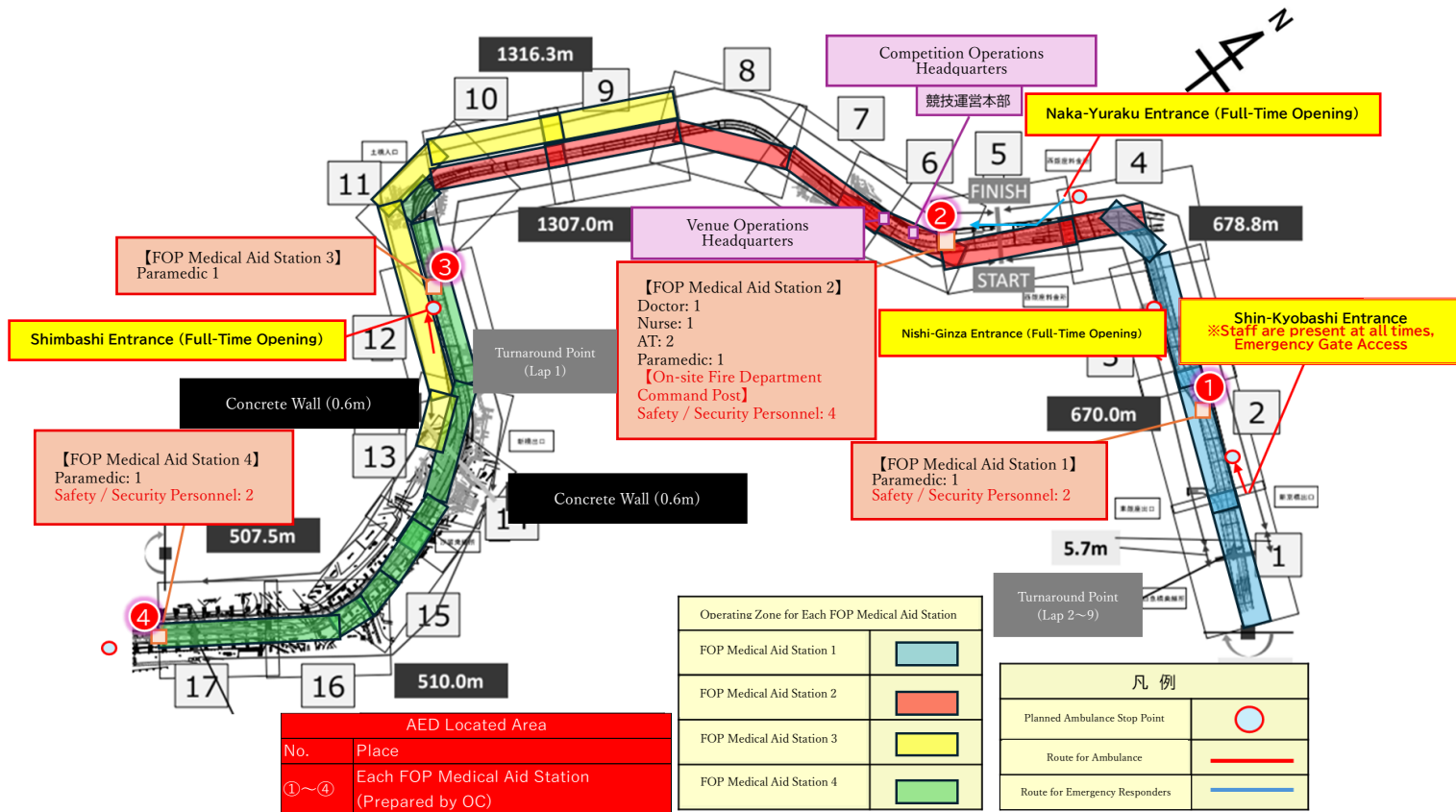
<"IS" (International Sign) Sticker>



<Japanese Sign Language Sticker>

# Medical

- Four medical aid stations will be set up at the marathon venue to ensure emergency support for athletes.



Main Positioning Site	Personnel Allocation					
	Doctor	AT	Nurse	Paramedic	Medical Liaison Staff	Safety/Security Personnel
FOP Medical Aid Station 1				1		2
FOP Medical Aid Station 2	1	2	1		1	4
FOP Medical Aid Station 3				1		
FOP Medical Aid Station 4				1		2

【Points to Note】

- Operations Manager: One person will be assigned to the main operations centre (Deaflympic Square).
- Chief Coordinator of Medical Aid Station Operations : One person will be assigned to the main operations centre (Deaflympic Square).
- Remote Medical Doctor : One person will be assigned on an on-call basis. ※No permanent presence on site.

The assignment of medical aid staff may be adjusted according to the situation. You must follow the instructions of the doctor or the medical liaison staffs (only in the absence of a doctor).

## Transportation Service

○Shared Link    Transportation Service

Athletes Delegation HP : [https://deaflympics2025-games.jp/en/Transportation\\_Service/#gsc.tab=0](https://deaflympics2025-games.jp/en/Transportation_Service/#gsc.tab=0)

### ◆Marathon—

- For the latest transportation plan, please refer to the “[Transportation Service](#)” page on the athlete delegation homepage.

The bus timetable will be available on this website.

- To avoid missing the bus, please make sure to arrive at the boarding area with plenty of time to spare.
- The outbound and return buses are not necessarily the same. Please be careful not to leave any belongings behind on the bus.
- Please note that an ID card must be presented when boarding the bus.

## ID Card

- ID cards are issued at Deaflympic Square. Please note that they cannot be issued at the venue.
- ID cards are for personal use only and are non-transferable. Please carry your ID card with you at all times inside the venue.
- It is required when boarding buses to each competition venue. Please make sure to carry your ID card at all times.
- "If your ID card is damaged or lost, please contact the main operation centre immediately. After that, you must visit the ID Center (Deaflympic Square) in person to complete the reissuance procedure.

## —Catering Service

- Breakfast and lunch will not be provided at the venue.
- Only for the competition days, drinks, bananas, and light snacks will be provided for athletes.
- At the Komazawa venue, meals will be available for purchase from food trucks only for the competition

days.

- All use of food and beverage services is at the athlete's own responsibility. The Organizing Committee will not be held liable under any circumstances, including health issues or doping test results.

## —Sports Information Desk (SID)

- Sports Information Desk (SID) will be set up next to the TIC.
- SID (Sports Information Desk) serves as a general information desk for athletes. If you need any assistance, please visit the SID.
- SID will operate from the arrival of the first bus until the departure of the last bus.
- SID provides the following services:
  - Inquiries regarding athlete bus operations
  - Provision of food and beverage services for athletes, and blanket rental.
  - Lost and found inquiries

Please note that operations may differ on training days and at training venues.

### ◆Marathon Venue-----

- Approximately 3 minutes' walk from the bus parking point.

