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meditationHQ



26 AUGUST 2023

MANLY BEACH, NSW
AUSTRALIA

GUIDELINES

WHAT TO EXPECT

**SPOGOMI
WORLD CUP 2023**

SYDNEY AUSTRALIA STAGE



SPOGOMI WORLD CUP 2023

INTRODUCTION



The Nippon Foundation presents
CHANGE FOR THE BLUE PROJECT



The SPOGOMI World Cup is an initiative of CHANGE FOR THE BLUE project promoted since November 2018 as part of the Nippon Foundation's "Ocean and Japan Project," with the goal of raising the awareness that each and every citizen should make the issue of marine litter his or her own and work together so that there shall be:

"No more litter in the ocean."

Hosted by Social Sports Initiative

SPOGOMI

is an abbreviation of
"Sport Gomihiroi"
(picking up trash)

a sport in which teams compete for
points awarded by picking up
rubbish

teams gain points according to the amount
and the type of rubbish picked up
from a specified area,
within a set time limit.



Basic
Bananas

Marketing Mentoring for Business Owners

Oceanlovers®



meditationHQ
COMMUNITY

SPOGOMI WORLD CUP 2023

SYDNEY AUSTRALIA STAGE

The SPOGOMI WORLD CUP 2023 SYDNEY AUSTRALIA STAGE is a collaboration between Basic Bananas for Ocean Lovers and meditationHQ for meditationHQ Community.

The event aims to bring awareness in making a difference by picking up rubbish that may end up in the ocean if not properly discarded in rubbish bins.

Oceanlovers are on a mission to inspire and mobilise the masses to save our oceans. They believe in making a difference wherever they go, and that is why they educate the youngest to respect nature, the ocean and every living being. Our kids are our future

meditationHQ Community promotes the theme of 'Earth Care' once a month to raise awareness on the effects of rubbish left near the ocean and make a difference by picking up micro-rubbish found in their immediate surroundings after their Saturday Sunrise Meditation Sessions.

APPLICATION GUIDELINES

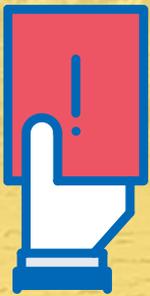
04



07



08



09



11



- 04** *Sydney Stage*
- 05** *the basics*
- 06** *travel to Japan*
- 07** *how to gain points*
- 08** *how to avoid penalties*

- 09** *safety first*
- 10** *more on safety first*
- 11** *disqualification*
- 12** *participation*

SPOGOMI WORLD CUP 2023 AUSTRALIA STAGE SYDNEY

START & END LOCATION:

Location Landmark:
The Wishing Pool Shelter

South Steyne Park,
South Steyne
Manly NSW 2095

**REGISTRATION IS
FREE**

**OFFICIAL
DATE:
26 August
2023**

**OFFICIAL TIME:
10:00 am - 12:30pm**

RUNNING ORDER:

09:30 am

Registration

10:00 am

Opening Ceremony, Rules

10:30 am

Competition Starts

11:30 am

All Teams must be back at
the meeting point

Assorting and Scoring
starts

12:00 pm

Closing Ceremony

Winners Announced

Group Photos

12:30 am

End of Event,

Clean Up Area



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THINGS YOU NEED TO KNOW

PARTICIPANT APPLICATION GUIDELINES

rubbish to pick up

the types of trash or rubbish to pick up on SPOGOMI Day will be distributed on the day of the event.

Each classification of rubbish will have designated receptacles provided by the organisers

fun activities

optional fun activities announced on the day

this is a free event

Registration is FREE

resident status

All participants must be Australian Citizens or Australian Residents.

wheelchair access

Wheelchair users are welcome to participate in the event.

Please note that the designated competition area may be difficult to move around depending on the location.

team members

Each team must have three members.

age

The minimum age of a participant is 12 years old.

A participant under the age of 18 (12 years to 17 years) must obtain the consent of a parent or guardian before participating.

If any member of the team is under 18 years old, at least one member of the team must be 18 years old or older.

TRAVEL TO JAPAN

WINNERS

THE WINNING TEAM WILL COMPETE IN TOKYO, JAPAN FOR THE SPOGOMI WORLD CUP 2023

The winning team will compete with other countries in Tokyo, Japan.

SPOGOMI World Cup 2023 will cover the cost of:

- visa application fee to Japan
- economy air fares to travel to Japan
- transfers between airport and accommodation in Japan
- transfers between accommodation and competition location in Japan
- standard accommodation
- standard meals such as breakfast, lunch and dinner

- All participants must be able to travel to Japan in principle
- All participants must have a valid passport or be in the process of obtaining a passport
- Passports must be valid and have an expiry date in or later than June 2024
- You must be in Tokyo, Japan between 20-23 November 2023.
- In the event of winning the competition, you must be available to compete on the final battle date which is scheduled for 22 November 2023.



CHANGES

IF YOU CANNOT TRAVEL TO JAPAN

If for some reason a member of the qualifying team is unable to be present on location in Japan for the World Cup on 20-23 November 2023, up to two members may be replaced

If you wish to change the members of the team, please let us know on the day of the event. Please see the organisers on the registration desk.

Should all three members of the winning team become unavailable to be present on location in Japan for the World Cup on 20-23 November 2023, or they are unable to travel to Japan, the second-placed team will be considered the representative of SPOGOMI AUSTRALIA.

YOU MAY CHOOSE TO EXTEND YOUR STAY IN JAPAN AT YOUR OWN EXPENSE

HOW TO GAIN THE SPOGOMI POINTS :

“ TRASH PICK UP IS A SPORT! ”

- Mamitsuka Kenichi, Social Sports Initiative

PARTICIPANTS COMPETE FOR POINTS AWARDED ACCORDING TO

- **THE TYPE OF RUBBISH PICKED UP**
- **THE WEIGHT OF THE ACCEPTABLE RUBBISH**
- **COLLECTED IN A TIMEFRAME**
- **COLLECTED FROM A DESIGNATED AREA.**



The team with the highest score will win.

The trash pickup will be 1 hour and the sorting will be 20 minutes.

Points will be deducted if the time limit is exceeded.

Referees are stationed in the competition area to ensure safety and rule compliance.

A caution may be given when rules are violated.

If the violation is not corrected after multiple cautions, points will be deducted or, the competitor will be disqualified.

Number of penalties with points deduction is 3.

A team that gets 4 penalties for violating rules is disqualified.

See Important Rules for a list of violations.



important rules

TIPS ON HOW TO AVOID PENALTIES

VIOLATION = PENALTY

Picking up trash outside of the competition area is a violation

Solicitation of garbage from the community is violation

The distance between the team members should not be more than 10 metres apart during rubbish collection. Stay together at all times!

Do not run, or skip...fast walking is allowed

<Definition>

Walking: Method of movement with either foot on the ground at all times

Running: a method of movement in which there is a moment when both feet leave the ground, float, or jump at the same time

DO NOT PICK UP

- Trash already in the trash bin
- Trash left at garbage collection points.
- Trash that appears to be owned by others such as empty food containers on tables where people are still presently sitting.
- Bulky waste
- Hazardous waste
- Trash picked up by lifting road gutters and dovetails

<Definition>

Bulky waste

Large trash that does not fit into the garbage bags supplied

Do not pick up batteries, fans, futons, cushions, fire extinguishers, concrete blocks, safes, metal bars, tires, wheels, stoves, computers, strollers, rice cookers, anything deemed as bulky goods waste

Hazardous waste

Syringe, contaminants, empty motor oil containers

Rubbish left at garbage collection points.

If rubbish has been blown away by the wind as a result of a bin overflow, the trash must be 3 meters or more away from the pile of rubbish



EXCLUDED AREAS within the DESIGNATED COMPETITION AREA

Do not enter rivers, lagoons, ocean. You must stay away from the shoreline and avoid getting wet.

Do not enter private property.

Private Parking lots exclusively for residents, business, companies, schools, organisations, etc. are excluded and are no-go zones, even if it is within the designated area of the competition. No Trespassing.

Coin-operated or ticketed parking lots, such as Supermarket Car Parks although privately owned, shall be accessible due to their public nature that anyone can use them.

PENALTY

Points will be deducted for non-compliance to the rules of the SPOGOMI competition.

If you do not return after completing trash pickup in time, points will be deducted for every minute that the team is late.

DETAILS OF THE POINT SYSTEM WILL BE DISTRIBUTED TO ALL APPROVED PARTICIPANTS ON THE DAY OF THE SPOGOMI WORLD CUP 2023 SYDNEY AUSTRALIA STAGE



have fun & enjoy the event

Minor injury or minor accident: CALL the SPOGOMI ORGANISERS on 0488 968 896

For any life-threatening injury or life-threatening accident dial Emergency : 000

Please have someone else call the SPOGOMI organisers on 0488 968 896

Our goal is to provide a safe and healthy fun event that is free from injury and illness.

This will only be achieved through the participation, co-operation and commitment of everyone in the competition environment

In the event of injury or accident during the competition, please immediately notify the organisers and ask for instructions.

For any life-threatening injury or life-threatening accident dial Emergency : 000

ALL PARTICIPANTS WILL:

1. take reasonable care for their own health and safety
2. follow safe procedures, instructions and rules
3. observe traffic rules
4. conduct the activities safely.
5. be especially careful on narrow roadways.
6. report health and safety hazards
7. report all injuries and incidents
8. use safety equipment and personal protective equipment as instructed

On the Day of the SPOGOMI AUSTRALIA Event: SAFETY FIRST!

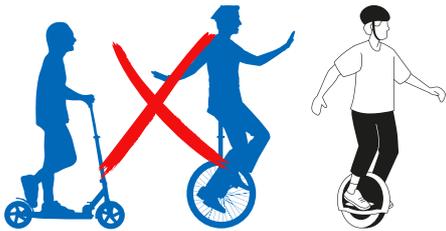
- 1.** All participants must wear clothing suitable for physical activity on the day of the event. Changing rooms will not be provided.
- 2.** All participants must wear footwear suitable for physical activity.
- 3.** All participants must wear work gloves provided by the organisers
- 4.** All participants must use only the garbage bags provided by the organisers
- 5.** All participants must use only the tongs provided by the organisers
- 6.** Only tools provided by the organisers are acceptable to be used for picking up rubbish for the duration of the competition.
- 7.** In the event of wet weather, all participants must bring their own rain gear.
- 8.** If the event is cancelled due to inclement weather, we will notify all participants by direct contact at 5:00 p.m. the day before the event.
- 9.** If the event is cancelled due to inclement weather, we will post the announcement on social media by 6:00 p.m. the day before the event.
- 10.** As a participant of the competition, you agree that the photos and videos taken on the day of the event may be used later in web pages and publicity materials related to the event.
- 11.** There is no fee to participate in the event, but participants will be responsible for their own transportation costs to and from the venue.
- 12.** The goal is reached when all team members cross the finish line and report to the judge standing at the finish line.
- 13.** Participants may be required to cooperate in temperature checks or any initiative required by the NSW Health as part of Covid-19 preventative measures.
- 14.** If you are unwell on the day of the event, please refrain from attending the event and you may nominate a replacement participant. The replacement participant must meet the criteria outlined in this document.
- 15.** Participating under the influence of alcohol or prohibited substances is not acceptable. Malicious behaviour is not acceptable.
- 16.** The organisers have the right to refuse any persons from participating in the SPOGOMI event, if those persons are displaying unacceptable behaviour.
- 17.** All participants must follow the rules of SPOGOMI.
- 18.** A rulebook will be provided to all approved applicants.

DISQUALIFICATION



SUPER LATE:

If the team or a member of the team arrives more than 10 minutes late or 601 seconds or greater, after the declared finishing time, the team is disqualified



NOT WALKING:

Using means of transportation to get around the perimeter of the SPOGOMI event, other than walking is strictly not acceptable. The use of transportation such as cars, trains, bus, taxi, bicycle, scooter, trolleys, roller skates, roller blades, skateboard, unicycle, and any other means of transportation other than walking, is not acceptable.



BULKING UP:

The team is disqualified if the judge finds any increase in the weight or volume of rubbish by bulking up means such as:

- Bulk up the weight with water, dirt or sand
- Rubbish collected directly from the rubbish bins
- Rubbish solicited from the community
- Rubbish from private commercial premises, stores, etc.



BAD BEHAVIOUR:

The team is disqualified if the team or a member of the team :

- displays behaviour not in keeping with good sportsmanship
- engage in violent behaviour
- swears and cuss at other teams or the organisers, judges, volunteers, etc.
- does not heed the warnings of Referees or organisers and continues to engage in malicious acts
- Any other actions not listed here that are deemed dangerous, malicious, or otherwise inappropriate



EXCESSIVE PENALTIES:

If the team or a member of the team receives 4 Penalties, the team is disqualified.

SPOGOMI WORLD CUP 2023

YOUR PARTICIPATION

YOUR INFORMATION

By signing up to the SPOGOMI World Cup 2023 application, you agree to the Terms and Conditions above and the rules of the competition. The information you provide to the organisers of SPOGOMI in Australia may be used in conjunction with any other promotions related to SPOGOMI and promotional content or information of future events by SPOGOMI organisers only.

You may receive information or promotional information from meditationHQ, meditationHQ Community, Basic Bananas & Ocean Lovers after the SPOGOMI in Australia Event. If you do not share your information to the organisers of SPOGOMI in Australia, SPOGOMI in Australia and SPOGOMI World Cup 2023 will not be able to qualify you as a participant of the competition.

NOTICE OF RISK

The Organisers of SPOGOMI in Australia, including but not limited to the Volunteers, Referees, Committee Members, Advisory and Sponsors of SPOGOMI World Cup 2023 event, assume no liability for any loss, theft, damage, or injury to property or persons, including death, whether arising in contract, negligence, equity, or otherwise. As a participant, you must use care and good judgement, abide by all rules and regulations of the competition, and observe the health and safety measures indicated.

You must obey all road rules and laws of New South Wales, Australia. You assume all risks when participating in the SPOGOMI events.

PHOTOGRAPHY AND MULTIMEDIA

By signing up to the SPOGOMI World Cup 2023 application, you agree to the use of your image on still photography or captured video, recordings or any other record of SPOGOMI, including full names as a participant, for the purpose raising awareness or promotional use about SPOGOMI and its related contents, for use by SPOGOMI in Australia organisers: meditationHQ, meditationHQ Community, Basic Bananas & Ocean Lovers, on social media and other media platforms, during and after the SPOGOMI in Australia Event.

You accept that you will not be entitled to any compensation for the use of your name or image.

EVENT ORGANISERS

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