

## Basic Rules for the Torchbearer Uniform

- The torchbearers will be supplied uniforms for the day of the Torch Relay. Those running in March and April will get a full-sleeved shirt and full-length pants, while those running in May, June and July will receive a half-sleeved shirt and a pair of shorts. We cannot provide a full-sleeved shirt with a pair of shorts or a half-sleeved shirt with full-length pants.
  - \* Some torchbearers may be supplied uniforms that do not match the season in which they are running. This includes requests for full-sleeved shirts or full-length pants by persons with prosthetic arms or legs, persons who cannot wear half-sleeved shirts or half-length pants due to sun allergy or other health conditions, and other specific cases. Please consult the Tokyo 2020 Olympic Torchbearers Office for assistance.
  - \* Torchbearers are not allowed to wear or bring shirts or pants other than the uniform specified later in this document.
  - \* Although uniforms will not be provided to escorts, bibs will be arranged for them. They are requested to wear clothes and shoes without brand names.
- The same size will be provided for the top and bottom of the uniform. Also, please note that we may not be able to provide uniforms of the requested size to some people on the event day.
- The torchbearers are not allowed to change the design or shape of the uniform provided to them.
- The torchbearers are not allowed to wear or bring along anything other than the things necessary for the relay. They are also prohibited from carrying any kind of advertising on their body.
- The uniform does not include shoes. Torchbearers are requested to arrange their own. White shoes are recommended. (No inline skates or other equipment are permitted, except for special performances, etc. organized by the management.)
- The torchbearers may not sport outrageous hairstyles, facial painting or flashy accessories.
- For safety purposes, torchbearers with shoulder-length or longer hair are requested to keep their hair tied to avoid any contact with the torch flame during the relay.

### The uniform

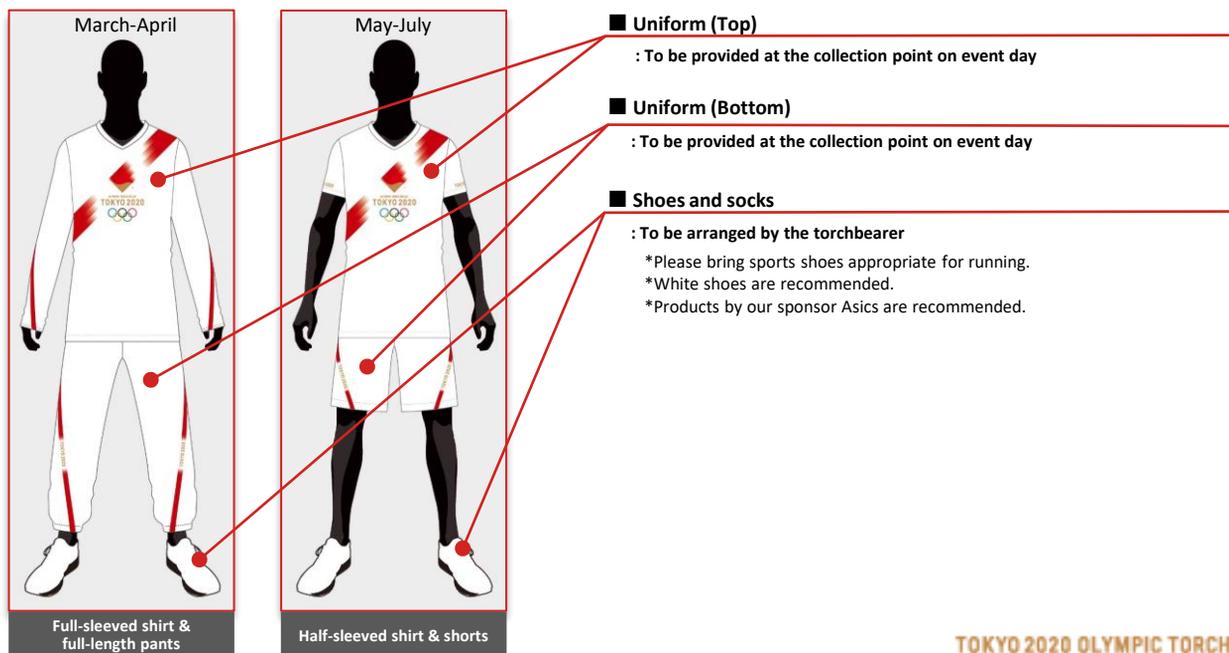
- The torchbearers may take the uniforms back with them as mementos. However, the uniform cannot be provided to those who are absent on the day of the event.
- Resale or commercial use of the uniform is prohibited. Although torchbearers may donate the uniform to organizations or corporations to which they are affiliated, the organization or corporation is not allowed to use the donated uniform for publicity.
- The uniforms will not be sold to general public.

### Brand protection

The torchbearers are required to pay attention to the size and visibility of the brand logo or character on items other than those produced by sponsors associated with the Tokyo 2020 Olympic Torch Relay and the Olympic Games Tokyo 2020. Special attention is needed in the following cases.

- × Wearing accessories (including hair elastics) that display large brand logos or characters
- × Carrying items (hand towel, etc.) with brand logos or characters in a way that they are visible from the pocket, etc.

Please note that other than these too, the staff may prohibit the use of some items during the relay if they deem it necessary on the event day.



## 1. How to Wear \*The following rules may not apply to special performances, etc. organized by the management. Please refer to separate directions on safety in clothing, etc.

The torchbearers are not allowed to wear the uniform in a way that completely hides its design or distorts its shape. Please follow the directions given below while wearing the uniform.

- × Wearing a jacket over the uniform
- × Rolling up the sleeves of the shirt
- × Rolling up the hem of the pants
- × Wearing the type of undergarments shown under “NG (not good)” below
- ✓ Wearing a sweatshirt or vest underneath for protection from the cold (it should not be visible)

### Undergarments

- Plain undergarments in white, beige or any other light color are recommended because the uniform is white.
- The undergarment should have a wide neck so that it does not show.
- Torchbearers scheduled to run in March to mid-April are requested to take measures against the cold by arranging for undergarments in line with the above rules because the weather is likely to be chilly at the time.
- Torchbearers are not allowed to wear jackets or coats, etc. over the uniform.

<div style="text-align: center; border: 1px solid red; background-color: #f8d7da; padding: 5px; width: fit-content; margin: 0 auto;"><b>OK</b></div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"><div style="text-align: center;"><p>White</p></div><div style="text-align: center;"><p>Beige</p></div></div> <p style="font-size: small; margin-top: 10px;">*Only undergarments with wide necks are allowed.</p>	<div style="text-align: center; border: 1px solid gray; background-color: #d6d8db; padding: 5px; width: fit-content; margin: 0 auto;"><b>NG</b></div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"><div style="text-align: center;"><p>Patterns or logos</p></div><div style="text-align: center;"><p>Long clothes under half-sleeved shirts or shorts</p></div><div style="text-align: center;"><p>Visible undergarments</p></div><div style="text-align: center;"><p>Turtleneck</p></div></div>
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### Protection against rain

- In rainy weather, torchbearers may wear plain transparent raincoats/ponchos through which the uniform is visible.
- These are to be arranged by the torchbearers.

## 2. Other Items

\*The following rules may not apply to special performances, etc. organized by the management. Please refer to separate directions on safety in clothing, etc.

Torchbearers are requested to leave their belongings and other valuable items unnecessary for the relay at the collection point storage counter.

\* After boarding the bus, if any torchbearer is found to be carrying any item that is not required for the relay, the item should be handed over to the accompanying staff and collected from the collection point after the relay.

### Items allowed to be carried/worn during the relay

- ✓ Mobile phone, smartphone
- ✓ Regular medicine
- ✓ Hand towel
- ✓ Glasses
- ✓ Sunglasses
- ✓ Supporters
- ✓ Rings
- ✓ Bracelet
- ✓ Earrings
- ✓ Necklace
- ✓ Wristwatch
- ✓ Mask (Not to be used during the relay)



Glasses



Sunglasses

\*To be removed during the relay for photography



Supporters

\*Only for support in case of injury or other reasons



Rings



Earrings, bracelet, necklace, etc.

\*must not be too flashy



Wristwatch

\* You do not need a mask during the run, but you can wear one if you wish.

However, all torchbearers should be aware of not to wear a mask with brand logos, characters or messages.

\* In addition to masks, any wearable items with large brand logos, characters, or messages are not allowed to be worn during the relay.

### Items not allowed to be carried/worn during the relay

- × Coat, jacket or any other clothing worn over the uniform
- × Cap
- × Backpack, pouch or any other bag
- × Scarf, neck warmer, etc.
- × Gloves, wristbands, etc.
- × Cosmetics, sunscreen
- × Items that cannot go in the pocket (large towel, etc.)
- × Valuables (identity cards, wallet, etc.)
- × Others (laptop, camera, etc.)



Cap



Backpack, pouch



Scarf, neck warmer, towel around the neck



Gloves

\*Please consult the Tokyo 2020 Olympic Torchbearers Office if you need special assistance due to sun allergy or other health conditions.

## 3. Being Presentable

\*The following rules may not apply to special performances, etc. organized by the management. Please refer to separate directions on safety in clothing, etc.

Torchbearers are only allowed to wear items that are not flashy and do not aim to propagate a specific ideological or religious message. Please keep the following rules in mind.

- Painting your face or hands and legs is not allowed.
- Please wear sports shoes only. Any other shoes that are not safe for running will not be permitted.
- Flashy make-up or nail art is not permitted.
- Unusual hairstyles, using wigs or other accessories, are not permitted.
- Please take care that the accessories do not interfere with the design and branding of the uniform.
- Tattoos may be visible to the extent that they do not interfere with the design and branding of the uniform.  
(Exposing traditional Japanese tattoos is not allowed.)

\*Requirements regarding the escorts' appearance also correspond to the conditions given above.