

- Selections -

# White Paper on the Oceans and Ocean Policy in Japan

## 2020



**Ocean Policy Research Institute,  
Sasakawa Peace Foundation**

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**2020 White Paper on the Oceans and Ocean Policy in Japan**

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# FOREWORD

The Ocean Policy Research Institute of the Sasakawa Peace Foundation has published its *White Paper on the Oceans and Ocean Policy* every year since 2004 in an effort to support comprehensive and interdisciplinary initiatives on Japan's ocean issues. We published the first English edition of the White Paper, "Selections: White Paper on the Oceans and Ocean Policy in Japan" in 2018. Since then we have been looking forward to becoming a two-way communication bridge to disseminate information on Japan's prominent initiatives to the international community and to contributing to the promotion of international ocean policy through publishing both Japanese and English versions.

International discussions on sustainable use of the oceans have taken place under the legal framework of the United Nations Convention on the Law of the Sea, which came into force in 1994. It originated from a policy framework of the comprehensive plan of action for sustainable development, Agenda 21, of the 1992 Rio Earth Summit. While the United Nations Framework Convention on Climate Change and the Convention on Biological Diversity were adopted after the Rio Earth Summit, international discussions on the oceans mainly took place individually in each sector, such as fisheries and shipping, and comprehensive discussions were very limited until about 2010.

We saw a major turning point in 2012–2015. The United Nations Conference on Sustainable Development in 2012 (Rio+20) spurred discussion on Sustainable Development Goals (SDGs). The SDGs, including SDG14 (Life Below Water), were set in 2015. Adoption of the Paris Agreement stimulated further discussion on the oceans. As a part of this trend, forums for comprehensive discussion such as the "Our Ocean Conference (OOC)" (inaugurated in 2014) and the United Nations Ocean Conference (inaugurated in 2017) have been formed.

2020–2021 are unprecedented years for ocean issues, with both the triennial United Nations Ocean Conference and the biennial UN Biodiversity Conference (CBD–COP) having to be postponed until 2021 due to the COVID–19 pandemic. New (Post-Aichi) Biodiversity Targets for 2021–2030 will be set at CBD–COP15, which will replace the Aichi Biodiversity Targets for 2011–2020 adopted at CBD–COP10 in 2010. This is a once-in-a-decade opportunity. At the 25th Conference of Parties to the United Nations Framework Convention on Climate Change (UNFCCC) held in December 2019, the link between the oceans and climate change was mentioned for the first time in the COP Decisions, and is expected to be a focus of discussion at COP26, rescheduled for 2021. As illustrated by coral bleaching, climate change and biodiversity of marine life are issues closely related to sustainability of the oceans, so the UN Ocean Conference, CBD–COP15, and COP26 can also be considered a series of conferences dealing with ocean issues.

In addition, the 7th "Our Ocean Conference" is scheduled to be held in this December in Palau, a country with close ties to Japan, and the 3rd Arctic Science Ministerial will also be held in Tokyo. You may recall that the issue of ocean plastics was discussed at the G20 Osaka and the "Osaka Blue Ocean Vision" was adopted. It is now expected that Japan will contribute actively to a Blue Recovery of the oceans, from conditions created by pandemic.

While they also had to be postponed due to the COVID–19 pandemic, 2020 was to be the year of the Olympic and Paralympic Games for Japan. Ocean related events

such as sailing, surfing, and the triathlon were to be held. These outdoor sports have in common that they require athletes to come into direct contact with nature. The 2020 Tokyo Games might thus provide glimpses into issues such as the water quality problem in Odaiba, the venue for the triathlon events, beach erosion of the Kujukuri Beach, and the issue of marine debris drifting on to beaches. In our *White Paper 2020*, we showcase these events in the opening feature article entitled “The Ocean Legacy from the Tokyo 2020 Games” and in a graphic illustration, and at the same time introduce oceans issues related to Japan.

For our children and our children’s children to enjoy the benefits of the diversity and richness of the oceans, it requires cross-sector efforts, participation, and coordination by various stakeholders, including not just national and local governments and international agencies, but all people in civil society, the business/private sector, and scientists/academia. Nothing would please us more than to know that the *White Paper 2020* is helping to raise awareness of the oceans as well as providing the latest information, knowledge, and ideas to those who cherish, think about, and work with the oceans.

June 2020

Atsushi Sunami

President, The Sasakawa Peace Foundation  
President, The Ocean Policy Research Institute

# **Opening Interview**

# Tokyo 2020 Olympics Ocean Legacy

What I've learned though open water swimming



**Dr. Daichi Suzuki**

*Dr. Daichi Suzuki is the Commissioner of the Japan Sports Agency. He was a gold medalist at the Seoul 1988 Olympics. He served as Executive Director and then Chairman of the Japan Swimming Federation, and was a professor at Juntendo University. He holds a Ph.D. in Medicine.*

**Interviewer: Minako Takizawa**

Commissioner Suzuki, you were a gold medalist at the Seoul Olympics. Today I would like to focus on your relationship with the oceans.

When you were Executive Director of the Japan Swimming Federation, you oversaw open water swimming (OWS), a long

distance swimming discipline that takes place in natural bodies of water such as open oceans, rivers and lakes. How did you come to get involved with OWS?

**Daichi Suzuki**

OWS, also known as marathon swimming, was added as an official Olympic event in the

Beijing 2008 Olympics for the first time and the world's swimming community has come to see it as a serious sport. As the number of Olympic events ballooned, there has been a move toward decreasing the number of sports and events in recent years. However, OWS was added in spite of this streamlining trend, reflecting its widespread popularity around the world.

I was on the faculty of Juntendo University, my alma mater, when OWS was made an Olympic event. Even after it became an Olympic event, there were very few research findings and papers on OWS at the time. So I decided to conduct my own study. I enlisted members of the school swimming team and collected various physical data, using EKG, etc. I had team

members enter an OWS race, and to my surprise they won first place without any specialized training. As it happened to be a qualifier for the world championships, those students at Juntendo University became members of the Japanese national team and I accompanied them as manager. That is how I got involved with OWS.

During my competitive career, I considered using open ocean swimming as a training method. Of course, as a competitive swimmer I trained in pools, which sometimes became monotonous and repetitive, so I wanted to figure out alternative ways of training to break up the monotony.

For example, marathon training could consist



*Athletes competing in an OWS race (Source: Ocean Newsletter No.256)*

of running around a track multiple times or running cross-country style through woods, on a beach, or on a road on a remote island with no traffic signals, allowing the runners to enjoy the changing scenery along the way. In the same way, I thought of the possibility of training for long distance swimming not only in a pool but also in open water. While I myself couldn't make open water swimming part of my formal training regimen, OWS being officially added to the Beijing 2008 Olympic Games sparked my interest in OWS, leading me to undertake research on it.

Back in those days, when I invited swimmers through the Japan Swimming Federation to participate in OWS events, I encountered considerable reluctance. They said that unlike pool water, ocean water was not clean and that they were afraid of swimming in open water. They didn't want to swim in the ocean even though they were strong swimmers.

I thought we had to change the perception that the ocean was not clean, so I decided we would do what we could to make the ocean environment better. We started to clean the beach where races would be held. Sometimes we saw empty bottles. If I were a competitive swimmer, I would not be comfortable walking on such a beach. We did our best to improve the environment so that athletes would be willing to swim in the ocean. After about 10 years, today's long-distance swimmers

willingly participate in OWS events.

As a person involved with OWS, it is not enough just to promote swimming. It is understandable that athletes prefer swimming in a clean ocean. Visually, it would be exciting if we could telecast athletes swimming in the ocean with fish swimming all about them. Promoting OWS is also important because it leads to thinking about drifting debris, marine pollution, and beach preservation.

### **Takizawa**

**Can you tell us about your experience of promoting swimming in developing countries? What is your take on it?**

### **Suzuki**

As an Olympic gold medalist, I had opportunities to visit various countries and regions in the world. I found quite a few countries where people were hard-pressed even to have access to drinking water. Swimming may be a privileged sport in such countries. When you don't have access to drinking water, how could you dare to swim as a sport?

I won the gold medal in swimming. It meant I was recognized as the fastest swimmer in the world. However, I couldn't help wondering if I was really the fastest. For example, anybody can take up running. Anyone can play football if you can find a ball-shaped object



to play with. Swimming, however, requires a sanitary environment to swim in. It may be called an inequitable sport, as disparities in training environments could mean the difference between winning and losing. I have engaged in the promotion of swimming out of a sense of responsibility to make it a true world sport. My goal is to make swimming a more equitable sport by further improving swimming environments around the world.

Swimming is not only a sport but also a physical activity that could help to solve human problems such as poverty and hunger. For example, if you live near the ocean and can swim, you can find food by catching fish and shellfish. In case of accidents and disasters near water, being able to swim could save your life. I also want to take this up as a theme when promoting swimming globally.

### **Takizawa**

**There are many Olympic and Paralympics events that are held in the ocean, such as sailing, surfing, triathlon, marathon swimming, and rowing.**

### **Suzuki**

These events' venues are not confined to Tokyo. Sailing will be held in the Sagami Bay in Kanagawa Prefecture, and surfing in the ocean off of Kujukuri Beach in Chiba Prefecture. I think it is a great opportunity to

convey the appeal of Japan's ocean waters to people around the world. While it will entail considerable effort, we are positive about hosting this global event as it will lead to the future development of local ocean areas. Of course, the Sports Agency is responsible for successfully managing all the games, held in the ocean or not.

### **Takizawa**

**It would be exciting for children to have an opportunity to see world-class athletes compete right before their eyes.**

### **Suzuki**

Definitely. The Olympics and Paralympics will bring dreams and hopes to children and young people. Hosting the Games is an investment in the future of Japan.

Surfing has been added as a new event for Tokyo 2020. It is a sport that appeals

*Sailing swiftly before the wind (Ministry of Foreign Affairs Facebook)*





especially to the young. I expect this to be a great opportunity to promote and disseminate the appeal of sport among youth.

### **Takizawa**

**What is your view of the Paralympics?**

### **Suzuki**

Traditionally, the Olympics and Paralympics had been organized separately until the Tokyo Organizing Committee of the Olympic and Paralympic Games was established in preparation for Tokyo 2020. The Olympics and Paralympics will be presented as integrated games for the first time to the world at Tokyo 2020.

At the same time, the Paralympics presents an opportunity to think about an inclusive society. For example, it could be a model for a barrier-free society, where physically disabled people, such as users of wheelchairs, can live, play or watch sports without restrictions. I hope this concept, along with a “barrier-free mind,” will spread throughout the country.

When I made an observation tour of the Rio de Janeiro Paralympics, I found the Paralympic facilities were not necessarily 100% barrier-free. I saw able-bodied people casually lending a hand when needed. It is not just about Paralympic facilities. It is very

difficult to attain 100% accessibility in many circumstances. What we need is a society where no one has to think twice about lending a hand. I would also like everyone to focus on the level of competition at the Paralympic Games. Do not make the mistake of underestimating the performance of disabled athletes. For example, a wheelchair tennis player first moves the wheelchair where the ball is to fall, no small feat in itself. Then they have to return it. There are more actions involved than in regular tennis. While the ball may bounce up to two times, moving in wheelchairs around the court to hit a ball demands a very high-level of athleticism. I would like everyone to witness and experience the amazing performance of Paralympic athletes. I have no doubt you will feel admiration for them. Tokyo 2020 will provide great opportunities to watch such high level games up close.

### **Takizawa**

**What should the legacy of Tokyo 2020 be? You’ve already raised the subject of the environment. How about from the perspective of marine leisure and tourism?**

### **Suzuki**

The Sports Agency is promoting sports tourism to revitalize regions and economies through sports. Outdoor sports is one of the major themes. Tokyo is no match for the countryside



*"Cycling through Shimanami Kaido," a promotional video for sports tourism produced by the Japan Sports Agency.*

in this regard. The natural features of the local regions in Japan, with their oceans, mountains, rivers and dams, have great potential as a paradise for sports activities.

We aim to promote inbound sports tourism. There are many cases where the local residents do not know the potential of the sports resources that they have. People say, "Our village has nothing but the ocean and mountains." Those are exactly what attract inbound visitors. I hope they will take full advantage of their local resources to promote sports.

For example, the Japan Swimming Federation organizes the OWS Circuit Series. A series of OWS competitions starts in May or June every year. The races are held in various locations throughout Japan. By participating in the races, athletes accumulate points. Top point-getters qualify to participate in

the Japan national championships. This is just one example. Japan has many places of scenic beauty that include the ocean. I would like local people to explore the potential of marrying sports and tourism.

A topic in the news at the time of the Rugby World Cup in 2019 was the scenes of Japanese spectators, cleaning up the stadium after a game. This practice has taken root in Japanese sports culture. I personally pick up trash on the beach. I would be happy if Tokyo 2020 contributes to the improvement of Japan's seaside environment through surfing, marathon swimming (OWS), and other events.


### **Takizawa**

**Thank you for the fascinating conversation.**



*Interviewer: (Left) Ms. Minako Takizawa, Science Journalist / Member of editorial committee for "White Paper on the Oceans and Ocean Policy"*

# Make Tokyo 2020 a Showcase for Sustainable Society



Chairman of the Institute of Mitsubishi Research Institute, Inc.  
Chairman of Urban Planning and Sustainability Committee of the Tokyo Organising Committee of the Olympic and Paralympic Games

**Dr. Hiroshi Komiyama**

*Dr. Hiroshi Komiyama is Chairman of Urban Planning and Sustainability Committee of the Tokyo Organising Committee of the Olympic and Paralympic Games. Currently he serves as Chairman of the Institute of Mitsubishi Research Institutes, Inc., Advisor to the Japan Society of Ocean Policy, Chairman of the Platinum Society Network, and Advisor to the Japan Association for University Athletics and Sport (UNIVAS). He held a Professorship in Chemical Engineering at the University of Tokyo and served as a Director, Vice-President, and then the 28th President of the University of Tokyo.*

**Interviewer: Yuri Takeda**

**Dr. Komiyama, you have led discussions on city planning and sustainability in the Tokyo Organising Committee of the Olympic and Paralympic Games. Today I would like you to talk about the Games, including issues related to the oceans. When the Games were last held in Tokyo, in 1964, Japan was a developing nation. This time Japan hosts the Games as a**

**developed nation. What do you think will be different?**

**Hiroshi Komiyama**

It will leave a whole new legacy. The last Tokyo Olympics built momentum to construct the Shuto (Metropolis) Expressway, the Meishin (Aichi-Hyogo) Expressway, and the Tokaido Shinkansen (the bullet train). The rapid improvement of the hard

infrastructure supported the subsequent economic development of Japan. There were some complaints, saying, “We should not waste hard-earned money on these things.” However, in general, I think Japan as the first Asian country to host the Olympics evoked a feeling of uplift.

Today as a developed nation, it’s not likely that Japan’s economy will reap much benefit from hard infrastructure construction. Sustainability is now a matter of world concern. I would like to promote a vision of a sustainable society in concrete shape at the Tokyo 2020 Games. I would like to make Tokyo 2020 a showcase for sustainable society.

### **Takeda**

**I heard that as a child you often visited Tokyo Bay. During the period of high economic growth, Tokyo Bay was seriously polluted. After more than half a century, we now see significant improvement. What is your view of this transition?**

### **Komiyama**

When I was a boy, while Tokyo was still economically challenged, its rivers and the ocean waters were quite clean. My father often took me to Tokyo Bay for goby fishing. We would catch a bucketful of goby and my mother happily deep-fried them tempura-

style for our dinner. Back in those days, it was a common practice to catch foodstuffs by yourselves for family dinners.

Then we entered the high economic growth period. There were no considerations regarding effluent treatment. Various kinds of factories built along upstream sections of the Sumida River and Tama River were discharging untreated factory and household effluents. In no time the clear water became contaminated. The water in the Tama River was bubbling with gas. The same was true with the Sumida River. From 1962 to 1977 the water pollution was so severe that the annual Sumida River Fireworks Festival had to be cancelled.

Air pollution was also significant. Cities on the Pacific coastal belt frequently experienced



*Tama River in the vicinity of Futakotamagawa. The water quality is so improved that you can witness ayu swimming upstream.*



photochemical smog. The sky was always gray. It is possible to improve the air quality if we stop emitting air pollutants for a couple of days. In the case of the Beijing Games, they had factories stop operating in advance of the Opening Ceremony and temporarily restored the blue sky. That is not possible with water. Sludge and wastewater accumulation make it difficult to improve water quality in a short period.

It would take decades to restore the water quality of our rivers. Today you can see ayu (Japanese sweetfish, said to inhabit only unpolluted waters) return from Tokyo Bay to the Edo River, Sumida River, Tama River and others. Annually, 10 million ayu now swim up the Tama River. It took a long time to restore the environment of these rivers. The situation began to change probably in the 1990s. With the oceans, it takes longer. Polluted water having run into Tokyo Bay from the rivers needs to flow out of the Bay. It was not until well into the 21st Century that the water quality of Tokyo Bay was restored. Now sushi restaurants serve fresh fish caught in Tokyo Bay.

We should show the world the rivers and ocean areas around Japan at Tokyo 2020. It is important to show the natural beauty of Japan and let the world know how we restored the rivers and the oceans to their current

healthy condition. A ten-minute train ride from Shibuya, a bustling district, will take you to the Futakotamagawa station area (Setagaya Ward, Tokyo), where you can enjoy ayu fishing. Many people are suffering from pollution in the world. We can offer them hope that it is possible for them to restore their environment.

I expect “society co-existing with nature” will be Tokyo 2020’s legacy and it will persist in social systems as well as in the minds of individuals.

### **Takeda**

**The water quality in Odaiba Marine Park, the venue for the Tokyo 2020 triathlon event, is generating concern.**

### **Komiyama**

Sewage treatment systems underlie the Odaiba issue. Since early on, in the Meiji era (1868-1912), Tokyo adopted sewage systems modeled on the systems of London and Paris. Since the population was much smaller then, the system requirements were low, and the combined sewer system design, which mixed stormwater runoff with sewage, was adopted. Since then, the population has significantly increased and the combined sewer system is presenting a challenge. Heavy volume of stormwater runoff overwhelms the treatment system and untreated sewage may be

discharged into Tokyo Bay. Since the venue for the triathlon event is located near the outfall, a significant amount of coliforms may be detected after heavy rainfalls as the result of untreated effluent being discharged. Under normal conditions it is within the agreed upon limits.

Now many cities in the world adopt separate sewer systems, which treat sewage and runoff separately. While it is desirable for Tokyo to replace its sewage systems with separate systems, the combined sewage systems in place are extensive and the cost to upgrade them is prohibitive. We need to find feasible solutions to this problem. It's a challenge that requires civil and urban engineers' serious commitment. I expect Tokyo 2020 will set in motion a series of innovations to modify the existing system.

### **Takeda**

**At the G20 held in Osaka last year, marine plastic debris was one of the major issues discussed. How about Tokyo 2020?**

### **Komiyama**

Concern about plastic debris may be the most important contemporary problem. While measures to reduce plastic waste by eliminating excessive packaging and other means are necessary, a total ban on plastics is unrealistic. I think it is difficult for most of us

to give up the convenience. Instead of giving up the convenience of plastics, we should find ways to move forward.

Conscientious chemical companies are truly committed to solving the plastics problem. However, the issue of marine debris, such as fishing lines and plastic bottles that have drifted into the ocean, remains. Even when we collect plastics for recycling, some parts of consumer goods are always washed away into the environment as debris. To prevent the debris from causing damage to the environment, we should make a shift to biodegradable plastics.

While we won't be able to find solutions to the issue of marine plastics by the time of Tokyo 2020, the issue have a symbolic importance.



*Odaiba, where Triathlon events will be held.*



Tokyo 2020 The Podium  
Project joint press briefing

## Make Tokyo 2020 a Showcase for Sustainable Society

The Podium Project, a Tokyo 2020 initiative to manufacture medal podiums entirely of recycled plastic collected in Japan is underway.

### Takeda

**For example, the Organising Committee coordinates beach cleanup events on Tsurigasaki Beach in Chiba prefecture, the venue for surfing events, with Olympic athletes' participation.**

### Komiyama

Celebrities such as athletes can lead the way. For example, I believe the culture of donation is essential for developed countries. However, in Japan donation is yet to be popularized. On one occasion, professional football star players made donations in cooperation with the Japan Football Association. It generates excellent publicity. I hope it will go beyond activities of a few and add momentum to a larger drive.

### Takeda

**You mean that Tokyo 2020 could provide the momentum.**

### Komiyama

Exactly. Momentum is the key. Obviously, hard infrastructure such as roads and railways will remain after the Games. The

beach cleanup movement and the urban mining initiative to collect unused mobiles and other electrical appliances to extract precious metals for Olympic and Paralympic medals could lead the way to a sustainable society. They should not end as ad-hoc solutions. We should keep the momentum going. Recycling mobiles can be a successful business. Data erasing services for collected mobiles have already been emerging. These movements, if sustained, could become a soft infrastructure for resource-circulating societies. Hard infrastructure remained as a legacy of the last Tokyo Games in 1964. Tokyo 2020's legacy should be these soft infrastructures for a sustainable society.

### Takeda

**It's been great talking to you. Thank you for your time.**



Interviewer: (left) Ms. Yuri Takeda, Environment Journalist / Member of editorial committee for "White Paper on the Oceans and Ocean Policy"





# Illustrated Guide to the Ocean Events in Tokyo 2020 Games



**Triathlon** This outdoor event made its Olympic debut at the 2000 Sydney Games. A triathlon is a single race consisting of a 1.5km swim, a 40km cycle, and a 10km run, consecutively. The word triathlon is of Latin origin, from “tri” for three and “athlon” for competition. The Paratriathlon event, first held as a Paralympic event at the 2016 Rio Games, is a three sprint race, at half the distance of the Olympic triathlon. Athletes use handcycles or racing wheelchairs or are supported by same-sex guide runners or handlers according to the athletes’ physical impairments.



**Marathon Swimming** This outdoor event made its Olympic debut at the 2008 Beijing Games. Athletes compete in a 10km swim in open oceans, rivers and lakes. It doesn’t require a specific stroke. Competitors are not disqualified by standing up during the race unless they walk. Usage of wetsuits and fins, that add buoyancy, are prohibited. Goggles, nose grips, and earplugs are permitted.



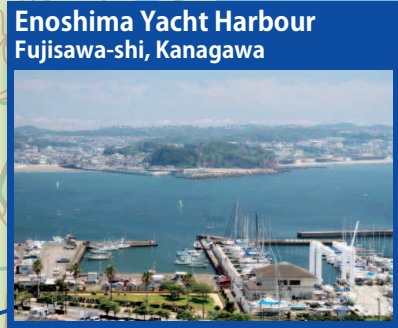
**Beach Volleyball** This outdoor event made its Olympic debut at the 1996 Atlanta Games. It is played on a sand court on a beach, which is narrower and shorter by 1m than a regular Volleyball court. A match is played by two teams of two players in three sets. The first and second sets are won by the first team to reach 21 points; only 15 points is needed in the third and deciding final set.



**Odaiba Marine Park**  
Minato-ku, Tokyo



**Shiokaze Park**  
Shinagawa-ku, Tokyo



**Enoshima Yacht Harbour**  
Fujisawa-shi, Kanagawa



**Sailing** This historic event has been an Olympic sport since the 1869 Athens Games. Small sailing boats powered by the wind race a course set in the ocean, competing in speed and technique. The race is run over set laps on a course marked by a number of buoys in specific sequence, and scores are given according to the order of arrival. The smaller scores represent higher rankings. Olympic sailing competition has 8 classes: the RS:X, 470, Laser, Laser Radial, 49er, 49erFX, Finn and Nacra17, according to the size of the sail boats, size of crews, and rules.

Shizuoka



Japan National Stadium  
(Olympic Stadium)  
Shinjuku-ku, Tokyo



Sea Forest Waterway  
Koto-ku, Tokyo



Tsurigasaki Surfing Beach  
Chosei-gun, Chiba



Japan Canoe Federation

### Canoe Sprint

This event has been held since the 1936 Berlin Games (women's event from the 1948 London). Multiple canoes take off at once, with each canoe paddling on straight flatwater courses to race each other to the finish. Two types of boats are used: canoes and kayaks, and the distances of races are 200m, 500m, and 1,000m. Kayak events are held in Singles, Pairs and Fours competitions. Canoe events are in Singles and Pairs. Paracanoe made its Paralympic debut at the 2016 Rio Games. Paracanoe races are individual events in three different classes, depending on the classification of an athlete's impairment. Va'a (an outrigger canoe) races will be added from the 2020 Tokyo Games.



Japan Rowing Association

### Rowing

This historic event has been an Olympic sport since the 1900 Paris Games (women's events were introduced at the 1976 Montreal Games). Races take place over a 2,000m straight flatwater course, using oars to propel the boats. There are sculling and sweep races. In sculling events the rower holds two oars, while in sweep events the rower holds one oar. Sculling events are held in Singles, Doubles, and Quadruple competitions. Sweep rowing events are in Pairs, Fours, and Eights. Para-rowing made its Paralympic debut at the 2008 Beijing Games. Para-rowing classes include men's single sculls, women's single sculls, mixed double sculls, and mixed coxed four. Coxed four is a competition with two mixed pairs and a coxswain (steersman).



### Surfing

Surfing will make its Olympic debut in the 2020 Tokyo Games. A rider rides a wave on a surfboard and competes in technical difficulties, performance, and originality. Surfing as a sport is divided into two classes according to the size of the board used: the longboard (longer than 9ft/274cm) and shortboard (around 6ft/183cm). Shortboards will be used at the 2020 Tokyo Games. In the set time, each athlete will be allowed to ride around 10 waves and their two highest scoring waves will count toward their total.

