



SPECIFIC GUIDELINES PACK

This document acts as a guide to the specific considerations and undertakings for your potential attempt on the Guinness World Records™ category and is used in conjunction with the Record Breakers' Pack, which outlines the evidence required to prove your attempt's success. This should be read and understood by all concerned with the record attempt prior to the attempt – this includes every participant, organiser and witness.

These guidelines are specific to your attempt and **must** be followed. Should any guideline be contravened, your attempt will be disqualified, without any right of appeal.

Please note that, as detailed in the Agreement Regarding Record Attempts, these guidelines in no way provide any kind of safety advice or can be construed as providing any comfort that the record is free from risk. Guinness World Records will not accept responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that all necessary safety precautions are in place and that all equipment used is suitable and thoroughly checked prior to the record attempt taking place and in compliance with any and all local health and safety laws and regulations.

LONGEST MARATHON PLAYING VOLLEYBALL

DEFINITION OF RECORD

This record is for the longest time in to continuously play volleyball.

This record is to be attempted by two teams.

The measurement value is time in days, hours and minutes.

With the exception of unlimited time and substitutions, the game must be played by all other standard volleyball rules and regulations as per the International Volleyball Federation (FIVB).

http://www.fivb.org/EN/Refereeing-Rules/RulesOfTheGame_VB.asp

GUIDELINES FOR 'LONGEST MARATHON PLAYING VOLLEYBALL'

1. The event must take place in a public place or in a venue open to public inspection.
2. The overall winner of the match **MUST** be included in the documentation, as well as final score.
3. All players must be well versed in the official rules of the game.
4. Outside of rest breaks (see below), no other breaks are allowed such as those normally taken within the specific sports e.g. period-ending breaks such as half-time, or end changes in tennis. Play must be continuous and in accordance with competition rules.
5. The game must be played in the spirit of the rules of the sport (i.e. there must not be any substantial pauses or discussions with umpires/referees in an attempt to gain rest and prolong the marathon).
6. The number of persons in each squad (including substitutes) cannot exceed those allowed in the rules of the sport (i.e. indoor volleyball has 20 players, six starters and fourteen on the bench).
7. The same two teams must play against each other for the duration.
8. Participants may play in any position and can change that position at any time during the attempt.
9. A player may leave or enter play at any time in the game, according to the rules of the game and these Guinness World Records rules:
 - a. Individuals may not switch teams.
 - b. The numbers participating in each team may go down to the minimum number allowed in the rules of the game. If the number in one team falls below that number the attempt is ended (e.g. if the number in a soccer team falls to seven or less, the game is abandoned).
10. Once the event begins all the players must be present at the venue throughout the attempt. Players not involved in the play must be present at the courtside/pitchside throughout (except for five minute comfort breaks). Food may be consumed at the courtside/pitchside. Sleeping bags, chairs, etc. may also be provided at the courtside/pitchside. Exemptions are made in the case of any participant requiring medical, or similar, assistance: absences of this nature must be recorded in the log book.
11. No individual who was not present at the beginning of the attempt may participate at any time in the proceedings.

12. If the number of available substitutes is equal to or greater than the number of active players according to the rules of the sport, then rest breaks as outlined below are not permitted for the group as a whole.

GENERAL 'ENDURANCE' GUIDELINES

- § The name of the organisation, company or person(s) making the attempt must be given, along with the date and place.
- § The event should take place in a public place or in a venue open to public inspection.
- § No person under the age of 16 may attempt this record. Persons aged between 16 and 18 must be in possession of a document signed by their parent or legal guardian, giving them permission to compete. This must be added to the log book and witnessed before the attempt has started.
- § The attempt must be overseen by suitable stewards, who are not witnesses, but part of the attempt's support team. The duties of the stewards may include:
 - a. maintaining log books throughout the attempt;
 - b. registering of the witnesses;
 - c. obtaining the signatures and addresses of the witnesses (see below)
- § Two independent witnesses must be present at all times throughout the attempt. The witnesses must also rotate in four hour shifts: any number of witnesses may participate on the rota. Witnesses must sign the log book at the beginning and end of each shift confirming the details entered into the log book for the period during which they are on duty. No one related to any 'contestant' can act as a witness. No one under 18 years of age may serve as a witness.
- § Two experienced timekeepers (e.g. from a local athletics club) must time the attempt with stopwatches accurate to 0.01 seconds. If there is any difference between the two timings, the average should be recorded as the official time.
- § Rest breaks – see 'LOGBOOK FOR ENDURANCE ATTEMPTS' section

ADDITIONAL EVIDENCE

- Ø We draw your attention to the paragraph above regarding witnesses, as this applies to all marathons – we require signed statements from every witness that took part.
- Ø Video footage – unfortunately, we do not have the time to watch over 24 hours of video evidence and so suggest you give us a highlights package. This must include:
 - Footage of the start of the attempt
 - Before and after each rest break – a clock or timer must be visible on screen, but not the camcorder's own time display
 - The point at which the record is broken
 - The end of the attempt.
 - The camera must be focussed on the attempt at all times and preferably be static.
- Ø Logbooks – you must have separate logbooks for the following:
 - Witness changeovers, rest breaks and any pertinent observations regarding the attempt itself (to be filled in by witnesses - see following section)

- Scoring, game times and substitutions (particularly for sports marathons) or lists and timings of songs/music (particularly for musical marathons)
- Ø Failure to include the required documentation will ultimately delay the outcome of your claim or lead to its rejection.

LOGBOOK FOR ENDURANCE ATTEMPTS

Rest breaks are the only point where the claimant may stop performing the activity during the attempt. They are to be filled in by the witnesses each time the claimant takes a break and must show the changeover of witnesses.

Rest breaks are the only time the claimant can take a bathroom break or sleep during the attempt. They may consume food and drink while the record is in progress, but this must not disrupt the flow of the attempt. The following acts as an example of how to calculate and monitor rest breaks during marathon endurance events.

In simple terms, you are allowed 5 minutes rest for every continuously completed hour of activity. These can be accumulated to give, for example, 20 minutes worth of rest time after 4 full hours of activity. If you do a shift of 4 hours 30 minutes activity without stopping, you have still only accumulated 20 minutes **as only completed hours count**.

Any rest time that has been accumulated can be taken in full or in part at the discretion of the participant(s) at the appropriate time. Any unused rest time can then be carried forward to be taken at a future time during the attempt. However any unused rest time cannot be added to the end of the attempt when it is completed.

The following example has been filled into a copy of the log sheet to show how the witnesses to the attempt must fill the logbook out.

(1) If participants play from 12:00 – 16:30, this is four hours thirty minutes worth of activity and therefore allows up to 20 minutes rest – 4 completed hours multiplied by 5 minutes.

(2) The team rests for ten minutes from 16:31 to 16:41 and they can then carry the other 10 minutes they are entitled to forward for use in the future.

(3) The team then play from 16:42 to 18:32, which is one hour 50 minutes and accrues 5 minutes rest for one completed hour of activity.

(4) At this time they would be able to take up to 15 minutes of rest (5 accrued from recent activity plus 10 carried over). Note that the team have only accrued 25 minutes of rest, although they have actually been playing for 6 hours 20 minutes in total.

Rest breaks are the only point where the claimant may take a bathroom break. You may consume food and drink while the record is in progress, but this must not disrupt the flow of the attempt.

Additionally there is a blank logbook sheet included that you can copy as many times as you wish for your attempt. We recommend that you use this to ensure that you take the rest time that you're entitled to.

Should you have any questions, please don't hesitate to contact us.

Activity ⁽¹⁾			
Start	Finish	Completed hours	Rest time accumulated
12:00	16:30	4	@5 mins/hr = 20
Witness(es)		Bill Buckby Bob Westcott	
Rest ⁽²⁾			
Start		Finish	
16:31		16:41	
REST TIME		20 mins	Accumulated
Available		0 mins	Brought forward
		20 mins	Total
	Taken	10 mins	
	Carried Forward	10 mins	
Witness(es)		Bill Buckby Bob Westcott	

13.25 – J Bloggs
retired hurt-
Bill Buckby

16.35 -40 Interview
with KLRP Radio -
Bill Buckby

Activity ⁽³⁾			
Start	Finish	Completed hours	Rest time accumulated
16:42	18:32	1	@5 mins/hr = 5
Witness(es)		Bob Westcott Tom Edge	
Rest			
Start		Finish	
18:33		18:48	
REST TIME (4)		5 mins	Accumulated
Available		10 mins	Brought forward
		15 mins	Total
	Taken	15 mins	
	Carried Forward	0 mins	
Witness(es)		Bob Westcott Tom Edge	

Activity

Start	Finish	Completed hours	Rest time accumulated
:	:	@5 mins/hr =	
Witness(es)			
Rest			
Start	Finish		
:	:		
REST TIME		mins	Accumulated
Available		mins	Brought forward
		mins	Total
	Taken	mins	
	Carried Forward	mins	
Witness(es)			

Activity			
Start	Finish	Completed hours	Rest time accumulated
:	:	@5 mins/hr =	
Witness(es)			
Rest			
Start	Finish		
:	:		
REST TIME		mins	Accumulated
Available		mins	Brought forward
		mins	Total
	Taken	mins	
	Carried Forward	mins	
Witness(es)			