



LONGEST KARAOKE MARATHON (INDIVIDUAL)

The following act as a guide to the specific considerations and undertakings, in addition to the general requirements as detailed in the General Rules of the Record Breakers' Pack, for any potential attempt on the above record.

They should be read and understood by all concerned – organisers, participants and witnesses – prior to the event.

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.

GUIDELINES

The record is for the longest duration that karaoke can be continuously sung by an individual.

- 1 - No piece of music may be repeated in performance within two hours. A separate song list of all the items performed and their timings must be maintained and submitted.
- 2 - Apart from pauses lasting no more than 30 seconds between tunes, singing must be continuous.
- 3 - There must be a screen visible to the participant, which displays the lyrics to the song.
- 4 - Each song must last at least three minutes.
- 5 - Singing must be performed into a microphone.
- 6 - An experienced timekeeper should be present throughout the attempt.

GENERAL MARATHON RULES

1. No person under the age of 14 may compete. Persons aged between 14 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.
2. A fully-qualified practising member of the medical profession must be present at all times watching the attempt. Each doctor or nurse should not be in attendance for more than four hours at a time: the medical personnel should alternate or rotate in four hour shifts.
3. If at any time during the proceedings the doctor or nurse says that, in their opinion the contestant should end their participation in the event, the attempt must stop immediately.

4. The attempt should be overseen by suitable stewards who should, like the medical personnel, rotate on duty in four hour sessions. The duties of the stewards should include:
 - the provision of a constant supply of water, or some other suitable healthy beverage, beside the attempt area;
 - maintaining log books throughout the attempt;
 - registering of the medical personnel;
 - obtaining the signatures and addresses of the witnesses (see below)
5. The venue at which the attempt is taking place should be open to public inspection throughout the attempt.
6. Two independent witnesses must be present at all times throughout the attempt. The witnesses should 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.
7. Rest breaks – you are allowed 5 minutes rest for every continuously completed hour of activity. These can be accumulated to give, for example, 15 minutes after 3 full hours of activity. This is the only point where you may take a bathroom break. You may consume food and drink while the record is in progress, but this should not disrupt the flow of the attempt.

MARATHON EVIDENCE

This relates to the specific requirements as regards evidence for marathons.

- We draw your attention to the paragraph 6. above regarding witnesses, as this applies to all marathons – we require signed statements from every witness that took part.
- 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 should include:
 - Footage of the start of the attempt
 - Before and after each rest break – a clock or timer should 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 video should be focussed on the attempt at all times and preferably be static.

- Logbooks – you should have separate logbooks for the following:
 - Rest breaks and any pertinent observations regarding the attempt itself (to be filled in by witnesses) (See following section)
 - Witness, steward and medical officer changeovers
 - Scoring, game times and substitutions (particularly for sports marathons) or lists and timings of songs/music (particularly for musical marathons)

LOGBOOK FOR ENDURANCE EVENTS

The following acts as a guide as to how rest breaks are calculated and when they can be taken for endurance events, i.e. the longest time to do whatever. As detailed in the specific guidelines, after a continuously completed hour of activity the participant(s) are entitled to five minutes of rest and these can be accumulated. It must be noted that any part hour of activity whilst contributing to the record time, cannot be used in conjunction with any other part hour to make a complete hour for the purposes of creating rest time. Only 60 minutes of continuous activity accrues rest time.

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.

For example: If participants play from 12:00 – 16:30, this is four complete hours and therefore allows up to 20 minutes rest. The team rests from 16:31 to 16:41, 10 minutes, and they can then carry the other 10 minutes they are entitled to forward for use in the future. The team then play from 16:42 to 18:32, which is one complete hour and accrues 5 minutes, 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 the team have accrued 25 minutes of rest, although they have actually been playing for 6 hours 20 minutes in total.

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

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.

Example

Activity			
Start	Finish	Completed hours	Rest time accumulated
12:00	16:30	4 @5 mins/hr = 20	
Witness(es) <i>Bill Buckby Bob Westcott</i>			
Rest			
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) <i>Bill Buckby Bob Westcott</i>			

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

NOTES

13.25 - J Bloggs
retired hurt -
Bill Buckby

16.35 -40 Interview
with KLRP Radio -
Bill Buckby

17.10 Ball
punctured,
replaced - BW

18.25 - 18.50
Mayor visits - T. Edge

NOTES

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