

International Association for the Development of Apnea

REGULATION FOR FREEDIVING INDIVIDUAL MEETINGS & DEMONSTRATIONS

Version 1.2 a

(In case of any doubt, the French version shall be considered as authoritative)

(23.02.2003 AIDA/sn)

1. GENERAL RULES

- 1.1 The "....." meeting/demonstration is recognized by AIDA and organized by
- 1.2 It is an event which could include the following disciplines: - static apnea – constant weight – constant weight without fins – free immersion – dynamic apnea with fins – dynamic apnea without fins.
- 1.3 The performances realized during this event are not considered as official AIDA competition's performances and do not enter in the concerned AIDA ranking-list.
However, they are recognized as official performances for records, national or international.
- 1.4 Each discipline includes eliminating heats and a final heat, or only direct final heat. The number of athletes participating for the final will be determined by the Jury and by the organizers on the basis of the infrastructures. This number should be between 4 and 12.
- 1.5 Each competitor may participate in one or more events, if he fulfills the minimum performance required by the organizer.
- 1.6 All competitors must be 18 years or older.
- 1.7 All competitors must be in possession of a "medical certificate of non contraindication to freediving" in order to participate in the meeting/demonstration.
- 1.8 Points 1.5 and 1.6 are inspected upon registration.
- 1.9 The organizer is responsible for the registration of the athletes competing in his event, but can request the opinion of AIDA about this topic.
- 1.10 Each athlete could be represented by a captain during event committees.
- 1.11 Each performance is converted into points according to the following scale:
 - Static apnea : 3 seconds of immersion = 0.5 point,
 - Dynamic apnea : 1 meter in distance = 0.5 point,
 - Depth apnea : 1 meter in depth = 1 point

In static and dynamic, the performance is always rounded down to the nearest 1/2 point.

In constant ballast, the performance is rounded down to the nearest point.

Examples:

- 112.8 m in dynamic = 56 points
- 55.5 m in constant weight = 55 points
- 6'14"84 in static = 62 points

- 1.12 The winner of each event is the person obtaining the best performance only in the final heat, independent from the performances realized in the elimination heats.
- 1.13 It is mandatory to report all undergoing medical treatments by the freedivers to the jury member event doctor before the meeting/demonstration.
- 1.14 The anti-doping code enacted by the IOC concerning the consumption of substances and the prohibited practice is applicable, as well as the anticipated sanctions and penalties by this organization.
Random tests could be organized. In the case of refusal, the athlete is considered as being positive.
A test will absolutely be organized in case of world record.
- 1.15 Any inhalation of oxygen or highly oxygenated mixtures prior to the athlete's performance is forbidden.
- 1.16 Other performance-enhancing products may be forbidden.
- 1.17 Any mood manifestation by an athlete causing disturbance to other competitors and impeding their performance may warrant penalty from the jury by any means and authorization of a restart to the impeded competitor.
- 1.18 All athletes participating in this meeting/demonstration accept implicitly to submit to the present regulation.
- 1.19 The jury may warn, penalize or disqualify all athletes exemplifying the following behaviors:
- Non compliance to regulations
 - Non compliance with the jury, organizers, team captains, other athletes, the public or the media
 - Non compliance or disruption of the smooth running of the organization or the safety of the meeting/demonstration
- Three warnings result in automatic disqualification of the athlete from the entire event.
- 1.20 All blackouts or loss of motor control detected by the jury results in disqualification of the freediver for the discipline or further penalty by decision of the jury.
- 1.21 The competitor must not be helped or touched during his performance unless he is in difficulty. If this is the case, he is disqualified.
- 1.22 Without pressure from the jury or the officials, the freediver must remove his mask or his glasses upon finishing his performance and must signal to the jury that he is "OK". If not, he will be disqualified.
- 1.23 The athlete is not allowed to touch anyone, and no one is allowed to touch the athlete for at least 60 seconds following the end of the performance and until such times as the main judge has announced to the athlete that his performance is considered as being finished, by signaling "OK", at a minimum of 30 seconds after the surfacing.
- 1.24 At the end of each performance, the jury informs the athlete of their decision regarding the validity of the attempt. This information is not definitive and only concerns the "visible" part of the performance; this is mainly for depth disciplines.
The organizer and the jury are free to determine which means will be used to communicate this decision (orally, by signal, flag, card, loud speaker, etc.). However, they inform the team captains prior to the event committee.
- 1.25 All competitors disqualified from a final heat will also be disqualified from general ranking of the discipline.
Performances realized during elimination heats do not enter in the reporting line.
- 1.26 All competitors realizing a lesser performance in the final heat at the time of the elimination heats will appear in the general ranking with his performance realized in the final heat.

2. PERFORMANCE MINIMA

- 2.1 The minima to be realized for competing to the meeting/demonstration are decided and managed par the organizer.
- 2.2 During the event committee, no one performance should be announced less than the requested minimas to compete in the discipline.
However, a margin of tolerance may however be decided upon by the jury in the case of bad conditions. In this case, the announced performances may be inferior to the theoretical minimas required.

3. ORGANIZER

3.1 The organizer is responsible to diffuse the following informations:

- The present regulation
- The meeting/demonstration program (start of competitions, event committees, remission of costs, etc.),
- An information file (premises, date, possible lodging, contingent liabilities, etc.),
- A record describing the facilities implemented to ensure the safety of the competitors, the jury and the spectators, and an alert and evacuation record,
- All documents describing the planning and administration of the event if necessary,
- A diagram of the different sites.

3.2 The organizer should have an Internet site, in English, available detailing specific following information concerning the meeting/demonstration.

- Home page with AIDA's logo and official title of the competition
- Maps of the events
- AIDA rules
- Detailed program
- Registration page
- Contact for the organization
- Accommodations (hotels, airport)
- General information about the area
- Possibility to rent cars / boats
- Special laws of the country about diving if there are
- Specific information for medias (name of a contact, availability of underwater pictures, etc.)

3.3 AIDA must prepare a jury at least 2 months before the meeting/demonstration after examination of the proposed candidacy by the organizer. The organizer must indicate its composition to the captains on opening day.

The organizer of the meeting/demonstration must pay the jury's travel and lodging expenses. The travel expenses and tickets have to be prepaid by the organizer and sent to the judges not later than two weeks before the event.

3.4 The organizer must ensure that all necessary facilities are at their disposal in order for them to accomplish their task.

3.5 A permanent area for viewing the videos must be made available to the jury by the organizers.

3.6 The organizer, and not the jury, is responsible for the entire event, including the safety of all persons present.

3.7 The event committee must convene on the eve of an event. Upon conclusion, the organizer must provide the event start lists to the team captains.

3.8 A general information session intended for all athletes, captains, organizers, judges, media, safety scuba and freedivers, medical and emergency staffs, must be made available by the organizer the first day of the event (opening day).

During this information session, the organizer will provide a detailed program of the entire event, in particular including notably the daily schedules of all the event committees and the posting of the official results.

3.9 The organizer must provide logistical and secure facilities allowing the media to be present in the water for all disciplines, in order to take underwater photographs (videos or stills) during training days.

3.10 The organizer must draw up a commitment sheet disclosing anticipated competition performances to be filled in by the meeting/demonstration.

3.11 A technical commission appointed by AIDA will be in charge of examining the following with the organizer no less than 1 month before the meeting/demonstration:

- Implementation of the organization (lodging, scheduling, logistics),
- Arrangement of the organization in regard to event safety (assembly with the chief diving officers),

- Facilities and administrative arrangements.

3.12 This commission will be composed of at least one member of the jury and should work in close consultation with the organizer to mitigate any problems and find necessary solutions for an efficient organization.

3.13 The organizer must set up anti-doping tests with the appropriate agency of their country or with the AIDA laboratory (Institut de Médecine Légale de l'Université Louis Pasteur à Strasbourg, en France). The organizer must pay for the costs of these tests.

The conditions under which the athletes are chosen is left up to the discretion of the jury; however, any athlete establishing a world record during the meeting/demonstration must be tested.

3.14 The organizer should anticipate one or more "openers" for each event: static and constant ballast. The jury will choose the openers among the safety freedivers or competent reputable freedivers. Without exceeding their abilities, they must officially open the performance zone, which will allow the organization to acclimate. The openers observe the same conditions as the competitors, but they may not be competitors.

3.15 The organizer must provide an identification number for each athlete. The participants must visibly wear this number during official events.

A list of these numbers is provided to the media as well as to the team captains.

3.16 The organizer must also make provisions for a clear and visible system of identification for all safety freedivers, judges and all other officials in the water during the meeting/demonstration.

3.17 For constant ballast events, the safety scuba divers must possess at least a CMAS *** level diver or equivalent. The safety freedivers should be able to easily descend to 15 m, the organizer being responsible for verifying these levels.

All safety freedivers must be approved and validated by AIDA before the meeting/demonstration.

3.18 The number of safety freedivers must be sufficient enough to allow a rotation. There must be at least two per rope. Two divers equipped in the water will be ready to intervene at the warm-up lines.

3.19 Rope measure:

The official line is measured and tagged at the surface in the following manner:

- Immersion of the line in the water for a sufficient duration so that it is completely soaked,
- Maximum stretch by mechanical means (car, etc.) upon exit from the water (car, etc.)
- Retension of the line with the exact net weight used for the meeting/demonstration after having released the stretch, between 30 and 50 kg. The additional use of a dynamometre is indicated.
- Measure and tagging of the tensed rope.

3.20 Calibration of the depth measuring devices:

Once the line is measured and marked, the depth measuring devices are calibrated in the following manner:

- The line is put into the water using the same arrangement as that used for the meeting/demonstration
- Each device is marked clearly and distinctly
- The devices are tested at three depths in relation to the line measure (-80m, -60m, -40m). The given measures are then indexed for each instrument
- The jury then calculates the error coefficient of each device in the following manner:

Indexed measures: -80.5m -60.8m -40.2

- error coefficient at 80 m = $80 / 80.5 = 0.993$

- error coefficient at 60 m = $60 / 60.8 = 0.986$

- error coefficient at 40 m = $40 / 40.2 = 0.995$

→ final coefficient = 0.99

- Application of the error coefficient to the depth posted by the devices in order to obtain the actual depth is then sufficient for training and meeting/demonstration.

3.21 The organizer must implement the following video captures:

3.21.1 Complete images of the performance, including final preparation and the end of the performance, without interruption: the images must start 1 minute before the official start and stop 1 minute after the exit, once the athlete has given the depth gauge and the tag to the jury.

- 3.21.2 All video images must be filmed using new cassettes, in digital PAL or NTSC, on mini-DV format.
- 3.21.3 All video images of the attempt must be filmed without interruption for the pool's disciplines.
- 3.21.4 All video cameras and the cameramen must remain at the disposition of the jury in order that the judges may immediately view them after the events.
- 3.21.5 It is possible that the organizers may have to make copies of the official videos under supervision of the jury (or a designated official), or leave the original videos with the judge. The official videos remain with the judges (or with the designated official) until the copies have been made.
An updated list of the concerned athletes must accompany each cassette, in order to place the appropriate freediver with the appropriate cassette.
All copies for AIDA must be in digital PAL or NTSC, on mini-DV format.
- 3.21.6 All official video images of the attempt become the property of AIDA, without exclusive rights on the part of AIDA or the organizers.
- 3.21.7 The organizers may have as many official cameras as they wish, as long as they are prepared in accordance with the above articles by the judges.

4. SAFETY

4.1 General

- 4.1.1 The presence of a physician, paramedics or firmen, specialized in resuscitation, is essential.
- 4.1.2 Resuscitation equipment must be in working order and located in close proximity to the freediver.
- 4.1.3 A resuscitation vehicle must be provided for transporting the freediver to a designated specialized center in case of an emergency.
- 4.1.4 The presence of two safety freedivers in the water is mandatory.

4.2 Depth Diving Assistance

- 4.2.1 The following assistance must be available:
 - A. 1 or 2 divers at the surface in addition to the 2 mandatory safety freedivers.
 - B. An adequate number of divers in teams of two located at various intervals along the rope who are able to quickly intervene.
If the freediver is using a special ascending device attached to the rope, it is not necessary to position the diver at the maximum depth to be reached.
 - C. A presiding physician on a boat or on a pontoon large enough to be used for an emergency. In any case, the physician must be no more than 15 meters away from the rope.
 - D. An emergency transport vehicle at the closest boarding point.
 - E. A fast rescue evacuation.
- 4.2.2 The organizer must have the address and telephone number of the nearest hyperbaric center. The center must be notified of the record attempt beforehand.
- 4.2.3 The divers must respect the laws of the country (depth, breathing mixture, etc).
- 4.2.4 The divers must never touch the freediver except in the case of an emergency.
- 4.2.5 It is recommended that the medical team or the person responsible for the planning of the activity be equipped with maritime VHF devices with adequate range. If these persons are not on the same boat, they each must be appropriately equipped in order to communicate by radio.

4.2.6 Safety Lanyard

- 4.2.6.1 A safety lanyard anchor is mandatory for all depth events.
- 4.2.6.2 The safety lanyard binds the freediver to the warm-up line or to the official line. It is made up of:
 - A. A carabiner without screws in which the opening (minimum 15mm) is big enough to allow a carabiner

to be placed and hooked to the cord without difficulty. The "finger" of the carabiner must function normally, in other words, opening with little pressure and closing automatically.

B. A semi-elastic or non semi-elastic link between 30cm and 100cm in length, made up of a material designed to not make knots (i.e., a cord, or a cord sheathed with plastic).

C. A wrist band which cannot be removed inadvertently, which includes a ring having an interior diameter of a minimum of 26mm for athletes wearing the lanyard on the wrist, OR a belt other than the weight belt, which can not be removed inadvertently for those wearing the lanyard on the waist, the belt holding the lanyard must be situated higher than the weight belt.

In this last case, the freediver will still wear a wrist band, which cannot be removed inadvertently, including a lanyard ring of an interior diameter of a minimum of 26mm.

- 4.2.6.3 The lanyard will be systematically checked by the jury and must not be removed by the competitor during the performance, unless necessary, or he/she will be penalized.
- 4.2.6.4 The monitoring depth gauge must be worn on the wrist opposite to that carrying the lanyard, if the lanyard is being held to the wrist.
- 4.2.6.5 The organizer will ensure that the safety divers are equipped with the necessary materials in order to implement a rapid resurfacing system of the freediver with the aforementioned wrist band, without having to resurface alongside the athlete experiencing difficulty.

5. STATIC APNEA

- 5.1 The event takes place in a pool (maximal depth: 2 meters) or in a natural environment.
- 5.2 On the eve of the elimination heats, no later than 4 hours before the event committee, each captain must relay the announced performances of the athletes to the jury.
- 5.3 The start times for the official attempts are determined the night before at the beginning of the event committee. The order in which the freedivers are positioned is done by series. Each series is determined by a draw.
- 5.4 Every 12 minutes and simultaneously thereafter, the competitors actualize their performances. Each freediver has the choice to start between the "official start" and 10 seconds after. The following countdown is conducted in English by the speaker :
2'00, 1'30, 1'00, 30", 10", 5", 4", 3", 2", 1", official start, 1", 2", 3", 4", 5", 6", 7", 8", 9", 10"
If the freediver starts after the 10 second authorized margin; a penalty of one point per unit of 6 seconds is applied.
If the freediver starts before the "official start", a penalty of one point per unit of 6 seconds is applied.
- 5.5 The final countdown (2 minutes), and the time allowed to start the performance (10 seconds) could be modified by the organizer, with the agreement of AIDA.
- 5.6 If the performance achieved (PA) is higher than then announced performance (AP), no penalty is applied. If the PA is lower than the AP, a penalty of one point is applied per unit of 6 seconds.

Example: AP = 5'35" PA = 5'04
Difference between PA and AP = 31"
Penalty = 6 points
Total points scored = 50.5 - 6 = 44.5
- 5.7 The athletes must appear before the jury on the premises of the meeting/demonstration at least one hour before the start of the event.
- 5.8 A 12-minute intermission will be organized at the end of each hour of the meeting/demonstration for the jury and the cameramen.
- 5.9 Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access to the warm-up zone until 45 minutes before the start of his performance. Athletes may not access the transition zone until such times as the preceding athlete has left the area.
- 5.10 The warm-up period starts 45 minutes before the start of the first official attempts and ends at the end of the event.

5.11 A partner (captain/coach) is authorized to monitor and supervise the athlete's warm-up and performance. He is permitted to assist in the 3 official zones.

However, as soon as the performance has started (when the respiratory tracts are immersed), the partner is no longer authorized to touch the athlete, he is only permitted to orally coach him at a low voice. If not, the athlete will be disqualified.

5.12 The attempts may take place at the bottom or at the surface. The freediver is free to choose his position.

5.13 Resting points are provided at the surface and at the bottom to facilitate the preparation of the freediver.

5.14 The freediver is free to choose his equipment.

5.15 Competitors have the right to only one official attempt. Once the respiratory tracts are immersed, the attempt is considered as having been started.

5.16 An AIDA Judge and a time-keeper of the organization will time the attempt.

They will start their stopwatches upon immersion of the respiratory tracts is below water or when the snorkel is released if preparation is performed with a snorkel.

They will stop their stopwatches once the respiratory tracts of the freediver are out of the water.

5.17 The recognized performance is the average of the two times rounded down to the lowest second.

5.18 An organization freediver is present in the water during the performance. This person is responsible for verifying the state of consciousness of the competitor as follows: He touches the freediver unequivocally; the freediver responds by using a gesture agreed upon in advance with the official. This procedure will intervene:

- every 30 seconds starting 1 minute before the end of the announced performance
- every 15 seconds thereafter

If the freediver does not respond by using the chosen sign, the official will immediately request the sign again from the competitor. If an incorrect response persists, or there is none, the official will remove the competitor from the water.

5.19 Without pressure from the jury or the officials, the freediver must remove his mask or his glasses upon completion of his breathhold and signal, facing to the jury, that he is "OK". If not, he will be disqualified.

5.20 The athlete is not permitted to touch anyone, and no one is permitted to touch the athlete, during the 60 seconds following the end of his performance, and until such times as the jury has signaled to the freediver that the attempt is considered as being terminated by signaling "OK".

5.21 In order to calculate the performance of the freediver, an average of the two registered times is taken by the two timekeepers. All measurements are rounded down to the nearest second.

Example: Registered times: 5'08"64 and 5'07"48

Average will be: $(5'08" + 5'07") / 2 = 5'07"50$

Registered performance will be: 5'07" = 51 points

5.22 The organizer must film the termination of the performance of each freediver when his head emerges from the water. The video is systematically used for claims concerning a blackout or loss of motor control. However, the decision of the judges is preponderate.

5.23 Cameras and photographers are not admitted in the water other than in the warm-up and transition zones.

5.24 Applause is allowed at the end of each athlete's performance even if other competitors in the same series have not finished their performance.

5.25 An ongoing commentary from the official speaker will continue throughout the static apnea event. He may announce the times attained by athletes at the end of their performance.

5.26 FINAL HEAT

5.26.1 All the above points are applicable for the final heat, with the exception of the points below:

5.26.2 For the final heat, the athletes are placed in different zones according to the accomplished performances during the elimination heats, in order to be as visible as possible to the media. In case of final heat with several series, the best athletes will compete at the end of the event.

6. CONSTANT WEIGHT

- 6.1 The event takes place in salt or fresh water.
- 6.2 The captain must confirm the anticipated performances on the day of arrival, during the opening or at the first event committee to allow to the organization to use this information to implement safety.
- 6.3 The evening before the elimination heats in constant weight, no later than 4 hours prior the event committee, each captain must send the athlete's announced performances to the jury
- 6.4 The jury determines the start times for each competitor according to the following principal: Each day, the competitors attempting the greatest depths go first. If the constant ballast event takes place over several days, the competitors attempting the greatest depths go on the last day.
- 6.5 Each freediver may depart between the "official start" and up to 30 seconds after. Beyond that, the freediver is no longer authorized to depart. The following countdown is given by the speaker in English by the speaker : 2'00, 1'30, 1'00, 30", 10", 5", 4", 3", 2", 1", official start, 10", 20", 30" start cancelled.
Within the 30 second authorized time, the freediver may only attempt one start.
If the freediver starts before the "official start", a penalty of 1 point per unit of 6 seconds is applied.
- 6.6 The final countdown (2 minutes), and the time allowed to start the performance (30 seconds) could be modified by the organizer, with the agreement of AIDA.
- 6.7 An official zone consisting of one or more warm-up lines and at least one official line, is marked off by the organization. Only competitors, safety freedivers, safety divers, doctors, organization officials and athletes partner are permitted to infiltrate this zone.
- 6.8 Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access to the warm-up zone until 45 minutes before the start of his performance. Athletes may not access the transition zone until such times as the preceding athlete has left the area.
- 6.9 The performance area is only accessible to the following five people: the athlete, his partner (captain/coach), a judge and two safety freedivers.
- 6.10 Warm-up:
 - The warm-up period starts on the line(s) 45 minutes before the start of the first official attempts and ends at the end of the event,
 - The warm-up line(s) and the official line may not be far away from each other,
 - No more than two competitors are allowed under water on the warm-up line at one time.
 - Inside the marked-off zone, it is prohibited to warm-up outside the line(s).
 - The series of warm-up lines are placed at a depth relative to the level of the freedivers warming-up.
 - A person situated outside of the water having the authority to stop the descents on the lines at any time including the performance line(s), will monitor each line.
- 6.11 A partner (captain/coach) is authorized to monitor and supervise the warm-up and the performance of the athlete. He may assist him in the 3 official zones.
However, as soon as the performance has started (as soon as the respiratory tracts are immersed), the partner is no longer authorized to intervene in any manner whatsoever, except to assist the organization in helping the athlete if he is in trouble. He is permitted to stay at the surface but is not authorized to descend and accompany the end of the performance of his athlete.
- 6.12 A resting point and floating support is necessary for the preparation phase for competitors wanting to stay dry before their attempt.
- 6.13 Materials:
 - The use of nose plugs is authorized.
 - The use of apnea lenses is authorized.
 - The use of wrist weights is authorized.
 - The use of volume reducers in the mask is authorized.

- The use of a mask or goggles with water inside is authorized.
- The use of fins or a monofin is mandatory.
- The jury takes note of the presence of any weight used and the weight of the athlete while equipping the freediver. The jury checks for any changes in weight upon exit from the water. If variation has occurred, the attempt is cancelled.
- The freediver is free to choose any other equipment.

6.14 The freediver wears an official depth-measuring device on his wrist, which is provided by AIDA and tested and calibrated by the jury.

6.15 The freediver must bring a tag up to the surface and deliver it to a member of the jury. This tag is situated on the final base plate at the announced depth of the athlete.

6.16 The freediver must descend and ascend by finning. He is not permitted to pull or hold the line on the descent and the ascent. The only allowance is holding the rope with one or two hands, where no change in hand position is allowed, to stop the descent and to initiate the ascent without shifting the resting point. In all other cases, the freediver will be penalized or disqualified.

6.17 The freediver must be in the water before immersion. A diving or jumping start as well as any other form of running starts from a support point is prohibited.

6.18 The freediver is permitted to guide himself along the line without pulling or holding it.

6.19 Depth measurement:

- The depth attempted by the freediver is equipped with a base plate white or yellow in colour.
- The freediver must ascend a tag immersed on the base plate at the announced depth. In this case, the depth realized is equal to the attempted depth.
- If the freediver does not bring up the tag, The official depth device serves to measure the performance.
- Performances are rounded down to the nearest meter.
- If the measuring device indicates a higher depth than that which is announced, it's the announced depth that is taken into consideration.
- If the measuring device indicates a lower depth, which is more than 5 meters than that which is announced, a penalty of one point per meter of deviation between AP-5 and PA is applied.
- The tested devices are assigned an error coefficient, which is communicated to the captains by the jury.

Example: AP = 50 mPA (read on the device) = 47.5m device error coefficient = 0.98

Actual performance = $47.5 \times 0.98 = 46.55 \rightarrow 46\text{m}$

6.20 Without pressure from the jury or the officials, the freediver must remove his mask or his glasses upon completion of his breathhold and signal, facing to the jury, that he is "OK". If not, he will be disqualified.

6.21 The athlete is not permitted to touch anyone, nor is anyone permitted to touch the athlete during the 60 seconds following the end of the performance, until such times as the athlete has given the depth gauge and the tag to the jury, the jury has signaled to the freediver that the attempt is considered as being terminated by signaling "OK" in return, and the athlete is in the official zone.

6.22 The organizer must film the exit of the freedivers upon arrival at the surface with 2 cameras. The video is systematically used for claims concerning a blackout or loss of motor control. However, the decision of the judges is preponderate.

6.23 FINAL HEAT

6.23.1 All the above points are applicable for the final heat, with the exception of the points below:

6.23.2 The evening before the final heat, no later than 4 hours prior to the event committee, each captain must send the athlete's announced performances to the jury.

6.23.3 The jury determines the run time for each finalist according to the following principle: the deepest divers run first.

7. CONSTANT WEIGHT WITHOUT FINS

- 7.1 The event takes place in salt or fresh water.
- 7.2 The captain must confirm the anticipated performances on the day of arrival, during the opening or at the first event committee to allow to the organization to use this information to implement safety.
- 7.3 The evening before the elimination heats in constant weight without fins, no later than 4 hours prior the event committee, each captain must send the athlete's announced performances to the jury
- 7.4 The jury determines the start times for each competitor according to the following principal: Each day, the competitors attempting the greatest depths go first. If the constant ballast event takes place over several days, the competitors attempting the greatest depths go on the last day.
- 7.5 Each freediver may depart between the "official start" and up to 30 seconds after. Beyond that, the freediver is no longer authorized to depart. The following countdown is given by the speaker in English by the speaker : 2'00, 1'30, 1'00, 30", 10", 5", 4", 3", 2", 1", official start, 10", 20", 30" start cancelled. Within the 30 second authorized time, the freediver may only attempt one start. If the freediver starts before the "official start", a penalty of 1 point per unit of 6 seconds is applied.
- 7.6 The final countdown (2 minutes), and the time allowed to start the performance (30 seconds) could be modified by the organizer, with the agreement of AIDA.
- 7.7 An official zone consisting of one or more warm-up lines and at least one official line, is marked off by the organization. Only competitors, safety freedivers, safety divers, doctors, organization officials and athletes partner are permitted to infiltrate this zone.
- 7.8 Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access to the warm-up zone until 45 minutes before the start of his performance. Athletes may not access the transition zone until such times as the preceding athlete has left the area.
- 7.9 The performance area is only accessible to the following five people: the athlete, his partner (captain/coach), a judge and two safety freedivers.

7.10 Warm-up:

- The warm-up period starts on the line(s) 45 minutes before the start of the first official attempts and ends at the end of the event,
- The warm-up line(s) and the official line may not be far away from each other,
- No more than two competitors are allowed under water on the warm-up line at one time.
- Inside the marked-off zone, it is prohibited to warm-up outside the line(s).
- The series of warm-up lines are placed at a depth relative to the level of the freedivers warming-up.
- A person situated outside of the water having the authority to stop the descents on the lines at any time including the performance line(s), will monitor each line.

7.11 A partner (captain/coach) is authorized to monitor and supervise the warm-up and the performance of the athlete. He may assist him in the 3 official zones.

However, as soon as the performance has started (as soon as the respiratory tracts are immersed), the partner is no longer authorized to intervene in any manner whatsoever, except to assist the organization in helping the athlete if he is in trouble. He is permitted to stay at the surface but is not authorized to descend and accompany the end of the performance of his athlete.

7.12 A resting point and floating support is necessary for the preparation phase for competitors wanting to stay dry before their attempt.

7.13 Materials:

- The use of nose plugs is authorized.
- The use of apnea lenses is authorized.
- The use of wrist weights is authorized.
- The use of volume reducers in the mask is authorized.

- The use of a mask or goggles with water inside is authorized.
- The use of fins or a monofin is not authorized.
- The jury takes note of the presence of any weight used and the weight of the athlete while equipping the freediver. The jury checks for any changes in weight upon exit from the water. If variation has occurred, the attempt is cancelled.
- Any special equipment which could help the propulsion of the swimming movements is prohibited.
- The freediver is free to choose any other equipment.

7.14 The freediver wears an official depth-measuring device on his wrist, which is provided by AIDA and tested and calibrated by the jury.

7.15 The freediver must descend and ascend without fins or any other means of propulsion. He is not permitted to pull or hold the line on the descent and the ascent. The only allowance is holding the rope with one or two hands to stop the descent and to initiate the ascent without shifting the resting point. In all other cases, the freediver will be penalized or disqualified.

7.16 The freediver is permitted to guide himself along the line without pulling or holding it.

7.17 The freediver must be in the water before immersion. A diving or jumping start as well as any other form of running starts from a support point is prohibited.

7.18 Depth measurement:

- The depth attempted by the freediver is represented by a white or yellow base plate.
- The freediver must touch the base plate at the announced depth with the hand. In this case, the depth realized is equal to the attempted depth
- The performances are rounded down to the nearest meter
- If the measuring device indicates a depth greater than that announced, it is the announced depth that is taken into account.
- If the measuring device indicates a depth that is more than 5 meters less than that announced, a penalty of one point per metre between AP-5 and PA is applied.
- A coefficient error is applied to the tested devices. These are communicated to the captains by the jury.

Example: AP = 50 m RP (read on the device) = 47.5 m device error coefficient = 0.98

Actual performance = $47.5 \times 0.98 = 46.55 \rightarrow 46$ m

7.19 Without pressure from the jury or the officials, the freediver must remove his mask or his glasses upon completion of his breathhold and signal, facing to the jury, that he is "OK". If not, he will be disqualified.

7.20 The athlete is not permitted to touch anyone, nor is anyone permitted to touch the athlete during the 60 seconds following the end of the performance, until such times as the athlete has given the depth gauge and the tag to the jury, the jury has signaled to the freediver that the attempt is considered as being terminated by signaling "OK" in return, and the athlete is in the official zone.

7.21 The organizer must film the exit of the freedivers upon arrival at the surface with 2 cameras. The video is systematically used for claims concerning a blackout or loss of motor control. However, the decision of the judges is preponderate.

7.22 FINAL HEAT

7.22.1 All the above points are applicable for the final heat, with the exception of the points below:

7.22.2 The evening before the final heat, no later than 4 hours prior to the event committee, each captain must send the athlete's announced performances to the jury.

7.22.3 The jury determines the run time for each finalist according to the following principle: the deepest divers run first.

8. FREE IMMERSION

8.1 The event takes place in salt or fresh water.

- 8.2 The anticipated performances on the commitment sheet must be confirmed on the day of arrival, at the welcoming or at the first event committee, by the captain, in order to allow the organization to use this information to implement safety.
- 8.3 The evening before the elimination heats for free immersion, at least 4 hours prior to the event committee, each captain must send the athlete's announced performances to the jury.
- 8.4 The jury determines the run time for each competitor according to the following principle: the deepest divers run first.
- 8.5 Each freediver may depart between the "official start" and up to 30 seconds after. Beyond the 30 seconds after the official start, the freediver is no longer allowed to depart. The following countdown is conducted in english by the speaker :
2'00, 1'30, 1'00, 30", 10", 5", 4", 3", 2", 1", official start, 10", 20", 30" start cancelled.
Within the authorized 30 seconds, the freediver may only carry out one start.
If the freediver departs before the "official start", a penalty of 1 point per unit of 6 seconds is applied.
- 8.6 The final countdown (2 minutes), and the time allowed to start the performance (30 seconds) could be modified by the organizer, with the agreement of AIDA.
- 8.7 An official zone, consisting of one or more warm-up lines and at least one official line, is marked off by the organization. Only competitors, safety freedivers, safety divers, physicians, organization officials and the athlete's partner are allowed to enter this zone.
- 8.8 Three zones are then marked off: a warm-up zone, a transition zone and a performance zone. The athlete may only access the warm-up zone 45 minutes prior to his performance. Each athlete may access the transition zone once the preceding athlete has left.
- 8.9 The performance zone is only accessible to the following five people: the athlete, his partner (captain/coach), a judge and two safety freedivers.
- 8.10 Warm-up:
- The warm-up period must start on one of the lines 45 minutes before the start of the first official attempts and last until the end of the event,
 - The warm-up line(s) must not be far from each other, as well as the official line,
 - There may not be more than two competitors under the water at a time per warm-up line.
 - Inside the marked-off zone, it is forbidden to warm-up outside the line(s).
 - The warm-up line disk is always situated at a depth relative to the depth level of the freedivers warming up.
 - Each line will always be under the responsibility of a person situated outside the water, having the authority to stop the descents on the line at any time, including the performance line(s).
- 8.11 A partner (captain/coach) is allowed to follow and supervise the warm-up and the performance of the athlete. He may help the athlete in the 3 official zones.
However, as soon as the performance starts (when the respiratory tracts are immersed), the partner is no longer allowed to intervene in any manner, except to help the organization assist the athlete if he is in trouble. He must remain at the surface and is not allowed to descend and accompany the end of the performance of his athlete.
- 8.12 It is necessary to make provisions for a resting point for the preparation phase and a floating support for the competitors wishing to stay dry before their attempt.
- 8.13 Equipment:
- Wearing nose-clips is allowed.
 - Wearing freediving lenses is allowed.
 - Wearing wrist weights is allowed.
 - Wearing volume reducers in the mask is allowed.
 - Wearing a mask or goggles with water inside is allowed
 - Wearing fins or a monofin are not allowed.
 - The jury takes note, if any, the presence and the weight of a ballast while equipping the freediver. The jury inspects that there have not been any modifications at the time of the exit from the water. If there is any variation, the attempt is cancelled.
 - The freediver may choose the rest of the equipment.
- 8.14 The freediver wears an official depth-measuring device on his wrist, which is provided by AIDA, and tested and calibrated by the jury.

8.15 The freediver must descend and ascend by hauling on the rope or by swimming with only the help of his own strength.

8.16 The freediver must be in the water before immersion. A diving or jumping start as well as any other form of running starts from a support point is prohibited.

8.17 Depth measure:

- The depth attempted by the freediver is represented by a white or yellow base plate.
- The freediver must touch the base plate at the announced depth with the hand. In this case, the depth realized is equal to the attempted depth
- The performances are rounded down to the nearest meter
- If the measuring device indicates a depth greater than that announced, it is the announced depth that is taken into account.
- If the measuring device indicates a depth that is more than 5 meters less than that announced, a penalty of one point per metre between AP-5 and PA is applied.
- A coefficient error is applied to the tested devices. These are communicated to the captains by the jury.

Example: AP = 50 mRP (read on the device) = 47.5 m device error coefficient = 0.98

Actual performance = $47.5 \times 0.98 = 46.55 \rightarrow 46$ m

8.18 Without pressure from the jury or the officials the freediver must remove his mask upon terminating his apnea and signal, facing to the jury, that is "OK". If not, he will be disqualified.

8.19 The athlete is not allowed to touch anyone, and no one is allowed to touch the athlete for at least 60 seconds following the end of his performance, and until the athlete has delivered the depth gauge to the jury, that the jury has signaled to the freediver that the attempt has been considered as being terminated by the "OK" signal, and the athlete is in the official zone.

8.20 The organizer must film the exit of the freedivers when they arrive at the surface with 2 cameras. The video is systematically used in the case of a claim regarding blackouts or loss of motor control. However, the decision of the judges is preponderate.

8.21 FINAL HEAT

8.21.1 All the above points are applicable for the final heat, with the exception of the points below:

8.21.2 The evening before the final heat, no later than 4 hours prior to the event committee, each captain must send the athlete's announced performances to the jury.

8.21.3 The jury determines the run time for each finalist according to the following principle: the deepest divers run first.

9. DYNAMIC APNEA (WITH & WITHOUT FINS)

9.1 The event takes place in a pool (minimum depth: 1,20 m) or in a natural environment.

9.2 A record could be recognized only if the event takes place in a pool with a minimum length of 25 meters.

9.3 The run times for the official attempts are determined the evening before the event at the start of the event committee. The run times of the freedivers are done by draw.

9.4 Every 6 minutes and simultaneously, several competitors carry out their performances. Each freediver has the opportunity to start between the "official start" and 10 seconds after. The following countdown is carried out in english by the speaker :

2'00, 1'30, 1'00, 30", 10", 5", 4", 3", 2", 1", official start, 1", 2", 3", 4", 5", 6", 7", 8", 9", 10"

If the freediver starts after the 10-second authorized margin, a penalty of 1 point per unit of 6 seconds is applied.

If the freediver starts before the "official start", a penalty of 1 point per unit of 6 seconds is applied.

9.5 The final countdown (2 minutes), and the time allowed to start the performance (10 seconds) could be modified by the organizer, with the agreement of AIDA.

9.6 The athletes must appear in front of the jury at the site of the competition at least one hour prior to the start of the event.

- 9.7 A 10-minute intermission will be organized at the end of each hour period of the meeting/demonstration for the jury and the cameramen.
- 9.8 Two zones are marked off: a warm-up zone and a performance zone. The athlete may not access the warm-up zone until 45 minutes prior to the start of his performance. Each athlete may not access the performance zone until the preceding athlete has left it.
- 9.9 The warm-up period starts 45 minutes before the start of the first official attempts and last until the end of the event.
- 9.10 A partner (captain/coach) is allowed to follow and supervise the athlete's warm-up and the performance. He may assist him in the 2 official zones.
However, as soon as the performance has started (once the respiratory tracts are immersed), the partner is no longer permitted to touch the athlete. If not, the athlete will be disqualified.
- 9.11 Wearing fins or a monofin is mandatory in the dynamic with fins event. Any other means of propulsion is forbidden.

Wearing fins, a monofin, or any other means of propulsion is forbidden for the dynamic without fins event.

The freediver may choose the rest of his equipment.
- 9.12 The competitors have only one official attempt. Once the respiratory tracts are immersed, the attempt is considered as having started.
- 9.13 The performance should be done with the entire body submerged.
- 9.14 There will be at least one spotter per competitor.
- 9.15 It is necessary to make provisions for a resting point for the preparation phase and when the freediver emerges (buoy).
- 9.16 The distance completed is determined by the exit of the respiratory tracts (except when the freediver ascends against the wall, he must touch the wall before his respiratory tracts exit from the water).
- 9.17 Any propulsion assistance other than swimming movements are forbidden (except in the case of thrusting against the side of the wall during turns).
- 9.18 Without pressure from the jury or the officials the freediver must remove his mask upon terminating his apnea and signal, facing to the jury, that is "OK". If not, he will be disqualified.
- 9.19 The athlete is not allowed to touch anyone, and no one is allowed to touch the athlete for at least 60 seconds following the end of his performance, and until that the jury has signaled to the freediver that the attempt has been considered as being terminated by the "OK" signal.
- 9.20 The organizer must film the exit of the freedivers when they arrive at the surface with 2 cameras. The video is systematically used in the case of a claim regarding blackouts or loss of motor control. However, the decision of the judges is preponderate.
- 9.21 Cameras and photographers are only allowed in the water in the warm-up zone.
- 9.22 Cheering is allowed at the end of each performance, even though other competitors are preparing.
- 9.23 The official speaker continuously comments throughout the dynamic apnea event. He may announce the realized performances by each athlete at the end of their performance.
- 9.24 POOL
- 9.24.1 In a pool, the start must be done in the water, with the respiratory tracts immersed at least 1.5 m from the edge. A line will be positioned for this purpose.
- 9.24.2 The start may be carried out by pushing against the wall.
- 9.24.3 Any part of the body must touch the wall at each turn.
- 9.25 NATURAL ENVIRONMENT
- 9.25.1 The event will take place in a straight line without any turns.
- 9.25.2 A "guide" line will be immersed at a depth between 2 and 3 m and marked in a visible manner at least every 10 m.

9.26 FINAL HEAT

9.26.1 All the above points are applicable for the final heat, with the exception of the points below:

9.26.2 For the final heat, the athletes are placed in the different zones in relation to the accomplished performances during the elimination heats, in order to be as visible as possible to the media. In case of final heat with several series, the best athletes will compete at the end of the event.

10. EVENT COMMITTEE

10.1 The event committee is responsible for all technical questions concerning the event and of its smooth running.

10.2 The event committee consists of:

- The jury
- The team captains or athletes
- Members of the organization

10.3 The event committee will observe a specific daily agenda implemented by the jury and the organizers.

10.4 The event committee must proceed with a spirit of mutual respect and fair play. All captains or athletes disrespectful toward the jury, the organizer or another team captain are excluded from the event committee.

10.5 The event committee meets on the eve of each event at a time established by the organization in order to:

- Provide the day's results.
- Provide general information to captains, competitors and divers for the following day, such as: program reminders, local rules, weather and special conditions.
- Establish and distribute the start times list for the following day.

11. JURY

11.1 The jury consists of 3 judges, proposed by the organizer and nominated by AIDA.

11.2 The jury is present on the meeting/demonstration site at the start of warm-up to:

- Ensure that the event follows the established rules,
- Check the freedivers' equipment,
- Check the freedivers' performances,
- Disqualify a competitor not respecting regulation or if his behavior interferes with the smooth running of the organization or with safety,
- Interrupt the event at any time if the safety of the freedivers or the divers is not assured,
- Gather claims, where applicable, filed by the team captains.

11.3 A jury member is in the water for the entire duration of the constant weight and free immersion meeting/demonstration.

11.4 Only the jury is allowed to make decisions not appearing in the present regulation.

12. PENALTIES

12.1 The mistakes mentioned below are not cause for disqualification, but penalty points will be imposed on the concerned performance:

12.1.1 If the freediver starts before the "official signal", for all disciplines: 1 POINT per segment of 6 seconds..

- 12.1.2 If the freediver starts after the authorized 10-second margin for static and dynamic (with or without fins) disciplines: 1 POINT per segment of 6 seconds.
- 12.1.3 If the entire body of the athlete is not submerged during dynamic performances: 10 POINTS.
- 12.1.4 If no part of the freedivers body touches the wall at the turn in dynamic disciplines: 5 POINTS per turn. If the athlete does not come within one meter from the wall, he will be disqualified.
- 12.1.5 If the athlete pulls or propels himself on a support point (wall, line, etc.) before the exit of his respiratory tracts in dynamic apnea: 10 POINTS.
- 12.1.6 If the athlete removes his safety lanyard during his performance for depth disciplines: 10 POINTS.
- 12.1.7 If the athlete grabs the line after his respiratory tracts have immersed, at the start of constant ballast and constant ballast without fins disciplines: 10 POINTS.
- 12.1.8 If the athlete grabs the line more than once when he is returning for ascent during constant ballast and constant ballast without fins disciplines: 10 POINTS.
- 12.1.9 If the athlete grabs the line before his respiratory tracts have emerged, at the end of constant ballast and constant ballast without fins disciplines: 10 POINTS.
- 12.1.10 If the athlete pulls on the line after his respiratory tracts have immersed, at the start of constant ballast and constant ballast without fins disciplines: 15 POINTS.
- 12.1.11 If the athlete pulls more than once on the line when he is returning for ascent during constant ballast and constant ballast without fins disciplines: 15 POINTS.
- 12.1.12 If the athlete pulls on the line before his respiratory tracts have emerged, at the end of constant ballast and constant ballast without fins disciplines: 15 POINTS.

13. PROTESTS

- 13.1 A team captain may file a claim to a member of the jury within a maximum of 15 minutes after the incident or within a maximum of 15 minutes following the posting of the results.
- 13.2 Upon exit from the water in constant ballast and in free immersion, if the divers in charge of safety of the freedivers and of monitoring the descents and ascents report to the jury that a competitor did not respect the regulation under the water, the jury serves this incident to the competitor or to his captain no later than during the posting of the results.
- 13.3 In the case of claims, the jury meets to decide if the competitor must be penalized, disqualified or not. In all cases, the competitor must be heard as well as the divers. Only the concerned athlete, his team captain and the jury are allowed to watch the videopictures.
In the case of real doubt, benefit must be given to the competitor. If this is the case, the jury decides which performance to take into consideration.
- 13.4 For each claim, the 5 International Judges and the 4 Assistant Judges of the jury vote separately and by secret ballot. If the decision of the 4 Assistant Judges coincides with that of the 5 International Judges, the decision is final.
If this is not the case, only the 5 International Judges vote again by secret ballot either by taking into consideration or not the opinion of the 4 Assistant Judges. The result of the second vote is final no matter the result.
- 13.5 The jury responds to the claims in the evening, during the event committee.
- 13.6 All claims must be accompanied by a sum of \$50 USD or equivalent in order to be filed. This amount is reimbursed if the jury gives reason to the complainant.
- 13.7 For all jury decisions, in the case of equal voices (for example, in the case of abstention), the voice of the jury president, respectively that of the jury vice-president, will count as double.

14. MISCELLANEOUS/OTHER

- 14.1 Limitations related to the sponsors of the organizers or competitors must not interfere with the organization of the events.
- 14.2 The event committee will indicate the number and the location of different accredited media.
- 14.3 The organization may not be held responsible for accidents caused by competitors not respecting the present regulation.
- 14.4 The present regulation may not be changed in the month preceding the meeting/demonstration.
- 14.5 Only the jury is competent to make any decision not appearing in the present regulation.

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