

# International Association for the Development of Apnea

## REGULATION FOR THE RECOGNITION OF RECORDS

### Version 5.3 a

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

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## 1 GENERAL

- 1.1 In addition to apnea training and development, since inception, AIDA's mission has been to recognize records in the various disciplines of apnea and to maintain a current table of records. Rules – or standards – being its common ground, are therefore essential to this recognition. These rules are detailed below.
- 1.2 Records established prior to the creation of these standards will be taken into consideration only under the following conditions:
  - The reliability of the evaluation of the performance is adequately guaranteed (the AIDA Executive Board, hereinafter called "AIDA", being the sole judge)
  - The events have taken place in conditions reasonably similar to those of the present requirements

## 2 RECOGNIZED DISCIPLINES

2.1 These disciplines are as follows:

- A. Static apnea: the freediver holds his breath for as long as possible with his respiratory tracts immersed, his body either in the water or at the surface.
- B. Dynamic apnea without fins: the freediver travels in a horizontal position under water attempting to cover the greatest possible distance. Any propulsion aids are prohibited.
- C. Dynamic apnea with fins: the freediver travels in a horizontal position under water attempting to cover the greatest possible distance. Any propulsion aids other than fins or a monofin are prohibited.
- D. Free immersion diving: the freediver dives under water without the use of propulsion equipment attempting to reach the targeted depth (by pulling or not pulling on the rope during descent and ascent).
- E. Diving with constant weight: the freediver descends and ascends using fins and/or with the use of his arms without pulling on the rope or changing his ballast; only a single hold of the rope (one hand or two) to stop the descent and start the ascent is allowed.
- F. Diving with constant weight without fins : the freediver descends and ascends under water using only his own muscle strength, without the use of propulsion equipment and without pulling on the rope, attempting to reach the targeted depth.
- G. Diving with variable weight: the freediver descends with the help of a ballast weight and ascends using his own strength: arms and/or legs (either by pulling or not pulling on the rope)
- H. No Limits diving: the freediver descends with the help of a ballast weight (sled) and ascends via a method of his choice (balloon, etc).

2.2 Men and women's records exist for each category.

2.3 No other subdivision of these categories will be considered (eg: lake, sea, altitude, under ice, etc).

### 3 REGISTRATION CONDITIONS

- 3.1 Each member, 18 years of age and over may request the registration of a record attempt registered with an organization recognized by AIDA, hereinafter called "AIDA National".
- 3.2 If no AIDA National exists in the country concerned, the athlete must present the request himself. AIDA will request additional guarantees to verify the actual level of the freediver and his safety conditions during his training sessions.
- 3.3 The request must be presented to AIDA by the AIDA National no later than six weeks before the appointed date of the record attempt and must be accompanied by a file containing:
  - A. An athletic profile of the person carrying out the record attempt.
  - B. A medical certificate issued by a physician authorized by law certifying that there are no counter indications to the practice of freediving.
  - C. A report on the methods, devices and personnel to be used for the record attempt.

Only if there is no AIDA National existing, the announcement has to be done by the athlete himself.

- 3.4 AIDA will then designate two International AIDA Judges, where possible from an area close to the location of the attempt. There may not be a close relationship (family, trainer, same club, same nationality, etc.) between the judges and the athlete. The organizer of the record attempt will pay all expenses, including travel and lodging costs, if any. The travel expenses and tickets have to be prepaid by the organizer and sent to the judges not later than one week after their nominations.
- 3.5 The organizer, and not the AIDA International Judges, is responsible for the entire event, including the safety of all persons present.
- 3.6 The AIDA national will certify by fax or by electronic mail no later than one week before the attempt that the athlete has completed all the required prerequisites, which are detailed in the following paragraphs. In the absence of an AIDA National in the country concerned, on his honor, the athlete may submit a certification countersigned by two witnesses. AIDA reserves the right to accept or refuse the certification.
- 3.7 In the case of incompatibility between the present text and the law of the country in which the attempt takes place, AIDA National (or the athlete himself by default) must request a waiver. AIDA will examine the request and reserves the right to recognize or to refuse the record attempt.
- 3.8 It is forbidden to consume any of the products detailed on the official drug list published by the IOC. A test is automatically organized by AIDA, and the expenses are paid by the organizer.  
If the athlete refuses the test, his performance cannot be registered.  
A lump sum of \$ 500.00 US for test expenses will be paid in cash before the attempt to the judges by the organizer upon arrival at the site, in US \$ or in national equivalent currency at market price.
- 3.9 Any inhalation of oxygen or highly oxygenated mixtures prior to the athlete's performance is forbidden.
- 3.10 Other performance-enhancing products may be forbidden.
- 3.11 Under penalty of disqualification, the competitor must not be aided during his performance unless he experiences any difficulties.
- 3.12 Without pressure from the judges, the athlete must remove, if he is wearing one, his mask or his glasses upon finishing his performance and must signal to the main judge that he is "OK" no more than 20 seconds after exit of his respiratory tracts. If he fails to remove the mask or to signal "OK", he will be disqualified.
- 3.13 The athlete is not authorized to touch anyone, and no one is allowed to touch the athlete during the 60 seconds following the surfacing, or until the main judge has announced to the athlete that the performance is considered as being finished, by signalling "OK", at a minimum of 30 seconds after the surfacing.
- 3.14 No record will be registered if the athlete suffers a loss of consciousness or motor control during his performance or within the 60 seconds following his performance. The International AIDA Judges will alone determine when the next attempt can be undertaken.
- 3.15 The following video images are required in order to register the record:
  - 3.15.1 Complete images of the performance, including final preparation and the end of the performance, without interruption: the images must start where we can see the two judges, at least 4 minutes before the performance and at least 3 minutes after the end of the performance.

- 3.15.2 For depth disciplines: images of the athlete's arrival at the attempted depth, at least 1 minute before and 30 seconds after the athlete's arrival, with the images of the official depth gauges at the attempted depth, if applicable, and images of the tags.
- 3.15.3 For disciplines using a sled: additional images from a video camera placed on the sled filming the athlete, at least 3 minutes before the start of the attempt and 2 minutes after the athlete dismounts the sled.
- 3.15.4 All videos must be filmed on new cassettes, where the packaging has been opened and the cassette is signed by the judges.
- 3.15.5 All videos of the attempt must be filmed without interruption, in digital PAL or NTSC, on mini-DV format
- 3.15.6 All official video cameras must be sealed and signed by the judges. They may only be opened and viewed by the judges immediately after the attempt.
- 3.15.7 It is possible that the organizers may have to make copies of the official videos under supervision of the judges, or leave the original videos with the judges. The official videos remain with the judges until the copies have been made.  
All copies for AIDA must be made in digital PAL or NTSC, on mini-DV format.
- 3.15.8 All official videos of the attempt become property of AIDA, without exclusive rights on the part of AIDA or the organizers.
- 3.15.9 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.
- 3.15.10 The official videos are sent to AIDA even if the attempt fails.

## **4 ROLE OF THE INTERNATIONAL AIDA JUDGES**

- 4.1 International AIDA Judges must be chosen from the list published on the Web by the AIDA association. At least one International Level A or B Judge must be named as the main judge, as well as a second judge. The second judge may be a level C, D or E judge in training level.  
Their role is to monitor enforcement of the present regulation.
- 4.2 The organizer must ensure that all necessary facilities are at their disposal in order for them to accomplish their task.
- 4.3 If necessary, the Judges should suggest any changes to the organizer to enhance the efficiency of general safety devices.
- 4.4 The appointed International Judges reserve the right to issue an unfavorable recommendation of the registration if:
  - the existing rules and regulations have not been respected,
  - the conditions do not appear to be adequate to guarantee the safety of every person participating in the attempt,
  - they are unable to fulfill their task in satisfactory conditions.

If the International Judges choose to invoke this right, they must inform the organizers and the AIDA President, or the AIDA Responsible for records, before the attempt.
- 4.5 The International Judges will write a precise report in duplicate indicating all the parameters of the attempt. One copy will be submitted to the organizer and once the Executive Board has agreed and archived the document with AIDA, the other copy will serve as the official document for the registration of the record in the Table of Records.

## **5 SAFETY**

### **5.1 General**

- 5.1.1 The presence of a physician, paramedics or firmen, specialized in resuscitation, is essential.
- 5.1.2 Resuscitation equipment must be in working order and located in close proximity to the freediver.

- 5.1.3 A resuscitation vehicle must be provided for transporting the freediver to a designated specialized center in case of an emergency.
- 5.1.4 The presence of two safety freedivers in the water is mandatory.

## **5.2 Depth Diving Assistance**

- 5.2.1 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.
- 5.2.2 The organizer must have the address and telephone number of the nearest hyperbaric center. The center must be notified of the record attempt beforehand.
- 5.2.3 The divers must respect the laws of the country (depth, breathing mixture, etc).
- 5.2.4 The divers must never touch the freediver except in the case of an emergency.
- 5.2.5 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.

# **6 DETAILS BY DISCIPLINE**

## **6.1 Static**

- 6.1.1 The record attempt must take place at a maximum depth of 3 meters for a breath-hold at the bottom. The attempt may also take place at the surface with the respiratory tracts of the freediver immersed in the water.
- 6.1.2 The freediver must have fulfilled the following prerequisite: a breath-hold lasting at least 15 seconds less than the previous record, within the 3 months preceding the attempt.
- 6.1.3 The choice of weight and diving suit are up to the freediver.
- 6.1.4 The two International AIDA Judges 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.
- 6.1.5 The recognized performance is the average of the two times rounded down to the lowest second.
- 6.1.6 A record will be considered broken when the time achieved is greater by at least two (2) seconds than the record previously recognized.

## **6.2 Dynamic**

- 6.2.1 The record attempt must take place in a pool with a minimum length of 25 meters.
- 6.2.2 The freediver must have fulfilled the following prerequisite: a successful attempt 5 meters short of the previous record, within the 3 months preceding the attempt.
- 6.2.3 The choice of weight and diving suit are up to the freediver.
- 6.2.4 Two PMT equipped freedivers must be present for the duration of the record attempt at the surface of the water to follow the progress of the freediver attempting the record.

- 6.2.5 The start must take place in the water with the head immersed at least 1.50 meters from the edge of the pool. The start may be by duck dive or by using the edge of the pool for support.
- 6.2.6 The entire body must be submerged for the duration of the circuit. The freediver must come in contact with the wall of the pool at each turn.
- 6.2.7 The distance covered is determined by the exit of the respiratory tracts (except where the freediver ascends against the wall).
- 6.2.8 Any propulsion assistance other than swimming movements are forbidden (except in the case of thrusting against the side of the wall during turns).
- 6.2.9 For disciplines using fins, fins and monofins are allowed.
- 6.2.10 A record will be considered broken when the distance covered is greater by at least one meter than that of the record previously recognized.

### **6.3 Depth Disciplines**

#### *6.3.1 Rope:*

- 6.3.1.1 The rope must be supported in such a way that it shall not obstruct the resurfacing of the freediver.
- 6.3.1.2 The submerged end of the rope must bear a weight between 30 and 50 kilograms for constant weight, constant weight without fins and free immersion disciplines and between 50 and 80 kilograms for variable weight and no limits disciplines and the weight must not touch the bottom.
- 6.3.1.3 The rope must be measured in the following manner:
- the entire length of the moistened rope must be secured at the surface with a force equal to the ballast used in each case. Use of a dynamometer is recommended.
  - on the day of the record attempt, once the rope is in place the International Judges will check the depth with the aid of two tested and calibrated electronic depth gauges.

#### *6.3.2 Signal arrangement:*

- 6.3.2.1 For constant weight, constant weight without fins and free immersion, one or several signals will be placed at the anticipated depth of the record attempt bearing a number corresponding to the depth in meters and signed by the International AIDA Judges on the day of the attempt.

The following submissions will be used to witness the performance:

- the freediver bringing up a marker ("depth tag") previously signed by the 2 International Judges.
- AND
- a video recording on a new videocassette of the capture of the marker by a camera secured at the anticipated depth, signed by the 2 International Judges prior to its immersion.

However, in free immersion and in constant weight without fins, it is permissible to touch only the end plate by hand without taking the marker.

- 6.3.2.2 For disciplines using a sled, the depth attained is determined unequivocally by the position of the weighted disc stopping the sled.

The maximum distance separating the stopping point of the sled and the head of the freediver must be no greater than 3 meters.

The freediver will carry an electronic memory depth gauge. Another electronic memory depth gauge will be attached to the sled.

A video camera is mandatory at the end of the course, as well as another one attached to the sled.

#### *6.3.3 Depth gauges :*

- 6.3.3.1 For constant weight, constant weight without fins and free immersion, an official depth gauge will be worn by the athlete and a second official depth gauge is attached to the targeted depth.

- 6.3.3.2 For variable weight and No Limits, an official depth gauge will be worn by the athlete and a second official depth gauge will be attached at the targeted depth. The use of a third depth gauge attached to the sled is recommended.

#### **6.4 Free Immersion**

- 6.4.1 The freediver must have fulfilled the following prerequisite:  
a freedive 3 meters short of the targeted record within the 3 months preceding the record attempt.
- 6.4.2 The judge will authenticate the presence of the ballast and the weight during the fitting of the freediver and will verify that no change has occurred when the freediver exits the water. If a change has occurred, the performance will not be validated.
- 6.4.3 The freediver must descend and ascend without fins or any other means of propulsion. He may pull himself along with the aid of the rope.
- 6.4.4 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.
- 6.4.5 The freediver may wear a diving suit or a vest with inflatable compartments. The compartments may be inflated by cartridges or bottles of compressed gas activated manually or automatically. The International AIDA Judges must personally install the cartridges or the bottles of compressed gas on the diving suit when the freediver dresses. The Judges must personally deactivate the cartridges and verify that they are still intact as soon as the freediver exits the water. If either the cartridges or the bottles of compressed gas have been used completely or partially, the performance will not be validated.
- 6.4.6 A record will be declared broken when the depth attained is greater than the previously recognized record by at least one meter.

#### **6.5 Constant weight**

- 6.5.1 The freediver must have fulfilled the following prerequisite:  
a freedive 3 meters short of the targeted record, within the 3 months prior to the record attempt.
- 6.5.2 The judge will authenticate the presence of the ballast and the weight during the fitting of the freediver and will verify that no change has occurred when the freediver exits the water. If a change has occurred, the performance will not be validated.
- 6.5.3 The freediver must descend and ascend using fins. The freediver may not pull on the rope during descent or ascent. Only a single hold on the rope without shifting the point of support is allowed in order to stop the descent and start the ascent.
- 6.5.4 The freediver may use the rope only as a guiding device, by maintaining contact without pulling on it.
- 6.5.5 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.
- 6.5.6 The freediver may wear a diving suit or a vest with inflatable compartments. The compartments may be inflated by cartridges or bottles of compressed gas activated manually or automatically. The International AIDA Judges must personally install the cartridges or the bottles of compressed gas on the diving suit when the freediver dresses. As soon as the freediver exits the water, the Judges must personally deactivate the cartridges and verify that they are still intact. If either the cartridges or the bottles of compressed gas have been used either completely or partially, the performance will not be validated.
- 6.5.7 The freediver must return to the surface with the marker of the attained depth and place it in the hands of the AIDA official assigned to observe the event from above water.
- 6.5.8 A record will be declared broken when the depth attained is greater than the previously recognized record by at least one meter.

#### **6.6 Constant weight without fins**

- 6.6.1 The freediver must have fulfilled the following prerequisite:  
a freedive 3 meters short of the targeted record within the 3 months preceding the record attempt.

- 6.6.2 The judge will authenticate the presence of the ballast and the weight during the fitting of the freediver and will verify that no change has occurred when the freediver exits the water. If a change has occurred, the performance will not be validated.
- 6.6.3 The freediver must descend and ascend without fins or any other means of propulsion. He may not pull on the rope during descent or ascent. Only a single hold on the rope without shifting the point of support is allowed in order to stop the descent and start the ascent.
- 6.6.4 The freediver may use the rope only as a guiding device, by maintaining contact without pulling on it.
- 6.6.5 Any special equipment which could help the propulsion of the swimming movements is prohibited.
- 6.6.6 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.
- 6.6.7 The freediver may wear a diving suit or a vest with inflatable compartments. The compartments may be inflated by cartridges or bottles of compressed gas activated manually or automatically. The International AIDA Judges must personally install the cartridges or the bottles of compressed gas on the diving suit when the freediver dresses. As soon as the freediver exits the water, the Judges must personally deactivate the cartridges and verify that they are still intact. If either the cartridges or the bottles of compressed gas have been used either completely or partially, the performance will not be validated.
- 6.6.8 The freediver may return to the surface with only one marker of the attained depth and place it in the hands of the AIDA official assigned to observe the event from above water. The surface total of this marker may not exceed 85 cm<sup>2</sup>.
- 6.6.9 A record will be declared broken when the depth attained is greater than the previously recognized record by at least one meter.

## **6.7 Variable weight**

- 6.7.1 The freediver must have completed the following prerequisite:  
a freedive 6 meters short of the targeted record, within the three months preceding the record attempt.
- 6.7.2 The thickness of the diving suit must not exceed:
- 7 mm for salt water
  - 9 mm for fresh water
- 6.7.3 If the diving suit is comprised of several parts, only the area from the armpits to the crotch may be covered.
- 6.7.4 Other elements that may contribute to excessive buoyancy (this being left to the discretion of the International AIDA Judges) may be prohibited.
- 6.7.5 It is prohibited to use any system that fastens the freediver to the sled even if such a system allows for rapid release. However, it is possible to use a system of attachment that slides along the rope.
- 6.7.6 The freediver must ascend solely by his own strength, either by using his fins or by pulling on the rope with his arms. The use of balloons or other inflatable or mechanical systems to facilitate the ascent is prohibited.
- 6.7.7 For safety reasons, it is recommended that the freediver wear a suit or a vest consisting of inflatable compartments. In this case, the thickness of the added neoprene must not exceed 3 mm. Cartridges or bottles of compressed gas, activated manually or automatically, must be used to inflate the compartments. The International AIDA Judges must personally install the cartridges or the bottles of compressed gas on the diving suit when the freediver dresses. The Judges must personally deactivate the cartridges and verify that they are still intact as soon as the freediver exits the water. If either the cartridges or the bottles of compressed gas have been used completely or partially, the performance will not be validated.
- 6.7.8 A record will be declared broken when the depth attained is greater than the previously recognized record by at least one meter.

## **6.8 No limits**

- 6.8.1 The freediver must have completed the following prerequisite:  
a freedive 6 meters short of the targeted record, within the three months preceding the record attempt.
- 6.8.2 It is prohibited to use any system that fastens the freediver to the sled even if such a system allows for rapid release. However, it is possible to use a system of attachment that slides along the rope.
- 6.8.3 A record will be declared broken when the depth attained is greater than the previously recognized record by at least one meter

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