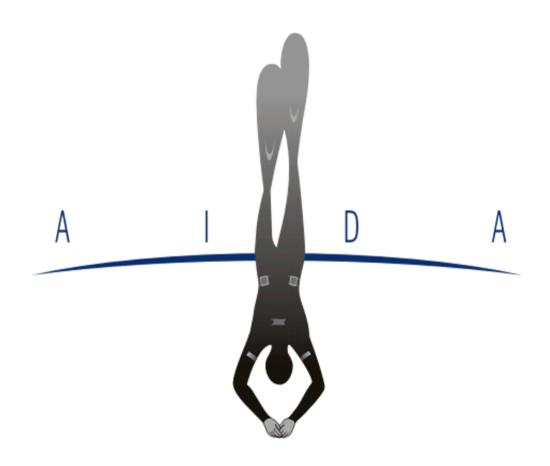


REGULATIONS FOR COMPETITIONS AND RECORDS



VERSION 12 (2009.01.14 AIDA TC/PV)



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1. Introduction

1.1

AIDA International's mission since its inception has been to recognize records and competitions in the various disciplines of apnea in order to maintain a current table of records and ranking lists. Rules or standards are therefore essential to this recognition. The rules are detailed below.

This document applies to all events organized under the auspices of AIDA International.

The document has the following structure for all chapters:

- General
- · National/International competitions
- World Championships
- · World Records in competitions
- · World Record attempts

For example: in the case of a National/International competition the following standards of each chapter are applicable:

- 1. General
- 2. National/International competitions
- 3. (World Records in competitions)

For example: in the case of a World Championship the following standards of each chapter are applicable:

- 1. General
- 2. National/International competitions
- 3. World Championships
- 4. (World Records in competitions)

For example: in the case of a World Record attempt the following standards of each chapter are applicable:

- 1. General
- 2. World Record attempts

The disciplines Variable Weight and No-Limits are considered to be record attempt disciplines only and AIDA International will not recognize events in which these disciplines are considered to be part of the competition.



2. Recognized disciplines/records/competitions

2.1 Disciplines

These disciplines are as follows:

- STATIC (STA); the freediver holds their breath for as long as possible with their respiratory track submerged in water.
- DYNAMIC WITHOUT FINS (DNF); the freediver swims completely submerged attempting to cover the greatest possible distance, any propulsion devices are prohibited.
- DYNAMIC WITH FINS (DYN); the freediver swims completely submerged attempting to cover the greatest possible distance, any propulsion devices other than fins/monofin are prohibited.
- CONSTANT WEIGHT WITHOUT FINS (CNF); the freediver descends and ascends attempting to reach the targeted depth using only his/her arms and legs, any propulsion devices and/or pulling of the rope are prohibited.
- CONSTANT WEIGHT WITH FINS (CWT); the freediver descends and ascends attempting to reach the targeted depth using fins/monofin and/or their arms, any other propulsion devices other than fins/monofin and/or pulling of the rope are prohibited.
- FREE IMMERSION (FIM); the freediver descends and ascends attempting to reach the targeted depth by pulling the rope, any propulsion devices are prohibited.
- VARIABLE WEIGHT (VWT); the freediver descends with the help of a ballast weight (sled) attempting to reach the targeted depth and ascends using only his/her own muscle strength, only propulsion devices as fins/monofin and/or pulling the rope are allowed.
- NO-LIMITS (NLT); the freediver descends and ascends attempting to reach the targeted depth with the help of a ballast weight (sled) to reach the targeted depth and ascends with a method of his/her choice (e.g. balloon, counter balance system, ballast).

2.2 Records

Men and women's records exist for each category.

No other subdivision of the categories will be considered (e.g.: lake, sea, altitude, under ice, etc).

In the case an athlete(s) equals a World Record performance and all needed record procedures (as described in this document) have been correctly followed, all athletes will become shared World Record holder and will be added to the record list.

2.2.4

Only AIDA International World Record attempts and official "AIDA International" competitions appear on the calendar and entitle the recognition of performances and/or World/Continental records by AIDA International. Only official AIDA International competitions appear on the AIDA Ranking List if the organization fulfils all ranking list criteria.

2.2.5

Continental records

2.2.5.1

AIDA International recognizes Continental records for it's 6 Continents (Europe, North America, South America, Africa, Asia, Oceania).

2.2.5.2

The rules for Continental records are the same as the rules for World Records in competition with the exception of the necessity of a doping test. World Records will automatically result in a Continental record.

2.2.5.3

No separate Continental record attempts are accepted.



2.3 Competitions

In order to be recognized as an official "AIDA International" competition; the competition organized by an AIDA National or under the auspices of an AIDA National must comply with the conditions below.

AIDA International recognizes three distinct types of competitions:

- 1) World Championships; organized under the auspices of AIDA International.
- 2) International Competitions; any competition organized by, or under the auspices of an AIDA National, including participants of several countries.
- National Competitions, any competition organized by, or under the auspices of an AIDA National including a majority of participants of the same country (same nationality and/or same national license), but also including (international) guests' participants.

All AIDA competitions must be announced prior to the competition (minimal 2 weeks) to the AIDA International Sport Officer (calendar@aida-international.org) in order to be recognized as AIDA competitions. In order to appear on the AIDA International Ranking it is mandatory to have a jury with at least 2 AIDA International judges (minimal level E).

The announcement to the AIDA Sport Officer must contain the following:

- · name of competition
- · date(s) of competitions
- place(s) of competitions
- name of the judges
- any performance restrictions (also see 2.3.4)
- pool dimensions (if applicable)

Any proposed performance restrictions (e.g. maximum depth) must be communicated by the organizer prior to announcement of the AIDA competition for International and National competitions.

No performance restrictions are allowed after the announcement of the competition unless weather or other considerations make the previous announced depth dangerous.

All AIDA competitions must comply with the present regulations in order to be recognized as an AIDA competition. The AIDA International Executive Board is the appropriate body to decide whether or not a competition meets the AIDA International requirements.

During AIDA competitions a World Record can be recognized if all the following are in place;

- At least two official AIDA International judges, at least one has to be level A or B and at least one must be of a different nationality than the athlete.
- The official video
- The doping-test

In the case of a performance exceeding the current World Record, the judges at the location will declare whether it is a "World Record pending doping test results" immediately after checking the official video.

The results for all AIDA competitions must be sent after the last day of competition (maximum 2 weeks) to the AIDA International Sport Officer (calendar@aida-international.org) in order to have them appear on the AIDA International Ranking List.

The result list to the AIDA Sport Officer must contain the following:

- name of competition (as listed on calendar)
- · name of the judges
- results per discipline, per start, and sex separated per athlete the following data is needed: full name, nationality, sex, discipline (i.c.o. DYN/DNF competition specify DYN or DNF per athlete), AP, RP, penalties, total points and remarks. The field 'remarks' contains the reasons for penalties and/or disqualification.



2.3.8

WORLD CHAMPIONSHIPS

The AIDA International Assembly designates the judges on candidacy for World Championships.

The AIDA International Executive Board nominates the jury president and vice president after the designation of the jury by the Assembly.

For World Championships, the jury consists of a minimum of 5 AIDA International judges of which at least 1 judge must be level A and 1 must be level C or higher.

NO performance restrictions are allowed in World Championships.

INTERNATIONAL COMPETITIONS

2.3.9.1

The AIDA International Responsible for Judges (usually AIDA International President) and the AIDA International Sport Officer must approve the jury for International competitions after the AIDA National sends the competition announcement to the AIDA Calendar, including the proposed judges candidacies.

For International competitions, the jury consists of minimal 3 AIDA International judges of which 1 must be a level D or higher.

The jury will write a detailed report (in duplicate) indicating all parameters of the competition. One copy will be submitted to the organizer and one copy together with the video-data must be sent to the AIDA International Sport Officer who will archive the documents.

2.3.9.5

The AIDA National may ask for help from AIDA International for securing judges, if they wish.

NATIONAL COMPETITIONS

For National competitions, the jury must consist of at least 2 AIDA International judges.

2.3.10.2

The AIDA National designates the judges for National Competitions.

However, the AIDA National may ask for help from AIDA International for securing judges, if they wish.

2.3.11

CONTINENTAL/NATIONAL/REGIONAL/DISTRICT/CITY CHAMPIONSHIPS

The organizer is free to add sub-championships to the main event in order to lower the barrier for beginning athletes/enthusiasts. This is to broaden the sport of Apnea. However, in order to appear in the AIDA International ranking the conditions should be the same for all athletes.

2.3.12

COMPETITIONS NOT UNDER THE AUSPICES OF AN AIDA NATIONAL

Private persons, clubs or other organizations can organize an AIDA International competition in case there is no National AIDA in the country concerned or for some reason the AIDA National is uncooperative. For this a request must be made directly to the AIDA International Executive Board.



3. General rules

3.1 General

All athletes participating in any AIDA competition accept implicitly to submit to the present regulations.

In order to appear on the official AIDA International Ranking List a competitor has to be member of an AIDA National.

3.1.3

The anti-doping code enacted by WADA concerning the consumption of substances and prohibited practices is applicable, as well as, the anticipated sanctions and penalties by this organization. Random tests throughout the year with no relation to competitions/record attempts may be organized. In the case of refusal, the athlete is considered as being positive.

The winner(s) or the winning team(s) in World Championships and athletes in World Record attempts will always be tested.

Any inhalation of oxygen and/or highly oxygenated mixtures 60 minutes prior to the athlete's performance is forbidden.

3.1.5

Other performance-enhancing products are forbidden. In the case of any doubt the judge has the power to request a doping test or other means of investigation.

3.1.6

All athletes must be 18 years of age or older, or 16 years of age or older with written parental consent.

All athletes must be in possession of a valid passport from the country they represent and this country must be recognised by the United Nations.

An athlete that already has competed in an AIDA competition with one citizenship/passport may only change his/her nationality upon official request to and approval by AIDA. All requests for change of nationality have to be received by AIDA International no later than the 31st October the year before that year he/she would like to have the new citizenship officially recognized. An athlete may change his/her nationality no more than one time every second year. Additional and detailed information regarding change of nationality is available at the AIDA International website.

3.1.8

All athletes must be in possession of a signed "medical certificate of non contraindication to freediving" written in English in order to participate in competitions; the medical certificate cannot be older than one year. The signature must be that of a doctor and must include contact information. If an athlete is a doctor, they cannot sign their own medical certificate.

3.1.9

Points 3.1.6, 3.1.7, 3.1.8 must all be inspected during registration.

It is mandatory for the athletes to report all current medical treatments to the jury and the event doctor before the competition. The event doctor has the right to restrict an athlete's participation if treatment that is being received by the athlete is deemed to be dangerous to the athlete when they perform.

3.1.11

The athletes must appear before the jury at a designated place at least 60 minutes before their OT.



3.1.12

The athlete or his/her coach may use electronic devices to monitor the athlete's external situation but he/she is not allowed to use any device that monitors the internal state of his/her organism (e.g. heart rate monitor, oximeter, etc.).

3.1.13

The EQEX (Equalize Extension) tool and/or any other kind of apparatus/systems for equalization or air circulation are forbidden to be used except in the discipline of No-Limits.

3.1.14

All blackouts detected by the judges will result in disqualification of the athlete for the discipline or further penalty by decision of the jury. The jury may ask the event doctor's opinion before deciding on potential further penalty (e.g. expulsion for part or the whole of the competition).

3.1.14.1

Each of the following symptoms will disqualify the performance for «Black-Out»:

- Cardiac arrest
- Respiratory arrest
- Loss of consciousness (blackout)
- Post-blackout mechanical movements
- Conscious, but with the inability to maintain the airway out of the water.

3.1.14.2

Post-Blackout Mechanical Movements are characteristic, physical movements occurring during short successive losses of consciousness.

This movement can clearly be observed after a freedive and is a definite and clear dropping or nodding of the head as an athlete loses and regains consciousness over and over again. It is as if someone is flipping a switch on and off. Nodding or dropping the head just once will not be considered a disqualification because if there is a doubt about the blackout the decision has to be in favor of the athlete. However, if an athlete repeatedly nods or drops their head they will be disqualified.

Important: Even if an athlete manages to correctly complete the Surface Protocol within 15 seconds while falling in and out of consciousness, the athlete will be disqualified.

In the case of any doubt concerning the mentioned signs, the benefit of the doubt will be given to the athlete and his/her performance will be considered valid.

The athlete cannot be helped or touched by anyone and cannot touch anyone during his/her performance unless he/she is in trouble. If this is the case, he/she will be disqualified. The athlete can be touched by the coach/partner/safety diver for repositioning and safety checks during static (5.2.3 and 5.2.8).

3.1.16

The use of a personal float is allowed in all disciplines after approval of the Jury; the Jury will check the float on shape and size so it will not hinder judging, safety and/or video.

3.1.17

The Surface Protocol

3.1.17.1

The athlete must, when he/she resurfaces, respect the Surface Protocol completely.

After resurfacing the athlete has 15.0 seconds to perform the Surface Protocol (SP). The SP has to be performed without any cues from the jury or the officials. The SP starts when the athlete begins to remove their facial equipment with their hand(s) from their face. In the case of the athlete not using facial equipment, the SP starts when the athlete gives the OK-sign to the judge.



3.1.17.3

Surface protocol:

- remove ALL facial equipment (mask, goggles and nose clip).
- 2) give 1 visible OK-sign to the judge.
- 3) give 1 verbal OK to the judge by saying "I'm OK" or "I am OK"

All the above items must be done IN THIS SPECIFIC ORDER within the time window of 15.0 seconds upon resurfacing. Before starting the SP and after completing the SP the athlete has the liberty to make multiple verbal/visible signals. However, as soon as the SP has started all other/extra signals will lead to disqualification (noted as "failing SP"). The SP is considered as completed when the athlete has given the verbal OK.

Note: in all competitions/events under auspices of AIDA International this has to be done in English.

3.1.18

Upon surfacing, the athlete's nose and mouth must remain out of the water. The athlete is not allowed to touch anyone nor is anyone allowed to touch the athlete until the main judge has announced that the performance is considered as being finished by providing his or her judgement with a coloured card at a minimum of 30 seconds after the surfacing.

3.1.19

At the end of each performance the jury informs the athlete of their decision regarding the validity of their performance. This information is definitive and only concerns the "visible" part of the performance; this is mainly for depth disciplines. The jury will use coloured cards to communicate this decision. This direct judgement will take place a minimum of 30 seconds after surfacing.

The meaning of the coloured cards is:

- WHITE -> The performance is OK
- YELLOW -> The performance is OK, but with penalties
- RED -> Disqualification

In the case of a performance being judged with a yellow or red card, the athlete has the right to be informed of the reason(s) for this judgement. This can be done directly after the decision if this will not disturb the continuation of the competition. Alternatively, this information will be presented at the posting of the results prior to protests.

3.2 National/International competitions

A freediving competition is either an individual or a team competition including one or more of the following disciplines:

- Static Apnea (STA)
- Dynamic Apnea, with and/or without fins (DYN/DNF)
- Constant weight, with and/or without fins (CWT/CNF)
- Free immersion (FIM)

3.2.2

Each discipline can include qualifying heats and a final heat, or direct finals. The number of athletes participating in the final will be determined by the jury and by the organizers on the basis of infrastructure and should be at least two athletes to a maximum of twelve athletes.

The organizer must provide similar conditions for all athletes except for uncontrollable environmental conditions.

3.2.4

At the end of each hour of competition an intermission with a minimum duration of 10 minutes is required for the jury and the cameramen.

Each performance is converted into points according to the following scale:

Static Apnea: 1 second of immersion = 0.2 points,



- Depth Apnea: 1 meter in depth = 1.0 points,
- Dynamic Apnea: 1 meter in distance = 0.5 points.

In depth disciplines, the performance is rounded down to the nearest point. In dynamic apnea, the performance is rounded down to the nearest 0.5 point. In static apnea, the performance is rounded down to the nearest 0.2 point.

Examples:

5'04" in static apnea = 60.8 points 55.5m in constant weight = 55.0 points =48.5 points 97.8m in dynamic apnea

3.2.6

Determining the winner of an event.

The winner of an individual event is the athlete obtaining the most points. In the case of elimination heats and final(s) only the results in the final(s) will be taken into account for the final results.

The winner of a team event is the team obtaining the most points (the sum of all points for all team members) when the final discipline is finished.

In the case of an equal number of points, the winner of an event will be the one (athlete/team) with the smallest difference between announced performance (AP) and realized performance (RP).

- If the teams have the same time difference in STA, the team with the smallest distance difference between AP and RP in DYN is the winner.
- If the teams have the same distance difference in DYN as well, then the team with the deepest diver in CWT is the winner.
- If the teams have the same deepest diver in CWT, the team with the second deepest diver is the
- If the teams have the same second deepest diver, the team with the third deepest diver is the winner.
- If the teams have the same third deepest diver, the team with the longest STA is the winner.
- If the teams have the same longest STA time, the team with the second longest time is the winner.
- If the teams have the same second STA time, the team with the third longest time is the winner.
- If the teams have the same third STA time, the team with the longest DYN is the winner.
- If the teams have the same longest DYN, the team with the second longest DYN is the winner.
- If the teams have the same second longest DYN, the team with the third longest DYN is the winner.
- If the teams have the same distance in DYN even with the third athlete, then they share the place in the result list.

3.2.6.4

The elimination heats and final(s) are separate competitions and all performances will be valid for the AIDA International ranking list.

3.2.6.5

The organizer owes a fee of € 2:- per athlete per discipline to AIDA International; this must be paid no later than 2 weeks after the date of the competition.

3.2.7

Any mood manifestation by an athlete or team member causing disturbance to other athletes and/or impeding their performances may warrant penalty from the judge/jury by any means and authorization of a restart to the impeded athletes.

3.2.8

The judge may warn, penalize or disqualify all athletes or team members exemplifying the following behaviours:

- Non compliance with the regulations.
- Non compliance with the jury, organizers, team captains, other athletes, the public or the media.
- Non compliance or disruption of the running of the organization or the safety of the competition.
- Three warnings result in automatic disqualification of the athlete from the entire competition.



3.2.9

Rope measure:

3.2.9.1

This is the responsibility of the organizer. At least one member (for World Championships minimum 2 members) of the jury must be present during the stretch and measure to ensure compliance with the regulation. The jury can choose to perform this task themselves if so desired by the jury.

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

- the official line has to be immersed in water for a sufficient period of time so it is evident it is completely soaked.
- the line must be stretched maximally by mechanical means (car, etc.) directly upon exit from the water.
- retention of the line with the exact net weight used for the competition after having released the stretch. This weight has to be at least 15kg or in case of a counter balance system the weight of the counter ballast system, if this weight is constantly hanging on the rope during the competition. The additional use of a dynamometer is indicated.
- The bottom weight has to be determined so that it is sufficient to position the diving line vertically and
- The line is measured and tagged while tensed.
- The jury is to ensure that sufficient marks are placed on the line so that depth can be secured quickly and easily during the competition. In addition, a "candy cane" of some sort or other markings must be secured to the line to visually represent the 2 meters grace zone above the plate.

3.2.10

The organizer must film the surfacing of the athletes with at least 1 camera until the jury makes the decision. The video is systematically used for protests concerning a blackout or Surface Protocol; the decision of the judges is preponderate. In the case of a performance exceeding the current World Record, see minimal requirements in 3.4.

3.2.11

In the case of more than one performance exceeding the current record, the athlete(s) with the lower performance(s) will also enter the record recognition procedure in order to claim a record in case the athlete with the best performance fails the doping test.

However, if the athletes exceeding the current World Record have equal performances in depth disciplines or group finals, all athletes will be awarded with the record. In the case of a World Record, all athletes will enter the record recognition procedure including the doping tests.

In the case of qualification heats and finals, the athletes have the choice to change their announced performance for the finals. The organiser will give a limited time window in which the athletes have the opportunity to announce a new AP.

3.2.13

The exact time an athlete has to start his/her performance is called Official Top; hereafter mentioned as OT or OT time.

3.2.14

The following countdown is conducted in English by the speaker, and where possible for World Championships, by an automated system: 2'00, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official top, 1", 2", 3", 4", 5", 6", 7", 8", 9", 10", 20", 25", 26", 27", 28", 29", 30", start cancelled.

The performance is considered as having started as soon as the athlete's respiratory tracks are submerged. Only 1 start is allowed.

3.2.16

It is prohibited for a judge to enter as an athlete in the same competition he/she is judging.

It is prohibited for the event doctor to enter as a judge in the same competition he/she is working as the event doctor.



3.2.17

Cameras and photographers are not admitted in the water other than in specific media zones so they do not interfere with the athletes.

Cheering is allowed, even if other athletes are competing or preparing.

An ongoing commentary from the official speaker will continue throughout the event. He/she may announce the times, distances, depths realized by athletes at the end of their performance along with other commentary. During the period described in 3.2.14 (Final two minute count down to start) no commentary is allowed.

3.3 World Championships

AIDA International World Championships is either an individual or a team competition including one or more of the following disciplines:

- Static apnea (STA)
- Dynamic apnea, with and/or without fins (DYN/DNF)
- Constant weight, with and/or without fins (CWT/CNF)
- Free immersion (FIM)

The AIDA International Individual World Championships "indoor" disciplines (static apnea, dynamic apnea with and/or without fins) and "outdoor" disciplines (constant weight, with and/or without fins, free immersion) can be separated and organized during different events in different locations. During AIDA International Team World championships three disciplines; constant weight, static and dynamic with fins must be on the program and all will count for the final results.

3.3.3

Each athlete may participate individually in one or more events, if he/she fulfils the performance minima and meets the fixed quota if there is one.

The number of athletes from each country and for each discipline is a decision made by the organizer and AIDA International together.

In International Team Championships, the number of competing athletes is fixed to three athletes plus one alternate per sex from each nation, but this number can be increased in special occasions following a decision made by AIDA International. A team must consist of at least two athletes. Mixed teams are welcomed if the country is not fielding a men or women's team separately.

In AIDA International Individual World Championships the minimal allowed number of competing athletes from each nation is at least two per sex per discipline. However, more than two athletes from each sex per nation and per discipline may be permitted. Nationals may send only one athlete per sex per discipline if this is all that can be managed.

In AIDA International World Championships, only AIDA International in relation with the organizer is responsible for athlete registrations. The AIDA National may register athletes having fulfilled the minimum requirements before the competition(s) or official selections. If there are several national institutions affiliated with AIDA International in the same country, the institution designated as the Official AIDA National is responsible to organize the national selections and to distribute the information concerning registration and selection procedures to all parties in the country.

If there is no Official AIDA National within a country, AIDA International can allow another affiliated institution to manage these selections. The information regarding national selections must be sent to AIDA International by the national institution that manages the selections.



3.3.6

To be able to compete in AIDA International World Championships it is necessary to be a member of your Official AIDA National if there is a Official AIDA National in your country. If not, the concerned athletes can ask the AIDA International Executive Board for a special invitation taking into consideration all the athletes of the same country.

Only institutions affiliated with AIDA International and having paid the annual dues at least one week before the event may participate in AIDA International World Championships. For other countries or if the annual dues have not been paid by the Official AIDA National and the special invitation has been accepted, an "interim license" of €150 (Euro) per country must be paid to the AIDA International jury to allow their athletes to participate.

3.3.8

The Official AIDA National of each country names a team captain who will represent the country during event committees.

3.3.9

The team captain must confirm the anticipated performances on the day of arrival, during the registration or at the first event committee to allow the organization to use this information to implement safety.

It is not allowed for a judge to judge an athlete from his/her own country.

The OT times for the official attempts are determined the day before the performances at the beginning of the event committee. The order in which the athletes start can be determined by announced performance or by draw.

3.4 World Records in competition

Performances exceeding current World Records during competition:

In the case of an announced performance exceeding the current World Record (in depth disciplines), two AIDA international judges, minimally 1 judge of level A or B and 1 judge of level E must be in the water.

In order to judge a performance exceeding a current (World) record during a competition as "World Record pending doping test results", all rules for the discipline must be followed and the athlete should be judged with a white card only for his/her performance. Performances with penalties are still valid for the competition results, but cannot be world records.

The organizer is required to provide doping kit, testing and provide sufficient video images.

Sufficient video images;

- The athlete has to be filmed on surfacing.
- The face of the athlete has to be visible and recognizable.
- The complete SP has to be visible facing the camera.
- It should be clearly visible on the video that the athlete is not being touched by anyone until the decision of the jury is taken.
- Video images should cover the complete attempt from 30 seconds before OT until the decision is made by the jury (at least 30 seconds after surfacing).
- In depth disciplines, a bottom camera is mandatory for all performances exceeding the current World Record.

3.4.1.4

If two or more athletes in the same competition in the same discipline declare the same announced performance and they achieve the same realized performance, they all have a new world record.



AIDA will recognize subsequent performances that tie current world record performances. These athletes will be known as joint world record holders.

If two or more athletes in the same competition in the same discipline declare different announced performances and they achieve the same realized performance, then the first athlete to realize the record performance is the new world record holder. The subsequent athletes that realize the performance would be ioint world record holders.

All athletes must go through the same procedures (doping test, etc.), as described in chapter 3.5, in order to be recognized.

3.4.2

In the case of a performance exceeding the Continental Record the procedures in 3.4 and 3.5 are applicable with the exception of doping test procedures (3.5.15) and therefore point 3.5.11 is not applicable.

3.5 World Record attempts

3.5.1

The athlete has to be member of an organization in the country he/she represents recognized by AIDA International; hereinafter called the AIDA National.

3.5.2

If no AIDA National exists in the country concerned, the athlete must present the request him/herself. AIDA International will request additional guarantees to verify the actual level of the freediver and the safety conditions during his/her training sessions.

3.5.3

The request must be presented to AIDA International 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:

- An athletic profile of the person carrying out the record attempt.
- A medical certificate issued by a physician authorized by law certifying that there are no counter indications to the practice of freediving.
- A report on the methods, devices and personnel to be used for the record attempt.

Only if there is no AIDA National existing will the announcement be done by the athlete.

3.5.4

THE JURY

The AIDA International Responsible for Judges together with the Sport Officer will designate two AIDA International Judges. Whenever possible the judge will be from a country close to the location of the attempts.

3.5.4.2

The organizer of the record attempt(s) will pay all expenses, including travel, lodging and food costs of the judges, if any. The travel expenses and tickets have to be prepaid by the organizer and sent to the judges no later than 10 days after their nominations.

For world record events, the maximum time that can be scheduled for an event with only one set of judges is nine days. Any deviation from this will have to meet the approval of the assigned judges and the AIDA Responsible for Judges and/or the AIDA Sports Officer.

The maximum number of attempts per day for depth disciplines is one. Care should be exercised for the sled disciplines to ensure safety. For pool disciplines, there is no limit for the number of attempts. However, the judges have the right to limit the number of attempts if they desire to.

The organizer is solely responsible for the entire event including the safety of all persons present.



3.5.6

The AIDA National will confirm by fax or by electronic mail no later than 2 days before the attempt(s) 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/her honor, the athlete may submit a confirmation letter countersigned by two witnesses. AIDA International reserves the right to accept or reject this letter.

3.5.7

In the case of incompatibility between the applicable AIDA International rules and the law of the country in which the attempt(s) takes place, the AIDA National (or the athlete him/herself by default) must request a waiver. AIDA International will examine the request and reserves the right to recognize or to refuse the record attempt.

3.5.8

The organizer must ensure that all necessary facilities are at the judges' disposal in order for them to fulfill their duties.

If necessary, the judges should recommend any changes to enhance the efficiency of general safety devices to the organizer.

3.5.10

The appointed AIDA International judges reserve the right to issue an unfavorable recommendation of the record attempts 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
- They are unable to fulfill their tasks in a satisfactory manner.

If the judges choose to invoke this right, they must inform the organizers and the AIDA International Responsible for Judges or the Sport Officer directly as soon as possible after their decision.

3.5.11

Following point 3.1.1, a lump sum of €500 for doping test expenses will be paid in cash before the attempt to the judges by the organizer upon arrival at the site. This can be done in the national currency at the current market price.

3.5.12

The following video images are required in order to register a performance as a "World Record pending doping test".

3.5.12.1

Complete images of the performance, including final preparation and the end of the performance, without interruption: the images must start at least 30 seconds before the performance and at least 30 seconds after the end of the performance or until the judges make their decision.

3.5.12.2

For depth disciplines also:

- images of the athlete's arrival at the attempted depth, at least 30 seconds before and 30 seconds after the athlete's arrival at depth
- if applicable the camera views must be such that the tags are visible.

3.5.12.3

For disciplines using a sled:

If the system used has air bottles/containers/compartments it is mandatory to have additional images from a video camera placed on the sled filming the athlete, at least 1 minute before the start of the attempt and 1 minute after the athlete dismounts the sled.

All videos must be filmed on new cassettes or DVD's, where the packaging has been opened and the cassette is signed by the judges. If an HDD Camera is being used, the judge must ensure that the images on the hard disk are of the performance they judged, the HDD has to be formatted before the attempt.



3.5.12.5

All videos of the attempt must be filmed without interruption in digital PAL or NTSC on mini-DV format or DVD or HDV. It is allowed to use an HDD-camcorder or equivalent as well. After the performance 1 judge will accompany the camera or take possession of the camera to secure the images to be streamed to DVD or captured to enable the document to be provided to AIDA without any editing prior to this.

3.5.12.6

All official video cameras must be sealed and signed by the judges. They may only be opened and viewed by the judges after the attempt.

It is possible for the organizers to make copies of the official videos under the supervision of the judges. The official videos remain with the judges until the copies have been made.

All official video images of the attempt become the property of the organizer. The organizer has exclusive rights to the official videos whilst AIDA International has limited rights. AIDA International may use the footage as support for judging and for education within the association.

3.5.12.9

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.

3.5.12.10

The official videos are sent to AIDA International even if the attempt fails.

Following point 3.1.17, direct judgment will be used and the final decision (pending doping test) will follow after the judges have seen all videos.

3.5.14

The judges will write a detailed report (in duplicate) indicating all parameters of the attempt. One copy will be submitted to the organizer and one copy together with the video-data must be sent to the AIDA International Sport Officer who will archive the data.

3.5.15

Doping test procedures

3.5.15.1

Any AIDA athlete can be subject to random doping test procedures throughout the year. Whether required or random testing, the procedure is the same. In the case of refusal, the athlete is considered as being

The athlete has to be notified that they are being requested to appear at doping control. This should be done in a manner so there is reasonable ability for the athlete to appear within this regulation. Times for proposed doping tests should be announced in advance. Athletes subject to random testing should be notified in person or to their representative directly.

Once officially notified of a call to doping control, the athlete has one hour to appear at doping control and will be accompanied till such time that they appear at doping control.

3.5.15.2

Doping control will consist of at least one member of the jury, AIDA Level E judge or above and the event doctor. In the absence of the event doctor, the AIDA Judge can perform the function of the doping control officer. Facilities should be made to insure the privacy of the athlete. When possible, the doping control officer should be of the same sex as the athlete. The athlete is not permitted to leave doping control once they appear until they have completed their test without express permission of the judge. A member of the doping control team will accompany the athlete until their testing is complete.

Upon arrival, the athlete will be informed of the procedure and the process in detail. The athlete is allowed to have a representative accompany them throughout the testing. The athlete should be informed about the results of refusing to take the test. The athlete signs the notifying section of the document.



The athlete's arrival time is to be noted on the paperwork. The athlete should select their test kit. It is recommended that the athlete be the only person to handle the test kit until it is resealed with their samples.

The doping control paperwork should be filled out by the athlete in triplicate. The athlete is to be informed to print in English and to print very clearly. The doping control personnel can assist the athlete if needed. Two copies of the paperwork should be completed in full, the third copy that is for the lab should not have any identifying information that directly relates to the athlete (just test sample numbers and sex of the athlete, no names). This is to insure the test cannot be identified at the lab by any means other than sample number. This is to protect the athlete.

Any substances the athlete has been taking should be declared on the testing form.

It is the athlete's responsibility to be in compliance with doping control regulations and to avoid ingesting banned substances.

Testing is only one tool in the doping control effort. The jury and organizers will investigate all evidence of doping violations with or without a test.

3.5.15.3

Fluids need to be available for the athlete. These should be closed and sealed. The athletes are able to bring their own fluids. The athlete should be encouraged to not take fluids from any other source than those sealed and able to be known to be tamper free. The doping control officer or a judge will accompany the athlete into the restroom when the athlete is ready to provide their sample. The athlete must produce 125 ml of urine. The athlete will not be released from doping control until they are able to produce at least this amount of urine.

A doping control officer of the same sex (when possible) will witness that the athlete is producing the urine from their body and that there is nothing with the athlete when providing the sample. The athlete will catch the sample in the sample cup.

Note: the judges can decide to ask a third person who is the same sex as the athlete to witness the production of urine. The name of this person has to be documented on the record report form and he/she will fill in the record report form with name and signature.

Once the sample is in the sample cup, the athlete will place the lid on the sample cup. The volume of urine will be documented on the doping forms. There is a graduated measure on the side of the sample cup for this reference.

3.5.15.4

The two test bottles (marked A and B) should be unwrapped and inspected by the athlete. The number on both bottles needs to be confirmed to match the number of the testing box and match each other. If they do not match, another testing kit should be used. This number will be placed on all three testing forms.

The athlete will open and inspect each sample bottle. The sample bottle should be filled at least to the minimum level indicated on the sample bottle. They should not be filled above the maximum level indicated on the bottle, either. For some sample bottles, this would be between the bottom and the top of the sample bottle ID number label. Both A and B samples bottles must be filled to the appropriate levels.

Once the sample bottle is filled appropriately, the athlete should seal each sample bottle. Once sealed, the bottle can be placed in the bag provided in the kit and placed back in the sampling kit box. Both A and B samples will be confirmed to be sealed by the athlete and the doping control officer.

Once both bottles are sealed and placed back in the kit box, the athlete should complete the doping control paperwork.

3.5.15.5

Three copies of the doping control paperwork will be double checked by the doping control officer. One copy is to go to the athlete. One copy will be sent to the AIDA Sports Officer for identification of the testing results. Both of these copies should be filled out in full. The third copy of the doping control paperwork will accompany the testing samples to the testing lab.



This copy of the doping paperwork should not directly identify the athlete, just the testing sample bottles numbers and the sex of the athlete. Once the doping control officer has confirmed that the testing procedure is complete, the athlete is released from doping control.

Doping control officers will be available to answer any questions an athlete may have about the testing procedures as long as doping control is in effect.

3.5.15.6

Doping tests will be sent to the AIDA testing lab or an appropriate IOC testing lab. The jury or AIDA judge(s) in conjunction with the organizer will determine the best course of action for testing to be organized. When in doubt, the use of the AIDA testing lab is preferred.

Institute of Doping Analysis - Dresden Prof. Klaus Müller, Director Dresdener Strasse 12 DE - 01731 Kreischa b, Dresden Germany

Included in the shipment to the lab should be the non-identifying testing form and the address of the AIDA Sports Officer for reporting of the test results. Remember to include a note that results are to be sent to AIDA International Sport Officer.

The other copy of the testing form will be sent directly to the AIDA Sports Officer along with the official video. Contact data of the AIDA Sport Officer is found on www.aida-international.org under Organization-Members-AIDA Executive Board. AIDA Sport Officer's e-mail address: sportofficer@aida-international.org



4. Safety

4.1 General

The AIDA Safety protocols for competition are applicable to every competition under the auspices of AIDA International.

4.1.2

The AIDA Safety guidelines are applicable to every competition under the auspices of AIDA International.

4.1.3

Safety Lanyard

4.1.3.1

A safety lanyard is mandatory for all depth events.

The safety lanyard binds the athlete to the warm-up line or to the official line. It is made up of:

- · A carabineer without screws in which the opening (minimum 15mm) is big enough to allow the carabineer to be placed and hooked to the line without difficulty. The "finger" of the carabineer must function normally; in other words opening with little pressure and closing automatically.
- · A non-elastic link between 30cm (minimum) and 150cm (maximum when stretched) in length, made up of a material designed to not make knots (e.g. a cord, or a cord covered with plastic).
- A wrist or ankle band which cannot be removed inadvertently, or a belt other than the weight belt, which cannot be removed inadvertently for those wearing the lanyard on the waist, the belt holding the lanyard must be situated higher than the weight belt. The waist belt, if used, cannot be made of a stretchable material (rubber weight belt, etc).
- · In the case of competitions with safety scuba divers the freedivers wristband will include a lanyard ring of an interior diameter of 26mm or larger. In the case of those athletes using waist or ankle lanyards they will be required to wear a wristband, which includes a lanyard ring of an interior diameter of 26mm
- The total weight of the safety lanyard may not exceed 500gr.

4.1.3.3

The lanyard will be systematically checked by the jury on compliancy to point 4.1.3.2 AND for strength. The lanyard must not be removed by the athlete during the performance unless necessary. Removal of the lanyard will be penalized if it is found that removal was not necessary for safety reasons.

The monitoring depth gauge must be worn on the wrist opposite to that carrying the lanyard, if the lanyard is being worn on the wrist.

4.1.5

The presence of a physician, paramedics and/or firemen specialized in resuscitation (EMT) is essential. In depth disciplines the presence of a professional healthcare provider that is capable of providing advanced cardiac life support is mandatory. For pool disciplines, a professional lifeguard or above is appropriate. Anytime there might be a delay in treatment due to remote locations, this should be taken into account and additional resources should be planned for. Medical support must be outfitted with the appropriate medical equipment to perform their duties. Minimally, they must have emergency oxygen and standard first aid equipment. For depth disciplines, the ability to provide advanced cardiac life support must be supported with the appropriate equipment to do so.

4.1.6

The organizer will ensure that the safety divers are equipped with the necessary materials in order to implement a rapid resurfacing of the athlete with the aforementioned wristband without having to resurface alongside the athlete experiencing difficulty. Scuba divers must carry an additional liftbag system that will allow the scuba divers to lift the athlete and/or competition line independent of the action of the counterbalance system.

If a counter ballast is employed, there must be an additional system in place to have a redundant lift available (i.e. fully equipped scuba divers at the surface).



4.1.7

The use of a front snorkel is prohibited for safety freedivers in both pool and depth competitions and record attempts.

4.2 National/International competitions

4.2.1

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

4.3 World Championships

4.3.1

For depth discipline events, all scuba divers who will be in the water must possess a certification and the appropriate equipment for the level at which they are stationed. The safety scuba divers will follow the rules and regulations of one of the recognized training agencies such as PADI, NAUI, IANTD, TDI, CMAS and/or other similar agencies. The safety freedivers should be able to easily and frequently descend to 20m (30m for dives beyond 80m). The organizer is responsible for verifying these levels. All safety freedivers must be approved and validated by AIDA International before the event. The organizer must ensure that all safety personnel have demonstrated the ability to perform their role prior to any official performances occurring.

The organizer must conduct a practice session with simulated rescues for all safety personnel that will be participating on the safety team prior to any official performances being conducted. At least one member of the jury or their designate will be present to ensure that all safety personnel are fully able to perform their duties. Any person being added to the safety team after this event takes place must be cleared through the jury and it must be determined that the new person is as capable as those who participated in the practice session (known person with proven previous experience with rescue). It should not be assumed that an experienced athlete could perform well in a safety role unless they have participated in a training program or have experience with competition safety in the past.

A safety freediver capable of performing safety at 30 meters is highly recommended for performances deeper than 80 meters. The freediver does not have to be at 30 meters, but consideration should be given to providing safety freedivers deeper than 20 meters for deeper dives.

In water oxygen must be available for post dive breathing both at the surface and at a depth of 5 meters for all depth events. A safety freediver or scuba diver must be present to monitor any athletes breathing oxygen at depth. No athlete should be allowed to breath oxygen at depth unless they are a certified scuba diver and have an understanding of the risks of breathing oxygen at depth. All others should perform their post dive oxygen breathing at the surface. Post dive oxygen breathing should be considered mandatory for any dive at or beyond 80 meters.

4.4 World Records in competition

No specific rules for World Records in competition, all rules under 4.1 are applicable.



4.5 World Record attempts

All rules under 4.1 are applicable.

All safety systems other than those described should be presented to AIDA International (Technical Commission) prior to the event no later than 1 month before the attempts. The judges assigned to the record have the right to require more than is presented in this document.

Resuscitation equipment must be in working order and located in close proximity to the freediver.

4.5.3

A resuscitation vehicle must be available for transporting the freediver to a designated specialized medical centre in the case of an emergency. This designated centre should be informed prior to the event to be on standby when needed.

4.5.4

The presence of two (2) safety freedivers in the water is mandatory for depth events. During pool disciplines it is permissible to have one safety freediver in the water with the athlete. For dynamic events, if the athlete is performing next to the wall, the safety freediver may walk along the edge of the pool with the judges. The safety freediver must be ready to enter the water to respond in the event the athlete needs assistance. For dynamic events, if they are performed in a pool longer than 25 meters and the safety freedivers will be swimming along with the athlete, two safety freedivers are required.



5. Static (STA)

5.1 General

The event takes place in a pool (minimal depth: 60 cm) or in a confined safe natural environment.

The attempt takes place at the surface.

The freediver is free to choose his wetsuit, weights and facial equipment.

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

Registered times: 5'08''64 and 5'07''48 Average will be: (5'08'' + 5'07'') / 2 = 5'07''50

Registered performances will be: 5'07" = 61.4 points

5.2 National/International competitions

The interval between OT times (or series) is determined by the organizers in consultation with the head of the jury.

5.2.2

Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access the warm-up zone until 45 minutes prior to his/her OT. Athletes may not access the transition zone until such time as the preceding athlete has left the area.

5.2.3

A partner (captain/coach) is authorized to monitor and supervise the athlete's warm-up and performance. He/she is permitted to assist in the 3 official zones. This partner can also, if the athlete wants, work as an official extra safety freediver and touch the athlete freely throughout the performance until his/her nose or mouth emerges. The coach may also manage any safety signals. This partner has the responsibility over the athlete he/she is coaching, but the MAIN safety over the event will still be the responsibility of the organizer. However, as soon as the performance has ended (when the nose and/or mouth have emerged), the partner is no longer authorized to touch the athlete. He/she is only permitted to orally coach the athlete at a low voice. If not, the athlete will be disqualified.

5.2.4

Following the countdown as described in point 3.2.14: if the athlete starts after the 10.0 second authorized window, a penalty is applied. The maximum time to start after OT is 30 seconds, after that the athlete is disqualified. If the athlete starts before the OT, a penalty is applied. Only one start is allowed within the given time window of 30 seconds.

If the Realized Performance (RP) is smaller than the Announced Performance (AP), a penalty is applied.

The warm-up period starts 45 minutes before the start of the first official attempt(s).

The athletes have the right to only one official attempt. Once the nose and mouth are immersed, the attempt is considered as having been started.



5.2.8

An organization freediver or a partner (captain/coach) is present in the water (competition zone) during the complete performance. This person is responsible for verifying the state of consciousness of the competitor as follows: He/she touches the athlete unequivocally. The athlete responds by using a gesture agreed upon in advance with the safety diver or partner. The following procedure will be used:

If it is an organization safety freediver:

- every 30 seconds starting 1 minute before reaching the announced performance (AP),
- every 15 seconds starting at AP.

OR if the athlete has a partner:

· whenever he/she wants.

If the athlete does not respond by using the chosen gesture, the judge will immediately request a repeated signal from the athlete. If an incorrect response persists, or there is none, the judge will ask the safety diver or partner to remove the athlete from the water. The judge can request the safety freediver (or partner) to ask for an additional signal from the athlete if it is beyond a reasonable doubt that the athlete is in need of assistance.

An AIDA International judge and a timekeeper of the organization will time the attempt. They will start their stopwatches upon immersion, when the nose and mouth are below the water or when the snorkel is released if preparation is performed with a snorkel. They will stop their stopwatches once the nose and/or mouth of the athlete are out of the water.

5.2.10

FINAL HEAT

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

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

5.3 World Championships

The event takes place in a pool (minimal depth: 120 cm) or in a confined safe natural environment.

The day before the qualifying heats, no later than 4 hours prior the event committee, each captain must relay the announced performances of the athletes to the jury.

The interval between OT times (or series) should be at least 14 minutes.

5.4 World Records in competition

In case of a performance exceeding the current World Record see minimal requirements in 3.4.

A record will be considered broken when the time achieved is greater by at least one (1) second than the record previously recognized.



5.5 World Record attempts

The freediver must have fulfilled the following prerequisite: a breath-hold lasting 20 seconds less than the targeted record, at least 2 days preceding the attempt within a maximum of 3 months prior.

The two AIDA International Judges will time the attempt. They will start their stopwatches upon immersion, when the nose and mouth are below the water or when the snorkel is released if preparation is performed with a snorkel. They will stop their stopwatches once the nose and/or mouth of the athlete is out of the

5.5.3

The athlete is free to choose his warm-up period. One judge must supervise the athlete at all times beginning 60 minutes before OT.

5.5.4

A partner (captain/coach) is authorized to monitor and supervise the athlete's warm-up and performance. This partner can also touch the athlete freely throughout the performance until his/her nose or mouth emerges. The coach also may manage any safety signals. This partner has the responsibility over the athlete he/she is coaching. However, as soon as the performance is ended (when the nose and/or mouth have emerged), the partner is no longer authorized to touch the athlete. He/she is only permitted to orally coach the athlete. If not, the athlete will be disqualified.

5.5.5

A record will be considered broken when the time achieved is greater by at least one (1) second than the record previously recognized.



6. Dynamic with or without fins (DYN/DNF)

6.1 General

The event takes place in a pool (minimal depth: 90cm).

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Performances can only be recognized as a World Record and will only enter the AIDA International Ranking if the event takes place in a pool with a minimum length of 25 yards. Although, performances will be reported in meters.

6.1.3

The freediver is free to choose his wetsuit, weights and facial equipment.

The athlete is allowed to use arm strokes in both disciplines. Any other means of propulsion (other than fins or monofin in DYN) or special paddles or swimming gloves/socks are forbidden.

For DYN, fins and monofins are allowed. It is NOT possible to claim a World Record in DYN without using fins or monofin.

The athlete must be in the water before immersion. Diving or jumping starts or any other form of running starts from a support point is prohibited. The attempt is considered to be finished when the nose and/or mouth emerge.

6.1.7

A partner (captain/coach) is authorized to monitor and supervise the athlete's warm-up and performance. He/she may assist the athlete in the 2 official zones. From OT the partner may verbally coach the athlete but is no longer authorized to touch the athlete. If the partner touches the athlete before he/she is released from the performance by the judges the athlete will be disqualified.

The athlete should remain completely submerged, except the tip of fin(s) during the complete performance, except in the 5 meters zone before and after each turn where any part of the body can emerge, except the mouth and/or nose.

6.1.9

There must be at least one safety staff walking along or swimming with the athlete ready to assist. If the athlete is not diving in a lane that is closest to the sidewall, there has to be at least one safety freediver in the water. It is possible to have more than one safety freediver swimming in one lane, in this case the safety freedivers can cover different areas of the pool lane.

6.1.10

The Realized Performance (RP) is determined by the exit of the nose and/or mouth (except when the athlete ascends against the end wall of the pool, the athlete must touch the end wall below the waterline before his/her mouth and nose exit from the water). In order to calculate the athlete's performance all measurements are rounded down to the nearest meter.

172,9m = 172m, registered performance $172 \times 0.5 = 86$ points

6.1.11

Any propulsion assistance other than swimming movements is a penalty (except in the case of thrusting against the side of the end wall during turns). Thrusting off the bottom at the conclusion of the performance to reach the surface is also a penalty.



6.1.11.1

At the conclusion of the athlete's performance, the nose and/or mouth of the athlete must exit prior to grabbing/touching the pool edge or the lane-rope or other surface support in the pool, if not a penalty is

6.1.12

The start must be done in the water, with the athlete's airway immersed within 1.5m of the wall; otherwise the athlete will be disqualified.

6.1.12.1

During the athlete's start (movement) the athlete must touch the wall with a part of the body, if not a penalty is applied.

6.1.13

A part of the body must touch the wall at each turn, if the athlete fails to do so a penalty is applied. If the athlete turns short of the wall by more than a meter without touching the wall, the athlete will be disqualified.

6.2 National/International competitions

The athlete can dive without fins in a competition with fins. In competitions without fins, no fins of any kind are allowed.

If the competition is announced as DYN/DNF the athlete can choose to dive without fins, but there will be ONE competition result list. For the AIDA ranking, performances will count in the category they belong to.

If the competition is announced as DYN-DNF the athlete can choose to compete in both disciplines and there will be two competition result lists, one for each discipline. If the competition is announced as a single discipline there cannot be any mix of disciplines.

Two zones are marked off: a warm-up zone and a performance zone. The athlete may not access the warmup zone until 45 minutes prior to his/her OT. The athlete may not access the performance zone until the preceding athlete has left the area.

The warm-up period starts 45 minutes before the start of the first official attempts.

6.2.4

It is required to make provisions for a resting point for the athlete for the preparation phase if the athlete requests it.

6.2.5

Following the countdown as described in point 3.2.14: if the athlete starts after the 10.0 second authorized window a penalty is applied. The maximum time to start after OT is 30 seconds, after that the athlete is disqualified. If the athlete starts before the OT, a penalty is applied. Only one start is allowed within the given time window of 30 seconds.

The athlete has only one official attempt. Once the mouth and nose have immersed the attempt is considered as having started.

The athlete has to resurface in the competition zone he/she started in, if not disqualification will follow. However, the athlete is allowed to accidentally swim out of his/her competition zone as long as he/she does not hinder other athletes or the organization and then returns to their own lane.

6.2.8

If the Realized Performance (RP) is smaller than the Announced Performance (AP), a penalty is applied.



6.2.9

FINAL HEAT

6291

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

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

6.3 World Championships

The event takes place in a pool (minimal depth: 120cm).

For World Championships 6.2.1 is not applicable.

The day before the qualifying heats, no later than 4 hours prior to the event committee, each captain must relay the announced performances of the athletes to the jury.

The interval between OT times (or series) should be at least 10 minutes.

6.4 World Records in competition

In case of a performance exceeding the current World Record see minimal requirements in 3.4.

A record will be considered broken when the distance achieved is greater by at least one (1) meter than the record previously recognized.

6.5 World Record attempts

6.5.1

The freediver must have fulfilled the following prerequisite: a freedive 10 meters shorter than the targeted record at least 2 days preceding the attempt to within a maximum of 3 months prior.

6.5.2

The athlete is free to choose his warm-up period. One judge must supervise the athlete at all times beginning 60 minutes before OT.

At least one fully equipped safety freediver must be present for the duration of the record attempt at the surface of the water or walking along the side of the pool to follow the progress of the freediver attempting the record.

6.5.4

A record will be considered broken when the distance achieved is greater by at least one (1) meter than the record previously recognized.



7. Constant weight with or without fins (CWT/CNF)

7.1 General

The event takes place in salt or fresh water.

712

A partner (captain/coach) is authorized to monitor and supervise the warm-up and the performance of the athlete. He/she may assist the athlete in the 3 official zones. From OT the partner is no longer authorized to touch the athlete except to assist the organization in helping the athlete if he/she is in trouble. The partner is only permitted to stay at the surface. If not, the athlete will be disqualified.

The organizer can provide a sufficiently sized resting point and/or floating support during the preparation phase for athletes desiring a dry warm-up.

Equipment:

- The use of nose clip, apnea lenses and volume reducers is authorized. The athlete is permitted to put water in his/her mask. Tinted and/or mirrored glasses are not allowed.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if they have a quick-opening/release safety system and are on the outside of the diving suit.
- Any kind of special paddles or swimming gloves/socks is forbidden. The jury notes the presence of any weights used by the athlete. The jury checks for any changes in weight upon exit from the water. If variation has occurred, the attempt is invalid.

The athlete wears an official depth-measuring device on his/her wrist that is provided by AIDA International (World Championships and World Record attempts) or by the organizer (in all other events) and tested and calibrated by the jury.

7.1.6

The athlete 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: the tag should be attached in such a way that it can be removed without the use of force. In an event without fins, the tag must have a wrist/arm-ring that allows the athlete to use his/her hands or a complete Velcro system so the freediver can attach the tag to him/her.

The athlete must return to the surface with at least one tag. The tag may not exceed 65cm².

7.1.7

The athlete must descend and ascend by swimming and he/she is not permitted to pull or grab the line at any time during the dive except in situations as described in 7.1.7.1 and 7.1.7.2.

7.1.7.1

While the athlete is performing and his/her airway is submerged, the athlete is only allowed to grab/pull the line within the 2m zone from the bottom plate without disqualification. Any grabbing of the line outside the 2m zone will result in a penalty being applied. In the event the athlete grabs and then pulls on the line, the athlete will be disqualified, except in the case of an early turn where the athlete is allowed to grab/pull the line ONCE in order to make their turn.

7.1.7.2

The athlete can use the line as a guide during the complete dive, but if the athlete uses the line as support there will be a penalty applied. This means that the athlete can be in contact with the line with his/her body or with an open hand. If the athlete grabs the line or uses the line as a support, a penalty is applied, except if this takes place within the grace zone of the area 2m within the base plate where the athlete can freely move his/her hands or grab the line. This 2m zone will be clearly marked and visible.

The athlete must be in the water before immersion. Diving or jumping starts or any other form of running starts from a support point is prohibited.



7.1.9

Depth measurement:

- · At the announced depth there will be a white, yellow or transparent base plate with minimal diameter of 20cm. If the base plate is transparent there has to be a white or yellow band marking the outside of the plate with a minimum width of 2cm.
- The athlete must ascend with the tag that is located at the base plate at the announced depth (AP). In this case, the number of points is equal to the announced depth. A penalty is applied if the athlete doesn't bring the tag to the surface.
- If the athlete 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 depth greater than is announced, the announced depth will be taken into consideration. If it is obvious that the base plate is positioned too deep, the organizer has to correct the depth of the base plate as soon as possible during the competition.
- If the measuring device indicates a shallower depth than is announced, a penalty is applied unless the tag has been brought up and delivered to a member of the jury. If it is obvious that the base plate is positioned too shallow, the organiser has to correct the depth of the base plate as soon as possible during the competition.
- The official gauges should be verified against the measured line prior to the competition beginning.

7.2 National/International competitions

The athlete can dive without fins in a competition with fins. In competitions without fins, no fins of any kind are allowed. If the competition is announced as CWT/CNF the athlete can choose to dive without fins, but there will be ONE competition result list.

For the AIDA ranking, performances will count in the category they belong to. If the competition is announced as CWT-CNF the athlete can choose to compete in both disciplines and there will be two competition result lists; one for each discipline. If the competition is announced as a single discipline, there cannot be any mix of disciplines.

The jury determines the OT times for each athlete, recommending the following principle:

- In the case of deep-water safety by scuba, each day athletes attempting the greatest depths should go first. If the constant weight event takes place over several days, athletes attempting the greatest depths must go on the last day.
- In the case of deep-water safety by counter balance or similar system, each day, athletes attempting the greatest depths CAN go first. If the constant weight event takes place over several days, athletes attempting the greatest depths must go on the last day.

7.2.3

Following the countdown as described in point 3.2.14 the maximum time to start after OT is 30 seconds, after that the athlete is disqualified. If the athlete starts before the OT, a penalty is applied. Only one start is allowed within the given time window of 30 seconds.

An official zone consisting of one or more warm-up lines and at least one official line is marked off by the organization. Only the athletes, judges, safety freedivers, safety scuba divers, doctors, organization officials and athlete's partner are permitted to enter this zone.

Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access the warm-up zone until 45 minutes prior to his/her OT. Athletes may not access the transition zone until such times as the preceding athlete has left this area.

7.2.6

The performance area is only accessible to the following five people: the athlete, his/her partner (captain/coach), a judge and two safety freedivers. In the case of an Announced Performance (AP) exceeding the current World Record it is six people, since 2 judges in the water are required.



7.2.7

Warm-up:

- The warm-up period starts on one of the lines 45 minutes before the start of the first official attempts and lasts until the end of the event,
- · Warm-up and official lines may not be too far apart, though they should be far enough apart so warmup athletes will not hinder athletes on the official line.
- There may not be more than one athlete under the water at a time per warm-up line.
- Inside the warm-up zone, it is prohibited to dive except on the warm-up line(s).
- The warm-up line base plate is positioned at a depth relative to the level of the freediver 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).

FINAL HEAT

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All the above points are applicable for the final heat.

7.3 World Championships

The day before the qualifying heats in constant weight, no later than 4 hours prior to the event committee, each captain must send the athletes' announced performances to the jury.

The competition rope should have a minimum diameter of 9mm and should be a non-dynamic rope (static line).

The organizer must provide a sufficiently sized resting point and/or floating support during the preparation phase for athletes desiring a dry warm-up.

7.4 World Records in competition

In case of a performance exceeding the current World Record see minimal requirements in 3.4.

A record will be considered broken when the depth achieved is greater by at least one (1) meter than the record previously recognized.

7.5 World Record attempts

7.5.1

The freediver must have fulfilled the following prerequisite: a freedive 5 meters less than the targeted record at least 2 days preceding the attempt to within a maximum of 3 months prior.

7.5.2

The athlete is free to choose his warm-up period. One judge must supervise the athlete at all times beginning 60 minutes before OT.

7.5.3

The freediver may wear a diving suit or vest with inflatable compartments. The compartments may be inflated by cartridges or bottles of compressed gas activated manually or automatically.

The AIDA International 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 bottles of compressed gas have been used, either completely or partially, the performance will not be validated.



7.5.4

A depth gauge placed directly under the base plate is mandatory for verification of the depth.

The performance rope should have a minimum diameter of 9mm and should be a non-dynamic rope (static line).

7.5.6

A record will be considered broken when the depth achieved is greater by at least one (1) meter than the record previously recognized.



8. Free immersion (FIM)

8.1 General

The event takes place in salt or fresh water.

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A partner (captain/coach) is authorized to monitor and supervise the warm-up and the performance of the athlete. He/she may assist the athlete in the 3 official zones. From OT the partner is no longer authorized to touch the athlete except to assist the organization in helping the athlete if he/she is in trouble. The partner is only permitted to stay at the surface. If not, the athlete will be disqualified.

8.1.3

The organizer can provide a sufficiently sized resting point and/or floating support during the preparation phase for athletes desiring a dry warm-up.

8.1.4

Equipment:

- The use of nose clip, apnea lenses, and volume reducers is authorized. The athlete is permitted to put water in his/her mask. Tinted and/or mirrored glasses are not allowed.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if they have a guick-opening/release safety system and are on the outside of the diving suit.
- Any kind of special paddles or swimming gloves/socks is forbidden. The jury notes the presence of any weights used by the athlete. The jury checks for any changes in weight upon exit from the water. If variation has occurred, the attempt is invalid.

The athlete wears an official depth-measuring device on his/her wrist that is provided by AIDA International (World Championships and World Record attempts) or by the organizer (in all other events) and is tested and calibrated by the jury.

8.1.6

The athlete 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. The tag should be attached in such a way that it can be removed without the use of force. The tag must have a wrist/arm-ring that allows the athlete to use his/her hands or a complete Velcro system so the freediver can attach the tag to him/her.

The athlete must return to the surface with at least one tag. The tag may not exceed 65cm².

The athlete must descend and ascend by pulling on the rope or by swimming under only his/her own power.

8.1.8

The athlete must be in the water before immersion. Diving or jumping starts as well as any other forms of running starts from a support point are prohibited.

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Depth measure:

- At the announced depth there will be a white, yellow or transparent base plate with minimal diameter of 20cm. If the base plate is transparent there has to be a white or yellow band marking the outside of the plate with a minimum width of 2cm.
- The athlete must ascend with the tag that is located at the base plate at the announced depth (AP). In this case, the number of points is equal to the announced depth. A penalty is applied if the athlete doesn't bring the tag to the surface.
- If the athlete does not bring up the tag, the official depth device serves to measure the performance.
- The performances are rounded down to the nearest meter.
- If the measuring device indicates a depth greater than is announced, the announced depth will be taken into consideration. If it is obvious that the base plate is positioned too deep, the organiser has to correct the depth of the base plate as soon as possible during the competition.



- If the measuring device indicates a shallower depth than is announced, a penalty is applied unless the tag has been brought up and delivered to a member of the jury. If it is obvious that the base plate is positioned too shallow, the organiser has to correct the depth of the base plate as soon as possible during the competition.
- The official gauges should be verified against the measured line prior to the competition beginning.

8.2 National/International competitions

8.2.1

The jury determines the OT times for each athlete, recommending the following principal:

- In the case of deep-water safety by scuba, each day, athletes attempting the greatest depths should go first. If the free immersion event takes place over several days, athletes attempting the greatest depths must go on the last day.
- In the case of deep-water safety by counter balance or similar system, each day, athletes attempting the greatest depths CAN go first. If the free immersion event takes place over several days, athletes attempting the greatest depths must go on the last day.

Following the countdown as described in point 3.2.14: the maximum time to start after OT is 30 seconds. After that the athlete is disqualified. If the athlete starts before the OT, a penalty is applied. Only one start is allowed within the given time window of 30 seconds.

8.2.3

An official zone consisting of one or more warm-up lines and at least one official line is marked off by the organization. Only the athletes, judges, safety freedivers, safety scuba divers, doctors, organization officials and athlete's partner are permitted to enter this zone.

8.2.4

Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access the warm-up zone until 45 minutes prior his/her OT. Athletes may not access the transition zone until such times as the preceding athlete has left this area.

The performance area is only accessible to the following five people: the athlete, his/her partner (captain/coach), a judge and two safety freedivers. In the case of an Announced Performance (AP) exceeding the current World Record it is six people, since 2 judges in the water are required.

8.2.6

Warm-up:

- The warm-up period starts on one of the lines 45 minutes before the start of the first official attempts and lasts until the end of the event,
- · Warm-up and official lines may not be too far apart, though they should be far enough apart so warmup athletes will not hinder athletes on the official line.
- There may not be more than one athlete under the water at a time per warm-up line.
- Inside the warm-up zone it is prohibited to dive except on the warm-up line(s).
- The warm-up line base plate is situated at a depth relative to the level of the freediver 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).

8.2.7

FINAL HEAT

8.2.7.1

All the above points are applicable for the final heat.

8.3 World Championships

The day before the qualifying heats in free immersion, no later than 4 hours prior to the event committee, each captain must send the athletes' announced performances to the jury.



8.3.2

The competition rope should have a minimum diameter of 9mm and should be a non-dynamic rope (static line).

8.2.3

The organizer can provide a sufficiently sized resting point and/or floating support during the preparation phase for athletes desiring a dry warm-up.

8.4 World Records in competition

8.4.1

In the case of a performance exceeding the current World Record see minimal requirements in 3.4.

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A record will be considered broken when the depth achieved is greater by at least one (1) meter than the record previously recognized.

8.5 World Record attempts

8.5.1

The freediver must have fulfilled the following prerequisite: a freedive 5 meters less than the targeted record at least 2 days preceding the attempt to within a maximum of 3 months prior.

8.5.2

The athlete is free to choose his warm-up period. One judge must supervise the athlete at all times beginning 60 minutes before OT.

8.5.3

The freediver may wear a diving suit or vest with inflatable compartments. The compartments may be inflated by cartridges or bottles of compressed gas activated manually or automatically.

The AIDA International 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 bottles of compressed gas have been used either completely or partially, the performance will not be validated.

8.5.4

A depth gauge placed directly under the base plate is mandatory for verification of the depth.

8.5.5

The performance rope should have a minimum diameter of 9mm and should be a non-dynamic rope (static line).

8.5.6

A record will be considered broken when the depth achieved is greater by at least one (1) meter than the record previously recognized.



9. Variable weight (VWT)

9.1 General

AIDA International does not recognize competitions in the discipline Variable Weight.

The AIDA International "Guidelines and protocol for sled diving" are applicable.

9.2 World Record attempts

9.2.1

The freediver must have fulfilled the following prerequisite: a freedive 10 meters less than the targeted record at least 3 days preceding the attempt to within a maximum of 3 months prior.

The event takes place in salt or fresh water.

9.2.3

Equipment:

- The use of nose clip, apnea lenses, and volume reducers is authorized. The athlete is permitted to put water in his/her mask. Tinted and/or mirrored glasses are not allowed.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if they have a quick-opening/release safety system and are on the outside of the diving suit.
- The thickness of the diving suit must not exceed 7mm (salt water) or 9mm (fresh water).
- If the wetsuit is comprised of several parts, only the area from armpits to the crotch may be covered
- The weight of the sled is free to be chosen by the athlete.
- The bottom weight should be such that a straight vertical diving line is guaranteed.
- The use of propulsion aids such as motor/engine/propeller is prohibited. Fins or monofin is permitted.

9.2.4

Other elements that may contribute to excessive buoyancy are prohibited. This being left to the discretion of the AIDA International judges at the event in consultation with AIDA International Responsible for Judges and/or Sport Officer.

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.

The athlete is free to choose his warm-up period. One judge must supervise the athlete at all times beginning 60 minutes before OT.

9.2.7

The freediver must ascend solely by his/her own power, either by using his/her fins/monofin and/or by pulling on the rope. The use of inflatable or mechanical systems to facilitate the ascent is prohibited.

9.2.8

It is recommended that the freediver wear a suit or vest consisting of inflatable compartments. The thickness of the added neoprene must not exceed 3mm. Cartridges or bottles of compressed gas, activated manually or automatically must be used to inflate the compartments in case of emergency.

The AIDA International 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 bottles of compressed gas have been used either completely or partially, the performance will not be validated.

9.2.9

A record will be considered broken when the depth achieved is greater by at least one (1) meter than the record previously recognized.



10. No-Limits (NLT)

10.1 General

AIDA International does not recognize competitions in the discipline No-Limits.

The AIDA International "Guidelines and protocol for sled diving" are applicable.

10.2 World Record attempts

The freediver must have fulfilled the following prerequisite: a freedive 10 meters less than the targeted record at least 3 days preceding the attempt to within a maximum of 3 months prior.

The event takes place in salt or fresh water.

10.2.3

Equipment:

- The use of nose clip, apnea lenses, and volume reducers is authorized. The athlete is permitted to put water in his/her mask. Tinted and/or mirrored glasses are not allowed.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if they have a quick-opening/release safety system and are on the outside of the diving suit.
- The weight of the sled is free to be chosen by the athlete.
- The bottom weight should be so that a straight vertical diving line is guaranteed.
- The use of propulsion aids such as motor/engine/propeller are allowed for the ascent, however the descend always has to be done without propulsion aids.

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.

The athlete is free to choose his warm-up period. One judge must supervise the athlete at all times beginning 60 minutes before OT.

10.2.6

A record will be considered broken when the depth achieved is greater by at least one (1) meter than the record previously recognized.



11. Penalties

The mistakes mentioned below are no reason for disqualification, but penalty points will be applied on the concerned performance. Negative numbers do not exist.

No results, which include penalties, can be accepted as a World- or Continental record

If the athlete starts before his/her "official top", a penalty of 1 POINT per unit of five seconds is applied.

If the athlete starts after the authorized window in pool disciplines (STA, DYN, DNF there is a 10-second window) a penalty of 1 POINT per unit of five seconds is applied up to 30 seconds after OT. After 30 seconds the athlete is disqualified and is not allowed to start.

Penalties concerning deviation in Realized and Announced Performance (RP versus AP);

In Static discipline (STA), when the RP is lower than the AP a penalty of 1 POINT per unit of five seconds is applied.

AP = 5'35" and RP = 5'04Example:

Difference between RP and AP = 31"

Penalty = 7 points

Total points scored = 60.8 - 7 = 53.8 points

In Dynamic disciplines (DYN/DNF), when the RP is smaller than the AP a penalty of 0.5 POINT per meter of deviation is applied.

AP = 100m and RP = 89mExample:

Difference between AP and RP = 11m

Penalty: $11 \times 0.5 = 5.5$ points

Final performance: 44.5 (89m) - 5.5 (11m) = 39 points

11.5.3

In depth disciplines (CWT/CNF/FIM), when the measuring device indicates a shallower depth than is announced a penalty of 1 POINT per meter of deviation between AP and RP is applied, unless the tag has been brought up and delivered to a member of the jury.

Example:

AP = 50m and RP (read on the device) = 46.5m

Actual performance = 46.5 - PP = 46m

- Difference between AP and RP = 4m (50-46m) which results in 4 penalty points
- Absence of the tag = 1 penalty point Final performance = 46 - 5 = 41 points

Discipline specific penalties for Dynamic with/without fins (DYN/DNF);

If no part of the athlete's body touches the wall during the start and/or at the turn in the dynamic disciplines, a penalty of 5 POINTS per occasion is applied. If the athlete does not come within one meter from the wall, he/she will be disqualified.

If any part of the athlete's body surfaces outside of the "grace zone" of 5 meters between two turns in the dynamic disciplines, a penalty of 5 POINTS is applied. In the case of the athlete swimming a complete lane/performance at the surface he/she will be disqualified.



11.6.3

If the athlete pulls or propels him/herself on a support point (wall, line, bottom, etc.) before the exit of his/her mouth or nose, a penalty of 5 POINTS is applied.

11.6.4

At the conclusion of the performance if the athlete grabs the wall or any other surface support prior to the exit of their airway, a penalty of 5 POINTS is applied.

11.7

Discipline specific penalties for depth disciplines (CWT/CNF/FIM);

11.7.1

If the athlete removes his/her safety lanyard during his/her performance in the depth disciplines other than for safety reasons, a penalty of 10 POINTS is applied.

11.7.2

If the athlete fails to bring a tag to the judge, a penalty of 1 POINT is applied.

11.8

Discipline specific penalties for Constant Weight disciplines (CWT/CNF);

11.8.1

While the athlete is performing and his/her airways are submerged, the athlete is only allowed to secure the line within the 2m grace zone from the bottom plate without penalty. Securing of the line outside the 2m zone while the airway is submerged and while the performance is under way, a penalty of 5 POINTS per occurrence is applied, except in cases described in point 7.1.7.



12. Protest

A team captain, or in the case of the lack of a team captain the athlete him/herself, may file a protest 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 official results.

12.2

Upon exit from the water in constant weight and free immersion, if the divers in charge of safety of the athletes 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/her captain no later than during the posting of the official results.

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In the case of protests, the jury meets to decide if the athlete must be penalized, disqualified or not, following this described procedure:

12.3.1

In the jury room all protests will be administered. The protests will be handled one at a time.

For each protest, first the jury watches the video without further discussion. If needed the images are shown multiple times and/or in slow motion.

The judge(s) in question will give a short sum-up of facts and what led to the decision he/she made.

The concerned athlete and his/her team captain are allowed to watch the official video images and give their additional comments, after that they leave the room.

The athlete must be heard as well as the divers in charge of safety of the athletes and of monitoring the descents and ascents.

Without further discussion the jury will proceed with voting for each protest by secret ballot.

12.4

In the case of real doubt, the benefit of the doubt must be given to the athlete. If this is the case, the jury decides which performance to take into consideration.

The jury responds to the protests after the competition day at the latest during the event committee.

All protests must be accompanied by a sum of €50 (Euro) or equivalent in order to be filed. This amount is reimbursed if the jury decides in favour of the complainant.

For World Championships, during jury votes following a protest, a judge with the same nationality as the athlete having submitted the protest is not allowed to vote and will not be present for the protest. Respectively, the vote of the jury vice president will count as double if the athlete has the same nationality as the jury president in order to maintain an odd number of voices.

12.8

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.

12.9

Protests filed concerning a performance during a final(s) can never result in a restart.



12.10

The athlete can protest about the circumstances during his/her performance, e.g. when hindered by safety divers or in case of failures in the organization directly concerning their performance. The athlete can protest to the judge directly after his/her performance making it possible to be granted a restart if the protest is found to be valid (note: especially important for depth competitions).



13. Jury

13.1 National/International competitions

For National competitions the jury is composed of a minimum of 2 AIDA International judges (level E or higher) and for International competitions 3 AIDA International judges of which at least 1 has a level D or higher. In addition, the jury can be extended with national assistant judges nominated by the AIDA National of the organizer.

13.1.2

The assistant judges are used in order to relieve the AIDA International judges of certain tasks related to their position (e.g. official countdown, management of depth gauges and tags, time keeping, etc.), and in order to use a judge and an assistant judge for each athlete during static apnea events.

The jury is present on the competition site from the start of warm-up to:

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

A member of the jury is in the water during the entire constant weight and free immersion competition. In the case of an announced performance exceeding the current World Record, there must be two judges in the water (see 3.4).

13.2 World Championships

For World Championships the jury consists of a minimum of 5 AIDA International judges of which at least 1 has to be level A and 1 has to be level C or higher. At least 1 international judge (level E or higher) per competition zone is mandatory.

- AIDA International appoints all international judges.
- In addition, the jury can be extended with international or national assistant judges, nominated by the AIDA National of the hosting country or the organizer or the jury.

The assistant judges don't have the right to vote and/or make decisions about the regular flow of the competition, but may give their opinion on each situation to the international judges who may take this into consideration when making decisions.



14. World Championships

14.1 Event Committee

The event committee is formed with the intent to have a smooth running event and to answer questions concerning regulations and organization.

14.1.2

The event committee consists of:

- The jury
- · The team captains
- Members of the organization

Athletes may request to assist the event committee but may not intervene. Their captains act as representatives of the athletes.

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

14.1.4

The event committee must proceed with a spirit of mutual respect and fair play. Any captains or athletes who are disrespectful towards the jury, the organizer or another team captain will be excluded from the event committee.

14.1.5

The event committee meets on the eve of each competition day at a time established by the organization in

- · Provide the results.
- · Provide general information to the captains, athletes and divers for the following day, such as; program reminders, local rules, weather and special conditions.
- Establish and distribute the list with OT times for the following day.

14.2 Performance minima

AIDA International will publish the list of performance minima at least 6 months prior to the competition.

The first 10 athletes (per sex, per discipline) in the AIDA International ranking of the preceding year receive a wildcard to enter the AIDA International Individual World Championships regardless of the maximum number of athletes per nation/sex/discipline determined by AIDA International and/or the organizer.

14.2.3

The performance minima for AIDA International Individual World Championships are, by discipline:

- Static apnea: The 12th time on the AIDA International ranking from the preceding year.
- Depth disciplines: The 12th depth on the AIDA International ranking from the preceding year.
- Dynamic disciplines: The 12th distance on the AIDA International ranking from the preceding year.

For countries with a national AIDA, the performance must have been done in a competition with AIDA International ranking not more than 2 years prior to the first day of the event. AIDA International World Record attempts will be accepted when there are no competitions available for the athlete(s) asking for a Special Invitation. This result cannot be older than 2 years prior to the first day of the event.

14.2.4

The list of performance minima for AIDA International Individual World Championships acts as a guideline; the AIDA International Executive Board can increase or decrease the performance minima.



14.2.5

No later than six weeks prior to the event, in the case the number of participants is insufficient, the AIDA International Executive Board together with the organizer may decide to decrease the required performance minima for one or more disciplines.

14.2.6

For depth disciplines, no announced performance (AP) can be less than the requested performance minima during the competition. However, a margin of tolerance may be decided upon by the jury in the case of predictably bad conditions during the competition. This will be announced during the event committee.

14.3 Organizer

14.3.1

The organizer chosen by vote in the AIDA International Assembly must send the following information to AIDA International and to all persons in charge of the respecting countries 6 months prior to the competition:

- · All regulations applicable to the event.
- The competition program (start of competitions, event committees, remission of costs, etc.).
- A document with information concerning premises, date, possible lodging, contingent liabilities, etc.
- A document describing the facilities that will be used to ensure the safety of athletes, jury and spectators.
- A document describing the emergency, rescue and evacuation plan/procedures.
- A detailed financial estimate and sponsorships.
- All documents describing the planning and administration of the event.
- A diagram of the different sites.
- A detailed media plan and the name of the organization staff member that will be dedicated to this effort.

It is mandatory for the organizer to have an Internet site, in English, detailing specifically the following information concerning the competition at least 5 months prior to the event;

- · Home page with AIDA International logo and official title of the competition.
- · Maps of the events.
- AIDA International rules.
- Detailed program\schedule.
- Registration page (to AIDA International).
- Contact information/addresses of the organization.
- Accommodations (hotels, airport).
- General information about the area.
- Possibility to rent cars/boats/etc.
- Special laws of the country concerning diving/freediving.
- Specific information for the media (name of a contact, availability of underwater pictures, etc.).

14.3.3

AIDA International is obliged to form a jury at least 2 months prior to the event after examination of the proposed candidacies. The organizer must indicate its composition to the team captains on opening day. The organizer of the event must pay for all of the jury's travel, lodging and food expenses. The travel expenses have to be prepaid by the organizer and all travel documents have to be available to the judges no later than 10 days after the presentation of the Jury by the AIDA International Executive Board. The organizer can ask AIDA International for a jury to be composed of 50% judges from his/her continent of choice, if they are available.

14.3.4

The organizer must ensure that all necessary facilities are at the jury's disposal in order to accomplish their work.

14.3.5

The organizer must provide a permanent area for viewing the videos for the jury.

14.3.6

The organizer, not AIDA International or the jury, is responsible for the entire event. AIDA International and the jury are not responsible for the safety of the athletes.



14.3.7

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.

14.3.8

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 the daily schedules of all the event committees and the posting of the official results.

14.3.9

The organizer must provide logistical and secure facilities to allow the media to be present in the water for all disciplines in special media areas in order to take underwater photographs (videos and/or stills) during training and competition days.

14.3.10

The organizer must provide a commitment sheet disclosing the anticipated competition performances to be filled in by the athletes.

14.3.11

A commission appointed by AIDA International Executive Board will be in charge of examining the following with the organizer no less than 2 months before the competition;

- implementation of the organization (lodging, scheduling, logistics).
- arrangement of the organization in regards to the event safety through an assembly with the chief diving officers.
- · facilities and administrative arrangements.
- financial estimate and sponsorships.
- detailed media plan and dedicated staff member to manage media relations.

14.3.12

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. This commission reports directly to the AIDA International Executive Board.

The president and vice president of the jury or two designated members of the jury must be brought in at least three days prior to the beginning of any official activities of the competition (Opening Day).

The organizer is obliged to arrange anti-doping tests with the appropriate agency in their country or with the AIDA International laboratory. The organizer must pay for the costs of these procedures and tests. The conditions under which the athletes are chosen are left up to the discretion of the jury. However, the male and female winners of each discipline have to be tested, which includes all athletes establishing a "performance exceeding the current World Record" during the competition.

14.3.15

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

A final is seen as a separate competition and therefore will have an opening series even if the event takes place on the same day. Athletes from the qualifying heats (if not qualified for the final) are allowed to enter as "openers" for the final(s). The performances as opener will never result in World Records.

The organizer must provide an identification number for each athlete. The athletes must visibly wear this number during all official events. A list of these numbers is provided to the media as well as to the team captains.



14.3.17

The organizer must make provisions for a clear and visible system of identification for all safety freedivers, judges and all other officials during the entire competition.

Official gauges will be calibrated with the measured line to ensure accurate measurements of depth prior to official performances beginning.

The organizer must implement the following video captures;

14.3.19.1

The organizer must film the complete performance without interruption; beginning 10 seconds before OT and until the decision is taken by the jury AND the athlete has given the depth gauge and tag to the jury with at least one camera. The video is systematically used for protests concerning a blackout or the Surface Protocol; the decision of the judges is preponderate. In the case of a performance exceeding the current World Record see minimal requirements in 3.4.

14.3.19.2

All videos must be filmed on new cassettes or DVD's, where the packaging has been opened and the cassette is signed by the judges. If a HDD Camera is being used, the judge must ensure that the images on the hard disk are of the performance they judged, the HDD has to be formatted before the attempt.

All videos of the attempt must be filmed in digital PAL or NTSC, on mini-DV format or DVD or HDV. It is allowed to use a HDD-camcorder or equivalent as well. After the performance 1 judge will accompany the camera or take possession of the camera to secure the images to be streamed to DVD or captured to enable the document to be provided to AIDA without any editing prior to this.

14.3.19.3

All video images of the attempt must be filmed without interruption for the pool disciplines.

In World Championships (depth disciplines), there has to be a bottom camera filming the turn.

14.3.19.5

All video cameras and the cameramen must remain at the disposition of the jury in order to view the video immediately after the event, if needed.

14.3.19.6

It is possible for the organizers to make copies of the official videos under the supervision of the judges. The official videos remain with the judges until the copies have been made.

14.3.19.7

All official video images of the attempt become the property of the organizer. The organizer has exclusive rights to the official videos whilst AIDA International has limited rights. AIDA International may use the footage as support for judging and for education within the association.

14.3.19.8

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 jury.

14.3.19.9

The organization will have a dedicated person assigned to press and public relations with the sole responsibility of public relations prior to and during the event. Media and press relations will be of highest priority.



14.3.19.10

The organizer will issue a written press release as follows:

- Prior to the event announcing the selection as host of the event.
- Prior to the event announcing the confirmed dates and event web site.
- · Prior to the event announcing the make up of the event with number of athletes and countries, etc.
- Prior to the event announcing the pending start of the event.
- At the conclusion of each competition day providing the day's updates.
- · At the conclusion of the event providing a summary of the entire event results and pointing to web address where complete results are published online. Reference to the next event is required.
- All press releases will be distributed world wide either by distribution service and/or individual press contacts via E-mail. A copy of each release will be provided to AIDA for proofing prior to the distribution of each release.

14.3.19.11

The organizer will provide a video press release as follows:

- Prior to the event promoting the event.
- After the conclusion of each discipline. Ideally the same day, but no later than the following day.
- · After the conclusion of the event covering the entire event. Ideally within two days of the conclusion of performances, but no later than one week after the conclusion of performances.
- · A small sample of selects video and still images for each day will be provided to all accredited press, if requested, at no charge throughout the event. Special or expanded selection or specific requests certainly may incur a fee. Additional sales and distribution is at the discretion of the organizer.
- All video press releases will be distributed world wide either by distribution service and/or individual press contacts via E-mail. A copy of each release will be provided to AIDA for proofing prior to the distribution of each release.

14.3.19.12

The organizer will provide an updated web site with results of the event in as real time as possible throughout the event. This site will be mentioned in all press releases, both written and video. The site should include still and video images as available. The site must provide for the final results published and in a downloadable version in as real time as possible or no more than one day after the conclusion of the event.

14.4 Miscellaneous

Limitations related to the sponsors of the organizers or athletes must not interfere with the organization of events.

14.4.2

The event committee will indicate the number and the location of different accredited media.

AIDA International and the organization cannot be held responsible for accidents caused by athletes not respecting the present regulations.

The present regulations may not be changed in the 3 months preceding World Championships.

Only the jury is competent to make any decision not appearing in the present regulations.