



Freediving Rules  
for  
Competitions and Records

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## TABLE OF CONTENTS

1. INTRODUCTION .....	4
1.1 One of AIDA International’s primary missions is to recognize records and competitions in the various disciplines of apnea, in order to maintain a current table of records and ranking lists.....	4
1.2 This document applies to all events organized under the auspices of AIDA International, the results of which are posted to the AIDA International Ranking Lists.....	4
1.3 The document has the following structure for all chapters .....	4
1.4 Sled Disciplines.....	4
1.5 Official Time .....	5
1.6 Technical Documentation .....	5
2. RECOGNIZED DISCIPLINES/RECORDS/COMPETITIONS .....	6
2.1 Disciplines. AIDA International recognizes the following disciplines.....	6
2.2 Records .....	6
2.3 Competitions .....	7
3. GENERAL RULES.....	10
3.1 GENERAL .....	10
3.2 INTERNATIONAL COMPETITIONS.....	13
3.3 World Championships.....	15
3.4 World Records in Competition .....	17
3.5 World Record Attempts.....	18
3.6 Surface Video Review .....	20
4. SAFETY .....	21
4.1 General.....	21
4.2 International Competitions .....	21
4.3 World Championships.....	22
4.4 Reserved.....	22
4.5 World Record Attempts.....	22
4.6 2014 Safety Enhancements.....	23
5. STATIC APNEA (STA) .....	27
5.1 General.....	27
5.2 International competitions.....	27
5.3 World Championships.....	28
5.4 World Records in Competition .....	29
5.5 World Record Attempts.....	29

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6. DYNAMIC APNEA WITH OR WITHOUT FINS (DYN/DNF) .....	30
6.1 General.....	30
6.2 International Competitions.....	31
6.3 World Championships.....	32
6.4 World Records in Competition .....	32
6.5 World Record Attempts.....	32
7. CONSTANT WEIGHT WITH OR WITHOUT FINS (CWT/CNF) .....	33
7.1 General.....	33
7.2 International Competitions.....	34
7.3 World Championships.....	36
7.4 World Records in Competition .....	36
7.5 World Record Attempts.....	36
8. FREE IMMERSION (FIM) .....	37
8.1 General.....	37
8.2 International Competitions.....	38
8.3 World Championships.....	39
8.4 World Records in Competition .....	39
8.5 World Record Attempts.....	39
9. VARIABLE WEIGHT (VWT).....	40
9.1 General.....	40
9.2 World Record Attempts.....	40
10. NO-LIMITS (NLT) .....	42
10.1 General.....	42
10.2 World Record Attempts.....	42
11. PENALTIES.....	43
11.1 The mistakes mentioned below do not result in disqualification, but penalty points will be applied on the concerned performance .....	43
11.2 No result that includes a penalty shall be treated as an AIDA World or Continental record .....	43
11.3 If the athlete starts before his/her "official top", a penalty of 1 POINT per unit of five seconds is applied .....	43
11.4 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 .....	43
11.5 Penalties concerning Realized being less than Announced Performance (RP versus AP) .....	43
11.6 Discipline specific penalties for Dynamic with/without fins (DYN/DNF).....	44
11.7 Discipline specific penalties for depth disciplines (CWT/CNF/FIM) .....	44



12. PROTEST ..... 45

12.1 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..... 45

12.2 If the jury learns of a violation of these Rules underwater, either from a safety diver or from review of bottom camera video, the jury shall note the applicable penalty or disqualification either directly to the athlete and/or his/her team captain, or include such penalty/disqualification in the posting of the official results..... 45

12.3 In the case of protests, the jury meets to decide if the athlete must be penalized, disqualified or not, following this described procedure ..... 45

12.4 In the case of doubt, the benefit must be given to the athlete (i.e. if unsure of what occurred, the benefit of the doubt goes to the athlete) ..... 45

12.5 The jury responds to the protests after the competition day, at the latest during the event committee ..... 45

12.6 All protests must be accompanied by a sum of €50 (Euro) or local currency equivalent ..... 45

12.7 At AIDA World Championship events, any judge of the same nationality as a protesting athlete must recuse himself/herself from the protest ..... 45

12.8 For all jury decisions, in the case of a tie (for example, in the case of abstention of a judge leaving an even number of jurors), the vote of the jury President (if participating in the protest), or that of the jury Vice President (if the President does not participate), will count as double to break the tie..... 46

12.9 Protests filed concerning a performance during a final(s) may not result in a restart..... 46

12.10 The athlete can protest about the circumstances during his/her performance (e.g. if hindered by safety divers, or in case of failures in the organization directly concerning their performance)..... 46

12.11 Each protest may address only one issue: e.g. an athlete penalized for a grab violation and surface protocol violation must file two protests if he/she wishes to protest both issues ..... 46

13. JURY FOR COMPETITIONS ..... 47

13.1 International Competitions ..... 47

13.2 World Championships..... 47

14. WORLD CHAMPIONSHIPS ..... 49

14.1 Event Committee..... 49

14.2 Performance Minima..... 49

14.3 Organizer ..... 49

14.4 Miscellaneous..... 52

14.5 Minimum Interval between Starts ..... 52

GLOSSARY ..... 53



## 1. INTRODUCTION

1.1 One of AIDA International's primary missions is to recognize records and competitions in the various disciplines of apnea, in order to maintain a current table of records and ranking lists. Competition Rules are essential to this recognition, as well as to measurable, comparable, equitable and safe performances, and are accordingly set forth below (the "AIDA Competition Rules", or simply "Rules").

1.2 This document applies to all events organized under the auspices of AIDA International, the results of which are posted to the AIDA International Ranking Lists.

1.3 The document has the following structure for all chapters:

- General
- International Competitions
- World Championships
- World Records in Competitions
- World Record Attempts

For example: in the case of an International competition, the following rules of each chapter apply:

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

For example: in the case of a World Championship, the following rules of each chapter apply:

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

For example: in the case of a World Record attempt, the following rules of each chapter apply:

1. General
2. World Record attempts

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

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1.5 Official Time. Official time for AIDA competitions shall be coordinated universal time ("UTC") for the location of the competition. UTC is available on numerous websites (e.g. <http://www.timeanddate.com/worldclock/>), and may also be found on Apple devices (e.g. MacBook, iPhone, iPad) that are connected to the Internet.

1.6 Technical Documentation. The AIDA Technical Documentation for Competitions and Records (the "Tec Doc") is incorporated into these Rules. The Tec Doc covers technical items that may need to be updated more frequently than the Rules. Accordingly, the AIDA Assembly may amend the Tec Doc from time to time; it's anticipated that the Assembly will amend portions of the Tec Doc annually. The most current version of the Rules and Tec Doc are available on the AIDA website.



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## 2. RECOGNIZED DISCIPLINES/RECORDS/COMPETITIONS

2.1 Disciplines. AIDA International recognizes the following disciplines:

- **STATIC (STA):** the freediver holds their breath for as long as possible with their airways submerged in water.
- **DYNAMIC WITHOUT FINS (DNF):** the freediver swims completely submerged, attempting to cover the greatest possible distance; propulsion devices (e.g. fins) are prohibited.
- **DYNAMIC WITH FINS (DYN):** the freediver swims completely submerged, attempting to cover the greatest possible distance; 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; 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 by swimming with fins/monofin and/or their arms; 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; propulsion devices are prohibited.
- **VARIABLE WEIGHT (VWT):** the freediver descends with the help of a ballast-weighted sled, attempting to reach the targeted depth and ascends using only his/her own muscle strength; propulsion devices as fins/monofin and/or pulling the rope are allowed, but not motorized devices or gas filled balloons.
- **NO-LIMITS (NLT):** the freediver descends and ascends attempting to reach the targeted depth with the help of a ballast-weighted sled; ascent and descent may be made a method of his/her choice (e.g. balloon, counter balance system, ballast).

### 2.2 Records

2.2.1 Men and women's records exist for each discipline described in Section 2.1.

2.2.2 No other sub-categories shall be considered (e.g.: lake, sea, altitude, under ice).

2.2.3 In the case an athlete exceeds a World Record, and all needed record procedures (as described in this document) have been correctly followed, that athlete will become a World Record holder and will be added to the record list. In the event that more than one athlete exceeds a World Record in the same competition, the provisions of these Rules shall govern which athlete(s) become World Record holder(s).

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2.2.4 Only AIDA International World Record attempts and official “AIDA International” competitions appear on the AIDA Competition calendar, and entitle the recognition of performances and/or World/Continental records by AIDA International. Only results from official AIDA International competitions appear on the AIDA Ranking List (and then only if all ranking list criteria are fulfilled).

### 2.2.5 Continental records

2.2.5.1 AIDA International recognizes Continental records for its 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. Each World Record automatically results in a Continental record.

2.2.5.3 No separate Continental record attempts are accepted.

### 2.3 Competitions

2.3.1 Sponsor; Ranking List. In order to be recognized as an official “AIDA International” competition a competition must be organized by an AIDA National, or under the auspices of an AIDA National or AIDA International; AIDA International may only sanction competitions directly in countries with no AIDA National,. Only AIDA International competitions appear on the AIDA Competition calendar. Only results from official AIDA International competitions appear on the AIDA Ranking List, if the organizer fulfills all ranking list criteria of these Rules.

2.3.2 AIDA International recognizes two 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.

2.3.3 All AIDA competitions must be announced prior to the competition, The Tech Doc (Section 2) contains procedures and content required for competition announcements.

2.3.4 Any proposed performance restrictions (e.g. maximum depth) must be communicated by the organizer to the athletes and AIDA International prior to announcement of the AIDA competition for International competitions. No performance restrictions are allowed after the announcement of the competition, unless weather or other considerations make the previous announced depth dangerous.

2.3.5 A competition must comply with these Rules 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.

2.3.6 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 a Managing Judge (Level B) or higher; at least one judge (Managing Judge/Level B or higher) must be of a different nationality than the athlete.

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- The official videos
- The anti-doping test
- For depth disciplines, two judges must be in the water

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.

2.3.7 The results for all AIDA competitions must be uploaded after the last day of competition (maximum seven days) to the AIDA International CARS system in order to have them appear on the AIDA International Ranking List; please follow the link you receive in the confirmation email. The lead organizer is responsible for sending competition results to AIDA International by the deadline; the head judge is responsible for checking those results prior to sending to ensure accuracy.

### 2.3.8 WORLD CHAMPIONSHIPS

2.3.8.1 The AIDA International Assembly elects the judges for World Championships.

2.3.8.2 The AIDA International Executive Board elects the jury president and vice president, after election of the jury by the Assembly.

2.3.8.3 For World Championships, the jury consists of a minimum of six AIDA International judges, of which at least 1 judge must be a Managing Judge (Level B) or higher, and all judges must be Senior Judges (Level D) or higher.

2.3.8.4 No performance restrictions are allowed in World Championships.

### 2.3.9 INTERNATIONAL COMPETITIONS

2.3.9.1 The AIDA International Judge Responsible and the AIDA International Sport Officer must approve the jury (including the proposed judges candidates) for International competitions, after the Organizer sends the competition announcement to the AIDA Calendar.

2.3.9.2 For International competitions, the jury consists of at least two AIDA International judges.

2.3.9.3 Reserved.

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

### 2.3.10 CONTINENTAL/NATIONAL/REGIONAL/DISTRICT/CITY CHAMPIONSHIPS

2.3.10.1 The organizer is free to add sub-championships to the main event in order to lower the barrier for beginning athletes/enthusiasts, in order to broaden the sport of Apnea, provided that the applicable AIDA National(s) are consulted and consent. However, in order to appear in the AIDA International ranking list, the conditions must be the same for all athletes.

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### 2.3.11 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 to occur, a request must be made directly to the AIDA International Executive Board, and such competitions shall be governed directly by AIDA International.



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### 3. GENERAL RULES

#### 3.1 GENERAL

3.1.1 By participating in any AIDA competition, each athlete accepts all provisions of these Rules.

3.1.2 Each competitor should be a member of an AIDA National.

3.1.3 WADA anti-doping standards, plus any standards enacted by AIDA International, shall apply to all AIDA competitions and record attempts. 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 winners / winning teams in all World Championships, and all athletes setting AIDA World Record, shall be tested on a mandatory basis.

3.1.4 Inhalation of any compressed gas is prohibited in the sixty minutes prior to each athlete's performance.

3.1.5 Consumption or use of any WADA- or AIDA-prohibited performance-enhancing products is expressly forbidden at any time. In the case of doubt, an AIDA judge has the power to request an anti-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.

3.1.7.1 Each athlete must be in possession of a valid passport (or national identification card stating nationality) from the country he/she represents, and such country must be recognized by the United Nations.

3.1.7.2 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 on 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.

3.1.10 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.

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3.1.11 Each athlete must appear at a location designated by the jury 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 (e.g. depth), 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 prohibited for all disciplines.

3.1.14 Any "Black-Out" detected by the judge(s) 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)
- Conscious, but unable to maintain the airway out of the water.

3.1.14.2 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.

3.1.15 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; provided, however, that in competition a non-supportive touch by a staff member (e.g. a judge, photographer, or safety diver) shall not result in disqualification. 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). Prior to the athlete's airway submerging for CWT, CNF and FIM performances, the athlete's coach may touch/support him or her, with no penalty applied.

3.1.16 The use of a personal float is allowed in all disciplines unless prohibited by the Jury; the Jury may prohibit a float if it may 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.

3.1.17.2 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 his/her facial equipment with the hand(s) from the face. In the case of the athlete not using facial equipment, the SP starts when the athlete gives the OK-sign to the judge.

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### 3.1.17.3 Surface protocol:

1. remove ALL facial equipment (mask, goggles and nose clip).
2. give 1 visible OK signal to the judge.
3. give 1 verbal OK signal 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 signal. For all AIDA International competitions and record attempts, the verbal signal must be given in English, as specified above.

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 judgment (with a colored card, at a minimum of 30 seconds after the surfacing); provided, however, that in competition, a non-supportive touch by a staff member (e.g. a judge, photographer, or safety diver) shall not result in disqualification.

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 colored cards to communicate this decision. This direct judgment will take place a minimum of 30 seconds after surfacing.

The meaning of the colored 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 judgment. 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.

3.1.20 An organizer may not require an athlete to sign a publicity release (i.e. granting rights to the organizer to use the athlete's name or image) in order to participate in an AIDA competition.

3.1.21 Openers. Organizers may use openers to prepare staff and judges for competition events; results from openers shall not post to the AIDA ranking list.

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## 3.2 INTERNATIONAL COMPETITIONS

3.2.1 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.

3.2.3 The organizer must provide similar conditions for all athletes, except for uncontrollable environmental conditions (e.g. wind, waves, current, rain).

3.2.4 Reserved.

3.2.5 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

97.8m in dynamic apnea = 48.5 points

3.2.6 Determining the winner of an event.

3.2.6.1 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.

3.2.6.2 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 in a team event, teams with equal points shall share the given position, with no team taking the next highest position. (E.g. if the top two teams each have 100 points, and the next highest team has 90 points, then the two teams with 100 points shall share 1<sup>st</sup> place, and the team with 90 points shall take 3<sup>rd</sup> place.)

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

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 shall pay to AIDA International a competition fee, in accordance with the fee and payment schedule set forth in the Tec Doc.

3.2.7 Any action or activity by an athlete or team member causing disturbance to another athlete, and/or impeding another athlete's performance, may warrant a penalty from the judge/jury in their discretion, and authorization of a restart to the impeded athletes.

3.2.8 The judge may warn, penalize or disqualify any athlete and/or team member exemplifying the following:

- Non compliance with these Rules.
- Non compliance or interference with the jury, organizers, team captains, other athletes, the public or the media.
- Disruption or interference with the safety of the competition.
- Three warnings shall result in automatic disqualification of the athlete from the entire competition, and may warrant further action from AIDA International.

3.2.9 Reserved.

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 Black Out 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. The organizer shall provide the jury with opportunity to test all video equipment prior to the start of competition.

3.2.11 In the case of more than one performance exceeding the current AIDA World 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.

3.2.12 In the case of qualification heats and finals, the athletes have the choice to change their announced performance for the finals. The organizer 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.

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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.

3.2.15 The performance is considered as having started as soon as the athlete's airway is submerged. Only 1 start is allowed. After OT, every immersion is considered as a start of performance.

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

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

3.2.17 Cameras and photographers are prohibited in competition zones, and are permitted in specific media zones (so as not interfere with the athletes) with the permission of the organizer (which may not be unreasonably withheld).

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

3.2.19 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 Section 3.2.14 (final two-minute count down to OT) no commentary is allowed.

3.2.20 Minimum Number of Athletes for AIDA Competition with World Record Status. In order to hold an AIDA Competition with World Record Status, a minimum of seven athletes must be registered for the competition. In order for a performance to qualify as an AIDA world record from such competition, results must be posted for at least five athletes; this allows for recognition of a world record if two of the minimum seven athletes do not perform (e.g. due to illness). If an organizer is not certain that five athletes will perform at an event, the organizer should treat the event as record attempts (which do not post to the AIDA ranking list, but may be valid for world and national records).

3.2.21 Competition Fees. AIDA Competition fees are set forth in the Tec Doc (Section 2).

### 3.3 World Championships

3.3.1 AIDA International World Championship 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)

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3.3.2 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 Reserved.

3.3.4 The number of athletes from each country for each sex and discipline shall be determined by the organizer and AIDA International, and shall be communicated by AIDA to its National members.

3.3.4.1 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 following a decision made by AIDA International. A country may send a mixed team if it is not fielding a men's or women's team separately. Mixed teams may only compete in the men's category. An alternate may only enter the competition for medical reasons, on request from the team captain and with the agreement of the event doctor; this can only be done once during the competition.

3.3.4.2 Reserved.

3.3.5 In AIDA International World Championships, AIDA International and the organizer are responsible for athlete registration. The AIDA National may select athletes to compete in such competitions, but only for objective criteria (e.g. performances) and on a non-discriminatory basis; no other entity (e.g. national underwater association) may participate in such selection. If there is no Official AIDA National within a country, AIDA International can allow another institution to manage these selections, or may permit such athletes to compete directly (subject to such terms and conditions as AIDA may determine). The information regarding national selections must be sent to AIDA International by the AIDA Nationals as required by AIDA.

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.

3.3.7 Only athletes affiliated with AIDA Nationals having paid the annual dues at least two weeks 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 per country must be paid to AIDA International (or the jury on AIDA's behalf) 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 committee meetings.

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.

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

3.3.11 The OT times for the official attempts are determined at least 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

3.4.1 Performances exceeding current World Records during competition:

3.4.1.1 For any AIDA World Record in an AIDA Competition, at least two AIDA Judges (Level E or higher) must judge the performance, and at least one of those Judges must be a Managing Judge (Level B) or higher. At least one Managing Judge (Level B) or higher must be of another nationality than the athlete. For depth disciplines, in the case of an announced performance exceeding the current World Record, both such judges must be in the water.

3.4.1.2 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.

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

Sufficient video images means:

- Video image covers the complete attempt, from 30 seconds before OT until the jury makes the decision (i.e. the card is given, at least 30 seconds after surfacing).
- The athlete has to be filmed on surfacing.
- The face of the athlete is visible and recognizable.
- The complete SP is visible and facing the camera.
- It should be clearly visible on the video that the athlete is not being supported by anyone until the decision of the jury is taken.
- 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 and discipline achieve the same realized performance, they shall share a new world record, provided each athlete receives a white card. AIDA will recognize subsequent performances that exceed current world record performances, again provided that the athletes receive white cards. All athletes must go through the same procedures (doping test, etc.), as described in Section 3.5, in order to be recognized.

3.4.1.5 The presiding judge shall submit to AIDA International the video and documentation for each world record performance, as set forth in Sections 3.5.12 and 3.5.14 below.

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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.

3.4.3 In the event of a world record in competition, the jury will write a detailed report (in Word or similar format) indicating relevant details of the record. One copy shall be sent to the organizer and one copy together with the video-data shall be sent to the AIDA International Sport Officer, who will archive the documents.

### 3.5 World Record Attempts

3.5.1 The athlete has to be member of the AIDA National in the country he/she represents.

3.5.2 If no AIDA National exists in the country concerned, the athlete must present the request him/herself. AIDA International may 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 (or in the case of Section 3.5.2, the athlete) not later than six weeks before the commencement of the record attempt period, 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 for the athlete's country may the announcement be done by the athlete.

### 3.5.4 THE JURY

3.5.4.1 The AIDA International Responsible for Judges together with the Sport Officer will designate two AIDA International Judges. Whenever possible, the judges will be from countries close to the location of the attempts. AIDA World Record Attempts must have a presiding Judge who is a Managing Judge (Level B) or higher, and a second judge that is a Senior Judge (Level D) or higher.

3.5.4.2 The organizer of the record attempt(s) will pay all expenses of the judges, including travel, lodging and food costs, if any. The travel expenses and tickets have to be prepaid by the organizer and sent to the judges not later than 10 days after their nominations.

3.5.4.3 For world record attempt(s), the maximum time that can be scheduled for an event with only one set of judges is nine days. Any extension must be approved by the assigned judges and the AIDA Judge Responsible 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.

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3.5.5 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 not 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.

3.5.9 If necessary, the judges should recommend 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:

- These Rules have not been respected.
- The conditions do not appear to be adequate to guarantee the safety of every person participating in the attempt.
- They are unable to fulfill their tasks in a satisfactory manner.

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

3.5.11 Following point 3.1.1, a lump sum of €500 (or other amount, if so specified in the Tec Doc) for doping test expenses must be paid in cash before the attempt to the judges by the organizer upon arrival at the site. This may be done in the national currency at the current market price, or in Euros.

3.5.12 Video requirements for AIDA World Records are set forth in the Tec Doc (Section 5).

3.5.13 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. The Tec Doc (Section 5) may specify items that must be covered in such report.

3.5.15 The anti-doping test procedures specified in the Tec Doc shall apply to all World Record attempts.

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3.6 Surface Video Review. In addition to any other video review called for in these Rules, the jury shall review surface videos for the following performances:

- (i) All AIDA World Record attempts;
- (ii) All performances exceeding an AIDA world record done in competition; and
- (iii) The top five performances for each sex and discipline at all AIDA World Championships.



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## 4. SAFETY

### 4.1 General

4.1.1 The AIDA Safety Guidelines for Competitions are applicable to every competition under the auspices of AIDA International.

4.1.2 Reserved.

4.1.3 Safety Lanyard. A safety lanyard is mandatory for all depth performances; lanyard requirements are set forth in the Tec Doc (Section 3). The lanyard may not be removed by the athlete during the performance unless necessary to protect the athlete's safety; removal of the lanyard for any reason other than the athlete's safety shall result in application of a penalty.

4.1.4 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, paramedic and/or firemen specialized in resuscitation (EMT) is mandatory for all depth events. For pool events, 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 wristband, without having to resurface alongside the athlete. Scuba divers must carry additional lift bag systems that allow them to lift the athlete and/or competition line independently 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 (e.g. fully equipped scuba divers at the surface; person(s) on the platform to manually lift the competition line). AIDA and/or the jury may require testing and/or demonstration of the counter balance and other safety equipment prior to the commencement of any competition.

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

### 4.2 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. In the event that another AIDA document (e.g. Safety Procedures) addresses these issues, it will be deemed to update this Section 4.2.1.

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#### 4.3 World Championships

4.3.1 For depth 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.

4.3.2 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.

4.3.3 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.

4.3.4 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 Reserved.

#### 4.5 World Record Attempts

4.5.1 All rules under Section 4.1 are applicable.

4.5.2 All safety systems other than those described should be presented to AIDA International not 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.

4.5.2.1 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 center in the case of an emergency. This designated center should be informed prior to the event to be on standby when needed.

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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.

#### 4.6 2014 Safety Enhancements

##### 4.6.1 Limitation of Announcements.

4.6.1.1 An organizer may limit announcements to maximum of 10m beyond the depth the athlete certifies to organizer he/she has done in last three months.

4.6.1.2 Limitation on announcements must be applied uniformly to all athletes at the competition. The organizer (in conjunction with the presiding judge) may change announcements deeper than the limitation, to comply with the limitation; changes must be applied uniformly to all athletes.

4.6.1.3 If an athlete has not done an applicable dive during the preceding three months, the organizer may use 50-70% of athlete's personal best from the AIDA ranking list. In general, after a period of absence from deep diving, AIDA recommends that athletes start slowly (not more than 50-60% of their personal best). The athlete should discuss an appropriate depth for first dive with the organizer (and competition doctor, if available).

4.6.1.4 If an organizer plans to limit announcements under this rule, it must provide notice to athletes in writing (e.g. email) prior to accepting payment for the competition, and should include this notice in advertisements (e.g. on the organizer's website and group emails).

4.6.1.5 If the athlete has an announcement limited (i.e. changed), there is no refund of fees; the organizer shall notify the athlete as soon as practicable of such change.

##### 4.6.2 Sonar

4.6.2.1 For World Championships and World Records: organizer training with and use of Sonar is required for depth disciplines.

4.6.2.2 For Competitions with World Record Status: organizer training with and use of Sonar is required for depth disciplines.

4.6.2.3 For other competitions: organizer training with and use of Sonar is recommended (but not required) for depth disciplines, unless maximum competition depth is within sight of safety divers.

##### 4.6.3 Prohibition on Recommending Descent

4.6.3.1 For CWT, CNF and FIM, the athlete is prohibited from turning back down once he/she starts to ascend; violation results in disqualification (i.e. a red card)

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4.6.3.2 "turning back down" is defined as (i) appearing to start ascent on sonar, then starting to descend again, or (ii) staying at same depth for five seconds or more, then descending

4.6.3.3 Organizer should explain this rule to athletes before start of competition

4.6.3.4 Organization staff are authorized (but not required) to activate counter ballast, if they believe activation will decrease risk to the athlete

4.6.4 Consequences of Squeezes.

In order to protect athletes from increased risk of injury, the competition doctor may stop an athlete from diving if the athlete experiences a significant squeeze or other medical condition that may jeopardize his/her safety. Upon request of the doctor, organizer (e.g. safety diver) or judge, the doctor may require that an athlete be examined prior to diving again. After a deep dive (as determined by the doctor or organizer), a SaO<sub>2</sub> test by pulse oximeter is mandatory and will be used by the doctor to decide if the athlete needs to be examined further. The doctor, in consultation with the organizer and presiding judge, may restrict an athlete from diving as set forth below, if he/she believes that such restriction is required to protect the diver's health and safety. In the event of such restriction, there will be no refund of competition fees. If an athlete refuses to be examined by the doctor, the athlete shall not be allowed to dive again at the competition, and must obtain medical clearance to dive before entering another competition. Possible results of examination:

4.6.4.1 Healthy diver: ok, to dive on his/her own responsibility

4.6.4.2 Slight symptomatology: Advised to rest, or limited to easy diving (i.e. to shallow depths for that athlete).

4.6.4.3 Edema minor: two rest days (or longer in discretion of the doctor, depending on severity of injury); when returning, no deeper announcement than the previous dive. In the case of an athlete who wants to perform a different discipline, the doctor may determine the permissible maximum depth of the announcement.

4.6.4.4 Edema major: three rest days, or termination of the competition (in discretion of the doctor, depending on severity of injury). Gradual approach to continued diving during monitored dives (e.g. starting with less than 60% of previous target depth). In the case of an athlete who wants to perform a different discipline, the doctor may determine the permissible maximum depth of the announcement.

4.6.4.5 Serious cases: Medical care; no additional diving allowed until doctor certifies athlete has recovered. Lung squeeze (i.e. coughing up pink froth or foam) would be an example of a serious case.

4.6.4.6 If the athlete has an announcement limited, or diving is stopped, there is no refund of fees.

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#### 4.6.5 Training & Equipment

4.6.5.1 Required Medical Training: World Championships and World Records. For AIDA World Championship and World Record events, a medical doctor with following training is required:

- Advanced trauma
- Airway management
- Advanced Cardiovascular Life Support (ACLS)
- Not required, but recommended where practical: at least one other paramedic or safety diver trained in ACLS

4.6.5.2 Required Medical Training: Competitions with World Record Status. For AIDA competitions with world record status, a medical doctor with following training is required:

- Advanced trauma
- Airway management
- Advanced Cardiovascular Life Support (ACLS)
- Not required, but recommended where practical: at least one other paramedic or safety diver trained in ACLS

4.6.5.3 Required Equipment. For AIDA World Championship and World Record events, and for AIDA competitions with world record status, the following equipment is required:

- Pulse oximeter
- Stethoscope
- Pocket masks: required training by staff; required availability in competition zones; use is not required
- Mask(s) for O<sub>2</sub>
- Not required, but recommended where practical: a CPAP facial mask, as well as standard masks; O<sub>2</sub> tank with BVM with PEEP valve.

4.6.5.4 Recommended Equipment. For AIDA World Championship and World Record events, and for AIDA competitions with world record status, the following equipment is not required, but recommended where practical, and staff are competent to use:

- Aspirator
- Plunger needle (or: [http://www.narescue.com/ARS\\_for\\_Needle-Decompression\\_\(3.25\\_in.\)-CN1ACDE14CD3FD.html](http://www.narescue.com/ARS_for_Needle-Decompression_(3.25_in.)-CN1ACDE14CD3FD.html))
- AED (Automatic External Defibrillator); consider need for a dry area for use
- Oropharyngeal airway (an easy to use support of the airways)

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4.6.6 Incident Reporting System. Commencing 1 January 2015, the organizer of an AIDA competition (in conjunction with the head judge and doctor) is required to report safety related incidents at the competition on AIDA's online Incident Reporting System, in accordance with the procedures and instructions provided in that online system.

4.6.7 Rest Days. AIDA recommends that organizers consider adding rest days to competition schedules, so that athletes may avoid diving on consecutive days.



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## 5. STATIC APNEA (STA)

### 5.1 General

5.1.1 The event takes place in a pool or in a confined safe natural environment; depth requirements for all STA performances are set forth in the Tec Doc (Section 4).

5.1.2 The attempt takes place at the surface.

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

5.1.4 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.

Example:

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 International competitions

5.2.1 The interval between OT times (or series) is determined by the organizers in consultation with the head of the jury; AIDA recommends that each athlete be permitted at least three minutes in the competition zone prior to his/her OT.

5.2.2 Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The warm-up period starts 45 minutes before the start of the first official attempt(s); 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. When the performance has ended (i.e. when nose and/or mouth have exited the water), any supportive touch of the athlete (other than by organizational staff) will lead to the athlete's disqualification; however, an athlete shall not be disqualified due to an inadvertent, non-supportive touch by organizational staff (e.g. judge, safety diver, photographer).

5.2.4 Following the countdown described in Section 3.2.14, if the athlete starts after the 10-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.

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

5.2.6 Reserved.

5.2.7 The athlete has the right to only one official attempt per OT. Once the nose and mouth are immersed, the attempt is considered as having been started; any immersion of the airway (i.e. the mouth and nose) at or after the athlete's OT is considered to be the start of a performance.

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.

5.2.9 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

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

5.2.10.2 For the final heat, the athletes may 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

5.3.1 The event takes place in a pool or in a confined safe natural environment.

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5.3.2 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.

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

#### 5.4 World Records in Competition

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

5.4.2 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

5.5.1 Reserved.

5.5.2 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 exits the water.

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. When the performance has ended (i.e. when nose and/or mouth have exited the water), any supportive touch of the athlete (other than by organizational staff) will lead to the athlete's disqualification; however, an athlete shall not be disqualified due to an inadvertent, non-supportive touch by organizational staff (e.g. judge, safety diver, photographer).

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.

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## 6. DYNAMIC APNEA WITH OR WITHOUT FINS (DYN/DNF)

### 6.1 General

6.1.1 The event takes place in a pool; depth requirements for all DYN/DNF performances are set forth in the Tec Doc (Section 4).

6.1.2 Performances can be recognized as a World Record and will enter the AIDA International Ranking list only if the event takes place in a pool with a minimum length of 25 yards (22.87 m); performances must be reported in meters.

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

6.1.4 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.

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

6.1.6 The athlete must be in the water before immersion. Diving or jumping starts, or any other form of running start 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. When the performance has ended (i.e. when nose and/or mouth have exited the water), any supportive touch of the athlete (other than by organizational staff) will lead to the athlete's disqualification; however, an athlete shall not be disqualified due to an inadvertent, non-supportive touch by organizational staff (e.g. judge, safety diver, photographer).

6.1.8 The athlete should remain completely submerged; please see Section 11.6 regarding breaking the surface.

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.

Example:

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

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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; please see Section 11.6 regarding grabbing an edge of the pool on finishing.

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 International Competitions

6.2.1 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.

6.2.2 Two zones are marked off: a warm-up zone and a performance zone. The warm-up period starts 45 minutes before the start of the first official attempt(s); the athlete may not access the warm-up 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.

6.2.3 AIDA strongly recommends that each athlete be permitted at least three minutes in the competition zone prior to his/her OT.

6.2.4 It is required to provide for a resting point for the athlete for the preparation phase if the so athlete requests.

6.2.5 Following the countdown described in Section 3.2.14, if the athlete starts after the 10-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

6.2.6 The athlete has the right to only one official attempt per OT. Once the nose and mouth are immersed and the athlete has departed the wall, the attempt is considered as having been started; any immersion of the airway (i.e. the mouth and nose) and departure from the wall from 30 seconds before the athlete's OT is considered to be the start of a performance.

6.2.7 The athlete has to resurface in the competition zone (i.e. lane) he/she started in; if not, he/she will be disqualified. 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 his/her own lane.

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6.2.8 If the Realized Performance (RP) is smaller than the Announced Performance (AP), a penalty is applied (see Section 11).

#### 6.2.9 FINAL HEAT

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

6.2.9.2 For the final heat, the athletes may 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 should compete at the end of the event.

#### 6.3 World Championships

6.3.1 Reserved.

6.3.2 For World Championships 6.2.1 is not applicable.

6.3.3 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.

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

#### 6.4 World Records in Competition

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

6.4.2 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 Reserved.

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.

6.5.3 At least one fully equipped safety freediver must be present for the duration of the record attempt at the surface of the water, or (if the athlete is in a pool-side lane) 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.

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## 7. CONSTANT WEIGHT WITH OR WITHOUT FINS (CWT/CNF)

### 7.1 General

7.1.1 The event takes place in salt or fresh water.

7.1.2 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 must stay at the surface; if the partner descends below the surface, the athlete will be disqualified.

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

### 7.1.4 Equipment:

- The use of nose clip, apnea lenses and volume reducers is authorized. The athlete is permitted to put water in his/her mask.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if it has a quick-opening/release safety system and is on the outside of the diving suit.
- Any kind of special paddles or swimming gloves/socks is forbidden; the use of a monofin or bi-fins is permitted for CWT (but not for CNF). 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.

7.1.5 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), which has been 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. Specifications for tags are set forth in the Tec Doc (Section 3).

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; provided, however, that it is not prohibited to grab the line at or above the surface. 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.

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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; provided, however, that it is not prohibited to grab the line at or above the surface at the start. 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. Notwithstanding the foregoing, at the end of the dive the athlete may grab the line at or above the surface of the water and pull, in connection with surfacing; this does not result in a penalty.

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

7.1.9 Depth measurement:

- At the announced depth must be a bottom plate. Bottom plate specifications are contained in the Tec Doc (Section 3).
- 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 organizer has to correct the depth of the base plate as soon as possible during the competition.

7.2 International Competitions

7.2.1 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 (i.e. only one discipline will be reported to the AIDA Ranking 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.

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7.2.2 The jury determines the OT time for each athlete, recommending the following principle (the circumstances of the event, including weather and media coverage, may be taken into consideration by the jury):

- 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 should 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 may go first. If the constant weight event takes place over several days, athletes attempting the greatest depths should go on the last day.

7.2.3.1 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.

7.2.3.2 The athlete has the right to only one official attempt per OT. Once the nose and mouth are immersed and the athlete has departed the surface, the attempt is considered as having started; any immersion of the airway (i.e. the mouth and nose) and departure from the surface from 30 seconds before the athlete's OT is considered to be the start of a performance.

7.2.4 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 athletes' partners are permitted to enter this zone.

7.2.5 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. An athlete may not access the transition zone or competition zone until the preceding athlete has left that area.

7.2.6 The performance area is only accessible to the following persons: the athlete, his/her partner (captain/coach), judges and safety freedivers.

7.2.7 Warm-up:

- Warm-up and official lines may not be too far apart, though they should be far enough apart so warm-up 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).
- AIDA strongly recommends wearing of lanyards on all warm up dives, and organizers are expressly permitted to require lanyards on warm up lines.
- All warm up lines must be adequately supervised by safety divers provided by the organizer.

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7.2.8 AIDA strongly recommends that each athlete be permitted at least three minutes in the competition zone prior to his/her OT.

### 7.3 World Championships

7.3.1 The day before the qualifying heats in constant weight, not later than 4 hours prior to the event committee, each captain must send the athletes' announced performances to the jury.

7.3.2 Reserved.

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

### 7.4 World Records in Competition

7.4.1 In case of a performance exceeding the current World Record, see minimal requirements in Section 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 Reserved.

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

7.5.5 Reserved.

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.

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## 8. FREE IMMERSION (FIM)

### 8.1 General

8.1.1 The event takes place in salt or fresh water.

8.1.2 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 must stay at the surface; if the partner descends below the surface, the athlete will be disqualified.

8.1.3 The organizer should 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.
- 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 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.
- Any kind of special paddles or swimming gloves/socks is forbidden.

8.1.5 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), which has been 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.

8.1.7 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, or any other form of running starts from a support point, are prohibited.

#### 8.1.9 Depth measure:

- At the announced depth there must be a bottom plate.
- 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.

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- 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 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 organizer has to correct the depth of the base plate as soon as possible during the competition.

## 8.2 International Competitions

8.2.1 The jury determines the OT time 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 may go first. If the free immersion event takes place over several days, athletes attempting the greatest depths must go on the last day.

8.2.2.1 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.

8.2.2.2 The athlete has the right to only one official attempt per OT. Once the nose and mouth are immersed and the athlete has departed the surface, the attempt is considered as having started; any immersion of the airway (i.e. the mouth and nose) and departure from the surface from 30 seconds before the athlete's OT is considered to be the start of a performance.

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 athletes' partners 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 or competition zone until such times as the preceding athlete has left that area.

8.2.5 The performance area is only accessible to the following persons: the athlete, his/her partner (captain/coach), judges and safety freedivers.

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#### 8.2.6 Warm-up:

- Warm-up and official lines may not be too far apart, though they should be far enough apart so warm-up 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).
- AIDA strongly recommends wearing of lanyards on all warm up dives, and organizers are expressly permitted to require lanyards on warm up lines.
- All warm up lines must be adequately supervised by safety divers provided by the organizer.

8.2.7 AIDA strongly recommends that each athlete be permitted at least three minutes in the competition zone prior to his/her OT.

#### 8.3 World Championships

8.3.1 The day before the qualifying heats in free immersion, not later than 4 hours prior to the event committee, each captain must send the athletes' announced performances to the jury.

8.3.2 Reserved.

8.2.3 The organizer must provide a sufficiently sized resting point and/or floating support during the preparation phase for all 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 Section 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.

#### 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 Reserved.

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

8.5.5 Reserved.

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.

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## 9. VARIABLE WEIGHT (VWT)

### 9.1 General

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

9.1.2 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.

9.2.2 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.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if it has 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 double.
- 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. Bi-fins or a monofin are permitted.
- The athlete must descend down a fixed line; it is not permissible for the athlete to descend using the bottom weight of the line for ballast (i.e. "riding the bottom weight" is not permitted).

9.2.4 Other elements that may contribute to excessive buoyancy are prohibited, as determined by the AIDA International judges at the event, in consultation with AIDA International Responsible for Judges and/or Sport Officer.

9.2.5 It is prohibited to use any system that fastens the freediver to the sled, even if such a system allows for rapid release. However, it is possible to use a system of attachment that slides along the rope, and the use of a safety lanyard is mandatory.

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

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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 Reserved.

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.



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## 10. NO-LIMITS (NLT)

### 10.1 General

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

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

### 10.2 World Record Attempts

10.2.1 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.

10.2.2 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.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if it has 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 such that a straight vertical diving line is guaranteed.
- The use of propulsion aids such as motor/engine/propeller are allowed for the ascent; the descent, however, must be done without propulsion aids (other than the weighted sled).

10.2.4 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, and the use of a safety lanyard is mandatory.

10.2.5 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.

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## 11. PENALTIES

11.1 The mistakes mentioned below do not result in disqualification, but penalty points will be applied on the concerned performance. Negative numbers are not permissible for AIDA performances.

11.2 No result that includes a penalty shall be treated as an AIDA World or Continental record.

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

11.4 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.

11.5 Penalties concerning Realized being less than Announced Performance (RP versus AP)

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

Example:

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

Difference between RP and AP = 31"

Penalty = 7 points

Total points scored = 60.8 - 7 = 53.8 points

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

Example:

AP = 100m and RP = 89m

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 short 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 → RP = 46m

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Penalty:

- 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

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

11.6.1 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.

11.6.2 The athlete may not swim a complete length at the surface; violation of this rule shall result in disqualification. Without limitation of the foregoing, any arm recovery above the surface of the water shall result in disqualification.

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; provided, however, an athlete shall not be penalized for grabbing the edge of the pool or a line on exiting

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

11.7.1 If the athlete removes his/her safety lanyard during a 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. Notwithstanding the foregoing, at the start of a performance the athlete may grab the line at or above the surface (i.e. so long as the hand is not completely submerged) without penalty.

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## 12. PROTEST

12.1 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 If the jury learns of a violation of these Rules underwater, either from a safety diver or from review of bottom camera video, the jury shall note the applicable penalty or disqualification either directly to the athlete and/or his/her team captain, or include such penalty/disqualification in the posting of the official results.

12.3 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.

12.3.2 For each protest, first the jury watches the video. If needed the images are shown multiple times and/or in slow motion.

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

12.3.4 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.

12.3.5 The athlete must be heard; if relevant, the jury may also hear from the divers in charge of safety of the athletes and of monitoring the descents and ascents.

12.3.6 The jury may discuss the protest, subject to such limitations on discussion as the President of the jury may impose (e.g. by limiting each judge's input to one minute); the jury will then proceed with voting for each protest by secret ballot.

12.4 In the case of doubt, the benefit must be given to the athlete (i.e. if unsure of what occurred, the benefit of the doubt goes to the athlete). If this is the case, the jury decides which performance to take into consideration.

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

12.6 All protests must be accompanied by a sum of €50 (Euro) or local currency equivalent. This amount is reimbursed to the athlete if the jury decides in favor of the athlete. If the jury decides against the athlete (i.e. the protest is not reversed), the money shall be given to the organizer of the competition; provided, however, that at an AIDA World Championship or World Record event, the money shall be given to AIDA International.

12.7 At AIDA World Championship events, any judge of the same nationality as a protesting athlete must recuse himself/herself from the protest (i.e. may not be present in the protest room during any part of that protest or jury vote).

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12.8 For all jury decisions, in the case of a tie (for example, in the case of abstention of a judge leaving an even number of jurors), the vote of the jury President (if participating in the protest), or that of the jury Vice President (if the President does not participate), will count as double to break the tie.

12.9 Protests filed concerning a performance during a final(s) may not result in a restart.

12.10 The athlete can protest about the circumstances during his/her performance (e.g. if 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).

12.11 Each protest may address only one issue: e.g. an athlete penalized for a grab violation and surface protocol violation must file two protests if he/she wishes to protest both issues. Separate issues must be listed on separate protest forms, and shall be treated as separate protests.



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## 13. JURY FOR COMPETITIONS

### 13.1 International Competitions

13.1.1 For International competitions a minimum of two (2) AIDA International judges is required, representing AIDA International at such competition. For any pool performance to post to the AIDA ranking list, at least one AIDA Judge must judge the performance; for any depth performance to post to the AIDA Ranking list, at least two judges must judge the performance.

13.1.2 Assistant judges may be 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.

13.1.3 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 these Rules 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.

13.1.4 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 Section 3.4).

13.1.5 The organizer must notify AIDA International (through the CARS system) of the presiding judge not less than two weeks before the competition; for competitions with World Record status, such notice must be given to AIDA International not less than six weeks before the competition.

### 13.2 World Championships

13.2.1 For World Championships, AIDA International shall appoint a jury in accordance with the terms of the AIDA Judge IOP; the jury shall consist of a minimum of six AIDA Judges. Judge requirements are set forth in Section 13.3.3 and 13.3.4 below.

13.2.2 Assistant judges may not 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).

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13.3.3 AIDA World Championship Competitions must have a presiding Judge who is a Managing Judge (Level B) or higher. All judges at AIDA World Championships must be Senior Judges (Level D) or higher. In addition, (i) all judges at AIDA Pool World Championships must have at least 30 points from AIDA pool competitions, (ii) all judges at AIDA Depth World Championships must have at least 30 points from AIDA depth competitions, and (iii) all judges at AIDA Team World Championships must have at least 30 points from AIDA pool competitions and 30 points from AIDA depth competitions.

13.3.4 Presiding Judge. AIDA World Championship Competitions must have a presiding Judge who is a Managing Judge (Level B) or higher. In addition:

- a) For AIDA Pool World Championships, the presiding judge must have a minimum of 100 Competition Points from pool competitions, a minimum of four Record Points from pool world record attempts, and have judged at a minimum of three Pool and/or Team World Championships.
- b) For AIDA Depth World Championships, the presiding judge must have a minimum of 100 Competition Points from depth competitions, a minimum of four Record Points from depth world record attempts, and have judged at a minimum of three Depth and/or Team World Championships.
- c) For AIDA Team World Championships, the presiding judge must have (i) a minimum of 100 Competition Points from pool competitions and 100 Competition Points from depth competitions; (ii) a minimum of four Record Points from depth world record attempts and four Record Points from pool world record attempts; and have judged at a minimum of three AIDA World Championships (Pool, Depth and/or Team).



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## 14. WORLD CHAMPIONSHIPS

### 14.1 Event Committee

14.1.1 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.

14.1.3 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 order to:

- 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. Performance minima, if any, shall be established by AIDA International (upon consultation with the organizers) and communicated to AIDA Nationals not less than six months prior to the start of the World Championship competition to which they apply.

### 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.

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- 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.

14.3.2 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; each judge shall be provided with his/her own room (provided, however, that a judge may agree to room with another judge, or his/her significant other). 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.

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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, at the organizer's expense (for one AIDA representative), 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 (or other person designated by the AIDA International Board), 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.

14.3.13 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).

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14.3.14 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 (including kits). 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, and in general, the organizer should be prepared to test all first and second place finishers, plus two athletes selected at random per competition day.

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.

14.3.16 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.

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

#### 14.4 Miscellaneous

14.4.1 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; a photographer and/or videographer designated by AIDA shall have access to all media zones, and all competition areas for depth competitions (such person(s) shall not interfere with the running of the competition).

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

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

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

14.5 Minimum Interval between Starts. At AIDA World Championships, for depth disciplines there must be a minimum interval between dives of nine minutes (ten minutes recommended for dives to 100m or more); provided, however, that after dives of less than 80m the minimum interval is eight minutes, and after dives of less than 50m the minimum interval is seven minutes.

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## GLOSSARY

AIDA Calendar: The Calendars on AIDA's website for various purposes: Competitions, Record Attempts, Instructor Courses and Judge Courses. These calendars can be found at <http://www.aidainternational.org/calendar>.

CARS: Competition Announcements and Ranking System. On-line application where up-to-date AIDA competition and record attempt data is stored. There are two main components:

- a) Event announcements: <http://cars.aidainternational.org/calendar/announce-competition>
- b) Ranking (i.e. results): <http://ranking.aidainternational.org/>

CNF: Constant weight without fins: <http://aidainternational.org/competitive/disciplines>

CWT: Constant weight with fins: <http://aidainternational.org/competitive/disciplines>

DNF: Dynamic apnea without fins: <http://aidainternational.org/competitive/disciplines>

DYN: Dynamic apnea with fins: <http://aidainternational.org/competitive/disciplines>

FIM: Free Immersion: <http://aidainternational.org/competitive/disciplines>

IOP: This AIDA Judge Internal Operations and Procedures

JOS: Judge Online System. On-line application where up-to-date AIDA judge information is stored. Located on AIDA's website at [judges.aidainternational.org](http://judges.aidainternational.org)

STA: Static Apnea: <http://aidainternational.org/competitive/disciplines>

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