



REGULATIONS FOR INTERNATIONAL FREEDIVING COMPETITIONS

VERSION 11.2
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1. GENERAL RULES

1.1

A Freediving competition must be recognized by AIDA International and organized according the rules and guidelines of AIDA International.

1.2

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 (FI)

1.3

The International Individual Competitions, "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. For International Team Competitions, all three disciplines, constant weight, static and dynamic with fins have to be on the program, and will count for the final results.

1.4

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 the infrastructures and should be between 1 and 12.

1.5

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

1.6

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

1.7

All athletes must be in possession of a passport from the country they represent.

1.8

All athletes must be in possession of a "medical certificate of non contraindication to freediving" in order to participate in competitions; for international competitions the medical certificate cannot be older than one year.

1.9

Points 1.6, 1.7 and 1.8 are inspected upon registration.

1.10

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

1.10.1

In International Team Championships the number of competing athletes is fixed to three per sex from each nation, but this number can be increased in special occasions following a decision made by AIDA International.

1.10.2

In International Individual Championships the number of competing athletes from each nation is at least two per sex per discipline. In other competitions, more than two athletes from each sex per country and per discipline may be permitted.

1.11

In International Championships, only AIDA International in relation with the organizer is responsible for athlete registrations. Institutions may register athletes having fulfilled the minimum requirements before the competitions or official selections. If there are several national institutions affiliated with AIDA International in the same country, the institution designed as AIDA National is responsible to organize the national selections, and to distribute the information.

If this is not the case, AIDA International can allow another affiliated institution to manage these selections. The information regarding national selections must be sent to AIDA International by the national institution that manages the selections.

1.12

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

1.13

Only institutions affiliated with AIDA International and having paid the annual dues at least one week before the event may participate in the AIDA International World Championships. For other countries, or if the annual dues have not been paid and the special invitation has been accepted, an "interim license" of €100 (Euro) per country must be paid to the AIDA International jury to allow their athletes to participate.

1.14

Each country names a team captain who will represent the country during event committees.

1.15

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.

1.16

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

- Static apnea: 1 seconds 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 discipline, 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

1.17

Determining the winner of an event.

1.17.1

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

1.17.2

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

1.17.3

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

1.18

It is mandatory for the athletes to report all undergoing medical treatments to the jury and the event doctor before the competition.

1.19

The anti-doping code enacted by the WADA concerning the consumption of substances and the prohibited practice is applicable, as well as the anticipated sanctions and penalties by this organization. Random tests can be organized; the winner(s) or the winning team(s) in World Championships will always have to be tested. In case of refusal, the athlete is considered as being positive.

1.20

Any inhalation of oxygen and/or highly oxygenated mixtures 45 minutes prior to the athlete's performance is forbidden.

1.21

Other performance-enhancing products can be forbidden; In case of doubt the judge has the power to decide.

1.22

The athlete may use electronic devices to monitor the external situation but he/she is not allowed to use any electronic device which monitors the internal state of his/her organism (e.g. heartbeat monitor, etc.).

1.23

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

1.24

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

1.25

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

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

1.26

All blackouts detected by the judge results in disqualification of the athlete for the discipline or further penalty by decision of the jury. The jury will always ask the event doctor's opinion before deciding on potential further penalty.

1.26.1

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

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

1.26.2

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

1.27

The athlete cannot be helped or touched by anyone or cannot touch anyone during his/her performance unless he/she is in difficulty. If this is the case, he/she will be disqualified. The athlete can be touched by the coach/partner/safety diver for repositioning and safety checks during static (6.10 and 6.14).

1.28

The Surface Protocol

1.28.1

After resurfacing the athlete has 15s to perform the Surface Protocol (SP). The SP has to be performed without any cues from the jury or the officials. The SP begins when the athlete starts removing his/her facial equipment. In case the athlete is not using facial equipment, the SP starts when the athlete gives the OK-sign to the judge.

1.28.2

Surface protocol:

- 1) remove ALL facial equipment (mask, goggles and nose clip).
- 2) give **1** visible OK-sign to the judge.
- 3) give **1** verbal OK to the judge by saying "I'm OK" or "I am OK", in International competitions this has to be done in English.

All the above has to be done IN THIS SPECIFIC ORDER within the given time window of 15s after 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.

1.29

The athlete's nose and mouth must remain out of the water and the athlete is not allowed to touch anyone, nor is anyone allowed to touch the athlete until the main judge has announced, to the athlete, that his/her performance is considered as being finished after the decision of the judge (by drawing a white, yellow or red card), at a minimum of 30 seconds after the surfacing.

1.30

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

The meaning of the coloured cards is:

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

1.31

In the event of a simultaneous start only one National (per nation), World Record will be awarded. In case more than 1 performance exceeds the current record, the athlete(s) with the lower performance(s) will also enter the record recognition procedure in order to claim a record in case the athlete with the best performance fails the doping test.

1.32

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

1.33

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

1.34

Performances exceeding current World Records during competition:

1.34.1

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

1.34.2

In order to judge a performance exceeding a current record (National, World) during a competition as "National Record" or "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.

1.34.3

The organiser is required to provide doping kit, testing and provide sufficient video images. Sufficient video images; the athlete has to be filmed on resurfacing; the face of the athlete has to be completely visible and recognisable, the complete SP has to be visible, facing the camera. It should be clearly visible on the images that the athlete is not being touched by anyone until the decision of the jury is taken.

Video images should cover the complete attempt from 30s before OT until the decision is taken by the jury (1 minute after resurfacing).

1.35

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

2. SAFETY

2.1

General

2.1.1

The AIDA Safety protocols for competition are applicable to every AIDA International competition.

2.1.2

The AIDA Safety guidelines are applicable to every AIDA International competition.

2.2

Safety Lanyard

2.2.1

A safety lanyard is mandatory for all depth events.

2.2.2

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

- a karabiner without screws in which the opening (minimum 15mm) is big enough to allow the karabiner to be placed and hooked to the line without difficulty. The "finger" of the karabiner must function normally; in other words opening with little pressure and closing automatically.
- a semi-elastic or non elastic link between 30cm (minimum) and 100cm (maximum when stretched) in length, made up of a material designed to not make knots (e.g. a cord, or a cord covered with plastic).
- a wrist or ankle band which cannot be removed inadvertently, which includes a ring having an interior diameter of a minimum of 26mm for athletes wearing the lanyard on the wrist; OR a belt other than the weight belt, which cannot be removed inadvertently for those wearing the lanyard on the waist, the belt holding the lanyard must be situated higher than the weight belt. In this last case, the freediver will still wear a wrist band, which cannot be removed inadvertently, including a lanyard ring of an interior diameter of a minimum of 26mm.
- the total weight of the safety lanyard may not exceed 500gr.

2.2.3

The lanyard will be systematically checked by the jury and must not be removed by the athlete during the performance, unless necessary in that case he/she will be penalized.

2.2.4

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

2.2.5

The organizer will ensure that the safety divers are equipped with the necessary materials in order to implement a rapid resurfacing of the athlete with the aforementioned wrist band, without having to resurface alongside the athlete experiencing difficulty.

3. CONSTANT WEIGHT WITH AND/OR WITHOUT FINS

3.1

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

For the AIDA ranking however, 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.

3.2

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

3.3

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

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

3.4

The following countdown is conducted in English by the speaker, and where possible, for international competitions, by an automated system: 2'00, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official top, 10", 20", 30", start cancelled.

The maximum time to start after OT is 30", 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".

3.5

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

3.6

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

3.7

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

3.8

Warm-up:

- The warm-up period starts on one of the lines 45 minutes before the start of the first official attempts and lasts until the end of the event,
- Warm-up and official lines may not be too far apart, thought far enough apart so warming-up athletes can't hinder athletes on the official line.
- There may not be more than two athletes under the water at a time per warm-up line.
- Inside the warm-up zone, it is prohibited to dive except on the warm-up line(s).
- The warm-up line base plate is situated at a depth relative to the level of the freediver warming up.
- Each line will always be under the responsibility of a person situated outside the water, having the authority to stop the descents on the line at any time, including the performance line(s).

3.9

A partner (captain/coach) is authorized to monitor and supervise the warm-up and the performance of the athlete. He/she may assist him 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. He/she is permitted to stay at the surface but is not authorized to descend and accompany the end of the performance of his/her athlete. If so, the athlete will be disqualified.

3.10

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

3.11

Equipment:

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

3.12

The athlete wears an official depth-measuring device on his/her wrist, which is provided by AIDA International (in international competitions) or by the organizer (in all other competitions) and tested and calibrated by the jury.

3.13

The athlete must bring a tag up to the surface and deliver it to a member of the jury. This tag is situated on the final base plate at the announced depth of the athlete; the tag should be attached in such a way that it can be removed without the use of any force. In an event without fins, the tag must have a wrist/arm-ring which allows the athlete to use his/her hands, or a complete Velcro system so the freediver can attach the tag on him/her.

3.14

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 3.14.1 and 3.14.2.

3.14.1

While the athlete is performing and his/her airways are submerged the athlete is only allowed to pull the line within the 1.5m zone from the bottom plate without disqualification. Any pulling of the line outside the 1.5m zone will result in disqualification, except in case of an early turn where the athlete is allowed to pull on the line ONCE in order to make the turn.

3.14.2

The athlete can use the line as guide during the complete dive, but cannot use the line as support. 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 of the 1.5m zone where the athlete can freely move his/her hands or grab the line; the 1.5m zone will be clearly marked and visible.

3.15

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

3.16

Depth measurement:

- At the announced depth there will be a white, yellow or transparent base plate with minimal diameter of $\varnothing 20$ cm; if the base plate is transparent there has to be a white or yellow band marking the outside of the plate, with a minimum width of 5cm.
- The athlete must ascend with the tag which is located at the base plate at the announced depth. 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.
- 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 greater depth than is announced, the announced depth will be taken into consideration. If it is obvious that the base plate is positioned too deep, the organiser has to correct the depth of the base plate as soon as possible during the competition.
- If the measuring device indicates a shallower depth than is announced, a penalty is applied, unless the tag has been brought up and delivered to a member of the jury. If it is obvious that the base plate is positioned too shallow, the organiser has to correct the depth of the base plate as soon as possible during the competition.
- The tested devices are assigned an error coefficient, which is communicated to the captains by the jury.

3.17

The athlete must, when he/she resurfaces, respect the Surface Protocol completely (point 1.28).

3.18

The athlete's nose and mouth must remain out of the water and the athlete is not allowed to touch anyone, nor is anyone allowed to touch the athlete until the main judge has announced, to the athlete, that his/her performance is considered as being finished, after the decision of the judge (by drawing a white, yellow or red card), at a minimum of 30 seconds after the surfacing.

3.19

The organizer must film the resurfacing of the athletes with at least 1 camera at least until the decision is taken by the jury. The video is systematically used for protests concerning a blackout or Surface Protocol, the decision of the judges is preponderate. In case of a performance exceeding the current World Record see minimal requirements in 1.34.3.

3.20

FINAL HEAT

3.20.1

All the above points are applicable for the final heat.

4. FREE IMMERSION

4.1

The event takes place in salt or fresh water. The athlete pulls him self down and up by using the rope, no fins of any kind are allowed.

4.2

The day before the qualifying heats for free immersion, at least 4 hours prior to the event committee, each captain must send the athlete's announced performances to the jury.

4.3

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

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

4.4

The following countdown is conducted in English by the speaker, and where possible, for international competitions, by an automated system: 2'00, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official top, 10", 20", 30", start cancelled.

The maximum time to start after OT is 30", 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".

4.5

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

4.6

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

4.7

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

4.8

Warm-up:

- The warm-up period starts on one of the lines 45 minutes before the start of the first official attempts and last until the end of the event,
- Warm-up and official lines may not be too far apart, though far enough apart so warming-up athletes can't hinder athletes on the official line.
- There may not be more than two athletes under the water at a time per warm-up line.
- Inside the warm-up zone, it is prohibited to dive except on the warm-up line(s).
- The warm-up line base plate is situated at a depth relative to the level of the freediver warming up.
- Each line will always be under the responsibility of a person situated outside the water, having the authority to stop the descents on the line at any time, including the performance line(s).

4.9

A partner (captain/coach) is authorized to monitor and supervise the warm-up and the performance of the athlete. He/she may assist him 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. He/she is permitted to stay at the surface but is not authorized to descend and accompany the end of the performance of his/her athlete. If so, the athlete will be disqualified.

4.10

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

4.11

Equipment:

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

4.12

The athlete wears an official depth-measuring device on his/her wrist, which is provided by AIDA International and tested and calibrated by the jury.

4.13

The athlete must bring a tag up to the surface and deliver it to a member of the jury. This tag is situated on the final base plate at the announced depth of the athlete; the tag should be attached in such a way that it can be removed without the use of any force. In a free immersion event, the tag must have a wrist/arm-ring which allows the athlete to use his/her hands, or a complete Velcro system so the freediver can attach the tag on him/her.

4.14

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

4.15

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

4.16

Depth measure:

- At the announced depth there will be a white, yellow or transparent base plate with minimal diameter of $\varnothing 20\text{cm}$; if the base plate is transparent there has to be a white or yellow band marking the outside of the plate, with a minimum width of 5cm.

- The athlete must ascend with the tag which is located at the base plate at the announced depth. 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.
- If the athlete does not bring up the tag, the official depth device serves to measure the performance.
- The performances are rounded down to the nearest meter.
- If the measuring device indicates a greater depth than is announced, the announced depth will be taken into consideration. If it is obvious that the base plate is positioned too deep, the organiser has to correct the depth of the base plate as soon as possible during the competition.
- If the measuring device indicates a shallower depth than is announced, a penalty is applied, unless the tag has been brought up and delivered to a member of the jury. If it is obvious that the base plate is positioned too shallow, the organiser has to correct the depth of the base plate as soon as possible during the competition.
- The tested devices are assigned an error coefficient, which is communicated to the captains by the jury.

4.17

The athlete must, when he/she resurfaces, respect the Surface Protocol completely (point 1.28).

4.18

The athlete's nose and mouth must remain out of the water and the athlete is not allowed to touch anyone, nor is anyone allowed to touch the athlete until the main judge has announced, to the athlete, that his/her performance is considered as being finished, after the decision of the judge (by drawing a white, yellow or red card), at a minimum of 30 seconds after the surfacing.

4.19

The organizer must film the resurfacing of the athletes with at least 1 camera at least until the decision is taken by the jury. The video is systematically used for protests concerning a blackout or Surface Protocol, the decision of the judges is preponderate. In case of a performance exceeding the current World Record see minimal requirements in 1.34.3.

4.20

FINAL HEAT

4.20.1

All the above points are applicable for the final heat.

5. DYNAMIC APNEA WITH AND/OR WITHOUT FINS

5.1

The event takes place in a pool with a minimum depth of 1.20 m. 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 however, 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.

5.2

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

5.3

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.

5.4

For World Championships the OT times for the official attempts are determined the day before at the beginning of the event committee. For 1-day events the OT times are determined directly after registration. The order in which the athletes start can be determined by announced performance or by draw.

5.5

The interval between OT times (or series) at World Championships should at least be 8 minutes, for all other AIDA competitions the OT-interval is determined by the organizers in consultation with the head of jury. The following countdown is conducted in English by the speaker, and where possible, for international competitions, 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", 30", start cancelled.

If the athlete starts after the 10-second authorized window, a penalty is applied. The maximum time to start after OT is 30", 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".

5.6

The athletes must appear before the jury on the premises of the competition at least 45 minutes before their OT.

5.7

At the end of each hour of competition an intermission with a minimum duration of 10 minutes has to be organised for the jury and the cameramen.

5.8

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

5.9

The warm-up period starts 45 minutes before the start of the first OT and last until the end of the event.

5.10

A partner (captain/coach) is allowed to follow and supervise the athlete's warm-up and performance. He/she may assist the athlete in the 2 official zones, from OT the partner is no longer authorized to touch the athlete. If so, the athlete will be disqualified.

5.11

The athlete is allowed to use arm strokes in both disciplines any other means of propulsion are forbidden. Any kind of special paddles or swimming gloves/socks are forbidden.

5.12

The athlete has only one official attempt. Once the mouth and nose are immersed, the attempt is considered as having started. The athlete must be in the water before immersion. Diving or jumping starts as well as any other forms of running starts from a support point are prohibited. The attempt is considered to be finished when the nose and/or mouth emerge.

5.13

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

5.14

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 side-wall, 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 way the safety freedivers can cover different areas of the pool lane.

5.15

It is necessary to make provisions for a resting point for the preparation phase if the pool is deeper than 1.5m.

5.16

The Realized Performance (RP) is determined by the exit of the nose and/or mouth (except when the athlete ascends against the wall, the athlete must touch the wall before his/her mouth and nose exit from the water).

5.17

Any propulsion assistance other than swimming movements is forbidden (except in case of thrusting against the side of the wall during turns). This means that the nose and/or mouth of the athlete have to exit before or simultaneously, when grabbing the pool edge or the lane-rope in the pool.

5.18

The athlete must, when he/she resurfaces, respect the Surface Protocol completely (point 1.28).

5.19

The athlete's nose and mouth must remain out of the water and the athlete is not allowed to touch anyone, nor is anyone allowed to touch the athlete until the main judge has announced, to the athlete, that his/her performance is considered as being finished, after the decision of the judge (by drawing a white, yellow or red card), at a minimum of 30 seconds after the surfacing.

5.20

The organizer must film the resurfacing of the athletes with at least 1 camera at least until the decision is taken by the jury. The video is systematically used for protests concerning a blackout or Surface Protocol, the decision of the judges is preponderate. In case of a performance exceeding the current World Record see minimal requirements in 1.34.3.

5.21

Cameras and photographers are only allowed in the water in specific media lane(s), so they don't intervene with the athletes.

5.22

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

5.23

The official speaker continuously comments throughout the dynamic apnea event. He/she may announce the realized performances by each athlete at the end of their performance.

5.24

POOL

5.24.1

The start must be done in the water, with all airways immersed within 1.5m from the wall, otherwise the athlete will be disqualified. During the athlete's start (movement) the athlete must touch the wall with a part of the body, if not a penalty is applied.

5.24.2

A part of the body must touch the wall at each turn, if the athlete fails to do so a penalty is applied.

5.25

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

5.26

FINAL HEAT

5.26.1

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

5.26.2

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

6. STATIC APNEA

6.1

The event takes place in a pool (minimal depth: 0.5meters) or in a confined safe natural environment.

6.2

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.

6.3

For World Championships the OT times for the official attempts are determined the day before at the beginning of the event committee. For 1-day events the OT times are determined directly after registration. The order in which the athletes start can be determined by announced performance or by draw.

6.4

The interval between OT times (or series) at World Championships should at least be 14 minutes, for all other AIDA competitions the OT-interval is determined by the organizers in consultation with the head of jury. The following countdown is conducted in English by the speaker, and where possible, for international competitions, 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", 30", start cancelled.

If the athlete starts after the 10-second authorized window, a penalty is applied. The maximum time to start after OT is 30", 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".

6.5

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

6.6

The athletes must appear before the jury on the premises of the competition at least 45 minutes before their OT.

6.7

At the end of each hour of competition an intermission with a minimum duration of 10 minutes has to be organised for the jury and the cameramen.

6.8

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

6.9

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

6.10

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 during all the performance until his/her nose or mouth emerges, and manage freely the touching-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 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 at a low voice. If not, the athlete will be disqualified.

6.11

The attempts may take place at the bottom but no deeper than 2m, or at the surface; the athlete is free to choose his/her position.

6.12

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

6.13

An AIDA International judge and a time-keeper of the organization will time the attempt. They will start their stopwatches upon immersion, when the nose and mouth are below 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.

6.14

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 sign, 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 reasonable doubt that the athlete is in need of assistance.

6.15

The athlete must, when he/she resurfaces, respect the Surface Protocol completely (point 1.28).

6.16

The athlete's nose and mouth must remain out of the water and the athlete is not allowed to touch anyone, nor is anyone allowed to touch the athlete until the main judge has announced, to the athlete, that his/her performance is considered as being finished, after the decision of the judge (by drawing a white, yellow or red card), at a minimum of 30 seconds after the surfacing.

6.17

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

Example:

Registered times: 5'08"64 and 5'07"48 Average will be: $(5'08" + 5'07") / 2 = 5'07"50$
registered performances will be: 5'07" = 61.4 points

6.18

The organizer must film the complete performance without interruption; starting 10s before OT and until the decision is taken by the jury with at least one camera. The video is systematically used for protests concerning a blackout or Surface Protocol, the decision of the judges is preponderate. In case of a performance exceeding the current World Record see minimal requirements in 1.34.3.

6.19

Cameras and photographers are not admitted in the water other than in specific media zones, so they don't intervene with the athletes.

6.20

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

6.21

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

6.22

FINAL HEAT

6.22.1

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

6.22.2

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

7. PENALTIES

7.1

The mistakes mentioned below are no reason for disqualification, but penalty points will be applied on the concerned performance, negative numbers don't exist.

7.2

No results which include penalties can be accepted as a World and/or National Record.

7.3

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

7.4

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.

7.5

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

7.5.1

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

Example: AP = 50m and RP (read on the device) = 47.5m
Device error coefficient = 0.98
Actual performance = $47.5 \times 0.98 = 46.55$ -> RP = 46m
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

7.5.2

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

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

7.5.3

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

7.6

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

7.6.1

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

7.6.2

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

7.7

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

7.7.1

While the athlete is performing and his/her airways are submerged, the athlete is only allowed to secure the line within the 1.5m zone from the bottom plate without penalty. Securing of the line outside the 1.5m zone, while the airways are submerged and while the performance is under way, a penalty of 10 POINTS per occurrence is applied.

7.8

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

7.8.1

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.

7.8.2

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

7.8.3

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 10 POINTS is applied.

8. PROTESTS

8.1

A team captain, or in 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 results.

8.2

Upon exit from the water in constant weight and free immersion, if the divers in charge of safety of the athletes and of monitoring the descents and ascents report to the jury that a competitor did not respect the regulation under the water, the jury serves this incident to the competitor or to his/her captain no later than during the posting of the results.

8.3

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

8.3.1

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

8.3.2

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

8.3.3

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

8.3.4

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.

8.3.5

Without further discussion the jury will proceed with voting. For each protest, the international judges and the assistant judges of the jury vote separately and by secret ballot. If the decision of the assistant judges coincides with that of the international judges, the decision is final. If this is not the case, only the international judges vote again by secret ballot either by taking into consideration or not the opinion of the assistant judges. The result of the second vote is final no matter the result.

8.4

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

8.5

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

8.6

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

8.7

For International Competitions, during jury votes following a protest, a judge with the same nationality as the athlete having submitted the protest is not allowed to vote. In this case, the voice of the jury president will count as double, respectively that of the jury vice president if the athlete has the same nationality as the president, in order to maintain an odd number of voices.

8.8

For all jury decisions, in the case of equal voices (for example, in the case of abstention), the voice of the jury president, respectively that of the jury vice president, will count as double.

8.9

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

8.10

The athlete can protest about the circumstances during his/her performance, e.g. when hindered by safety divers or in case of failures in the organisation 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.

9. EVENT COMMITTEE

9.1

The event committee is erected with the intent to a smooth running of the event and to answer questions concerning regulations and organisation.

9.2

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.

9.3

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

9.4

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

9.5

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.

10. JURY

10.1

In International Competitions the jury is composed of a minimum of 5 international judges, at least 1 international judge (level E or higher) per competition zone is mandatory.

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

10.2

The assistant judges are used in order to relieve the 5 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.

10.3

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

10.4

The jury is present on the competition site at 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 regulation or if his/her behaviour 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.

10.5

A member of the jury is in the water during the entire constant weight and free immersion competition; In case of an announced performance exceeding the current World Record, there have to be two judges in the water (see 1.34.1).

10.6

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

11. PERFORMANCE MINIMA (only Individual World Championships)

11.1

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

11.2

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

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

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

11.3

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

11.4

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

11.5

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

12. ORGANIZER

12.1

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

- all regulations applicable to the event
- the competition program (start of competitions, event committees, remission of costs, etc.)
- a document with information concerning premises, date, possible lodging, contingent liabilities, etc.
- a document describing the facilities implemented to ensure the safety of athletes, jury and spectators
- a document describing the alert and evacuation plan/procedures
- all documents describing the planning and administration of the event, if necessary
- a diagram of the different sites

12.2

It is mandatory for the organizer to have an Internet site, in English, detailing specific 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 country laws concerning diving/freediving
- Specific information for Medias (name of a contact, availability of underwater pictures, etc.)

12.3

AIDA International is obliged to form a jury at least 2 months prior 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 the jury's travel and lodging expenses. The travel expenses have to be prepaid by the organizer and all travel documents have to be available to the judges not later than two weeks before the event.

12.4

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

12.5

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

12.6

The organizer, and 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.

12.7

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.

12.8

A general information session intended for all athletes, captains, organizers, judges, media, safety scuba and freedivers, medical and emergency staffs, must be made available by the organizer the first day of the event (opening day). During this information session, the organizer will provide a detailed program of the entire event, in particular including notably the daily schedules of all the event committees and the posting of the official results.

12.9

The organizer must provide logistical and secure facilities allowing 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.

12.10

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

12.11

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

- implementation of the organization (lodging, scheduling, logistics),
- arrangement of the organization in regards to the event safety through an assembly with the chief diving officers,
- facilities and administrative arrangements.

12.12

This commission will be composed of at least one member of the jury and should work in close consultation with the organizer to mitigate any problems and find necessary solutions for an efficient organization, this commission reports directly to the AIDA International Executive Board.

12.13

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

12.14

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, which allows the organization to acclimate. The openers observe the same conditions as the athletes, but they may not be competitors.

12.14.1

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 National, World records.

12.15

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.

12.16

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.

12.17

For depth discipline events, all scuba divers who will be in the water must possess a certification and the appropriate equipment for the level at which they are stationed and that follows the rules and regulations of recognized training agencies such as PADI, NAUI, IANTD, TDI, CMAS and other equivalent agencies. The safety freedivers should be able to easily frequently descend to 15m, the organizer is responsible for verifying these levels. All safety freedivers must be approved and validated by AIDA International before the event.

12.18

The number of safety freedivers must be sufficient enough to allow 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.

12.19

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

- the official line has to be immersed in the water for a sufficient period of time so it is evident it is completely soaked,
- the line must be stretched maximally by mechanical means (car, etc.) directly upon exit from the water,
- retention of the line with the exact net weight used for the competition after having released the stretch, this weight has to be between 20 and 50kg or in case of a counter ballast system the weight of the counter ballast system; the additional use of a dynamometer is indicated.
- The line can now be measured and tagged while tensed.

12.20

Calibration of the depth measuring devices after the line is measured and tagged, the depth measuring devices are calibrated in the following way:

- the line is put into the water using the same arrangement as that will be used for the competition,
- each device is marked clearly and distinctly,
- the devices are tested at four depths in relation to the line measure (-100m, -80m, -60m, -40m),
- the given measures are then indexed for each instrument,
- the jury then calculates the error coefficient of each device in the following way;
Indexed measures: -100.7m -80.5m -60.8m -40.2m
error coefficient at 100m = $100 / 100.7 = 0.993$
error coefficient at 80m = $80 / 80.5 = 0.993$
error coefficient at 60m = $60 / 60.8 = 0.986$
error coefficient at 40m = $40 / 40.2 = 0.995$
final coefficient = 0.99
- application of the error coefficient to the depth posted by the devices in order to obtain the actual depth is then sufficient for training and competition.

12.21

The organizer must implement the following video captures;

12.21.1

The organizer must film the complete performance without interruption; starting 10s before OT and until the decision is taken by the jury AND the athlete has given the depth gauge and tag to the jury with at least one camera. The video is systematically used for protests concerning a blackout or the Surface Protocol, the decision of the judges is preponderate. In case of a performance exceeding the current World Record see minimal requirements in 1.34.3.

12.21.2

All video images must be filmed using new cassettes, in digital PAL or NTSC, on mini-DV format.

12.21.3

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

12.21.4

In World Championships, in constant with or without fins there has to be a bottom camera filming the turn.

12.21.5

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

12.21.6

It is possible that the organizers may have to make copies of the official videos under supervision of the jury (or a designated official), or leave the original videos with the jury. The official videos remain with the jury (or with the designated official) until the copies have been made. An updated list of the athletes concerned must accompany each cassette, in order to place the appropriate freediver with the appropriate cassette. All copies for AIDA International must be in digital PAL or NTSC, on mini-DV format.

12.21.7

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

12.21.8

The organizers may have as many official cameras as they wish, as long as they are prepared in accordance with the above articles by the jury.

13. RECOGNITION

13.1

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

13.2

Only AIDA International competitions appear on the official calendar and entitle the recognition of performances and/or records by AIDA International. Only AIDA International competitions appear on the AIDA Ranking List if the organisation fulfils all ranking minima.

13.3

AIDA International recognizes four distinct types of competitions:

- 1) International Competitions: "World Championships" and "World Cups" organized under the auspices of AIDA International.
- 2) National Open Competitions: any competition organized by, or under the auspices of an AIDA National, including participants of several countries and respecting the rules below.
- 3) National Competitions with Guests: any competition organized by, or under the auspices of an AIDA National including a majority of participants of the same country (same nationality and/or same national license), but also including guests participants.
- 4) National Competitions: any competition organized by, or under the auspices of an AIDA National, only including participants of the same country (same nationality and/or same national license).

13.4

All AIDA International competitions must be announced to the AIDA International Executive Board in order to be recognized as AIDA competitions. In order to appear on the AIDA International Ranking it is mandatory to have a jury with at least 2 AIDA International judges (minimal level E).

13.5

Any proposed performance restrictions (e.g. maximum depth) must be communicated by the organizer before upon announcement of the AIDA competition for National Open, National with Guests, and National competitions; NO performance restrictions are allowed after the announcement of the competition.

13.6

All AIDA competitions must comply the present regulations (and sections 3, 4, 5, 6 and 10 completely, except points 10.1 to 10.3) in order to be recognized as AIDA International competitions. The AIDA International Executive Board is the appropriate body to decide whether or not a competition meets the AIDA International requirements. Organizers must address the AIDA International Executive Board when requesting an exception or waiver to the regulations.

13.7

INTERNATIONAL COMPETITIONS

13.7.1

The AIDA International Assembly designates the judges for international competitions, on candidacy.

13.7.2

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

13.7.3

During International Competitions, a World Record could be recognized with;

- the official judges nominated by AIDA International, at least one of them has to be level A or B.
- the official videotapes
- the doping-test
- In case of a performance exceeding the current World Record, the judges at location will declare if it is a "World Record, pending doping test results" or not immediately after checking the official videotapes.

13.8

NATIONAL OPEN COMPETITIONS

13.8.1

The AIDA International Executive Board nominates three international judges as president, vice president and substitute of the jury for National Open Competitions.

13.8.2

The AIDA National designate, if needed, the complement of the jury.

13.8.3

During National Open Competitions, a World Record could be recognized with;

- the three international judges nominated by AIDA International BEFORE the event, at least one of them has to be level A or B, at least ONE international judge must be a foreign judge approved by the AIDA International Executive Board,
- the official videotapes
- the doping-test
- In case of a performance exceeding the current World Record, the judges at location will declare if it is a "World Record, pending doping test results" or not immediately after checking the official videotapes.

13.9

NATIONAL COMPETITIONS WITH GUESTS

13.9.1

The AIDA National designates the judges for National Competitions.

13.9.2

However, the AIDA National may call upon International AIDA judges if they wish.

13.9.3

During National Competitions with Guests, a World Record could be recognized with;

- the three international judges nominated by AIDA International BEFORE the event, at least one of them has to be level A or B, at least ONE international judge must be a foreign judge approved by the AIDA International Executive Board,
- the official videotapes
- the doping-test
- In case of a performance exceeding the current World Record, the judges at location will declare if it is a "World Record, pending doping test results" or not immediately after checking the official videotapes.

13.10 NATIONAL COMPETITIONS

13.10.1
The AIDA National designates the judges for National Competitions.

13.10.2
However, the AIDA National may call upon International AIDA judges if they wish.

13.10.3
During National Competitions, a World Record could be recognized with;

- an international AIDA judge, president of the jury, nominated by AIDA International BEFORE the event, on the organizer's special request, this judge has to be level A or B, at least ONE international judge must be a foreign judge approved by the AIDA International Board,
- the official videotapes
- the doping-test
- In case of a performance exceeding the current World Record, the judges at location will declare if it is a "World Record, pending doping test results" or not immediately after checking the official videotapes.

13.11
COMPETITIONS not under the auspices of an AIDA National

13.11.1
It's possible for private persons, clubs or other organizations to organize an AIDA International competition. This could be the case when there is no National AIDA in the country concerned or for some reason the AIDA National is uncooperative. In this special case or other special circumstances, a request must be made directly to the AIDA International Executive Board.

14. MISCELLANEOUS/OTHER

14.1
Limitations related to the sponsors of the organizers or athletes must not interfere with the organization of the events.

14.2
The event committee will indicate the number and the location of different accredited media.

14.3
The organization can not be held responsible for accidents caused by athletes not respecting the present regulations.

14.4
The present regulations may not be changed in the 3 months preceding World Championships.

14.5
Only the jury is competent to make any decision not appearing in the present regulations.