

COMPETITION RULES AND REGULATIONS

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TABLE of CONTENTS

1	DEFINITIONS.....	2
2	INTRODUCTION.....	3
2.1	Mission.....	3
2.2	Applicability.....	3
2.3	Document structure.....	3
2.4	Official time for events.....	3
2.5	Miscellaneous.....	3
3	DISCIPLINES — RECORDS — EVENTS.....	4
3.1	Disciplines.....	4
3.2	Records.....	5
3.3	Events.....	5
4	GENERAL RULES.....	10
4.1	General.....	10
4.2	International competitions.....	17
4.3	World championships.....	20
	4.4 World records in competition.....	21
4.5	World record attempts.....	22

5	SAFETY PROCEDURES.....	24
5.1	General.....	24
5.2	Safety enhancements.....	26
5.3	International competitions.....	30
5.4	World championships and world records attempts..	30
6	STATIC APNEA (STA).....	31
6.1	General.....	31
6.2	World championships.....	32
6.3	World records in competition.....	32
	6.4 World record attempts.....	32
7	DYNAMIC APNEA (DYN-DYNB-DNF).....	33
7.1	General.....	33
7.2	International competitions.....	34
7.3	World championships.....	34
7.4	World records in competition.....	34
7.5	World record attempts.....	34

8	DEPTH DISCIPLINES (CWT-CWTB-CNF-FIM).....	35
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8.1	General.....35	
8.2	International competitions.....36	
8.3	World championships.....36	
8.4	World records in competition.....37	
8.5	World record attempts.....37	
9	VARIABLE WEIGHT (VWT).....	38
10	PENALTIES.....	39
11	PROTEST PROCEDURES.....	41
12	VIDEO DOCUMENTATION AND REVIEW.....	43
12.1	General.....43	
12.2	International competitions.....43	
12.3	World championships.....43	
12.4	World records in competition.....44	
12.5	World record attempts.....44	
13	DOPING TEST PROCEDURES.....	45
13.1	General.....45	

13.2	Doping test.....47	
13.3	Doping forms.....48	
13.4	Shipping and results.....48	
13.5	Publications.....49	
14	WORLD CHAMPIONSHIPS.....	50
14.1	Organizer.....50	
14.2	Event committee.....53	
14.3	Miscellaneous.....53	
	CREDITS.....	54
	RELATED DOCUMENTS.....	54
	RECORD OF CHANGES.....	55
A-1	Appendix 1: OK- SIGNAL.....58	
A-2	Appendix 2: AIRWAYS.....59	
A-3	Appendix 3: PULL.....60	
A-4	Appendix 4: GRAB.....61	
A-5	Appendix 5: OK-SIGNAL DIRECTION.....62	

AIDA 1.

DEFINITION

S EVENT MEDIC

Association Internationale pour le Développement de l'Apnée —
The International association sanctioning these rules

AIDA CALENDAR

The calendars on the AIDA website for various purposes like competitions, world record attempts, instructor courses, and judge courses. The calendar can be found on www.aidainternational.org/Events/EventCalendar

AIDA NATIONAL

The single national body for each country officially recognized as a representative of AIDA and a member of the AIDA Assembly

AIRWAY

The nose and mouth, note that items like snorkels are considered to be extensions of the airway

AP Announced Performance

CNF Constant weight

without fins **CWT** Constant

weight with fins **CWTB**

Constant weight with bifins

FIM Free immersion

Disciplines

www.aidainternational.org/Disciplines

DNF Dynamic apnea

without fins **DYN**

Dynamic apnea

with fins **DYNB**

Dynamic apnea

The designated official in charge of the medical care and treatment of the athletes

JUDGE

An AIDA-recognized, qualified, and current judge of at least level E

JURY

The judges that have been selected to adjudicate a given competition or record attempt. There is a minimum of two judges on the jury

ORGANIZER

The designated person(s) in charge of, and fully responsible for the competition as a whole

IOP Judge Internal operations and procedures **OT** Official Top

RP Realized Performance

SP Surface Protocol with bifins

STA Static apnea

VWT Variable weight

apnea **NLT** No Limits

apnea

COMPETITION RULES AND REGULATIONS Version

2. INTRODUCTION

2.1 MISSION

One of AIDA's primary missions is to recognize records, performances, and competitions

in the various disciplines of apnea (freediving). In order to maintain a current table of records and ranking lists, competition rules and regulations are essential to this goal, as well as, standards for measurable, comparable, equitable, and safe performances.

2.2 APPLICABILITY

This document applies to all events organized under the auspices of AIDA or an official AIDA National. Events can be competitions like, International competitions and World Championships, or World Record attempts and / or National Record attempts. Only results from recognized AIDA events will be entered in the AIDA Ranking Lists.

2.3 DOCUMENT STRUCTURE

The core chapters of this document have the following structure:

1. General,
2. International competitions,
3. World championships,
4. World records in competition,
5. 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 competition).

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 competition).

2.4 OFFICIAL TIME FOR EVENTS

The official time for all AIDA competitions and events shall be coordinated universal time (UTC) converted to the local time zone. UTC is available on numerous websites e.g. www.timeanddate.com/worldclock.

2.5 MISCELLANEOUS

2.5.1 If these rules are translated into other languages, if there are any resulting differences in meaning between versions, the English version is the only version that will be considered for judgments.

2.5.2 These rules and regulations are applicable for any AIDA event from January 1st, 2022.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 3

3. DISCIPLINES — RECORDS — EVENTS

3.1 DISCIPLINES

AIDA recognizes the following disciplines:

STATIC (STA): the freediver holds their breath for as long as possible with their airway submerged in water.

DYNAMIC WITHOUT FINS (DNF): the freediver swims with their airway submerged attempting to cover the greatest possible distance. Propulsion aids (e.g. fins) are prohibited.

DYNAMIC WITH FINS (DYN): the freediver swims with fins / monofin with their airway submerged attempting to cover the greatest possible distance. Propulsion aids other than fins / monofin are prohibited.

DYNAMIC WITH BIFINS (DYNB): the freediver swims with bifins with their airway submerged attempting to cover the greatest possible distance. Propulsion aids other than bifins are prohibited.

CONSTANT WEIGHT WITHOUT FINS (CNF): the freediver descends and ascends attempting to reach a targeted depth using only their arms and legs. Propulsion aids and / or pulling on the rope are prohibited.

CONSTANT WEIGHT WITH FINS (CWT): the freediver descends and ascends attempting to reach a targeted depth by swimming with fins / monofin and / or their arms. Propulsion aids other than fins / monofin are prohibited.

CONSTANT WEIGHT WITH BIFINS (CWTB): the freediver descends and ascends attempting to reach a targeted depth by swimming with bifins and / or their arms. Propulsion aids other than bifins are prohibited.

FREE IMMERSION (FIM): the freediver descends and ascends attempting to reach a targeted depth by pulling on the rope. Propulsion aids are prohibited.

VARIABLE WEIGHT (VWT): the freediver descends with the help of a ballast-weighted sled attempting to reach a targeted depth and ascends using only their own muscle strength. Propulsion aids like fins / monofin and / or pulling on the rope are allowed, but motorized aids or gas filled balloons are forbidden.

NO-LIMITS (NLT): the freediver descends and ascends attempting to reach a targeted depth with the help of a ballast-weighted sled. Ascent may be made by a method of the athlete's choice (e.g. balloon, counter balance system, ballast).

3.1.1 VARIABLE WEIGHT (VWT)

The sled freedive discipline VWT (Variable Weight) is considered to be a record attempt discipline only (National, World Record) and AIDA does not sanction events in which this discipline is a part of a competition.

3.1.2 NO-LIMITS (NLT)

The sled freedive discipline NLT (No-Limits) is no longer sanctioned by AIDA. Although, the history of records will be maintained.

3.2 RECORDS

3.2.1 AIDA shall maintain a register of men's and women's Continental and World Records for each of the disciplines described in section 3.1.

3.2.2 AIDA does not recognize any sub-categories of records, such as but not limited to: lake — sea, altitude, under ice, etc.

3.2.3 In the case of an athlete equaling or exceeding a Continental and / or World Record with all the necessary

procedures described in this document being correctly followed, then the athlete shall become the Continental and / or World Record holder and be added to the register.

3.2.4 Only AIDA World Record attempts and official AIDA competitions appear on the AIDA Event calendar. Only results from official AIDA competitions can appear on the AIDA Ranking list. Only results from official AIDA World Championships, International competitions with World Record status or World record attempts are eligible for Continental and World Records.

3.2.5 CONTINENTAL RECORDS

3.2.5.1 AIDA recognizes Continental Records for its six continents: Europe, North America, South America, Africa, Asia and Oceania.

3.2.5.2 AIDA does not accept separate Continental Record attempts.

3.2.6 NATIONAL RECORDS

3.2.6.1 If in an AIDA Competition (counting for the Ranking) an athlete exceeds or matches the National Record of his/her country and the athlete receives a white card, the performance is recognized as AIDA National Record. The athlete must be a member of the national corresponding to his/her citizenship (passport) if this National exists (if not, athletes may register in any National that is an active Member of AIDA) and be allowed by the National to become a member of that National.

3.3 EVENTS

3.3.1 AIDA recognizes two distinct types of competitions:

1. International competitions with or without World Record status, organized by or under the auspices of an AIDA National, or directly sanctioned by AIDA where no AIDA National exists or where the National is uncooperative;
2. World Championships, organized by AIDA.

3.3.2 All AIDA events must be announced to AIDA via the AIDA website, www.aidainternational.org/Events/EventAnnounce. Announcement of the event has to be done prior to the event, timing depending on the level of the event:

1. World Championships, minimum 9 months prior to the event, see requirements in Chapter 14
2. World Record Attempts, minimum 6 weeks prior to the first day of the attempt.
3. International competitions, minimum 2 weeks prior to the first day of the competition. The National AIDA approving the event must communicate its initial decision of approval/refusal in maximum 3 days from the notification and in case the answer is negative, it must contain all the reasons for the refusal. The organizer can bring solutions to the reasons of the refusal and the National must respond again in maximum 3 days. Exceptions to the above timeframes are only allowed in case of force majeure or AIDA Executive Board decision.

3.3.3 An AIDA 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 / DYNB / DNF),
- Constant weight with and / or without fins (CWT / CWTB / CNF),
- Free immersion (FIM).

3.3.4 Limitations: the sponsors of the organizers and / or athletes must not intervene with the organization of any AIDA event.

3.3.5 AIDA and the organization shall not be held responsible for accidents caused by athletes not respecting these rules.

3.3.6 An organizer may not require an athlete to sign a publicity / model release, e.g. granting the right to the organizer to use of the athlete's name and / or images in order to participate in an AIDA competition.

3.3.7 An event must comply with these rules and regulations in order to be recognized as an AIDA competition. The AIDA Executive Board is the appropriate body to decide whether or not an event meets the AIDA requirements.

3.3.8 In order to have an event listed on the AIDA calendar the following publicity provisions must be applied:

- The AIDA logo has to be placed on all public documents as per the AIDA Competition branding rules;
- The AIDA start and results lists from the AIDA competition web-application must be used;
- The competition name must state AIDA (i.e. Panglau AIDA depth championships).

3.3.9 PROHIBITIONS FOR EVENTS

The following prohibitions apply for all AIDA events:

- It is prohibited for a judge to enter as an athlete and / or act as a safety diver in the same competition they are judging. It is allowed to switch from a judge to the safety (or visa versa), however, it is prohibited to perform the duties of a judge and safety simultaneously;
- It is prohibited for a safety diver to enter as an athlete in the same competition where they act as a safety freediver;
- It is prohibited for the event medic to enter as an athlete, safety, or judge in the same competition they are working as the event medic.

3.3.10 WORLD CHAMPIONSHIPS

3.3.10.1 AIDA recognizes 3 types of World Championships: individual POOL and DEPTH World Championships, as well as, TEAM World Championships. During TEAM World Championships three disciplines (CWT DYN-STA) will be on the program and all three will count for the final results. The World Championships are held every second year according to the following schedule:

- Individual POOL and TEAM World Championship on even years (i.e. 2016);
- Individual DEPTH World Championship on odd years (i.e. 2017).

3.3.10.2 The AIDA Assembly elects the judges for AIDA World Championships.

3.3.10.3 The AIDA Executive Board elects the President and Vice-President of the World Championship's jury after the election of the judges by the Assembly.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 **6**

3.3.10.4 The jury for World Championships consists of a minimum of six AIDA Judges. At least two judges must be managing judges and be of different nationality (level B or higher). All judges need to be senior judges, level D or higher.

3.3.10.5 If the AIDA Assembly vote does not result in fulfilling the requirements in 3.3.10.4 the AIDA Executive Board will select the required number of managing judges to fulfill 3.3.10.4.

3.3.10.6 Each performance of an AIDA World Championship must be judged by at least one of the AIDA Assembly appointed judges for pool disciplines (STA-DYN-DYNB-DNF) and at least two of the AIDA Assembly appointed judges for depth disciplines (CWT-CWTB-CNF-FIM). For depth disciplines at least one judge needs to be in the water at all times during the event, in the case of an announced performance equaling or exceeding the current World Record there must be two

judges in the water.

- 3.3.10.7 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 official judges as selected by the AIDA Assembly. The official judges may take this into consideration when making decisions. Assistant judges are not allowed to judge performances at the World Championships.
- 3.3.10.8 The results for all AIDA World Championships must be uploaded to the AIDA results system within 7 days after the last day of competition. All fees need to be paid in order to have them appear on the AIDA Ranking list. The organizer is responsible for submitting the results to AIDA by the deadline. Main judge is responsible for verifying those results prior to submission to ensure accuracy.
- 3.3.10.9 The organizer must pay a competition fee of 2 euro per start.

3.3.11 INTERNATIONAL COMPETITIONS

- 3.3.11.1 The AIDA Judge Responsible and Sport Officer must approve the event and jury (including the proposed judge candidates) for International competitions after the organizer has announced the event to the AIDA Calendar.
- 3.3.11.2 The organizer is responsible providing all required information as listed on the AIDA announcement website. In addition, AIDA depth competitions are required to provide AIDA with a complete safety and medic team list, their qualifications and contact data, as well as, providing a detailed safety and evacuation plan.
- 3.3.11.3 The jury for International competitions consists of a minimum of two AIDA judges. For International competitions with World Record status, at least one judge, shall be level B or higher, in accordance with the terms in the AIDA Judge IOP. Proposed members of the jury must disclose to the Organizer, to the AIDA National approving the event and to the Sport Officer any conflict of interests they may have as per the AIDA Statutes (Appendix 1).
- 3.3.11.4 Assistant judges may be used in order to relieve the AIDA judges of certain tasks related to their position (e.g. countdown, management of depth gauges and tags, timekeeping, etc.) and in order to use a judge and an assistant judge for each athlete during static apnea events.
- 3.3.11.5 The organizer may ask for help from AIDA in order to secure judges, if they wish.
- 3.3.11.6 Any proposed performance restrictions, e.g. maximum depth, must be communicated by the organizer to the athletes and AIDA via the AIDA website during the announcement of the event. No performance restrictions or changing of performance restrictions are allowed after the announcement

of the competition, unless weather or other considerations make the previously announced depths dangerous.

- 3.3.11.7 The minimum number of registered participants for AIDA competitions with World Record status is seven (7). In order for a performance in a WR-status competition to qualify as an AIDA World Record, the results of at least five (5) athletes must be posted to the AIDA Ranking list. This allows for recognition of a World Record if two (2) of the minimum seven (7) athletes are unable to perform e.g. due to illness. If an organizer is not certain that five (5) athletes will perform at an event, the organizer should treat the event as a World Record attempt following the provisions in 3.3.13, where the results do not post to the AIDA Ranking list, but may be valid for World and National Records.

- 3.3.11.8 In order to have performances posted in the AIDA Ranking list, each performance has to be judged by at least one AIDA judge for pool disciplines (STA-DYN-DYNB-DNF) and at least two AIDA judges for depth disciplines (CWT-CWTB-CNF-FIM). For depth disciplines at least one judge needs to be in the water at all times during the event, in the case of an announced performance equal to or exceeding the current World Record, there must be two judges in the water.
- 3.3.11.9 The results for all AIDA competitions must be uploaded to the AIDA results system within 7 days after the last day of competition and all fees need to be paid in order to have them appear on the AIDA Ranking list. The organizer is responsible for submitting the results to AIDA by the deadline. The head judge is responsible for verifying those results prior to submission to ensure accuracy.
- 3.3.11.10 The organizer must pay a competition fee of 2 euro per start.

3.3.12 CONTINENTAL — NATIONAL — REGIONAL — DISTRICT — CITY CHAMPIONSHIPS

The organizer is free to add sub championships to the main event in order to lower the barrier for newer athletes and broaden the sport of apnea; provided that the applicable AIDA National(s) are consulted and consent. However, in order to appear in the AIDA Ranking list, the conditions must be the same for all athletes and follow the regulations. An AIDA National may do as they like for events where results will not be submitted to the AIDA Ranking list, but this shall be made clear to participants prior to signing up.

3.3.13 COMPETITIONS NOT UNDER AUSPICES OF AN AIDA NATIONAL

Private persons, clubs, or other organizations may organize an AIDA competition if there is no AIDA National in the country concerned, or if the AIDA National is uncooperative. For this to occur, a request must be made directly to the AIDA Executive Board and such competitions shall be governed directly by AIDA with the provisions as stated in section 3.3 applying.

3.3.14 WORLD RECORD ATTEMPTS

- 3.3.14.1 The request to organize a World Record attempt must be presented to AIDA by the AIDA National via the AIDA website (www.aidainternational.org/Events/EventAnnounce) no less than six weeks before the commencement of the record attempt and must be accompanied by a file containing the following:
- An athletic profile of the athlete carrying out the record attempt;
 - A signed 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;
 - A detailed report on safety and an evacuation plan;
 - Contact data of all personnel involved.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 **8**

- 3.3.14.2 If no AIDA National exists in the country concerned, only then may the athlete announce for their self. AIDA may request additional guarantees to verify the actual level of the freediver and the safety conditions / results during their training sessions.

3.3.14.4 JURY FOR RECORD ATTEMPTS

The AIDA Judge Responsible together with the AIDA Sports Officer will designate two AIDA judges. Whenever possible, the judges will be from countries close to the location of the attempts. AIDA World Record attempts must have a managing judge (level B or higher) and a second judge that is a senior judge (level D or higher).

- 3.3.14.5 The organizer of the record attempt(s) will pay all expenses of the judges, including travel, lodging, and food, if any. The travel expenses and tickets have to be prepaid by the organizer and sent

to the judges no later than 10 days after their appointment.

3.3.14.6 For World Record attempts, the maximum time that can be scheduled for an event with only one set of judges is nine days. The assigned judges and AIDA must approve any exception to this provision.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 9

4. GENERAL RULES

4.1 GENERAL

4.1.1 By participating in any AIDA event or competition, each athlete accepts all of the provisions in the rules of this document.

4.1.2 ANTI DOPING AND PERFORMANCE ENHANCING PRODUCTS

WADA anti-doping standards, plus any anti-doping standards enacted by AIDA shall apply to all AIDA

competitions and record attempts. Random testing throughout the year with no relation to competition or record attempts (out of competition testing) may be organized. In the case of test refusal, the athlete will be considered as if they have tested positive. The doping test procedures are listed in Chapter 13.

- 4.1.2.1 Consumption of or use of any WADA or AIDA prohibited performance enhancing products is expressly forbidden at any time. In the case of any doubt, an AIDA judge has the power to request an anti-doping test or other means of investigation.
- 4.1.2.2 Inhalation of any compressed gas or normal pressure gas consisting of more than 21% oxygen is prohibited in the sixty minutes prior to the athlete's performance.
- 4.1.2.3 Athletes may have illnesses or conditions that require them to take particular medications. If the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption (TUE) may give that athlete the authorization to take the needed medicine. Information about how to obtain a TUE is found on the WADA website (www.wada-ama.org).

4.1.3 ATHLETE PARTICIPATION REQUIREMENTS

The documentation as listed below must be inspected during registration by the organizer.

- 4.1.3.1 All athletes must be 18 years of age or older, or 16 years of age or older with written parental consent (in English).
- 4.1.3.2 Each athlete has to be member of the AIDA National corresponding to his/her citizenship (passport) if this National exists (if not, athletes may register in any National that is an active Member of AIDA).
- 4.1.3.3 All athletes must be in possession of a signed "medical certificate of non contraindications to freediving", written in English, or in a language that the jury can read, in order to participate in any AIDA competition or record attempt. The medical certificate cannot be older than one year. It must be signed by a medical doctor and include contact information. If an athlete is a doctor, they cannot sign their own medical certificate.
- 4.1.3.4 Each athlete must be in possession of a valid passport or national identification card stating nationality for the country they represent and the International Olympic Committee (IOC) must recognize the country.
- 4.1.3.5 An athlete that has already competed in an AIDA competition may only change their nationality upon official request to and approval by AIDA. AIDA Secretary must receive all requests for change of nationality no later than October 31st. In the case of approval, their new nationality will be recognized on January 1st of the following year. An athlete may only change their nationality once every two years. For more information regarding change of nationality, contact support@aidainternational.org.

- 4.1.3.6 For AIDA depth events each athlete must fill-in and sign the AIDA competition form, it is the athlete's responsibility to fill in this form according the truth. The AIDA competition form has to be signed by a witness; a member of the Jury cannot sign this form.
- 4.1.4 It is mandatory for athletes to report all current medical treatments to the jury and the event medic before the competition (usually registration). The event medic has the right to restrict an athlete's participation if treatment that is being received by the athlete is deemed to put the athlete or others at risk.
- 4.1.5 The official time an athlete may start their performance is called Official Top, hereafter mentioned as OT.

4.1.6 Each athlete must appear at a location designated by the jury at least 60 minutes prior their OT.

4.1.7 The athlete or their coach may use electronic devices to monitor the athlete's external situation (e.g. depth), but not their internal state (e.g. heart rate monitor, oximeter, etc.). The athlete is prohibited to be in possession of any device that reads and / or reports their internal condition during their performance. If found to be in possession of such a device, the athlete will be disqualified (DQOTHER).

4.1.8 Any kind of apparatus — system for equalization or air circulation is prohibited for all

disciplines. **4.1.9 BLACK-OUT**

Any Black-Out (BO) detected by the jury will result in disqualification of the athlete for the dive, or further penalty by decision of the jury. The jury will ask the event medic's opinion before deciding on potential further penalty e.g. expulsion for part or the whole of the competition following the provisions in 5.2.3 and 5.2.4.

4.1.9.1 Each of the following symptoms will disqualify the performance for Black-Out (DQBO):

- Cardiac arrest,
- Involuntary respiratory arrest,
- Loss of consciousness.

4.1.10 TOUCH

The athlete cannot be physically helped or touched by anyone and cannot touch anyone during their performance until the jury gives their verdict for the performance by showing either a white, yellow, or red card. If this occurs, the athlete will be disqualified (DQTOUCH) except in the situations described below.

4.1.10.1 The athlete can be touched by the coach, partner, and safety freediver for repositioning and safety checks during static (see provisions in 6.1.6 and 6.1.8). Any touch after the airway emerges will result in disqualification.

4.1.10.2 The coach, partner, and safety freediver in all disciplines for repositioning prior to the airway submerging can touch the athlete. Any touching of the athlete or their equipment after the performance has started will result in disqualification.

4.1.10.3 Following 4.1.10.1 and 4.1.10.2, the athlete will not be disqualified for a non-supportive touch, which is accidental, inadvertent, or unintentional.

Any unsupportive touching, i.e. high-5, hug, etc. initiated by a coach, staff member or athlete will first result in disqualification (DQTOUCH) and a mandatory surface camera review to re-judge ONLY the touching incident. This review can be done straight after showing the card, if the competition schedule allows this to.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 **11**

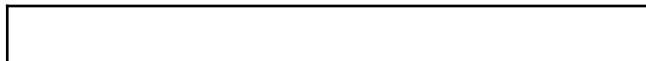
4.1.11 FLOTATION DEVICES

The use of a personal flotation device or safety kick board (in pool) is allowed in all disciplines, but use of such devices to assist the athlete after surfacing will result in disqualification (DQOTHER). The jury may prohibit a flotation device if it hinders judging, safety, and-or official video recording.

4.1.12 PERFORMANCE START AND END

4.1.12.1 The athlete's performance is considered to have started once the athlete's airway is submerged after their OT. If the athlete's airway is already submerged prior to and during his / her OT, the performance will be considered to have been started early and is subject to a penalty (EARLY) as described in Chapter 10. Inadvertent submersion of the airway due to external factors such as waves does not constitute a start.

4.1.12.2 In pool disciplines, the athlete has a window of 10 seconds after their OT to start their performance without a penalty. In the case of an athlete starting their performance after the 10 seconds window, a penalty (LATE) is applied according to Chapter 10.



4.1.12.3 The maximum time to start after OT is 30 seconds; after that the athlete is disqualified (DQ LATE START).

4.1.12.4 An athlete's performance is considered to have ended once the athlete's airway breaks

the surface. 4.1.13 SURFACE PROTOCOL

Upon surfacing from their dive an athlete must perform a series of tasks within a given time frame. The purpose of the Surface Protocol (SP) is to provide an objective test of the athlete's level of hypoxia. Failure to complete the Surface Protocol in strict accordance with this rule will result in disqualification (DQSP).

4.1.13.1 The Surface Protocol (SP) consists of the following tasks:

- Removal of all equipment covering the eyes and / or airway (e.g. mask, goggles, nose-clip);
- One visible OK-signal that is clearly visible for the judge(s), see Appendix 5;
- One verbal OK-signal to the judge(s) by saying "I'm OK" or "I am OK".

4.1.13.2 The athlete must complete the SP strictly in the order outlined above within 15.0 seconds of their airway breaking the surface. The SP starts when the athlete begins to remove their facial equipment with their hand(s) from their face. In the case that the athlete is not wearing facial equipment, the SP starts when the athlete gives the visual OK-sign visible for the judges.

4.1.13.3 Once the athlete has begun the first step of their SP, they may not make any additional or extraneous visual or verbal cues or motions until they have completed the last action of the SP. Prior to the commencement and after the completion of their SP, the athlete shall not be penalized for any motions or noises that do not contradict other rules. The SP is considered as completed when the athlete has given the verbal OK.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 12

4.1.13.4 Competition officials and jury members may not provide cues to the athlete. One nominated coach is permitted to provide verbal and visual cues to the athlete so long as doing so does not interfere with judging in any way.

4.1.13.5 In addition to the provision in 4.1.13.3, AIDA allows a facial wipe and / or the removal of the hood / swim cap without disqualification. Although, if repeated this will result in disqualification (DQSP).

4.1.13.6 An OK-sign is considered to be given when the tip of the thumb and a finger are in contact. OK-signs given with i.e. a tag or facial equipment between the touching finger and thumb are allowed. Which fingers are in contact with the thumb to form the OK-sign is not relevant to validate an OK-sign, see Appendix 1.

4.1.13.7 Following 4.1.13.1, visual OK-signs given simultaneously with both hands, repeating of the visual OK-sign after releasing it, or putting the OK-sign below the surface of the water and bringing the sign back out of the water, or repeating of the visual OK-sign with the other hand are considered as a double OK sign and thus result in disqualification (DQSP). Movements of the hand giving the visual OK-sign are not considered as multiple OK-signals and are allowed.

4.1.13.8 For all AIDA events, the verbal OK-signal, as stated in 4.1.13.1, has to be given

in English. **4.1.14 AIRWAYS**

Upon surfacing, the athlete's nose and mouth must remain out of the water until the jury has communicated their decision to the athlete, if any part of the athlete's airway fully dips below the surface during this time, the athlete shall be disqualified. (DQAIRWAYS), see Appendix 2.

4.1.15 COACH

A coach is allowed in all zones and may guide the athlete, but full immersion of the coach is prohibited during the athlete's performance until the performance has ended, otherwise the athlete is disqualified (DQOTHER). If a coach leaves the performance zone during the athlete's performance he / she is not allowed to re-enter the performance zone.

4.1.16 JUDGMENT

At the end of each performance the jury informs the athlete of their decision regarding the validity of their performance. The jury will use colored cards to communicate this decision. This direct judgment will take place between 30 seconds and 1 minute after resurfacing. This judgment may change upon reviewing the official camera footage as described in Chapter 12.

4.1.16.1 The meaning of the colored cards is as follows:

- WHITE — performance is OK — full points given for the performance;
- YELLOW — performance is OK but with penalties — see Chapter 10 for calculations;
- RED — disqualification — zero points given for the performance.

4.1.16.2 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 continuity of the event. Alternatively, this information will be presented at the posting of the results prior to the protest period.

4.1.16.3 In the case of any doubt, the benefit of the doubt is given to the athlete (i.e. if unsure of what occurred).

4.1.17 ATHLETE EQUIPMENT

4.1.17.1 LANYARD

For all depth disciplines each athlete is required to wear a safety lanyard during both warm-up and performance, constructed according the provision 5.1.15. Removal of the lanyard, other than for safety reasons, during the athlete's performance will result in a penalty (LANYARD) as described in Chapter 10. The monitoring depth gauge must be worn on the wrist opposite of that carrying the lanyard, if the lanyard is being worn on the wrist.

4.1.17.2 WETSUIT

The athlete is free to choose their wetsuit for all disciplines except VWT. For VWT the thickness of the diving suit must not exceed 7 mm (salt water) or 9 mm (fresh water), and if the wetsuit is comprised of several parts, only the area from armpit to crotch may be covered twice.

4.1.17.3 FACIAL EQUIPMENT

For all disciplines the athlete is allowed to use nose-clip, mask, goggles, and volume reducers. Athletes are allowed to put water in their mask / goggles.

4.1.17.4 WEIGHTS

For all disciplines the athlete is allowed to use **any** waist belt, wrist belt, ankle belt, and any other kind of weight system but only if it has a quick opening-release safety system. For depth disciplines, all weights have to be worn outside of the wetsuit.

4.1.17.5 FINS AND MONOFIN

Any kind of special paddles or swimming gloves / socks are forbidden. For the disciplines DYN, DYNB, CWT, CWTB, VWT, the athletes are allowed to wear fins or monofin.

4.1.18 ORGANIZERS EQUIPMENT

The following competition equipment is mandatory for all AIDA depth competitions and record attempts and has to be checked systematically by the jury in accordance with these provisions. Minimum needed safety equipment and medic's training for both pool and depth competitions as well as for record attempts are listed in Chapter 5.

4.1.18.1 COMPETITION LINE SET-UP

The line(s) at any AIDA depth competitions must be set-up according to the following provisions:

- Rope diameter of minimal 9 mm (maximum 14 mm) for both competition and warm-up lines;
- The competition rope must be a non-dynamic (static) line;
- A lanyard stopper is placed 1 m above the bottom plate (minimum diameter 60 mm);
- The bottom weight has to be determined so that it is sufficient to position the diving line vertically and straight. For events where FIM is part of the competition a minimal weight of 15 kg is required;
- A retrieval system either by counter ballast or mechanism guaranteeing the retrieval of the line including a blacked-out victim with a minimum speed of 1 m/s;
- The set-up of bottom weight and camera(s) must be such that it is highly unlikely for an athlete to get tangled at the bottom. A distance of at least 2 m below the bottom plate is mandatory for competition and warm-up lines.

4.1.18.2 BOTTOM PLATE

For depth competitions (CWT, CWTB, CNF, FIM) there must be a white, yellow, or transparent bottom plate with a minimal diameter of 20 cm at the bottom of the competition rope. The bottom plate has to be placed above the bottom weight and camera. If the bottom plate is transparent, there must be a white or yellow band marking the outside of the plate, with a minimum diameter of 2 cm. The bottom plate has to be fixed in a way so it is impossible to move during the competition.

4.1.18.3 TAGS

For the depth disciplines CWT, CWTB, CNF, and FIM, tags must be situated on the bottom plate at the announced depth of the athlete. The tag should be attached in such way that it can be removed without using force. AIDA recommends that tags have a Velcro or other system to allow athletes to attach the tag to the athlete. The tag may not exceed 65 cm². The athlete must return to the surface with at least one tag.

4.1.18.4 ROPE MEASUREMENT

The organizer is responsible for measuring all competition ropes. At least one member of the jury (for World Championships at least two members of the jury) must be present during the stretching and measuring of the rope to ensure compliance with the provisions in section 4.1.18. The jury may perform this task themselves if they decide to do so.

- The official line(s) has to be soaked in water for a sufficient period of time so it is evident the line(s) is completely soaked;
- The line(s) must be stretched maximally by mechanical means (car, etc.) directly upon exit from the water (care should be taken not to damage or over stretch the rope);
- The line will be weighted with the exact weight used for the competition after having released the stretch via use of a pulley. This weight has to be at least 15 kg or in case of a counter ballast system the weight of the counter ballast system, if this weight is constantly hanging on the rope during competition. The additional use of a dynamometer is indicated;
- The line is measured and tagged while under tension;
- The jury is to ensure that sufficient marks are placed on the line(s) so that depths can be secured quickly and easily during the competition. AIDA recommends following the coding system described in section 4.1.18.5, but additional markings may be used. Labeling of the ten meter increments is highly recommended so that if the tapes move or go missing depth is still easy to determine;
- The 2-meter grace zone (or candy cane) must be clearly marked so it is visible for the athletes at depth and on bottom camera. The placement of a boarder flag at the end of the 2-meter grace zone is strongly recommended.

4.1.18.5 ROPE CODING

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 15

The color system for competition ropes in AIDA events is not mandatory but it is strongly recommended to use the AIDA coding system. The proposed colors to mark the rope are black and white for the 2-meter grace zone as this will be clearly visible for the athletes at depth. For all other markings of the official line(s) AIDA recommends to use black for the individual 5 meters markings and red for the 10 meters markings as this will be easy to see at the surface while setting the depths during competition (for black or dark ropes use white and blue color markings).

The recommended width of a single marking is 12 mm and recommended width of a double marking (i.e. 50 m) is 36 mm. The recommended space between individual markings is 12 mm. AIDA strongly recommends using paint markers to code the official line(s) although a high quality electrical tape marking, if applied correctly, is allowed. No matter the system, it is essential that the judges are able to confirm the depth being set. The competition should be delayed until the depth being set can be confirmed in the case of any uncertainty.

At the end of the 2-meter grace zone a boarder flag made of a high quality electrical tape is placed. This border flag will ensure a clear visible end of the grace zone during bottom video review. The border flag is a single piece of electrical tape; approximately 60 mm long wrapped around the official line and it should be checked to confirm that a lanyard easily slides over the marking.

4.1.18.6 DEPTH GAUGE

For depth competitions (CWT, CWTB, CNF, FIM) and for depth record attempts (all depth disciplines), the organizer must provide one or more official gauges that are calibrated

with the competition line. For AIDA World Championships and World Record attempts, AIDA will provide a sufficient number of official gauges. At the start of each competition day the gauges should be run down to the deepest depth for that day for that line and stopped at regular depths during return to the surface to confirm and inspect the markings on the competition line. If issues are found, they should be corrected prior to the competition beginning or adjusted for by how the depth will be set. For WCs, WRs, and WR events, this must be done. Verbally calling out the depth changes while setting the depth of the competition line is highly recommended.

4.1.18.7 SONAR

For depth competitions (CWT, CWTB, CNF, FIM) with WR-status, World Championships, and for depth record attempts (all depth disciplines), the use of depth sonar is required for the complete event (i.e. official trainings and competition / attempts). For International competitions without WR-status the use of depth sonar is recommended but not required.

4.1.19 POOL SPECIFICATIONS

AIDA requires the following minimum pool requirements for its competitions:

4.1.19.1 STATIC APNEA (STA):

- for International competitions a minimum depth of 60 cm;
- for World Championships a minimum depth of 120 cm.

4.1.19.2 DYNAMIC APNEA (DYN-DYNB-DNF):

- minimum length of pool 25 Yards (22.86 m). Results are always recorded in meters;
- for International competitions a minimum depth of 90 cm;
- for World Championships a minimum depth of 120 cm.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 16

4.1.20 COMPETITION ZONES

Three zones are marked off for all competition disciplines: a warm-up zone, a transition zone, and a performance zone. An athlete may not access the warm-up zone until 45 minutes prior to their OT. Athletes may not access the transition and / or performance zones until such time as the preceding athlete has left the area.

4.1.21 WARM-UP ZONE (DEPTH DISCIPLINES)

The following set-up and provisions apply to warm-up zones in AIDA depth competitions:

- The warm-up and official lines must not be too far apart, but sufficient separation must be maintained so warm-up athletes will not hinder athletes on the official line(s);

- There may not be more than one athlete under the water at a time per warm-up line;
- Inside the warm-up zone, it is prohibited to dive except on the warm-up line(s);
- The number of warm-up line(s) must be sufficient enough to allow athletes to follow their warm-up program;
- All warm-up line(s) must be adequately supervised by safety divers provided

by the organizer. 4.1.22 PERFORMANCE POINTS

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

- Static apnea (STA), 1 second of immersion = 0.2 points;
- Dynamic apnea (DYN-DYNB-DNF), 1 meter in distance = 0.5 points;
- Depth apnea (CWT-CWTB-CNF-FIM), 1 meter in depth = 1.0 points.

4.1.22.1 In depth disciplines (CWT-CWTB-CNF-FIM) the performance is rounded down to nearest point. In dynamic apnea (DYN-DYNB-DNF) the performance is rounded down to the nearest 0.5 points. In static apnea (STA) the performance is rounded down to the nearest 0.2 points.

4.2 INTERNATIONAL COMPETITIONS

4.2.1 Each discipline can include qualifying heats and finals or direct finals. In the case of qualifying heats and finals the number of athletes participating in the finals will be determined by the jury and organizers on the basis of infrastructure and should be at least two athletes to a maximum of sixteen athletes. In the case of a separate A and B final, the athletes in the A final will remain in the result list in front of the athletes in the B final; except in the case of World Championships, if there are insufficient finishers in the A finals for all medal positions, the highest ranking athletes from the B final will advance to fill in the missing places. For example, if all but one A finalist were to be disqualified in the A final, two B finalists would be moved into the remaining medal positions based on their finish in the B final to fill the podium as silver and bronze medalists. The A finalists will always place in front of any B finalist being advanced even if the B finalist had a better performance.

4.2.2 For the finals, the athletes may be placed in different zones not in relation to the realized performances during the qualifying heats in order to be as visible as possible to judges and the media. In the case of finals where not all athletes have the same OTs (multiple finals), the athletes should compete in order of ascending qualifying order based on their RPs in the heats.

4.2.3 The qualifying heats and final(s) are separate competitions. All performances shall be entered into the AIDA Ranking list.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 17

4.2.4 In the case of qualifying 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.

4.2.5 The organizer must provide similar conditions for all athletes, except for uncontrollable environmental conditions e.g. wind, waves, current, etc.

4.2.6 Organizers may use openers to prepare staff and judges for competition events. Results from openers shall not be posted to the AIDA Ranking lists or be eligible for Continental or World records.

4.2.7 EVENT DISTURBANCE

Any action or activity by an athlete, competition staff, or team member causing disturbance to another athlete, and / or impeding another athlete's performance, may warrant a penalty from a member of the jury at their discretion, and authorization of a restart to the impeded athlete(s). The restart will take place as soon as possible in consideration of the athlete's readiness, conditions, and logistics of the competition.

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

- Non-compliance with the rules and regulations;
- 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 event.

Three warnings shall result in automatic disqualification (DQOTHER) of the individual from the entire event and may warrant further action by AIDA.

4.2.8 OFFICIAL VIDEO COVERAGE

The organizer must film the performance of all athletes with at least one camera; minimal requirements for the official cameras and their use for any AIDA event are listed in Chapter 12.

4.2.9 The following countdown is conducted in English by the speaker and where possible for World Championships by an automated system (i.e. AIDA countdown App). The countdown shall consist of: 2 minutes to official top, 1'30, 1 minute, 30 seconds, 20, 10, 5, 4, 3, 2, 1, official top, plus 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 20, 25, 26, 27, 28, 29, 30, start cancelled.

4.2.10 The organizers, in consultation with the head of the jury, will determine the interval between OT times or series. AIDA strongly recommends that each athlete be permitted at least three minutes in the performance zone prior his / her OT. At a minimum, the athlete must have access to the performance zone during the final two minute countdown defined in section 4.2.9.

4.2.11 At least one member of 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 any athlete not respecting the rules or if their 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 athletes or coaches.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 **18**

4.2.12 The competition area is only accessible to the following persons: the athlete, their partner / coach (for the disciplines STA-CWT-CWTB-CNF-FIM), judges (for the depth disciplines), and safety divers. Cameras and photographers are prohibited in performance zones. However, they are permitted in specific media zones (so as to not interfere with the athletes) with the permission of the organizer, which may not be unreasonably withheld. The Jury has the right to request changes to the media zones.

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

4.2.14 An ongoing commentary from the official speaker may continue throughout the event. They may announce times, distances, depths realized by the athletes at the end of their performance along with other commentary. During the period described in section 4.2.9 (the final two minute countdown) no commentary is allowed.

4.2.15 BREAKS

The organizer is required to insert competition breaks in the schedule. These breaks are used to be able i.e. to change bottom camera(s), replacing tags, to rehydrate / change safety team, and open the possibility for athletes to have a restart after a protest. At least every two hours, there must be a break in the competition of sufficient length to ensure the smooth running of the event.

4.2.16 WINNER OF AN EVENT

The winner of either an individual or a team event is the athlete or team obtaining the most (total) points. In the case of qualifying heats and final(s) only the results of the final(s) will be taken into consideration for the top positions.

4.2.16.1 In the event of a tie in the final standings, standard Olympic placing will be observed. For example, if there is a tie for first place, the next place is third. If there is a tie for third place, the next place is fifth, and so on.

4.2.16.2 In addition to section 4.2.16.1, in the event of a tie in the final standings in individual events, the winner of the event will be the athlete with the smallest difference between their announced performance (AP) and realized performance (RP).

For example,

- Athlete no.1 AP is 100 m in CWT and receives a white card,
- Athlete no.2 has an AP of 105 m CWT but an RP of 103 m,
- Both athletes will receive 100 points, no.1 100×1 and no.2. $103 \times 1 - 2$ (UNDER AP) - 1 (TAG), • Athlete no.1 will get first place as there is no difference between AP and RP.

4.2.16.3 An organizer is allowed to use a coefficient based on the current World Records to determine the winner of an event if it is a mixed discipline competition. Any system like this to determine an overall winner must be communicated to the athletes prior to the competition beginning. Although results entered in the AIDA ranking list must be done according to the performance scoring listed in section 4.1.22.

For example,

- Current WR CWT 130 m and CNF 102 m,
- Coefficient for CNF performance would be $130 / 102 = 1.27$,
- A white card performance of 70 m CNF would then result in 88.9 points. (Do NOT enter this into the ranking list! For ranking list enter 70 points for the 70 m performance).

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 19

4.3 WORLD CHAMPIONSHIPS

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

4.3.2 TEAM WORLD CHAMPIONSHIPS

4.3.2.1 In AIDA Team World Championships, the number of competing athletes is fixed at three athletes plus one alternate per team from each nation (a male and a female team). Teams may compete either in the male or female category.

4.3.2.2 Notwithstanding the provision in 4.3.2.1, 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.

4.3.2.3 The minimum number of athletes in a team is two.

4.3.2.4 In the case a country cannot form a team, AIDA can decide to create an 'international' team with athletes of mixed nationalities. These teams will not be able to be the winner and / or medalists of the Team World Championships, but their performances will be entered in the AIDA ranking list.

4.3.2.5 An athlete may only be replaced, by request of the team captain, in the event that a primary athlete is unable to compete for medical reasons. The medical ineligibility of the athlete will have to be confirmed by the event medic. This can only occur once in the competition per team.

4.3.3 ATHLETE REGISTRATION

In all AIDA World Championships, AIDA is responsible for the athletes' registration. The AIDA National selects athletes to compete in such competitions. The National must select athletes only by objective criteria such as i.e. ranking list performances and through a non-discriminatory criteria. No other entity (e.g. National Underwater Federation) may participate in such selection. If there is no official AIDA National within a country, AIDA may allow another institution to manage these selections, or may permit such athletes to compete directly (subject to terms and conditions

determined by AIDA). The information regarding national selections must be sent to AIDA by the AIDA Nationals.

4.3.4 The top 10 athletes (male and female) in the AIDA Ranking list from the previous year will receive a wildcard to enter the AIDA Individual World Championships. Furthermore, athletes having set current AIDA WR's outside of competition will receive a wild card. AIDA Executive Board determines the maximum number of athletes per sex, per discipline, and per country. Athletes receiving wild cards are added in addition to a country's maximum number of athletes.

4.3.5 Only athletes that are affiliated with an AIDA National that has paid the respective membership fees at least two weeks before the event may participate in an AIDA World Championship.

4.3.5.1 A special approval may be requested where there are athletes wishing to compete in an AIDA World Championship that represent countries without an AIDA National, or where the official AIDA National has not paid the membership fees. If the special approval is granted, an interim fee of € 150 per country must be paid to AIDA to enable these athletes to participate.

4.3.5.2 The interim fee will be waived if this is the first time the country is taking part in an AIDA World Championship.

4.3.6 The official AIDA National of each country names a team captain who will represent the country during event committee meetings.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 20

4.3.7 The team captain must confirm the anticipated performances of their athletes on the day of arrival during registration or, at the latest, at the first event committee meeting to allow the organization to use this information to optimize safety planning. The anticipated performances will be treated with the utmost secrecy.

4.3.8 A judge may not adjudicate the performance of an athlete with their same nationality.

4.3.9 The OT times for athlete performances are determined at least the day before the performance and the start list must be available to athletes by the conclusion of the event committee meeting. The order in which the athletes start may be determined either by announced performance or by draw.

4.3.10 The minimum intervals between OT times (or series) are described in the discipline

chapters. **4.3.11 WINNER OF THE TEAM EVENT**

Following the provisions in 4.2.16 the winners of the AIDA Team World Championships is the team collecting the largest point total. For AIDA Team World Championships, the points earned to decide the winner are as listed below. Although, the results entered into the AIDA Ranking list must be done according the performance scoring as listed in section 4.1.22.

- Static apnea (STA), 1 second of immersion = 0.2 points,
- Dynamic apnea (DYN), 1 meter in distance = 0.4 points,
- Depth apnea (CWT), 1 meter in depth = 1.0 points.

4.4 WORLD RECORDS IN COMPETITION

4.4.1 The following provisions, as well as, the provision 5.2.1 are needed to certify a performance as an AIDA World Record or Continental Record during an AIDA competition.

4.4.2 In the case of a performance equaling or exceeding the current Continental Record, the procedure described in section 4.4 applies with the exception of the doping test.

4.4.3 JUDGES POOL DISCIPLINES

In the case of a performance equaling or exceeding the current World Record in a pool discipline, a performance can be judged as a "World Record pending doping test result" if:

- At least one AIDA managing judge (level B or higher) judges the performance;
- The managing judge (level B or higher) must be of a different nationality than the athlete; • Exception will be made for AIDA World Championships where any elected member of the jury may judge a World Record performance as long the judge is of a different nationality than the athlete, following the provision in 4.3.8.

4.4.4 JUDGES DEPTH DISCIPLINES

In the case of a performance equaling or exceeding the current World Record in a depth discipline, a performance can be judged as a "World Record pending doping test result" if:

- Two AIDA judges judge the performance;
- At least one managing judge (level B or higher) is of a different nationality than the athlete; • Both judges are in the water.

4.4.5 In order to judge a performance as a 'Continental Record' or 'World Record pending doping test results', all rules for the discipline must be followed. The athlete must be judged with a white card for their

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 21

performance after the judges review all official video footage as defined in Chapter 12. Performances with penalties are still valid for the competition results, but cannot be a World or Continental Record.

4.4.6 AIDA will arrange doping kits and pay the WADA laboratory for the antidoping testing. The antidoping test procedures are defined in Chapter 13.

4.4.7 The organizer is required to provide video images as defined in Chapter 12.

4.4.8 In the case of more than one performance equaling or exceeding the current AIDA World Record, the athlete(s) with the lower performance(s) will also enter the World Record recognition process in order to claim a record in the case of the athlete with the best performance failing the doping test. However, if the athletes equaling or exceeding the current World Record have equal performances in pool, or depth disciplines, or group finals, all athletes will be recognized as having the World Record (pending doping test results).

4.4.9 The managing judge shall submit all video footage and paperwork of a Continental or World Record to the AIDA Sports Officer. This information must be sent electronically by mail to sportofficer@aidainternational.org and must consist of:

- All footage from the official cameras, named in a clear way;
- World or Continental Record form fully filled out and signed by the appropriate persons as listed on the document;
- Doping test documentation, signed by the appropriate persons as listed on the document.

4.4.10 The managing judge shall submit all paperwork of a Continental or World Record to the organizer. This information can be sent electronically by mail and must consist of:

- World or Continental Record form fully filled out and signed by the appropriate persons as listed on the document;
- Doping test documentation, signed by the appropriate persons as listed

on the document. **4.5 WORLD RECORD ATTEMPTS**

4.5.1 MAXIMUM NUMBER OF ATTEMPTS

The maximum number of WR attempts by an athlete per day for depth disciplines is one. Care should be exercised for the VWT discipline to ensure safety. For pool disciplines, there are no limits for the number of attempts. However, the judges have the right to limit the number of attempts if they desire to.

- 4.5.2** The organizer is solely responsible for the entire event; including the safety of all persons present, such as, but is not limited to the athletes, jury, media, and staff.
- 4.5.3** The AIDA National will confirm by electronic mail no later than 3 days before the attempt(s) that the athlete has completed all the required prerequisites as listed below. In the absence of an AIDA National in the country concerned, on their honor, the athlete must submit a confirmation report countersigned by two witnesses. AIDA reserves the right to accept or reject this report.
- STA, a performance within 30 seconds of the current WR completed within a minimum of 3 days of the event start not to exceed a period outside of a maximum of 3 months;
 - DYN, DYNB and DNF, a performance within 20 meters of the current WR completed within a minimum of 3 days of the event start not to exceed a period outside of a maximum of 3 months;
 - CWT, CWTB, CNF, FIM and VWT, a performance within 5 meters of the current WR completed within a minimum of 3 days of the event start not to exceed a period outside of a maximum of 3 months.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 [22](#)

- 4.5.4** In the case of incompatibility between the applicable AIDA rules and the law of the country in which the attempt(s) take place, the AIDA National, or the athlete by default, must request a waiver. AIDA will examine the request and reserves the right to allow or refuse the record attempt.
- 4.5.5** The organizer must ensure that all necessary facilities are at the jury's disposal in order for them to fulfill their duties.
- 4.5.6** If needed, the jury should recommend changes to enhance the efficiency of general safety, safety devices, and / or procedures to the organizer.
- 4.5.7** The appointed AIDA judges have the right to issue an unfavorable recommendation of the record attempt if:
- These rules are not being 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 AIDA's Judge Responsible and Sports Officer directly in writing as soon as possible after their decision.
- 4.5.8** AIDA will arrange the doping kits and pay the WADA laboratory for the antidoping testing. The antidoping test procedures are defined in Chapter 13.
- 4.5.9** The organizer is required to provide sufficient video images as defined in Chapter 12.
- 4.5.10** Following provision 4.1.16, direct judgment will be used and the final decision, pending doping test, will follow after the jury reviews all of the official video footage as described in Chapter 12.
- 4.5.11** The managing judge shall submit all video footage and paperwork of a Continental or World Record to the AIDA Sports Officer. This information will be send electronically by mail to sportofficer@aidainternational.org and must consist of:
- All footage from the official cameras, named in a clear way;
 - World or Continental Record form fully filled out and signed by the appropriate persons as listed

on the document;

- Doping test documentation, signed by the appropriate persons as listed on the document.

4.5.12 The managing judge shall submit all paperwork of a Continental or World Record to the organizer. This information can be sent electronically by mail and must consist of:

- World or Continental Record form fully filled in and signed by the appropriate persons as listed on the document;
- Doping test documentation, signed by the appropriate persons as listed on the document.

5. SAFETY PROCEDURES

5.1 GENERAL

5.1.1 These safety procedures are to be observed at all AIDA competitions, World Championships, and / or record events sanctioned and judged by AIDA.

5.1.2 The organizer will ensure that the safety divers are equipped with all the necessary materials in order to implement a rapid resurfacing of the athletes without having to resurface alongside them, This may be a counter ballast system or in the case of scuba safety divers, lift bags and wristbands. No matter what system is used, there has to be a backup system i.e. a fully equipped scuba diver at the surface or a dedicated procedure and staff to lift the line manually.

5.1.3 AIDA and / or the jury will require testing and / or demonstration of the counter ballast and other safety systems or equipment prior to the commencement of any AIDA event.

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

5.1.5 The number of safety freedivers must be sufficient to allow a rotation with the minimums stated below:

- For depth competitions, there must be at least three safety freedivers per competition line. A sufficient number of safety freedivers, with a minimum of two safety freedivers, must be ready in the water to intervene at the warm-up lines;
- For static competitions, there must be one safety freediver per performance zone. A sufficient number of safety freedivers must be in the warm-up zone;
- For dynamic competitions, there must be one safety freediver per performance zone and if the pool is longer than 25 meters there shall be two safety freedivers per performance zone. A sufficient number of safety freedivers must be in the warm-up zone(s);
- It is strongly recommended that any safety freediver be trained specifically for their role and have current CPR, first aid, and DAN Oxygen administration (or similar) credentials.

- 5.1.6** For depth competitions, the safety freedivers should be able to easily and frequently descend to 20 meters; 30 meters for dives deeper than 80 meters. Safety freedivers capable of performing safety at 40 meters are highly recommended for performances deeper than 100 meters. The use of diving scooters or DPVs is highly recommended for deep dives as long as the safety crew has trained with their use prior to the competition beginning and they are allowed to be used in the country.
- 5.1.7** For depth competitions, a dedicated line operator is mandatory and this person's ONLY task must be to set the line and operate the CB-system. The line operator communicates directly with one of the judges to confirm that the line is set correctly. The judge has the right to request the line be moved or adjusted as the judge desires, including moving the line prior to or delaying a start in order to confirm the depth is set correctly. Then, the line will be made available to the next athlete.
- 5.1.8** For events where scuba divers are used as backup safety and / or photographer / videographer, all scuba divers who will be in the water must possess a certification and have the appropriate equipment for the level at which they will be stationed. The 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 agency.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 24

- 5.1.9** The use of scuba safety divers is prohibited except on special request to AIDA with a detailed plan of the set-up, routines, and the needed qualifications of divers and supervisor(s).
- 5.1.10** AIDA recommends that organizers consider adding rest days to the competition schedule so that athletes may avoid diving on consecutive days. For AIDA Individual World Championships, consideration of scheduled rest days to avoid nonstop performances for the entirety of the event must be considered in consultation with the AIDA Board.

5.1.11 EVENT MEDIC TRAINING

The following minimal requirements for the event medic in AIDA events are required:

- For AIDA World Championships, World Records attempts and depth competitions, the presence of a physician (medical doctor), paramedic, and / or firemen / EMT specialized in advanced trauma, airway management, and Advanced Cardiac Life Support (ACLS) is mandatory. It is strongly recommended, but not mandatory, that the medic has training and experience with drowning victims;
- For pool competitions or events, the presence of a professional lifeguard or above is sufficient;
- For pool competitions with World Record status, it is mandatory to have the presence of a physician (medical doctor), paramedic, and / or firemen / EMT specialized in advanced trauma, airway management, and Advanced Cardiac Life Support (ACLS). It is strongly recommended, but not mandatory, that the medic has training and experience with drowning victims;
- Any time there might be a delay in treatment due to remote locations (for both pool and depth competitions), the distance to secondary care should be taken into account in regard to the appropriate extra medical equipment needed for the medical team to perform their duties. In these cases, it is strongly recommended, but not mandatory, to have a second medic or safety diver trained in ACLS on site.

5.1.12 EVENT MEDICAL EQUIPMENT

The following minimal list for medical equipment for AIDA events is required:

- Pulse oximeter,
- Stethoscope,
- Pocket mask, required for training and available in the performance zones. Their use is not mandatory, but they must be present and available,

- Emergency O₂,
- Masks for O₂,
- Recommended, but not required, a CPAP facial mask as well as standard masks with an O₂ tank with BVM with PEEP valve,
- Any other equipment necessary to meet the minimum requirements for the position.

5.1.13 ADDITIONAL MEDICAL EQUIPMENT

The following equipment is not required, but is recommended where practical and staff is competent and trained to use it:

- Aspirator / suction,
- Plunger needle,
- Automatic External Defibrillator (AED), consider dry area for use,
- Oropharyngeal airway, to use to support patent airway.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 25

5.1.14 POST DIVE O₂

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 to or beyond 80 meters.

5.1.15 LANYARD

The safety lanyard has to be constructed according the requirements below and is systematically checked by the jury for these requirements and strength during registration as described in provision 5.1.15 and 5.1.16.

- A carabiner, without screws or locking mechanisms, in which the opening (minimum 16 mm is big enough to allow the carabiner to be placed and hooked to the line without difficulty. The maximum internal size of the carabiner has to be such that it cannot slide over the lanyard stopper on the candy cane;
- A non-elastic link between 30 cm (minimum) and 120 cm (when stretched), 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 that cannot be removed inadvertently, or a belt other than the weight belt, which cannot be removed inadvertently for those wearing the lanyard on the waist. The belt holding the lanyard must be situated higher than the weight belt. The waist belt, if used, cannot be made of a stretchable material (e.g. rubber weight belt, etc.);
- The lanyard must have a quick release system, a Velcro wrist / ankle band is seen as such. In the case of absence of a wrist / ankle band a quick release snapper must be placed on the side that connects the lanyard to the athlete.

5.1.16 LANYARD CHECK

Following the provisions in 5.1.15, the jury must check the athlete's lanyard prior to the beginning of an event.

- The finger of the carabiner must function normally and open with little pressure and close automatically;
- The wrist or ankle strap must be in good condition and the Velcro must function accordingly;
- The connections between wrist / ankle strap and the non-elastic link, and between the carabiner and non-elastic link must be in good condition;

- The non-elastic link must be in good condition;
- The strength of the lanyard will be checked.

5.2 SAFETY ENHANCEMENTS

5.2.1 LIMITATION OF ANNOUNCEMENTS

AIDA limits the announcement of an athlete in depth disciplines to a maximum of 5 meters beyond the depth the athlete certifies to the organizer they have achieved in the last three months, by using the AIDA competition form.

An organizer may limit the depth of the announcement of an athlete in depth disciplines between 0 and 5 meters beyond the depth the athlete certifies to organizer they have achieved in the last three months.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 26

5.2.1.1 Limitations on announcements, other than AIDA's standard limitation of 5 m, must be applied uniformly to all athletes at an event and should be published prior the opening of a competition registration.

5.2.1.2 If an athlete has not done an applicable dive during the preceding three months, the organizer may use 50-70% of the 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 previous personal best. The athlete should discuss an appropriate depth for their first dive with the organizer and the event medic, if available. The maximum percentage chosen by the organizer must be applied uniformly to all athletes.

5.2.1.3 If an organizer plans to limit announcements under these provisions, they must provide notice to all athletes in writing (e.g. electronic mail) prior to accepting payment for the competition and should include this notice in advertisements (e.g. on the organizer's website and group emails).

5.2.1.4 If an athlete has an announcement limited (i.e. changed), there is no refund of fees. The organizer shall notify the athlete as soon as possible of such a change.

5.2.2 RECOMMENCING DESCENT

For depth disciplines, the athlete is prohibited to turn back in order to re-descend once they have turned their dive. A violation of this rule results in disqualification.

5.2.2.1 Recommencing descent is defined as (I) appearing to start ascent on sonar, then descending again, or (II) staying at the same depth for five seconds or more and then descending again. This provision also applies to athletes who start their descent headfirst and then turn to descend feet first in the middle of their dive.

5.2.2.2 The organizer should explain this rule to athletes before the start of the competition.

5.2.2.3 The organization staff are authorized, but not required to, activate the counter ballast if they believe activation will solve a safety issue for the athlete performing.

5.2.3 PHYSICAL EXAMINATIONS

5.2.3.1 It is strongly recommended for all competitions to offer voluntary pre and post dive physical checks for the athletes by the event medic, especially for depth competitions. These readings will be used by the event medic to determine if the athlete requires further examination prior to diving again. AIDA reserves the right to use the collected data for their scientific studies stripped of identifying information.

The post dive readings must be taken within 20 minutes of the completion of the athlete's performance.

5.2.3.2 Any BO or pressure related injury witnessed by officials, i.e. jury, safety freedivers, staff, during

competition or official training will result in a mandatory medical check-up with the competition medic prior to diving again.

- 5.2.3.3 For any mandatory or voluntary physical / neurological examination, the event medic needs to use the appropriate AIDA examination forms. The organizer is responsible for providing these forms.
- 5.2.3.4 The organizer is responsible to provide the event medic detailed descriptions of the physical and neurological tests to be executed by the competition medic.
- 5.2.3.5 A new medical, signed by a doctor, has to be provided prior entering the remains of a competition / record attempt and / or any new AIDA event following 4.1.3.3.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 27

5.2.4 BLACKOUTS

In order to protect athletes from increased risk of injury AIDA applies the following provisions and consequences for athletes after suffering from a blackout.

- 5.2.4.1 For all athletes who suffer from a blackout during their performance, a physical and neurological examination as described in 5.2.4.4 and 5.2.4.5 is mandatory and will be used by the medic to decide if the athlete needs to be examined further. The initial examination must to be performed immediately after the blackout occurs.
- 5.2.4.2 Intermediate medical assessment(s) may be performed any time, at the discretion of the event medic, to follow up on the athlete's status and the dynamics of symptoms. The results of such examinations may be taken into consideration for decisions related to the athlete's diving status.
- 5.2.4.3 The event medic assumes ultimate responsibility to restrict an athlete as set forth in this provision, if they believe that such restriction is required to protect the diver's health and safety. If an athlete refuses to be examined by the medic, the athlete will not be allowed to dive again at the event and must obtain medical clearance to dive before entering another event sanctioned by AIDA.
- 5.2.4.4 The quick neurological examination is a 5 minutes neuro check for freedivers by Dr. Juan Valdivia, that is applied by a medic or physician on-site, but does not exclude or replace a full neurological examination that may be performed, if necessary, by a licensed professional.
- 5.2.4.5 The physical examination consists of a pulmonary and cardio test, including SpO₂ measurement, respiration rate, auscultation, heart rate, and blood pressure. Any athlete who has experienced a severe or extremely severe BO, following the blackout scale in provision 5.2.4.8, must be thoroughly assessed for any pressure related injuries with special attention being paid to the lungs and ears.
- 5.2.4.6 In the event of a restriction, such as limitation of AP's or disqualification for part or the rest of the event, there will be no refund of the competition fees.
- 5.2.4.7 Prior to being allowed to dive again in the event, the athlete must undergo a medical follow up by the event medic. If any abnormal signs or symptoms in the athlete's physical or neurological state are found, the athlete is not allowed to dive again in the competition and must obtain medical clearance to dive before entering another event sanctioned by AIDA.
- 5.2.4.8 For all performances, AIDA uses the following reference table after a blackout:
 - Mild, surface BO and / or recovery time 0 to 10 seconds;
 - Moderate, underwater BO, 0 to 10 meter and / or recovery time 10 to 20 seconds;
 - Severe, deep water BO, 10 to 20 meter and / or recovery time 20 to 30 seconds or any BO associated with decompression illness, or neurological symptoms;
 - Extremely severe, deep water BO, more than 20 meter and / or recovery time more than 30 seconds or any BO associated with any life threatening condition(s) such as i.e pulmonary

bleeding.

5.2.4.9 In the event that an athlete suffers from a second BO in the same competition it will be assessed as 'one step up' in terms of the blackout scale. For instance, a moderate blackout after a mild blackout should be treated as a severe blackout in terms of medical examination and consequences for the rest of the competition. A third blackout of any severity will result in a dive ban for the rest of the competition and must obtain medical clearance to dive before entering another event sanctioned by AIDA.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 28

5.2.4.10 For all performances, AIDA uses the following consequences after a blackout:

- Mild: no more diving on the same competition day, medical check up on next day in the morning;
- Moderate: minimum of one rest day (day of BO and day after), medical check up 24 hours after BO, and the next morning before entering the competition again. In the case of any abnormal signs or symptoms there will be no more diving in the competition;
- Severe and extremely severe: no more diving in the competition and medical follow up until the end of the competition with a recommendation for follow up with their personal physician (medical doctor) after the conclusion of the competition.

5.2.5 LUNGS SQUEEZE

In order to protect athletes from increased risk of injury AIDA applies the following provisions and consequences for athletes after a suspected lung squeeze.

5.2.5.1 For all athletes who suffer from a pressure related injury during their performance, a physical examination as described in 5.2.5.3 is mandatory and will be used by the event medic to decide if the athlete needs to be examined further.

5.2.5.2 The event medic, in consultation with the organizer and presiding judge, may restrict an athlete, as set forth in this provision, if they believe that such restriction is required to protect the athlete's health and safety. If an athlete refuses to be examined by the medic, the athlete shall not be allowed to dive again at the event and must obtain medical clearance to dive before entering another event sanctioned by AIDA.

5.2.5.3 The physical examination consists of a pulmonary and cardio test, including SpO₂ measurement, respiration rate, auscultation, heart rate, and blood pressure and the athlete must be thoroughly assessed for any other injuries with special attention being paid to the lungs and ears.

5.2.5.4 In the event of such restriction, such as limitation of AP's or disqualification for rest of the event, there will be no refund of the competition fees. Also the athlete must obtain medical clearance to dive before entering another event sanctioned by AIDA.

5.2.5.5 For all depth events AIDA uses the following levels concerning lung

squeezes:

- Healthy diver — the athlete is ok to dive;

- Slight symptomatology — athlete is advised to rest, or is limited to easy diving (i.e. shallower depths for that athlete);

- Edema minor — the athlete needs to rest two days or longer at the discretion of the medic depending on the severity of the injury. When returning to the event, the athlete is not allowed to announce a deeper performance than his or her previous AP. In the case of an athlete who wants to perform in a different discipline, the medic (in consultation with the presiding judge) may determine the permissible maximum AP;

- Edema major — the athlete needs to rest for three days, or termination from the event at the discretion of the medic depending on the severity of the injury. A gradual approach to continued diving during monitored dives (e.g. starting with 60% of previous AP) will be used. In the case of an athlete who

wants to perform in a different discipline, the medic (in consultation with the presiding judge) may determine the permissible maximum AP;

- Serious cases — The athlete receives medical care with no additional diving allowed until the medic certifies the athlete has recovered. Lungs squeeze, i.e. coughing up pink froth or foam, or blood would be an example of a serious case;
- Any questions or concerns regarding squeeze or other athlete injury should be referred to the AIDA Medical Committee to determine a course of action.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 29

5.3 INTERNATIONAL COMPETITIONS

5.3.1 The organizer is responsible for verifying the levels of the safety divers and is advised to 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. It should not be assumed that an experienced athlete will be able to perform well in a safety role unless they have participated in a training program or have experience with competition safety in the past.

5.4 WORLD CHAMPIONSHIPS AND WORLD RECORD ATTEMPTS

5.4.1 The organizer is responsible for verifying the levels of the safety divers and must conduct a practice session with simulated rescues for all safety personnel that will be participating on the safety team prior to any official practice or 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 practice session must be cleared through the jury, and it must be determined that the new person is as capable as those that participated in the practice session as i.e. a known person with proven previous experience in rescue on a high level event. It should not be assumed that an experienced athlete will perform well in a safety role unless they have participated in a training program or have experience with competition safety in the past.

5.4.2 Resuscitation equipment must be in working order and located in close proximity to the performance zone(s).

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

6. STATIC APNEA (STA)

6.1 GENERAL

6.1.1 The event takes place in a pool or in a confined safe natural environment; minimum requirements are listed in provision 4.1.19.1. Organizers should consider additional support for athletes who have difficulty keeping their airway above the surface when standing.

6.1.2 The attempt takes place at the surface.

6.1.3 An AIDA judge and a timekeeper of the organization will time the attempt. They will start their stopwatches when the athlete submerges their airway, 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.

6.1.4 In order to calculate the performance of the athlete, the average of the two registered times is taken as the official result. All measurements are rounded down to the nearest second and points are awarded following provision 4.1.22.

Example:

- The times are 5'08"64 and 5'07"48, the average will be $(5'08"64 + 5'07"48) / 2 = 5'08"06$,
- The registered performance for results will be 5'08 = 61.6 points.

6.1.5 If the realized performance (RP) is smaller than the announced performance (AP) a penalty (UNDER AP) is applied as described in Chapter 10.

6.1.6 A partner is authorized to monitor and supervise the athlete's warm-up and performance; they are permitted to assist in the three official zones. This partner is allowed to touch the athlete throughout the performance and manage any safety signals. As soon as the performance has ended, the partner is no longer allowed to touch the athlete without disqualification, following the provision in 4.1.10. They are only allowed to verbally coach the athlete.

6.1.7 Following 6.1.6, the main safety of the event is the responsibility of the organizer and an organization safety diver must be in the performance zone during the entirety of the athlete's performance.

6.1.8 An organization safety diver or a partner is present in the water during the complete performance. This person is responsible for verifying the state of consciousness of the athlete by touching the athlete in an agreed manner. The athlete responds by using a gesture agreed upon in advance with the safety diver or partner. The following procedures for safety checks will be used:

- In the case of an organization safety diver, every 30 seconds starting 1 minute before reaching the announced performance (AP), then every 15 seconds starting at the AP a safety check will be performed;
- In case of partner / coach, whenever checks they wish will be performed or none at all.

6.1.9 If an 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 may request that the safety diver or partner / coach ask for an additional signal from the athlete, if it is beyond a reasonable doubt that the athlete is in need of assistance at any time. Any requested signals from the judges will not result in a restart for the athlete and are not grounds for a protest.

6.2 WORLD CHAMPIONSHIPS

6.2.1 The day before the qualifying heats or finals (individual WC's) or direct finals (team WC's), no later than four hours prior to the event committee, each captain and / or athlete must relay the announced performance(s) of the athletes to the AIDA Staff and jury.

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

6.3 WORLD RECORDS IN COMPETITION

6.3.1 In the case of performances equaling or exceeding the current World Record see minimal requirements in section 4.4.

6.3.2 A record will be considered broken when the time achieved is greater by at least one second than the record previously recognized. In the case of performances equaling the current World Record, the athlete(s) will become shared World Record holders.

6.4 WORLD RECORD ATTEMPTS

6.4.1 The athlete is free to choose their warm-up period. One judge must supervise the athlete at all times beginning 60 minutes prior to the start of the performance.

6.4.2 The two appointed AIDA judges will time the attempt.

6.4.3 A record will be considered broken when the time achieved is greater by at least one second than the record previously recognized. In the case of performances equaling the current World Record, the athlete(s) will become shared World Record holders.

7. DYNAMIC APNEA (DYN-DYNB-DNF)

7.1 GENERAL

- 7.1.1** The event takes place in a pool; minimum requirements are listed in provision 4.1.19.2. **7.1.2** All performances must be reported in meters.
- 7.1.3** The athlete is allowed to use arm strokes in both disciplines. Any other means of propulsion, other than fins or a monofin, in DYN are forbidden.
- 7.1.4** In the DYNB the athlete is prohibited to use a dolphin kick for his / her propulsion, using a dolphin kick while wearing bifins will result in disqualification (DQOTHER).
- 7.1.5** For DYN, fins and a monofin are allowed. It is not possible to claim a World Record in DYN without using fins or a monofin.
- 7.1.6** The athlete must be in the water before submersion. Diving or jumping starts, or any form of running start from a support point is prohibited.
- 7.1.7** The athlete must be provided with a means to stand in the water while in the performance zone with their airway above the water.
- 7.1.8** The athlete's airway must submerge within 1.5 meter of the wall; otherwise the athlete will be disqualified (DQOTHER).
- 7.1.9** The athlete must make contact with the wall with a part of the body or attached equipment, e.g. fins, during any point in the start process before or as they leave the wall, otherwise a penalty (START) is applied as described in Chapter 10.
- 7.1.10** Any propulsion assistance (in the direction of movement) other than swimming movements or pushing off from the end wall during starts and turns will result in a penalty (PULL) as described in Chapter 10.
- 7.1.11** A part of the body or attached equipment must touch the wall at each turn, if the athlete fails to do so a penalty (TURN) is applied as described in Chapter 10. If the athlete turns short of the wall by more than one meter without touching the end wall, the athlete will be disqualified (DQOTHER).
- 7.1.12** A partner is authorized to monitor and supervise the athlete's warm-up and performance; they are permitted to assist in the three official zones. As soon as the performance has started, the partner is no longer allowed to touch the athlete or their equipment without disqualification, following the provision in 4.1.10. They are only allowed to verbally coach the athlete.
- 7.1.13** The realized performance (RP) is determined by the exit of the athlete's airway, except in the case outlined in 7.1.14. In order to calculate the athlete's performance all measurements are rounded down to the nearest meter and points are giving following provision 4.1.22.
- Example:
- The measured performance 172.9 m,
 - The registered performance for results will be $172 \times 0.5 = 86.0$ points.
- 7.1.14** If the athlete ascends against the end wall of the pool, the athlete must touch the end wall prior to his / her airway emerging in order to register the distance measured at the wall.

- 7.1.15** The athlete must resurface in the performance zone they started in. The athlete is allowed to swim out of their performance zone provided they do not hinder other athletes or the organization. Disturbance, impeding another athlete, or failure to return to their performance zone before resurfacing will result in disqualification (DQOTHER).
- 7.1.16** The athlete may not swim a complete length at the surface; violation of this rule shall result in disqualification (DQOTHER).
- 7.1.17** Any arm recovery above the surface of the water (such as freestyle, crawl, or butterfly stroke) shall result in disqualification (DQOTHER).
- 7.1.18** If the realized performance (RP) is smaller than the announced performance (AP) a penalty (UNDER AP) is applied as described in Chapter 10.

7.2 INTERNATIONAL COMPETITIONS

7.2.1 MIXTURE OF DISCIPLINES

AIDA allows, in some cases, a mixture of disciplines in the same competition:

- If the competition is announced as single discipline, no mixtures of disciplines is allowed;
- If the competition is announced as multiple disciplines, a mixture is allowed and separate results list (DYN, DYNB and DNF) will be created;
- In the case of a single discipline competition, an athlete can dive without fins in a fins competition, but the results will be entered in the with fins (DYN) list.

7.3 WORLD CHAMPIONSHIPS

- 7.3.1** For World Championships 7.2.1 is not applicable.
- 7.3.2** The day before the qualifying heats or finals (individual WC's) or direct finals (team WC's), no later than four hours prior to the event committee, each captain and / or athlete must relay the announced performance(s) of the athletes to the AIDA Staff and jury.
- 7.3.3** The interval between OT times (or series) should be at least 10 minutes.

7.4 WORLD RECORDS IN COMPETITION

- 7.4.1** In case of performances equaling or exceeding the current World Record see minimal requirements in section 4.4.
- 7.4.2** A record will be considered broken when the distance achieved is greater by at least one meter than the record previously recognized. In the case of performances equaling the current World Record, the athlete(s) will become shared World Record holders.

7.5 WORLD RECORD ATTEMPTS

- 7.5.1** The athlete is free to choose their warm-up period. One judge must supervise the athlete at all times beginning 60 minutes prior the start of the performance.
- 7.5.2** The two appointed AIDA judges will judge the attempt.
- 7.5.3** A record will be considered broken when the distance achieved is greater by at least one meter than the record previously recognized. In the case of performances equaling the current World Record the athlete(s) will become shared World Record holders.

8. DEPTH DISCIPLINES (CWT-CWTB-CNF-FIM)

8.1 GENERAL

8.1.1 The event takes place in salt or fresh water.

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

8.1.3 The jury notes the presence of any weights used by the athletes. The jury checks for any changes in weight upon exit from the water. If variation occurred, the athlete is disqualified (DQOTHER).

8.1.4 In the CWTB the athlete is prohibited to use a dolphin kick for his / her propulsion, using a dolphin kick while wearing bifins will result in disqualification (DQOTHER).

8.1.5 GRAB AND PULL

For the disciplines CWT, CWTB and CNF, the athlete must descend and ascend by swimming and they are not permitted to pull and / or grab the line at any time during their performance, except in the situations as described in the provisions 8.1.5.1 and 8.1.5.2. For the discipline FIM, the athlete must descend and ascend by pulling or swimming and the provisions 8.1.5.1 and 8.1.5.2 do not apply.

8.1.5.1 While the athlete is performing and their airway is submerged, the athlete is only allowed to ONCE, GRAB-PULL the line at the start movement of the performance, and / or GRAB-PULL (within the 2-meter grace zone from the bottom plate) without consequences such as penalties or disqualification, see Appendix 3. Any grabbing of the line outside of these exemptions will result in a penalty (GRAB) being applied as described in Chapter 10. Any pulling of the line outside of these exemptions will result in a disqualification (DQPULL). In the event the athlete turns early, the athlete is allowed to GRAB PULL the line ONCE in order to make their turn without consequences. The 2-meter zone will be clearly marked and visible following the provisions 4.1.18.4 and 4.1.18.5.

8.1.5.2 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 (GRAB) applied following the provisions in Chapter 10. This means the athlete can be in contact with the line with their body. Using the line as support which results in braking or stopping is prohibited and will result in a penalty (GRAB). For example by turning or twisting the carabiner on the lanyard or braking with a hand, see Appendix 4.

8.1.6 The athlete must be in the water before submersion. Diving, or jumping starts, or any form of running start from a support point is prohibited.

8.1.7 The athlete must bring a tag up to the surface and deliver it to a member of the jury. In that case, the athlete is awarded the number of points equal to the points for their AP. In the case an athlete fails to deliver a tag to the jury, a penalty (TAG or UNDER AP — TAG) is applied according the provisions in Chapter 10. In that case, the official depth gauge serves as the measure of the performance and all measurements are rounded down to the nearest meter with points being awarded following provision 4.1.22.

8.1.8 After each performance, no matter if a tag is delivered to the jury or not, the realized depths as displayed on the official gauges must be checked against the AP's. In the case of deviations between AP's and realized depths, AIDA uses the following principle:

- If the measuring device indicates a depth greater than is announced, the RP will be set to the AP. If it is obvious that the plate is placed too deep, the organizer must 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 the jury. If it is obvious that the base plate is placed too shallow, the organizer must correct the depth of the base plate as soon as possible during the competition.

8.2 INTERNATIONAL COMPETITIONS

8.2.1 MIXTURE OF DISCIPLINES

AIDA allows, in some cases, a mixture of disciplines in the same competition:

- If the competition is announced as a single discipline, no mixtures of disciplines are allowed;
- If the competition is announced as multiple disciplines, mixture is allowed and separate results list (CWT, CWTB, CNF and FIM) will be created;
- In the case of a single discipline competition, an athlete can dive without fins in a fins competition, although the results will be entered in the with fins (CWT) list.

8.2.2 The organizer together with the jury determines the OT times for each athlete, recommending the following principle. The organizer and jury may take the circumstances of the event, including weather and media coverage, into consideration. AIDA strongly recommends following the OT scheduling according provision 8.3.5.

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

8.3 WORLD CHAMPIONSHIPS

8.3.1 For World Championships 8.2.1 is not applicable.

8.3.2 The day before the direct finals, no later than four hours prior to the event committee, each captain and / or athlete must relay the announced performance(s) of the athletes to the AIDA Staff and jury.

8.3.3 AIDA MUST provide a sufficiently sized resting point and / or floating support during the preparation phase for athletes desiring a dry warm-up.

8.3.4 The jury determines the OT times for each athlete, recommending the following principle. The jury may take the circumstances of the event, including weather and media coverage, into consideration. • In the case of deep water safety by counter ballast or similar system, each day the athletes attempting the greatest depths may go first.

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

8.3.5 The minimum interval between starts for all depth disciplines at AIDA World Championships is based on the announced depths as listed below:

- Minimum 10 minutes for dives deeper than 100 m;
- Minimum 9 minutes for dives between 80 and 100 m;
- Minimum 8 minutes for dives between 50 and 80 m;
- Minimum 7 minutes for dives shallower than 50 m.

8.4 WORLD RECORDS IN COMPETITION

- 8.4.1** In the case of performances equaling or exceeding the current World Record see minimal requirements in section 4.4.
- 8.4.2** A record will be considered broken when the depth achieved is greater by at least one meter than the record previously recognized. In the case of performances equaling the current World Record the athlete(s) will become shared World Record holders.

8.5 WORLD RECORD ATTEMPTS

- 8.5.1** The athlete is free to choose their warm-up period. One judge must supervise the athlete at all times beginning 60 minutes prior to the start of the performance.
- 8.5.2** An official depth gauge, provided by AIDA, is placed directly under the bottom plate for verification of the depth.
- 8.5.3** The two appointed AIDA judges will judge the attempt and both must be in the water.
- 8.5.4** A record will be considered broken when the depth achieved is greater by at least one meter than the record previously recognized. In the case of performances equaling the current World Record the athlete(s) will become shared World Record holders.

9. VARIABLE WEIGHT (VWT)

- 9.1** The AIDA guidelines and protocols for deep sled freediving are applicable.
- 9.2** The event takes place in salt or fresh water.
- 9.3** The setup of the sled must comply with the following:
- 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, the use of fins and 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 as ballast.
- 9.4** Other elements that may contribute to excessive buoyancy are prohibited, as determined by the appointed AIDA judges at the event, in consultation with the AIDA Judge Responsible and Sports Officer.
- 9.5** 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.
- 9.6** The athlete is free to choose their warm-up period. One judge must supervise the athlete at all times beginning 60 minutes prior to the start of the performance.
- 9.7** An official depth gauge, provided by AIDA, is placed directly under the bottom stopper for verification of the depth.
- 9.8** The two appointed AIDA judges will judge the attempt and be in the water.
- 9.9** The freediver must ascend solely by their own power, either by using the fins or monofin and / or by pulling on the rope. The use of inflatable or mechanical systems to facilitate the ascent is prohibited.
- 9.10** A record will be considered broken when the depth achieved is greater by at least one meter than the record previously recognized. In the case of performances equaling the current World Record, the athlete(s) will become shared World Record holders.

10. PENALTIES

10.1 The mistakes mentioned in this chapter do not result in disqualification, but penalty points will be applied on the concerned performance(s). Negative numbers are not permissible for AIDA performances.

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

10.3 EARLY START

If the athlete starts before their official top (OT), a penalty of 1 POINT per unit of five seconds is applied (EARLY START).

10.4 LATE START

If the athlete starts after the authorized ten seconds window in pool disciplines (STA-DYN-DYNB-DNF), a penalty of 1 POINT per unit of five seconds is applied, up to thirty seconds after OT (LATE START). After thirty seconds the athlete is disqualified (DQ LATE START) and not allowed to start.

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10.5 RP < AP

The following penalty (UNDER AP) applies for realized performances (RP) that are lower than an athlete's announced performance (AP).

10.5.1 In static discipline (STA), when the RP is lower than the AP, a penalty of 0.2 POINTS per second is applied.

- AP 5'35" and RP 5'04",
- Difference between AP and RP = 31", penalty is $31 \times 0.2 = 6.2$ points,
- Points scored for the result list is $60.8 - 6.2 = 54.6$ points.

10.5.2 In dynamic disciplines (DYN-DYNB-DNF), when the RP is lower than the AP, a penalty of 0.5 POINTS per meter is applied.

- AP 100 m and RP 89 m,
- Difference between AP and RP = 11 m, penalty is $11 \times 0.5 = 5.5$ points,
- Points scored for the result list is $44.5 - 5.5 = 39$ points.

10.5.3 In depth disciplines (CWT-CWTB-CNF-FIM), when the depth gauge indicates a shallower depth than is announced, a penalty of 1 POINT per meter is applied, unless the tag has been brought up and delivered to the jury.

- AP 50 m and RP (read on device) 46.5 m,
- Difference between AP and RP = 4 m,
- Penalty for RP<AP is $4 \times 1 = 4$ points,
- Penalty for absence of tag is 1 point,
- Points scored for result list is $46 - 4 - 1 = 41$ points.

10.6 In dynamic disciplines (DYN-DYNB-DNF), if no part of the athlete's body or attached equipment

(e.g. fins or monofin) touches the end wall during the start (START) and / or turn(s) (TURN), a penalty of 5 POINTS per occurrence is applied. If the athlete does not come within one meter of the end wall during the turn, they will be disqualified (DQOTHER).

- 10.7** In dynamic disciplines (DYN-DYNB-DNF), if the athlete pulls or propels themselves on a support point (wall, line, bottom, etc.) before the exit of their mouth or nose, a penalty of 5 POINTS per occurrence is applied (PULL). This penalty does not apply when grabbing / pulling the edge of the pool or a line when exiting.
- 10.8** In depth disciplines (CWT-CWTB-CNF-FIM), if the athlete removes their safety lanyard during a performance, other than for safety reasons, a penalty of 10 POINTS is applied (LANYARD).
- 10.9** In depth disciplines (CWT-CWTB-CNF-FIM), if the athlete fails to deliver a tag to a member of the jury, a penalty of 1 POINT is applied (TAG).
- 10.10** In depth disciplines (CWT-CWTB-CNF), if the athlete grabs the line (except where specified in section 8.1.5) whilst the performance is under way, a penalty of 5 POINTS per occurrence is applied (GRAB).

11. PROTEST PROCEDURES

11.1 A team captain or athlete 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 unofficial results.

11.2 If the jury learns of a violation of the rules and regulations under water, either from a safety diver or from review of the bottom camera video, or following camera (DivEye), the jury shall note the applicable penalty or disqualification either directly to the athlete and / or team captain, or include such penalty / disqualification in the posting of the unofficial results.

11.3 PROTEST PROCEDURE

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

11.3.1 All protests shall be considered in the jury room. The protests will be handled one at a time. The maximum time for judges to deliberate the protest is one hour otherwise the original judgment stands.

11.3.2 For each protest, first the jury watches the accepted video(s). The jury may choose to accept videos other than those of the official cameras. If needed, the images are shown multiple times and in slow motion.

11.3.3 The judge(s) who adjudicated the performance in question will give a short summary of facts and what led to the decision they made.

11.3.4 After this, the athlete and partner are invited into the protest room. The concerned athlete and one person chosen by the athlete are allowed to watch the official video(s) footage as many times as they like to and give their comments, after which they must leave the room.

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

11.3.6 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.

11.4 In the case of any doubt, the benefit of the doubt must be given to the athlete (i.e. if unsure of what occurred, the benefit of the doubt goes to the athlete whose performance was protested).

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

11.6 All protests must be accompanied by a sum of € 50 (euro) or the equivalent in local currency. This amount is reimbursed to the athlete if the jury decides in favor of the athlete. If the protest is unsuccessful, the money shall be given to the organizer of the competition. For AIDA World Championships or World Record attempts, the money shall be given to AIDA.

11.7 At AIDA World Championship events, any judge of the same nationality as the protesting athlete must recuse themselves from that particular protest and may not be present in the jury room.

11.8 For all jury decisions, in the case of a tie, 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.

11.9 Protests filed concerning a performance during a mass final shall not result in a restart.

Example:

- individual World Championships, STA-DYN-DYNB-DNF A and B-finals are mass final so no restart possible;
- individual World Championships, CWT-CWTB-CNF-FIM are direct finals with opportunity to restart if this does not endanger the athletes health.

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

11.11 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 they wish to protest both issues. Separate issues must be listed on separate protest forms and shall be treated as separate protests.

12. VIDEO DOCUMENTATION and REVIEW

12.1 GENERAL

- 12.1.1** All videos must be filmed on new magnetic data carriers or formatted digital data carriers. In the case of the use of digital data carriers, the jury must ensure the data carrier is freshly formatted and emptied of any data before sealing the camera. In the case of use of magnetic data carriers, the jury must ensure the data carriers are brand new and packed before opening them and signing them and sealing the camera.
- 12.1.2** All official cameras must be sealed and signed by the judges by i.e. using yellow or white electrical tape in order to make sure it is clearly visible if the camera is opened. The cameras may only be opened by the jury after the competition / attempts.
- 12.1.3** The organizer may have as many official cameras as they wish as long as they are prepared in accordance the provisions in this chapter.
- 12.1.4** The official camera(s) footage is used by the jury for review (as stated in the sections below) and in the case of protests.
- 12.1.5** The official footage may be used by AIDA for internal quality control; an organizer is obliged to send all footage to AIDA if so requested.

12.2 INTERNATIONAL COMPETITIONS

12.2.1 DOCUMENTATION

The organizer must film the full performance, without interruption, of all athletes with at least one surface camera starting 10 seconds before each OT, until the judges make their decision. For depth disciplines a bottom camera is mandatory and the tags and bottom plate must be clearly visible.

12.2.2 REVIEW

No official footage is reviewed, other than bottom footage; direct judgment applies to all performances.

12.3 WORLD CHAMPIONSHIPS

- 12.3.1** It is allowed for AIDA staff to make copies of the official footage under the supervision of the judges.

The official data carriers remain with the judges until the copies have been made.

- 12.3.2** All official video footage of the competition or attempts becomes the property of AIDA. AIDA has exclusive rights to the official footage. AIDA may use the footage as support for judging and for education within the association.

12.3.3 DOCUMENTATION

AIDA staff must film the full performance, without interruption, of all athletes with at least one surface camera starting 30 seconds before each OT until the judges make their decision. For depth disciplines, a bottom camera is mandatory and the tags and bottom plate must be clearly visible.

12.3.4 REVIEW

In this case, during the video review by the jury, any mistakes in judgment that are observed, the direct judgment may be corrected and amended before posting the official results for the cases listed below. The following video review is mandatory for performances during AIDA World Championships:

- All bottom footage has to be reviewed;
- The surface video footage of the top five for each sex and discipline must be

reviewed. **12.4 WORLD RECORDS IN COMPETITION**

12.4.1 DOCUMENTATION

The organizer must film the full performance, without interruption, of all athletes with at least one surface camera starting 30 seconds before each OT until the judges make their decision. For depth disciplines, a bottom camera is mandatory and the tags and bottom plate must be clearly visible.

12.4.2 REVIEW

In this case, during the video review by the jury, any mistakes in judgment that are observed, the direct judgment may be corrected and amended before posting the official results. The following video review is mandatory for World and Continental Record performances in AIDA competitions:

- All bottom footage has to be reviewed.

12.4.3 The official videos are sent to AIDA by electronic mail.

12.5 WORLD RECORD ATTEMPTS

12.5.1 DOCUMENTATION

The organizer must film the full performance, without interruption, of all athletes with at least one surface camera starting 30 seconds before each OT until the judges make their decision. For depth disciplines, a bottom camera is mandatory. In the disciplines CWT-CNF-FIM the tags and bottom plate must be clearly visible. For the sled discipline VWT, if the system has air bottles — containers — compartments, it is mandatory to have additional footage from a camera placed on the sled filming the athlete, at least 30 seconds before the start of the performance until 30 seconds after the athlete dismounts the sled.

12.5.2 REVIEW

In this case, during the video review by the jury, any mistakes in judgment that are observed, the direct judgment may be corrected and amended before posting the official results. The following video review is mandatory for World and Continental Record attempts:

- All bottom footage has to be reviewed.

12.5.3 The official videos are sent to AIDA by electronic mail even if the attempt fails.

13. DOPING TEST PROCEDURES

13.1 GENERAL

The following antidoping procedures shall apply to all AIDA World Records, as applicable to AIDA World Championships, International competitions with WR-status, and the random testing of athletes throughout the year.

- 13.1.1** The following performances shall require a doping test (when possible directly after the performance); If the athlete refuses, the athlete is considered as having tested positive:
- Any performance exceeding the current World Record;
 - Any athlete attempting a World Record during a World Record attempt, successful or not;
 - The winners and runners up for each discipline and sex at Individual World Championships;
 - The winning team and runners up of each sex at Team World Championships;
 - Two randomly chosen athletes (one of each sex) of each competition day at World Championships.
- 13.1.2** The procedure for the random selection of athletes should be determined by the President of Jury (for example by secret ballot).
- 13.1.3** If more than one discipline is announced on one competition day, only one doping control per day at the end of daily event(s) is recommended.
- 13.1.4** As stated in provision 4.1.2, any athlete can be subject to a random test throughout the year with no relation to competition or record attempts (out of competition testing). These out of competition tests are at the discretion of AIDA. In the case of refusal, the athlete is considered as having tested positive.
- 13.1.5** Testing is only one tool in the doping control effort. The jury and organizers will investigate all evidence of doping violations with or without a test.
- 13.1.6** AIDA antidoping tests shall test for the standard WADA-list of substances, plus any additional substances for which the AIDA Executive Board determines should be tested. Additional information regarding anti-doping tests and procedures can be found on the WADA website (www.wada-ama.org).
- 13.1.7** AIDA will provide the doping kits to the judges of an event. The event doctor, AIDA Judge Level E or above, or WADA official are responsible for completion of doping test procedure.
- 13.1.8** One of the judges of the event, within 2 weeks before the competition starts, should check the number and the expiration date of the available doping kits. The judges, if necessary, should order additional kits from AIDA.
- 13.1.9** One day before the first official start the President of the Jury should check that the appropriate number of sample collection kits are available.
- The number of kits required for an international competition and for World Record attempts should be calculated as follows:
- One kit for each anticipated / expected World Record in competition or separate attempt;
 - Two back up kits for the event.

The number of kits required for each World Championship should be calculated as follows:

- Two kits for first and second place plus one kit for random testing, for each discipline;
- Two back up kits for the event.

Thus, for example:

- For Individual World Championship with 4 disciplines 26 kits are required:
 - 3 for each discipline (first two places, 1 random) males, 12 total,
 - 3 for each discipline (first two places, 1 random) females, 12 total,
 - 2 back up kits for the event;
- For Team World Championship (team of 3 athletes plus 1 alternate) 24 kits are required:
 - 4 for each of the first two placed teams, 3 random males, 11 total,
 - 4 for each of the first two placed teams, 3 random females, 11 total,
 - 2 back up kits for the event.

13.1.10 The sample collection kits should be stored at a secure and locked place and should be available for authorized personnel only (the President / Vice-President of Jury, event doctor).

13.1.11 The President of the Jury should nominate the member(s) of Jury (AIDA Level E judge or above) responsible for the doping test procedure for each day (hereinafter 'responsible judge') and the appropriate number of doping control officers. The doping control officer can be appointed from any member of the jury and appointed judge assistants. The responsible judge supervises the doping control officers. One doping control officer should be responsible for the sample collection of the athlete. The doping control officer must be of the same gender and can't be of the same nationality as the athlete. The responsible judge may perform the functions of a doping control officer for one of the athletes.

13.1.12 If it isn't possible to nominate the doping control officer of the same sex as the athlete, the responsible judge may ask a third person who is of the same sex as the athlete to witness the production of urine. The name of this person has to be documented on the doping forms and he / she will fill in the report form with their name and signature.

13.1.13 It is highly advisable that the event doctor supervises the doping control procedure(s) and signs the doping forms.

13.1.14 The place for handling of the sample collection kit and paperwork (hereinafter 'doping station') should be selected by the President of the Jury. The doping station should be located close to the restrooms and the jury meeting point.

13.1.15 The notification of an athlete that has been selected for doping control should occur, in private, away from public areas, as soon as possible by the doping control officer. The athlete signs the notifying section of the doping form no.2 and no.3 and enters the time of his / her notification to show up at doping control.

13.1.16 The athlete should be informed that he / she will be required to present a valid identification such as passport or ID-card at the doping control station and that he / she can be accompanied by a representative or translator.

13.1.17 The athlete must come to the doping control station within one hour of their notification, unless there are valid reasons for a delay. The doping control officer will establish whether the athlete has any activities they must complete before coming to the doping control station (e.g. medal ceremony, media commitments, medical treatment, compete in another event, warm down or obtain either

an interpreter, representative, clothing, or identification). Any reason for not reporting to the doping control station immediately following notification will be indicated on the doping control form (remarks

section).

13.1.18 The athlete should be informed about the consequences of refusing to take the test.

13.1.19 The doping control officer will follow the athlete the whole time and to any place after their notification until the completion of the testing procedure.

13.2 DOPING TEST

13.2.1 Upon arrival at the doping station, the athlete will be informed by the doping control officer / responsible judge of the procedure and the sampling process in detail. The time of arrival to the doping station should be entered into the relevant section of the doping forms.

13.2.2 The doping control officer must document on the doping forms any occasion where they lose sight of the athlete (remarks section). The athlete is not permitted to leave doping control once they appear until they have completed their test without express permission of the doping control officer / responsible judge.

13.2.3 The athlete must have a choice of at least three collection kits.

13.2.4 The athlete must be informed how to handle the test kit in detail. Instructional videos are available at the AIDA website at the download section.

13.2.5 It is strongly recommended that the athlete is the only person to handle their test kit until it is resealed with the athlete's sample inside.

13.2.6 Fluids need to be available for the athlete. These should be closed and sealed. The athletes are able to bring their own fluids. The athlete should be encouraged to not take fluids from any other source than those sealed and known to be tamper free.

13.2.7 The athlete must wash his / her hands twice, once prior to providing a sample and once after the sample box is sealed.

13.2.8 The doping control officer (or witness) will accompany the athlete into the restroom when the athlete is ready to provide their sample. The doping control officer (or witness) must have an unobstructed view of the athlete's sample production.

13.2.9 The athlete catches the sample in the collection vessel. The athlete's sample should meet a minimum volume requirement of 90 mL of urine. The athlete will not be released from doping control until they are able to produce at least this amount of urine.

13.2.10 Once the sample is in the collection vessel, the athlete will place the lid on the collection vessel. The athlete and the doping control officer will check the volume of urine documenting the volume on the doping forms. There is a graduated measure on the side of the collection vessel for this reference.

13.2.11 The athlete must be encouraged to empty his / her bladder when providing the sample.

13.2.12 The two test bottles (marked A and B) should be unwrapped and inspected by the athlete. The number on both bottles needs to be confirmed to match the number on the testing box and should match each other. If they do not match, another testing kit should be used. The red-ring from under the lid must be removed from the sample bottles.

13.2.13 The minimum amount of 60 mL of urine is poured into the A-bottle. The minimum amount of 30 mL of urine is poured into the B-bottle. Please note: all manipulations of the elements of the sample kit (opening, using, covering) should be done by the athlete only.

- 13.2.14** The sample bottle should be filled at least to the minimum level indicated on the sample bottle. They should not be filled above the maximum level indicated on the bottle, either. For some sample bottles, this would be between the bottom and the top of the sample bottle ID number label. Both A and B samples bottles must be filled to their appropriate levels.
- 13.2.15** Following the sample being placed in each bottle, lids should be placed onto the A-bottle and B-bottle to cover it firmly. Once the sample bottle is filled appropriately, the athlete should seal each sample bottle. Once sealed, the bottle can be placed in the bag provided in the kit and placed back in the sampling kit box.
- 13.2.16** Both the athlete and the doping control officer must check that A and B bottles are securely sealed. After the bottles are sealed a gravity test must be performed by inverting each bottle.
- 13.2.17** After filling / checking / closing the samples, the athlete and the doping control officer must return to the doping station with the sample kit box to complete the paperwork and seal the box.
- 13.2.18** The doping forms should be completed appropriately according to the provisions in this chapter.

13.3 DOPING FORMS

- 13.3.1** The athlete should fill out the doping control paperwork, in English using clear printing. The doping control officer can assist the athlete, if needed.
- 13.3.2** In addition to provision 13.3.1, any substances the athlete has been taking should be declared on the testing forms (all three doping forms). It is the athlete's responsibility to be in compliance with the doping control regulations and to avoid ingesting banned substances.
- 13.3.3** After all applicable areas of the doping control form are completed and a line is drawn through any non applicable areas, the doping officer can confirm the doping procedure is complete and the athlete is the last person to sign the doping control form after which he / she is released from doping control. The athlete does not sign the copy (form no.1) that accompanies the test kit to the testing lab.
- 13.3.4** The doping control officers will be available to answer any questions an athlete may have about the testing procedures as long as the doping control procedure is in effect.
- 13.3.5** Doping form no.1 is sent together with the test kit to the laboratory. Doping form no.2 is sent by electronic mail to the AIDA Sports Officer (sportofficer@aidainternational.org). The doping form no. 3 is to be given to the athlete.

13.4 SHIPPING AND RESULTS

- 13.4.1** The information sent to the laboratory will be confidential and the WADA accredited laboratories must respect the International Standard for Testing and Investigations.
- 13.4.2** The doping test kit together with doping form no.1 will be sent to one of the AIDA laboratories or an appropriate IOC testing laboratory. The jury in conjunction with the organizers will determine the best course of action for testing to be organized. When in doubt, the use of one of the AIDA laboratories is preferred. Remember to place a note in each test kit to return test results to the AIDA Sports Officer. Contact data are listed below:

USA

13.4.3 The laboratory sends the results to the AIDA Sports Officer by secured postal mail, current address of the Sports Officer is found on www.aidainternational.org.

13.4.4 The laboratory will store sample bottle B in the appropriate conditions for 10 years.

13.5 PUBLICATIONS

13.5.1 In the event of a positive test finding, AIDA will follow the process following the document "AIDA management of anti-doping rule violations".

14. WORLD CHAMPIONSHIPS

14.1 ORGANIZER: AIDA World Championships are organized by AIDA

14.1.1 AIDA must send the following information to the Assembly and to all persons in charge of the respected countries no later than six months prior to the competition:

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

14.1.2 Performance minima, if any, shall be established by AIDA and communicated to the AIDA Nationals not less than six months prior to the start of the World Championships to which they apply.

14.1.3 It is mandatory for AIDA to have an Internet site, in English, detailing specifically the following information concerning the competition at least five months prior to the event. This must include:

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

14.1.4 AIDA is obliged to form a jury at least two months prior to the event after examination of the proposed judge candidacies. AIDA must indicate its composition to the team captains on the opening day. AIDA must pay for all of the jury's travel, lodging, and food expenses. Each judge shall be provided with their own room, unless the judge agrees to room with another judge or with their significant other. The travel expenses have to be prepaid by AIDA and travel documents must be available to the judges no later than ten days after the presentation of the jury by the AIDA Executive Board. AIDA can ask for a jury to be composed of 50% judges from the continent of their choice, if they are available.

14.1.5 AIDA must ensure that all necessary facilities are at the jury's disposal in order to accomplish their

work. 14.1.6 AIDA must provide a permanent area for viewing the videos by the jury.

14.1.7 AIDA or the entity delegated by AIDA, is responsible for the entire event. The jury is not responsible for the safety of the athletes.

14.1.8 A general information session on the first day of the event (opening day) intended for all athletes, team captains, organizers, judges, media, safety scuba and freedivers, medical and emergency

staff, must be made available by AIDA. During this information session, AIDA will provide a detailed program of the entire event, in particular, including daily schedules of all event committees and the posting of the official results.

- 14.1.9** AIDA must provide logistical and secure facilities to allow the media to be present in the water for all disciplines in the special media areas in order to take underwater footage (photographs and videos) during official training and competition days.
- 14.1.10** AIDA must provide a commitment sheet disclosing the anticipated competition performances to be filled in by the athletes.
- 14.1.11** A commission appointed by the AIDA Executive Board will be in charge of examining the following at the AIDA expense, for one Board representative, no less than two months prior the start of the event:
- 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.
- 14.1.12** This commission will be composed of at least one member of the jury (or other person designated by the AIDA Executive Board) and should find the necessary solutions for an efficient organization. This commission reports directly to the AIDA Executive Board.
- 14.1.13** 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 (opening day) of the competition.
- 14.1.14** AIDA should have a dedicated person assigned to press and public relations with the sole responsibility of public relations prior to and during the event. Media and press relations will be of the highest priority.
- 14.1.15** The AIDA Executive Board may appoint a videographer or a photographer for media coverage during the competition.
- 14.1.16** AIDA will issue written press release as follows:
- Prior to the event announcing the selection as host of the event;
 - Prior to the event announcing the confirmed dates and event website;
 - Prior to the event announcing the make-up of the event with number of participants and countries, etc.;
 - Prior to the event announcing the pending start of the event;
 - At the conclusion of each competition day providing the day's updates;
 - At the conclusion of the event providing a summary of the entire event results and pointing to the website where complete results are published online. A reference to the next event is required;
 - All press releases will be distributed worldwide either by distribution service and / or individual press contacts via electronic mail. A copy of each release will be provided for proofing prior to the distribution of each release.

- 14.1.17** AIDA will provide a video press release as follows:
- Prior to the event, promoting the event;
 - After conclusion of each competition day, ideally the same day, but no later than the following day;
 - After the conclusion of the event, covering the entire event. Ideally within two days of the conclusion of performances, but no later than one week after conclusion of performances;

- A small sample of selects video and still images for each day will be provided to all accredited press, if requested, at no charge throughout the event. Special or expanded selection or specific requests may incur a fee. Additional sales and distribution is at the discretion of AIDA;

- All video press releases will be distributed worldwide either by distribution service and / or individual press contacts via electronic mail. A copy of each release will be provided for proofing prior to the distribution of each release.

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

14.1.19 AIDA will arrange anti-doping tests with the appropriate agency in their country or with the AIDA WADA-laboratory. AIDA will pay for the costs of these procedures and tests, including doping kits. The conditions under which the athletes are chosen is left up to the discretion of the jury, as listed in the provision 13.1.

14.1.20 AIDA 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 AIDA to acclimate. The openers observe the same conditions as the athletes, but they may not be competing in this specific discipline. 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 making the final, are allowed to enter as openers for the finals.

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

14.1.22 AIDA must make provisions for a clear and visible system of identification for all safety divers, judges, and all other officials during the entire event.

14.1.23 The official gauges will be calibrated with the measured line to ensure accurate measurements of depth prior to official performances beginning each day.

14.2 EVENT COMMITTEE

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

14.2.2 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.

14.2.3 The event committee will observe a daily agenda implemented by the jury and AIDA.

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

14.2.5 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 team 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's for the following day.

14.2.6 The event committee will indicate the number and location of different accredited media. A photographer and / or videographer designated by AIDA shall have access to all media zones and all competition areas, but must not interfere with the running of the competition.

14.3 MISCELLANEOUS

14.3.1 Only the jury may make decisions about items that do not appear in the present regulations. **14.3.2** These rules may not be changed in the three months preceding World Championships.

(Pim Vermeulen, Grant W. Graves, Tim Oehmigen, Carla Hanson, John Wright, Vedran Milat) In cooperation with AIDA Medical and Science Committee, AIDA Safety Committee

RELATED DOCUMENTS:

- AIDA management of antidoping violations, v1.0
- AIDA doping management form, v1.0 (to be developed)
- AIDA doping control forms, v16.0
- AIDA protest form, v16.0
- AIDA medical form, v16.0
- AIDA record form, v16.0
- AIDA medical assessment form, v16.0
- AIDA guidelines for deep diving, v2.0

Graphics and formatting: Eva Baublis

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 54

RECORD OF CHANGES

VERSION 17.3 MAJOR UPDATES:

- 3.2.4** Only AIDA World Record attempts and official AIDA competitions appear on the AIDA Event calendar. Only results from official AIDA competitions can appear on the AIDA Ranking list. Only results from official AIDA World Championships, International competitions with World Record status or World record attempts are eligible for Continental and World Records.

Comments: nothing new in WR/CR recognition procedure. Added missing info to clarify which event types suitable to set official AIDA WR/CRs .

3.3.2 All AIDA competitions events must be announced to AIDA via the AIDA website, www.aidainternational.org/Events/EventAnnounce. Announcement of the event has to be done prior to the competition-event, timing depending on the level of the competition-event:

Comments: wording correction. This provision is applicable to all events including WRAs not only to the competitions.

3.2.6.1 If in an AIDA Competition (counting for the Ranking) an athlete exceeds or matches the National Record of his/her country and the athlete receives a white card, the performance is recognized as AIDA National Record. The athlete must be a member of the national corresponding to his/her citizenship (passport) if this National exists (if not, athletes may register in any National that is an active Member of AIDA) and be allowed by the National to become a member of that National.

Comments: The title of AIDA National Record (NR) is given by AIDA (not the National) to all active athletes (registered with their Nationals if they exist) after validating the performance with white card.

~~3.3.10.8 No performance restrictions are allowed at AIDA World Championships unless weather or other considerations make the announced performances dangerous.~~

Comments: this paragraph is no longer relevant. 5.5.1 Limitation of Announcements applicable to all AIDA competitions including World Championships.

4.1.3.2 Each athlete has to be member of the AIDA National corresponding to his/her citizenship (passport) if this National exists (if not, athletes may register in any National that is an active Member of AIDA).

Comments: 3.3.14.3 and 4.3.5 removed as they duplicate information about National membership in 4.1.3.2 applicable to all AIDA events.

4.1.3.5 ... For more information regarding change of nationality, contact the AIDA Secretary support@aidainternational.org.

Comments: since 2021, AIDA has a general e-mail address for all enquiries managed daily by AIDA Admins.

4.1.3.6 For AIDA depth events each athlete must fill-in and sign the AIDA competition form, it is the athlete's responsibility to fill in this form according the truth. The AIDA competition form has to be signed by a witness; a member of the Jury cannot sign this form.

Comments: added "For AIDA depth event" to avoid misunderstanding. AIDA has Competition forms for depth events only.

COMPETITION RULES AND REGULATIONS Version

17.3 – January 2022, © AIDA 2022 55

8.3.5 The minimum interval between starts for all depth disciplines at AIDA World Championships is based on the announced depths as listed below:

- Minimum 10 minutes for dives deeper than 100 m;
- Minimum 9 minutes for dives between 80 and 100 m;
- Minimum 8 minutes for dives between 50 and 80 m;
- Minimum 7 minutes for dives shallower than 50 m.

AIDA events changed to AIDA World Championships as this provision is under the WC article.

Disciplines CWTB and DYNB have been added in all relevant articles.

Comments: CWTB and DYNB approved as disciplines (non-subcategories) by Assembly vote on December

2, 2020.

"The Organizer" have been replaced with "AIDA" in all provisions related to World Championships. According to 14.1. AIDA World Championships are organized by AIDA (approved by Assembly vote on May 28, 2020).

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Appendix 5

OK-SIGNAL DIRECTION

