

RULES OF FREEDIVING LEAGUE 2024/2025

I. INITIAL AGREEMENTS

1. The following regulations defines the rules of participation in the **“Freediving League”** organized at the multi-zone simulator of diving conditions Deepspot (Site), referred to later as **“the competition”**.
2. The organizer of the competition is the owner of the Site - Aerotunel sp. z o. o., headquartered at Warszawa, Al. Solidarności 75/26, registered at National Court Register (Krajowy Rejestr Sądowy) under nr KRS 0000821632, NIP: 5252533508, REGON: 14612769300000 ('Organizer' or 'Deepspot').
3. The competition will take place according to the schedule, which will be released on March 16, with reservations stated in pt 4 and pt 5 below.
4. The competition will not take place in the circumstances that it will not be permissible by law to conduct it on a given day. The Organizer will do their utmost to submit information on the range of this issue on their website www.deepspot.com
5. In the event that the planned edition of the competition will not be permitted to take place for other reasons, the Organizer will announce a new date, as close to the original one as possible.

II. COMPETITIONS

1. “Freediving League” is a series **of 5 freediving competitions**, in which every edition consists of 2 disciplines. The exception to this is the final edition, which will only take place with 1 discipline. The disciplines of the respective editions may differ, and their detailed description will be published in a separate document - **“Technical rules for an edition”**
2. All participants take part in only 1 age group. In the first challenge contestants compete in their attempts together, in the second challenge they start in separate attempts.
3. The rating in a specific edition and in the “Freediving League” as a whole is divided into separate groups for men and women.
4. Participation in the competition is only permitted if all conditions outlined in section III are met.
5. For organizational reasons, the number of contestants is limited to 30 for every edition, although in the instance of high interest, the Organizer reserves the right to increase the limit to 40. **The order of qualification for the competition (being placed on the participant list) is determined by the date of meeting both conditions:**
 - a) Payment of the entry fee
 - b) Registration for participation in the respective edition of the League
6. The Organizer provides medical care and a cadre of lifeguards during the event.

III. CONDITIONS OF PARTICIPATION

1. Conditions of participation in the competition are as follows:
 - a) Age of at least 18;
 - b) Possession of at least a first level freediving certificate of an international organization (ex. CMAS, AIDA, SSI, Apnea Academy, Molchanovs) which includes deep diving;
 - c) Application for the competition through the competition’s website (“registration” tab), as well as the payment to the Organizer, look section IV;
 - d) A medical certificate (not older than 12 months) signed by a doctor stating that there are no risks for the participant to conduct breath-hold diving, or freediving. A scan of the certificate should be delivered in an electronic form to the e-mail address info@deepspot.com before the

day of registration window closing at the latest, and the original is to be delivered in person on site.;

- e) A confirmation and acceptance of these Regulations, the Regulations regarding the use of the diving site Deepspot (Site Regulations), and the Regulations for a given edition of the competition (Technical Regulations);
- f) Good health and state of mind for the diving, including a lack of any infections and other issues posing risks for diving, especially those outlined in the Site Regulations;
- g) The signing of a waiver before the competition which confirms the fulfillment of all conditions required to participate in the competition, as well as all the acceptance of all Regulations outlined in subpoint 5 above.

IV. PAYMENTS

1. A payment to the Organizer should be submitted within the period of 24 hours since application:
 - 299 PLN for payment 31 days before the start of the edition, or earlier;
 - 359 PLN for payment between 31 and 7 days before the start of the edition;
 - 1405 PLN for a Freediving League PACKAGE, which allows for participation in all 5 editions.
2. The payment will be made through a link sent by the Organizer to an email address. In the event that the Organizer is notified that all 30 slots have been filled by applicants, all subsequent applicants will receive information about the lack of any free slots. The Organizer will not send payment links to them. In addition the Organizer will post a notification about the closing of the application process on their website.
3. In the event that a payment of an applicant will be received after the first 30 applicants make their own payments, but before the notification about the closing of the application process is posted by the Organizer (which may be possible due to the characteristics of the payment transfer process), the Organizer will immediately refund the purchase, or if the Organizer makes a decision about increasing the number of participants - the Organizer will then permit these applicants to take part in the competition. The final confirmation of participation in the competition is the receiving of an email message notifying of the placement on the list of contestants. In case of any doubts, every person that has applied for the competition will be able to find out if they have successfully qualified or not by contacting the Organizer at info@deepsport.com

V. GENERAL REGULATIONS

1. During the 4 editions of the competition the contestant will face 2 challenges, and for the final edition, 1 challenge. Every challenge will have different objectives, which will be described in detail in the Technical Regulations for a given edition. Challenges are divided into three categories:
 - **slow** - where one can score positive points (pt+), and the objective is to achieve the best score in terms of time and/or depth;
 - **classic** - where one can score positive points (pt+) or negative points (pt-), and the objective is to achieve the best score in terms of time and/or depth;
 - **rescue** - where one can score negative points (pt-), and the objective is to complete the challenge as quickly as possible.
2. The order of contestants in the first challenge will be established based on their registration - the contestant that registered first (According to Article II, paragraph 5) will begin last. The order for the second challenge will be determined based on the score from the previous challenge - the contestant who scored the highest during the previous challenge will start in the last. In the event that 2 or more people score the same number of points, the contestant who registered earlier will begin later.

3. Start schedule which includes the precise dive hours of all the contestants in the first challenge (Top Time) will be available on Site and will also be sent to the email address given during the application process 1 day before the challenge takes place at the latest. Schedule for the second challenge will be made available immediately after the results from the previous challenge are announced.
4. For participation in a given edition a contestant receives 30 starting points (pt+), which will be added to the sum of points scored in two challenges. If at least one red card is issued, the starting points are not awarded. The exception is the final edition, which does not award starting points for participation.
5. After completing 2 challenges, positive points, negative points, penalty points and the starting points are all added up and converted into League Points (PKL) according to the ruleset in section VII, to which points (PKL) for white cards will be then added. In the final edition no starting points are awarded, and the League Points are calculated based on the score from the first challenge.
6. Based on the sum of the points (PKL) as outlined in pt 5, winners will be announced for a given edition of the competition.
7. Scores from the various editions will be ranked separately, and the acquired League Points (PKL) will be added up to the general ranking of the competition.
No later than 2 days before each edition, an online briefing with the contestants will take place. Presence at the briefing is mandatory, and information of any potential absence should be passed to the Organizer before the briefing itself begins. During the briefing there will be an opportunity to ask questions, and both the answers and decisions will be binding for all the contestants in a given edition.
After the online briefing a link will be sent to all the contestants with an attached video - those absent must provide a written statement that they familiarized themselves with it. In the case that a contestant was not present at the online briefing, and did not familiarize themselves with the video, the Organizer reserves the right to not permit them to compete.
In addition, on the day of the competition a non-mandatory briefing will take place, which will allow those who were not present at the online-briefing to ask questions.
No questions regarding the rules and regulations of the competition can be asked via the telephone or email.
8. If at any point during the first challenge the contestant exhibits symptoms of “lung squeeze” (coughing blood, difficulties with breathing, lowered saturation), they will not be permitted to take part in the second challenge, and the total amount of League Points (PKL) for that edition shall be 0.

VI. TECHNICAL RULES FOR ALL CHALLENGES

1. The gear permitted for a specific challenge may differ, and the contestants should familiarize themselves with a detailed description of a given edition. **Diving wetsuits, ballast weights, and other outfits altering buoyancy** are not permitted, unless the Technical Regulations for a given challenge state otherwise. If no information is provided about a certain piece of equipment, the contestant is to **consult the Jury during the briefing for contestants** of a given edition.
2. The beginning of an attempt and the countdown (in english) will be conducted as follows:
 - a) Before the attempt at a challenge, the contestant must be present in the Start Zone for at least 1 minute before Top Time (TT), but not before the previous contestant receives their own score from the Jury;
 - b) **The countdown to a given TT in “slow” and “classic” challenges** goes as follows:
3 minutes, 2 minutes, 1 minute 30 seconds, 1 minute, 30 seconds, 20s, 10s, 5, 4, 3, 2, 1, Top Time, +10s, +20s, +25, 26, 27, 28, 29, 30.
 - c) **The countdown to a given TT in “rescue” challenge** goes as follows:
1 minute, 30 seconds, 20s, 10s, 5, 4, 3, 2, 1, Top Time, +10s, +20s, +25, 26, 27, 28, 29, 30.

- d) The start of the countdown begins after a full submersion of airways taking place between TT and max 30 seconds after TT in all challenges - unless Technical Regulations for a given challenge state otherwise;
- e) **Starting the attempt earlier than TT or 30 seconds after TT will result in disqualification;**
- f) **submerging airways and surfacing before TT is not considered a breach of regulations;**
- g) In challenges where positive points (pt+) are awarded, the timing begins from the submersion of airways after TT and ends with surfacing;
- h) In challenges where negative points are awarded, the timing begins from TT set for a given attempt, and ends upon the completion of the objective by the contestant (without the surface procedure);
- i) **“Challenge 15m” and “Challenge Profi/Non-profi” in the final edition have different rules regarding submerging, surfacing and time measurement, and will be described in detail in the Technical Regulations for the edition in which they will take place.**

- 3. **All challenges should be completed with a correct surface procedure outlined in section IX. Failure to follow the procedure will result in disqualification.**
- 4. After a finished attempt the judge shall announce the verdict on whether the challenge was completed correctly (white card), with a penalty (yellow card), or if the contestant was disqualified (red card).

VII. SCORING

- 1. Positive points (pt+) and negative points (pt-) are awarded depending on the results achieved in different challenges. The objective is to collect as many positive points (pt+) and as few negative points (pt-) as possible.
- 2. **Positive points (pt+) are awarded during “slow” and “classic” challenges**, where the objective is to achieve the biggest depth and/or longest time. For every meter and/or second points (pt+) are awarded in accordance with the Technical Regulations for a given challenge.
- 3. **Negative Points (pt-) are awarded during “rescue” challenges**, where the objective is to complete all the tasks as quickly as possible. Negative Points (pt-) are awarded for every second in accordance with the Technical Regulations for a given challenge.
- 4. **Additionally, negative points are awarded in the "classic" competitions - "Dynamic" and "classic" - "Static" according to the Technical Regulations.**

1. League Points PKL are awarded based on the sum of pt+, pt-, and the starting points

	pts for 2 challenges (including penalty pts) + 30 starting pts	PKL (rounded to 0,01)
1st Place	x	100
2nd and consecutive places	y	z = % of the max score for 2 challenges (z = y*100/x)
EXAMPLE	pts for 2 challenges (including penalty pts) + 30 starting pts	PKL (rounded to 0,01)
1st Place	95	100
2nd Place	80	84,2
10th Place	35	36,8

5. After 2 challenges for a given edition, the sum of positive points (pt+), negative points (pt-), including any possible penalties (as outlined in point 11) and the starting points (+30 pts), is then calculated into League Points (PKL) according to the given table,
6. **In the event that the result of all points, including the penalties and starting points for a given edition is negative**, the PKL awarded for that edition will be equal to "0".
7. **For every "white card" (a no-penalty attempt), an additional 5 PKL will be awarded to the contestant** for the edition they got it in.
8. **Victory** will be decided by the total number of PKL scored at the end of a given edition.
9. **Points from the League Points (PKL) obtained from the 3 editions of the current cycle, in which the participant accumulated the most, will be included in the overall classification of the "Freediving League."** In case two or more contestants have an equal number of PKL, the final ranking will be decided by a total number of points (pt+) summed up from the completed editions
10. In order to be included in the general rating, one has to take part in at least 2 editions in a given cycle.
11. **Penalty points** are issued for a breach of Technical Regulations included in the description of a given challenge. In challenges where either positive (pt+) or negative (pt-) points can be scored, a contestant is issued 2 penalty points (-2) for every breach of rules. Penalty points are added to the score of a challenge in which they were issued.
12. A contestant who was issued a "red card" in at least 1 of the challenges of a given edition, will not receive any League Points (PKL) for the challenges (that includes the starting points). However, if earlier in the day the contestant had been awarded a "white card", then 5 PKL will be added to their general rating.

VIII. AWARDS

1. For places 1-4 in the general rating, separately for male and female categories, the Organizer provides prizes:

- 1st Place - **VOUCHER for an exotic freediving trip worth 10,000 PLN**
- 2nd Place - 10 entrance tickets
- 3rd Place - 5 entrance tickets
- 4th Place - material reward

2. For places 1-4 in the respective editions 1-5, separately for male and female categories, the Organizer provides prizes:

- 1st Place - 3 entrance tickets
- 2nd Place - 2 entrance tickets
- 3rd Place - 1 entrance ticket
- 4th Place - material reward

3. For places 1-3 in the **5th edition**, that is "Deepspot Challenge", separately for male and female categories, the Organizer provides prizes:

PRO

- 1st Place - 1500 Euro
- 2nd Place - 750 Euro
- 3rd Place - 300 Euro

NON Pro

- 1st Place - 15 entrance tickets
- 2nd Place - 10 entrance tickets
- 3rd Place - material reward

4. After every edition, a reward will be randomly awarded to a contestant who placed 4th or lower - 1 Deepspot entrance ticket.
5. The conclusion of the Freediving League and the award ceremony for the general rating will take place after the final edition of the League within "Deepspot Challenge" in April 2025.

IX. SURFACE PROCEDURE

1. "Surfacing" is defined as the surfacing of a contestant's airways (nose or mouth). Exceptions include "Challenge 15" and "Challenge Profi/Non-profi" challenges, where "surfacing" is defined in the Technical Regulations of a given edition.
2. The method of surfacing is unrestricted, unless stated otherwise in the Technical Regulations of a given edition.
3. After surfacing, in the span of 20 seconds, the contestant should show the "OK diving sign" to the judge (the thumb of one hand touching the tip of another finger of that same hand, so that the two fingers form a circle).
4. After surfacing, until the judge gives the verdict, the contestant should NOT:
 - submerge his airways again (nose and/or mouth);
 - have any physical contact with any other person (if an accidental contact does occur, the judge shall determine if it was a beneficial occurrence or not)
5. **During the surface procedure, the coach and other people present in the start zone are prohibited to speak or show any gestures towards the contestant.**

X. BLACKOUT (BO) AND DISQUALIFICATION

1. A contestant will be disqualified in the event that:
 - they are present in the start zone at the wrong time ([section VI pt 2](#));
 - begins their attempt outside of the allowed time ([section VI pt 2](#));
 - does not follow the proper surface procedure ([section IX](#));
 - does not complete the challenge according to instructions contained in the Technical Regulations;
 - uses a piece of equipment prohibited for a given challenge or makes modification of freediving equipment in an effort to increase its buoyancy, volume or length (ex. adding an antenna) which could have made the task easier to complete.;
 - suffers a blackout during the attempt or will need to be provided first aid;
 - after surfacing and before the verdict uses a prohibited buoyancy altering equipment (ex. macaron/noodle), unless stated otherwise in the Technical Regulations;
 - violates other rules in these Regulations or Technical Regulations, especially regarding inhaling oxygen or any other mixture containing an increased concentration of oxygen at 45 minutes before their attempt or earlier;
2. The decision to interrupt a contestant's attempt by the assistant is made by the judge or the assistant present in the water, after noticing clear and unequivocal signs that the contestant requires help (ex. exhaling air underwater, letting go of the line, being hovering in the depths etc.), as well as in response to the signs of requesting help by the contestant themselves. During the briefing for contestants and assistants the Head Judge will provide a list of unequivocal signals that result in interruption of a given challenge.
3. If during their first challenge of the day a contestant suffers a BO (i.e. loses consciousness and is not able to surface by themselves, or after surfacing is not able to keep their head above the water or

the edge of the pool), they will not be permitted to partake in the second challenge of the competition on that day.

4. A contestant who is disqualified from their first challenge for a reason other than BO may still take part in the second challenge of the day and potentially score 5 PKL for a “white card”.

XI. PROTESTS

1. If, in the eyes of the contestant, a situation transpired that they did not compete on equal ground with other contestants starting in other series, which may have influenced their score, a contestant can file a protest to the Jury, however the protest must be filed within 10 minutes of receiving the verdict. A positive verdict will result in the contestant repeating their attempt.
2. If a contestant has reservations with regards to the official results, they can file a protest immediately after receiving the verdict and no later than 15 minutes after the announcement of official results for a given challenge.
3. The Protest must be delivered on a Protest Form, available on Site, in the area near the location of the Jury.
4. Filing a protest, the contestant is required to deposit 300 PLN alongside the Protest Form.
5. If the ruling is in favor of the contestant, the deposit is returned to them. Otherwise, the deposit is kept by the Organizer, and the total sum of money from failed protests will be sent to a charity foundation Avalone Extreme.
6. Protests will be considered by the Jury in its entirety, and the decision will be made through a vote.
7. In the event that the same number of judges vote in favor and against a protest, the vote of the head of the Jury (Head Judge) is the deciding factor.
8. Decisions of the Jury are final with regards to the results of the competition.

XII. THE JURY

1. Jury consists of 2 or 3 judges
2. Jury is headed by the Head Judge possessing the qualifications of a freediving judge (CMAS or APNEA).
3. Both the Jury and the Head Judge are commissioned by the Organizer.

XIII. WARMUP ZONE AND START ZONE

1. Apart from the Start Zone, a dedicated Warmup Zone will be set up with regards to the requirements of a given challenge.
2. The permission of entrance into the Start Zone was stated in [section VI](#).
3. Contestant has the right to enter the pool and begin their warmup in the Warmup Zone at 30 minutes before their Top Time.
4. A coach/buddy should accompany the contestant in the Warmup Zone. Lack of a dedicated assistant prevents a contestant from taking part in the warmup. Diving without assistance results in disqualification.
5. In the Start Zone the coach/buddy and any other people are not allowed to accompany the contestant, unless the Technical Regulations for a given challenge allow it.

XIV. ANTI-DOPING TESTS AND THE USE OF OXYGEN

1. It is prohibited to inhale oxygen or a mixture with an increased concentration of oxygen for 45 minutes before the Top Time of the contestant.
2. It is prohibited to use any doping agents listed on WADA for freediving.
3. The Organizer may demand a written confirmation of not using any doping agents on an appropriate statement.
4. The Regulations allow for conducting tests for doping agents mentioned above in [pt 2](#).

XV. CHANGES TO THE REGULATIONS

1. The Organizer reserves the right to alter the Regulations for important reasons, especially in order to increase the safety or efficiency of conduct of the event.
2. Changes to the Regulations will be published on the competition website and will also be sent by email to those who registered before the changes were implemented.
3. If the changes to the Regulations impact the rights or responsibilities of a contestant, they will have the right to - within 7 days of receiving the information about the changes - to notify the Organizer via email, at the address info@deepspot.com, that they resign from the competition. In such a case the Organizer will return the payment to the contestant.

XVI. PERSONAL DATA

1. The Administrator of the personal data of the contestants is the company Aerotunel Sp. z o. o. headquartered in Warsaw (the rest of the information available in [section I pt 2](#)).
2. Personal data of the contestants will be processed for the needs of organizing and conducting the competition, especially for the purpose of receiving applications for the competition, processing the payment, arranging the list of contestants in the eliminations and finals, as well as finding out the results and choosing the winners, i.e. for reasons stemming from lawfully justified interests realized by the Administrator (art. 6 ust. 1 lit. f. RODO). Personal data may be also processed by the Organizer for other lawfully justified interests realized by the Administrator, including the defense against claims (art. 6 ust. 1 lit. f. RODO).
3. Personal data may also be processed on the basis of an agreement to do so by the signatory of the agreement (art. 6 ust. 1 lit. f. RODO), to the extent defined within that agreement.
4. With regards to the competition, the Organizer will be processing the personal data of the contestant provided in the application form, especially: name, surname, birthday, country of origin, phone number, email address, number of the diving license, and the looks (ew. "image").
5. Personal data may be provided to the entities processing it for the Administrator, especially advisors of the Administrator and IT firms.
6. Personal data will be stored by the Administrator for the duration of the competition, and after its conclusion - for a period dictated by law, which allows the Administrator to show the fulfillment of obligations in relation to the competition, or the claims of the participants.
7. Name, surname and the country of origin may be published in the materials regarding the competition, including especially the list of participants, the starting lists, and the results. Such materials and information may be available both on Site and published on the internet. In the instance of the winners' list, the scores of a given participant may also be made public.
8. The participant - based on the rules dictated by RODO - has the right to demand of the Organizer the access to the personal data, its correction, deletion, restriction of processing, as well as the right to object to the processing of personal data, the right to transfer the data, and filing a complaint to a supervisory authority.
9. To an extent dictated by the agreement of personal data processing, the participant has the right to terminate the agreement at any point, with a disclaimer that the termination does not impact the legality of processing conducted prior to the termination.
10. Providing personal data is voluntary, although it is necessary to apply for the competition and take part in it.
11. Processing of data outside of the extent covered above will be conducted with regards to the Privacy Policy.

XVII. FINAL PROVISIONS

1. Participants of the competition cover the costs of transport and accommodation themselves.
2. In the event that the competition is canceled due to the reasons coming from the Organizer's side, or reasons beyond the Organizer's control, especially with regards to restrictions resulting from the laws connected with the status of the epidemic, the Organizer will provide a refund to the participants.
3. The Organizer provides prizes outlined above for the winners of the competition, however the final information regarding this issue will be posted on the website of the competition. The prizes will be given out after subtracting any potential tax, if it'll be required with regards to the state of the applicable law.
4. In regards to the issues not covered by these Regulations, Site Regulations are applied, with a disclaimer that in case of a contradiction between the different regulations the supremacy is given to the Technical Regulations, with the regulations of this document as secondary.
5. In the matters not covered by the aforementioned regulations, the issues are handled in accordance with Polish law.