

REGULATIONS - TECHNICAL

I EDITION - FREEDIVING LEAGUE 2024/2025

I. COMPETITIONS OF THE EDITION

1. The first edition of the "Freediving League" competition will take place on **April 12, 2024**.
2. The first edition of the Freediving League includes the following disciplines:
 - **DEEP DIVE – classic**
 - **STATYKA - classic**

II. FIRST DISCIPLINE - DEEP DIVE (classic)

1. Within the second competition, the participant must complete 1 task:
 - **diving to a depth** - submersion to any depth from 1 to 44 meters and return to the surface using a "classic freediving technique" (CWT/CWTB/FIM/CNF);
 - **The goal is to achieve the greatest depth and return to the surface.**
2. Detailed description of the task:
 - a) At the time of registration for the competition, the participant declares the chosen diving style, their current PB (Personal Best - the greatest depth they have achieved in a given style), and specifies the depth they plan to achieve on the day of the competition.
 - b) No later than the last day of open registration, the participant may change the diving style, update their PB, and specify the depth they plan to achieve on the day of the competition.
 - c) The planned depth cannot exceed 3 meters from the declared PB, but it can be equal to or less than that.
 - d) Along with the depth, the participant provides the approximate time of their dive.
 - e) It is not considered an error if the depth or time is not achieved.
 - f) A bottom plate with attached tags will be placed at the planned depth.
 - g) Retrieving a tag from the plate and delivering it to the surface gives the participant an additional +2 points.
 - h) The starting order of the participants will be based on the planned depth - ascending, meaning the shallowest dives will take place at the beginning, and the deepest ones at the end.
 - i) However, in case of the same planned depth, the order will be determined based on registration according to item V point 2 in the League Regulations.
 - j) The starting zone includes the designated area above the tube with 2 starting lines marked by surface lines.
 - k) Diving begins in the designated starting zone at the line dropped to the planned depth according to the Top Time (TT) on the start list.
 - l) The participant takes any position at the designated starting line while keeping their airways above the surface.
 - m) Submersion should occur within the time described in the League Regulations in section VI point 2.
 - n) The moment of starting the attempt is considered when the airways are submerged.
 - o) Diving must be done using the technique declared during registration (CWT/CNF/CWTB/FIM). Submersion and resurfacing must be done using the same style.
 - p) In CWTB, dolphin kicks (both legs combined) are not allowed except for 1 kick at the start and 1 kick at the turn.

- q) In each style, the participant can pull themselves on the line once at the turn and hold onto the line after resurfacing.
- r) In the FIM style, pulling on the line is allowed throughout the whole dive.
- s) After resurfacing, the participant performs the surface procedure described in the Rules of Freediving League 2024/2025 (section IX).
- t) After completing the dive, the participant will receive a verdict from the judge informing them whether they performed the task correctly (white card) or the task was not completed (red card).
- u) During the competition (from 3 minutes before TT until all participants in a given series receive a verdict), absolute silence is required in the Starting Zone. Supporters and spectators may receive a verbal warning from the judge or 2 penalty points, which will be included in the second discipline.

3. **Mandatory equipment** for the competition:

- Lanyard

4. Allowed equipment for the competition:

- mask
- nose clip
- freediving goggles
- fins (only for CWTB and CWT)
- monofin (only for CWT)
- dive computer / watch
- swimming cap
- snorkel
- other items allowed during the briefing for participants

5. Prohibited equipment for the competition:

- Ballast
- wetsuit or any other buoyancy aid
- any other equipment not mentioned in section II point 3 and point 4.

6. Positive points (pts+) will be awarded based on the achieved diving depth. Achieving the planned depth will be recognized when the participant retrieves the tag from the bottom plate and delivers it to the surface. If the participant does not reach the plate or not deliver the tag to the surface, the achieved depth will be read from the official dive computer, which they will receive for the duration of their dive, rounded down to the nearest meter.

7. For every full meter of achieved depth, the participant will receive points (pts+), calculated according to the style coefficient:

- **CNF - 1.4 pts** for every full meter of depth - maximum +61.6 pts
- **CWTB - 1.2 pts** for every full meter of depth - maximum +52.8 pts
- **CWT - 1 pt** for every full meter of depth - maximum +44 pts
- **FIM - 0.9 pts** for every full meter of depth - maximum +39.6 pts

8. Additionally, the participant will receive **+2 points for retrieving the tag** from the planned depth and delivering it to the surface.

9. There are no penalty points in this competition.

9. Disqualification in the competition will occur if the participant:

- performs prohibited movements during diving in the style described above in section II point 2 sub-point p)
- performs more than one pull-up during the turn or pulls up at any other time in the CWT, CWTB, CNF competitions;

- fails to complete the task as described above (section II point 2);
- commits other offenses described in the Rules of Freediving League 2024/2025 (section X point 2).

III. SECOND DISCIPLINE - STATIC APNEA (classic)

1. In the second discipline, the participant is required to perform 1 task:
 - **holding one's breath for a duration** - the competitor, while remaining on the surface, submerges their airways in water and holds their breath;
 - **the objective is to achieve the longest possible breath-holding time and successfully complete the attempt.**
2. Detailed description of the task:
 - a) Upon registration for the competition, the participant provides their Personal Best (PB) - the longest duration they have achieved while holding their breath. This information will be used solely for safety purposes.
 - b) It is not considered an error if the stated time is not achieved.
 - c) During their attempt, the participant cannot be informed about the elapsed time, and the safety diver and/or coach cannot possess any equipment, especially electronic devices, that could indicate the trial time. The safety diver also cannot obtain time information from other individuals.
 - d) The participant is accompanied in the starting area by a safety diver provided by the Organizer and/or chosen by them as a "coach." If the participant has their own coach, then the coach assumes the responsibilities of the safety diver.
 - e) During the attempt, the participant must respond to the "questions" posed by the safety diver as determined during the athlete briefing or immediately before their attempt.
 - f) The moment of the safety diver's question will be initiated by the judge at any point during the attempt.
 - g) The coach may ask additional questions, to which the participant must respond as per point e) above.
 - h) Failure to provide a clear answer to two consecutive "questions" results in the interruption of the attempt and disqualification.
 - i) Not using any facial equipment such as a nose clip, goggles, and mask awards the participant an additional +2 points.
 - j) The use of additional buoyancy-enhancing elements such as noodles, inflatable cushions, sleeves is permitted, with the entire body of the participant required to be in the water.
 - k) The order of participants' starts will follow the provisions of Article V, paragraph 2 of the Rules of Freediving League 2024/2025, meaning that participants with the highest number of points from the first competition will start at the end of the list, and in case of the same number of points, the participant who registered earlier will start later.
 - l) Diving begins in the designated starting area according to the Top Time (TT) as per the start list.
 - m) Submersion should occur within the time described in the Rules of Freediving League 2024/2025 in Article VI, paragraph 2.
 - n) The participant is allowed to hold onto the wall before, during, and after their attempt.
 - o) During their attempt, the participant may move within the designated area of the starting zone.
 - p) Before the start of the attempt and during it, the coach or safety diver may touch the participant. From the moment the participant emerges their airways until the judge shows the card to the coach, no shouting, speaking, gesturing, or supporting the participant is allowed. Assistance provided by the coach or safety diver leads to the disqualification of the participant.
 - q) After emerging, the participant performs the surface protocol described in the Rules of Freediving League 2024/2025 (Article IX).

r) Upon completion of the attempt, the participant receives a verdict from the judge informing them whether the task was completed correctly (white card) or the they are disqualified (red card).

s) During the attempt (from 3 minutes before TT until all participants in the series receive their verdict), absolute silence is required in the Starting Zone.

3. Permitted equipment for the competition:

- Mask
- Nose clip
- Goggles
- Swim cap
- Noodle
- Inflatable cushions, sleeves
- Other items allowed during the athlete briefing

4. Prohibited equipment for the competition:

- Dive computer / watch / stopwatch and any electronic devices
- Weight belt
- Wetsuit
- Any other equipment not mentioned in Article II, paragraph 3.

5. Negative points will be calculated based on the achieved time and the current CMAS (Senior Indoor - Women/Men - STA) world record.

6. The achieved time is subtracted from the world record published one day before the competition on the CMAS website (link to the current record list is included in the attachments - Article VII, paragraph 1), and the result of this difference is multiplied by the coefficient (-0.15 points), thus:

- **(World record in seconds–Achieved time in seconds)×(-0.15 points)**

In the event that the participant achieves a time equal to or better than the current world record, they will receive zero negative points (0 points) in this competition.

7. In the case where the participant does not use any facial equipment such as a nose clip, goggles, and mask, they will receive **an additional +2 points (positive points)**.

8. Penalty points have not been provided for in this discipline.

9. Disqualification of the attempt will occur if the participant:

- cannot independently support their head after surfacing;
- fails to complete the task according to the description above (Article II, paragraph 2);
- commits other offenses described in the Rules of Freediving League 2024/2025 (Article X, paragraph 1).

IV. SUMMARY OF THE EDITION

1. Participation in the edition awards the participant with 30 starting points (pts+), which will be included in the total points for the 2 disciplines. If at least 1 red card is received, starting points will not be awarded.
2. Points for the competitions are the sum of points and 30 starting points. Points for the competitions will be converted to League Points (LP) according to the formula in the Rules of Freediving League 2024/2025 (Article VII).
3. For successfully completing the competition (for each white card), the participant will receive 5 LP.
4. Based on the total points (LP) for the competitions (point 2) and white cards (point 3), the winners of the edition of the competition will be determined.
5. The obtained League Points (LP) will be included in the overall ranking of the Freediving League.

V. WARM-UP ZONE AND START ZONE

1. For the needs of both competitions in the Facility, apart from the Start Zone, a designated Warm-up Zone will also be established.
2. The permissible moment to enter the Start Zone has been defined in the Rules of Freediving League 2024/2025 (Article VI).
3. The participant has the right to enter the pool and start warming up in the Warm-up Zone no earlier than 45 minutes before their Top Time.
4. In the Warm-up Zone, warm-up statics can be performed at the edge only under the supervision of the participant's own safety diver or coach.
5. In the Start Zone, the participant may be accompanied by their own coach / buddy. If the participant does not have such a person, a safety diver will be designated by the judge.

VI. FINAL PROVISIONS

1. The Organizer reserves the right to make changes to the Technical Regulations for valid reasons, particularly to enhance safety or streamline the organization of the event.
2. Changes to the Technical Regulations will be published on the competition's website and sent via email to individuals who registered before the changes take effect.
3. Any decisions, more detailed guidelines, or changes made during the online briefing of a specific edition of the competition will take precedence over the rules in the above Technical Regulations.
4. Attachments such as images, instructions, videos, and other materials aimed at detailing task descriptions for a specific edition of the competition may be included with the Technical Regulations.
5. The information contained in the general Rules of Freediving League 2024/2025 applies to all editions of the competition, unless it contradicts the provisions of the above Technical Regulations.

VII. ATTACHMENTS

1. Along with the Technical Regulations for the II edition of the competition, the following apply:
 - Videos presenting both competitions.
 - Current CMAS world records: CMAS Freediving Records <https://www.cmas.org/freediving/records-ranking.html> in the "Senior Indoor" category.