

TECHNICAL REGULATIONS

2ND EDITION - FREEDIVING LEAGUE 2024/2025

I. COMPETITIONS OF THE EDITION

1. The second edition of the "Freediving League" competition will take place on **July 12, 2024**.
2. The second edition of the Freediving League includes the following disciplines:
 - **SLOW DYNAMIC - slow**
 - **UNDERWATER BLACKOUT - rescue**

II. FIRST DISCIPLINE - SLOW DYNAMIC (slow)

1. The first competition involves one task for the participant:
 - **To cover a distance of 40m underwater** - the diver submerges at the wall underwater and covers a distance of 40m in the longest time possible;
 - **The goal is to achieve the longest dive time, cover the 40m distance underwater, and correctly finish the attempt.**
2. Detailed description of the task:
 - a) The start order of the participants will be based on registration according to section V point 2 in the League Regulations.
 - b) Diving starts in the designated starting zone according to the Top Time (TT) on the start list.
 - c) The starting zone consists of two lanes, each 20m long and 1.5m deep, separated by a surface line.
 - d) The diver takes any position standing at the starting wall.
 - e) At the start of the attempt or upon submerging the airways, any part of the diver's body or equipment should have contact with the starting wall.
 - f) Submersion should occur within the time described in the League Regulations in section VI point 2.
 - g) After starting, the diver moves underwater on the designated lane from wall to wall. At a distance of 40m, the diver's body and equipment must not break the water surface. Breaking the water surface with any part of the body (except the airways) or equipment and continuing the dive before reaching the end wall constitutes an infraction, and the diver will receive 2 penalty points (-2 pts) for each started 5 seconds spent on the surface.
 - h) During the turn, the diver must touch the wall with any part of the body or fins.
 - i) The diver covers the distance using any technique. Touching, walking on the bottom, and pushing off it do not constitute an error. Pulling on the line is not allowed.
 - j) At any time, the diver can end their attempt by surfacing the airways above the water. Upon surfacing, the diver can grab one of the lines indicated for the respective lane, the end wall, or stand on their feet.
 - k) After surfacing, the diver performs the surface procedure described in the League Regulations (section IX).
 - l) After covering the 40m distance and touching the end wall, the diver may surface **without surfacing the airways** and continue their attempt while holding onto the wall on the surface. At this point, the judge and the safety diver have the right to "ask the diver if everything is OK." It is allowed to remove the ballast to continue the attempt on the surface at the end wall.

- m) The moment of the "question" by the safety diver will be initiated by the judge at any time.
 - n) The diver must respond to the safety diver's "questions" as determined during the briefing for the divers or directly before their attempt.
 - o) Failure to clearly respond to two consecutive "questions" results in the termination of the attempt and disqualification.
 - p) For covering the 40m distance underwater, the diver additionally receives 24 points.
 - q) For each second of their dive, the diver will receive 0.2 points.
 - r) After completing the competition, the diver will receive a verdict from the judge informing them whether the task was executed correctly (white card), if the attempt is counted with penalty points (yellow card), or if the task was not completed (red card).
 - s) During the competition (3 minutes before the TT and until all divers in the given heat receive a verdict), absolute silence is required in the Starting Zone. Spectators who support or cheer for competing divers or engage in conversations near the Starting Zone may receive a verbal warning from the judge or 2 penalty points, which will be included in the second competition.
3. Equipment allowed for the competition:
- Mask
 - Nose clip
 - Goggles
 - Fins
 - Monofin
 - Swim cap
 - Ballast
 - Other items permitted during the diver briefing
4. Equipment not allowed for the competition:
- Dive computer or other timing equipment
 - Wetsuit
 - Any other equipment not mentioned in section II point 3 and point 4.
5. Positive points (pts+) will be awarded based on the total dive time achieved. The time is measured from the moment of submerging the airways to the TT until they resurface. The result is rounded down to the nearest second.
6. For each second of the achieved time, the diver will receive points (pts+), calculated according to the coefficient:
- **1 sec. = 0.2 pts.**
7. **An additional +24 points** will be awarded for covering the full 40m distance.
8. Penalty points will be awarded when the diver:
- Breaks the water surface while covering the 40m distance - 2 points for every started 5 seconds.
9. Disqualification in the competition will occur if the diver:
- Does not have contact with the wall during the start or turn;
 - Leaves the entire starting lane with their body;
 - Uses the line to gain distance;
 - Grabs an unauthorized line or wall upon surfacing;
 - Drops the ballast before touching the end wall;
 - After surfacing, cannot hold their head without support;
 - Does not perform the task according to the description above (section II point 2);

- Commits other infractions described in the League Regulations (section X point 2).

III. SECOND DISCIPLINE - UNDERWATER BLACKOUT (rescue)

1. The second discipline involves two tasks for the participant:
 - **Cover a distance of approximately 10-15m to the mannequin and extract it from a depth of 10m** - the diver swims from the wall to the mannequin underwater or on the surface and brings it to the surface;
 - **Tow the mannequin over a distance of approximately 30m and extract it from the water**
 - **The goal is to achieve the shortest time for both tasks and correctly finish the attempt.**
2. Detailed description of the competition:
 - a) The line is attached to the buoy and ends with a leash stopper at a depth of 10m. The carabiner from the leash with the mannequin is attached to the line above the stopper.
 - b) The start order of the participants will be according to section V point 2 in the League Regulations.
 - c) Diving starts in the designated starting zone according to the Top Time (TT) on the start list.
 - d) Before the Top Time (TT) signal, the diver can assume any position in the designated zone while holding onto the starting wall.
 - e) If the diver uses a snorkel, they can have their airways submerged while preparing to start. The diver should remove the snorkel from their mouth immediately after starting to submerge.
 - f) The start of the attempt should occur within the time described in the League Regulations in section VI point 2.
 - g) The release of the wall grip by the hand is considered the start of the attempt.
 - h) After hearing the TT signal, the diver swims on the surface or underwater to the designated position, where the leash with the mannequin is attached to the line under the buoy, at a depth of 10m.
 - i) The diver extracts the mannequin to the surface without detaching the leash.
 - j) While extracting the mannequin to the surface, the diver uses one of the suggested techniques shown in the video or holds it by hand with the mannequin's face directed towards the surface.
 - k) After surfacing with the mannequin, the diver detaches the leash and tows the mannequin to the turn wall. After touching the turn wall with the hand, the diver turns and tows the mannequin to the end wall.
 - l) While towing the mannequin, the diver uses one of the suggested towing techniques (presented in the video) or any other that keeps the mannequin's face above the water.
 - m) If the entire face of the mannequin is submerged after being brought to the surface, the diver will receive 2 penalty points (-2 pts).
 - n) The competition ends when the diver touches the end wall above the water while holding the mannequin with their hand.
 - o) After touching the end wall, the diver performs the surface procedure described in the League Regulations (section IX).
 - p) After completing the competition, the diver will receive a verdict from the judge informing them whether the task was executed correctly (white card), if a violation occurred (yellow card), or if the task was not completed (red card).
 - q) During the competition (after the TT signal of the respective heat), cheering and shouting towards the divers while performing the entire task is allowed, except for performing the surface procedure.

3. Mandatory equipment for the competition:

- Fins
 - Snorkel
 - Mask
4. Equipment allowed for the competition:
 - Dive computer/watch
 - Other items permitted during the diver briefing
 5. Equipment not allowed for the competition:
 - Wetsuit
 - Ballast
 - Goggles
 - Nose clip
 - Monofin
 - Any other equipment not mentioned in section III point 3.
 6. Negative points (-) will be awarded based on the time taken to complete all tasks. Judges measure the time from the TT signal to the diver touching the end wall with the mannequin in their hand with an accuracy of 1 second
 7. For each second of the time achieved, the diver will receive negative points (pts-), calculated according to the coefficient:
 - **1 sec. = -0.2 pts.**
 8. Penalty points (-2 pts) will be awarded when the diver:
 - Submerges the entire face of the mannequin after bringing it to the surface before receiving the verdict.
 9. Disqualification in the competition will occur if the diver:
 - Does not have contact with the wall during the start or turn;
 - Fails to bring the mannequin to the surface;
 - Detaches the leash from the mannequin before surfacing;
 - Does not perform the task according to the description above (section II point. 2);
 - Commits other infractions described in the League Regulations (section X point. 1).

IV. EDITION SUMMARY

1. For participation in the edition of the competition, the diver will be awarded 30 starting points (pts+), which will be included in the total points for the 2 competitions. If at least 1 red card is received, starting points will not be awarded.
2. Points for the competitions are the sum of positive and negative points along with penalty points and 30 starting points. Points for the competitions will be converted to League Points (PKL) according to the formula in the League Regulations (section VII).
3. For the flawless completion of the competition (for each white card), the diver will receive 5 PKL.
4. Based on the sum of points (PKL) for the competitions (point 2) and white cards (point 3), the winners of the respective edition of the competition will be determined.
5. The obtained League Points (PKL) will be included in the overall classification of the Freediving League.

V. WARM-UP ZONE AND START ZONE

1. For the needs of the "SLOW DYNAMIC" competition at the Venue, in addition to the Start Zone, a Warm-Up Zone will also be designated, where it will be possible to perform water warm-ups in the form of statics. For the needs of the "UNDERWATER BLACKOUT" competition at the Venue, in addition to the Start Zone, a Warm-Up Zone will also be designated for performing water warm-ups in the form of dynamics.
2. The allowed time to enter the Start Zone has been specified in the League Regulations (section VI).
3. The diver 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 and dives can be performed only under the supervision of the diver's own safety diver or coach.
5. No coach/buddy is allowed to accompany the diver in the Start Zone.

VI. FINAL PROVISIONS

1. The Organizer reserves the right to make changes to the Technical Regulations for valid reasons, particularly to increase safety or improve the course of the organized event.
2. Changes to the Technical Regulations will be published on the event's website and emailed to individuals who registered before the changes take effect.
3. All decisions, more detailed guidelines, and changes made during the online briefing for the respective edition of the competition will take precedence over the rules in the above Technical Regulations.
4. Attachments such as pictures, instructions, videos, and other materials may be included with the Technical Regulations to specify the task descriptions for the respective edition of the competition.
5. The information contained in the general League Regulations for all editions applies during this edition of the competition unless it contradicts the provisions of the above Technical Regulations.

VII. ATTACHMENTS

1. Together with the Technical Regulations for the 2th edition of the competition, the following are in effect:
 - Videos presenting both competitions