

General;

- Changes are highlighted YELLOW, new rule(s) no highlight
- Change AIDA International in AIDA (also on all forms)
- Change 16.0 November 2018 in 16.1 December 2019
- Change copyright 2018 to copyright 2019
- AIDA Competition form (see document section website)
- Graphical appendixes 5x (see 5 last pages)

1. Definitions; **new rule**

Organizer

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

2.5.2; **change**

January 1st 2020

3.3.8 **new rule**

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)

4.1.3.3; **change**

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 **International** competition or record attempt. The medical certificate cannot be older than one year. It must be signed by a doctor and include contact information. If an athlete is a doctor, they cannot sign their own medical certificate. The official AIDA **International** medical certificate is preferred.

4.1.3.6; **new rule**

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.

4.1.10 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 **change grammar**

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 **change**

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.

4.1.13.1 **change**

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 **change**

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 **change**

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.

4.1.13.6 **change**

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.

4.1.13.8 **new rule**

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 **change**

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.

4.1.16 JUDGMENT **change**

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.

4.1.18.2 BOTTOM PLATE **change**

For depth competitions (CWT, 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.**

5.2.1 LIMITATION OF ANNOUNCEMENTS **new rule**

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.

5.2.1.1 **new rule**

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

5.2.3.5 **new rule**

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.

7.1.10 **change**

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.

8.1.5 GRAB and PULL **change**

For the disciplines CWT 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 **change**

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 **change**

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 breaking or stopping is prohibited and will result in a penalty (GRAB). For example by turning or twisting the carabiner on the lanyard or breaking with a hand, **see appendix 4**.

11.9 **change**

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;