



**AFA**

Australian  
Freediving  
Association

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**AUSTRALIAN FREEDIVING ASSOCIATION**  
**REGULATIONS FOR COMPETITIONS,**  
**RANKINGS, RECORDS AND NATIONAL**  
**CHAMPIONSHIPS**

DRAFT

## **1. INTRODUCTION**

### **1.1**

One of the purposes of the Australian Freediving Association is to recognise records and rankings for Australian freedivers as well as govern competitions in Australia. The purpose of this document is to outline the rules and standards for AFA sanctioned competitions, National Championships, individual rankings and National Records.

### **1.2**

Where there is a conflict with the standards set out in the "AIDA International Regulations for Competitions and Records" (hereafter "the AIDA Int. Regulations"), the AIDA Int. regulations take precedence unless specifically stated within this document that the AFA regulations take precedence.

## **2. RECOGNISED DISCIPLINES/RECORDS/COMPETITIONS**

### **2.1 Disciplines**

The disciplines are as follows (and are defined more fully in the AIDA Int. Regulations):

- i. Static (STA)
- ii. Dynamic without fins (DNF)
- iii. Dynamic with fins (DYN)
- iv. Constant weight without fins (CNF)
- v. Constant weight with fins (CWT)
- vi. Free immersion (FIM)
- vii. Variable weight (VWT)
- viii. No-limits (NLT)

#### **2.1.2**

The rules for each discipline in the Competition Grade are to be the same as the rules set out in the AIDA Int. Regulations.

### **2.2 Variable Weight and No-Limits**

#### **2.2.1**

All of the rules contained within this subsection take precedence over the AIDA Int. Regulations.

#### **2.2.2**

The AFA will not sanction any competition that includes VWT or NLT, nor will the AFA recognise any National Records set in those disciplines during a competition.

#### **2.2.3**

The AFA does not recognise any records set in NLT and shall not sanction any record attempts in NLT.

### **2.3 Records**

#### **2.3.1**

An Australian Women's and Australian Men's records exist for each category (hereafter a "National Record").

### **2.3.2**

No other subdivision of category will be considered (e.g. lake, sea, altitude, etc.)

### **2.3.3**

To be eligible to set an Australian Record, the athlete must be:

- i. An Australian Citizen, and
- ii. Never have competed in an AIDA Competition under a different nationality unless they have successfully changed their nationality to Australian with AIDA International, and
- iii. An Ordinary Member of the AFA at the time of setting the record, and
- iv. Be competing in an AIDA International sanctioned competition, or, be participating in an AFA sanctioned record attempt.

## **2.4 National Records in Competition**

### **2.4.1**

During an AIDA International sanctioned competition a National Record can be recognised if all the following are in place:

- i. At least two official AIDA International judges, at least one has to be level A, B, C or D and at least one must be from a different club to the athlete.
- ii. An official video of the performance

### **2.4.2**

In the case of a performance exceeding an existing National Record, the AFA Committee shall declare whether it is a National Record once they have received written notification from the competition judges of the performance.

## **2.5 National Record Attempts**

### **2.5.1**

A request for a National Record Attempt must be made to the AFA Committee no later than four weeks before the appointed date of the record attempt and must include the following information:

- i. An athletic profile of the person carrying out the record attempt, and
- ii. A medical certificate issued by a physician that there are no counter indications to the practices of freediving, and
- iii. A report on the methods, devices and personnel to be used for the record attempt.

### **2.5.2**

The AFA Committee will designate two AIDA International Judges. Wherever possible the judges will be from an area close to the location of the attempt. At least one judge must be from a different club to the athlete.

## **2.6 Competitions**

### **2.6.1**

To be recognised as an AFA sanctioned competition the competition must

- i. Be organised by an AFA Affiliated club or organised under the auspices of the AFA Committee, and
- ii. Be recognised as an AIDA International competition.

### **2.6.2**

There are two grades of competition

- i. Competition Grade, and
- ii. Recreational Grade.

### **2.6.2.1**

The rules for the Competition Grade strictly conform to the rules for competitions set out in the AIDA Int. Regulations.

### **2.6.2.2**

The rules for the Recreational Grade conform to the rules set out in the AIDA Int. Regulations with the following modifications:

- i. The athlete is not required to appear before the jury prior to their official top
- ii. The athlete is not required to submit an announced performance, even if requested by the competition organiser.
- iii. The athlete is not required to submit a competition medical certificate. However, the athlete is required to fill out and sign a medical questionnaire if requested by the organiser. If the athlete answers yes to any of the questions, he/she is required to submit a competition medical certificate issued by a doctor.
- iv. The athlete shall not be disqualified or penalised for:
  - a. Early warm-up, or
  - b. Early start (from 30 seconds before the official top until the official top), or
  - c. Late start (from the official top to one minute after the official top), or
  - d. Not submerging the airway within 1.5m of the wall at the start, or
  - e. Pulling on a line, wall, and bottom when turning or surfacing, or
  - f. Part of the athlete's body surfacing outside of the "grace zone".
- v. The athlete must complete the surface protocol, however, there is no time limit for completion of the surface protocol. In addition, the athlete shall not be disqualified if they complete the surface protocol in the wrong order or if they give other/extra signals during their surface protocol.
- vi. In depth competitions, the maximum depth that a Recreational Grade athlete may attempt is 32m.

### **2.6.3**

All AFA Competitions must be announced a minimum of two weeks prior to the competition to the AFA Competitions Officer or their designate. The announcement to the AFA Competitions Officer must include the following:

- The name of the competition
- The date(s) of the competition
- The location(s) of the competition
- Names of any judges
- Any performance restrictions (e.g. maximum depth)
- Pool dimensions (if applicable)
- Available competition grades (competition grade and/or recreational grade)

### **2.6.4**

The results for all AFA sanctioned competitions shall be communicated to the AFA Competitions Officer or their designate no later than two weeks after the end of the competition. The result list must include the following information:

- Name of the competition
- The name and grade of judges
- Results per start with the following data:

- Full Name
- Nationality
- Sex
- Discipline
- Announced Performance
- Realised Performance
- Penalties
- Total Points
- Remarks (containing reasons for penalties and/or disqualification).

### **2.6.5**

The competition organiser shall cover all reasonable travel and accommodation expenses, if any, of Judges.

## **3. NATIONAL CHAMPIONSHIPS**

### **3.1**

There are two categories of Australian National Championship events to be held annually:

- i. Pool National Championships, and
- ii. Depth National Championships.

### **3.2**

The following disciplines comprise the pool national championships:

- i. Static apnea (STA), and
- ii. Dynamic apnea with fins (DYN), and
- iii. Dynamic apnea without fins (DNF)

### **3.3**

The following disciplines comprise the depth national championships:

- i. Constant weight with fins (CWT), and
- ii. Constant weight without fins (CNF), and
- iii. Free immersion (FIM)

### **3.4**

Athletes participating in a national championship shall be given the opportunity to compete in each discipline at least once.

### **3.5**

The AFA committee shall seek tenders from AFA affiliated clubs to organise national championships.

- i. Pool and depth national championships shall be tendered separately.
- ii. The committee shall determine the closing date for tender submission.
- iii. Notwithstanding ii, tenders submitted after the closing date shall be accepted at the discretion of the committee.

### **3.6**

The AFA committee shall decide the host of the national championships from the tenders submitted. Should there be no suitable tenders submitted, the committee may decide not to hold a National Championship.

### **3.9**

In the event that a National Championship is held concurrently with another competition the event shall be promoted nationally and internationally as either

- i) The National Championships (e.g. “The National Pool Championships”), or
- ii) The National Championships hosted by the concurrent event (e.g. “The National Pool Championships hosted by the Brisbane Freediving Open”).

### **3.10 Eligibility to Compete**

#### **3.10.1**

Only Ordinary Members of the AFA who is also an Australian Citizen and is recognised by AIDA International as an Australian Athlete are able to compete in the National Championships.

#### **3.10.2**

Notwithstanding 3.10.1, if the National Championships are held concurrently with another competition, athletes who are not eligible to compete in the National Championships may only compete in the concurrent competition and are not considered to have competed in the National Championship.

### **3.11 Pool National Championships**

#### **3.11.1**

The full title of the Pool National Championships shall be “The Australian Freediving Pool National Championships”.

#### **3.11.2**

If the pool is outdoors there must be a backup option indoors in the event of inclement weather.

#### **3.11.3**

It is preferable to schedule DYN in a 50m pool and DNF in a 25m pool. Should two pools be unavailable the choice of pool shall be decided upon by mutual agreement of the event organisers and the AFA Committee.

#### **3.11.4**

The event pool must be heated.

#### **3.11.5**

Pools for dynamic events will ideally be flat-bottomed, between 1.5m and 3m deep and 27-29°C

#### **3.11.6**

If the pool is too deep for the athlete to start, the organiser must provide a removable platform, table or stable chair so the diver is able to begin their dive. This is to be removed before the athlete returns to the wall to turn.

#### **3.11.7**

It is desirable for a National Championship competition to be run over three days, scheduling one discipline per day. Notwithstanding, should this not be possible, the minimum time allowable for a National Championship Competition is two days.

### **3.11.8**

The Pool National Championship must be held somewhere in Australia.

## **3.12 Depth National Championships**

### **3.12.1**

The full title of the Pool National Championships shall be “The Australian Freediving Depth National Championships”.

### **3.12.3**

The Depth National Championships are ideally to be held in Australia, but, may be held outside of Australia.

## **3.13 Sponsorship**

### **3.13.1**

The AFA Sponsorship Officer shall assist the organiser in securing sponsorship for the event.

### **3.13.2**

Notwithstanding 3.10.1 and 3.11.1, in the event of significant sponsorship by a company or organisation the AFA Committee may choose to incorporate the name of a sponsor into the name of a National Championship event.

## **3.14 Titles**

### **3.14.1**

The title “National Champion” shall only be claimed by an Ordinary Member of the AFA who is also an Australian Citizen and is recognised by AIDA International as an Australian Athlete.

### **3.14.2**

The athlete may only claim the title of “National Champion” until the next National Championship is held. After which, they may claim the title of National Champion for the year that they won the championship, e.g. “2014 National Champion”.

### **3.14.3**

The gold medal winners of the respective disciplines can claim the following titles in men’s and women’s divisions:

- i) Dynamic Apnea Australian National Champion
- ii) Dynamic Apnea without Fins Australian National Champion
- iii) Static Apnea Australian National Champion
- iv) Constant Weight Australian National Champion
- v) Constant Weight without Fins Australian National Champion
- vi) Free Immersion Australian National Champion

### **3.14.4**

The overall winners (on aggregate points) of the National Championships may claim the following titles in men’s and women’s divisions:

- i) Pool Freediving Australian National Champion
- ii) Depth Freediving Australian National Champion

## **3.15 Prizes and Medals**

### **3.15.1**

There must be provision of medals and/or trophies for individual aggregate points for the top placed male and female competitors.

### **3.15.2**

There must be provision of medals and/or trophies for the top placed male and female competitors in individual disciplines.

### **3.15.3**

Medals for place getters in aggregate points and/or individual disciplines may be given at the discretion of the organiser.

### **3.15.4**

The AFA shall pay for the medals/trophies for winners of the individual aggregate and discipline winners. If provided by the organiser, the organiser shall pay for medals for place getters.

### **3.15.5**

Prizes shall be distributed at the discretion of the event organiser in consultation with the AFA Committee.

## **3.16 Media and Public Relations**

### **3.16.1**

The AFA logo must be displayed on all media related to the competition, including competition t-shirts.

### **3.16.2**

Photos and/or video of the following should be provided in a timely manner to the AFA for promotion:

- i) Athlete inlist, start list and announcements
- ii) Group photo of athletes, organisers and judges
- iii) Medal winners
- iv) Footage of any National Record dives.

### **3.16.3**

There must be a person dedicated to providing live, unofficial results to the AFA Media Officer to update on social media.

## **4 NATIONAL RANKINGS**

### **4.1 Record Keeping**

The Technical Officer shall maintain a performance ranking in a given calendar year of eligible athletes who have competed in the Competition Grade at an AFA sanctioned competition and AFA sanctioned National Record attempt(s).

#### **4.1.1**

Eligible athletes who compete in AIDA sanctioned competitions outside of Australia may submit their results to the Technical Officer shall also be ranked.

### **4.2**

An eligible athlete is someone who:

- i. Is an Australian Citizen, and
- ii. Has never have competed in an AIDA Competition under a different nationality unless they have successfully changed their nationality to Australian with AIDA International, and
- iii. Is an Ordinary Member of the AFA at the time of the competition or record attempt.



### **4.3**

The athlete ranking shall be divided into the disciplines defined in section 2.1

## **5 ANTI-DOPING**

### **5.1**

The anti-doping codes enacted by the World Anti-Doping Agency (WADA) and the Australian Sports Anti-Doping Agency (ASADA) concerning the consumption of substances and prohibited practices is applicable, as well as, the anticipated sanctions and penalties by these organisations.

### **5.2**

Random tests throughout the year with no relation to competitions/record attempts may be organised for any athlete who is a member of the AFA. In the case of refusal, the athlete is considered as being positive.

### **5.3**

Any inhalation of oxygen and/or highly oxygenated mixtures 60 minutes prior to the athlete's performance is forbidden.

### **5.4**

Other performance-enhancing products are forbidden. In the case of any doubt the judge has the power to request a doping test or other means of investigation.