

**REGULATION FOR INTERNATIONAL
FREEDIVING COMPETITIONS**

AIDA

International Association for the Development of Apnea



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1. GENERAL RULES

1.1 The Freediving competition must be recognized by AIDA and organized according to the rules and guidelines of AIDA.

1.2 It is an individual or a team competition including one or more of the following disciplines:

- static apnea.
- dynamic apnea, with and / or without fins.
- constant weight, with and / or without fins.
- free immersion.

1.3 For the International Individual Competitions, "indoor" disciplines (static apnea, dynamic apnea with and / or without fins) and "outdoor" disciplines (constant weight, with and / or without fins, free immersion) could be separated and organized during different events. For International Team Competitions, all three disciplines, constant weight, static and dynamic with fins must be on the program, and be all take in consideration for the final results.

1.4 Each discipline could include eliminating heats and a final heat, or direct finals. The number of athletes participating for the final will be determined by the Jury and by the organizers on the basis of the infrastructures. This number should be between 4 and 12.

1.5 Each athlete may participate individual in one or more events, if he fulfils the minimum performance requirements and meets the fixed quota if there is one.

1.6 All athletes must be 18 years of age or older, or 16 years of age or older with written parents consent.

1.7 All athletes must be in possession of a passport from the country they represent.

1.8 All athletes must be in possession of a "medical certificate of non contraindication to freediving" in order to participate in the competition. For international competitions the medical certificate can not be older than one year.

1.9 Points 1.6, 1.7 and 1.8 are inspected upon registration.

1.10 The number of athletes from each country and per discipline is a decision done by the organizer and Aida International together.

1.10.1 In Team Championship the number of competing athletes is fixed to three per sex, but this number can in special event increase, by a decision from AIDA International.

1.10.2 In Individual Championship the number of competing athletes from each nation is at least two per sex and per discipline. In other competitions, more than two athletes from each sex per country and per discipline may be permitted.

1.11 In Championships, only AIDA in relation with the organizer is responsible for athlete registrations. Institutions may register athletes having fulfilled the minimum requirements before the competitions or official selections. If there are several national institutions affiliated with AIDA in the same country, the institution designed as National AIDA is responsible to organize the national selections, and to distribute the information. If this is not the case, AIDA can allow the second affiliated institution to manage these selections. The information regarding national selections must be sent to AIDA by the national institutions.

1.12 To be able to compete in AIDA World Championships, it is necessary to be a member of your National AIDA, if there is a National AIDA in your country. If not, the concerned athletes can ask AIDA International Executive Board for a *Special Invitation*, taking in consideration all the athletes of the same country.

1.13 Only institutions affiliated with AIDA and having paid their annual dues at least one week before the event may participate in International AIDA competitions. For other countries, or if the annual dues have not been paid and the *Special Invitation* been accepted, an "interim license" of 100 Euros per country must be paid to the AIDA jury to allow their athletes to participate.

1.14 Each country names a captain who will represent them during event committees.

1.15 Each performance is converted into points according to the following scale:

- Static apnea: 1 seconds of immersion = 0.2 point,
- Depth apnea: 1 meter in depth = 1 point,
- Dynamic apnea: 1 meter in distance = 0.5 point

In depth discipline, the performance is rounded down to the nearest point. In dynamic apnea, the performance is always rounded down to the nearest 0.5 point. In static apnea, the performance is rounded down to the nearest 0.2 point. Examples:

- 5'04" in static apnea = 60.8 points
- 55.5 m in constant ballast = 55 points
- 97.79 m in dynamic apnea = 48.5 points

1.16 The winner of each individual event is the person obtaining the best performance only in the final heat, independent from the performances realized in the elimination heats. This is only if there is a final heat, of course.

1.16.1 The winner of a team event is the team obtaining the most points together, when the final discipline is finish.

1.17 It is mandatory to report all undergoing medical treatments by the freediver's to the jury member's and the event doctor before the competition.

1.18 The anti-doping code enacted by the WADA concerning the consumption of substances and the prohibited practice is applicable, as well as the anticipated sanctions and penalties by this organization. Random tests can be organized. In the case of refusal, the athlete is considered as being positive. There will always be doping tests for the winner or the winning team in world championships.

1.19 Any inhalation of oxygen or highly oxygenated mixtures 45 minutes prior to the athlete's performance is forbidden.

1.20 Other performance-enhancing products may be forbidden.

1.21 The athlete may use electronic devices to monitor the external situation but he/she is not allowed to use any electronic device which monitors the internal state of his organism.

1.22 Any mood manifestation by an athlete causing disturbance to other competitors and impeding their performance may warrant penalty from the jury by any means and authorization of a restart to the impeded competitor.

1.23 All athletes participating in this competition accept implicitly to submit to the present regulation.

1.24 The jury may warn, penalize or disqualify all athletes exemplifying the following behaviours:

- Non compliance to regulations
- Non compliance with the jury, organizers, team captains, other athletes, the public or the media
- Non compliance or disruption of the smooth running of the organization or the safety of the competition

Three warnings result in automatic disqualification of the athlete from the entire competition.

1.25 All blackouts detected by the jury results in disqualification of the athlete for the discipline or further penalty by decision of the jury. The jury will always ask the event's doctor opinion before to take such decisions as a further penalty.

1.25.1 Each of the following symptoms will disqualify the performance for «Black-Out»:

- Cardiac arrest
- Respiratory arrest
- Loss of consciousness (blackout)
- Post-blackout mechanical movements
- Conscious, but with the inability to maintain the airway out of the water requiring intervention.

1.25.2 In case of any doubt concerning the mentioned symptoms, the benefit of the doubt will be given to the athlete, and his performance will be considered as valid.

1.25.3 In case of a World Record try in the depth disciplines, there have to be two judges in the water.

1.26 The competitor must not be helped or touched during his performance unless he is in difficulty. If this is the case, he is disqualified.

1.27 The Surface Protocol

1.27.1 Without any cues from the jury or the officials, the athlete must when he resurfaces:

- 1 - Maintain mouth and nose above the surface
- 2 - Remove "face equipment" (Mask, Googles and Nose-clip)
- 3 - Make the "OK-sign" to the judge
- 4 - Must say a verbal, "I'm OK" to the judge (in international competitions it has to be done in English)

All of the above must be done within 20 seconds, IN THIS SPECIFIC ORDER, if the athlete does this he is OK and if he doesn't he is disqualified. And the judge shows the card after 30 seconds. The athlete can make more than one ok-sign, and he can say that his ok more than one time, as long there is one ok-sign after the face equipment is off and there is one verbal ok after the ok-sign.

1.28 The athlete's nose and mouth must remain out of the water and the athletes are not allowed to touch anyone and no one is allowed to touch the athlete until that the main judge has announced to the athlete that his performance is considered as being finished, by signalling OK, at a minimum of 30 seconds after the surfacing.

1.29 At the end of each performance, the jury informs the athlete of their decision regarding the validity of the attempt. This information is definitive and only concerns the "visible" part of the performance; this is mainly for depth disciplines. The jury will use colored card to communicate this decision. This direct judgement will take place minimum 30 seconds after surfacing.

The meaning of the colored cards is:

- WHITE, - The performance is OK
- YELLOW, - The performance is OK, but with some penalties
- RED, - Disqualification

1.30 All athletes disqualified from a final heat will also be disqualified from general ranking of the discipline. Performances realized during elimination heats do not enter in the reporting line. The result from the elimination heats can in this case only be used for claiming World, Continental or National records.

1.31 All athletes realizing a smaller/lower performance in the final heat than the performance in the elimination heats will appear in the general ranking with his performance realized in the final heat.

2. SAFETY

2.1 General

2.1.1 The AIDA Safety Protocols for competitions must be adhered to.

2.2 Safety Lanyard

2.2.1 A safety lanyard anchor is mandatory for all depth events.

2.2.2 The safety lanyard binds the athlete to the warm-up line or to the official line. It is made up of:

A. A carabiner without screws in which the opening (minimum 15mm) is big enough to allow a carabiner to be placed and hooked to the line without difficulty. The "finger" of the carabiner must function normally, in other words, opening with little pressure and closing automatically.

B. A semi-elastic or non semi-elastic link between 30cm and 100cm in length, made up of a material designed to not make knots (i.e., a cord, or a cord sheathed with plastic).

C. A wrist band which cannot be removed inadvertently, which includes a ring having an interior diameter of a minimum of 26mm for athletes wearing the lanyard on the wrist, OR a belt other than the weight belt, which can not be removed inadvertently for those wearing the lanyard on the waist, the belt holding the lanyard must be situated higher than the weight belt. In this last case, the freediver will still wear a wrist band, which cannot be removed inadvertently, including a lanyard ring of an interior diameter of a minimum of 26mm.

2.2.3 The lanyard will be systematically checked by the jury and must not be removed by the competitor during the performance, unless necessary or he/she will be penalized.

2.2.4 The monitoring depth gauge must be worn on the wrist opposite to that carrying the lanyard, if the lanyard is being held to the wrist.

2.2.5 The organizer will ensure that the safety divers are equipped with the necessary materials in order to implement a rapid resurfacing system of the athlete with the aforementioned wrist band, without having to resurface alongside the athlete experiencing difficulty.

3. CONSTANT WEIGHT WITH AND / OR WITHOUT FINS

3.1 The event takes place in salt or fresh water, and the athlete can dive without fins in a competition with fins. In competitions without fins, no fins of any kind are allowed. The organizer has to announce the competition as CWT/CNF if there will be a mix between these two disciplines, and there have to be two separate results lists.

3.2 The captain must confirm the anticipated performances on the day of arrival, during the opening or at the first event committee to allow to the organization to use this information to implement safety.

3.3 The day before the elimination heats in constant weight, no later than 4 hours prior the event committee, each captain must send the athlete's announced performances to the jury

3.4 The jury determines the start times for each competitor, recommending the following principal: Each day, the competitors attempting the greatest depths go first. If the constant ballast event takes place over several days, the competitor attempting the greatest depths must go on the last day.

3.5 Each athlete may start the dive between the "official start" and up to 30 seconds after. Beyond that, the athlete is no longer authorized to start. The following countdown is given by the speaker in English, and where possible, for international competitions, by an automated system:

2'00, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official start, 10", 20", 30" start cancelled.

Within the 30 second authorized time, the athlete may only attempt one start.

If the athlete starts before the "official start", a penalty of 1 point per unit of five seconds is applied.

3.6 An official zone consisting of one or more warm-up lines and at least one official line, is marked off by the organization. Only competitors, safety freediver's, safety divers, doctors, organization officials and athletes partner is permitted to infiltrate this zone.

3.7 Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access to the warm-up zone until 45 minutes before the start of his performance. Athletes may not access the transition zone until such times as the preceding athlete has left the area.

3.8 The performance area is only accessible to the following five people: the athlete, his partner (captain/coach), a judge and two safety freediver's. In case of a World Record attempt it is six people, since 2 judges are required.

3.9 Warm-up:

The warm-up period starts on the line(s) 45 minutes before the start of the first official attempts and ends at the end of the event,

- The warm-up line(s) and the official line may not be far away from each other,
- No more than two competitors are allowed under water on the warm-up line at one time.
- Inside the marked-off zone, it is prohibited to warm-up outside the line(s).
- The series of warm-up lines are placed at a depth relative to the level of the freediver's warming-up.
- A person situated outside of the water, having the authority to stop the descents on the lines at any time including the performance line(s), will monitor each line.

3.10 A partner (captain/coach) is authorized to monitor and supervise the warm-up and the performance of the athlete. He may assist him in the 3 official zones.

However, as soon ZERO, the official start time, is reached the partner is no longer authorized to touch the athlete, except to assist the organization in helping the athlete if he is in trouble. He is permitted to stay at the surface but is not authorized to descend and accompany the end of the performance of his athlete.

3.11 A resting point and floating support is necessary for the preparation phase for competitors wanting to stay dry before their attempt.

3.12 Equipment:

- The use of nose clip, apnea lenses and volume reducers is authorized. And the competitor is permitted to put water in his mask. Tinted or mirrored glasses are not allowed.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if they have a quick-opening/release safety system and are on the outside of the diving suit
- Any kind of special paddles or swimming gloves are forbidden.

The jury notes the presence of any weights used by the athlete. The jury checks for any changes in weight upon exit from the water. If variation has occurred, the attempt is invalid.

3.13 The athlete wears an official depth-measuring device on his wrist, which is provided by AIDA and tested and calibrated by the jury.

3.14 The athlete must bring a tag up to the surface and deliver it to a member of the jury. This tag is situated on the final base plate at the announced depth of the athlete. In an event without fins, the tag must have a wrist/arm-ring which allows the athlete to use his hands, or a complete Velcro system so the freediver can attach the tag on him.

3.15 The athlete must descend and ascend by swimming. He is not permitted to pull or grab the line at any time during the dive, only at the turning point the athlete is allowed to pull the line ONE time to go down and reach the plate, and ONE pull to start the ascent for going up. The only allowance is 1,5 meters from the final base plate, here, in order to help the athlete to catch his tag, the freediver is allowed move his hands and to grab the line as much as he wants. This specific area will be marked and visible.

3.15.1 The athlete can use the line as a guide in whole dive, but not as support. This means that that the athlete can be in contact with the line with his body or with an open hand.

3.16 The athlete must be in the water before immersion. A diving or jumping start as well as any other form of running starts from a support point is prohibited.

3.17 Depth measurement:

- The depth attempted by the athlete is represented by a white or yellow base plate.
- The athlete must ascend with the tag which is located at the base plate at the announced depth. In this case, the number of points is equal to the announced depth. There is 1 point's penalty if the athlete doesn't bring the tag.
- If the athlete does not bring up the tag, the official depth device serves to measure the performance.
- Performances are rounded down to the nearest meter.
- If the measuring device indicates a greater depth than that which is announced, it's the announced depth that is taken into consideration.
- If the measuring device indicates a shallower depth, than that which is announced, a penalty of one point per meter of deviation between AP and RP is applied.
- The tested devices are assigned an error coefficient, which is communicated to the captains by the jury.

Example: AP = 50 m RP (read on the device) = 47.5m device error coefficient = 0.98

Actual performance = $47.5 \times 0.98 = 46.55 - 46\text{m}$

Difference between AP and RP = $50 - 46 = 4\text{ m}$ -4 penalty points

Absence of the tag = 1 penalty point

Final performance = $46 - 5 = 41$ points

3.18 The athlete must, when he resurfaces, respect the Surface Protocol completely. (point 1.26)

3.19 The athlete's nose and mouth must remain out of the water and the athletes are not allowed to touch anyone and no one is allowed to touch the athlete until that the main judge has announced to the athlete that his performance is considered as being finished, by signalling OK, at a minimum of 30 seconds after the surfacing.

3.20 The organizer must film the exit of the athlete's upon arrival at the surface with at least 1 camera. The video is systematically used for claims concerning a blackout or the Surface Protocol, the decision of the judges is preponderate.

3.21 FINAL HEAT

3.21.1 All the above points are applicable for the final heat.

4. FREE IMMERSION

4.1 The event takes place in salt or fresh water. The athlete pulls him self down and up by using the rope, no fins of any kind are allowed.

4.2 The captain must confirm the anticipated performances on the day of arrival, during the opening or at the first event committee to allow to the organization to use this information to implement safety.

4.3 The day before the elimination heats for free immersion, at least 4 hours prior to the event committee, each captain must send the athlete's announced performances to the jury.

4.4 The jury determines the start times for each competitor, recommending the following principal: Each day, the competitors attempting the greatest depths go first. If the free immersion event takes place over several days, the competitor attempting the greatest depths must go on the last day.

4.5 Each athlete may depart between the "official start" and up to 30 seconds after. Beyond the 30 seconds after the official start, the freediver is no longer allowed to depart. The following countdown is conducted in English by the speaker, and where possible, for international competitions, by an automated system:

2'00, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official start, 10", 20", 30" start cancelled.

Within the authorized 30 seconds, the athlete may only execute one start. If the athlete departs before the "official start", a penalty of 1 point per unit of five seconds is applied.

4.6 An official zone, consisting of one or more warm-up lines and at least one official line, is marked off by the organization. Only competitors, safety freediver's, safety divers, physicians, organization officials and the athlete's partner is allowed to enter this zone.

4.7 Three zones are then marked off: a warm-up zone, a transition zone and a performance zone. The athlete may only access the warm-up zone 45 minutes prior to his performance. Each athlete may access the transition zone once the preceding athlete has left.

4.8 The performance area is only accessible to the following five people: the athlete, his partner (captain/coach), a judge and two safety freediver's. In case of a World Record attempt it is six people, since 2 judges are required.

4.9 Warm-up:

- The warm-up period must start on one of the lines 45 minutes before the start of the first official attempts and last until the end of the event,

- The warm-up line(s) must not be far from each other, as well as the official line,

- There may not be more than two competitors under the water at a time per warm-up line.

- Inside the marked-off zone, it is forbidden to warm-up outside the line(s).

- The warm-up line disk is always situated at a depth relative to the depth level of the freediver's warming up.

- Each line will always be under the responsibility of a person situated outside the water, having the authority to stop the descents on the line at any time, including the performance line(s).

4.10 A partner (captain/coach) is allowed to follow and supervise the warm-up and the performance of the athlete. He may help the athlete in the 3 official zones.

However, as soon ZERO, the official start time, is reached the partner is no longer authorized to intervene in any manner whatsoever, except to assist the organization in helping the athlete if he is in trouble. He is permitted to stay at the surface but is not authorized to descend and accompany the end of the performance of his athlete.

4.11 It is necessary to make provisions for a resting point for the preparation phase and a floating support for the competitors wishing to stay dry before their attempt.

4.12 Equipment:

- The use of nose clip, apnea lenses, and volume reducers is authorized. And the competitor is permitted to put water in his mask. Tinted or mirrored glasses are not allowed.
- The use of wrist-belt, ankle-belt, neck-belt and any other kind of ballast is authorized, but only if they have a quick-opening/release safety system and are on the outside of the diving suit
- Any kind of special paddles or swimming gloves are forbidden.

The jury notes the presence of any weights used by the athlete. The jury checks for any changes in weight upon exit from the water. If variation has occurred, the attempt is invalid.

4.13 The athlete wears an official depth-measuring device on his wrist, which is provided by AIDA, and tested and calibrated by the jury.

4.14 The athlete must bring a tag up to the surface and deliver it to a member of the jury. This tag is situated on the final base plate at the announced depth of the athlete. The tag must have a wrist/arm-ring which allows the athlete to use his hands even with the tag or a Velcro system so the athlete can attach the tag on him.

4.15 The athlete must descend and ascend by hauling on the rope or by swimming with only the help of his own strength.

4.16 The athlete must be in the water before immersion. A diving or jumping start as well as any other form of running starts from a support point is prohibited.

4.17 Depth measure:

- The depth attempted by the athlete is represented by a white or yellow base plate.
- The athlete must ascend a tag immersed on the base plate at the announced depth. In this case, the depth realized is equal to the attempted depth. There is 1 point's penalty if the athlete doesn't bring the tag.
- If the athlete does not bring up the tag, the official depth device serves to measure the performance.
- The performances are rounded down to the nearest meter
- If the measuring device indicates a depth greater than that announced, it is the announced depth that is taken into account.
- If the measuring device indicates a lower depth, than that which is announced, a penalty of one point per meter of deviation between AP and RP is applied.
- The tested devices are assigned an error coefficient, which is communicated to the captains by the jury.

Example: AP = 50 m RP (read on the device) = 47.5m device error coefficient = 0.98

Actual performance = $47.5 \times 0.98 = 46.55$ -46m

Difference between AP and RP = $50 - 46 = 4$ m -4 penalty points

Absence of the tag = 1 penalty point

Final performance = $46 - 5 = 41$ points

4.18 The athlete must, when he resurfaces, respect the Surface Protocol completely. (point 1.26)

4.19 The athlete's nose and mouth must remain out of the water and the athletes are not allowed to touch anyone and no one is allowed to touch the athlete until that the main judge has announced to the athlete that his performance is considered as being finished, by signalling OK, at a minimum of 30 seconds after the surfacing.

4.20 The organizer must film the exit of the freediver's upon arrival at the surface with at least 1 camera. The video is systematically used for claims concerning a blackout or the Surface protocol, the decision of the judges is preponderate.

4.21 FINAL HEAT

4.21.1 All the above points are applicable for the final heat.

5. DYNAMIC APNEA WITH AND / OR WITHOUT FINS

5.1 The event takes place in a pool with a minimum depth of 1,20 m. The athlete can dive without fins in a competition with fins. In competitions without fins, no fins of any kind are allowed. The organizer has to announce the competition as DYN/DNF if there will be a mix between these two disciplines, and there have to be two separate results lists.

5.2 A record could be recognized only if the event takes place in a pool with a minimum length of 25 meters.

5.3 The run times for the official attempts are determined the day before the event at the start of the event committee. The run times of the athlete's can be done by draw.

- 5.4** Every 6 minutes and simultaneously, several competitors carry out their performances. Each athlete has the opportunity to start between the "official start" and 10 seconds after. The following countdown is carried out in English by the speaker, and where possible, for international competitions, by an automated system: 2'00, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official start, 1", 2", 3", 4", 5", 6", 7", 8", 9", 10"
If the athlete starts after the 10-second authorized margin, a penalty of 1 point per unit of five seconds is applied. Maximum time to start after official start is 1 min, after that the start is cancelled. If the athlete starts before the "official start", a penalty of 1 point per unit of five seconds is applied.
- 5.5** The athletes must appear before the jury on the premises of the competition at least 45 minutes before there official TOP.
- 5.6** A minimum of a 10-minute intermission will be organized at the end of each hour period of the competition for the jury and the cameramen.
- 5.7** Two zones are marked off: a warm-up zone and a performance zone. The athlete may not access the warm-up zone until 45 minutes prior to the start of his performance. Each athlete may not access the performance zone until the preceding athlete has left it.
- 5.8** The warm-up period starts 45 minutes before the start of the first official attempts and last until the end of the event.
- 5.9** A partner (captain/coach) is allowed to follow and supervise the athlete's warm-up and the performance. He may assist him in the 2 official zones.
However, as soon ZERO, the official start time, is reached, the partner is no longer permitted to touch the athlete. If so, the athlete will be disqualified.
- 5.10** The athlete is allowed to swim with the arms in both disciplines any other means of propulsion is forbidden. Any kind of special paddles or swimming gloves are forbidden.
- 5.11** The athlete's have only one official attempt. Once the mouth and nose are immersed, the attempt is considered as having started. The athlete must be in the water before immersion. A diving or jumping start as well as any other form of running starts from a support point is prohibited. The attempt is finished when the nose and/or mouth is coming up again.
- 5.12** The athlete should remain completely submerged during all the performance, except during the 5 meters before and after each turn, where any part of the body can emerge, except mouth and nose.
- 5.13** There must be at least one safety, walking along or swimming with the athlete in the water ready to assist. If the athlete is diving in lane that is not a lane closest to the side-wall, there have to be at least one safety freediver's in the water. It's also possible to have more than one safety freediver standing in the water. In this way the safeties will cover different arias of the pool.
- 5.14** It is necessary to make provisions for a resting point for the preparation phase and if the pool is deeper than 1,5 meters.
- 5.15** The distance completed is determined by the exit of the nose and/or mouth (except when the athlete ascends against the wall, he must touch the wall before his mouth and nose exit from the water).
- 5.16** Any propulsion assistance other than swimming movements are forbidden (except in the case of thrusting against the side of the wall during turns). This mean's that the athlete had to exit his nose and/or mouth before or simultaneously he grabs the pool edge or the line/rope in the pool
- 5.17** The athlete must, when he resurfaces, respect the Surface Protocol completely. (point 1.26)
- 5.18** The athlete's nose and mouth must remain out of the water and the athletes are not allowed to touch anyone and no one is allowed to touch the athlete until the main judge has announced to the athlete that his performance is considered as being finished, by signalling OK, at a minimum of 30 seconds after the surfacing.
- 5.19** The organizer must film the exit of the athlete's upon arrival at the surface with at least 1 camera. The video is systematically used for claims concerning a blackout or the Surface Protocol, the decision of the judges is preponderate.
- 5.20** Cameras and photographers are only allowed in the water in the warm-up zone.
- 5.21** Cheering is allowed at the end of each performance, even though other athletes are preparing.
- 5.22** The official speaker continuously comments throughout the dynamic apnea event. He may announce the realized performances by each athlete at the end of their performance.
- 5.23 POOL**
- 5.23.1** The start must be done in the water, with the mouth and nose immersed at least 1.5 m from the edge. And in this start/ start-movement, the athlete has to be in contact with the wall with a part of the body.
- 5.23.2** The start may be carried out by pushing against the wall.
- 5.23.3** Any part of the body must touch the wall at each turn.

5.24 Penalty

5.24.1 If the announced performance (AP) is smaller than the Realized performance (RP), the achieved performance is the one taken into consideration.

5.24.2 If the Announced performance (AP) is greater than the Realized performance (RP), a penalty of 0,5 point per meter of deviation between AP and RP is applied.

Example: AP = 100 m and RP = 89m

Difference between AP and RP = 11m

Penalty: $11 \times 0,5 = 5,5$ points

Final performance: $44,5(89m) - 5,5(11m) = 39$ points

5.25 FINAL HEAT

5.25.1 All the above points are applicable for the final heat, with the exception of the points below:

5.25.2 For the final heat, the athletes are placed in the different zones in relation to the accomplished performances during the elimination heats, in order to be as visible as possible to the media. In case of final heat with several series, the best athletes will compete at the end of the event.

6. STATIC APNEA

6.1 The event takes place in a pool (maximal depth: 2 meters) or in a natural environment.

6.2 On the eve of the elimination heats, no later than 4 hours before the event committee, each captain must relay the announced performances of the athletes to the jury.

6.3 The start times for the official attempts are determined the day before at the beginning of the event committee. The order in which the athlete's are positioned is done by series. Each series is determined by a draw.

6.4 Every 12 minutes and simultaneously thereafter, the competitors actualize their performances. Each athlete has the choice to start between the "official start" and 10 seconds after. The following countdown is conducted in English by the speaker, and where possible, for international competitions, by an automated system:

2'00, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official start, 1", 2", 3", 4", 5", 6", 7", 8", 9", 10"

If the athlete starts after the 10-second authorized margin, a penalty of 1 point per unit of five seconds is applied.

Maximum time to start after official start is 1 min, after that the start is cancelled. If the athlete starts before the "official start", a penalty of 1 point per unit of five seconds is applied.

6.5 If the Realized Performance (RP) is higher than then Announced Performance (AP), no penalty is applied. If the RP is lower than the AP, a penalty of one point is applied per unit of five seconds.

Example: AP = 5'35" RP = 5'04"

Difference between RP and AP = 31"

Penalty = 7 points

Total points scored = $60.8 - 7 = 53.8$ points

6.6 The athletes must appear before the jury on the premises of the competition at least 45 minutes before there official start.

6.7 A minimum of a 10-minute intermission will be organized at the end of each hour of the competition for the jury and the cameramen.

6.8 Three zones are marked off: a warm-up zone, a transition zone and a performance zone. The athlete may not access the warm-up zone until 45 minutes before the start of his performance. Athletes may not access the transition zone until such times as the preceding athlete has left the area.

6.9 The warm-up period starts 45 minutes before the start of the first official attempts.

6.10 A partner (captain/coach) is authorized to monitor and supervise the athlete's warm-up and performance. He is permitted to assist in the 3 official zones. This partner can also, if the athletes want, work as an official extra safety freediver and touch the athlete freely during all the performance until the nose or mouth emerge, and managing freely the touching-signals by him, like during a record attempt (this partner have the responsibility over the athlete he/she is coaching, but the MAIN safety over the event will still be the responsibility of the organizer). However, as soon as the performance is ended (when the nose and/or mouth are surfaced), the partner is no longer authorized to touch the athlete, he is only permitted to orally coach him at a low voice. If not, the athlete will be disqualified.

6.11 The attempts may take place at the bottom or at the surface. The athlete is free to choose his position.

6.12 The athlete's have the right to only one official attempt. Once the nose and mouth are immersed, the attempt is considered as having been started.

6.13 An AIDA Judge and a time-keeper of the organization will time the attempt. They will start their stopwatches upon immersion, when the nose and mouth is below water or when the snorkel is released if preparation is performed with a snorkel. They will stop their stopwatches once the nose and/or mouth of the athlete are out of the water.

6.14 An organization freediver or a partner (captain/coach) is present in the water during the performance. This person is responsible for verifying the state of consciousness of the competitor as follows: He touches the athlete unequivocally; the athlete responds by using a gesture agreed upon in advance with the official. This procedure will intervene, if it is an organization safety freediver:

- every 30 seconds starting 1 minute before the end of the announced performance
- every 15 seconds thereafter

And if the athlete has a partner:

- whenever he wants

If the athlete does not respond by using the chosen sign, the official will immediately request the sign again from the competitor. If an incorrect response persists, or there is none, the official will remove the competitor from the water.

6.15 The athlete must, when he resurfaces, respect the Surface Protocol completely. (point 1.26)

6.16 The athlete's nose and mouth must remain out of the water and the athletes are not allowed to touch anyone and no one is allowed to touch the athlete until that the main judge has announced to the athlete that his performance is considered as being finished, by signalling OK, at a minimum of 30 seconds after the surfacing.

6.17 In order to calculate the performance of the athlete, an average of the two registered times is taken by the two timekeepers. All measurements are rounded down to the nearest second.

Example: Registered times: 5'08"64 and 5'07"48

Average will be: $(5'08" + 5'07") / 2 = 5'07"50$

Registered performance will be: 5'07" = 61,4 points

6.18 Complete images of the performance, including final preparation and the end of the performance, without interruption: the images must start 10 seconds before the official start and stop after the final OK from the judge. The video is systematically used for claims concerning a blackout or the Surface Protocol, the decision of the judges is preponderate.

6.19 Cameras and photographers are not admitted in the water other than in the warm-up and transition zones.

6.20 Applause is allowed at the end of each athlete's performance even if other competitors in the same series have not finished their performance.

6.21 An ongoing commentary from the official speaker will continue throughout the static apnea event. He may announce the times attained by athletes at the end of their performance.

6.22 FINAL HEAT

6.22.1 All the above points are applicable for the final heat, with the exception of the points below:

6.22.2 For the final heat, the athletes are placed in different zones according to the accomplished performances during the elimination heats, in order to be as visible as possible to the media. In case of final heat with several series, the best athletes will compete at the end of the event.

7. PENALTIES

The mistakes mentioned below are not cause for disqualification, but penalty points will be imposed on the concerned performance, remember that negative numbers don't exist. Zero points are the lowest:

7.1 If the athlete starts before the "official start", for all disciplines: **1 POINT** per segment of 5 seconds.

7.2 If the athlete starts after the authorized 10-second margin for static and dynamic (with or without fins) disciplines: **1 POINT** per segment of 5 seconds. (up to maximum 1 minute, than the start is cancelled)

7.3 If no part of the athlete's body touches the wall at the turn in the dynamic disciplines: **5 POINTS** per turn. If the athlete does not come within one meter from the wall, he will be disqualified.

7.4 If any part of the athlete's body surfaces outside of the grace zone of 5 meters between two turns in the dynamic disciplines: **5 POINTS** per occasion.

7.5 If the athlete pulls or propels himself on a support point (wall, line, bottom, etc.) before the exit of his mouth or nose in the dynamic apnea: **10 POINTS**.

7.6 If the athlete removes his safety lanyard during his performance in the depth disciplines: **10 POINTS**.

7.7 No results which include penalties can be accepted as a record, and exceptions to this can only be considered on national levels.

7.8 While the athlete is performing and his/her airway is submerged, the athlete is only allowed to secure the line within the 1.5m zone from the bottom plate without penalty. Any securing of the line outside the 1.5m zone, while the airway is submerged and while the performance is under way will result in a **10 POINTS** penalty per occurrence. While the athlete is performing and his/her airway is submerged, the athlete is only allowed to pull the line within the 1.5m zone from the bottom plate without disqualification. Any pulling of the line outside the 1.5m zone, while the airway is submerged and while the performance is under way will result in a disqualification. (constant ballast and constant ballast without fins)

8. PROTESTS

8.1 A team captain may file a claim to a member of the jury within a maximum of 15 minutes after the incident or within a maximum of 15 minutes following the posting of the results.

8.2 Upon exit from the water in constant ballast and free immersion, if the divers in charge of safety of the athlete's and of monitoring the descents and ascents report to the jury that a competitor did not respect the regulation under the water, the jury serves this incident to the competitor or to his captain no later than during the posting of the results.

8.3 In the case of claims, the jury meets to decide if the athlete must be penalized, disqualified or not. In all cases, the athlete must be heard as well as the divers. Only the concerned athlete, his team captain and the jury are allowed to watch the video pictures. Official videotapes will only be used in case of a protest from an athlete, or Record's recognition procedures. In the case of real doubt, benefit must be given to the competitor. If this is the case, the jury decides which performance to take into consideration.

8.4 For each claim, the 5 International Judges and the 4 Assistant Judges of the jury vote separately and by secret ballot. If the decision of the 4 Assistant Judges coincides with that of the 5 International Judges, the decision is final. If this is not the case, only the 5 International Judges vote again by secret ballot either by taking into consideration or not the opinion of the 4 Assistant Judges. The result of the second vote is final no matter the result.

8.5 The jury responds to the claims in the evening, during the event committee.

8.6 All claims must be accompanied by a sum of €50 Euros or equivalent in order to be filed. This amount is reimbursed if the jury gives reason to the complainant.

8.7 For international competitions, during jury votes following a claim, a judge of the same nationality of the athlete having submitted the claim may not vote. In this case, the voice of the jury president will count as double, respectively that of the jury vice-president if the athlete is of the same nationality as the president, in order to maintain an odd number of voices. Voting is done by secret ballot.

8.8 For all jury decisions, in the case of equal voices (for example, in the case of abstention), the voice of the jury president, respectively that of the jury vice-president, will count as double.

9. EVENT COMMITTEE

9.1 The event committee is responsible for all technical questions concerning the event and of its smooth running.

9.2 The event committee consists of:

- The jury
- The team captains
- Members of the organization

The athlete's may request to assist the event committee but may not intervene, as their captain acts representative.

9.3 The event committee will observe a specific daily agenda implemented by the jury and the organizers.

9.4 The event committee must proceed with a spirit of mutual respect and fair play. All captains or athletes disrespectful toward the jury, the organizer or another team captain is excluded from the event committee.

9.5 The event committee meets on the eve of each event at a time established by the organization in order to:

- Provide the day's results.
- Provide general information to captains, the athlete's and divers for the following day, such as: Program reminders, local rules, weather and special conditions.
- Establish and distribute the start time's list for the following day.

10. JURY

10.1 In international competitions the jury is made up of between 5 and 9 people:

- 5 International Judges nominated by AIDA.
- up to 4 International or National Assistant Judges, nominated by the AIDA National of the sponsoring country.

10.2 The Assistant Judges are used in order to relieve the 5 Judges of certain tasks related to their position (i.e. official countdown, management of depth gauges and tags, time keeping, etc.), and in order to use a Judge and an Assistant Judge for each athlete during static apnea events.

10.3 The Assistant Judges do not have the right to vote and/or make decisions about the regular flow of the competition, but they may give their opinion on each situation to the International Judges, who may take these into consideration when making decisions.

10.4 The jury is present on the competition site at the start of warm-up to:

- Ensure that the event follows the established rules,
- Check the athlete's equipment,
- Check the athlete's performances,
- Disqualify a competitor not respecting regulation or if his behaviour interferes with the smooth running of the organization or with safety,
- Interrupt the event at any time if the safety of the athlete's or the divers is not assured,
- Gather claims, where applicable, filed by the team captains.

10.5 A jury member is in the water for the entire duration of the constant weight and the free immersion competition. And in case of a World Record try, there have to be two judges in the water.

10.6 Only the jury is allowed to make decisions not appearing in the present regulation.

11. PERFORMANCE MINIMA (only world individual championships)

11.1 AIDA will publish at least 6 months prior to the competition the list of performance minima to be realized.

11.2 The list of performance minima to be realized for the AIDA World Individual Championship appears below in the present regulation as *a guide*, this mean that AIDA International can round down or up the performance minima.

11.3 The performance minima to be realized for the AIDA World Individual Championship are, by discipline:

Static apnea: The **12th time** on the AIDA World Ranking from the year before.

Depth disciplines: The **12th depth** on the AIDA World Ranking from the year before.

Dynamic disciplines: The **12th distance** on the AIDA World Ranking from the year before.

For countries with a national AIDA, this performance must have been done in an AIDA Ranking Competition 2 years prior to the first day of the Championship. Official AIDA Record Attempt results will also be accepted when there are no competitions available for the athlete or for athletes asking for a *Special Invitation*. This result cannot be older than 2 years prior to the first day of the Championship.

11.4 No later than six weeks prior to the competition, in the case where the number of participants will be insufficient, AIDA and the organizer may decide to reduce the required performance minima for one or more disciplines.

11.5 During the event committee, for the depth disciplines, no performance should be announced less than the requested minima's to compete in the discipline. However, a margin of tolerance may however be decided upon by the jury in the case of bad conditions. In this case, the announced performances may be inferior to the theoretical minima's required.

12. ORGANIZER (only world championships)

12.1 The organizer chosen by AIDA must send the following information to AIDA and to all persons in charge of the respecting countries 6 months prior to the competition:

- The present regulation
- The competition program (start of competitions, event committees, remission of costs, etc.),
- An information file (premises, date, possible lodging, contingent liabilities, etc.),
- A record describing the facilities implemented to ensure the safety of the athlete's, the jury and the spectators, and an alert and evacuation record,
- All documents describing the planning and administration of the event if necessary,
- A diagram of the different sites.

12.2 The organizer must have an Internet site, in English, available detailing specific following information concerning the competition at least 5 months prior to the event.

- Home page with AIDA's logo and official title of the competition
- Maps of the events
- AIDA rules
- Detailed program
- Registration page (to AIDA)
- Contact for the organization
- Accommodations (hotels, airport)
- General information about the area
- Possibility to rent cars / boats
- Special laws of the country about diving if there are
- Specific information for Medias (name of a contact, availability of underwater pictures, etc.)

12.3 AIDA must prepare a jury at least 2 months before the competition after examination of the proposed candidacy by the countries. The organizer must indicate its composition to the captains on opening day. The organizer of the competition must pay the jury's travel and lodging expenses. The travel expenses and tickets have to be prepaid by the organizer and sent to the judges not later than two weeks before the event.

12.4 The organizer must ensure that all necessary facilities are at their disposal in order for them to accomplish their task.

12.5 A permanent area for viewing the videos must be made available to the jury by the organizers.

12.6 The organizer, and not AIDA or the jury, is responsible for the entire event. AIDA and the jury are not responsible of the safety of the athletes.

12.7 The event committee must convene on the eve of an event. Upon conclusion, the organizer must provide the event start lists to the team captains.

12.8 A general information session intended for all athletes, captains, organizers, judges, media, safety scuba and freediver's, medical and emergency staffs, must be made available by the organizer the first day of the event (opening day). During this information session, the organizer will provide a detailed program of the entire event, in particular including notably the daily schedules of all the event committees and the posting of the official results.

12.9 The organizer must provide logistical and secure facilities allowing the media to be present in the water for all disciplines, in order to take underwater photographs (videos or stills) during training days.

12.10 The organizer must draw up a commitment sheet disclosing anticipated competition performances to be filled in by the athlete's.

12.11 A technical commission appointed by AIDA will be in charge of examining the following with the organizer no less than 2 months before the competition:

- Implementation of the organization (lodging, scheduling, logistics),
- Arrangement of the organization in regard to event safety (assembly with the chief diving officers),
- Facilities and administrative arrangements.

12.12 This commission will be composed of at least one member of the jury and should work in close consultation with the organizer to mitigate any problems and find necessary solutions for an efficient organization.

12.13 The organizer must set up anti-doping tests with the appropriate agency of their country or with the AIDA laboratory. The organizer must pay for the costs of these tests. The conditions under which the athletes are chosen are left up to the discretion of the jury; however, the top male and female athletes in each discipline must be tested, which includes any athlete establishing a world record during the competition.

12.14 The organizer must anticipate one or more "openers" for each event: static, dynamic and constant ballast. The jury will choose the openers among the safety freediver's or competent reputable freediver's. Without exceeding their abilities, they must officially open the performance zone, which will allow the organization to acclimate. The openers observe the same conditions as the athlete's, but they may not be competitors.

12.15 The organizer must provide an identification number for each athlete. The participants must visibly wear this number during official events. A list of these numbers is provided to the media as well as to the team captains.

12.16 The organizer must also make provisions for a clear and visible system of identification for all safety freediver's, judges and all other officials in the water during the competition.

12.17 For depth discipline events, the safety scuba divers must possess a certification and appropriate equipment for the level at which they'll be stationed and that follow the rules and regulations of recognized training agencies such as PADI, NAUI, IANTD, TDI, CMAS and other equivalent agencies. The safety freediver's should be able to easily descend to 15 m, the organizer being responsible for verifying these levels. All safety freediver's must be approved and validated by AIDA before the competition.

12.18 The number of safety freediver's must be sufficient enough to allow a rotation. There must be at least two per rope. Two divers equipped in the water will be ready to intervene at the warm-up lines.

12.19 Rope measure:

The official line is measured and tagged at the surface in the following manner:

- Immersion of the line in the water for a sufficient duration so that it is completely soaked,
- Maximum stretch by mechanical means (car, etc.) upon exit from the water (car, etc.)
- Retention of the line with the exact net weight used for the competition after having released the stretch, between 20 and 50 kg. The additional use of a dynamometer is indicated.
- Measure and tagging of the tensed rope.

12.20 Calibration of the depth measuring devices:

Once the line is measured and marked, the depth measuring devices are calibrated in the following manner:

- The line is put into the water using the same arrangement as that used for the competition
- Each device is marked clearly and distinctly
- The devices are tested at four depths in relation to the line measure (-100, -80m, -60m, -40m). The given measures are then indexed for each instrument
- The jury then calculates the error coefficient of each device in the following manner:
Indexed measures: -100.7 -80.5m -60.8m -40.2
- Error coefficient at 100m = $100 / 100.7 = 0.993$
- Error coefficient at 80 m = $80 / 80.5 = 0.993$
- Error coefficient at 60 m = $60 / 60.8 = 0.986$
- Error coefficient at 40 m = $40 / 40.2 = 0.995$
- Final coefficient = 0.99
- Application of the error coefficient to the depth posted by the devices in order to obtain the actual depth is then sufficient for training and competition.

12.21 The organizer must implement the following video captures:

12.21.1 Complete images of the performance, including final preparation and the end of the performance, without interruption: the images must start 10 seconds before the official start and stop after the final OK from the judge. the athlete has given the depth gauge and the tag to the jury.

12.21.2 All video images must be filmed using new cassettes, in digital PAL or NTSC, on mini-DV format.

12.21.3 All video images of the attempt must be filmed without interruption for the pool's disciplines.

12.21.4 In World Championships, in constant with or without fins there have to be a bottom camera filming the turn.

12.21.5 All video cameras and the cameramen must remain at the disposition of the jury in order so that the jury immediately after the events can view the video tapes.

12.21.6 It is possible that the organizers may have to make copies of the official videos under supervision of the jury (or a designated official), or leave the original videos with the judge. The official videos remain with the judges (or with the designated official) until the copies have been made.

An updated list of the concerned athletes must accompany each cassette, in order to place the appropriate freediver with the appropriate cassette. All copies for AIDA must be in digital PAL or NTSC, on mini-DV format.

12.21.7 All official video images of the attempt become the property of the organizer. The organizer has exclusive rights to the official videos while AIDA has limited rights. AIDA may only use the footage as a support for judging and for the education of judges within the association.

12.21.8 The organizers may have as many official cameras as they wish, as long as they are prepared in accordance with the above articles by the judges.

13. RECOGNITION

13.1 In order to be recognized as an AIDA competition, all competitions organized by an AIDA national or under sponsorship of an AIDA national must comply with the conditions below.

13.2 Only AIDA competitions appear on the official calendar and entitle the recognition of performances and/or records by AIDA International. Only AIDA competitions appear on the AIDA Ranking List.

13.3 AIDA recognizes four distinct types of competitions:

1. **International Competitions:** "World Championships" and "World Cups" organized under direct sponsorship of AIDA International.

2. **National Open Competitions:** any competition organized by, or under sponsorship of an AIDA National, including participants of several countries and respecting the rules below.

3. **National Competitions with guests:** any competition organized by, or under sponsorship of an AIDA National including a majority of participants of the same country (same nationality and/or same national license), but also including guests participants.

4. **National Competitions:** any competition organized by, or under sponsorship of an AIDA National, only including participants of the same country. (same nationality and/or same national license).

13.4 All AIDA competitions must be announced to the AIDA Executive Board in order to be recognized as AIDA competitions.

13.5 Any proposed performance restrictions (i.e., maximum depth) must be communicated by the organizer before upon announcement of the AIDA competition for open national, national with guests, and national competitions. No performance restrictions are allowed after the announcement of international competitions.

13.6 All AIDA competitions must comply the present regulation (and sections 3, 4, 5, 6 and 10 completely, except points 10.1 to 10.3) in order to be recognized as AIDA competitions. The AIDA Executive Board is the appropriate body to decide whether or not a competition satisfies the AIDA requirements. Organizers must address The AIDA Board when requesting an exception or waiver to the rules.

13.7 INTERNATIONAL COMPETITIONS

13.7.1 The Assembly of Delegates designates the judges for international competitions, on candidacy.

13.7.2 The Executive Board then nominates the Jury President and Vice-President.

13.7.3 During international competitions, a world record could be recognized with:

- the official judges nominated by AIDA, at least one level A or B.
- the official videotapes
- the doping-test

In the case of world records, the Judges at the location will declare if it is a new record or not immediately after checking the official videotapes.

13.8 NATIONAL OPEN COMPETITIONS

13.8.1 The AIDA Executive Board nominates three international judges as President, Vice-president and substitute of the jury for National Open Competitions.

13.8.2 The AIDA nationals designate, if needed, the complement of the jury.

13.8.3 During national open competitions, a world record could be recognized with:

- the three international judges nominated by AIDA International BEFORE the event, at least one of them have to be level A or B.
- At least ONE international judge must be a foreign judge approved by the AIDA International Board.
- the official videotapes
- the doping-test

In the case of world records, the Judges at the location will declare if it is a new record or not immediately after checking the official videotapes.

13.9 NATIONAL COMPETITIONS WITH GUESTS

13.9.1 The AIDA Nationals designate the judges for National Competitions.

13.9.2 However, the AIDA Nationals may call upon International AIDA judges if they wish.

13.9.3 During national competitions with guests, a world record could be recognized with:

- an international AIDA judge, President of the jury, nominated by AIDA International BEFORE the event, on the organizer's special request, this judge has to be level A or B.
- At least ONE international judge must be a foreign judge approved by the AIDA International Board.
- the official videotapes
- the doping-test

In the case of world records, the Judges at the location will declare if it is a new record or not immediately after checking the official videotapes.

13.10 NATIONAL COMPETITIONS

13.10.1 The AIDA Nationals designate the judges for National Competitions.

13.10.2 However, the AIDA Nationals may call upon International AIDA judges if they wish.

13.10.3 During national competitions, a world record could be recognized with:

- an international AIDA judge, President of the jury, nominated by AIDA International BEFORE the event, on the organizer's special request, this judge have to be level A or B.
- At least ONE international judge must be a foreign judge approved by the AIDA International Board.
- the official videotapes
- the doping-test

In the case of world records, the Judges at the location will declare if it is a new record or not immediately after checking the official videotapes.

13.11 COMPETITIONS without sponsorship of a National AIDA

13.11.1 It's possible for private persons, clubs or other organizations to organize an AIDA competition. This could be the case when there is no National AIDA in the country concerned or for some reason your National AIDA is uncooperative. When there is a special case or there are some special circumstances like this, a special request must be made to the AIDA International Executive Board.

14. MISCELLANEOUS/OTHER

14.1 Limitations related to the sponsors of the organizers or athletes must not interfere with the organization of the events.

14.2 The event committee will indicate the number and the location of different accredited media.

14.3 The organization may not be held responsible for accidents caused by athletes not respecting the present regulation.

14.4 The present regulation may not be changed in the 3 months preceding a World Championship.

14.5 Only the jury is competent to make any decision not appearing in the present regulation.

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