

4.1.13 SURFACE PROTOCOL

Upon surfacing from their dive an athlete must perform a series of tasks within a given time frame. The purpose of the Surface Protocol (SP) is to provide an objective test of the athlete's level of hypoxia. Failure to complete the Surface Protocol in strict accordance with this rule will result in disqualification (DQSP).

4.1.13.1 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 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 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.

4.1.13.4 Competition officials and jury members may not provide cues to the athlete. One nominated coach is permitted to provide verbal and visual cues to the athlete so long as doing so does not interfere with judging in any way.

4.1.13.5 In addition to the provision in 4.1.13.3, AIDA allows a facial wipe and / or the removal of the hood / swim cap without disqualification. Although, if repeated this will result in disqualification (DQSP).

4.1.13.6 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.

4.1.13.7 Following 4.1.13.1, visual OK-signs given simultaneously with both hands, repeating of the visual OK-sign after releasing it, or putting the OK-sign below the surface of the water and bringing the sign back out of the water, or repeating of the visual OK-sign with the other hand are considered as a double OK- sign and thus result in disqualification (DQSP). Movements of the hand giving the visual OK-sign are not considered as multiple OK-signals and are allowed.

4.1.13.8 For all AIDA events, the verbal OK-signal, as stated in 4.1.13.1, has to be given in English.

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4.1.13.1 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".
- **The athlete must keep airways over surface. Athlete should not lay on water (back of the head and sides of the head must be over the water). If there is a wave the decision must be taken by judge.**

4.1.13.2 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.~~

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4.1.18.4 ROPE MEASUREMENT

The organizer is responsible for measuring all competition ropes. At least one member of the jury (for World Championships at least two members of the jury) must be present during the stretching and measuring of the rope to ensure compliance with the provisions in section 4.1.18. The jury may perform this task themselves if they decide to do so.

- The official line(s) has to be soaked in water for a sufficient period of time so it is evident the line(s) is completely soaked;
- The line(s) must be stretched maximally by mechanical means (car, etc.) directly upon exit from the water (care should be taken not to damage or over stretch the rope);
- The line will be weighted with the exact weight used for the competition after having released the stretch via use of a pulley. This weight has to be at least 15 kg or in case of a counter ballast system the weight of the counter ballast system, if this weight is constantly hanging on the rope during competition. The additional use of a dynamometer is indicated;
- The line is measured and tagged while under tension;
- The jury is to ensure that sufficient marks are placed on the line(s) so that depths can be secured quickly and easily during the competition. AIDA recommends following the coding system described in section 4.1.18.5, but additional markings may be used. Labeling of the ten meter increments is highly recommended so that if the tapes move or go missing depth is still easy to determine;
- The 2-meter grace zone (or candy cane) must be clearly marked so it is visible for the athletes at depth and on bottom camera. The placement of a boarder flag at the end of the 2-meter grace zone is strongly recommended.
- The color system for competition ropes in AIDA events is not mandatory but it is strongly recommended to use the AIDA coding system. The proposed colors to mark the rope are black and white for the 2-meter grace zone as this will be clearly visible for the athletes at depth. For all other markings of the official line(s) AIDA recommends to use black for the individual 5 meters markings and red for the 10 meters markings as this will be easy to see at the surface while setting the depths during competition (for black or dark ropes use white and blue color markings).
- The recommended width of a single marking is 12 mm and recommended width of a double marking (i.e. 50 m) is 36 mm. The recommended space between individual markings is 12 mm. AIDA strongly recommends using paint markers to code the official line(s) although a high quality electrical tape marking, if applied correctly, is allowed. No matter the system, it is essential that the judges are able to confirm the depth being set. The competition should be delayed until the depth being set can be confirmed in the case of any uncertainty.
- At the end of the 2-meter grace zone a boarder flag made of a high quality electrical tape is placed. This border flag will ensure a clear visible end of the grace zone during bottom video

review. The border flag is a single piece of electrical tape; approximately 60 mm long wrapped around the official line and it should be checked to confirm that a lanyard easily slides over the marking.

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- The **3-meter grace zone** (or candy cane) must be clearly marked so it is visible for the athletes at depth and on bottom camera. The placement of a boarder flag at the end of the **3-meter grace zone** is strongly recommended.
- The color system for competition ropes in AIDA events is not mandatory but it is strongly recommended to use the AIDA coding system. The proposed colors to mark the rope are black and white for the **3-meter grace zone** as this will be clearly visible for the athletes at depth. For all other markings of the official line(s) AIDA recommends to use black for the individual 5 meters markings and red for the 10 meters markings as this will be easy to see at the surface while setting the depths during competition (for black or dark ropes use white and blue color markings).
- The recommended width of a single marking is 12 mm and recommended width of a double marking (i.e. 50 m) is 36 mm. The recommended space between individual markings is 12 mm. AIDA strongly recommends using paint markers to code the official line(s) although a high quality electrical tape marking, if applied correctly, is allowed. No matter the system, it is essential that the judges are able to confirm the depth being set. The competition should be delayed until the depth being set can be confirmed in the case of any uncertainty.

- At the end of the **3-meter grace zone** a border flag made of a high quality electrical tape is placed. This border flag will ensure a clear visible end of the grace zone during bottom video review. The border flag is a single piece of electrical tape; approximately 60 mm long wrapped around the official line and it should be checked to confirm that a lanyard easily slides over the marking.
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5.2.4.10 For all performances, AIDA uses the following consequences after a blackout:

- Mild: no more diving on the same competition day, medical check up on next day in the morning;
- Moderate: minimum of one rest day (day of BO and day after), medical check up 24 hours after BO, and the next morning before entering the competition again. In the case of any abnormal signs or symptoms there will be no more diving in the competition;
- Severe and extremely severe: no more diving in the competition and medical follow up until the end of the competition with a recommendation for follow up with their personal physician (medical doctor) after the conclusion of the competition.

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 - Moderate: minimum of one rest day (day of BO and day after), medical check up 24 hours after BO, and the next morning before entering the competition again. In the case of any abnormal signs or symptoms there will be no more diving in the competition;
 - **Severe minimum of two rest days (day of BO and 2 days after), medical check up 24 hours after BO, and the next morning before entering the competition again. In the case of any abnormal signs or symptoms there will be no more diving in the competition;**
 - Extremely severe: no more diving in the competition and medical follow up until the end of the competition with a recommendation for follow up with their personal physician (medical doctor) after the conclusion of the competition.
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8.1.4.In the CWT subcategory BIFINS, the athlete is prohibited to use a dolphin kick for his / her propulsion, using a dolphin kick while wearing bifins will result in disqualification (DQOTHER).

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8.1.5 Dolphin kicks in 3-meters grace zone (or candy cane) in the CWT subcategory BIFINS are allowed since athlete's head crossing the marks of 3-meters grace zone (or candy cane) on the way down and up.

8.1.5.1 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.

8.1.5.1 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 multiply GRAB-PULL** (within the **3-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 3-meter zone** will be clearly marked and visible following the provisions 4.1.18.4 and 4.1.18.5.

11.12 An athlete cannot protest against a decision of the judges regarding another athlete