



The BFA Record Rules

Version 2.5.3: As at 01 October 2007

1 General

- 1.1 The BFA Records Committee has been formed to authenticate and quality assure the recognition of AIDA-UK freediving records through the adherence to the rules set herein. However, the BFA takes no responsibility for those attempting records or those involved in a record setting event.
- 1.2 The purpose of this document is to set out the rules for setting and approving AIDA records in the UK. They differ in some respects to AIDA International rules for setting and approving AIDA records to take into account certain aspects specific to the UK Freediving Community and to reduce costs.
- 1.3 Where rules are marked with 'CR' this refers to rules that are exclusive to records set in competition. Where they are marked with 'NCR' this refers to rules that are exclusive to records set outside of competition.

2 Recognised Disciplines

- 2.1 The BFA recognises only the same disciplines for record setting as AIDA International:
 - A. Static apnea: the freediver holds his/her breath for as long as possible with respiratory tracts immersed, his/her body in the water, at the surface or up to 3m deep.
 - B. Dynamic apnea with fins: the freediver travels in a horizontal position under water attempting to cover the greatest possible distance. Any propulsion aids other than bi-fins or a monofin are prohibited.
 - C. Dynamic apnea without fins: the freediver travels in a horizontal position under water attempting to cover the greatest possible distance. Any propulsion aids are prohibited.
 - D. Free Immersion diving: the freediver dives underwater without the use of propulsion equipment attempting to reach the targeted depth without change of ballast.
 - E. Diving with Constant Weight: the freediver descends and ascends using fins/monofin and/or with the use of his/her arms without pulling on the rope or changing his/her ballast. While the athlete is performing and his/her airways are 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 will result in disqualification, except in case of an early turn where the athlete is allowed to pull on the line ONCE in order to make the turn.
 - F. Diving with Constant Weight without Fins: the freediver descends and ascends without using fins or pulling along the rope or changing his/her ballast. While the athlete is performing and his/her airways are 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 will result in disqualification, except in case of an early turn where the athlete is allowed to pull on the line ONCE in order to make the turn.
 - G. Diving with Variable weight: The freediver descends with ballast, which may be left at the deepest part of the dive, then ascends using constant weight and/or free immersion principles.
 - H. No Limits Diving: The diver descends and ascends using whatever methodology they wish.
- 2.2 Men's and women's records exist for each category.
- 2.3 There is no distinction between freshwater and saltwater performances.

3 Registration Conditions

- 3.1 Each athlete attempting a record will:
 - 3.1.1 be 18 years of age or over
 - 3.1.2 hold a valid UK passport



The BFA Record Rules

Version 2.5.3: As at 01 October 2007

- 3.1.3 be medically certified fit to freedive
 - 3.1.4 be a member of the BFA on the date of the record attempt and on the day of notification
 - 3.2 (NCR) The athlete must notify his/her intention of a BFA record attempt to the BFA Records Officer 2 weeks before the attempt date (* See point 3.2.1). The attempt will be notified in writing, stating:
 - The discipline/s to be attempted
 - Name, age and address
 - BFA membership number
 - The names of both of the judges
 - Location of the record attempt
 - The date(s) of the attempt(s)
 - Whether the attempt can be published on the BFA website in advance
 - A predicted depth (for depth disciplines)
- And include a:
- Certified copy of passport
 - Medical certificate issued by a physician authorised by law certifying that there are no counter indications to the practice of freediving.
 - Report on the methods, devices and personnel to be used for the record attempt.
- 3.2.1 (*) If an athlete has been selected by the BFA to attend an international event, they do not have to give 2 weeks notice of a record attempt, as long as the record attempt takes place during a session offered by the events organiser, using the event judges and only in disciplines held at the event.
- 3.3 (NCR) The organiser/athlete/sponsors of the record attempt is/are responsible for appointing two AIDA judges at least 2 weeks before the attempt. The names and qualification of both judges must be notified to the BFA Records Officer, who will then approve the appointment. There may not be a close relationship between the judge and athlete (e.g. family, trainer). The organiser/athlete/sponsors of the record attempt will pay all travel and lodging costs of the two judges if necessary.
 - 3.4 (NCR) The organiser/athlete, and not the BFA or the AIDA Judges, is responsible for the entire event, including the safety of all persons present.
 - 3.5 The BFA Records Committee reserves the right not to acknowledge the attempt and will officially state the reasons for such a decision.
 - 3.6 (NCR) For disciplines other than static and dynamic, the precise depth of an attempt must be announced at least the day before the attempt is made, with a 15% maximum deviation from the original predicted depth.
 - 3.7 It is forbidden to consume any of the products detailed on the official drugs list published by WADA.
 - 3.8 Any inhalation of pure oxygen or oxygenated mixtures ($O_2 > 21\%$) within 1 hour prior to the athlete's performance is forbidden.
 - 3.9 If the competitor is deemed to be in need of assistance on surfacing from a warm-up or record dive in the 12 hours preceding the attempt by the AIDA judges he/she may be disqualified from the attempt, but make a second attempt after 12 hours has elapsed, if the presiding medic deems the athlete to be healthy.
 - 3.10 No record will be accepted if the athlete suffers a blackout, whether it is in or out of the water, for a minimum of 30 seconds after the attempt. Each of the following symptoms will disqualify the performance due to a "Black-Out":



The BFA Record Rules

Version 2.5.3: As at 01 October 2007

- 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.

In case of any concerns, the benefit of the doubt will be given to the athlete and his/her performance will be considered as valid. A period of 15 seconds is allowed for the athlete to complete the surface protocol after he/she has surfaced. They must remove their facial equipment, give an OK signal, and verbally announce, "I'm OK", in that specific order. Verbal coaching is permitted, although any physical contact with the athlete will mean the attempt is void. The athlete must remain within the designated area for at least 30 seconds after their attempt is finished.

- 3.11 (NCR) The attempt must be recorded on video from the surface to show the condition of the athlete. The video should be activated 1 minute prior to the start of the attempt and should then be continuously recording for at least 30 seconds after the athlete surfaces and until the judges have made their decision. This camera should be supplied by the athlete or organiser.

4 Role of the AIDA Judges

- 4.1 (NCR) The organiser/athlete/sponsor must ensure that all necessary facilities are at the judge's disposal in order for them to accomplish their task.
- 4.2 (NCR) After the performance at least one of the judges should telephone or email the BFA Records Officer to indicate the outcome of the attempt.
- 4.3 (NCR) The 2 appointed judges reserve the right to disregard the record at anytime and issue an unfavourable recommendation if:
- the existing rules and regulations have not been respected, and/or
 - they are unable to fulfil their task in satisfactory conditions.
- 4.4 (NCR) The judges will independently submit a report to the BFA Records Officer by email or letter, indicating the outcome of the attempt. Once the BFA Records Committee have agreed with the decision of the 2 Judges, the attempt will be accepted as a UK record and be announced on the BFA website.
- 4.5 (CR) The judges will independently submit a report to the BFA Records Officer by email or letter indicating the outcome of the attempt. Alternatively, the organiser will post the outcome as part of the overall competition results on the official competition website. Once the BFA Records Committee have agreed with the decision of the 2 Judges, or reviewed the results on the official competition website, the attempt will be accepted as a UK record and be announced on the BFA website.
- 4.6 (NCR) If the two judges submit conflicting reports the BFA Records Committee will then decide upon the validity of the attempt, using the video footage of the attempt.

5 Safety

- 5.1 A qualified medic will be the Safety Supervisor, with the following current certifications;



The BFA Record Rules

Version 2.5.3: As at 01 October 2007

- i) An Emergency Medical Technician (EMT) or equivalent status, or higher.
 - ii) Basic CPR and first aid or higher.
 - iii) DAN Oxygen Provider or equivalent.
- There will be resuscitation equipment, including an oxygen kit, located in close proximity to the freediver.
- 5.2 A telephone must be located nearby in case of the need to phone for assistance.
 - 5.3 The presence of two safety freedivers in the water is mandatory for all attempts, except in the case of static apnea where one safety person is considered adequate. This does not include the judges.
 - 5.4 It is the right of the judges to request that other divers are removed from the immediate vicinity of the athlete if they wish. The athlete and the organiser also have this responsibility.
 - 5.5 Nobody is permitted to aid the freediver during or immediately (30 seconds) after an attempt except in the case of an emergency. The athlete must remain in the designated area for those 30 seconds.

6. Details by Discipline

6.1 Static Apnea

- 6.1.1 The attempt must take place at the surface or in water less than or equal to 3 m deep with the respiratory tracts of the freediver immersed in the water.
- 6.1.2 (NCR) The freediver must fulfil the following prerequisite: a breath-hold within 15 seconds of the previous record if less than the record, within the 2 weeks preceding the attempt, verified by a training partner.
- 6.1.3 The two Judges will time the attempt. They will start their stopwatches once the face is below water or when the snorkel is released if preparation is performed with a snorkel. They will stop their stopwatches once the respiratory tracts of the freediver are out of the water.
- 6.1.4 The recognised performance is the average of the two times rounded down to the lowest second.
- 6.1.5 A record will be considered broken when the time achieved is greater, by at least 1 second, than the record previously recognised.

6.2 Dynamic Apnea

- 6.2.1 The record attempt must take place in a pool with a minimum length of 25 metres.
- 6.2.2 (NCR) The freediver must fulfil the following prerequisite: a successful attempt within 5 metres of the previous record if less than the previous record, within the 2 weeks preceding the attempt, verified by a training partner.
- 6.2.3 Two freedivers must be present for the duration of the record attempt at the surface of the water to follow the progress of the freediver attempting the record.
- 6.2.4 The start must take place in the water with the head immersed within 1.50 metres from the edge of the pool. The start may be by duck dive or by using the edge of the pool for support.
- 6.2.5 The freediver must come in contact with the wall of the pool at each turn.
- 6.2.6 The distance covered is determined by the exit of the respiratory tract (except where the freediver ascends touching a wall).



The BFA Record Rules

Version 2.5.3: As at 01 October 2007

- 6.2.7 Any propulsion assistance other than swimming movements is forbidden (except pushing off the wall during turns).
- 6.2.8 A record will be considered broken when the distance covered is greater by at least one metre than that of the record previously recognised.

6.3 Depth Disciplines

- 6.3.1 The rope must be supported in such a way that it shall not obstruct the resurfacing of the freediver.
- 6.3.2 The submerged end of the rope must bear a weight sufficient to keep the rope taut throughout the attempt.
- 6.3.3 The rope is measured in the following manner:
 - Immersion of the line in water for a sufficient duration so that it is completely soaked,
 - Maximum stretch by mechanical means (car, etc.) upon exit from the water.
 - Retention of the line with the net weight to be used. The use of a dynamometer is encouraged.
- 6.3.4 The freediver will carry 2 electronic depth gauge's on the wrist or ankle. Both judges must be satisfied that the depth gauge is correctly calibrated. The depth recorded is rounded down to the nearest metre.
- 6.3.5 (NCR) The freediver must fulfil the following prerequisite: a freedive 3 metres short of the targeted record within the 2 weeks preceding the record attempt verified by a training partner.
- 6.3.6 The Judges will note the presence of the ballast and the weight during warm up and will verify that no change has occurred when the freediver finishes the performance. If a change has occurred, the performance will not be accepted.
- 6.3.7 The freediver must be in the water before commencing the attempt. A diving or jumping start as well as any other form of running starts from a support point is prohibited.
- 6.3.8 A record will be declared broken when the depth attained is greater than the previously recognised record by at least one metre.

7 UK records committee

- 7.1 This comprises a minimum of 3 people appointed from the BFA Committee on the date of the record attempt.

8 Safety Equipment

- 8.1 An athlete will have to carefully review all the safety equipment that he/she may wish to use. The athlete should consult other established freedivers, the BFA Safety Officer, or other freediving bodies for advice. When the athlete is happy with their equipment they should notify the BFA Records Officer. All safety equipment is, naturally, the responsibility of the athlete. If the athlete



The BFA Record Rules

Version 2.5.3: As at 01 October 2007

wishes to use equipment that has not been previously used by members of the AIDA Free Diving community they must consult with the BFA Committee prior to the attempt.

The freediver must use a safety lanyard constructed to AIDA standards for all depth disciplines.

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