

Section 1: Competitive Categories Subject To Regulation

1.1. In order to regulate, verify and officially certify new record-setting attempts, F.R.E.E. has established guidelines for the following modalities and categories.

1.2. F.R.E.E. recognizes two (2) modalities with the following common denominator: They are Apnea Immersion categories, where:

Apnea- is the temporary and voluntary suppression of the respiratory process. Any intake of respiratory gas must cease during the act of apnea. The respiratory gas breathed by the diver prior to, and immediately after the process of Apnea must be atmospheric air (composition 21% O₂, 79 % N₂ at 1 bar/14.7 P.S.I. of pressure) and none other.

Immersion- is the temporary and voluntary penetration in a column of water (be it salt or fresh water) with the object of reaching a certain point in the column of water and then returning to the surface.

1.3. These two (2) Apnea modalities are "Vertical Immersion", where the aim of the freediver is to reach a Goal-Depth, and "Horizontal Immersion", where the aim of the Freediver is to reach a Goal-Length.

1.4. For the category to be considered as compliant, both criteria (Apnea and Immersion) must be present at all times during the attempt

1.5. The Vertical Immersion modality is divided in two groups: Constant Ballast and Variable Ballast. Within the Constant Ballast group there are three (3) categories and within the Variable Ballast group there are two (2) categories.

1.6. Constant Ballast Categories- These are the three (3) Vertical Immersion categories in which the Freediver is not allowed to change or modify the following throughout the attempt: a) Amount of Ballast, b) *Applicable Equipment, and c) Propulsion Technique.

Equipment-Assisted: The Freediver must reach the Goal-Depth and return to the surface under his/her own power and resorting only to the use of a **Propulsion Device. The Guide-Line cannot be used for propulsion and the Freediver is only allowed to intentionally touch the line at the turning point upon reaching the Goal-Depth and before initiating the ascent. Applicable Equipment: a) Vision Device, b) Snorkel, c) Ballast System, d) **Propulsion Device, and e) Exposure Suit.

Line-Assisted: The Freediver must reach the Goal-Depth and return to the surface by pulling him/herself along the Guide-Line and any part of his/her body may touch the line at any point during the dive. Applicable Equipment: a) Vision Device, b) Snorkel, c) Ballast System, and d) Exposure Suit. (No Propulsion Devices are allowed)

Unassisted: The Freediver must reach the Goal-Depth and return to the surface under his/her own power without using the Guide-Line or any Propulsion Device. The Exposure suit, socks or gloves, if worn, may not be altered in a way such that they provide additional propulsion other than that attained by the swimming of the diver. The Freediver is only allowed to intentionally touch the line at the turning point upon reaching the Goal-Depth and before initiating the ascent. Applicable Equipment: a) Vision Device, b) Snorkel, c) Ballast System, and d) Exposure Suit. (No Propulsion Devices are allowed)

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1.7. Variable Ballast Categories- These are the two (2) Vertical Immersion categories in which the Freediver is allowed to change or modify the following throughout the attempt: a) Amount of Ballast, and b) Propulsion Technique.

Limited: The Freediver may reach the Goal-Depth on his/her own, or by using a ***Guided Ballast Device for the descent. The Freediver must perform the ascent under his/her own power using the Propulsion Technique or techniques of choice. Applicable Equipment: a) Vision Device, b) Snorkel, c) Ballast System, d) Propulsion Device, and e) Exposure Suit.

Unlimited: (No longer verified) The Freediver may reach the Goal-Depth on his/her own, or by using a ***Guided Ballast Device for the descent. The Freediver must perform the ascent with the aid of a ****Guided Floatation Device. Applicable Equipment: a) Vision Device, b) Snorkel, c) Ballast System, d) Propulsion Device, and e) Exposure Suit.

1.8. The Horizontal Immersion modality is divided into two (2) categories: Equipment Assisted and Unassisted. Both of these categories are considered as Constant Ballast categories due to the fact that the Freediver is not allowed to change or modify the following throughout the attempt: a) Amount of Ballast, and b) *Applicable Equipment.

Equipment-Assisted: The Freediver must reach the Goal-Depth and return to the surface under his/her own power and resorting only to the use of a **Propulsion Device. The Guide-Line can not be used for propulsion and the Freediver is only allowed to intentionally touch the line at the finishing point upon reaching the Goal-Depth and before initiating the ascent. Applicable Equipment: a) Vision Device, b) *****Snorkel, c) Ballast System, d) **Propulsion Device, and e) Exposure Suit.

Unassisted: The Freediver must reach the Goal-Depth and return to the surface under his/her own power without using the Guide-Line or any device for propulsion. The Freediver is only allowed to intentionally touch the line at the turning point upon reaching the Goal-Depth and before initiating the ascent. Applicable Equipment: a) Vision Device, b) *****Snorkel, c) Ballast System, and d) Exposure Suit. (No Propulsion Devices are allowed)

Section 2: Application Guidelines

- 2.1.** Once the decision to attempt a new record has been reached, the Freediver must appoint an Organizing Committee to ensure that all applicable guidelines and procedures are properly followed and to conduct all communications with F.R.E.E. Headquarters. The Organizing Committee is formed by three (3) officers with specific duties within the committee: the Supervising Officer, the Safety Officer and the Diving Officer. The Freediver cannot be appointed to the position of any of the Officers. More than one (1) Officer position can be taken by the same person, up to all three (3) of them.
- 2.2.** The Supervising Officer will be in charge of the compliance with the Application Procedures & Requirements and Methods & Equipment of the Attempt. The Supervising Officer must also represent the Organizing Committee in the compliance with the Judges Duties & Verification Procedures and is in charge of conducting all contacts and communications with F.R.E.E.
- 2.3.** The Safety Officer will be in charge of the compliance with the Safety Guidelines and Boating Procedures.
- 2.4.** The Diving Officer will be in charge of the compliance with the Support Divers Procedures & Requirements.
- 2.5.** All the forms included in the Record Package, which contains all the documents needed by the Organizing Committee when applying to F.R.E.E. for verification of a Record Attempt must be properly filled out and sent to F.R.E.E. no later than sixty (60) days prior to the intended attempt date.
- 2.6.** In the event that the Freediver and his/her Organizing Committee wish to apply for verification for another record attempt, regardless of the category, once the F.R.E.E. Judges have arrived at the location of an attempt, they must apply directly to the Judges no later than seventy-two (72) hours prior to the intended date for the new attempt. The Judges will decide if the existing conditions and facilities guarantee that the new attempt can be carried out without any compromise to the Freediver's safety and that of his/her team. Therefore, the Judges can deny this new attempt. All applicable forms must be filled out and delivered to the Judges as representatives of F.R.E.E. if they approve the new attempt.
- 2.7.** The form Appointment of Organizing Committee must be signed by all the Officers of the Organizing Committee and the Freediver. This form states their acceptance to carry out the attempt in strict compliance with all applicable standards and procedures set by F.R.E.E.
- 2.8.** The form Protocol of Agreement must be signed between the Organizing Committee and F.R.E.E. This form specifies mutual duties and rights for both parties from the moment the Record Package is requested by the Organizing Committee to the moment F.R.E.E. issues the final decision on the outcome of the attempt. As part of this form, the Organizing Committee agrees to assume all the expenses derived from the traveling and accommodations needed by the F.R.E.E. Judges to participate in the attempt.
- 2.9.** The form Report of Facilities, Staff & Equipment must be filled out by the Organizing Committee on two (2) different occasions: 1) when the Record Package is first sent to F.R.E.E. and 2) when the Judges arrive at the location of the attempt. The second version must reflect changes, if any, regarding the facilities, staff and equipment set up for the attempt.
- 2.10.** The form Release of Liability must be filled out by every person, without absolutely any exceptions, that are involved in the attempt. This form exonerates F.R.E.E. and its representatives from any liability or responsibility that may arise from any accident or incident that occurs during the record attempt, or any event preceding it or following it. Any individual and/or representative of an organization that does not sign a Release of Liability form cannot take part in the attempt.

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***Applicable Equipment-** This is the equipment allowed for the attempt, but its use is not mandatory. The Freediver may use any or all of the items listed for each category, but an item not contained within the requirements of the category is not allowed. The Propulsion Technique of the category may not be modified as a result of the selection of equipment.

****Propulsion Device-** The device used by the Freediver to achieve propulsion throughout the descent and ascent phases of the attempt. The device must be powered by the Freediver using his/her physical strength and ability. No mechanical, electrical, or any other source of power may be used to operate the device.

*****Guided Ballast Device-** The Device used in the Variable Ballast Categories to transport the Freediver to the Goal-Depth. This Device must attain its downward movement under its own weight, which may not exceed an equivalent of 200% of the Freediver's bodyweight. The Device must run attached to the Guide-Line.

******Guided Floatation Device-** the Device used in the Unlimited Variable Ballast Category to transport the Freediver from the Goal-Depth to the surface.

This Device must attain its upward movement through the use of an inflatable bag, which must have a minimum lift capacity equivalent to 50% of the Freediver's bodyweight.

The Device must run attached to the Guide-Line. This Device must remain attached to the Guided Ballast Device during the descent and must detach from it for the ascent.

*******Snorkel-** In case a snorkel is used for preparation on the surface prior to the attempt, the Freediver must abandon the snorkel on the surface, immediately after the last breath and prior to initiating the descent. (Applicable only to Horizontal Apnea Immersion categories)

Section 3: Methods and Equipment of the Attempt

- 3.1.** With the aim of regulating, in view of their eventual official verification, all Record Attempts, F.R.E.E. has set out the relevant standards to be fully complied with on the occasion of any attempt.
- 3.2.** F.R.E.E. requires the diver's minimum age to be 18 years.
- 3.3.** F.R.E.E. recognizes the following records: men's record, women's record.
- 3.4.** F.R.E.E. recognizes the following records for Vertical Immersion categories: a) Salt-Water record, b) Fresh-Water record and the following records for Horizontal Immersion categories: a) Open Water b) *Confined-Water record
- 3.5.** The minimum depth or length by which an attempt must surpass the existing Official Record to become a New Record is one (1) meter/ 3.28 feet.
- 3.6.** The maximum depth or length by which an attempt may surpass the existing Official Record to become a New Record is as follows: Five(5) meters/ 16.4 feet more than the deepest record of all three (3) categories for Constant Ballast, ten(10) meters/ 32.8 feet for the Limited Variable Ballast category, and Unlimited for all the Horizontal Immersion categories. F.R.E.E. does not intend to set up limits to the performance of Freedivers with this guideline, but rather to make the progression towards deeper depths as safe as possible and to keep the sport as competitive as possible.
- 3.7.** An attempt will be declared a Shared Record if it equals the depth of the existing Official Record.
- 3.8.** The Freediver must submit to F.R.E.E. a "Medical Certificate of Fitness for Diving" no later than fifteen (15) days prior to the attempt date. This medical certificate must be approved and signed by a competent and certified physician and it cannot be issued any earlier than thirty (30) days prior to the attempt date. A sample of a Medical Certificate of Fitness for Diving is part of the Record Package.
- 3.9.** The Freediver must be within sight and reach of the F.R.E.E. Judges at least two(2) hours before he/she enters the water.
- 3.10.** The Freediver must kit up in the presence of the Judges, who must inspect all the Applicable Equipment of choice and certify its suitability. Upon exiting the water, the Freediver must present the equipment to the Judges to verify that no alteration has occurred.
- 3.11.** Upon entering the water, the Freediver is allowed one (1) hour to complete the attempt. During this time the Freediver is allowed to perform warm-up dives prior to the attempt. The Freediver must have the assistance of a Support Diver or Divers if the depth or length of the training dives so requires it, as per the Positioning Requirements found in the Section Support Divers Procedures and Guidelines.
- 3.12.** The Judges must receive a signal fifteen (15) minutes before the attempt, at which point they start a countdown. All Support Divers and other authorized personnel that have not yet entered the water must do it at this point. No Divers are allowed in the water after ten (10) minutes before the attempt. Once the countdown reaches five (5) minutes before the attempt, all divers must start their descent to their assigned positions.
- 3.13.** Only once the countdown reaches zero (0) minutes can the Freediver initiate the descent. However, after the zero (0) mark, the Freediver is allowed a maximum of two (2) minutes to initiate the descent.

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3.14. The Freediver must not come into physical contact with any diver during the duration of the attempt, except in case of an emergency.

3.15. Upon reaching the intended Goal Depth/Goal Length, the Freediver must retrieve at least one (1) **Confirmation Signal from the Guide-Line itself or a Bottom Plate before initiating the ascent and do so without any type of assistance. The Freediver must return at least one (1) Confirmation Signal to the surface and hand it to the Surface Judge to make the attempt official. The Freediver has one (1) minute to perform this task upon his/her arrival at the surface and, during this time period, he/she cannot lose consciousness, sink the head fully below the surface, or be helped or touched by anyone. It is the responsibility of the Judge to approach the Freediver to receive the Confirmation Signal within the established time period. In some instances, the following two exceptions can be made:

- The freediver may receive the Confirmation Tag from a Safety Diver or a Judge, as long as the retrieval occurs only after the freediver has reached the Goal Depth and the lowest point of his/her body remains at the same level of the Goal Depth during this maneuver.
- The freediver may not retrieve a Confirmation Tag at all, provided that he/she has reached the planned Goal Depth and only if the Underwater Judge is actually positioned at a level equal to the goal depth and can witness the freediver's arrival to such depth. In this case, the judge's dive profile must show a maximum depth of at least the Goal Depth reached by the freediver. In this case, upon arriving at the surface, the freediver needs to establish physical contact with the Surface Judge so as to resemble the delivery of a Confirmation Tag. The exact nature of this physical contact maneuver will be agreed upon by the freediver, the Organizing Committee and the F.R.E.E. Judges prior to the attempt.

3.16. The Freediver is not required to undergo an Anti-Doping test following the attempt, but he/she may do so optionally.

3.17. If the attempt is canceled once the Freediver has entered the water, and regardless of the reason, only one (1) more attempt is allowed during the next twenty-four (24) hours and a total of three (3) attempts in the next forty-eight (48) hours after the original attempt is canceled.

3.18. Starting Position at the Surface:

-Vertical Immersion categories-

Constant Ballast Attempts- The Freediver must start the dive from a temporary floating position on the surface, where his/her body cannot be in contact with anything but the water immediately prior to initiating the descent. The Freediver must gain the initial downward movement resorting only to his/her own ability and nothing else. If a *Surface Preparation Device is used, the Freediver must allow a transition from this device to the water, so that no additional gain in downward movement is obtained from the device.

Variable Ballast Attempts- The Freediver must start the dive onboard the Guided Ballast Device and his/her body must be partially, to any extent, immersed in the water immediately prior to initiating the descent.

-Horizontal Immersion categories-

Confined-Water Attempts- These attempts must be carried out in a pool. The accepted lengths of the pool are 25 meters/82 feet or 50 meters/164 feet. F.R.E.E. recognizes this category as a single category, regardless of the length of the pool. The Freediver must start the dive, and all the turns taking place during the dive, from a position where at least some part of his/her body is in contact with the surface of the wall that limits the pool.

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If this body part is covered by an Exposure Suit, this is acceptable, but no other piece of applicable equipment, including a Vision Device, a Snorkel, or a Propulsion Device, may be used to fulfill this requirement.

Open-Water Attempts- Open Water attempts are those attempts carried out in a body of water which allows for an uninterrupted trajectory throughout the whole dive, which means that no turns are allowed. These attempts may take place in either a Salt or Fresh Water location, and F.R.E.E. recognizes this category as a single category, regardless of the composition of the water.

- The Freediver must keep at least his/her face submerged in the water throughout the dive.
- The Freediver must swim at a depth always shallower than the Guide-Line.

EQUIPMENT

Guide-Line

- This is the line that runs along the intended trajectory of the Freediver, from the Zero (0) mark to the Goal-Depth or Goal-Length.
- The line must be of constant length and material, thickness is not a factor.
- The Judges must inspect and certify the suitability of the line no later than twenty-four (24) hours before the attempt. The Judges must also measure the line and assign the Zero (0) and Goal-Depth or Goal-Length marks no later than one (1) hour before the departure to the site of the attempt.
- The Supervising Officer must be present during all these procedures and F.R.E.E. also recommends the Freediver to be present during this procedure.
- For the measuring procedure, the Judges must first completely soak the line in water for a minimum of twenty (20) minutes and then stretch the line until it reaches a tension equal to the amount of Bottom Ballast that will be attached to it. After this point, the line remains under the custody of the Judges, and until the time when the line is to be laid into the water.
- The Zero (0) mark on the line must be leveled with the surface of the water or below it, but never above it.
- The line can be attached to a fixed structure or a floating device.
- The line must remain straight throughout the duration of the attempt and its maximum allowable angle of inclination is fifteen (15) degrees.

-Horizontal Immersion categories-

- The Guide-Line must be placed at a depth no deeper than 3 meters/9.84 feet from the surface and this depth must be kept constant over the whole length of the line.

Open-Water Attempts- The judges must measure the line and attach the confirmation tags to it once the line has been laid in the water, to provide the most accurate and fair measuring. If Scuba equipment is needed by the judges to perform this duty, the Organizing Committee must provide it.

Bottom Ballast

- This is the ballast that attaches to the end of the Guide-Line with the aim of keeping the line straight throughout the attempt.
- The ballast must be placed at least five (5) meters/ 15 feet below the Confirmation Signals or Bottom Plate.
- The ballast must signal the end of the Guide-Line and it must be positioned no farther than five (5) meters/ 15 feet from the bottom of the site. In the case the inherent conditions of the chosen site prevent this guideline

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from being followed, the Judges and the organizing Committee can agree on the use of a site where the distance between the Bottom Ballast and the bottom of the site varies from the above specified.

- The minimum required amount of weight for the Bottom Ballast is 0.7 kilograms/ 1.54 pounds for one (1) meter/ 3.28 feet of line, from the Zero (0) mark to the Goal Depth.

Bottom Plate

- This plate is a structure or device that can be attached to the Guide-Line to facilitate the procedure of retrieval of the Confirmation Signal by the Freediver.

- The plate must be fixed to the Guide-Line below or exactly at, the mark of the Goal Depth so that the Confirmation Signals coincide exactly with this mark.

- The plate must be fixed to the line in a secure and steady manner so as not to change or alter its placement/depth.

- The plate can have no positive buoyancy whatsoever.

***Surface Preparation Device**

- In order to attain a more satisfactory preparation prior to the attempt and/or warm up dives, the Freediver can use a device that enables him/her to accomplish this. This device has to be a floating structure that only aids the Freediver in attaining a desired position for his/her preparation and nothing else.

- This device must be positioned no farther apart from the Guide-Line than 5 meters/ 15 feet and remain at a constant distance from the line throughout the duration the attempt.

- The Judges must inspect the device and approve its use for the attempt no later than twenty four (24) hours before the attempt.

****Confirmation Signal**

- The confirmation signal or signals are the objects that attach directly to the Guide-Line or to a Bottom Plate and are placed exactly at a distance equivalent to the Goal Depth or Goal Length. A minimum of one (1) and a maximum of ten (10) signals can be used.

- These signals can be made out of any material as long as they have no positive buoyancy whatsoever.

- The signals must be attached to the Guide-Line or Bottom Plate at the surface as part of the measuring procedure of the Guide-Line. The Judges must inspect and certify the suitability of the signals at this point.

-Horizontal Immersion categories-

A signal must be attached to every one (1) meter of the guide-line so that the Freediver can take it when he/she has reached the maximum length of the attempt.

Section 4: Support Divers Procedures and Requirements

4.1. All Support Divers must be in the water no later than ten (10) minutes before the attempt.

4.2. When the countdown reaches five (5) minutes the Support Divers must start the descent to their assigned positions and not before or after this time, unless the Diving Officer authorizes a particular Support Diver or Divers to enter the water at a different time. Those Support Divers that assist the Freediver during the warm up dives must be back at the surface before the countdown reaches five (5) minutes so that they start their descent with the rest of the team. If the Support Divers that participate in the warm up dives are not involved in the attempt, they must be out of the water or remain on the surface from this point on.

4.3. The Support Divers must reach their positions along the Guide-Line without touching or holding onto the line throughout the duration of the attempt.

4.4. The team of Support Divers must consist of the following:

a) One (1) or two (2) Surface Assistants. These divers are properly trained and equipped freedivers who must assist the Freediver throughout all of his/her dives and provide assistance, if needed, during the last part of the ascent. At least one (1) Surface Assistant must meet with the Freediver at a depth not to exceed 15 meters/ 48 feet and follow him/her to the surface.

b) Level 1 Scuba Divers, as defined by the Positioning Requirements and the Organizing Committee's own views. Level 1 divers are those positioned between the surface and forty (40) meters / 130 ft.

Minimum Certification Requirements

I) A valid F.R.E.E. *Safety Diver certificate,

II) A valid Rescue Diver certificate, or an appropriate equivalent, from any of the **Authorized Scuba Certification Agencies

III) A valid ***Mixed Gas/Deep Diving Certificate from any of the Authorized Scuba Certification Agencies for those divers breathing a gas mixture other than air. This certificate must correspond to the procedures and composition of the gases employed by the diver at his/her assigned depth.

c) Level 2 Scuba Divers, as defined by the Positioning Requirements and the Organizing Committee's own views. Level 2 divers are those positioned between forty (40) meters / 130 ft. and the Goal Depth.

Minimum Certification Requirements

I) A valid F.R.E.E. *Safety Diver certificate,

II) A valid Rescue Diver certificate, or an appropriate equivalent, from any of the Authorized Scuba Certification Agencies,

III) A valid ***Mixed Gas/Deep Diving Certificate from any of the Authorized Scuba Certification Agencies for those divers breathing a gas mixture other than air. This certificate must correspond to the procedures and composition of the gases employed by the diver at his/her assigned depth.

d) One (1) Emergency Scuba Diver, who must remain on the surface, ready to assist any of the Support Divers below in case of an emergency. This diver must be properly trained and equipped to dive to either the deepest decompression stop to be reached by the Support Divers or a depth equivalent to half the Goal Depth, whichever one is deeper. The diver must meet the Minimum Certification Requirements dictated by this depth.

4.5. Positioning of the Support Divers:

-Vertical Immersion categories-

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Constant Ballast Attempts

From the surface to the Goal Depth, the divers must be positioned at a distance not to exceed 15 meters/49 feet from each other vertically. If visibility is less than this distance, then they must be positioned at a shorter interval, so that they are within each other's visual field underwater.

Variable Ballast Attempts

From the surface to the Goal Depth, Support Divers must be positioned no farther than 20 meters/ 66 feet apart.

Low Light and/or Low Visibility

From the surface to the Goal Depth, Support Divers must be positioned no farther than 10 meters/ 33 feet apart. All Support Divers must be able to see the nearest team member in each direction along the Guide-Line. All Support Divers and the Freediver must carry a clearly distinguishable luminescent signal that is visible from at least 10 meters/ 33 feet of distance. The authorization for an attempt under these conditions is at the Judges' discretion and is based on their perception of these conditions not compromising the safety and integrity of the attempt.

-Horizontal Immersion categories-

Open-Water Attempts- One (1) Surface Assistant must be positioned every 50 meters/164 feet along the Guide-Line.

Confined-Water Attempts- A minimum of one (1) Surface Assistant is required for attempts in 25 meter/82 feet pools and a minimum of two (2) Surface Assistants is required for attempts in 50 meter/164 feet pools.

- The use of Scuba Divers as Support Divers, in addition to Surface Assistants, is optional for Horizontal Immersion categories.

4.6. All Support Divers that participate in the attempt must have completed a minimum of three (3) training dives with the team prior to the attempt.

4.7. All Support Divers must fill out a Dive Profile Form for each of the dives, including the attempt, in which they participate as part of the team. The Freediver and the Diving Officer must sign these Dive Profile Forms and a copy of each and every one of them must be given to the Judges prior to their departure from the location of the attempt. The Dive Profile form is part of the Record Package. An equivalent form can be prepared and used by the Diving Officer or Organizing Committee, as long as this form contains all the information detailed in the Dive Profile Form for all the members of the team.

4.8. The Organizing Committee must plan the Training Dives schedule so that the Judges can witness and evaluate at least one (1) Training Dive prior to the attempt. The Goal Depth/Goal Length of this dive must be at least half of the Goal Depth/Goal Length planned for the attempt.

4.9. Photo and Video Camera Operators Requirements:

- Those divers operating Photo and/or Video cameras during the attempt must meet the same qualifications as the Support Divers.

- They cannot outnumber the Support Divers underwater during the attempt. Those Video and/or Photo camera operators diving below 60 meters/ 198 feet must be positioned at the same depth of a Support Diver, no farther than 10 meters/ 33 feet apart, horizontally, from this diver.

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- If during the Training Dive or Dives the Judges witness and evaluate prior to the attempt they decide that the presence of Photo and/or Video camera operators in the water may compromise the safety and integrity of the dive, the Judges may require their exclusion from the attempt.

***Safety Diver Certificate-** F.R.E.E. requires that every diver participating in a record attempt as a Support Diver have a valid Safety Diver certificate. This certificate is not a substitute for any of the required certificates issued by any of the Authorized Scuba Certification Agencies, but it is proof that the diver has successfully completed a Safety Diver certification course. These courses qualify the diver to conduct rescue and stress management operations in the safest and most efficient manner within the frame of a Record Attempt, as defined by F.R.E.E.

- The certificate "Deep Team Diver Italy" is an acceptable equivalent to the Safety Diver certificate and may be used in its stead.

****Authorized Scuba Certification Agencies-** These are the agencies that specialize in the training to different levels within the Scuba Diving field, which F.R.E.E. recognizes as qualified to issue any of the certificates listed in the Minimum Certification Requirements.
The recognized agencies are in alphabetical order: ANDI, BSAC, CMAS, IANTD, IDEA, NASDS, NAUI, SSI, PADI, PSA, PDIC, TDI and YMCA.

*****Mixed Gas/Deep Diving Certificate-** Regardless of the guidelines established by the agency or agencies that issue these certificates, F.R.E.E. requires that the maximum depth to which the Support Divers can conduct dives breathing compressed air be 60 meters/ 198 feet. However, the F.R.E.E. Judges can authorize the Diving Officer to position Support Divers breathing compressed air to a maximum depth of 75 meters/246 feet during those dives, including the record attempt, witnessed by them.

Section 5: Safety Guidelines

- 5.1.** The Organizing Committee must arrange for a mobile ICU (Intensive Care Unit) to be stationed at the dock of origin from at least one (1) hour before the attempt and throughout its duration. A properly trained medical technician or technicians and a pilot must remain with the ICU and ready for transportation to the nearest Emergency Medical Facility.
- 5.2.** The nearest Emergency Medical Facility must be located no farther than sixty (60) minutes from the dock of origin assuming normal traveling conditions.
- 5.3.** The personnel in charge of the ICU stationed at the dock of origin must remain in constant radio contact with the personnel in charge of the Emergency Boat and its ICU.
- 5.4.** The Organizing Committee must arrange for the attempt to take place at a time when the nearest Recompression Chamber is open for service and fully functional. The Recompression Chamber must be a dual-lock model and its working capabilities must fit the nature of the Gas Mixtures breathed by the Support Divers and their Dive Profiles.
- 5.5.** The nearest Recompression Chamber must be located no farther than two (2) hours from the dock of origin assuming normal traveling conditions. In extraordinary circumstances, the Organizing Committee and the F.R.E.E. Judges may agree on designating a Recompression Chamber located farther away. The authorization for this option is at the Judges' discretion and is based on their perception of this option not compromising the safety and integrity of the attempt.
- 5.6.** The Organizing Committee must prepare a document to notify the nearest Recompression Chamber and send it to the personnel in charge of the facility no later than twenty-one (21) days before the attempt date. This document relays all the information regarding the attempt date, number of Support Divers in the water, and individual Dive Profiles and Gas Mixtures assigned to each diver. The purpose of this document is to allow the personnel of the Recompression Chamber be prepared such an accident occur and the use of the chamber was needed. A copy of this document must be delivered to the Judges upon their arrival at the location of the attempt.

Section 6: Boating Procedures

6.1. The Organizing Committee must contact the Coast Guard or pertinent authorities to have the site chosen for the attempt declared off-limits to regular marine traffic.

6.2. The Organizing Committee must appoint a vessel as the Support Ship, which will transport the following to and from the site of the attempt: a) the Freediver, b) the Support Divers, and c) the F.R.E.E. Judges. All required procedures to be followed by these three (3) parties prior to and after the attempt must exclusively take place onboard the Support Ship. No other personnel are allowed on the Support Ship, except those authorized by the Organizing Committee. This vessel must display a clearly legible sign with the inscription "Support Ship" on it.

6.3. Any vessel not directly involved in the attempt must remain outside a minimum radius of 150 meters/ 492 feet from the site where the Guide-Line is laid.

6.4. All vessels directly involved in the attempt, including the Support Ship, must be at anchor and remain outside a minimum radius of 15 meters/ 49 feet from the site where the Guide-Line is laid. Anchorage and positioning must be attained from at least one (1) hour before the attempt and throughout its duration.

Variable Ballast attempts

The Support Ship can be allowed inside the 15 meters/ 49 feet radius if the Guide-Line is directly attached to it. No other vessel can be exempted from this requirement.

6.5. All vessels within the 150 meters/ 492 feet radius must turn off their internal combustion engines from at least one (1) hour before the attempt and throughout its duration. Electrical motors may remain in use, as long as their operation does not become an obstacle to the Freediver and/or the Support Divers.

6.6. An Emergency Boat must remain available throughout the duration of the attempt and ready for transportation to the dock of origin. This boat must be secured to the Support Ship and not at anchor. If the dock of origin is more than 1.6 kilometers/ 1 mile away from the site of the attempt, then the Emergency Boat must be equipped with a mobile ICU (Intensive Care Unit). A properly trained Medical Technician or technicians and a pilot must remain on the Emergency Boat throughout the duration of the attempt. This boat must display a clearly legible sign with the inscription "Emergency Boat" on it. This boat must have high-speed capabilities and a flat bottom configuration to allow for better and more efficient treatment of an accident victim.

6.7. If conditions at the chosen site become unsuitable for the attempt to be carried out, then the Organizing Committee and the F.R.E.E. Judges may agree on an alternate site. Boating Procedures may not be changed or modified at the alternate site.

6.8. If strong currents are present at the site of the attempt, the Organizing Committee and the F.R.E.E. Judges may consider the option of a free-drifting setup so that the effects of the current are nullified. The authorization for this option is at the Judges' discretion and is based on their perception of this option not compromising the safety and integrity of the attempt.

Fresh Water Attempts

6.9. When the inherent characteristics and conditions of a Fresh Water site do not allow for certain Boating Procedures to be followed, or the site does not lend itself for any boating operations at all, the Organizing Committee and the F.R.E.E. Judges may consider changes or modifications to these Procedures. The

authorization for these changes or modifications is at the Judges' discretion and is based on their perception of these changes or modifications not compromising the safety and integrity of the attempt.

Section 7: Judges Duties and Verification Procedures

7.1. F.R.E.E. must appoint two (2) Judges to participate in the Record Attempt as its official representatives. The Judges must arrive at the location of the attempt from at least forty eight (48) hours prior to the date of the attempt, and must remain there until no later than forty eight (48) hours after the date of the original attempt, including any contingency attempt or attempts. Throughout the time of their stay at the location of the attempt, the Judges have complete authority to represent F.R.E.E. as they see fit, and their decisions, opinions and points of view (as pertaining to the attempt) become those of the organization.

7.2. The Judges have the duty of verifying the compliance with each and every one of the guidelines contained in the sections: 1) Competitive Categories Subject to Regulation, 2) Application Guidelines, 3) Methods and Equipment of the Attempt, 4) Support Divers Procedures and Requirements, 5) Boating Procedures and 6) Safety Guidelines. Failure to comply with any of these guidelines results in the invalidation of the attempt.

7.3. Upon their arrival at the location of the attempt, the Judges must start carrying out the different duties contained within all the above-specified sections. The Supervising Officer must be at the complete disposal of the Judges from this point on, and must make any reasonable effort to help them accomplish their goals.

7.4. The Judges must conduct a briefing with all the personnel involved in the attempt, without absolutely any exceptions, no later than twenty-four (24) hours prior to the attempt. Any individual involved in the attempt that does not meet all applicable requirements as per the above sections at the time of this briefing is automatically disqualified from participating in the event.

-Vertical Immersion categories-

7.5. One (1) Judge must act as "Surface Judge" and he/she must remain at the surface, inside the 15 meters/49 feet radius or onboard the Support Ship, to witness the departure and arrival of the Freediver from and to the surface, and to receive the Confirmation Signal from the Freediver. The Surface Judge has the responsibility of approaching the Freediver after he/she has arrived at the surface to receive the Confirmation Signal.

7.6. One (1) Judge must act as "Underwater Judge" and he/she must witness the attempt from an underwater position. F.R.E.E. does not require this judge to be at the same level of the Goal Depth, but at a depth where he/she can follow as much of the dive as possible, as long as the act of retrieval of the Confirmation Signal can be clearly seen from that position. Therefore, this judge must be properly trained and prepared to perform his/her duties at the deepest point of the dive, and F.R.E.E. will nominate this judge based on the intended Goal-Depth chosen for the attempt, based on the available active judges and their capability to perform a dive to such depth if needed.

-Horizontal Immersion categories-

Two (2) Surface Judges are required. One (1) Judge must follow the Freediver from the surface throughout the dive, or alongside the edge of the pool in the case of Confined-Water attempts. One (1) Judge must be positioned on the surface in the area where the Freediver is expected to emerge. This Surface Judge has the responsibility of approaching the Freediver after he/she has arrived at the surface to receive the Confirmation Tag.

(Section 7 continued)

7.7. Upon completion of the attempt, and after the Organizing Committee has fulfilled any remaining obligations with them, the Judges must present the Freediver and the Organizing Committee with a Field Report that states their validation of the record or not. This report must be signed by the Judges, the Freediver and all members of the Organizing Committee. The findings in the Field Report are final and show F.R.E.E.'s decision as to the acceptance of the record attempt, however, F.R.E.E. may change its position about the record attempt if all obligations of the Freediver and/or the Organizing Committee (such as covering the Judges' traveling or accommodation expenses) have not been met fifteen (15) days after the attempt.