



3rd Sport Diving World Cup Open Water

Distances Description - PROJECT

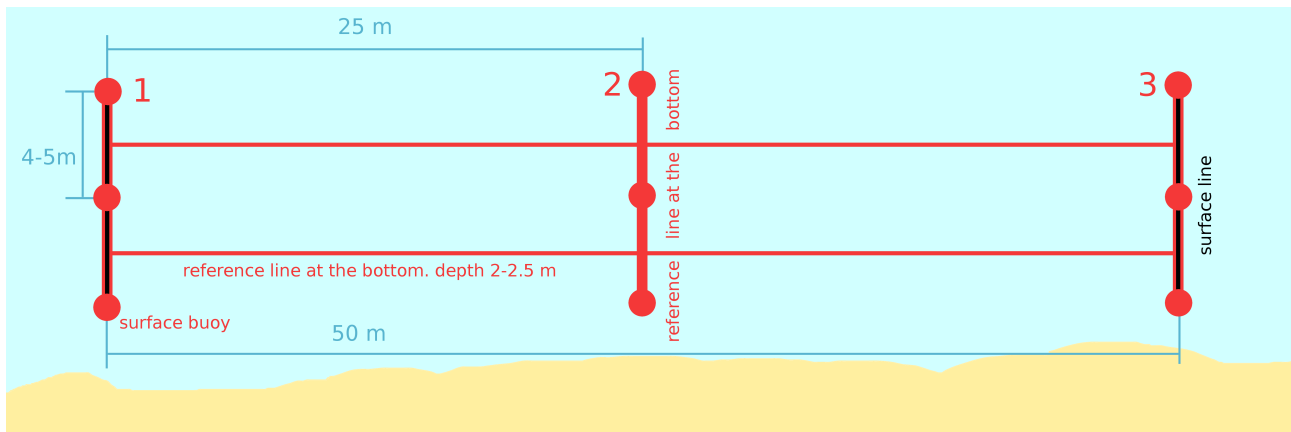
ENGLISH LANGUAGE

7-10th September 2017

Phuket, Thailand

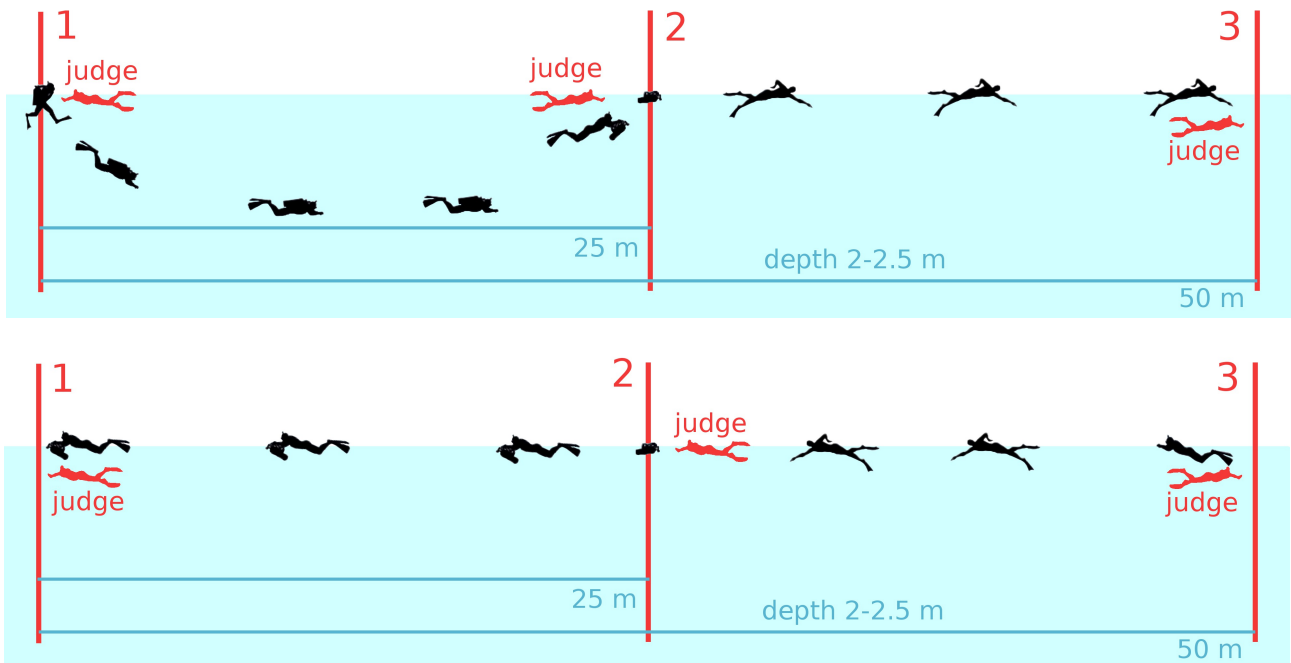
General requirements and description of the competition site

The place of the competition should provide pool like conditions regarding the depth of 2-2.5 m, visibility (an athlete should be able to see the bottom and the surface), lack of waves and inconspicuous influence of ocean tide. There are two tracks which allow to start for two athletes or two pairs at the same time. The competition tracks must be parallel to the coast line, the length of tracks must be 50 meters. Each track has reference line at the bottom for easier orientation. Point 1 (start or finish), point 3 (finish or reverse) and also point 2 (middle of the distance – 25 m) must be marked with the line at the bottom which is perpendicular to the reference line. Points 1, 2 and 3 must have surface buoys set at the edges of track. The width of each track must be 4-5 m. Points 1 and 3 also should have floating lines at the surface between surface buoys.



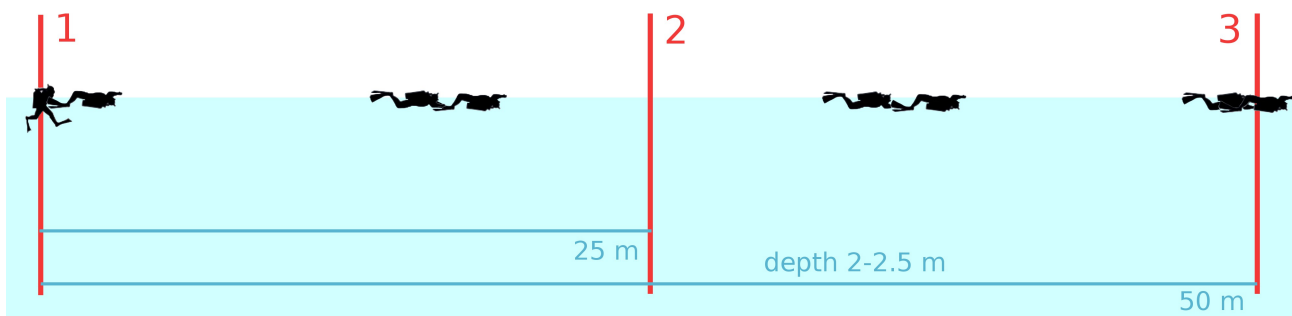
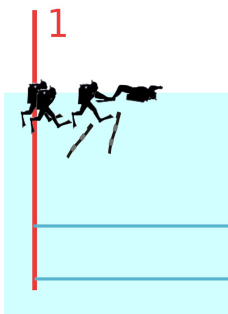
TRIAL 100 m OPEN WATER

Men and ladies take part in separate categories. Total distance is 100 m. Points 1, 2 and 3 of competition tracks are controlled with judges. Judges wear mask, snorkel and fins. At the start point an athlete is at the surface between his surface buoys wearing scuba and providing positive buoyancy. Before start an athlete should touch the floating surface line with his/her hand. After start an athlete descends and swims underwater following a reference line at the maximum depth 2-2.5 m. At the middle point (25 m) an athlete makes controlled swimming ascent and takes off scuba, makes it positive and leaves it between surface buoys. Next scuba will be controlled by judge at the surface at the middle point. An athlete swims at the surface in a free escape using crawl stroke. An athlete touches the floating line and turns back at the point 3 and continues surface swimming. At the middle point (75 m) an athlete takes his/her scuba and transports it at the surface in no mount configuration to the start point (100 m) where he/she finishes the distance. At the last segment an athlete breathes using snorkel. The finish must be registered after an athlete touches finish floating surface line with his/her hand.



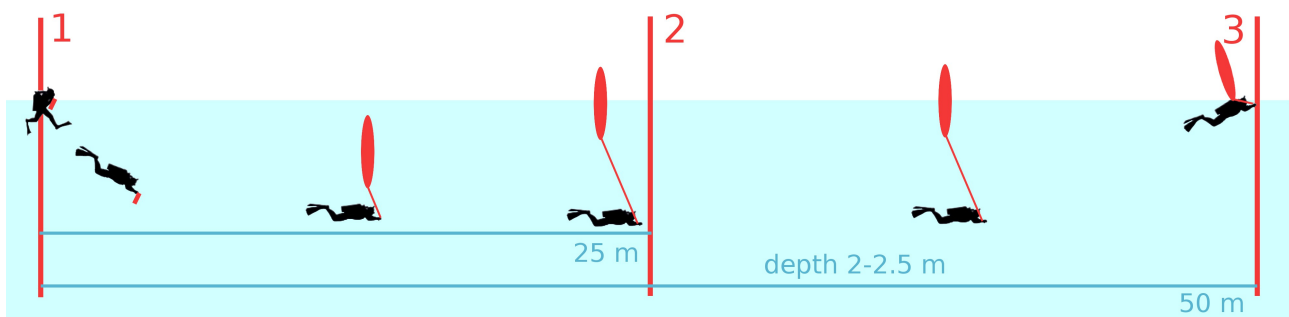
INJURED DIVER TOW — 50 m

Teams of 2 divers take part in this discipline. Men and ladies take part in separate categories. Total distance is 50 m. At the starting point 1 athletes stay at the surface touching floating surface line. Athletes wear scuba and provide positive buoyancy. Both athletes should have weight belts with minimum 4 kg of lead. After start one of athletes should lay back at the surface, he is imaginary injured diver. Another buddy should provide positive buoyancy for injured diver and for himself by weight belts quick release. After this rescuer start to make injured diver tow using legs tow tactics (see the picture). Injured diver can breathe from the regulator or snorkel or through his mouth from atmosphere. Injured diver should wear the mask on his face. Rescuer can breathe from the regulator or snorkel. Injured diver mustn't use any kind of strokes by arms or legs for help to the rescuer. Rescuer must ensure that both buddies have positive buoyancy all the time. The distance for injured diver tow is 50 m. Athletes finish at the point 3. Finish must be registered when the rescuer touch the surface floating line by his hand.



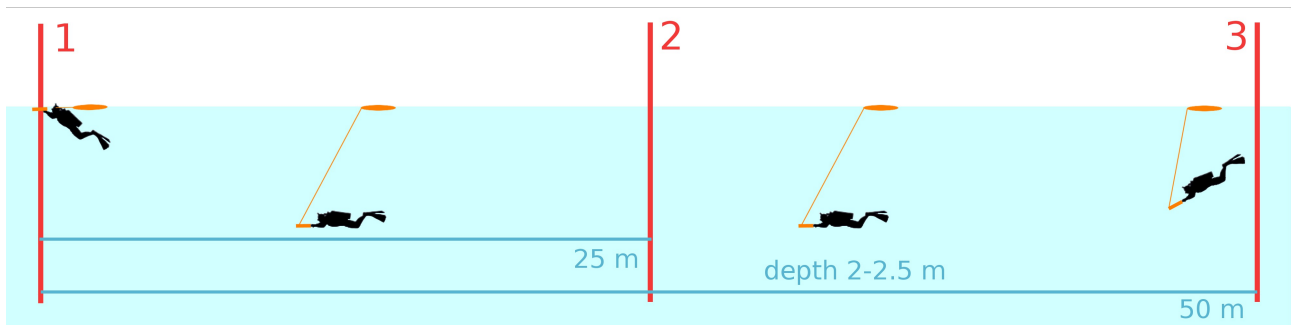
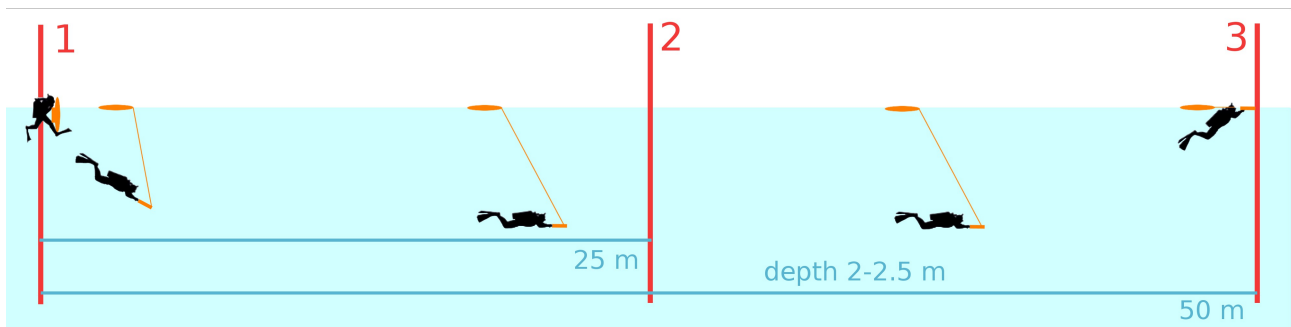
SAFETY BUOY OPEN WATER

Men and ladies take part in separate categories. Total distance is 50 m. At start point 1 an athlete stays at the surface wearing scuba and providing positive buoyancy. Athlete should touch surface floating line. Athlete should have a reel and safety buoy. He/she can fasten reel line and buoy before start. Buoy should be folded. Reel and buoy can be adjusted on the BCD or stay at athlete's hands. After start an athlete descends and swims underwater following a reference line at the maximum depth 2-2.5 m. Before point 2 (25 m) he/she must inflate a safety buoy and send it to the surface and continue swimming underwater transporting the safety buoy using a reel. If safety buoy appears at the surface after middle point (25 m) the penalty is 10 seconds. An athlete finishes the distance at the finish point 3 (50 m). Finish is registered when athlete touches the surface floating line with his/her hand.



IMMERSION TORPEDO 100 m OPEN WATER

Men and ladies take part in separate categories. Total distance is 100 m. Each athlete must have 1 immersion torpedo buoy which must be connected with plastic baton by usual tench. Before start all athletes stay at the surface of the water wearing scuba and providing positive buoyancy at the point 1. They should touch surface floating line before start. After start athlete descends and swims underwater following a reference line at the maximum depth 2-2.5 m. He/she transports immersion torpedo buoy holding plastic baton. The buoy is connected to baton using usual tench. Athlete swims 50 meters, ascends and touches floating surface line at the point 3. Then he/she makes a reverse, descends and continues underwater swimming and transporting of torpedo buoy. Athlete swims 50 meters more (total distance is 100 m), and finishes the distance at the point 1. The finish must be registered after he/she ascends and touches the finish floating line at the surface.



RELAY 4x50m IMMERSION TORPEDO OPEN WATER

Men and ladies take part in separate categories. 4 athletes form a team. Relay consists of 4 laps presented by different athletes. Each lap is 50 m, so total distance is 200 m. Each team must have 1 immersion torpedo buoy which must be connected with plastic relay baton by usual tench.

Before start all athletes stay at the surface of the water wearing scuba and providing positive buoyancy. The first and the third laps athletes stay at the start point 1. The second and fourth laps athletes stay at the point 3 (50 m).

Lap 1

An athlete descends and swims underwater following a reference line at the maximum depth 2-2.5 m. He transports immersion torpedo buoy holding plastic relay baton. The buoy is connected to baton using usual tench. He swims 50 meters, ascends and gives relay baton to athlete of lap 2 who is waiting at the reversal line at point 3. An athlete 2 must touch surface floating line before transfer. If relay transfer takes place earlier than reversal line, the team has 10 seconds penalty.

Lap 2

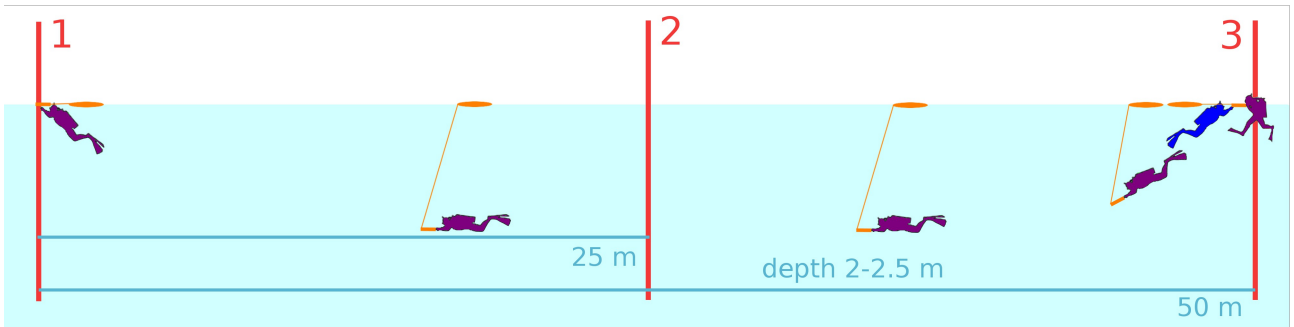
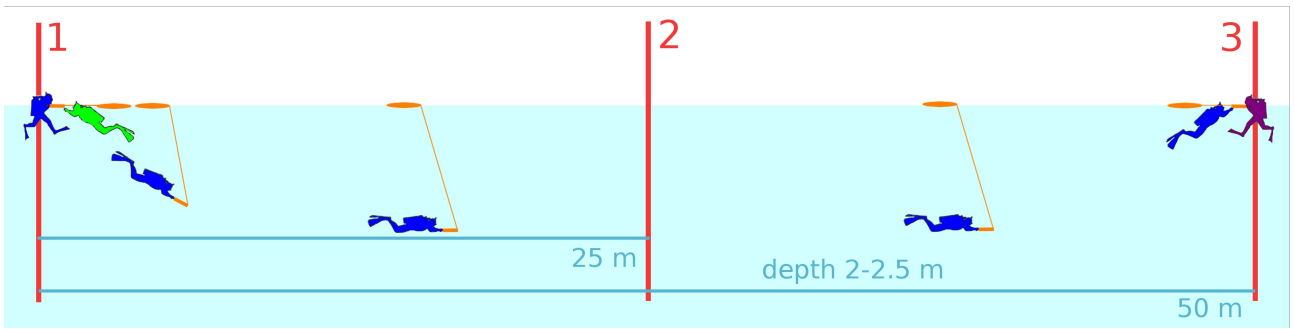
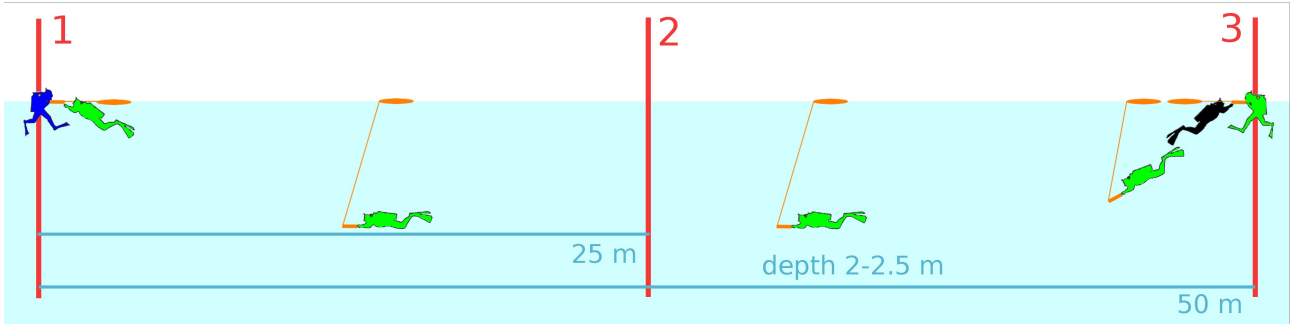
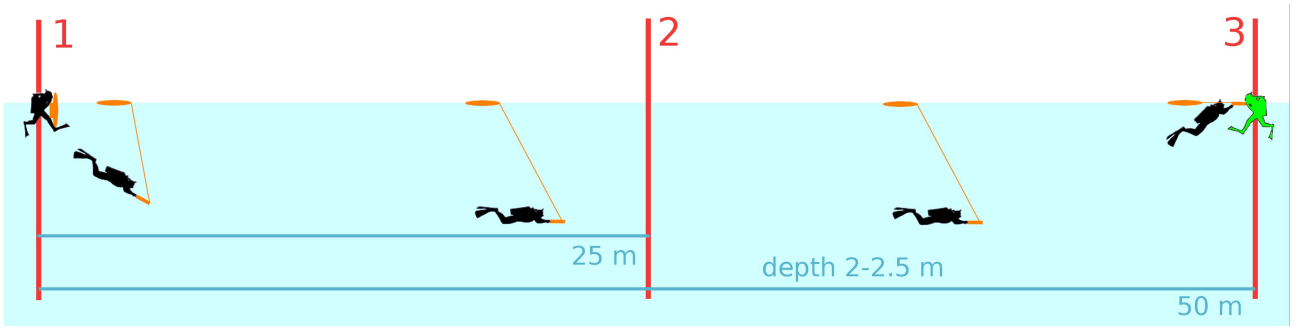
An athlete 2 descends and swims underwater following a reference line at the maximum depth 2-2.5 m. He transports immersion torpedo buoy holding plastic relay baton. He swims 50 meters more (total distance is 100 m), ascends and gives relay baton to athlete of lap 3 who is waiting at the point 1. An athlete 3 must touch surface floating line before transfer. If relay transfer takes place earlier than start line, the team has 10 seconds penalty.

Lap 3

An athlete 3 descends and swims underwater following a reference line at the maximum depth 2-2.5 m. He transports immersion torpedo buoy holding plastic relay baton. He swims 50 meters more (total distance is 150 m), ascends and gives relay baton to athlete of lap 4 who is waiting at the a the point 3. An athlete 4 must touch surface floating line before transfer. If relay transfer takes place earlier than reversal line, the team has 10 seconds penalty.

Lap 4

An athlete 4 descends and swims underwater following a reference line at the maximum depth 2-2.5 m. He transports immersion torpedo buoy holding plastic relay baton. He swims 50 meters more (total distance is 200 m), and finishes the distance at the point 1. The finish must be registered after he ascends and touches the finish floating line at the surface.





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SPORT UNDERWATER NAVIGATION

Distances Description - PROJECT

ENGLISH LANGUAGE

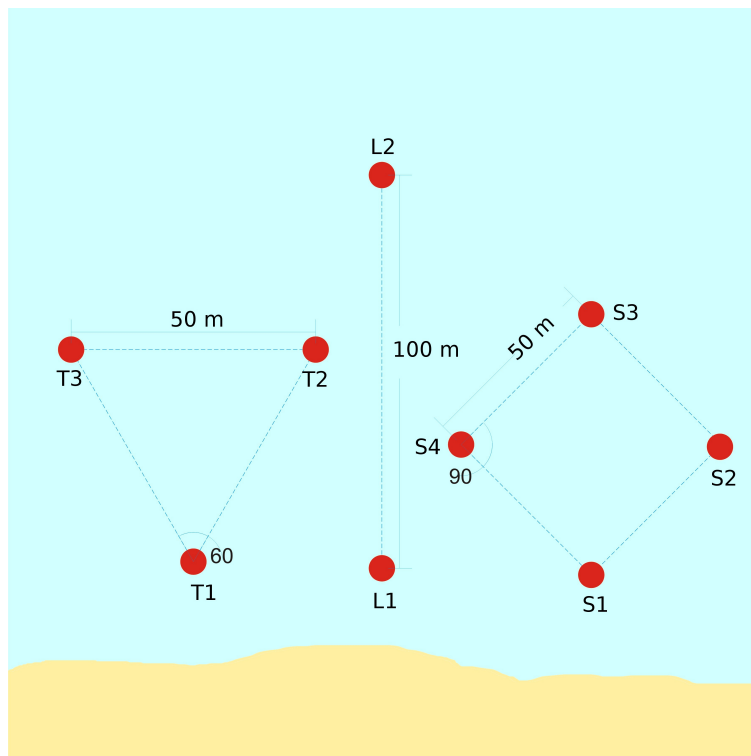
7-10th September 2017

Phuket, Thailand

SPORT UNDERWATER NAVIGATION

Competition track should be situated near coast line. The depth at the place should stay within the limits of 2-10 meters. Non-decompression time for this depth is about 4 hours, also this depth allows to make controlled emergency swimming ascent if need. The place shouldn't be influenced by waves, currents or oceanic tides. The visibility should be not less than 5 m. The bottom should be reasonably smooth without perceptible relief formations, rocks, gaps or high reefs. Track must be marked by buoys with anchors, buoys should have international diver's flags which prohibit for the boats to come close. Teams of 2 divers make all dives within this discipline. Teams can consist of men, women or be mixed. The goal of sport underwater navigation is evaluation of the skills to navigate underwater properly using compass and natural navigation, to estimate the distance and also plan and make open water dives safely together with the buddy. All exercises have timeline, but navigation accuracy is also important and it is resulted in penalty time for miss of required reference points. All athletes wear full scuba set, compass and diving computer (or depth gauge + watch). It is possible to use hand compass or compass integrated to console or diving computer. Each athlete should have own reel and safety buoy. If buddies loose each other, make navigation failure or can't find required reference points, they can inflate their safety buoys, send them up and ascend to the surface. They can make azimuth correction or find their buddy, then they descend and continue the distance. If divers swim up without safety buoy, team is disqualified. In a case of full gas loss by any of divers his buddy should supply him with alternate air source (octopus) and ascend together. In this case team can't continue the distance.

There are three competition tracks: line L1-L2-L1, triangle T1-T2-T3-T1 and square S1-S2-S3-S4-S1 (see the picture).



SPORT UNDERWATER NAVIGATION — LINE

Competition takes place at L1-L2-L1 track (see the picture). Track is a straight line between starting buoy L1 and reversal point L2 which is 100 meters long. Teams of 2 divers take place in this competition. Teams start one by one, an interval between start of different teams is 1 minute. At the starting point divers are at the surface near the buoy L1. They wear scuba and provide positive buoyancy. Both athletes should touch the buoy with their hands. Before start athletes can find the azimuth to the buoy L2. After start divers descend and swim underwater following their azimuth. Buddies should have stable visual contact with each other. They should reach L2 buoy underwater. At the bottom on the buoy anchor there are marked plastic tables with inscription L2. Each table should have a carbine. Amount of tables should be equal to the amount of teams. The team should take one table and affix it to their gear. Then the team should find back azimuth and continue underwater swimming back to the buoy L1. At the bottom on the buoy anchor there are marked plastic tables with inscription L1. Team must take one table. Then buddies ascend near buoy L1. Finish is registered when both buddies touch the buoy. If any of divers have less than 50 bars in his tank after finish, the team is disqualified. If the diver comes to finish alone without his buddy, the team is disqualified. Athletes should show both tables – L1 and L2 – to the judge. If can't do it (they couldn't find a required reference point L2 or they lost the table on the way), penalty time is 20 seconds for each lost table.

SPORT UNDERWATER NAVIGATION — TRIANGLE

Competition takes place at T1-T2-T3-T1 track (see the picture). Track is an equilateral triangle with the angle of 60 degrees. Each side of triangle is 50 meters. Teams of 2 divers take place in this competition. Teams start one by one, an interval between start of different teams is 1 minute. At the starting point divers are at the surface near the buoy T1. They wear scuba and provide positive buoyancy. Both athletes should touch the buoy with their hands. Before start athletes can find the azimuth to the buoy T2. After start divers descend and swim underwater following their azimuth. Buddies should have stable visual contact with each other. They should reach T2 buoy underwater. At the bottom on the buoy anchor there are marked plastic tables with inscription T2. Each table should have a carbine. Amount of tables should be equal to the amount of teams. The team should take one table and affix it to their gear. Then the team should find azimuth to the next required reference point and continue underwater swimming to the buoy T3. At the bottom on the buoy anchor there are marked plastic tables with inscription L3. Team must take one table. Then the team should find azimuth to the next required reference point and continue underwater swimming to the buoy T1. At the bottom on the buoy anchor there are marked plastic tables with inscription T1. Team must take one table. Then buddies ascend near buoy T1. Finish is registered when both buddies touch the buoy. If any of divers have less than 50 bars in his tank after finish, the team is disqualified. If the diver comes to finish alone without his buddy, the team is disqualified. Athletes should show all tables – T1, T2 and T3 – to the judge. If can't do it (they couldn't find a required reference point L2 or they lost the table on the way), penalty time is 20 seconds for each lost table.

SPORT UNDERWATER NAVIGATION — SQUARE

Competition takes place at S1-S2-S3-S4-S1 track (see the picture). Track is an equilateral square. Each side of square is 50 meters. Teams of 2 divers take place in this competition. Teams start one by one, an interval between start of different teams is 1 minute. At the starting point divers are at the surface near the buoy S1. They wear scuba and provide positive buoyancy. Both athletes should touch the buoy with their hands. Before start athletes can find the azimuth to the buoy S2. After start divers descend and swim underwater following their azimuth. Buddies should have stable visual contact with each other. They should reach S2 buoy underwater. At the bottom on the buoy anchor

there are marked plastic tables with inscription S2. Each table should have a carbine. Amount of tables should be equal to the amount of teams. The team should take one table and affix it to their gear. Then the team should find azimuth to the next required reference point and continue underwater swimming to the buoy S3. At the bottom on the buoy anchor there are marked plastic tables with inscription S3. Team must take one table. Then the team should find azimuth to the next required reference point and continue underwater swimming to the buoy S4. At the bottom on the buoy anchor there are marked plastic tables with inscription S4. Team must take one table. Then the team should find azimuth to the next required reference point and continue underwater swimming to the buoy S1. At the bottom on the buoy anchor there are marked plastic tables with inscription S1. Team must take one table. Then buddies ascend near buoy S1. Finish is registered when both buddies touch the buoy. If any of divers have less than 50 bars in his tank after finish, the team is disqualified. If the diver comes to finish alone without his buddy, the team is disqualified. Athletes should show all tables – S1, S2, S3 and S4 – to the judge. If can't do it (they couldn't find a required reference point L2 or they lost the table on the way), penalty time is 20 seconds for each lost table.



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Distances in 25 m Pool

Distances Description - PROJECT

ENGLISH LANGUAGE

7-10th September 2017

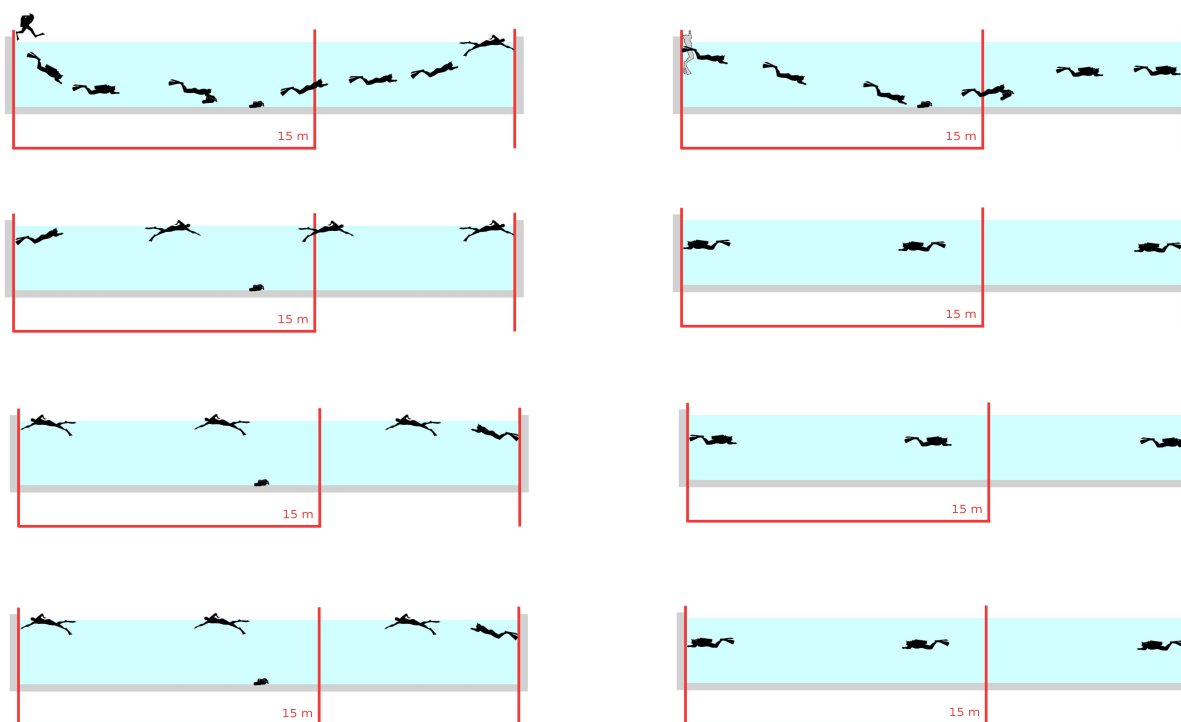
Phuket, Thailand

General requirements and description of the competition site

The competition takes place in a standard 25 meters indoor pool.

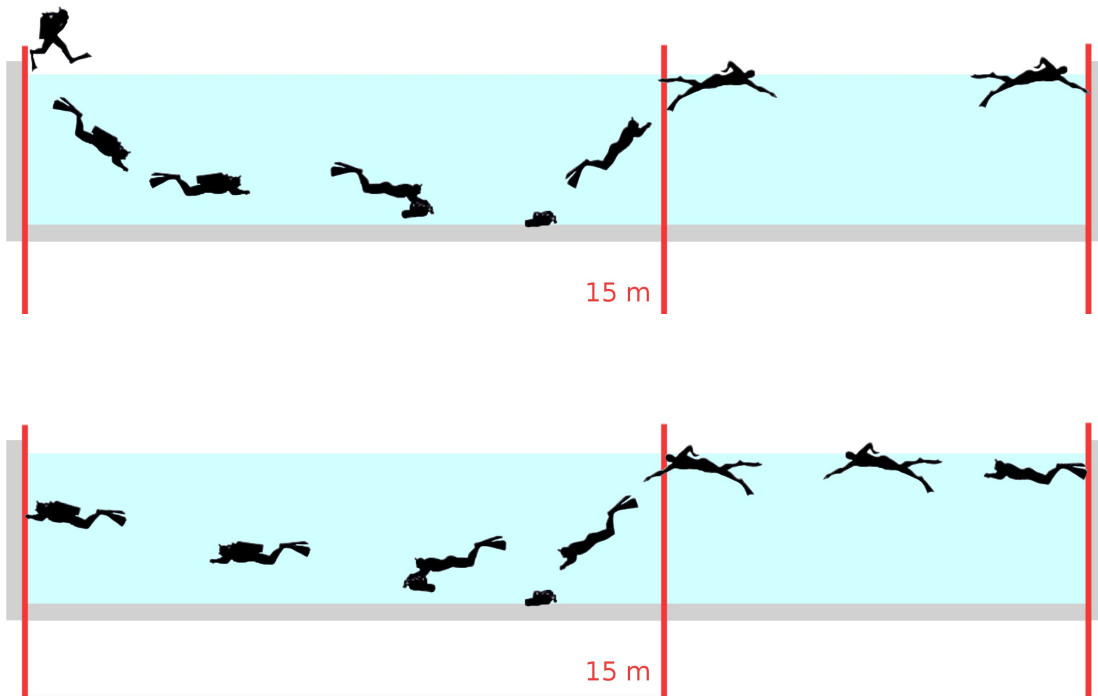
TRIAL 200 m in 25 m pool

Men and ladies take part in separate categories. Total distance is 200 m. At the starting point athletes must be ready on pool curbstones wearing scuba. After start they enter to the water by giant step, descend and start swimming underwater using scuba. At any place, but not further than the mark of 15 m, an athlete should remove his scuba, establish negative buoyancy for scuba and leave it at the bottom. If athlete removes the scuba later than the 15 m mark, penalty time is 10 seconds. Athletes continue swimming underwater with the breath hold and can ascend and start free style swimming using mask, snorkel and fins at any moment after crossing the mark of 15 m. If athlete ascends to the surface earlier than 15 m mark, penalty time is 10 seconds. An athlete should make a reverse near the pool border and continue free style swimming using mask, fins and snorkel. He/she must continue free style swimming until the total distance is 100 meters (4 pool lengths). After an athlete completes the fourth pool length he/she makes a reverse and descends underwater with breath hold. An athlete has right for optional stop near the border for breath control before breath hold diving. Then an athlete must swim underwater, reach his/her scuba, start breathing from the regulator and continue swimming underwater, same time replacing and adjusting scuba. If he/she needs to swim up and breathe from atmosphere before reaching the scuba, penalty time is 10 seconds. Scuba must be completely replaced and adjusted before finish. And athlete should swim underwater using scuba and make reverses near pool borders until his/her total distance is 200 meters (8 pool lengths). An athlete finishes after 200 meters. Finish is registered when athlete touches the pool border with his/her hand.



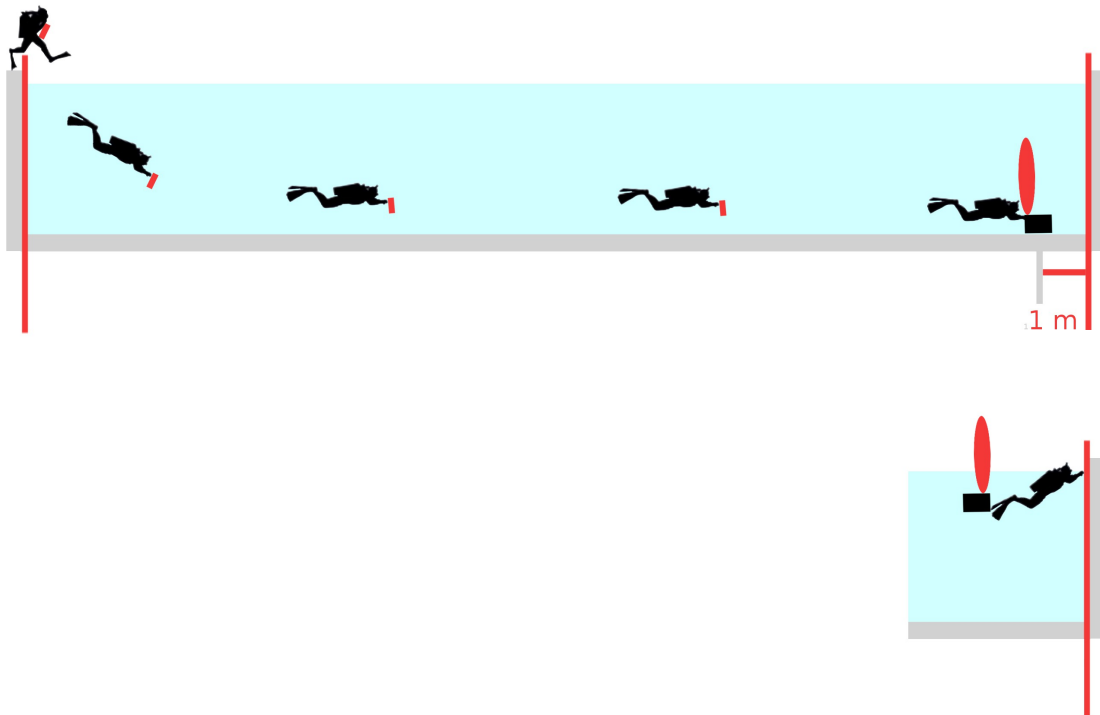
MEDLEY 50 m in 25 m pool

Men and ladies take part in separate categories. Total distance is 50 m. At the starting point athletes must be ready on pool curbstones wearing scuba. After start they enter to the water by giant step, descend and start swimming underwater using scuba. At any place, but not further than the mark of 15 m, an athlete should remove his scuba, establish negative buoyancy for scuba and leave it at the bottom. If athlete removes the scuba later than the 15 m mark, penalty time is 10 seconds. Athletes swim up to the surface and start free style swimming using mask, snorkel and fins. An athlete should make a reverse near the pool border and continue free style swimming using mask, fins and snorkel. When he/she reaches the scuba he/she should dive with the breath hold, take scuba, start breathing from the regulator and continue swimming underwater, same time replacing and adjusting scuba. Scuba must be completely replaced and adjusted before finish. An athlete finishes the distance after 50 meters. Finish is registered when athlete touches the pool border with his/her hand.



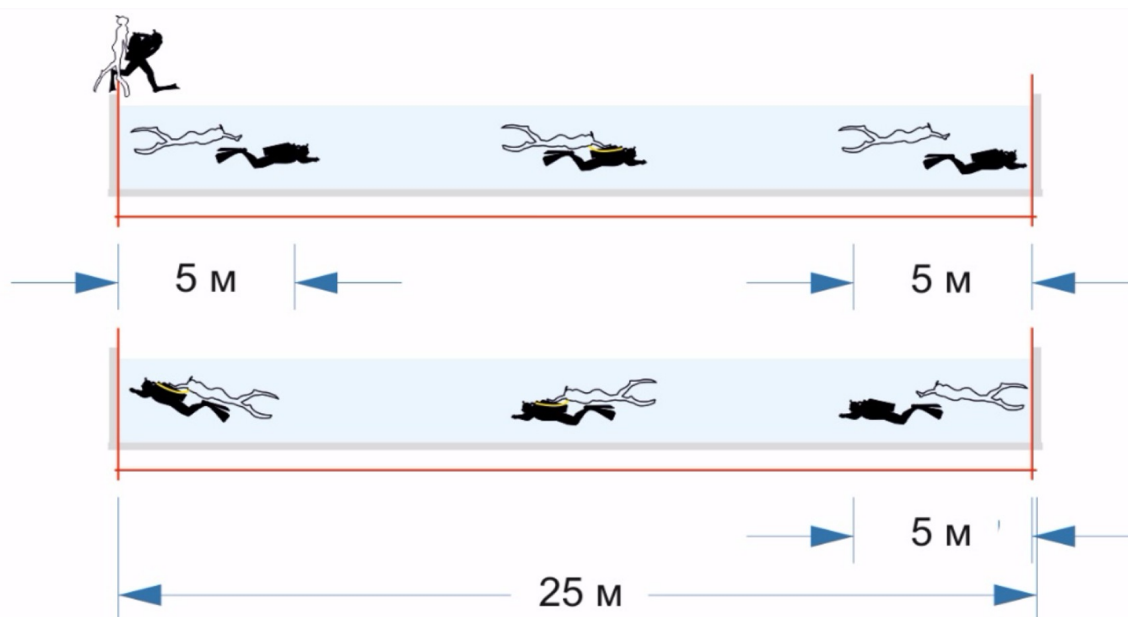
IMMERSION 6 kg in 25 m pool

Men and ladies take part in separate categories. Total distance is 25 m. At the starting point athletes must be ready on pool curbstones wearing scuba. They should have inflatable buoy or lifting bag. It must be folded, athletes can hold them in their hands. After start athletes enter the water by giant step, descend and start swimming underwater using scuba. Near opposite border (about 1 m) there is a 6 kg lead weight at the bottom. Athlete should reach it, affix lifting buoy to the weight, inflate the buoy and recover the weight. Buoy should appear at the surface. Athlete must ascend and touch the pool border with his/her hand for finish registration.



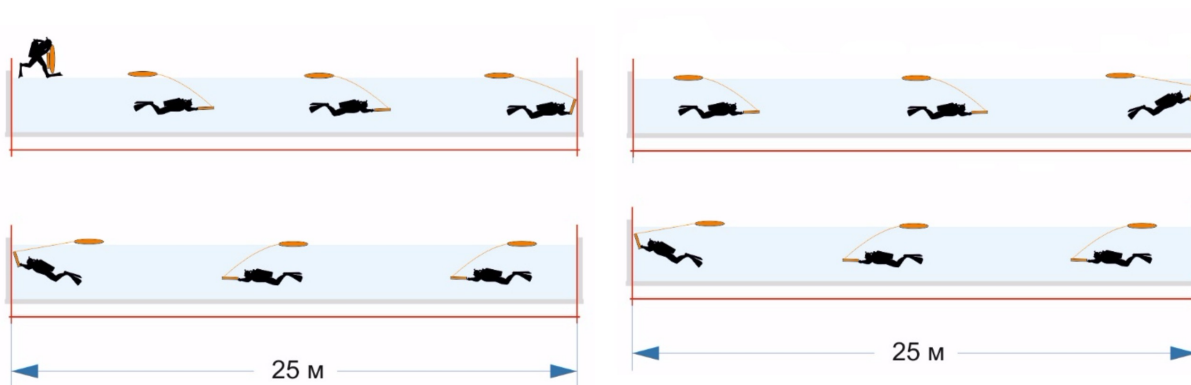
OCTOPUS 50 m in 25 m pool

Total distance is 50 meters. Pairs (2 men or 2 ladies) take part in OCTOPUS 50 m in 25 m pool. At the starting point athletes must be ready on the right and left sides from pool curbstones. One athlete must wear scuba, another one should use mask, snorkel and fins. After start divers enter to the water by giant step. Scuba diver (next donor) descends and swims underwater. The finswimmer (next acceptor) swims free style at the surface. At the segment 1-5 m from the border donor must supply acceptor with alternate air source (octopus). Acceptor must start breathing from octopus and keep a stable physical contact with donor, avoiding octopus loss. If athletes start air sharing after later than 5 m the penalty is 10 seconds. Athletes should continue swimming in a physical contact and sharing air. At the segment 1-5 m before opposite border athletes can stop air sharing and make reverse independently and start sharing again after reverse (but not later than 5 m). They finish the distance when they reach opposite border (50 m). Finish is registered when the scuba diver touches the border with his hand. Maximum length of octopus hose is 110 cm.



IMMERSION TORPEDO 100 m in 25 m pool

Men and ladies take part in separate categories. Total distance is 100 m. Each athlete must have 1 immersion torpedo buoy which must be connected with plastic baton by usual tench. Athletes must be ready on pool curbstones wearing scuba. After start they enter to the water by giant step, descend and start swimming underwater using scuba. Athletes transport immersion torpedo buoy holding plastic baton. The buoy is connected to baton using usual tench. Athletes swim 25 meters and make a reverse near the pool border. Athletes continue swimming and making reverses near borders until they complete 100 m (4 pools). The finish must be registered after athlete ascends and touches the border.



RELAY 4x50m IMMERSION TORPEDO in 25 m pool

Men and ladies take part in separate categories. 4 athletes form a team. Relay consists of 4 laps presented by different athletes. Each lap is 50 m (2 pools), so total distance is 200 m. Each team must have 1 immersion torpedo buoy which must be connected with plastic relay baton by usual tench. Before start all athletes stay on pool curbstones wearing scuba.

Lap 1

An athlete enters to the water by giant step, descends and swims underwater. He transports immersion torpedo buoy holding plastic relay baton. The buoy is connected to baton using usual tench. He swims 25 meters, makes a reverse, and swims 25 meters more. Then ascends and gives relay baton to athlete of lap 2 who is waiting on pool curbstones. An athlete 2 must start only after transfer. If he/she starts earlier, the team has 10 seconds penalty.

Lap 2

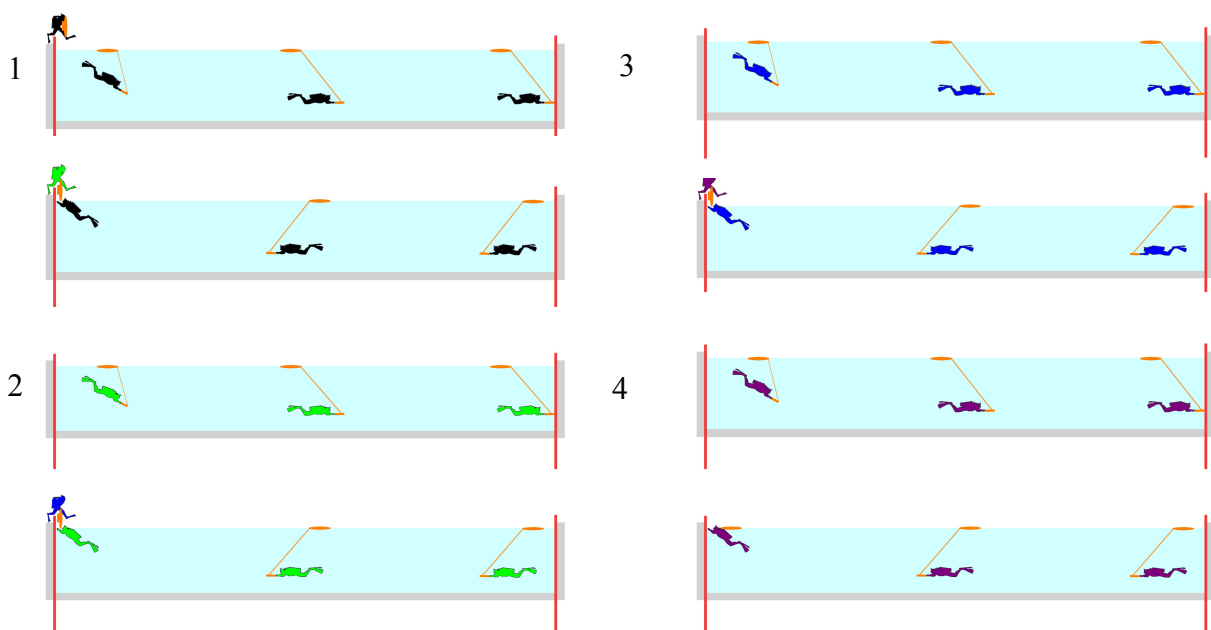
An athlete 2 enters to the water by giant step, descends and swims underwater. He transports immersion torpedo buoy holding plastic relay baton. The buoy is connected to baton using usual tench. He swims 25 meters, makes a reverse, and swims 25 meters more. Then ascends and gives relay baton to athlete of lap 3 who is waiting on pool curbstones. An athlete 3 must start only after transfer. If he/she starts earlier, the team has 10 seconds penalty.

Lap 3

An athlete 3 enters to the water by giant step, descends and swims underwater. He transports immersion torpedo buoy holding plastic relay baton. The buoy is connected to baton using usual tench. He swims 25 meters, makes a reverse, and swims 25 meters more. Then ascends and gives relay baton to athlete of lap 4 who is waiting on pool curbstones. An athlete 4 must start only after transfer. If he/she starts earlier, the team has 10 seconds penalty.

Lap 4

An athlete 4 enters to the water by giant step, descends and swims underwater. He transports immersion torpedo buoy holding plastic relay baton. The buoy is connected to baton using usual tench. He swims 25 meters, makes a reverse, and swims 25 meters more. Then ascends and finishes the distance by touching the border with his/her hand.



RELAY 4x50 m MEDLEY

Men and ladies take part in separate categories. 4 athletes form a team. Relay consists of 4 laps presented by different athletes. Each lap is 50 m (2 pools), so total distance is 200 m. Before start all athletes stay on pool curbstones wearing scuba.

Lap 1

An athlete enters to the water by giant step, descends and swims underwater. At any place, but not further than the mark of 15 m, an athlete should remove his scuba, establish negative buoyancy for scuba and leave it at the bottom. If athlete removes the scuba later than the 15 m mark, penalty time is 10 seconds. Athletes swim up to the surface and start free style swimming using mask, snorkel and fins. An athlete should make a reverse near the pool border and continue free style swimming using mask, fins and snorkel. When he/she reaches the scuba he/she should dive with the breath hold, take scuba, start breathing from the regulator and continue swimming underwater, same time replacing and adjusting scuba. Scuba must be completely replaced and adjusted before finish of the lap. An athlete 1 finishes his lap after 50 meters. Relay transfer: athlete 2 can start only after athlete 1 touches the pool border with his/her hand. If he/she starts earlier, the team has 10 seconds penalty.

Lap 2

An athlete 2 enters to the water by giant step, descends and swims underwater. At any place, but not further than the mark of 15 m, an athlete should remove his scuba, establish negative buoyancy for scuba and leave it at the bottom. If athlete removes the scuba later than the 15 m mark, penalty time is 10 seconds. Athletes swim up to the surface and start free style swimming using mask, snorkel and fins. An athlete should make a reverse near the pool border and continue free style swimming using mask, fins and snorkel. When he/she reaches the scuba he/she should dive with the breath hold, take scuba, start breathing from the regulator and continue swimming underwater, same time replacing and adjusting scuba. Scuba must be completely replaced and adjusted before finish of the lap. Athlete 2 finishes his/her lap after team completes 100 m. Relay transfer: athlete 3 can start only after athlete 2 touches the pool border with his/her hand. If he/she starts earlier, the team has 10 seconds penalty.

Lap 3

An athlete 3 enters to the water by giant step, descends and swims underwater. At any place, but not further than the mark of 15 m, an athlete should remove his scuba, establish negative buoyancy for scuba and leave it at the bottom. If athlete removes the scuba later than the 15 m mark, penalty time is 10 seconds. Athletes swim up to the surface and start free style swimming using mask, snorkel and fins. An athlete should make a reverse near the pool border and continue free style swimming using mask, fins and snorkel. When he/she reaches the scuba he/she should dive with the breath hold, take scuba, start breathing from the regulator and continue swimming underwater, same time replacing and adjusting scuba. Scuba must be completely replaced and adjusted before finish of the lap. Athlete 3 finishes his/her lap after team completes 150 m. Relay transfer: athlete 4 can start only after athlete 3 touches the pool border with his/her hand. If he/she starts earlier, the team has 10 seconds penalty.

Lap 4

An athlete 4 enters to the water by giant step, descends and swims underwater. At any place, but not further than the mark of 15 m, an athlete should remove his scuba, establish negative buoyancy for scuba and leave it at the bottom. If athlete removes the scuba later than the 15 m mark, penalty time

is 10 seconds. Athletes swim up to the surface and start free style swimming using mask, snorkel and fins. An athlete should make a reverse near the pool border and continue free style swimming using mask, fins and snorkel. When he/she reaches the scuba he/she should dive with the breath hold, take scuba, start breathing from the regulator and continue swimming underwater, same time replacing and adjusting scuba. Scuba must be completely replaced and adjusted before finish. An athlete 4 finishes the relay after team completes 200 m. Finish is registered when athlete touches the pool border with his/her hand.

