

5th World Championships Seniors
2nd World Championships Juniors
Sport diving

Tartu, Estonia 2023

(From August 9th to August 12th, 2023)





**5th Sport Diving Seniors World Championships
2^d Sport Diving Juniors World Championships**

Tartu, Estonia 9th – 12th, August 2023

**WELCOME MESSAGE FROM
PRESIDENT'S FEDERATION**



Dear athletes and coaches!

It is a great honor for Estonian Underwater federation and me personally to invite all the competitors and friends of Sport diving to take part in the World Diving Championships, which will take place in Tartu, Estonia on 9-12 August 2023.

Tartu is Estonia's Capital of Students. It is the second largest city in Estonia with a population of nearly 100 000. Tartu is mainly known for its world-famous university, University of Tartu. Also, Tartu has its own airport and very good connection with Estonia's biggest airport in Tallinn.

In Tartu we have a great swimming pool: Aura Veekeskus. It will host the World Diving Championship. It is located in the heart of Tartu, very close to bus stations, hotels, and the beautiful Old Town of Tartu.

Estonia has had a big tradition of underwater sports for more than 60 years. Also, our coaches have been involved with sportdiving from its beginning until nowadays. We have organized World Cups and now we are thankful for CMAS for giving us opportunity to organize diving world's most important event, Diving World Championship. Our team will do their best to give athletes a high-level competition, good environment to make new friends and opportunity to have a wonderful time.

We invite divers from all around the world to take part in the 2023 Diving World Championship. We wish you a great journey and an amazing competition in Tartu!

Vladimir Kunitsõn

President of Estonian Underwater Federation

For further information, please contact us at the following address:
makar2710@gmail.com



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OFFICIAL COMPETITION & TRAININGS

1. GENERAL INFORMATIONS

After Kazan (2013 – CMAS games), St Petersburg (2015 – World Championships), Tomsk (2020 – World Championships) and Fnideq, Morocco, here comes the 5th Sport Diving Senior, and 2nd Sport Diving Junior World Championship in Tartu.

The competition will take place in Tartu (Estonia) from the 09th to the 12th of August 2023.

Only national federation teams affiliated to the CMAS are eligible to compete in the competition.

Each national team should respect the rules of the championships, the local organisers' (LOC's) safety conditions, and CMAS rules and regulations.

The entire event is rule by:

- “CMAS GENERAL RULES COMPETITIONS WORLD CUP CHAMPIONSHIPS - Version 2017/01 - BOD 195- 11/02/2017“
- “CHAMPIONSHIPS ORGANISATION PROCEDURES & OBLIGATIONS, Version 2019/02, BOD 205- 26/01/2019 & Updated February 16th”
- PROCEDURES AND OBLIGATIONS FOR THE ORGANISATION OF CMAS COMPETITIONS CATEGORY A - World - Continental Championships, Version 2019/01, BOD 205 – 26/01/2019 & Updated February 16th
- “Sport Diving Rules & Specifications of events – 2019 release – + the linked reference to “Sports Diving INTERNATIONAL RULES, (Version 2008/00)”

2. FLAGS

Every National team must bring with it two (2) national flags (m. 2,00 x m.1,00) and a USB flash drive with the national anthem (short version).

3. EQUIPMENT, MATERIALS & UNIFORMITY

The equipment and materials needed to participate the competition are the followings

=> According to § “6.8. EQUIPMENT” of the “sport diving rules – 2019 release –“



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4. PARTICIPATION

SWIMMING-POOL EVENTS:

Each country may register not more than two (2) swimmers for each individual distance, two (2) pair for each pair distance and one (1) relay team (i.e., 4 pax), by category (M-Male, F-Female + B-Boy, G-Girl and/or MX-Mixed).

If the relay team is mixed, it's composed of two female athletes and two male athletes. The starting order is free and is decided by the team leader.

There are only final heats scheduled in the morning and in the afternoon. For this reason, it's requested to the national federations to send to the CMAS HQ the official protocols of all national selection for competitions in delay maximum of two weeks after the selection competitions' (in one of the three CMAS languages).

The list of national records for athletes registering in competition (start list), should be sent to CMAS HQ and the organising committee.

Thus, times of enrolments of the swimmers will be checked for CMAS championships. If the protocols aren't transmitted in this deadline, times of corresponding enrolments will be cancelled, and the athletes will be engaged with time 00:00:00.

Each championship competition (Juniors / Seniors) is individual in 2 ages categories:

- "Seniors" : age group A, male & female from 18 years old
- "Juniors" : age group B+C+D, male & female between 12 and 17 years old.

(The athletic age of a competitor is obtained by subtracting his year of birth from the current year. The competitor will compete from January 1 until December 31 of the year in this category.)

No athlete is admitted taking part in a competition of an age category lower than his/her own age category.

An athlete is allowed to compete in a higher category but will be registered in this category for the entire event, except for the constitution of a relay team (i.e., 4 pax).

In that present case, the athlete will compete in this category only for the concerned relay.

5. Registration

- Payment of CMAS fees subscription already paid with your annual affiliation fees.
- You must order and pay the CMAS licences in www.cmasoffice.org. Soon the payment registered in CMAS Office, the licence is valid to register the athletes in SportsID/SportData (note that the payment by credit card is more useful because by transfer, it needs time before the money is credited on the CMAS account and do the licence valid).
- Register the athletes and the events in the platform SportsID/SportData according to the deadline in the last page and following the instructions in the procedure notice attached (ID Photo mandatory because the accreditations are printed from the platform).

6. DISCIPLINES AND DISTANCES (Senior + Junior, Male/Female/Mixed)



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- DIVING – 100m Obstacle Course (men pair/women pair/mixed pairs + boys' pair/girls' pair/mixed pair)
- DIVING – 100m Trial (men/women + boys/girls)
- DIVING – 100m Octopus (men pair/women pair/mixed pairs + boys' pair/girls' pair/mixed pair)
- DIVING – 50m Octopus (senior + junior mixed pair)
- DIVING – 100m Obstacle Course Solo (men/women + boys/girls)
- DIVING – 50m Lift Bag (men/women + boys/girls)
- DIVING – Relay 4x100m Trial (senior + junior mixed relay)
- DIVING – Relay 4x50m Immersion Torpedo (senior + junior mixed relay)

7. GENERAL SCHEDULE

The championship program is as follows:

DAY 1	08/08/2023	Arrival day of delegations
DAY 2	09/08/2023	Last arrival / Training / Technical meeting / Opening Ceremony
DAY 3	10/08/2023	Opening Ceremony / Competition
DAY 4	11/08/2023	Competition / Closing Ceremony, Athletes Party - Gala dinner
DAY 5	12/08/2023	Departure Day of delegations

8. INTERNATIONAL JURY

CMAS Technical Delegate according to the CMAS rules.

9. CLASSIFICATION AND AWARDS

According to the CMAS rules and regulations.

10. PROTESTS

According to the CMAS rules.

11. DOPING CONTROL

According to the CMAS rules and regulations.

12. CYLINDERS FILLING

- Only compressed air without oxygen enrichment is allowed
- Minimum size of bottle & maximum filling pressure according to CMAS Sport Diving rules:
MINIMUM volume of tanks is :
 - 5L for athletes who are 12-13 years old;
 - 7L for athletes who are 14-17 years old;
 - 10L for adult athletes who are 18 years old or more.
- LOC guarantees the filling of YOKE cylinders. (*Bottles equipped DIN could be available to National teams through a written booking request at the time of subscription and in which details about the quantity and wished volumes should be provided.*)
- 10L Cylinders can be provided by LOC (upon request, see below)
- The maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa).
- All cylinders used must have passed a hydrostatic test less than 2 years before the competition, or even less if it is required by the local legislation.
- When a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed

13. MISCELLANEOUS

The electrical current in Estonia is 220V).



Electrical Outlet & Plug Type F (Schuko)



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THE CITY OF TARTU

Tartu is a captivating city situated in Estonia, known for its rich history and stunning architecture. Located in the heart of the country, Tartu is a hub for culture, education, and innovation.

The city is home to a plethora of museums, theatres, and galleries that showcase its vibrant artistic scene. It also boasts numerous historical landmarks, such as the Tartu Cathedral, which dates back to the 13th century, and the stunning Town Hall Square, which is surrounded by beautiful pastel-coloured buildings.

In addition to its cultural offerings, Tartu is known for its beautiful natural surroundings, including the scenic Emajõgi River and the picturesque Toome Hill. The city also offers plenty of opportunities for outdoor recreation, such as hiking, cycling, and skiing.

With a population of over 93,000 inhabitants, Tartu is the second-largest city in Estonia, and it is considered the country's intellectual capital, home to several renowned universities and research institutions.

Tartu has been attracting visitors from all over the world for many years, and it continues to be a popular destination for tourists, especially for those interested in history, culture, and science. Its vibrant atmosphere, combined with its charming architecture and beautiful natural surroundings, make it an unforgettable destination for travellers.



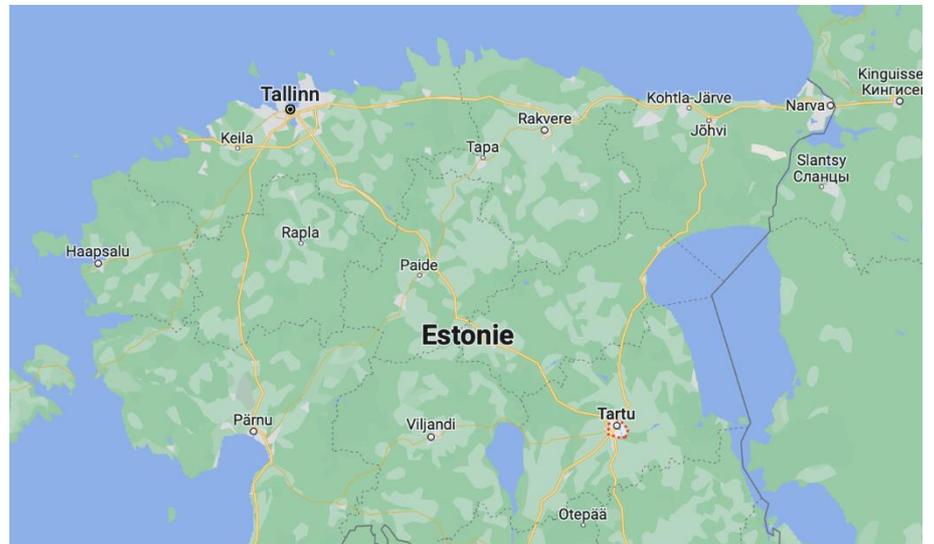
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CITY MAP OF TARTU & ACCESS

Time of travel from Tallinn
to Hotel

➔ 2h15min by bus/car ;



Time of travel from hotel to swimming-pool
of competition

➔ 10 min by foot ;



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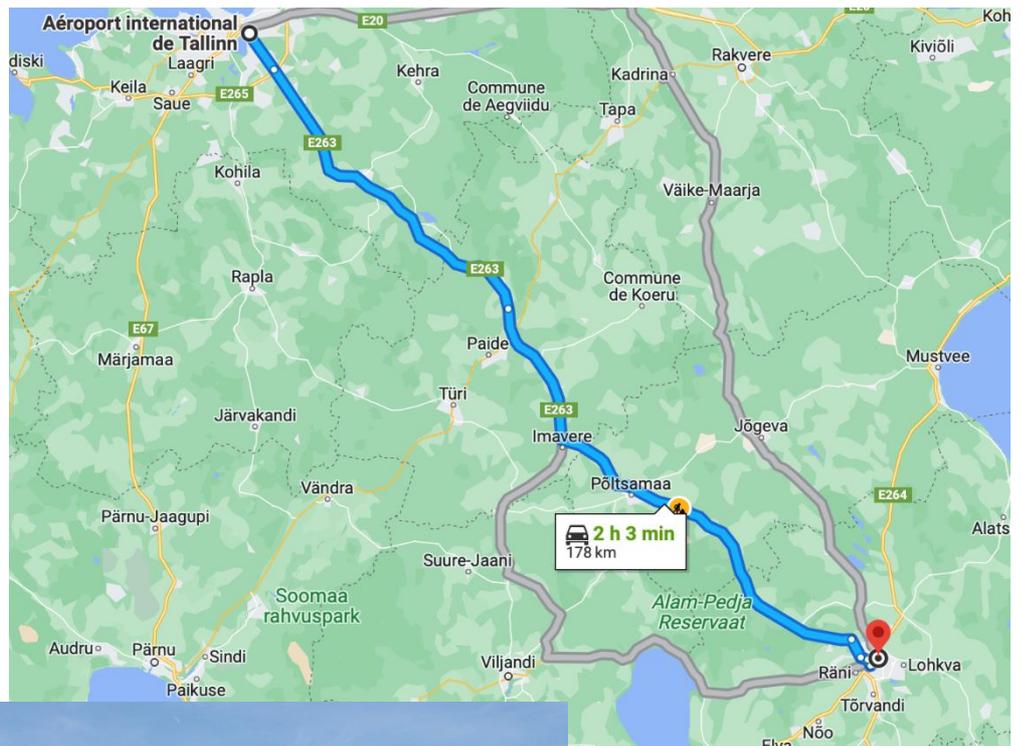
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Airport Lennart Meri of Tallinn

<https://www.tallinn-airport.ee/en/>



Transfer from Airport to the place of the event, according to the financial participation in “EXTRA” fees => See below



AURA KESKUS Swimming pool

Aura Centre has two swimming pools.

1. A 25 × 50 m swimming pool meeting international requirements. The depth of the pool is 1.2 m at the shallow end and 1.85 m at the deep end. The largest swimming pool in Estonia is intended for health athletes, active hobbyists, professional swimmers, and people interested in water aerobics. The pool is also well suited for sports competitions, including international competitions.

2. The 8 × 25 m training pool is intended for children's swimming lessons. The water temperature in this pool is 30 °C, the depth at is 60 cm the shallow end and 90 cm at the deep end. All visitors can use the training pool when swimming lessons are not taking place.

The swimming pool provides steam sauna.



Sports references Swimming Pool

The Tartu Olympic Swimming pool has installation and commissioning of timekeeping equipment to allow the realisation of international competitions, and complete equipment has been in place ; the 50m swimming pool dimensions are:

- 50 x 25 m,
- 50m pool depth : 1.2 m at the shallow end and 1.85 m at the deep end
- 10 Swimming Corridors ;
- 1 Boys & 1 Girls Changing Room and toilets.



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ACCOMMODATION

Tartu Hotel

The Tartu Hotel is located in the center of Tartu, Estonia. This cozy and comfortable hotel offers guests accommodations in rooms of different categories, as well as a restaurant and bar where they can enjoy Estonian and international cuisine. The competition venue is located within a 10-minute walk from the hotel. The distance from the hotel to Tallinn Airport is approximately 160 kilometers.

The Tartu Hotel is ideal for those who want to spend time in Tartu with comfort, enjoying a cozy atmosphere and high level of service. Whether you are traveling for business or leisure, at the Tartu Hotel, you can enjoy all the amenities necessary for a pleasant and comfortable stay.



We kindly ask you to fill in the following form for the hotel Booking : See ANNEX #2

Late registrations will not guarantee the accommodation booking.

For all reservations and information, you can visit the website : <https://www.visitestonia.com/en>



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BOOKING & ENTRY FEES

During the championship dates, the offer includes all benefits described as below.

A. ACCOMODATION & EVENT PACKAGE

Choice 1	09.08 – 12.08	CMAS Sports Diving World Championship
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Competition + Accommodation

➔ **Entry fee per participant is 650,00 €.**

The organizer will provide with this package:

- Participation to the opening ceremony, competition (secretarial fees, etc ...), & closing ceremony
- Participation to the athlete's party & gala dinner.

+

- Accommodation in hotel as described with double hotel rooms, full board.
- 2x0,5l drinking water per pax/per day
- On training and competition day : walking is possible between hotels and pool, no transfers.

Choice 2	09.08 – 12.08	CMAS Sports Diving World Championship
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Competition only

➔ **Entry fee per participant is 250,00 €.**

The organizer will provide:

- Participation to the opening ceremony, competition (secretarial fees, etc ...), & closing ceremony
- Participation to the athlete's party & gala dinner.

Choice 3	09.08 – 12.08	CMAS Sports Diving World Championship
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VIP set

Variable cost

The organizer will provide:

All YOU need **according to Your request**. Please let us know by contacting us (*see email contact below*)

B. TANKS

- Immersion Cylinders of 10 to 12 liters could be available to National teams upon reservation: **20€ per bottle**.
- There are NO immersion Cylinders of 5L (12-13 y.o.) and 7L (14-17 y.o.) to lend from LOC for the athletes. They should provide and travel with their own gears.



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C. AIRPORT TRANSFERS

=> Transfers from Tallinn I^{al} airport to hotel and return : + **60,00 €/pax**

D. TRAINING CAMP :

*** NON-APPLICABLE ***

E. PAYMENTS

The organizer accepts only cash or bank transfers in Euros (bank charges will be billed to the sender).

Bank checks and credit cards will not be accepted.

A minimum of 50% of the total entry fee should be deposited at our bank no later than the June 18th, 2023, to guarantee the booking.

After this date, June 18th, 2023, the participation fees will be increased by a further 10% of total amount.

The remaining amount should be paid preferably before July 1st, 2023, in case of bank transfer, and before the delegation arrival.

Bank check and credit card will not be accepted.

For confidentiality reason, please contact by email us for the bank account details.



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SCHEDULED PROGRAM

08/08/2023	DAY -2: Arrival day of delegations
09/08/2023	DAY -1: Last arrival / Training / Technical meeting
13.00 - 15.00	Training at the swimming pool
13.00 - 15.00	Sport equipment check
14.00	Judges meeting
14.30	Team leaders meeting & Technical meeting
10/08/2023	DAY 1: Opening Ceremony / Competition
Morning	
9.00 - 9.45	Warm up
10.00	Competition start
	100M OBSTACLE COURSE (men/women/boys/girls + mixed senior & junior)
	Award ceremony: 100M OBSTACLE COURSE (men/women/boys/girls)
	100M TRIAL, (men/women/boys/girls)
	Relay 4x50M IMMERSION TORPEDO (senior & junior mixed relays)
	Award ceremony: 100M OBSTACLE COURSE (mixed pairs), 100M TRIAL
Afternoon	
16.00 - 17:00	Warm up
17.00	Competition start
	100M OBSTACLE COURSE SOLO (men/women/boys/girls)
	100M OCTOPUS (men/women/boys/girls)
	Award ceremony: Relay 4x50M IMMERSION TORPEDO, 100M OBSTACLE COURSE
SOLO	
11/08/2023	DAY 2: Competition / Closing ceremony
Morning	
9.00 -9.45	Warm up
10.00	Competition start
	100M OCTOPUS (mixed pairs)
	50M LIFT BAG (men/women/boys/girls)
	Award ceremony: 100M OCTOPUS
Afternoon	
Competition start	
16.00	Warm up
17.00	50M OCTOPUS (mixed pairs)
	Relay 4x100M TRIAL (mixed)
	Award ceremony: 50M LIFT BAG, 50M OCTOPUS, Relay 4x100M TRIAL
	Closing Ceremony
20.00	Gala Dinner
12/08/2023	DAY +1: Departure Day of delegations



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PROCEDURES & DEADLINES

1. VISA

We kindly ask you to check if VISA is needed for your citizenship.

Please contact us for any invitation letter.

You can also visit : <https://visaguide.world/europe/estonia-visa/>

2. PARTICIPATION CONDITIONS as reception of this specific rules:

ORGANIZING COMMITTEE: ESTONIAN UNDERWATER FEDERATION,

- Registration and payment of the CMAS fees licence subscription must be done on www.cmasoffice.org
- The initial form, Hotel booking forms, the payment and the bank transfer certificate must be sent to the Organizing Committee according to the following schedule
- The competitor's list has to be entered in SportData/SportID registration system and the form should be sent to the organizing committee.
- The list of national records should be sent to CMAS HQ and the organizing committee. For further information, please contact us at the following addresses:

The entries must reach LOC within the time limits set below. Each member of the team should have a valid CMAS licence provided by his federation before team registering.

NOTE : For all registration process and payments teams should inform LOC by email : see below

3. DEADLINE FOR ENTRY AND PARTICIPATION as reception of specific rules

The Hotel booking forms, the payment and the bank transfer certificate must be sent to the Organising Committee according to the following schedule:

No later than 30th May 2023 : ANNEX 1 : Initial entry form

No later than 13th June 2023 : ANNEX 2 : Hotel booking form

No later than 18th June 2023 : ANNEX 3 : Confirmation of payment*

No later than 18th July 2023 : ANNEX 4 : Competitor's list form

No later than 9th June 2023 : ANNEX 5 : List of delegation for visa application

No later than 24th July 2023 : List of entries events in SportsID and SportData platform.

***Late registrations will not guarantee the accommodation booking & hotel booking after 18th June is submitted to a 10% increase fees.**

**For further information, please contact us by email to the following
address**

makar2710@gmail.com