



Lazy Seal  
Freediving Club

## Wellington Winter Champs 2010

*Freediving Competition*  
*Te Rauparaha Arena Aquatic Centre, Porirua*

*31 July – 1 August 2010*



### Recreational Grade:

The rec grade has been set up for new divers who want to have a go at a Freediving competition, but who still lack the confidence to compete or do not want to take it too seriously.

There will be four rec grade events:

Statics	breath hold time	Saturday morning
Dynamics (can be done no fins)	distance on single breath	Sunday morning
Speed event	25m as fast as possible	Saturday evening
Gathering event	collecting as many shells as possible	Saturday evening

### Rec grade events:

- For all events divers will be given a “top time” (start time) and may use the designated warm up area for 45 minutes prior to this. The official time will be given at the competitor’s briefing.
- Divers will get a count down from 2 minutes before their top time. They need to commence their dive on or in the 10s after their top.
- Time starts when the airways (mouth/nose) submerge and ends when the airways emerge. In the speed event time starts from “top” – extra seconds will be added should you start early and a penalty will be given.
- Divers should start in the water (no diving from the side).
- Divers should touch the end after their airways submerge before commencing swimming (dynamics).
- Divers should swim under water and not break the surface (dynamics) between the flags (5m from each end).
- Divers should touch the end of the pool with some part of their body at each turn.
- Divers should complete their dive with a surface protocol: within 15s of surfacing they should remove their mask/goggles & noseclip, then give an OK signal to the judge, then say “I am OK” in that order.
- Divers need to keep their airways clear of the water for 30s after surfacing (until the judge says OK).
- Divers should not touch or be touched by anyone in the 30s after surfacing. If they are experiencing a samba the safety diver may touch the diver and the diver will not gain their bonus point.
- Divers will not be required to “announce” but must provide their personal bests on the entry form.
- Points will be on an achievement basis with bonus points for following the rules (nothing deducted unless noted).
- The person with the most points accumulated at the end of the competition is the winner.
- Judges and safety are encouraged to be vocal by coaching and supporting the divers.
- All black outs will result in disqualification from that event.

### Rec grade points system:

#### Statics:

Breath hold time

1 point per 3 seconds = 20 pts /minute

*Bonus points:*

Start between top & 10s	1
Surface protocol – correct order	1
Surface protocol – within 15s	1
No touching, 30s after surfacing	1
Airways clear for 30s after surfacing	1
New personal best	5



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### Dynamics:

Distance swum on a single breath

1 point per meter with fins or 1.2 points per meter without fins.

*Bonus points:*

Start between top & 10s	1
Touch end at start	1
Touch ends at turns	1
No breaking the surface	2
Surface protocol – correct order	1
Surface protocol – within 15s	1
No touching, 30s after surfacing	1
Airways clear for 30s after surfacing	1
New personal best	5

### Speed event:

25m swum underwater as fast as possible on one breath

Time starts at top (except if you start early).

Each diver starts with 70 points

Remove 2 points per second (ie if the length takes 15s:  $70 - (15 \times 2) = 40$  points)

*Bonus points:*

Touch end at start	1
No breaking the surface	1
Touch end before surfacing	1
Correct surface protocol	1
Early start	-5

### Gathering event:

Scallop and paua shells and stones will be scattered on the bottom of the pool over three lanes. Divers will be given a catch bag and a measure. Divers will have a maximum of 60 seconds to swim under water from the shallow end to the deep end gathering shells along the way and avoiding stones. Divers may surface for air using a snorkel if they choose. Time starts at top and ends when the diver surfaces or touches the end wall (whichever is later). Divers may wear a dive computer or have a coach, but the coach may not be in the water. It is not compulsory to collect all the shells. We may run two divers at one time.

3 points added per legal sized shell collected and put into catch bag

1 point deducted per stone touched

3 points deducted for under sized shells collected

10 points deducted if diver is over legal limit (eg more than 10 paua or 20 scallops)

1 point deducted for each second the diver is late completing the task.

*Bonus points:*

Touch end at start	2
Correct surface protocol	2