

**CMAS 2<sup>nd</sup> Freediving  
Paralympic World Championship**

**14<sup>th</sup> – 18<sup>th</sup> NOVEMBER 2024  
Lignano Sabbiadoro (UD) - ITALY**





**CMAS 2<sup>nd</sup> Freediving Paralympic World Championship**  
**14<sup>th</sup> - 18<sup>th</sup> November 2024 – Lignano Sabbiadoro (UD) Italy**



## WELCOME MESSAGE OF PRESIDENT'S FEDERATION



It is my pleasure to invite you to the "2<sup>nd</sup> CMAS Freediving and Finswimming Paralympic World Championship," which will take place in Lignano Sabbiadoro (Udine), at the Bella Italia Sports Village, from 14 to 18 November 2024.

After last year's successful experience, Italy will, therefore, once again host the Paralympic Freediving and Finswimming World Championship. FIPSAS attaches special importance to the latter event, which this year will carry a two-fold meaning: in addition to awarding the world titles, it will play a key role in selecting the athletes who will make it to the 12<sup>th</sup> edition of the World Games, scheduled in Chengdu, China, from 7 to 17 August 2025, featuring Freediving among the other Paralympic sports.

This will further spur us to do make every effort to stage a top level event, where we expect to witness a large turnout, giving a further and even more significant momentum to the international of the Freediving and Finswimming Paralympic movement.

I am particularly pleased, therefore, to extend my warmest welcome to the foreign Delegations and all the athletes, trusting we will all experience days filled with enthusiasm and under the banner of healthy competitive spirit. Finally, I wish to extend my welcome and appreciation to A.S.D. Pinna Sub San Vito, which will collaborate on the event, to the FIPSAS Friuli Venezia Giulia Regional Committee, to the local authorities and to all those who will take part in this long-awaited event: managers, coaches, accompanying persons and athletes, all of whom — I am sure — will do their utmost to ensure that this edition, too, will turn out to be a success.

The best of luck to all the athletes: *may the best man win!*

FIPSAS President  
Prof. Ugo Claudio Matteoli

**For further information, please contact us at the following address:**

FIPSAS  
Viale Tiziano, 70 – 00196 Roma  
E-mail: [subacquea@fipsas.it](mailto:subacquea@fipsas.it)  
Tel. + 39 06-8798.0513



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## THE CITY OF LIGNANO SABBIAADORO

Lignano Sabbiadoro stands on a long sandy peninsula covered with pine trees, the southwestern end of the beautiful Marano lagoon nature reserve. Its slight slope, the sandy beach in front of the Coast of Istria, a safe bathing for families and the active nightlife, make it a popular resort for Italian and foreign tourists. The extreme point of the peninsular area is divided into three districts: Lignano Sabbiadoro is one of them and is accompanied by Lignano Pineta, 1 km further south, and Lignano Riviera, more recent but still all centred in its natural features, also given the close ness of the Tagliamento River. In total there are just under 7,000 residents. The name of the



resort was originally Lignano, in 1935 'Sabbiaadoro' was added exclusively for promotional purposes. The development of the tourist resort began in the early twentieth century, when after the reclamation began the construction of some bathing establishments, however accessible only by boat from the lagoon. Before that, nothing existed in these places, except a small area of refuge for some fishermen. The ancient plans of the Serenissima, duly compiled by the so-called Water Savi, made no mention of either the name or the characteristic of the area, considered in the complex of the important lagoon territory. The wonderful beach, however, could not go unnoticed for much longer and the first hotel was built

in 1903. Its urban growth, however, was delayed, not only because of the malarial area in the vicinity, but also because of the lack of basic infrastructure: it had to wait more than two decades before the construction of the main and vital road artery. Today's city has reached the maturity of urban planning and infrastructure in the best way and presents itself with a wide variety of attractions. Moving between its neighbourhoods is possible through urban transport managed by the SAF, but Lignano is also to be explored on foot or perhaps by bike. Riviera, the western part of the peninsula is characterized by the villas and residential condominiums, all gracefully decorated with beautiful pine trees; Pineta, in the city centre, has a modest shopping mall, famous beaches and a plethora of venues suitable for evening and night fun; Sabbiadoro, at the extreme tip of the peninsula, contains a lively shopping mall and even more night and cultural life than the previous ones. The hotel presence in general is remarkable. For those who want to enjoy the maximum stay at the seaside, we recommend the baths of Lignano, located in the Riviera area and immersed in the centuries-old pine forest (directions: waterfront R. Riva 1) or even the numerous spas and fitness centers of the city. In addition to the exclusively seaside attractions, Lignano also offers some historical and naturalistic itineraries. The original farmer's core, placed close to the lagoon, has two typical rural houses of sure interest, probably dated from the 17<sup>th</sup> century. The religious cult for centuries has concentrated in the small church of St. Zacharias and the fifteenth century church of Santa Maria, in the resort of Bevazzana, and in the interior of which is noticed a series of frescoes of the 15<sup>th</sup> century. The Hemingway Park is a park of botanical interest that covers 4 hectares of land and is named after the famous American writer who visited the resort during his stay in Italy. The writer is also dedicated to the prestigious "Ernest Hemingway Lignano Sabbiadoro Prize" in journalism,



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fiction and non-fiction. The Punta Verde Zoo Park is a natural oasis with ponds, animals (1200 specimens belonging to 200 different species) in semi-open areas and eco-environmental paths. The nature in Lignano is also enriched by the UNICEF Park, born in the late 1980s, dedicated to children in as many as 4 hectares of entertainment between skating rinks, mini golf, swimming pools, bike paths and much more. The natural attraction, however, remains the Oase of the Wwf Laguna in Marano. Birdwatchers will be able to observe birds of prey such as the marsh hawk, the osprey, the buzzer, the small and real hen harrier, the kestrel, the brown kite. Don't miss it.

## CITY MAP OF LIGNANO SABBIAADORO

### How you can get to Lignano Sabbiadoro

You can get to Lignano Sabbiadoro by various ways of transportation:

#### By Car - on the highway (motorway)

By car you can reach Lignano driving on the A4 Venice - Trieste motorway or on A23 motorway linking Tarvisio and Venice; the motorway exit for Lignano is made at Latisana, following the local road no 354 which ends at Lignano.

#### By Bus - Bus Stations

There are many bus lines which regularly depart from the northern part of Italy towards Lignano. There are special buses linking important cities in Germany, Switzerland and Austria to Lignano. More information about bus schedules and timelines: Biglietteria Autostazione Viale Gorizia, 26 Tel. 0039 043171373



Bus Station Lignano SAF: [www.saf.ud.it](http://www.saf.ud.it)

**By Train** - Train Stations Latisana. Train station is just 20 km away from Lignano. From Latisana train station you can access by train Venice (Mestre) and its neighboring airports as well as Trieste, Udine and other main cities in Italy. Lignano and Latisana are linked by regular bus lines.

Italian Railways Website: [www.trenitalia.com](http://www.trenitalia.com)





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### By Plane - Airports

The nearest airports to Lignano are *Ronchi dei Legionari* in Trieste, just 58 km away from Lignano Sabbiadoro, *Marco Polo Airport* in Venice, 100 km away from Lignano Sabbiadoro, and *San Giuseppe Airport* in Treviso, 110 km away from Lignano Sabbiadoro.

City: Trieste  
Airport: Ronchi dei Legionari  
Telephone: 0039040631484  
Website: [www.aeroporto.fvg.it](http://www.aeroporto.fvg.it)  
City: Venice  
Airport: Marco Polo  
Telephone: 00390412606111  
Website: [www.veniceairport.it](http://www.veniceairport.it)  
City: Treviso  
Airport: St Joseph  
telephone: 0039042220393  
Website: [www.trevisoairport.it](http://www.trevisoairport.it)



## OFFICIAL COMPETITION POOL AND TRAINING

### BELLA ITALIA SPORTS VILLAGE



The 2<sup>nd</sup> CMAS Freediving Paralympic World Championship 2024 will be held in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, located in a valuable position within the urban fabric of Lignano Sabbiadoro, in Central Avenue, 29. It consists of a modern tourist-social center, nestled in 60 hectares of verdant pine forest. The tranquility, fragrant aroma of pines and sea saloons, the clear sea and the beach front reserved exclusively for guests of the Village (1120 meters long and 60 meters deep) create the ideal environment for toning individual holidays or groups, in the name of sport, relaxation and fun. Twelve kilometres of roads and trails run throughout the area, creating amene solutions for racing, running, promenade and plain air, all routes can be excluded from car traffic. The whole village is dotted with outdoor sports camps; it also offers some high-quality solutions for all sports disciplines indiscriminately within the multifunctional palace, which can accommodate up to three thousand people and, for water sports, in the two indoor and conditioned pools, of which one Olympic.





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## SOME CALL OUTS FOR PARTICIPATION

Only national federation teams affiliated to the CMAS are eligible to compete in the competition. Each national team should respect the rules of Championships, the safety conditions set by the organizers and CMAS rules and regulations.

Registration and payment of CMAS fees subscription on <https://www.sportdata.org/cmas>

## DISABILITY CLASSES

**The minimum age to participate in the World Championship is 15 years.**

Freediving Disability Classes (Male and Female)

Class of motor disabilities in four subclasses: FFS1, FFS2, FFS3 and FFS4 (The motor sports subclasses, for each athlete, can change according to the specialty practiced)

Class of deaf: FFS15

Class of visual impairment in three subclasses: FFS11, FFS12 and FFS13

Class of intellectual/relational disabilities: FFS21 and FFS14

## SPECIALTIES

The Championships shall be comprised of four specialties: Dynamic (DYN) Men/Women, Dynamic with Bi-Fins (DYNBF) Men/Women, Dynamic without Fins (DNF) Men/Women and Static (STA) Men/Women.

**Each Nation, for each class of disability envisaged, cannot register more than four athletes men and four athletes women for each specialty.**

## INTERNATIONAL JURY

CMAS Technical Delegate according to the CMAS rules.

## CLASSIFICATION AND AWARDS

According to the CMAS rules.

## PROTEST

According to the CMAS rules.

## DOPING CONTROL

FIPSA guarantees to provide doping control in accordance with the rules WADA and CMAS.



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## VARIOUS

National teams should bring **three (3)** national flags (m 2,00 x m. 1,00) and a CD with the national anthem (short version).

## SCHEDULE

The Championship program is as follows:

### THURSDAY, NOVEMBER 14

09:00 – 12:30 Arrival and check-in of Delegations; checking of documents and issue of badges  
12:30 – 13:30 Lunch  
13:30 – 17:00 Arrival and check-in of Delegations; checking of documents and issue of badges and checking Paralympic Athlete Classification  
17:00 – 18:30 training finswimming (50 m pool)  
17:00 – 18:30 training static freediving (25 m pool)  
19:00 – 19:30 Technical meeting in swimming pool  
19:30 – 20:30 Dinner

### FRIDAY, NOVEMBER 15

07:00 – 08:00 Breakfast  
10:00 – 10:30 Opening Ceremony in swimming pool  
10:30 – 12:00 Medical room checking Paralympic Athlete Classification  
11:00 – 12:00 training finswimming (25 m pool)  
11:00 – 12:00 training freediving (50 m pool)  
12:30 – 13:30 Lunch  
14:00 – 14:30 Warm Up Finswimming World Championship in 25 m swimming pool  
14:45 – 16:00 Start competition Finswimming World Championship: 25 m apnoea M/W – 25 m BF M/W in 25 m swimming pool  
Finswimming Award Ceremony (at the end of competition)  
16:00 – 16:30 Warm Up Dynamic Freediving without Fins (DNF) World Championship in 50 m swimming pool  
16:30 – 19:00 Start competition Dynamic Freediving without Fins (DNF) World Championship: M/W in 50 m swimming pool  
Dynamic Freediving without Fins (DNF) Award Ceremony (at the end of competition)  
20:00 – 21:00 Dinner

### SATURDAY, NOVEMBER 16

07:00 – 08:00 Breakfast  
08:30 – 09:00 Warm Up Dynamic Freediving (DYN and DYNBF) World Championship in 50 m swimming pool  
09:00 – 12:00 Start competition Dynamic Freediving (DYN) and Dynamic Freediving with Fins (DYNBF) World Championship: M/W in 50 m swimming pool  
Dynamic Freediving (DYN and DYNBF) Award Ceremony (at the end of competition)  
12:30 – 13:30 Lunch



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14:00 – 14:30 Warm Up Finswimming World Championship in 50 m swimming pool  
14:45 – 18:45 Start Competition Finswimming World Championship: 100 m SF M/W – 100 m BF M/W – 200 m SF M/W – 200 m BF M/W – 4x50 m SF Absolute mixed (2W+2M) – 4x50 m BF Absolute mixed (2W+2M) (50 m swimming pool)

Finswimming Award Ceremony (at the end of competition)

19:30 – 20:30 Dinner

## **SUNDAY, NOVEMBER 17**

07:00 – 08:00 Breakfast

08:30 – 09:00 Warm up Static Freediving World Championship in 25 m swimming pool

09:00 – 12:00 Start Competition Static Freediving (STA) World Championship M/W in 25 m swimming pool  
Static Freediving (STA) Award Ceremony (at the end of competition)

12:30 – 13:30 Lunch

14:00 – 14:30 Warm Up Finswimming World Championship in 50 m swimming pool

14:45 – 17:00 Start Competition Finswimming World Championship: 50 m SF M/W – 50 m BF M/W – 4x50 m SF Absolute M/W – 4x50 m BF Absolute M/W (50 m swimming pool)

Finswimming Award Ceremony (at the end of competition) and closing Ceremony

19:30 – 20:30 Dinner

## **MONDAY, NOVEMBER 18**

07:00 – 09:00 Breakfast

09:00 Check-out and Departure of Delegations

**At the end of each Award Ceremony organization will be available for eventually problems.**

**The organisers reserve the right to modify the order and times of events to meet technical and organisational needs.**





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## ACCOMMODATION



### BELLA ITALIA SPORTS VILLAGE

The center consists of thirteen residences with 700 rooms, able to accommodate up to two thousand eight hundred people. The rooms are all with reserved indoor toilets, widely lit with direct light, some with balcony and sea views; accessibility to them is free of any barrier; many are predisposed to accommodate people with disabilities.

## BOOKING & ENTRY FEES

**Freediving Paralympic World Championship from 14/11/2024 to 18/11/2024**

Entry fee per participant is **400,00 Euro in multiple rooms**. Extra charges for single room is **50,00 Euro/day**.

The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board;
- Drinking water during the meals included.

Full board accommodation is considered as breakfast, warm lunch, warm dinner and water drink per meal included.

**Participants who choose to be accommodated in hotels other than official will have to pay 200,00 Euro per pax for secretarial fees and competition. No local transfers will be provided.**

- Transfers from international airport to hotel and return, extra fees, **40,00 Euro / pax minimum 5 people. Less than 5 people the price will be 80,00 Euro / pax.**
- Extra charges for single room ascend to **50,00 €** per pax per day.

### Training camp before Championship

For the team they want to organize training camp before the Championship:

- Extra day charged at **100,00 Euro** per pax per day including full board accommodation (breakfast, lunch, dinner and water drink per meal included).
- The cost of renting a lane in swimming pool is **40,00 Euro per lane per hour**.



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# ATTENTION

Later registrations will not be accepted.

## 1. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank no later than **September 30<sup>th</sup>** to guarantee the booking. After this date **September 30<sup>th</sup>**, the participation fees will increase by a further 10% of total amount. The remaining payment should be made on arrival. The organizer will only accept transfers (bank charges will be charged to the remitter).

Bank cheque and credit card will not be accepted.

**Minimum 50% of total entry fee must be paid, via bank transfer, to:**

**Account holder: FIPSAS EVENTI**

**IBAN: IT71 V056 9603 2150 0000 6058 X40**

**BIC/SWIFT: POSOIT22**

(Reason for payment: Fee Freediving Paralympic World Championship 2024 – Lignano Sabbiadoro – name of the Country ..... )

## 2. VISA

If you require a visa, please contact the embassy or consulate in your country at least forty 40 days prior to entry.

## 3. VARIOUS

Electrical current is 220V.

## DEADLINE – CONDITION FOR ENTRY AND PARTICIPATION

- **No later than September 14<sup>th</sup> 2024**
  - Registration and payment of CMAS fees subscription on <https://www.sportdata.org/cmas>
- **No later than September 14<sup>th</sup> 2024**  
(Annex 1) The preliminary declaration of participation and registration form should be sent to the CMAS and to the FIPSAS.
- **No later than September 30<sup>th</sup> 2024**  
(Annex 2) Final hotel booking form and entry fee should be sent to the FIPSAS. Send also copy of “bank transfer”.
- **No later than October 14<sup>th</sup> 2024**
  - The competitor’s must be entered online through **SportsID and SportData**.
  - **(Annex 3)** The list form should be sent to the FIPSAS.



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- No later than **October 14<sup>th</sup> 2024**
  - Sport personal notice of athletes should be sent to the FIPSAS.

**By paying the participation fee for the Freediving World Championship, the athletes can also take part in the Finswimming World Championship.**

For further information, please contact us at the following address:

E-mail: [subacquea@fipsas.it](mailto:subacquea@fipsas.it)



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## ANNEX 1

### INITIAL ENTRIES FROM (Before September 14<sup>th</sup> 2024)

Please complete this form and send it to CMAS HQ and Organising Committee by e-mail: [spo@cmas.org](mailto:spo@cmas.org) / [subacquea@fipsas.it](mailto:subacquea@fipsas.it)

Name of the Federation		NOC Code	
Contact Person		Phone No.	
Function		Mobile No.	

Team Officials	Males		Females	
Athletes	Males		Females	
Judge	Males		Females	

**Declaration Form:** By registering my federation in this championship, I undertake to respect the statutes, regulations and directives of the CMAS.

**Date and Signature:** \_\_\_\_\_

**Insurance:** I hereby declare that all the delegation members have valid health insurance for the duration of the stay, which covers the full extent of the consequences of accidents and reimbursement for the costs of treatment and rehabilitation following the accident that may occur during the stay.

**Date and Signature:** \_\_\_\_\_

**Consent to the publication of imagery:** I grant the Organising Committee permission for my imagery, full name, nationality and voice to be recorded during the competition. All team members (or legal representatives) signed the relevant authorisation form.

**Date and Signature:** \_\_\_\_\_

**Antidoping:** I, the undersigned, am responsible for all the delegation members acknowledging *WADA Antidoping Rules* and *CMAS Antidoping Rules*.

- As a voluntary and mandatory commitment, the athletes must obtain the certificate ADEL (insert link of ADLE) before receiving the CMAS licences according to the relevant point in the CMAS Procedures and Obligations.
- The expenses regarding the controls in competition belong to the organisers. In case of eventual supplementary analysis requested by WADA related to the bio-physiology of an athlete as ex ABP (athlete biological passport), the expenses belong to her/ his national federation.

**Date and Signature:** \_\_\_\_\_

Please check CMAS Procedures and Freediving rules for participation in CMAS Championships.

The President  
(Full name in block letters)  
President Signature/stamp)

Date





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## ANNEX 2

### HOTEL BOOKING FORM (Before September 30<sup>th</sup> 2024)

Please complete this form and send to CMAS HQ and FIPSA by e-mail: [spo@cmas.org](mailto:spo@cmas.org) / [subacquea@fipsas.it](mailto:subacquea@fipsas.it)

Country:

Federation:

Telephone:

Fax:

e-mail:

Please complete:

Number of Rooms

Date

From

To

Single

Double / Triple

Number of Rooms

Date

From

To

Single

Double / Triple

**Extra Nights:** If you need extra nights, please fill in the following.

Please complete:

Number of Rooms

Date

From

To

Single

Double / Triple

Number of Rooms

Date

From

To

Single

Double / Triple



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**Date:**

**(President Signature / stamp)**

**(Full name in block letters)**



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## ANNEX 3

### COMPETITORS LIST FORM (Before October 14<sup>th</sup> 2024)

Please complete this form and send to CMAS HQ and FIPAS by e-mail: [spo@cmas.org](mailto:spo@cmas.org) / [subacquea@fipas.it](mailto:subacquea@fipas.it)

Country:								
Federation								
Competitors	Men		Women					
Officials	Men		Women					
n.	NAME	FIRST NAME	Athlete, Accompanying person, Trainer, Delegation Chief, Doctor, Judge, Other	Passport number	Male	Female	Disability class	Single room
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

ARRIVAL	Date:		Time	
Airport			Flight No.	
DEPARTURE	Date:		Time	
Airport			Flight No.	

Date:

(President Signature / stamp)

(Full name in block letters)