

2025 CMAS WORLD CHAMPIONSHIP UNDERWATER PHOTO AND VIDEO



CMAS

**October 6th to 12th, 2025 - L'Estartit -
Catalunya SPAIN**

SPECIFIC RULES

6 TO 12 OCTOBER 2025 **2025 CMAS**



WORLD CHAMPIONSHIP UNDERWATER PHOTO AND VIDEO

L'ESTARTIT - COSTA BRAVA



Torroella i L'Estartit

esportcat

Unió de Federacions
Esportives de Catalunya

Generalitat
de Catalunya



ASSOCIACIÓ DE CENTRES D'IMMERSIÓ
L'ESTARTIT - ILLES MEDES
SOSTENIBILITAT QUALITAT PROFESSIONALITAT



**Costa Brava
Pirineu de Girona**
Diputació de Girona

Entitat Municipal
Descentralitzada de L'Estartit

Ajuntament de
Torroella de Montgrí



**Parc Natural
del Montgrí, les Illes Medes
i el Baix Ter**

Girona

Natzenat de Turisme
Costa Brava Girona



Diputació de Girona

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CMAS

1. INTRODUCTION

These are the Specific Rules to inform the participants to 2025 CMAS World Championship Photo and Video which will take place in the waters of l'Estartit, with the collaboration and permission of the Montgrí, Medes Islands, and Baix Ter Natural Park, from Monday, October 6th to Sunday, October 12th, 2025. You will find the general and specific conditions, schedules and specific rules related to holding the championship within the protected natural space of the Montgrí, Medes Islands, and Baix Ter Natural Park, as well as the special safety conditions for adapted diving and how the competition will be held.

Participation in the championship implies acceptance of these specific rules, the CMAS autonomous diving safety rules, the current legislation of the area, and the specific regulations and conditions of the Natural Park concerning the practice of recreational diving.

Please note that you are in a specially protected Natural area, so the specific regulations of the Natural Park will be enforced during this competition.

1.1. These Specific Rules apply to the 2025 CMAS World Underwater Photo and Video Championship, which will be held in l'Estartit, Catalunya, Spain, from Monday, October 6, 2025, to Sunday, October 12, 2025.

1.2. The event will be organized by the Organizing Committee of the Federació Catalana d'Activitats Subaquàtiques (FEC DAS), under the supervision of the Spanish Federation of Underwater Activities (FEDAS), the CMAS Sports Committee, and the CMAS Visual Commission.

1.3. During the Championship, version 2025/1 General Rules for Underwater Photo and Video Championships BOD 234 will be applied.

1.4. In case of discrepancies in the interpretation of the Specific Rules, the General Rules of Underwater Photo and Video CMAS, World Championships, Procedures and Obligations of the CMAS Championship Organization, and other CMAS Rules will apply in order of importance.

2. REGISTRATION AND PARTICIPATION

2.1. All federations affiliated with CMAS, may propose a team. They must submit the Championship registration on CMAS Portal, by Friday, June 13, 2025, along with the team documentation.

2.2. Each federation may propose a maximum of:

One total team of five (5) people for photography,
Including two(2) photographers, two (2) assistants, and one (1) team captain.
One total team of five (5) people for video,
including two (2) videographers, two (2) assistants, and one (1) team captain.

2.3. The names of the team members must be submitted by no later than Friday, June 13, 2025.

2.4. Related fees must be paid to CMAS before Friday, June 13, 2025.

2.5. Necessary documentation should be uploaded to CMAS portal, no later than Friday, June 13, 2025. Please note that according to VERSION 2025/1 of the General Rules for Underwater Photo and Video Championships, athletes who do not have the appropriate CMAS licenses will not be allowed to participate in this Championship.

3. PROCEDURE DURING THE COMPETITION AND DIVINGS SPOTS

3.1. CMAS and FECIDAS will hold a detailed briefing on the competition during the Technical Meeting on Monday, October 6, 2025.

3.2. The following people will participate in the Technical Meeting:

- ◆ The Director of the Host Organization
- ◆ The representatives designated by the Local Organizing Committee
- ◆ CMAS Technical Delegate
- ◆ The Director of the CMAS Visual Commission
- ◆ Team captains and competitors for both video and photography
- ◆ The Presidents of the jury for photography and video.

3.3. The following topics will be discussed during the Technical Meeting:

- Distribution of teams among the competition zones.
- Distribution of participants on the boats by draw
- Information on schedules and transportation
- Safety measures
- Measures and regulations of the Natural
- Park Organization of the dives
- Technical issues
- Handling and downloading of photographs and videos
- Clarification of the seven categories in the photography competition
- Clarification of the three categories in the video competition
- Details of the Control Committee and the Jury System
- Guidelines for the protocol and medal award ceremony.

3.4. The Championship will take place over six (6) days, from Monday, October 6, 2025, to Saturday, October 11, 2025. The competition dives will take place on Wednesday, October 8, 2025, and Thursday, October 9, 2025, during which competitors will have three (3) hours each day underwater, divided into two (2) dives of ninety (90) minutes each. The Technical Delegate reserves the right to change the order of competition (and possibly the diving zones) and the dive times if weather and sea conditions prove to be unfavorable. It is recommended that competitors take their photographs (photo and/or video) on the first day of the competition for all categories. If the second competition day is canceled, they will have images for all categories.

3.5. There are eight (8) competition zones included in the Championship. Four (4) competition zones and four (4) reserve zones. Due to specific climatic conditions of the terrain and the topography of the islands and coast, LOC considered four (4) reserve points instead of two (2). Due to the geographic position of the area, there might be prevailing winds or currents that prevent immersion at either of the two reserve points.

- (Medes Islands) **Carall Bernat** 42°02'29"N 3°13'45"E
- (Medes Islands) **Ferranelles** 42°02'31"N 3°13'31"E
- (Coast) **Negre del Falaguer** 42°03'58"N 3°12'40"E
- (Coast) **Cala Calella** 42°03'35"N 3°12'47"E

Reserve Dive: (Coast) **Racó de les Salines** 42°03'41"N 3°12'45"

Reserve Dive: (Medes Islands) **Pedra de Déu** 42°03'01"N 3°13'27"E

Reserve Dive: (Medes Islands) **El Guix** 42°02'58"N 3°13'12"E

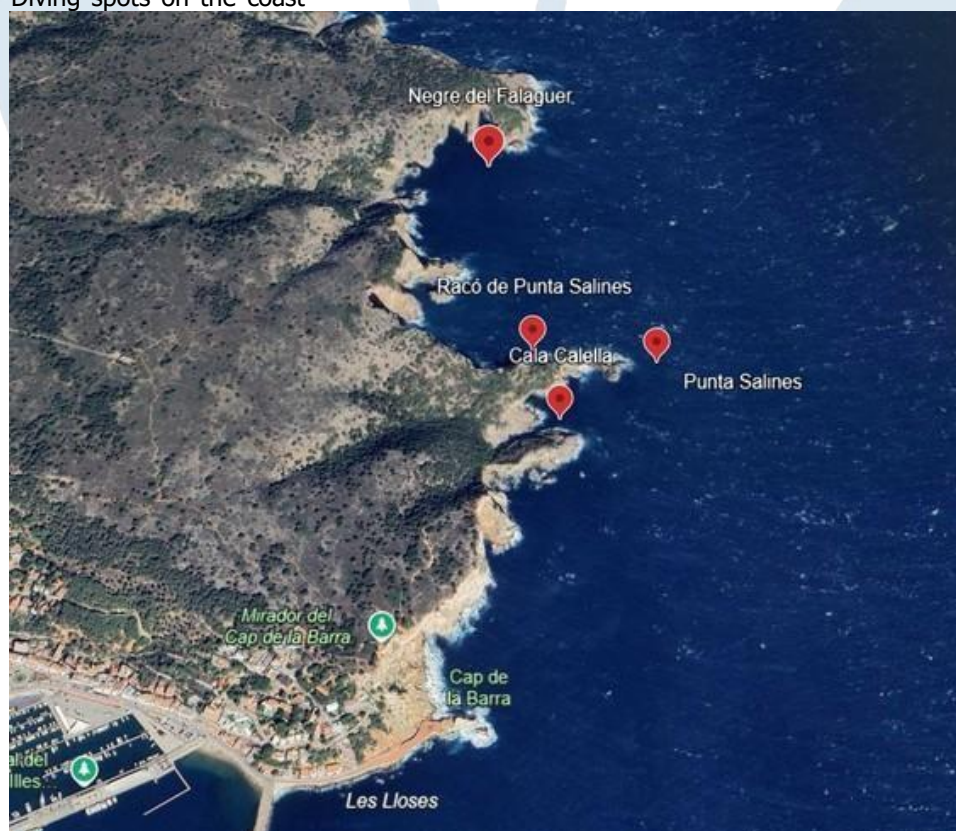
Reserve Dive: (Coast) **Punta Salines** 42°03'40"N 3°12'54"E

3.6. Competition zones:



Diving spots in the Medes Island

Diving spots on the coast



3.7. The thematic photo for this World Photo Championship will be: *Grouper*, *Epinephelus marginatus*.



3.8. Team captains will only be allowed to dive with their teams during the official training day, on Tuesday, October 7, 2025, for which two dives are scheduled.

3.9. For all dives, and for safety reasons, the depth is limited to 30 meters and a maximum of 90 minutes dive. Decompression dives are prohibited.

4. PHOTOGRAPHY

4.1. The procedures for selecting photographs will be carried out in accordance with the CMAS General Rules for Underwater Photo and Video Championships.

4.2. The Control Committee will process the images into the TOP 15 of each category.

4.3. The subject of the thematic category (*Grouper*; *Epinephelus marginatus*) may not be used as the main subject of the photo in any category other than the "Category with a theme" photo.

4.4. The background or foreground image may only be used once in all photographs. If the same background or foreground image is used more than once, the photograph presented to the next category will be disqualified.

4.5. The participant must ensure that the copyright function and any camera metadata are disabled so that the images submitted to the jury cannot be identified by file names or metadata.

4.6. At the start and end of each of the two competition dives on both days, participants must take the "control photo" with the judge, ensuring that the judge is clearly visible in the photograph.

5. VIDEOGRAPHY

5.1. The procedures for selecting videos are in accordance with the CMAS General Rules for Underwater Photo and Video Championships.

5.2. It is mandatory to record the infographics, video images (both underwater and non-underwater), and photographs that will be used in the project only during the competition days. The participant may only import components into the project that were not created during the editing time (royalty-free and previously registered by the organization).

5.3. At the start and end of the competition dives, participants must film the "control shot" with the judge, ensuring that the judge is clearly visible in the video.

5.4. For non-underwater shots (land shots), participants will have unlimited time to film. These shots will be allowed both during the practice day and the two competition days. Non-underwater shots are not permitted in swimming pools, tanks, or underwater environments of any kind except during the competition dives. Memory cards for non-underwater shots will be separate from the cards used for underwater shots. The mentioned cards will be formatted, the camera date will be changed, and the cards will be marked, with a control shot organized before the practice day.

5.5. Non-underwater shots (land shots) will be downloaded and checked by the organization in the editing room before being used and edited by the participants. The deadline for submitting these shots to the organization will be within the first hour of the final day of editing.

5.6. Post-production may only be carried out in the designated area, where it will be supervised by the Organizing Committee. Editing by others will result in disqualification of the entire team. Competitors must start their project from scratch, beginning post-production in the editing room, with the timeline of all participants' projects remaining completely clean and empty.

5.7. The organization will designate an editing room ("Polivalente del Estartit" Room), where participants will leave their own post-production equipment starting from the first day of the Championship (official training day, Tuesday, October 7). This room will remain open during the Championship days according to the schedule set by the organization, and closed at all other times. It is strictly forbidden to bring in or remove editing equipment, including laptops or storage devices such as external hard drives

or memory cards.

5.8. Competitors will work with their own editing equipment; the lack of such equipment is not the responsibility of either CMAS or the Host Federation (LOC).

5.9. The theme for the Thematic Movie category in this championship will be: The Medes Islands.

6. THE MEMORY CARD

The following procedures apply to the official training day and both competition days:

6.1. Competitors will travel together with their cameras from the hotel to the port.

6.2. In the designated area, under the direct supervision of a judge, the following actions must be performed:

- Change the date and time.
- Ensure that only one memory card is in each camera.
- Format the memory cards.
- Seal the cameras.
- Perform the first "control shot."

6.3. Once the camera housing is sealed, it must not be opened again. It is not allowed to change settings, make repairs, swap lenses, etc., without the direct supervision of a judge. Camera adjustments, battery changes, and lens replacements during the competition dives must be done under the supervision of the judges.

6.4. Athletes will take their cameras to their assigned boats only when instructed by the Organizing Committee.

6.5. Athletes must take a control shot (photo and/or video) on the boat immediately after completing the dive.

6.6. If a lens or battery needs to be changed between dives or during the dive, this can only be done in a specially designated area, under the direct supervision of a judge, and without breaking the seal. If it is necessary to open the camera to remove the lens or replace the battery, the seal may only be broken at that time. If the seal needs to be broken, it can only be done under the direct supervision of a judge. The judge will reseal the camera housing with a new seal.

6.7. After the two (2) dives on the competition days, the camera housing will be opened in the specially designated area under the direct supervision of the judge. The memory card will then be handed over to the judge.

6.8. Once back at the hotel, the organization will copy the files from the memory cards to the server. The memory cards will be returned to the competitors according to the scheduled times.

7. USE OF CAMERAS DURING THE CHAMPIONSHIP

7.1. Athletes may use more than one (1) camera during the competition. All cameras must be sealed as described in Article 6.

7.2. The photographer or videographer may only carry one (1) camera and or a smart device during the dive. If necessary, the competitor may change cameras during the ninety (90) minutes of the dive, but they must come to the surface with their assistant, change the camera, and return to the water.

7.3. The maximum number of photographs taken each competition day is 300 photographs. Photographers using more than one (1) camera should note that the 300 photographs are the total from all memory cards (excluding control photographs) used in all their cameras. If there are more than 300 images on the card(s), the final images will be deleted.

7.4. The deletion and erasing of photographs and/or videos is not permitted at any time.

8. SANCTIONS AND SPECIFIC AND ADDITIONAL REGULATIONS

8.1. Avoid any contact or manipulation of marine fauna, flora, and seabed, and to minimize environmental impact, proper buoyancy control must be maintained, avoiding any contact with the bottom or walls during dives. Any detected alteration of the underwater environment will result in sanctions or disqualification.

8.2. Underwater judges and accredited personnel from the Natural Park management and the organizing Federation committee will oversee the competition dives to ensure compliance with the regulations and promote responsible and sustainable diving.

8.3. Eco-briefing sessions will be conducted by underwater guides before all competition dives.

8.4. Freediving fins, defined as fins measuring 80 cm or more in length (from the back of the heel to the front of the fin), are not allowed.

8.5. Other specific sanctions:

- Failure to take control of images before and after each dive.
(Images from the corresponding dive will not be accepted).
- ♦ Failure to perform the safety stop to avoid exceeding the 90-minute dive limit.
(The photos from the dive will not be accepted).
- ♦ Breathing from a buddy's air supply or from the emergency bottle attached to the boat's line (The dive will be disqualified).

8.6. Handling fauna/flora during the dive: The competitor will be disqualified or may even be disqualified from the Championship if the handling is considered very serious. Additionally, before the dive, the athlete's diving equipment may be inspected at any time to verify that they are not carrying any previously captured specimens, or any equipment or instruments, or bait to capture or feed marine life. If such circumstances are detected, the team will be disqualified from the Championship.

8.7. Manipulating the dive computer (falsifying the dive data, removing it during the dive to avoid recording the maximum depth, switching it with a buddy's, or not presenting it when exiting the dive): Disqualification from the Championship.

8.8. Losing a dive buddy for more than 10 minutes: The dive will be disqualified.

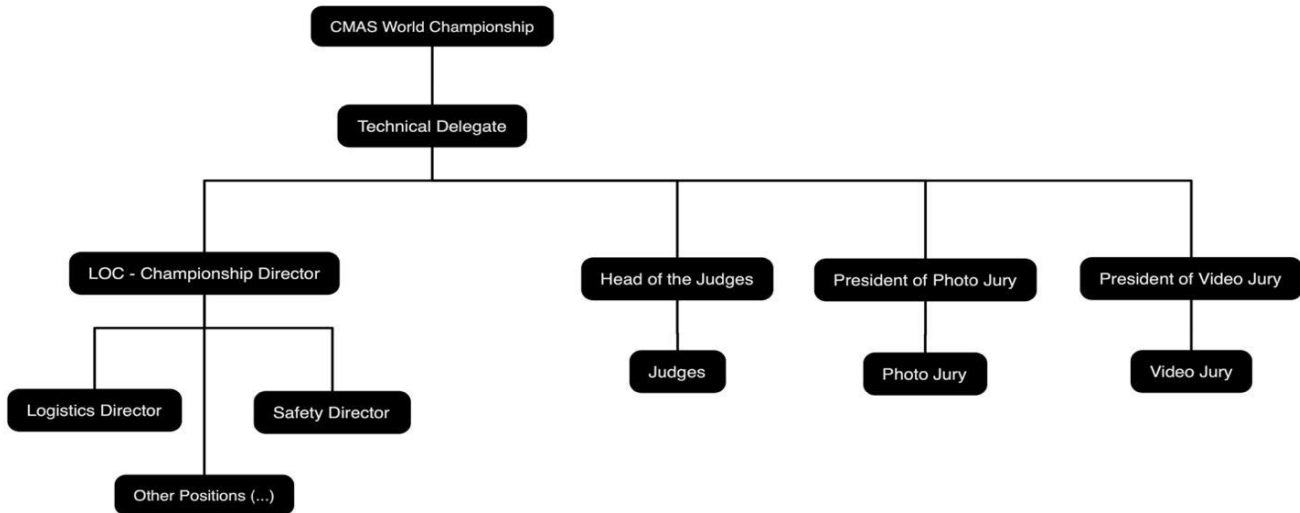
8.9. Manipulating the camera outside of the water or on the surface without the supervision of a judge: The dive will be disqualified. It is mandatory to inform the judge if the camera needs to be handled for any reason.

8.10. As explained at General Rules, and previously, submerging artificial objects is only permitted in the Creative Photo Category, and in the Creative Movie Category. These objects must be declared before the dive and at the end of the dive to the Judge or Technical Delegate. Artificial objects that are not brought onto the boat after use will result in team penalties, to be evaluated by the Technical Delegate.

8.11. Within the protected area of the Natural Park, the use of drones is prohibited. The territory of l'Estartit and Torroella del Montgrí is within the UAS (Unmanned Aircraft Systems) Geographical Zone, where drone flights are prohibited for safety reasons. Therefore, the use of drones and any images obtained with them will not be allowed in this Championship.

9. ORGANIZATIONAL CHART

9.1. In the Championship, the structure of judges and juries will be as follows:



9.2. The organizing committee during the championship consists of:

- CMAS Technical Delegate
- CMAS Visual Commission President
- Jury Presidents
- Directors of FEDAS - FECDAS for the championship

10. EVACUATION AND INFORMATION ON HOSPITALS AND HEALTHCARE CENTERS

10.1. Land Safety:

- Medicalized ambulance
- Doctor
- Medical staff, assistants, lifeguards
- Communication: Mobile phones, VHF radio with assigned channel and VHF distress channel 16
- The diving points for the competition will be for the exclusive use of the championship participants.

10.2. Sea Safety:

- ❖ Rapid evacuation and rescue boat from the GEAS (Special Underwater Activities Group)
- ❖ Communication: Mobile phones, VHF radio, and VHF distress channel 16
- ❖ Oxygen supply equipment on all participant boats

10.3. Evacuation and Hospital Information:

- University Hospital of Girona Doctor Josep Trueta, open 24 hours, phone: +34 972940200, Avinguda de França, S/N, 17007 Girona
- Hospital of Figueres, open 24 hours, phone: +34 972501400, Ronda del Rector Arolas, s/n, 17600 Figueres, Girona
- Hyperbaric Medicine Unit of the Hospital of Palamós, open 24 hours, phone: +34 972 600 160, Carrer Hospital, 17-19, 17230 Palamós, Girona
- Local Medical Office of Estartit, open from 09:00 to 20:00, Saturdays and Sundays from 11:00 to 20:00, phone: +34 972750063, Carrer d'Eivissa, 36, 17258 Estartit, Girona

11. INFORMATION ABOUT THE NATURAL PARK

The Medes Islands are a group of 7 islets located in the Costa Brava, Catalonia. The marine biodiversity in the Medes Islands is highly significant due to its location and the environmental protection it has received over the years. These islands are known for their exceptional marine biodiversity and are considered one of the most important diving destinations in the western Mediterranean. Specifically, they are a protected area (both the terrestrial and submerged parts), and are part of the Montgrí, Medes Islands, and Baix Ter Natural Park.



Park Map and Guide in Spanish - Catalan:

<https://parcsnaturals.gencat.cat/web/.content/Xarxa-de-parcs/montgri-illes-medes-baix-ter/el-parc/mapa/guia-ca-es.pdf>

Park Map and Guide in English - French:

<https://parcsnaturals.gencat.cat/web/.content/Xarxa-de-parcs/montgri-illes-medes-baix-ter/el-parc/mapa/guia-en-fr.pdf>

Additionally, it is part of the Natura 2000 Network, which includes SACs (Special Areas of Conservation) and SPAs (Special Protection Areas for Birds). It is classified as a ZEPIM (Specially Protected Area of Mediterranean Importance) and is listed under the CETS (European Charter for Sustainable Tourism). Therefore, it is a protected area that allows for the conservation of its biodiversity, as well as preventing overfishing and harmful human activities.

These marine waters are characterized by a great diversity of habitats, which in turn implies high productivity, mainly due to the contribution of organic matter from the Ter River, the influence of northern winds and currents that favor the upwelling of deep, nutrient-rich waters, as well as the diverse composition of the seabed. This means that we can find Posidonia meadows, areas of more or less calcified algae, caves, and especially coral habitats with the presence of red gorgonians (*Paramuricea clavata*) and red coral (*Corallium rubrum*). Due to this habitat heterogeneity, which creates a wide variety of ecological niches, there is a high biodiversity of marine fauna, forming a complex ecosystem. Additionally, the prohibition of extracting any type of resource from the strictly protected area has made it common to see large densities of species, especially fish, such as the grouper (*Epinephelus marginatus*), the gilt-head bream (*Sparus aurata*), the bass (*Dicentrarchus labrax*), the dentex (*Dentex dentex*), the imperial seabream (*Diplodus cervinus*), or the croaker (*Sciaena umbra*). We can also find a great diversity of mollusks, crustaceans, corals and gorgonians, sponges, and nudibranchs.



12. SCHEDULE

Monday, October 6th - RECEPTION, ACCREDITATIONS, AND OPENING CEREMONY

Multipurpose Room of Estartit

- 08:00 to 13:00, Document verification and accreditation distribution
- 13:00 Lunch
- 15:30 to 16:30 Document verification and accreditation distribution
- 16:30 Opening ceremony and presentation of the championship
- 17:00 Technical meeting with the organization, team captains, participants, and draw for diving points
- 18:30 Parade of countries, from the Multipurpose Room to the competition area at the Estartit Marina

At the Estartit Yacht Club

- 19:00 Welcome cocktail
- 21:00 PM Return to hotels and dinner

Tuesday, October 7th - OFFICIAL PRACTICE DAY

At the Estartit Marina

08:00 Participant gathering and Camera Control and Registration
08:30 Departure of the boat to the 1st diving point
09:00 Start of the 1st dive (90 minutes)
10:30 End of the 1st dive
11:00 Arrival at the port and surface interval time - Picnic
12:00 Departure of the boat to the 2nd diving point
12:30 Start of the 2nd dive (90 minutes)
14:00 End of the 2nd dive
14:30 Arrival at the port 3:00 PM Lunch
17:00 Delivery and storage of video post-production equipment in the Estartit Multipurpose Room
18:00 Opening of the exhibition and conference by Dr. Andreu Clarós: "History of Photography Equipment" at the Espai Medes
20:00 Dinner

Wednesday, October 8th - 1st DAY OF COMPETITION

08:00 Participant gathering and Camera Control and Registration
08:30 Departure of the boat to the 1st diving point
09:00 Start of the 1st dive (90 minutes)
10:30 End of the 1st dive
11:00 Arrival at the port and surface interval time – Picnic
12:00 Departure of the boat to the 2nd diving point
12:30 Start of the 2nd dive (90 minutes)
14:00 End of the 2nd dive
14:30 Arrival at the port and delivery of memory cards
15:00 Lunch (CN Estartit)
17:30 Return of memory cards to participants (Hotel organization)
17:00 to 20:00 Video editing (Multipurpose Room in Estartit)
20:30 Dinner

Thursday, October 9th - 2nd DAY OF COMPETITION

08:00 Participant gathering and Camera Control and Registration
08:30 Departure of the boat to the 1st diving point
09:00 Start of the 1st dive (90 minutes)
10:30 End of the 1st dive
11:00 Arrival at the port and surface interval time - Picnic
12:00 Departure of the boat to the 2nd diving point
12:30 Start of the 2nd dive (90 minutes)
14:00 End of the 2nd dive
14:30 Arrival at the port and delivery of memory cards
15:00 Lunch (CN Estartit)
16:30 Return of memory cards to participants (Hotel organization)
16:30 to 21:30 Video editing (Multipurpose Room in Estartit)
20:30 Dinner
21:30 Deadline for submission of works to the organization

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Friday, October 10th - JURY DELIBERATION, FREE DAY FOR PARTICIPANTS

- 07:00 Breakfast
- 09:00 Excursion departure
- ♦ 09:30 Jury deliberation
- 14:00 Lunch
- Afternoon Free time

Saturday, October 11th - CLOSING CEREMONY AND MEDAL CEREMONY

- 07:30 Breakfast
- Morning, Free time for participants
- 14:00 Lunch

Multipurpose Room in Estartit

- 17:00 Closing ceremony and medal ceremony
- 21:00 Closing dinner

Sunday, October 12th - DEPARTURE OF PARTICIPANTS

- 09:00 Farewell and transfer of delegations to the Airport

Schedules may change depending on the number of participants, logistics and weather conditions. If necessary, the organization will update the program through the official WhatsApp group created for the event.

Locations:

Multipurpose Room in Estartit
Carrer de Guillem de Montgrí, 26, 17258 L'Estartit, Girona
<https://maps.app.goo.gl/gfMau4673kttqkoPA>

Estartit Nautical Club
Pg. Marítim, s/n, 17257 L'Estartit, Girona
<https://maps.app.goo.gl/uWNaKVU1yyymLypL9>

13. ACCOMMODATION AND COMPETITION PACKAGES

13.1 Championship Packages. The event prices are per person in EUROS, and include:

6 nights of accommodation, with check-in on Monday, October 6, and check-out on Sunday, October 12, 2025, at the designated hotels.

Welcome cocktail and package.

Buffet breakfasts from Tuesday, October 7, to Sunday, October 12, 2025.

Lunches from Tuesday, October 7, to Sunday, October 12, 2025.

Dinners from Tuesday, October 7, to Saturday, October 11, 2025.

Two dives per day on the following days: official practice day on Tuesday, October 7; first competition day on Wednesday, October 8; and second competition day on Thursday, October 9. A total of 6 dives including a boat with an experienced crew and accredited guides, weights (when registering, please indicate to the organization the amount of weight you need at csuwmedas@fecdas.cat).

Closing ceremony and farewell dinner.

Flights or any other kind of transportation to Spain are not included.

PARTICIPANTS	DOUBLE ROOM	INDIVIDUAL ROOM
Photographer /Videographer/ assistant	1.500€	1.700€
Captains *	1.300€	1.500€
Non-competing companions **	1.080€	1.150€
Championship registration ***	1.150€	1.150€
Price of training dives ****	50 €	

* The prices for the Captains include everything specified in the participants' package, but with only two dives for the official training day.

** The prices for the companions include everything specified in the participants' package except the dives, the competition and the official training meals.

*** The registration fees entitle participation in the championship with the 6 dives, the welcome cocktail and pack, and the farewell dinner. They do not include accommodation and meals.

**** The price of the dive includes air for 12L or 15L tanks, weights, and an accredited guide. Discounts may apply if booking more than 10 dives, please contact and reserve in advance with the desired dive center, mentioning that the dives are for training for the World Championship.

13.2. If airport transfer is required, please complete the specific part of the registration form and inform the organizers by e-mail: csuwmedas@fecdas.cat with the appropriate payment receipt until June 13th. The transfer service costs 100€ each trip.

13.3. The reservation and registration will be confirmed once the organizing Federation FECDAS has confirmed the payment. Send the appropriate payment receipt and participants' information to: csuwmedas@fecdas.cat by June 15th.

13.4. The deadline for the **payment of registrations and participation packages** is **June 13th**.

FOR PAYMENT OF REGISTRATION PACKAGES:

FEDERACIÓ CATALANA D'ACTIVITATS SUBAQUÀTIQUES
Q5855006B

Moll de la Vela, 1

C.P. 08930

Sant Adrià del Besós (Barcelona)

Telefono +34 [620 28 29 39](tel:+34620282939)

Send receipts to: csuwmedas@fecdas.cat

CAIXABANK

Cuenta: FECDAS

BIC/Codi SWIFT: CAIXESBBXXX

IBAN: ES97 2100 0900 9702 1186 3329

14. INFORMATION ABOUT THE AREA AND CONTACT NUMBERS OF INTEREST

Diving spots for the championship:

- **Carall Bernat** (Main dive site)

Carall Bernat is an islet approximately 72 meters above sea level, located near Tascó Gros and Tascó Petit. The dive follows the vertical wall surrounding the islet, where arches and gaps form, providing shelter for the marine life that inhabits them. At deeper levels, divers will find platforms and canyons.

This is one of the dives with the greatest diversity and abundance of flora and fauna, with stunning walls full of red gorgonians, groupers, moray eels, scorpionfish... but what's most surprising is the pelagic fauna: barracudas, dentex, milans...

- **Pedra de Déu** (Reserve dive site)

The dive takes place along the wall, where you'll encounter a series of slopes and platforms suitable for all levels, eventually leading to vertical walls full of magnificent gorgonians. Here, divers will find groupers and scorpionfish camouflaged. Near the gorgonians, you'll usually spot schools of scorpionfish and bream. If you look into the blue depths, you may catch glimpses of milans and, seasonally, sunfish, more easily than in other areas of the Medes.

- **Ferranelles** (Main dive site)

Ferranelles is a small islet located between Meda Petita and Tascó Petit. The dive is of low difficulty and is accessible to all divers. It follows a gentle, rocky slope that leads to a small coral reef. Advanced divers will find a set of reefs at deeper levels surrounded by sandy bottom. Around the islet, there are cavities with pre-coraline life, and at shallower depths, divers can observe different types of colorful nudibranchs. On the south side of the islet, the seabed deepens progressively.

- **Guix** (Reserve dive site)

This dive is located in Meda Gran and is sheltered from southern winds, with depths ranging from -5 meters to -25 meters. Ideal for relaxed dives among large rock blocks covered in gorgonians. You will encounter extraordinary schools of bream (*Diplodus sargus*), banks of barracudas (*Sphyraena sphyraena*), and during the summer, you may also see eagle rays (*Myliobatis aquila*). To finish off the dive, you'll explore a seabed covered in *Posidonia oceanica*, a marine ecosystem characteristic of the Mediterranean, which provides a nursery effect where numerous juvenile fish can be found.

- **Negre del Falaguer** (Main dive site)

This dive spot offers a calm dive, well-protected from the northern wind (Tramontana). A rich underwater fauna is visible without needing to reach too much depth, although the site can go down to -28 meters, where coraligenous formations can be found. The site gets its name from the black rock of the cliff, where small stalactites hang from the ceiling. There's also a tunnel, suitable for the more experienced divers.

Punta Salines (Reserve dive site)

This dive takes place in a bay with a mixed landscape: in the inner part, the seabed is formed by rocks that gently slope down, creating tongues that extend into the sand. At the tip, a vertical wall descends to greater depths. You will find a small gorgonian wall in a coraligenous area full of small red coral colonies, lobsters, groupers, brotulas, bream, gilthead bream, octopuses, flabellinas, and the type of fauna typical of coraligenous zones.

- **Cala Calella** (Main dive site)

Located in the Costa del Montgrí, this dive follows the coastline profile, where you will find rocky areas with sections of vertical walls that lead down to sandy areas. The typical life of rocky and coraligenous wall environments includes lobsters, crustaceans, schools of Mediterranean chromis (*Chromis chromis*) and anthias (*Anthias anthias*), scorpionfish, and possibly even a grouper (*Epinephelus marginatus*). If you're lucky and look into the blue depths, you may spot an eagle ray (*Myliobatis aquila*).

- **Racó de les Salines** (Reserve dive site)

A coastal dive ranging from -8 meters to -24 meters, well-protected from all winds. The seabed is rocky and full of life, including crustaceans, congers (*Conger conger*), moray eels (*Muraena helena*), and if you're observant, you may even find seahorses (*Hippocampus*).

Descentralized Municipal Entity of l'Estartit

C/del Port, 25, 17258, Estartit, Girona

972 75 25 33

<http://www.emdlestartit.cat/>

Municipal Tourism Office

Passeig Marítim, s/n, 17258, L'Estartit, Girona

972 75 19 10

<https://visitestartit.com/>

It is the main headquarters of the Tourism Area. It provides assistance to users and offers all available resources and materials. It also serves as the central hub for coordinating all tourism activities and economic promotion initiatives that originate from this area, sometimes organized in collaboration with the Nautical Station. Additionally, it acts as an information point for the natural park. Visitors can find information about related activities and the guide map with the 17 itineraries offered.

Opening Hours:

- **From November to March:** Monday to Friday: 10:00 AM - 5:00 PM Saturdays, Sundays, and holidays: 10:00 AM - 2:00 PM
- **October, April, and May:** Monday to Friday: 10:00 AM - 6:00 PM Saturdays, Sundays, and holidays: 10:00 AM - 2:00 PM
- **June and September:** Every day: 9:00 AM - 8:00 PM
- **July and August:** Every day: 9:00 AM - 9:00 PM

Montgrí, Medes Islands, and Baix Ter Natural Park Office

Passeig del Port, s/n, Espigó de Llevant, 17258, L'Estartit

972 75 17 01

<http://parcsnaturals.gencat.cat/ca/illes-medes/index.html>

Estartit Nautical Station

Carrer de la Platja, 10-12, 17258, L'Estartit, Girona

972 75 06 99

<http://www.enestartit.com/>

Estartit Nautical Club

Passeig Marítim, S/N, 17258, L'Estartit, Girona

972 75 17 42 / 654 12 86 28

<https://www.cnestartit.com/>

Transport information

<https://visitestartit.com/categoria-item/informacio-util/transports/>

Pharmacies

<https://visitestartit.com/categoria-item/informacio-util/farmacies/>

Local Police

Carretera de Torroella, 104, 17257 Torroella de Montgrí, Girona
972 75 01 49

<https://www.torroella-estartit.cat/>

Mossos d'Esquadra

112

Beach safety and rescue

Platja de l'Estartit, 17258, L'Estartit, Girona
972 75 22 22

GEAS (Special Underwater Activities Group of the Civil Guard)

Carretera de Torroella, 106, 17258, Torroella de Montgrí, Girona
972 75 11 36

Firefighters

972 75 16 20

Ambulances

112



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15. CONTACT DETAILS

15.1. Information of the organizing Federation, FECDAS:

Competition email:

csuwmedas@fecdas.cat

FEDERACIÓ CATALANA D'ACTIVITATS SUBAQUÀTIQUES

Moll de la Vela, 1, 08930 Sant Adrià del Besós (Barcelona)

+34 933 560 543 - +34 620 28 29 39

fecdas@fecdas.cat

Management:

a.batalla@fecdas.cat

Assistant to management:

l.demiguel@fecdas.cat

Sports departments and competitions:

s.navarro@fecdas.cat

FEDERACIÓN ESPAÑOLA DE ACTIVIDADES SUBACUÁTICAS (FEDAS)

imagen@fedas.es

fedas@fedas.es

15.2. To book additional dives, please contact any of the dive centers in Estartit, all of which are collaborators during the championship.

Estartit Diving Centers

Oceansub Estartit

L'Estartit (17258) Salines, 23

+34 607 436 077

gemma@oceansub-estartit.com

www.oceansub-estartit.com

Calypso Diving Estartit

L'Estartit (17258) de la Cala Pedrosa, 1

+34 972 751 488 - +34 609 834 178 - +34 609 302 201

info@calypsodivingestartit.com

www.calypsodivingestartit.com/castellano.html

El Rei del Mar

L'Estartit (17258) Avinguda Grecia , 5

+34 972 751 392

info@elreidelmar.com

<http://www.elreidelmar.com>

Xaloc Diving Center

L'Estartit (17258) Eivissa , 1

+34 972 752 071 - +34 670 279 774

info@xalocdive.cat

<http://www.xalocdive.cat/es/>

Les Illes

L'Estartit Carrer les Illes, 55

972 751 239 - 627 433 350

info@hotellesilles.com

<http://www.hotellesilles.com>

Medaqua

L'Estartit (17258) Passeig Marítim , 13

+34 972 752 043

info@medaqua.com

<http://www.medaqua.com/>

Unisub

L'Estartit (17258) Passeig Marítim , 10

+34 972 75 17 68

info@unisub.es

<http://www.unisub.es>

Diving Center La Sirena

L'Estartit Passeig Marítim , 1

+34 972 750 954 - +34 686483316

divinglasirenagrup@gmail.com

<http://www.la-sirena.net/es/>

Medas Poseidon - La Sirena

L'Estartit Pg. Marítim, 2

+34 972 752 477 - +34 609 885 440

diving@la-sirena.net

<http://www.medasposeidon.com/>

Aquàtica

L'Estartit (17258) CAMPING LES MEDES Paratge Camp de l'Arbre s/n

(+34) 972 750 656

info@aquatica.cat

<http://www.aquatica-sub.com>

Neptuno - La Sirena

L'Estartit Pg. Marítim, 1

+34 972 750 954 - +34 609 885 440

diving@la-sirena.net

<http://www.la-sirena.net/es/>



**Parc Natural
del Montgrí, les Illes Medes
i el Baix Ter**

DIVE SITES PLANNING · AUTHORIZED DIVING CENTERS

MORNING	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
T. Petit / Pota del Llop	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP
Ferranelles A / Francès	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S
Pedra de Déu / St. Istiú	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ
Dofi	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE
Carai Bernat / T. Gros	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA
Salpatxot - Reina	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM
Vaca	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U
Guix - Ferranelles B	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB

AFTERNOON	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Carai Bernat / T. Gros	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP
Salpatxot / Reina	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S
Vaca	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ
Guix / Ferranelles B	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE
T. Petit / Pota del Llop	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA
Ferranelles A / Francès	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM
Pedra de Déu / St. Istiú	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U
Dofi	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB	U	CM	XA	OE	RQ	S	NP	ICB

U UNISUB · I LES ILLES · CB COSTA BRAVA DIVERS · S, N, P LA SIRENA · O OCEANSUB
R, Q, E EL REI DEL MAR · X XALOC · A AQUATICA · C CALYPSO · M MEDAQUA

16. LOCAL CLIMATE CONDITIONS

The climate in the Medes Islands and Estartit is clearly Mediterranean, with long dry periods and generally mild temperatures that allow outdoor activities year-round, although tourism season speaks in summer.

The average water temperature in the Medes Islands reaches 13.8°C in winter, 14.5°C in spring, 22°C in summer (reaching up to 25°C during August and September), and 19.4°C in autumn. The salinity of the sea around the Medes Islands is 37.72‰, compared to the global ocean average of 35‰. Predominant winds are the Tramontana, a strong gusty north wind that originates from the Pyrenees, making it cold and dry. A southerly wind coming from the sea, warm and humid, typically rising around midday during the hottest months.



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