



2026 CMAS RED SEA OPEN CUP FREEDIVING DEPTH COMPETITION CATEGORY_D DAHAB



26,27,29 & 30 OCTOBER
DAHAB, EGYPT





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1. Welcome messages

Welcome to the Red Sea Open Cup, a CMAS Category D Freediving Depth Competition in the iconic Blue Hole, Dahab.

We are proud to bring together athletes from Egypt and around the world for four days of competition, challenge, and shared passion for freediving.

We wish all athletes safe dives, strong performances, and an unforgettable experience in Dahab.

2. Presentation of the Host City

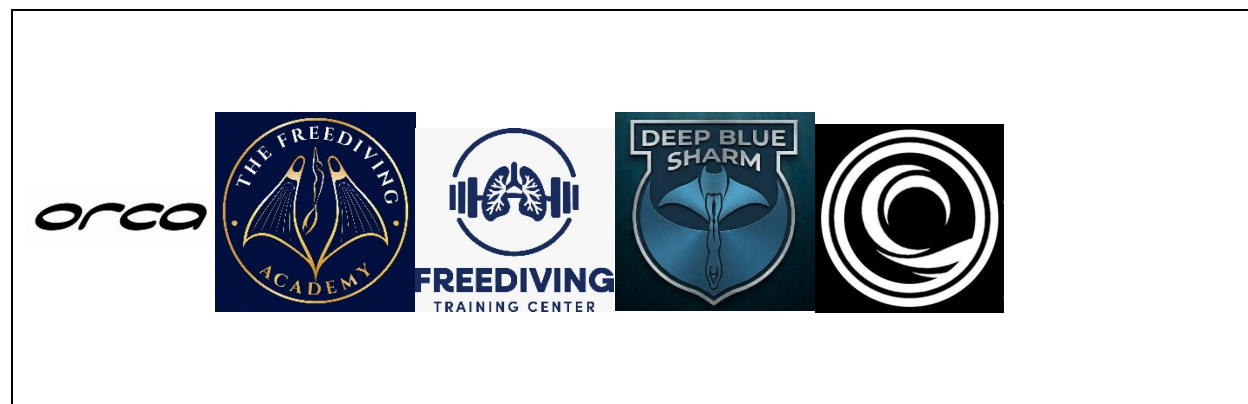
Dahab located on Egypt's Red Sea coast, Dahab is a relaxed seaside town surrounded by the mountains of South Sinai. Once a Bedouin fishing village, it has become an international destination for diving, freediving, windsurfing, and outdoor activities.

Dahab is home to world-renowned sites including the Blue Hole and the nearby Ras Abu Galum Protectorate, with its coral reefs, mountains, and protected natural environment.

For the Red Sea Open Cup, athletes will experience Dahab's unique combination of deep blue water, desert mountains, and a vibrant international diving community.

3. City map

Competition Venue: Blue Hole, Dahab





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26,27,29 & 30 OCTOBER
DAHAB, EGYPT



The competition zone is located at the Blue Hole deep-entry area. The main competition line, three warm-up lines, athlete rest zone, safety and medical area will be located within the competition site.

Recommended Accommodation:

- * Tranquilo Boutique Hostel — Assala, Dahab
- * Marine Garden Camp — Lighthouse Road, Dahab
- * Dahab Paradise — Dahab

Distances and driving times within Dahab are generally short; exact times depend on the accommodation and traffic conditions.

Airport & Transfers

Dahab does not have its own airport. The nearest international airport is Sharm El Sheikh International Airport (SSH), approximately 90–100 km from Dahab, with a typical driving time of around 1–1.5 hours.

4. Presentation of the Competition Venue

The competition will take place at blue hole freedivers

Competition zone:

- Type: platform
- Distance from the shore: 25 meters
- Transport from the shore: 25 meters
- Maximum depth: 90 meters

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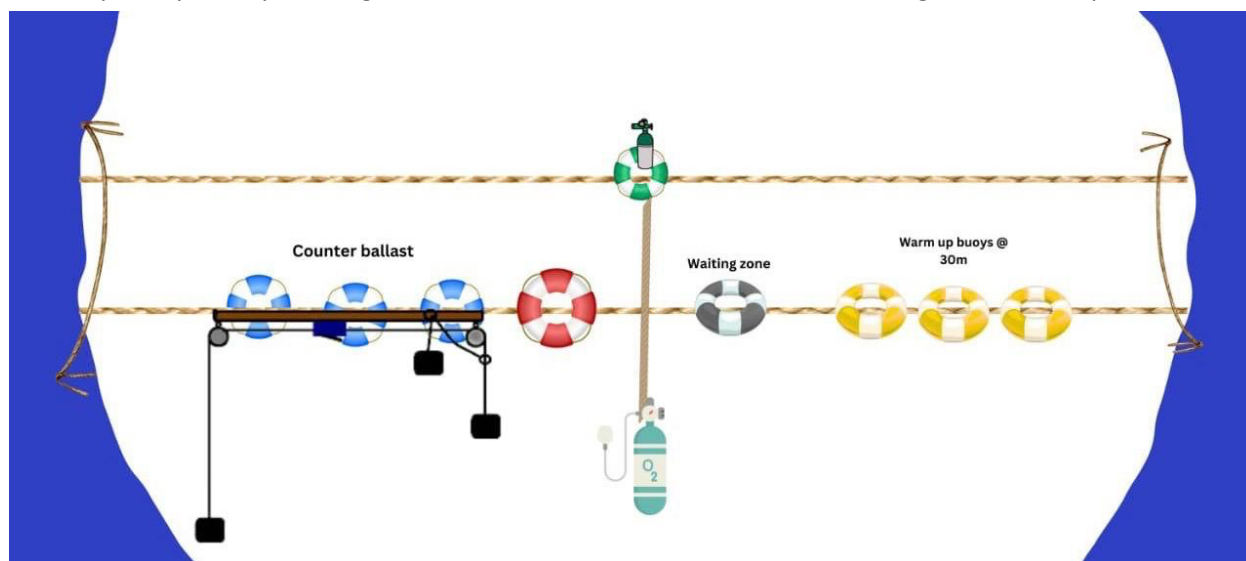
2026 RED SEA OPEN CUP

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- Number of competition lines: 1
- Number of warm-up lines: 3
- Depth of warm-up lines: 40
- Currents: no current
- Water temperature: 28°C
- Thermoclines : no
- Air temperature 34°C
- Dry warm-up area: blue hole freedivers

Blue Hole Freedivers is located directly in front of the Blue Hole deep-entry area and provides the athlete and event support facilities. The venue includes dressing and changing areas, showers, toilets, lockers, a classroom/office area, and a dedicated space for stretching, breathing and preparation. The safety and medical team are positioned at Blue Hole Freedivers, approximately one minute's walk from the deep-entry area, providing convenient access to athletes and staff throughout the competition.



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2026 RED SEA OPEN CUP

26,27,29 & 30 OCTOBER
DAHAB, EGYPT



5. General information

The Egyptian diving and life saving federation – authorised by CMAS – invites all interested National Federations to participate in the 2026 CMAS RED SEA OPEN CUP FREEDIVING DEPTH COMPEITION CATEGORY D DAHAB, scheduled to take place on 26/10/2026 in DAHAB, EGYPT.

[Various and practical information](#)

- The Currency of Egyptian pounds is Egyptian pounds LE
- Electrical current in Egypt is 220V, 50 Hz.
- **Type of plug C & F**

Italy



In Italy, power plugs and sockets (outlets) of type F and type L are used. The standard voltage is 230 V at a frequency of 50 Hz.

[Information about participation](#)

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2026 RED SEA OPEN CUP

26,27,29 & 30 OCTOBER
DAHAB, EGYPT



- All participants should respect the Competition rules, the safety conditions set by the Organizers and CMAS rules and regulations.
- The event is open to the athletes aged 18 and over fully complying with the provisions of CMAS Regulations.
- CMAS, the Competition Director, International Technical Officials and the Technical Delegate are not responsible for accidents or damage caused to people and personal effects before, during or after the competition. The Local Organizing Committee ensures the presence of medical assistance.
- This event open for Individual registration

The Technical Delegate is not required for Category D events without WR Status. Please remove in that case.

[Registration process](#)

Registration for the competition must be done via CMAS Portal <https://portal.cmas.org/>

Each athlete must have personal profile in CMAS Portal (self-registration). Portrait photo must be uploaded. The profile photo must show a close-up of the face and be recognizable (similar to the photo on documents).

How to register (information for the athletes):

- Log into CMAS portal <https://portal.cmas.org/cmas/dashboard>
- Go to the event section <https://portal.cmas.org/cmas/evt-events/events>
- Use the filter options to find the event you want to register.
- Enter the event page. Scroll down. Start registration procedure.
- Assign disciplines you plan to compete.

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2026 RED SEA OPEN CUP

26,27,29 & 30 OCTOBER
DAHAB, EGYPT



- Add official Personal Best result in each discipline (PB must not be older than 1 year before competition start). If there is no existing an official PB unofficial PB must be provided for safety reasons.
- Pay CMAS competition fee (invoice will be created automatically).
- Reminder – Penalty for DNS (Did Not Start): According to CMAS Depth Freediving Rules, article 1.3.1.3, In case of no show during the World Championships, the athletes will be declared DNS and a penalty of 300 euros will be applied to the team. Penalty not applicable if athlete DNS due to medical reasons (medical statement signed by doctor must be sent to CMAS Technical Delegate).

Important notice:

- All registrations must be completed and paid until the final dead-line.
- No late registrations allowed.

Athletes documents:

Below mentioned documents must be uploaded into personal profile of the athlete at CMAS Portal:

- ADEL certificate
- Medical Insurance* (see below)
- Medical certificate not older than 12 months
- ID document- Passport (to be presented during registration for CMAS Portal ID verification)

Athletes that fail to provide the above documents will not be allowed to take part in the competitions, and their participation fee will not be refunded. Also, athletes have to fulfill all the liability release documents concerning the competition.

* Insurance

All athletes must have adequate private health and repatriation insurance during competition. The participants should purchase adequate medical insurance and repatriation insurance at their place of departure. The medical insurance shall cover accidental medical treatment, sudden illness and hospitalization allowance, including hyperbaric chamber treatment.

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2026 RED SEA OPEN CUP

26,27,29 & 30 OCTOBER
DAHAB, EGYPT



Medical insurance must be valid in the territory of Egypt.

The repatriation insurance shall cover the costs in case of an emergency where you need to return to your place of departure. CMAS and Organizing committee will not be liable for any risks arising therefrom.

[Championships Rules](#)

CMAS FREEDIVING INTERNATIONAL RULES DEPTH COMPETITIONS Version 2026/01

[Disciplines and Distances \(Men & Women\)](#)

FIM

CWTB

CNF

CWT

[Age categories \(Men & Women\)](#)

SENIORS

[Security Rules](#)

Mandatory testing for BZD and PDE 5 will also be carried out.

[Classification and Awards](#)

According to the CMAS rules

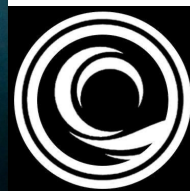
[Medical Support & Emergency Procedures](#)

On-Site Medical Coverage: Two qualified doctors specializing in emergency and diving-related medical care will be stationed on-site.

Medical oxygen will be fully available, including two dedicated on-site oxygen tanks ready for immediate emergency response.

Hospital: Sharm el-Sheikh Hospital will be officially notified and kept on standby for the duration of the event. It is located in Sharm el-Sheikh, approximately 100 kilometers (a 90-minute drive) south of the Blue Hole competition site.

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2026 RED SEA OPEN CUP

26,27,29 & 30 OCTOBER
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Hyperbaric Chamber: The hyperbaric chamber facility in Sharm el-Sheikh will also be notified and placed on standby. It is located in Sharm el-Sheikh, approximately 100 kilometers (a 90-minute drive) from the venue.

Emergency Transport: Rapid emergency transport via dedicated ambulance or emergency vehicle will be coordinated on-site for immediate transfer to the medical facilities in Sharm el-Sheikh in the event of a serious incident.

Responsibility for Off-Venue Incidents: Any health issues or injuries occurring outside the designated competition area are the responsibility of the individual athletes or their teams, including transportation and medical care arrangements.

Deco Oxygen

Deco oxygen will be provided: Deco oxygen will be provided at 5 meters with a mask, operating under the direct supervision of a safety diver.

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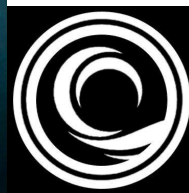
6. General Schedule

The Draft Program of the event is as follows:

- 25 October 2026 Arrivals and Registration
- 25 October 2026 - Opening Ceremony / Technical meeting
- Final registration on 19 October 2026
- The opening ceremony will take place on 25 October 2026 at freediving training center
- Medal ceremonies will be held downtown at the closing ceremony.
- The closing ceremony will take place on 30 October 2026 at Dahab Paradise

Day -1	25 October 2026	Arrival, Registration
Day -1	25 October 2026	Opening Ceremony / Technical meeting
Day 1	26 October 2026	1 st Day of competition
Day 2	27 October 2026	2 nd Day of competition
Day 3	29 October 2026	3 rd day of competition
Day 4	30 October 2026	4 th day of competition
Day 4	30 October 2026	Closing Ceremony

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2026 RED SEA OPEN CUP

26,27,29 & 30 OCTOBER
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7. Financial Modalities

The payments described below must be completed directly with the Local Organizing Committee

Athlete's participation fee:

total price 450€

For this price, the organizer will provide:

- Medical assessment
- Free transfers between the Lighthouse and the competition site for the whole duration of the competition.

Extra Services

- Training week before the championship: at the blue hole 200€. Includes 4 days of training.

8. Payment

*** Please note: Late registrations will not be accepted.**

Payment & Cancellation Conditions

Full Payment: Full payment of the total entry fee is required to guarantee the booking and must be deposited into the Blue Hole Freedivers bank account no later than 19 October.

Payment Method: All fees must be paid via bank transfer. As bank information is confidential, it will be sent upon your request to blueholefreedivers@gmail.com.

Refund Policy: All entry fees are strictly non-refundable.

Spot Transfer Policy: While fees are non-refundable, registered athletes are permitted to transfer or sell their spot to another participant. Please notify Blue Hole Freedivers via email at blueholefreedivers@gmail.com once a replacement has been found to update the registration details.

VISA

In case a visa is needed, please send the ANNEX 5 to the Local Organizing Committee at least 1 months before the Competition.

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2026 RED SEA OPEN CUP

26,27,29 & 30 OCTOBER
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9. Deadlines - Conditions for Entry & Participation

Registration and payment of CMAS fees on the CMAS Portal.

<https://portal.cmas.org/login>

No later than 19 October

All the athletes and coaches, must be registered online through the CMAS Portal ([CMAS Portal](#)).
All fees must be paid.

Closing date of registration and CMAS fee payment deadline – 19 OCTOBER

CMAS fee (to be paid via CMAS portal):

AFTER 19 OCTOBER REGISTRATION IS NOT POSSIBLE.

Athlete registration is considered complete once all disciplines have been entered and the fees has been paid.

For further information, please contact

The Local Organizing Committee:

Ranalina Alim

Blue hole freedivers

+31686141362

blueholefreedivers@gmail.com

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