



CMAS INDOOR INTERNATIONAL FREEDIVING COMPETITION

31 OCTOBER - 1 NOVEMBER | STA, DYN, DYN-BF, DNF



 CHIŞINĂU, MOLDOVA

31 October – 1 November 2026

Chisinau, Republic of Moldova

Dear athletes, judges, officials, and guests,





**2026 CMAS Indoor International Freediving
Competition**
31.10.26 – 01.11.26
Chisinau, Republic of Moldova



We are delighted to welcome you to the Republic of Moldova and to the beautiful city of Chişinău, the capital of our country!

It is a great honor for us to host, for the first time in Moldova, an international CMAS Category C competition. This is an important event for the development of freediving and underwater sports in our country, and we are especially pleased to share this moment with athletes, judges, coaches, and representatives from different countries.

Hosting this competition will be an important step not only in the development of freediving and underwater sports in Moldova, but also in the continued development of freediving worldwide. We aim to contribute to raising the standards of international competition organization and delivery, encouraging the exchange of experience between athletes and judges from different countries, and establishing and implementing new high standards of quality and professionalism in competition organization.

We wish all participants beautiful dives, outstanding results, fair and inspiring competition, and, most importantly, positive emotions and unforgettable memories!





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Presentation of the Host City

Moldova is a small but remarkably welcoming country, located in the heart of Europe. It is known for its picturesque vineyards, ancient monasteries, beautiful nature, and rich cultural heritage. Our country is also distinguished by its tradition of hospitality: we love welcoming guests with warmth and openness and strive to make everyone who visits us feel at home.

Chişinău is a green and welcoming city with an interesting history, beautiful parks, distinctive architecture, and a unique atmosphere. We hope that during your stay you will have the opportunity not only to take part in the competition, but also to discover our culture, taste traditional Moldovan cuisine, and experience Moldova from a new perspective.



Welcome to Moldova! Welcome to Chişinău!

We are happy to have you with us and hope that this competition will be a memorable sporting and human experience for each of you.





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Airport and Traffic Information

Chişinău International Airport is the main airport for international participants arriving for the championship.

The airport is located relatively close to the city center, and the city can be reached by car or taxi. Participants are advised to take possible traffic conditions into consideration, especially during peak hours.

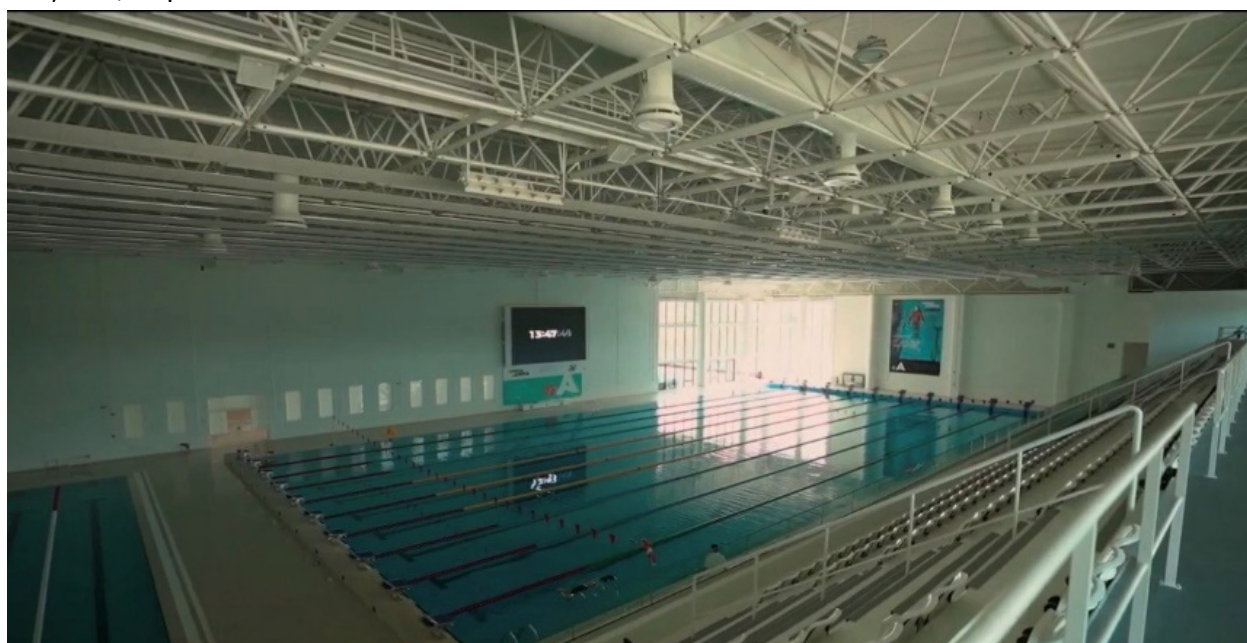
Participants are advised to plan their airport transfers in advance and allow sufficient time for travel.

Competition Venue

The competition will be held at the modern Olympic swimming pool Aqua Center Arena Chişinău, the main sporting venue of the championship.

Competition Venue:

Aqua Center Arena Chişinău
Calea Orheiului, 130
Chişinău, Republic of Moldova





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Pool specification:

- Size: 50 meters
- Min Depth: 2,1 m
- Max Depth: 2,1 m
- Number of lanes: 10
- Water temperature: +27
- Dry warm-up area: + 33

The warm-up for the dynamic disciplines will be organized on central lanes of the same competition pool.

Pool specification for static:

- Size: 25 meters
- Min Depth: 1,50 m
- Max Depth: 1,50 m
- Number of lanes: 2
- Water temperature: + 30
- Distance from the main pool: 3 m

Dressing rooms, showers, and toilets are conveniently located in the same complex.



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General information

Various and practical information

- Electrical voltage and frequency in the Republic of Moldova is 220V, 50 Hz

Information about participation

- 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 15 and over and 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.

Registration process

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

The registration deadline is 25.10.2026.

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.
- Select athletes. Assign disciplines for each athlete.
- Add official Personal Best result in each discipline (PB must not be older than 1 year before competition start). If there is not existing an official PB it will count as zero (0).





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- Athletes who declared a PB of “0” (zero) in any discipline and there is no official result registered in CMAS competitions, will be placed at the beginning of the start list, ordered alphabetically.

Important notice:

- All registrations must be completed and paid until the final deadline.
- 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
- Medical certificate not older than 12 months

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 must fulfill all the liability release documents concerning the competition.

* Insurance

All teams must ensure that all their participants have adequate private health and repatriation insurance during the 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.

Medical insurance must be valid in the territory of Moldova.

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.

Championship Rules

CMAS FREEDIVING INTERNATIONAL RULES INDOOR COMPETITIONS Version 2026/01





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Disciplines and Distances (Men & Women)

DNF

DYN-BF

DYN

STA

Age Categories

SENIORS

JUNIORS

MASTERS M1

MASTERS M2

MASTERS M3

International Jury

- CMAS Technical Delegate according to the CMAS rules
- International Board of Judges, according to the CMAS Procedures & Obligations.

Claims

According to the CMAS Procedures and obligations CAT A - B competitions

Doping Control

The Organizing Committee guarantees to provide doping control according to the CMAS and WADA rules during the championship and regarding the number of tests planned by ITA.

Security Rules

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

Classification and Awards

According to the CMAS rules





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Medical Support & Emergency Procedures

On-Site Medical Coverage: ambulance team, oxygen

Hospital: Institute of Emergency Medicine, str.Toma Chorba, 1, Chisinau, a 15–20-minute drive to the hospital

Emergency Transport: ambulance

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.

Medical Expenses: Insurance is responsible for medical expenses for hospital, transportation, hyperbaric chamber expenses.

Diving-Related Accidents: In the event of any accident occurring during a dive, the athlete must undergo a medical evaluation at the local hospital. Further participation or travel will only be permitted upon clearance by the attending medical professionals in accordance with the established medical protocol.



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General Schedule

The Draft Program of the event is as follows:

Day -1	31.10.2026	1st Day of competition, STA, one dynamic of the athlete's choice – DYN/DYNB/DNF
Day 2	01.11.2026	2nd day of competition, one dynamic of the athlete's choice – DYN/DYNB/DNF

Competition Schedule

Day 1	31.10.2026	Saturday	DISCIPLINE – GENDER Male/Female
	8:00	STA First Top Time	
	10:30	The Medal Ceremony for STA will be held in the pool.	
	12:00	Dynamic (the athlete's choice of DYN/DYN BF/DNF)	
Day 2	1.11.2026	Sunday	DISCIPLINE – GENDER Male/Female
	14:00	Dynamic (the athlete's choice of DYN/DYN BF/DNF)	
	17:00	The Medal Ceremony for Dynamic will be held in the pool.	



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Payments and dead-lines

The Participation Fee (to be paid to the LOC)

110 euros per athlete

Payment conditions: the total entry fee should be deposited at the LOC bank account **no later than 25.10.2026** to guarantee participation in the competition.

All fees must be paid via bank transfer. Bank information is confidential. Thus, it will be sent upon your request to the email: aquaworldmd@gmail.com

CMAS fee (to be paid via CMAS portal):

International Competitions -25,5 EUR per athlete.

Registration and payment of CMAS fees on the CMAS Portal.

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

No later than 25.10.2026

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

AFTER 25.10.2026 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:

Aliona Cutas

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