



FEDERAZIONE ITALIANA PESCA SPORTIVA ATTIVITÀ SUBACQUEE E NUOTO PINNATO

TECHNICAL SECTOR
Underwater Activities and Finswimming
Circular Letter No. 7
Ref.: 115

Rome, 10 January 2025

To:
Eligible Athletes
The relevant clubs
F.I.P.S.A.S. Regional Committees
F.I.P.S.A.S. Provincial Committees
F.I.P.S.A.S. Provincial Conv. Sections
F.I.P.S.A.S. Provincial Delegates
C.O.N.I. Anti-Doping Control Committee
Ministry of Health

c.c.: Underwater Activities and Finswimming Sector
Committee
Officials
Organising club
Parasport Freediving Technical Staff
Freediving Area Coordinators

=THEIR E - MAIL ADDRESSES=

SUBJECT: *Italian Summer Indoor Freediving Championship
Turin – 11/13 April 2025*

Please note that the entry to the Italian Summer Indoor Freediving Championship 2025 must be made through the website <https://iscrizioni.novarfreediving.it/>, as per the terms and conditions set forth in Art. 3 of this document, within and not later than 31 March 2025.

The entry fee of € 30.00 per athlete, for each event, must be paid by bank transfer by 31 March to:

A.S.D. La Salle Eridano – Via Giuseppe Giulietti, 12/B – 10147 Torino
Banca Monte dei Paschi di Siena – Ag. 3 Torino – IBAN Code: IT07H0103001003000001244780
Reason for payment: Entry fee for the Italian Summer Indoor Freediving Championship 2025 (specifying the names of the athletes for whom you are paying the entry fee)

Participants must be in possession of a valid Federal Membership Card and Athlete's Card, valid for the current year, and, consequently, a valid competitive sports medical certificate

For all matters not provided for in the enclosed rules, the provisions of the Federal Charters shall apply.

For further information please contact Mr. Marco Giachino Tel. +39 348-0926823 E-mail: marco.giachino@ndecontrol.it

At the end of the event, the organising club must send the rankings to the following e-mail address: subacquea@fipsas.it, for publication on the federal website.

Please also note that with the membership and/or renewal, the Anti-Doping Sporting Rules implementing the WADA World Anti-Doping Programme are accepted. The anti-doping regulations can be viewed both on the FIPSA website (www.fipsas.it), under the doping link, and on the NADO Italia website (www.nadoitalia.it).

Kind Regards.

The General Secretary
Barbara DURANTE

ITALIAN SUMMER INDOOR FREEDIVING CHAMPIONSHIP

Turin – 11/13 April 2025

SPECIAL REGULATIONS

ARTICLE 1 ORGANISATION

The F.I.P.S.A.S., in collaboration with the "A.S.D. La Salle Eridano" Club, is organising, **from 11 to 13 April 2025**, the Italian Summer Indoor Freediving Championship (events: Dynamic with Monofin, Dynamic with Fins with alternating style, Dynamic without Fins, Endurance 4x50 m. monofin, Endurance 8x50 m. monofin, Speed 100 m. monofin and Static). The Championship shall be governed by the Regulatory Circular, by the National Competition Regulations, by the Special Regulations of the events and by these Organisational Procedures (downloadable from the federal website: www.fipsas.it), which all participants, by registering, declare to have read and duly agree to.

ARTICLE 2 PARTICIPATION

The Italian Summer Championship in Dynamic Freediving with and without Fins, will be open to all athletes of the Elite, Male and Female categories, who, on the date set as the deadline for entries and in the last three competitive seasons (the current one and the two previous ones), have achieved, for each of the above three events: dynamic with monofin (two fins are also permitted), dynamic with fins with alternating style and dynamic without fins, at least the distance required for the transition to the Elite category, which in the two previous competitive seasons was different from that expected starting from the current competitive season.

Athletes who have entered the Elite category by means in the Dynamic Freediving with Fins specialty will have their distance of 150 m. (if access to the elite category occurred in the current competitive season) or 125 m. (if access to the elite category occurred in the current competitive season) respectively recorded for both Dynamic Freediving with Monofin (two fins are also allowed) and Dynamic Freediving with Fins with alternating style, thus acquiring the qualification in both of the aforementioned specialities.

In the Italian Summer Championship in Freediving Speed 100 m. monofin, Freediving Endurance 4x50 m. monofin and Freediving Endurance 8x50 m. monofin may participate athletes belonging to all categories, including Beginners, Male and Female, who have achieved, in the last three competitive seasons (the current one and the two previous ones) and for each of the above three specialities, times lower than the following limits:

Freediving Speed 100 m. with monofin: 1 minute;
Freediving Endurance 4x50 m with monofin: 4 minutes;
Freediving Endurance 8x50 m with monofin: 8 minutes.

As far as Freediving Endurance is concerned, please note that, with the achievement of a single time, it will be possible to enter both the Freediving Endurance 4x50m competition with monofin and the Freediving Endurance 8x50m competition with monofin. For this 2025 edition of the Italian Summer Indoor Freediving Championship, access to the Italian Championship of Freediving Endurance 4x50 m. with monofin only will not be subject to the achievement of a time lower than the above-mentioned time limit.

Finswimming athletes may enter the Italian Summer Championship in Freediving Speed 100 m. with Monofin and Freediving Endurance 4x50 m. and 8x50 m. with Monofin regardless of whether they have achieved, in the last three competitive seasons (the current one and the two previous ones), times lower than the aforementioned time limits.

Athletes belonging to all categories, including Beginners, Male and Female, who have achieved the following minimum times in the last three competitive seasons (the current one and the two previous ones) may participate in the Italian Summer Static Freediving Championship:

3 minutes for the female category;
4 minutes for the male category.

At the Italian Summer Indoor Freediving Championship, the Best Indoor Freediving Club will be defined on the basis of the performances in all the events included in the programme achieved by the athletes participating in the event in question.

The final classification will be determined by awarding the first six (6) ranked athletes and the first six (6) ranked female athletes in each event a score according to the following criteria:

10 points to the first-place winner, 6 points to the second-place winner, 4 points to the third-place winner, 3 points to the fourth-place winner, 2 points to the fifth-place winner and 1 point to the sixth-place winner. The winning club will be the one with the highest score.

The maximum entry limits for each of the events included in the Championship programme are as follows:

18 places Italian Endurance Championship 4x50 m. monofin;
90 places Italian Dynamic Championship without fins;
30 places Italian Speed 100m Monofin Championship;
48 places Italian Static Championship;
18 places Italian Endurance Championship 8x50 m. monofin;
90 places Italian Dynamic Championship with monofin;
140 places Italian Dynamic Championship with fins with alternating style.

The entry criterion for athletes ranked as above will follow a chronological order, i.e. based on the entry date.

Athletes who have achieved the following times or measures in the last three competitive seasons (the current one and the two previous ones) will still be entitled to participate, regardless of their entry chronology, provided that the relevant forms are submitted within the deadline:

Dynamic Freediving with Monofin: Male 225 m. / Female 200 m;
Dynamic Freediving with Fins with alternating style: Male 215 m. / Female 190 m;
Dynamic Freediving without Fins: Male 175 m. / Female 150 m;
Static Freediving: Male 7' 30" / Female 6';
Speed Freediving 100 m. with Monofin: Male 40" / Female 45";
Freediving Endurance 4x50 m. with Monofin: Male 3 minutes / Female 3 minutes;
Freediving Endurance 8x50 m. with Monofin: Male 5 minutes / Female 5 minutes.

All of the above qualifying performances must have been carried out during National Qualification Competitions (excluding midweek competitions), Italian Championships or European and World Championships.

At the Italian Summer Championship, senior athletes who are also juniors B (from 15 to 17 years of age, i.e. born from 2008 to 2010) and master athletes belonging to the M1 (50 – 59 years), M2 (60 – 69 years) and M3 (+70 years) categories will be awarded the individual male and female title, respectively, of Italian Junior Champion and of Italian Master Champion in all the events included in the programme.

ART. 3 ENTRIES

Entries must be made through the website: <https://iscrizioni.novarapnea.it/>, following the instructions below. **Registrations will open on 19 January 2025 with a deadline of 31 March 2025.** The closing date for entries for all the events included in the programme may be brought forward if the maximum number of entries is reached earlier.

Instructions for online entries: The club must register at: <https://iscrizioni.novarapnea.it/>. Afterwards, it will receive a password that can be used to enter its athletes and modify the declarations, download the entry form in pdf format and upload it once it is signed. Declarations can be modified until 31 March 2025.

31 March 2025 is the last day for all eligible athletes.

Confirmation of participation is subject to payment of the entry fee, which must be made within 5 days of uploading the registrations on the portal and, in any case, strictly no later than 31 March 2025. The communication of the payment of the registration fee must be sent, via email, to the address marco.giachino@ndecontrol.it, together with a copy of the bank transfer, to be made according to the following methods:

30.00 Euros per athlete for each event.

The entry fee must be paid by bank transfer to:

A.S.D. La Salle Eridano - Via Giuseppe Giulietti, 12/B - 10147 Torino

Banca Monte dei Paschi di Siena - Ag. 3 Torino - IBAN Code: IT07H0103001003000001244780

Reason For Payment: Entry Fee Italian Summer Indoor Freediving Championship 2025 (please specify the name of the athletes for whom you are paying the fee)

Registrations are only valid once the entry fee has been paid.

Registrations that are not confirmed by payment of the membership fee within the above-mentioned terms may not be considered by the organization. This is to free up space and allow access to athletes in line.

Should an athlete fail to participate in the Italian Championship, for whatever reason, the club must still pay the relevant entry fees.

Failure to participate in the Italian Championship, for whatever reason, does not entitle you to a refund of the paid entry fee.

Entry fees shall be paid in one lump sum per participating club. Additional payments are permitted subject to an agreement with the organising club.

N.B. Once the mandatory deadline of 31 March 2025 has expired, applications shall be rejected.

IMPORTANT

Please note that each athlete may participate in a maximum of two competitions per day.

| SUMMARY OF MEASURES AND TIMES FOR ACCESS TO THE ITALIAN INDOOR FREEDIVING CHAMPIONSHIPS | | | | |
|---|--|--|--|--------|
| MODE OF ACCESS | CHRONOLOGICAL ORDER | | DIRECT ACCESS | |
| REFERENCE PERIOD | SEASONS 2022/2023, 2023/2024 and 2024/2025 | | SEASONS 2022/2023, 2023/2024 and 2024/2025 | |
| EVENTS | MALE | FEMALE | MALE | FEMALE |
| DYN MONOFIN | ≥ 125 (for the 2022-2023 and 2023-2024 seasons) / ≥ 150 (for the current season) * | ≥ 100 (for the 2022-2023 and 2023-2024 seasons) / ≥ 125 (for the current season) * | ≥ 225 | ≥ 200 |
| DYN BIFINS | ≥ 125 (for the 2022-2023 and 2023-2024 seasons) / ≥ 150 (for the current season) * | ≥ 100 (for the 2022-2023 and 2023-2024 seasons) / ≥ 125 (for the current season) * | ≥ 215 | ≥ 190 |
| DNF | ≥ 100 (for the 2022- | ≥ 75 (for the 2022-2023 | ≥ 175 | ≥ 150 |

| | | | | |
|---|---|--|--|-------------|
| | 2023 and 2023-2024 seasons) / \geq 125 (for the current season) | and 2023- 2024 seasons) / \geq 100 (for the current season) | | |
| STATIC | $\geq 4'$ | $\geq 3'$ | $\geq 7'30''$ | $\geq 6'$ |
| SPEED 100 M. MONOFIN | $\leq 1'$ | $\leq 1'$ | $\leq 40''$ | $\leq 45''$ |
| 4 X 50 M. MONOFIN | $\leq 4'$ ** | $\leq 4'$ ** | $\leq 3'$ | $\leq 3'$ |
| 8 X 50 M. MONOFIN | $\leq 8'$ ** | $\leq 8'$ ** | $\leq 5'$ | $\leq 5'$ |
| Entry deadline | BY 31/03/2025 IF NOT ANTICIPATED DUE TO OVERBOOKING | | BY 31/03/2025 | |
| Entry confirmation | Within one week of receipt; subject to payment, to be carried out according to the methods described above, and communication of best performance by 31/03/2025 | | Automatic; subject only to payment, to be carried out according to the methods described above, and communication of best performance by 31/03/2025 | |
| TRANSITIONAL RULES | | | | |
| * 1ST CAT. ATHLETES ENTERED IN THE ELITE CAT. WITH DYN SPECIALITY CAN ENTER BOTH DYN MONO AND DYN BIFINS SPECIALITIES | | | | |
| ** A TIME IN ONE OF THE TWO SPECIALITIES IS SUFFICIENT TO ENTER BOTH THE 4X50 M. AND THE 8X50 M. | | | | |

ARTICLE 4 BEST PERFORMANCE

As provided for in the National Regulations and in order to facilitate the preparation of the starting orders, please communicate the best performance to the organising club by 31 March 2025.

For all events included in the programme of the Italian Championship, the starting order is established on the basis of the best performance in the last three competitive seasons (the current one and the two previous ones) for each of the aforementioned events. Performances must be made during National Qualification Competitions (excluding midweek competitions), Italian Championships or European and World Championships. The best performance must be indicated on the entry form, by the President of the club to which the athlete belongs, together with the date and place where it was achieved.

Failure to communicate the best performance by 31 March will result in exclusion from the competition.

Furthermore, it should be noted that time declarations may not exceed the respective access times:

- 8 minutes for the Italian Freediving Endurance Championship 8x50 m. with monofin;
- 4 minutes for the Italian Freediving Endurance Championship 4x50 m. with monofin;
- 1 minute for the Italian Freediving Speed 100m Championship with monofin.

The event director and the organisers undertake as of now to treat the declarations of top performances with the utmost confidentiality, in particular no registered athlete will have access to the declarations; the only persons designated to read and process the race declarations are the event director and the event secretary. Upon publication of the starting orders, even partial, no declarations may be added or changed.

ARTICLE 5 COMPETITION PLACE AND TIME

The Italian Summer Indoor Freediving Championship will be held **from 11 to 13 April 2025** at the Trecate Swimming Pool (**Via Alecsandri Vasile, 29 – Turin**).

For all communications, a specific WhatsApp group will be created with the insertion of the coach's telephone number reported on the D form at the time of registration. If the Clubs need to insert a

different number, a written request must be made by sending an email to the address: marco.giachino@ndecontrol.it

ARTICLE 6 EVENTS

Freediving Endurance 4x50 m. monofin

The Italian Championship will start at 12:30 on Friday 11 April 2025 and will continue according to the attached programme, in compliance with Federal regulations.

Dynamic Freediving without fins

The Italian Championship will start at 14:00 on Friday 11 April 2025 and will continue according to the attached programme, in compliance with Federal regulations.

Freediving Speed 100 m. monofin

The Italian Championship will start at 18:30 on Friday 11 April 2025 and will continue according to the attached programme, in compliance with Federal regulations.

Static Freediving

The Italian Championship will start at 09:00 on Saturday 12 April 2025 and will continue according to the attached programme, in compliance with Federal regulations.

Freediving Endurance 8x50 m. monofin

The Italian Championship will start at 14:00 on Saturday 12 April 2025 and will continue according to the attached programme, in compliance with Federal regulations.

Dynamic Freediving with monofin

The Italian Championship will start at 15:30 on Saturday 12 April 2025 and will continue according to the attached programme, in compliance with Federal regulations.

Dynamic Freediving with fins with alternating style

The Italian Championship will start at 09:00 on Sunday 13 April 2025 and will continue according to the attached programme, in compliance with Federal regulations.

During the competitions, it is mandatory for all those present to maintain a decorous behavior, in order to favor the concentration of the athletes. It is also forbidden to use musical supports during the competitions, as well as during the preparation phase, if not equipped with headphones.

ARTICLE 7 DYNAMIC FREEDIVING WITH AND WITHOUT FINS, SPEED AND ENDURANCE FREEDIVING AND STATIC FREEDIVING

With regard to the technical rules, reference is made to the National Competition Regulations in force (available on the federal website www.fipsas.it) and in particular to the following Regulations:

- Dynamic Indoor Freediving with and without fins Regulation;
- Static Freediving Regulations;
- Speed & Endurance Freediving Regulations.

ARTICLE 8 AWARDING CEREMONIES

The Awarding ceremonies will take place at the Trecate swimming pool in accordance with the attached programme, in compliance with the CONI - FIPSAS protocol. Any further prizes shall be awarded at the end of the protocol ceremony (any prizes will be communicated to competitors at the gathering before the start of the competition).

ARTICLE 9 COMPLAINTS

All competitors are entitled to lodge complaints, in the form, manner and terms set forth in the Regulatory Circular and in the FIPSAS National Regulations in force.

ARTICLE 10 INTERPRETATION

The judgement on any disputes arising from these Regulations is reserved exclusively for the Chief Judge, without prejudice to the right of those concerned to lodge a complaint as indicated in Article 9 of these Regulations.

ARTICLE 11 EVENT OFFICIALS

| | |
|------------------|--|
| Event Director: | Marco Giachino |
| Chief Judge: | To be appointed |
| Surface Judges: | To be appointed |
| Event Doctor: | To be appointed by the organising club |
| Event Secretary: | To be appointed by the organising club |

ARTICLE 12 HOSPITAL

The hospital "Ospedale Martini" in Turin is located in Via Tofane, 71.
It is 0.5 km from the sports facility and the travel time is 2 minutes.
Switchboard Tel. 011/70951 – First Aid Unit Tel. 112

ITALIAN SUMMER INDOOR FREEDIVING CHAMPIONSHIP

Turin – 11/13 April 2025

PROGRAM

Friday 11 April 2025

- 12:30 Freediving Endurance 4x50 m monofin I.C. Start
- 13:30 Freediving Endurance 4x50 m monofin I.C. Conclusion
- 14:00 Dynamic Freediving without Fins I.C. Start
- 18:00 Dynamic Freediving without Fins I.C. Conclusion
- 18:30 Freediving Speed 100 m. monofin I.C. Start
- 19:00 Freediving Speed 100 m. monofin I.C. Conclusion
- 19:30 Italian Summer Indoor Freediving Championship Ceremony
Awarding Ceremony Freediving Endurance 4x50 m. monofin, Dynamic Freediving without Fins and Freediving Speed 100 m. monofin I.C.

Saturday 12 April 2025

- 09:00 Static Freediving I.C. Start
- 12:30 Static Freediving I.C. Conclusion
- 14:00 Freediving Endurance 8x50 m. monofin I.C. Start
- 15:00 Freediving Endurance 8x50 m. monofin I.C. Conclusion
- 15:30 Dynamic Freediving with monofin I.C. Start
- 19:00 Dynamic Freediving with monofin I.C. Conclusion
- 19:15 Awarding Ceremony Static Freediving, Freediving Endurance 8x50 m. monofin and Dynamic Freediving with monofin I.C.

Sunday 13 April 2025

- 09:00 Dynamic Freediving with fins with alternating style I.C. Start
- 12:00 Break
- 13:30 Dynamic Freediving with fins with alternating style I.C.
- 16:15 Dynamic Freediving with fins with alternating style I.C. Conclusion
- 16:45 Awarding Ceremony Dynamic Freediving with fins with alternating style I.C. and Best Italian Indoor Freediving Club
Closing Ceremony of the Italian Summer Indoor Freediving Championship

NB:

“Start of the Italian Championship” means “start of the warm-up”.

The times indicated, as well as the order of the races within each single day, could be subject to variations in relation to technical organizational needs. In any case, should this occur, such changes would be promptly reported in the appropriate forms.

ITALIAN SUMMER INDOOR FREEDIVING CHAMPIONSHIP

Turin – 11/13 April 2025

GENERAL INFORMATION

Notes on the Sports Facilities

Trecate" swimming pool - Length: 50 m. - Depth from m. 1.37 to m. 3.50 - Lanes: 8

Address: Via Alecsandri Vasile, 29 - Turin

https://www.google.it/maps?q=via+alecsandri+vasile+29+-+torino&um=1&ie=UTF-8&sa=X&ved=0ahUKEwjVmZDKzvrXAhVC2KQKHGXGzCLgQ_AUICigB

Hotel Convention

HOTEL ADRIANO ***

Via Pollenzo, 41 – 10141 Turin

Tel. 011-3854050 – Email: reception@hotel-adriano.it

<https://hotel-adriano.it/>

Rates:

€ 60,00 single room per night

€ 90,00 double/twin room per night

€ 120,00 triple room per night

Prices are inclusive of breakfast. They do not include the tourist tax.

HOTEL FREJUS ***

Via Castegnevizza, 27 – 10093 Collegno (TO)

Tel. 011-4111507 – Email: hfrejus@hotelfrejus.it

<https://www.hotelfrejus.it/>

Rates:

€ 60,00 single room per night

€ 70,00 double/twin room per night

€ 90,00 triple room per night

€ 115,00 quadruple room per night

Prices are inclusive of breakfast and taxes.

HOTEL PLAZA s.r.l. ***

Via Petitti, 18 – 10126 Torino

Tel. 011-6632424 – Email: info@hotelplazatorino.it

<https://www.hotelplazatorino.it/>

Rates:

€ 99,00 single room per night

€ 109,00 double/twin room per night

€ 139,00 triple room per night

Prices are inclusive of breakfast.