

EVENT SPECIFIC RULES



2024 CMAS 6th WORLD CHAMPIONSHIP SPORT DIVING 3rd WORLD CHAMPIONSHIP SPORT DIVING JUNIOR

VILA FRANCA DE XIRA, PORTUGAL
25TH to 30TH November 2024



C Â M A R A
M U N I C I P A L





TABLE OF CONTENTS

<u>WELCOME MESSAGE</u>	<u>3</u>
<u>GENERAL INFORMATION.....</u>	<u>4</u>
VILA FRANCA DE XIRA.....	4
LOCATION	5
FACILITIES	5
ACCOMMODATION.....	6
MEALS	6
<u>REGISTRATION FEE.....</u>	<u>7</u>
FULL BOARD	7
EVENT ONLY	7
EXTRA FINAL DINNER & PARTY.....	8
TRANSFER AIRPORT TO HOTEL.....	8
TANK RENTAL	8
PAYMENTS	9
<u>EVENT INFORMATION</u>	<u>10</u>
1. FLAGS AND ANTHEM	10
2. EQUIPMENT, MATERIALS & UNIFORMITY.....	10
3. PARTICIPATION.....	10
4. REGISTRATION FOR AFFILIATED NF.....	12
5. REGISTRATION FOR NON-AFFILIATED NF / SUPER LICENCE	12
6. DISCIPLINES AND DISTANCES.....	12
7. GENERAL SCHEDULE	14
8. INTERNATIONAL SPORT DIVING JUDGES	14
9. CLASSIFICATION AND AWARDS.....	14
10. PROTESTS.....	14
11. DOPING CONTROL	14
12. TANKS	14
13. VISA.....	15
14. MISCELLANEOUS.....	15
<u>PROCEDURES AND DEADLINES.....</u>	<u>16</u>
LOC CONTACTS	16
NATIONAL FEDERATION HEAD QUARTERS.....	16
CMAS PORTAL	16



WELCOME MESSAGE

Dear athletes, coaches, officials, judges, and friends,

On behalf of the Portuguese Federation of Underwater Activities, it is my great pleasure to extend a warm welcome to each and every one of you who will be participating in the CMAS 6th Senior and 3rd Junior World Championships or the CMAS 14th World Cup of Sport Diving.

This prestigious event, organized with the generous support of the municipality of Vila Franca de Xira, promises to be a celebration of skill, dedication, and camaraderie in the breathtaking city of Vila Franca de Xira, Portugal, from November 26th to December 1st 2024.

As athletes, you embody the spirit of excellence and sportsmanship, pushing the boundaries of human capability. Your passion for sport diving inspires us all, and we are honored to host such a distinguished gathering of talent from around the globe.

To the coaches, officials, and judges, your expertise and commitment are invaluable in ensuring fair play and the highest standards of competition. Your tireless efforts behind the scenes do not go unnoticed, and we thank you for your dedication to the sport.

To our dear friends and supporters, your presence adds immeasurable energy and enthusiasm to this event. Your encouragement uplifts our athletes and strengthens the bonds of our international community.

As you prepare to embark on this extraordinary journey, may you find joy in the pursuit of excellence, forge lasting friendships, and create memories that will last a lifetime. Together, let us make this CMAS World Championships and World Cup of Sport Diving an unforgettable experience for all.

Welcome to Vila Franca de Xira, welcome to Portugal, and welcome to an unforgettable celebration of the beauty and wonder of underwater activities.

João José
President Portuguese Federation of Underwater Activities





GENERAL INFORMATION

The CMAS Senior & Junior World Championships Sport Diving and the CMAS World Cup Sport Diving, emerge from a partnership between the Federations of Portugal and Spain with a view to launching the Sport Diving after the pandemic.

The municipality of Vila Franca de Xira had the courage to embrace this challenge as a partner. We are all extremely proud to contribute to the development of underwater activities by bringing together the entire world sport diving community in Portugal.

VILA FRANCA DE XIRA

Vila Franca de Xira is a city and municipality in the Lisbon District in Portugal. The population in 2021 was 137,659.

Situated on both banks of the Tagus River, 32 km north-east of the Portuguese capital Lisbon, settlement in the area dates back to neolithic times, as evidenced by findings in the Cave of Pedra Furada. Vila Franca de Xira is said to have been founded by French followers of Portugal's first king, Afonso Henriques, around 1200.

The town is mostly famous for its bull-running festivals in July and October. Bulls are raised in the salty marshlands of the Ribatejo, which is also a notable breeding ground for the Lusitano horse, esteemed for its quick reflexes and maneuverability. Several brightly colored Portuguese bullfighting costumes are on display in the ethnographic museum in the town's bullring, the Praça de Toiros (or Touros) Palha Branco.



LOCATION

AIRPORT TO SWIMMING POOL

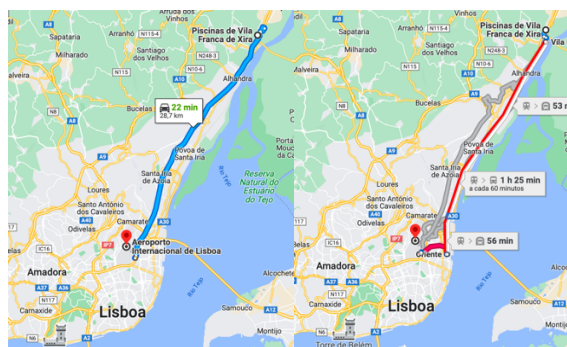
Lisbon Airport code: LIS

Name: Aeroporto Humberto Delgado

Lisbon to Vila Franca de Xira

By Car: 22 min / 28,7 km

By Train: +/- 1 hour



FACILITIES

SWIMMING POOL

Dimensions: 50x21

Depth: 2,05m to 2,27m

Lanes: 8

Referee Room: 1

Changing Rooms: 4

Public Stands: 306 + 6 Disable.

Address

Polidesportivo de Vila Franca de Xira
Piscinas Municipais de Vila Franca de Xira
Rua Alfredo Keil
2600-219 Vila Franca de Xira

GPS

38.96606069470193

-8.98632821164648



ACCOMMODATION



LEZIRIA PARQUE HOTEL ****

Lezíria Parque Hotel is a four-star located at Vila Franca de Xira,

Rooms

Double, Twin, Twin + Extra Bed, Family

Website

<https://www.leziriaparquehotel.pt>

MEALS

For the package that includes it, the registration fee includes breakfast, lunch, and dinner according with the following table:

DAY		MEAL
Day -1	Tuesday 26 th Nov	Dinner
Day 1	Wednesday 27 th Nov.	Breakfast + Lunch + Dinner
Day 2	Thursday 28 th Nov.	Breakfast + Lunch + Dinner
Day 3	Friday 29 th Nov.	Breakfast + Lunch + Dinner
Day 4	Saturday 30 th Nov.	Breakfast + Lunch + Dinner
Day 5	Sunday 1 st Dec.	Breakfast



REGISTRATION FEE

There are two options for registration fees:

FULL BOARD

- Registration option that includes event participation, accommodation in double room, meals and transport between the hotel and the pool.
- Final Dinner & Party

EVENT ONLY

- Registration option which only includes participation for the event, with no hotel, meals or transport included.

OPTION	INCLUDES	FEE
Full Board	<ul style="list-style-type: none">▪ Event participation▪ Accommodation▪ Meals▪ Transport between Hotel Swimming Pool▪ Final Dinner & Party	750€/person
Event Only	<ul style="list-style-type: none">▪ Event participation▪ Final Dinner & Party	335€/person

EXTRA FINAL DINNER & PARTY

For “EVENT ONLY” athlete, or each extra person at the gala dinner and final party there is an extra cost of 45€/person.

TRANSFER AIRPORT TO HOTEL

The transfer service between the airport and the hotel is not included in the event registration fee.

Transfers from the airport to the hotel cost €20 per journey:

OPTION	FEE
Airport to Hotel 26/11/2024	20 €/person
Hotel to Airport 01/12/2024	20 €/person

TANK RENTAL

The registration fee only includes refills at the end of each day of the event. Tanks are not included in the event registration fee. The LOC do not have 5L to 10L to rent.

The rental price for each tank for the entire event is 30€.

TANK	RENTAL ALL DAYS
12L	30 €/tank for all event days



PAYMENTS

All payments should be made to the account of the Portuguese Federation of Underwater Activities (FPAS) with the transfer description "SDWC + Country IOC Code" (eg. SDWCPOR).

BANK	Caixa Geral de Depósitos - CGD
IBAN	PT50 0035 2174 0001 2188 8309 6
BIC SWIFT	CGDIPTPL

EVENT INFORMATION

1. FLAGS AND ANTHEM

Every National team must bring with it two (2) national flags (m. 2,00 x m.1,00) and a USB flash drive on which their national anthem (short version) is recorded.

2. EQUIPMENT, MATERIALS & UNIFORMITY

The equipment and materials needed to participate the events are the followings:

- According to “6.8. EQUIPMENT” of the “sport diving rules – 2019”

IMPORTANT

As specific fins that are not allowed in other CMAS competitions, the hyper system fins are not allowed:



3. PARTICIPATION

3.1. Each country, *except CMAS restricted access countries**, may register not more than:

- 3.1.1. Two (2) athletes for each individual distance,
- 3.1.2. Two (2) pair for each pair distance
- 3.1.3. One (1) relay team (4 athletes) – Each Relay is mixed : two female and two male athletes. The starting order is free and is decided by the team leader.

3.2. *According to UN, IOC and CMAS rules for participation in official SD competitions, **CMAS 1 and CMAS 2 federations**, may register not more than:

- 3.2.1. Two (2) athletes for each individual distance,
- 3.2.2. Two (2) pair for each pair distance
(No relay registration will be possible for those teams)

3.3. CMAS 1 and CMAS 2 national team restrictions for participation :

3.3.1. CMAS 1 and CMAS 2 athletes can compete only as neutrals, as single or pair competitors :

- *They compete under the CMAS flag and anthem,*
- *Sportswear: no symbols, no color indications of their federation,*
- *The CMAS Anthem will be used for the awarding ceremony,*
- *Using the CMAS Flag everywhere instead of concerned countries flags,*
- *Infringement on the rules will not be tolerated ;*

3.3.2. Before any event and registration, CMAS 1 and CMAS 2 Federations' representatives must send the list of athletes to receive the acceptance from CMAS. This list is studied before accepting final registration ;

3.3.3. The same anti-doping rules and governance apply to all athletes with habitual follow-up.

3.4. If the athlete's registration is not completed with time, the athlete will be ordered in the start list with a time of 00:00:00.

3.5. The CMAS World Championship Sport Diving competitions, Junior and Senior, are open to 2 age categories :

3.5.1. **Senior:** Age group A, Male & Female from 18 years old (older than 01/01/2006 according to CMAS SD age categories)

3.5.2. **Junior:** Age group B+C+D, Male & Female between 12 and 17 years old (From 01/01/2007 to 31/12/2012 according to CMAS SD age categories).

3.6. The athletic age of an athlete is obtained by subtracting his year of birth from the current year. The athlete will compete from January 1 until December 31 of the year in this category.

3.7. No athlete is admitted taking part in a competition of an age category lower than his/her own age category.

3.8. An athlete is allowed to compete in a higher category but will be registered in this category for the entire event.

3.9. For relay events, the constitution of a relay team (i.e., 4 pax) can have athletes from Junior and Senior age categories. The Junior athlete that participates in the Senior Relay event cannot participate in the same Junior event.

4. REGISTRATION FOR AFFILIATED NF

The registration of all athletes, coaches, and team officials from nations with a National Federation recognized by CMAS is according with the next steps:

1. Create accounts to each athlete, judge, coach and team officials at CMAS Portal (portal.cmas.org) or send an invitation to become members of its federation,
2. Pay for each athlete, the Sport Diving Athlete License for 2024 (12€ each athlete),
3. Register the athletes, coaches and team officials in the event,
4. Pay to LOC all the Event Fees.

Note: The CMAS Championship registration fee of your National Federation is already paid with your annual affiliation to Sport Diving Commission.

5. REGISTRATION FOR NON-AFFILIATED NF / SUPER LICENCE

For all athletes from nations without National Federations under CMAS recognition, it is possible for the athletes buy the “Super License” and register directly in the CMAS World Championships Sport Diving Senior & Junior.

1. The athlete can directly create an account in the CMAS Portal: www.portal.cmas.org,
2. Request the “Sport Diving Athlete Super License – 2024”,
3. Wait for CMAS Approval,
4. Pay the “Sport Diving Athlete Super License – 2024”,
5. Register in the Event as Individual Athlete,
6. Pay the LOC (Organizer) the Event fee.

6. DISCIPLINES AND DISTANCES

The disciplines and distances available for registration are as follows :

DISCIPLINE	GENDER	TYPE	CONDITIONS
100m Obstacle Course – Senior Men Pair	Male	Teams	2 Male
100m Obstacle Course – Senior Women Pair	Female	Teams	2 Female
100m Obstacle Course – Senior Mixed Pair	Mixed	Teams	1 Male + 1 Female
100m Obstacle Course – Junior Men Pair	Male	Teams	2 Male
100m Obstacle Course – Junior Women Pair	Female	Teams	2 Female
100m Obstacle Course – Junior Mixed Pair	Mixed	Teams	1 Male + 1 Female
200m Trial Senior Men Individual	Male	Individual	1 Male

200m Trial Senior Women Individual	Female	Individual	1 Female
200m Trial Junior Men Individual	Male	Individual	1 Male
200m Trial Junior Women Individual	Female	Individual	1 Female
100m Octopus Senior Men Pair	Male	Teams	2 Male
100m Octopus Senior Women Pair	Female	Teams	2 Female
100m Octopus Senior Mixed Pair	Mixed	Teams	1 Male + 1 Female
100m Octopus Junior Men Pair	Male	Teams	2 Male
100m Octopus Junior Women Pair	Female	Teams	2 Female
100m Octopus Junior Mixed Pair	Mixed	Teams	1 Male + 1 Female
50m Octopus Senior Men Pair	Male	Teams	2 Male
50m Octopus Senior Women Pair	Female	Teams	2 Female
50m Octopus Senior Mixed Pair	Mixed	Teams	1 Male + 1 Female
50m Octopus Junior Men Pair	Male	Teams	2 Male
50m Octopus Junior Women Pair	Female	Teams	2 Female
50m Octopus Junior Mixed Pair	Mixed	Teams	1 Male + 1 Female
100m Obstacle Course Solo – Senior Men Individual	Male	Individual	1 Male
100m Obstacle Course Solo – Senior Women Individual	Female	Individual	1 Female
100m Obstacle Course Solo – Junior Men Individual	Male	Individual	1 Male
100m Obstacle Course Solo – Junior Women Individual	Female	Individual	1 Female
50m Lift Bag - Senior Men Individual	Male	Individual	1 Male
50m Lift Bag - Senior Women Individual	Female	Individual	1 Female
50m Lift Bag - Junior Men Individual	Male	Individual	1 Male
50m Lift Bag - Junior Women Individual	Female	Individual	1 Female
100m Immersion Torpedo – Senior Men Individual	Male	Individual	1 Male
100m Immersion Torpedo – Senior Women Individual	Female	Individual	1 Female
100m Immersion Torpedo – Junior Men Individual	Male	Individual	1 Male
100m Immersion Torpedo – Junior Women Individual	Female	Individual	1 Female
Relay 4x100m Trial – Senior Mixed	Mixed	Relay	2 Male + 2 Female
Relay 4x100m Trial – Junior Mixed	Mixed	Relay	2 Male + 2 Female
Relay 4x50m Immersion Torpedo – Senior Mixed	Mixed	Relay	2 Male + 2 Female
Relay 4x50m Immersion Torpedo – Junior Mixed	Mixed	Relay	2 Male + 2 Female

7. GENERAL SCHEDULE

The world championship (and world cup that takes place in the same time and schedule) program is as follows:

DAY		DESCRIPTION
Day -1	Tuesday 26 th Nov	Arrival day of delegations
Day 1	Wednesday 27 th Nov.	Last arrivals / Training Day / Technical Meeting Opening Ceremony
Day 2	Thursday 28 th Nov.	Competition (Morning & Afternoon)
Day 3	Friday 29 th Nov.	Competition (Morning & Afternoon)
Day 4	Saturday 30 th Nov.	Competition / Closing Ceremony / Gala Dinner Party
Day 5	Sunday 1 st Dec.	Departure Day

8. INTERNATIONAL SPORT DIVING JUDGES

The CMAS Technical Delegate and the Chief Judge will be nominated according to the CMAS rules. The team of judges will be made up of judges registered by the national federations and the CMAS sports diving commission.

9. CLASSIFICATION AND AWARDS

All the classification and awards will be according to the CMAS rules and regulations.
(See also APPENDIX)

10. PROTESTS

The protests will be according to the CMAS rules.

11. DOPING CONTROL

The anti-doping procedures will be according to the CMAS rules and regulations.

12. TANKS

12.1. Only compressed air without oxygen enrichment is allowed

12.2. The minimum volume of tanks is according to CMAS Sport Diving rules:

- 5L for athletes who are 12-13 years old
- 7L for athletes who are 14-17 years old
- 10L for adult athletes who are 18 years old or more.

12.3. The maximum filling pressure for the compressed-air tanks cannot exceed 200 bar.

- 12.4. The LOC guarantees the filling of YOKE / DIN tanks in the end of each day.
- 12.5. All tanks used must have passed a hydrostatic test less than 5 years before the competition, or even less if it is required by the local legislation.
- 12.6. When a tank with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed

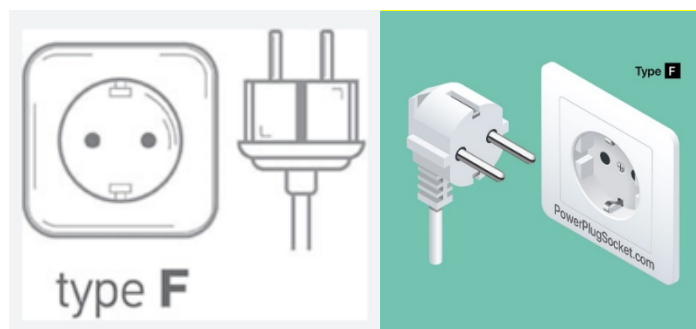
13. VISA

If you need a declaration of invitation to submit an application for a visa to enter Portugal, please send your request by mail

If needed, send ASAP and at least before the 15th, October 2024, the “Annex-5_VISA-APPLICATION_World Cup” form attached, to : info@cmas-sportdiving-wc.org

14. MISCELLANEOUS

- 14.1. The electrical current in the place of competition is 220V



- 14.2. The temperatures expected in Vila Franca de Xira during the days of the event are between 26°C and 17°C.

PROCEDURES AND DEADLINES

For the LOC to be able to operate all the logistics necessary for the organization of the World Championship Sport Diving, all participants need to comply with the following procedure and deadlines.

DEADLINE DATES	DESCRIPTION	PROCEDURE
30/09/2024	Annex 1 Initial Entry Form	Send by email: info@cmas-sportdiving-wc.org
15/10/2024	Annex 2 Hotel Booking Form	Send by email: info@cmas-sportdiving-wc.org
31/10/2024	Annex 3 Payment Confirmation Annex 4 Delegation List	Send by email: info@cmas-sportdiving-wc.org
31/10/2024	CMAS Portal registration	CMAS Portal: https://portal.cmas.org
15/11/2024	Athletes Start List	By LOC
15/11/2024	Delegations Registration List	By LOC

LOC CONTACTS

Event Email: info@cmas-sportdiving-wc.org | Phone / WhatsApp: +351 967 360 599

NATIONAL FEDERATION HEADQUARTERS

Email: secretaria@fpas.pt | Phone Secretary: +351 211 910 868 | www.fpas.pt

CMAS Portal

The CMAS Portal is the CMAS platform where all members of the delegation must create their personal account.

Access Link: <https://portal.cmas.org>