

**CMAS 1st Finswimming World Championship
for
Disabled**

**16th – 20th NOVEMBER 2023
Lignano Sabbiadoro (UD) - ITALY**





CMAS 1st Finswimming World Championship for Disabled
16th - 20th November 2023 – Lignano Sabbiadoro (UD) Italy



WELCOME MESSAGE OF PRESIDENT'S FEDERATION



It is my pleasure to invite you to the “CMAS 1st Freediving and Finswimming World Championship for Disabled”, which will take place in Lignano Sabbiadoro (Udine), at the Bella Italia Sports Village, from 16 to 20 November 2023. I believe that this event is of extraordinary importance, as it bears out the growth, also at international level, of the movement of disabled people engaging in freediving and/or finswimming endeavours. Two sports where the athletes manage to achieve truly incredible feats, with the water's padding and supporting effect also playing a role. Proof of this are the many freediving world records that have been set in recent years, both in pool facilities and at open sea. I am really proud that FIPSAS is staging this first edition of the CMAS Freediving and Finswimming World Championship for Disabled, since the Federation that I have the honour to lead, especially in recent years, has done an incredible job in driving the growth of a structured and numerically significant Paralympic movement, also contributing,

thanks to the efforts of its staff, to the drafting of the international regulations that will govern this event. I am particularly pleased, therefore, to extend a warm welcome to the foreign delegations and to send my warmest greetings to all the athletes competing in this event, being confident that we will all enjoy exciting days together in the name of healthy competition. Lastly, I wish to convey my greetings and appreciation to the “Gocce di Eventi” Amateur Sports Association, to the FIPSAS Friuli Venezia Giulia Regional Committee, to the local authorities, and to all those who will be taking part in this long-awaited event, including managers, coaches, accompanying persons and athletes alike, all of whom, I am sure, will do their utmost to ensure that this edition will be a success in the best possible way.

Wishing the best of luck to all the athletes: may the best man win!

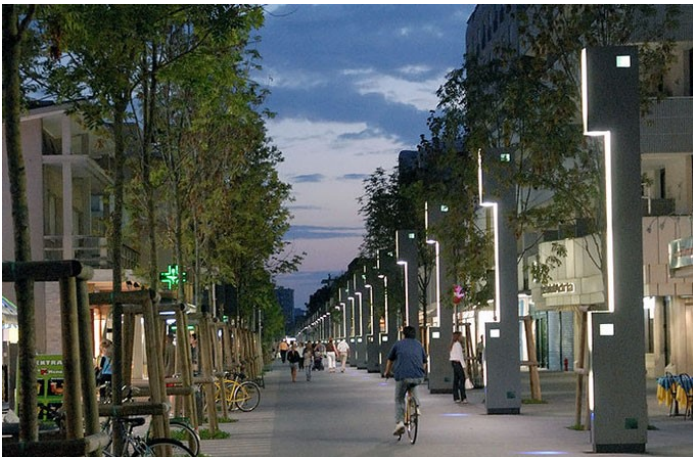
FIPSAS President
Prof. Ugo Claudio Matteoli

For further information, please contact us at the following address:

FIPSAS
Viale Tiziano, 70 – 00196 Roma
E-mail: subacquea@fipsas.it
Tel. + 39 06-8798.0513

THE CITY OF LIGNANO SABBIAADORO

Lignano Sabbiadoro stands on a long sandy peninsula covered with pine trees, the southwestern end of the beautiful Marano lagoon nature reserve. Its slight slope, the sandy beach in front of the Coast of Istria, a safe bathing for families and the active nightlife, make it a popular resort for Italian and foreign tourists. The extreme point of the peninsular area is divided into three districts: Lignano Sabbiadoro is one of them and is accompanied by Lignano Pineta, 1 km further south, and Lignano Riviera, more recent but still all centred in its natural features, also given the close ness of the Tagliamento River. In total there are just under 7,000



residents. The name of the resort was originally Lignano, in 1935 'Sabiadoro' was added exclusively for promotional purposes. The development of the tourist resort began in the early twentieth century, when after the reclamation began the construction of some bathing establishments, however accessible only by boat from the lagoon. Before that, nothing existed in these places, except a small area of refuge for some fishermen. The ancient plans of the Serenissima, duly compiled by the so-called Water Savi, made no mention of either the name or the characteristic of the area, considered in the complex of the important lagoon territory. The wonderful beach, however, could not go unnoticed for much longer

and the first hotel was built in 1903. Its urban growth, however, was delayed, not only because of the malarial area in the vicinity, but also because of the lack of basic infrastructure: it had to wait more than two decades before the construction of the main and vital road artery. Today's city has reached the maturity of urban planning and infrastructure in the best way and presents itself with a wide variety of attractions. Moving between its neighbourhoods is possible through urban transport managed by the SAF, but Lignano is also to be explored on foot or perhaps by bike. Riviera, the western part of the peninsula is characterized by the villas and residential condominiums, all gracefully decorated with beautiful pine trees; Pineta, in the city centre, has a modest shopping mall, famous beaches and a plethora of venues suitable for evening and night fun; Sabbiadoro, at the extreme tip of the peninsula, contains a lively shopping mall and even more night and cultural life than the previous ones. The hotel presence in general is remarkable. For those who want to enjoy the maximum stay at the seaside, we recommend the baths of Lignano, located in the Riviera area and immersed in the centuries-old pine forest (directions: waterfront R. Riva 1) or even the numerous spas and fitness centers of the city. In addition to the exclusively seaside attractions, Lignano also offers some historical and naturalistic itineraries. The original farmer's core, placed close to the lagoon, has two typical rural houses of sure interest, probably dated from the 17th century. The religious cult for centuries has concentrated in the small church of St. Zacharias and the fifteenth century church of Santa Maria, in the resort of Bevazzana, and in the interior of which is noticed a series of frescoes of the 15th century. The Hemingway Park is a park of botanical interest that covers 4 hectares of land and is named after the famous American writer who visited the resort during his stay in Italy. The writer is also dedicated to the prestigious "Ernest Hemingway Lignano Sabbiadoro Prize" in journalism,

fiction and non-fiction. The Punta Verde Zoo Park is a natural oasis with ponds, animals (1200 specimens belonging to 200 different species) in semi-open areas and eco-environmental paths.

The nature in Lignano is also enriched by the UNICEF Park, born in the late 1980s, dedicated to children in as many as 4 hectares of entertainment between skating rinks, mini golf, swimming pools, bike paths and much more. The natural attraction, however, remains the Oase of the Wwf Laguna in Marano. Birdwatchers will be able to observe birds of prey such as the marsh hawk, the osprey, the buzzer, the small and real hen harrier, the kestrel, the brown kite. Don't miss it.

CITY MAP OF LIGNANO SABBIADORO

How you can get to Lignano Sabbiadoro

You can get to Lignano Sabbiadoro by various ways of transportation:

By Car - on the highway (motorway)

By car you can reach Lignano driving on the A4 Venice - Trieste motorway or on A23 motorway linking Tarvisio and Venice; the motorway exit for Lignano is made at Latisana, following the local road no 354 which ends at Lignano.

By Bus - Bus Stations

There are many bus lines which regularly depart from the northern part of Italy towards Lignano. There are special buses linking important cities in Germany, Switzerland and Austria to Lignano. More information about bus schedules and timelines: Biglietteria Autostazione Viale Gorizia, 26 Tel. 0039 0431 71373

Bus Station Lignano SAF:
www.saf.ud.it

By Train - Train Stations Latisana. Train station is just 20 km away from Lignano. From Latisana train station you can access by train Venice (Mestre) and its neighboring airports as well as Trieste, Udine and other main cities in Italy. Lignano and Latisana are linked by regular bus lines.

Italian Railways Website: www.trenitalia.com





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By Plane - Airports

The nearest airports to Lignano are *Ronchi dei Legionari* in Trieste, just 58 km away from Lignano Sabbiadoro, *Marco Polo Airport* in Venice, 100 km away from Lignano Sabbiadoro, and *San Giuseppe Airport* in Treviso, 110 km away from Lignano Sabbiadoro.

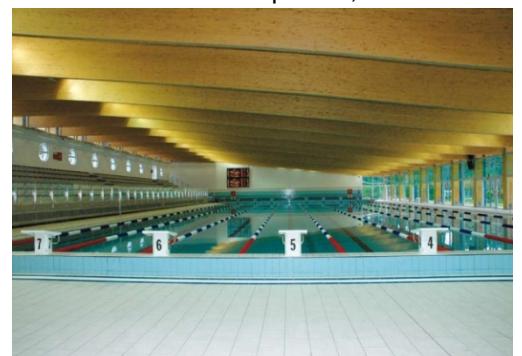
City: Trieste
 Airport: Ronchi dei Legionari
 Telephone: 0039040631484
 Website: www.aeroporto.fvg.it
 City: Venice
 Airport: Marco Polo
 Telephone: 00390412606111
 Website: www.veniceairport.it
 City: Treviso
 Airport: St Joseph
 telephone: 0039042220393
 Website: www.trevisoairport.it



OFFICIAL COMPETITION POOL AND TRAINING BELLA ITALIA SPORTS VILLAGE



The CMAS 1st Finswimming World Championship for Disabled 2023 will be held in Lignano Sabbiadoro (UD), at the Bella Italia Sports Village, located in a valuable position within the urban fabric of Lignano Sabbiadoro, in Central Avenue, 29. It consists of a modern tourist-social center, nestled in 60 hectares of verdant pine forest. The tranquility, fragrant aroma of pines and sea saloons, the clear sea and the beach front reserved exclusively for guests of the Village (1120 meters long and 60 meters deep) create the ideal environment for toning individual holidays or groups, in the name of sport, relaxation and fun. Twelve kilometres of roads and trails run throughout the area, creating amene solutions for racing, running, promenade and plain air, all routes can be excluded from car traffic. The whole village is dotted with outdoor sports camps; it also offers some high-quality solutions for all sports disciplines indiscriminately within the multifunctional palace, which can accommodate up to three thousand people and, for water sports, in the two indoor and conditioned pools, of which one Olympic.





SOME CALL OUTS FOR PARTICIPATION

Only national federation teams affiliated to the CMAS are eligible to compete in the competition. Each national team should respect the rules of Championships, the safety conditions set by the organizers and CMAS rules and regulations.

- o The entries must reach CMAS headquarters within the time limits set by the CMAS rules on www.cmasoffice.org CMAS Procedures.

DISABILITY CLASSES

Participation in the Championship is not allowed to athletes born from 2008 onwards.

Finswimming Disability Classes (Male and Female)

Class of motor disabilities	C1 - C2 - C3 - C4 (Unified Relay C12)
Class of visually impairment	S11 - S12 - S13 (Unified Relay S 39)
Class intellectual/relational disabilities	C21 - S14 (Relay C21 and S14)
Class of dwarfism: 5	
Class of deaf: 0	

SPECIALTIES

Precondition: the pushing equipment can be modified in fit and shape if there are malformations in the feet or the lack of parts of the lower limbs. For the category with motor disability, even a single fin longer than 64 cm can be used in the monofin style.

The Championships includes the following specialties:

Finswimming distances (SF – Monofin / BF – Bifins)

➤ 25 m	BF Style	no	Men/Women
➤ 50 m	BF Style	SF Style	Men/Women
➤ 100 m	BF Style	SF Style	Men/Women
➤ 200 m	BF Style	SF Style	Men/Women
➤ 25 m. apnoea	no	SF Style	Men/Women

Relay:

- 4x50 m. SF Absolute mixed (2W+2M) / 4x50 m. BF Absolute mixed (2W+2M)
- 4x50 m. SF Absolute Men/Women / 4x50 m. BF Absolute Men/Women

Paralympic finswimming provides separate relays for athletes with physical impairment, visual impairment and intellectual-relational impairment.

The composition of the relays follows the rule of the sum of the sports classes to which the four relay runners belong which must not exceed (but may be lower) a certain score.

For athletes with motor disabilities from C1 to C4 the total sum of the individual sports classes allowed is 12 points.



The obligation to leave the pool without hindering any other swimmer who has not yet finished the race – under penalty of disqualification of the team – is lost if the athlete belongs to a sports class c1 or c2, allowing him to remain in his lane until the last fractionalist of each team has completed the race. However, it remains forbidden to hinder any opposing swimmer.

For visually impaired athletes with classes from S11 to S13 the maximum score allowed is 49 points. The tapper (assistant who signals turns and arrivals by touching the head or shoulder of the swimmer with a stick with rubber terminal) can communicate to visually impaired athletes when to prepare and give the change to the previous partner. The tapper is also allowed to give information on the progress of the race but it is forbidden to give communications or different technical advice under penalty of disqualification (coaching rule).

Athletes with intellectual disabilities make up relays of only S14 athletes and only C21 athletes respectively.

Each Nation, for each class of disability envisaged, cannot register more than two swimmers men and two swimmers women for each distance and one team for each scheduled relay.

INTERNATIONAL JURY

CMAS Technical Delegate according to the CMAS rules.

CLASSIFICATION AND AWARDS

According to the CMAS rules.

PROTEST

According to the CMAS rules.

DOPING CONTROL

FIPAS guarantees to provide doping control in accordance with the rules WADA and CMAS.

VARIOUS

National teams should bring **three (3)** national flags (m 2,00 x m. 1,00) and a CD with the national anthem (short version).

SCHEDULE

The Championship program is as follows:

THURSDAY, NOVEMBER 16

09:00 – 12:30 Arrival and check-in of Delegations; checking of documents and issue of badges and Disabled Athlete Classification

12:30 – 13:30 Lunch

13:30 – 17:00 Arrival and check-in of Delegations; checking of documents and issue of badges and Disabled Athlete Classification

18:00 – 19:00 Technical meeting

19:30 – 20:30 Dinner



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21:30 – 22:30 Opening Ceremony

FRIDAY, NOVEMBER 17

07:00 – 08:00 Breakfast

09:00 – 10:30 Practice (50 m pool) finswimming

09:00 – 10:30 Practice (25 m pool) static freediving

10:30 – 12:00 Practice (25 m pool) finswimming

10:30 – 12:00 Practice (50 m pool) freediving

09:00 – 12:00 Medical room Disabled Athlete Classification

12:30 – 13:30 Lunch

14:00 – 14:30 World Championship: Finswimming heating (25 m pool)

14:30 – 16:00 World Championship: Finswimming 25 m apnoea M/W – 25 m BF M/W (25 m pool)

15:30 – 16:00 World Championship: Dynamic Freediving without Fins (DNF) heating (50 m pool)

16:00 – 18:30 World Championship: Dynamic Freediving without Fins (DNF) M/W (50 m pool)

18:30 – 19:30 Technical meeting

20:00 – 21:00 Dinner

21:30 – 22:30 Prize-giving Ceremony

SATURDAY, NOVEMBER 18

07:00 – 08:00 Breakfast

08:30 – 09:00 World Championship: Dynamic Freediving (DYN and DYNBF) heating (50 m pool)

09:00 – 12:00 World Championship: Dynamic Freediving (DYN) and Dynamic Freediving with Fins (DYNBF)
M/W (50 m pool)

12:30 – 13:30 Lunch

14:00 – 14:30 World Championship: Finswimming heating (50 m pool)

14:30 – 18:30 World Championship: Finswimming 100 m SF M/W – 100 m BF M/W – 200 m SF M/W – 200 m
BF M/W – 4x50 m SF Absolute mixed (2W+2M) – 4x50 m BF Absolute mixed (2W+2M) (50 m
pool)

18:30 – 19:30 Technical meeting

19:30 – 20:30 Dinner

21:30 – 22:30 Prize-giving Ceremony

SUNDAY, NOVEMBER 19

07:00 – 08:00 Breakfast

08:30 – 09:00 World Championship: Static Freediving heating (25 m pool)

09:00 – 12:00 World Championship: Static Freediving (STA) M/W (25 m pool)

12:30 – 13:30 Lunch

15:00 – 15:30 World Championship: Finswimming heating (50 m pool)

15:30 – 18:30 World Championship: Finswimming 50 m S/F M/W – 50 m BF M/W – 4x50 m SF Absolute M/W –
4x50 m BF Absolute M/W (50 m pool)

19:30 – 20:30 Dinner



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21:30 – 23:00 Prize-giving Ceremony and Closing Ceremony

MONDAY, NOVEMBER 20

07:00 – 09:00 Breakfast

09:00 Check-out and Departure of Delegations

The organisers reserve the right to modify the order and times of events to meet technical and organisational needs.

ACCOMMODATION



BELLA ITALIA SPORTS VILLAGE

The center consists of thirteen residences with 700 rooms, able to accommodate up to two thousand eight hundred people. The rooms are all with reserved indoor toilets, widely lit with direct light, some with balcony and sea views; accessibility to them is free of any barrier; many are predisposed to accommodate people with disabilities.



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BOOKING & ENTRY FEES

Finswimming World Championship for Disabled from 16/11/2023 to 20/11/2023

Entry fee per participant is **400,00 Euro in multiple rooms**. Extra charges for **single room** is **50,00 Euro/day**.

The organizer will provide:

- Accommodation in three-star hotels with double or triple hotel rooms full board;
- Drinking water during the meals included.

Full board accommodation is considered as breakfast, warm lunch, warm dinner and water drink per meal included.

Participants who choose to be accommodated in hotels other than official will have to pay 200,00 Euro per pax for secretarial fees and competition. No local transfers will be provided.

- Transfers from international airport to hotel and return, extra fees, **40,00 Euro / pax minimum 5 people. Less than 5 people the price will be 80,00 Euro / pax.**
- Extra charges for single room ascend to **50,00 €** per pax per day.

Training camp before Championship

For the team they want to organize training camp before the Championship:

- Extra day charged at **100,00 Euro** per pax per day including full board accommodation (breakfast, lunch, dinner and water drink per meal included).
- The cost of renting a lane in swimming pool is **40,00 Euro per lane per hour**.

ATTENTION

Later registrations will not be accepted.

1. PAYMENT

Minimum 50% of total entry fee should be deposited at our bank no later than **September 30th** to guarantee the booking. After this date **September 30th**, the participation fees will increase by a further 10% of total amount. The remaining payment should be made on arrival. The organizer will only accept transfers (bank charges will be charged to the remitter).

Bank cheque and credit card will not be accepted.

Minimum 50% of total entry fee must be paid, via bank transfer, to:

Account holder: FIPSAS EVENTI

IBAN: IT71V0569603215000006058X40

BIC/SWIFT: POSOIT22XXX



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(Reason for payment: Fee Finswimming World Championship for Disabled 2023 – Lignano Sabbiadoro – name of the Country)

2. VISA

If you require a visa, please contact the embassy or consulate in your country at least forty 40 days prior to entry.

3. VARIOUS

Electrical current is 220V.

DEADLINE – CONDITION FOR ENTRY AND PARTICIPATION

- **As reception of this specific rules**
 - Registration and payment of CMAS fees subscription on www.cmasoffice.org
- **No later than September 16th 2023**
(Annex 1) The preliminary declaration of participation and registration form should be sent to the CMAS and to the FIPSAS.
- **No later than September 30th 2023**
(Annex 2) Final hotel booking form and entry fee should be sent to the FIPSAS. Send also copy of “bank transfer”.
- **No later than October 16th 2023**
 - The competitor’s must be entered online through **SportslID and SportData**.
 - **(Annex 3)** The list form should be sent to the FIPSAS.
- **No later than October 16th 2023**
 - Sport personal notice of athletes should be sent to the FIPSAS.

By paying the participation fee for the Finswimming World Championship, the athletes can also take part in the Freediving World Championship.

For further information, please contact us at the following address:

E-mail: subacquea@fipsas.it



ANNEX 1

INITIAL ENTRIES FROM (Before September 16th 2023)

Please complete this form and send it to CMAS HQ and Organising Committee by e-mail: spo@cmas.org / subacquea@fipsas.it

Name of the Federation		NOC Code	
Contact Person		Phone No.	
Function		Mobile No.	

Team Officials	Males		Females	
Athletes	Males		Females	
Judge	Males		Females	

Declaration Form: By registering my federation in this championship, I undertake to respect the statutes, regulations and directives of the CMAS.

Date and Signature: _____

Insurance: I hereby declare that all the delegation members have valid health insurance for the duration of the stay, which covers the full extent of the consequences of accidents and reimbursement for the costs of treatment and rehabilitation following the accident that may occur during the stay.

Date and Signature: _____

Consent to the publication of imagery: I grant the Organizing Committee permission for my imagery, full name, nationality, and voice to be recorded during the competition. All team members (or legal representatives) signed the relevant authorisation form.

Date and Signature: _____

Antidoping: *this point does not apply to the Visual Championships and competitions.*

- I, the undersigned, am responsible for all the delegation members acknowledging WADA Antidoping Rules and CMAS Antidoping Rules.
- As a voluntary and mandatory commitment, the athletes must obtain the certificate ADEL (insert link of ADLE) before receiving the CMAS licences according to the relevant point in the CMAS Procedures and Obligations.
- The expenses regarding the controls in competition belong to the organisers. In case of eventual supplementary analysis requested by WADA related to the bio-physiology of an athlete as ex ABP (athlete biological passport), the expenses belong to her/ his national federation.

Date and Signature: _____

Please check CMAS Procedures and Finswimming rules for participation in CMAS Championships.

The President
(Full name in block letters)

President Signature/stamp)

Date



ANNEX 2

HOTEL BOOKING FORM (Before September 30th 2023)

Please complete this form and send to CMAS HQ and FIPSAS by e-mail: spo@cmas.org / subacquea@fipsas.it

Country:

Federation:

Telephone:

Fax:

e-mail:

Please complete:

	Number of Rooms	Date	
		From	To
Single			
Double / Triple			

	Number of Rooms	Date	
		From	To
Single			
Double / Triple			

Extra Nights: If you need extra nights, please fill in the following.

Please complete:

	Number of Rooms	Date	
		From	To
Single			
Double / Triple			

	Number of Rooms	Date	
		From	To
Single			
Double / Triple			



ANNEX 3

COMPETITORS LIST FORM (Before October 16th 2023)

Please complete this form and send to CMAS HQ and FIPSAS by e-mail: spo@cmas.org / subacquea@fipsas.it

Country:							
Federation							
Competitors		Men		Women			
Officials		Men		Women			
n.	NAME	FIRST NAME	Athlete, Accompanying person, Trainer, Delegation Chief, Doctor, Judge, Other	Male	Female	Disability class	Single room
1							
2							
3							
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17							
18							
19							
20							

ARRIVAL	Date:		Time	
Airport			Flight No.	
DEPARTURE	Date:		Time	
Airport			Flight No.	

Date

(President Signature / stamp)

(Full name in block letters)