



BRISTOL

BLUE



**Freediving Competition**  
**UK BFA National Pool Championships**  
**21st and 22nd March 2020**

**DNF - STA - DYN/DYNB**

**[www.BristolFreedivers.co.uk/Competition](http://www.BristolFreedivers.co.uk/Competition)**



Dear Athletes,

We are very excited to welcome you to Bristol for the 7<sup>th</sup> Bristol Blue Freediving Competition hosted by Bristol Freedivers. For the third time, this Bristol Blue will also incorporate the BFA National Freediving Championships. Competition days will be Saturday 21<sup>st</sup> and Sunday 2<sup>nd</sup> March.

This information pack will give you all you need to know for the competition, where to go, what to bring and when it is all happening. There are also links to the competition website and other useful pages. If you have any other questions please get in touch at [BristolBlueComp@Gmail.com](mailto:BristolBlueComp@Gmail.com)

Good luck, dive safe and have a great time!!

Bristol Freedivers



## Venue Information

The Bristol Blue – UK BFA National Freediving Pool Championships 2020 is being held at Millfield School Aquatic Centre in Street, Somerset – **Keen’s Elm Lane, Street, Somerset, BA16 0ST**

The main pool is an 8 lane, 50m pool with a level 1.8m depth throughout and is heated to 28.5 Deg C. It will be set as a 50m pool for DYN and DYNB disciplines. For DNF, the pool will be made in to a 25m pool by a moveable boom. There will be moveable starter blocks in the water in each lane during all Dynamic events. For STA, the small pool will be used which is also heated to 28.5 Deg C and is 1m deep.

There will be 4 competition lanes, warm-up lanes will be in the middle for Dynamic events with media lanes in between warm-up and competition lanes for taking some spectacular pictures of you performing.

There is plenty of space around the pool to warm up and prepare for your dives and a large spectator area for family and friends to come along and watch. As the spectator area is not accessible from poolside you will not be able to use this for warm up or stretching in the 1hr prior to your dive as it will be outside the competition area.

On arrival, go through up the stairs to the pool viewing area where registration will be held. The athlete briefing will be held here.

<https://www.bristolfreedivers.co.uk/pool>



## Timetable

### Saturday 21<sup>st</sup> March

15:00	Registration opens
16:00	Athlete briefing
17:00	Registration closes, first athletes check in poolside
18:00 to 21:00	DNF competition

### Sunday 22<sup>nd</sup> March

9.00	First athletes pool side check in
10.00	Static Competition starts
13:00	Break
14.30	Dynamic Mono / Dynamic Bi-Fins competition
17.00	Competition finish
17.30	Awards and Prizes
18:00	Social drink and food

## What to bring

On the day please bring with you

- AIDA Medical form signed by a doctor
- Liability release completed and signed
- Passport or other proof of ID

Copies of the forms can be found at <http://www.bristolfreedivers.co.uk/forms>.

If you are aged under 18, your medical and liability release must also be signed by your parent/guardian.

Your medical statement **MUST** be signed by a doctor within the past 12 months in order to compete, even if you tick No to all medical conditions listed. **Failure to provide this will mean you will not be allowed to compete.**

## Rules

There will be an athlete briefing each day to go over the rules but please familiarise yourself with them in advance. A copy of the updated rules is attached with this email and can also be found on the AIDA website: <https://drive.google.com/drive/folders/0B1v9HiNnzknFeXY0MjhCUuU4YzA> and the Bristol Blue competition website, <http://www.bristolfreedivers.co.uk/forms>

There are new rules relating to the new Bi-Fins category (Section 3.1.1 and 7.1.4), clarification around the Surface Protocol (Section 4.1.13) and new restrictions following blackout (Section 5.2.4). There is a synopsis in the appendix to this document and they will also be covered during briefing but please do familiarise yourself with them in advance.



## **Dynamic Disciplines – DYN/DYNB**

Athletes are able to enter either Dynamic BiFins or Monofin only. These disciplines will run side by side so unfortunately athletes will not be able to enter both disciplines. Athletes must select which discipline they will enter when filling in their entry form. However this can be amended up to 1 week before the competition.

## **Top Times**

Athlete entry and changes to APs closes at midnight on Sunday 15<sup>th</sup> March. Top times will then be calculated and posted on the competition website and via Facebook in the week before competition. They will be posted poolside through the competition.

## **Changing AP's**

You can change your AP's up to 1 week before the competition, please notify us by Sunday 15<sup>th</sup> March. After that the starter list, Top Times and running order will be worked out and published during the week before competition. Email your new APs to [BristolBlueComp@Gmail.com](mailto:BristolBlueComp@Gmail.com)

## **Switching from Mono to Bi-Fins (or Visa Versa) in the DYN discipline**

In the same way as changing your AP's, you can switch from Mono to Bi-Fins or visa versa up to 1 week before the competition. After that it will be fixed and announced on the starter list. Email your update to [BristolBlueComp@Gmail.com](mailto:BristolBlueComp@Gmail.com)

## **Scoring**

Points will be awarded for each discipline as per the AIDA scoring system. Each performance is converted into points using the following scales:

- Static Apnea STA: 1 second of immersion = 0.2 points
- Dynamic Apnea DYN/DNF (Mono and Bi-Fins): 1m of distance = 0.5 points
- When calculating the overall winner, Bi-Fins points will be given a 15% increase to make them comparable to Mono results. This increase will only be for calculating overall event winners and will not apply when submitted to AIDA for official ranking points.

Points will be deducted for Yellow cards, as per the AIDA scoring system and Red cards will result in Zero points for that discipline.

## **Bristol Blue Winners**

The winners of each discipline will be the male and female athlete with the highest points for that discipline, with the overall winner being the male and female athletes with the highest combined score for all 3 disciplines they compete in. All athletes will be eligible for these awards and prizes.

There will also be a Best Newbie prize for athletes entering their first competition. This will be the male and female newbie with the highest combined score for all 3 disciplines.

## **BFA National Championships Winner**

The winners of the BFA National Freediving Championships will be the British male and female athletes with the highest combined score for all 3 disciplines. There will also be BFA National winners for the top British male and female athlete in each discipline.



## **Other Bits**

Competitors must be a member of a National Freediving Association such as the British Freediving Association and registered with AIDA. If you haven't already, please register an account with AIDA so the results can be loaded after the event. Go to <https://aidainternational.org/Account/Register> and sign up.

## **Social**

Please join us for a social drink and meal after the competition on Sunday at the Bear inn on the High Street in Street. It is about a mile from the pool offering pub grub and drink.

[Click here for website:](#)

## **Accommodation**

There are many hotels and B&Bs in Street and Glastonbury with a Travelodge and Premier Inn close by. There are other suggestions for accommodation on the competition website:

<https://www.bristolfreedivers.co.uk/accommodation>

If you have any questions then please email [BristolBlueComp@Gmail.com](mailto:BristolBlueComp@Gmail.com) and we will do what we can to help. We look forward to welcoming you to Bristol in March!

*Bristol Freedivers*



## **What are the changes in the new AIDA rules?**

*The final rules are now approved by AIDA with the main differences for pool competitions being:*

- *Restriction on competing after BO*
- *Surface Protocol clarification*
- *New Bi-Fins category*

### **Blackouts. The rules state:**

*If an athlete suffers a BO, the following restrictions will be applied:*

- *Mild BO (Surface BO or less than 10 seconds to recover): no more diving on the same competition day, medical check-up on next day in the morning.*
- *Moderate (Underwater BO or 10-20 seconds to recover): minimum of one rest day (day of BO and day after), medical check-up 24 hours after BO, and the next morning before entering the competition again. In the case of any abnormal signs or symptoms there will be no more diving in the competition.*
- *Severe and extremely severe: no more diving in the competition and medical follow up until the end of the competition with a recommendation for follow up with their personal physician after the conclusion of the competition.*

### **What that means for the Bristol Blue:**

- *Mild BO during DNF on Saturday will require a Medical check Sunday morning. If approved by the competition medic the athlete will be able to compete in STA and DYN disciplines*
- *Moderate BO during DNF Saturday will mean the end of the competition for the athlete as minimum 1 rest day is required before competing again.*
- *Any BO during STA Sunday morning will result in the athlete not being able to compete in the dynamic discipline Sunday afternoon*



### **Surface Protocol clarification**

*During the SP, a facial wipe and / or the removal of the hood / swim cap will not result in disqualification. Although, if repeated this will result in disqualification. An athlete should not be disqualified by making himself more comfortable during recovery.*

*An OK-sign is considered to be given when the tip of the thumb and a finger are in contact. It is also acceptable if an athlete is holding a piece of facial equipment such as a nose clip between the tip of the thumb and finger.*

*Visual OK-signs given simultaneously with both hands, repeating of the visual OK-sign after releasing it, or putting the OK-sign below the surface of the water and bringing the sign back out of the water, or repeating of the visual OK-sign with the other hand are considered as a double OK sign and thus result in disqualification.*

*Movements of the hand giving the visual OK-sign are not considered as multiple OK-signals and are allowed, provided the thumb and finger do not lose contact*

### **Can I do a Mono kick in the Bi-Fins discipline?**

*No. If you enter the DYN Bi-Fins category then you can only do Bi-Fin kicks. Any Mono technique will result in disqualification.*

### **Can I wear Bi-Fins in the DYN Mono discipline?**

*Yes – and you can also use a Mono technique while wearing Bi-Fins. Provided you are in the DYN Mono category, not DYN Bi-Fins you can use a Mono technique.*

