

DEEPSHOT CHALLENGE - Regulation

I. PRELIMINARY PROVISIONS

1. These Regulations define the rules for participation in freediving competitions organized in the facility of multi-zone simulation of diving conditions Deepspot in Mszczonów ("**Facility**"), hereinafter referred to as the "**Competition**".
2. The organizer of the competition is the owner of the Facility – Aerotunel Sp. z o.o. with headquarters in Warsaw, Al. Solidarności 75/26, entered into the National Court Register under the KRS number 0000821632, NIP: 5252533508, REGON: 14612769300000 ("**Organizer**" or "**Deepspot**").
3. The competition will be held from April 19th to 21st 2026.

II. COMPETITORS GROUPS: PROFI and NON-PROFI

1. The competitors start in two groups: profi and non-profi. In the profi group, the competitor dives to a depth of 44 meters, while in the non-profi group – to a depth of 20 meters.
2. There is a separate final classification for each group, divided into women and men.
3. The selection of the group in which the competitor starts is up to him/her, provided that the requirements set out in Part III below are met.

III. TERMS AND CONDITIONS OF ENTERING THE COMPETITION; PROCEDURE FOR DETERMINING THE LIST OF COMPETITION PARTICIPANTS

1. The condition for participation in the competition is (subject to the rules for determining the list of competitors, described in sections 3 – 6 below):
 - 1) 18 years of age or older;
 - 2) submitting a declaration of will to participate in the competition via the competition website (tab "registration"), and payment to the Organizer, no later than February 13th 2026, of the entry fee in the amount of:
 - 499 PLN, in the case of payment by January 18th 2026;
 - 699 PLN, for payments from January 19th 2026, but not later than February 13th 2026.
 - 3) presentation of a medical certificate signed by a doctor confirming that there are no contraindications for freediving, not older than 12 months before the start date; a scanned copy of the certificate should be delivered in electronic form to the address competition@deepspot.com at the latest by the closing date of the registration, and the original should be presented when registering for the competition;
 - 4) confirmation of acceptance of these Regulations and the Regulations for the use of the Deepspot diving facility ("**Facility Regulations**");
 - 5) good health condition and well-being at the moment of diving, including the absence of any infections and other contraindications to diving, in particular those described in the Regulations of the Facility;

- 6) signing a declaration before the start of the competition confirming the fulfillment of the conditions for participation in the competition and acceptance of the regulations referred to in point 4 above;
- 7) additionally, in the profi group, fulfillment of **one** of the following conditions:
 - having an SSI Performance Freediver certificate (or its equivalent in another organization)
 - providing proof of participation in AIDA or CMAS depth competitions, completed with a successful dive to a depth of at least 45 meters
 - performing a safe (no symptoms of lung squeeze or hypoxia) dive 45 meters in Deepspot in the presence of a Deepspot instructor in the period preceding the competition, i.e. before the day of official training;
- 8) Additionally, in the non-profi group, fulfillment of **one** of the following conditions:
 - having an SSI Freediver freediving certificate (or its equivalent in another organization)
 - providing proof of participation in AIDA or CMAS depth competitions, completed with a successful dive to a depth of at least 20 meters
 - performing a safe (no symptoms of *lung squeeze* or hypoxia) 20 meters dive in Deepspot in the presence of a Deepspot instructor in the period preceding the competition, i.e. before the day of official training.
2. The proof of participation in the competition may be the official results of the competition or the place in the ranking, with the date and depth of the dive provided on the website. The proof of diving at the Facility is confirmation of such a dive by the Deepspot instructor.
3. For organizational reasons, the number of participants in the competition is limited to 40 people in each of the profi and non-profi groups. For the order of qualifications for the competition (entering on the list of participants) the order of entry fees is decisive.
4. The entry fee will be paid using the link that the Organizer will send to the e-mail address provided by the participant in the application. If the Organizer receives information about the payment of the entry fee by the first 40 people who registered for the competition, all subsequent applicants will be notified that the number of available places has been exhausted. The Organizer will also not send payment links to such persons. The organizer will also post information about the end of accepting applications for the competition on the website.
5. In the case that any persons make a payment via the received link in the period after the first 40 competitors have made payments, but before the Organizer receives information about it (which is possible due to the payment process), the Organizer will immediately refund such payments or, if the Organizer decides to increase the number of competitors – the Organizer will allow such people to participate in the competition. The final confirmation of participation in the competition is receiving an e-mail from the Organizer informing about being placed on the list of participants. In case of doubt, each person who has entered the competition will be able to obtain information about whether or not to qualify for the list of competitors by contacting the Organizer at: competition@deepspot.com.

6. The entry fee received by the Organizer is intended to cover the costs related to the organization of the competition and is non-refundable even if a given competitor who has been qualified for the competition does not take part in it (for reasons other than the cancellation of the competition or other reasons attributable to the Organizer).
7. On the day of the competition, before its start, at the time specified on the official website of the competition, a briefing will be carried out for competitors with the participation of representatives of the judge's committee and the representative of the Organizer. Participation in the briefing for competitors is obligatory. Explanations and interpretations made by the judges during the briefing are binding during the competition and binding for competitors on the same terms as the provisions of the Regulations.

IV. COMPETITION DESCRIPTION

1. As part of the competition, a competitor;
 - a. dives to a target depth (44 or 20 meters, depending on the profi or non-profi group) and takes a tag attached to the bottom-plate;
 - b. returns with the tag to the surface but does not emerge, stops at a depth of no more than 2 m (i.e. in a specially marked zone) and continues diving in the form of an underwater static, trying to achieve as long time as possible before reaching the surface
2. The method of immersion and emersion is free to be chosen by the competitor, subject to the rules resulting from part XI of the Regulations.
3. The Static Zone will be marked on the rope at a length of 2 meters from the surface.
4. The competitor is required to appear in the Statics Zone no later than:
 - a. 3 minutes from the *Top Time* announcement in the profi group.
 - b. 2 minutes from the *Top Time* announcement in the non-profi group.
5. A competitor who fails to enter the Statics Zone in above mentioned time will be disqualified.
6. Getting into the Statics Zone means grabbing the rope (with at least one hand) in the Statics Zone.
7. The emersion of any part of the body is considered the end of the performance.

V. POINTS

1. The competition is about scoring as many points as possible.
2. As a part of the competition, the competitor receives the following points:
 - a. 1 (one) point for each meter of reached depth, where:
 - in the case of delivery the tag referred to in part IV, section 1 point a. of the Regulations, it is assumed that the competitor has reached the target depth regardless of the indications of the Official Competition Computer;
 - in the case of failure to deliver a tag, the depth reached is the Official Competition Computer indications, rounded down to the nearest meter.
 - b. 0.2 (two tenths) of a point for each second from *Top Time* to surfacing. Performance time is measured from *Top Time* until any part of the body is emerged. The Competitor may start

his/her performance before the *Top Time*, but the time will be counted from the *Top Time*. Start after the *Top Time* will result in penalty points.

3. The points for the depth reached are added to the points for the time achieved.

VI. PENALTY POINTS

1. In the event of failure to deliver the tag and / or failure to achieve the target depth, the competitor receives penalty points in the amount of:
 - 2 penalty points for missing a tag;
 - 2 penalty points for each meter of difference between the target depth and the depth reached if the competitor does not reach the target depth.
2. In the case that the competitor starts immersion after the *Top Time*, the competitor will receive 5 penalty points for each commenced 5 second delay.

VII. COMPETITION WINNERS; FINAL ORDER

1. The winner of the competition in each group (profi and non-profi), separately for men and women, is the person with the highest number of points. The next places are determined analogously
2. The final order is determined by the number of points scored minus any penalty points.
3. In the case that two or more competitors score the same number of points, the competitor with the lowest number of penalty points will be ranked higher.
4. In the case that two or more competitors score the same number of points and the same number of penalty points in the qualifying heat, they will occupy the same place *ex aequo*.
5. In case that two or more competitors achieve the same number of points and the same number of penalty points in the final, then the higher-ranked position goes to the competitor who obtained a better result in the qualifying rounds.
6. In case that two or more competitors achieve the same number of points and the same number of penalty points in the final, and they achieved the same result in the qualifications, then they occupy the same place *ex aequo*.

VIII. DISQUALIFICATIONS

1. The competitor will be disqualified in the following cases:
 - a. not reaching the Statics Zone in time:
 - 3 minutes from *Top Time* – in profi group;
 - 2 minutes from *Top Time* – in non-profi group;
 - b. leaving the Statics Zone after reaching it, i.e. submerging deeper than two meters from the surface without holding at least one hand in the marked Statics Zone
 - c. blackout (loss of consciousness);
 - d. re-immersion (after surfacing) of the respiratory tract before the judge gives the verdict;

- e. failure to complete the Surface Protocol, described in part XIII of the Regulations, within 20 seconds from the emersion or performing it incorrectly, i.e. not in accordance with the description in part XIII of the Regulations;
- f. starting immersion after lapse of 30 seconds after *Top Time*
- g. use of buoyancy equipment after the dive has been completed and before the judge gives the verdict;
- h. cheering/prompting a competitor by a member of his team from the moment of surfacing until the decision of the judge
- i. violations of other rules described in the Regulations, in particular inhaling oxygen or oxygen-enriched mixtures within 30 minutes or less before the *Top Time* of the competitor.

2. The competitor who exhibits signs of hypoxia during warm-up (*blackout* - loss of consciousness, or *LMC* - loss of motor control) will not be allowed to start.

IX. LUNG SQUEEZE

- 1. If after the performance in the qualifying heat, the competitor has symptoms of *lung squeeze* (hemoptysis, breathing difficulties, decreased saturation, etc.), then regardless of the result obtained, this competitor will not be allowed to start in the finals.
- 2. If the result of this competitor qualifies him/her to participate in the finals, then the competitor, who is not in the top six, with the highest number of points will take his/her place in the finals.
- 3. If on the day preceding the elimination day, at any time after the training dive or during the AIDA Minicomp competition, a competitor is observed to have symptoms of lung squeeze (spitting blood, breathing difficulties, decreased oxygen saturation, etc.), that competitor will not be allowed to participate in the Deepspot Challenge.

X. QUALIFYING HEATS AND FINALS; STARTING ORDER

- 1. The competition includes one dive in the qualifications by each competitor and one dive in the finals of the competition by the competitors with the best score in the qualifications, in accordance with section 3 below.
- 2. In the qualifications and in the finals, the athletes shall compete two at a time. The order of starting in the qualifications is based on the order of registration for the competition, regardless of gender, on the principle - the earlier the payment, the later the start of the competitor. For Freediving League participants who have made an early package payment including participation in the Deepspot Challenge, the date of submitting application to the Deepspot Challenge is decisive.
- 3. The competition finals are conducted according to the following rules:
 - a. The male and female athletes with the highest number of points from the qualification round to the sixth in the order (in each group), i.e. 6 male and 6 female athletes with the highest number of points obtained in the qualification round or a higher number of athletes in the case described in point c. below, will enter the finals; however, no athlete disqualified in the qualification round may take part in the finals;
 - b. in the finals, the athletes placed 6th and 5th in the qualifications will start as the first two, followed by the athletes placed 4th and 3rd and finally the athletes placed 1st and 2nd;

- c. If a group of 6 finalists cannot be formed due to a number of athletes achieving the same number of points in the qualification round (ex aequo), this group will be enlarged by the athletes who achieved the same number of points in the qualification round.
- 4. The schedule, specifying the exact starting times (*Top Time*) for each competitor in the qualifications, will be posted at the Facility and on the website prior to the start of the competition.
- 5. The schedule of dives in the final will be announced as soon as the qualifying heats results are established.

XI. EQUIPMENT

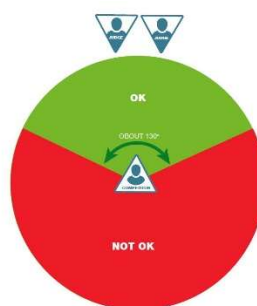
- 1. The competitor during the dive in qualifying heats and the final:
 - a. 1. must have the Official Competition Computer on hand;
 - b. must use lanyard;
 - c. can use: bi-fins or monofins, mask or specialist goggles, nose clip, watch with stopwatch;
 - d. can't use wetsuit;
 - e. can't use any weight.
- 2. The competitor before diving can use the so-called noodle or other flotation device but after surfacing - before the judge issues a verdict, its use is not allowed and will result in disqualification.

XII. PERFORMANCE START AND COUNTDOWN

- 1. The start of the performance is understood as the complete immersion of the competitor – not only of the respiratory tract. Before the start, there is a countdown in English language according to the scheme:
 - 3 minutes
 - 2 minutes
 - 1 minute 30 seconds
 - 1 minute
 - 30 seconds
 - 20 seconds
 - 10 seconds
 - 5, 4, 3, 2, 1
 - Top Time
 - Plus 5 seconds, plus 10 seconds, plus 20 seconds, plus 25, 26, 27, 28, 29, 30
- 2. Starting immersion more than 30 seconds after *Top Time* will result in disqualification.
- 3. During the performance, a countdown is carried out from the underwater speakers, informing the competitor about the approaching time in which he should appear in the Static Zone:
 - a. In the PROFI group, 10 seconds before the end of 3 minutes from *Top Time*:
 - 10 seconds
 - 5, 4, 3, 2, 1, Three Minutes
 - b. In the NON-PROFI group, 10 seconds within 2 minutes of *Top Time*:
 - 10 seconds
 - 5, 4, 3, 2, 1, Two Minutes.

XIII. END OF PERFORMANCE (EMMERSION AND SURFACE PROTOCOL)

1. Emersion is the appearance of any part of the contestant body.
2. After surfacing, the diver should display the OK diving signal (i.e., the thumb connected with another finger of the same hand so that the two fingers form a circle) within a maximum of 20.00 seconds. The signal should be shown towards the judge, i.e., in the direction consistent with the diagram below:



3. After surfacing until receiving the judge's verdict, the competitor may not:
 - re-submerge the respiratory tract (mouth and/or nose)
 - have physical contact with any other person; (if the competitor is accidentally touched, the judge will make the final decision as to whether this action was helpful to the competitor or not)
 - use additional equipment that adds buoyancy
4. The judge announces the verdict not earlier than 30 seconds after the competitor emerges, showing a white card (attempt passed without penalty points), yellow card (attempt passed with penalty points) or red card (disqualification). The competitor must not submerge the respiratory tract again until the verdict is announced by the judge.
5. During the competition (from 3 minutes before the Top Time until both athletes in the given heat have received their verdict), absolute silence must be maintained in the Start Zone. Cheering, and especially giving hints to surfacing athletes, is strictly prohibited. The Chief Judge may remove individuals who violate this rule from the competition area, i.e., the pool deck. If a competitor receives such assistance from members of their team, the athlete will be disqualified.

XIV. PROTESTS

1. If, in the competitors opinion, there has been any irregularity in the conduct of the competition which could affect the competitors result or otherwise affect her/his rights, the competitor may lodge a protest to the Judge's Committee, the protest must be made within 15 minutes after surfacing or within 15 minutes of the official announcement of the results.
2. The protest must be submitted on the Protest Form, available at the Facility, in the area next to the Judging Committee.
3. When submitting a protest, the competitor is required to pay a deposit of 50 Euro or their equivalent in Polish zlotys.
4. If the protest is in favor of the competitor, the deposit will be returned to the competitor. If the protest is rejected, the deposit will be made as a donation to the Freediving Poland Association.
5. Protests will be considered by the full jury by voting.
6. In the case of a tie in voting, the vote of the chairman of the judging committee (the Chief Judge of the Competition) is decisive.

7. The decisions of the judging committee are final with regard to the results of the competition.

XV. JUDGES COMMITTEE

1. The Judging Committee consists of at least three judges who are AIDA International judges or the CMAS freediving judge.
2. The Judging Committee is chaired by the Chief Judge of the Competition.
3. The Judging Committee, including the Chief Judge, is appointed by the Organizer.

XVI. CHECK-IN, WARMUP ZONE and START ZONE

1. Each athlete is required to report to the Check-in Stand at least 60 minutes before their *Top Time*.
2. For the purposes of the competition, two zones will be designated in the facility: the Warmup Zone and the Start Zone.
3. The competitor has the right to enter the pool and begin the warmup in the Warmup Zone 30 minutes before his *Top Time*, according to the schedule referred to in section X, para. 4 and 5 of the Regulations.
4. In the Warmup Zone, the competitor can perform warmup statics at the edge of the pool and / or dive on one of the 3 warmup ropes, bottomed at a depth of approx. 20 meters.
5. The competitor may use the warmup rope not earlier than 20 minutes before her/his *Top Time* unless the rope is not occupied by any of the competitors preceding her/him.
6. In the Warmup Zone, the competitor may be accompanied by a coach / buddy.
7. The competitor has the right to appear in the Start Zone after the preceding competitor releases his/her rope. Athletes listed as first in the starting order are allowed to enter the Start Zone no earlier than 5 minutes before their Top Time
8. In the Start Zone, the competitor cannot be accompanied by a coach / buddy or any other persons.

XVII. ANTI-DOPING TESTS AND OXYGEN USE

1. It is forbidden to inhale oxygen and oxygen-enriched mixtures for 30 minutes or less before the competitors *Top Time*.
2. It is forbidden to use any doping agents by the competitors in accordance with the general rules and good practices applied in international freediving sport.
3. The Organizer does not provide for anti-doping tests to be carried out, but may require confirmation of the non-use of doping substances in the declaration referred to in part III section 1 point 6 of the Regulations.

XVIII. CHANGES IN THE REGULATIONS

1. The Organizer reserves the right to make amendments in the Regulations for important reasons, in particular in order to increase security and improving the course of the organized event.
2. Amendments to the Regulations will be published on the competition website, as well as sent by e-mail to people who have registered before the amendments come into force.

3. If the changes to the Regulations affect the rights or obligations of the participant, she/he will be entitled – within 7 days from the date of receipt of information about the changes – to notify the Organizer via e-mail to the address competition@deepspot.com. that she/he resigns from participation in the competition. In such a case, the Organizer will refund the entry fee to the participant.

XIX. PERSONAL DATA

1. The data controller of personal data of competition participants is Aerotunel Sp. z o.o. with its registered seat in Warsaw (other data provided in part I section 2 of the Regulations).
2. The personal data of participants will be processed for the purposes of organizing and implementing the competition, in particular for the purposes of accepting applications for the competition, processing the entry fee, determining the lists of competitors in the qualifications and finals, as well as determining the results of the competition and announcing the winners, i.e. for purposes resulting from legally justified interests pursued by the data controller (Article 6 (1) (f) of the GDPR) or performance of obligations resulting from these Regulations (Article 6 (1) (b) of the GDPR). Personal data may also be processed by the Organizer for other legitimate interests pursued by the data controller, including defense against claims (Article 6 (1) (f) of the GDPR).
3. The participant's personal data may also be processed on the basis of the consent expressed by the participant (Article 6 (1) (a) of the GDPR), to the extent specified in such consent.
4. In connection with the competition, the Organizer will process the competitor's personal data provided in the application form, in particular: name and surname, date of birth, country of origin, telephone number and e-mail address, diving license number and image.
5. Personal data may be transferred to entities processing them at the request of the administrator, in particular to the administrator's advisors or IT companies.
6. Personal data will be stored by the administrator during the competition, and after its completion – for the period resulting from the provisions of applicable law, enabling the administrator to demonstrate compliance with the obligations related to the implementation of the competition or defend against claims of participants.
7. The name and country of origin of the participant may be published in the materials related to the competition, in particular on the list of competition participants, in the start schedules and on the list containing the competition results. Such materials and information may be available both at the Facility and published on the Internet. In the case of a winner list, the results achieved in the competition by the participant may also be given.
8. Additionally, with the participant's consent, his/her image captured in photos and video materials from the event may be published online, particularly on the Organizer's social media profiles, for the purpose of informing and promoting the competition, as well as the Deepspot brand and venue. Materials featuring the participant's image may also include images of other individuals.
9. In accordance with GDPR regulations, the participants have the right to request access to their personal data, to have it corrected, deleted, or processed in a limited manner, as well as the

right to object to the processing of their data, the right to data portability, and the right to file a complaint with the supervisory authority.

10. To the extent that personal data are processed on the basis of consent, the participant has the right to withdraw it at any time, with the proviso that the withdrawal of consent does not affect the lawfulness of processing based on consent before its withdrawal.

11. Providing personal data is voluntary, but it is necessary for the purposes of registering for and participating in the competition.

12. To the extent not regulated above, personal data will be processed by the Organizer in accordance with the *Privacy Policy*.

XX. FINAL PROVISIONS

- 1.** Competition participants cover their own costs related to travel to the Facility and accommodation.
- 2.** In the event of failure of The Competition due to reasons attributable to the Organizer or beyond the control of the Organizer or participants, in particular due to prohibitions resulting from the provisions of applicable law related to the state of the epidemic, the Organizer will refund the registration fee to the registered participants.
- 3.** The organizer may provide prizes for the competition winners, the information in this regard will be posted on the competition website. Prizes will be issued to the winners after any tax, if applicable, is withheld, in accordance with applicable law.
- 4.** To the extent not described in the Regulations, the provisions of the Regulations of the Facility shall apply, with the proviso that in the event of any discrepancies between the regulations, the rules resulting from these Regulations will be decisive.
- 5.** In matters not covered by the regulations referred to above, the provisions of Polish law shall apply.