

## 2025 CHICAGO MERMAID CHAMPIONSHIP RULES

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### PART I (Structure)

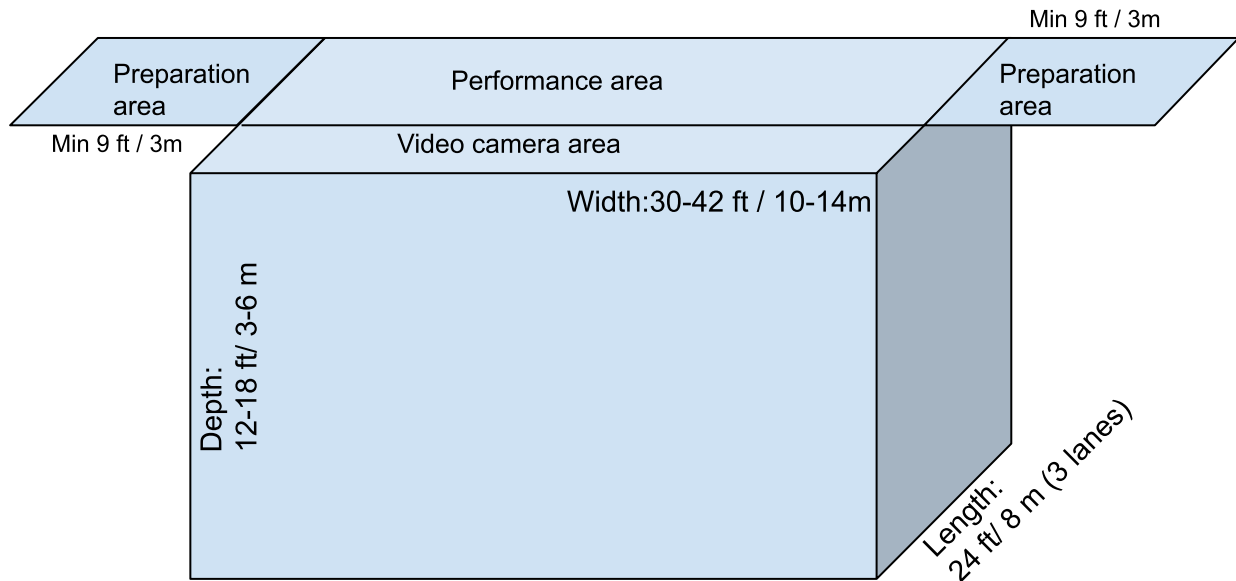
#### 1. Competition area requirements

Depth: 12-18 ft / 3-6 m (competitive diving pool depth).

Width: 10-14 yd (30-42 ft)/10-14 m. Prep/Exit area is 3-5 yards (9-15 feet)/ 3-5 m.

Length: 24 feet (3 swimming lanes)/ 8 m. 16 feet/ 5m for athletes, 8 feet/3m for underwater cameras.

So, for a regular competition style 25 yards/ 25m wide swimming pool with deep end (12-18 feet/ 4-6m depth), 3 lanes at the deep wall should be sufficient for mermaid competition.



#### 2. Participants prerequisites

- a. Age: 18.
- b. Paperwork:
  - i. Application
  - ii. Photo and video release
  - iii. Liability release
  - iv. Medical
- c. Certification: Full mermaid/ freediving confined water certification from PADI, NAUI, SSI, or other agency approved by the organiser.
  - i. Otherwise subject to a swim test

#### 3. Equipment requirements

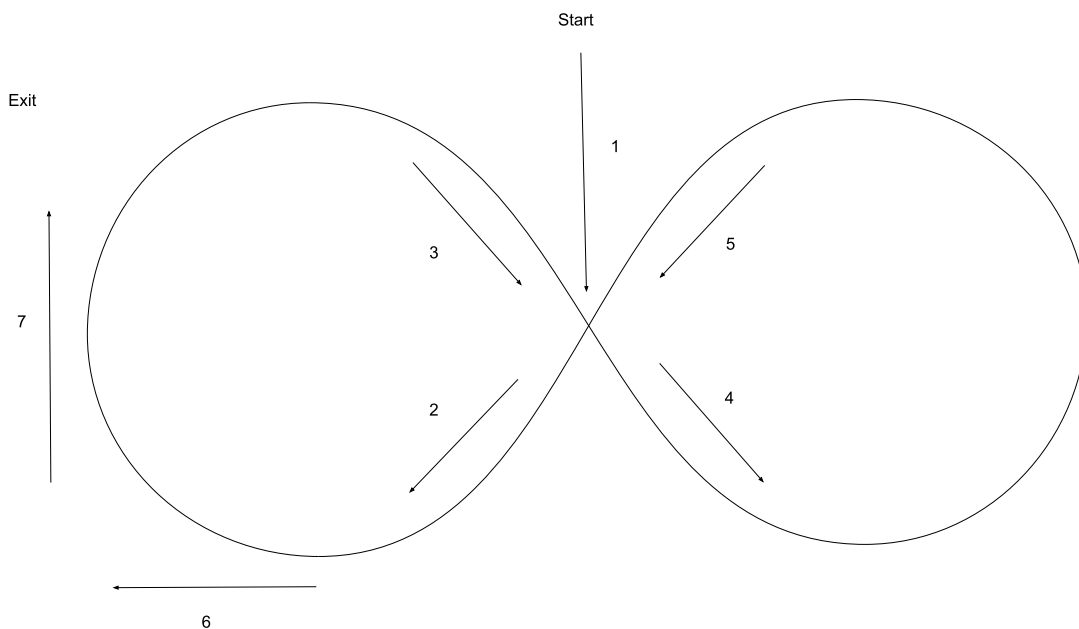
- a. Must have own swimming equipment that does NOT have loose small particles that can be detached during the swimming process. All swimming wear and accessories are subject to inspection and approval by the competition organiser.
- b. Weights (optional)
- c. Usage of mask/goggles, nose clips is allowed. **No extra points are awarded for not using the protective equipment.**

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4. Competition safety standards
  - a. Minimum 1 designated fully certified (open water certification) freediver or mermaid must be present in both preparation areas of the competition at any moment there is a competitor in the competition area.
5. Competition structure
  - a. Technical
    - i. Dynamic apnea, 25 metres minimum distance, start swimming within 15 sec from official start, maintain the entire body underwater, proper finish procedure: remove mask/goggles/nose clip, hand signal with verbal OK, no signs/symptoms of black out.
    - ii. 9 mandatory underwater swimming figures: Each athlete will perform 9 mandatory figures performed in a specified required order. Each figure must be done in one breath to get the maximum points.
      - 9 underwater swimming figures
      1. Swim on the Front, 1 length (Any water entry)
        - a. Constant speed
        - b. Controlled buoyancy: Constant height for the full lap
        - c. Dolphin kick: smooth full body undulation (wave), minimal knees bending.
        - d. Horizontal body position, Face of the body should point toward the pool bottom.
      2. Swim on the Back, 1 length (Any water entry)
        - a. Constant speed
        - b. Controlled buoyancy: Constant height for the full lap
        - c. Dolphin kick: smooth full body undulation (wave), minimal knees bending.
        - d. Horizontal body position, facing the water surface.
      3. Swim Sideways, 1 length (Any water entry)
        - a. Constant speed
        - b. Controlled buoyancy: Constant height for the full lap
        - c. Dolphin kick: smooth full body undulation (wave), minimal knees bending.
        - d. Horizontal body position, Full Body should face the front window/camera.
      4. Torpedo, 1 length (Any water entry)
        - a. Midwater entry into performance area.
        - b. Full 360 degree rotation with horizontal swim.
      5. Buoyancy control vertical, head up with 360 turn (Angel dive entry)
        - a. Objective: neutral buoyancy for 5 sec from the moment of stabilisation.
        - b. Weights are allowed.
        - c. Feet first vertical entry.

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- d. If using descent with exhale technique, the air is exhaled above water.
  - e. Penalty points:
    - i. Any extra exhales underwater.
    - ii. Touching the bottom or water surface.
    - iii. Finning or sculling.
6. Buoyancy control vertical, head down with 360 turn (Duck dive entry)
- a. Regular duck dive entry from the centre.
  - b. Vertical head down body position. Head is aligned with the body. The legs and feet are aligned with the trunk.
  - c. Full 360° rotation using hand sculling.
7. Scorpion
- a. Enter and exit the performance area in the midwater.
  - b. Abdomen facing bottom, head is vertical, knees bent, tail above head.
  - c. Controlled buoyancy.
  - d. 360 degree horizontal turn in place using hand sculling.
8. Double backflip
- a. Reverse or back entry from the centre of the water surface.
  - b. Swim in a smooth round trajectory making 1 circle.
  - c. Constant speed.
9. Figure 8
- a. Start at the centre with a regular duck dive.
  - b. SPACE: Use the full space of the performance area.
  - c. SHAPE: Congruency in all aspects of the figure.
  - d. Fluidity: constant speed for the full figure. No pause



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- b. Artistic
  - i. Single: Choreography duration 1-2 min.
  - ii. Music: free of copyright infringements.

### PART II (Judging)

1. Scoring criteria:

Perfect	5
Good	4
Competent	3
Satisfactory	2
Weak	1
Disqualified	0
2. Dynamic apnea score
  - a. The first 25 meters/yards is 1 point.
  - b. Every 5 meters/yards beyond 25 meters/yards is 1 point.
3. 9 figures technical swim score. Each figure is evaluated by:
  - a. Buoyancy control (0-5)
  - b. Accuracy of execution (0-5)
4. Artistic swim score
  - a. Technical execution (0-5)
  - b. Artistic execution (0-5)

## 2025 CHICAGO MERMAID CHAMPIONSHIP RULES

### Definitions

**Technical performance:** Underwater apnea swimming without music with focus on precise technical execution of the elements. Breath refills are not allowed.

**Underwater swimming figures:** Various underwater swimming techniques, figures, poses, gestures, etc.

**Rescue procedures:** Sets of actions aimed at providing support and rescue to a compromised person in the water.

**Water surface Loss of Motor Control (LMC) support:** A rescue procedure providing assistance to a person experiencing Loss of Motor Control (LMC), which is the impaired ability to move the body in a controlled manner.

**Underwater Black Out (BO) rescue:** An emergency procedure designed to rescue a person experiencing a complete loss of consciousness, also known as Blackout (BO).

**Artistic performance:** Underwater apnea swimming with music with focus on creation of a well balanced artistic act. May be enhanced by costume, makeup, props, etc. Breath refills are allowed. Performed as Single/Solo or as a Group.

**Duck dive/Dolphin water entry:** A Duck Dive is a technique for efficient water entry, starting face-down, bending at the waist, pushing the legs out of the water, and descending vertically.

**Reverse/Back water entry:** A technique for efficient water entry, starting face-up, arching the back, pulling down with the hands, and descending vertically.

**Whale/Dolphin/Refill breathing:** A short breathing cycle (breath out - breath in) performed at the water surface while doing an artistic underwater act that allows an athlete to exhibit longer artistic action without noticeable interruption for breathing. There are 3 variations of the technique: With Kroll stroke, With Brass stroke, With Reverse/Back re-entry.

### **Underwater figures**

**Back loop:** UW swimming in a round trajectory with the back facing the centre of the loop.

**Front loop:** UW swimming in a round trajectory with the front facing the centre of the loop.

**Scorpion:** Horizontal trunk position, the head is vertical above the back, the tail is vertical above the head, arms are in front of the chest resembling scorpion's claws.

**Infinity:** 2 back loops swam next to each other in continuous motion.

**Hair management:** Hand/arm movement that aims at fixing the hair appearance.

**Bubble figures/kisses:** Letting some air out and making particular lines and shapes out of the bubbles.

**Neutral buoyancy:** UW stationary body position without any physical movement achieved by the right amount of air in the lungs.

**Titanic:** Arms down spread apart to the sides of the body with extension to the back.

**Needle:** One arm straight and up, the other arm up with bent elbow and hand near/touching the other arm.

**Swan:** One arm is up, the other is down, both are extended but soft shape.

**The list of technical elements and techniques is expected to grow with further development of Underwater Mermaiding sport.**