THE CARTOON BOOK OF

FREEDIVING



WATER

SPORT ON EARTH

Sport on Earth Books · The Water & winter Family

Original illustrations · No characters were copied in the making of this book

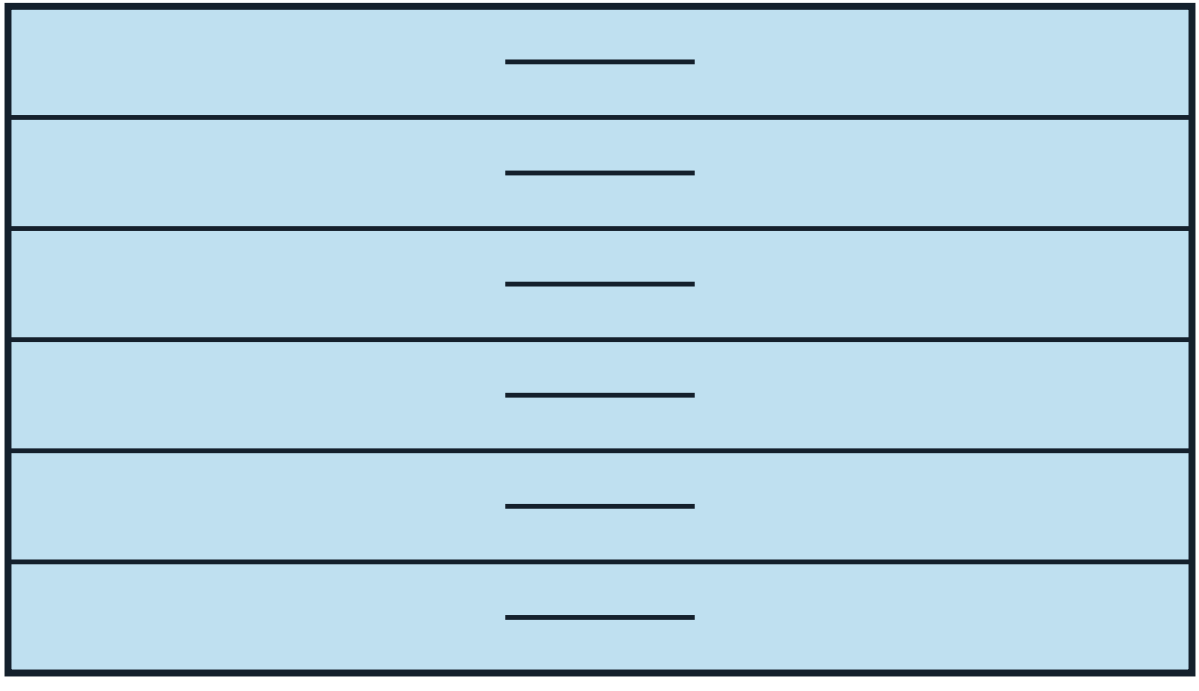
Meet Freediving!

Dive deep on a single breath.



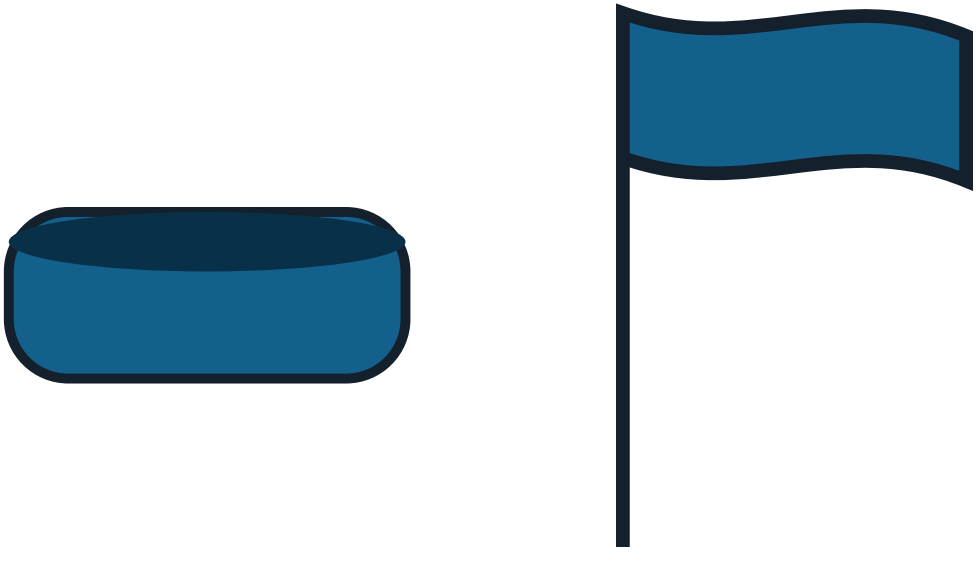
Where It Is Played

A swimming pool for static and dynamic disciplines; open water with a weighted vertical line, bottom plate and safety divers for depth disciplines.



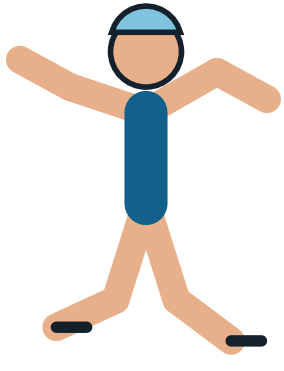
The Gear

Mask/goggles and nose clip, fins or monofin by discipline, wetsuit and lanyard for depth; no breathing apparatus of any kind.



How It Starts

Take an AIDA beginner course with a certified instructor, learn relaxation and equalisation, and never train breath-holds alone — always with a trained buddy.



How to Play

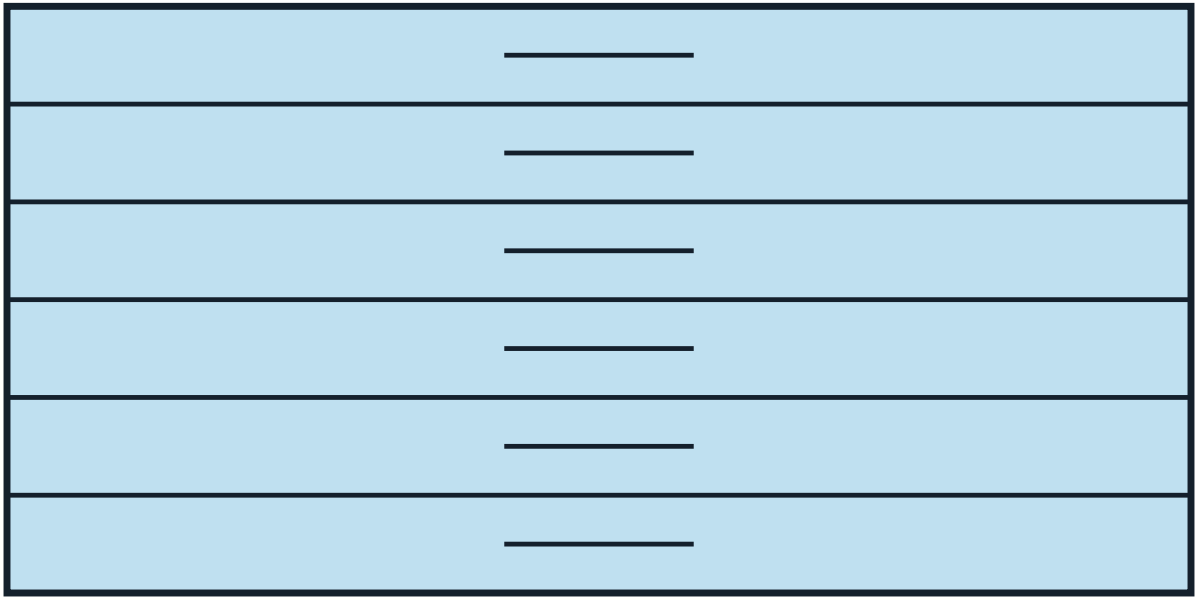
- Format: athletes hold a single breath to perform in pool and depth disciplines, judged on the performance actually realised.
- Recognised disciplines are Static Apnea (STA), Dynamic Apnea with and without fins and with bi-fins (DYN/DYNB/DNF), Constant Weight with and without fins and with bi-fins (CWT/CWTB/CNF) and Free Immersion (FIM).
- Static apnea: hold the breath as long as possible with the airway immersed; dynamic apnea: travel horizontally underwater for the greatest possible distance.
- In dynamic apnea without fins any propulsion aids are prohibited; with fins, no propulsion aids other than fins or a monofin are allowed.
- Free immersion: dive to a target depth pulling on the rope, without propulsion equipment; constant weight: descend and ascend under your own power with the same weight.

More of the Game

- After surfacing the athlete has 15 seconds to complete the Surface Protocol in order: remove all facial equipment, give one visible OK sign, and give one verbal 'I'm OK' to the judge.
- Any black-out results in disqualification for the discipline.
- Inhaling oxygen or highly oxygenated mixtures in the 45 minutes before a performance is forbidden.
- Only results from recognised AIDA events are entered in the AIDA ranking lists; depth divers must retrieve the tag from the bottom plate and announce their dive in advance under competition procedure.

The Shape of a Match

One breath, one performance: stay still for time (static), swim for distance (dynamic), or dive for depth and return — then prove you are in control with the surface protocol.

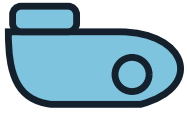


More of the Water & winter Family

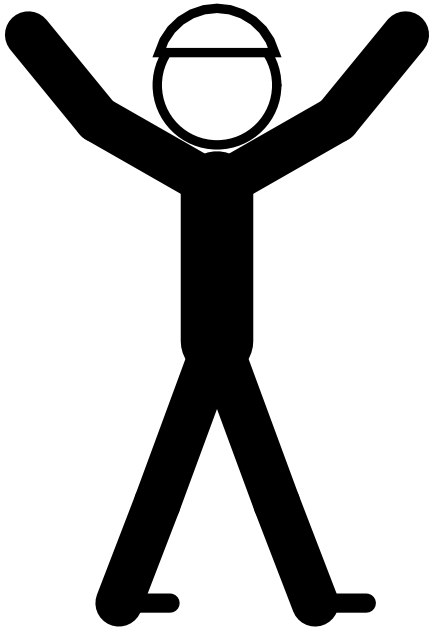
- Surfing — Ride ocean waves on a board; judges score maneuvers, speed, and flow on the best waves.
- Ice Hockey — Skate and pass a puck to score in the opposing net. Six per side, three periods of 20 minutes.
- Water Polo — Seven-a-side ball game in deep water.
- Sailing — Racing under wind power, from dinghies to the America's Cup.
- Alpine Skiing and Snowboarding — Downhill racing on FIS World Cup circuits.
- Figure and Speed Skating — Judged artistic skating and timed racing on ice.

A Note on the Rules

Freediving is governed by AIDA (and CMAS in parallel) under performance and safety rules whose modern emphasis is blackout protocol and surface-protocol judging — safety-culture evolution documented across rulebook revisions rather than one dated change. No major documented rule change is carried for freediving.

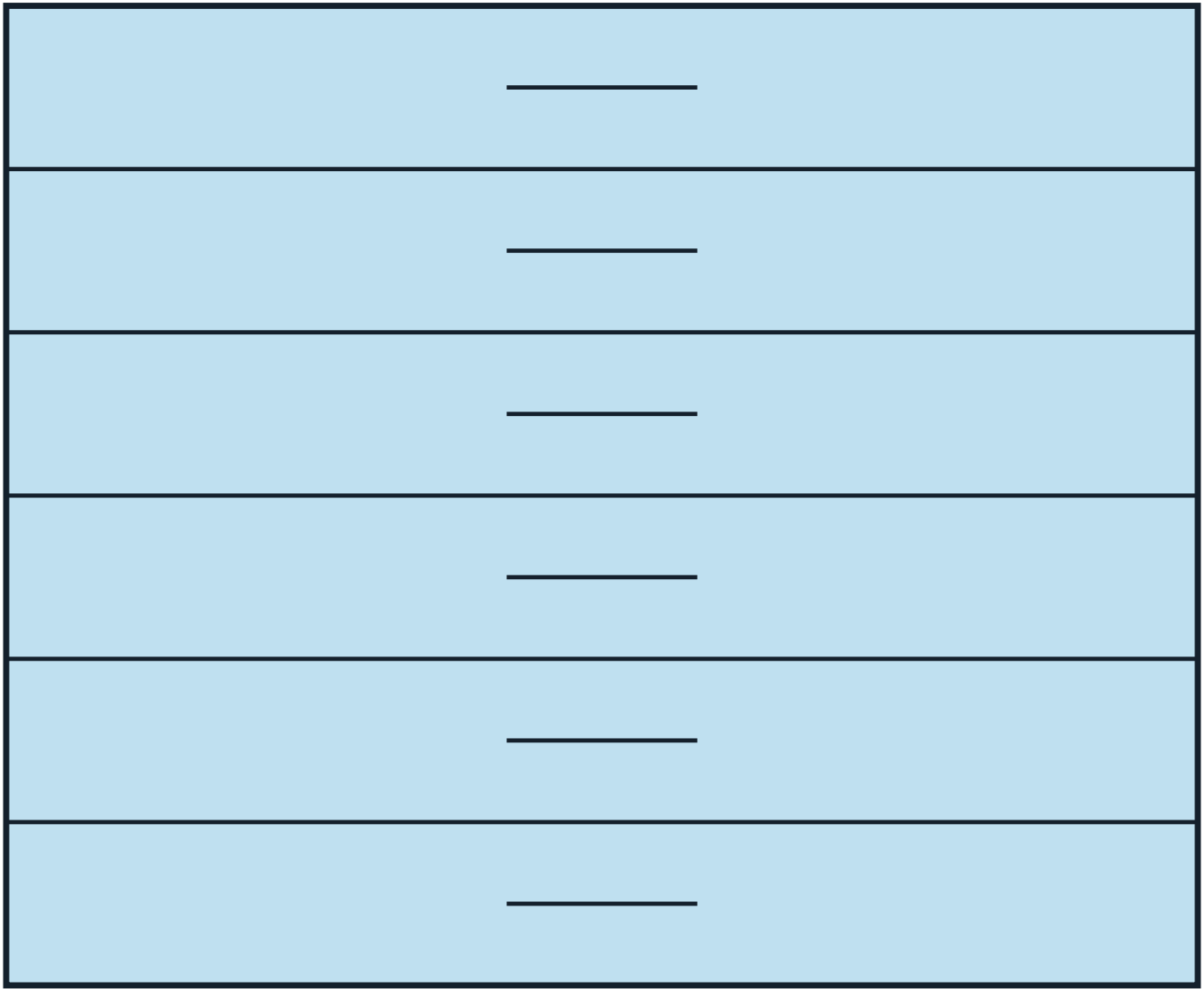


Colour the Action

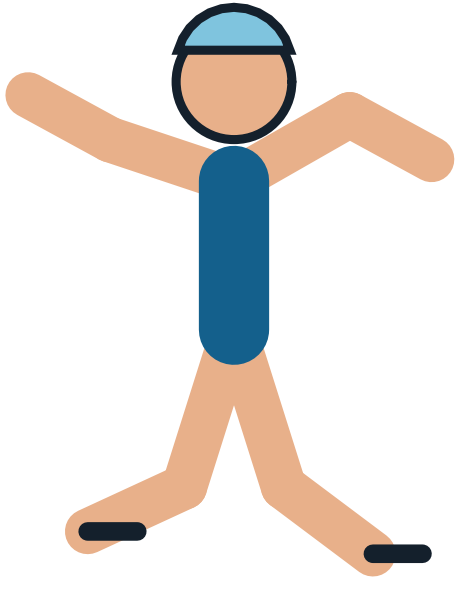


Psst — this page is a colouring page!

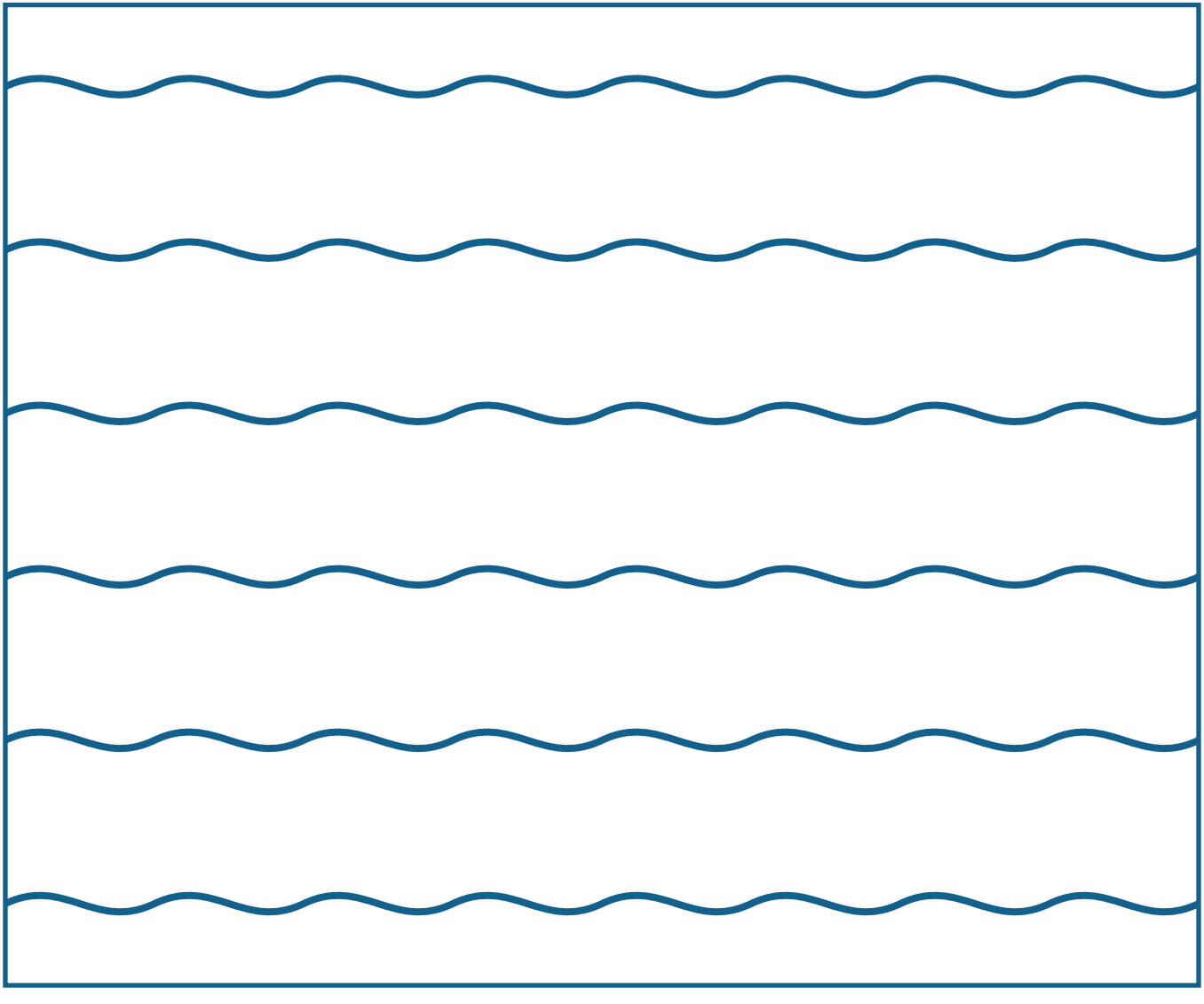
The Sport Today



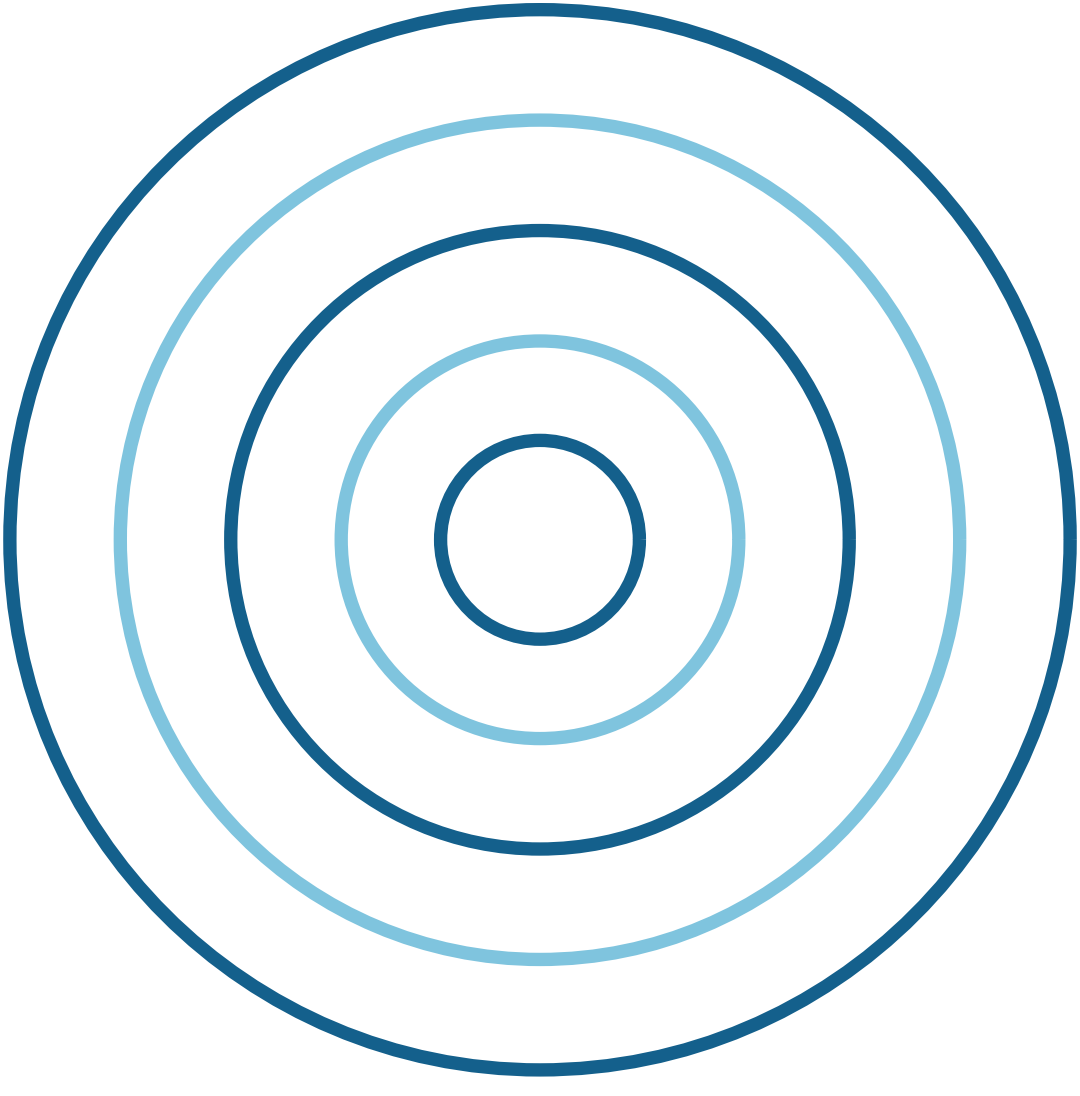
At School and College



Play It Near You



Through the Year

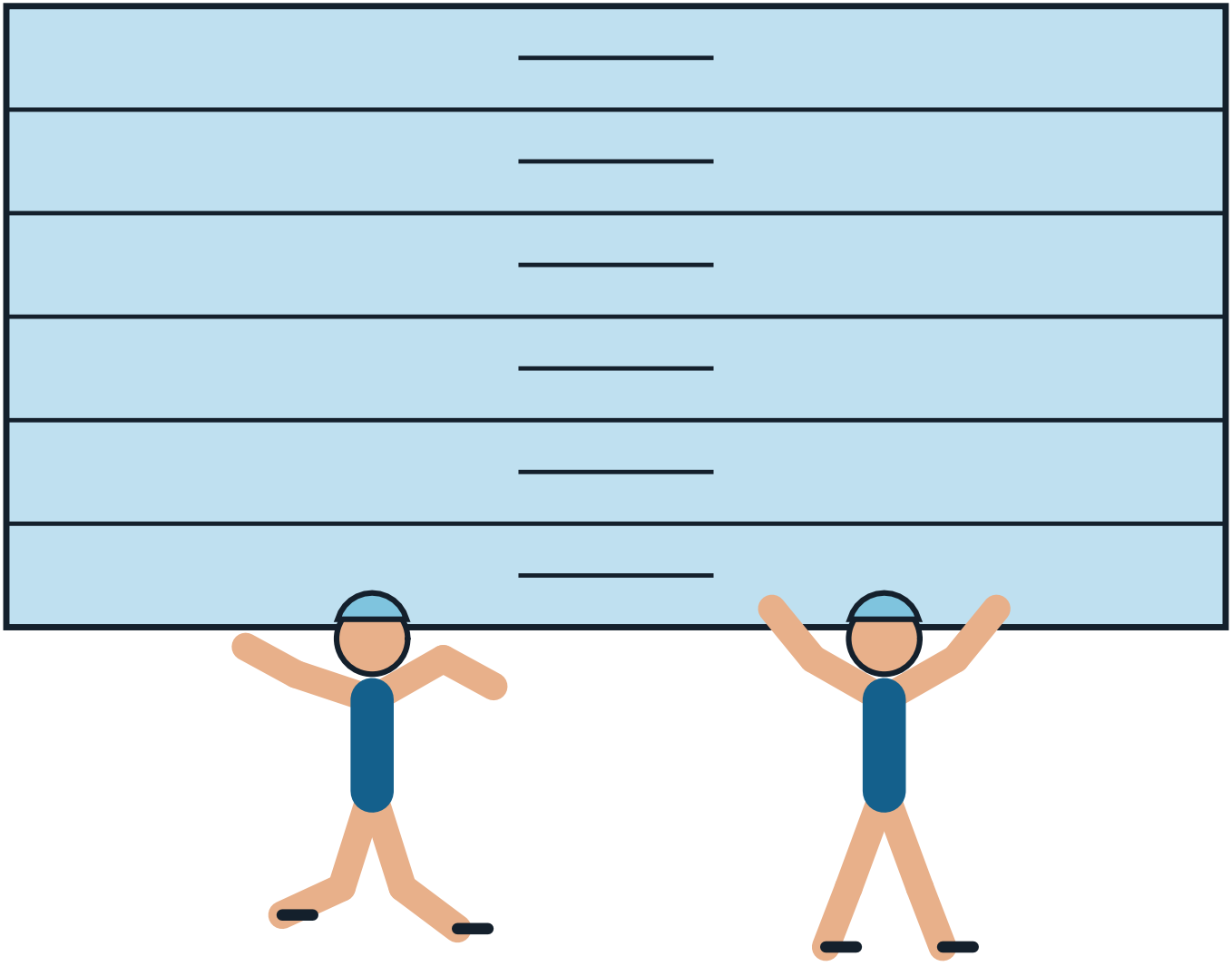


The Water & winter Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Surfing — Ride ocean waves on a board; judges score maneuvers, speed, and flow on the best waves.
- Ice Hockey — Skate and pass a puck to score in the opposing net. Six per side, three periods of 20 minutes.
- Water Polo — Seven-a-side ball game in deep water.
- Sailing — Racing under wind power, from dinghies to the America's Cup.
- Alpine Skiing and Snowboarding — Downhill racing on FIS World Cup circuits.

Game Day!

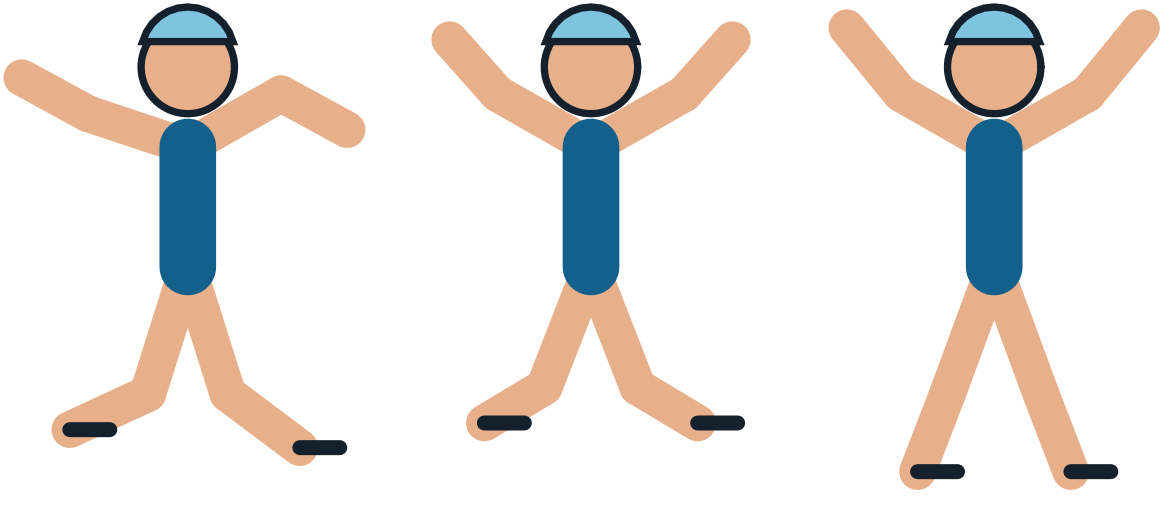


The Sport on Earth Mark

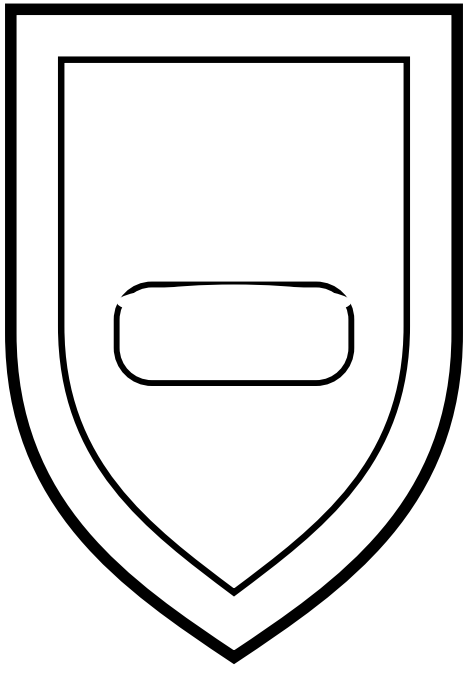
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

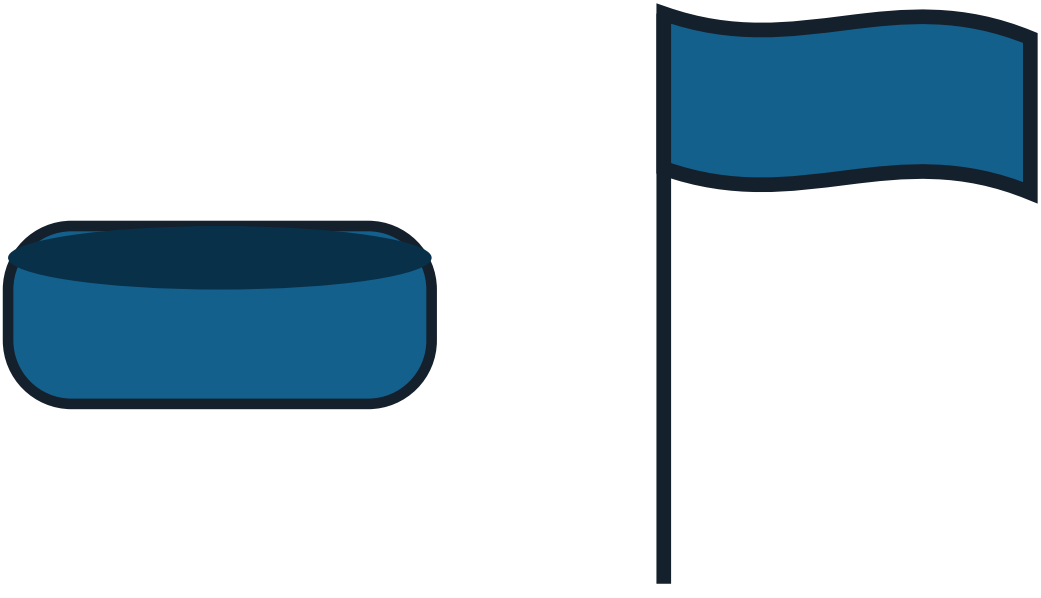


Design a Badge

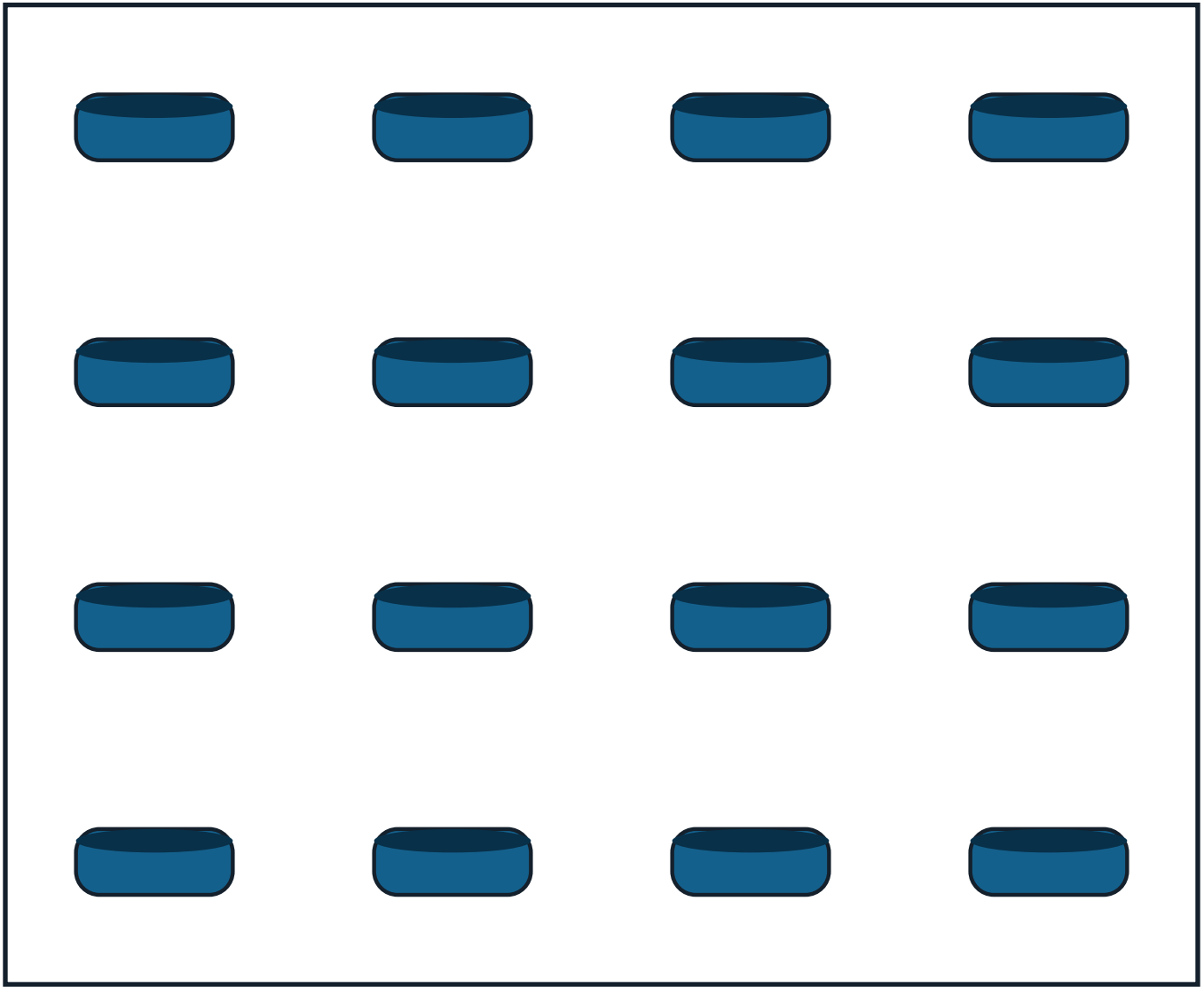


Draw and colour a badge for your own team.

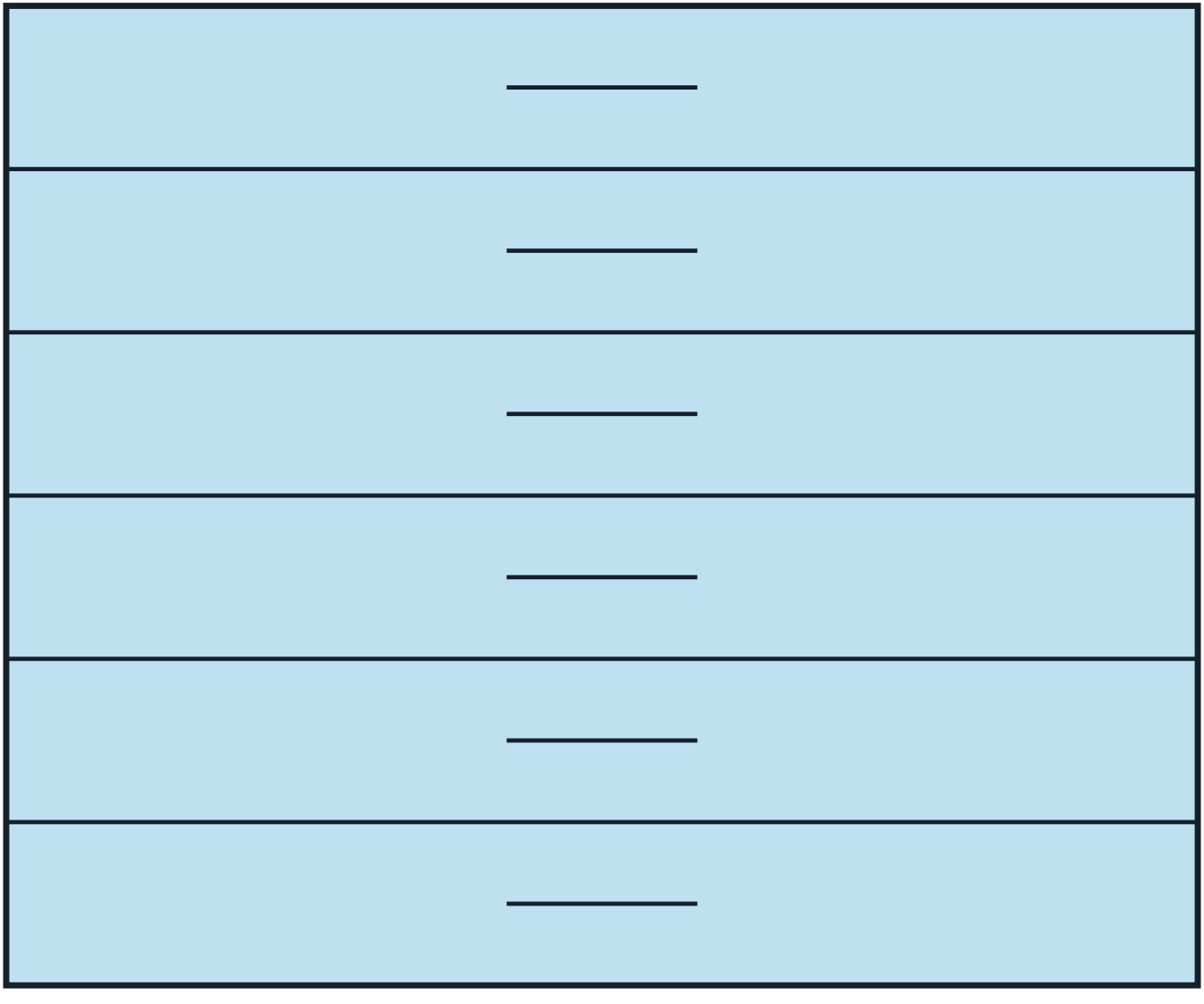
The Gear Parade



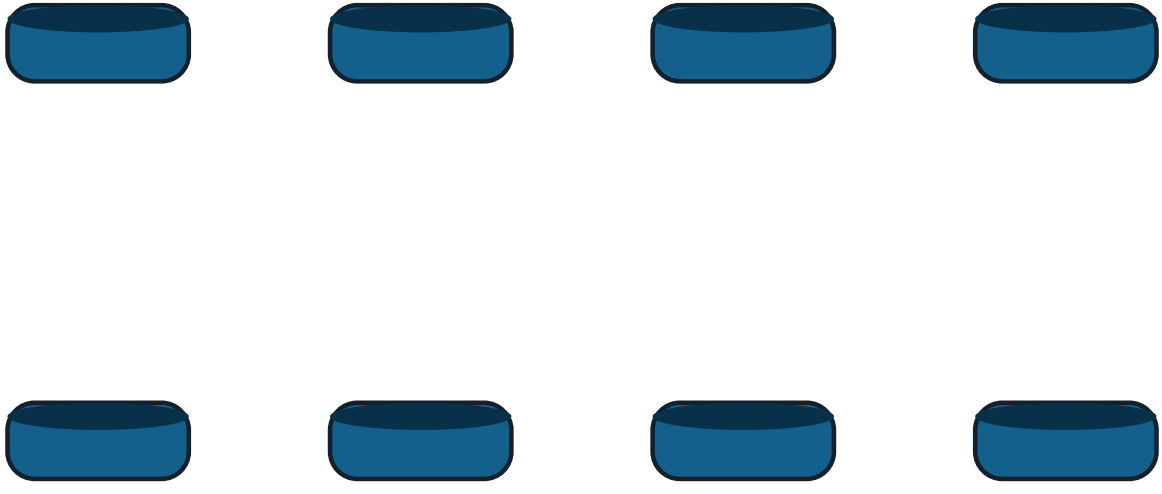
Pattern Play



The Arena From Above



Count the Balls!



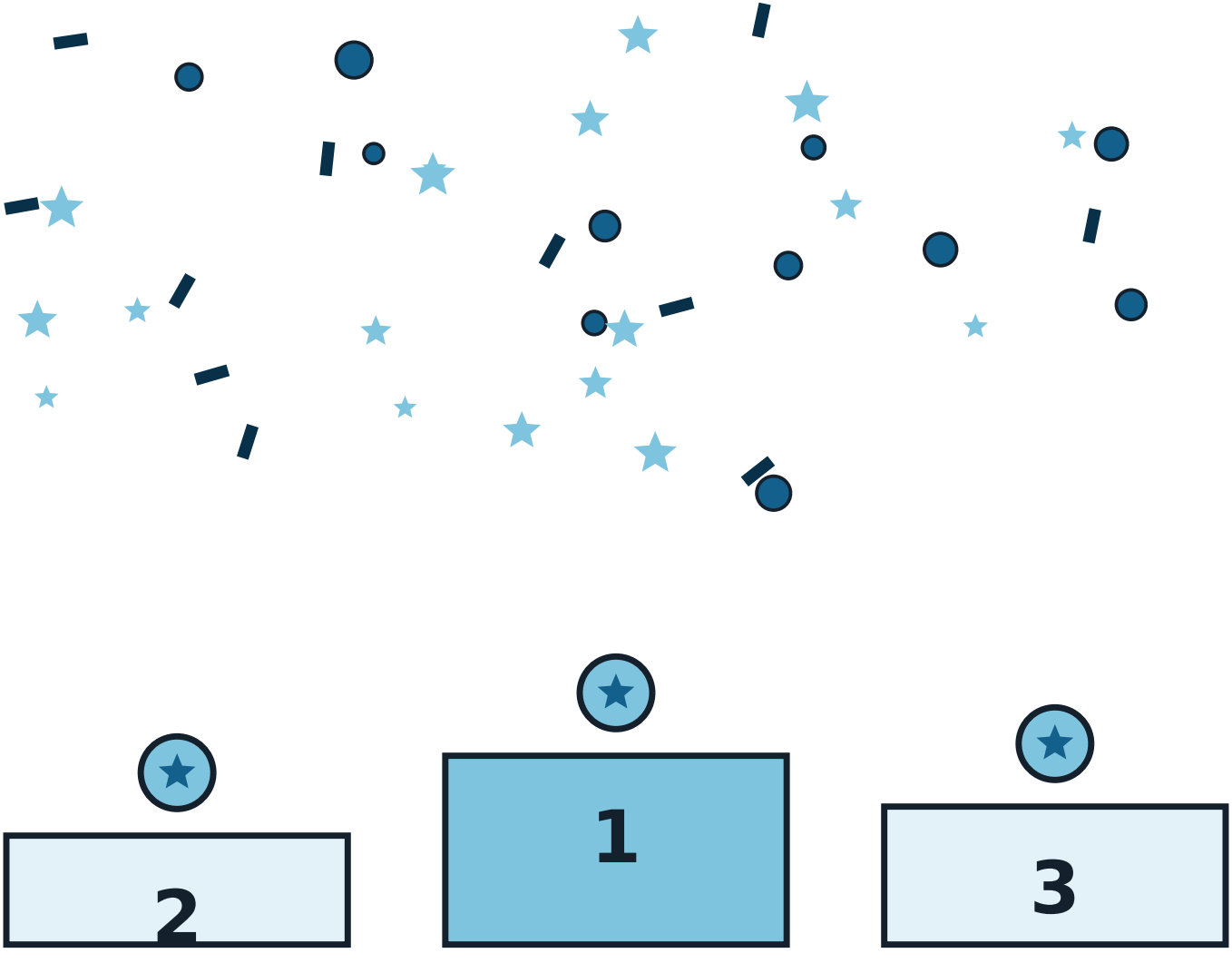
How many can you count? Write the number here: _____

My Favourite Part of Freediving

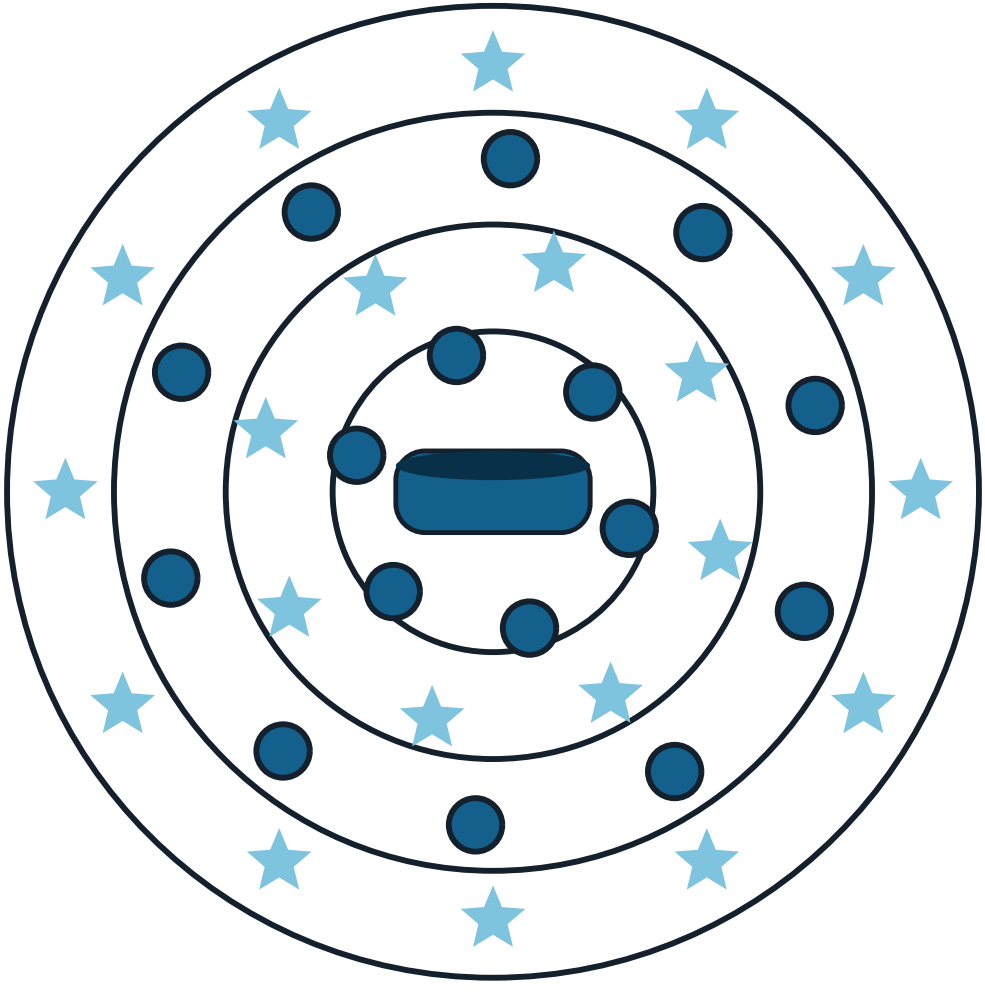
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: AIDA International (International Association for the Development of Apnea). Laws edition the site's rules file follows: AIDA Competition Rules and Regulations, Version 17.5, March 2024. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Surfing
- The Cartoon Book of Ice Hockey
- The Cartoon Book of Water Polo
- The Cartoon Book of Sailing
- The Cartoon Book of Alpine Skiing and Snowboarding
- The Cartoon Book of Figure and Speed Skating
- The Surfing Colouring Book
- The Ice Hockey Colouring Book

My Notes

Freediving

The Cartoon Book of Freediving — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

