





CMAS World Cup Finswimming Indoor, Abu Dhabi

# كأس العالم للسباحة بالزعانف

FINSWIMMING World Cup

OCT 30 – NOV 3 | ABU DHABI

		 نادي أبوظبي للرياضات المائية ABU DHABI AQUATICS CLUB
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## CMAS World Cup FINSWIMMING INDOOR, Abu Dhabi 2025



30<sup>th</sup> Oct to 3<sup>rd</sup> November 2025, Abu Dhabi - UAE  
 Mohamed Bin Zayed City Sports Center -Aquatics Complex

 Abu Dhabi Sports Council مجلس أبوظبي الرياضي	 إتحاد الإمارات للسباحة UAE Swimming Federation	 نادي أبوظبي للرياضات المائية ABU DHABI AQUATICS CLUB	 APEX SPORTS ACADEMY
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	<p>CMAS World Cup Finswimming Indoor, Abu Dhabi, UAE</p> <p>30th Oct to 3rd November 2025</p>	 <p>نادي أبوظبي للرياضات المائية ABU DHABI AQUATICS CLUB</p>
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## Denomination

The Abu Dhabi Aquatics Club – authorised by CMAS – invites all interested Federations and Clubs to participate in the 2025 CMAS World Cup Finswimming Indoor, Abu Dhabi, UAE, organised during 30<sup>th</sup> October and 3<sup>rd</sup> November 2025 in Mohamed Bin Zayed City Swimming Pool

## I. Registration process

Please find attached the Technical Notice regarding the registration process through the CMAS Portal.

### I. Fees of registration

#### a. CMAS Fees



For each round, in order to participate, each competitor is required to pay the CMAS fees fixed annually by CMAS.

- 25,00 € for participation fees by each round (for 2025).

**Please note that the names of relay members must be entered during the registration process on the base of individual registration even if they only swim relay and even according to the rules, the composition of relays can be changed on site before the beginning of competition.**

These fees will be paid only at the end of the registration process online, by credit card.

#### a. Miscellaneous

- Fees will not be refunded for non-participation of athletes in races.



- Penalties will apply for late enrolments after the deadline according to the registration planning.

Bank information is confidential. It will be sent to you upon request by mail at:

[Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae),

#### c. Organisation Fees

The procedures of all expenditures regarding the competition (accommodation fee, inscription fees etc.) are paid directly to the organising committee according to the instructions communicated below:

Inscription fees for 2025 are:

- 25,00 € for each club;
- 18,00 € for each relay;
- 10,00 € for each individual distance;

- Fees will not be refunded for non-participation of athletes in races.



- Late enrolments are not accepted as registration is managed by the CMAS system during the registration planning.

- Payment should be made by direct bank transfer.

Bank information is confidential. Thus, it will be sent to you on request by mail at:

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## Participation rules and races

### 1. Races and Categories are as follows:

#### SENIOR (Cat. "A" 18 & over years old) M/W

50 m AP.,

50 m SF., 100 m SF., 200 m SF., 400 m SF., 800 m SF., 1500 m SF.,

50 m BF., 100 m BF., 200 m BF., 400 m BF.

**Relay:** 4 x 100 m SF., Relay: 4 x 100 m SB mixed.

#### JUNIOR (Cat. "B cat – 16-17, C cat – 14-15, D cat – 12-13") B/G

50 m AP.,

50 m SF., 100 m SF., 200 m SF., 400 m SF., 800 m SF., 1500 m SF.,

50 m BF., 100 m BF., 200 m BF., 400 m BF.

**Relay:** 4 x 100 m SF., Relay: 4 x 100 m SB mixed.

### 2. Participation rules:

For all technical matters, please refer to the valid world cup Finswimming rules.

<https://www.cmas.org/finswimming/how-to-regulations.html>

## 2. Competition place



The competition will take place at:

Mohamed Bin Zayed City - Z35 - Abu Dhabi, UAE

<https://adaquaticsclub.ae/>

The swimming pool has a length of 50m, a width of 25 m and 10 lanes 25 m and ten lanes (according your swimming pool) and a depth of 2m . The temperature of the water is 26°C ( + 1°C).



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## 1. Timekeeping system

The timekeeper will conduct time recording through electronic time and recording system.

## 2. Classifications

Classifications will be based on times registered by the timekeepers, results will be complied according to CMAS score and CMAS World Cup classification.

- 3.1. There will be classifications for Individuals, Clubs, National Teams and Countries
- 3.2. Individual: There will be, for every distance, four different individual classifications for Senior and Junior, men and women. Swimmers registered by Clubs or National Teams are in this classification.
- 3.3. Club: The general classification will be made by the total amount of the individual points (men and women, junior and senior only registered by clubs). Four separate Club Classification will be made also for senior men, senior women, junior boys and junior girls.
- 3.4. National Teams: The general classification will be made by the total amount of the individual points (men and women, junior and senior). Four separate National Teams Classification will be made also for men, women, junior boys and junior girls.
- 3.5. Countries Ranking:
  - 3.5.1. The Countries' Ranking will be made following points 1.9 and 1.11 by the total amount of the individual points (men and women, junior and senior) of National Teams.
  - 3.5.2. If a National Federation does not enrol its National team, the best two results by club following points 1.9 and 1.11 at each distance, at each category (men, women, junior and senior) will go for the Countries ranking.

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### 3. Prizes

**Individual prizes:** medals will be given to the first three classified athletes in every individual race and every relay.

**Teams prizes:** cups for the first three clubs and cups for the first three National Teams.

Awarding ceremonies will take place during the competition, so the athletes involved must be at the organising staff's disposal at the right time.

During the award ceremonies the athletes must wear the official uniforms of their teams.

### 4. Antidoping

- WADA – World Antidoping Code
- CMAS – Antidoping Rules
- Athletes accept these rules as a condition of participation.

### Responsibility



The Organising Federation, the organising committee, CMAS, the Competition Director, Competition Officers and the Chief Judge are not responsible for accidents or damage caused to people and personal effects before, during or after the competition.

### 5. Additional Note

The schedule of the program can be modified according to the needs of the organiser's. Participating teams will be given all information regarding schedule changes.

Swimmers must be available for the Start Judge with their full equipment at least 10 minutes before the race starts.

Rules concerning this competition can be found on the website of CMAS, under the Finswimming Rules.

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## 6. Visa

If you need Visa to enter UAE, please contact Local organising Community in the person via E-Mail [Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae), not later than 15/08/2025.

Kindly note the following:

1. An invitation will be issued to all interested clubs and teams to participate, and it will be available free of charge upon request.
2. A personalised team invitation, including all team member details such as passport numbers, can be provided free of charge upon request.
3. For teams and participants requiring a visa to enter the UAE, our team will handle the application process. The cost for each visa is €90.00 per person.

Here is the link for the list of countries requiring a visa to enter the UAE: [\[Link\]](#)

## 7. Enrolment

1. **Preliminary entry** – the application form is provided as an attachment with these specific rules and must be filled duly (**Enclosure 1 Preliminary Entry Form**)
2. Registration for events can only made through the CMAS Portal. This is the only way to enter your registration to participate at the World Cup.

## 8. Accommodation and transportation

(**Enclosure 2 Booking Form**)

Please, contact the organising committee at this mail address [Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae), to receive the bank account information to make payment by transfer.

### A. Team Accommodation

Accommodations and meals are being offered as a package to the participating delegations from the 30<sup>th</sup> October 2025 (from lunch) to 3<sup>rd</sup> November 2025 (until Breakfast) or for 4 nights 12 meals.



- Accommodation for 4 nights (C/I: 30.10.25 – C/O: 03.11.25)
- Check-In Time: after 12:00 noon on the day of arrival.
- Check-Out Time: before 11:00 AM on the day of departure.
- Any departures after 12:00 noon will be subject to availability and possible additional charges

### B. Package Cost

- The package cost is billed PER INDIVIDUAL per night in single or double hotel rooms full board (Breakfast, Lunch and Dinner).

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<p>Package Option 1 <a href="#">Traders Hotel, Qaryat Al Beri</a></p>	<p>Package Option 2 <a href="#">Novotel Abu Dhabi Gate</a></p>	<p>Package Option 3 <a href="#">ibis Abu Dhabi Gate</a></p>
<p>Twin Room/ per person/ per night: 180 USD</p>	<p>Twin Room/ per person/ per night: 150 USD</p>	<p>Twin Room/ per person/ per night: 110 USD</p>
<p>Single Room / per person/ per night: 225 USD</p>	<p>Single Room / per person/ per night: 190 USD</p>	<p>Single Room / per person/ per night: 150 USD</p>

### C. Transportation (Extra from the Package, the payment is for the team not individual)



- Number of 1-8 people in the team = 500 USD
- Number of 9-20 people in the team = 800 USD
- Number of 21-30 people in the team = 1250 USD

The Package of Transportation will include;

1. Airport – Hotel – Airport on arrival and departure day
2. Hotel - Swimming Pool – Hotel

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## 14. Deadlines

### Preliminary Entry

#### Enclosure 1: preliminary entry

No later than 10/08/2025 and sent to email address: [Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae),

### Registration entries

For registration of events, go to the CMAS Portal and follow the instructions of the Technical Notice. Dates of operation: No later than 25/08/2025 and closing 14 days before the event. Penalties will be applying after closing date.



### Accommodation and Transportation

#### Enclosure 2: Booking Form

No later than 10/08/2025 and sent to email address: [Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae)

## 15. Schedule

	Friday 31 <sup>st</sup> October 2025	Friday 31 <sup>st</sup> October 2025
DAY 1	Registration	Training: 15:00 – 16:00
	Judges Meeting	Opening Ceremony: 16:10
	Technical Meeting	
	Training	
	Saturday 1 <sup>st</sup> November 2025	Saturday 1 <sup>st</sup> November 2025
DAY 2	Warming Up: 08:00 – 09:00	Warming Up: 15:00 – 16:00
	Competition Start: 09:15	Competition Start: 16:15
	50 SF Men Senior	50 AP Men Senior
	50 SF Women Senior	50 AP Women Senior
	50 SF Men Junior	50 AP Men Junior
	50 SF Women Junior	50 AP Women Junior
	50 BF Men Senior	400 BF Men Senior
	50 BF Women Senior	400 BF Women Senior
	50 BF Men Junior	400 BF Men Junior
	50 BF Women Junior	400 BF Women Junior
	800 SF Men Senior	4x100 SF Men Senior
	800 SF Women senior	4x100 SF Women Senior
	800 SF Men Junior	4x100 SF Men Junior
	800 SF Women Junior	4x100 SF Women Junior
	Medal Ceremonies	Medal Ceremonies

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DAY 3	Sunday 2 <sup>nd</sup> November 2025	Sunday 2 <sup>nd</sup> November 2025
	Warming Up: 08:00 – 09:00	Warming Up: 15:00 – 16:00
	Competition Start: 09:15	Competition Start: 16:15
	100 SF Men Senior	200 SF Men Senior
	100 SF Women Senior	200 SF Women Senior
	100 SF Men Junior	200 SF Men Junior
	100 SF Women Junior	200 SF Women Junior
	100 BF Men Senior	200 BF Men Senior
	100 BF Women Senior	200 BF Women Senior
	100 BF Men Junior	200 BF Men Junior
	100 BF Women Junior	200 BF Women Junior
	400 SF Men Senior	1500 SF Men Senior
	400 SF Women Senior	1500 SF Women Senior
	400 SF Men Junior	1500 SF Men Junior
	400 SF Women Junior	1500 SF Women Junior
	4x100 SB X Seniors	<b>Medal Ceremonies</b>
	4x100 SB X Juniors	
	<b>Medal Ceremonies</b>	

Note: The competition program and schedule are subject to change according to CMAS.

**Name:** **CMAS National FinSwimming Development Cup and Open**

**Venue:** [Mohammed Bin Zayed City Swimming Pools - Abu Dhabi.](#)

**Pool:** 50m, 10 lanes, with anti-wave lane ropes

**Timing:** Omega Timing System

**Date:** Saturday 1st & Sunday 2nd November 2025

**Age Groups:** **Girls Juniors:** 8 & under, 9, 10 and 11 years old  
**Boys Juniors:** 8 & under, 9, 10 and 11 years old  
**(Age as of 31st December 2025)**

**Events:** All the swimmers can participate in unlimited events

**Awards:** Medals for 1st – 3rd (Boys and Girls)  
Best Swimmer Trophy in each age group

**Entry Fees:** AED 75 (\$22) per individual event (for teams entering using Hy-tek)  
(Inclusive of VAT) AED 85 (\$24) per Individual event (for paper entries)

**Spectators' Fees:** AED 70 (\$20) per day  
(Inclusion of VAT) AED 130 (\$40) full event (Friday, Saturday & Sunday)

**Kindly note:** Spectators 11 years and under are free and do not require a ticket.

**Entries:** Team entries can be made using Hy-Tek or using the manual entry form and sent email to: [Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae)

**Closing Date:** Monday, 15<sup>th</sup> September 2025 at 12.00 (Dubai time)

**Equipment:**

- The use of a snorkel is optional. Participants may choose to use one or not, based on their preference.
- The use of the is not mandatory. Participants may use any type of fin, as long as it does not exceed the maximum total of 55cm.

## Detailed Explanation of Each Event in Finswimming, Categorized by Discipline and Equipment

### 1. AP (Apnea) Event

- **50m AP (Apnea)** – This is a completely underwater sprint event. Swimmers use a monofin but must hold their breath (no breathing devices allowed) throughout the race. It's an explosive, high-speed event requiring maximum power and perfect breath control.

### 2. SF (Surface) Events

These events are swum on the surface using a monofin and a snorkel. Swimmers must stay at the surface and cannot go fully underwater except for starts and turns. Unlike Bifins (BF) events, swimmers do not use their arms for propulsion. Instead, they perform a continuous dolphin kick motion while keeping their arms extended in a streamlined position.

- **50m SF** – A short sprint (maximum speed).
- **100m SF** – A slightly longer sprint requiring both speed and stamina.

### 3. BF (Bifins) Events

These races use bifins (two fins instead of a monofin), and swimmers perform a front crawl-like movement with arms instead of the dolphin motion used in monofin events.

- **50m BF** – A short and powerful sprint.
- **100m BF** – A longer sprint, requiring better energy management.
- **200m BF** – A middle-distance event with a balance of speed and endurance.
- **400m BF** – A long-distance event, requiring strong pacing and stamina.

### 4. Relay Events

- **4 x 50m BF Relay** – A short-distance team relay using bifins, where each swimmer covers 50 meters before passing to the next teammate.
- **4 x 100m BF Relay** – A longer relay using bifins, where each swimmer covers 100 meters before passing to the next teammate.

8 & under and 9 years old	10 and 11 years old
50m, 100m and 200m BF (Bifins)	50m, 100m, 200m and 400m BF (Bifins)
4 x 50 m BF Relay	4 x 50 m BF Relay
4 x 100 m BF Relay	4 x 100 m BF Relay



## Competition Schedule

**Saturday 11:30 – 14:30**

**Warm-up 11:30 – 12:00**

Age Group	Events	Gender
8&U, 9, 10, and 11 years old	50m BF	Female
8&U, 9, 10, and 11 years old	50m BF	Male
10 and 11 years old	400m BF	Female
10 and 11 years old	400m BF	Male
8&U, 9, 10, and 11 years old	4 x 100 m BF Relay	Female
8&U, 9, 10, and 11 years old	4 x 100 m BF Relay	Male

**Sunday 11:30 – 14:30**

**Warm-up 11:30 – 12:00**

Age Group	Events	Gender
8&U, 9, 10, and 11 years old	200m BF	Female
8&U, 9, 10, and 11 years old	200m BF	Male
8&U, 9, 10, and 11 years old	100m BF	Female
8&U, 9, 10, and 11 years old	100m BF	Male
8&U, 9, 10, and 11 years old	4 x 50 m BF Relay	Female
8&U, 9, 10, and 11 years old	4 x 50 m BF Relay	Male

For more information, please contact us on  
 Email: [Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae)  
 Phone: 00971501940709

لمزيد من المعلومات برجاء التواصل على  
 الامليل: [Events@adaquaticsclub.ae](mailto:Events@adaquaticsclub.ae)  
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