



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

SPEED-ENDURANCE APNEA

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1. SECTION-I

1.1 DEFINITIONS

1.1.1 Apnea

The term "Apnea" designates a sports event where the athlete holds his breath keeping the breathing airways below the surface of the water.

1.1.2 Competition, Event and Attempt

The term competition is used to indicate an apnea meeting, which may comprise several disciplines.

The term event indicates each of the contests making up a competition.

The term attempt designates the single action of the athlete.

Performance is the result of the athlete's attempt, measurable as a distance or time interval.

1.1.3 Speed-Endurance Apnea

Speed-Endurance apnea is an event where the athlete aims at covering a fixed distance at the minimum possible time. The event is conducted in a swimming-pool and is swum in fractions of a pool length alternating apnea swimming with passive recovery at the pool's ends.

The event is swum with the use of fins (bi-fins and monofin as separate competitions).

If the fins is used the fins must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

In bi-fins competition it is not only the material but also the style of kicking the fins (no dolphin kick is allowed except in 3 meters zone at the start and turning in outdoors and start and turning zones in indoors).

The typical distances of speed-endurance apnea are Speed 2x50m and Endurance 8x50m and 16x50m.

1.1.4 Loss of Consciousness-Black Out

The term "Black-out" is used for loss of Consciousness.

Loss of Consciousness must be distinguished from the term “Samba” standing for a loss of motor control.

1.1.5 Penalty

Whenever a rule is violated in a way which does not entail a disqualification (these minor violations being defined in the corresponding articles) a general penalty is applied. The penalty equals to ten percent of the final time.

1.1.6 Use of male pronoun

In what follows the male pronoun will be used throughout. It goes without saying that this is done solely in order to avoid awkward formulations and it is perfectly understood that all persons participating at a competition, with whatever role, may be of either sex.

1.1.7 Violation of the rules

The violation of rules leads to disqualification unless otherwise is specified at the corresponding article.

1.1.8 Competitions and record homologations

Competitions and record homologations are subject to latest versions of “Procedures of Championships” and “Contract for Record Attempts” documents.

2. SECTION-II

2.1 TECHNICAL GENERALITIES

2.1.1 Categories, Materials and Equipment for the Athletes

2.1.1.1 Categories;

2.1.1.1.1 The official competitions are organized for men and/or women.

2.1.1.2 Authorized material:

2.1.1.2.1 Bi-fins and monofin without restriction concerning the dimensions and the material. In monofins competition use of bi-fins is allowed, in bi-fins competition use of monofin is not allowed.

2.1.1.2.2 Mask or goggles: the mask or goggles should be transparent for the judges to be able to see the eyes,

2.1.1.2.3 Nose clip.

2.1.1.3 Auxiliary equipment:

2.1.1.3.1 The use of neoprene costume or a diving suit is authorized,

2.1.1.3.2 The athletes may use their personal weight, athletes have the right to leave their weight during performance or surface protocol.

2.1.1.3.3 For all competitions and international championships, the wearing of advertising on the fins and mask is authorized without restriction,

2.1.1.3.4 Advertising is also allowed on the clothing, but it is nevertheless made clear that for international championships take place, athletes are obliged to present themselves for ceremonies in the official apparel of their national team.

2.1.1.3.5 The use of oxygen is strictly forbidden. An athlete who has been declared guilty of the use of oxygen or of a mixture with excess oxygen will be immediately disqualified and will be subjected to a procedure of suspension from participation in the CMAS competitions and championships for a period which will be defined by the Confederation.

2.1.2 Competition Area

2.1.2.1 CMAS championships of speed-endurance apnea in swimming pools must take place in a 50 meters swimming pool, with a minimum depth of 1.40 (one point forty) meters.

2.1.2.2 The pool measurements must be verified and validated by the CMAS Technical Delegate.

2.1.2.3 Every lane can be used for the competition.

2.1.2.4 A “T” mark of at least 20 (twenty) cm width must be set out on the bottom of the swimming pool at a distance of two meters from the start and two meters before the turn.

2.1.2.5 There might be an electronic pad at the edges of each competition lane.

2.1.2.6 There must be a central line indicating the 25th (twenty fifth) meter of the pool.

2.1.2.7 For speed-endurance apnea events the athletes may dive from the starting blocks or be already in the water.

2.1.2.8 In the latter case the athlete must have a contact with the pool wall up to the starting signal and immerse his breathing airways before start touch to the wall.

2.1.2.9 When multiple lanes are used, the side of the competition area will be determined by drawing lots. Public will only be allowed out of the competition area.

2.1.2.10 In order to assist the judges in their decisions, an official video of the event should be present at the surface, recording the total attempt of the athlete, including entry and exit protocol.

2.1.3 Warm-up Area

2.1.3.1 A warm-up area must be provided for athletes in an auxiliary swimming pool. If this is not possible then a warm-up session must be organized in the main pool.

2.1.3.2 The warm-up area is reserved for the athletes who prepare themselves for the competition under the orders of the Warm-up Judge.

2.1.4 Loss of Consciousness-Black Out

2.1.4.1 Loss of motor control leads to disqualification if the athlete can't do the OK protocol.

2.1.4.2 In case of loss of Consciousness-Black Out, if the responsible judge decides that the athlete needs help, he orders to the safety assistants to take the athlete out (at

least the airways), this leads to disqualification and suspension from the current event and the rest of the competition.

2.1.5 Athlete's Assistants

2.1.5.1 The athlete may have only one assistant until the call of last three minutes, after the call of last three minutes no one is allowed. The assistant will leave the competition area and he can stay in the warm-up area.

2.1.5.2 Judge will warn the assistant one time only. If he continues to stay in the zone this violation leads to general penalty to the athlete.

2.1.5.3 Only the technical delegate can allow the team representative to intervene in case of a technical problem.

2.2 The PANEL of JUDGES and the STAFF

2.2.1 General

2.2.1.1 The judges and the staff must take their decisions in an autonomous manner unless the rules stipulate otherwise independently of one another.

2.2.1.2 The judges and the staff are responsible for preparing and conducting the competition.

2.2.1.3 Composition of the panel of Judges and the staff.

The Panel of Judges and the staff are made up of:

- Technical Delegate appointed, for the CMAS Championships, by CMAS,
- competition area judge,
- surface judge,
- warm-up judge,
- starting judge (starter),,
- lane and turning judges,
- time-keepers
- finish judges
- technical and safety judge,
- competition secretary,
- medical assistance,
- other assistants.

2.2.1.4 For world and continental competitions, the two judges, (technical delegate and surface judge), must be of different nationalities. The technical delegate must be different nationality from the organizing committee.

2.2.1.5 The Panel of Judges and the staff, with the exception of the Technical Delegate are put in place by the organizer. They are entirely responsible for the preparing and the conducting the competition.

2.2.2 Technical Delegate

2.2.2.1 For CMAS Championships, the Technical Delegate is proposed by the Apnea Commission and appointed by the CMAS Executive Bureau.

2.2.2.2 He is the Main Judge of the competition and he has full control and authority over all officials. He must approve their positions and give them instructions for the particular rules concerning the competition.

2.2.2.3 His mission is:

- inspection of the competition installations,
- control and approval of the dossiers of the participants concerning their suitability to take part in the events,
- control and approval of the registration forms and the determination of the

- starting order,
- approval and signature of the classification before the publication of the results.

2.2.2.4 He must ensure that the rules and the decisions of CMAS are followed. He has to give solutions concerning the organization of the competition, when the rules do not provide any solution.

2.2.2.5 He must ensure that all the necessary officials for the proper organization of the competition are at their respective positions. He may nominate replacements for absent judges, to substitute those who are incapable of carrying out their tasks. He may appoint supplementary officials if he decides that this is necessary.

2.2.2.6 He authorizes the starting judge to give the starting signal when he has assured that all the members of the panel of judges are in place and ready.

2.2.2.7 He may take the decision of a false start and restart the starting procedure.

2.2.2.8 The Technical delegate has the right to cancel or to suspend, the competitions in case of force majeure, such as unfavorable meteorological conditions (in the case of an outdoor swimming pool or open water) or if the location of the competition is no longer in accordance with the requirements of the rules.

2.2.2.9 The Technical delegate may disqualify any athlete for any violation of the rules that he personally observes or of which he is notified by other officials.

2.2.3 Competition Area Judge

2.2.3.1 This is the judge responsible for the competition area must locate himself on the edge of the swimming pool.

2.2.3.2 It is his task to organize the activity of the other judges of the area. He is responsible for changes of the judges and assistants in his zone.

2.2.3.3 He authorizes the start of the attempt for each athlete and supervises the sequence of the events.

2.2.3.4 He receives the notes on the rule violations observed by other judges with the possible proposition of a sanction or disqualification and decides about them.

2.2.3.5 He receives the protests from the captains of the participating teams.

2.2.3.6 At the end of the events, he should,

2.2.3.6.1 request the intervention of the Technical delegate and the assistant Judges involved, to examine the protests.

2.2.3.6.2 apply the decisions taken by the Technical delegate on the protests,

2.2.3.6.3 draw up the definitive classification of his area of competition,

2.2.3.6.4 forward the copy of the final classification to the Technical delegate,

2.2.4 Surface Judge

2.2.4.1 The Surface Judge watches the athlete during the attempt and he continues to do so during the 30 (thirty) seconds protocol time which the athlete must do the OK protocol within that time.

2.2.4.2 He controls the measurement of the time covered and transmits the result through his assistant to the judge responsible for the competition area.

2.2.4.3 He must check that the athlete, during the whole event, is in good condition and that he does not need any assistance. He signals any possible irregularities to the Technical Delegate.

2.2.4.4 He carries out his function at the edge of the swimming pool.

2.2.4.5 The Surface Judge may wear a yellow T-Shirt.

2.2.5 Warm-up Judge

2.2.5.1 The Warm-up Judge is responsible for the competitors and manages the warm-up of the athletes in the warm-up area.

2.2.5.2 He is responsible for the athletes and he calls the athletes and puts them at the disposal of the starting judge on the basis of the starting order.

2.2.5.3 He checks the equipment of the athlete: mask, weights, etc.

2.2.6 Starter

2.2.6.1 He has complete authority over the athletes from the moment the Technical Delegate has handed over the control of the competition.

2.2.6.2 The starter must indicate to the Technical Delegate any athlete who delays the start, refuses to respect an order or does not behave correctly during the starting procedure.

2.2.6.3 He has the right to decide whether the start is correct or not. If he thinks that the start is not proceeding correctly, he must recall the athletes.

2.2.6.4 The starter can anticipate the start when he judges that an athlete exaggeratedly delays taking up his starting position.

2.2.6.5 The position of the starter when he gives the starting signal must be on the side of the pool. The time-keepers and all participants should be able to hear him clearly.

2.2.6.6 He coordinates the evacuation of the pool at the end of each event.

2.2.7 The Lane and Turning Judges

2.2.7.1 They are nominated for each lane by the Technical Delegate.

2.2.7.2 They must check whether the athlete has carried out his turn according to the rules.

2.2.7.3 They report any rule violation to the Technical Delegate.

2.2.8 Time-Keepers

2.2.8.1 The primary time measurement is done by the electronic pad but for fail safe, they record the times of the athletes for whom they are responsible. They use stop watches approved by the main time-keeper or Technical Delegate.

2.2.8.2 At the signal for the start the time-keepers start their stopwatches and stop them when the athlete has touched the finishing pad. Immediately after the attempt they must write the time displayed by their stopwatches on the timing card which they hand over to the main time-keeper. At the same time, they show their stopwatches for control.

2.2.8.3 They must not reset their stopwatches to zero before the main time-keeper or Technical Delegate tells them “stopwatches to zero”.

2.2.8.4 They are responsible for the recording of the intermediate times in races of more than 100 meters’ distance.

2.2.8.5 Their task is also to check that the turns and the finish are in accordance with the rules.

2.2.8.6 The head time-keeper assigns the lanes to the time-keepers. There must be one to three time-keepers per lane. They are responsible for substituting the time-keepers whose stopwatch failed during the event, or who, for any reason, cannot measure the time.

2.2.8.7 The head time-keeper receives, from all time-keepers, the timing cards, checks the entries and stopwatches if necessary. He records and checks the official time of the timing card for each athlete.

2.2.8.8 He forwards the times recorded for each athlete to the secretary.

2.2.9 Technical and the Safety Judge

2.2.9.1 He is responsible for the observation of the safety requirements in force and the technical problems of the competition.

2.2.9.2 He is under the authority of the Technical Delegate.

2.2.9.3 He must take care of all the necessary material and apparatuses for the unfolding of the competition.

2.2.9.4 He is responsible for the installation of the pool according to the plans published in the specific rules.

2.2.9.5 He may require that the organization committee put at his disposal a sufficient number of assistants so that he can fulfill his mission without difficulty.

2.2.9.6 A sufficient number of assistants can be in the water.

2.2.9.7 Two other assistants must at the edge of the pool in order to assist, if necessary, the athletes when they come to the surface.

2.2.10 Starting judge (Starter)

2.2.10.1 He informs the athlete that he must go to the start area.

2.2.10.2 He is responsible for the countdown and controlling whether the athlete has started within the authorized time window.

2.2.11 Competition Secretary

2.2.11.1 He is responsible for checking the written results and the positions in each competition received from the Technical Delegate.

2.2.11.2 He designates the assistant secretaries and directs their work.

2.2.11.3 He prepares all the material of the secretary's office as well as the documentation necessary for the competition.

2.2.11.4 He verifies the result, signs the new records and puts them in the official report.

2.2.11.5 He ensures that the decisions of the Technical Delegate are put in the official report.

2.2.11.6 He transmits the results concerning the podium places and the composition of the finals.

2.2.11.7 The results and the records must be forwarded by the secretary for distribution only after have been authorized by the Technical delegate.

2.2.11.8 He prepares the final report of the competition.

2.2.11.9 If a press office exists, the competition secretary, upon permission of the Technical Delegate, provides all information about the competition for the media.

2.2.12 Medical Assistance

2.2.12.1 The medical assistance must guarantee the first aid interventions to those who suffer accidents by giving them the aid necessary from the beginning of the accident until the re-establishment of conditions of health in the local health facilities. Communication of medical assistance team to the doctor of local health facilities shall include the causes and circumstances of the accident occurring at the athlete.

2.2.12.2 The medical assistants are appointed by the Organizing Committee and they are responsible for controlling the event at the level of their (medical) competence. The medical team is made up of:

- One doctor (MD) who must be skilled, experienced, equipped and capable to perform CPR (cardio-pulmonary resuscitation) as well as to provide first aid, who is responsible for the competition and he is always present in the competition area,
- An ambulance reserved for the competition, with a doctor on board. It must be located on land, close to the Health Centre,
- An official hospital facility which must be easily accessible by the ambulance,
- The availability of sanitary transportation by helicopter is advisable.

The assistants who occupy the first aid mission will be equipped with:

- Small masks for artificial respiration mouth to mouth,
- Ambu-bag,
- A tank of oxygen with a regulator,
- Water and sugared drinks,
- Any other equipment at the doctor's discretion.

2.2.13 Other Assistants

2.2.13.1 Other assistants are appointed by the Organizing Committee for the competition and answer to the person responsible for the assistants who, together with the Technical delegate, establishes the different missions to be assigned to each particular assistant.

3. SECTION-III

3.1 CONDUCTING the COMPETITIONS

3.1.1 Start

3.1.1.1 The athletes admitted to the competition must be present one hour prior the start at the waiting room of the swimming pool, or in the warm-up area which is situated near the competition area.

3.1.1.2 30 (Thirty) minutes before their start (of the last three minutes) the athletes must be at the disposal of the Warm-Up Judge who will so inform the Start Judge.

3.1.1.3 Before the last 30 (thirty) minutes before his start the athlete is not allowed to go into the pool.

3.1.1.4 Start signal will be given minimum every 5 (five) minutes.

3.1.1.5 The attempt begins when the start judge informs the athlete that he must go to the start area.

3.1.1.6 The athlete will then have three minutes to prepare himself to immerse.

3.1.1.7 He will be reminded of the time by the starter;

- Last 3 minutes / 2 minutes / 1 minute / 45s / 30s / 15s / 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 / "0"-Official Top / +1, +2, +3, +4, +5, +6, +7, +8, +9, +10, +15, +20, +30.
- The athlete can start from "0"-official top to +30 s (30 s window). If the airways are not in the water at the count of +30 s, he is disqualified.

3.1.1.8 The countdown must be announced in English in all international competitions.

3.1.2 Descent

3.1.2.1 The athlete must start touching the wall of the pool with any part of the body or equipment strictly related to the body and begin the phase of apnea before he has disconnected from the wall.

3.1.2.2 The athlete must necessarily touch the edge of the swimming pool at each turn with a part of his body or with his equipment, otherwise the athlete is disqualified.

3.1.3 Horizontal Path

3.1.3.1 During the rest of the horizontal path, only the equipment or any part of the body, but not the breathing airways can get out of the water surface.

3.1.3.2 A time of recovery between successive apneas (every 50 m) in a speed-endurance event is allowed.

3.1.3.3 When the athlete comes to the end of the lane, he is not allowed to breathe before touching the wall. This is valid for all the turns and at the end of the attempt.

3.1.4 Ascent

3.1.4.1 Upon emersion the athlete must not be helped or touched for any reason before his performance completion procedure, unless he is in difficulty.

3.1.4.2 The athlete can hold the line or the edge wall of the swimming pool,

3.1.4.3 In case of loss of consciousness (black-out), as defined in article 2.1.4, before, during or after his effort, the athlete is disqualified.

3.1.4.4 If the assistant of the athlete touches the athlete before the whole protocol in article 3.1.4.6 is finished, the athlete is disqualified.

3.1.4.5 In case of accidental touch, it is up to Technical Delegate's appreciation to validate or invalidate performance.

3.1.4.6 At the end of the attempt, back on the surface, the athlete, during the count of 30 (thirty) seconds protocol time must do the OK protocol (OK Sign). And during this 30 (thirty) seconds protocol time he must stay afloat, holding the edge or lane line without necessitating external assistance.

3.1.4.7 The athlete has to keep the head over the surface for 30 s. The airways and the equivalent level of the sides and back of the head must be over the water surface. If there is a wave, the decision is taken as in article 3.1.4.14.

3.1.4.8 It's not forbidden only for the athletes to talk during the protocol.

3.1.4.9 The OK sign has to be made in the direction of the Technical Delegate who is on the deck of the pool or to the surface judge that might be in the water.

3.1.4.10 For the surface protocol, two judges (surface judge and Technical Delegate) will be present and the final decision on the performance will be given within 3 minutes after the completion of the performance. If it is technically impossible to reach a decision within three minutes the Technical Delegate may decide to give the decision at the end of the current competition, so as not to disrupt the competition's timing.

3.1.4.10.1 After the surface protocol, if everything is ok (with the surface judge) the Technical Delegate will show the athlete a white card.

3.1.4.10.2 If a yellow card is shown, the athlete must wait in the competition zone while the judges deliberate..

3.1.4.10.3 If a red card is shown, the performance is not validated (disqualified).

3.1.4.11 Video arbitration is mandatory for international championships.

3.1.4.12 Coaches, team members and spectators must remain calm and silent during the athlete's surface protocol and recovery. In the violation of this, the Technical Delegate may suspend the people/team members from the competition area.

3.1.5 Staging the Competition

3.1.5.1 The order of the athletes will be determined on the basis of the times declared in the technical meeting. The athletes with the longest time will compete first while the athlete with the shortest time will compete last.

3.1.5.2 All the competitors will make one attempt. At the end of this stage, a classification is established and made public immediately.

3.1.5.3 The time used for the classification of the athletes is the effective time of the apnea, provided that the latter is smaller than or equal to the declared time. If the effective apnea time is higher than the declared time then a penalty is applied. It consists in adding to the effective apnea time the difference between the declared time and the effective time. To make things explicit, if the athlete registers a time "t", greater than the declared time "T", the time used for the classification will be $t+(t-T)$.

In the case of a tie, the one who is closer to the target time declared will be the winner. If the tie still subsists the athletes will be classified "ex aequo".