



**CMAS**

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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**STATIC APNEA**

**INTERNATIONAL RULES**

**VERSION 2010/11**

**CA171**

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## CONTENTS

<b>CONTENTS</b> .....	<b>2</b>
<b>1. SECTION-I</b> .....	<b>3</b>
<b>1.1 DEFINITIONS</b> .....	<b>3</b>
1.1.1 Apnea .....	3
1.1.2 Static Apnea .....	3
1.1.3 Loss of Consciousness-Black Out.....	3
1.1.4 Use of male pronoun .....	3
1.1.5 Violation of the rules .....	3
<b>2. SECTION-II</b> .....	<b>4</b>
<b>2.1 TECHNICAL GENERALITIES</b> .....	<b>4</b>
2.1.1 Categories, Materials and Equipment for the Athletes.....	4
2.1.2 Competition Area.....	5
2.1.3 Warm-up Area .....	5
2.1.4 Loss of Consciousness-Black Out.....	5
2.1.5 Athlete's Assistants .....	5
<b>2.2 The PANEL of JUDGES and the STAFF</b> .....	<b>6</b>
2.2.1 General.....	6
2.2.2 Main Judge .....	6
2.2.3 Competition Area Judge .....	7
2.2.4 Warm-up Judge .....	8
2.2.5 Starter .....	8
2.2.6 Time-keepers.....	8
2.2.7 Technical and the Safety Judge .....	9
2.2.8 Competition Secretary .....	9
2.2.9 Medical Assistance.....	9
2.2.10 Other Assistants .....	10
<b>3. SECTION-III</b> .....	<b>11</b>
<b>3.1 CONDUCT of the COMPETITIONS</b> .....	<b>11</b>
3.1.1 Start .....	11
3.1.2 Apnea .....	12
3.1.3 Emersion .....	13
3.1.4 Staging up the Competition .....	13



## 1. SECTION-I

### 1.1 DEFINITIONS

#### 1.1.1 Apnea

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

#### 1.1.2 Static Apnea

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Static Apnea is an event where the athlete aims at performing a maximum duration apnea minimally over a time declared beforehand and if possible going beyond this time.

The event is conducted in a swimming-pool.

#### 1.1.3 Loss of Consciousness-Black Out

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Loss of Consciousness (often referred to as "Black Out") is a serious situation where the athlete necessitates external assistance in order to stay afloat or stand.

Loss of Consciousness must be distinguished from a loss of motor control (something commonly referred to as "samba").

#### 1.1.4 Use of male pronoun

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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.

#### 1.1.5 Violation of the rules

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The violation of rules leads to disqualification. Unless otherwise is specified at the related article.

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## 2. SECTION-II

### 2.1 TECHNICAL GENERALITIES

#### 2.1.1 Categories, Materials and Equipment for the Athletes

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##### 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** Mask or goggles which should be transparent for the judges to be able to see the eyes. Contact lenses may also be used.

**2.1.1.2.2** 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,

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

**2.1.1.3.4** Advertising is also allowed on the clothing, but it is nevertheless made clear that when 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

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**2.1.2.1** CMAS championships of static apnea must take place in a swimming pool.

**2.1.2.2** The pool must be verified and validated by the CMAS Main Judge.

**2.1.2.3** One lane out of two is used for the competition while the remaining lanes are reserved to assistant safety judges who ensure security.

## 2.1.3 Warm-up Area

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**2.1.3.1** A warm-up area might be provided for athletes in an auxiliary swimming pool. If this is not possible then a warm-up area may be set up the end of the pool opposite to that reserved to the competition.

**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

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**2.1.4.1** In case of Loss of Consciousness-Black Out, the responsible judge can decide whether the athlete needs assistance or not.

**2.1.4.2** Loss of Consciousness-Black Out leads to suspension from all events of the present competition, with a request to his Federation to submit the athlete to a medical examination before reinstatement in sporting competitions.

Communication to the doctor shall include the causes and circumstances of the accident occurring at the athlete.

**2.1.4.3** A loss of motor control (samba, not necessitating assistance), leads simply to disqualification of the athlete from the performance if he can't perform his post-event control by signaling OK.

## 2.1.5 Athlete's Assistants

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**2.1.5.1** The athlete may have only one personal assistant to help him during the event.

**2.1.5.2** This assistant can stay with the athlete at the competition area and in the pool.



## 2.2 The PANEL of JUDGES and the STAFF

### 2.2.1 General

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**2.2.1.1** The judges and the staff must take their decisions in an autonomous manner and, unless there is a contrary indication in the regulations, 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 is made up of:

- main judge appointed, for the CMAS Championships, by CMAS,
- competition area judge,
- warm-up judge,
- starter,
- time-keepers
- technical and safety judge,
- competition secretary,
- medical assistance,
- other assistants.

**2.2.1.4** The Panel of Judges and staff, with the exception of the main judge is put in place by the organizer. It is entirely responsible for the preparing and the conducting the events.

### 2.2.2 Main Judge

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**2.2.2.1** For CMAS Championships, the Main Judge is proposed by the Apnea Commission and appointed by the CMAS Executive Bureau.

**2.2.2.2** He has full control and authority over all officials. He must approve their positions and give them instructions for the particular regulations 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 regulations and the decisions of CMAS are obeyed and he must resolve all the questions concerning the organization of the competition when the regulations 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, and substitutes for those who are incapable of carrying out their tasks or who turn out to be not up to the task. He may appoint supplementary officials if he judges this necessary.

**2.2.2.6** He authorizes the starter to give the starting signal after he has assured himself 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 Main Judge 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 if the location of the competition is no longer in accordance with the requirements of the regulations.

**2.2.2.9** The Main Judge may disqualify any athlete for any violation of the regulations that he personally observes or of which he is notified by other officials.

### **2.2.3 Competition Area Judge**

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**2.2.3.1** The judge responsible for the area of competition 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 competition 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 which he must put into effect.

**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 Main Judge and the Area Judges involved to examine the protests,

**2.2.3.6.2** apply the decisions taken by the Main Judge 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 Main Judge,



## 2.2.4 Warm-up Judge

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

**2.2.4.2** He checks that the competitors wait for their turn and on the basis of the starting order, he calls the athletes and puts them at the disposal of the starting judge.

**2.2.4.3** He checks the equipment of the athlete: mask, etc.

## 2.2.5 Starter

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**2.2.5.1** He has complete authority over the athlete from the moment the main judge has handed over the control of the event to him.

**2.2.5.2** The starter must indicate to the main judge any athlete who refuses to respect an order or does not behave correctly during the starting procedure.

**2.2.5.3** He has the right to decide whether the start is correct or not. If he thinks that the start is not proceeding correctly, he may stop the effort of the athlete.

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

**2.2.5.5** He coordinates the evacuation of the pool at the end of each event.

## 2.2.6 Time-keepers

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**2.2.6.1** They record the times of the athlete for whom they are responsible. They use stop watches approved by the main time-keeper or main judge.

**2.2.6.2** The time-keepers start their stopwatches when the athlete immerses his respiratory ways and stop them when the athlete emerges. Immediately after the event 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.

**2.2.6.3** They must not reset their stopwatches to zero before the main time-keeper or main judge tells them “stopwatches to zero”.

**2.2.6.4** The head time-keeper assigns the competition areas to the time-keepers. There must be one (1) to three (3) time-keepers per lane.

**2.2.6.5** 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.

**2.2.6.6** He forwards the times recorded for each athlete to the secretary.





## 2.2.7 Technical and the Safety Judge

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

**2.2.7.2** He is under the authority of the Main Judge.

**2.2.7.3** He must take care of all the necessary material and apparatuses for the unfolding of the events.

**2.2.7.4** He is responsible for the installation of the pool according to the plans published in the specific regulations.

**2.2.7.5** 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.

**2.2.7.6** A sufficient number of assistants must be in the water: one in the lane next to each competition lane.

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

## 2.2.8 Competition Secretary

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**2.2.8.1** He is responsible for checking the written results and the positions in each competition received from the Main Judge.

**2.2.8.2** He designates the assistant secretaries and directs their work.

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

**2.2.8.4** He verifies the result, signs the new records and puts them in the official record. He ensures that the decisions of the Main Judge are put in the official record.

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

**2.2.8.6** The results and the records must not be forwarded to the secretary for distribution until this has been authorized by the Main Judge.

**2.2.8.7** He prepares the final report of the competition.

**2.2.8.8** If a press office exists, the competition secretary, upon permission of the Main Judge, provides all information about the competition for the media.

## 2.2.9 Medical Assistance

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**2.2.9.1** 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.

**2.2.9.2** The medical assistants are appointed by the Organizing Committee and they are responsible for controlling the event at the medial level. The medical team is made up of:

- One doctor who is a specialist in reanimation, who is responsible for the manifestation, and who is always in the competition area,
- An ambulance reserved for the competition area, with a doctor on board, which must be located on land, close to the Health Centre,
- An official hospital facility which must be easily accessible for the ambulance,
- A decompression chamber which is already alerted of the competition and has given its availability for emergency actions,
- 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.

## 2.2.10 Other Assistants

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**2.2.10.1** Other assistants are appointed by the Organizing Committee for the competition and answer to the person responsible for assistance who establishes, together with the Main Judge, the different missions to be assigned to each particular assistant.



## 3. SECTION-III

### 3.1 CONDUCT of the COMPETITIONS

#### 3.1.1 Start

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**3.1.1.1** The athletes admitted to the competition present themselves one hour before at the waiting room of the swimming pool in the area for warm-up situated near the competition area.

**3.1.1.2** There may be several competition areas in the same pool area provided the available space and the staff suffice in order to handle this.

**3.1.1.3** 30 (Thirty) minutes before their start (of last 3-three minutes) the athletes must be at the disposal of the Warm Up Judge who will so inform the Start Judge.

**3.1.1.4** Before the last 30 (thirty) minutes the athlete is not allowed to go into the pool.

**3.1.1.5** The athletes for each competition field will start every 15 (fifteen) minutes.

**3.1.1.6** In case of the existence of several competitions at the same time then the beginning of the performances must take place at shifted time intervals.

**3.1.1.7** The event begins when the start judge informs the athlete that he must go to the start area.

**3.1.1.8** The athlete will then have 3 (three) minutes to immerse himself.

**3.1.1.9** He will be reminded of the time by the starter:

3 more minutes,

2 more minutes,

1 more minute,

30 seconds,

10 seconds,

5 – 4 – 3 – 2 – 1 or an acoustic signal.

**3.1.1.10** An athlete who has not started at the count of 1 (one) or the acoustic signal loses his right to continue with the event.

**3.1.1.11** During the last 3 (three) minutes given to the athlete he may start at any time that he feels ready.



## 3.1.2 Apnea

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**3.1.2.1** During the apnea the athlete is under the supervision of an assistant judge.

**3.1.2.2** The safety control procedure consists in the judge communicating with the athlete by touch at regular time intervals during the apnea.

**3.1.2.3** The judge's signal and the response of the athlete must be agreed upon before the beginning of the event.

**3.1.2.4** The first signal should be given one minute and the second one 30 (thirty) seconds before the end of the declared apnea time. From there onwards (and also if the apnea goes on to times beyond the declared one) the signals are given at intervals of 15 (fifteen) seconds.

**3.1.2.5** If the declared apnea time is not an integer multiple of half-minutes, the time for the first signal is obtained by truncating this time to the lower half-minute, anticipating thus the time of the first signal. This should be reminded to the athlete by the assistant judge just before the event.

**3.1.2.6** If the athlete does not respond to the assistant judge's signal with the appropriate response the judge touches the athlete once more. If the athlete persists in not responding the judge interrupts the event and brings the athlete at the surface, disqualifying him.



### 3.1.3 Emersion

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**3.1.3.1** Upon emersion the athlete must not be helped or touched before his performance completion procedure, unless he is in difficulty.

**3.1.3.2** In case of loss of consciousness upon emersion the athlete is disqualified.

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

**3.1.3.4** At the end of the performance, back on the surface, the athlete, after a count of 5 (five-1, 2, 3, 4, 5) seconds, must touch a yellow OK disc of a diameter of 30 centimeters which is at the end of a pole of a length of one meter which will be held for him by the Judge in the second count of 5 (five-5, 4, 3, 2, 1) seconds. And during the next 15 (fifteen) seconds he must stay afloat (or stand) without necessitating external assistance. Moreover the athlete should be able to exit the pool without necessitating assistance.

### 3.1.4 Staging up the Competition

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

**3.1.4.2** All the competitors will make one attempt.

**3.1.4.3** The time used for the classification of the athletes is the effective time of the apnea, provided that the latter is greater than or equal to the declared time. If the effective apnea time is smaller than the declared time then a penalty is applied. It consists in subtracting from 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", smaller than the declared time "T", the time used for the classification will be t-(T-t).

**3.1.4.4** In the case of a tie the athletes will be classified "ex aequo".