



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

STATIC APNEA

**INTERNATIONAL
RULES**

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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 Static Apnea

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.

1.1.4 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 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.

1.1.6 Violation of the rules

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

related article.

1.1.7 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

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

2.1.1.2 Categories;

2.1.1.3 Authorized material:

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

2.1.1.3.2 Nose clip.

2.1.1.4 Auxiliary equipment:

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

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

2.1.1.4.3 For all competitions and international championships, advertising on the mask is authorized without restriction,

2.1.1.4.4 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.

2.1.1.4.5 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 static apnea must take place in a swimming pool.

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

2.1.2.3 The Start Judge must have a microphone/megaphone for giving verbal orders.

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

2.1.2.5 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.

2.1.2.6 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 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

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 personal assistant on the edge or in the pool to help him during the performance.

2.1.5.2 This assistant can stay with the athlete at the competition area and in the pool but must not shout, talk, touch or make gestures to assist or help the athlete during OK Protocol.

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),
- time-keepers
- 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 performance 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 attempt, 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 in 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, etc.

2.2.6 Starter

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

2.2.6.2 The starter must indicate to the Technical Delegate any athlete who 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 may stop the attempt of the athlete.

2.2.6.4 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.

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

2.2.7 Time-keepers

2.2.7.1 They record the times of the athlete for whom they are responsible. They use stop watches approved by the main time-keeper or Technical Delegate.

2.2.7.2 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.

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

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

2.2.7.5 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.

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

2.2.8 Technical and the Safety Judge

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

2.2.8.2 He is under the authority of the Technical Delegate.

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

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

2.2.8.5 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 Starting judge (Starter)

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

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

2.2.10 Competition Secretary

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

2.2.10.2 He designates the assistant secretaries and directs their work.

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

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

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

2.2.10.5 He transmits the results concerning the podium places.

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

2.2.10.7 He prepares the final report of the competition.

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

2.2.11 Medical Assistance

2.2.11.1 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.

2.2.11.2 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.

2.2.12 Other Assistants

2.2.12.1 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 CONDUCT of 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 There may be several competition area in the same pool area provided the available space and the staff sufficient 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 10 (ten) minutes minimum.

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

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

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

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

3.1.2 Apnea

3.1.2.1 During the apnea the athlete is under the supervision of surface 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 attempt.

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 attempt.

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

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

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

3.1.3.3 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.

3.1.3.4 If the assistant of the athlete touches the athlete before the whole protocol in article 3.1.3.6 is finished, the athlete is disqualified.

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

3.1.3.6 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.

3.1.3.7 The athlete has to keep the head over 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.

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

3.1.3.9 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.

3.1.3.10 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.

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

3.1.3.10.2 If a yellow card is shown, athlete has to wait in the competition zone and judge will deliberate,

3.1.3.10.3 If a red card is shown, the performance is not validated (DQ).

3.1.3.11 Video arbitration is mandatory for international championships.

3.1.3.12 Coaches 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.

3.1.4 Staging up the Competition

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. If there are several athletes declaring the same distance the order of those is fixed by the Technical Delegate by drawing lots.

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

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 $T-t$.

3.1.4.4 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”.