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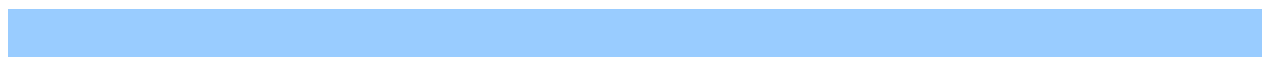
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

CMAS FREEDIVING INDOOR INTERNATIONAL RULES

Version 2018/07

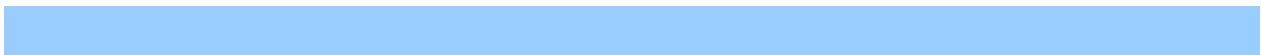
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CONTENTS

CONTENTS	2
1. GENERAL RULES	4
1.1 Generalities	4
1.1.1 Free Diving.....	4
1.1.2 Competition, Event and Attempt	4
1.1.3 Use of fins	4
1.1.4 Dolphin kick (in Free Diving).....	4
1.1.5 Swimming (in Free Diving).....	4
1.1.6 Authorized Material	5
1.1.7 Categories.....	5
1.1.8 Disciplines.....	5
1.1.9 Use of Oxygen	6
1.1.10 Loss of Consciousness-Black Out (BO);.....	6
1.1.11 Use of male pronoun.....	6
1.1.12 Advertisement.....	7
1.1.13 Penalty	7
1.1.14 Violation of the rules	7
1.1.15 Competitions and record homologations	7
1.2 The panel of judges and the staff	7
1.2.1 General	7
1.2.2 Technical delegate.....	8
1.2.3 Competition Area Judge	9
1.2.4 Surface Judge.....	10
1.2.5 Warm-up Judge	10
1.2.6 Starting judge (Starter).....	11
1.2.7 Time-keepers (for static, speed and endurance events)	11
1.2.8 Competition Secretary	11
1.2.9 Other Assistants.....	13
1.3 Protocols.....	13
1.3.1 Start protocol.....	13
1.3.2 End/Surface protocol	14
1.3.3 The cards;.....	15
1.3.4 Staging and classification of the event	15
2. SPECIFIC RULES for DYNAMIC	17
2.1 Organization of the event	17
2.1.1 Swimming pool.....	17
2.1.2 Competition area.....	17
2.1.3 Starting area	18
2.1.4 The Measurement Instrument.....	18
2.1.5 Warm-up Area.....	18
2.1.6 Athlete's Assistant.....	18
2.2 Conducting the competition	20
2.2.1 Start	20
2.2.2 Horizontal Path	20
2.2.3 Ascent.....	21
2.2.4 Classification.....	21
3. SPECIFIC RULES FOR STATIC	22
3.1 Organization of the event	22

3.1.1	Competition Area	22
3.1.2	Athlete's Assistants	22
3.1.3	Time-keepers	22
3.2	Conducting the competition	23
3.2.1	Apnea.....	23
3.2.2	Finishing.....	23
3.2.3	Classification.....	24
4.	SPECIFIC RULES FOR SPEED and ENDURANCE.....	25
4.1	Organization of the event	25
4.1.1	Competition area.....	25
4.1.2	The Lane and Turning Judges	25
4.1.3	Time-Keepers	25
4.2	Conducting the competition	26
4.2.1	Descent.....	26
4.2.2	Horizontal Path	26
4.2.3	Ascent.....	26
4.2.4	Classification.....	27



1. GENERAL RULES

1.1 Generalities

1.1.1 Free Diving

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

1.1.2 Competition, Event and Attempt

1.1.2.1 The term competition is used to indicate a Free Diving meeting, which may comprise several disciplines.

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

1.1.2.3 The term attempt designates the single action of the athlete.

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

1.1.3 Use of fins

1.1.3.1 The athlete may use a monofin or bi-fins (except for no-fin events).

1.1.3.2 When fins are used, they 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.

1.1.3.3 In bi-fins events it is not only the material that matters but also the swimming style: no dolphin kick more than one (one cycle is up and down) is allowed except in a 3 meters zone at the start and turning zones.

1.1.4 Dolphin kick (in Free Diving)

1.1.4.1 A kick in which the legs move up and down together. The up and down motion constitutes one cycle.

1.1.5 Swimming (in Free Diving)

1.1.5.1 Propelling oneself through water using movements of the limbs.

1.1.6 Authorized Material

1.1.6.1 Mask or goggles. The mask or goggles must be transparent for the judges to be able to see the eyes,

1.1.6.2 Nose clip.

1.1.6.3 Neoprene costume or diving suit.

1.1.6.4 The athletes may use their personal weight. If a weight is used, the athlete must necessarily use it with a quick release system and must wear it over his clothing. In no case may the athletes have weights hidden under their clothing. The athletes have the right to leave their weight during the attempt or the surface protocol.

1.1.7 Categories

1.1.7.1 The official competitions are organized for men and/or women who are minimally 14 years old.

1.1.8 Disciplines

Dynamic

1.1.8.1 Dynamic is a discipline where the athlete aims at covering the maximal horizontal distance by keeping the body below the surface of the water in apnea with-DYN or DYN BF or without fins DNF.

1.1.8.2 This discipline can be conducted in a swimming-pool or in open water and with the use of fins (bi-fins and monofin/bi-fins as separate competitions) or without.

Static

1.1.8.3 Static is a discipline where the athlete aims at performing a maximum duration in “Apnea” minimally over a time declared beforehand and if possible going beyond this time.

Speed-Endurance

1.1.8.4 Speed-Endurance are disciplines 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.

1.1.8.5 This discipline is swum with fins without distinction between bi-fins and monofin and with a single classification, which means that the style of swimming with bi-fins is free.

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

1.1.9 Use of Oxygen

1.1.9.1 Before the attempt 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.

1.1.10 Loss of Consciousness-Black Out (BO);

1.1.10.1 Loss of motor control leads to disqualification if the athlete can't complete the Surface Protocol.

1.1.10.2 In case of loss of Consciousness-Black Out, and/or if the responsible judge decides that the athlete needs help, he orders to the safety assistants to take the athlete out (at least the breathing airways). In these two cases, the athlete is declared in BO and leads to disqualification and suspension from the current event and the rest of the competition.

1.1.11 Use of male pronoun

1.1.11.1 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.

1.1.12 Advertisement

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

1.1.12.2 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.

1.1.13 Penalty

1.1.13.1 Whenever a rule is violated in a way precisely defined in the corresponding articles a general penalty is applied. In the case of dynamic free diving the general penalty consists in subtracting 3 (three) meter from the performance realized by the athlete. In the case of speed-endurance events the general penalty is equal to 10 % of the final time.

1.1.14 Violation of the rules

1.1.14.1 The violation of rules leads to disqualification from the event unless otherwise (penalty or general penalty) is specified at the corresponding article.

1.1.15 Competitions and record homologations

1.1.15.1 Competitions and record homologations are subject to latest versions of “Procedures of Championships” and “Contract for Record Attempts” documents available on the CMAS website.

1.2 The panel of judges and the staff

1.2.1 General

1.2.1.1 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.

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

1.2.1.3 Composition of the panel of Judges and the staff.

- Technical Delegate appointed, for the CMAS Championships, by CMAS,
- competition area judge,
- surface judge,
- warm-up judge,
- Safety judge,
- starting judge (starter),
- time-keepers (for Static, Speed and Endurance only)
- competition secretary,
- medical assistance,
- other assistants.

1.2.1.4 For world and continental competitions, two judges are mandatory (Technical Delegate and surface judge) and they must be of different nationalities. Technical Delegate can not have the same nationality of the organizing committee.

1.2.1.5 The Panel of Judges and staff, with the exception of the Technical Delegate is put in place by the organizer. It is entirely responsible for the preparing and the conducting the events.

1.2.2 Technical delegate

1.2.2.1 For CMAS Championships, the Technical Delegate is proposed by the Free Diving Commission and appointed by the CMAS Executive Bureau.

1.2.2.2 He has full control and authority over all officials within the limits defined in “Procedures of Championships”. He must approve their positions and give them instructions for the particular regulations concerning the competition.

1.2.2.3 His missions are defined in “Procedures of Championships”.

1.2.2.4 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.

1.2.2.5 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 it is necessary.

1.2.2.6 He authorizes the starter to give the starting signal after he has assured himself that all judges are in place and ready.

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

1.2.2.8 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 regulations.

1.2.2.9 The Technical Delegate may disqualify any athlete for any violation of the regulations that he personally observes or of which he is notified by other officials.

1.2.2.10 Only the Technical Delegate can allow the team representative to intervene in case of a technical problem.

1.2.3 Competition Area Judge

1.2.3.1 The judge responsible for the area of competition must locate himself on the edge of the swimming pool.

1.2.3.2 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.

1.2.3.3 He authorizes the start of the competition for each athlete and supervises the sequence of the events.

1.2.3.4 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.

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

1.2.3.6 At the end of the events, he should,

- request the intervention of the Technical Delegate and the Area Judges involved to examine the protests,
- apply the decisions taken by the Technical Delegate on the protests,
- draw up the definitive classification of his area of competition,

- forward the copy of the final classification to the Technical delegate.

1.2.4 Surface Judge

1.2.4.1 The surface judge must signal the arrival of the athlete at the surface by raising one arm.

1.2.4.2 The Surface Judge watches the athlete during the performance and he continues to do so during the 20 (twenty) seconds of surface protocol duration.

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

1.2.4.4 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.

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

1.2.4.6 The Surface Judge has to wear a distinctive color T-Shirt.

1.2.5 Warm-up Judge

1.2.5.1 The Warm-up Judge is located at the entrance of the warm up area of the swimming pool.

1.2.5.2 On the basis of the starting order, he calls the athletes, passes them the official marker with the participant number, and puts them at the disposal of the starting judge.

1.2.5.3 He checks that the competitors wait for their turn and he manages the warm-up of the athletes in the warm-up area.

1.2.5.4 He checks the equipment of the athlete: mask, weights, etc. safety Judge

1.2.5.5 He is responsible for the observation of the safety requirements and the technical problems of the competition.

1.2.5.6 He must take care of all the necessary material for the good realization of the events.

1.2.5.7 He is responsible for the installation of the different competition zones according to the plans published in the specific regulations.

1.2.5.8 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.

1.2.5.9 At least two assistants must be in the water: one in the competition lane and the other in the lane next to the competition one.

1.2.6 Starting judge (Starter)

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

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

1.2.6.3 The starter must have a microphone/megaphone for giving verbal orders.

1.2.7 Time-keepers (for static, speed and endurance events)

1.2.7.1 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.

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

1.2.7.3 The head time-keeper assigns the lanes to the time-keepers. There must be one to two 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.

1.2.7.4 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.

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

1.2.8 Competition Secretary

1.2.8.1 He is responsible for checking the written results and the positions in each event received from the Technical delegate.

1.2.8.2 He designates the assistant secretaries and directs their work.

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

1.2.8.4 He verifies the result, signs the new records and puts them in the official record. He ensures that the decisions of the Technical Delegate are put in the official record.

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

1.2.8.6 The results and the records must not be forwarded to the secretary for distribution until this has been authorized by the Technical delegate.

1.2.8.7 He prepares the final report of the competition.

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

Medical Assistants

1.2.8.9 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.

1.2.8.10 The medical assistants are appointed by the Organizing Committee and they are responsible for controlling the event at the medical level. 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 is always present 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,

1.2.8.11 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,
- An oxygen tank equipped with a regulator,
- Water and sugared drinks,

- Any other equipment at the doctor's discretion.

1.2.9 Other Assistants

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

1.3 Protocols

1.3.1 Start protocol

1.3.1.1 The athletes admitted to the competition must be present one hour prior to the start at the place defined by Technical Delegate such as in the warm-up area which is situated near the competition area.

1.3.1.2 Thirty (30) 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.

1.3.1.3 Only at the period of last 30 (thirty) minutes before his start, the athlete is allowed to go inside the water.

1.3.1.4 The athletes will start every 5 (five) minutes minimum.

1.3.1.5 In the case of existence of several competition lanes the competition will start at the same time.

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

1.3.1.7 The athlete will then have three minutes to prepare himself to immerse. If the start point is free from the previous athlete, the athlete may come there earlier by asking the surface judge.

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

- Last 3 minutes / 2 minutes / 1.5 minutes / 1 minute / 30s / 20s / 10s / 5, 4, 3, 2, 1 / Top Time / +10s / +20s / +25, 26, 27, 28, 29, 30.
- The athlete can start from Top Time to +30s (30s window). If the breathing airways are not in the water at the count of +30s, he is disqualified (except in Speed and Endurance).

1.3.1.9 The athlete is not allowed to start before the "Top Time".

1.3.1.10 In speed-endurance disciplines, the time keepers start the chronometers at the "Top Time".

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

1.3.2 End/Surface protocol

1.3.2.1 At the end of the attempt the athlete can use the bottom of the pool to push to go to the surface.

1.3.2.2 When he is on the surface, during the count of 20 (twenty) seconds beginning after immersion, the athlete must: complete the Surface Protocol (OK Sign of the conventional underwater activities such as first two fingers making a circle and others rising up) to the direction of the Technical Delegate or surface judge who will be on the deck of the pool or to the surface judge who might be in the water at the direction of the Technical Delegate.

1.3.2.3 He is not allowed to hold or touch with the aim of having support/help from the edge and he must stay afloat, holding the lane line without necessitating external assistance.

1.3.2.4 Accidental touch (not hold), just for one time for maximum 3 (three) seconds is up to the decision of Technical Delegate.

1.3.2.5 Keep the head over surface. The breathing airways and equivalent level of the sides (roughly from the middle of the ears) and continuing line through the back of the head must be over the water surface.

1.3.2.6 During the protocol, the athletes' head (as defined above) can not be in contact with the lane line or with any part of body such as hands, arms etc. to get support/help from. If it is the case, the judge will ask the safety assistant to hold/help the athlete which leads to "BO" decision.

1.3.2.7 For the Surface Protocol in CMAS International Competitions, there has to be a Technical Delegate (assigned by CMAS), a Surface Judge (assigned by CMAS to assist to the Technical Delegate) and National Judge responsible of video observation. In other competitions (private, national, etc.) Main Judge and Surface Judge will be enough.

1.3.2.8 Two judges (Technical Delegate and surface judge) will be present and final decision on the performance will be given within 3 (three) minutes after the completion of the attempt. 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.

1.3.2.9 The athlete can talk during the protocol but not the athlete's assistant.

1.3.2.10 The assistant of the athlete is not allowed to touch the life ring or buoy for helping the athlete before the whole protocol in article 1.3.2.1 is finished.

1.3.2.11 If the athlete is touched by the people from the organization accidentally, the last decision on this act whether it is help or not, will be made by the Technical Delegate.

1.3.2.12 Video arbitration is mandatory for international championship.

1.3.2.13 People around and spectators must remain calm and silent during athlete's surface protocol and recovery. In the violation of this, the Technical Delegate can decide to evict the people/team members from the competition area.

1.3.2.14 But any kind of screaming or help of the athlete's national delegates, coaches or team members leads to the disqualification of the athlete.

1.3.3 The cards;

1.3.3.1 The meaning of the cards is as follows;

- If everything is ok (with surface judge), the Technical Delegate will show the athlete a white card.
- If a yellow card is shown which means something may have gone wrong; there might be a penalty or DQ issue then the athlete has to wait in the competition zone and judge will deliberate, they have maximum 3 minutes to give the final decision (if this 3 (three) minutes is not enough then they can give decision after the end of the competition).
- If a red card is shown, the performance is not validated (DQ).

1.3.4 Staging and classification of the event

1.3.4.1 There will be two start lists for Man and Women separately and Women start first their attempts (unless otherwise is agreed in the technical meeting).

1.3.4.2 The start list might be determined on the basis of the best times or distances obtained in one sports season until the date of championship given by the federation with a signed official letter at the technical meeting. The remaining athletes will be ranked according to their declaration in the technical meeting.

1.3.4.3 The first start lists are for the athletes who are not in the Top 8 (eight) list which is defined by the best performances. The declared times/distances can never be in a position better than the Top 8 (eight).

1.3.4.4 The athletes with the shortest time or the shorter distance will compete first while the athlete with the longer time or longer distance will compete last (except in Speed-Endurance where the athletes with the longest time will compete first). This order might be changed according to the requirements by the Technical Delegate.

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

1.3.4.6 In the case of a tie, the athletes will be classified "ex aequo".

2. SPECIFIC RULES FOR DYNAMIC

2.1 Organization of the event

2.1.1 Swimming pool

2.1.1.1 Competitions of Dynamic Free Diving in swimming pool must take place in a 50 meters swimming pool (with fins competition) and 25/50 (twenty five/fifty) meters (without fins competition), with a minimum depth of 1.40 (one point forty) meters.

2.1.1.2 These measurements must be verified and validated by the CMAS Technical delegate.

2.1.2 Competition area

2.1.2.1 Up to 4 (four) competition areas may be installed in the same swimming pool. In this case, the two external lanes from each side of the pool are not allowed as competition areas. It is mandatory to have floating line on both sides of the competition area with a minimum distance of 1.80 cm from the edge (exit on the edge are not allowed) for CMAS championship, international competitions and world record recognition.

2.1.2.2 When multiple lanes are used, a lottery will define on which side competition area will be. Public will only be allowed in the tribune.

2.1.2.3 In order to assist the judges in their decisions an official video of the event should be present recording all performance of the athlete at the surface, and if it is technically possible, another one for the underwater part.

2.1.2.4 If the lane nearest to the pool's edge has undesirable features for conducting the event, the next lane can be used.

2.1.2.5 In case of one lane competition, the competition area to the right (left) of the side of the pool is made up of three lanes. The lane nearest to the edge of the pool is reserved for the safety and the next one is for the competitor. The lane immediately to his left (right) is reserved to the assistance and the one to the left (right) may be reserved for authorized video operators and photographers.

2.1.2.6 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.

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

2.1.3 Starting area

2.1.3.1 The starting area must be clearly marked in and outside the pool.

2.1.3.2 If the starting zone of the pool is deeper than 1.40 (one point forty) meters then the competition site must be equipped with a mobile platform for the athlete to stand on.

2.1.4 The Measurement Instrument

2.1.4.1 The measurement of the distance will be done from the point where athletes breathing airways are out of water and measurement will be done by a meter put on the edge of the pool.

2.1.4.2 Other systems of automatic electronic measurement, which have been approved in advance by CMAS or have been assembled after a request by the organizing federation and approved by the technical delegate, may be used.

2.1.5 Warm-up Area

2.1.5.1 The rest of the lanes that are defined at article 2.1.2.5 are devoted to warm-up.

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

2.1.6 Athlete’s Assistant

2.1.6.1 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 can stay in the warm-up area or within the area that Technical Delegate defined in the technical meeting. The judge will warn the assistant one time only.

2.1.6.2 If the assistant stays in the competition area, If he continues to stay in the zone this violation leads to general penalty to the athlete.

2.1.6.3 Only the Technical Delegate can allow the team representative to intervene in case of a technical problem.

2.2 Conducting the competition

2.2.1 Start

2.2.1.1 For any discipline the athlete can put his mouth under the water and can exhale or not for maximum of 3 (three) seconds, several times for a kind of warm up.

2.2.1.2 The athlete must start touching the wall of the pool with any part of the body or the fins (any part of the fins) and begin the phase of apnea before he has disconnected from the wall. He is allowed to touch the wall after breathing airways are immersed if he was not in contact with the wall during immersion.

2.2.1.3 The athlete must necessarily touch the edge of the swimming pool at each turn with a part of his body or the fins (any part of the fins).

2.2.2 Horizontal Path

2.2.2.1 During the performance, the equipment or any part of the body, but not the breathing airways can get out of the water surface.

2.2.2.2 The athlete must stay within the competition lane. If the full body is out of the competition area then a general penalty is applied. Partial strays are allowed.

2.2.2.3 The final performance is measured from the point where the breathing airways are out of water.

2.2.2.4 If he wants to get out of water at the edges (start end turn walls) then 3 cases are possible:

- If the breathing airways are out before the athlete touches the wall, the measurement of the performance will be done from the point where the breathing airways are out of water and the final performance will be lower than the multiple of the pool length.
- If the athlete touches the wall and goes out, then the final performance will be an exact multiple of the pool length (i.e. 150m, 200m, etc... in 50m pools or 125m, 150m or 175m for example in 25m pool.)
- If the athlete touches the wall, make a complete “U” turn with the shoulders and then emerges, the measurement of the performance will be done from the point where the breathing airways are out of

water and the final performance will be higher than the multiple of the pool length.

2.2.3 Ascent

2.2.3.1 At the end of the attempt, the official assistants may give the athlete, when he comes to the surface, a buoy which will help the athlete to recover while he holds it.

2.2.3.2 For his performance to be validated, the athlete must realize the End/Surface protocol as defined in article 1.3.2

2.2.3.3 The athlete must not be helped or touched for any reason or in any way before the end of the surface protocol, unless he is in difficulty.

2.2.3.4 In case of loss of consciousness, as defined in article 1.1.10, before, during or after his effort, the athlete is declared in BO.

2.2.4 Classification

2.2.4.1 If the realized distance (RD) is less than the declared distance (DD), a distance penalty of one meter per meter difference will be applied and added to the general penalty. The distance penalty is equal to DD minus RD (DD-RD). The final performance will be calculated as follows:

- Final Performance = Realized Distance – Distance Penalty – General Penalty
- For example, an athlete has announced 102 m and realized 91m during the competition:
- DD=102 m
- DR=91m
- Distance penalty is (DD-DR) = 102-91= 11 meters
- Final performance will be 91 - 11 (distance penalty) - 3 (general penalty) = 77 meters

2.2.4.2 In the case of a tie, the athletes will be classified “ex aequo”.

3. SPECIFIC RULES FOR STATIC

3.1 Organization of the event

3.1.1 Competition Area

3.1.1.1 CMAS championships of static must take place in a swimming pool.

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

3.1.1.3 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.

3.1.1.4 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.

3.1.1.5 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.

3.1.2 Athlete's Assistants

3.1.2.1 The athlete may have only one personal assistant on the edge or in the pool to help him during the attempt.

3.1.2.2 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.

3.1.3 Time-keepers

3.1.3.1 The time-keepers start their stopwatches when the athlete immerses his respiratory ways (the judges must be careful in case the athlete is doing this for warm up as defined above for not more than 3 (three) seconds) in which case they must reset their chronometers) and stop them when the breathing airways emerges.

3.1.3.2 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.

3.2 Conducting the competition

3.2.1 Apnea

3.2.1.1 During the apnea the athlete is under the supervision of surface judge.

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

3.2.1.3 The judge's signal and the response of the athlete must be agreed by the two upon before the beginning of the attempt.

3.2.1.4 The first signal should be given one minute before the declared time (announced performance), the second one 30 (thirty) seconds before the declared time and the third at the 15 (fifteen) seconds before the declared time and the last at the declared 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.

3.2.1.5 If the declared 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.

3.2.1.6 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 due to BO.

3.2.2 Finishing

3.2.2.1 At the end of the attempt of the athlete must not be helped or touched for any reason and in any form before his attempt completion procedure, unless he is in difficulty.

3.2.2.2 The athlete can hold the line or the edge wall of the swimming pool.

3.2.2.3 For his performance to be validated, the athlete must realize the End/Surface protocol as defined in article 1.3.2

3.2.2.4 In case of loss of consciousness (black out), as defined in article 1.1.10, before, during or after his effort, the athlete is disqualified.

3.2.3 Classification

3.2.3.1 The realized time of the athlete is calculated as a mean between times record by the time keepers.

3.2.3.2 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.

3.2.3.3 If the effective apnea time is smaller than the declared time then a time penalty is applied. The time penalty is equal to the difference between the declared time and the realized time.

3.2.3.4 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 $t - (T - t)$.

- For example, an athlete has an announcement time of 4 minutes and 15s (4'15") and realizes during the event a time t equal to 3 minutes 47s (3'47")
- The time penalty is equal to $T - t = 28s$
- The time used for classification of the athlete will then be $3'47" - 28" = 3'19"$

3.2.3.5 In the case of a tie, the athletes will be classified “ex aequo”.

4. SPECIFIC RULES FOR SPEED AND ENDURANCE

4.1 Organization of the event

4.1.1 Competition area

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

4.1.1.2 Every lane can be used for the competition.

4.1.1.3 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.

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

4.1.1.5 For speed-endurance Free Diving events the athletes must already be in the water.

4.1.1.6 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.

4.1.1.7 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.

4.1.1.8 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.

4.1.2 The Lane and Turning Judges

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

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

4.1.2.3 They report any rule violation to the Technical Delegate.

4.1.3 Time-Keepers

4.1.3.1 The primary time measurement is done by the electronic pad but for fail safe, the time-keepers record the times of the athletes for whom they are responsible.

4.1.3.2 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 take a photo and show their stopwatches for control.

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

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

4.2 Conducting the competition

4.2.1 Descent

4.2.1.1 The athlete must start touching the wall of the pool with any part of the body or fins and begin the phase of apnea before he has disconnected from the wall.

4.2.1.2 The athlete must necessarily touch the edge of the swimming pool at each turn with a part of his body or fins.

4.2.1.3 The athlete can not start before the "Top Time" otherwise he will be declared in "False Start".

4.2.2 Horizontal Path

4.2.2.1 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.

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

4.2.2.3 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.

4.2.2.4 Swimming at the surface is not allowed. Otherwise it is general penalty.

4.2.3 Ascent

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

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

4.2.3.3 In case of loss of consciousness (black-out), as defined in article 1.1.10, before, during or after his effort, the athlete is disqualified.

4.2.3.4 At the end of the attempt, back on the surface, the athlete has to make the surface protocol as defined in article 1.3.2.

4.2.4 Classification

4.2.4.1 The time used for the classification of the athletes is the effective time of the attempt , 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 $t+(t-T)$.

4.2.4.2 In the case of a tie, the athletes will be classified “ex aequo”.