



**CMAS**

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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**CMAS FREEDIVING  
INDOOR INTERNATIONAL  
RULES**

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## 1. GENERAL RULES

### 1.1 General

#### 1.1.1 Free Diving

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**1.1.1.1** The term "Free Diving" designates a sport 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

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**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 a single action of the athlete. For instance, one dynamic course or one static apnea.

**1.1.2.4 Performance** is the result of the athlete's attempt, measured in distance or time interval.

#### 1.1.3 Use of fins

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**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 is allowed except in the 3 meter zone at the start and turning zones. If the athlete practices a dolphin kick then a general penalty is applied for each cycle (one cycle is up and down).

#### 1.1.4 Dolphin kick (in Free Diving)

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**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)

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**1.1.5.1** Propelling oneself through water using movements of the limbs.

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## 1.1.6 Authorized Material

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**1.1.6.1** Mask or goggles.

**1.1.6.2** Nose clip.

**1.1.6.3** Diving suit.

**1.1.6.4** Watch-dive computer

**1.1.6.5** 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 weights during the attempt or during the surface protocol.

## 1.1.7 Categories

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**1.1.7.1** The official competitions are organized for men and/or women. Athletes who are between 15 and 18 years old participate in the junior category. The senior category corresponds to ages from over 18 to 49. Athletes who are at least 50 years old belong to the master's group, which is further subdivided in categories 50-54, 55-59, 60-64, 65-70 and over 70. Master athletes may, if they wish, compete in the senior's category. This choice will be mandatory for the whole ongoing season.

## 1.1.8 Disciplines

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### Dynamic

**1.1.8.1** Dynamic is a discipline where the athlete aims to cover the maximal horizontal distance by keeping the body below the surface of the water in apnea.

**1.1.8.2** This discipline can be conducted in a swimming-pool or in open water with the use of fins or without fins. There are three categories: **DYN** (monofin and/or bifins) **DBF** (bi-fins only) as separate competitions or **DNF** (without fins).

### Static

**1.1.8.3** Static apnea is a discipline where the athlete aims to perform a maximum duration in "Apnea". Apnea is holding breath on the water surface

## **Speed-Endurance**

**1.1.8.4** Speed - Endurance are disciplines where the athlete aims to cover 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**

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**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 DQ - Loss of Consciousness- Black Out (BO);**

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**1.1.10.1** The athlete will be disqualified if he cannot complete the Surface Protocol within the 20 seconds, or if he needs help, before, during or after the 20 seconds

**1.1.10.2** In case of loss of Consciousness-Black Out at surface the athlete will be disqualified. He must be examined by a doctor who will decide if the athlete is able to continue the competition the next day(s)

**1.1.10.3** In case of underwater Black Out, the athlete will be disqualified and will not be allowed to compete the next day. The athlete must be examined by a doctor and can continue the competition the day after the next only with the doctor's approval.

### **1.1.11 Use of male pronoun**

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**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**

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**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**

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**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**

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**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**

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**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 Protocols

### 1.2.1 Start protocol

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

**1.2.1.2** 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.

**1.2.1.3** Only at the period of last 30 (thirty) minutes before his start, the athletes are allowed to go inside the water.

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

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

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

**1.2.1.7** 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 judge.

**1.2.1.8** 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).

**1.2.1.9** The athlete is not allowed to start before the "Top Time" or else he will be disqualified

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

**1.2.1.11** The countdown must be announced in English in all international competitions.



## **1.2.2 End/Surface protocol**

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**1.2.2.1** At the end of the attempt the athlete can push the bottom of the pool to emerge at the surface.

**1.2.2.2** Immediately upon surfacing of the airways of the athlete, the protocol and the 20 seconds counting starts.

**1.2.2.3** When he is on the surface, during the count of 20 (twenty) seconds beginning after surfacing, the athlete must: complete the Surface Protocol (OK Sign of the conventional underwater activities such as two fingers making a circle) to the direction of the Chief Judge who will be on the deck of the pool

**1.2.2.4** The athlete is not allowed to hold the edge of the pool at dynamic disciplines and he must stay afloat, holding the lane line without necessitating external assistance for all disciplines except STA.

**1.2.2.5** Accidental touch (not hold), is up to the decision of Chief Judge.

**1.2.2.6** The athlete is allowed to hold the edge of the pool at STA

**1.2.2.7** 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.

**1.2.2.8** During the protocol, the athletes' head (as defined above) must 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 DQ decision.

**1.2.2.9** For the Surface Protocol in CMAS International Competitions, there has to be the Chief Judge (assigned by CMAS), or Assistant Judge (assigned by CMAS to assist to the Chief Judge) and National Judge responsible of video observation. In other competitions (private, national, etc.) Chief Judge and video Judge will be enough.

**1.2.2.10** The judges will be present and give the final decision on the performance within 3 (three) minutes after the completion of the attempt. If it is technically impossible to reach a decision within three minutes the Chief Judge may decide to give the decision at the end of the current event, so as not to disrupt the competition's timing.

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

**1.2.2.12** 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 Chief Judge.

**1.2.2.13** Video arbitration is mandatory for international championship.

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

**1.2.2.15** Any kind of screaming or help of the athlete's national delegates, coaches or team members leads to the disqualification of the athlete.

### **1.2.3 The cards**

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**1.2.3.1** The meaning of the cards is as follows;

- If everything is ok (with surface judge), the Chief judge 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 event).
- If a red card is shown, the performance is not validated (DQ).

## **1.2.4 Staging and classification of the event**

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

**1.2.4.2** The start list might be determined on the basis of the Personal best of the athletes given by the team captains at the inscription. With Personal best term, we mean an official competition result the current or the previous year. For static the starting list must follow the PB rule but the athlete (for the signals) can declare a time which can be lower than the PB

**1.2.4.3** 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 Chief Judge.

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

**1.2.4.5** 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 1.20 (one point twenty) meters.

**2.1.1.2** These measurements must be verified and validated by the Cmas Chief judge.

#### 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 0.80 m from the edge (exit on the edge is not allowed except at the edges of 25m-50m and/or multiple edges) for CMAS championships, international competitions and world record recognition.

**2.1.2.2** When multiple lanes are used, the Chief judge 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** 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.

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

### **2.1.3 Starting area**

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**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. The platform will be removed when athlete has started.

### **2.1.4 The Measurement**

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**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 Chief judge, may be used.

### **2.1.5 Warm-up Area**

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**2.1.5.1** The rest of the lanes 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**

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**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. The judge will warn the assistant one time only.

**2.1.6.2** If the assistant continues to stay in the zone this violation leads to general penalty to the athlete.

**2.1.6.3** Only the Chief Judge can allow the team representative to intervene in case of a technical problem.

## 2.2 Conducting the competition

### 2.2.1 Start

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**2.2.1.1** For any discipline the athlete can put his mouth under the water and can exhale several times during the warm up.

**2.2.1.2** The athlete must start the phase of apnea at the starting point, touching the wall of the pool with any part of the body or the fins.

**2.2.1.3** He is allowed to touch the wall after breathing airways are immersed if he was not in contact with the wall during immersion.

**2.2.1.4** If he fails to be in contact with the wall at starting, then a general penalty is applied.

**2.2.1.5** 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

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

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

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

**2.2.2.5** 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**

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**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

**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.

### **2.2.4 Classification**

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**2.2.4.1** The realized distance (RD) can be less or more than the declared (PB)

**2.2.4.2** No penalty is applied for any difference between RD and declared PB

**2.2.4.3** 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**

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**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 Chief Judge.

**3.1.1.3** One lane or more near the edge are 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 Chief judge. 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 is mandatory to be present at the surface, recording the total attempt of the athlete, including entry and exit protocol.

#### **3.1.2 Athlete's Assistants**

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**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 the Protocol and until the judge saw the card.

#### **3.1.3 Time-keepers**

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**3.1.3.1** The time-keepers start their stopwatches when the athlete immerses his respiratory ways, after the TOPTIME and stop them when the breathing airways emerges.

**3.1.3.2** Immediately after the attempt they must write down 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.



## 3.2 Conducting the competition

### 3.2.1 Apnea

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**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, or PB), 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

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**3.2.2.1** At the end of the attempt, 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.

### **3.2.3 Classification**

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**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 that will be used for the classification of the athletes is the effective time of the apnea.

**3.2.3.3** The realized time (RT) can be less or more than the declared (PB)

**3.2.3.4** No penalty is applied for any difference between RT and declared PB

**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**

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**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. 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. The platform will be removed when athlete has started.

**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 Chief judge. 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**

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**4.1.2.1** They are nominated for each lane by the Chief Judge.

**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 Chief Judge.

#### **4.1.3 Time-Keepers**

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**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

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**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

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**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**

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**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** At the end of the attempt, back on the surface, the athlete has to make the surface protocol.

### **4.2.4 Classification**

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**4.2.4.1** . The realized time (RT) can be less or more than the declared (PB)

**4.2.4.2** No penalty is applied for any difference between RT and declared (PB)

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