



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

DYNAMIC APNOEA

INTERNATIONAL RULES

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SECTION-I

1.1 DEFINITIONS

1.1.1 Apnoea

The performance with or without a mono fin, bi-fins or finless, the face below the surface of the water, statically or using only the muscular power of the athlete and without having recourse to any mechanism whatsoever, even if activated by the muscles.

1.1.2 Dynamic Apnoea

The performance th or without a mono fin, bi-fins or finless, the face below the surface of the pool water, using only the muscular power of the athlete and without having recourse to any mechanism whatsoever, even if activated by the muscles.

1.1.3 Loss of Consciousness-Black Out;

Loss of Consciousness-Black Out is to be distinguished from a mere loss of motor control (something commonly referred to as "samba"). Loss of conscience is a serious situation where the athlete necessitates external assistance in order to stay afloat.

SECTION-II

2.1 TECHNICAL GENERALITIES

2.1.1. Categories, Materials and Equipment for the Athletes

2.1.1.1. Categories

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

2.1.1.2. Authorized material

2.1.1.2.1. The bi-fins without restriction, on which the athlete's number is affixed (above and/or below),

2.1.1.2.2. Mono-fin without restriction concerning the dimensions and the material on which the athlete's number is affixed (above and/or below)

2.1.1.2.3. The mask or goggles with no restriction

2.1.1.2.4. Nose clip

2.1.1.3. Auxiliary equipment

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

2.1.1.3.2. The athletes must and/or may use their personal weight. But in case of a use a weight the athlete must necessarily use it with a quick release button and to put on his/her clothing,

2.1.1.3.3. In no case may the athletes have leads or weights hidden under their apparel of which will lead disqualification of the performance

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

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

2.1.1.3.6. The use of oxygen before and during competition 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. Setting up the Competition Area

2.1.2.1. No competition in dynamic apnoea is authorized in a swimming pool that is shorter or longer than 50 (fifty) meters, having at least 8 (eight) lanes and at a minimum depth of 1.40 (one point forty) meters.

2.1.2.2. These measurements must be verified and validated by a CMAS Main Judge.

2.1.2.3. The starter must have a microphone for giving verbal orders.

2.1.2.4. In case of the necessity, two competition lanes/areas may be installed in the same swimming pool.

2.1.2.5. In order to assist the judges in their decisions 1 (one) 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 optional for the underwater.

2.1.3. Competition Area

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

2.1.3.2. Competition lane must be nearest/lateral lane(s) to the pool's edge for safety and rescue.

2.1.3.3. In case of nearest/lateral lane(s) has a negative characteristics for conducting the performance then the next lane can be used.

2.1.3.4. The competition lane to the right/left of the start blocks must be made up of three lanes; nearest/lateral lane being reserved for the competitor, the lane immediately to his/her right/left is devoted to assistance and that on the right/left may be reserved for viewing and authorized video and/or photographers.

2.1.3.5. A "T" line of at least 20 (twenty) cm width must be set out on the bottom of the swimming pool at a distance of 2-3 (two-three) meters from the start and 2-3 (two-three) meters before the turn.

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

2.1.3.7. If the starting part of the pool is deeper then 1.40 (one point forty) meters then the competition site must be equipped with a mobile platform for the athlete for standing.

2.1.4. Distance Marker and the Measurement Instrument

- 2.1.4.1. The distance marker ballast will be at the disposal of each competitor and will be made of a part with approx. 250-gram ballast and in the shape of a parallelepiped which will fall to the bottom when the competitor drops the marker.
- 2.1.4.2. If the pool has a variation at the bottom, so the depth, preventing the use of distance marker then the athlete's performance can be measured from the side of the pool at the point where their head emerges the water surface.
- 2.1.4.3. In case of use of a laser meter for the measurement of the distance covered, there must be a reflector connected to a 4 (four) legs stick to be settled vertical to the bottom of the pool during the measurement.
- 2.1.4.4. The reflector for the laser must be just over the water surface and be at the line off sight of the laser meter as parallel to the pool bottom for an accurate measurement.
- 2.1.4.5. 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 main judge may be used.

2.1.5. Warm up Area

- 2.1.5.1. The rest of the lanes that are defined at article 2.1.3.4 are devoted to warm up.
- 2.1.5.2. It is reserved for the athletes who prepare themselves for the competition under the orders of the Warm Up Judge.

2.1.6. Loss of Consciousness-Black Out

- 2.1.6.1. For the Loss of Consciousness-Black Out, the responsible judge can decide whether the athlete needs assistance or not.
- 2.1.6.2. The team-leader of an athlete can request that the judge stop the effort of his/her athlete. This is considered as to be the consequences as a Loss of Consciousness-Black Out.
- 2.1.6.3. From that point forward;
 - 2.1.6.3.1. A loss of motor control-samba (not necessitating assistance), leads simply to disqualification of the athlete from the performance if he/she can't perform his/her duties for giving ok
 - 2.1.6.3.2. Loss of Consciousness-Black Out leads to 6 months suspension of the athlete from all CMAS competitions, effective immediately

2.1.7. Athlete's Own Assistants

- 2.1.7.1. The athlete might have only 1 (one) own assistant to help him during in his/her performance.
- 2.1.7.2. This assistant can only stay at the start point and the competition area but never in the pool.
- 2.1.7.3. In case of the jump of the his/her own assistant to the pool, then that leads simply to disqualification of the athlete from the performance.

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 and, unless there is a contrary indication in the regulations, independently of one another.
- 2.2.1.2. The judges and the staff are responsible for the preparation and conducting of the competition.
- 2.2.1.3. Composition of the panel of Judges and the staff;
The Panel is made up of;
 - main judge appointed, for the CMAS Championships, by the CMAS,
 - judge responsible for the competition area,
 - surface judge,
 - warm up judge,
 - technical and safety judge,
 - the competition secretary,
 - the medical assistance,
 - the other assistants.
- 2.2.1.4. The Panel of Judges and staff except the main judge is put in place by the organizer. It is entirely responsible for the preparation and the conduct of the events.

2.2.2. Main Judge

- 2.2.2.1. For the CMAS Championships, the Main Judge is proposed by the Apnoea Commission and confirmed/appointed by the CMAS Executive Bureau.
- 2.2.2.2. He/she has full control and authority over all officials. He/she must approve their positions and must give them instructions regarding the particular regulations relating to competitions.
- 2.2.2.3. His mission is:
 - inspection of the competition installations,
 - control and approve of the dossiers of the participants concerning their suitability to take part in the events,
 - control and approve of the registration forms and the determination of the starting order,
 - sign the classification before the publication of the results.
- 2.2.2.4. He/she must ensure that the regulations and the decisions of the CMAS are obeyed and must resolve all the questions concerning the organization of the competition when the regulation does not provide for any other solution.

- 2.2.2.5. He/she must ensure that all the necessary officials for the proper organization of the competition are at their respective positions. He/she may nominate replacements to substitute for absent judges, those who are incapable of carrying out their tasks or those who are seen to be incompetent. He/she may appoint supplementary officials if he/she judges this necessary.
- 2.2.2.6. He/she authorizes the starter to give the starting signal after he/she has assured himself that all the members of the panel of judges are in place and ready.
- 2.2.2.7. He/she may take the decision of a false start and/or restart the athlete.
- 2.2.2.8. The Main Judge has the right to cancel or to suspend, the competitions in case of force major such as unfavorable meteorological conditions (in the case of an outdoor swimming pool and/or open water) or if the location of the competition is no longer in accordance with the requirements of the regulations.
- 2.2.2.9. The Main Judge may disqualify any athlete for any violation of the regulations that he/she personally observes or of which he/she is notified by other officials.

2.2.3. Competition Area Judge

- 2.2.3.1. The judge responsible for the area of competition must locate himself on the edge of the swimming pool.
- 2.2.3.2. It is his/her task to organize the activity of the other Judges of the area, by authorizing the start of the competition for each athlete and the conduct of the events.
- 2.2.3.3. He/she receives from the Surface Judge the marker of the distance covered by the athlete at the end of the performance, he/she will mark the distance on the competition report and he/she will give the marker back to the secretary who will file it.
- 2.2.3.4. He/she receives the notes on the breaches indicated by other judges with the possible proposition of a punishment or disqualification which he/she must put into effect.
- 2.2.3.5. He/she receives the complaints from the captains of the participating teams.
- 2.2.3.6. At the end of the events, he/she should;
 - 2.2.3.6.1. request the intervention of the Main Judge and the Area Judges involved to look at the complaints,
 - 2.2.3.6.2. apply the decisions taken by the Main Judge on the complaints,
 - 2.2.3.6.3. draw up the definitive classification of his/her area of competition,
 - 2.2.3.6.4. deposit the copy of the final classification with the Main Judge,
 - 2.2.3.6.5. and he/she is responsible for changes to the judges and the assistants of his/her zone.

2.2.4. Surface Judge

- 2.2.4.1. The surface judge must signal the arrival of the athlete at the surface by raising one arm.
- 2.2.4.2. The Surface Judge follows the athletes during the entire performance and he/she continues to do so during the 5 (five) seconds that follow the immersion and the 5 (five) seconds which follow during which the athlete must touch the yellow arrival disk which marks the validity of the performance.
- 2.2.4.3. He/she controls the measurement of the distance marker ballast with the distance covered on the bottom by the athlete and he/she transmits this via the intermediation of his/her assistant to the judge responsible for the competition area.
- 2.2.4.4. In case of a laser meter is used he/she manages the reflector of the laser to be fit for the accurate measurement to the position of the distance marker ballast at the bottom.
- 2.2.4.5. He/she must check that the athlete, during the whole performance, is in good condition and that he/she does not need any assistance. He/she will only signal to the Main Judge possible irregularities and will possibly propose sanctions or disqualification.
- 2.2.4.6. He/she will carry out his/her function on the edge of the swimming pool.
- 2.2.4.7. He/she will carry out his/her function on the edge of the swimming pool.
- 2.2.4.8. The Surface Judge may wear a yellow pullover.

2.2.5. Warm-up Judge

- 2.2.5.1. The Warm Up Judge is situated on the start for the athletes in the centre of the swimming pool.
- 2.2.5.2. He/she is responsible for the competitors and, on the basis of the starting order, he/she calls the athletes, passes on to them the official marker with the participant number, and puts them at the disposition of the starting judge.
- 2.2.5.3. He/she checks that the competitors attend to their turn and he/she manages the conduct of warm-up of the athletes in the warm up area.
- 2.2.5.4. He/she checks the equipment of the athlete: mask, weights, etc.

2.2.6. Technical and the Safety Judge

- 2.2.6.1. He/she is responsible for the observation of the safety requirements in force and the technical problems of the competition.
- 2.2.6.2. He/she is located at the departure of the competition under the authority of the Main Judge.
- 2.2.6.3. He/she must occupy himself with putting out, in good timing, the necessary materials e.g. distance marker ballast and apparatus for the conduct of the performance.
- 2.2.6.4. He/she is responsible for the installation of the course according to the plans published in the specific regulations.
- 2.2.6.5. He/she has got the right to ask to the organization committee to put at his/her disposal a sufficient number of assistants so that he/she can fulfill his/her mission without difficulty. In any case, at least 2 (two) assistants must be in the water in the lane next to the competition lane and they must have the small buoy that the athlete can take hold of when he/she comes to the surface.

2.2.7. Competition Secretary

- 2.2.7.1. He/she is responsible for checking the written results and the positions in each competition received from the Main Judge.
- 2.2.7.2. He/she designates the assistant secretaries and directs their work.
- 2.2.7.3. He/she prepares all the material of the secretary's office as well as the documentation necessary for the competition.
- 2.2.7.4. He/she verifies the result, signs the new records and puts them in the official record.
- 2.2.7.5. He/she ensures that the decisions of the Main Judge are put in the official record.
- 2.2.7.6. He/she transmits the results concerning the podium places and the composition of the finals.
- 2.2.7.7. The results and the records must not be passed on to the secretary for dissemination until it has been authorized by the Main Judge.
- 2.2.7.8. He/she prepares the final report of the competition.
- 2.2.7.9. In case of existing of a press office, the competition secretary, upon the permission of the Main Judge, provides all information about the competition for the media.

2.2.8. Medical Assistance

- 2.2.8.1. The medical assistance must guarantee the first aid interventions to those who suffer accidents by giving them the aid necessary from the beginning of the accident until the re-establishment of conditions of health in the local health facilities.
- 2.2.8.2. The medical assistants are appointed by the Organizing Committee and they are responsible for checking the event at the level of their responsibility of medical terms. The medical team is made up of:
 - One doctor who is a specialist in reanimation, who is responsible for the manifestation, and who is always in the competition area,
 - An ambulance reserved for the competition area, with a doctor on board, which must be located on land, close to the Health Centre,
 - An official hospital facility must be easily accessible for the ambulance,
 - A decompression chamber which is already alerted of the competition will have given its availability for emergency actions,
 - If possible the availability of help by helicopter will be fine.
- 2.2.8.3. The assistants who occupy the first aid mission will be equipped with:
 - Small masks for artificial respiration mouth to mouth,
 - Ambo-bag ,
 - A tank of oxygen with a regulator,
 - Water and sugared drinks,
 - Any other equipment at he/she doctor's discretion.

2.2.9. Other Assistants

- 2.2.9.1. Other assistants are appointed by the Organizing Committee for the competition and answer to the person responsible for assistance who sets down, together with the Main Judge, the different missions and calculations to be sent to each particular assistant.
- 2.2.9.2. Apart from following the activity of the judges, they collaborate with the Surface Judge or the Main Judge for the necessary things to be done.

SECTION-III

3.1 CONDUCT of the COMPETITIONS

3.1.1. Start

- 3.1.1.1. The athletes admitted to the competition will come together at the edge of the swimming pool in the area set aside by the judge situated near the competition area for warm up.
- 3.1.1.2. There might be 2 (two) competition at the pool area where the area and the staff is enough to handle such.
- 3.1.1.3. 30 (Thirty) minutes before their start (of last 3-three minutes) they 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 leave every 7 (seven) minutes.
- 3.1.1.6. In case of the existence of two competitions at the same time then the beginning of the performances must take place at 3 (three) minute shifted intervals.
- 3.1.1.7. The performance begins when the start judge informs the athlete that he/she must go to the start area.
- 3.1.1.8. The athlete will then have 3 (three) minutes to immerse himself.
- 3.1.1.9. He/she will be reminded of the time by the starter:
 - 3 more minutes,
 - 2 more minutes,
 - 1 more minute,
 - 30 seconds,
 - 10 seconds,
 - 5 – 4 – 3 – 2 – 1 or an acoustic signal.
- 3.1.1.10. An athlete who has not started at the time of the acoustic signal, loses his/her right to continue with the event.
- 3.1.1.11. During the last 3 (three) minutes given to the athlete he/she may start at any time that he/she feels ready.

3.1.2. Descent

- 3.1.2.1. The athlete must immerse his/her head in the first 2 (two) meters after the start.
- 3.1.2.2. The athlete must touch the point of departure with a part of his/her body or with his/her equipment.
- 3.1.2.3. The athlete is allowed to sit on the edge of the pool wall at start point and go into the water from that position. But jumping into the water is not allowed.
- 3.1.2.4. The athlete must necessarily touch the edge of the swimming pool on each turn with a part of his/her body or with his/her equipment.

3.1.3. Horizontal Path

- 3.1.3.1. During the horizontal path, the athlete's face must always be under the surface of the water. Otherwise he/she will be disqualified from the performance.
- 3.1.3.2. During the horizontal path, the athlete must be within the competition lane. If he/she is away/out of the competition lane then he/she will be disqualified from the performance.
- 3.1.3.3. When the athlete decides to come to the surface, he/she must leave his/her distance marker ballast on the bottom of the swimming pool before his/her face is out of the water.
- 3.1.3.4. In case that he/she wants to leave the distance marker ballast at the edges (start end turn walls) then first he/she must touch the wall and leave the distance marker ballast. Otherwise the measurement of the performance will be done from the point where the distance marker ballast is left.
- 3.1.3.5. In case that he/she wants to leave the distance marker ballast just after turning at the edges (start end turn walls) then first he/she must touch the wall then make a "U" turn and leave the distance marker ballast. Otherwise the measurement of the performance will be done as defined as in article 3.1.3.3.

3.1.4. Ascent

- 3.1.4.1. The athlete must not be helped or touched before his/her performance completion procedure, unless he/she is in difficulties. Otherwise he/she will be disqualified from the performance.
- 3.1.4.2. In case of loss of consciousness as defined as in article 2.1.6 at before, during and/or after in his/her performance, the athlete is disqualified and will lose all his/her distances that he/she has carried out in the foregoing attempts.
- 3.1.4.3. The official assistants must give the athlete, at the end, a buoy which will serve as a help to the athlete and where he/she can hold on to recover.
- 3.1.4.4. If the assistant of the athlete's own touches the buoy for helping the assistant before the athlete touches the OK disk, then this leads simply to disqualification of the athlete from the performance.
- 3.1.4.5. The athlete can also hold the lane robe, the edge wall and the buoy given to him.
- 3.1.4.6. At the end of the performance, back on the surface, the athlete, after a count of 5 (five-1, 2, 3, 4, 5) seconds, must touch a yellow OK disc of a diameter of 30 centimeters which is at the end of a pole of a length of 2-3 (two-three) meters which will be held for him by the Surface Judge in the second count of 5 (five-5, 4, 3, 2, 1) seconds.
- 3.1.4.7. The Surface Judge manages the measurement of the distance marker ballast, informs of the validity of the attempt to the arrival judge who in turn informs the secretariat.
- 3.1.4.8. If a breach is signaled, the secretariat will indicate this by an asterisk noted beside the distance measured by the athlete. In this case, the recorded result will be provisional until the decision of the Main Judge.

3.1.5. Stages of the Competition

- 3.1.5.1. The performance for qualification of the athletes will be defined by drawing a lot at the technical meeting before the competition.
- 3.1.5.2. All the competitors will make one attempt for qualification. At the end of this stage, a classification is worked out and made public immediately.
- 3.1.5.3. All the qualified competitors up to the 8 (eighth) position in the provisional general classification are admitted to take part in the final.
- 3.1.5.4. The performances carried out in the qualifying round may not be used for the final classification, except to break the deadlock in cases of dead heat in the final.
- 3.1.5.5. Final;
 - 3.1.5.5.1. The final is carried out with 1 (one) attempt.
 - 3.1.5.5.2. The performance for qualification of the athletes will be defined based on their performances at the qualification stage in progressive order (the highest performance competitor will make the attempt latest).
 - 3.1.5.5.3. All the finalists will make their attempt in the final. At the end of this stage a classification is worked out and made public immediately.
 - 3.1.5.5.4. In case of a dead heat, the attempt in the qualifying round will be taken into account
 - 3.1.5.5.5. If after having taken into account the two attempts made by the competitors, there is still a dead heat, the competitors will be classified equally in the final general classification