



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

JUMP BLUE APNOEA

INTERNATIONAL RULES

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Table of Contents

1. SECTION-I.....	3
1.1 DEFINITIONS	3
1.1.1 Apnoea;.....	3
1.1.2 Jump Blue Apnoea;	3
1.1.3 Loss of Consciousness-Black Out;	3
2. SECTION-II	3
2.1 TECHNICAL GENERALITIES.....	3
2.1.1 Categories, Materials and Equipment for the Athletes	3
2.1.2 Setting up the Competition Area.....	3
2.1.3 Competition Area.....	3
2.1.4 Distance Marker and the Measurement Instrument	4
2.1.5 Pontoons or Boats	4
2.1.6 Warm up Area.....	4
2.1.7 Loss of Consciousness-Black Out	4
2.1.8 Athlete's Own Assistants	5
2.2 The PANEL of JUDGES and the STAFF	5
2.2.1 General	5
2.2.2 Main Judge	5
2.2.3 Competition Area Judge	5
2.2.4 Surface Judge	6
2.2.5 Depth Judge	6
2.2.6 Warm-up Judge.....	6
2.2.7 Technical and the Safety Judge	6
2.2.8 Competition Secretary.....	6
2.2.9 Medical Assistance	7
2.2.10 Other Assistants	7
3. SECTION-III	7
3.1 CONDUCT of the COMPETITIONS	7
3.1.1 Start	7
3.1.2 Descent	8
3.1.3 Horizontal Path.....	8
3.1.4 Ascent.....	8
3.1.5 Stages of the Competition	9

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 Apnoea Jump Blue

The performance with or without a mono fin or bi-fins, around a hawser square each edge with 15 (fifteen) meters in a dept of 10 (ten) meters, 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 with no restriction and which serves to protect the eyes and to improve one's view in the water. The mask must necessarily cover the eyes and the nose.

2.1.1.3 Auxiliary equipment;

- 2.1.1.3.1. The use of neoprene costume or a diving suit is authorized,
- 2.1.1.3.2. The athletes may use a weight prepared by the organization or his/her own with maximum 3 (three) kg. But in case of a use of his/her own weight the athlete must necessarily use it with a quick release button and to put on his/her clothing,
- 2.1.1.3.3. The organization's weight, will be attached to a rope of enough length.
- 2.1.1.3.4. In no case may the athletes have leads or weights hidden under their apparel of which will lead disqualification of the performance,
- 2.1.1.3.5. For all competitions and international championships, the wearing of advertising on the fins and mask is authorized without restriction,
- 2.1.1.3.6. 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.
- 2.1.1.3.7. 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. The discipline must take place on a uniform sea bed, preferably sandy, if possible in a constant depth of maximum 15 meters of sea bed.
- 2.1.2.2. For CMAS championships, the zone should have: Length: 15 meters, Width: 15 meters, Depth: 10 meters.
- 2.1.2.3. These measurements must be verified and validated by a CMAS Main Judge.
- 2.1.2.4. A tolerance of 5 (five) meters maximum is admitted for the sea bed where the horizontal competition area is located.
- 2.1.2.5. The starter must have a microphone for giving verbal orders.
- 2.1.2.6. 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 Start Island

- 2.1.3.1.1. Made up of a starting atoll with bigger dimensions from the other 3 (three) corners and has a different colors from the colors of the other 3 (three) buoys, which helps the athlete in his preparation phase for the dive.
- 2.1.3.1.2. The atoll must be anchored with 1 (one) end tense from the starting corner which makes up the horizontal course of the square placed on the bottom.
- 2.1.3.1.3. On the bottom, beside the dead body of the point of departure of the horizontal course, a disk of 30 (thirty) centimeters diameter will be placed which the athlete must necessarily touch on pain of disqualification, before making his efforts.

- 2.1.3.2. 3 (Three) buoys must be anchored and tensed to be tied the other three corners of the horizontal course of the square placed on the bottom.
- 2.1.3.3. Anchoring of the 4 (four) corners of the horizontal course of the square placed on the bottom;
 - 2.1.3.3.1. The anchoring may be constituted by objects, of a sufficient weight to guarantee total stability in accordance with the conditions of the marine meteorology (such as waves, currents, tides, etc.).
 - 2.1.3.3.2. It is necessary to have enough reinforcements for each corner.
 - 2.1.3.3.3. The objects or reinforcements must have an steel opening to which the ropes of the start island will be fixed, the buoys and the springs fixed every 15 (fifteen) meters on the guide hawser of the horizontal square course located on the bottom.
- 2.1.3.4. The guide hawser of the horizontal square course located on the bottom;
 - 2.1.3.4.1. The hawser is made up of a single piece of 60 (sixty) meters length so as to go round the perimeter of the horizontal square located on the bottom.
 - 2.1.3.4.2. This hawser is expected be marked with a tape at every 50 (fifty) centimeters interval.
 - 2.1.3.4.3. Also the ropes at 4 (four) corners that are used for tensing the system connected to the buoys will be marked with a tape 1 (one) meter from the connections of the guide hawser.
 - 2.1.3.4.4. Every 15 (fifteen) meters, the rope may be equipped with a spring (of the kind used for tying up to the quay).

2.1.4. Distance Marker and the Measurement Instrument

- 2.1.4.1. The springs will be fixed to the apertures located on the frames at the 4 (four) corners. The distance marker will be at the disposal of each competitor and will be made of a part with clothes-peg, a small buoy connected for buoyancy and a writable plate with a maximum size of 5x10 centimeters for the athlete to fix the distance mark that he/she will have in his/her possession, on the back of which will be his official participant number, on the guide hawser.
- 2.1.4.2. The distance marker must necessarily be fixed by the athlete to the guide hawser to fix the distance performed.
- 2.1.4.3. The depth judge will be responsible for measuring the distance covered by the athlete and will write it on the back of the distance marker fixed by the athlete on the guide hawser.
- 2.1.4.4. 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. Pontoons or Boats

- 2.1.5.1. A pontoon or a boat of adequate dimensions should be located close to the start island to take the athletes participating in the competition.
- 2.1.5.2. A second pontoon or boat of adequate dimensions must be located in the vicinity of the competition area for the activity of the judges and for the support of the services of assistance and first aid.
- 2.1.5.3. It is indispensable that the pontoons and/or boats should have independent anchoring with the competition areas. It is indispensable that the pontoons and/or boats should have independent anchoring with the competition areas.
- 2.1.5.4. Apart from the boats at the disposition of the Main Judge and of the Doctor, it is necessary that there should be:
 - 2.1.5.4.1. 1 first aid boat with oars can be located in the competition area (that might be the same with judges and first aid boat).
 - 2.1.5.4.2. 2 boats for transport or rapid evacuation. At least one of these boats must at all times be in the area.
 - 2.1.5.4.3. 1 boat for the competitors who are waiting to take part.
 - 2.1.5.4.4. 1 support boat, for the assistants and equipment (that might be the same with judges and first aid boat).

2.1.6. Warm up Area

- 2.1.6.1. In the vicinity of the competition area it will be necessary to equip another area for the Warm Up.
- 2.1.6.2. The Warm Up Area is made up of a squared horizontal course with the measurements at 10 (ten) meters depth with 15x15 meters each edge located on the sea bed at a depth of maximum 15 (fifteen) meters.
- 2.1.6.3. Only the start island is anchored in this area. The 3 (three) surface buoys and the guide hawser do not have the markers for the distance covered.
- 2.1.6.4. The Warm Up Area is equipped with a boat and a first aid assistant.
- 2.1.6.5. It is reserved for the athletes who prepare themselves for the competition under the orders of the Warm Up Judge.

2.1.7. Loss of Consciousness-Black Out

- 2.1.7.1. For the Loss of Consciousness-Black Out, the responsible judge can decide whether the athlete needs assistance or not.
- 2.1.7.2. 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.
- 2.1.7.3. From that point forward;
 - 2.1.7.3.1. 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.
 - 2.1.7.3.2. Loss of Consciousness-Black Out leads to 6 months suspension of the athlete from all CMAS competitions, effective immediately.

2.1.8. Athlete's Own Assistants

- 2.1.8.1. The athlete can have only 2 (two) assistants at the warm up area and the start island area and after the athlete starts the performance only 1 (one) own assistant will be allowed to help him during in his/her performance.
- 2.1.8.2. This assistant can only stay at the start point and the competition area but never inside the 15x15 competition square area.
- 2.1.8.3. In case of the entry of his/her own assistant inside the 15x15 competition square area, 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,
 - depth 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/her 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 judge's boat.
- 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 his/her head which marks the validity of the performance.
- 2.2.4.3. During the first 5 (five) seconds he/she will cross his arms on his head and during the second 5 (five) seconds he/she will open and rise his/her arms for the athlete to touch his/her head.
- 2.2.4.4. He/she receives and controls the measurement of the distance marker 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.
- 2.2.4.5. 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 water's surface.
- 2.2.4.7. The Surface Judge may wear a yellow pullover.
- 2.2.4.8. The equipment of the surface judges is that for diving in apnoea, according to CMAS standards.
- 2.2.4.9. Diving apparel with sleeves in a yellow color or with a yellow armband to cover the arms so that he can be recognized as a judge from a distance.

2.2.5. Depth Judge

- 2.2.5.1. The Depth Judge is situated in the bottom, with the use of air tanks and with the equipment set down for scuba diving according to CMAS standards.
- 2.2.5.2. He checks that the athlete, when he arrives to the bottom, if he/she touches the disk with 30 (thirty) centimeters diameter properly which indicates that he may continue his performance and that he turns well from the outside of the corners of the square.
- 2.2.5.3. When the athlete has finished the event and goes back to the surface the responsible depth judge must signal to the surface whether everything has been correct or otherwise as:
 - YES White buoy
 - NO Red buoy
- 2.2.5.4. It is his/her responsibility to transfer to the surface judge the distance marker covered by the athlete.
- 2.2.5.5. When he/she goes back up, he/she must sign the events reports for which he/she has sent the red buoy to the surface (for faults).
- 2.2.5.6. He/she must be equipped:
 - 2.2.5.6.1. with underwater measuring equipment of one meter graduated in centimeters,
 - 2.2.5.6.2. with a pen to write on the distance marker that the athlete has fixed to the guide hawser the distance covered by the athlete,
 - 2.2.5.6.3. with diving clothing with yellow colored sleeves or with a yellow armband to cover his arms so that he can be recognized at depth.
- 2.2.5.7. The depth judge works with the collaboration of minimum of 4 (four) assistants who are complementary for functions of surveillance.
- 2.2.5.8. At a depth of 15 (fifteen) meters, the judge and his/her assistants can dive for a maximum of 100 minutes.
- 2.2.5.9. When the competitions go on for a longer period of time then the depth Judge and his/her assistants must be replaced.
- 2.2.5.10. The change is ordered by the judge responsible for the competition area, who, while temporarily suspending the events, authorizes the new Depth Judge and a new assistants to dive to replace their colleagues.

2.2.6. Warm-up Judge

- 2.2.6.1. The Warm Up Judge is situated on the athletes' boat.
- 2.2.6.2. 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.
- 2.2.6.3. 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.
- 2.2.6.4. He/she checks the equipment of the athlete: mask, weights, etc.

2.2.7. Technical and the Safety Judge

- 2.2.7.1. He/she is responsible for the observation of the safety requirements in force and the technical problems of the competition.
- 2.2.7.2. He/she is located at the departure of the competition under the authority of the Main Judge.
- 2.2.7.3. He/she must occupy himself with putting out, in good timing, the necessary materials and apparatus for the conduct of the performance.
- 2.2.7.4. He/she is responsible for the installation of the course according to the plans published in the specific regulations. The use of boats, the placement of safety divers and the means of radio communication are also a part of his responsibilities.
- 2.2.7.5. 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.

2.2.8. Competition Secretary

- 2.2.8.1. He/she is responsible for checking the written results and the positions in each competition received from the Main Judge.
- 2.2.8.2. He/she designates the assistant secretaries and directs their work.
- 2.2.8.3. He/she prepares all the material of the secretary's office as well as the documentation necessary for the competition.

- 2.2.8.4. He/she verifies the result, signs the new records and puts them in the official record.
- 2.2.8.5. He/she ensures that the decisions of the Main Judge are put in the official record.
- 2.2.8.6. He/she transmits the results concerning the podium places and the composition of the finals.
- 2.2.8.7. The results and the records must not be passed on to the secretary for dissemination until it has been authorized by the Main Judge.
- 2.2.8.8. He/she prepares the final report of the competition.
- 2.2.8.9. 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.

2.2.9. Medical Assistance

- 2.2.9.1. The medical assistance must guarantee the first aid interventions to those who suffer accidents by giving them the aid necessary from the beginning of the accident until the re-establishment of conditions of health in the local health facilities.
 - 2.2.9.2. The medical assistants are appointed by the Organizing Committee and they are responsible for 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.
- 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.

2.2.10. Other Assistants

- 2.2.10.1. 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.
- 2.2.10.2. Apart from the activity of the judges, they collaborate with the Surface Judge or the Main Judge for the necessary things to be done.
- 2.2.10.3. They may collaborate:
 - 2.2.10.3.1. on the first aid boat located at the centre of each competition area,
 - 2.2.10.3.2. on the 2 (two) fast boats for transport to land,
 - 2.2.10.3.3. on the boat for the competitors who are waiting to participate in the event under the orders of the warm up judge,
 - 2.2.10.3.4. with the Surface Judge, he/she must take the marker of the distance covered achieved by the athlete who has completed his event to the Main Judge,
 - 2.2.10.3.5. on the boat, he/she receives the marker of the distance covered by the athlete who has finished his event from the judge responsible for the competition area,
 - 2.2.10.3.6. with the function of boatman on each boat in the competition areas,
 - 2.2.10.3.7. with the function of rapid conservation on the first aid boats possibly with underwater equipment,
 - 2.2.10.3.8. with the bottle refilling station and the diverse services on land.
- 2.2.10.4. Refilling station;
 - 2.2.10.4.1. Bottles in sufficient number to be able to guarantee the necessary replacements,
 - 2.2.10.4.2. A refilling station equipped with a primary compressor and a reserve compressor,
 - 2.2.10.4.3. Bottles for refilling and material for rapid care according to the rules set by the Organization Committee of the competition,
 - 2.2.10.4.4. The maximum pressure of use of the bottles of compressed air may not be above 200 bars (20 Mpa).
 - 2.2.10.4.5. All the bottles used must have undergone a hydrostatic test less than two years earlier, or even less if the local legislation so demands.

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 on their boat situated close to the competition area for warm up.
- 3.1.1.2. 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.
- 3.1.1.3. Before the last 30 (thirty) minutes the athlete is not allowed to go into the sea.
- 3.1.1.4. The athletes for each competition field will leave every 7 (seven) minutes.
- 3.1.1.5. The event starts when the start judge informs the athlete to go to the Start Island and gives him/her his official distance marker as a participant which he/she must fix at the bottom on the guide hawser.
- 3.1.1.6. The athlete will then have 3 (three) minutes to immerse himself.

- 3.1.1.7. He/she will be reminded of the time by the starter:
3 more minutes,
2 more minutes,
1 more minute,
30 seconds,
10 seconds,
 $5 - 4 - 3 - 2 - 1 - 0$ or an acoustic signal.
- 3.1.1.8. An athlete who has not started at the time of the acoustic signal, loses his/her right to continue with the performance.
- 3.1.1.9. 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. After his start to descent the weight given by the organization must be abandoned before or after the athlete touches the 30 (thirty) centimeters diameter disk which indicates to him/her that he/she may continue with his performance. Otherwise leads simply to disqualification of the athlete from the performance.
- 3.1.2.2. The organization's weight will be recovered by the assistant at the surface.
- 3.1.2.3. If the athlete is using his/her own weight then he/she must carry that weight during his/her all performance.
- 3.1.2.4. The descent is vertical and straight along the rope stretched between the Start Island and the start of the guide hawser of the square horizontal course located on the bottom.
- 3.1.2.5. The athlete must descend without ever helping himself with the rope.

3.1.3. Horizontal Path

- 3.1.3.1. When the athlete has come to the guide hawser, he will commence the horizontal course by following, on the outside and going in a clockwise direction, the rope in the direction of the second corner and successive corners, so as to cover, according to his abilities, the longest distance possible. Otherwise he/she will be disqualified from the performance.
- 3.1.3.2. At the end of a first lap of the horizontal course, the athlete may continue his performance and begin a second, third, etc. laps.
- 3.1.3.3. The competitor may never move away from the guide hawser, cut the corners from the inside or help himself with the holding the rope. Otherwise he/she will be disqualified from the performance.
- 3.1.3.4. When he decides to come up, the athlete must fix his official participant's distance marker on the guide hawser.
- 3.1.3.5. A badly fixed mark which falls to the sea bed is considered to be invalid.
- 3.1.3.6. During the fixing of distance maker the athlete can hold the rope but never pull his/her body to make distance and he/she must fix the distance marker where his/her free hand is forward to his/her hand holding the distance marker.
- 3.1.3.7. If the athlete wants to fix at the corners, then he/she can fix the distance marker at the rope which is marked with a tape 1 (one) meter from the connections of the guide hawser. But that distance in the vertical direction will not be measured as performance distance.

3.1.4. Ascent

- 3.1.4.1. The ascent starts from the point on the guide hawser where the athlete has fixed his/her personal distance marker.
- 3.1.4.2. The athlete must ascend without helping himself with holding the rope.
- 3.1.4.3. During the ascent, the Surface Judge will locate himself, followed by his assistant, on the length of the vertical of the athlete and will signal, by a raised arm, his arrival at the surface.
- 3.1.4.4. The athlete must not be helped or touched before his/her performance completion procedure, unless he is in difficulties. Otherwise he/she will be disqualified from the performance.
- 3.1.4.5. In case of loss of consciousness as defined as in article 2.1.7 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.
- 3.1.4.6. 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.
- 3.1.4.7. The athlete must come to the buoy using his own strength and without the help of his/her assistants.
- 3.1.4.8. If the assistant of the athlete's own touches the buoy for helping the assistant before the athlete touches the head of the Surface Judge for the OK, then this leads simply to disqualification of the athlete from the performance.
- 3.1.4.9. 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 the head of the Surface Judge for the OK in the second count of 5 (five-5, 4, 3, 2, 1) seconds.
- 3.1.4.10. The Surface Judge must immediately provisionally authorize the attempt if the athlete has carried out his performance with no problem.
- 3.1.4.11. At the same time, the Depth Judge must signal to the Surface Judge the breaches of the rules committed by the athlete by using buoys as defined in article 2.2.5.3.1.
- 3.1.4.12. If a breach is signaled, the secretariat will indicate this by an asterisk noted beside the distance performed 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