



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

JUMP BLUE APNEA

**INTERNATIONAL
RULES**

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1. SECTION-I

1.1 DEFINITIONS

1.1.1 Apnea

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

1.1.2 Competition, Event and Attempt

The term competition is used to indicate an apnea meeting, which may comprise several disciplines.

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

The term attempt designates the single action of the athlete.

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

1.1.3 Jump Blue Apnea

The Jump Blue is an event where the athlete must cover the maximum distance in apnea around a square of 15 (fifteen) meters side situated in a depth of 10 (ten) meters. The event takes place in open water (sea or lake) and the use of fins (bi-fins or monofin) is mandatory. The fins 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.

1.1.4 Loss of Consciousness-Black Out

The term "Black-out" is used for loss of Consciousness.

Loss of Consciousness must be distinguished from the term "Samba" standing for a loss of motor control.

1.1.5 Use of male pronoun

In what follows the male pronoun will be used throughout. It goes without saying that this is done solely in order to avoid awkward formulations and it is perfectly understood that all persons participating at a competition, with whatever role, may be of either sex.

1.1.6 Penalty

Whenever a rule is violated in a way which does not entail a disqualification (these minor violations being defined in the corresponding articles) a general penalty is applied. The general penalty consists in subtracting 5 (five) meters of the performance realized by the athlete. In case of early turn, a supplementary distance penalty is applied as described in article

1.1.7 Violation of the rules

The violation of rules leads to disqualification unless otherwise is specified at the corresponding article.

1.1.8 Competitions and record homologations

Competitions and record homologations are subject to latest versions of “Procedures of Championships” and “Contract for Record Attempts” documents.

2. SECTION-II

2.1 TECHNICAL GENERALITIES

2.1.1 Categories, Materials and Equipment for the Athletes

2.1.1.1 Categories

2.1.1.1.1 The official competitions are organized for men and/or women with a goal distance declared at the technical meeting.

2.1.1.2 Authorized material

2.1.1.2.1 Bi-fins or monofin without restriction concerning the dimensions and the material, the athlete's number is affixed on the fins (above and/or below),

2.1.1.2.2 Mask which should be transparent so that the judges be able to see the athlete's eyes. 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 athlete may use a weight prepared by the organization, with a maximum weight of three kg or/and use his own to optimize his buoyancy in the various situations of water temperature.

2.1.1.3.3 If the athlete uses his own weight he must necessarily use it with a quick release button and to put on his clothing. Violation leads to disqualification.

2.1.1.3.4 The organization's weight will be attached to a floating rope of enough length depending on the sea bottom depth (but expected to be approximately 1.5 meters long so as not to impede the athlete),

2.1.1.3.5 In no case may the athletes have weights hidden under their clothing,

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

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

2.1.1.3.8 The use of oxygen is strictly forbidden. An athlete who has been declared guilty of the use of oxygen or of a mixture with excess oxygen will be immediately disqualified and will be subjected to a procedure of suspension from participation in the CMAS competitions and championships for a period which will be defined by the Confederation.

2.1.2 Setting up the Competition Area

2.1.2.1 The event must take place on a uniform sea or lake bed, preferably sandy, if possible of a constant depth of maximum 15 (fifteen) meters.

2.1.2.2 The zone should have: Length: 15 (fifteen) meters, Width: 15 (fifteen) meters, Depth: 10 (ten) meters and should be visible from the surface.

2.1.2.3 The competition site must be marked by buoys or a structure consisting of a boat or floating pontoon suitable for the purpose.

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

2.1.2.5 A tolerance of 5 (five) to 15 (fifteen) meters maximum is admitted for the sea bed where the horizontal competition area is located.

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

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

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 three corners and has a different colors from the colors of the other three corner buoys. It helps the athlete in his preparation phase for the dive.

2.1.3.1.2 The atoll must be anchored with one end attached at the starting corner which marks the beginning of the horizontal course of the square placed on the bottom.

2.1.3.1.3 On the bottom, besides the dead body of the point of departure of the horizontal course, a disk of 30 (thirty) centimeter diameter is placed.

2.1.3.2 Three buoys must be anchored and attached firmly 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 to keep the system

stable.

2.1.3.3.3 The objects or reinforcements must have a steel opening to which will be fixed the ropes of the start island, the buoys and the springs fixed every 15 (fifteen) meters on the Performance Line of the horizontal square course located on the bottom.

2.1.3.4 The Performance Line of the horizontal square course located on the bottom

2.1.3.4.1 The hawser is made up of 60 (sixty) meters length so as to go around 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. It is also strongly suggested that the rope be colored differently at every meter instead of using tapes at every 50 (fifty) centimeters interval.

2.1.3.4.3 This hawser is also expected be marked with a tape with different color before and after three meters from each corner.

2.1.3.4.4 The vertical ropes at four corners that are used for rigidifying the system connected to the buoys will be marked with a tape one meter above the connections of the Performance Line.

2.1.3.4.5 Every 15 (fifteen) meters, the rope may be equipped with a spring (of the kind used for tying up to the quay).

2.1.3.4.6 The springs will be fixed to the apertures located on the frames at the four corners.

2.1.4 Distance Marker and the Measurement Instrument

2.1.4.1 The distance marker will be at the disposal of each competitor. It will be made of the following parts: a clothes-peg for the athlete to fix the distance marker on the Performance Line, a writable plate with maximum size of 5x10 centimeters on the back of which will be the official participant number and an optional small buoy connected to the peg and plate to add buoyancy to the whole.

2.1.4.2 The distance marker must necessarily be fixed by the athlete to the Performance Line to indicate 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 Performance Line.

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 Technical delegate 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 have anchoring independent from that of the competition areas.

2.1.5.4 Apart from the boats at the disposal of the Technical delegate 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 (this may be the same as the boat mentioned in 2.1.5.2).

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 (this may be the same as the boat mentioned in 2.1.5.2).

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 minimum of two edges horizontal course with the measurements at 10 (ten) meters depth with 15x15 meters each edge located on the sea bed.

2.1.6.3 Only the start island is anchored in this area. The other surface buoys and the Performance Line do not have the markers for the distance covered.

2.1.6.4 The Warm-up Area is equipped a first aid assistant preferably with a boat.

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 Loss of motor control leads to disqualification if the athlete can't do the OK protocol.

2.1.7.2 In case of loss of Consciousness-Black Out, if the responsible judge decides that the athlete needs help, he orders to the safety assistants to take the athlete out (at least the airways), this leads to disqualification and suspension from the current event and the rest of the competition.

2.1.8 Athlete's Assistants

2.1.8.1 The athlete may have only two assistants at the warm-up area until the call of last three minutes and only one is allowed to assist the athlete after the call of last three minutes then when the athlete starts the attempt, no one is allowed. After the athlete starts his effort the assistant will leave the competition area and he can stay at warm-up area.

2.1.8.2 Judge will warn the assistant one time only. If he continues to stay in the zone this violation leads to penalty to the athlete.

2.1.8.3 Only the Technical delegate can allow the coach to intervene in case of a technical problem.

3. THE PANEL OF JUDGES AND THE STAFF

3.1.1 General

3.1.1.1 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.

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

3.1.1.3 Composition of the panel of Judges and the staff

The Panel is made up of

- Technical delegate appointed, for the CMAS Championships, by CMAS,
- judge responsible for the competition area,
- surface judge,
- depth judge,
- warm-up judge,
- starting judge (starter)
- technical and safety judge,
- competition secretary,
- medical assistance,
- other assistants.

3.1.1.4 For world and continental competitions, three judges are mandatory (Technical Delegate, depth judge (responsible for the video) and surface judge) and they must be from different nationalities. Technical Delegate can not have the same nationality as that of the organizing committee.

3.1.1.5 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 competition.

3.1.2 Technical delegate

3.1.2.1 For CMAS Championships, the Technical delegate is proposed by the Apnea Commission and appointed by the CMAS Executive Bureau.

3.1.2.2 He has full control and authority over all officials. He must approve their positions and give them instructions for the particular regulations concerning the competition.

3.1.2.3 His mission is:

- inspection of the competition installations,

- control and approval of the dossiers of the participants concerning their suitability to take part in the events,
- control and approval of the registration forms and the determination of the starting order,
- approval and signature of the classification before the publication of the results.

3.1.2.4 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.

3.1.2.5 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 this necessary.

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

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

3.1.2.8 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.

3.1.2.9 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.

3.1.3 Competition Area Judge

3.1.3.1 The judge responsible for the area of competition must locate himself on the judge's boat.

3.1.3.2 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.

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

3.1.3.4 He receives from the Surface Judge the marker of the distance covered by the athlete at the end of the attempt and marks the distance on the competition report.

3.1.3.5 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.

3.1.3.6 He receives the protests from the Team Representative of the participating teams.

3.1.3.7 At the end of the events, he should;

3.1.3.7.1 request the intervention of the Technical delegate and the Area Judges involved to examine the protests,

- 3.1.3.7.2** apply the decisions taken by the Technical delegate on the protests,
- 3.1.3.7.3** draw up the definitive classification of his area of competition,
- 3.1.3.7.4** forward the copy of the final classification to the Technical delegate,
- 3.1.3.7.5** responsible for the changes of the judges and the assistants of his zone.

3.1.4 Surface Judge

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

3.1.4.2 The Surface Judge watches the athlete during the attempt and he continues to do so during the 30 (thirty) seconds protocol time which the athlete must do the OK protocol within that time.

3.1.4.3 He receives and controls the measurement of the distance marker with the distance covered on the bottom by the athlete and he transmits the result through his assistant to the judge responsible for the competition area.

3.1.4.4 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.

3.1.4.5 He carries out his function on the water's surface.

3.1.4.6 The Surface Judge shall wear a yellow T-Shirt.

3.1.4.7 The equipment of the surface judge is that for diving in apnea, according to CMAS standards.

3.1.5 Depth Judge

3.1.5.1 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.

3.1.5.2 He checks whether the athlete, when he arrives to the bottom, touches properly the disk of 30 (thirty) centimeters diameter which indicates that he may continue his effort. We also verifies that the athlete turns well at the outside of the corners of the square.

3.1.5.3 When the athlete has finished the event and goes back to the surface the responsible depth judge must:

3.1.5.4 It is his responsibility to transfer to the surface judge the distance marker covered by the athlete.

3.1.5.5 When he emerges, he must sign the events reports for which he has sent the red buoy to the surface (for irregularities committed).

3.1.5.6 He must be equipped:

3.1.5.6.1 with underwater measuring equipment of one meter graduated in centimeters,

3.1.5.6.2 with a pen to write the distance covered by the athlete on the distance marker that the athlete has fixed to the Performance Line,

3.1.5.6.3 with diving clothing with yellow colored sleeves or with a yellow armband to cover his arms so that he can be recognized at the depth.

3.1.5.7 The depth judge works with the collaboration of minimum of one assistants who are complementary for functions of surveillance.

3.1.5.8 At a depth of 15 (fifteen) meters, the judge and his assistants can dive for a maximum of 100 (one hundred) minutes.

3.1.5.9 When the competition goes on for a period of time longer than 100 minutes, the depth Judge and his assistants must be replaced.

3.1.5.10 The change of judges is ordered by the judge responsible for the competition area, who, while temporarily suspending the event, authorizes the new Depth Judge and a new assistants to dive to replace their colleagues.

3.1.6 Warm-up Judge

3.1.6.1 The Warm-up Judge is situated on the athletes' boat.

3.1.6.2 He is responsible for the competitors and, 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.

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

3.1.6.4 He checks the equipment of the athlete: mask, weights, etc.

3.1.7 Starting judge (Starter)

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

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

3.1.8 Technical and the Safety Judge

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

3.1.8.2 He is located at the departure of the competition under the authority of the

Technical delegate.

3.1.8.3 He must take care of all the necessary material and apparatuses for the unfolding of the events.

3.1.8.4 He 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.

3.1.8.5 He may require that the organization committee put at his disposal a sufficient number of assistants so that he can fulfill his mission without difficulty.

3.1.9 Competition Secretary

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

3.1.9.2 He designates the assistant secretaries and directs their work.

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

3.1.9.4 He verifies the result, signs the new records and puts them in the official report. He ensures that the decisions of the Technical delegate are put in the official report.

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

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

3.1.9.7 He prepares the final report of the competition.

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

3.1.10 Medical Assistance

3.1.10.1 The medical assistance must guarantee the first aid interventions to those who suffer accidents by giving them the aid necessary from the beginning of the accident until the re-establishment of conditions of health in the local health facilities. Communication of medical assistance team to the doctor of local health facilities shall include the causes and circumstances of the accident occurring at the athlete.

3.1.10.2 The medical assistants are appointed by the Organizing Committee and they are responsible for controlling the event at the level of their (medical). The medical team is made up of:

- One doctor (MD) attending at a competition in apnea that must be skilled, experienced and capable of and equipped to perform CPR (cardio-pulmonary resuscitation) and first aid who is responsible for the manifestation and 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 which must be easily accessible for the ambulance,
- A decompression chamber which is already alerted of the competition and has given its availability for emergency actions,
- The availability of sanitary transportation by helicopter is advisable.

The assistants who occupy the first aid mission will be equipped with:

- Small masks for artificial respiration mouth to mouth,
- Ambu-bag,
- A tank of oxygen with a regulator,
- Water and sugared drinks,
- Any other equipment at the doctor's discretion.

3.1.11 Other Assistants

3.1.11.1 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.

3.1.11.2 They may collaborate:

3.1.11.2.1 on the first aid boat located at the centre of each competition area,

3.1.11.2.2 on the two fast boats for transport to land,

3.1.11.2.3 on the boat for the competitors who are waiting to participate in the event under the orders of the warm up judge,

3.1.11.2.4 with the Surface Judge: he must take the marker of the distance covered by the athlete who has completed his event to the Technical delegate,

3.1.11.2.5 on the boat, he receives the marker of the distance covered by the athlete who has finished his event from the judge responsible for the competition area,

3.1.11.2.6 with the function of boatman on each boat in the competition areas,

3.1.11.2.7 providing help on the first aid boats, possibly with underwater equipment,

3.1.11.2.8 helping at the tank refilling station and providing diverse services on land.

4. SECTION-III

4.1 CONDUCTING the COMPETITIONS

4.1.1 Start

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

4.1.1.2 30 (thirty) minutes before their start (of the last three minutes) they must be at the disposal of the Warm-up Judge who will so inform the Start Judge.

4.1.1.3 Before the last 30 (thirty) minutes the athlete is not allowed to go into the water.

4.1.1.4 In the case of the existence of several competitions at the same time then the beginning of the attempts must take place at shifted time intervals.

4.1.1.5 The athletes will start every 8 (eight) minutes minimum.

4.1.1.6 The attempt starts when the start judge informs the athlete to go to the Start Island and gives him his official distance marker which the athlete must fix at the bottom on the Performance Line.

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

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

- Last 3 minutes / 2 minutes / 1 minute / 45s / 30s / 15s / 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 / Official Top / +1, +2, +3, +4, +5, +6, +7, +8, +9, +10, +15, +20, +30.
- The athlete can start from official top to +30s (30s window). If the airways are not in the water at the count of +30s, he is disqualified.

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

4.1.2 Descent

4.1.2.1 After his descent, the weight given by the organization must be abandoned before or after the athlete has touched the 30 (thirty) centimeters diameter disc. After touching the disc, he can continue his attempt. Failure to do this leads to disqualification.

4.1.2.2 The organization's weight will be recovered by the assistant at the surface.

4.1.2.3 If the athlete is using his own weight, he must carry that weight during throughout all his effort.

4.1.2.4 The descent is vertical and straight along the rope stretched between the Start Island and the start of the Performance Line of the square horizontal course located on the bottom.

4.1.2.5 The athlete must descend and ascend without holding or pulling on the rope.

4.1.3 Horizontal Path

4.1.3.1 When the athlete has come to the Performance Line, 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 then to successive corners, so as to cover, according to his abilities, the longest distance possible. Violation of this leads to disqualification.

4.1.3.2 At the end of a first lap of the horizontal course, the athlete may continue his effort and begin a second, third, etc. laps.

4.1.3.3 The competitor may never move out of the competition area, cut the corners from the inside or help himself by pulling on the rope.

4.1.3.4 When he decides to come up, the athlete must fix his official distance marker on the Performance Line.

4.1.3.5 A badly fixed marker, which falls to the sea bottom, is considered to be invalid.

4.1.3.6 If the marker breaks during the fixing or drops because of fin's touch, the decision of the validity of the attempt is left to the Technical delegate (after watching the video and/or listening to the other judges).

4.1.3.7 During the fixing of the distance marker the athlete can hold the rope but never pull on the rope so as to increase his distance.

4.1.3.8 While fixing the marker the hand with the marker must be behind the hand holding the rope. Doing otherwise leads to a penalty.

4.1.3.9 If the athlete wants to fix at the corners, then he can fix the distance marker at the rope which is marked with a tape one meter vertical above the connections of the Performance Line. In this case he can fix the marker in front or back of the line holding hand. The distance in the vertical direction will not be measured as performance distance. If he fixes the marker outside the allowed area a penalty is applied.

4.1.4 Ascent

4.1.4.1 The ascent starts from the point on the Performance Line where the athlete has fixed his personal distance marker.

4.1.4.2 The athlete must ascend without helping himself by holding or pulling the rope.

4.1.4.3 During the ascent, the Surface Judge will locate himself, followed by his assistant, on the vertical of the athlete and will signal, by a raised arm, his arrival at the surface.

4.1.4.4 The athlete must not be helped or touched for any reason before he completes his effort, unless he is in difficulty.

4.1.4.5 In case of loss of consciousness (black-out), as defined in article 2.1.7, before, during or after his effort, the athlete is disqualified.

4.1.4.6 The official assistants must give the athlete, when he comes to the surface, a life ring which will help the athlete to recover while he holds it.

4.1.4.7 If the assistant of the athlete touches the life ring for helping the athlete before the whole protocol in article 4.1.4.10 is finished, the athlete is disqualified.

4.1.4.8 The athlete must come to the life ring using his own strength and without the help of assistants.

4.1.4.9 In case of accidental touch, it is up to the Technical delegates' appreciation to validate or invalidate the attempt.

4.1.4.10 At the end of the attempt, back on the surface, the athlete, during the count of 30 (thirty) seconds protocol time must do the OK protocol (OK Sign). And during this 30 (thirty) seconds protocol time he must stay afloat without necessitating external assistance.

4.1.4.11 The athlete has to keep the head over surface for 30s. The airways and equivalent level of the sides and back of the head must be over the water surface. If there is a wave, the decision is taken as in article 4.

4.1.4.12 It's not forbidden only for the athlete to talk during the protocol.

4.1.4.13 The OK sign has to be made in the direction of the Technical Delegate or surface judge.

4.1.4.14 For the surface protocol, 3 judges (surface judge, judge responsible from video, Technical Delegate) will be present and the final decision on the attempt will be given within 3 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.

4.1.4.14.1 After the surface protocol, if everything is ok (with depth judge and surface judge) the Technical delegate will show the athlete a white card. .

4.1.4.14.2 If a yellow card is shown, the athlete must wait in the competition zone while the judge are deliberating.

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

4.1.4.15 Video arbitration is mandatory for international championships.

4.1.4.16 For national competition, these 3 judges are not mandatory.

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

4.1.4.18 Any time during the surface protocol, the athlete can give the distance marker to the Surface Judge.

4.1.5 Staging the Competition

4.1.5.1 The order for the attempts of the athletes will be obtained by the declaration (during the technical meeting before the competition) of the distance that will be attempted. The athlete with the shortest target will be the first to compete. If there are several athletes declaring the same distance the order of those is fixed by the Technical Delegate by drawing lots.

4.1.5.2 If the distance reached (DR) is less than the distance declared (DD) the performance distance will be given by DR minus (DD-DR).

Final Performance = Distance Reached – Distance Penalty – General Penalty

e.g.

DD=100

DR=90

(DD-DR) is (100-90) = 10 meters

Final performance: 90-10 (distance penalty) - 5 (general penalty) = 75 meters

At the technical meeting, the athlete must provide the goal distance declaration.

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

4.1.5.4 In the case of a tie, the one who is closer to the target distance declared will be the winner. If the tie still subsists the athletes will be classified “ex aequo”.