



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

DYNAMIC 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 Dynamic Apnea;

Dynamic apnea is an event where the athlete aims at covering the maximal horizontal distance by keeping the body below the surface of the water in apnea with or without fins.

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

In bi-fins competition the swimming style is that of alternating kick is essential (no dolphin kick is allowed except in a 3 meter zone at the start and turning both outdoors and indoors).

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 five meters of the performance realized by the athlete. In case of early turn, a supplementary distance penalty is applied as described in article 3.1.3.4.

1.1.7 Violation of the rules

The violation of rules leads to disqualification unless otherwise 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.

2.1.1.2 Authorized material;

2.1.1.2.1 Bi-fins and monofin are allowed without restriction concerning the dimensions and the material. In monofins competition use of bi-fins is allowed, in bi-fins competition use of monofin is not allowed.

2.1.1.2.2 The athlete's number is affixed on the fins (above and/or below),

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

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 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. Violation leads to disqualification. Athletes have the right to leave their weight during attempt or the surface protocol.

2.1.1.3.3 For all competitions and international championships, advertising on the fins and mask is permitted without restriction.

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

2.1.1.3.5 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 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 Competitions of dynamic apnea in swimming pools must take place in a 50 meters swimming pool (competitions with fins) and 25/50 (twenty five/fifty) meters (competitions without fins), with a minimum depth of 1.40 (one point forty) meters.

2.1.2.2 These measurements must be verified and validated by the CMAS Technical Delegate.

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

2.1.2.4 Up to 4 (four) competition areas may be installed in the same swimming pool. It is mandatory to have floating line on both sides of the competition area (exit on the edge is not allowed) for CMAS championships, international competitions and world record attempts. If this condition is satisfied, the two external lanes from each side of the pool are allowed as competition areas.

2.1.2.5 When multiple lanes are used, the side of the competition area will be determined by drawing lots. Public will only be allowed out of the competition area.

2.1.2.6 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. If it is technically possible, another video should cover the underwater part.

2.1.3 Competition Area

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

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

2.1.3.3 In case of one lane competition, the competition area to the right (or left) side of the pool is made up to three lanes. The lane nearest to the edge of the pool is reserved for the competitor (exit allowed only at floating line). The lane next to his left (or right) is reserved to the assistants. The next one to the left (or right) may be reserved for authorized video operators and photographers.

2.1.3.4 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.

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

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

2.1.4 The Measurement Instrument

2.1.4.1 The measurement of the distance will be done from the point where the athlete's airways come out of the water and measurement will be done by a meter put on the edge of the pool.

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

2.1.5 Warm-up Area

2.1.5.1 The rest of the lanes not reserved for the competition as defined at article 2.1.3.3 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 Loss of Consciousness-Black Out- Loss of motor control (LMC)

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

2.1.6.2 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.

2.1.7 Athlete's Assistants

2.1.7.1 The athlete may have only one assistant until the call of the last three minutes. After that call no one is allowed near the athlete. The assistant must leave the competition area. He can stay in the warm-up area.

2.1.7.2 The judge will warn the assistant one time only. If he does not evacuate the competition zone this violation leads to a general penalty for the athlete.

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

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, unless the rules stipulate otherwise, independently of one another.

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

2.2.1.3 Composition of the panel of Judges and the staff.

The Panel of Judges and the staff are made up of:

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

2.2.1.4 For world and continental competitions, the two judges, (Technical Delegate and surface judge), must be from different nationalities. The Technical Delegate must be different nationality from that of the organizing committee.

2.2.1.5 The Panel of Judges and the staff, with the exception of the Technical Delegate, are put in place by the organizer. They are entirely responsible for preparing and conducting the competition.

2.2.2 Technical Delegate

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

2.2.2.2 He is the Main Judge of the competition and has full control and authority over all officials. He must approve their positions and give them instructions for the particular rules concerning the competition.

2.2.2.3 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.

2.2.2.4 He must ensure that the rules and the decisions of CMAS are followed. He has to give solutions concerning the organization of the competition, when the rules do not provide any solution.

2.2.2.5 He must ensure that all the necessary officials for the proper organization of the competition are at their respective positions. He may nominate replacements for absent judges, to substitute those who are incapable of carrying out their tasks. He may appoint supplementary officials if he decides that this is necessary.

2.2.2.6 He authorizes the starting judge to give the starting signal when he has assured that all the members of the panel of judges are in place and ready.

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

2.2.2.8 The Technical Delegate has the right to cancel or to suspend, the competitions in case of force majeure, such as unfavorable meteorological conditions (in the case of an outdoor swimming pool or open water) or if the location of the competition is no longer in accordance with the requirements of the rules.

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

2.2.3 Competition Area Judge

2.2.3.1 This is the judge responsible for the competition area and must locate himself at the edge of the swimming pool.

2.2.3.2 It is his task to organize the activity of the other judges of the area. He is responsible for changes of the judges and assistants in his zone.

2.2.3.3 He authorizes the start of the attempt for each athlete and supervises the sequence of the events.

2.2.3.4 He receives the notes on the rule violations observed by other judges with the possible proposition of a sanction or disqualification and decides about them.

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

2.2.3.6 At the end of the events, he should,

2.2.3.6.1 request the intervention of the Technical Delegate and the assistant Judges involved, to examine the protests.

2.2.3.6.2 apply the decisions taken by the Technical Delegate on the protests,

2.2.3.6.3 draw up the definitive classification of his area of competition,

2.2.3.6.4 forward the copy of the final classification to the Technical Delegate,

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 watches the athlete during the attempt and he continues to do so during the 30 (thirty) seconds of protocol time. The athlete must perform successfully the protocol within that time.

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

2.2.4.4 He must check that the athlete, during the whole event, is in good condition and that he does not need any assistance. He signals any possible irregularities to the Technical Delegate.

2.2.4.5 He carries out his function at the edge of the swimming pool or in the water in multiple lane competitions.

2.2.4.6 The Surface Judge may wear a yellow T-Shirt.

2.2.5 Warm-up Judge

2.2.5.1 The Warm-up Judge is situated on the warm up area at the centre of the swimming pool.

2.2.5.2 He is responsible for the athletes, he calls the athletes and puts them at the disposal of the starting judge on the basis of the starting order.

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

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

2.2.6 Technical and the Safety Judge

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

2.2.6.2 He is under the authority of the Technical Delegate.

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

2.2.6.4 He is responsible for the installation of the course according to the plans published in the specific rules.

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

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

2.2.6.7 One other safety assistant at the edge of the pool must have the life ring that the athlete can hold when he comes to the surface.

2.2.7 Starting judge (Starter)

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

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

2.2.8 Competition Secretary

2.2.8.1 He is responsible for checking the results received from the Technical Delegate after each competition.

2.2.8.2 He designates the assistant secretaries and directs their work.

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

2.2.8.4 He verifies the results, signs the new records and puts them in the official report.

2.2.8.5 He ensures that the decisions of the Technical Delegate are put in the official report.

2.2.8.6 He transmits the results concerning the podium places.

2.2.8.7 The results and the records must be forwarded by the secretary for distribution only after they have been authorized by the Technical Delegate.

2.2.8.8 He prepares the final report of the competition.

2.2.8.9 If a press office exists, the competition secretary, upon permission of the Technical Delegate, provides all information about the competition to 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 necessary aid, from the beginning of the accident until the re-establishment of conditions of health in the local health facilities. The communication of the medical assistance team to the doctor of the local health facilities shall include the causes and circumstances of the accident occurring at the athlete.

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

- One doctor (MD) who must be skilled, experienced, equipped and capable to perform CPR (cardio-pulmonary resuscitation) as well as to provide first aid, who is responsible for the competition and is always present in the competition area,
- An ambulance reserved for the competition, with a doctor on board. It must be located on land, close to the Health Centre,
- An official hospital facility which must be easily accessible for by the ambulance,
- 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.

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 the assistants who, together with the Technical Delegate, establishes the different missions to be assigned to each particular assistant.

3. SECTION-III

3.1 CONDUCTING the COMPETITIONS

3.1.1 Start

3.1.1.1 The athletes admitted to the competition must be present one hour prior the start at the waiting room of the swimming pool, or in the warm-up area which is situated near the competition area.

3.1.1.2 30 (Thirty) minutes before their start (of the last three minutes countdown) the athletes must be at the disposal of the Warm-Up Judge who will so inform the Start Judge.

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

3.1.1.4 The athletes for each competition area will start every 8 (eight) minutes minimum.

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

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

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

3.1.1.8 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.

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

3.1.2 Descent

3.1.2.1 The athlete must start touching the wall of the pool with any part of the body or equipment strictly related to the body and begin the phase of apnea before he has disconnected from the wall.

3.1.2.2 The athlete is allowed to sit on the edge of the pool wall at start point and go into the water from that position. Jumping into the water is not allowed.

3.1.2.3 The athlete must necessarily touch the edge of the swimming pool at each turn with a part of his body or with his equipment otherwise the athlete is disqualified.

3.1.3 Horizontal Path

3.1.3.1 During the attempt, the equipment or any part of the body can get out of the water surface, but not the breathing airways and swimming at the surface is not allowed.

3.1.3.2 During the attempt, the athlete must be within the competition lane. If he strays of the competition lane with full body then a penalty is applied. Partial strays are allowed.

3.1.3.3 When the athlete comes to the surface, the measurement of the distance covered is done from the point where the breathing airways are out of water.

3.1.3.4 If he wants to get out of water at the edges of the pool (start end turn walls) then first he must touch the wall and then come to the surface. Otherwise the measurement of the attempt will be done from the point where the breathing airways are out of water.

3.1.3.5 If he wants to get out of water just after turning at the edges (start or end turn walls) he has to touch the wall first, complete the turn and then come out of water. Otherwise the measurement of the performance will be done as defined as in article 3.1.3.4

3.1.4 Ascent

3.1.4.1 The athlete must not be helped or touched for any reason before the end of the attempt, unless he is in difficulty.

3.1.4.2 The official assistants might give the athlete, when he comes to the surface, a life ring which will help the athlete to recover while holding it.

3.1.4.3 If the assistant of the athlete touches the life ring for helping the athlete before the whole protocol in article 3.1.4.6 is finished, the athlete is disqualified.

3.1.4.4 In case of accidental touch, it is up to Technical Delegate's appreciation to validate or invalidate performance.

3.1.4.5 At the end of the attempt, the athlete, during the count of 30 (thirty) seconds protocol time must do an OK Sign. During these 30 (thirty) seconds protocol time he must stay afloat, holding the floating line or the life ring without necessitating external assistance.

3.1.4.6 The athlete must keep his head over the surface during the 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 3.1.4.9.

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

3.1.4.8 The OK sign has to be made in the direction of the Technical Delegate or surface judge who are on the deck of the pool or the surface judge who might be in the water in multiple lane competitions.

3.1.4.9 For the surface protocol, two judges (surface judge and Technical Delegate) will be present and final decision on the performance will be given within 3 minutes after the completion of the performance.

3.1.4.9.1 After the surface protocol, if everything is ok the Technical Delegate will show the athlete a white card.

3.1.4.9.2 If a yellow card is shown, the athlete must wait in the competition zone while the judges deliberate.

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

3.1.4.10 Video arbitration is mandatory for international championships.

3.1.4.11 Coaches 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.

3.1.5 Staging the Competition

3.1.5.1 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 objective 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.

All the competitors will make one attempt. Once everybody has made his attempt, a classification is established and made public immediately.

3.1.5.2 If the distance reached (DR) is less than the distance declared (DD) the performance distance will be given by DR minus (DD-DR). The penalty here is the distance penalty which is one meter penalty for each missing meter. A general penalty is also applied.

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

3.1.5.3 In the case of a tie, the one who is closer to the target distance declared will be the winner. If the tie remains then the athletes will be classified "ex aequo".