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DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

UNDERWATER ORIENTEERING

Rules

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INTRODUCTION

Competitions in Underwater Orienteering take place in deep, open water bodies and over various distances, as prescribed in the competition rules. Competitors must, while remaining completely submerged without any contact with the water surface, reach specific points or pass specified points.

Competitions in underwater orienteering are based on the principle that orienteering and searching tasks are performed under water with the aid of a compass and distance meter.

The competitor may only use his/her own muscular strength to propel him/herself.

The breathing apparatus used may only be filled with normal compressed air. Enrichment with oxygen is not allowed.

The only contact with the surface of the water allowed is a buoy line and a safety buoy.

A snorkel and/or knife is, despite earlier safety rules, not compulsory.

In these rules the expression competitor, participant or sportsmen refer to both men and women.

The requirements contained in "Procedures and Obligations for the Organisation of Championships (World – Zone – Continental)" of the World Underwater Federation (CMAS) take preference over any rule contained in this document.

Should there be differences in the different translations of these rules, the English version will take precedence.

The rules determined by CMAS "Procedures and obligations for the organization of championships (World – zone – continental) chapter 2 Bodies of control" are not cancelled by these rules.

These rules apply from **01.01.2015**. All previous editions are invalid.

1. Events, adjudication and announcement of competitions

1.1 Events

1.1.1. Individual events

- M course
- 5-Point course
- Star course
- Parallel course

1.1.2. Team events

- Team orienteering with map (MONK)
- Team event
- Relay orienteering event

1.2 Adjudication

1.2.1. For competitions in underwater orienteering, adjudication can be done in the following categories:

- individual competitions
- team competitions
- combined
- junior – individual
- junior – combined
- nation ranking (medal chart) women and men
- nation ranking (medal chart) total
- ranking world cup national teams women and men
- ranking world cup clubs women and men
- ranking world cup individual women and men

1.2.2. For the individual competition adjudication, the ranking of the competitors is based on the points obtained; which is the sum of the points for accuracy (buoys and finish) and time. Since they are plus points, the higher ranking is determined by the higher aggregate.

1.2.3. For team competition adjudication, the ranking of a team is determined by the points obtained by the team, which is the sum of the points obtained by the individual team members.

- 1.2.4. For the combined ranking, the placing is determined in the following way:
Individual competitors
- by adding the points of all individual events, Teams
 - by adding the points obtained by the individual members of a team and
 - the points of the team events together.
- 1.2.5. For Juniors only the combined competition results are used.
- 1.2.6. Ranking of nations will be done with the reached Gold-, Silver- and Bronze- medals.
- 1.2.7. Final ranking of world cup is based on the addition of the four best results of 6 events.
- 1.2.8. The ranking of women and men shall be done separately. If less than six women participate in a competition, a joint ranking with the men may be made. If less than three, a joint ranking must be made. For juniors the ranking is always separately.
- 1.2.9. The kind of ranking used in a competition will be stipulated in the announcement.

1.3 Announcement of the competitions

1.3.1. Announcements shall be drawn up in compliance with the rules as described later on, and contain the following points:

- name, kind (World Championships, World Cup, etc) and contents of the competition,
- date, location and duration,
- organiser,
- details of the conditions to be expected:
 - water temperature,
 - air temperature,
 - depth of water in the competition area,
 - underwater visibility,
 - currents (direction and speed),
- nature of the bottom and the banks, kind of water,
- competition management,
- participants,
- events,
- programme,
- technical matters:
 - equipment required,
 - equipment provided by the organiser,
 - filling pressure and connection of the compressor,
 - rules and practice time-table for training,
- competition events
- adjudication
- Awarding of prizes
- organisation:
 - preliminary and final entry,
 - declarations of competitors, divers' licences,
 - medical certificates,
 - entry fees, protest fee,
 - arrival and departure, accommodation,
- catering and transport during the competition.

1.3.2. Application for CMAS – championships should be made 2 years before not later than April 1st, important international competitions should be made before June 30th of the previous year. After co-ordination they will then be incorporated into the international sports calendar for the next year. This is published by CMAS in autumn (Northern Hemisphere) 2 years before the year of a championship or till December 31st for international competition.

1.3.3. The announcement for international competitions must be sent to the federations or clubs that are involved not later than 2 months before the start of the competition, those for CMAS - championship to the national federations not less than 7 months before the start.

2. Participants

2.1 Age

Only persons who turn 15 years of age during the same calendar year as the competition takes place, are allowed to compete.

In the category Youth only persons who turn at least 15 years of age and no more than 21 years of age during the calendar year in which the competition is held, may compete.

A competitor, who turns 15 on December 31st of a year, can already compete in a competition held on 1 January of the same year. Likewise, a competitor who turns 21 on January 1st of a year can compete in the category Youth until December 31st of that year.

2.2 Admission of competitors

- 2.2.1. Those, who want to take part in a CMAS – championship or an international competition, which is incorporated in the CMAS – calendar must be in possession of a Sports licence for Orienteering, valid for the running year.
- 2.2.2. Only those who have passed a medical examination (Appendix 5) are allowed to take part in the competitions. This certificate should not be older than 1 year. Instead of this certificate, corresponding entries in a diver's licence will suffice. In addition to this, each competitor must personally sign the declaration (Appendix 4). The names and details of the competitors are to be entered on the list of participants (Appendix 3) of the federation or club. For organisational reasons, the organisers can request a preliminary list of participants (Appendix 2) with a deadline (generally 4 weeks before the competition takes place).
- 2.2.3. Application for a CMAS – championship must be done the latest 4 months before and an entry by names must be done electronically the latest 15 days before.
- 2.2.4. Only teams and individual divers belonging to bodies affiliated to CMAS can participate in international championships and competitions organised under the auspices of CMAS.
- 2.2.5. Competitors taking part in international championships or as members of a national team at international competitions shall have the citizenship of that country for which they are competing. Members of club teams must present proof of membership of the club; citizenship is not an issue here. A competitor can only represent one club during a World Cup series.
- 2.2.6. Competitors with multiple citizenship can represent only one country at a competition.
- 2.2.7. All competitors, men and women, who have been nominated by their respective federation, may only take part in international competitions when they are amateurs. (An amateur is a person, male or female who participates for the love of the sport and does not receive any monetary rewards for his or her participation).

2.3 Duties of competitors

2.3.1. The competitors shall:

- know the international rules for underwater orienteering competitions, the programme and the special regulations of the competition in which they participate,
- observe the safety rules during training and during the competition, and abide with all rulings made by the judges during the competition.

The competitors are solely responsible that their equipment and apparatus is in good working order and is ready on time.

2.3.2. A competitor may only communicate with a judge through his team manager.

2.3.3. No competitor is allowed to act as a judge in the same competition.

2.4 Team manager

2.4.1. Each competing team shall have a team manager who is responsible for the discipline of the members of the team and for their punctual appearance at the place where the competition takes place. The team manager is the intermediary between the judges and the team members. If the team manager is invited thereto, he attends the meetings of the judges, is present when the draw takes place, and informs the participants of decisions made by the organisers.

2.4.2. The team manager may not criticise or challenge the rulings of the judges. Appeals to the judges may only be announced 15 minutes after the end of a competition and lodged (in writing) by the team manager, not later than one hour after the incident.

2.4.3. In the absence of the team manager, the trainer takes his place.

2.4.4. The team manager is responsible for the preparation of the athletes.

3. Competition venue

3.1. Condition

At the competition venue shall

- the water current not exceed 4 m/min,
- the depth of water not be less than 3 meters,
- the visibility in the water be at least 1 m (Secchi disk).

The quality of the water at the competition site shall comply with the stipulations laid down by the WHO (World Health Organisation) for bathing waters.

It is forbidden to hold competition in shipping lanes (channels). In areas open to the public for swimming, or in areas where rowing boats, sailing boats and/or motor boats are allowed, these must be kept away from the competition area. The competition venue shall be selected and equipped according to the rules and competition regulations.

3.2 Competition area boundaries

The competition area extends from the bank to the limiting buoys. These are anchored 50 m from the course.

4. Competitions courses

- 4.1 The courses for orienteering competitions consist of:
- the starting area,
 - rounding buoys and/or orienteering points which are anchored in open water and as far as possible where the bottom is not visible, and
 - the finish area.

The course shall be ready 2 hours before the competition starts and at the same time be made available in the form of a scale plan.

The true length of any competition leg may not differ by more than 1 % from the official scale plan. The scale plan shall contain details of the numbering or marking of the turn buoys or find buoys that are used for the competition. When the official scale plan is posted on a notice board or handed out, the course is declared ready to be surveyed by the competitors.

For international competitions, the course shall be laid out in consultation with the CMAS Chief Judge.

Only the prescribed materials may be used to construct a course.

- 4.2. The length of the individual legs may not vary by more than 5 % from the distances given in these rules. The total length of the course may not differ by more than 1 % from the total course lengths given in these rules.
- 4.3. Except for the MONK course, the buoys must be clearly visible above the surface of the water.
- 4.4. The competitions may be run clockwise or anticlockwise.
- 4.5. The competition organisers may designate sections of the shore where teams may not erect survey points. Surveying may only be done from land and the course may not be measured by boat or by swimming along it.
- 4.6. If the buoys marking sections of the course move during the competition, the judges must re-establish the course according to the scale plan. If this is not possible, a new course will be placed by the judges and the competitors who have not started will be given one hour to survey this course. If the new course length differs markedly from the original, the jury will decide whether the competitors who completed the course must start again (new course is longer) or whether they may (course is shorter).

5. Course equipment

- 5.1. Marking of rounding points (turning buoys) is done with foam plastic buoys 20 cm x 20 cm x 40 cm in size. The buoys are painted grey-green below water and white, orange or yellow above water.
- 5.2. Orienteering points are marked with buoys whose length must be 400 cm and whose diameter must be 10-30 cm (e.g. crossed wooden boards or pipes). At a visibility of less than 3 meters the buoys must be 30 cm in diameter. At a visibility of 2 meters or more the diameter of the buoys can be reduced to 10 cm.
- 5.3. The buoy anchoring should be capable of withstanding a tension of at least 60 kg and for this reason be equipped with a buoy rope with a breaking strength of at least 60 kg. For marking rounding points the buoy rope should be such that it is invisible at a distance of more than 3 meters.
- 5.4. The start can be a:
- buoy (such as a pipe, reaching at least one meter into the water) or
 - fixed point (landing stage, driven-in stake etc.).
- The starting area is the area within a circle of 1 meter radius around the starting point, but is not marked.
- 5.5. For international competitions the buoys are to be marked in the following way and sequence:
- rounding buoys (individual) I - II - III - IV - V
 - orienteering points (individual) 1 - 2 - 3 - 4 - 5
 - rounding buoys and orienteering points (team) A - B - C - D - E - F - G
- 5.6. Finish line: M course and team competition
- The finish line has a length of 32 meters. The middle part has a length of 2 meters. The parts on either side of the middle part are to be clearly marked in one meter lengths. For international as well as important national competitions the finish line has to hang freely above the surface of the water. Between the meter-markers the distance has to be clearly stated in numbers (a 2 m indication is enough). A marker with a different colour has to be placed at a minimum of 5 m beginning at 0m. Sticks and straps have to be used as meter-markers. The lower end of the markers may touch the water surface but they should not be any shorter than 5 cm above water surface.
- 5.7. Limit buoys, limit ropes
- The limits of the competition area must be marked by clearly visible buoys. They are to be joined to each other by ropes to which floats are attached. The distance from the course to the area limits is 50 m.
- 5.8. Any deviation from the above must be made known during the manager's meeting before the competition.

6. Clothing, equipment and apparatus of competitors

- 6.1. During the opening ceremony of the competition, members of a team must wear uniform clothing. For the respective events, competitors shall wear the appropriate outfit (at least bathing trunks for men and bathing costume for women).
- 6.2. The type and brand of all equipment (fins, masks, wet suits, compressed-air breathing apparatus, orienteering devices) used by the competitors is not specified in any way. The equipment, however, has to be shaped in such a way that it has neither pointed nor sharp edges which pose a hazard to other competitors.
- 6.3. In addition to the diving equipment and orienteering device, a safety buoy (not a hollow body) coloured yellow, red or orange is required. The buoy shall have a minimum flotation capacity of 8 kg and must be attached with a braided buoy rope with a tensile strength of at least 30 kg (measured with the anchoring) to the body of the competitor.
- It is not allowed to move under water without a safety buoy.
- For the Monk event only one buoy is required between the paired competitors, as long as they are attached to each other by a buddy line with a tensile strength of 30 kg and a maximum length of 2.5 m (wrist to wrist).
- 6.4. Only those types of fins which are fastened to the feet of the competitor may be used.
- 6.5. The pressure of the air in the cylinder of the compressed air equipment shall not be higher than the legally stipulated and permitted filling pressure marked on the cylinder. The pressure of the air in the cylinder must not exceed 200 bar (20 MPa). It is not allowed to use cylinders without test labels. For breathing air only normal atmospheric compressed air, without oxygen enrichment, may be used.
- Every organizer of a competition has the responsibility to supply and check it.
- With the first filling of the cylinder the test label must be clearly identifiable. If the cylinder has any kind of encasement which makes it impossible to see the test label the encasements have to be removed for the check. The bottle will then be clearly marked so that the encasement can remain on the bottle at further fillings.
- 6.6. Competitors are not allowed to use auxiliary searching aids (sonar, ropes, rods, bars etc.) nor any device that could allow communication with other persons or instruments.
- 6.7. The judges shall disqualify competitors whose clothing, equipment or apparatus does not meet with the rules, from taking part in the competition.
- 6.8. If the temperature of the water is below 14 C, competitors are obliged to wear a wet suit with hood. The judges will determine the temperature of the water.
- 6.9. The competitor bears the full responsibility for the state of his/her equipment and its compliance with the operating instructions for compressed-air breathing apparatus.

7. Competition management and competition judges

7.1 Competition management

7.1.1. The composition of the competition management depends on the importance of the event. A smaller team of officials can manage competitions with a smaller number of participants.

7.1.2. The competition management consists of:

- Competition manager
- Deputy competition manager
- Technical manager
- Course surveyor
- Competition doctor
- Announcer
- Awards manager

7.2 Functions of competition management

7.2.1. Competition Manager

The competition manager is responsible for:

- all organisational aspects of the planning, preparation and execution of the competition;
- drafting the announcement;
- accommodation, catering and transport of VIP of CMAS (CMAS – championship)
- the competition management,
- the International Judge
- the competition judges and
- the teams taking part.

He appoints the members of the competition management and the competition judges. He supervises the preparation of the competition venue, the equipment, the facilities, the means of control and communication, the boats and means of rescue. He supervises the placing of the competition courses and their compliance with the rules and the special regulations of the competition.

7.2.2. Deputy Competition Manager

At large or important competitions a deputy is provided who works according to the directives of the competition manager, and takes the place of the competition manager when he is absent.

7.2.3. Technical Manager

The technical manager is responsible for all equipment/technical matters before, during and after the competition such as preparation of

- the competition venue,
- the equipment,
- all facilities (including air conditioning),
- the means of control and communication,
- boats and means of rescue,
- the equipment for placing the courses,
- demarcation of the competition area by limit buoys or limit ropes,
- timely placement of buoys and finish lines for the individual competitions,
- construction of the starting area with provision of the equipment for the pre-starter and the starting device,
- provision and checking of the safety facilities, and
- provision of the necessary equipment for the judges.

He has at his disposal the required number of boats, equipment and apparatus, and the necessary staff.

7.2.4. Course Surveyor

Together with the competition manager, the course surveyor draws up a plan for the competition course, and instructs the team of the technical manager responsible for the placing of buoys. They measure the completed course and draw up a scale plan that the chief judge will provide to the participants. During the competitions they make sure from time to time that the course has not changed.¹

For international competitions point 4.1 has to be especially acknowledged. The competition courses have to be cleared with chief judge of the CMAS. If the courses are set before the arrival of the chief Judge of the CMAS, this consultation has to take place at the earliest possible date before the competition. The team of the organizing nation is not allowed to use the documents and the original scale plan for the competition. This is especially important if the plans display any information about the MONK- course lengths.

The course surveyors carry full responsibility for the accuracy of the positions of the buoys and the plan prepared by them.

7.2.5. Competition Doctor

The duties of the competition doctor are:

- to check the medical certificate of the competitors,
- to, when required, organise the medical examination of the competitors and to decide on their admission to the competition or to decide whether a competitor can continue to participate in an event,
- to carry out medical supervision during the competitions and to help in the event of an accident or illness, to check the availability of the first-aid and rescue equipment and the quality of the compressed air,
- to check the availability of the material for first aid and rescue, as well as the quality of compressed air,
- to check the sanitary and hygienic requirements during the competitions, and
- to participate in drawing up the programme and to advise those who are responsible for the menus.

7.2.6. Announcer

The announcer informs the participants and the spectators about

- The programme
- The rules of the competition,
- Introduces the competitors to the spectators
- Announces the results of the different events.

7.2.7. Awards Manager

The awards manager:

- directs all ceremonies, such as opening ceremony, prize giving ceremonies and closing ceremonies
- procures in time:
 - the official flags of the event,
 - the flags of participating nations,
 - the flags for the prize giving ceremony,
 - the boards of participating nations,
 - the anthems of participating nations,
 - the CMAS anthem,
 - diplomas,
 - medals,
 - prizes,
 - flowers and
 - perhaps other presents,
- controls the establishment of
 - the flag poles,
 - the winners rostrum,
 - barriers and
 - the VIP area
 - organises the music and
 - has the necessary rehearsals.

7.3 Competition judges

7.3.1. The composition of the competition judges depends on the importance of the event. For competitions with a small number of participants a small number of judges is required. The competition manager appoints the judges.

7.3.2. The competition judges consist of:

- Chief competition judge,
- Deputy Chief competition judge,
- Pre-starter,
- Starter,
- Chief time-keeper and time-keepers,
- Chief course judge and course judges,
- Chief finish judge and finish judges,
- Head of competition office.

7.3.3. All Competition Judges must remain at the competition venue and be available until the end of the time allowed for lodging a protest.

7.4 Functions of competition judges

7.4.1. Chief Competition Judge

The chief competition judge makes sure:

- that the competition is executed and adjudicated according to the current international rules and
- that the special competition rules and safety measures are adhered to.

The chief competition judge will decide:

- whether or not competitors will be followed by boat or
- whether adjudication and safety measures will be carried out in other ways.

The chief competition judge:

- allocates the other judges their duties and
- ensures that they are able to carry out these duties before the event takes place.

Before the event takes place, the chief competition judge inspects:

- the competition venue,
- the necessary facilities and
- the equipment

The chief competition judge is entitled to:

- Consult with the jury or the international jury the cancellation of the competition in cases where the facilities and the equipment do not comply with the requirements of the international rules.
- Interrupt or abandon the competition, with the consent of the jury, in case of bad weather and when the competition venue, facilities or equipment have become unsafe or un-serviceable.
- In exceptional cases change the programme or the starting order or starting times of the competitors.
- Re-allocate duties to judges during the competition.
- Dismiss judges who have committed faults or those who have not carried out their tasks correctly.
- Set aside the decision made by the judges after he has convinced himself that their decision was wrong, and allow the competitor a re-swim or to let the result stand.
- Give a decision in all matters in which the other judges cannot come to agreement.
- Disqualify competitors who do not comply with the rules, or who are guilty of unsportsmanlike behaviour.

The chief competition judge is not entitled to alter the rules of the competition.

The chief competition judge presides over all meetings of the judges.

Upon completion of the competition, the chief competition judge is obliged to provide the results of the competition to the organiser on the same day.

7.4.2. Deputy Competition Chief Judge

A deputy who works according to the directives of the chief competition judge is provided for important or large competitions and takes the place of the chief judge when he is absent.

7.4.3. Pre-starter

The pre-starter calls the competitors to the pre-start, and checks whether the equipment of the competitors complies with the rules.

It is the responsibility of the pre-start to get the signature of the athlete according to point 7.8.1. Athletes who have not given their signature 10 minutes before their start have to be demanded to do so at least twice via loudspeaker.

7.4.4. Starter

The starter:

- calls the participants to the starting point and
- checks that they have taken up the correct position and posture at the start.
- gives the start signal,
- decides whether the start was correct or not and
- in case of a false start he orders either:
 - a disqualification (for more than 5s early or more than 1 min late start) or
 - the addition of 15 penalty seconds (for less than 5 s early start or non-observance of the start posture) and
 - enters this on the start card.

The penalty seconds will be added to the first leg of the course (limit time!).

The start command is:

"One minute"
"30 seconds"
"10 seconds"
"5-4-3-2-1" (or an acoustic signal)
"Go" (or an acoustic signal).

7.4.5. Chief Time-keeper and Time-keepers

The chief timekeeper

- checks the stopwatches,
- completes the test certificate,
- gives instructions to the timekeepers, and shows them their positions on the course,
- checks the ability of the timekeepers to operate stopwatches and
- writes down (or tells a record keeper to write down) the time results of each competitor on his record card.

The time-keepers

- start the stopwatches when the start signal is given
 - when the starter gives the command "go" or
 - the acoustic signal sounds)
- record the time taken by the competitor to cover the individual legs as indicated by the flag signals given by the course and finish judges.

The stopwatches may only be reset when the chief timekeeper has checked the results and recorded them, and when he has given the instruction "stopwatches to zero".

A timekeeper is to be provided for each competitor or each team that is in the water at the same time. Additionally, standby timekeepers are to be provided who can take over the function of a timekeeper who is unable to continue or in case of a malfunctioning stopwatch. Only the time of the designated timekeeper is used for the result. The course time of a competitor is also to be taken by the chief timekeeper.

7.4.6. Chief Course Judge and Course Judges

The chief course judge

- appoints a course judge for each competitor,
- provides him with the course card,
- collects the completed course cards and
- gives them to the competition office.

The course judges may follow each competitor or control the adjudication of the competition from a fixed point.

The course judges check whether the competitors have correctly completed the course and supervise changing during relay competitions.

The course judges indicate the correct completion of a leg by waving a flag.

If a course judge follows the competitor in a boat, a distance of 5 to 10 meters from the safety buoy of the competitor must be maintained.

The course judge takes all the necessary precautions to prevent endangerment of the competitor and in an emergency directs the work of the rescue team.

For international championships, the nationality of the course judge shall not be the same as that of the competitor.

7.4.7. Chief Finish Judge and Finish Judges

The finish judges watch the finish, fix the position at which the finish line was crossed, and signal the instant when the finish line is passed (leading edge of the safety buoy or reaching the finish buoy).

The number of finish judges can differ according to the number of competitors and the importance of the competition. It must, however, always be an odd number.

For international championships at least three finish judges must be provided, one of who is appointed chief finish judge.

7.4.8. Head of Competition Office

The head of the competition office prepares all equipment and documents which are needed for the administration of the competition. He directs the work of the competition office, directs all work concerning minutes including the drafting of the minutes of the meetings of the competition management and the jury. He receives the applications and appeals and reports them to the chief judge, prepares a report of the competition and organises its distribution if possible during the competition. With the permission of the competition manager, he informs the press about the competitions.

The head of the competition office is also responsible for the official notice – board. All posted information such as course plans, results, time tables have to be signed by the responsible person with the time of postage.

7.5 Jury (International jury)

7.5.1. Formation of the Jury

The jury is composed of the team managers or specially appointed representatives of the clubs or federation that participate in the competition. Representation by other persons or vote by proxy is not allowed. At their first meeting, the jury elects a chairman.

7.5.2. Tasks and obligations of the Jury

The jury ensures that the competition takes place according to the international rules and the competition regulations. It considers the cases in which the rules have been violated, possible appeals, and takes decisions on the same. The jury is obliged to rule upon appeals within one hour of their submission. In special cases where the facts stated in the appeal have to be checked, the decision may be taken later, but not later than 24 hours after submission of the appeal.

If requested by the chief judge, the jury is entitled to cancel the competition if the venue, equipment or facilities do not comply with the requirements of the rules. In case of unfavourable weather conditions or other unforeseen circumstances, the jury has the right to interrupt the competition.

The decisions of the jury are taken by a show of hands on the simple majority of the votes of the members of the jury present. The meeting of the jury is considered as being properly constituted when at least half of its members are present. In case of an equal vote, the chairman of the jury will compel the members of the jury to vote, i.e., the chairman of the jury deprives the members of the jury of the right to abstain. In the event of a further equality of votes, the chairman of the jury takes the decision. The decision of the jury is final and without appeal.

7.5.3. International Jury

The "International Jury" is formed for international competitions. The International Jury is composed of the CMAS Chief Judge, the Chief Competition Judge and two representatives elected from the participating teams at the Team Managers Meeting before the start of the competition. Two alternatives should also be elected. In order to ensure the quorum two members of the jury have to be chosen as a reserve. They will become active if a protest of an athlete from the same country as the jury-member has to be considered or if a jury-member can not be present. There can only be one member of a country in the jury.

The International Jury forms a quorum when the CMAS Chief Judge, the Chief Competition Judge and at least two of the elected representatives or their alternates are present. In cases when the Jury has to consider a protest involving a competitor from the same country as one of the elected representatives, this representative must withdraw in favour of one of the alternates. In cases of a tied vote, the vote of the CMAS Chief Judge will be determining.

Decisions at CMAS – championships will only be taken by the "International Judge".

For each international competition in the CMAS sports calendar, the Underwater Orienteering Commission of the CMAS Sports Commission appoints a Chief Judge who is experienced in the organisation and umpiring of international competitions.

The round-trip travel expenses (railway, first class) board and accommodation of the CMAS Chief Judge CMAS shall be the responsibility of the organiser of the competition. For International championships the travel costs are covered by the CMAS, but board and accommodation costs remain the responsibility of the organisers.

The CMAS Chief Judge is the chairman of the international jury.

The CMAS Chief Judge must submit a report (Appendix 6) to the president of the commission for Orienteering on the competition for which he was appointed.

- 7.5.4. At international competitions a meeting of the team managers must be held after each event. At this meeting the Chief Competition Judge will distribute the results of the event that has been completed. The team managers can then indicate that they agree with the results, or announce a protest. After this meeting the results are signed by both the Chief Competition Judge and the CMAS Chief Judge and put on the notice board. If a protest has been lodged, then the results are clearly marked by adding the words: "Protest lodged".

In this meeting the team leaders renounce a protest. A protest will only be accepted (declared within the 1 hour time limit) if it contains any information which was unknown at the time of the team-leaders meeting. The renouncement of protest also applies for teams who were not present at the team leaders meeting.

7.6 General rules

- 7.6.1. The organiser of the competition or the organising committee set up by him is obliged to:
- provide the necessary equipment and facilities
 - provide transport means and boats,
 - organise the competition venue and courses,
 - organise safety measures,
 - provide medical care and aid,
 - provide means of communication and information,
 - provide filling means for the compressed-air cylinders with at least 20 MPa (200 bar).
- 7.6.2. Additionally, for CMAS – championships:
- accommodation, transport and catering for the competitors,
 - accommodation, transport and catering for the CMAS – VIP,
 - accommodation, transport and catering for the "International Judge",
 - accommodation for spectators.
- 7.6.3. The competition venue, the organisation and safety measures as well as the equipment, facilities and boats will be inspected by the judges in co-operation with the organising committee under the management of the chief competition judge at least one day before the competition starts.
- 7.6.4. Doping control must adhere to "Procedures and Obligations for the Organisation of CMAS – Championships" as well as the "Anti – Doping – Rules" of CMAS.
- 7.6.5. The starting order of the teams and individual competitors must be determined by drawing lots before the start of the competition.
- 7.6.6. It is not allowed to assist a competitor in any way. This applies especially to the giving of signals to orientate the competitors or to give guidance on the course (except in the event of an emergency or for special events such as MONK competitions) or to place obstacles in the path of other competitors.

7.6.7. The competition manager is entrusted with the general management of the competition. He is responsible for the safety of the competitors, judges and rescue parties. During the competition the course judge and the rescue team ensure the safety of each competitor.

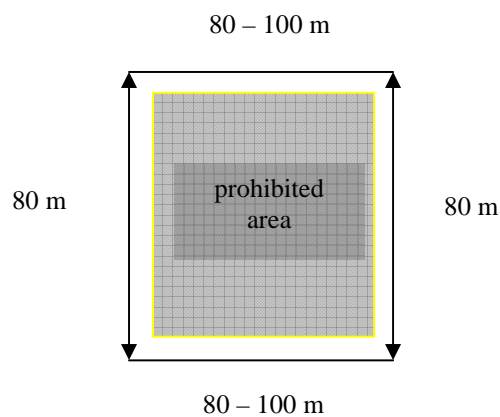
7.6.8. The accompanying boats must be equipped with signalling and communication means (flags, megaphone or radio).

7.7 Training

7.7.1. Training in the competition area is not allowed in principle, but the organisers can make exceptions. However, no training is allowed on a course that will be used for a competition. Participants are allowed to train and measure at their own risk in the area designated for training by the organisers. The commission can order an additional day for training before an international championship. On this day training should be possible at the competition area. The competition area is closed one day before the first official competition.

7.7.2. During competition and training the participants must strictly comply with the safety requirements and rules laid down in the rules as well as the regulations laid down by the organisers for the competition.

7.7.3. The organizers of an international championship must provide a training course, which consist of 4 points. The distances are fixed.



It is forbidden to swim in the prohibited area. The direction for swimming on the course will be fixed by the organisers of the championship. The training course must comply with the same conditions (water depth, no obstacles, etc) as for competition courses. Two hours before the start of the official training period, a notice must be posted showing the length of the training legs, as well as a roster for training times when applicable. During official training hours, the organisers are to provide a supervisor who ensures that all rules are complied with. Team managers are responsible for the safety of team members. If a competitor does not comply with the rules and thereby endangers or hinders another competitor, this will be seen as unsportsmanlike conduct. Such a competitor may be barred from the competition. The rules for equipment are the same during training as for competitions.

In order to uphold the rules and safety regulations for the training a "Manager of Training" has to be installed by the organiser. It is his task to survey the training area during the official training times. If the rules are violated he can demand from the team-leader proper behaviour. Severe violations have to be reported to the organisational committee which will then decide on possible behavioural measures. During the official training times a rescue boat (if possible with crew) has to be near the course.

7.8 Competition rules

7.8.1. Pre - start

Before every start a competitor must report to the pre - starter and present his equipment for inspection. At the pre - start the competitor declares, by signing a form, that he is feeling well, is not under the influence of any substance that may affect his ability to dive and that his equipment complies with the rules.

At the pre-start a pre-start zone has to be established. The presentation of the equipment and the signature of the athlete should be about 30 minutes before the start. It is not allowed to remove the equipment from the pre-start zone after it has been checked and the athlete has signed. The athlete must leave the pre-start zone to go to his start into the water. Entering the water from a different place is not allowed.

7.8.2. Start

The start shall commence from the starting area in a start posture with the competitor(s) in a static swimming pose with the head above water at the time when the signal to start is given.

It is considered a false start, if the start takes place prior to, or later than 1 minute after the start command, or if the prescribed start posture was not assumed.

For a false start the following rules will apply:

- for more than 5 seconds early start or more than 1 minute late start the competitor will be disqualified.
- for less than 5 seconds early start or not assuming the correct start posture, a 15 seconds penalty will be added to the competitor's time.

This will be added to the time of the first leg and must be taken into account when considering limit times.

After the start, the competitor shall submerge within the first 10 meters of the course. These 10 meters are not marked and it is left to the starter's discretion to determine compliance with this rule.

For the MONK competition the map is handed to the competitor at the moment that the start signal is given.

7.8.3. On the course

A competitor will be removed from the competition (also from a team competition) and pulled up, if he/she:

- commits a false start (more than 5 seconds early, or more than 1 minute later),
- has not left the start area within 1 min (MONK 3 min) or returns to the start area after 1 min (MONK 3 min) has elapsed,
- breaks the surface of the water with any part of his body or equipment (except within the first 10 m after the start),
- exceeds the boundaries of the competition area or is endangered by swimming in a clearly wrong direction,
- incorrectly rounds the buoys and has completed about half the distance of the following leg,
- changes direction within the 50-meter finish area for competitions with a finish line,
- searches for the orienteering points in the incorrect sequence, or
- exceeds the time limit.

If a competitor is removed from a competition, points are scored up to the moment at which one of the aforementioned errors occurred.

Should two competitors who are both still in the competition meet underwater and their buoy lines become entangled, then both are responsible to untangle their buoy lines without breaking surface. Should one of the competitors already be dropped out, then the course judges are obliged to help untangle the lines. If this cannot be done without time loss, the competitor that was hindered can request a new start. For the MONK a new start is not possible, and in such a case the Jury can decide to make a ruling that will cancel out the effect of the hindrance (for instance deduct time from the finish time).

At the orienteering points (find buoys), at the turning points and in the 50 m finish zone at least part of the safety buoy of a competitor must be visible on top of the water. If, during the team competition the buoys of two or more competitors have become entangled, part of at least one buoy must be visible on top of the water. Because in such cases it is not possible to exactly determine the finish time and the deviation, a penalty of 5 seconds and 1m will be applied. This penalty will only be partly applied (or not at all) if one or more single buoys are clearly further away from the centre of the gate (no deviation penalty) or clearly finish later (no time penalty), as long as such single competitors finish within the 20 second time limit. The penalty will be determined by the finish judge.

When the safety buoy has been lost, the competitor must surface at once. The points till then will count. Should the competitor not surface and has to be taken out by the competition judges, he will lose all points scored. For the MONK competition, if the buddy line is lost or the divers become separated, this will count the same as the loss of the safety buoy.

If no competitor completes the course for an event, adjudication will be based on how many rounding buoys were correctly rounded or how many orienteering points were found. The time for each competitor up to the last correctly rounded buoy or found orienteering point will be used to determine the ranking. For team events the time for the last team member to round a rounding buoy or to arrive at an orienteering buoy will be used.

Rounding buoys

- Rounding buoys must be rounded such that they are on the inside of the course from the competitor.
- A rounding is considered to be completed when, after turning, the safety buoy of the competitor crosses the line or the extension of the line between the previous buoy (start, rounding buoy or orienteering point) and the buoy he is rounding.

Additional explanation: If one thinks of the course of the competitor as a thread, it should lie around the buoy after when pulled tight.

- The decision when this occurs rests with the designated course judge, and the time is taken upon his signal.
- It is not allowed to search for rounding buoys.

Orienteering Points

Orienteering points must be clearly moved by the competitor after being found, by either pulling or spinning the buoy. If this is not done, no points are awarded.

For the team competition all members of the team are obliged to move the buoy. For scoring the time for the last team member to move the buoy is taken.

Finish line

- A competitor may not change course within the 50m finish zone. This applies to a clear change in course, and the arranging of swim positions during the team event does not constitute a course change. A course judge must signal by lifting a flag each time that a competitor enters the finish zone, from which moment a course change should be judged if it occurs.
- The distance from the centre of the finish line and the time are taken at the moment that the front of the safety buoy crosses the finish line.
- For team competitions the time for the last team member to reach the finish line is used for scoring, as well as the greatest deviation. These are not necessarily due to the same competitor.
- When a safety buoy touches a meter marker on the finish line, the lesser distance is used to determine the points, even if part of the safety buoy may be in the farther meter interval.
- All team members must cross the finish line within 20 seconds of each other. For the purpose of determining this, seconds will be rounded down (for example a time of 7:30,10 and 7:30,90 are both rounded off to 7:30). If a team member crosses the finish line more than 20 seconds after the first team member, his finish is not taken into account when scoring. When the limit time has elapsed, the rest of the team are pulled up. Even if only one team member finishes the course, this is used for scoring.

Team events

- Should there be fewer competitors in a team than required, they must start from buoy 1 and 2 or 1, 2 and 3.
- A team consists of at least two competitors.
- The moment when a team member or a group of team members has/have clearly left a buoy on their way to the next buoy, the other team member(s) who have not yet reached that buoy are pulled up. The points that were scored by those team members that are pulled up are still used for scoring.
- When all competitors found the orientation buoy (finding buoy) it is irrelevant whether they leave this point as a group or individually. The 20 second rule only applies for the crossing of the finish line and not for the other courses.

7.9 Adjudication

- 7.9.1. The method for calculating results and placing must be explained in detail in the competition rules.
- 7.9.2. The results in the various disciplines are either expressed in units of time (minutes, seconds) or in points resulting from a combination of speed and accuracy according to the points tables of CMAS, or of the organisers for a competition not contained in these rules. In the event of tied scores, the faster time shall determine the placing. This also applies in the case of a competitor being removed from the competition.
- 7.9.3. All times are rounded down to whole seconds. If the time limit is exceeded, the full time reached (15:20) is used to determine exceeding of the time limit. All times below (e.g. 15:19.99, rounded down to 15:19) are below the time limit.
- 7.9.4. In the event of a tie in the combined scoring, the points obtained in the team competitions are used to

7.10 Means of communication during the competition

- 7.10.1. In order to ensure effective judging, radio communication should be used if possible. Apart from this, communication can be established with the aid of red and white (yellow or orange) flags according to a system devised by the chief judge. It should be kept in mind that red flags are only used in cases concerning the safety of the competitors.
- 7.10.2. If a course judge raises a red flag during a competition, it means "Attention, a rescue diver is required". In this case, a rescue boat is sent to the site of the incident. If the course judge waves the red flag above his head, the chief judge must give the general alarm by firing a red flare. In such an event, the course judges must recall all competitors to the surface and do everything necessary to help the competitor in difficulty.
- 7.10.3. The white (yellow or orange) flags used for the normal indication of time (reaching a buoy, crossing a line etc.) should be held horizontally to announce arrival and quickly lifted up and kept in this position for at least five seconds when reaching the buoy (crossing the line). If the judge waves the white signal flag pointing down in front of his body, this means "mistake or breaking of rules" (incorrect turning, breaking the surface with the fins etc).
- 7.10.4. The underwater sign language of CMAS is the means of communication under water for divers, judges and rescue divers.
- 7.10.5. Communication between the judges and competitors who are under water should be carried out by pulling on the buoy line or by acoustic signals as indicated in the table below:

Signals		Meaning of the Signals	
Buoy line	Acoustic	For the competitor	For the judge
One pull	One knock	How are you?	I'm all right
Three pulls	Three knocks	Return to surface! (when repeated, this signal means, come to the surface immediately)	I'm returning to the surface
Pull several times (more than 4)	Several knocks	Alarm!	Alarm!
		Come up immediately! We will bring you up!	I do not feel well! Have me brought up quickly!

- For transmitting the indicated signals the buoy line must be taut and signaling should be carried out by pulling sharply but not too strongly.
- Acoustic signals will be transmitted with metal implements, half in the water.
- Competitors give their signals by pulling their buoys under water. If the buoy disappears once, meaning will be the same as one pull in the above table.

8. Special Competition Rules

8.1 Individual competitions (elite diver)

8.1.1. M-Course

The course (see diagram) consists of

- 1 starting buoy,
- 3 rounding buoys and
- the finish line (32 m), and has a total length of 590 meters.

The time limit for reaching the finish line is 15 minutes 20 seconds.

The starting interval is from 2 to 5 minutes for men and women and will be determined by the organizers.

In accordance with the diagram, the competitors are required to swim around the rounding buoys in sequence and cross the finish line.

The ranking of the competitors in this event is based on the addition of points awarded for:

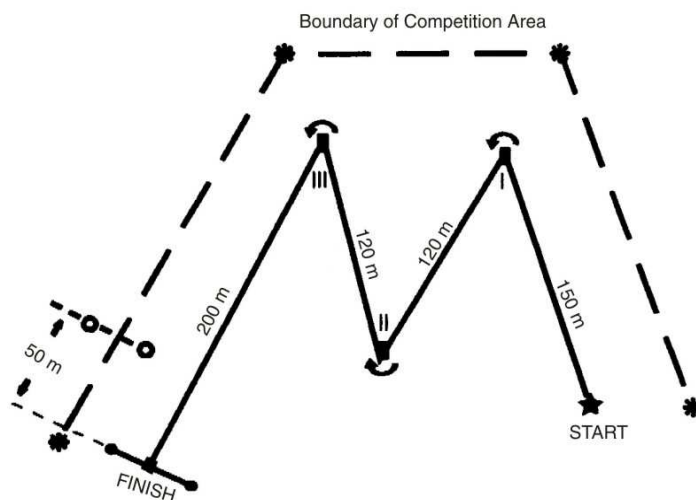
- correctly rounding of the buoys and the accuracy at the finish line (Table I),
- speed (Table VI).
- If a competitor correctly rounds:
 - only buoy I, he will be awarded 100 points,
 - only buoy I and II, he will be awarded 250 points, or
 - only buoy I, II and III and does not reach the finish line, he will be awarded 500 points.

In the event of a tie, ranking is determined from the elapsed time to the last correctly rounded buoy.

If the competitor reaches the finish line, he/she receives at least 501 points for correct completion of the course.

General diagram for the M-course

(Underwater orienteering competition without orienteering points).



8.1.2. 5-Point Course

The course consists of

- 1 starting buoy and
- 5 orienteering points, the last one marking the finish.

The course has a total length of 650 meters.

The starting interval is 4 minutes and can be changed, if necessary, by the organisers.

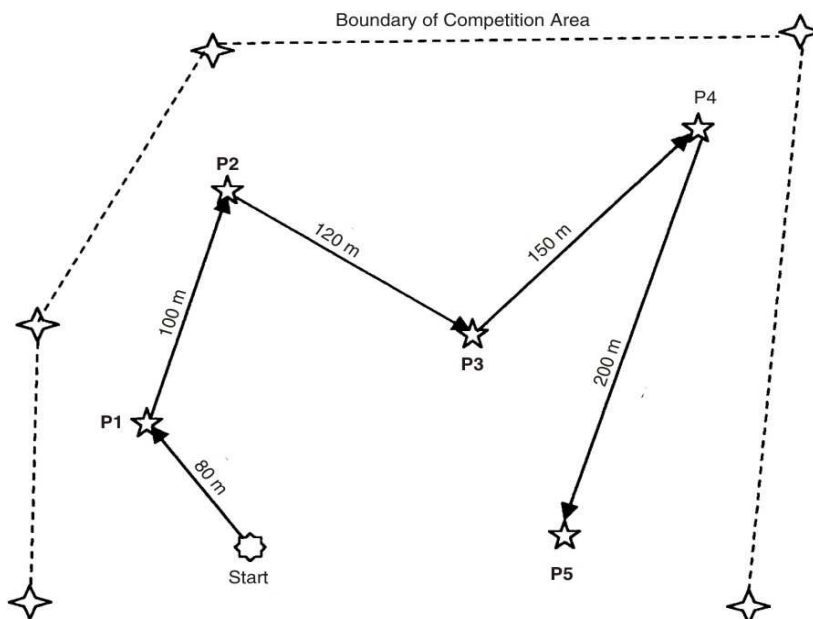
The competitors proceed around the course as shown on the diagram within certain time limits (Table II) and indicate that they have found each orienteering point by clearly pulling or spinning it.

The ranking of the competitors in this event is based on the addition of the points awarded for:

- reaching the orienteering points (Table II) and
- speed (Table VI).

The intermediate and final times are taken at the moment when the orienteering buoy is pulled or spun. If the course has not been completed, only the points for orienteering points that have been reached will be counted. In the case of a tie, the time elapsed to the last buoy that was found will be used to rank the competitor.

General diagram for the 5-point course
(Underwater orienteering competition with orienteering points)



8.1.3. Star competition

The course (see diagram) consists of

- 1 starting buoy,
- 5 rounding buoys and
- 5 orienteering buoys, the last one being the finish.

It has a total length of 600 meters. The angle between consecutive legs at the orienteering points shall not be greater than 90°.

The starting interval is 4 minutes and can be changed, if necessary, by the organisers.

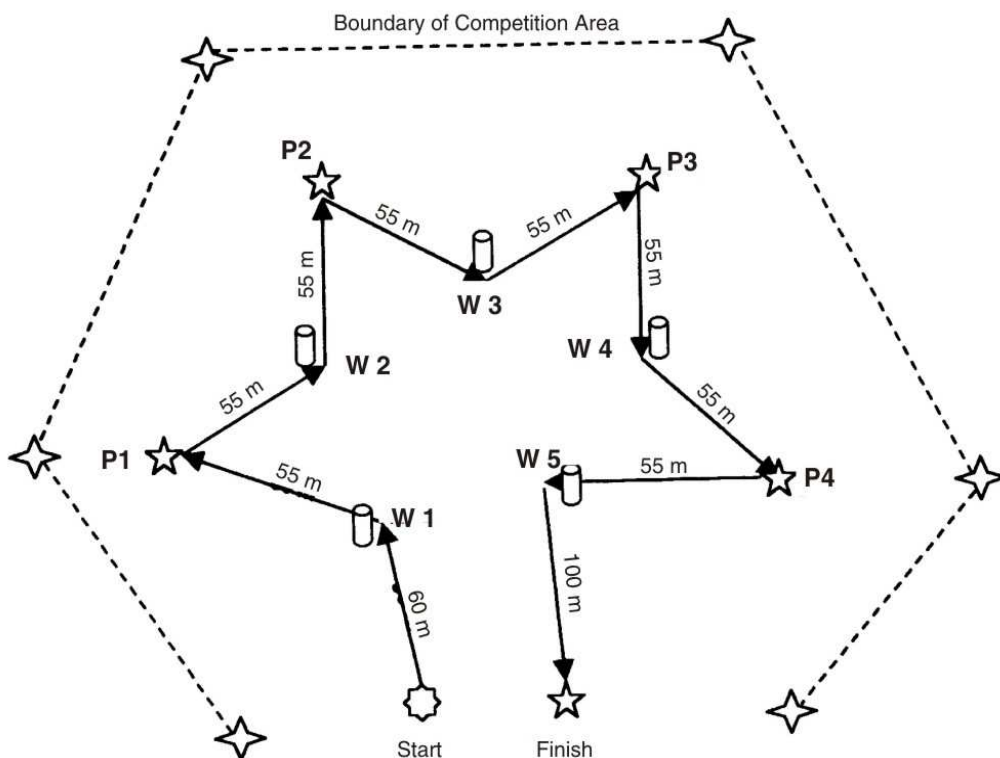
In accordance with the diagram, the competitors must round a rounding buoy and find the next orienteering buoy within certain time limits (Table III).

The ranking of the competitors in this event is based on the addition of points awarded for:

- Correct rounding of the rounding buoys and for finding the orienteering points (Table III) and
- for speed (Table VI).

If the course has not been completed, only the points for those buoys that were correctly rounded or found will be counted. In the event of tied scores, ranking will be determined by the elapsed time to the last correctly rounded buoy or found orienteering point.

General diagram for the star competition
(Underwater orienteering competition with orienteering points and rounding buoys).



8.1.4. Parallel Race

The Parallel – course is a competition in which two divers compete against one another in a K.o. – system. The winner qualifies for the next round. The loser is out of the competition. The competition should be done within one day if possible.

Starting order:

A maximum of 32 athletes (each category) can compete in this discipline. The starting list is drawn up according to page 34. If the number of starting competitors does not completely fill the schema, the next smaller scheme is to choose. A qualification is necessary if more athletes want to participate as starting places are available.

Exception for continental or world championships:

The competitors who reached place 1-4 in the last continental or world championships are set in the starting order. If anyone of these four does not start in the competition the competitors who placed closest will take their place. The positions 1-4 of the start list have to be filled first.

Qualification:

The remaining competitors (women or men) have to swim the same side. The side is selected by the organizer. The competitors are ordered after their reached swimming time.

Competition:

There is one start signal for both competitors.

In accordance to drawing 1 the two competitors have to round their buoy, find their orientation point within 3 minutes and dive through the marked area of the finish line. The competitor who correctly passes the finish line first advances into the next round. The loser is out of the race. The time has to be taken for each competitor. The chief judge must make by flip a coin the choice of end (site A / B) for each next round.

In case that both competitors are out of the race because they did not complete the race correctly their following starting position is filled by the fastest loser. (Lucky loser) If this is not possible the starting position remains vacant.

Winner is the competitor who wins the final race. If both finalists are out of the race the fastest of the semi-final wins the competition.

Competition:

There is one start signal for both competitors.

In accordance to drawing 1 the two competitors have to round their buoy, find their orientation point within 3 minutes and dive through the marked area of the finish line. The competitor who correctly passes the finish line first advances into the next round. The loser is out of the race. The time has to be taken for each competitor. The chief judge must make by flip a coin the choice of end (site A / B) for each next round.

In case that both competitors are out of the race because they did not complete the race correctly their following starting position is filled by the fastest loser. (Lucky loser) If this is not possible the starting position remains vacant.

Winner is the competitor who wins the final race. If both finalists are out of the race the fastest of the semi-final wins the competition.

Ranking:

The rank-list is established as follows:

1. place winner final
2. place loser final
3. place fastest loser semi-final
4. place 2.loser semi-final

Points:

First round:

Rounding buoy 1 correct:	100 points
Point 1 correct:	250 points
<u>Finish line correct:</u>	<u>1600 points</u>
Total points after correct first round:	1950 points

The competitor who reaches the next round gets an extra bonus of 50 points. Competitors, who do not reach the next round, are ranked after their time.

Following rounds:

The competitor who reaches the next round gets an extra bonus of 50 points.

The winner of the final gets a bonus of 50 points too.

Competitors do not get points during the qualification rounds.

Competition course

The course consists of two opposing single courses, course A and course B, which are equal in length and reflected. Each of the single courses consists of:

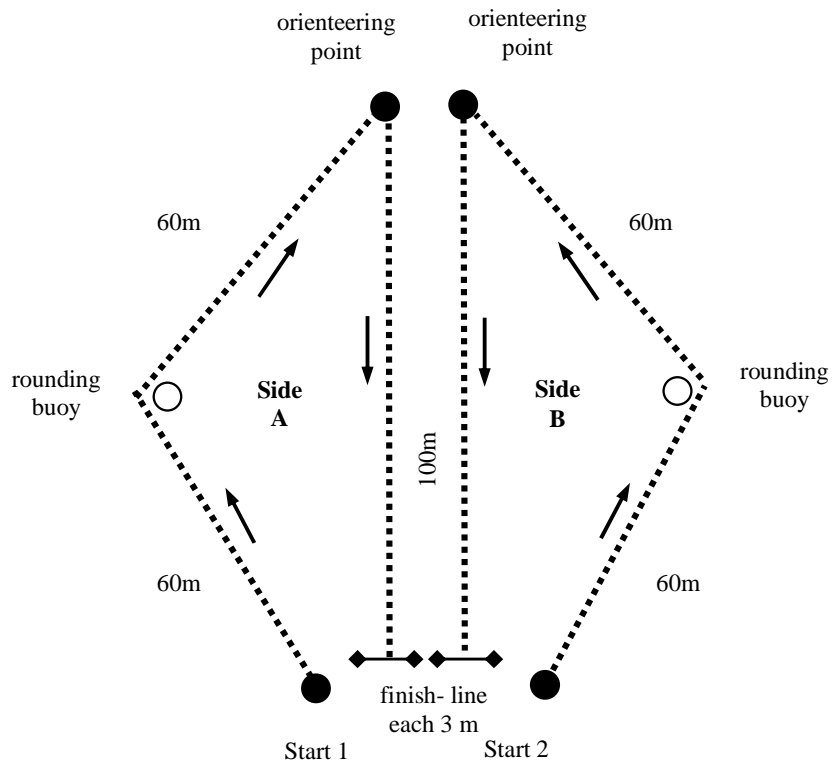
- 1 Start buoy,
- 1 rounding buoy
- 1 orientation point
- a finish line

Each single course has a total length of 220m (without the rounding). The width of the finish line has to be 3 m. In case of bad competition condition (for example: low visibility; coldness; water currency ...) the organizer can decide that the width of the finish line has to be 4m. The finish zones of both individual courses are in one line. The distance between the orientation points has to be at least 10m and at the most 20m.

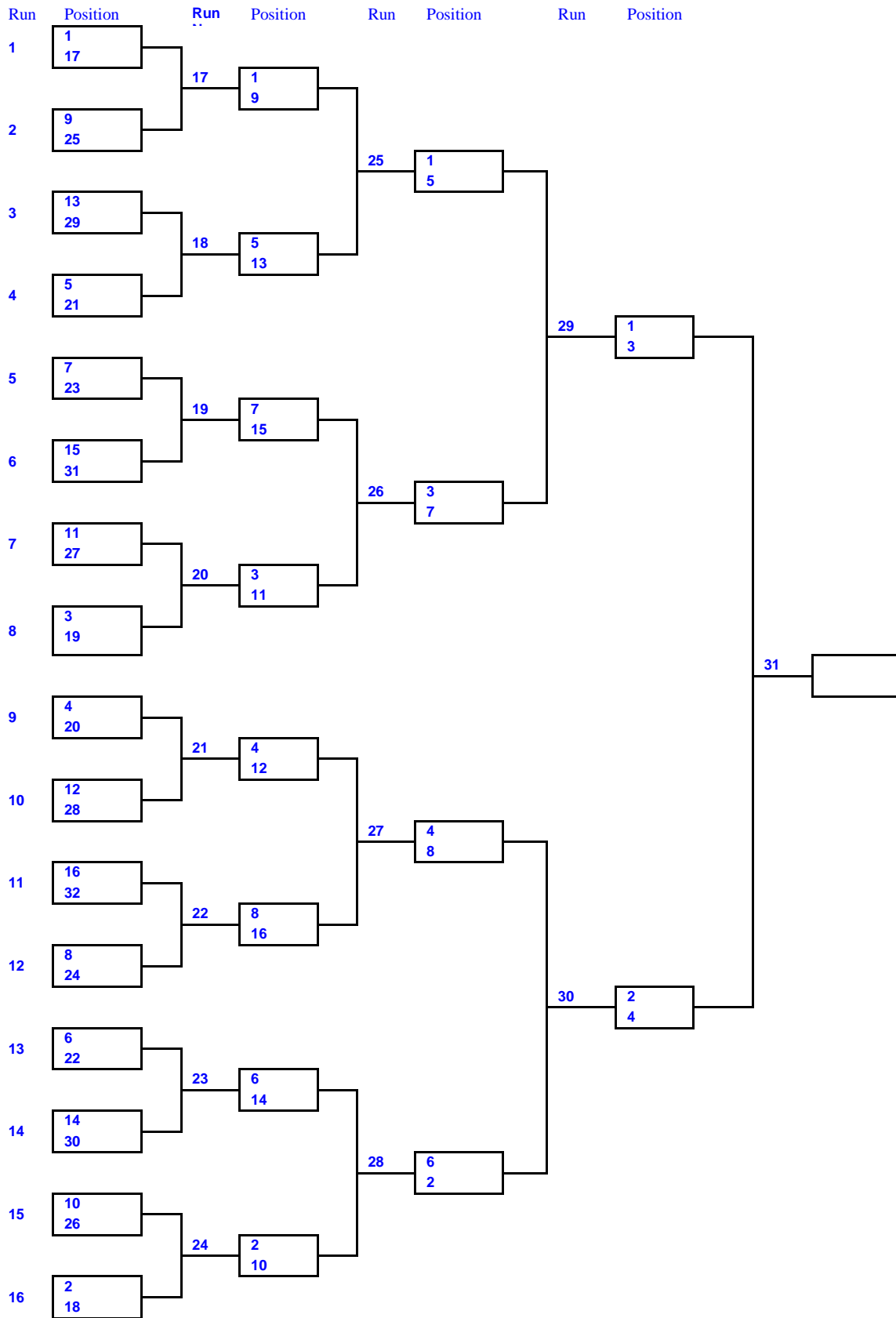
The start interval is 2 minutes and may be changed by the organizer if necessary.

The organizer can use fixed points to indicate the finish zone. In this case it is a correct finish of the competitor, when his buy touch one part of a fixed point.

General diagram for the Parallel Course



Starting List Parallel Course



8.2 Individual competitions (classic diver)

The "classic" diver is an athlete, which use full diver equipment for the competition. (e.g. a 10l bottle in the back, bifins, jacket and a wetsuit)

The "classic" diver must have a 1 - Star CMAS license. At the first competition in the year the athlete has to decide, if he will be a "classic" diver or an "elite" diver for this season. During the competition the "classic" diver must use a buoy.

The category "classic" diver starts with an age of 15 years. The organizer of a competition has to decide, if a boat escort is necessary.

8.2.1 3 – Point Course

The course (see diagram) consists of

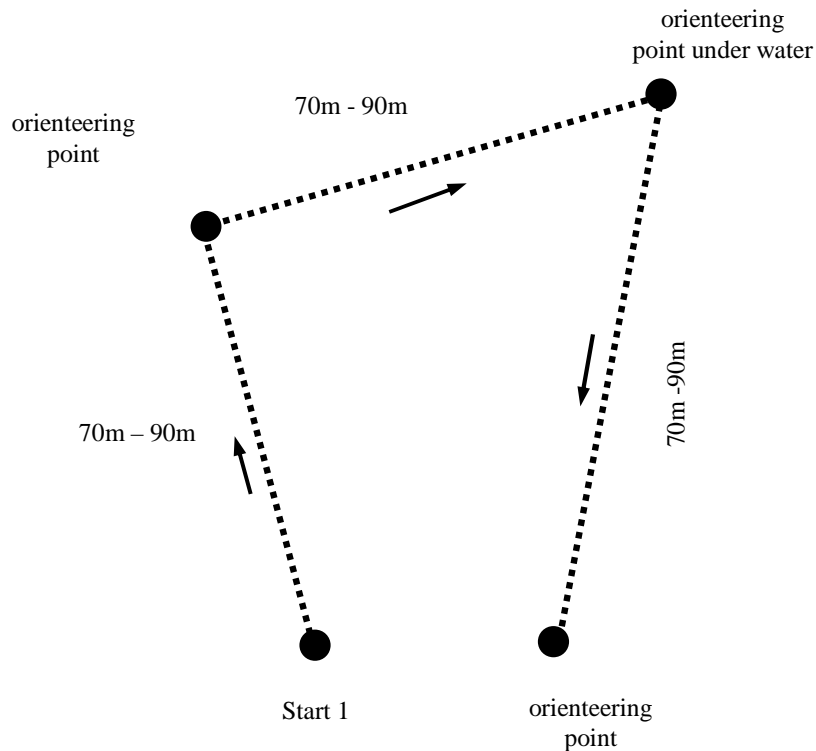
- 1 starting buoy,
- 1 orienteering point
- 1 orienteering point under water
- 1 orienteering point (finish point)

The minimal length of the course should be 200m.

The "classic" diver uses his own dive compass to find the first orienteering point.

The coordinates for the next swim route he get under water at the first orienteering point and so on. The "classic" diver has the possibility to dive up and search the point. If the "classic" diver must dive up he got a 5 sec. penalty.

The ranking of the competitors in this event is based on the speed.



8.2.2 100m straight forward

The course (see diagram) consists of

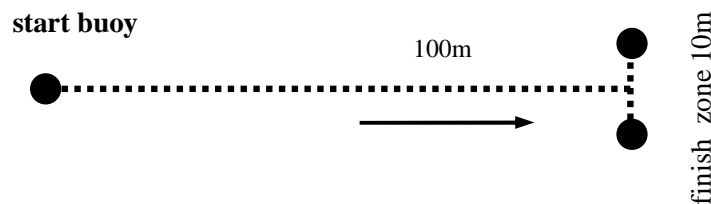
- 1 starting buoy
- 1 finish zones (10m)

The distance between starting buoy and finish zone is 100m.

The “classic” diver uses his own dive compass to find the finish zone.

The ranking of the competitors in this event is based on the speed.

The diver will get a penalty (15 sec.), if he missed the finish zone.



8.3 Team competitions

8.3.1. Monk Competition

The team consists of two competitors. Within an unmarked competition area with natural and artificial obstacles, four orienteering points not visible above the water, and one starting buoy and one orienteering point which are visible above the water, are arranged. Clipping devices for marking the control cards are fastened at the top and bottom of the four not visible orienteering points. The competition course for this event consists of

- 1 starting buoy and
- 5 control points of which the last one represents the finish.

The complete length of the course to be covered under water amounts to about 650 meters while the distance between the consecutive points should be between 100 and 150 meters.

A compensation plate which is orientated due north according to the compass that was used to survey the course must be made available by the organisers at least 2 hours before the start of the competition.

The starting interval will be 10 minutes.

At the pre start the competitors will be given a marked control card (A6-format) which must be clipped when reaching an orienteering point. This clipping must be done in the designated space on the card. Clipping on other places or not readable clipping will not be considered.

With the starting signal, the team consisting of two competitors is given a map (format A4) with a scale of 1:2000. The map contains details concerning

- the edges of the shore,
- boundary of the competition area,
- exact position of start and finish, as well as
- the position of the control points indicated as A, B, C, D, E, F, G, H.

The long side of the map is parallel north. Obstacles in the competition area should be drawn in

the map. This also applies to not use control points and rounding buoys, these points must be clearly identifiable.

The orienteering points are to be marked clearly and well recognisable with an accuracy of one meter. A North line is to be drawn through each point (parallel to edge of map). The thickness of the card must be 1 mm ($\pm 20\%$), and the surface must be such that it can be written on. The pretended route to complete the course must be shown on the map in the form of a sequence of the orienteering points to be reached. This sequence must be followed and at each orienteering point the control card must be clearly clipped. If a clipping is not recognisable, all following clippings will be discarded and not used for scoring.

The team shall have left the starting zone (10-m radius around the starting buoy) within 3 minutes and shall not return to this area during the period of the competition.

All measurements and calculations of the course and the distances shall be carried out under water by the competitors. Following the start, it is allowed within a 10-meter zone to break the surface with the equipment or a part of the body (except the head). The team shall find the control points under water and mark in each case the correct field on the control card with the clipping device. When the orienteering point marked as the finish buoy is reached, it must be clearly pulled or spun. The team must then surface and leave the competition area.

At the end of the competition, the orienteering map and control card are to be handed over to the course judge immediately.

The team ranking results from adding the points obtained for:

- the provable reaching of the orienteering points, and
- speed

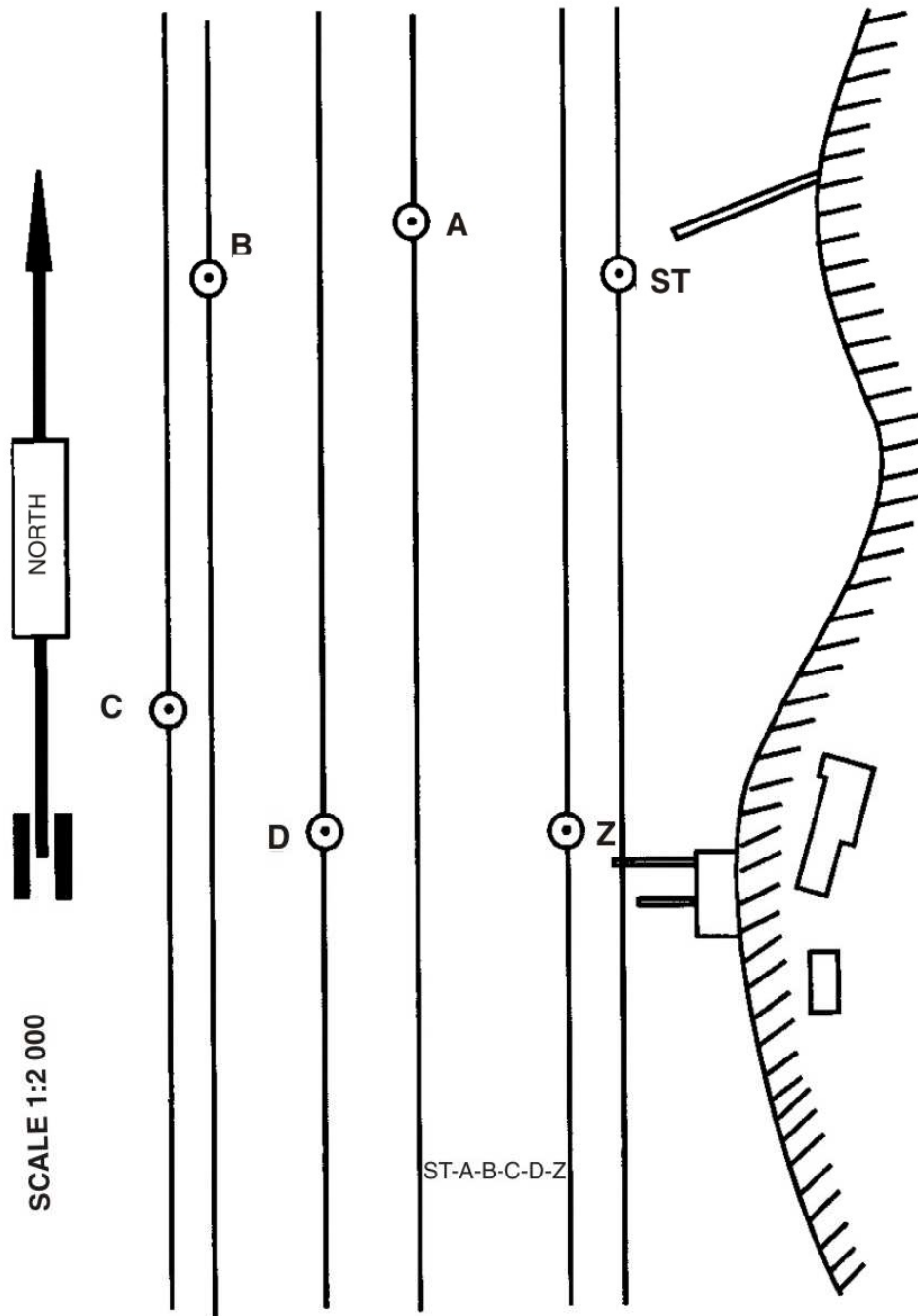
For each orienteering point that the team can prove to have reached they earn 400 points, as long as the prescribed order is followed. If all five orienteering points are reached in a time of less than 18 minutes, the team is awarded 4 points for each second below this. After 18 minutes have elapsed the team is pulled up. Teams who did not reach all 5 control points will be ranked according to the buoy points obtained (co-placed, if tied).

For CMAS - championships, the organiser must place 10 orientation points (= 2 start points and 8 control points) as possible points for the MONK competition. From these 10 points, the CMAS Chief Judge will select the start point and the 5 control orientation points to be used in this competition two hours before the start of the competition. For important international competitions, the organiser should arrange at least 8 orientation points.

Procedure MONK:

- Build a course.
- Make the measuring.
- Draw the map – start-buoys and orientation points are included.
- Decide on the course, done by the International Judge two hours prior to the first start.
- Circle and letter the selected points, include the North line.
- Enter the order at the lower end of the map in the designated spaces.

Example of a MONK map



8.3.2. Team event Version A (Visibility less than 2 – 3 m)

The team event can be for 3 or 4 competitors. The course is composed of

- 3 or 4 starting buoys,
- the orienteering points A1 and A2,
- the orienteering point B and
- a finish line

The total length of the course is 550 m

The starting interval will be 5 - 20 minutes and will be determined by the organisers.

From the start, competitor 1 moves from starting buoy 1 and competitor 2 moves from starting buoy 2 under water to orienteering point A1. Competitors 3 and 4 do likewise to point A2. If the competition is for only 3 competitors, one start buoy is left out.

The time limit for reaching orienteering point A1 or A2 is 6 min.

The competitors may only meet each other at least 50 meters after the starting buoy. If these rules are not adhered to, the whole team will be disqualified.

From points A, the pairs move under water to point B. The time limit for reaching point B is 11 min. When the competitors have met at point B, they proceed together under water to the finish line. The time limit for reaching the finish line is 15 min 20 s.

Scoring results from adding the points obtained for:

- reaching the orienteering points (A1, A2 and B) and
- for speed and precision at the finish, multiplied by a factor determined by the number of competitors arriving at the finish.

For reaching point A1 and/or A2: $4 \times 150 = 600$ points or

$3 \times 150 = 450$ points

For reaching point B

$4 \times 250 = 1000$ points or

$3 \times 250 = 750$ points

For reaching the finish line each competitor is awarded points according to:

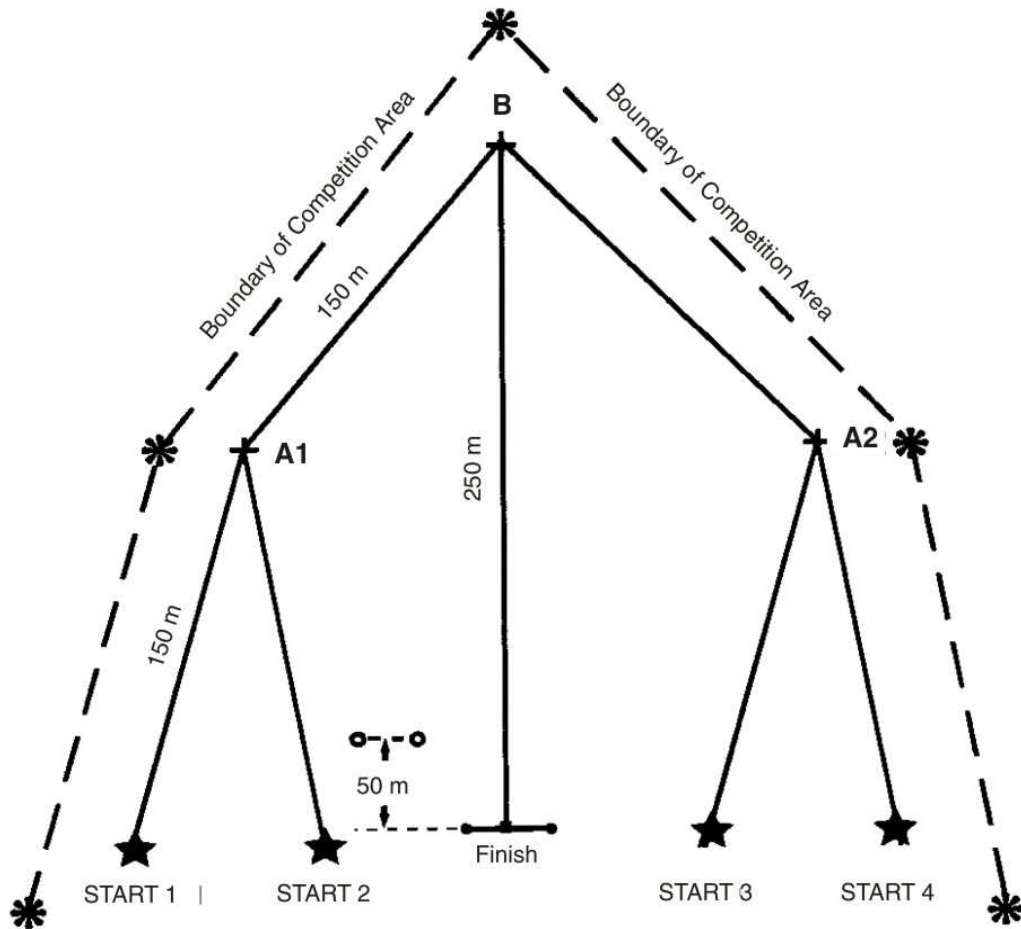
- table I (precision) and
- table VI (speed).

These finish points (precision + speed) are multiplied by the following factors:

Competitors at the finish line	Event for 4 competitors according to announcement	Event for 3 competitors according to announcement
4	0,75	
3	0,30	0,75
2	0,15	0,30
1	0,05	0,15

If the course is not completed, the orienteering points correctly reached serve to determine the placing, and the time in case of a tie. The time at point B is taken when the last competitor of the team has reached this point (pulling or spinning the orienteering point). The time at point A1 and A2 is taken when the last of the two competitors has reached this point. If a team reaches only Point A1 and A2, the slower of the two times is used as a basis for ranking.

General diagram for the team event version A



8.3.3. Team event Version B (Visibility more than 2 – 3 m)

The competition can be for 3 or 4 competitors. The course consists of:

- 2 starting buoys S1 and S2,
- the rounding buoys A1 to A4, (if the competition is for 3 competitors, one of these buoys is left out)
- as well as D and E,
- the orienteering points B1, B2 and C and
- the finish line.

The total length of the course is 680 m.

The starting interval is between 5 and 20 minutes and will be determined by the organisers.

From the start, competitor 1 and 2 swim under water from starting buoy S1, competitor 3 and 4 from starting buoy S2 towards B₁ and B₂ respectively, while rounding buoys A₁ - A₄.

The time limit for reaching the orienteering points B₁ or B₂ is **7 minutes**.

From the B-points the pairs swim under water to orienteering point C.

The time limit for reaching point C is 11 minutes.

When the competitors have met at point C they proceed together under water to the finish while rounding buoys D and E according to the diagram.

The time limit for reaching the finish line is 15 min 20 seconds.

Adjudication

Scoring results from adding the points obtained for:

- Rounding buoys A1 - A4 and
- D, E according to Table V,
- Reaching the orienteering points B1, B2 and C (Table V) and
- speed and precision at the finish, multiplied by a factor resulting from the number of competitors arriving at the finish.

Rounding buoy A1, A2, A3 and A4:	4 x 50 = 200	or
	3 x 50 = 150	
Reaching points B1 and/or B2	4 x 100 = 400	or
	3 x 100 = 300	
Reaching point C	4 x 150 = 600	or
	3 x 150 = 450	
Rounding buoy D	4 x 100 = 400	or
	3 x 100 = 300	
Rounding buoy E	4 x 100 = 400	or
	3 x 100 = 300	

For reaching the finish line each competitor is awarded points according to

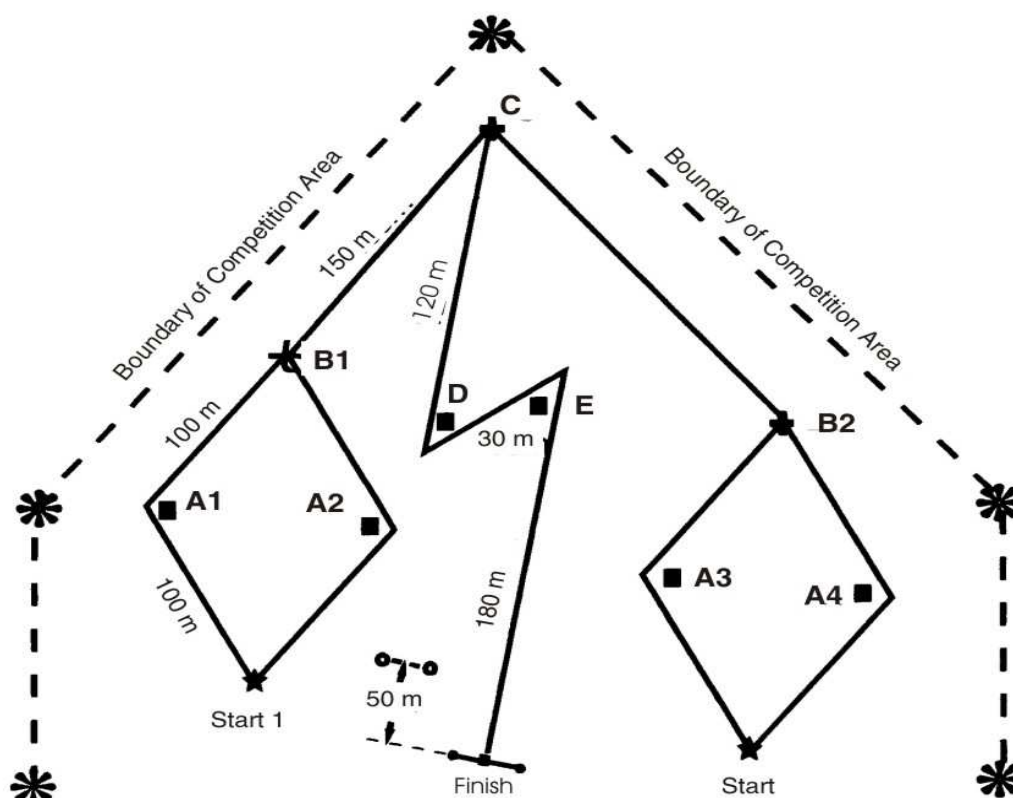
- table I (precision) and
- table VI (speed).

These finish points (precision + speed) are multiplied by the following factors:

Competitors at the finish line	Event for 4 competitors according to announcement	Event for 3 competitors according to announcement
4	0,75	
3	0,30	0,75
2	0,15	0,30
1	0,05	0,15

If the course is not completed the correctly rounded buoys and the reached orienteering points serve for determining the ranking. The intermediate time is used when scores are tied. The time at the points is taken when the last participant in the competition reached this point (rounding of buoys, pulling or spinning the orienteering point).
 If a team rounds only A1, A2, A3, A4, D or E, respectively reaches only Point B1, B2 or C, the slower time is used as a basis for ranking.

General diagram for the team event version B



8.3.4. Team event Version C (elite diver)

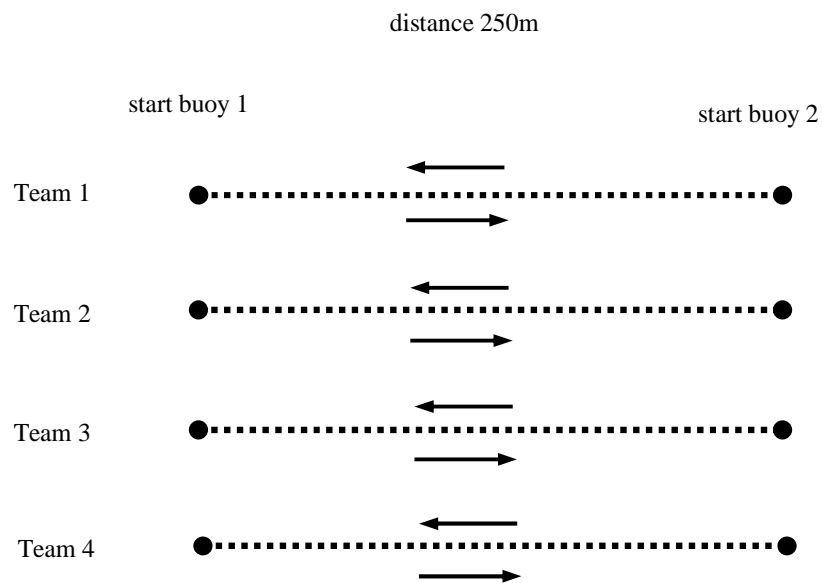
The competition is for minimum 2 teams (maximum 4 teams) with 4 competitors in one run.

The course consists of 2 starting buoys S1 and S2 for each team.

The distance between the 2 starting buoys is 250m. (see drawing)

The competitors 1 and 3 starts at the starting buoy 1. The competitors 2 and 4 starts at the starting buoy 2. Each competitor must find the other starting buoy, after this event the next competitor can start. The competition is a relay.

The ranking of the teams in this event is based on the speed. The time limit for the whole team is 15min. In case that a competitor found a wrong buoy the whole team is disqualified.



8.3.5. Team event (classic diver)

The competition is for minimum 2 teams (maximum 4 teams) with 4 competitors in one run.

The course consists of 2 starting buoys S1 and S2 for each team.

The distance between the 2 starting buoys is 100m. (see drawing above)

The competitors 1 and 3 starts at the starting buoy 1. The competitors 2 and 4 starts at the starting buoy 2. Each competitor must find the other starting buoy, after this event the next competitor can start. The competition is a relay.

The ranking of the teams in this event is based on the speed. The time limit for the whole team is 15min. In case that a competitor found a wrong buoy the whole team is disqualified.

8.3.6. Relay orienteering event, Special Competitions

At national and international orienteering events, the organisers can provide relay events over various distances as well as special competitions. The rules of these events must be clearly defined in the announcement. These must comply with the current general rules and specifically with the safety regulations. At World Cup competitions, the CMAS Chief Judge has to check this at the team manager's briefing prior to the competition.

9. Rank List

9.1. International abbreviations on the rank list

BRS	BRoke Surface
ETL	Exceeded Time Limit
OCA	Out of Competition Area
SBS	Start Before Signal
NST	Not STarted
WRB	Wrong Round Buoy
MFL	Missed Finish Line
ETB	Exceeded Time Buoy underwater
CDF	Change Direction last Fifty meters

Tables for the adjudication of underwater orienteering competitions

Table I: Points for precision at the finish line of the M-course and Team competitions.

Deviation from the centre (m)	Points
0	1000
1	935
2	878
3	825
4	776
5	731
6	690
7	653
8	620
9	591
10	566
11	545
12	528
13	515
14	506
15	501

Table II: Cut-off times and points for the 5-Point Course.

N° orienteering point	Distance (m)	Cut-off time	Points
1	80	04:00	200
2	180	08:00	300
3	300	11:00	600
4	450	13:00	950
5	650	15:20	1300

Table III: Cut-off times and points for the Star Course

No. of rounding buoy	No. of orienteering point	Cut-off time	Cumulative Points
I	1	04:00	75 275
II	2	8:00	350 550
III	3	11:00	625 825
IV	4	13:00	900 1100
V	5	15:20	1175 1375

Table IV: Cut-off times and points for the Team competition Version A

Buoy	Cut-off time	Points per competitor	Total points	
			4 comp	3 comp
A1 A2	06:00	150	600	450
B	11:00	250	1000	750
		Total	1600	1200
Finish	15:20	Table I + VI	x factor *	x factor **

Table V: Cut-off times and points for the Team competition Version B

Buoy	Cut-off time	Points per competitor	Total points	
			4 comp	3 comp
A1, A2, A3, A4		50	200	150
B1, B2	07:00	100	400	300
C	11:00	150	600	450
D		100	400	300
E		100	400	300
		Total	2000	1500
Arrivée	15:20	Tableau I + VI	x factor *	x factor **

	Factor *		Factor **
- 4 competitors finishing	0.75	- 3 competitors finishing	0.75
- 3 competitors finishing	0.30	- 2 competitors finishing	0.30
- 2 competitors finishing	0.15	- 1 competitors finishing	0.15
- 1 competitors finishing	0.05		

Table VI: Points for Speed

Min Sec	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00
0	1700	1340	1040	800	620	470	350	260	200	140	80	20
1	1694	1335	1036	797	617,5	468	348,5	259	199	139	79	19
2	1688	1330	1032	794	615	466	347	258	198	138	78	18
3	1682	1325	1028	791	612,5	464	345,5	257	197	137	77	17
4	1676	1320	1024	788	610	462	344	256	196	136	76	16
5	1670	1315	1020	785	607,5	460	342,5	255	195	135	75	15
6	1664	1310	1016	782	605	458	341	254	194	134	74	14
7	1658	1305	1012	779	602,5	456	339,5	253	193	133	73	13
8	1652	1300	1008	776	600	454	338	252	192	132	72	12
9	1646	1295	1004	773	597,5	452	336,5	251	191	131	71	11
10	1640	1290	1000	770	595	450	335	250	190	130	70	10
11	1634	1285	996	767	592,5	448	333,5	249	189	129	69	9
12	1628	1280	992	764	590	446	332	248	188	128	68	8
13	1622	1275	988	761	587,5	444	330,5	247	187	127	67	7
14	1616	1270	984	758	585	442	329	246	186	126	66	6
15	1610	1265	980	755	582,5	440	327,5	245	185	125	65	5
16	1604	1260	976	752	580	438	326	244	184	124	64	4
17	1598	1255	972	749	577,5	436	324,5	243	183	123	63	3
18	1592	1250	968	746	575	434	323	242	182	122	62	2
19	1586	1245	964	743	572,5	432	321,5	241	181	121	61	1
20	1580	1240	960	740	570	430	320	240	180	120	60	
21	1574	1235	956	737	567,5	428	318,5	239	179	119	59	
22	1568	1230	952	734	565	426	317	238	178	118	58	
23	1562	1225	948	731	562,5	424	315,5	237	177	117	57	
24	1556	1220	944	728	560	422	314	236	176	116	56	
25	1550	1215	940	725	557,5	420	312,5	235	175	115	55	
26	1544	1210	936	722	555	418	311	234	174	114	54	
27	1538	1205	932	719	552,5	416	309,5	233	173	113	53	
28	1532	1200	928	716	550	414	308	232	172	112	52	
29	1526	1195	924	713	547,5	412	306,5	231	171	111	51	
30	1520	1190	920	710	545	410	305	230	170	110	50	
31	1514	1185	916	707	542,5	408	303,5	229	169	109	49	
32	1508	1180	912	704	540	406	302	228	168	108	48	
33	1502	1175	908	701	537,5	404	300,5	227	167	107	47	
34	1496	1170	904	698	535	402	299	226	166	106	46	
35	1490	1165	900	695	532,5	400	297,5	225	165	105	45	
36	1484	1160	896	692	530	398	296	224	164	104	44	
37	1478	1155	892	689	527,5	396	294,5	223	163	103	43	
38	1472	1150	888	686	525	394	293	222	162	102	42	
39	1466	1145	884	683	522,5	392	291,5	221	161	101	41	
40	1460	1140	880	680	520	390	290	220	160	100	40	
41	1454	1135	876	677	517,5	388	288,5	219	159	99	39	
42	1448	1130	872	674	515	386	287	218	158	98	38	
43	1442	1125	868	671	512,5	384	285,5	217	157	97	37	
44	1436	1120	864	668	510	382	284	216	156	96	36	
45	1430	1115	860	665	507,5	380	282,5	215	155	95	35	
46	1424	1110	856	662	505	378	281	214	154	94	34	
47	1418	1105	852	659	502,5	376	279,5	213	153	93	33	
48	1412	1100	848	656	500	374	278	212	152	92	32	
49	1406	1095	844	653	497,5	372	276,5	211	151	91	31	
50	1400	1090	840	650	495	370	275	210	150	90	30	
51	1394	1085	836	647	492,5	368	273,5	206	149	89	29	
52	1388	1080	832	644	490	366	272	208	148	88	28	
53	1382	1075	828	641	487,5	364	270,5	207	147	87	27	
54	1376	1070	824	638	485	362	269	209	146	86	26	
55	1370	1065	820	635	482,5	360	267,5	205	145	85	25	
56	1364	1060	816	632	480	358	266	204	144	84	24	
57	1358	1055	812	629	477,5	356	264,5	203	143	83	23	
58	1352	1050	808	626	475	354	263	202	142	82	22	
59	1346	1045	804	623	472,5	352	261,5	201	141	81	21	

Rules for international championships in Underwater Orienteering

1. The championships will be organised according to the international orienteering rules and in compliance with the rules governing championships approved by the Sports Committee of CMAS.
2. CMAS will entrust the affiliated national federations (clubs) with the organisation of championships in accordance with the international sports calendar and the applications received. The principle of alternating the organiser must be observed.
3. The individual federations shall lodge their applications for organising championships two years beforehand with the Commission for Underwater Orienteering of CMAS. In this case it is to a very high degree left to them to finalise the programme. Championships will be held annually, world championships and continental championships in alternate years.
4. Each national federation will be represented by a team consisting of
 - 1 team manager,
 - 5 women,
 - 5 men,
 - 1 trainer,
 - 1 judge,
 - 1 doctor and
 - 1 technician.

Three men and three women respectively can compete for each nation in the individual events. In addition each team may enter one male and one female Junior competitor only in continental championship. The results of the Junior Competitions are not used in determining the overall (men and women) and national winners. The title of World Champion is also not awarded.

5. For a complete programme, the championships programme should contain the following events for men and women:
 - Competition No. 1: M course
 - Competition No. 2: 5-Point course-
 - Competition No. 3: Star competition
 - Competition No. 4: Parallel course
 - Competition No. 5: MONK competition
 - Competition No. 6: Team event, Version A or version B

The competitions are carried out according to the rules and points tables of the international orienteering rules.

The programme for an international championship should include at least

- an individual event (competition 1, 2 or 3),
 - the MONK competition
 - a team competition.
6. During international championships mixed teams (men and women) are not allowed to compete in the team event. It is allowed (see 10.) to fill up a team with Juniors, should a team not have enough competitors.

7. One or two days should be allowed before the start of the competition that can be used for acclimatisation and training. It is the duty of the organisers to ensure that the training is done according to the rules.
8. The competitions are run as individual and team competitions. Ranking is done separately for men and women:
 - Individual ranking for competitions 1, 2, 3 and 4.
 - Team ranking for the competitions 5 and 6.
 - Overall nations ranking (medal chart) of the national teams for the 6 events, men and women separately.
 - Nations ranking (medal chart) of the national teams for the 6 events, men and women together.

The nations ranking is based on the total number of gold, silver and bronze medals by the competitors in the individual competitions and in the team competitions.

9. The following awards are given at the championships:
 - the prizes and diplomas of CMAS for the winning teams.
 - gold, silver and bronze medals and diplomas of CMAS for the first three individual winners and for the first three teams in the team events.

Rules for international championships in Underwater Orienteering (juniors)

1. The rules for juniors are the same as for the common class in principle. Different rules are as follows.
2. Each national federation will be represented by a junior – team consisting of 1 team manager, 3 female juniors, 3 male juniors and 1 trainer. Two female juniors and two male juniors respectively can compete for each nation in the individual events.
3. Only individual competitions are taken into account for a championship for juniors. Adjudication is done separately for female juniors and male juniors.
4. Each female or male junior can be appointed in team competitions (MONK and team event) in the common class (seniors).
5. It is forbidden for juniors to start in two classes in individual competitions, if the championship takes place at the same time.
6. For a complete programme, the championships programme should contain the following events for female and male juniors:
 - Competition No. 1: M course
 - Competition No. 2: 5-Point course
 - Competition No. 3: Star competition
 - Competition No. 4: Parallel course
7. Junior competitors will start during the men's and women's events, but are ranked separately. Apart from the individual ranking in this category, a combined ranking of the results of all the individual events will be done. The title of Champion can not be awarded in this combined category, and the results are not taken into account for the ranking of overall national results.
8. The entry fees for juniors will be 50% of that for other competitors.

Note:

The CMAS Underwater Orienteering Commission can modify the rules for orienteering competitions. This, however, must be done at least one year before the championship takes place.

In order to promote the development of underwater orienteering, the organiser has the right to include an additional event not included in these rules in the competition.

The title of "European champion" or "World champion" cannot be awarded to the winner of an additional event that is included by the organiser in the championship programme.

The results of the competitors for this event are not taken into consideration for the nations' placing. The winner of this event will receive only the prizes provided by the organiser.

Rules for the World Cup in Underwater Orienteering

1. Aim

The World Cup for underwater orienteering is intended to develop and further underwater orienteering within national federations and clubs.

2. Competitions

- 2.1. A maximum of six competitions for the World Cup are to be organised each year.
- 2.2. A national federation may only organise one competition per year.
If less than 6 applications to present a World Cup competition are received in one year, more than one competition can be awarded to a single country. Nonetheless, the principle to award competitions to as many countries as possible is recommended.
- 2.3. Team and individual competitions are taken into account for the World Cup.
- 2.4. Men and women are always adjudicated separately for the World Cup. Mixed teams are included in the men's team competitions.
- 2.5. As for the World and Continental Championships, a Junior category may be included, but this is not obligatory for the organisers of a competition. A trophy is also not awarded in the junior category.

3. Participation

Only teams and individual competitors whose club or federation is a member of the sports committee of CMAS may take part in World Cup competitions.

The following are eligible to participate:

- a) National teams, one women's and one men's team per country. The number of participants depends on the rules of the specific competition. The entry forms for national teams must come from the national federation. The federation can also name a club team as the national team (must take into account the rules with respect to citizenship). A club team that participates as the national team will also be taken into consideration for the club adjudication.
- b) Club teams. The organiser of the competition determines the number of club teams. Several teams of one club may also take part.
- c) The organiser may limit the number of competitors. For each competition a minimum of 10 and a maximum of 20 teams are recommended at present.
- d) Individual competitors not more than 80 individual competitors should participate in the individual events.

4. Organisation

- 4.1. The competitions must comply fully with the international rules for orienteering competitions of CMAS.
- 4.2. Additional rules for a special competition may be specified provided that they do not contradict the rules stipulated in 4.1.
- 4.3. Countries or federations wishing to organise a World Cup competition must submit their application at the latest on June 30th of the previous year to the CMAS Secretariat (see: Procedures and Obligations For the organisation of Championships) and the President of the Commission for Underwater Orienteering.

- 4.4. The application must contain:
- Place and date of competition,
 - exact description of the events of the competition,
 - entry fees.
- 4.5. Each competition must consist of at least one team event and one individual event. When more competitions are included, only one will count for the World Cup. This, however, must be stipulated beforehand.
- 4.6. Only the M course, 5-point course and star competition according to the CMAS rules can be presented as individual competitions.
- 4.7. Federations and clubs that have been entrusted to organise a competition for the World Cup are obliged to send an announcement of the competition two months before the event starts to each national federation affiliated to CMAS that is active in the sport (cf.1.3.1.).
- 4.8. The organisers may stipulate in the announcement the maximum number of teams that will be allowed. This will be based on the recommended number of participants in these rules.

5. Adjudication: team competition

The adjudication of the

- women's national teams
- men's national teams
- women's club teams
- men's club teams

shall be carried out separately for each competition. It makes no difference how many teams start (e.g. when only one club team starts, it is to be taken; into account for the World Cup, provided that it has scored points). The 1st national team receives 16 points, the 1st club team 16 points, etc.

- 5.1. For the club adjudication, only the result of the best women's teams and the result of the best men's teams of a club for each competition are used to calculate the final club results.

5.2. Points for the teams for the World Cup

1st place	16 points
2nd place	13 points
3rd place	11 points
4th place	9 points
5th place	8 points
6th place	7 points
7th place	6 points
8th place	5 points
9th place	4 points
10th place	3 points
11th place	2 points
12th place	1 point

If two or more teams occupy the same place, each of them is awarded the points for this place. The subsequent place(s) will be skipped.

- 5.4. Only the worst result would not used for the final ranking.
- 5.5. In case of a tie, the 5th or if necessary the 6th best result is taken into account for the final ranking.
6. Adjudication: individual competition
- 6.1. The adjudication for women and men is carried out separately for each competition. It makes no difference how many women or men start (e.g. even if only one female competitor starts, she is placed as the 1st in the World Cup independent of her position in the competition, provided that she has scored points).

6.2. Adjudication for the individual events of the World Cup is done according to the following table:

1st	100 points	18th	42 points	35th	16 points
2nd	93 points	19th	40 points	36th	15 points
3rd	87 points	20th	38 points	37th	14 points
4th	82 points	21st	36 points	38th	13 points
5th	78 points	22nd	34 points	39th	12 points
6th	75 points	23rd	32 points	40th	11 points
7th	72 points	24th	30 points	41st	10 points
8th	69 points	25th	28 points	42nd	9 points
9th	66 points	26th	26 points	43rd	8 points
10th	63 points	27th	24 points	44th	7 points
11th	60 points	28th	23 points	45th	6 points
12th	57 points	29th	22 points	46th	5 points
13th	54 points	30th	21 points	47th	4 points
14th	51 points	31st	20 points	48th	3 points
15th	48 points	32nd	19 points	49th	2 points
16th	46 points	33rd	18 points	50th	1 point
17th	44 points	34th	17 points		

If two or more competitors are tied for position, each of them is awarded the points for this place. The following place(s) will be skipped.

- 6.3. Only the worst result would not used for determined the final ranking.
- 6.4. In case of a tie, the 5th or if necessary the 6th best result is taken into consideration for placing.

7. Jury

The overall jury for the World Cup is composed of the President of the Commission for Underwater Orienteering and of the CMAS Chief Judges for the World Cup competitions of that particular year.

8. Reports

The organisers of World Cup competitions are obliged to hand one programme and two copies of the results of the competition immediately after the end of the competition to the CMAS Chief Judge, who shall forward them to the President of the Commission for Underwater Orienteering, together with the competition report.

9. Prizes

The winning teams, both, women and men (national teams and club teams) as well as the individual winners (women and men) will receive the World Cup during the last competition of the World Cup series.

For the purchase of the cups, each organiser of a World Cup competition shall pay the sum of EUR100. This sum shall be handed over by the organisers to the CMAS Sport Commissioner for remittance to the account of the Commission for Underwater Orienteering. The total amount will be put at the disposal of the organisers of the last World Cup event.

APPENDIX 1: APPLICATION FOR A COMPETITION FOR THE CALENDAR

Name of the responsible Club

Name of the responsible person	Name & first name	<input type="text"/>	
	Address	<input type="text"/>	
	Phone	<input type="text"/>	Fax <input type="text"/>

Competition	Name	<input type="text"/>			
	Dates	<input type="text"/>	Place <input type="text"/>		
	Type	World Cup (Individual Event)		World Cup (Team Event 3)	
		World Cup (Team Event 4)			
		Dates	Time Start	Dates	Time Start
		M <input type="text"/>	5 point <input type="text"/>	Star <input type="text"/>	CMAS rules <input type="text"/> Relay <input type="text"/> Special event <input type="text"/>
Lodging	<input type="text"/>				
Entry fee	<input type="text"/>				

Agreement of the national federation

Name of the federation

Address of the federation

Place Date

President Name & First name

Signature Stamp

1 **APPENDIX 2: REQUEST FOR ENTRY**

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Name of the federation [Redacted]

7

Address of the federation [Redacted]

8

9 For the following competition

10

Name of the country or Club [Redacted]

11

12 We hereby declare that we are familiar with the rules for competition in Underwater Orienteering and that we will abide by them.

13

Place [Redacted]

Date [Redacted]

14

President **Name & First name** [Redacted]

15

Signature [Redacted]

Stamp [Redacted]

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APPENDIX 3: ENTRY FORM

Name of the Competition

The team from
Name of the country or federation

Enters the following participants to the abovementioned competition

		Name & First name	Birth date	Name of the club at which participant trains
W o m e n	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>
	5	<input type="text"/>	<input type="text"/>	<input type="text"/>
M e n	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>
	5	<input type="text"/>	<input type="text"/>	<input type="text"/>
Team manager		<input type="text"/>		
Trainer		<input type="text"/>		
Doctor		<input type="text"/>		
Judge		<input type="text"/>		
Technician		<input type="text"/>		

Place Date

President Name & First name

Signature Stamp

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APPENDIX 4: DECLARATION

Name of the competition 

I, the undersigned,

Name & First name of the athlete 


Member of the team 


declare

- *that I have sufficient training and experience to take part in the here above competition*
 - *that I am in perfectly good health which is confirmed by the medical certificate enclosed*
- and undertake*
- *to inform the organiser if any changes take place to my state of health either before or during the competition*
 - *to strictly comply with the rules of the competition and to abide by tge decisions of the judges.*

By signing this declaration, I relieve the organiser of any responsibility in the event of an accident resulting from training or during the competition.

Place 

Date 

Signature 

Last deadline for handing : on  / /

at  H

1 **APPENDIX 5: MEDICAL CERTIFICATE**

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3

Name of the competition [Redacted]

4
5 I, the undersigned,

6
7 **Name, first name and address of the Doctor** [Redacted]

8 Certify that

9
10 **Name, first name of the athlete** [Redacted]

Member of the team [Redacted]

11
12 Can participate in training and in the here above mentioned competition

13
14 **Place** [Redacted] **Date** [Redacted]

Signature [Redacted] **Stamp** [Redacted]

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1 **APPENDIX 6: REPORT OF THE C.M.A.S. CHIEF JUDGE**

2
3
4 **UNDERWATER ORIENTEERING**
5 **World Cup**

6 Year

7 1. Competition

Country	<input type="text"/>
City	<input type="text"/>
Date	<input type="text"/>

8
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11 2. Did the conditions implied in the invitation comply with actual conditions?

	Y E S	N O		Y E S	N O
Competition's general running	<input type="checkbox"/>	<input type="checkbox"/>	Correct start intervals	<input type="checkbox"/>	<input type="checkbox"/>
Respects of dates/times	<input type="checkbox"/>	<input type="checkbox"/>	Safety conditions satisfactory	<input type="checkbox"/>	<input type="checkbox"/>
Preparation satisfactory	<input type="checkbox"/>	<input type="checkbox"/>	Correct work of the boat teams	<input type="checkbox"/>	<input type="checkbox"/>
Correct briefing	Teams	<input type="checkbox"/>	Signals clear	<input type="checkbox"/>	<input type="checkbox"/>
	Judges	<input type="checkbox"/>	Time-keeping exact	<input type="checkbox"/>	<input type="checkbox"/>
Drawing lots correct	<input type="checkbox"/>	<input type="checkbox"/>	Evaluation of the results in accordance with CMAS rules	<input type="checkbox"/>	<input type="checkbox"/>
Training possibility before the competition starts	<input type="checkbox"/>	<input type="checkbox"/>	Official results ready on time	<input type="checkbox"/>	<input type="checkbox"/>
If NO, explain	<input type="text"/>		Overall impression calm	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="text"/>		Were there any protests	<input type="checkbox"/>	<input type="checkbox"/>
Course ready 2 hours before the 1 st competition	<input type="checkbox"/>	<input type="checkbox"/>	Sufficient medical assistance available	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	If NO, explain	<input type="text"/>	
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	Was the intervention of the chief Judge necessary	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	3. Overall evaluation		
	<input type="checkbox"/>	<input type="checkbox"/>			

1 Excellent	<input type="checkbox"/>	2 Very good	<input type="checkbox"/>	3 Good	<input type="checkbox"/>	4 Satisfactory	<input type="checkbox"/>	5 Not satisfactory	<input type="checkbox"/>
Reasons									
<input type="text"/>									

16 Place

17 Date

18 Name of the Chief Judge

Signature

19 Please include : 1 invitation
20 2 results list