



# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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# VARIABLE WEIGHT APNEA

# INTERNATIONAL RULES

# VERSION 2017/02

# CA-195

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## 1. SECTION-I

### DEFINITIONS

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#### 1.1.1 Apnea

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

#### 1.1.2 Competition, Event and Attempt

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

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

The term attempt designates the single action of the athlete.

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

#### 1.1.3 Variable Weight Apnea

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The Variable Weight Apnea is an event where the athlete must cover the vertical distance in apnea down to the declared depth with a guided ballast device and return back with his own power.

The event takes place in open water (sea or lake) and use of fins (bi-fins and monofin as separate competitions) or without fins depends on the type of the competition. When fins are used, they must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

In bi-fins competition it is not only the material but also the style of kicking the fins is essential (no dolphin kick is allowed except in 3 meters zone at the start and turning in outdoors and start and turning zones in indoors).

#### 1.1.4 Loss of Consciousness-Black Out

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

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

#### 1.1.5 Use of male pronoun

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In what follows the male pronoun will be used throughout. It goes without saying that

this is done solely in order to avoid awkward formulations and it is perfectly understood that all persons participating at a competition, with whatever role, may be of either sex.

### 1.1.6 Penalty

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Whenever a rule is violated in a way which does not entail a disqualification (these minor violations being defined in the corresponding articles) a general penalty is applied. The general penalty consists in subtracting five meters of the performance realized by the athlete. In case of early turn, a supplementary distance penalty is applied as described in article 3.1.3.6.

### 1.1.7 Violation of the rules

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

### 1.1.8 Competitions and record homologations

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

## **2. SECTION-II**

### **TECHNICAL GENERALITIES**

#### **2.1.1 Categories, Materials and Equipment for the Athletes**

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##### **2.1.1.1 Categories**

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

##### **2.1.1.2 Authorized material**

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

**2.1.1.2.2** The athlete can use his own weight.

**2.1.1.2.3** The athlete's number is affixed on the fins (above and/or below) if this is not an individual record attempt,

**2.1.1.2.4** Mask which should be transparent so that the judges be able to see the athlete's eyes. The mask must necessarily cover the eyes and the nose.

**2.1.1.2.5** Fluid goggles.

**2.1.1.2.6** Nose clip.

**2.1.1.2.7** The lanyard to be homologated before the attempt by the Technical Delegate.

**2.1.1.2.8** Diving computers/watches that the official ones should be on the each wrist and the personal ones anywhere on the body.

##### **2.1.1.3 Auxiliary equipment**

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

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

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

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

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

## 2.1.2 Setting up the Competition Area

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**2.1.2.1** The event preferably takes place on a uniform sea or lake bed, if possible sandy.

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

**2.1.2.3** All measurements must be verified and validated by the CMAS Technical Delegate.

**2.1.2.4** The Start Judge must have a microphone/megaphone for giving verbal orders.

**2.1.2.5** In order to assist the judges in their decisions an official video of the event should be present, recording all the protocols and if possible the attempt of the athlete at the surface and under the water.

## 2.1.3 Competition Area

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### 2.1.3.1 The Start Island

**2.1.3.1.1** Made up of a starting atoll that can be directly attached to a floating platform or a boat. It helps the athlete in his preparation phase for the dive.

**2.1.3.1.2** The atoll may be anchored at the bottom by the Performance Line.

**2.1.3.1.3** On the bottom, at the end of the Performance Line, a disk or alike for the distance marker is placed. The athlete must necessarily take the distance marker from that point.

### 2.1.3.2 In case of the anchoring the system;

**2.1.3.2.1** The anchoring may be constituted by objects, of a sufficient weight to guarantee total stability and verticality in accordance with the conditions of the marine meteorology (such as waves, currents, tides, etc.).

**2.1.3.2.2** It is necessary to have enough reinforcements to keep the system stable.

## 2.1.4 Warm-up Area

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**2.1.4.1** In the vicinity of the competition area it will be necessary to equip another area for the warm-up.

**2.1.4.2** The Warm-up Area is equipped similarly to equipment of the main competition area (except the guided ballast device) with a depth of max 40 (forty) meters.

**2.1.4.3** There is no need to anchor of the start island in this area.

**2.1.4.4** The Warm-up Area is equipped with a boat and a first aid assistant.

**2.1.4.5** It is reserved for the athletes who prepare themselves for the competition under the orders of the Warm-up Judge.

## 2.1.5 Performance Line and Guided Ballast Device

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**2.1.5.1** The diving Performance Line must be weighted in such a way that it remains as vertical as possible by anchoring or with a sufficient weight to guarantee total stability and verticality in accordance with the conditions of the marine meteorology (such as waves, currents, tides, etc.).

**2.1.5.2** The Performance Line is expected to be marked every 10 (ten) meters with a colour tape or pen indicating the distance from the distance marker point. The markings should not hinder the motion of the ballast device.

**2.1.5.3** The line must be positioned according to the depth declared by the athlete. and the Lanyard connected to it.

**2.1.5.4** For any reason if the Lanyard is removed the athlete is disqualified except in the case that there is a serious situation/problem with the lanyard which is certainly proven by video recording/streaming.

**2.1.5.5** At the end of the line, before the weight, the line must have a disc or alike to stop the guided ballast device within a reasonable limit to the distance marker to be taken by the athlete.

**2.1.5.6** If the organization decides that a distance marker is not necessary then the stop point of the ballast device should be adjusted so that a precise point of the athlete's body be on the goal depth. This should be ascertained by a depth meter or by the depth judge.

**2.1.5.7** The line is a part of a simple mechanical structure which in case of accidents allows for the person to be recovered in a short time and with an adjustable surfacing speed, without the need to use other divers. That system can be manual or automatic releasing mechanism.

The order to pull up the line is given by the Technical Delegate on indications provided by the cameras, by the depth judges and the chronometric time declared by the athlete.

**2.1.5.8** Another line could be installed near the main line, where a robot or an array of cameras fixed so as to cover the entire path of the athletes.

**2.1.5.9** And a third line with a reasonable distance from the competition line might be installed as the safety line for the scuba divers.

**2.1.5.10** Athletes shall be attached to the line with lanyard, at least one metre long, connected to the wrist, and at the other end equipped with a large size clip ring that runs along the Performance Line).

**2.1.5.11** The Guided Ballast Device is the device used to transport the athlete to the goal depth. This device must attain its downward movement under its own weight, which may not exceed 200% of the athlete's bodyweight. The device must run along the Performance Line. Its design is free, left to the organization and can be released (left) by the athlete during descending.

## 2.1.6 Distance Marker and the Measurement Instrument

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If the decision taken for the use of distance marker for the measurement;

**2.1.6.1** The distance marker will be at the disposal of each competitor.

**2.1.6.2** It will be made of the following parts: the distance marker on bottom of the Performance Line with a clothes-peg for being taken by the athlete.

Or by the decision of the organization it might be made of the following parts: the distance marker on bottom of the Performance Line with a steel spring-clips which is connected a marker, formed by a white Velcro writable plate for being ripped by the athlete.

**2.1.6.3** The distance marker must necessarily be taken by the athlete from the goal depth of the Performance Line to indicate the distance performed. Optionally if the ballast system is an lifter/elevator type the there will be no need to use distance marker then the depth recorded will be the one shown on the deepest one of two official depth meters that the athletes wear on their wrist.

**2.1.6.4** In case of failure to recover of the distance marker, the depth recorded will be the one shown on the deepest one of two official depth meters that the athletes wear on their wrist. The failure to recover the distance marker will lead to 5 (five) meters general penalty subject to the calculation done at article 3.1.3.6.

**2.1.6.5** Other systems of automatic electronic measurement which have been approved in advance by CMAS or have been assembled after a request by the organizing federation and approved by the main judge may be used.

**2.1.6.6** If the organisation decides that the distance marker is not needed to be taken then article 2.1.5.6 will be applied.

## 2.1.7 Pontoons or Boats

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**2.1.7.1** A pontoon or a boat of adequate dimensions should be located close to the start island to take the athletes participating in the competition.

**2.1.7.2** A second pontoon or boat of adequate dimensions must be located in the vicinity of the competition area for the activity of the judges and for the support of the services of assistance and first aid.

**2.1.7.3** It is indispensable that the pontoons and/or boats have anchoring independent from that of the competition areas.

**2.1.7.4** Apart from the boats at the disposal of the Technical Delegate and of the Doctor, it is necessary that there should be:

**2.1.7.4.1** One first aid boat with oars can be located in the competition area (this may be the same as the boat).

**2.1.7.4.2** Two boats for transport or rapid evacuation. At least one of these boats must at all times be in the area.

**2.1.7.4.3** One boat for the competitors who are waiting to take part.

**2.1.7.4.4** One support boat, for the assistants and equipment (this may be the same as the boat mentioned in).

## 2.1.8 Loss of Consciousness-Black Out

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

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

## 2.1.9 Athlete's Assistants

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

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

**2.1.9.3** Only the Technical Delegate can allow the coach to intervene in case of a technical problem.

## 2.2 The PANEL of JUDGES and the STAFF

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### 2.2.1 General

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**2.2.1.1** The judges and the staff must take their decisions in an autonomous manner and, unless there is a contrary indication in the regulations, independently of one another.

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

**2.2.1.3** Composition of the panel of Judges and the staff

The Panel is made up of

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

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

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

### 2.2.2 Technical Delegate

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

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

**2.2.2.3** His mission is:

- inspection of the competition installations,
- control and approval of the dossiers of the participants concerning their suitability to take part in the events,
- control and approval of the registration forms and the determination of the starting order,

- approval and signature of the classification before the publication of the results.

**2.2.2.4** He must ensure that the regulations and the decisions of CMAS are obeyed and he must resolve all the questions concerning the organization of the competition when the regulations do not provide any solution.

**2.2.2.5** He must ensure that all the necessary officials for the proper organization of the competition are at their respective positions. He may nominate replacements for absent judges, and substitutes for those who are incapable of carrying out their tasks or who turn out to be not up to the task. He may appoint supplementary officials if he judges this necessary.

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

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

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

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

**2.2.2.10** Through the monitor screen, the Technical Delegate views every instant of the athletes' diving and checks for any irregularities.

**2.2.2.11** The Technical Delegate, in case of accident, may give the order to pull up the line.

### **2.2.3 Competition Area Judge**

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

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

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

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

**2.2.3.5** He receives the notes on the rule violations observed by other judges with the possible proposition of a sanction or disqualification which he must put into effect.

**2.2.3.6** He receives the protests from the Team Representative of the participating teams.

**2.2.3.7** At the end of the events, he should;

**2.2.3.7.1** request the intervention of the Technical Delegate and the Competition Area Judges involved to examine the protests,

**2.2.3.7.2** apply the decisions taken by the Technical Delegate on the protests,

**2.2.3.7.3** draw up the definitive classification of his area of competition,

**2.2.3.7.4** forward the copy of the final classification to the Technical Delegate,

**2.2.3.7.5** responsible for the changes of the judges and the assistants of his zone.

## 2.2.4 Surface Judge

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

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

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

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

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

**2.2.4.6** The Surface Judge shall wear a yellow T-Shirt.

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

## 2.2.5 Depth Judge

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**2.2.5.1** If decided by the Technical Delegate to be used the Depth Judges are situated under the water, with the use of air or mixed gas tanks and with the equipment set down for scuba diving according to CMAS standards.

The depth judges are strongly advised to be equipped with full face masks with radio to communicate with the surface and give the order to pull up the line.

**2.2.5.2** The positioning of the deep judges are as follows;

**2.2.5.2.1** Up to 35 meters; one judge at 15 (fifteen) meters, one at 25 (twenty five) one at 35 (thirty five) meters.

**2.2.5.2.2** After 35 meters; one judge at every 15 (fifteen) to 20 (twenty) meters is to be

positioned. In case of low visibility that distance can be less.

**2.2.5.2.3** If the organization offers a system for the safety of the athletes without the depth judges after 35 (thirty five) meters and if that is approved by the Technical Delegate then there might be no need for those judges.

**2.2.5.3** He checks whether the athlete, when he arrives to the bottom, gets the distance marker. He also verifies that the athlete obeys the rules during the attempt under the water.

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

## **2.2.6 Warm-up Judge**

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

**2.2.6.2** He is responsible for the competitors and, on the basis of the starting order, he calls the athletes, passes them the official marker with the participant number, and puts them at the disposal of the starting judge.

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

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

## 2.2.7 Starting judge (Starter)

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

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

## 2.2.8 Technical and the Safety Judge

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

**2.2.8.2** He is located at the departure of the competition under the authority of the Technical Delegate.

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

**2.2.8.4** He is responsible for the installation of the course according to the plans published in the specific regulations. The use of boats, the placement of safety divers and the means of radio communication are also a part of his responsibilities.

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

## 2.2.9 Competition Secretary

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**2.2.9.1** He is responsible for checking the written results and the positions in each competition received from the Technical Delegate.

**2.2.9.2** He designates the assistant secretaries and directs their work.

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

**2.2.9.4** He verifies the result, signs the new records and puts them in the official report.

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

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

**2.2.9.7** The results and the records must not be forwarded to the secretary for distribution until they have been authorized by the Technical Delegate.

**2.2.9.8** He prepares the final report of the competition.

**2.2.9.9** If a press office exists, the competition secretary, upon permission of the Technical Delegate, provides all information about the competition for the media

## 2.2.10 Medical Assistance

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

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

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

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

- Small masks for artificial respiration mouth to mouth,
- Ambu-bag,
- A tank of oxygen with a regulator,
- Water and sugared drinks,

- Any other equipment at the doctor's discretion.

## 2.2.11 Safety Free Divers and Other Assistants

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**2.2.11.1** At least three Safety Free Divers will be located at the competition area and will meet the athlete at 15 (fifteen) to 35 (thirty five) meters depth and accompany him to the surface.

**2.2.11.2** Safety Free Divers are expected to be experienced enough for free diving and safety.

**2.2.11.3** Other assistants are appointed by the Organizing Committee for the competition and answer to the person responsible for assistance who establishes, together with the Technical Delegate, the different missions to be assigned to each particular assistant.

**2.2.11.4** They may collaborate:

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

**2.2.11.4.2** on the two fast boats for transport to land,

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

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

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

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

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

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

## 3. SECTION-III

### CONDUCTING the COMPETITIONS

#### 3.1.1 Start

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

**3.1.1.2** 30 (thirty) minutes before their start (of the last three minutes) they must be at the disposal of the Warm-up Judge who will so inform the Start Judge.

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

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

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

**3.1.1.6** The attempt begins when the starter informs the athlete to go to the Start Island.

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

**3.1.1.8** He will be reminded of the time by the starter;

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

**3.1.1.9** Start countdown must be announced in English in all international competitions.

#### 3.1.2 Descent

**3.1.2.1** The descent is vertical and straight along the rope stretched with the guided ballast device and that device can be released (left) by the athlete during descending.

**3.1.2.2** The athlete must start to dive that the guided ballast device and his body must be partially, to any extent, immersed in the water immediately prior to initiating the descent.

**3.1.2.3** The athlete must descend without holding or pulling on the rope.

### 3.1.3 Pick-up of the Distance Marker and the Measurement of the Performance

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In case of the decision taken for the use of distance marker for the measurement;

**3.1.3.1** When the athlete comes to the end of the Performance Line he can hold the rope with one hand and take the distance marker. Holding and pulling is allowed at the return zone which is two meters above and one meter below the stopper. Violation leads to general penalty.

**3.1.3.2** The failure to recover the distance marker will lead to general penalty.

**3.1.3.3** The final measurement of the depth will be the one declared for the marker. If the athlete returns earlier than the declared depth the recorded depth with the deepest one of two official depth meters which athletes wear on their wrist will be considered.

**3.1.3.4** if the athlete recovers the distance marker, the final performance=Depth declared.

**3.1.3.5** In case that the organization decides that the distance marker isn't needed to be taken then article 2.1.5.6 will be applied.

**3.1.3.6** If the depth reached (DR) is less than the depth declared (DD) the performance depth will be given by DR minus (DD-DR). The penalty here is distance penalty which is one meter penalty for each missing meter.

Final Performance = Depth Reached – Distance Penalty – General Penalty

e.g.

DD=100

DR=90

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

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

At the technical meeting, the athlete must provide the goal depth declaration and the chronometric time of his performance. The introduction of this second declaration is extremely important because, first, facilitate the resolution of problems related to ex aequo placing in the championship and secondly, to provide the Technical Delegate to the recovery of the athlete after which a certain parameter to take safety measures.

### 3.1.4 Ascent

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**3.1.4.1** The ascent starts from the point on the Performance Line where the athlete has taken his personal distance marker or attached to the Velcro prepared on diving suit.

**3.1.4.2** The athlete may ascend with helping himself by holding/pulling the rope.

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

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

**3.1.4.5** In case of loss of consciousness, as defined in article 2.1.8, before, during or after his effort, the athlete is BO.

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

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

**3.1.4.8** If the assistant of the athlete touches the life ring for helping the athlete before the whole protocol in article 3.1.4.10 is finished, the athlete is disqualified.

**3.1.4.9** In case of accidental touch, it is up to Technical Delegate appreciation to validate or invalidate performance.

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

**3.1.4.11** The athlete has to keep head over surface for 30s. The airways and equivalent level of the sides and back of the head must be over the water surface. If there is a wave, the decision is taken as in article 3.1.4.14.

**3.1.4.12** It's not forbidden only for the athletes to talk during the protocol.

**3.1.4.13** The OK sign has to be made in the direction of the Technical Delegate or surface judge which will be on the deck of the boat or to the surface judge who might be in the water also. The position of the Technical Delegate will also be indicated by an orange buoy or plate (in outdoor).

**3.1.4.14** For the surface protocol, 3 judges (surface judge, judge responsible from video, Technical Delegate) will be present and the final decision on the attempt will be given within 3 minutes after the completion of the attempt. If it is technically impossible to reach a decision within three minutes the Technical Delegate may decide to give the

decision at the end of the current competition, so as not to disrupt the competition's timing..

**3.1.4.14.1** After the surface protocol, if everything is ok (with depth judge and surface judge) Main judge will show the athlete a white card.

**3.1.4.14.2** If a yellow card is shown, athlete has to wait in the competition zone and judge will deliberate, they have maximum 3 minutes to give the final decision.

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

**3.1.4.15** Video arbitration is mandatory for international championship.

**3.1.4.16** For national competition, these three judges are not mandatory.

**3.1.4.17** Coaches, team members and spectators must remain calm and silent during athlete's surface protocol and recovery. In the violation of this, the decision is up to the Technical Delegate that he can suspend the people/team members from the competition area.

**3.1.4.18** Any time during that protocol, the athlete can give the distance marker to the Surface Judge.

### 3.1.5 Staging the Competition

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**3.1.5.1** The order for the attempts of the athletes will be obtained by the declaration (during the technical meeting before the competition) of the distance that will be attempted. The athlete with the deepest target will be the first to compete. If there are several athletes declaring the same depth the order of those are done with lottery by the Technical Delegate.

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

**3.1.5.3** In the case of a tie, the athlete who has approached closest to the chronometric time declaration will be ranked first and if the tie still continues then the athletes will be classified "ex aequo".