



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

**CMAS FREE DIVING
OUTDOOR
INTERNATIONAL RULES**

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1. GENERAL RULES

1.1 Generalities

1.1.1 Free Diving

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

1.1.2 Competition, Event and Attempt

The term **Competition** is used to indicate a Free Diving 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 in depth, measured in meters or feet.

1.1.3 Use of fins

1.1.3.1 The athlete may use a monofin or bi-fins (except for no-fin events).

1.1.3.2 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.

1.1.3.3 In bi-fins events, it is not only the fins that matters, but also the swimming style: no dolphin kick more than one (one cycle is up and down) is allowed except in the 3 meters zone at the turning zone.

1.1.4 Dolphin kick (in Free Diving)

1.1.4.1 A kick in which the legs move up and down together. The up and down motion constitutes one cycle.

1.1.5 Swimming (in Free Diving)

1.1.5.1 Propelling oneself through water using movements of the limbs.

1.1.6 Authorized Material

1.1.6.1 Mask, goggles or fluid goggles.

1.1.6.2 Nose clip.

1.1.6.3 Diving suit.

1.1.6.4 A lanyard to be homologated before the attempt by the Chief Judge.

1.1.6.5 Diving computers/watches. The organization will provide one official depth gauge. It should be placed on wrist and the personal ones anywhere on the body.

1.1.6.6 The athletes may use their personal weight. If a weight is used, the athlete must necessarily use it with a quick release system and must wear it over his clothing. In no case the athletes are allowed to have weights hidden under their clothing.

1.1.7 Categories

1.1.7.1 The official competitions are organized for men and/or women who are at least 18 years old. Athletes over 50 years can participate at Masters Category. They can compete in the same competition but will have a different classification. A Master athlete, if he wants, can ask for participation at Seniors category instead of Master.

1.1.8 Disciplines

1.1.8.1 Constant Weight

The Constant Weight **CWT** is a discipline where the athlete must cover the vertical distance in apnea down to the declared depth without any change in his weight during the whole attempt with or without fins. The event takes place in open water (sea or lake) and the use of fins (bi-fins and monofin/bi-fins as separate competitions) or without fins depends on the type of the competition.

1.1.8.2 Free Immersion

The Free Immersion **FIM** is a discipline where the athlete must cover the maximum vertical distance in apnea to a declared depth without using ballast or fins.

The event takes place in open water (sea or lake) and the athlete is allowed to pull on the Performance Line. The use of any mechanism even if the latter is activated by the muscles of the athlete is prohibited.

1.1.8.3 Variable Weight

The Variable Weight **VWT** is a discipline 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, leaving the ballast at depth.

The event takes place in open water (sea or lake) and use of fins (bi-fins and monofin/bi-fins as separate competitions) without fins depends on the type of the attempt.

1.1.9 Use of Oxygen

1.1.9.1 The use of oxygen is strictly forbidden before the attempt. 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.

1.1.9.2 The divers who will dive beyond -70 meters will have the permission to use the oxygen tank provided by the organizations. The use of oxygen will definitely be after the performance, at surface or maximum -5 meters for 5 min.

1.1.10 Loss of Consciousness-Black Out (BO);

1.1.10.1 If the athlete can not complete the Surface Protocol in the 20 seconds or need help, the athlete will be disqualified.

1.1.10.2 In case of loss of Consciousness-Black out at surface the athlete will be disqualified and has to be examined by doctor to be able to continue the competition the next day(s)

1.1.10.3 In case of underwater black out, the athlete will be disqualified and he will not be allowed to compete the next day. The athlete must be checked and have approval from doctor to continue the competition

1.1.11 Use of male pronoun

1.1.11.1 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.

1.1.12 Advertisement

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

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

1.1.13 Penalty

1.1.13.1 Whenever a rule is violated in a way precisely defined in the corresponding articles a general penalty is applied. The general penalty consists in subtracting one meter of the performance realized by the athlete. In case of early turn, one meter for each meter missing from declared depth, additional penalty is applied.

1.1.14 Violation of the rules

1.1.14.1 The violation of rules leads to disqualification from the event unless otherwise (penalty or general penalty) is specified at the corresponding article.

1.1.15 Competitions and record homologations

1.1.15.1 Competitions and record homologations are subject to the latest versions of “Procedures of Championships” and “Contract for Record Attempts” documents available on the CMAS website.

1.2 Protocols

1.2.1 Start protocol

1.2.1.1 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.

1.2.1.2 45 minutes before their start (of the last three minutes) they must be at the disposal of the Warm-up Judge who will inform the Starting Judge.

1.2.1.3 At the period of last 45 minutes prior his start, the athlete is allowed to go inside the water.

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

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

1.2.1.6 The attempt begins when the starter informs the athlete to go to the start point. The athlete will have three minutes to prepare himself to start dive.

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

- Last 3 minutes / 2 minutes / 1.5 minutes / 1 minute / 30s / 20s / 10s / 5, 4, 3, 2, 1 / Top Time / +10s / +20s / +25, 26, 27, 28, 29, 30.
- The athlete can start from Top Time to +30s (30s window). If the breathing airways are not in the water at the count of +30s, he will be disqualified.

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

1.2.1.9 The athlete is not allowed to start before the “Top Time”.

1.2.1.10 For any discipline the athlete can put his mouth under the water and can exhale or not, several times during warm up.

1.2.2 End/Surface protocol

- 1.2.2.1** At the end of the attempt, returning at the surface, during the count of 20 (twenty) seconds starting after immersion, the athlete must complete the Surface Protocol (OK Sign is the conventional underwater signal such as two fingers making a circle) to the direction of the Chief Judge
- 1.2.2.2** The athlete must stay afloat and keep the head over surface. The breathing airways and equivalent level of the sides (roughly from the middle of the ears) and continuing line through the back of the head must be over the water surface. If there is a wave, the decision is taken by judge.
- 1.2.2.3** For the Surface Protocol in CMAS International Competitions, there has to be a Chief Judge (assigned by CMAS), or Assistant Judge (assigned by CMAS to assist).
- 1.2.2.4** The judges will be present and give the final decision on the attempt within 3 (three) minutes after the completion of the attempt. If it is technically impossible to reach a decision within three minutes the Judge may decide to give the decision at the end of the current competition, so as not to disrupt the competition's timing.
- 1.2.2.5** The athlete will complete the Surface Protocol. in the direction of the boat or platform where are the judges..
- 1.2.2.6** The athlete can talk during the protocol.
- 1.2.2.7** The assistant of the athlete is not allowed to be in the area until the surface protocol finished,.
- 1.2.2.8** If the athlete is touched by the people from the organization accidentally, the decision on this acts whether it is help or not, will be made by the Chief Judge.
- 1.2.2.9** Video arbitration is mandatory for international championship.
- 1.2.2.10** People around 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 Chief judge that he can suspend the people/team members from the competition area.
- 1.3.2.12** Any kind of screaming or help from the athlete's national delegates, coaches or team members leads to the disqualification of the athlete.

1.2.3 The cards

The meaning of the cards is as follows;

- If everything is ok, the Judge will show the athlete a white card.
- If a yellow card is shown which means something may have gone wrong; there might be a penalty or DQ issue then the athlete has to wait in the competition zone and judge will deliberate, they have maximum 3 (three) minutes to give the final decision (if this 3 (three) minutes is not enough then they can give decision after the end of the competition).
- If a red card is shown, the performance is not validated (DQ).

1.2.4 Common issues for Descending and Ascending

1.2.4.1 Descent

1.2.4.2 The athlete's weight may never be abandoned by the athlete during the whole attempt.

1.2.4.3 The descent is vertical and straight along the Performance Line.

1.2.4.4 Ascent

1.2.4.5 The ascent starts from the point on the Performance Line where the athlete has taken the distance marker. At the end of the attempt, back on the surface, the athlete must complete the Surface Protocol.

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

1.2.4.7 Grabbing of the line during the dive is not allowed except the three meter return zone.

1.3.5 Staging and classification of the event

1.3.5.1 The start list will be made upon competition needs, taking in mind the environment conditions, safety recommendations and media requests. CmasTechnical delegate, Chief judge, Safety chief and organizer will cooperate for the start list

1.3.5.2 At world and continental competitions the program of disciplines will be as follows

Day 1 CWT

Day 2 FIM

Rest day

Day 3 CNF

Day 4 CWT BIFINS

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

1.3.5.4 In the case of a tie, the athletes will be classified "ex aequo"

1.3.5.5 In case of the declaration of the same depths, the chief judge will make drawing lots between athletes having declared the same depth to arrange the order.

1.4.3 Performance Line and the Lanyard

1.4.3.1 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.).

1.4.3.2 The Performance Line is expected to be marked as;

The marking of the performance line will be standardized. Places of the marks, beginning from the bottom:

- At 3 m. one thick mark
- Until 10 m. and at 10 m. one black thin (normal tape thickness) mark
- At 20 m. two black marks
- At 30 m. three black marks
- At 40 m. four black marks
- At 50 m. one thick red mark
- At 60 m. one thick red one black marks
- And so on so forth
- At 100 m. two thick red marks
- At 110 m. two thick red one black marks
- And so on so forth

1.4.3.3 At the end of the line, before the weight, the line must have a disc or something similar in order to stop the lanyard exactly at 1.5 (one and half) meter to the distance marker to be taken by the athlete.

1.4.3.4 The Performance Line must be positioned according to the depth declared by the athlete and the Lanyard with maximum 1.2 meter length connected to it.

1.4.3.5 The control of the lanyards will be done by the Judges before the competition by marking it with an appropriate way (a special tape and/or signature).

1.4.3.6 For any reason if the Lanyard is removed the athlete is disqualified except in the case where there is a serious situation/problem with the lanyard. This should be proven beyond all doubt by video recording.

1.4.3.7 The line is part of a simple mechanical structure (counter ballast) which in case of accidents allows 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 have a manual or an automatic releasing mechanism. The order to pull up the line is given by the Safety chief on indications provided by the cameras, by the depth judges and the chronometric time declared by the athlete.

1.4.3.8 Another line could be installed near the main line, where a robot or an array of cameras are fixed in such a way as to cover the entire path of the athletes.

1.4.3.9 The athletes shall be attached to the Performance Line with a Lanyard with maximum 1.2 (one and 20cm) meter length connected to the Free Diver and at the other end equipped with a large size clip ring that runs along the Performance Line.

1.4.4 Depth Marker and the Measurement Instrument

1.4.4.1 A Depth marker must be available for each competitor.

1.4.4.2 The depth marker (to be retrieved by the athlete) will be attached at the bottom of the Performance Line with a cloths-peg or connected by a Velcro which can be easily ripped by the athlete.

1.4.4.3 The depth marker must necessarily be taken by the athlete from the end of the Performance Line in order to indicate the distance reached.

1.4.4.4 In case of failure to recover of the depth marker, the depth recorded will be the one shown on the official depth gauge that the athletes wear on their wrist. The failure to recover the depth marker will lead to general penalty.

1.4.5 Athlete's Assistants

1.4.5.1 The athlete can have only one assistant at the warm-up area until the call of last three minutes. After the athlete starts the dive the assistant will leave the competition area but can stay in the warm-up area or within the area that Chief judge defined in the technical meeting.

1.4.5.2 If the assistant stays in the competition area, the judge will warn the assistant one time only. If he continues to stay in the competition area this violation leads to general penalty to the athlete.

1.4.5.3 Only the Chief Judge can allow the team representative to intervene in case of a technical problem.

1.4.6 Pick-up of the Depth Marker and the Measurement of the Performance

1.4.6.1 When the athlete reaches the end of the Performance Line, at return zone, he can hold the rope and take the depth marker. Holding and pulling is allowed at the return zone which is one and half meters below and one and half meters above the stopper (total of 3 meter).

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

1.4.6.3 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 will be the depth of the official depth gauge minus penalties.

1.4.6.4 If the athletes recover the depth marker, the final performance is equal to the depth declared.

1.4.6.5

If the depth reached (DR) is smaller than the depth declared (DD) the performance depth will be given by DR minus (DD-DR). The penalty here is a distance penalty equal to 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) - 1 (general penalty) = 79 meters

At the technical meeting, the athlete must provide the target depth declaration and the total time of his performance. The time is important for the safety of the athlete and the organizing of safety team.

2. SPECIFIC RULES FOR EACH DISCIPLINE

2.1 CONSTANT WEIGHT

2.1.1 Descent

2.1.1.1 The athlete must descend without holding or pulling the rope except in the return zone of three meters.

2.1.1.2 In early return, he can grab and pull just one time the Performance Line.

2.1.2 Ascent

2.1.2.1 The athlete must ascend without helping himself by holding or pulling the rope except in the return zone of 3 (three) meter.

2.2 FREE IMMERSION

2.2.1 Descent

2.2.1.1 The athlete may descend with or without holding or pulling the rope.

2.2.2 Ascent

2.2.2.1 The athlete may ascend with or without holding or pulling the rope.

2.3 VARIABLE WEIGHT

2.3.1 Guided Ballast Device

2.3.1.1 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. 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.

2.3.2 Descent

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

2.3.2.2 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.

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

2.3.3 Ascent

2.3.3.1 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 or if he is using a ballast device he can start the ascent when the device reaches the target point.

2.3.3.2 The athlete may ascend with helping himself by holding or pulling the rope if without fins and must not hold or pull the rope with fins (mono/bi-fins or bi-fins).

2.3.3.3 In early return, he can grab and pull just one time the Performance Line.