



**CMAS**

**CMAS OUTDOOR  
FREEDIVING  
INTERNATIONAL  
RULES**

**Version 2022/01**

**CA 218**

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## 1. GENERAL RULES

### 1.1 Generalities

#### 1.1.1 Freediving

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The term "Freediving" designates a sporting event in "Apnea" where the athlete holds his breath while keeping his airways below the surface of the water.

#### 1.1.2 Competition, Event and Attempt

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The term **Competition** is used to describe a gathering of Freediving competitors, and may be divided into several disciplines.

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

The term **Attempt** designates a single effort 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

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1.1.3.1 The athlete may use a monofin or bi-fins (except in 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 matter, but also the swimming style: no dolphin kick is allowed except for one (one cycle up and down) in the 3-meter zone of the turning zone.

#### 1.1.4 Dolphin Kick (in Freediving)

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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 Freediving)

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1.1.5.1 Propelling oneself through water using movements of the limbs.

#### 1.1.6 Authorized Material

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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 Watch/dive computer

1.1.6.5 A lanyard to be homologated before the attempt by the Judge.



**1.1.6.6** Dive computers/watches: The organization will provide one official depth gauge. It should be placed on the wrist and personal ones can be placed anywhere on the body.

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

## **1.1.7 Categories**

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**1.1.7.1** Official competitions are organized for men and/or women. The senior category corresponds to ages 18 to 49. Athletes who are at least 50 years old belong to the master's group, which is further subdivided into categories 50-54, 55-59, 60-64, 65-70 and over 70. Master athletes may, if they wish, compete in the senior's category. If a master athlete improves a masters' record while participating in the senior category this is recognized as a master's record. The age of an athlete is obtained by subtracting the year of birth from the year of the season. For example, in 2022 an athlete born in 2005 is  $(2022-2005=17)$  junior. An athlete born in 1963  $(2022-1963=59)$  belongs to the 55-59 master's group.

## **1.1.8 Disciplines**

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### **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 freshwater) 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**

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

The event takes place in open water (sea or freshwater) and the athlete is allowed to pull on the Performance Line.

### **1.1.8.3 Variable Weight**

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 freshwater) and use of fins (bi-fins and monofin/bi-fins as separate competitions) or without fins, depends on the type of attempt.



## **1.1.9 Use of Oxygen**

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**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 gas mixture with oxygen excess compared to ambient air will be immediately disqualified and will be subject to 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 dive beyond -70 meters will have the permission to use the oxygen tank provided by the organizations after the performance. The use of oxygen is limited to after the performance, at the surface, or maximum -5 meters, for 5 min.

## **1.1.10 Loss of Consciousness-Black Out (BO);**

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**1.1.10.1** If the athlete can not complete the Surface Protocol in 20 seconds or needs assistance, the athlete will be disqualified.

**1.1.10.2** In case of Loss of Consciousness/Black Out at the surface, the athlete will be disqualified and has to be examined by the 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 the doctor to continue the competition. Doctors' approval is needed for any other kind or problems during or after dive such as lung-trachea squeeze ear problems and any kind of dysbaric injuries or problems.

## **1.1.11 Use of male pronoun**

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**1.1.11.1** The male pronoun will be used throughout, solely in order to avoid awkward formulations. All persons participating in a competition, in any role, may be of either sex.

## **1.1.12 Advertisement**

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

Advertising is also allowed on the clothing, but nevertheless it should be 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**

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**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 of subtracting one meter from the performance realized by the athlete. In the case of an early turn, one meter additional penalty is applied for each meter missing from declared depth.

### **1.1.14 Violation of the Rules**

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

### **1.1.15 Competitions and Record Homologations**

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**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**

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**1.2.1.1** The athletes admitted to the competition must be present one hour prior to their top time at the boat or a place defined by the main judge such as in the warm-up area, which is situated near the competition area.

**1.2.1.2** 45 minutes before their start, they must be at the disposal of the Warm-up Judge who will inform the Starting Judge.

**1.2.1.3** In the period of the last 45 minutes prior his start, the athlete is allowed to go into the water.

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

**1.2.1.5** In the case of the existence of several competition lines at the same time, the starts 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 starting point. The athlete will have three minutes to prepare himself to start the 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 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 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**

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**1.2.2.1** At the end of the attempt, upon returning to the surface, during the count of 20 (twenty) seconds after the exit, the athlete must complete the Surface Protocol (give the OK Sign, the conventional underwater signal of two fingers making a circle) in the direction of the Chief Judge

**1.2.2.2** The athlete must stay afloat grabbing the rope and keep his head above the surface. The airways and equivalent level of the sides of the head (roughly around the middle of the ears) and continuing a line around the back of the head must be over the water's surface. If there is a wave, the decision is determined by the 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 the judges are.

**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 is finished.

**1.2.2.8** If the athlete is touched by people from the organization accidentally, the decision on whether this act is help or not, will be made by the Chief Judge.

**1.2.2.9** Video arbitration is mandatory for international championships.

**1.2.2.10** People around must remain calm and silent during athlete's surface protocol and recovery. In violation of this, the decision is up to the Chief judge, and 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

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The meaning of the cards is as follows:

- If everything is ok, the Judge will show the athlete a white card and the attempt is validated.
- If a yellow card is shown, this means something may have gone wrong - there may be a penalty or DQ issue and the athlete has to wait in the competition zone and judge will deliberate. The judges have maximum 3 (three) minutes to give the final decision. If these 3 (three) minutes are not enough then they can give decision at the end of the competition.
- If a red card is shown, the performance is not validated (DQ).
- World, Continental and National records are valid only with white card

### 1.2.4 Common Issues for Descending and Ascending

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#### 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 in the three-meter turn zone, or in the FIM discipline.

### 1.3.5 Staging and classification of the event

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1.3.5.1 The start list will be made depending upon competition needs, keeping in mind the environmental conditions, safety recommendations, and media requests. The CMAS delegate, Chief Judge, Safety Chief and organizer will cooperate to create 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

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**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 declaration of the same depths, the Chief Judge will do a drawing between athletes having declared the same depth in order to arrange the order.

### **1.4.3 Performance Line and the Lanyard**

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**1.4.3.1** The diving Performance Line must be weighted in such a way that it remains as vertical as possible, with 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.

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 and one black mark
- And so on and so forth...
- At 100 m. two thick red marks
- At 110 m. two thick red and one black mark
- And so on and so forth...

**1.4.3.3** At the end of the line, before the weight, the line must have a stopper or something similar in order to stop the lanyard at 1.5 (one and a half) meters from 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 a Lanyard with maximum of 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 in an appropriate way (a special tape and/or signature).

**1.4.3.6** If the Lanyard is removed for any reason, 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 release 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. A maximum 1.2-meter (one meter and 20cm) length lanyard is connected to the Freediver and at the other end, a large size clip ring that runs along the Performance Line.

#### **1.4.4 Depth Marker and the Measurement Instrument**

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**1.4.4.1** A Depth marker(tag) 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 Velcro which can be easily ripped by the athlete.

**1.4.4.3** The depth marker must 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 a general penalty.

#### **1.4.5 Athlete's Assistants**

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**1.4.5.1** The athlete can have only one assistant in 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 a 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 Performance Measurement

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

**1.4.6.2** The final measurement of the depth will be the declared if the athlete has the marker. If the athlete turns earlier than the declared depth, the recorded depth will be the depth of the official depth gauge minus penalties.

**1.4.6.3** 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 organization of the safety team.

## 2. SPECIFIC RULES FOR EACH DISCIPLINE

### 2.1 CONSTANT WEIGHT

#### 2.1.1 Descent

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**2.1.1.1** The athlete must descend without holding or pulling the rope except in the 3-meter turn zone.

**2.1.1.2** In an early turn, the athlete can grab and pull the Performance Line just one time.

## **2.1.2 Ascent**

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

## **2.2 FREE IMMERSION**

### **2.2.1 Descent**

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

### **2.2.2 Ascent**

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**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**

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**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 by the athlete during descent.

### **2.3.2 Descent**

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

**2.3.2.2** The athlete must start to dive where the guided ballast device and his body are 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**

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**2.3.3.1** The ascent starts from the point on the Performance Line where the device reaches the target point.

**2.3.3.2** The athlete may ascend by 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 an early turn, he can grab and pull the Performance Line just one time.

## 2.4 Outdoor Linear Dynamic

- 2.4.1** The event of Linear Dynamic takes place in open water (sea or lake) as competitions but not for WR attempts.
- 2.4.2** The event takes place in open water (sea or freshwater) and the use of fins (bi-fins and monofin/bi-fins as separate competitions) or without fins depends on the type of the competition
- 2.4.3** There will be two big buoys, one at start and the other at 50 meters firmly attached at the bottom.
- 2.4.4** A line marked every 5 meters will be at the surface connecting the two buoys.
- 2.4.5** The athlete has to follow a guide-line stretched at shallow depth, max at 4 meters depth.
- 2.4.6** The athlete must follow the guideline during the attempt from the starting point to the 50 mtr point and must make the turn overpassing out of the vertical line at each turn.
- 2.4.7** The distance marker will be at the disposal of each competitor. It will be a clothes-peg for each athlete to fix the distance marker on the guideline.
- 2.4.8** The distance marker must necessarily be fixed by the athlete to the guide line prior to his accent to indicate the distance performed.
- 2.4.9** The distance and the stretch of the line in the depth must be checked from CMAS Int judge.
- 2.4.10** The CMAS chief judge must be in the water to monitor the dive and the distance.
- 2.4.11** Safety divers must be placed every 20 mtrs following the athlete from the surface.
- 2.4.12** Start, end protocol and other details are as described at outdoor rules 2021.
- 2.4.13** No world records will be validated at Linear DYN.