

# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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**DYNAMIC APNEA**  
**(WITH OR WITHOUT FINS)**  
**INTERNATIONAL RULES**  
**VERSION 2010/02**  
**FINAL**

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## CONTENTS

<b>CONTENTS</b> .....	<b>2</b>
<b>1. SECTION-I</b> .....	<b>3</b>
<b>1.1 DEFINITIONS</b> .....	<b>3</b>
1.1.1 Apnea;.....	3
1.1.2 Dynamic Apnea; .....	3
1.1.3 Loss of Consciousness-Black Out; .....	3
1.1.4 Use of male pronoun.....	3
1.1.5 Penalty .....	3
1.1.6 Violation of the rules.....	3
<b>2. SECTION-II</b> .....	<b>4</b>
<b>2.1 TECHNICAL GENERALITIES</b> .....	<b>4</b>
2.1.1 Categories, Materials and Equipment for the Athletes.....	4
2.1.2 Setting up the Competition Area.....	4
2.1.3 Competition Area .....	5
2.1.4 Distance Marker and the Measurement Instrument.....	5
2.1.5 Warm-up Area .....	6
2.1.6 Loss of Consciousness-Black Out.....	6
2.1.7 Athlete's Assistants .....	7
<b>2.2 The PANEL of JUDGES and the STAFF</b> .....	<b>7</b>
2.2.1 General.....	7
2.2.2 Main Judge .....	7
2.2.3 Competition Area Judge.....	8
2.2.4 Surface Judge.....	9
2.2.5 Warm-up Judge .....	9
2.2.6 Technical and the Safety Judge .....	10
2.2.7 Competition Secretary.....	10
2.2.8 Medical Assistance .....	11
2.2.9 Other Assistants .....	11
<b>3. SECTION-III</b> .....	<b>12</b>
<b>3.1 CONDUCTING the COMPETITIONS</b> .....	<b>12</b>
3.1.1 Start.....	12
3.1.2 Descent .....	13
3.1.3 Horizontal Path .....	13
3.1.4 Ascent .....	13
3.1.5 Staging the Competition.....	14



## 1. SECTION-I

### 1.1 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 face below the surface of the water.

#### 1.1.2 Dynamic Apnea;

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

The event can be conducted in a swimming-pool or in open water and with the use of fins (bi-fins or monofin) or without. When fins are used, they must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

#### 1.1.3 Loss of Consciousness-Black Out;

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Loss of Consciousness (often referred to as "Black Out") is a serious situation where the athlete necessitates external assistance in order to stay afloat or stand. Loss of Consciousness must be distinguished from a loss of motor control (something commonly referred to as "samba").

#### 1.1.4 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.

#### 1.1.5 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 penalty is applied. It consists in subtracting 10 (ten) meters from the total distance of the athlete. The penalty is applied only once for the same rule violation.

#### 1.1.6 Violation of the rules

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



## 2. SECTION-II

### 2.1 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.

##### 2.1.1.2 Authorized material;

2.1.1.2.1 Bi-fins or monofin without restriction concerning the dimensions and the material,

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

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

2.1.1.2.4 Nose clip.

##### 2.1.1.3 Auxiliary equipment;

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

2.1.1.3.2 The athletes may use their personal weight. If a weight is used, the athlete must necessarily use it with a quick release button and to put on top of his clothing. In no case may the athletes have weights hidden under their clothing. Violation leads to penalty,

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, 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,

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 Competitions of dynamic apnea in swimming pools must take place in a 50



meters swimming pool, with a minimum depth of 1.40 (one point forty) meters and a minimum number of 6 (six) lanes.

**2.1.2.2** These measurements must be verified and validated by the CMAS Main Judge.

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

**2.1.2.4** Two competition areas may be installed in the same swimming pool. In this case the pool must be having at least 8 (eight) lanes.

**2.1.2.5** In order to assist the judges in their decisions an official video of the event should be present recording all performance of the athlete at the surface, and if it is technically possible, another one for the underwater part.

**2.1.2.6** On the edge of the swimming pool a mark should be placed indicating a distance of three meters after the start and after the turn.

### 2.1.3 Competition Area

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

**2.1.3.2** The competition lane must be the lane nearest to the pool's edge, in order to provide safety and allow rescue.

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

**2.1.3.4** The competition area to the right (left) of the side of the pool is made up of three lanes. The lane nearest to the edge of the pool is reserved for the competitor. The lane immediately to his left (right) is reserved to the assistance and the one to the left (right) may be reserved for authorized video operators and photographers.

**2.1.3.5** A "T" mark of at least 20 (twenty) cm width must be set out on the bottom of the swimming pool at a distance of two meters from the start and two meters before the turn.

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

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

### 2.1.4 Distance Marker and the Measurement Instrument

**2.1.4.1** A distance marker ballast will be at the disposal of each competitor. It will consist in a ballast of approximately 250 grams, in the shape of a parallelepiped which will fall to the bottom when the competitor drops it.

**2.1.4.2** The distance marker should be used even if the pool has a variation of depth. In case of difficulty in measuring the athlete's performance can be measured by the pool



side at the point where the head emerges from the water surface.

**2.1.4.3** In case of use of a laser meter for the measurement of the distance covered, there must be a reflector connected to a stick with min of three legs to be settled vertically with respect to the bottom of the pool during the measurement.

**2.1.4.4** The reflector for the laser must be over the water surface and the line of sight to the laser meter must as parallel to the pool bottom as possible in order to ensure an accurate measurement.

**2.1.4.5** The measurement with the laser must be repeated three times for each athlete. In case of three different measurements the middle one is selected as the performance distance.

**2.1.4.6** 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.

#### 2.1.5 Warm-up Area

**2.1.5.1** The rest of the lanes that are defined at article 2.1.3.4 are devoted to warm-up.

**2.1.5.2** The warm-up area is reserved for the athletes who prepare themselves for the competition under the orders of the Warm-up Judge.

#### 2.1.6 Loss of Consciousness-Black Out

**2.1.6.1** In case of Loss of Consciousness-Black Out, the responsible judge can decide whether the athlete needs assistance or not.

**2.1.6.2** Loss of Consciousness-Black Out leads to suspension from all events of the present competition, with a request to his Federation to submit the athlete to a medical examination before reinstatement in sporting competitions.

Communication to the doctor shall include the causes and circumstances of the accident occurring at the athlete.

**2.1.6.3** A loss of motor control (samba, not necessitating assistance), leads simply to disqualification of the athlete from the performance if he can't perform his post-event control by signaling OK.



## 2.1.7 Athlete's Assistants

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**2.1.7.1** Coaches and accompanying persons are not allowed to circulate on the poolside. Violation leads to exclusion from the area reserved to athletes.

**2.1.7.2** Only the main judge can allow the coach to intervene in case of a technical problem.

## 2.2 The PANEL of JUDGES and the STAFF

### 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 preparing and conducting the competition.

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

The Panel is made up of:

- main judge appointed, for the CMAS Championships, by CMAS,
- judge responsible for the competition area,
- surface judge,
- warm-up judge,
- technical and safety judge,
- competition secretary,
- medical assistance,
- other assistants.

**2.2.1.4** The Panel of Judges and staff, with the exception of the main judge is put in place by the organizer. It is entirely responsible for the preparing and the conducting the events.

### 2.2.2 Main Judge

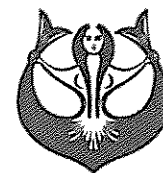
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**2.2.2.1** For CMAS Championships, the Main Judge is proposed by the Apnea Commission and appointed by the CMAS Executive Bureau.

**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 Main Judge 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 Main Judge may disqualify any athlete for any violation of the regulations that he personally observes or of which he is notified by other officials.

### 2.2.3 Competition Area Judge

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**2.2.3.1** The judge responsible for the area of competition must locate himself on the edge of the swimming pool.

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

**2.2.3.3** He authorizes the start of the 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 performance and marks the distance on the competition report.

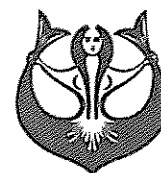
**2.2.3.5** He receives the notes on the rule violations observed by other judges with the possible proposition of a sanction or disqualification which he must put into effect.

**2.2.3.6** He receives the protests from the captains 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 Main Judge and the Area Judges involved to





examine the protests,

**2.2.3.7.2** apply the decisions taken by the Main Judge 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 Main Judge,

#### **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 follows the athletes during the entire performance and he continues to do so during the 5 (five) seconds just after surfacing and the 5 (five) seconds which follow during which the athlete must touch the yellow OK disk which marks the validity of the performance.

**2.2.4.3** He controls the measurement of the distance covered on the bottom by the athlete based on the distance marker and transmits the result through his assistant to the judge responsible for the competition area.

**2.2.4.4** If a laser meter is used he makes sure that the reflector of the laser corresponds precisely to the position of the distance marker at the bottom, for an accurate measurement.

**2.2.4.5** 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 Main Judge.

**2.2.4.6** He carries out his function at the edge of the swimming pool.

**2.2.4.7** The Surface Judge may wear a yellow long sleeve T-Shirt.

#### **2.2.5 Warm-up Judge**

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

**2.2.5.2** 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.

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

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



## 2.2.6 Technical and the Safety Judge

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

**2.2.6.2** He is under the authority of the Main Judge.

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

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

**2.2.6.5** 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.

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

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

## 2.2.7 Competition Secretary

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**2.2.7.1** He is responsible for checking the written results and the positions in each competition received from the Main Judge.

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

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

**2.2.7.4** He verifies the result, signs the new records and puts them in the official record. He ensures that the decisions of the Main Judge are put in the official record.

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

**2.2.7.6** The results and the records must not be forwarded to the secretary for distribution until this has been authorized by the Main Judge.

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

**2.2.7.8** If a press office exists, the competition secretary, upon permission of the Main Judge, provides all information about the competition for the media.



## 2.2.8 Medical Assistance

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**2.2.8.1** 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.

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

- One doctor who is a specialist in reanimation, who is responsible for the manifestation, and who is always in the competition area,
- An ambulance reserved for the competition area, with a doctor on board, which must be located on land, close to the Health Centre,
- An official hospital facility which must be easily accessible for the ambulance,
- A decompression chamber which is already alerted of the competition and has given its availability for emergency actions,
- The availability of sanitary transportation by helicopter is advisable.

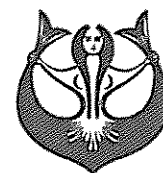
The assistants who occupy the first aid mission will be equipped with:

- 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.

## 2.2.9 Other Assistants

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



## 3. SECTION-III

### 3.1 CONDUCTING the COMPETITIONS

#### 3.1.1 Start

**3.1.1.1** The athletes admitted to the competition present themselves one hour before at the waiting room of the swimming pool in the area for warm-up situated near the competition area.

**3.1.1.2** There may be two competition areas if the pool is large enough and the staff suffices to handle this.

**3.1.1.3** 30 (Thirty) minutes before their start (of the last three minutes) the athletes must be at the disposal of the Warm-Up Judge who will so inform the Start Judge.

**3.1.1.4** Before the last 30 (thirty) minutes before his start the athlete is not allowed to go into the pool.

**3.1.1.5** The athletes for each competition area will start every 8 (eight) minutes at the qualification and 10 (ten) minutes at the finals.

**3.1.1.6** When two competition areas exist, the athletes do not start together in two areas but with a time shift of a minimum of three minutes.

**3.1.1.7** The event begins when the start judge informs the athlete that he must go to the start area.

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

**3.1.1.9** He will be reminded of the time by the starter:

3 more minutes,

2 more minutes,

1 more minute,

30 seconds,

10 seconds,

5 – 4 – 3 – 2 and 1 or an acoustic signal.

**3.1.1.10** An athlete who has not started at the count of 1 (one) or the acoustic signal, loses his right to pursue the event.

**3.1.1.11** During the last three minutes given to the athlete he may start at any time that



he feels ready.

### 3.1.2 Descent

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

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

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

### 3.1.3 Horizontal Path

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**3.1.3.1** During the rest of the horizontal path, only the equipment without any part of the body can get out of the water surface. Violation leads to penalty.

The emergence of the body and equipment but not the face is allowed in the 3 meters after the start and at all turns.

During the rest of the horizontal path, only the equipment without any part of the body can get out of the water surface. Otherwise it leads to penalty.

**3.1.3.2** During the horizontal path, the athlete must be within the competition lane. If he strays of the competition lane then a penalty is applied. Partial strays are allowed.

**3.1.3.3** When the athlete decides to come to the surface he must leave his distance marker ballast on the bottom of the swimming pool before his body is out of the water. If he doesn't drop the distance marker ballast then this leads to a penalty.

**3.1.3.4** If he wants to leave the distance marker ballast at the edges (start end turn walls) then first he must touch the wall and leave the distance marker ballast. Otherwise the measurement of the performance will be done from the point where the distance marker ballast is left.

**3.1.3.5** If he wants to leave the distance marker ballast just after turning at the edges (start or end turn walls) then first he must touch the wall then make a "U" turn and leave the distance marker ballast. Otherwise the measurement of the performance will be done as defined as in article 3.1.3.4.

### 3.1.4 Ascent

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**3.1.4.1** The athlete must not be helped or touched before the end of the effort, unless he is in difficulty.

**3.1.4.2** In case of loss of consciousness, as defined in article 2.1.6, before, during or



after his effort, the athlete is disqualified and all performances registered in previous attempts of the competition are cancelled.

**3.1.4.3** 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.

**3.1.4.4** If the assistant of the athlete touches the life ring for helping the athlete before the whole protocol in article 3.1.4.6. is finished (5+5+15 seconds), the athlete is disqualified.

**3.1.4.5** After the effort the athlete can hold the line of the lane, the edge wall and/or the life ring given to him.

**3.1.4.6** At the end of the performance, back on the surface, the athlete, after a count of 5 (1, 2, 3, 4, 5) seconds, must touch a yellow OK disc of a diameter of 30 centimeters which is at the end of a pole of a length of two-three meters which will be held for him by the Surface Judge. He must touch the disk during a second count of 5 (five-5, 4, 3, 2, 1) seconds. And during the next 15 (fifteen) seconds he must stay afloat (or stand) without necessitating external assistance.

**3.1.4.7** The Surface Judge manages the measurement of the distance marker ballast, informs of the validity of the attempt the arrival judge who in turn informs the secretariat.

**3.1.4.8** If a violation is signaled, the secretariat will indicate this by an asterisk noted beside the distance measured by the athlete. In this case, the recorded result will be provisional until the decision of the Main Judge.

### 3.1.5 Staging the Competition

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**3.1.5.1** The order for qualification of the athletes will be obtained by drawing lots at the technical meeting before the competition.

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

**3.1.5.3** All the qualified competitors up to the 8 (eighth) position in the provisional general classification are admitted to take part in the final.

**3.1.5.4** The performances registered in the qualifying round may not be used for the final classification, except for a tie-break, in case two equal performances are registered in the final.



### **3.1.5.5 Final,**

**3.1.5.5.1** The final is staged as a single attempt per athlete.

**3.1.5.5.2** The order of athletes is established based on their performances at the qualification stage: the highest performance competitor will make the attempt last.

**3.1.5.5.3** When all the finalists have made their attempt in the final, a classification is established and made public immediately.

**3.1.5.5.4** In the case of a tie, the performance in the qualifying round will be taken into account.

**3.1.5.5.5** If after having taken into account the two attempts made by the competitors, there is still a tie, the competitors will be given the same rank in the final general classification.