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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 an 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, measurable as a distance or time interval.

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 material that matters, but also the swimming style: no dolphin kick more than one (one cycle is up and down) is allowed except in a 3 meters zone at the start and turning zones.

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 or fluid goggles. The mask must be transparent for the judges to be able to see the eyes. Goggles can be in different colors only if the eyes of the athlete is clearly visible.

1.1.6.2 Nose clip.

1.1.6.3 Neoprene costume or diving suit.

1.1.6.4 A lanyard to be homologated before the attempt by the Technical Delegate.

1.1.6.5 Diving computers/watches. The organization will provide two official depth gauges. Both of them have to be worn during the freediver's attempt. They should be placed on each 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 may the athletes have weights hidden under their clothing. The athletes have the right to leave their weight during the attempt or the surface protocol unless the specific rules forbid this (only in VW).

1.1.7 Categories

1.1.7.1 The official competitions are organized for men and/or women who are minimum of 18 years old.

1.1.8 Disciplines

1.1.8.1 Constant Weight

The Constant Weight Free Diving 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 Free Diving 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 Free Diving 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.

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 competition.

1.1.8.4 Jump Blue

The Jump Blue is a discipline where the athlete must cover the maximum distance in apnea around a square of 15 (fifteen) meters side situated in a depth of 10 (ten) meters. The event takes place in open water (sea or lake) and the use of fins (bi-fins or monofin) is mandatory.

1.1.9 Use of Oxygen

1.1.9.1 Before the attempt 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.

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 maximum -5 meters and no longer than 5 minutes.

1.1.10 Loss of Consciousness-Black Out (BO);

1.1.10.1 Loss of motor control leads to disqualification if the athlete can't complete the Surface Protocol.

1.1.10.2 In case of loss of Consciousness-Black Out and/or if the responsible judge decides that the athlete needs help, he orders to the safety assistants to take the athlete out (at least the breathing airways). In these two cases, the athlete is declared in BO and leads to disqualification and suspension from the current event and the rest of 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 wearing of advertising on the fins and mask is authorized without restriction.

1.1.12.2 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 three meters of the performance realized by the athlete. In case of early turn, additionally one meter for each meter distance 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 The panel of judges and the staff

1.2.1 General

1.2.1.1 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.

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

1.2.1.3 Composition of the panel of Judges and the staff.

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

1.2.1.4 For world and continental competitions, the two judges are mandatory (Technical Delegate and surface judge) and they must be of different nationalities. Technical Delegate can not have the same nationality of the organizing committee.

1.2.1.5 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 events.

1.2.2 Technical Delegate

1.2.2.1 For CMAS Championships, the Technical Delegate is proposed by the Free Diving Commission and appointed by the CMAS Executive Bureau.

1.2.2.2 He has full control and authority over all officials within the limits defined in “Procedures of Championships”. He must approve their positions and give them instructions for the particular regulations concerning the competition.

1.2.2.3 His missions are defined in “Procedures of Championships”.

1.2.2.4 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.

1.2.2.5 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 it is necessary.

1.2.2.6 He authorizes the starter to give the starting signal after he has assured himself that all judges are in place and ready.

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

1.2.2.8 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.

1.2.2.9 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.

1.2.2.10 Only the Technical Delegate can allow the team representative to intervene in case of a technical problem.

1.2.3 Competition Area Judge

1.2.3.1 The judge responsible for the area of competition must locate himself close to the competition area the boat or floating platform.

1.2.3.2 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.

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

1.2.3.4 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.

1.2.3.5 He receives the protests from the captains of the participating teams.

1.2.3.6 At the end of the events, he should,

- request the intervention of the Technical Delegate and the Area Judges involved to examine the protests,
- apply the decisions taken by the Technical Delegate on the protests,
- draw up the definitive classification of his area of competition,
- forward the copy of the final classification to the Technical Delegate.

1.2.4 Surface Judge

1.2.4.1 Before the attempt, he verifies that the athlete is correctly wearing the two official depth gauges and that the lanyard is securely attached to the competition line.

1.2.4.2 The Surface Judge watches the athlete during the performance and he continues to do so during the 20 (twenty) seconds of surface protocol duration.

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

1.2.4.4 He controls the measurement of the distance covered and transmits the result through his assistant to the judge responsible for the competition area.

1.2.4.5 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 Technical Delegate.

1.2.4.6 The Surface Judge may wear a distinctive color T-Shirt.

1.2.5 Depth Judge

1.2.5.1 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.

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

1.2.5.3 The positioning of the deep judges are as follows: Up to 35 meters; one judge at 15 (fifteen) meters, one at 25 (twenty five) one at 35 (thirty five) meters.

1.2.5.4 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 smaller.

1.2.5.5 The depth judge if he can see from the point where he is checks whether the athlete, when he arrives at the bottom, gets the distance marker. He also verifies that the athlete obeys the rules during the attempt under the water.

1.2.5.6 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 new assistants to dive to replace their colleagues.

1.2.5.7 If the organization offers a system for the safety of the athletes without the depth judges and if that is approved by the Technical Delegate then there might be no need for those judges.

1.2.6 Warm-up Judge

1.2.6.1 The Warm-up Judge is located at the entrance of the warm up area

1.2.6.2 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.

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

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

1.2.7 Safety Judge

1.2.7.1 He is responsible for the observation of the safety requirements and the technical problems of the competition.

1.2.7.2 He must take care of all the necessary material for the good realization of the events.

1.2.7.3 He is responsible for the installation of the different competition zones according to the plans published in the specific regulations.

1.2.7.4 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.

1.2.8 Starting judge (Starter)

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

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

1.2.8.3 The starter must have a microphone/megaphone for giving verbal orders.

1.2.9 Time-keepers

1.2.9.1 They record the times of the athlete for whom they are responsible. They use stop watches approved by the main time-keeper or Technical Delegate.

1.2.9.2 They must not reset their stopwatches to zero before the main time-keeper or Technical Delegate tells them “stopwatches to zero”.

1.2.9.3 The head time-keeper assigns the line to the time-keepers. There must be one to two time-keepers per line. They are responsible for substituting the time-keepers whose stopwatch failed during the event, or who, for any reason, cannot measure the time.

1.2.9.4 The head time-keeper receives, from all time-keepers, the timing cards, checks the entries and stopwatches if necessary. He records and checks the official time of the timing card for each athlete.

1.2.9.5 He forwards the times recorded for each athlete to the secretary.

1.2.10 Competition Secretary

- 1.2.10.1** He is responsible for checking the written results and the positions in each event received from the Technical Delegate.
- 1.2.10.2** He designates the assistant secretaries and directs their work.
- 1.2.10.3** He prepares all the material of the secretary's office as well as the documentation necessary for the competition.
- 1.2.10.4** He verifies the result, signs the new records and puts them in the official record. He ensures that the decisions of the Technical Delegate are put in the official record.
- 1.2.10.5** He transmits the results concerning the podium places and the composition of the finals.
- 1.2.10.6** The results and the records must not be forwarded to the secretary for distribution until this has been authorized by the Technical Delegate.
- 1.2.10.7** He prepares the final report of the competition.
- 1.2.10.8** If a press office exists, the competition secretary, upon permission of the Technical Delegate, provides all information about the competition for the media.

1.2.11 Medical Assistants

- 1.2.11.1** 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.
- 1.2.11.2** The medical assistants are appointed by the Organizing Committee and they are responsible for controlling the event at the medical level. 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 is always present 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,
 - 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,
- An oxygen tank equipped with a regulator,
- Water and sugared drinks,
- Any other equipment at the doctor's discretion.

1.2.12 Safety Free Divers and Other Assistant Judges

1.2.12.1 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.

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

1.2.12.3 The deepest safety free diver is expected to use a sea scooter if available.

1.2.12.4 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.

1.2.12.5 They may collaborate:

- on the first aid boat located at the centre of each competition area,
- on the two fast boats for transport to land,
- on the boat for the competitors who are waiting to participate in the event under the orders of the warm up judge,
- with the Surface Judge: they must take the marker of the distance covered by the athlete who has completed his event and bring it to the Technical Delegate,
- 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,
- with the function of boatman on each boat in the competition areas,
- providing help on the first aid boats, possibly with underwater equipment,

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

1.2.13 Other Assistants

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

1.3 Protocols

1.3.1 Start protocol

1.3.1.1 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.

1.3.1.2 30 (thirty) minutes before their start (of the last three minutes) they must be at the disposal of the Warm-up Judge who will inform the Starting Judge.

1.3.1.3 Only at the period of last 30 (thirty) minutes before his start, the athlete is allowed to go inside the water.

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

1.3.1.5 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.

1.3.1.6 The attempt begins when the starter informs the athlete to go to the Start point. The athlete will then have three minutes to prepare himself to immerse. If the start point is free from the previous athlete, the athlete may come there earlier by asking the surface judge.

1.3.1.7 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 is disqualified.

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

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

1.3.1.10 For any discipline the athlete can put his mouth under the water and can exhale or not for maximum of 3 (three) seconds, several times for a kind of warm up.

1.3.2 End/Surface protocol

1.3.2.1 At the end of the attempt, back on the surface, during the count of 20 (twenty) seconds beginning after immersion, the athlete must complete the

Surface Protocol (OK Sign of the conventional underwater activities such as first two fingers making a circle and others rising up) to 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. The position of the Technical Delegate will also be indicated by an orange buoy or plate.

1.3.2.2 Stay afloat, holding the line without necessitating external assistance. If there is a wave, the decision is taken as in article.

1.3.2.3 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.

1.3.2.4 For the Surface Protocol in CMAS International Competitions, there has to be a Technical Delegate (assigned by CMAS), a Surface Judge (assigned by CMAS to assist to the Technical Delegate) and National Judge responsible of video observation. In other competitions (private, national, etc.) Main Judge and Surface Judge will be enough.

1.3.2.5 They 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 Technical Delegate may decide to give the decision at the end of the current competition, so as not to disrupt the competition's timing.

1.3.2.6 Technical Delegate or Surface Judge will not move around the performance line, the athlete will turn and find the judge and make the Surface Protocol. Surface Judge should stay in the direction of the boat if there is one.

1.3.2.7 The athlete may talk during the protocol.

1.3.2.8 The assistant of the athlete is not allowed to touch the life ring or buoy for helping the athlete before the whole protocol in article 1.3.2.1 is finished,.

1.3.2.9 If the athlete is touched by the people from the organization accidentally, the last decision on this act whether it is help or not, will be made by the Technical Delegate.

1.3.2.10 Video arbitration is mandatory for international championship.

1.3.2.11 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 Technical Delegate that he can suspend the people/team members from the competition area.

1.3.2.12 But if any kind of screaming or help of the athlete's national delegates, coaches or team members leads to the disqualification of the athlete.

1.3.3 The cards

The meaning of the cards is as follows;

- If everything is ok (with surface judge), the Technical Delegate 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).

1.3.4 Common issues for Descending and Ascending

1.3.4.1 Descent

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

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

1.3.4.4 Ascent

1.3.4.5 The ascent starts from the point on the Performance Line where the athlete has taken the distance marker.

1.3.4.6 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.

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

1.3.4.8 In case of loss of consciousness (black-out), as defined in article 1.1.8.2 before, during or after his effort, the athlete is disqualified.

1.3.4.9 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.

1.3.4.10 The athlete must come to the life ring or the Performance Line using his own strength and without the help of assistants.

1.3.4.11 The assistant of the athlete is not allowed to touch the life ring for helping the athlete before the whole protocol in article 3.1.4.10 is finished.

1.3.4.12 At the end of the attempt, back on the surface, the athlete must complete the Surface Protocol as defined in article 1.3.

1.3.5 Staging and classification of the event

1.3.5.1 There will be two start lists for Man and Women separately and Women start first their attempts (unless otherwise is agreed in the technical meeting).

1.3.5.2 The start list might be determined on the basis of the best times or distances obtained in one sports season until the date of championship given by the federation with a signed official letter at the technical meeting. The remaining athletes will be ranked according to their declaration in the technical meeting.

1.3.5.3 The first start lists are for the athletes who are not in the Top 8 (eight) list which is defined by the best performances. The declared

times/distances can never be in a position better than the Top 8 (eight). This order might be changed according to the requirements by the Technical Delegate.

1.3.5.4 The athletes with the shortest time or the shorter distance will compete first while the athlete with the longer time or longer distance will compete last.

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

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

1.3.5.7 In case of the declaration of the same depths, the athletes having declared the same depth will be summoned by the Technical Delegate and asked them to change their declarations. In this case, they will be allowed to declare their target distances with the precision of 10 centimeters.

Example;

	1st athlete	2nd athlete	3rd athlete
1st round of declarations	100 m.	100 m.	100 m.
2nd round of declarations	100.70 m.	100.80 m.	100.90 m. (first to dive)

1.3.5.8 If there are still several athletes declaring the same distance the order of those is fixed then Technical Delegate will make drawing lots.

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

1.3.5.10 In the case of a tie the athletes will be classified "ex aequo".

1.3.5.11 And in case of WR, (suppose 100 m. will be the new WR), 3rd athlete will have the title with 100 m.

1.3.5.12 The new declarations may be less and greater than the previous declarations. And it can be greater than 101 and so on. These athletes will not see the rest of the declarations until the problem is solved.

1.3.5.13 Therefore, 1st place 3rd athlete, 2nd place 2nd athlete, 3rd place 1st athlete.

1.4 Setting up the Competition Area

1.4.1 Generalities

1.4.1.1 The competitions preferably take place on a uniform sea or lake bed, if possible sandy.

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

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

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

1.4.1.5 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.

1.4.2 Competition Area

1.4.2.1 The competition area is located around the performance line.

1.4.2.2 On the bottom, at the end of the Performance Line, is placed a disk or something similar on which the distance marker is affixed.

1.4.2.3 Anchoring the competition area;

1.4.2.3.1 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.).

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

1.4.3 Warm-up Area

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

1.4.3.2 The Warm-up Area is equipped similarly to the main competition area with a depth of maximum 40 (forty) meters.

1.4.3.3 There is no need to anchor the start point in this area.

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

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

1.4.4 Performance Line and the Lanyard

1.4.4.1 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.).

1.4.4.2 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

1.4.4.3 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.

1.4.4.4 The Performance Line must be positioned according to the depth declared by the athlete and the Lanyard with maximum 1.5 (one and half) meter length connected to it.

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

1.4.4.6 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.

1.4.4.7 The line is 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 have a manual or an 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.

1.4.4.8 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.

1.4.4.9 And a third line, safety line for the scuba divers, must be installed at a reasonable distance from the competition line.

1.4.4.10 The athletes shall be attached to the Performance Line with a Lanyard with maximum 1.5 (one and half) 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.

1.4.5 Distance Marker and the Measurement Instrument

1.4.5.1 A distance marker must be available for each competitor.

1.4.5.2 The distance marker (to be retrieved by the athlete) is fixed at the bottom of the Performance Line with a clothes-peg or connected by a Velcro which can be easily ripped by the athlete.

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

1.4.5.4 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 athlete wears on their wrist. The failure to recover the distance marker will lead to general penalty subject to the calculation done at article 1.4.8.

1.4.5.5 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 Technical Delegate may be used.

1.4.6 Pontoons or Boats

1.4.6.1 A pontoon or a boat of adequate dimensions should be located close to the competition area to take the athletes participating in the competition.

1.4.6.2 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.

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

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

- One first aid boat with oars located in the competition area (this may be the same as the boat).
- Two boats for transport or rapid evacuation. At least one of these boats must at all times be in the area.
- One boat for the competitors who are waiting to take part.
- One support boat, for the assistants and equipment (this may be the same as the boat mentioned in).

1.4.7 Athlete's Assistants

1.4.7.1 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 but can stay in the warm-up area or within the area that Technical Delegate defined in the technical meeting.

1.4.7.2 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.

1.4.7.3 Only the Technical Delegate can allow the team representative to intervene in case of a technical problem.

1.4.8 Pick-up of the Distance Marker and the Measurement of the Performance

1.4.8.1 When the athlete comes to the end of the Performance Line he can hold the rope and take the distance 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).

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

1.4.8.3 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 deepest one of two official depth meters that athletes wear on their wrist.

1.4.8.4 If the athlete recovers the distance marker, the final performance is equal to the depth declared.

1.4.8.5 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) - 3 (general penalty) = 77 meters

At the technical meeting, the athlete must provide the target depth declaration of the chronometric time of his performance. The introduction of this second declaration is extremely important because it helps the Technical Delegate in the recovery of the athlete allowing him to take safety measures once the declared time is exceeded.

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 Assent

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 in without fins and mustn't 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.

2.4 JUMP BLUE

2.4.1 Setting the competition

2.4.1.1 The event must take place on a uniform sea or lake bed, preferably sandy, if possible of a constant depth of maximum 15 (fifteen) meters.

2.4.1.2 The zone should have: Length: 15 (fifteen) meters, Width: 15 (fifteen) meters, Depth: 10 (ten) meters and should be visible from the surface.

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

2.4.1.4 These measurements must be verified and validated by the CMAS Technical delegate.

2.4.1.5 A tolerance of 5 (five) to 15 (fifteen) meters maximum is admitted for the sea bed where the horizontal competition area is located.

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

2.4.2 Distance marker

2.4.2.1 The distance marker will be at the disposal of each competitor. It will be made of the following parts: a clothes-peg for the athlete to fix the distance marker on the Performance Line, a writable plate with maximum size of 5x10 centimeters on the back of which will be the official participant number and an optional small buoy connected to the peg and plate to add buoyancy to the whole.

2.4.2.2 The distance marker must necessarily be fixed by the athlete to the Performance Line to indicate the distance performed.

2.4.2.3 The depth judge will be responsible for measuring the distance covered by the athlete and will write it on the back of the distance marker fixed by the athlete on the Performance Line.

2.4.2.4 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 Technical delegate may be used.

2.4.3 Descent

2.4.3.1 The athlete may use a weight prepared by the organization, with a maximum weight of three kg or/and use his own to optimize his buoyancy in the various situations of water temperature.

2.4.3.2 After his descent, the weight given by the organization must be abandoned before or after the athlete has touched the 30 (thirty) centimeters diameter disc (fixed on the rope at 10m depth, at the vertical of the start buoy). After touching the disc, he can continue his attempt. Failure to do this leads to disqualification.

2.4.3.3 The organization's weight will be recovered by the assistant at the surface.

2.4.3.4 If the athlete is using his own weight, it can not be modified during the performance

2.4.3.5 The descent is vertical and straight along the rope stretched between the Start Island and the start of the Performance Line of the square horizontal course located on the bottom.

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

2.4.4 Horizontal path

2.4.4.1 When the athlete has come to the Performance Line, he will commence the horizontal course by following, on the outside and going in a clockwise direction, the rope in the direction of the second corner and then to successive corners, so as to cover, according to his abilities, the longest distance possible. Violation of this leads to disqualification.

2.4.4.2 The competitor may never move out of the competition area, cut the corners from the inside or help himself by pulling on the rope.

2.4.4.3 When he decides to come up, the athlete must fix his official distance marker on the Performance Line.

2.4.4.4 A badly fixed marker, which falls to the sea bottom, is considered to be invalid.

2.4.4.5 If the marker breaks during the fixing or drops because of fin's touch, the decision of the validity of the attempt is left to the Technical delegate (after watching the video and/or listening to the other judges).

2.4.4.6 During the fixing of the distance marker the athlete can hold the rope but never pull on the rope so as to increase his distance.

2.4.4.7 While fixing the marker the hand with the marker must be behind the hand holding the rope. Doing otherwise leads to a penalty.

2.4.5 Ascent

2.4.5.1 The ascent starts from the point on the Performance Line where the athlete has fixed his personal distance marker.

2.4.5.2 The athlete must ascend without helping himself by holding or pulling the rope.

2.4.5.3 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.

2.4.5.4 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.

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