



FEDERATION LIB/O00



CMAS FREEDIVING INDOOR INTERNATIONAL RULES Version 2018/07 CA-204

1. GENERAL RULES

1.1 Generalities

1.1.1 Free Diving 1.1.1.1 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

1.1.2.1 The term competition is used to indicate a Free Diving meeting, which may comprise several disciplines.

1.1.2.2 The term event indicates each of the contests making up a competition. 1.1.2.3 The term attempt designates the single action of the athlete.

1.1.2.4 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 goggles. The mask or goggles must be transparent for the judges to be able to see the eyes,

1.1.6.2 Nose clip.

1.1.6.3 Neoprene costume or diving suit.

1.1.6.4 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.

1.1.7 Categories

1.1.7.1 The official competitions are organized for men and/or women who are minimally 14 years old.

1.1.8 Disciplines Dynamic

1.1.8.1 Dynamic is a discipline where the athlete aims at covering the maximal horizontal distance by keeping the body below the surface of the water in apnea with DYN or DYN BF or without fins DNF.

1.1.8.2 This discipline can be conducted in a swimming-pool or in open water and with the use of fins (bi-fins and monofin/bi-fins as separate competitions) or without.

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.

1.1.10 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. In the case of dynamic free diving the general penalty consists in subtracting 3 (three) meter from the performance realized by the athlete. In the case of speed-endurance events the general penalty is equal to 10 % of the final time.

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 latest versions of "Procedures of Championships" and "Contract for Record Attempts" documents available on the CMAS website.

1.3 Protocols

1.3.1 Start protocol

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

1.3.1.2 Thirty (30) 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.

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 5 (five) minutes minimum.

1.3.1.5 In the case of existence of several competition lanes the competition will start at the same time.

1.3.1.6 The attempt begins when the start judge informs the athlete that he must go to the start area.

1.3.1.7 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.

1.3.1.8 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 (except in Speed and Endurance). 1.3.1.9 The athlete is not allowed to start before the "Top Time".

1.3.1.10 In speed-endurance disciplines, the time keepers start the chronometers at the " Top Time".

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

1.3.2 End/Surface protocol

1.3.2.1 At the end of the attempt the athlete can use the bottom of the pool to push to go to the surface.

1.3.2.2 When he is 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 who will be on the deck of the pool or to the surface judge who might be in the water at the direction of the Technical Delegate.

1.3.2.3 He is not allowed to hold or touch with the aim of having support/help from the edge and he must stay afloat, holding the lane line without necessitating external assistance.

1.3.2.4 Accidental touch (not hold), just for one time for maximum 3 (three) seconds is up to the decision of Technical Delegate.

1.3.2.5 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.

1.3.2.6 During the protocol, the athletes' head (as defined above) can not be in contact with the lane line or with any part of body such as hands, arms etc. to get support/help from. If it is the case, the judge will ask the safety assistant to hold/help the athlete which leads to "BO" decision.

1.3.2.7 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.

1.3.2.8 Two judges (Technical Delegate and surface judge) will be present and final decision on the performance will be given 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.

1.3.2.9 The athlete can talk during the protocol but not the athlete's assistant. 1.3.2.10 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.

1.3.2.11 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.

1.3.2.12 Video arbitration is mandatory for international championship.

1.3.2.13 People around and spectators must remain calm and silent during athlete's surface protocol and recovery. In the violation of this, the Technical Delegate can decide to evict the people/team members from the competition area.

1.3.2.14 But 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;

1.3.3.1 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 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)

2. SPECIFIC RULES FOR DYNAMIC

2.2 Conducting the competition

2.2.1 Start

2.2.1.1 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.

2.2.1.2 The athlete must start touching the wall of the pool with any part of the body or the fins (any part of the fins) and begin the phase of apnea before he has disconnected from the wall. He is allowed to touch the wall after breathing airways are immersed if he was not in contact with the wall during immersion.

2.2.1.3 The athlete must necessarily touch the edge of the swimming pool at each turn with a part of his body or the fins (any part of the fins).

2.2.2 Horizontal Path

2.2.2.1 During the performance, the equipment or any part of the body, but not the breathing airways can get out of the water surface.

2.2.2.2 The athlete must stay within the competition lane. If the full body is out of the competition area then a general penalty is applied. Partial strays are allowed.

2.2.2.3 The final performance is measured from the point where the breathing airways are out of water.

2.2.2.4 If he wants to get out of water at the edges (start end turn walls) then 3 cases are possible:

- If the breathing airways are out before the athlete touches the wall, the measurement of the performance will be done from the point where the breathing airways are out of water and the final performance will be lower than the multiple of the pool length.
- If the athlete touches the wall and goes out, then the final performance will be an exact multiple of the pool length (i.e. 150m, 200m, etc... in 50m pools or 125m, 150m or 175m for example in 25m pool.)
- If the athlete touches the wall, make a complete "U" turn with the shoulders and then emerges, the measurement of the performance will be done from the point where the breathing airways are out of water and the final performance will be higher than the multiple of the pool length.

2.2.3 Ascent

2.2.3.1 At the end of the attempt, the official assistants may give the athlete, when he comes to the surface, a buoy which will help the athlete to recover while he holds it.

2.2.3.2 For his performance to be validated, the athlete must realize the End/Surface protocol as defined in article 1.3.2

2.2.3.3 The athlete must not be helped or touched for any reason or in any way before the end of the surface protocol, unless he is in difficulty.

2.2.3.4 In case of loss of consciousness, as defined in article 1.1.10, before, during or after his effort, the athlete is declared in BO.

2.2.4 Classification

2.2.4.1 If the realized distance (RD) is less than the declared distance (DD), a distance penalty of one meter per meter difference will be applied and added to the general penalty. The distance penalty is equal to DD minus RD (DD-RD). The final performance will be calculated as follows:

- Final Performance = Realized Distance – Distance Penalty – General Penalty
- For example, an athlete has announced 102 m and realized 91m during the competition:
- DD=102 m
- DR=91m
- Distance penalty is (DD-DR) = 102-91= 11 meters
- Final performance will be 91 - 11 (distance penalty) - 3 (general penalty) = 77 meters

2.2.4.2 In the case of a tie, the athletes will be classified “ex aequo”.