

# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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## **SPEED-ENDURANCE APNEA**

## **INTERNATIONAL RULES**

### **VERSION 2011/01**

### **CA FINAL**





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## 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 Speed-Endurance Apnea

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Speed-Endurance apnea is an event where the athlete aims at covering a fixed distance at the minimum possible time. The event is conducted in a swimming-pool and is swum in fractions of a pool length alternating apnea swimming with passive recovery at the pool's ends.

The event is swum with the use of fins (bi-fins or monofin) or without fins. If the fins are used the fins 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.

The typical distances of speed-endurance apnea are 100 m and 400m but competition on other distances may be organized, including relays.

#### 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 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 (in case of competition with fins).

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

**2.1.1.2.3** 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.

**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 Competition Area**

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**2.1.2.1** CMAS championships of speed-endurance apnea in swimming pools must take place in a 25 and 50 meters swimming pool, with a minimum depth of 1.40 (one point forty) meters and a minimum number of 8 (eight) lanes.

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

**2.1.2.3** One lane out of two is used for the competition while the remaining lanes are reserved to assistant safety judges who ensure security. So in case of 8 lanes 4 lanes will be for the competition heats and other four lanes are reserved for safety divers.

**2.1.2.4** 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.

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

**2.1.2.6** For speed-endurance apnea events the athletes may dive from the starting blocks or be already in the water.

**2.1.2.7** In the latter case the athlete must have a contact with the pool wall up to the starting signal and immerse his head within the first two meters of his race.

**2.1.2.8** .

### **2.1.3 Warm-up Area**

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**2.1.3.1** A warm-up area must be provided for athletes in an auxiliary swimming pool. If this is not possible then a warm-up session must be organized in the main pool. The maximum allowed time between the end of the warm-up and the start of the last heat is 15 (fifteen) minutes.

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

### **2.1.4 Loss of Consciousness-Black Out**

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

**2.1.4.2** 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.

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



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

#### **2.1.5 Athlete's Assistants**

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

**2.1.5.2** 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,
- competition area judge,
- warm-up judge,
- starter,
- lane and turning judges,
- time-keepers
- finish judges
- 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 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

**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 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.

**2.2.3.5** He receives the protests from the captains of the participating teams.

**2.2.3.6** At the end of the events, he should,

**2.2.3.6.1** request the intervention of the Main Judge and the Area Judges involved to examine the protests,

**2.2.3.6.2** apply the decisions taken by the Main Judge on the protests,

**2.2.3.6.3** draw up the definitive classification of his area of competition,

**2.2.3.6.4** forward the copy of the final classification to the Main Judge,



#### 2.2.4 Warm-up Judge

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**2.2.4.1** The Warm-up Judge is responsible for the competitors and manages the warm-up of the athletes in the warm-up area.

**2.2.4.2** He checks that the competitors wait for their turn and on the basis of the starting order, he calls the athletes and puts them at the disposal of the starting judge.

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

#### 2.2.5 Starter

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**2.2.5.1** He has complete authority over the athletes from the moment the main judge has handed over the control of the race to him and until the start of the race.

**2.2.5.2** The starter must indicate to the main judge any athlete who delays the start, refuses to respect an order or does not behave correctly during the starting procedure.

**2.2.5.3** He has the right to decide whether the start is correct or not. If he thinks that the start is not proceeding correctly, he must recall the athletes.

**2.2.5.4** The starter can anticipate the start when he judges that an athlete exaggeratedly delays taking up his starting position.

**2.2.5.5** The position of the starter when he gives the starting signal must be on the side of the pool. The time-keepers and all participants should be able to hear him clearly.

**2.2.5.6** He coordinates the evacuation of the pool at the end of each event.

#### 2.2.6 The Lane and Turning Judges

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**2.2.6.1** They are nominated for each lane by the main judge.

**2.2.6.2** They must check whether the athlete has carried out his turn according to the rules.

**2.2.6.3** At the arrival of the athlete, they present him the yellow OK disc.

**2.2.6.4** They report any rule violation to the main judge.

#### 2.2.7 The Finish Judges

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**2.2.7.1** There are two or more finishing judges (which are not allowed to be time-keepers at the same time).

**2.2.7.2** They are positioned directly over the finishing line from where they can have at all times a good view of the swimming lane and the finishing line.

**2.2.7.3** They establish the classification of the athletes and they hand it over directly to



the main judge.

**2.2.7.4** The finishing judges' decisions take precedence over the classification given by the manual stopwatches (but not over a correctly functioning automatic time-keeping system).

**2.2.7.5** The decisions of the finish judges cannot be appealed if they are unanimous. If the arrival judges' decisions are not unanimous, it is the main judge who decides on the placing.

## **2.2.8 Time-Keepers**

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**2.2.8.1** They record the times of the athletes for whom they are responsible. They use stop watches approved by the main time-keeper or main judge.

**2.2.8.2** At the signal for the start the time-keepers start their stopwatches and stop them when the athlete has touched the finishing pad. Immediately after the event they must write the time displayed by their stopwatches on the timing card which they hand over to the main time-keeper. At the same time they show their stopwatches for control.

**2.2.8.3** They must not reset their stopwatches to zero before the main time-keeper or main judge tells them "stopwatches to zero".

**2.2.8.4** They are responsible for the recording of the intermediate times in races of more than 100 meters' distance.

**2.2.8.5** Their task is also to check that the turns and the finish are in accordance with the rules.

**2.2.8.6** The head time-keeper assigns the lanes to the time-keepers. There must be one to three time-keepers per lane. If the automatic timing is not employed, there must be two additional time-keepers. They are responsible for substituting the time-keepers whose stopwatch failed during the event, or who, for any reason, cannot measure the time.

**2.2.8.7** 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.

**2.2.8.8** He forwards the times recorded for each athlete to the secretary.

## **2.2.9 Technical and the Safety Judge**

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

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



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

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

**2.2.9.5** 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.

**2.2.9.6** A sufficient number of assistants must be in the water: one in the lane next to each competition lane.

**2.2.9.7** Two other assistants must at the edge of the pool in order to assist, if necessary, the athletes when they come to the surface.

#### **2.2.10 Competition Secretary**

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

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

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

**2.2.10.4** He verifies the result, signs the new records and puts them in the official record.

He ensures that the decisions of the Main Judge are put in the official record.

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

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

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

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

#### **2.2.11 Medical Assistance**

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**2.2.11.1** 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.

**2.2.11.2** 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 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.

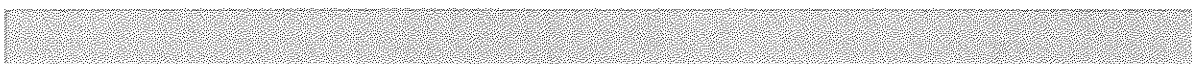
The assistants who occupy the first aid mission will be equipped with:

- 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.

#### 2.2.12 Other Assistants

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**2.2.12.1** 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 Organization of the Heats and Finals

**3.1.1.1** The speed and endurance apnea competitions are organized in heats and final. Heats and finals may contain up to 4 competitors.

**3.1.1.2** For CMAS Championships a final A (with the four best athletes in the preliminary heats) and a final B (with athletes in positions from 5 to 8 in the preliminary heats) are organized.

**3.1.1.3** The classification is separate for the two finals: athletes of the final A will occupy the first four places in the final classification even if their times are worse than those of the athletes of the B final. As a consequence, only athletes from final A can pretend to a place on the winners' podium.

**3.1.1.4** The starting positions for all events must be decided in the following manner: the best times in competition of all registered athletes during the last 12 months, before the deadline for entry to the competition, must be submitted on the entry form. The athletes who do not submit their time must be considered to be the slowest and must be placed at the end of the list. Drawing lots will place athletes who have achieved identical times or athletes without time. The athletes must be placed in lanes following the procedures below.

**3.1.1.5** Races with time classification (direct final);

**3.1.1.6** The allocation of the lanes is carried out in such a way that the fastest competitor or the fastest team is placed in the centre lane if there is an odd number of lanes. For swimming pools with even number of lanes the fastest athlete gets the lane to the right of the middle lane. The competitor with the second fastest time is placed on his left. The other competitors take alternate places to right and left.

**3.1.1.7** Races with preliminary heats;

**3.1.1.8** Athletes should be placed in the preliminary heats according to the entry times as follows: the organizer determines the heats according to the number of participants and the number of pool lanes. If there is only one heat it must be distributed as a final and should take place only when finals are planned. If there are two heats, the fastest competitor must be placed in the second heat, the following in the first, the following in the second, the following in the first etc. If there are three heats, the fastest competitor will be placed in the third heat, the following in the second, the following in the first and so on. if there are four or more heats, the last three heats of the event will be seeded in



accordance with the above rules. The heat that precedes the last three must be made out of the athletes following the fastest; the last heat preceding the fourth last ones must be made out of the following competitors, etc.

#### **3.1.1.9 Finals;**

**3.1.1.9.1** When the preliminary heats have taken place, the lanes for the final are determined based on the time obtained in the preliminary heats following the above procedure. The four plus four best times of the qualifying heats are qualified for the finals A and B.

**3.1.1.10** When an athlete does not wish to participate to a final the athlete following in the classification is admitted as a replacement. The allocation of lanes for the final is computed again and new starting lists are published.

### **3.1.2 Starting Procedure**

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**3.1.2.1** Athletes must put on their suits and goggles in the waiting room, so that they just have to put on their fins or monofin once on the poolside.

**3.1.2.2** The starting dive may be made from a starting block or taken in the water.

**3.1.2.3** At the beginning of each event, the main judge must signal to the athletes by a series of brief whistles that they must prepare. Then, the athletes have 2 (two) minutes to get ready. A large clock is placed on the side of the swimming pool so as to be easily visible by the athletes. By a long whistle, the athletes take position on the starting blocks or in the water. The athletes and the officials are ready for the start. The main judge gives a signal to the starter, with the arm stretched to indicate that the athletes are under the control of the starter.

**3.1.2.4** At the longer whistle of the main judge the athletes get on the starting block or grab the pool wall. If they wish, the athletes may already stand on the starting blocks or be already in contact with the pool wall. When the starter says "take your marks", the athletes immediately must take the starting position and stand still. When athletes are all still, the starter gives the starting signal.

**3.1.2.5** The starting signal must be explained before the competition.

**3.1.2.6** There is a false start when one (or more) competitor(s) dive or move before the starting signal.

**3.1.2.7** The decisions of the starter or of the main judge on false starts are final and cannot be appealed.

**3.1.2.8** All athletes anticipating the start will be disqualified. If the starting signal has been given before announcing any disqualification, the race continues and the athletes who have anticipated are disqualified at the end. If the disqualification is announced before the starting signal then the signal must not be given, the athletes who remain in



the race are recalled and the starter gives again the starting signal.

### **3.1.3 Swimming Style**

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**3.1.3.1** The swimming style is free.

**3.1.3.2** While in apnea the face of the competitor must be submerged during the whole distance and may break the surface (at the end of the race or at each stop) only after the athlete has touched the wall.

**3.1.3.3** If electronic timing equipment is used the competitor must touch the finish touch pad.

**3.1.3.4** The competitor must touch the wall with a part of his body or his fin when turning.

**3.1.3.5** The time of recovery between successive apneas (every 50 m of 25 m depending on the length of the swimming pool) in an Speed-Endurance event is free.

**3.1.3.6** The race is stopped three minutes after the arrival of the first athlete. The number of pools correctly swam in apnea is registered and may be used for the classification of the athlete.

**3.1.3.7** Any athlete crossing his lane or who hinders another athlete by any other means will be disqualified.

**3.1.3.8** At the end of the event, the athlete, in contact with the pool wall, 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 held for him by the lane 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 Classification**

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**3.1.4.1** If in the same event several competitors touch the wall simultaneously they are awarded the same rank in the official classification. For identical times at a 1/100 of a second achieved in different heats this rule is equally valid.

**3.1.4.2** If a decision must be taken regarding the qualification for a final, it is the best result of a classification race that will be decisive.

**3.1.4.3** Such swim-off can take place not less than one hour after the athletes involved have completed their heat.

**3.1.4.4** When competitors have identical times, but the order has been decided by the finishing judge or by the main judge, the decision on this order determines also the qualification to the finals.



**3.1.4.5** The competitor who is not participating in the swim-off for the final A is automatically placed on the 5th place or, in case of swim-off for a final B, in the 9th place.

**3.1.4.6** If a competitor is disqualified during or after an event, the disqualification must be recorded in the official protocol but no time or place shall be recorded.

**3.1.4.7** In case of disqualification in a final A (B) the competitor is classified 4th (8th).

**3.1.4.8** If the athlete does not cover the full distance, by his own decision or because the race has been stopped, the number of pools correctly swam by an athlete is registered and may be used for the classification of the athlete.