



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

CONSTANT WEIGHT APNEA

(WITH OR WITHOUT FINS)

INTERNATIONAL RULES

VERSION 2010/03

CA170





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1. SECTION-I

1.1 DEFINITIONS

1.1.1 Apnea

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 Constant Weight Apnea

The Constant Weight Apnea is an event where the athlete must cover the vertical distance in apnea down to the declared depth without any change in his weight during the whole performance with or without fins.

The event takes place in open water (sea or lake) and the use of fins (bi-fins or monofin) or without fins depends on the type of the competition. 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

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

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

Whenever a rule is violated in a way which does not entail a disqualification (these minor violations being defined in the corresponding articles) a general penalty is applied. It consists in subtracting 5 (five) meters from the total distance of the athlete and one meter in case of failure of reaching the declared depth calculated as described at article 3.1.3.6.

1.1.6 Violation of the rules

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

2.1.1.1 Categories

2.1.1.1.1 The official competitions are organized for men and/or women with a goal depth and a performance chronometric time (approximate time for the main judge's plan for safety and also to be considered at a tie) declaration at the technical meeting.

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) if this is not an individual record attempt,

2.1.1.2.3 Mask which should be transparent so that the judges be able to see the athlete's eyes. The mask must necessarily cover the eyes and the nose.

2.1.1.2.4 Fluid goggles.

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 a weight of their own without restrictions. They must necessarily use it with a quick release button and to put it on their clothing. Violation leads to disqualification.,

2.1.1.3.3 In no case may the athletes have weights hidden under their clothing,

2.1.1.3.4 For all competitions and international championships, the wearing of advertising on the fins and mask is authorized without restriction,

2.1.1.3.5 Advertising is also allowed on the clothing, nevertheless it is made clear that when international championships take place, athletes are obliged to present themselves for ceremonies in the official apparel of their national team,

2.1.1.3.6 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

- 2.1.2.1** The event preferably takes place on a uniform sea or lake bed, if possible sandy.
- 2.1.2.2** The competition site must be marked by buoys or a structure consisting of a boat or floating pontoon suitable for the purpose.
- 2.1.2.3** All measurements must be verified and validated by the CMAS Main Judge.
- 2.1.2.4** A tolerance of 5 (five) meters maximum is admitted for the sea bed where the vertical line is located.
- 2.1.2.5** The Start Judge must have a microphone for giving verbal orders.
- 2.1.2.6** 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 under the water.

2.1.3 Competition Area

2.1.3.1 The Start Island

- 2.1.3.1.1** Made up of a starting atoll that can be directly attached to a floating platform or a boat. It helps the athlete in his preparation phase for the dive.
- 2.1.3.1.2** The atoll may be anchored at the bottom by the guide rope.
- 2.1.3.1.3** On the bottom, at the end of the guide rope, a disk or alike for the distance marker is placed. The athlete must necessarily take the distance marker from that point.

2.1.3.2 In case of the anchoring the system;

- 2.1.3.2.1** 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.).
- 2.1.3.2.2** It is necessary to have enough reinforcements to keep the system stable.



2.1.4 Warm-up Area

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

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

2.1.4.3 There is no need to anchor the start island in this area.

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

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

2.1.5 Guide Line and the Lanyard

2.1.5.1 The diving guide 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.).

2.1.5.2 The guide line is expected to be marked every 10 (ten) meters with a colour pen indicating the distance from the distance marker point.

2.1.5.3 At the end of the line, before the weight, the line must have a disc or alike to stop the lanyard within a limit of approximately one meter to the distance marker to be taken by the athlete.

2.1.5.4 The line must be positioned according to the depth declared by the athlete.

2.1.5.5 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 be manual or automatic releasing mechanism.

The order to pull up the line is given by the Main Judge on indications provided by the cameras, by the depth judges and chronometric time declared by the athlete.

2.1.5.6 Another line must be installed near the main line, where a robot or an array of cameras fixed so as to cover the entire path of the athletes.

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

2.1.5.8 Athletes shall be attached to the line with lanyard (a rope around one metre long, connected to the wrist, and at the other end a large size clip ring that runs along the guide line).



2.1.6 Distance Marker and the Measurement Instrument

2.1.6.1 The distance marker will be at the disposal of each competitor.

2.1.6.2 Two official depth meters must be worn by the athlete on his wrist.

2.1.6.3 It will be made of the following parts: the distance marker on bottom of the guide hawser with a clothes-peg for being taken by the athlete that declared distance is written to a writable plate with maximum size of 5x10 centimeters on the back of which will be the official participant number and a small buoy connected to the peg.

Or by the decision of the organization it might be made of the following parts: the distance marker on bottom of the guide hawser with a steel spring-clips which is connected a marker, formed by a white velcro writable plate for being ripped by the athlete. The declared distance is written to a white velcro writable plate with maximum size of 5x10 centimeters on the back of which will be the official participant number.

2.1.6.4 The distance marker must necessarily be taken by the athlete from the end of the guide hawser to indicate the distance performed.

2.1.6.5 In case of failure to recover of the distance marker, the depth recorded will be the one shown on the two official depth meters that the athletes wear on their wrist. The failure to recover the distance marker will lead to one meter penalty subject to the calculation done at article 3.1.3.6.

2.1.6.6 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.

2.1.7 pontoons or Boats

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

2.1.7.2 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.

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

2.1.7.4 Apart from the boats at the disposal of the Main Judge and of the Doctor, it is necessary that there should be:

2.1.7.4.1 One first aid boat with oars can be located in the competition area (this may be the same as the boat).

2.1.7.4.2 Two boats for transport or rapid evacuation. At least one of these boats must



at all times be in the area.

2.1.7.4.3 One boat for the competitors who are waiting to take part.

2.1.7.4.4 One support boat, for the assistants and equipment (this may be the same as the boat mentioned in).

2.1.8 Loss of Consciousness-Black Out

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

2.1.8.2 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.

2.1.8.3 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..

2.1.9 Athlete's Assistants

2.1.9.1 The athlete may have only one assistant at the warm-up area and the start island area. After the athlete starts his effort the assistant will leave the competition area and he can stay at warm-up area.

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



The PANEL of JUDGES and the STAFF

2.1.10 General

2.1.10.1 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.

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

2.1.10.3 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,
- depth judge,
- warm-up judge,
- technical and safety judge,
- competition secretary,
- medical assistance,
- other assistants.

2.1.10.4 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.

2.1.11 Main Judge

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

2.1.11.2 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.

2.1.11.3 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.



2.1.11.4 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.

2.1.11.5 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.

2.1.11.6 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.

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

2.1.11.8 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.

2.1.11.9 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.

2.1.11.10 Through the monitor screen, the main judge views every instant of the athletes' diving and checks for any irregularities.

2.1.11.11 The main judge, in case of accident or exceeding the chronometric time declared may give the order to pull up the line.

2.1.12 Competition Area Judge

2.1.12.1 The judge responsible for the area of competition must locate himself on the judge's boat.

2.1.12.2 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.

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

2.1.12.4 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.

2.1.12.5 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.

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



2.1.12.7 At the end of the events, he should;

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

2.1.12.7.2 apply the decisions taken by the Main Judge on the protests,

2.1.12.7.3 draw up the definitive classification of his area of competition,

2.1.12.7.4 forward the copy of the final classification to the Main Judge,

2.1.12.7.5 responsible for the changes of the judges and the assistants of his zone.



2.1.13 Surface Judge

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

2.1.13.2 The Surface Judge watches the athlete during the performance and he continues to do so during the 5 (five) seconds that follow the athlete's surfacing and the 5 (five) seconds which follow during which the athlete must touch the judge's head, which marks the validity of the performance.

2.1.13.3 During the first 5 (five) seconds he will cross his arms on his head and during the second 5 (five) seconds he will open and rise his arms for the athlete to touch his head. He also follows the athlete at the next 15 (fifteen) seconds standing by himself on the water.

2.1.13.4 He receives from the athlete and controls the distance marker with the distance covered on the bottom by the athlete and he transmits the result through his assistant to the judge responsible for the competition area.

2.1.13.5 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.

2.1.13.6 He carries out his function on the water's surface.

2.1.13.7 The Surface Judge shall wear a yellow long sleeve T-Shirt.

2.1.13.8 The equipment of the surface judge is that for diving in apnea, according to CMAS standards.

2.1.14 Depth Judge

2.1.14.1 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.

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

2.1.14.2 The positioning of the deep judges are as follows;

2.1.14.2.1 Up to 35 meters; one judge at 15 (fifteen) meters, one at 25 (twenty five) one at 35 (thirty five) meters.

2.1.14.2.2 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 less.

2.1.14.2.3 If the organization offers a system for the safety of the athletes without the depth judges after 35 (thirty five) meters and if that is approved by the main judge then there might be no need for those judges.



2.1.14.3 He checks whether the athlete, when he arrives to the bottom, gets the distance marker. He also verifies that the athlete obeys the rules during the performance under the water.

2.1.14.4 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 a new assistants to dive to replace their colleagues.

2.1.15 Warm-up Judge

2.1.15.1 The Warm-up Judge is situated on the athletes' boat.

2.1.15.2 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.

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

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

2.1.16 Technical and the Safety Judge

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

2.1.16.2 He is located at the departure of the competition under the authority of the Main Judge.

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

2.1.16.4 He is responsible for the installation of the course according to the plans published in the specific regulations. The use of boats, the placement of safety divers and the means of radio communication are also a part of his responsibilities.

2.1.16.5 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.



2.1.17 Competition Secretary

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

2.1.17.2 He designates the assistant secretaries and directs their work.

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

2.1.17.4 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.

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

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

2.1.17.7 He prepares the final report of the competition.

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

2.1.18 Medical Assistance

2.1.18.1 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.

2.1.18.2 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.



2.1.19 Safety Free Divers and Other Assistants

2.1.19.1 At least two Safety Free Divers will be located at the competition area and will meet the athlete at 15 (fifteen) to 25 (twenty five) meters depth and accompany him to the surface.

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

2.1.19.3 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.

2.1.19.4 They may collaborate:

2.1.19.4.1 on the first aid boat located at the centre of each competition area,

2.1.19.4.2 on the two fast boats for transport to land,

2.1.19.4.3 on the boat for the competitors who are waiting to participate in the event under the orders of the warm up judge,

2.1.19.4.4 with the Surface Judge: he must take the marker of the distance covered by the athlete who has completed his event to the Main Judge,

2.1.19.4.5 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,

2.1.19.4.6 with the function of boatman on each boat in the competition areas,

2.1.19.4.7 providing help on the first aid boats, possibly with underwater equipment,

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



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 boat or place in the area set aside by the judge situated near the competition area for warm-up.

3.1.1.2 30 (thirty) minutes before their start (of the last three minutes) they must be at the disposal of the Warm-up Judge who will so inform the Start Judge.

3.1.1.3 Before the last 30 (thirty) minutes the athlete is not allowed to go into the water.

3.1.1.4 The athletes will start every 8 (eight) minutes.

3.1.1.5 The event starts when the starter informs the athlete to go to the Start Island.

3.1.1.6 The athlete will then have three minutes to immerse himself.

3.1.1.7 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.

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

3.1.1.9 During the last three minutes given to the athlete he may start at any time that he feels ready.

3.1.2 Descent

3.1.2.1 The athlete's weight will be never be left by the athlete during the whole performance.

3.1.2.2 The descent is vertical and straight along the rope stretched.

3.1.2.3 The athlete must descend without pulling on the rope.



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

3.1.3.1 If the athlete can't reach to the declared goal depth then his distance is measured by the depth meter in his wrist and that is accepted as the performance of the athlete with a penalty of one meter (subject to the calculation defined at article 3.1.3.6). if the athlete exceeds the declared goal depth then that leads to a penalty of one meter (subject to the calculation defined at article 3.1.3.6) rounded to the highest penalty calculated in case of decimal values.

3.1.3.2 When the athlete comes to the end of the guide hawser he can hold the rope with one hand and take the distance marker but never pull on the rope so as to increase his distance. Violation leads to penalty.

3.1.3.3 If he drops or breaks the distance marker, which falls to the sea bottom, that is considered to be failure to recover of the distance marker and the depth recorded will be the one shown on the two official depth meters that the athletes wear on their wrist. The failure to recover the distance marker will lead to a penalty.

3.1.3.4 The final measurement of the depth will be taken into account by the recorded depth with the two official depth meters which athletes wear on their wrist.

3.1.3.5 If the measurement of the two depth meters are different then the deepest one will be considered as the performance of the athlete.

3.1.3.6 If the depth reached (DR) is less than the depth declared (DD) the performance distance will be measured as the DR subtracted DD and one meter penalty is multiplied by two for each meter difference between DD and DR.

e.g.

DD=100

DR=90

Penalty = (DD-DR) x 2 then this is (100-90) x 2 = 20 meters

Final performance: 90-20=70 meters

At the technical meeting, the athlete must provide the goal depth declaration and the chronometric time of his performance. The introduction of this second declaration is extremely important because, first, facilitate the resolution of problems related to ex aequo placings in the championship and secondly, to provide the Main Judge to the recovery of the athlete after which a certain parameter to take safety measures.



3.1.4 Ascent

3.1.4.1 The ascent starts from the point on the guide hawser where the athlete has taken his personal distance marker or attached to the velcro prepared on diving suit.

3.1.4.2 The athlete must ascend without helping himself by holding the rope.

3.1.4.3 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.

3.1.4.4 The athlete must not be helped or touched before he completes his effort, unless he is in difficulty.

3.1.4.5 In case of loss of consciousness, as defined in article 2.1.8, before, during or after his effort, the athlete is disqualified.

3.1.4.6 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.

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

3.1.4.8 If the assistant of the athlete touches the life ring for helping the athlete before the whole protocol in article 3.1.4.9. is finished (5+5+15 seconds), the athlete is disqualified.

3.1.4.9 At the end of the performance, back on the surface, the athlete, after a count of 5 (five-1, 2, 3, 4, 5) seconds, must touch the head of the Surface Judge for the OK in the second count of 5 (five-5, 4, 3, 2, 1) seconds. And during the next 15 (fifteen) seconds he must stay afloat without necessitating external assistance.

3.1.4.10 The Surface Judge must immediately provisionally validate the attempt if the athlete has completed the protocol without problem.

3.1.4.11 Any time during that protocol, the athlete can give the distance marker to the Surface Judge.

3.1.4.12 If a violation is signaled, the secretariat will indicate this by an asterisk noted beside the distance performed 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

3.1.5.1 The order for the performance of the athletes will be obtained by the declaration (during the technical meeting before the competition) of the distance that will be attempted. The athlete with the deepest objective will be the first to compete.



3.1.5.2 All the competitors will make only one attempt.

3.1.5.3 In the case of a tie, the athlete who has approached closest to the chronometric time declaration will be ranked first and if the tie still continues then the athletes will be classified "ex aequo".