



CMAS
CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES
WORLD UNDERWATER FEDERATION

CMAS FREEDIVING RULES POOL COMPETITIONS

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1. GENERAL RULES

1.1 GENERALITIES

The male pronoun will be used throughout, solely to avoid awkward formulations. All persons participating in a competition, in any role, may be of either sex.

1.1.1 FREEDIVING

1.1.1.1 The term "Freediving" designates a sporting event in "Apnea" where the athletes hold their breath while keeping their airways below the surface of the water.

1.1.1.2 Swimming in freediving consists in propelling oneself through water using movements of the limbs.

1.1.1.3 A dolphin kick in freediving is defined by a motion in which the legs move up and down together through neutral position. The up and down motion constitutes one complete cycle.

1.1.2 COMPETITION, EVENT, ATTEMPT AND PERFORMANCE

1.1.2.1 The term "Competition" is used to describe a gathering of freedivers competing in several events.

1.1.2.2 The term "Event" indicates each of the contests making up a competition.

1.1.2.3 The term "Attempt" designates a single effort of the athlete. For instance, one displacement in apnea (dynamic) or one static apnea.

1.1.2.4 The term "Performance" is the result of the athlete's attempt, measured in distance or time.

1.1.3 CATEGORIES

1.1.3.1 Official competitions are organized for men and/or women.

1.1.3.2 Age categories are defined as below:

- "JUNIOR" Athletes from 15 to 17 years old.
- "SENIOR" Athletes from 18 to 49 years old.
- "MASTERS" which is subdivided in the following age groups: M1 Athletes 50-59, M2 Athletes 60-69, M3 Athletes 70 +

The age of an athlete is obtained by subtracting the year of birth from the current year.

1.1.3.3 Junior athletes can be authorized to compete in the senior category. The organization of Master and Junior categories is decided by the organizer. The federation will register each competitor in a category during initial registration. If a junior athlete improves a junior record while participating in the senior category, this record is recognized as a junior record.

1.1.3.4 Masters athletes may, if they wish, compete in the senior category. If a master athlete improves a masters' record while participating in the senior category this is recognized as a master's record in his related age master category.

1.1.4 EVENTS

Dynamic

1.1.4.1 Dynamic is an event where the athlete aims to cover the maximum horizontal distance while keeping the body below the surface of the water in Apnea.

1.1.4.2 Dynamic events are conducted in a swimming pool with the use of fins or without fins.

1.1.4.3 There are three different Dynamic events:

DYN (monofin or bi-fins),

DYN-BF (bi-fins only),

DNF (without fins).

Static

1.1.4.4 Static apnea, STA, is an event where the athletes aim to perform a maximum duration in "Apnea", holding their breath on the water's surface.

Speed apnea

1.1.4.5 Speed apnea is a discipline where the athlete aims to cover a fixed distance in the shortest possible time. The event is conducted in an artificial swimming pool. The athlete can alternate apnea swimming with passive recovery at the pool ends.

1.1.4.6 The official distances for Speed apnea events are 2x50m, 4x50m and 8x50m.

1.1.4.7 In Speed events, the athletes must use bi-fins or monofin. The classification of the results will not make any distinction between bifins or monofin.

1.1.4.8 The maximum time limit for speed apnea disciplines are summarized in the following table. An athlete who has not finished until that time will be classified at the end of the ranking with comment "Late Finish":

Event	Time limit
2x50	2 min
4x50	5 min
8x50	10 min

1.1.5 COMPETITIONS AND RECORD HOMOLOGATIONS

1.1.5.1 Competitions and record homologations are subject to the latest versions of the "Championships organization procedures & obligations" and "Requirements for WR STATUS Competitions", which documents are available on the CMAS website.

1.1.5.2 Categories of competition are defined in Championships organization procedures & obligations document on CMAS website and summarized in the next table:

Level	Competitions
Category A	World championships, Continental championships, zone championships
Category A1	World Games, IOC competitions, FISU competitions and CISM
Category B	World, Zone and Continental Cups, Master's championships, Parasport championships
Category C	Other International Events
Category D	National competition open

1.1.5.3 For CMAS A Category Competitions, a Technical Delegate will be appointed by CMAS with the authority as described in "Procedures of Championships". The competition will be governed by a CMAS international Judge as Chief Judge appointed by CMAS. The Chief Judge will be assisted by two Official Judges appointed by CMAS and a National Judge responsible for video observation. Other lane judges, warm up judges and other assistants will be appointed with the Chief judge's approval, according to the needs.

For CMAS B Category Competitions, a Technical Delegate will be appointed by CMAS with the authority as described in "Procedures of Championships". The competition will be governed by a CMAS international Judge as Chief Judge appointed by CMAS.

For CMAS C and D category competitions, a Chief Judge with assistants and an official camera assistant are mandatory.

1.1.5.4 Category A, B, C competitions must take place in a 50-meter swimming pool, with a minimum depth of 1.20 (one point twenty) meters.

1.1.5.5 National or local competitions can be organized in 25m or 50m swimming pools.

1.1.5.6 World and Continental records are homologated only in 50m-swimming pools.

1.1.5.7 World, Continental, and National records are valid only if the performance is validated by the judge with a white card.

1.1.6. ANTIDOPING

1.1.6.1 Refer to the point Anti-Doping Control in the procedures and obligations and all the relevant documents.

1.1.6.2 According to the CMAS Medical Rules and in order to protect each diver's health and physical integrity and to ensure the safety of the competitions, Benzodiazepines & Phosphodiesterase type-5 inhibitors ("PDE5 inhibitors", including but not limited to Vardenafil, Tadalafil, Avanafil —

hereinafter all referred to as the “Substances”) are prohibited in-competition since 23 September 2023. All modalities concerning the procedures are in the “**CMAS TECHNICAL RULES ON BENZODIAZEPINES AND PDE5 inhibitors (PDE5 inhibitors)**”.

1.2 MATERIALS AND SWIMMING STYLE

1.2.1 USE OF FINNS

1.2.1.1 The athlete may use a monofin or bi-fins except for no-fin events.

1.2.1.2 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.

1.2.1.3 In bi-fins events, no dolphin kick is allowed, except in the 3 meters zone after the start and each turn. If the athlete performs a dolphin kick outside these 3-meter zones, a general penalty is applied for each complete cycle.

1.2.2 AUTHORIZED MATERIAL

1.2.2.1 Mask, goggles, or fluid goggles.

1.2.2.2 Nose clip.

1.2.2.3 Diving suit with attached hood or swim cap.

1.2.2.4 Monofin or bi fins.

1.2.2.5 Watch/dive computer

1.2.2.6 The athletes may use their personal weight system. If a weight system is used, the **athletes** must use it with a quick release system, and the weight system must be worn over **their** clothing.

1.2.3 ADVERTISEMENT

1.2.5.1 For all competitions and international championships, advertising on the fins and mask is authorized without restriction.

1.2.5.2 Advertising is also allowed on the clothing. At international championships take place, athletes are obliged to present themselves for ceremonies in the official apparel of their national team.

1.3 RULES VIOLATION

1.3.1 ARTICLE INFRINGEMENT

1.3.1.1 Article violation leads to the declared invalidity of the performance, unless a penalty is specifically mentioned in the applicable article.

1.3.1.2 If violation of an article does not lead to invalid performance, the penalty to be imposed will be specified in the specific event rules.

1.3.1.3 In case of no show during the World Championships the athletes will be declared DNS and a penalty of 300 euros will be applied to the team or individually for masters.

1.3.2 USE OF OXYGEN

1.3.2.1 One hour before an attempt, the use of oxygen is strictly forbidden. An athlete who has been declared guilty of the use of oxygen enriched air or pure oxygen, will be immediately disqualified for the rest of the competition and will be subjected to suspension from participating in CMAS competitions and championships for a period which will be defined by the CMAS Board of Directors.

1.4 PROTOCOLS

1.4.1 START PROTOCOL

1.4.1.1 The athletes admitted to any event of the competition must be present one hour prior to their top time in the pool building close to the competition area defined by the Chief Judge at the technical meeting. One hour before the top time, judges must be able to find any athletes to check them.

1.4.1.2 45 minutes before their Top Time, athletes must present to the warm-up judge who will allow them to go in the water and inform the Lane Judge.

1.4.1.3 Between every start, there will be a delay of minimum 8 (eight) minutes.

1.4.1.4 When more than one competition lane is used in an event, the simultaneous or asynchronous start will be organised by the Chief Judge according the needs of the competition and the video streaming.

1.4.1.5 As soon as the competition lane is free, the starter will inform the athlete to go to the starting point. An attempt starts with the countdown from three minutes as follows:

1.4.1.6 The countdown goes as follows:

- Last 3 minutes / 2 minutes / 1 minute 30s / 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 airways are not under water at the count of +30s, he will be disqualified.

1.4.1.7 The countdown must be announced in English in international competitions.

1.4.1.8 If an athlete starts before "Top Time", the result will be DQ (disqualified). "DQ early start" will be mentioned on the results list.

1.4.1.9 The athlete can immerse the airways or exhale in water before the top time. Nevertheless, the performance will be declared invalid if airways are still immersed when Top Time is announced.

1.4.2 SURFACE PROTOCOL

1.4.2.1 At the end of the attempt the athlete can push from the bottom of the pool to emerge at the surface.

1.4.2.2 Upon surfacing of the airways of the athlete, the lane judge will start the 20-second count.

1.4.2.3 After surfacing, the athlete must complete the surface protocol within 20 seconds. The surface protocol consists in the athlete showing the OK sign of the conventional underwater activities. The OK Sign is two fingers making a circle in the direction of the Lane Judge.

The lane judge will be on the deck of the pool. The athlete must be facing the judge. The OK sign must be directed towards the lane judge as defined by the lane drawn between the shoulder and the hand showing the OK sign as represented in figure 1 below.

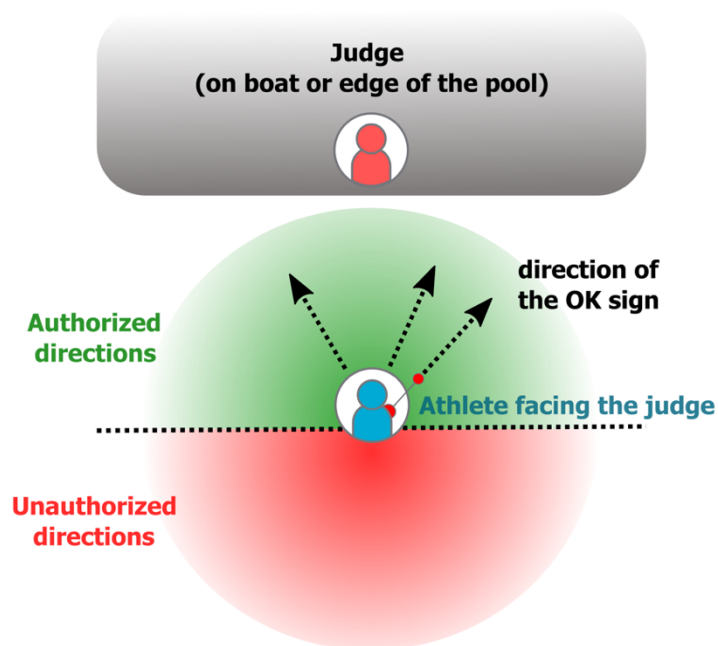


Figure 1: Position of competitor and judge during surface protocol

1.4.2.4 The athlete must stay afloat until a card is given by the Lane Judge. The athlete is allowed to hold the floating line or the edge of the pool at the start and turn end. The athlete can not hold on to the side edge of the pool, except in static events.

1.4.2.5 Until a card is given by the lane judge, the airways and equivalent level of the sides of the head from the middle of the ears and continuing a line around the back of the head must be over the water's surface (see description in figure 2).

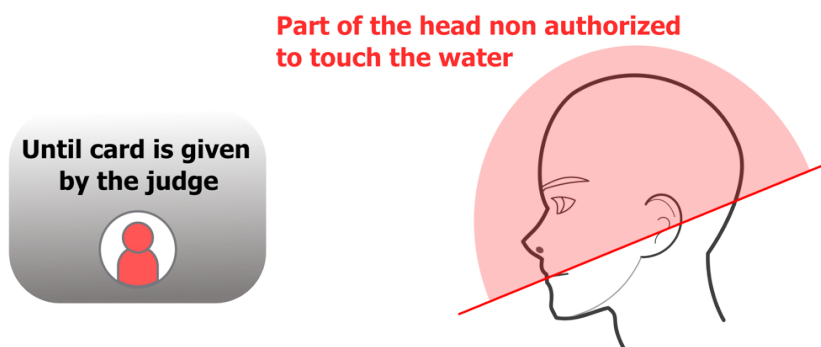


Figure 2: Part of the head staying out of the water during surface protocol

1.4.2.6 During the protocol, the athletes' head must not be in contact with the lane line or with any part of the body such as the hands, arms etc. to get support/help. In case of contact, the judge will ask the safety assistant to hold/help the athlete which leads to an invalid performance. On the results list, the performance will be commented as "DQ SP".

1.4.2.7 The lane judge will determine and present the final decision on the performance within 3 (three) minutes after the completion of the attempt (red, yellow or white card). If it is technically impossible to reach a decision within three minutes the Chief Judge may decide to make the decision at the end of the current event, so as not to disrupt the competition's timing.

1.4.2.8 The athlete must not be helped in any way or touched for any reason before the end of the surface protocol **and the card shown by the judge**.

1.4.2.9 If the athlete is touched by any person from the organization accidentally, the final decision on whether **the** touching was help or not, will be made by the Chief Judge.

1.4.2.10 The athlete can talk during the surface protocol, but the athlete's assistant is not allowed to talk **to** the athlete during the surface protocol.

1.4.2.11 All persons present and spectators must remain calm and silent during the athlete's surface protocol and recovery. In the violation of this, the Chief Judge can decide to evict the people/team members from the competition area (defined in section 1.5.2).

1.4.2.12 During the athlete's surface protocol, any help, sign or sounds from the athlete's national delegates, coaches or team members leads to an invalid performance of the athlete.

1.4.2.13 Video arbitration is mandatory for an international competition or Record validation.

1.4.3 LOSS OF CONSCIOUSNESS-BLACK OUT (BO)

1.4.3.1 The performance of an athlete is not valid if the athlete can not complete the surface protocol within 20 seconds after surfacing or if the athlete needs any intervention before, during or after 20 seconds after surfacing. On the results list, the performance will be commented as "DQ SP".

1.4.3.2 In case of Loss of Consciousness/Black Out at the surface, the athlete will be disqualified and the performance will be commented as "DQ surface BO" on the results list. A doctor will examine the athlete and decide if the athlete can continue to compete the next day(s).

1.4.3.3 In case of an underwater Loss of Consciousness/Black Out, the athlete will be disqualified and “DQ underwater BO” will be written on the results list. The athlete will not be allowed to compete the next day. A doctor will examine the athlete and decide if the athlete can continue to compete the day(s) after the next day.

1.4.4 THE CARDS

The meaning of the cards is as follows:

- If a white card is shown, the performance was in accordance with the competition rules.
- If a yellow card is shown, this can mean:

A) there has been a penalty or

B) no immediate decision could be made.

If an immediate decision can not be given then the decision can be postponed to the end of the competition.

For case A), yellow card will be mentioned on the results

The decision for case B) has to be either white or red

- If a red card is shown, the performance is not validated (DQ).
- World, Continental, and National records are valid only with white card

1.5 MANAGING THE COMPETITION

1.5.1 STAGING AND CLASSIFICATION OF THE EVENT

1.5.1.1 There may be two start lists, for Men and Women separately (unless otherwise agreed in the technical meeting).

1.5.1.2 The sequence of the starts is based on the Personal Best of the athletes as noted at the registration of the athlete for an event. Personal Best is the best result in an official competition in the current or the previous year. In Static athletes can announce a time lower than their Personal Best.

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

In Speed events, the athletes with the longest performance will start first. The chief judge can adapt the starting order if need to be.

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

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

If there is an ex-aequo for the first place, two gold medals will be awarded and the third medal will be bronze. No silver medal will be awarded.

If there is an ex-aequo for second place, no bronze medal will be awarded and so on.

1.5.2 COMPETITION AREA

1.5.2.1 The competition area is defined by the swimming pool and an area of 2 meters around the pool. It includes several competition lanes and warm-up lanes.

1.5.2.2 Only judges, safety divers and assistants are allowed in the competition area. Athletes with personal assistant can access to the competition area only after warm-up judge or lane judge authorization.

1.5.2.3 Spectators will only be allowed in the tribune/bleachers.

1.5.3 VIDEO

1.5.3.1 In order to assist the judges in their decisions, an official video of the event is mandatory to be recorded from the surface, recording the total attempt of the athlete, including entry and surface protocol.

2. SPECIFIC RULES FOR DYNAMIC

2.1 ORGANIZATION OF THE EVENT

2.1.1 SWIMMING POOL

2.1.1.1 World championships and international competitions of dynamic (DYN, DYN-BF and DNF) and speed apnea must take place in a 50-meter artificial swimming pool with a minimum depth of 1.20 (one point twenty) meters.

2.1.1.2 These measurements must be verified and validated by the Chief Judge.

2.1.2 COMPETITION LANE

2.1.2.1 A competition lane is defined by two floating lines and the start/turn end of the pool. **The external lanes are not used as competition lanes.**

2.1.2.2 Up to 4 (four) competition lanes may be installed in the same swimming pool. The number of lanes can be extended to 6 or more for championships with a large number of athletes.

2.1.2.3 When multiple competition lanes are used, the Chief Judge will define on which side the competition lanes will be.

2.1.2.4 In order to assist the judges in their decisions, an official video of the event should be taken, recording all performances of the athletes from the surface, and when it is technically possible, another video from underwater. The video must include the **last-minute** countdown, **the actual performance**, the surface protocol, the card and the measurement of the distance.

2.1.2.5 A "T" mark, perpendicular with the floating lines, of at least 20 (twenty) cm length x 10cm width must be set out on the bottom of the swimming pool at two meters from the start wall and two meters before the turn wall.

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

2.1.3 STARTING AREA

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

2.1.3.2 If the starting zone of the pool is deeper than 1.20m (one point twenty) meters then the competition lanes must be equipped with mobile platforms for the athletes to stand on. The platforms will be removed when the athletes have started.

2.1.4 THE MEASUREMENT

2.1.4.1 The distance will be measured at the point where the athlete's airways come out of water. The distance will be measured with a measuring tape fixed on the edge of the pool. The distance measured will be rounded at the lower half meter. The rounded number will be the official result.

2.1.4.2 The chief judge must approve any automatic electronic measurement system that may be used for the competition. The organizing federation must ask advance approval from the Board of CMAS for any new system of automatic electronic measurement.

2.1.5 WARM-UP AREA

2.1.5.1 The lanes that are not used as competition lanes, can be used as warm-up lanes.

2.1.5.2 The warm-up area is reserved for the athletes who are preparing themselves for the competition under the supervision of the Warm-up Judge.

2.1.6 ATHLETE'S ASSISTANT

2.1.6.1 The athlete may have only one assistant until the call of the last three minutes, after the call of last three minutes no one is allowed. The assistant must leave the competition area. The judge will warn the assistant one time only.

2.1.6.2 If the assistant continues to stay in the competition zone, this violation leads to a general penalty to the athlete.

2.1.6.3 Only the Chief Judge can allow the team representative to intervene in case of a technical problem.

2.2 CONDUCTING THE COMPETITION

2.2.1 START

2.2.1.1 For any discipline, the athlete can immerse the airways several times until "Top Time" for preparation. If the airways are still underwater when "top Time" is announced, the performance will be considered invalid due to early start.

2.2.1.2 The athlete must be in contact with the wall at the start of the performance. The athlete can touch the starting wall before, during or after immersion of the airways with any part of the body or the fins.

2.2.1.3 If he fails to be in contact with the wall at the start, then a general penalty of 3 (three) meters is applied.

2.2.1.5 The athlete must touch the wall of the swimming pool at each turn with any part of the body or any part of the fins to have the performance validated

2.2.2 HORIZONTAL PATH

2.2.2.1 During the event, any part of the equipment, or any part of the body except the airways can break the water's surface.

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

2.2.2.3 The surface protocol shall be presented in the competition lane. If the athlete surfaces outside of the competition lane, the performance will be declared invalid (DQ SP out).

2.2.2.4 If the athlete during the performance interferes with or obstructs an athlete or safety diver in the other competition lane, the performance will be declared DQ.

2.2.2.5 When the athlete surfaces at the start wall or turn wall of the pool, there are three possible decisions of how to measure:

- If the airways come out before the athlete touches the wall, the measurement of the performance will be done at the exact point where the airways came out of the water and the distance measured will be lower than the multiple of the pool length.
- If the athlete touches the wall and surfaces, then the distance measured will be an exact multiple of the pool length (i.e., 150 m, 200 m, etc. in 50 m pools or 125 m, 150 m, or 175 m, etc. in 25m pool.)
- If the athlete touches the wall, makes a complete “U” turn turning the body and shoulders 180 degrees and then surfaces, the distance measured will be done at the point where the airways came out of the water and the final performance will be higher than the multiple of the pool length.

2.2.3 ASCENT

2.2.3.1 An athlete leaving the competition zone after completing a performance must not interfere with another athlete's attempt.

2.2.3.2 For a performance to be validated, the athlete must successfully perform the surface protocol as defined in section 1.4.2.

2.2.4 CLASSIFICATION

2.2.4.1 The final performance will be calculated as distance measured, rounded to the lower half meter minus eventual penalties defined in the corresponding articles.

2.2.4.2 No penalty is applied for any difference between **Realized Distance (RD)** and declared **Personal Best (PB)**.

3. SPECIFIC RULES FOR STATIC

3.1 ORGANIZATION OF THE EVENT

3.1.1 COMPETITION AREA

3.1.1.1 CMAS championships of static apnea must take place in an artificial swimming pool.

3.1.1.2 The pool must be verified and validated by the Chief Judge.

3.1.1.3 If the starting zone of the pool is deeper than 1.20m (one point twenty) meters then the competition lanes must be equipped with mobile platforms for the athletes to stand on

3.1.1.4 One lane or more, at the edge of the pool are used for the competition.

3.1.1.5 When multiple lanes are used, the competition area will be determined by Chief Judge.

3.1.2 ATHLETE'S ASSISTANTS

3.1.2.1 The athlete may have only one personal assistant on the edge of the pool or in the water to assist him during the attempt.

3.1.2.2 This assistant can stay with the athlete in the competition area and in the pool, but must not shout, talk, touch or make gestures during the surface protocol and until the judge shows the card.

3.1.3 TIMEKEEPERS

3.1.3.1 The timekeepers start their stopwatches when the athletes immerse their airways after the TOP TIME and stop the stopwatches when the airways emerge.

3.1.3.2 Immediately after the attempt the timekeepers must write down the time displayed by their stopwatches on the timecard. Time keepers are authorized to reset their stop watches only after the Chief Judge has checked and authorized the reset.

3.2 CONDUCTING THE COMPETITION

3.2.1 APNEA

3.2.1.1 During the apnea, the athlete is under the supervision of the timekeepers on the edge of the pool and the safety diver in the water.

3.2.1.2 For the safety control procedure, the safety diver or the personal assistant of the athlete will communicate with the athlete by a touch at regular time intervals during the apnea. Time signals are indicated to the safety diver by one of the timekeepers.

3.2.1.3 The safety diver's signal and the response of the athlete must be agreed by the two before the beginning of the attempt.

3.2.1.4 The first signal should be given one minute before the announced performance, the second signal 30 (thirty) seconds before the declared time, the third at 15 (fifteen) seconds before the declared time and another at the declared time. From there onwards, if the apnea goes beyond the declared time, the signals are given at intervals of 15 (fifteen) seconds.

3.2.1.5 If the declared time is not an integer multiple of half-minutes, the time for the first signal is obtained by rounding down the announced performance to the lower half-minute, thus determining the time of the first signal.

3.2.1.6 If the athlete does not respond to the safety diver's signal with the agreed response, the judge will ask to touch the athlete once more. If the athlete persists in not responding, the judge will interrupt the attempt and bring the athlete to the surface, disqualifying him due to **underwater** blackout (DQ **underwater** BO).

3.2.2 FINISHING

3.2.2.1 At the end of the attempt, the athlete must not be helped in any form or touched for any reason **until** the **card is given by the judge**.

3.2.2.2 The athlete can hold the line or the edge of the swimming pool.

3.2.3 CLASSIFICATION

3.2.3.1 The official time of the performance is calculated as a mean of the times recorded by the timekeepers. The official time **will be rounded down to the nearest** second.

3.2.3.2 The official time is used for the classification of the athletes.

4. SPECIFIC RULES FOR SPEED APNEA

4.1 ORGANISATION OF THE EVENT

4.1.1 COMPETITION AREA

4.1.1.1 Speed apnea discipline must take place in a 50-meter swimming pool, with a minimum depth of 1.20 (one point twenty) meters.

4.1.1.2 Every lane can be used for the competition.

4.1.1.3 A mark of at least 20 (twenty) cm length and 10 cm width must be set out on the bottom of the swimming pool at 15 meters before each turn.

4.1.2 THE LANE AND TURN JUDGES

4.1.2.1 The Lane and Turn judges are nominated by the Chief Judge.

4.1.2.2 The Lane and Turn judges control the start procedure and check if the athlete's turn is according to the rules of the event.

4.1.2.3 The Lane and Turn judges report any rule violation to the Chief Judge.

4.1.3 TIMEKEEPERS

4.1.3.1 Speed Records will only be validated if an automated electronic time measurement system is used.

For CMAS Category A Competitions an automated electronic time measurement system is mandatory.

4.1.3.2 If manual time keeping is used, the timekeepers will start their stopwatches at the signal of the start and stop their stopwatches when the athlete has touched the start wall. Immediately after the attempt, the time keepers take a photo of their stopwatches and show their stopwatches for control to the Chief Judge. The timekeepers must write down the time displayed by their stopwatches on the timecard. The timecard is handed over to the **Chief judge**. The timekeepers check also if the turns and the finish are in accordance with the rules.

4.2 CONDUCTING THE COMPETITION

4.2.1 START

4.2.1.1 In speed apnea disciplines, there will be a horn signal instead of calling out "Top Time".

4.2.1.2 The countdown is reduced to one minute: "Last 1 minute / 30s / 20s / 10s / 5, 4, 3, 2, 1 / horn signal" |

4.2.1.3 After the horn signal, the athletes start by jumping in the water from the start blocks. |

4.2.1.4 An athlete that started before the signal will be disqualified. The Chief Judge can order a restart if any athletes were hindered by the false start.

4.2.2 HORIZONTAL PATH

4.2.2.1 During the rest of the horizontal path, any part of the equipment or any part of the body, except the airways, can break the water's surface.

4.2.2.2 During the event, any part of the equipment, or any part of the body except the airways can break the water's surface.

4.2.2.3 A recovery time at each end of a 50m apnea in speed apnea discipline is allowed.

4.2.2.4 At each turn and at the end of the event, the athlete must touch the wall or the pad of the electronic measurement system before emerging the airways. Violation will render the performance invalid (DQ turn).

4.2.2.5 The chief judge **has to** stop any athlete if **their performances exceed the time limits defined in 1.1.4.8**

4.2.3 ASCENT

4.2.3.1 Upon surfacing the athlete can hold the line or the start wall of the swimming pool.

4.2.3.2 At the end of the attempt the athlete does not need to complete the surface protocol.