



CMAS

CMAS

**INDOOR FREEDIVING
INTERNATIONAL RULES**

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1. GENERAL RULES

1.1 1 General

1.1.1 Freediving

1.1.1.1 The term "Freediving" designates a sporting event in "Apnea" where the athlete holds his breath while keeping his airways below the surface of the water.

1.1.2 Competition, Event and Attempt

1.1.2.1 The term **competition** is used to describe a gathering of freediving competitors, and may be comprised of 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 a single effort of the athlete. For instance, one dynamic course or one static apnea.

1.1.2.4 Performance is the result of the athlete's attempt, measured in 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 equipment that matters but also the swimming style: no dolphin kick is allowed, except in the 3 meters after the start and each turn. If the athlete performs a dolphin kick outside these 3-meter zones, then a general penalty is applied for each cycle (one cycle is up and down).

1.1.4 Dolphin Kick (in Freediving)

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 Freediving)

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.

1.1.6.2 Nose clip.

1.1.6.3 Diving Suit.

1.1.6.4 Watch/Dive Computer

1.1.6.5 The athletes may use a personal weight system. If weight is used, the athlete must use it with a quick release system and must wear it on the outside of his clothing. In no case may the athletes have weights hidden under their clothing. The athletes have the right to drop their weights during the attempt or during the surface protocol.

1.1.7 Categories

1.1.7.1 Official competitions are organized for men and/or women. Athletes from 15 to 17 years old participate in the junior category. The senior category corresponds to ages 18 to 49. Athletes who are at least 50 years old belong to the master's group, which is further subdivided into categories 50-54, 55-59, 60-64, 65-70 and over 70. Master athletes may, if they wish, compete in the senior's category. If a master athlete improves a masters' record while participating in the senior category this is recognized as a masters record. The age of an athlete is obtained by subtracting the year of birth from the year of the season. For example, in 2022 an athlete born in 2005 is $(2022-2005=17)$ junior. An athlete born in 1963 $(2022-1963=59)$ belongs to the 55-59 master's group.

1.1.8 Disciplines

Dynamic

1.1.8.1 Dynamic is a discipline where the athlete aims to cover the maximum horizontal distance while keeping the body below the surface of the water in apnea.

1.1.8.2 This discipline is conducted in a swimming pool with the use of fins or without fins. World, Continental and National records are recognized for swimming pool events only. 5

1.1.8.3 There are three Dynamic disciplines: **DYN** (monofin and/or bi-fins), **DBF** (bi-fins only as a separate competition), and **DNF** (without fins).



Static

1.1.8.4 Static apnea is a discipline where the athlete aims to perform a maximum duration in “Apnea”, holding one’s breath on the water’s surface. World, Continental and National records are recognized for swimming pool events only.

Speed-Endurance

1.1.8.5 Speed - Endurance are disciplines where the athlete aims to cover a fixed distance in the minimum possible time. The event is conducted in a swimming pool. The athlete must swim the pool’s entire length, alternating apnea swimming with passive recovery at the pool's ends.

1.1.8.6 This discipline must be swum with fins, with a single classification, without distinction between bi-fins and monofin, which means that the style of swimming with bi-fins is free.

1.1.8.7 The typical distances for speed-endurance are Speed 2x50m and Endurance 8x50m and 16x50m. World, Continental and National records are recognized for swimming pool events only.

1.1.9 Use of Oxygen

1.1.9.1 Before an attempt, the use of oxygen is strictly forbidden. An athlete who has been declared guilty of the use of oxygen, or of a gas with oxygen excess compared to ambient air, will be immediately disqualified and will be subject to suspension from participation in CMAS competitions and championships for a period which will be defined by the Confederation.

1.1.10 DQ - Loss of Consciousness- Black Out (BO);

1.1.10.1 The athlete will be disqualified if he cannot complete the Surface Protocol within 20 seconds of surfacing, or if he needs safety intervention before, during, or after 20 seconds of surfacing.

1.1.10.2 In the case of Loss of Consciousness-Black Out on the surface, the athlete will be disqualified. He must be examined by a doctor who will decide if the athlete is able to continue the competition the next day(s).

1.1.10.3 In the case of an underwater Black Out, the athlete will be disqualified and will not be allowed to compete the next day. The athlete must be examined by a doctor and can continue the competition the day after the next only with the doctor's approval.

1.1.11 Use of Male Pronoun

1.1.11.1 The male pronoun will be used throughout, solely in order to avoid awkward formulations. All persons participating in a competition, in any 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 nevertheless it should be 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 freediving the general penalty consists of subtracting 3 (three) meters 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. 7

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) specified in a corresponding article.

1.1.15 Competitions and Record Homologations

1.1.15.1 Competitions and record homologations are subject to the latest versions of the “Procedures of Championships” and “Contract for Record Attempts” documents available on the CMAS website.

1.2 Protocols

1.2.1 Start Protocol

1.2.1.1 The athletes admitted to the competition must be present one hour prior to their top time at the place defined by Chief Judge, such as in the warm-up area which is situated near the competition area.

1.2.1.2 Forty-five (45) minutes before their top time the athletes must be at the disposal of the Warm-Up Judge who will so inform the Start Judge.

1.2.1.3 Only during the period of the last 45 (forty-five) minutes before top time the athlete is allowed to go into the water.

1.2.1.4 The athletes will start every 5 (five) minutes minimum.

1.2.1.5 In the case of existence of several competition lanes, there will be simultaneous start times.

1.2.1.6 The attempt begins when the judge informs the athlete that he can go to the start area.

1.2.1.7 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 judge.

1.2.1.8 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 anywhere from “Top Time” to +30s (30s window). If the airways are not in the water at the count of +30s, he will be disqualified (except in Speed and Endurance).

1.2.1.9 The athlete is not allowed to start before the “Top Time” or else he will be disqualified

1.2.1.10 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.

1.2.2 End/Surface Protocol

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

1.2.2.2 Immediately upon surfacing (when the airways of the athlete emerge), the 20-second count starts.

1.2.2.3 When he is on the surface, during the 20 (twenty) seconds protocol time, beginning after surfacing, the athlete must: complete the Surface Protocol (OK Sign of the conventional underwater activities such as two fingers making a circle) in the direction of the Chief Judge who will be on the deck of the pool.

1.2.2.4 The athlete is not allowed to hold the edge of the pool in dynamic disciplines and he must stay afloat, holding the lane line without necessitating external assistance, for all disciplines except Static.

1.2.2.5 Accidental touch (not hold), is up to the decision of Chief Judge.

1.2.2.6 The athlete is allowed to hold the edge of the pool the Static discipline.

1.2.2.7 Maintaining the head above surface is defined as the airways and equivalent level of the sides of the head (roughly from the middle of the ears) and continuing the line around the back of the head must be over the water’s surface.

1.2.2.8 During the protocol, the athletes’ head (as defined above) 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. If this is the case, the judge will ask the safety assistant to hold/help the athlete which leads to a DQ decision.

1.2.2.9 For the Surface Protocol validation in CMAS International Competitions, there has to be a Chief Judge (assigned by CMAS), or Assistant Judge (assigned by CMAS to assist to the Chief Judge), and National Judge responsible for video observation. In other competitions (private, national, etc.) a Chief Judge and video Judge will be enough.

1.2.2.10 The judges will determine and present the final decision on the performance within 3 (three) minutes after the completion of the attempt. 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.

1.2.2.11 Video arbitration is mandatory for an international championship

1.2.2.12 If the athlete is touched by people from the organization accidentally, the final decision on whether this act was help or not, will be made by the Chief Judge.

1.2.2.13 The athlete can talk during the protocol but the athlete's assistant cannot..

1.2.2.14 People around 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.

1.2.2.15 Any kind of screaming or help from the athlete's national delegates, coaches or team members leads to the disqualification of the athlete.

1.2.3 The Cards

1.2.3.1 The meaning of the cards is as follows:

- If everything is ok (with surface protocol/start, etc.), the Chief judge will show the athlete a white card.
- If a yellow card is shown, this means something may have gone wrong: there might be a penalty or DQ issue. The athlete must wait in the competition zone and the judges will deliberate. The judges have a maximum of 3 minutes to give the final decision (if this 3 (three) minutes is not enough then they can give their decision after the end of the event).
- If a red card is shown, the performance is not validated (DQ).
- World, Continental and National records are valid only with white card

1.2.4 Staging and Classification of the Event

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

1.2.4.2 The start list may be determined on the basis of the Personal Best (PB) of the athletes given by the team captains at the inscription. Personal Best for this cause is interpreted to be the best official competition result from the current or the previous year. For static, the start list must follow the PB order, but the athlete (for the safety touch signals) can declare a time which can be lower than the PB.

1.2.4.3 The athletes with the shortest time or the shorter distance will compete first while the athlete with the longer time or longer distance will compete last (except in Speed-Endurance where the athletes with the longest time will compete first). This order may be changed according to the requirements by the Chief Judge.

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

1.2.4.5 In the case of a tie, the athletes will be classified "ex aequo" – sharing the place.

2. SPECIFIC RULES FOR DYNAMIC

2.1 Organization of the Event

2.1.1 Swimming Pool

2.1.1.1 Competitions of Dynamic Freediving in the swimming pool must take place in a 50-meter swimming pool for with fins competition, and 25 or 50-meter pool (twenty five/fifty) for without fins competition, with a minimum depth of 1.20 (one point twenty) meters.

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

2.1.2 Competition Area

2.1.2.1 Up to 4 (four) competition areas may be installed in the same swimming pool. In this case, the two external lanes from each side of the pool are not allowed as competition areas. It is mandatory to have floating line on both sides of the competition area with a minimum distance of 60 cm from the edge of the pool (exit on the edge is not allowed except at the wall ends of the pool at 25m or 50m wall ends for CMAS championships, international competitions as well as for World and Continental Record recognition.

2.1.2.2 When multiple lanes are used, the Chief Judge will define on which side the competition area will be. Spectators will only be allowed in the tribune/bleachers.

2.1.2.3 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.

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.



2.1.3 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 1.40 (one point forty) meters then the competition site must be equipped with a mobile platform for the athlete to stand on. The platform will be removed when athlete has started.

2.1.4 The Measurement

2.1.4.1 The measurement of the distance will be recorded to the point where athlete's airways come out of water. Measurement will be done by a meter tape put on the edge of the pool. The distance is measured and recorded with an accuracy of 1 cm.

2.1.4.2 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 Chief Judge, may be used.

2.1.5 Warm-up Area

2.1.5.1 The rest of the lanes not being used for competition, are devoted to warm-up.

2.1.5.2 The warm-up area is reserved for the athletes who are preparing themselves for the competition under the orders 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 will 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 The Chief Judge (only) can allow the team representative to intervene in case of a technical problem.

2.2 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 several times during the warm up.

2.2.1.2 The athlete must start the phase of apnea at the starting point, touching the wall of the pool with any part of the body or the fins.

2.2.1.3 He is allowed to touch the wall after his airways are immersed if he was not in contact with the wall during immersion.

2.2.1.4 If he fails to be in contact with the wall at the start, then a general penalty is applied.

2.2.1.5 The athlete must touch the wall 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 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 comes out of the competition lane then a general penalty is applied. Partial strays are allowed.

2.2.2.3 The final performance is measured to the point where the airways come out of the water.

2.2.2.4 If he wants to ascend at the wall ends of the pool (start/turn walls) then 3 cases are possible:

- If the airways come out before the athlete touches the wall, the measurement of the performance will be done to the point where the airways came out of the water and the final performance will be lower than the multiple of the pool length.
- If the athlete touches the wall and then ascends, 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, etc. in 25m pool.)

- If the athlete touches the wall, makes a complete “U” turn with the shoulders (turning the body 180 degrees) and then emerges, the measurement of the performance will be done to 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 At the end of the attempt, the safeties 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 successfully perform the End/Surface protocol.

2.2.3.3 The athlete must not be helped in any way or touched for any reason before the end of the surface protocol (20 seconds), unless he is in difficulty.

2.2.4 Classification

2.2.4.1 The realized distance (RD) can be less or more than the declared (PB).

2.2.4.2 No penalty is applied for any difference between RD and declared PB

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

3. SPECIFIC RULES FOR STATIC

3.1 Organization of the Event

3.1.1 Competition Area

3.1.1.1 CMAS championships of static must take place in a swimming pool.

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

3.1.1.3 One lane or more, near the edge are used for the competition while the remaining lanes are reserved to assistant safety judges to ensure security.

3.1.1.4 When multiple lanes are used, the competition area will be determined by Chief Judge. Spectators will only be allowed outside of the competition area.

3.1.1.5 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 exit protocol.

3.1.2 Athlete's Assistants

3.1.2.1 The athlete may have only one personal assistant on the edge or in the pool to help 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 to assist or help the athlete during the Surface/Exit Protocol and until the judge shows the card.

3.1.3 Time-keepers

3.1.3.1 The time-keepers start their stopwatches when the athlete immerses his airways after the TOP TIME, and stops them when the airways emerge.

3.1.3.2 Immediately after the attempt they must write down the time displayed by their stopwatches on the time card which they hand over to the main time- keeper. At the same time, they take a photo and show their stopwatches for control.

3.2 Conducting the competition

3.2.1 Apnea

3.2.1.1 During the apnea the athlete is under the supervision of the surface judge.

3.2.1.2 The safety control procedure consists of the judge communicating with the athlete by touch at regular time intervals during the apnea.

3.2.1.3 The judge'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 declared time (announced performance, or PB), 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 this time to the lower half-minute, thus determining the time of the first signal. This should be reminded to the athlete by the assistant judge just before the attempt.

3.2.1.6 If the athlete does not respond to the assistant judge's signal with the appropriate response, the judge will touch the athlete once more. If the athlete persists in not responding, the judge will interrupt the event and bring the athlete to the surface, disqualifying him due to 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 during the end protocol time for his attempt, unless he is in difficulty.

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

3.2.2.3 For his performance to be validated, the athlete must execute the End/Surface protocol.

3.2.3 Classification

3.2.3.1 The realized time of the athlete is calculated as a mean of the times recorded by the time keepers.

3.2.3.2 The time that will be used for the classification of the athletes is the effective time of the apnea.

3.2.3.3 The realized time (RT) can be less or more than the declared (PB)

3.2.3.4 No penalty is applied for any difference between RT and declared PB

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

4. SPECIFIC RULES FOR SPEED AND ENDURANCE

4.1 Organization of the Event

4.1.1 Competition Area

4.1.1.1 CMAS championships of speed-endurance Freediving in swimming pools must take place in a 50-meter swimming pool, with a minimum depth of 1.40 (one point forty) meters. If the starting zone of the pool is deeper than 1.40 (one point forty) meters then the competition site must be equipped with a mobile platform for the athlete to stand on. The platform will be removed when athlete has started.

4.1.1.2 Every lane can be used for the competition.

4.1.1.3 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.

4.1.1.4 There must be an electronic pad at the edges of each competition lane.

4.1.1.5 For speed-endurance events the athletes must already be in the water.

4.1.1.6 The athlete must have contact with the pool wall up to the starting signal and immerse his airways while continuing to touch to the wall. He is allowed to touch the wall after his airways are immersed if he was not in contact with the wall during immersion.

4.1.1.7 When multiple lanes are used, the competition area will be determined by the Chief Judge. The public will only be allowed outside of the competition area.

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

4.1.2 The Lane and Turn Judges

4.1.2.1 They are nominated to each lane by the Chief Judge.

4.1.2.2 They must check the athletes turn according to the rules.

4.1.2.3 They report any rule violation to the Chief Judge.

4.1.3 Time-Keepers

4.1.3.1 The primary time measurement is done by the electronic pad but as a fail-safe, the time-keepers record the times of the athletes for whom they are responsible.

4.1.3.2 At the signal of the start, the time-keepers start their stopwatches and stop them when the athlete has touched the finishing pad. Immediately after the attempt they must write the time displayed by their stopwatches on the time card, which they hand over to the main time-keeper. At the same time, they take a photo of the stopwatch and show their stopwatches for control.

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

4.2 Conducting the Competition

4.2.1 Descent

4.2.1.1 The athlete must start by touching the wall of the pool with any part of the body or fins and begin the phase of apnea before he has disconnected from the wall.

4.2.1.2 The athlete must touch the wall of the swimming pool at each turn with a part of his body or fins.

4.2.1.3 The athlete cannot start before the “Top Time” otherwise a “False Start” will be declared.

4.2.2 Horizontal Path

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

4.2.2.2 A time of recovery between successive apneas (every 50 m) in a speed-endurance event is allowed.

4.2.2.3 When the athlete comes to the end of the lane, he is not allowed to breathe before touching the wall. This is obligatory for all the turns and at the end of the attempt.

4.2.3 Ascent

4.2.3.1 Upon ascent, the athlete must not be helped in any way or touched for any reason before the 20 second surface protocol is complete, unless he is in difficulty.

4.2.3.2 The athlete can hold the line or the end wall of the swimming pool.

4.2.3.3 At the end of the attempt, back on the surface, the athlete has to complete the surface protocol.

4.2.4 Classification

4.2.4.1 . The realized time (RT) can be less or more than the declared (PB).

4.2.4.2 No penalty is applied for any difference between RT and declared (PB).

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