



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

Sport Diving

Rules & Specifications of events

– 2019 release –

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1. INTRODUCTION AND JUSTIFICATION

Human necessity and desire of staying underwater has always been a constant feature through history. Recently, science and technical progress have made it easier the development of scuba diving in an unthinkable way, achieving with it many and different functions, such as recreational, sports, which have supposed a great change. From the sports diving point of view, diving has currently become an everyday activity and society is aware of its possibilities and importance. As the result of many factors, such as

- the development of different new sub aquatic competition disciplines;
- optimum training for divers at any level;
- the necessity of promoting sub aquatic activities in interior zones with a difficult access to the sea or with bad weather conditions;
- the promotion of the federate - and encouraging - aimed activities;

... the Scuba Diving Sport is now a reality in CMAS.

In society in general and in the federation frame in particular, Sub aquatic activities should not stay unaware of concepts such as evolution, diversification, development and modernization; something which can be helped by a new sport sub aquatic discipline, the Scuba Diving sport.

2. PROPOSALS AND FUTURE GOALS

Making the Scuba Diving competitions known by as many divers as possible in the sphere of CMAS, whatever their level or objectives are, from recreation to competition. Consolidating a stable circuit of territorial, national or international events, as a new competition discipline of the sub aquatic activities.

Letting the society know the Scuba Diving competitions as a new offer from a dynamic, attractive and in continuous evolution sub aquatic activities, which have a lot to offer.

3. REGULATIONS OF THE SCUBA DIVING SPORT IN SWIMMING POOL

3.1. REGULATION'S SPIRIT

The spirit of Scuba Diving sport, though its regulation, aims to achieve the following objectives:

- To develop a new competitive sports discipline in the sub aquatic activities, undertaking the evolution and technification of our sport;
- To boost sub aquatic activities in interior zones, with a difficult access to the sea or with bad weather conditions and in any season of the year, through the practice of Scuba Diving in Swimming Pool;
- To generate an optimum and better training for divers, by practicing their diving abilities and skills;
- To promote the practice of scuba diving activities in swimming pool, acting as an entertainment meeting for federates and sub aquatic activities enthusiasts.

3.2. DEFINITION

Scuba Diving in Swimming Pool is defined as "the set of individual or group competitive events, which need of a technical, tactical and specific psycho-physical conditions, based on scuba diving abilities, skills and equipment, held in a permanent and non-fluctuating environment, regulated and institutionalized by the sub aquatic activities".

It is considered therefore a physical and mental activity, regulated by rules, institutionalized and with the aim of competition, which fulfills the basic requirements of every sport.

3.3. EVENTS

3.3.1. Individual Events

DIVING - OBSTACLE COURSE - SOLO - 100 m (men and women)

DIVING - LIFT BAG - 50 m (men and women)

DIVING - TRIAL - 100 m/200 m/300 m (men and women)

DIVING - IMMERSION TORPEDO - 100 m (men and women)

3.3.2. Team Events

DIVING - OCTOPUS - 50 m/100 m (men's teams, women's teams, mixed teams)

DIVING - OBSTACLE COURSE - TEAMS - 100 m (men's teams, women's teams, mixed teams)

3.3.3. Relay Events

DIVING - RELAY 4 × 100 m TRIAL (men's teams, women's teams, mixed teams)

DIVING - RELAY 4 × 50 m IMMERSION TORPEDO (men's teams, women's teams, mixed teams)

3.4. TECHNICAL REGULATION

In the present rules for competition, sportsmen and sportswomen are called « athletes » or « competitors ».

3.4.1. Admission requirements

- To be member of CMAS for the current sporting year (valid sport license);
- Medical certificate: Every athlete has to present, before the start of competition, a valid medical certificate for sport diving competitions, in an English version, and dating from less than a year;

- Insurances: An additional individual insurance assistance is mandatory. It must be available for the practice of sports diving in competition. The athlete has to present on request, his/her personal insurance certificate.

3.4.2. Age groups

The minimum age for competition participants is 12 years.

For age definition, see "005030-1-2019_02_V_procedures_and_obligations_16february2019.pdf" §7.1 to &7.4

The age groups are the following:

- "SENIOR" (Available for World & European Championship and World Cup competitions) :

A: 18 years and over

- "JUNIOR" (Available for World & European Championship and World Cup competitions) :

B: 16-17years

C: 14-15years

D: 12-13years

- "MASTERS" (Available only in World Cup competitions on decision of local organization)

V0: 29 - 34 years

V1: 35 - 44 years

V2: 45 – 54 years and so on in gaps of 10 years

The limit of age is the age of the competitor on January 1st of the year of the championship. Athlete will compete in this category until December 31 of the same year.

3.4.3. Classifications

Classifications are made out taking into account:

- Gender . those categories are established:
 - o Male → men = M;
 - o Female → women = W;
 - o Mixed team → 1 man + 1 woman = M+W;
 - o Mixed relay team → 2 men + 2 women = M+M+W+W;

3.4.4. Establishment of the classification

The classification is obtained according to:

- Individual Events: Individual classification in each event;
- Team Events: Team classification in each event.

4. COMPETITION PLACE

The conditions that must have the competition place are:

- Type: Heated or open-air pool;
- **Length: 25 or 50 meters ;**
- **Side walls and depth: Parallel and vertical side walls, a minimum depth of 1,5 meters on one side, and 2m on the other side (in case of particular configuration of the pool, the present rules will be precise before date of competition / It may change the rule of World Record – See specific mentions in those cases) ;**
- **Number of lanes: minimum 6 lanes for 25m length pool, and minimum 8 lanes for 50m length pool (with a lane-width of 2.5 meters) ;**
- Starting blocks : At least in one side of the pool ;
- Water temperature: Preferably between 25° C and 27°C.

The pool need also to have specific gears for podium protocols of medals.

IMPORTANT NOTICE : UNDERWATER LINES

Specific lines must be placed on the bottom of the pool. They must be visible and well weighted (or fixed) so as not to be moved around by the divers' movements.

Their position is established according to the DIAGRAM OF THE DISTANCE → *Please have a look at each concerned §.*

5. BOARD OF JUDGES

The Board of Judges is set up by the organizers. It is entirely responsible for the preparation and the staging of the event.

Its composition depends on the nature of the competition. The panel sets up as follows minimum :

- ✓ 1 chief judge
- ✓ 1 chief secretary
- ✓ 1 starter
- ✓ 1 pre-start judge
- ✓ 1 chief time-keeper
- ✓ 1 time-keeper per lane + 1 electronic plates OR 2 time-keeper per lane
- ✓ 1 finish judges
- ✓ 3 turning judges for 8 lines
- ✓ There are 4 to 8 surface judges :
 - 1 judge by line for diving lift bag;
 - 2 judge by line for obstacle course pair;
 - 1 judge by line for obstacle course solo;
 - 1 for 2 lines for other distances, depending of the specific rules of it.
- ✓ 1 speaker
- ✓ 1 master of ceremonies (protocol ceremony)
- ✓ 1 doctor
- ✓ 1 competition director

NOTE : Specific configuration of judges can be precise in the specific rule of events.

IMPORTANT NOTICE :

NOTE FOR ALL JUDGES / RULE OF BEHAVIOR / JUDGES' DECISION MAKING

Judges shall make their decision autonomously and independently of each other unless otherwise provided in the CMAS Scuba diving sport Rules.

5.1. THE CHIEF JUDGE

He has full control and authority upon all officials. He must approve their assignment and give them the instruction about the particular rules of the championship. He is responsible for technical conditions of the competition and for ensuring compliance with the prevailing safety regulations. His rights and duties are the followings :

He has the duty to check the entry forms and the starting order

He is responsible for appointing the finalists and for the publication of the results

He has the duty to enforce CMAS regulations and decisions, and resolve all matters about the actual organization of the competition when the rules do not provide another solution

He decides the place of all judges for the perfect staging of the event. He may at any time replace a judge if the original judge does not properly fulfil or is incapable of fulfilling his tasks, or is absent. He can nominate additional judges if he values it necessary.

The chief judge authorizes the starter to proceed with the start. Beforehand he must make sure that all members of the board of judges are ready.

Independently from the starter he can decide whether there has been a false start or not.

He must make sure that the equipment and apparatus necessary for the staging of the event is available in good time.

The organizer must put a sufficient number of assistants at his disposal so that he can fulfill his tasks without any difficulties. (2 minimum, with specified mission)

The Chief Judge shall disqualify any diver for any violation of the rules that he personally observes, and may also disqualify any diver for any violation reported to him by other authorized officials. All disqualifications are subject to the decision of the Chief Judge, according to the present rules of events, and the CMAS rules of competition.

5.2. THE CHIEF SECRETARY

He prepares all administrative material and the documentation needed for the competitions.

He appoints the deputy secretaries and directs their work.

He must control the withdrawal after the heats or finals.

He is responsible for the handing of the time-keeper's forms to the poolside secretary.

He supervises the work of drafting minutes of the technical commission meetings and of the jury.

He prepares the final protocol of the competitions after they have ended.

With the authorization of the chief judge he gives information on the competitions to the press if there is no special press office.

He is responsible for the verification of the results of the competition given by the computer or the times and classification given by the chief judge.

He verifies the results and ratifies new records and inserts them into the protocol.

He must make sure that the decisions of the finishing judge and of the chief judge are inscribed in the official protocol.

He co-ordinates the electronic time-keeping which is operated by qualified technicians.

He controls the official protocol, signs it and passes it on to get the signature by the chief judge.

He transmits to the speaker the starting list, and the results concerning finals and awards ceremonies.

The chief of the result office must give the official protocol and the results to the secretary only after approval by the chief judge.

5.3. THE STARTER

He has complete authority over the divers from the moment the chief judge has handed over the control of the race to him and until the start of the race. The starter must indicate to the chief judge any diver who delays the start, refuses to respect an order or does not behave correctly during the starting procedure. Only the chief judge can disqualify this diver for unsporting behaviors. This kind of disqualification cannot be considered as a false start.

He has the right to decide whether the start is correct or not, provided that the chief judge is of the same opinion. If he thinks that the start is not proceeding correctly, he must recall the divers.

The starter can anticipate the start when he judges that a diver exaggeratedly delays taking up his starting position.

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

The position of the starter when he gives the starting signal must be on the side of the pool about five meters from the extremity walls. The time-keepers and all participants should be able to hear him clearly.

5.4. THE PRE-START JUDGE

He must call the participants in due time for each of the events. He must signal to the chief judge all violations noticed, that are related to the announcement and absence of the called diver. He must check if the equipment complies with the rules and if the participants are ready to start.

He leads the divers to the starting point.

5.5. THE CHIEF OF TIME-KEEPERS

He assigns the lanes to the time-keepers. There must be one time-keepers per lane in addition to the automatic timing. If this is not employed, there must be at least one (1) -preferably two (2)- additional timekeepers.

The chief of time-keepers is responsible for substituting the timekeepers whose stopwatch

failed during the event, or who, for any reason, cannot measure the time. Together with the time-keepers the chief time-keeper checks and approves the reliability of the stopwatches in use. He organizes a general test of time-keeping equipment before each competition. He provides spare solution if needed, or in case of failure.

He 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 diver. He supervises the activity of each time-keeper and takes control times himself. He passes on the times recorded for each swimmer to the pool-side secretary.

5.6. THE TIME-KEEPERS

They record the times of the divers for whom they are responsible. They use stop watches approved by the chief time-keeper or chief judge.

At the signal for the start the time-keepers start their stopwatches and stop them when the diver 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 chief time-keeper. At the same time, they show their stopwatches for control.

IMPORTANT : They must not reset their stopwatches to zero before the chief time-keeper or chief judge tells them to set "stopwatches to zero"

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

5.7. THE FINISH JUDGES

There two or more finishing judges. 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. They establish the classification of the divers and they hand it over directly to the results office. They are not allowed to be time-keepers in the same event.

- They carry out verification, according to the Regulation of each event ;
- They disqualify, according to the Regulation of each event ;

The finishing judges' decisions take precedence over the classification given by the manual stopwatches only if there are fewer than two digital stopwatches per lane. They cannot be appealed if they are unanimous. If the arrival judges' decisions are not unanimous, it is the

chief judge who decides on the placing. The protocol must then bear the mention 'CJD' (chief judge decision) next to the time.

5.8. THE TURNING JUDGES

They are nominated for each lane or group of lanes by the chief judge.

They must check whether the swimmer has carried out his turn according to the rules. They must report all violations on their card, sign it, and specifying the event, the number of the lane, and the specific infraction. These cards will be immediately handed to the chief judge.

5.9. THE SURFACE JUDGES

There are 4 to 8 surface judges :

- 1 judge by line for diving lift bag;
- 2 judge by line for obstacle course pair;
- 1 judge by line for obstacle course solo;
- 1 for 2 lines for other distances, depending of the specific rules of it.

They are positioned on a place that makes them have complete view on the event ; they must check that the rules for event are observed ; Assistants may perform this control.

They must immediately inform the chief judge of all violations of rules on a signed card or by a specific sign decided with the chief judge. This card or sign enable the chief judge to understand well the event, heat number, lane number or any usefull indication.

5.10. THE SPEAKER

He has the task to call the swimmers and teams and to introduce them to the spectators. He must announce the results if there is no spectator score board. He must give information about the competition in order to make the event interesting and he must also announce new records.

He is responsible for the announcement of all disqualifications.

5.11. THE MASTER OF CEREMONIES

The master of ceremonies prepares beforehand the medals, flowers and other awards.

He is in charge of the arrangements of the awards podium, the national anthems, the ceremonies and the flags and organizes the ceremony for the medals presentation. He calls and gathers the divers, the officials and the carriers of the medals in the appropriate order for the protocol ceremony.

→ Please refer to the Official CMAS document for details of organization.

5.12. THE DOCTOR

He's a member of the board of judges.

He ensures the supervision of the medical control. The presence of at least one doctor at all events is compulsory. He's responsible for all sanitary, hygienic and medical questions (helps in case of danger, assists with the preparation of the time plans, menus, the sanitary control of accommodations, control of the medical health certificates, doping-tests, etc.).

Before each competition, he must check the functioning of the necessary medical equipment. A medical control can be carried out at any time during the competition.

5.13. COMPETITION DIRECTOR

Named from the Organizing Committee, he represents the competition organizing committee. He's responsible of the organizing and logistic matter during the competition. He strictly works with the Chief Judge and "CMAS Judge Delegate"

6. GENERAL REGULATIONS OF THE EVENTS

6.1. PREPARATION

The organization provides one or more compressors to charge the air tanks. The compressors must be in the installation and charging periods must be established which, depending on the expected needs, are ready for the use by the teams.

The use timetable is previously announced after each team needs are reported. They will not be used out of the established periods. It must indicate the type of connector or the necessity to take adapter. The participants have some time, before the warming-up, for the organization, positioning tests of materials and equipment. The actual time for this will be determined by the organization.

6.2. WARM-UP

In every competition day, the divers will have some time for the warm-up, before the events start. The actual time is fixed by the organization and it is indicated in the Summary of the Competition Rules. When the warm-up time is over, the Organization will ask the divers to go out of the pool for the beginning of the competition.

6.3. START ORDER

To determine the start order, pre-start judge will organize a draw and communicate the start order with enough time for the divers to get ready. In order to determine the start-order for each heat the "best time" criterion is followed.

Divers with longer times obtained in previous competitions participate in the first heat, and divers with the best times participate in the last heat. In case of competitors with no record times, pre-start and start judges will organize a draw to determine their start order. If the competition gathers competitor with and without time records, these will swim in the first heats, after the start order draw. Divers with time records will swim in the following heats, according to the "best record" criteria.

6.4. PRE-START

Coaches and accompanying persons are not allowed to circulate on the poolside, lest they be excluded from the area reserved to swimmers. Only the chief judge can allow the coach to intervene in case of a technical problem.

6.5. START

Start is carried out according to the specific Regulations of each event.

At the beginning of each event, the chief judge must signal to the divers by "a series of brief whistles", to take off all clothes except for the bathing-suit, to put on the fins and other equipment. Then, the divers have two (2) minutes to get ready. A large watch is placed on both sides of the swimming pool to be easily visible by the competitors.

By "a long whistle", made from the chief judge, the divers take position. The divers and the officials are ready for the start. The chief judge gives a signal to the starter, with the arm stretched to indicate that the divers are under the control of the starter. Until the start is given the arm must remain stretched. At the longer whistle of the chief judge the divers get on the starting block. If they wish, the divers may already stand on the starting blocks.

On the starter's command "take your marks" (or "à vos marques" or "preparados"), the divers will immediately take up a starting position and stand still. The position of the hands is not relevant. When all divers are stationary, the starter will give the starting signal. When one or more competitors dive, or move before the starting signal, he(they) will be disqualified. If the starting signal has been given before announcing any disqualification, the race continues and the divers 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 divers who remain in the race are recalled and the starter gives again the starting signal. The decisions of the starter or of the chief judge about false starts are definitive.

6.6. ARRIVAL

The arrival is done according to the established in the specific Regulations of each event. After the complete development of each heat and at the arrival of the last diver (depending on the event) chronometers will stop timing.

6.7. VERIFICATIONS

IMPORTANT NOTICE : see specification in detailed information about distances.

When a trial is finished the finish judge will verify the following:

- The equipment of the diver is complete and is in order;
- The pressure gauge indicates more than 20 atmospheres;

Verifications are carried out according to the established in the specific Regulation of each event. Once the verifications are finished, the heat will be given as finished.

6.8. EQUIPMENT

6.8.1. Mandatory equipment

Mandatory equipment is as follows :

- ✓ Swimsuit ;
- ✓ Binocular diving mask ;
- ✓ Fins : only bi-fins (adjustable or nonadjustable) made from official brand producer are allowed. Monofins are forbidden.
- ✓ 1st stage regulator + 2d stage regulator + waterproof manometer. The manometer in a "button-style" is forbidden. The maximum length of the octopus hose is 110cm. The "octopus" 2d stage regulator will be used only for the concerned event and for the competitor who needs it.
- ✓ Tank : the MINIMUM volume of tanks is 5L for athletes who are 12-13 years old; 7L for athletes who are 14-17 years old; 10L for adult athletes who are 18 years old or more.
- ✓ Stabilizing Jacket (BCD) + direct system hose OR backpack plate system.

IMPORTANT NOTICE : the use of enriched air is absolutely forbidden ; Its use will result in the immediate disqualification of the concerned competitor for the entire competition. (gas doping)

6.8.2. Optional equipment

Optional equipment is as follows :

- ✓ Snorkel. Any type of diving snorkel is allowed, except frontal snorkel ;
- ✓ For the following distances ONLY : trial, octopus and medley : if the competitor decides to use a snorkel for these distances, it will be considered as "mandatory equipment" . It means that the competitor has to be able to present it to the judge at the end of the distance ;
- ✓ Gloves, watch, diving computer ;
- ✓ Bathing cap (according to the regulation of the pool) ;
- ✓ Neoprene or isothermal suit, Neoprene socks, Hood, Wet suit, ... ;
- ✓ Weights.

6.8.3. Forbidden equipment

Forbidden equipment are the ones as described :

Tank air filling : the use of enriched air is absolutely forbidden ; Its use will result in the immediate disqualification of the concerned competitor for the entire competition.

7. GENERAL RULES FOR ALL DISTANCES

7.1. STARTING PROCEDURE

	Criteria for judging	PENALTY, in case of disrespect
When competitors and timekeepers are ready, the starter can start the long whistle signal : competitors are then under his orders		
At the command « on your marks » of the starter, the competitors take the starting position ; it must be maintained, without moving, until the starting signal	The competitor moves after the command "on your marks"	DSQ
In case of « false start » (real or pretending), competitor will be disqualified and, on the decision of the starting, the distance interrupted by any appropriate mean	False start	DSQ
The starter can give the starting signal if he judges that a competitor excessively delays his setting in position	Excessive delay	DSQ

7.2. RULES DURING THE DISTANCE

	Criteria for judging	PENALTY, in case of disrespect
Line change : if any part of the competitor (body and equipment) is outside the water line or the zone that was devolved, the competitor will be disqualified	Get out of his line	DSQ
Turns : for the U-turns, the competitor must touch the vertical part of the wall, with his hand or fins	Don't touch the vertical part of the wall (If needed, the competitor can come back and touch, to avoid disqualification)	DSQ
In any case, any part of the face of the	The face appears	DSQ

competitor mustn't appear above the surface	during immersion time	
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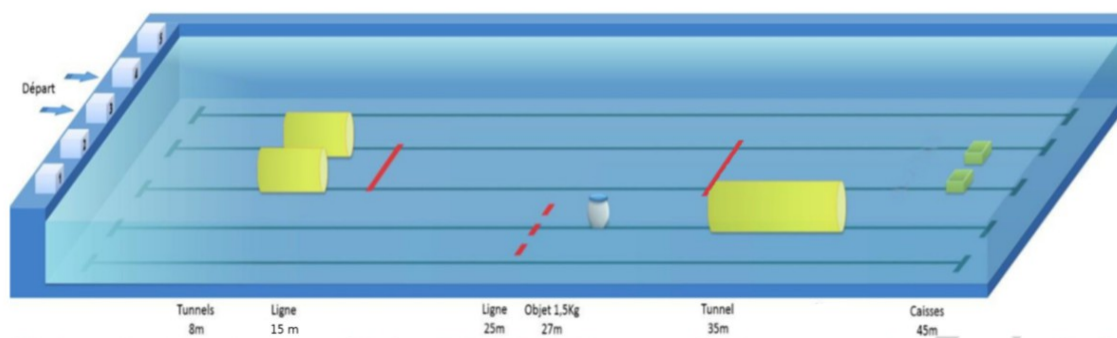
7.3. ENDS OF DISTANCE

	Criteria for judging	PENALTY, in case of disrespect
The equipment will be considered complete if all mandatory equipment is present. For trial, octopus and medley, if the competitor decides to use a snorkel, it will be considered as a mandatory equipment	Equipment is not complete	+10 sec.
The equipment will be considered adjusted if the two straps of the stabilizing jacket or back pack are in place (bottle on the back, straps on the shoulders)	Equipment is not adjusted	+10 sec.
The pressure gauge must indicate at least 20 bars at the end of the distance	Pressure gauge < 20b	+10 sec.
At the end of the distance, or in case of retirement, the competitor must stay in his line or on the zone devolved to him, waiting for the timekeeper judge instruction to leave	In case of interference with another athlete	DSQ

8. DIVING – 100 M OBSTACLE COURSE – TEAMS

This race is a course performing various skills and tasks reflects CMAS 1* level.

It is a TEAM event, men or women or mix, based on an underwater movement over 100m in a 50m pool.



8.1. EQUIPMENT OF THE POOL (50M VERSION)

This distance requires at least 2 lines of 50m for one pair of competitors.

Underwater lines : Specific lines must be placed on the bottom of the pool as below.

8.1.1. The tunnels (steps #1 and #4)

- There are 3 tunnels in the pool : two tunnels of 2 meters long, placed side by side, and one tunnel of 5 meters long ;
- The tunnels are composed of several rings of a diameter between 90cm and 100cm. The upper part of the tunnels stands to a depth between 50 cm and 100cm. They are kept vertical and parallel to each other ;
- The rings are equipped with system like a chain with open link or equivalent ;
- The position of the tunnels is made as below :

8.1.2. Boxes for masks (step #3)

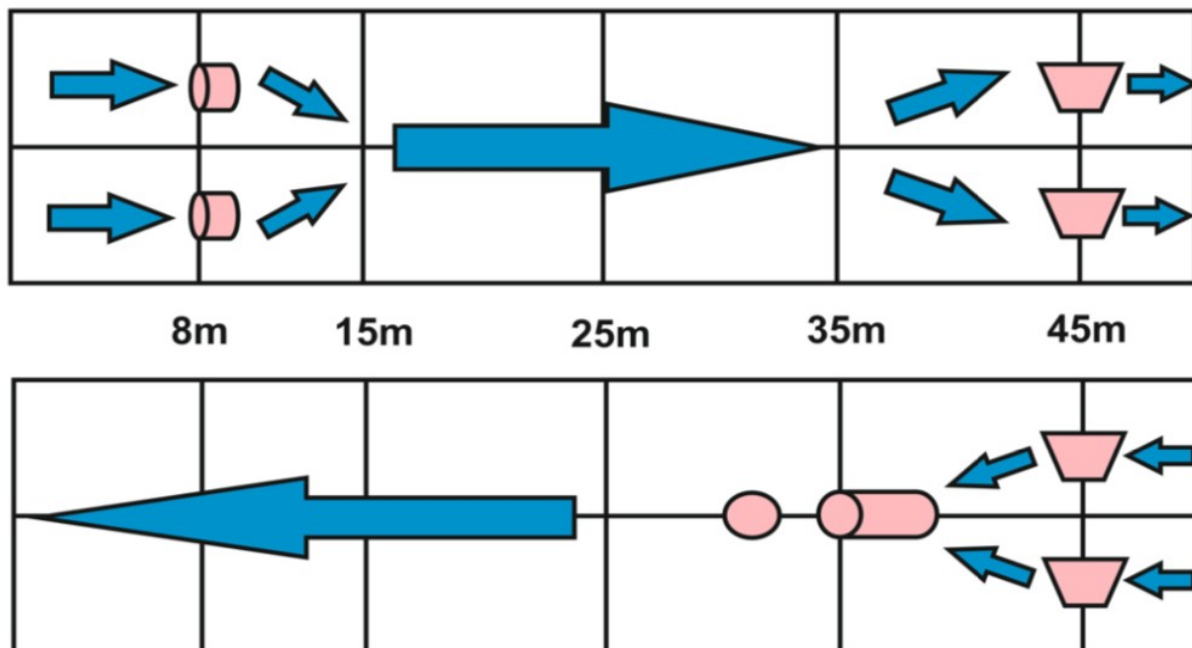
- The boxes are placed as below ;
- They must be well weighted so as not to be moved around by the divers' movements.

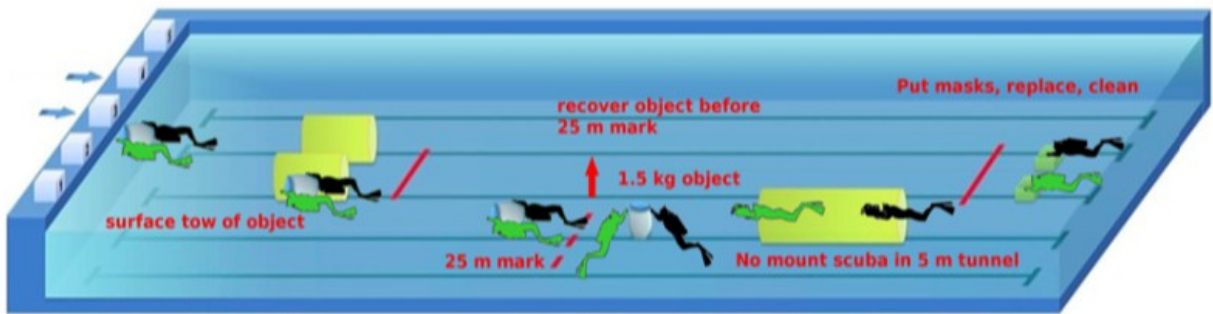
8.1.3. The object (step #5)

- Any object with an apparent weight of 1,5 kg can be used
- It is placed as below.

8.4. DIAGRAM OF THE DISTANCE

Steps #1, #2, #3, from 0 to 50 meters : first tunnel, octopus part, masks & boxes ; Steps #4 and #5, from 50 to 100 meters : emptying mask, removing equipment, second tunnel, put on equipment and towing the object.





8.5. RULES OF THE DISTANCE

8.5.1. Part #1 : Start

	Criteria for judging	PENALTY, in case of disrespect
At the starting signal, the competitors dive or jump into the water from or next to starting block. The competitors immerses immediately		

8.5.2. Part #2 : Process (5 steps)

	Criteria for judging	PENALTY, in case of disrespect
Competitors have to complete the 5 steps	One step is not realized	DSQ
Step #1 : 2m tunnel		
The competitor goes out of the tunnel without help or destroying the structure, and without blowing up more than half of the rings, or moving around the structure	Need help or Destroy the structure Blow up more than 50% of rings or Structure is moving around	DSQ +10 sec.
Step #2 : Octopus		
Between the 15m and 35m line, one of the competitor uses the octopus of the partner. After the 35m line, each competitor uses his own equipment	Take the octopus after the 15m line	+10 sec.
	Return the octopus before the 35m line	+10 sec.
The competitor chooses to keep or not to keep a physical contact by hand or gears,		

during this step.		
Step #3 : Masks		
Each competitor put their masks in the boxes (one mask per box)	Put the masks in the same box	+10 sec.
They have to put their masks on	Fail to find the mask	DSQ
Step #4 : 5m tunnel		
The competitors put off their equipment		
The competitors goes through the 5m tunnel one athlete behind the other, without tank on their back		
They go out of the tunnel without help or destroying the structure, and without blowing up more than half of the rings, or moving around the structure	Need help or Destroy the structure Blow up more than 50% of rings or Structure is moving around	DSQ +10 sec.
The competitors put back their equipment on		
Step #5 : Towing phase with object		
The competitors take the object placed as below after the tunnel, to form a trinomial		
The entire trinomial should surface vertically before the 25m line and finish the remaining 25 meters	Don't surface before the 25 meters' line	+10 sec.
The trinomial must stay bound together and the two competitors must remain in contact with the object, until the arrival.	Contact loss with the object one or several times	+10 sec.
They can use natural breath, or regulator or snorkel for this surface part of the event.	Loss of the snorkel before the end	+10 sec.
At least one element of the trinomial must	No element is visible	+10 sec.

always be on the surface during the displacement of the object	on the surface	
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8.5.3. Part #3 : Finish

	Criteria for judging	PENALTY, in case of disrespect
The timer stops when one of the trinomial touches the vertical part of the wall arrival with the hand		
The ranking is based on the best times, after adding all penalties		

9. DIVING - 100M OBSTACLE COURSE - SOLO

This race is a course performing various skills and tasks reflects CMAS 1* level.

It is a solo event, men or women, based on an underwater movement over 100m in a 50m pool.

9.1. EQUIPMENT OF THE POOL (50M VERSION)

This distance requires at least 1 line of 50m for one pair of competitors.

Underwater lines : Specific lines must be placed on the bottom of the pool as below.

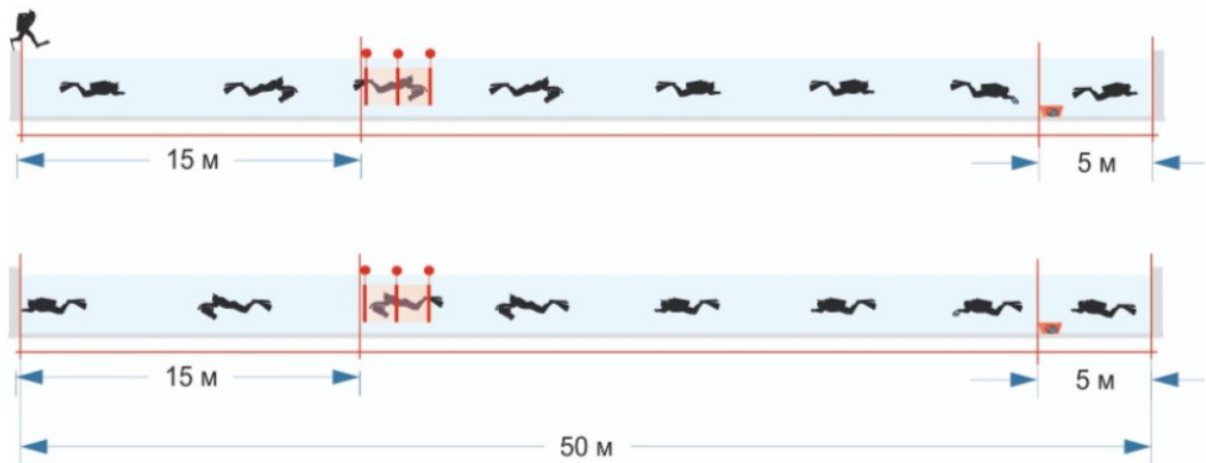
9.2. The tunnel (steps #1 and #3)

- There are 1 tunnel in the pool : 2 meters long ;
- The tunnel is composed of several rings of a diam. between 90cm and 100cm. The upper part of the tunnel stands to a depth between 50 cm and 100cm. They are kept vertical and parallel to each other ;
- The rings are equipped with system like a chain with open link or equivalent ;
- The position of the tunnels is made as below.

9.3. Boxes for masks (step #2)

- The box is placed as below ;
- It must be well weighted so as not to be moved around by the divers' movements.

9.4. DIAGRAM OF THE DISTANCE



9.5. RULES OF THE DISTANCE

9.5.1. Part #1 : Start

	Criteria for judging	PENALTY, in case of disrespect
At the starting signal, the competitors dive or jump into the water from or next to starting block. The competitors immerses immediately		

9.5.2. Part #2 : Process (3 steps)

	Criteria for judging	PENALTY, in case of disrespect
Competitor have to complete the 3 steps	One step is not realized	DSQ
Step #1 : 2m tunnel		
The competitor goes out of the tunnel without help or destroying the structure, and without blowing up more than half of the rings, or moving around the structure	Need help or Destroy the structure	DSQ

	Blow up more than 50% of rings or Structure is moving around	+10 sec.
Step #2 : Masks		
The competitor put his mask in the box		
He have to put his mask on	Fail to find the mask	DSQ
Step #3 : 5m tunnel		
The competitors put off his equipment		
The competitor goes through the 2m tunnel, without tank on his back		
The competitor goes out of the tunnel without help or destroying the structure, and without blowing up more than half of the rings, or moving around the structure	Need help or Destroy the structure Blow up more than 50% of rings or Structure is moving around	DSQ +10 sec.
The competitor put back his equipment on, adjust it, and goes straight to the final wall		

9.5.3. Part #3 : Finish

	Criteria for judging	PENALTY, in case of disrespect
The timer stops when the competitor touches the vertical part of the wall with the hand		
The ranking is based on the best times, after adding all penalties		

10. DIVING – 50 M LIFT BAG

This race is carried out in a 50 meters' pool. It consists of an underwater movement over a distance of 25 meters, and then the emergence of an object of 4kg, only with the aid of a lift bag. It ends by an underwater movement up to 50m, as quickly as possible.

It is a solo event, men or women, based on an underwater movement over 50m.

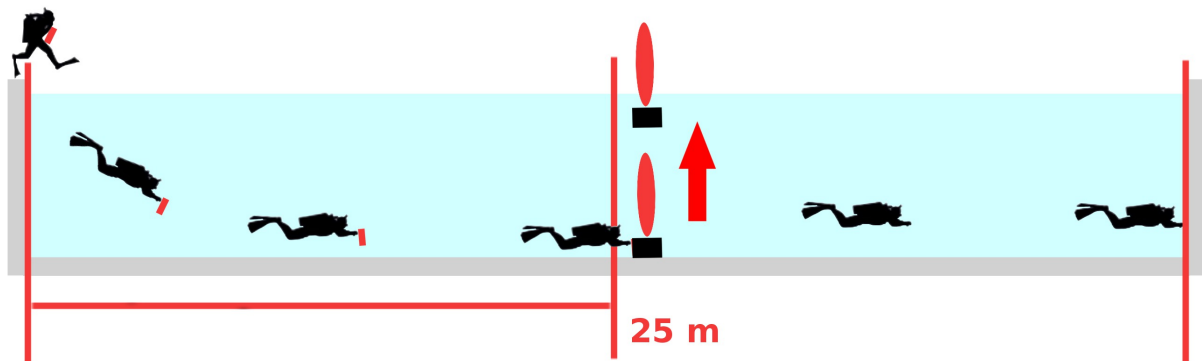
10.1. EQUIPMENT OF THE POOL (50M VERSION)

At the bottom of the pool and in as many pool lanes as there are competitors, the organizer places an object by lane to be emerged. The object must be equipped with a metal hook.

They are placed as below.

Each diver must have a parachute provided by the organizer.

10.2. DIAGRAM OF THE DISTANCE (50M VERSION)



10.3. RULES OF THE DISTANCE

10.3.1. Part #1 : Start

	Criteria for judging	PENALTY, in case of disrespect
At the starting signal, the competitor dive or jump into the water from or next to starting block. The competitor immerses immediately		
It must be folded and can be hooked to jacket or in the hands of the diver but it should not be handled before start	Unroll the parachute before start	+10 sec.

10.3.2. Part #2 : Process

	Criteria for judging	PENALTY, in case of disrespect
The athlete must perform 25 meters underwater		
He has to hang the lift bag on the object and then lift the object by injecting air in the lift bag. Air must come from his tank using one of his regulator	Inflate the lift bag before fixing it to the weight-hook	+10 sec.
The weight must rise from the bottom of the pool without the help of the competitor	Lift the weight manually upwards	+10 sec.
The lift bag must emerge and stay on the surface of the water until the diver finishes the race, with the weight attached below. The lift bag has to float in the line of the competitor	The lift bag doesn't appear on the surface	DSQ
	The lift bag doesn't stay stable above the surface	+10 sec.
	The lift bag appears without its weight	DSQ

	The lift bag appears on the next line	DSQ
The competitor reach the opposite edge of the pool		

10.3.3. Part #3 : Finish

	Criteria for judging	PENALTY, in case of disrespect
The timer stops when the diver touches the finish wall with the hand		
The ranking is based on the best times, after adding any penalties		

11. DIVING – 100 M/200M/300M TRIAL

The trial is a race on a distance of 100m, 200m, 300m in which different skills are practiced : fast swimming on the surface, underwater apnoea swimming, underwater scuba diving fast swimming and scuba removing and replacement.

The distance takes place in a 50m pool. The athlete starts an underwater part until the 15m line. Then he starts apnoea after leaving his equipment after the 15m bottom line of the pool ; the athlete emerges after the 35 meters' line, and continues surface swimming until he reaches a 75m total length distance.

The Athlete immerses with apnoea, puts on his equipment, and ends underwater until he covered the decided length.

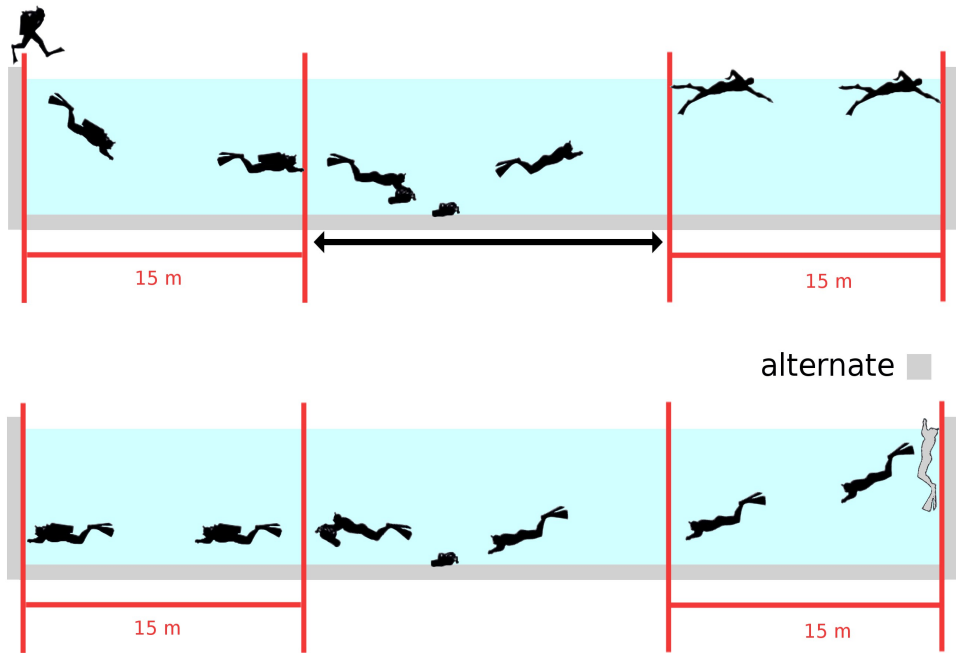
It is a solo event, men or women, based on an underwater movement over 100m, or 200m, or 300m. (See also, DIVING – RELAY 4x100m TRIAL).

11.1. EQUIPMENT OF THE POOL (50M VERSION)

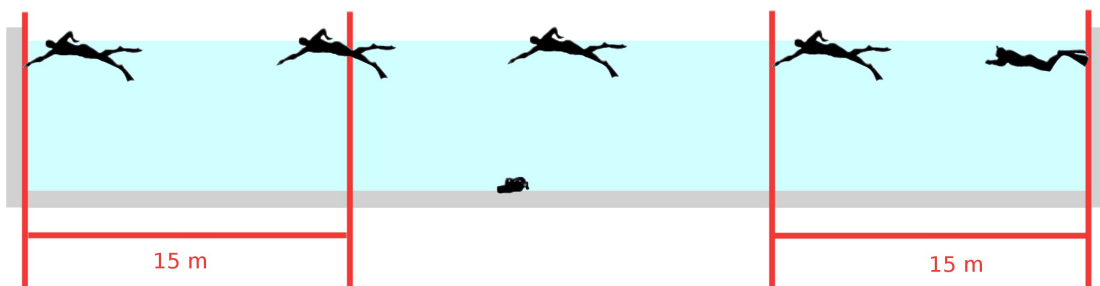
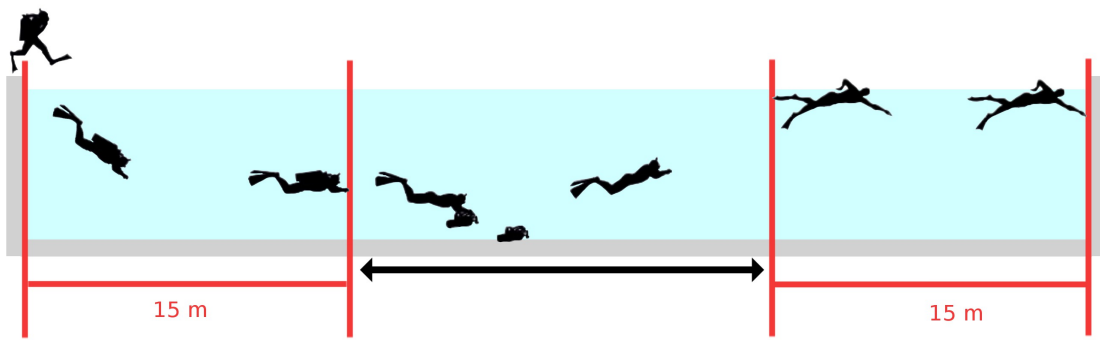
Underwater lines : Specific lines must be placed on the bottom of the pool as below.

11.2. DIAGRAM OF THE DISTANCE

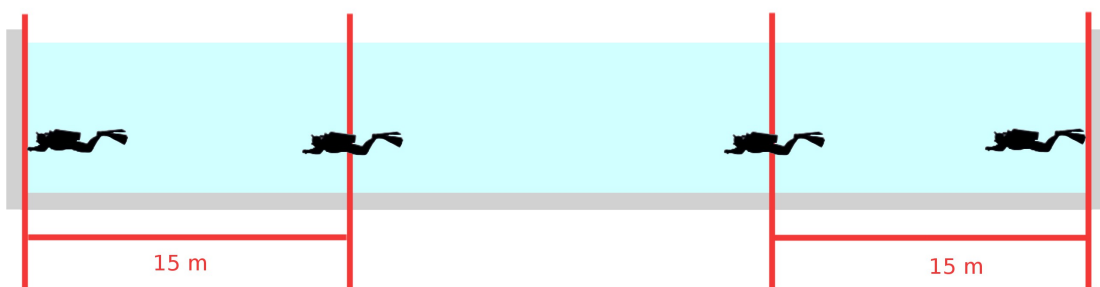
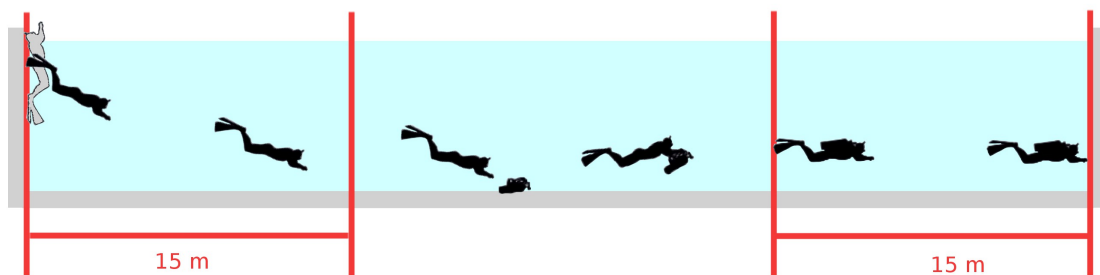
11.2.1. DIVING – 100 m TRIAL



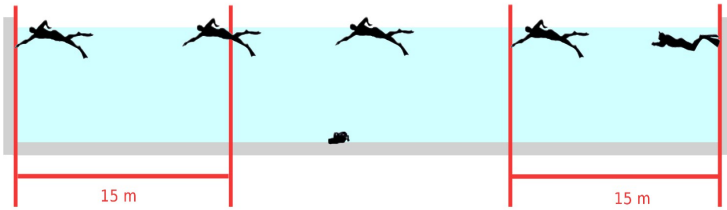
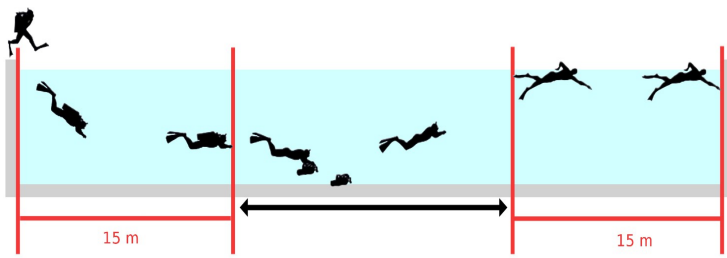
11.2.2. DIVING – 200 m TRIAL



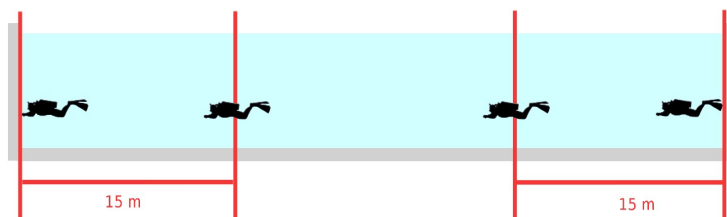
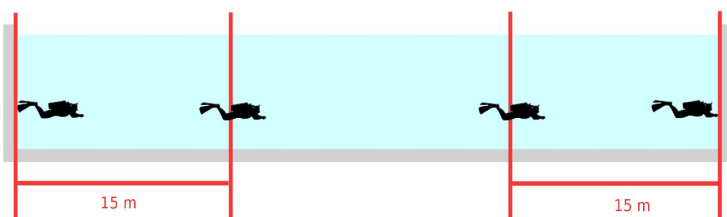
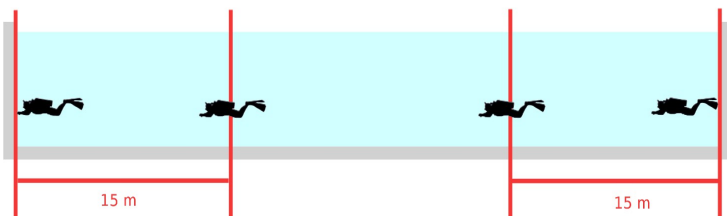
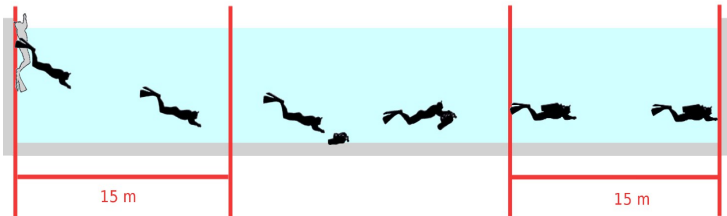
■ alternate



11.2.3. DIVING – 300 M TRIAL



■ alternate



11.3. RULES OF THE DISTANCE

11.3.1. Part #1 : Start

	Criteria for judging	PENALTY, in case of disrespect
At the starting signal, the competitor dive or jump into the water from or next to starting block. The competitor immerses immediately		

11.3.2. Part #2 : Process

	Criteria for judging	PENALTY, in case of disrespect
Competitor have to complete the all steps, without making any surface movement during immersion times	Step not realized	DSQ
Step #1 : Start		
The athlete can start to put off his equipment after start		
The competitor heads for the 15m line, while removing his equipment		
He leaves all of his equipment (tank, stabilizing jacket or back pack, regulator), to a distance between 15 and 35 meters from the starting wall. The regulator has to be located between the 15m line and the 35m line	Leaving the equipment before the 15m line or after the 35m line	+10 sec.
Then, the athlete swims underwater, without making any surface movement, until the 35m line	Emerging before the 35m line	+10 sec.
Step #2 : Surface time		
The competitor emerges between the 35m line and the 50m wall with light equipment (mask and fins or mask, fins and snorkel). He	Equipment is not complete	+10 sec.

swims on surface to finish 50 m length (100 m TRIAL), or 100 m length, making U-turns (200 m/300 m TRIAL).		
The competitor can breathe with or without the snorkel		
Step #3 : Second apnoea and end of the distance		
An athlete has an alternative: 1) He can touch the wall and immerse immediately. Without breathing, he swims to the area where the equipment was left during Step #1; 2) He can first stop and take a breath, then immerse.	Immersion is not made before the 3 m line	+ 10 sec.
He has to succeed in recovering his equipment without going up to the surface in-between	He failed	+ 10 sec.
The competitor puts on his equipment on his back while ending the distance		
Step #4 : Immersion part / End of distance		
The competitor swims underwater and finishes the total distance of 100 m (100 m TRIAL), or 200 m (200 m TRIAL), or 300 m (300 m TRIAL).		

11.3.3. Part #3 : Finish

	Criteria for judging	PENALTY, in case of disrespect
The timer stops when the competitor touches the vertical part of the finish wall with the hand, when reaching 100m total length of distance for TRIAL 100m or 200m total length of distance for TRIAL 200m		
If the snorkel is used by the competitor, it has to be in his possession at the end of the	Equipment is not	+ 10 sec.

distance	complete	
The ranking is based on the best times, after adding any penalties		

12. DIVING – 100 M IMMERSION TORPEDO

The diver has to swim 100 meters individually pulling an inflated buoy that stays on the surface. The total length for this distance is 100m.

This is the solo race version of Torpedo (See also, *TORPEDO RELAY* in the next Team events).

It is a men or women event, based on an underwater movement over 100m.

12.1. EQUIPMENT OF THE POOL (50M VERSION)

Each diver has a torpedo buoy, which has to be connected to a plastic tube by a line.

The plastic tube is 30 cm long, and the line is 3m long.

Before starting, every diver is on the top or on the side of the starting block, with a complete equipment (but without snorkel).

Underwater lines : Specific lines must be placed on the bottom of the pool as below.

12.2. DIAGRAM OF THE DISTANCE



12.3. RULES OF THE DISTANCE

12.3.1. Part #1 : Start

	Criteria for judging	PENALTY, in case of disrespect
Before departure, the competitor is on the starting block or his side, with his diving equipment		
The transport of the torpedo buoy is carried out by holding the plastic tube. Torpedo is connected to the baton by a line		
After the starting signal, the competitor jumps or dives with the torpedo and immerses immediately without making surface	Don't immerse immediately	+10 sec.

12.3.2. Part #2 : Process

	Criteria for judging	PENALTY, in case of disrespect
The competitor has to cover a distance of 100m, without making surface during immersion times	Making surface during immersion times	+10 sec.
At the end of the distance, the competitor touches the finish wall with his hand		

12.3.3. Part #3 : Finish

	Criteria for judging	PENALTY, in case of disrespect
The timer stops when the competitor touches the vertical part of the finish wall with the hand		

The ranking is based on the best times, after adding any penalties		
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13. DIVING – 50 M/100 M OCTOPUS

The race takes place on a 50 meters' pool. Before the start, the two competitors are side by side. The first diver (the donor) uses a complete kit of diving equipment, the second (the receiver) uses mask and fins.

It can cover 50m or 100m length.

The maximum length of the hose of the octopus is 110 cm.

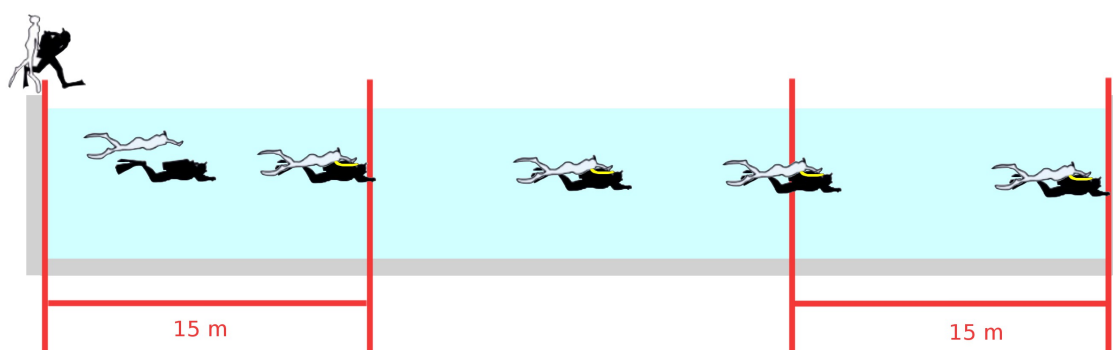
It is a team event, men, women or mixed, based on an underwater movement over 50m or 100m.

13.1. EQUIPMENT OF THE POOL (50M VERSION)

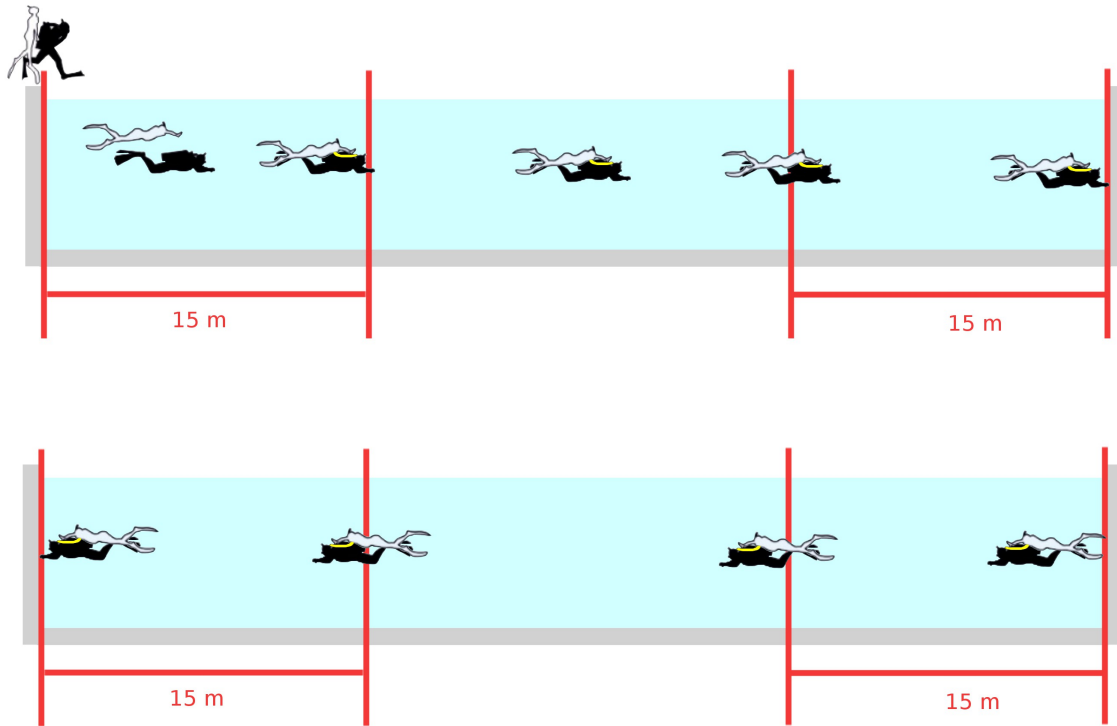
Underwater lines : Specific lines must be placed on the bottom of the pool as below.

13.2. DIAGRAM OF THE DISTANCE

13.2.1. DIVING – 50 m OCTOPUS



13.2.2. DIVING – 100 m OCTOPUS



13.3. RULES OF THE DISTANCE

13.3.1. Part #1 : Start

	Criteria for judging	PENALTY, in case of disrespect
At the starting signal, the competitors dive or jump into the water from or next to starting block. The competitors immerse immediately		

13.3.2. Part #2 : Process

	Criteria for judging	PENALTY, in case of disrespect
Competitors have to complete all steps of the distance,	Step not realized	DSQ
When underwater, the donor gives the octopus to the receiver. The receiver has to breathe on the octopus before the 15m line	Starting gas sharing after 15m line	+10 sec.
The receiver has to breathe on the octopus on the all distance (50m or 100m), without losing the octopus	Loss of the octopus one time or more	+10 sec.
The competitor chooses to keep or not to keep a physical contact by hand or gears, during this step.		
(OCTOPUS 100m only) The donor has to touch the wall with hand or Fins for U-Turn		
(OCTOPUS 100m only) The receiver has to keep the octopus in mouth during the U-Turn	Loss of the octopus during U-Turn	+ 10 sec.

13.3.3. Part #3 : Finish

	Criteria for judging	PENALTY, in case of disrespect
The timer stops when the donor touches the finish wall with the hand		
The ranking is based on the best times, after adding any penalties		

14. RELAYS

Each diver has to swim one by one the distance individually, in a relay. There are two types of relays: **DIVING – 4x100 m TRIAL** or **DIVING – 4x50 m IMMERSION TORPEDO**.

It is a team event, there are 4 divers in the team. There are men's teams, women's teams and mixed teams (2 men + 2 women). It is based on an underwater movement made for a total length of 400 meters for TRIAL, or 200 meters for IMMERSION TORPEDO, divided in 4 sequences of 100 or 50 meters each.

14.1. EQUIPMENT OF THE POOL (50M VERSION)

This distance is carried out in a 50 meters' pool

Underwater lines : Specific lines must be placed on the bottom of the pool as below.

14.2. DIAGRAM OF THE DISTANCE

The diagram of the relay events is the same as the individual event diagram: **DIVING – 100 m TRIAL** or **DIVING – 50 m IMMERSION TORPEDO**.

14.3. RULES OF THE DISTANCE

14.3.1. Part #1 : Start

For this relay version of **DIVING – 100 m TRIAL** or **DIVING – 50 m IMMERSION TORPEDO**, all the rules and regulations are the same to the individual event.

14.3.2. Part #2 : Process / Specification for Relay - Lap moment

For this relay version of **DIVING – 100 m TRIAL** or **DIVING – 50 m IMMERSION TORPEDO**, all the rules and regulations are the same to the individual event.

Complementary specifications:

	Criteria for judging	PENALTY, in case of disrespect
The relay transfer between 2 competitors is registered by touching the wall		
The athlete of lap #2/#3 and #4 waits in the water before departure. His hand is touching the edge of the pool on the top of the water (judge can see the hand out of the water)		
After the athlete touches the wall, the next lap athlete can start	The athlete start his lap earlier than the wall touch (hand is leaving the wall)	DSQ

14.3.3. Part #3 : Finish

	Criteria for judging	PENALTY, in case of disrespect
The timer stops when the fourth lap athlete touches the vertical part of the finish wall with the hand.		
If the snorkel is used by the competitor, it has to be in his possession at the end of the distance	Equipment is not complete	+10 sec.
The ranking is based on the best times, after adding any penalties		