

Confédération Mondiale des Activités Subaquatiques

World Underwater Federation

**NAGE AVEC PALME
FINSWIMMING
NATACION CON ALETAS**



**REGLES INTERNATIONALES
INTERNATIONAL RULES
REGLAMENTO INTERNACIONAL**

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DE DEFINITION

By finswimming we mean the progression with a monofin or with two fins either on the surface or underwater, by means of the athletes' muscular force only and without use of any mechanism, not even muscle-powered. For underwater disciplines with breathing equipment, only compressed-air subaqua equipment is allowed.

AR Administrative Rules

AR 1: *Administration*

Only the CMAS has the right to organise World, Zone, and Continental championships and CMAS finswimming events. The words "World", "Zone", "Continental" and "CMAS" cannot be associated to any finswimming event without CMAS authorization.

AR 1.1

Competitions under the CMAS label are:

- Championships
- CMAS Club Championships
- International Championships

AR 1.2

CMAS championships are

- World
- Zone
- Continental Championships.

They are staged over three, five or six days of competition.

AR 1.3

CMAS championships are classified according to an ordering number.

AR 1.4

CMAS Club Championships are organised by continent but may be declared open, in which case participation is world wide.

AR 1.5

International Championships are organised under CMAS exclusive control and all possible associated rights are owned by CMAS.

AR 1.6

The right to organise a championship with CMAS label will be granted to the applying Federation or organisation only after CMAS has received the following documents:

- a) the necessary application form duly completed and signed, including all its enclosures. This form must be submitted to CMAS headquarters two (2) years before the year of the competition;
- b) the contract duly completed and signed by the President of the applying Federation. By this signature, the applying Federation guarantees and honours all of its obligations.

AR 1.7

The CMAS Finswimming Commission has juridical power over all matters which can not, according to the rules, be solved by the judges. The commission has the right to postpone events and give instructions for the correct staging of the events.

AR 2: *Regulation of competitions placed under CMAS patronage*

AR 2.1

The organising federation or club must send the terms and conditions (= bylaws) of the competition to all federations involved in the competition and affiliated to the CMAS Sport Committee, **no less than 7 months before** the beginning of the competition.

AR 2.2

These terms and conditions must specify:

- a) the date, place and type of competition
- b) the programme showing the chronological order of the events with all breaks and scheduled awards ceremonies
- c) information about the organisation indicating:
 - **days of arrival and departure**
 - **lodging and food**
 - **participation expenses**

- d) informations concerning the connection types and the maximum filling pressure, for compressed air cylinder, this will be guaranteed by the organiser. For CMAS championships the pressure that will be guaranteed by the organisers must be 200 bar (20 MPa)
- e) all cylinders must have undergone a hydrostatic test no more than two years before the competition, or even less than two years before, if the local legislation specifies this.

AR 2.3:

The bylaws of every competition must specify the validity term of hydrostatic tests according to the legislation of the country hosting the championship. If the national legislation has special restrictions concerning the use of compressed air cylinders these restrictions must be clearly announced in the rules.

AR 3: *Participation*

AR 3.1

All CMAS member federations affiliated to the Sports Committee and having the right to vote for the respective disciplines, are allowed to participate. For Continental Championships, the allocation of countries per continent is the one established by the International Olympic Committee (IOC).

AR 3.2

All the team members must have the nationality of the federation that selected them.

AR 3.3

Each athlete must have a valid CMAS sports licence for the current year. [From 2003 it is not necessary for Junior Championships. If however a Junior starts in an older category, they must have a licence. Each country is responsible for its athletes.] The application for the licence and the entry form sent by the Federation and signed by the President will guarantee that all the teams members have no medical contraindication for finswimming.

AR 3.4

A CMAS official will check the documents the day before the competition.

AR 3.5

The swimmers who do not comply with the Finswimming rules will not be admitted to the competition.

AR 3.6

The athletes must:

- a) know the General Rules of Finswimming competitions as well as the Special Rules of the competition they participate in
- b) strictly abide by the safety rules during training and competitions
- c) follow all recommendations of the organiser and of the judges
- d) personally see that their own equipment conforms to the regulations
- e) only communicate with the responsible persons of the organiser or with the judges through their team leader.

AR 3.7

Every team participating in the competition must have a team leader and an international judge.

AR 3.8

The team leader is:

- a) responsible for the discipline of his/her team's members
- b) the intermediate between the organiser, the judges and the participants.

AR 3.9

When the team leader is absent, the team coach may replace him/her in his/her duties.

AR 4: *Entries to CMAS Championships on line*

AR 4.1

Entries for CMAS competitions must be submitted by internet or on the special forms attached to the rules, in case technical problems should arise.

- a) Each federation will receive its password and the website from OMEGA.
- b) Each federation concerned must confirm (by internet or in Attachment A) its participation in CMAS championships to CMAS, no less than 4 months before the competition, accompanied by the relevant CMAS fees, (except for Junior Championships, for which there are no CMAS fees), and send a copy to the organising federation.

- c) Each federation will then get access to the website of the championship and will have then the possibility to send in the individual application forms about one month before the beginning of the competition. The deadline for application will be sent out to the federations at the beginning of each year. The times given in the application form cannot be better than the present national records: should such a situation arise, the athlete will be entered without time.
- d) The list of national records for men, women, juniors (male and female) must be filled into the appropriate pages.
- e) Access to the website is not possible after the deadline of application. The organising federation has therefore the possibility to check all the entries, but cannot change them.
- f) Any change can submitted to CMAS by fax or by e-mail by the federation concerned until about 8 days before the beginning of the competition (Information about the deadlines is given at the beginning of each year).
- g) After the deadline no changes of any kind are allowed. In case a athlete is withdrawn, s/he will be not replaced.

AR 4.2

The following documents must be sent to the organizer:

- a) information on the sporting career of each athlete (with a photograph) so that correct press releases can be made (Annex D)
- b) the list of national records of the appropriate category. If this document is not submitted, the team will not be allowed to participate (Annex C).

AR 5: *Disqualification and withdrawal*

AR 5.1

In all competitions, a competitor (or a team) not wishing to take part in the final or semifinal for which s/he had qualified, must announce his/her withdrawal within 30 minutes following the announcement of the qualifying finalists. S/he will be replaced by the competitor or team having qualified one place immediately behind him/her.

AR 5.2

If a competitor, who participated in a final, is disqualified, his position must be given to the competitor who finished immediately after him. All competitors classified following him in the final must be advanced by one place. If the disqualification occurs after the awards ceremony, the awards (medals and diplomas etc.) must be given back and handed over to the appropriate competitors applying the above criteria.

AR 5.3

Except for the cases covered by rule 5.1, for every non participation from a heat, semi-final or final of an event during a CMAS Championship, the federation of the absent swimmer will be liable for a fine of €250.

AR 6: *Technical meeting before the beginning of the Championship*

AR 6.1

A meeting must be organised no later than twenty four hours before the beginning of the competition, in which participate:

- the person responsible for the organization
- the Chief Judge nominated by CMAS
- the team leaders
- the organization's physician

AR 6.2: The aim of this meeting will be to:

- a) communicate all informations concerning:
 - technical issues,
 - timetables and means of transportation,
 - guidelines for awards ceremonies,
 - safety measures,
 - doping tests,
- b) appoint the International Jury.

[This meeting may take every day if necessary.]

AR 7: *International Jury*

AR 7.1

The International Jury must be composed of 5 (five) members and 2 (two) substitutes, who are:

- a) the Chief Judge, appointed by CMAS under proposal of the finswimming commission, who presides over the International Jury
- b) 4 (four) members: 1 (one) representative appointed by the organising federation and 3 (three) representatives appointed by their own country, with priority to International Judges and being able to speak one of the CMAS languages
- c) 2 (two) substitute members appointed by their country.

AR 7.2

Every jury member (with the exception of the president who represents CMAS) must be of different nationalities, must speak fluently one of the CMAS languages and should be present during the whole competition.

AR 7.3

The task of the Jury is to examine appeals (protests) and take decisions on them within one hour after the submission of the appeal.

AR 7.4

If a member of the International Jury is from the same country as one of the parties involved in the protest, s/he will be replaced by one of the substitute members.

AR 7.5

Decisions will be taken by a simple majority vote and it is compulsory that 4 (four) members be present.

AR 7.6

In case of an equal number of votes, the President's vote prevails.

AR 7.7

Decisions taken by the Jury are final, except when new evidence is brought before the Jury.

AR 7.8

The decision of the jury must be communicated in writing to the plaintiff immediately after the end of the session.

AR 8: *Objections (Protest)*

AR 8.1

Each participating team has the right to appeal to the jury.

AR 8.2

A protest can only be submitted by the team leader.

AR 8.3

Every protest must be accompanied by a cash deposit of 100 € which is fixed by CMAS.

AR 8.4

A protest must be submitted in writing in French, English or Spanish to the Chief Judge within 1 (one) hour following the announcement of the results.

AR 8.5

For all event finals, the intention to submit an objection must be indicated to the Chief Judge within 15 (fifteen) minutes after the end of the event and be accompanied by a cash deposit of 100 €. This measure will allow the presentation ceremony to be delayed.

AR 8.6

After announcing their wish to object, the protesting party has 60 minutes in which they must prepare and submit their protest in writing to the Chief Judge. Should the objection not be submitted according to this procedure, the protest will be considered null and void, and the deposit will be lost.

AR 8.7

If the protest does not satisfy all the above conditions, it will be simply declared null and void.

AR 8.8

The deposit will be immediately refunded if the protest is declared valid. If it is not the case, the deposit will be kept by the CMAS.

AR 9: Protocol

AR 9.1

For each competition the board of judges must prepare an official record for the competition.

AR 9.2

Immediately after the competition the organizer must hand 2 (two) copies of the official protocol to the participating teams. S/he must send another 3 (three) copies to CMAS headquarters and 2 (two) copies to the CMAS Finswimming Commission.

AR 9.3

The official protocol must contain:

- a) the type of competition, date, place, organiser's name, a description of the competition site
- b) the events in the agenda of the competitions
- c) the composition of the International Jury
- d) the composition of the Board of Judges (name and functions)
- e) a list of participating teams (for World and Continental championships:surname, first name and the year of birth for each competitor)
- f) the results of the competition in race order (including surname, first name and the year of birth for all competitors, teams, intermediate times, final times, decisions on classification and disqualification, world, European and national records. For relay races: names of swimmers in correct order and intermediate times)
- g) any special incidents
- h) signature of the Chief Judge and of the Chief Results Officer or the Chief Secretary.

AR 9.4

The place and date of the competition and the CMAS logo must appear on header or footer of every page in the protocol.

AR 10: World and Continental Records

AR 10.1 World and continental records are ratified for both sexes in the categories "senior" and "junior" for the following disciplines and distances:

Surface Finswimming (SF):

- 50 m
- 100 m
- 200 m

400 m

- 800 m
- 1500 m
- 1850 m
- Relay: 4 x 100 m
- Relay: 4 x 200 m

Finswimming in Apnea (AP):

- 50 m

Immersion Finswimming (IS):

- 100 m
- 400 m
- 800 m

AR 10.2

The members of a relay team must be of the same nationality.

AR 10.3

All records must be achieved during a competition or during an individually timed event and must take place in public, having been publicly announced at least 3 (three) days before the attempt takes place. If an announced attempt should take place during a national or international competition, it does not need to be announced 3 days in advance.

AR 10.4

The length of the pool must be 50 meters, ratified and confirmed by the national federation.

AR 10.5

World and continental records will be ratified only when the time is recorded by an automatic, electronic time-keeping and classification mechanism.

- AR 10.6**
Times which are equal to 1/100 of the second will be ratified as equal records and the competitors who achieved the same time will be called "joint record holder". Only the time of the winner of a race may be submitted for a world or continental record. In case of a tie at the first (1st) place in a heat in which a record is broken, both competitors will be considered a "winner".
- AR 10.7**
The first competitor of a relay can request the ratification of a world or continental record. If the first swimmer of a relay team covers his distance in a record time, his performance will not be cancelled by an ulterior disqualification of his relay team for a violation made by an other team member after he completed his race.
- AR 10.8**
A competitor of an individual race may request the ratification of a record for an intermediate distance. The swimmer must cover the total distance of the event, in a manner in accordance with the rules.
- AR 10.9**
The request for ratification of a World or Continental record must be formulated on the special forms issued by CMAS and must be signed by the organising authorities and the Chief Judge.
- AR 10.10**
A request for ratification of a world or continental record must be sent as provisional procedure by telegram, telex, fax or e-mail to CMAS headquarters within 7 days following the performance.
- AR 10.11**
If the request for ratification of a world or continental record is accepted by CMAS, a diploma signed by the President of CMAS and by the President of the Finswimming Commission, will be sent to the National Federation of the swimmer as recognition of his/her achievement.

TR Technical Regulations

TR 1 *Age groups and equipment*

- TR 1.1**
The athletic age of a swimmer is obtained by subtracting his/her year of birth from the current year.
- TR 1.2**
The age groups are the following:
"Junior":
- B: 16 - 17 years
 - C: 14 - 15 years
 - D: 12 - 13 years
 - E: 11 years or less (Precompetition group)
- "Senior" A:** 18 years and over
"Masters (Veterans)"
- V0: 25 - 34 years
 - V1: 35 - 44 years
 - V2: 45 - 54 years and so on in gaps of 10 years
- TR 1.3**
Pool competitions can be held over any distance, for individual and relay events, for men and women.
- TR 1.4**
No competitions are allowed over a distance greater than 50 m in apnea.
- TR 1.5**
Discipline and distance limits for the "junior" groups are:
- a) Groups B and C: without limitations.
 - b) Group D surface and immersion with breathing apparatus, without limitations. Finswimming in apnea: maximum 25 m.
 - c) Pre-competition group: no international competitions; national regulations apply.
- TR 1.6**
Open water: Competitions can be held over any distance with the condition that full safety of competitors is guaranteed. For group D the maximum distance is 6 km. and for group C the maximum distance is 8 km.

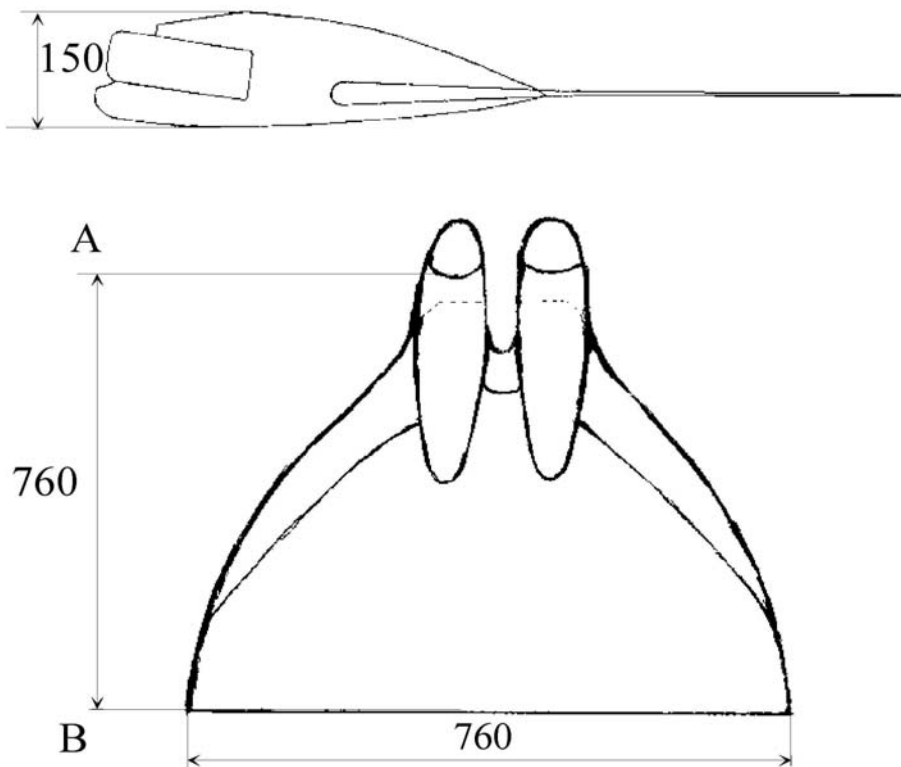
TR 1.7

For Finswimming in open water, no records can be ratified.

TR 1.8

Equipment allowed in pools and in open water:

- The fin comprises only of a blade and fixed foot pieces.
- Stereofins are allowed without any restriction as to the dimensions and the material.
- Monofins: All kinds of monofins are allowed according to the figure below.
- There is no restriction to the material used.
- The monofin may float.
- The maximum size of the monofin is: length 760 mm, width 760 mm, height 150 mm.
- The width is measured from the left to the right side of the blade.
- The length is measured between points A and B (see figure).
- The height is measured by a templet not exceeding 150 mm.
- The foot pieces must not be constructed so as to give the competitor any additional assistance, and no spring nor any device of any kind may be incorporated into the foot pieces.
- The foot piece must assure the stability of the swimmer on the starting block.
- [To protect the edges of the fins for safety reasons, any material is allowed. It must have a thickness below 10 mm, a width of maximum 10 mm and can protect the entire edge of the fin.]



Any new equipment must be shown to the Working Group of the CMAS Finswimming Commission in advance, which gives its recommendation to the CMAS Finswimming Commission for validity.

The decisions of this commission come into force in swimming pools after the following senior world championship, after approvement.

- Goggles or masks serving only to protect the eyes and improve vision in the water
- Snorkels only for breathing and without fairing. Only snorkels with a circular section with a maximum internal diameter of 23 mm (twenty three millimeters) and a maximum overall length of 48 cm (forty eight centimeters) are permitted. The top end of the snorkel may be cut obliquely or with a round lip but the length will be measured to the highest point.
- The goggles, masks and snorkels must not have any attachments serving any purpose other than the functions listed above.

- TR 1.9**
Immersion with compressed air-breathing apparatus:
- a) only compressed air without oxygen enrichment is allowed
 - b) for pool competitions, the minimum volume of a compressed air cylinder is 0.4 l (zero point four liters)
 - c) the maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa).
 - d) when a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed
 - e) all cylinders used must have passed a hydrostatic test less than 2 years before the competition, or even less if it is required by the local legislation.

- TR 1.10**
Auxiliary equipment
- a) The use of neoprene wet suits is authorised only in open water competitions: trousers and jackets, one-piece or two-pieces. A long gown or skirt [enlarging the surface of the swimmer] is not allowed. Other auxiliary equipment or buoyancy devices are not allowed in any case.
 - b) The competitors must appear in decent sportswear: for men bathing-trunks [or bathing-suits, covering the whole body], for women one-piece bathing-suits or two-piece competition bathing-suits. These bathing clothes must not have an effect on the natural buoyancy of the competitors. A swimming-cap is authorised.

TR 1.11
The wearing of watches during competitions in pools is not allowed.

TR 1.12
The wearing of advertising slogans on the fins and compressed air tanks during international competitions and championships is allowed without restrictions. However, nothing is authorized, as far as the snorkel is concerned, since the latter is an equipment essential to judging. Advertising slogans are tolerated on the swimmers' sportswear. However it is stressed here that during international championships the swimmers must present themselves at the various ceremonies (e. g. awards ceremony) in the official dress of their national team.

TR 2: *Regulations for the swimming-pool set up*

TR 2.1
For CMAS championships, the pool must satisfy the following conditions:

- • length: 50 meters
- • width: minimum 21 meters
- • depth: minimum 1,80 meters

TR 2.2
When electronic pads are installed at the start end of the pool and at the end of the turn, the pool length between the two pads must be no shorter than 50 meters.

TR 2.3
In relation to the nominal length of 50 meters, a tolerance of plus 0,03 and minus 0,00 meters on the two end walls is permitted, measured from 0,3 meters above to 0,8 meters below the water surface. An engineer or another official appointed or approved by the federation of the hosting country will certify these measurements. The tolerances cannot be violated when the electronic pads are installed.

TR 2.4
The end walls must be parallel forming right angles with the swimming trajectory and the water surface. They will be constructed from a solid material with a non-skid surface that extends to 0,80 meters under the water surface, permitting to the competitors to touch it and push it without danger.

TR 2.5
Resting boards projecting on the pool walls are allowed. They must be situated at a minimum of 1,20 m below the surface of the water and may have a width of 10 to 15 cm.

TR 2.6
Overflows can be placed on the four walls of the pool. If the overflows are placed on the end walls, they must allow the electronic pads to be fixed at the required height of 0,3 meters above the water surface. They must be covered by a grate or by an adequate screen. Adjustable closing valves must equip all overflows, so that the water is maintained at a constant level.

- TR 2.7**
The lanes must have a width of at least 2,5 meters with at least 2 spaces of 0,2 meters on the outside of the first and last lane. There must be a minimum of 8 lanes.
- TR 2.8**
Lane markers must cover the whole length of the lane and be fixed by hooks embeded on the end walls. Each lane marker must be made of buoys placed from one end to the other, with a minimum diameter of 0,05 meters and a maximum of 0,15 meters. More than one lane marker between each lane is not permitted. The lane markers must be stretched tight.
- TR 2.9**
Starting blocks must be firmly fixed with no springboard effect. The height of the starting block over water surface must be from 0,5 to 0,75 meters. The surface must be at least of 0,5 per 0,5 meters and covered by a non-skid material. The maximum slope should not exceed 10°. Starting blocks must be installed on the two ends of the pool.
- TR 2.10**
Each starting block must be numbered on all four sides, in a clear, visible, way. Lane number 1st be on the right-hand-side when facing the pool from the starting end.
- TR 2.11**
A false start line must be suspended across the pool, at least 1,20 meters above water surface attached to supports fixed to a distance of 15 meters from the starting end.
- TR 2.12**
Water temperature must be between 25 ° and 27 °Celsius during the competition, the water of the pool must be kept at a constant level, without observable currents. To observe hygiene regulations in force in most countries, the water circulation is authorised provided there is no formation of current or waves.
- TR 2.13**
The marking of the lanes must be of a dark colour with contrast to the pool sides. The marking lines on the bottom of the pool at the centre of the lanes must be: width minimum 0,2 meters, maximum 0,3 meters for a length of 46 meters for pools of 50 meters' length. Each lane marking line must end at 2,0 meters from the pool's end walls with a distinct perpendicular line of 1 meter length and of the same width as lane lines. The finishing lines must be placed on the end walls or on the electronic pads, at the lane centre, and of the same width of the lane lines. They must extend with no interruption from the edge of the pool to the bottom. A perpendicular line of 0,5 meters must be placed at 0,3 meters under the surface of the water, measured from the centre of the perpendicular line.

TR 3: *Automatic timing and classification equipment*

- TR 3.1**
An automatic or semiautomatic timing and classification system records the race time of each competitor and determines his/her place. The classification and the timing must be made with a precision of two digits after the point (1/100 of a second). The place and the resultant times prevail upon the decisions of the time-keepers. The equipment installed must not hinder the starts, the turns of the swimmers or the functioning of the overflow system.
- TR 3.2**
When timing to 1/1000 is used the third digit shall not be recorded nor used to determine the places. In the event of equal times, all competitors who have recorded the same time at 1/100 second shall obtain the same place. When an electronic spectator score board is used, time should be shown only to 1/100 of a second.
- TR 3.3**
Any time measurement made by the time-keepers is considered as manual time. Three official time-keepers per lane must ensure the manual timing. All timing must be certified as exact and approved by the chief judge. A manual timing must be recorded at 1/100 seconds.
- If no automatic equipment is used, the official manual timing must be determined as follows:
 - If two (2) of the three chronometers show the same time and the third shows a different time, the two timers recording the same time, will be official.

- If three (3) chronometers show different times, the chronometer showing the intermediate time will be official.
- • If the time is registered only by two time-keepers, the official time is the largest of the two.

TR 3.4

If the automatic equipment is not functioning properly and does not record the placing or the time of one or more competitors in a heat, it is necessary to record all the times and placing taken by the equipment and record all the times and placing determined by the judges.

TR 3.5

In order to determine the official placing in a heat, the time given by the automatic equipment will be considered official. If the equipment is defective, the competitors' official times will be determined by a manual timing. In this case, the protocol must note 'manual'.

TR 3.6

The relative order of all the competitors whose placing has been determined by the equipment will remain unchanged. If the equipment gives the time of a competitor but fails to give his relative placing, the latter will be determined by comparing the competitor's time with the other competitors' times taken by the equipment. If the equipment does not give the time and the placing, this will be determined by the decision of the judges.

TR 3.7

In order to determine the relative order of arrival of all the heats of a competition, the relative order of the times taken by the equipment will be used. If one or more competitors finish equally placed according to the official times taken by the equipment, they will be equally placed in the order of arrival of that competition. The placing of a competitor, whose time is manually taken, will be determined by comparison of his time with the manual time of all competitors in that competition. If two or more competitors finish equally placed according to their manual official times, they will be equally placed in the relative order of arrival of that competition. The relative placing of their heats will be respected.

TR 3.8

Time-keeping with electronic starting blocks: Before each competition tests are performed in order to determine the time at relay changes (ca. 10/100 second). These measurements are communicated to all teams during the technical meeting. After the relays the Chief Judge will examine the validity of the relay changes according to this protocol.

TR 3.9

The hierarchy between time-keeping systems and classification is as such:

1. electronic time-keeping system with touchpads (fully-automatic)
2. electronic time-keeping system judge-operated (semi-automatic)
3. digital watches (provided that there are three of them per lane)
4. classification by finishing-judges

The results of the automatic electronic time-keeping have absolute priority. If the electronic time-keeping does not function in automatic mode, the semi-automatically obtained results are retained.

If there is no electronic time-keeping the results of times registered by the time-keepers are used for the classification (rather than the order given by the finishing judges) provided three digital stopwatches are used per lane.

If there are fewer than three digital stopwatches per lane, the decision of the finishing judges determines the classification. In this case, and if the time measured by the time-keepers does not correspond to the decision of the finishing judges and the time of the second swimmer is better than the time of the first, the arithmetic mean of the two times is attributed to both swimmers.

TR 4: Characteristics of the automatic time-keeping system

TR 4.1

The equipment must comply with the following rules:

- a) it must be started by the starter
- b) no wires must be seen on the poolside, if possible
- c) it must allow the visualisation of information for each swimming lane, ordered by lane and place
- d) it must allow a
- d) easy reading of the competitors' times.

TR 4.2

Equipment for the departure

- a) the starter must have at his disposal a microphone for verbal orders
- b) if an airgun is used for the start, it must have a transducer
- c) both the microphone and the transducer must be connected to a loud speaker to each starting block, making possible for each swimmer to hear equally and simultaneously the orders and the starting signal given by the starter.

TR 4.3

The electronic pad for the automatic equipment.

- a) The minimum dimensions of the electronic pads must be 2,4 meters of width and 0,9 meters of height, and their maximum thickness must be not more than 0,01 meters. They must extend 0,3 meters above and 0,6 meters below the surface of the water. The equipment in each lane must be independently connected, permitting an individual control. The pad surface must be coloured and must bear the markings of the extremity walls.
- b) The finish pad should be installed in fixed position in the centre of the lane. The pads may be portable allowing the pool operator to remove them when there is no competition.
- c) The sensitivity of the pad should be such that it can be activated by a light hand touch but not by water turbulence. The pads must be sensitive at the upper edge.
- d) The marking on the pads should conform and fit with the existing marking of the pool. A black border of 0,025 meters should exist and mark the pads perimeter and edges.
- e) The pad should preclude the possibility of electrical shocks and should have no sharp edges.

TR 4.4

With semi-automatic equipment, the finish should be recorded by push buttons activated by the time-keepers at the finishing touch of the swimmer.

TR 4.5

The following accessories are obligatory for a minimum installation of automatic equipment:

- a) printout of all information that can be reproduced during a run
- b) spectator score board
- c) estimation of the relay to 1/100 seconds [electronic starting blocks being present]
- d) automatic lap counter
- e) readout of splits (intermediate times)
- f) computer summaries
- g) correction of incorrect touch
- h) automatic rechargeable battery operation possibility

TR 4.6

There must be a control centre, with a wide open view on the finishing wall during all the competitions. The chief judge must have easy access to this control centre. At all times, the safety of the control centre must be maintained.

TR 5: Long Distance Finswimming

TR 5.1

Finswimming in open water must be defined as any competition that takes place in rivers, lakes or sea.

TR 5.2

The distance must be chosen in waters with low currents and tides. The water can be either fresh or salty.

TR 5.3

The water temperature will be of 14 °C minimum. It will be verified the day of the competition, two hours before the start, in the middle of the distance at a depth of 0,40 meters. If the temperature is lower than 14° C, swimmers are obliged to wear a neopren swimming suit during the competition.

TR 5.4

A certificate from the local competent authorities for hygiene and safety must ascertain that the site is appropriate for swimming.

TR 5.5

Every turn and change of directions must be clearly signalled.

TR 5.6

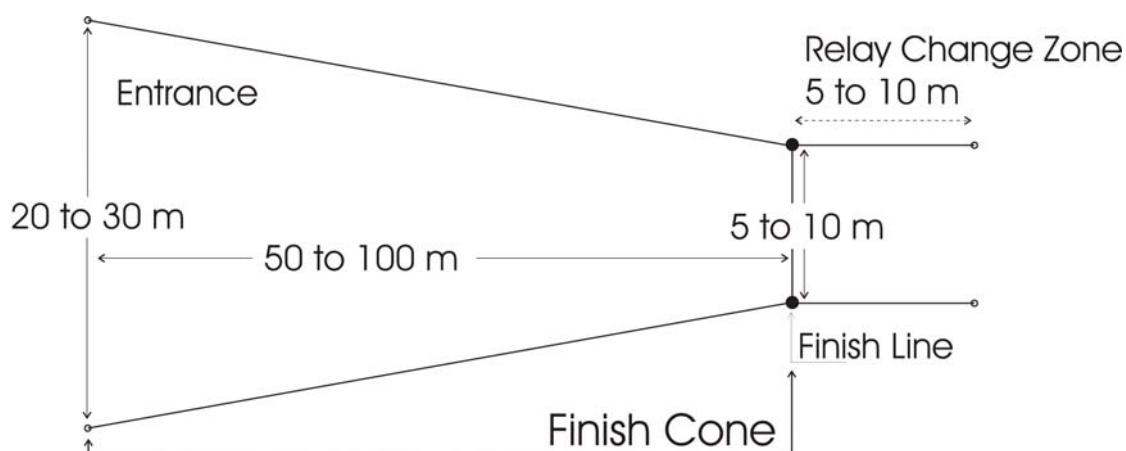
A boat or a platform clearly signalled with, on board, a turn judge, must be placed at each turn of the run without disturbing the view of the swimmer.

TR 5.7

All equipment for the turns and every boat or platform of the turn judges, must have a solid anchorage and must not be subject to the movement of tides, wind etc.

TR 5.8

The arrival is signalled by a finishing cone following the sketch given here:



TR 5.9

The relay area comprises the finishing cone and a special 10 meters marked zone at the exit of the cone where swimmers will wait for their arriving team mates.

After leaving the arrival cone, the swimmers will pass the relay by physical contact.

TR 5.10

When they approach the finishing-line, swimmers must enter the arrival cone and complete their course inside the cone, or else be disqualified.

TR 5.11

For competitions of length over 12 km and if the circuit comprises several laps, the race is over in the same lap as the winner. This means that when the first swimmer crosses the finishing line all other swimmers end their race when they cross the line even if they are at one of several laps behind the winner. (The judges must indicate the end of the race in a clear way, explained in advance). If the competition is on a straight line the organizer indicates the end of the race by reference to the time of the winner. A typical choice is between 125 % and 150 % of the winner's time (or simply one (1) hour after the arrival of the first). After this delay all swimmers must exit the water.

TR 5.12

For races over distances exceeding 12 km the organizer must offer water and calorific drinks to the swimmers every 3 km (± 1 km). The swimmers may prepare their own provisions and place them at the provisioning points set by the organizer. If the provisioning takes place out of a fixed platform the swimmer may touch the platform and also mount it if he wishes to change his equipment. Whenever a swimmer comes out of the water he must restart at exactly the same spot at which he left the water.

FE Competition Procedure

FE 1: Pool events

FE 1.1

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

FE 1.1.1 Races with time classification (direct final)

The allocation of the lanes is carried out in such a way that the fastest competitor or the fastest team is placed in the centre lane if there is an odd number of lanes. For swimming pools with even number of lanes the fastest swimmer gets the lane to the right of the middle lane. The competitor with the second fastest time is placed on his left. The other competitors take alternate places to right and left. During races of 50 meters and of the nautical mile (1850 m), the inversion of the alternation right - left, is possible.

FE 1.1.2 Races with preliminary heats

Swimmers should be placed in the preliminary heats according to the entry times as follows:

the organizer determines the heats according to the number of participants and the number of pool lanes

if there is only one heat it must be distributed as a final and should take place only when finals are planned

if there are two heats, the fastest competitor must be placed in the second heat, the following in the first, the following in the second, the following in the first etc.

if there are three heats, the fastest competitor will be placed in the third heat, the following in the second, the following in the first and so on

if there are four heats, the last three heats of the event will be seeded in accordance with the above rules. The heat that precedes the last three must be made out of the swimmers following the fastest; the last heat preceding the fourth following heats must be made out of the following competitors, etc.

FE 1.1.3 Semi-finals and finals:

When the preliminary heats have taken place, the lanes for the semi-finals and/or the final are determined based on the time obtained in the preliminary heats following the above procedure. The first three of each semi-final are qualified for the final as well as those two among the remaining swimmers who have realised the two best times.

FE 1.1.4

When a swimmer or a team do not wish to participate to a semi-final or a final (A or B) the swimmer or the team following in the classification are admitted on replacement. The allocation of lanes for the semi-final or the final is computed again and new starting lists are published.

FE 2 : Start (swimming pool)

FE 2.1

Swimmers must put on their caps and goggles in the waiting room, so that they just have to put on their fins or monofin once on the poolside.

FE 2.2

Coaches and accompanying persons are not allowed to circulate on the poolside, lest they be excluded from the area reserved to competitors.

FE 2.3

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

FE 2.4

The starting dive must be made from a starting block.

- FE 2.5**
At the beginning of each event, the chief judge must signal to the swimmers by a series of brief whistles, to take off all clothes except for the bathing-suit, to put on the fins or monofin. Then, the swimmers have 2 (two) minutes to get ready. A large watch is placed on both sides of the swimming pool to be easily visible by the swimmers. By a long whistle, the swimmers take position on the starting blocks. The swimmers 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 swimmers are under the control of the starter. Until the start is given the arm must remain stretched.
- FE 2.6**
At the longer whistle of the chief judge the swimmers get on the starting block. If they wish, the swimmers may already stand on the starting blocks. When the starter says "take your marks", "à vos marques", "preparados", the swimmers immediately must take the starting position and stand still. When swimmers are all still, the starter gives the starting signal.
- FE 2.7**
The starting signal must be explained before the competition.
- FE 2.8**
(Two starts rule) On the first false start the starter must recall swimmers, by means of whistles or brief and repeated signals and by other means of recall which must be audible underwater. Then the starter must announce the swimming lane or lanes having caused the false start, and remind the swimmers not to start before the start signal.
- FE 2.9**
After the first false start occurs, every swimmer leaving before the starting signal will be disqualified. If the starting signal is given before the disqualification is announced, the race will continue and the swimmer(s) who false started will be disqualified at the end. If the disqualification is announced before the starting signal, the signal will not be given, but the swimmers must be recalled and the starter announces the sanctions, then gives the starting signal.
- FE 2.10**
There is a false start when one (or more) competitor(s) dive or move before the starting signal.
- FE 2.11**
If the chief judge decides that there is a false start, he will give a repeated whistle followed by the starter's repeated whistle.
- FE 2.12**
When a false start takes place and it is possible to exit over the electronic touch pads, it is forbidden to take off the monofin.
- FE 2.13**
The decisions of the starter or of the chief judge on false starts are final.
- FE 2.14**
For CMAS Finswimming Championships the single start rule applies. For other competitions the organizer may decide which rule for the starts will be applied: single start or two starts. This must be clearly stated in the invitation [bylaws].
- FE 2.15**
In case of a single start all swimmers anticipating the start will be disqualified. If the starting signal has been given before announcing any disqualification, the race continues and the swimmers 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 swimmers who remain in the race are recalled and the starter gives again the starting signal.

FE 3: *Surface finswimming*

FE 3.1

The swimming style is unspecified.

FE 3.2

Immersion is only permitted over a distance of 15 meters after the start and after each turn.

FE 3.3

Markings are as follows: the 15m marking: A 20 cm wide strip must be fixed on the floor of the swimming pool, 15 m away from each end of the start and turning wall, as well as a mark at the same position one meter above the water surface on both sides, and the snorkel of the swimmer.

[The line 1 m above the water surface and the 20 cm strip on the pool floor help to avoid the parallax error when judging the position of the snorkel at the 15 m].

FE 3.4

Outside the 15m zone, a part of the body or the equipment must always emerge from the water surface.

FE 3.5

In order to distinguish between surface and apnoea, all swimmers will have to use at 50 m surface a snorkel for breathing all the time. [It must be used for breathing. Using stereo fins the snorkel is not mandatory except for 50 m FS.]

FE 4: *Apnea finswimming*

FE 4.1

The immersion in apnea is only permitted in swimming pools (indoor or outdoor). The judge must be able to follow the movement of the swimmer visually.

FE 4.2

The snorkel is not permitted.

FE 4.3

The swimming style is unspecified.

FE 4.4

While in apnea the face of the competitor must be submerged during the whole distance.

FE 4.5

If electronic time equipment is used the competitor must touch the finish touch pad.

FE 4.6

If the 50 m apnea is swum in a 25 m pool the competitor must touch the wall with a part of his/her body or his/her fin when turning.

FE 5: *Immersion with breathing apparatus*

FE 5.1

In underwater swimming with compressed air breathing apparatus the swimming style is unspecified.

FE 5.2

The way to carry the equipment used is unspecified.

FE 5.3

It is not allowed to change or abandon the breathing apparatus during the competition.

FE 5.4

The face of the competitor must be submerged during the whole distance, except during the normal roll-turn action.

FE 5.5

If electronic timing equipment is used, the competitor must touch the finish touch pads.

FE 5.6

The breathing equipment must at no time touch the swimming pool walls or the finish contact pads. Abuse will lead to disqualification.

FE 6: General rules

FE 6.1

For distances above 400 m, the judges must inform the competitors of the last length (100 m) left by immersing a board of bright colour of minimum dimensions 20 cm x 30 cm. If it is impossible, for technical reasons, to make this signal at the starting end of the pool, this must be done by the turn-judges at the turn end, when 150 m are left in the race.

FE 6.2

Swimmers who drop out of the competition must leave the water following the instructions of the judges. They must do the same when the race is over.

FE 6.3

Any swimmer crossing his lane or who hinders another swimmer by any other means will be disqualified. If this behaviour is intentional, the judge must report the matter before the international jury and the national federation of the swimmer.

FE 6.4

In all races, competitors must at each turn, make physical contact with a part of the body or the equipment with the extreme end of the pool. [not the tank, ref. FE 5.6]

FE 6.5

At relay races a team is disqualified if the feet of the next starting swimmer have already left the starting block before the arriving competitor has touched the wall of the pool, except if the starting competitor notices his mistake, returns to the wall and starts again. It is not compulsory to climb on to the starting block.

FE 6.6

For relay races the names of the competitors and their starting order must appear in a list submitted to the results office before the start. Any change in the fixed starting order leads to disqualification.

FE 6.7

Having completed his part of the relay, the competitor must remain in his lane (at about 1 m distance to the electronic touch pad) until the judges instruct him to leave the pool.

FE 6.8

It is forbidden for the swimmers, who have finished their relay, to enter the water before the end of the race, i.e. before the arrival of the last team.

FE 6.9

If it is forbidden to exit over the electronic touch pads a swimmer who does exit in this way can be disqualified only if he disobeys a direct, personal recommendation of the judge responsible of the evacuation of the pool.

FE 7: Classification

FE 7.1

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

FE 7.2

If a decision must be taken regarding the qualification for a semi-final or a final, it's the best result of a classification race that will be decisive.

FE 7.3

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

FE 7.4

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

FE 7.5

The competitor who is not participating in the swim-off for the final A is automatically placed on the 9th place [given 8 lanes] and participates in final B. In case of a swim-off for final B, the absent competitor is automatically classified 17th. This place is kept even when there is a disqualification of a competitor in final B.

- FE 7.6**
Please remember that a swimmer or a team not wishing to participate in a semi-final or a final for which they have qualified, must announce their decision of nonparticipation within 30 minutes after the announcement of the qualifications so that they can be replaced by the swimmer or the team following in the classification.
- FE 7.7**
If a competitor is disqualified during or after an event, the disqualification must be recorded in the official protocol but no time or place shall be recorded.
- FE 7.8**
In case of a final A the competitor is classified 8th and 16th for a final B.
- FE 7.9**
If there is a disqualification in a relay, the intermediate times up until the disqualification must be recorded in the official protocol.

FE 8: Open water events

- FE 8.1**
All open water events will start in water with a sufficient depth that allows competitors to swim as soon as the starting signal is given.
- FE 8.2**
When the starting order is drawn by lots, the drawing must be made in public by the board of judges.
- FE 8.3**
Competitors must be placed on a starting line perpendicular to the swimming direction.
- FE 8.4**
The chief judge announces the start 15 minutes before it, then again 5 minutes before it. He then signals that the competition is under the starter's orders.
- FE 8.5**
The starter must be clearly visible to all the competitors.
- FE 8.6**
The starter announces the start one minute before, then again 30 seconds before. In the same time the thirty (30) seconds are signalled by an audible and visual signal (raising of the flag).
- FE 8.7**
The counting of the last ten seconds is strictly forbidden. The starter gives the starting signal directly.
- FE 8.8**
The starting signal must be both audible and visible [lowering the flag].
- FE 8.9**
During finswimming competitions in open water, security and escort boats must be kept outside the area reserved to the competition, so as not to obstruct swimmers.
- FE 8.10**
The rules concerning the swimming style are the same in open water swimming as for pool events: immersed swimming is forbidden.

~~**FE 8.11**
For the better application of the style judging in long distance events the following system has been proposed. For every style violation the style judge uses a system of yellow and red cards, which he presents to the swimmer to notify the violation. A red card indicates immediate disqualification. (The fact that a swimmer does not see or pretends not to see the card shown by the judge does not change anything concerning the verdict).
For distances up to 4 km: no yellow card; red card and direct disqualification for style violations.
For distances beyond 4 km and up to 12 km: one (1) yellow card at first violation, the second one leading to red card and disqualification.
For distances beyond 12 km: two (2) yellow cards shown for the first two violations, the third style violation leading to disqualification.~~

BJ Board of Judges

The officials must take their own decision in an autonomous way and independently from one another, except if an indication in the finswimming rules contradicts this.

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.

In pool events the panel sets up as follows:

- one chief judge appointed for CMAS Championships by the Finswimming Commission
- one technical and security judge
- one head of the results office
- one chief secretary
- one starter
- one pre-start judge
- one pool-side secretary
- one chief time-keeper
- one to three time-keepers per lane
- two finishing judges
- two style judges
- four to eight turning judges
- one speaker
- one master of ceremonies
- one doctor.

BJ 1: *The Chief judge*

For CMAS Championships, he is nominated by the Finswimming Commission and confirmed by the Executive Bureau. 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. His rights and duties are the following:

- • He has the duty to make an inspection of all the installations necessary for the competition
- • He has the duty to check the participants' files concerning their ability to participate in the events
- • He has the duty to check the entry forms and the starting order
- • He is responsible for appointing the finalists [and semi-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 positions all judges for the perfect staging of the event. He may at any time replace a judge if the original judge does not properly fulfill or is incapable of fulfilling his tasks, or is absent. He can nominate additional judges if he values it necessary
- • The chief judge authorises 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 has the right to cancel or suspend, even without the jury's authorisation, competitions in bad weather conditions and if the site and installations of the competitions does not comply with the requirements of the existing rules
- • He has the right to disqualify a participant for any violation of the rules even if this violation is noticed and signalled by another official.

BJ 2: *The technical and security judge*

He is responsible for technical conditions of the competition and for ensuring compliance with the prevailing safety regulations

From the start of the competition he is placed under the orders of the chief judge

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

During competitions in open water, he is responsible for accurate positioning of the course according to the plans published in the bylaws for these competitions

The deployment of boats, the coordination of rescue divers and means of radio communication are part of the responsibilities of the technical judge

The organiser must put a sufficient number of assistants at his disposal so that he can fulfil his tasks without any difficulties.

BJ 3: *The head of the results 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 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.

BJ 4: *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 and makes up the list of new records achieved
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.

BJ 5: *The starter*

He has complete authority over the competitors 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 competitor 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 competitor for unsporting behaviour. 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 swimmers
The starter can anticipate the start when he judges that a competitor exaggeratedly delays taking up his starting position
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
He coordinates the evacuation of the pool at the end of each event.

BJ 6: *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 competitor
He must check if the equipment complies with the rules and if the participants are ready to start
He leads the competitors to the starting point.

BJ 7: *The pool-side secretary*

He is responsible for handing over and taking back of the timing cards.

BJ 8: *The chief time-keeper*

He assigns the lanes to the time-keepers. There must be one (1) to three (3) time-keepers per lane. If the automatic timing is not employed, there must be two (2) additional time-keepers. They are responsible for substituting the time-keepers whose stopwatch failed during the event, or who, for any reason, cannot measure the time
Together with the time-keepers the chief time-keeper checks and approves the reliability of the stopwatches in use
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 competitor
He supervises the activity of each time-keeper and takes control times himself. He passes on the times recorded for each competitor to the pool-side secretary.

BJ 9: *The time-keepers*

They record the times of the competitors 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 competitor 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
They must not reset their stopwatches to zero before the chief time-keeper or chief judge tells them

“stopwatches to zero”

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

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

BJ 10: *The finishing judge*

There are two 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 competitors and they hand it over directly to the results office

They supervise the relay procedure

They are not allowed to be time-keepers in the same event

The finishing judges' decisions take precedence over the classification given by the manual stopwatches only if there are fewer than three 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.

BJ 11: *The swimming-style judges*

There are two swimming-style judges

They are positioned one for each side of the pool

They must check that the rules for swimming style are observed

They must check if the competitors respect the 15 m zone after the start and after each turn beyond which immersion is prohibited

Assistants may perform this control

They must immediately inform the chief judge of all violations of rules on a signed card. This card must contain the type of event, heat number and lane number.

BJ 12: *The turning judges*

They are nominated for each lane by the chief judge

They must check whether the competitor has carried out his turn according to the rules

In individual events of 800 and 1500 meters, each turning judge at the extremity of the pool may be told to inform the competitors on the last 150 meters

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.

BJ 13: *The speaker*

He has the task to call the competitors 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.

BJ 14: *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 organises the ceremony for the medals presentation

He calls and gathers the athletes, the officials and the carriers of the medals in the appropriate order for the protocol ceremony.

BJ 15: The doctor

He is a member of the board of judges

He ensures the supervision of the medical control. The presence of at least one doctor at all finswimming events is compulsory

He is 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.

CC CMAS COMPETITIONS

CC 1: World and Continental CMAS Championships

World and Continental Championships are organised every two years alternatively.

- World swimming-pool senior championship: even years
- World swimming-pool junior championship: odd years
- Continental swimming-pool senior championship: odd years
- Continental swimming-pool junior championship: even years
- World senior and junior championship Long Distance: odd years
- Continental senior and junior championship Long Distance: even years

World and Continental championships must be organised with a doping test, according to the I.O.C. doping regulation.

These championships will be organised in conformity with the international CMAS Finswimming Regulations. All variation of the particular rules of the championship with respect to the present regulation will have to be approved by the Finswimming Commission and by the Executive Bureau. These changes will be put into practice only after the following World Championship.

The championships must be held in officially approved swimming pools.

The chief judge must be nominated by the Finswimming Commission and approved by CMAS Executive Bureau.

During the awards ceremony, only CMAS medals are presented on the podium, possibly with a bouquet of flowers.

To step on the podium, the athletes must be dressed with their national uniform.

National flags and or other objects are not allowed on the podium. The competitors can congratulate one another, only when the national anthem of the winner is over.

During the national anthem of the winner, the competitors must turn towards the flags.

Once the ceremony is over, the competitors must be at the disposal of photographers.

When the protocol ceremony is taking place, the photographers will stay in an appropriate location. They will approach the podium when the anthems are over and the master of ceremonies gives the permission.

The citizenship of the swimmer is certified by his/her passport. The same holds for the control of age, in particular for junior swimmers.

1.1 World and Continental senior and junior pool Championships

Each country may enter no more than two (2) competitors for each distance and one (1) relay team.

The entries must reach CMAS headquarters and also a copy must be sent to the organiser within the time limits set by the present rules (AR 4.1). After this deadline no participation will be accepted only for medical reasons. Every unjustified absence will be punished by a fine.

World championships **and Continental Championships** will be organised over six (6) days and 12 sessions.

The qualifying heats are scheduled in the morning and the semi-finals (for the events of 50 m SF, 50 m AP, 100 m SF) or finals in the afternoon.

For all the other distances there will be heats and final.

6-day program:

1st day	morning	Afternoon
	800 SF women heats	100 IS women final
	400 SF men heats	400 SF men final
	100 IS women heats	50 AP men ½ final
	50 AP men heats	200 SF women final
	200 SF women heats	
2nd day	morning	Afternoon
	1500 SF men heats	800 SF women final
	400 IS women heats	50 AP men final
	4X100 SF men heats	400 IS women final
	50 SF women heats	50 SF women 1/2 final
		4X100 SF men final
3rd day	morning	Afternoon
	1500 SF women heats	1500 SF men final
	800 IS men heats	50 SF women final
	100 SF men heats	100 SF men final
	4X200 SF women heats	4X200 SF women final
4th day	morning	Afternoon
	800 SF men heats	1500 SF women final
	800 IS women heats	800 IS men final
	50 SF men heats	100 SF women final
	100 SF women heats	50 SF men 1/2 final
5th day	morning	Afternoon
	200 SF men heats	200 SF men final
	400 SF women heats	400 SF women final
	50 AP women heats	50 SF men final
	400 IS men heats	50 AP women 1/2 final
		400 IS men final
		800 IS women final
6th day	morning	Afternoon
	100 IS men heats	100 IS men final
	4X100 women heats	800 SF men final
	4X200 men heats	50 AP women final
		4X200 men final
		4X100 women final

The teams have the right to change the composition of the relay teams between the qualifying heats and finals.

For **Continental championships** with participation of fewer than ten (10) countries a three (3) day program may be used. All heats except 50 m AP, 50 m SF and 100 m SF are swum in direct finals (heats with time classification).

3-day program

1st day	Morning	Afternoon
	50 SF heats men	100 IS men
	50 AP heats womens	800 SF women
	400 SF men	50 SF final men
	200 SF women	50 AP final women
	800 IS men	4 x 200 men
		4 x 100 women
2nd day	Morning	Afternoon
	400 SF women	50 SF final women
	1500 SF men	400 IS men
	50 SF hetas women	100 IS women
	100 SF heats men	100 SF final men
	800 IS women	4 x 200 women
3rd day	Morning	Afternoon
	50 AP heats men	50 AP final men
	1500 SF womens	400 IS women
	200 SF men	800 SF men
	100 SF heats women	100 SF final women
		4 x 100 men

CC 1.2 World and Continental Long Distance Championships

The World and Continental Long Distance Championships are held over three days with the following program:

1st day: relay 4 x 3 km junior and senior
 2nd day: individual 6 km junior and senior
 3rd day: individual events 20 km

Each country may enter not more than six (6) competitors for each distance and one (1) relay team.

During CMAS championships, juniors are not allowed to swim more than one individual race. They are however allowed to participate in a senior relay in addition to the junior relay. (The rule TR 1.6 fixes the maximal distances authorised for junior swimmers).

The rules FE 8.10 and FE 8.11 concerning swimming style apply fully to CMAS Long Distance Championships.

CC 2: World Games

CC 2.1

The participation in the World Games is reserved to swimmers (and relay teams) selected by CMAS. The decision is made, on one hand, by selecting the 6 best countries in the 4 x 100 m relay event of the last world championship preceding the World Games and, on the other hand, by selecting the best 18 swimmers having not participated in the relay.

CC 2.2

The invited nations must confirm their participation before the deadline fixed by the CMAS in agreement with the organizer. Past the deadline, if available places do exist, the invitation will be extended, in decreasing order, to the swimmers following in the World Championships classification up to the limit of availability.

CC 2.3

Each country may enter not more than two (2) competitors for each distance and one (1) relay team, according to the qualification. Whenever possible a place is reserved for the teams of the organising country.

CC 2.4

The program of the World Games, over two days, comprises of the following races (for women and men):
 50 m AP, 100 m SF, 200 m SF, 400 m SF, 4 x 100 m SF.

CC 3: "Open" Continental Championships for club teams

CC 3.1: Long Distance

The continental Long Distance Championship is reserved to club teams. Each team comprises of four (4) men and/or four (4) women.

The program is the following:

1st day: relay 4 x 3 km men and 4 x 3 km women

2nd day: individual race of (circa) 6 km

The winner of the individual race wins the "René Bailleul Cup".

The classification of the teams is made on the basis of the sum of the times of the three (3) best swimmers plus the double of the relay time. There are separate classifications for men and women.

CC 3.2: Swimming-pool

The continental swimming-pool championship is reserved for club teams. It must be held in 50 m pools.

Each team comprises of four (4) women and/or four (4) men. Only one (1) swimmer per club participates in each race. A swimmer may swim a maximum of two individual events.

The programme is the following:

1st session : 100 m SF M & W, 400 m IS M & W, 50 m AP H & W

2nd session : 100 m IS M & W, 800 m SF M & W, 200 m SF M & W

3rd session : 50 m SF M & W, 400 m SF M & W, 4 x 100 m M & W

The classification is based on CMAS points according to the following table:

place	points
1	50
2	46
3	42
4	39
5	36
6	33
7	30
8	27
9	24
10	22
11	20
12	18
13	16
14	14
15	12
16	10
17	8
18	7
19	6
20	5
21	4
22	3
23	2
24	1

There are separate classifications for teams of men and teams of women.

APPENDIX

STARTING POSITIONS

(see FE 1.1.2:)

Allocation of lanes for e. g. 36 entry times (1 = fastest time, 36 = slowest entry time) in a swimming pool with 8 lanes

Lane	1	2	3	4	5	6	7	8
Last heat	19	13	7	1	4	10	16	22
Last but one heat	20	14	8	2	5	11	17	23
Last but second	21	15	9	3	6	12	18	24
Last but third	31	29	27	25	26	28	30	32
Last but fourth	35	33	34	36

Appendices CMAS

They can be found in the internet:

www.CMAS2000.org Sport Committee Doc Area Championships: Procedures

Templet for measuring the monofin

