



CMAS APNEA COMMISSION

INTERNATIONAL JUDGE COURSE AGENDA

18TH – 19TH JULY 2011,

KALIMNOS ISLAND, GREECE



INTERNATIONAL APNEA JUDGE COURSE AGENDA

CMAS International Apnea Judge Course will be held in Kalymnos, Greece on 18-19 July 2011. The course will be given on the basis of Theory and Practice. The theory session will cover the details of the rules and procedures of related CMAS and Apnea Competitions. The practical part will be done just as in a CMAS Competition. But since the candidates are mandatory to attend a real CMAS competition the successful ones are excepted to be in a CMAS competition (national or International but managed by a CMAS International Judge) as Main Judge assistant for practice.

The agenda is as follows;

18 July 2011

- 1- 09:00 meeting at the course hall.
- 2- 09:00 – 09:15 Introduction and General Issues
- 3- 09:15 – 09:45 Basic points on CMAS Status Articles of Association Extraordinary GA (01/05/04)
- 4- 09:45 – 10:15 Basic points on Procedures and Obligations for the Organization of CMAS Championships
- 5- 10:15 – 10:30 Cafe Break
- 6- 10:30 – 12:30 Dynamic Apnea Rules
 - a. SECTION-I: Theory
 - i. Loss of Consciousness-Black Out
 - ii. Safety and First Aid
 - iii. Penalty and Disqualifications
 - iv. Technical generalities
 1. Categories
 2. Authorised material
 - v. Setting up the competition area
 1. Competition Area
 2. Distance Marker and the Measurement Instrument
 3. Warm-up and Start Area
 4. Athlete's own assistant
 - vi. Panel of Judges and Judge Assistants
 - vii. Conduct of Competition



1. Start
2. Descent
3. Horizontal Path
4. Ascent

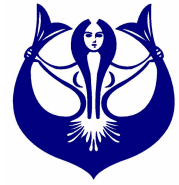
viii. Stages of the Competition

7- 12:30 – 14:00 Lunch Break

8- 14:00 – 15:30 Jump Blue Apnea Rules

a. SECTION-I: Theory

- i. Loss of Consciousness-Black Out**
- ii. Safety and First Aid**
- iii. Technical Generalities**
 1. Categories
 2. Authorised Material
- iv. Setting up the Competition area**
 1. Competition Area
 2. The Jump Blue Layout
 3. First Aid
 4. The Start Island
 5. The guide hawser of the horizontal square course
 6. Distance Marker
 7. Boats
 8. Warm-up and Start Area
 9. Athlete's own assistant
 10. Athletes/Trainers on Warm-up/Start Point
- v. Panel of Judges and Judge Assistants**
- vi. Conduct of Competition**
 1. Start
 2. Descent
 3. Horizontal Path
 4. Ascent
- vii. Stages of the Competition**



9- 15:30 – 15:45 Cafe Break

10-15:45 - ...

- a.** Competition Registration process & Judge Assistants training/task planning
- b.** Competition Technical Meeting Process
- c.** Technical reports and declaration
- d.** Contract for CMAS Record Attempts

11- Dinner

19 July 2011

1- SECTION-II:

- a.** Transfer to the Dynamic Apnea Competition Area
- b.** Checking the competition area, judges' positions etc.
- c.** Practice in the pool for Dynamic Apnea.

2- Lunch

3- SECTION-III:

- a.** Transfer to the Jump Blue Apnea Competition Area
- b.** Checking the competition area, judges' positions etc.
- c.** Practice in the sea Jump Blue Apnea.

4- Overview of the other disciplines' rules in CMAS.

- a.** Constant Weight apnea
- b.** Variable Weight apnea
- c.** Free Immersion apnea
- d.** Static apnea
- e.** Speed-Endurance apnea

5- Dinner