



# **CMAS APNEA COMMISSION**

## **INTERNATIONAL JUDGE COURSE AGENDA**

**29<sup>TH</sup> AUGUST – 04 SEPTEMBER 2011,**

**TENERIFE, CANARIAS, SPAIN**



## INTERNATIONAL APNEA JUDGE COURSE AGENDA

CMAS International Apnea Judge Course will be held in Tenerife, Canarias, Spain on 29 August – 04 September 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 in the VI. CMAS Apnea World Competition. The successful ones are excepted to be in CMAS competition as Main Judge assistant for practice.

The agenda is as follows;

### **29 August 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**

**Week of 30 August – 04 September 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**