



# **CMAS APNEA COMMISSION**

## **INTERNATIONAL JUDGE COURSE INFO & AGENDA**

**04 – 11 SEPTEMBER 2014**

**CHIAPAS, MEXICO**

## **INTERNATIONAL APNEA JUDGE COURSE INFO & AGENDA**

CMAS International Apnea Judge Course will be held in Chiapas, Mexico on September 04 – 11, 2014. The course will have both Theoretical and Practical parts. The theory session will cover the details of the rules and procedures of related CMAS Apnea Competitions. The practical part will be done in the 5<sup>th</sup> CMAS Apnea Panamerican Championship. The successful participants will be accepted as Main Judge assistants in the competitions.

The conditions of the course as written on the CMAS web page;

<http://www.cmas.org/114-28634.php?commission=apnea> are as follows;

An International Judge's Certificate will be awarded, provided:

1. The course can be Int. Judge Course (IJC) with maximum of 3 participants from each country and/or Judge Assistant Course (JAC) with no limitation.
2. Even the candidates get the same course on the theoretical part, the candidates of each part will be responsible from their part e.g. Candidate for ICS will be responsible for all items of theory and practical but candidate for JAC will be responsible for only his/her task.
3. The course is organized under the authorization of CMAS (and CMAS Apnea Commission).
4. The instructor is a CMAS International Judge appointed by CMAS for the course.
5. The course outline has been approved by CMAS Apnea Commission prior to the course.
6. The candidates should be selected by the local federation and proposed to CMAS.
7. First theoretical training of candidate judges (CJs) will be done with the judge assistants to be used in the competition.
8. The CJs will also attend to the practical issues in a competition.
9. The instructor will follow the CJs at all phases, and it is up to him to make verbal or written exam for the CJs.
10. At the end of the theoretical and practical process the instructor will propose who has succeeded the course as the International Judge for the approval of BoD.

Finally the candidates who passed successfully the course should practice as a Main Judge assistant in a CMAS International Championship (and/or CMAS National championship managed by an CMAS International Judge), this time that is 5<sup>th</sup> CMAS Apnea Panamerican Championship, Chiapas, Mexico.

The accommodation of the participants will be organized by FMAS. The cost and services are included in the offered package.

The agenda is as follows;

**04 September 2014, Thursday**

- 1- 08:50 – 09:00 Meeting at the course hall.
- 2- 09:00 – 09:30 Introduction and General Issues
- 3- 09:30 – 10:30 CMAS Status
- 4- 10:30 – 11:00 Procedures and Obligations for the Organization of CMAS Championships
- 5- 11:00 – 11:15 Coffee Break
- 6- 11:15 – 12:30 **Static Apnea** Rules

*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. Starter, Time-Keepers
  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. Apnoea
  3. Emerging
  4. Ascent
- viii. Stages of the Competition

**7- 12:30 – 13:30 Lunch Break**

**8- 13:30 – 15:00 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

**9- 15:00 – 15:15 Coffee Break**

## 10-15:15 – 17:00 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

### SECTION-II: Practice

As for the practical parts of the course, all the participants will be appointed in Static, Dynamic and Jump Blue Apnea competitions as the Main Judge Assistants. The details given in the lectures will be experimented during the competitions.

**08 September 2014, Monday**

**11-15:30 – 17:30 OTHER ISSUES**

- 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
- e.** Overview of the other disciplines' rules in CMAS
- f.** Constant Weight apnea
- g.** Variable Weight apnea
- h.** Free Immersion apnea
- i.** Speed-Endurance apnea
- j.** Skandalopetra apnea