



# **Sports Diving for Disabled INTERNATIONAL RULES**

**(Version 2016/01)**

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## INTRODUCTION AND JUSTIFICATION

Human necessity and desire of staying under water 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, Subaquatic activities should not stay unaware of concepts such as evolution, diversification, development and modernization; something which can be helped by a new sport subaquatic discipline, but not only for valid persons, also for disabled persons: The Scuba Diving sport for disabled.

## PROPOSALS AND FUTURE GOALS

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

Letting also the international Olympic committee believe about CMAS sports for all, and realizing a dream to make competitions for disabled I sport diving in Paralympic games.

# REGULATIONS OF THE SCUBA DIVING SPORT FOR DISABLED IN SWIMMING POOL

## 1 REGULATION'S SPIRIT

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

- 1.1 To develop a new competitive sports discipline in the subaquatic activities, undertaking the evolution and technification of our sport;
- 1.2 To boost subaquatic 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 for disabled in Swimming Pool.
- 1.3 To generate an optimum and better training for disabled divers, by practicing their diving abilities and skills.
- 1.4 To promote the practice of scuba diving for disabled activities in swimming pool, acting as an entertainment meeting for federates and subaquatic activities enthusiasts.

## 2 DEFINITION

Scuba Diving for disabled 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 subaquatic activities**”. It is considered therefore a physical and mental activity, regulated by rules, institutionalized and with the aim of Competition, which fulfils the basic requirements of every sport.

## 3 EVENTS

### 3.1 Individual Events

- Event 2x50m for athletes without hand (one or both hands)
- Emersion 6 Kg for athletes without legs.

### 3.2 Team Events

- Obstacle Course 100m (Solidarity): competition for mix: disabled and valid

## 4 PARTICIPATION IN THE COMPETITIONS

### 4.1 Admission Requirements

To be a disabled scuba diver with a CMAS qualification recognised by National Federation, member of the Sport Committee of CMAS.

### 4.2 Age of the participants

The minimum age for competition is 16 years (birthday has to be before the competition date).

### 4.3 Classifications

Classifications are made out taking into account:

- Gender. Two categories are established, male and female.
- Age. Two categories Senior over 18 years old and Junior 16-17 years old (the limit of age is the age of the competitor on January 1 of the year of the championship, athlete will compete in this category until December 31 of the same year).

### 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.

## 5 EQUIPMENT, MATERIALS AND UNIFORMITY

The equipment and materials to enter the Scuba Diving in Swimming Pool competition are the following:

- Slip-type swimming trunks for men and complete swimming costume for women.
- Scuba diving face masks.
- Snorkel.
- Diving adjustable or non-adjustable fins for disabled with no hands
- Diving ballast.
- Neoprene or isothermal suit.
- Neoprene socks.
- Stabilizing jackets.
- Regulator.
- Water proof manometer.
- Scuba tank with a volume between 10 and 18 liters.

Optional equipment:

- Watch.
  - Diving computer
- is allowed.

## 6 COMPETITION PLACE

- The conditions that must have the competition place are:
- Type: Heated or open-air pool.
- Length: 50 meters.
- Width: From 21 metres.
- Side walls and depth: Parallel and vertical side walls, a minimum depth of 2, 2 meters.
- Number of lanes: 8, with a lane-width of 2, 5 meters.
- Water temperature: Preferably between 25° C and 27°C.

## 7 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:

- one chief judge
- one chief secretary
- one starter
- one pre-start judge
- one chief time-keeper
- one time-keeper per one/two lanes
- finish judges
- two turning judges
- two to eight apnea judges
- one speaker
- one master of ceremonies
- one doctor

### 7.1 *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 following:
- 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 fulfill 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.
- The Chief Judge shall disqualify any diver for any violation of the rules that he personally observes. The Chief Judge 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.

### 7.2 *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 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.

**7.3 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
- 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.

**7.4 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.

**7.5 The chief of time-keepers**

- He assigns the lanes to the time-keepers. There must be one time-keepers per lane. If the automatic timing is not employed, there must be two (2) additional timekeepers. They are 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 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.

**7.6 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
- 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.

**7.7 The finish judges**

- There are 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
- Carry out verification, according to the Regulation of each event
- 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.

**7.8 The turning judges**

- They are nominated for each lane 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.

**7.9 The apnea judges**

- There are two to eight apnea judges
- They are positioned one for each side of the pool and near underwater objects
- 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.

- This card must contain the type of event, heat number and lane number.

#### 7.10 **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.

#### 7.11 **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.

#### 7.12 **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.  
Judges' Decision Making: Judges shall make their decision autonomously and independently of each other unless otherwise provided in the CMAS Scuba diving sport Rules.

#### 7.13 **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 work with the Chief Judge and "CMAS Judge Delegate"

## 8 **GENERAL REGULATIONS OF THE EVENTS**

### 8.1 **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 are 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.

### 8.2 **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.

### 8.3 **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 star 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.

### 8.4 **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.

**8.5 Start**

- The departure will be without jump directly from the water. The departure line will be set on 1 meter from the wall.
- 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 (only for disabled with no hands). 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 into water. 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.
- On the starter's command "take your marks" (or "à vos marques" or "preparados"), the divers will immediately take up a starting position. Each competitor can use hand or leg to stay close to the wall and not cross the line until the start signal.  
After start signal, competitors can use hands or legs to push off from the wall for crossing the line. Chronometers will start note the time after athletes are crossing the departure line by head.
- When one or more competitors dive or move before the starting signal will not be disqualified until crossing the line. 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.

**8.6 Arrival**

The arrival will be signified when a competitor touches the wall with any part of its body or material.

After the complete development of each heat and at the arrival of the last diver chronometers will stop timing.

**8.7 Verifications**

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 50 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.

**8.8 Disqualifications**

The general disqualifications that affect all the events are:

- The pressure gauge marks less than 50 atmospheres
- The lost, incomplete or incorrect putting of the diving gear (loss of material, put of fit inadequate form or bad vest...) when finishing the test.
- The rest of the disqualifications are made according to the established thing in the Specific Regulation of each event.

**9 SPECIFIC REGULATIONS OF THE EVENTS**

It will be 3 kind of competitions:

**9.1 Competition for athletes without hand (s)**

- Event : 2 x 50 meters (to have enough participants). The number of teams could change in the next editions;

**9.2 Competition for athletes without leg (s)**

- Event: immersion 6Kg

**9.3 Competition for mix (valid and disabled) : Solidarity**

Only for disabled with no hand (s)

- Event: 100m obstacle

The valid diver will be the one doing all the actions such as taking the jacket for the disabled;

The disabled will be the one going inside the circles

The valid diver will help the disabled from outside the circles. He will be allowed to touch the circles;

The disabled is not allowed to touch the circles or it will be penalties.