

# **APNEA COMMISSION**

## CMAS

## **FREEDIVING JUDGE**

### **SYSTEM - COURSES**

## **STANDARDS & OUTLINES**

## VERSION 2019 /01

## CA 208



The Freediving Judge System-courses aims to regulate the training of judges in collaboration with National Federations. As in the previous system, only one training course is conducted.

Judge career progress is made upon real experience gained during the competitions.

The Judge C-cards will be issued from CMAS to the National Federations in collaboration with the freediving commission and the authorized Trainer.

Career as a Judge

JUDGE level	National Competition (NC)	International Competition (IC)	Continental Championship or Cups (CC)	Educational System	Conducted
CMAS Tier	Ctg C	Ctg B-A			
1 star	Main Judge	Judge	Assistant Judge	International Course with Trainer	Judge trainer
2 star	Main Judge	Main Judge	Judge or assistant MJ	3 Judge NC or 2 Judge IC	CMAS freediving commission
3 star	Main Judge	Main Judge	Main Judge	3 Main Judge IC 2 Judge CC	CMAS freediving commission
Trainer				2 Main Judge CC	CMAS freediving commission



Competitions	CMAS Tier
National competition	
International competition open CMAS	Category C
World, Zone and Continental Cups	Category B
World Championships, Continental Championships, University Competitions (FISU)	Category A



#### **CODE** Systems

The code and numbering system is the same as for freediving courses.

Number: AAA FXX JAp(n or P)X YY XXXX

- AAA National code
- FXX Federation number

JAp(n or P)X Level code

YY Year (first international course)

XXXX progressive number (by freediving commission)

Example (Trainer Italian federation FIPSAS): ITA F00 JApn4 11 0043

JUDGE level	Indoor	Outdoor	In-Outdoor
1 star	JApP1	JApn1	
2 star	JApP2	JApn2	
3 star	JApP3	JApn3	
Trainer			JApn4





#### **1\*STAR FREEDIVING JUDGE INDOOR**

Definition:	completed Internationa certificate : He can act at internatio	eediving judge indoor is the trained judge who has the theoretical and practical training of CMAS I Judge indoor course and he is certified with from a CMAS active Judge Trainer. t as National Main Judge and can participate as judge nal indoor competitions and/or assistant at world or ndoor competitions	
Entry	: Minimum a	ge 18 years old	
Requirements		deration Judge or equivalent	
Documents	: ID card or	passport	
	: Must be flu	ent in English. Basic reading, writing and	
	speaking is required for international judge candidates, or else		
	they will act	in local events only.	
Duration	: Theory	: 3 x 2-hour lessons	
	: Practice	:1 x 2-hour pool	
Education	: Theory	: History of Free Diving and CMAS	
		: CMAS structure, BoD, Commissions, web site	
		: Rules of Championship organization	
		: Rules of World Record attempt and homologation	
		:Rules of Freediving Competition indoor (all disciplines)	
		: Logistic and equipment for competition	
		: Dangers and safety precautions	
		: Typical mistakes and problem solving	
	: Practice	: Logistic and equipment for competition	
		: STA	
		: DNF, DYN, DYN bifins	
		: Speed and endurance	
		: Skill exercises (measuring and typical mistake)	



Exams	: Theory	: 15 questions in theory topics with 75% passing score
		The candidate has to review and the instructor has to
		check the mistakes and give further instructions
	: Practice	: Main Judge assistant during one indoor international
		competition (ctg C)

Course organizing : The course is

: The course is organized by a Judge Trainer or National Federation or directly from CMAS and conducted by an active CMAS Freediving Judge Trainer



#### **1\*STAR FREEDIVING JUDGE OUTDOOR**

Definition:	completed Internation with certific : He can ac	ediving judge outdoor is the trained judge who has the theoretical and practical training of CMAS al Judge outdoor course and he is certified cate from a CMAS active Judge Trainer. t as National Main Judge and can participate as judge
		onal outdoor competitions and/or assistant at world or outdoor competitions
Entry	: Minimum a	age 18 years old
Requirements	: National fe	deration Judge or equivalent
Documents	: ID card or	nassnort
Doodmonto		ient in English. Basic reading, writing and
	10	s required for international judge candidates, or else
		t in local events only.
Duration	: Theory	: 3 x 2-hour lessons
	: Practice	:2 x 2-hour lake or sea
Education	: Theory	: History of Free Diving and CMAS
		: CMAS structure, BoD, Commissions, web site
		: Rules of Championship organization
		: Rules of World Record attempt and homologation
		: Rules of Freediving Competition indoor (all disciplines)
		: Logistic and equipment for competition
		: Dangers and safety precautions
		: Typical mistakes and problem solving
	: Practice	: Logistic and equipment for competition
		: Check safety team and emergency system
		: CNF, CWT, CWT bifins, FIM
		: VWT only record attempts
		: Skill exercises (measuring and typical mistake)



- Exams : Theory : 15 questions in theory topics with 75% passing score The candidate has to review and the instructor has to check the mistakes and give further instructions
  Practice : Main Judge assistant during one outdoor international competition (ctg C)
- Course organizing Federation : The course is organized by a Judge Trainer or National or directly from CMAS and conducted by an active CMAS Freediving Judge Trainer

Instructor to students : 1 Trainer to 8 students

ratio at open sea

: 1 Trainer and 1 assistant (3\*star Judge) to 10 students





#### **2\*STAR FREEDIVING JUDGE INDOOR**

Definition:	: 2* Star freediving judge indoor can be nominated as Main Judge at international indoor competition and participate as Judge or/and Main Judge assistant on continent or world indoor competitions
Entry	: 1* Star freediving judge indoor
Requirements	: two international indoor competitions as judge and after his good evaluation of the main judge(s) or
	has been nominated as judge at three National indoor competitions
Course organizing	: No course is given, the judge may request its appointment to the CMAS freediving commission issuing the documents proving the participation. Freediving commission after evaluation according to the needs can appoint the 2* star judge title.

#### **2\*STAR FREEDIVING JUDGE OUTDOOR**

Definition:	: 2* Star freediving judge outdoor can be nominated as Main Judge at international outdoor competition and participate as Judge or/and Main Judge assistant on continent or world outdoor competitions	
Entry	: 1* Star freediving judge outdoor	
Requirements	: two international outdoor competitions as judge and after his good evaluation of the main judge(s) or	
	has been nominated as judge at three National outdoor competitions	
Course organizing	: No course is given, the judge may request its appointment to the CMAS freediving commission issuing the documents proving the participation. Freediving commission after evaluation according to the needs can appoint the 2* star judge title.	



#### **3\*STAR FREEDIVING JUDGE INDOOR**

Definition:	: 3* Star freediving judge indoor can be nominated as Chief Judge at continent or world indoor competitions and Cups (ctg A-B)
Entry	: 2* Star freediving judge indoor
Requirements	: three international indoor competitions as main judge and
	: two continental or world indoor championships as judge or main judge assistant. After his good evaluation of the main judge(s)
Course organizing	: No course is given, the judge may request its appointment to the CMAS freediving commission issuing the documents proving the participation.
	Freediving commission after evaluation of participations, skills, knowledge and according to the needs can appoint the 3* star judge title

#### **3\*STAR FREEDIVING JUDGE OUTDOOR**

Definition:	:3* Star freediving judge outdoor can be nominated as Chief Judge at continent or world outdoor competitions and Cups (ctg A-B)
Entry	: 2* Star freediving judge outdoor
Requirements	: three international outdoor competitions as main judge and
	: two continental or world outdoor championships as judge or main judge assistant. After his good evaluation of the main judge(s)
Course organizing	: No course is given, the judge may request its appointment to the CMAS freediving commission issuing the documents proving the participation.
	Freediving commission after evaluation of participations, skills, knowledge and according to the needs can appoint the 3* star judge title.



#### FREEDIVING JUDGE TRAINER

Definition:	: Freediving Judge Trainer can be nominated Instructor of judge courses
Entry	: 3* Star freediving judge indoor and outdoor
Requirements	: two continental or world championships or Cups (ctg A-B)
Course organizing	: No course is given, after the evaluation and the approval of
	CMAS freediving commission he/she can be nominated as judge
	trainer according to the needs