

# **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	
National competition	
International competition open CMAS	
World, Zone and Continental Cups	
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

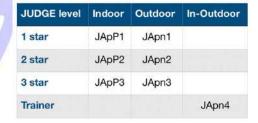
FXX Federation number

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

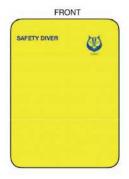


















T-Shirt Code Judge



### 1\*STAR FREEDIVING JUDGE INDOOR

Definition: : 1\* Star freediving judge indoor is the trained judge who has

> completed the theoretical and practical training of CMAS International Judge indoor course and he is certified with certificate from CMAS active Judge Trainer. a : He can act as National Main Judge and can participate as judge at international indoor competitions and/or assistant at world or

continental indoor competitions

**Entry** : Minimum age 18 years old

Requirements : National federation Judge or equivalent

**Documents** : ID card or passport

: Must be fluent 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 : History of Free Diving and CMAS : Theory

: 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 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: : 1\* Star freediving judge outdoor is the trained judge who has

> completed the theoretical and practical training of CMAS International Judge outdoor course and he is certified with certificate from a CMAS active Judge Trainer.

: He can act as National Main Judge and can participate as judge at international outdoor competitions and/or assistant at world or

continental outdoor competitions

**Entry** : Minimum age 18 years old

Requirements : National federation Judge or equivalent

Documents : ID card or passport

: Must be fluent 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 :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

: 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