



CMAS

APNEA COMMISSION

CMAS

FREEDIVING JUDGE

SYSTEM - COURSES

STANDARDS & OUTLINES

VERSION 2019 /01

CA 208

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 a CMAS active Judge Trainer. : 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	: 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)

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)

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.

