



CMAS

**ICE FREEDIVING
RULES
FOR RECORD
ATTEMPTS**

Version 2021/01

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CMAS FREEDIVING UNDER ICE INTERNATIONAL RULES -version 2021/01

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1. GENERAL RULES

1.1 Generalities

1.1.1 Free Diving

1.1.1.1 The term "Free Diving" designates a sports event in "Apnea" where the athlete holds his breath keeping the breathing airways below the surface of the water.

1.1.1.2 "Freediving under ice" designates freediving in frozen outdoor water area when diving happens under ice cover except static.

1.1.2 Competition, Event and Attempt

1.1.2.3 The term attempt designates the single action of the athlete.

1.1.2.4 Performance is the result of the athlete's attempt, measurable as a distance or time interval.

1.1.3 Use of fins

1.1.3.1 The athlete may use a monofin or bi-fins (except for no-fin events).

1.1.3.2 When fins are used, they must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

1.1.4 Dolphin kick (in Free Diving)

1.1.4.1 A kick in which the legs move up and down together. The up and down motion constitutes one cycle.

1.1.5 Swimming (in Free Diving)

1.1.5.1 Propelling oneself through water using movements of the limbs.

1.1.6 Authorized Material

1.1.6.1 Mask or goggles. The mask or goggles must be transparent for the judges to be able to see the eyes,

1.1.6.2 Nose clip.

1.1.6.3 Neoprene costume or diving suit.

1.1.6.3.1 If "no suit" discipline, no neoprene allowed except socks inside fins. The socks must stop before the ankle.

1.1.6.4 The athletes may use their personal weight. If a weight is used, the athlete must necessarily use it with a quick release system and must wear it over his clothing. In no case may the athletes have weights hidden under their clothing. The athletes have the right to leave their weight during the attempt or the surface protocol.

1.1.7 Categories

1.1.7.1 The official attempts are organized for men and/or women who are at least 18 years old. Athletes who are at least 50 years old belong to the master's group, which is further subdivided in categories 50-54, 55-59, 60-64, 65-70 and over 70.

1.1.8 Disciplines

Dynamic

1.1.8.1 Dynamic is a discipline where the athlete aims at covering the maximal horizontal distance by keeping the body below the surface of the water in apnea.

1.1.8.2 This discipline can be conducted with the use of suit or without suit.

1.1.8.3 There are three categories: DYN (monofin or bifins) DYNB (BIFINS) or DNF (without fins), with or without suit.

Static

1.1.8.4 Static is a discipline where the athlete aims to perform a maximum duration in "Apnea". Apnea is holding breath below the water surface.

1.1.8.5 This discipline must be conducted in frozen outdoor water area.

1.1.8.6 There are two categories: with or without suit.

1.1.9 Use of Oxygen

1.1.9.1 Before the attempt the use of oxygen is strictly forbidden. An athlete who has been declared guilty of the use of oxygen or of a mixture with excess oxygen will be immediately disqualified and will be subjected to a procedure of suspension from participation in the CMAS competitions and championships for a period which will be defined by the Confederation.

1.1.10 Loss of Consciousness-Black Out (BO);

1.1.10.1 Loss of motor control leads to disqualification if the athlete can't complete the Surface Protocol.

1.1.10.2 In case of loss of Consciousness-Black Out, and/or if the responsible judge decides that the athlete needs help, he orders to the safety assistants to take the athlete out (at least the breathing airways). In these two cases, the athlete is declared in BO and leads to disqualification and suspension from the current event.

1.1.11 Use of male pronoun

1.1.11.1 In what follows the male pronoun will be used throughout. It goes without saying that this is done solely in order to avoid awkward formulations and it is perfectly understood that all persons participating at a competition, with whatever role, may be of either sex.

1.1.12 Advertisement

1.1.12.1 For all competitions and international championships, the wearing of advertising on the fins and mask is authorized without restriction.

1.1.12.2 Advertising is also allowed on the clothing.

1.1.13 Penalty

1.1.13.1 Whenever a rule is violated in a way precisely defined in the corresponding articles the performance will be DQ.

1.1.14 Violation of the rules

1.1.14.1 The violation of rules leads to disqualification from the event.

1.1.15 Record homologations

1.1.15.1 Attempts and record homologations are subject to latest versions of “Procedures of Championships” and “Contract for Record Attempts” documents available on the CMAS website.

1.2 Protocols

1.2.1 Start protocol

1.2.1.1 The attempt begins when the chief judge informs the athlete that he must go to the start area.

1.2.1.2 The athlete will then have five minutes to prepare himself to immerse. If the start point is free from the previous athlete, the athlete may come there earlier by asking the chief judge.

1.2.1.3 He will be reminded of the time by the starter;

- Last 3 minutes / 2 minutes / 1.5 minutes / 1 minute / 30s / 20s / 10s / 5, 4, 3, 2, 1 / Top Time / +10s / +20s / +25, 26, 27, 28, 29, 30.

- The athlete can start from Top Time to +30s (30s window). If the breathing airways are not in the water at the count of +30s, he is disqualified

1.2.1.4 The athlete is not allowed to start before the “Top Time”.

1.2.2 End/Surface protocol

1.2.2.1 Immediately upon surfacing of the airways of the athlete, the protocol and the 20 seconds counting starts.

1.2.2.2 When he is on the surface, during the count of 20 (twenty) seconds beginning after surfacing, the athlete must: complete the Surface Protocol (OK Sign of the conventional underwater activities such as two fingers making a circle) to the direction of the Chief Judge who will be on the ice.

1.2.2.3 The athlete is allowed to hold the edge of the ice hole during his surface protocol.

1.2.2.4 Keep the head over surface. The breathing airways and equivalent level of the sides (roughly from the middle of the ears) and continuing line through the back of the head must be over the water surface.

1.2.2.5 During the protocol, the athletes’ head (as defined above) must not be in contact with the lane line or with any part of body such as hands, arms etc. to get support/help from. If it is the case, the judge will ask the safety assistant to hold/help the athlete which leads to DQ decision.

1.2.2.6 For the Surface Protocol in CMAS record attempts, there has to be the Chief Judge (assigned by CMAS).

1.2.2.7 The chief judge will be present and give the final decision on the performance within 3 (three) minutes after the completion of the attempt.

1.2.2.8 The athlete can talk during the protocol but not the athlete’s assistant.

1.2.2.9 If the athlete is touched by the people from the organization accidentally, the last decision on this act whether it is help or not, will be made by the Chief Judge.

1.2.2.10 Video arbitration is mandatory for record attempts.

1.2.2.11 People around and spectators must remain calm and silent during athlete's surface protocol and recovery. In the violation of this, the Chief Judge can decide to evict the people/team members from the competition area.

1.2.2.12 Any kind of screaming or help of the athlete's national delegates, coaches or team members leads to the disqualification of the athlete.

1.3.3 The cards;

1.3.3.1 The meaning of the cards is as follows;

- If everything is ok chief judge will show the athlete a white card.
- If a yellow card is shown which means something may have gone wrong; there might be a penalty or DQ issue then the athlete has to wait in the competition zone and judge will deliberate, chief judge has maximum 3 minutes to give the final decision
- If a red card is shown, the performance is not validated (DQ).

2. SPECIFIC RULES FOR DYNAMIC

2.1 Organization of the event

2.1.1 The Track

2.1.1.1 The track has to be straight without any turns with a minimum depth of 5 meters. Maximum distance between the holes is 20 meters, which is also the maximum distance that a safety diver can cover.

2.1.1.2 These measurements must be verified and validated by the CMAS Chief judge.

2.1.1.3 There must be two safety lines under the ice: one for the lanyard of the athlete and one for the lanyards of the safety divers. Use of a lanyard on every dive is mandatory. Diving without a lanyard will lead to DQ.

2.1.4 The Measurement Instrument

2.1.4.1 The measurement of the distance will be done from the end of the starting hole to the beginning of the exit hole.

2.1.4.2 Other systems of automatic electronic measurement, which have been approved in advance by CMAS or have been assembled after a request by the organizing federation and approved by the chief judge, may be used.

2.1.6 Athlete's Assistant

2.1.6.1 The athlete may have only one assistant. The assistant is allowed to stay in the starting hole with the athlete until the attempt starts. Diving of the assistant will lead to DQ.

2.2 Conducting the event

2.2.1 Start

2.2.1.1 For any discipline the athlete can put his mouth under the water until the top time. After the top time, any immersion of the airways will be considered as an official start.

2.2.1.2 The athlete is not allowed to start by pulling himself of the ice.

2.2.2 Horizontal Path

2.2.2.1 During the performance, the equipment or any part of the body, but not the breathing airways can get out of the water surface.

2.2.2.2 Swimming at the surface is not allowed.

2.2.3 Ascent

2.2.3.1 For his performance to be validated, the athlete must realize the End/Surface protocol as defined in article 1.2.2

2.2.3.2 The athlete must not be helped or touched for any reason or in any way before the end of the surface protocol, unless he is in difficulty.

2.2.4 Classification

2.2.4.1 The distances will be rounded to the nearest smaller full meter number.

2.2.4.2 A new world record will be set at 1 m minimum over the previous world record.

3. SPECIFIC RULES FOR STATIC

3.1 Organization of the event

3.1.1 Static Area

3.1.1.1 CMAS ice freediving world record attempts for static must take place on the surface of the water at a hole in ice in a frozen outdoor water area.

3.1.1.2 The area must be verified and validated by the CMAS chief judge.

3.1.1.3 In order to assist the judges in their decisions, an official video of the event is mandatory to be present at the surface, recording the total attempt of the athlete, including entry and exit protocol.

3.1.2 Athlete's Assistant

3.1.2.1 The athlete may have only one personal assistant on the edge of ice or in the water to help him during the attempt.

3.1.2.2 This assistant can stay with the athlete at the competition area and in the water but must not shout, talk, touch or make gestures to assist or help the athlete during OK Protocol.

3.1.3 Time-keepers

3.1.3.1 The time-keepers start their stopwatches when the athlete immerses his respiratory ways, after the TOPTIME and stop them when the breathing airways emerges.

3.1.3.2 Immediately after the attempt they must write down the time displayed by their stopwatches on the timing card. At the same time, they show their stopwatches for control to Chief judge.

3.2 Conducting the event

3.2.1 Apnea

3.2.1.1 During the apnea the athlete is under the supervision of Chief judge.

3.2.1.2 The safety control procedure consists in the judge communicating with the athlete by touch at regular time intervals during the apnea.

3.2.1.3 The judge's signal and the response of the athlete must be agreed by the two upon before the beginning of the attempt.

3.2.1.4 The first signal should be given one minute before the declared time (announced performance), the second one 30 (thirty) seconds before the declared time and the third at the 15 (fifteen) seconds before the declared time and the last at the declared time. From there onwards (and also if the apnea goes on to times beyond the declared one) the signals are given at intervals of 15 (fifteen) seconds.

3.2.1.5 If the declared time is not an integer multiple of half-minutes, the time for the first signal is obtained by truncating this time to the lower half-minute, anticipating thus the time of the first signal. This should be reminded to the athlete by the assistant judge just before the attempt.

3.2.1.6 If the athlete does not respond to the chief judge's signal with the appropriate response the judge touches the athlete once more. If the athlete persists in not responding the judge interrupts the event and brings the athlete at the surface, disqualifying him due to BO.

3.2.2 Finishing

3.2.2.1 At the end of the attempt of the athlete must not be helped or touched for any reason and in any form before his attempt completion procedure, unless he is in difficulty.

3.2.2.2 The athlete can hold the line or the edge of the ice.

3.2.2.3 For his performance to be validated, the athlete must realize the End/Surface protocol.