



# FINSWIMMING

TECHNICAL  
MANUAL

3<sup>rd</sup>

MEDITERRANEAN  
BEACH GAMES



HERAKLION



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# 01. FINSWIMMING FEDERATIONS

## INTERNATIONAL FEDERATION

### World Underwater Federation (C.M.A.S.)

Viale Tiziano, 74

00196 Rome Italy

Phone: 0039 06 3211 0594 / 3

Website: <http://www.cmas.org>

E-mail: [cmas@cmas.org](mailto:cmas@cmas.org)

President: Mrs Anna Arzhanova

Secretary General: Mr. Kevin O'Shaughnessy

## NATIONAL FEDERATION

### Hellenic Swimming Federation (H.S.F.)

Leoforos Syggrou 137 (3rd floor)

17121 Nea Smirni, Athens, Greece

Phone: +30 210 985 10 20

Website: [www.koe.org.gr](http://www.koe.org.gr)

E-mail: [info@koe.org.gr](mailto:info@koe.org.gr)

President: Mr. Kiriakos Giannopoulos

# 02. MANAGEMENT OF FINSWIMMING COMPETITIONS

## CMAS TECHNICAL DELEGATE

Mr. Alexandros Xiarchos



Email: [xiarchos.alexandros@gmail.com](mailto:xiarchos.alexandros@gmail.com)

## STAFF OF THE ORGANIZING COMMITTEE OF THE 3<sup>RD</sup> MEDITERRANEAN BEACH GAMES "HERAKLION 2023"

The staff organization for this sport consists of the CMAS Technical Delegate, the Competition Manager and the Chief Judge who will be responsible for the proper conduction of the competition, with the cooperation of the supporting staff of the competition.



# 03. FINSWIMMING COMPETITIONS

FINSWIMMING	
SWIMMING POOL	
3 <sup>rd</sup> Mediterranean Beach Games "Heraklion 2023"	
 	
INDIVIDUAL COMPETITIONS	
Men	Women
50m AP	50m AP
50m BF	50m BF
100m SF	100m SF
100m BF	100m BF
200m SF	200m SF
200m BF	200m BF
400m SF	400m SF
RELAYS	
4 × 50m BF Mixed	
4 × 100m SF Mixed	

FINSWIMMING	
OPEN WATER	
3 <sup>rd</sup> Mediterranean Beach Games "Heraklion 2023"	
 	
INDIVIDUAL COMPETITIONS	
Men	Women
2km BF	2km BF
4km SF	4km SF
RELAYS	
4 × 2km SF Mixed	

14 <sup>TH</sup> SEPTEMBER				
VENUE 3		TIME		
SESSION 1 MORNING	08.00 – 09.15	Warming Up		
	09.30	50m	AP Women (Heats)	
		50m	BF Women (Heats)	
		100m	SF Men (Heats)	
		100m	BF Men (Heats)	
		200m	SF Women (Heats)	
		200m	BF Women (Heats)	
		400m	SF Men (Heats)	
		4X100m SF Mixed relay (if more than 8 teams)		
SESSION 2 AFTERNOON	16.00 – 17.15	Warming Up		
	17.30	50m	AP Women (Final)	
		50m	BF Women (Final)	
		100m	SF Men (Final)	Award Ceremony 50m AP Women
		100m	BF Men (Final)	Award Ceremony 50m BF Women
		200m	SF Women (Final)	Award Ceremony 100m SF Men
		200m	BF Women (Final)	Award Ceremony 100m BF Men
		400m	SF Men (Final)	Award Ceremony 200m SF Women
		4X100m SF Mixed relay (Final)	Award Ceremony 200m BF Women	
			Award Ceremony 400m SF Men	
		Award Ceremony 4X100m SF Mixed relay		

15 <sup>TH</sup> SEPTEMBER				
VENUE 3		TIME		
SESSION 3 MORNING	08.00 – 09.15	Warming Up		
	09.30	50m	AP Men (Heats)	
		50m	BF Men (Heats)	
		100m	SF Women (Heats)	
		100m	BF Women (Heats)	
		200m	SF Men (Heats)	
		200m	BF Men (Heats)	
		400m	SF Women (Heats)	
		4X50m BF Mixed relay (if more than 8 teams)		
SESSION 4 AFTERNOON	16.00 – 17.15	Warming Up		
	17.30	50m	AP Men (Final)	
		50m	BF Men (Final)	
		100m	SF Women (Final)	Award Ceremony 50m AP Men
		100m	BF Women (Final)	Award Ceremony 50m BF Men
		200m	SF Men (Final)	Award Ceremony 100m SF Women
		200m	BF Men (Final)	Award Ceremony 100m BF Women
		400m	SF Women (Final)	Award Ceremony 200m SF Men
		4X50m BF Mixed relay (Final)	Award Ceremony 200m BF Men	
			Award Ceremony 400m SF Women	
		Award Ceremony 4X50m SF Mixed relay		

16 <sup>TH</sup> SEPTEMBER			
VENUE 2		TIME	
SESSION 5 MORNING	08.00 – 08.50	Warming Up	
	09.00	4km	SF Men (Final)
		4km	SF Women (Final)
		2km	BF Men (Final)
		2km	BF Women (Final)
SESSION 6 AFTERNOON	17.00 – 17.50	Warming Up	
	18.00	4x2km SF Mixed (Final)	
	AWARD CEREMONIES		

The final time schedule of the Finswimming competitions will depend on the number of participating countries and shall be confirmed during the Technical Meeting.

# 04. TERMS & CONDITIONS

Necessary condition for the organization of the events:

- Women's Competition:  
At least six (6) nations registered by the deadline of the Preliminary Registration
- Men's Competition:  
At least eight (8) nations registered by the deadline of the Preliminary Registration

Depending on the Registrations by Number submitted until the 5<sup>th</sup> of May, the President of the Sports Program Commission of the ICMG, assisted by one or two members of this commission appointed by the President of the ICMG, and in cooperation with the Sports Director of the OC MBG, will decide, on the 22<sup>nd</sup> of May, the list of canceled events.

Once confirmed, the events will take place regardless of the actual number of participants.

## COMPETITION REGULATIONS

Finswimming competitions will be held in accordance with the CMAS regulations in force, special dispensations by the ICMG excepted.

Any case not covered by the aforesaid rules will be decided as follows:

- General cases will be settled according to ICMG rules;
- Technical questions will be decided according to CMAS rules.

Any dispute arising before or during the competitions will be decided by the Competition Manager, in accordance with the mentioned rules, except by ICMG.

## ELIGIBILITY

All NOCs of the ICMG member countries whose Federations are also CMAS members can take part in the Finswimming Competition of the 3<sup>rd</sup> Mediterranean Beach Games "Heraklion 2023". Athletes must be nationals of the country they represent and must comply with and follow the ICMG and CMAS conditions and rules.

Each country is eligible to take part in the swimming pool events with no more than two (2) swimmers for each distance and one (1) relay team.

For Open Water events each country may enter not more than four (4) swimmers for each distance and one (1) relay team by category.

If the relay team is mixed, it's necessarily composed of two female athletes and two male athletes. The starting order is man – woman – man – woman.

# 05. TECHNICAL ORGANIZATION

The Organizing Committee supervised by the CMAS Technical Delegate, is responsible for the technical organization and management of the Finswimming competitions of the 3<sup>rd</sup> Mediterranean Beach Games "Heraklion 2023".

The competition system will be in compliance to the CMAS rules.

## SWIMMING TECHNIQUE IN SWIMMING POOL

- **Surface Finswimming (SF):** The swimming style is unspecified. Immersion is only permitting over 15 meters after the start and after each turn. The snorkel or the swimmer's head have to go out from the water before the end of the 15 meters strip. Outside the 15 meters zone, a part of the swimmer or the equipment must always emerge from the water surface. To distinguish between surface and apnoea, all swimmers must use a snorkel for breathing all the time at all the distances.
- **Apnoea Finswimming (AP):** The Judge must be able to follow the movement of the swimmer visually. The snorkel is not permitting. The swimming style is unspecified. While in apnoea, the face of the swimmer must be underwater during the whole distance. If electronic time equipment is used, the swimmer must touch the finish touchpad.
- **Bi-Fins (BF):** The swimming style is crawl swimming on the breast with a snorkel for breathing all the time at all the distances. Dolphin swimming is allowed only during the 15 meters in apnoea after the start and each turn. Immersion is only permitting over 15 meters after the start and after each turn. The snorkel or the swimmer's head must go out from the water before the end of the 15 meters strip. For the start, the fins of the swimmer must be positioned on a parallel line at the front of starting block.

## FINSWIMMING IN OPEN WATER

Underwater Swimming is not permitted in Open Water competition.

It is specified that in Open Water, the style in Bi Fins is free.

The usage of a snorkel is mandatory in all events

In case of underwater swimming, the Style Judge shows a yellow card as a warning. If the Style Judge notices the fault again, he shows the swimmer a red card that informs him of his disqualification and obliges him to stop and go out of water. During relay events in Open Water, this rule applies to each member of the team.

A swimmer who is deliberately obstructing another swimmer is shown a yellow card. If this is repeated the swimmer is shown a red card and is disqualified.

Unfair and violent behaviour during Open Water events is punishable by a direct red card. Reasons justifying such a decision are: a direct blow to the athlete's body or equipment. Also pulling backwards or in another direction the athlete's body or equipment.

A visible buoy must signal every turn and change of directions. A floatable rope or a lane longer than 15 meters must join at every "turn buoy" fixed in the same direction as the next buoy. From every buoy not more than 500 meters.

When they approach the finishing line, swimmers must enter the arrival cone, complete their course inside the cone, or be disqualified.

The relay area comprises the finishing cone and a special 10 meters marked zone at the exit of the cone where swimmers wait for their arriving teammates.

After leaving the arrival cone, the swimmers pass the relay by physical contact.

In the imperative necessities of security or weather reasons, the CMAS Technical Delegate can stop the race after 50% of the total distance of the event was swim. In this case, the classification when the race is stopped is the official classification.

Only the swimmers in the same lap as the winner are classified with time. The others are classified in the order of arrival and number of laps missing.

## 06. JUDGES & REFEREES

The board of Judges is entirely responsible for the preparation and staging of the event. Its composition depends on the nature of the competition. In the pool events, the panel sets up as follows:

- one Chief Judge
- one Chief Secretary
- one Starter
- one prestart Judge
- one Chief Timekeeper
- one (if electronic timekeeping fully automatic) to three timekeepers per lane
- two Finish Judges
- two Style Judges
- two to eight Turning Judges
- One Speaker
- One Master of Ceremonies
- One Doctor

### CHIEF JUDGE

The Chief Judge has complete control and authority over all Officials. He must approve their assignment and give them the instruction about the particular rules of the championship. He is responsible for the technical conditions of the competition and for ensuring compliance with the prevailing safety regulations.

An International Judge will be appointed for the place of the Chief Judge. To ensure the best performance of the event, the OCMBG 2023 will appoint two (2) Judges, representatives of Mediterranean countries, designated by the CMAS Commission. The Judge's name of the participating countries shall be indicated on the model of numerical entries.

The Hellenic Swimming Federation, supervised by the CMAS Technical Delegate, will ensure the organization of the events in program and the announcement of the relevant results.

## 07. REGISTRATION

### GENERAL PRINCIPLES

The 3<sup>rd</sup> Mediterranean Beach Games "Heraklion 2023" are open to all the Athletes of NOC of the Mediterranean countries – members of ICMG, as it is referred to the regulations of the ICMG map and IOC.

### ENTRIES

The entries system of the Delegation is linked to the General Accreditation System. Details about the Accreditation procedure will be distributed on the 16<sup>th</sup> of February in the Accreditation Manual. One week of trial for the e-Accreditation portal will be given, starting from the 16<sup>th</sup> of February.

### KEY DATES

DEADLINE	FUNCTION
Thursday February 16 <sup>th</sup> 2023	Distribution of Accreditation Manual, E-Accreditation User Guide
Friday February 24 <sup>th</sup> 2023	E-Accreditation Portal Launch
Friday March 10 <sup>th</sup> 2023	Preliminary Entries by Number for Athletes and Officials
Friday May 5 <sup>th</sup> 2023	Final Entries by Number for Athletes and Officials
Friday July 7 <sup>th</sup> 2023	Preliminary Entries by Name for Athletes and Officials (Long List)
Friday August 4 <sup>th</sup> 2023	Final Entries by Name for Athletes and Officials (Short List)
Saturday September 10 <sup>th</sup> 2023	Closing of the E-Accreditation Portal
Sunday September 11 <sup>th</sup> 2023	Expiration of Accreditation Cards



## 08. TECHNICAL MEETING

The Technical Meeting will be held one day prior to the start of the Competition, at Venue 3. The meeting will take place after the end of the programmed training. The exact time of the meeting will be announced at a later date.

The meeting will be organized under the supervision of the CMAS Technical Delegate. The meeting will be attended by:

- CMAS Technical Delegate
- Team Leader (one of each team)
- Trainer (one of each country)
- OCMBG 2023 Competition Manager
- OCMBG 2023 Representative

A member of the ICMG Technical Commission may attend the meeting.



# 09. FACILITIES & EQUIPMENT

The Finswimming Competition will be conducted in the following Venues:

- Open Water categories: Venue 2, Ammoudara Beach
- Swimming pool categories: Venue 3, National Sports Center of Heraklion

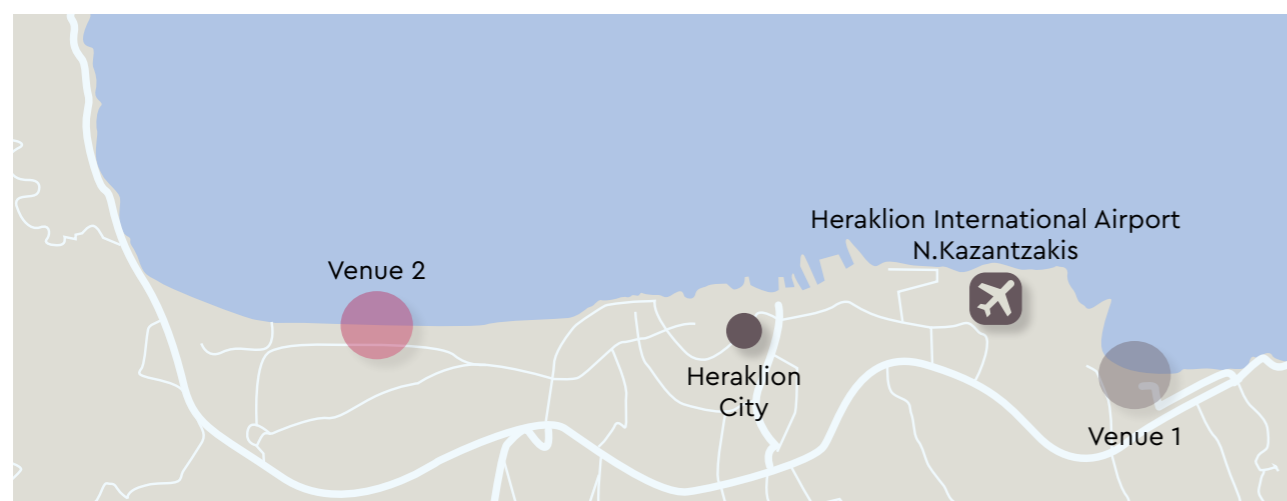
## VENUE 2 – FINSWIMMING COMPETITION IN OPEN WATER

The Open Water Finswimming competitions will be located in the sea, at Venue 2 (Ammoudara Beach) which is located on the beachfront approximately one (1) kilometer away from Venue 3.

During the competition, not less than one (1) security boat will be present for every ten (10) swimmers.

The water temperature will be verified the day of the competition, two hours before the start, in the middle of the distance at a depth of 0,40 meters. If the temperature is lower than 14 Celsius, swimmers must wear a neoprene swimming suit during the competition.

A certificate from the competent local authorities for hygiene and safety must ascertain that the site is appropriate for swimming.



## COMPETITION AREA

Venue 2, in Ammoudara Beach, will be sufficiently organized to host the Open Water Finswimming Competitions.

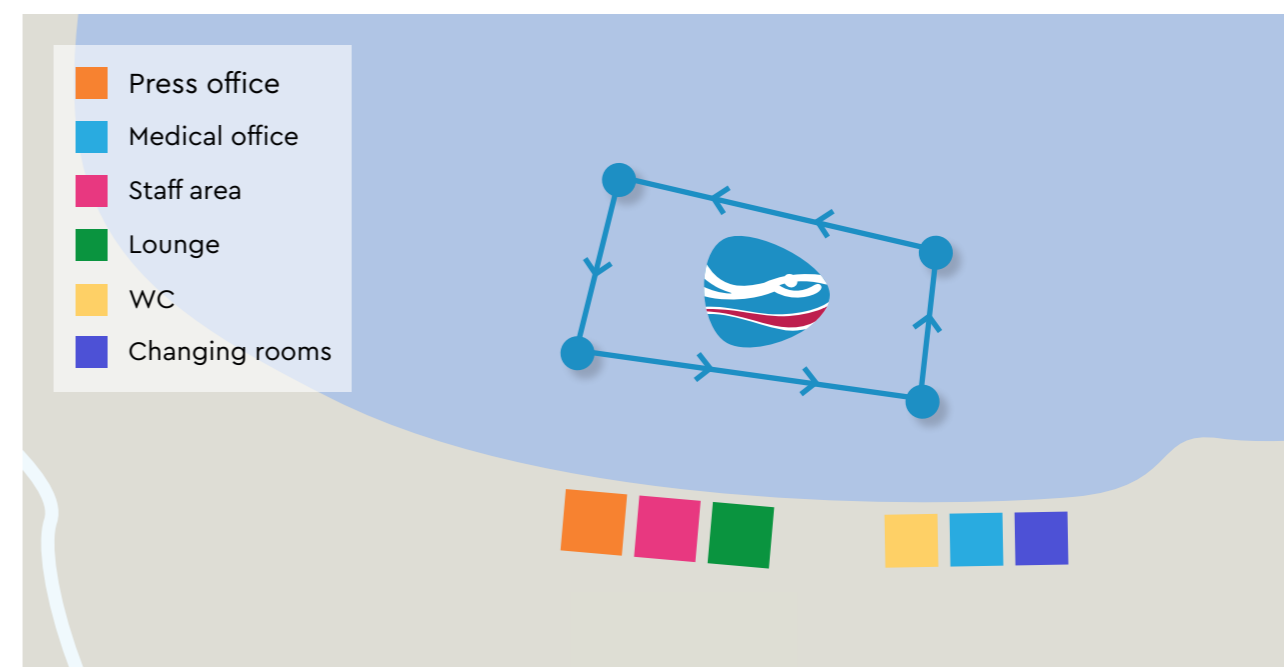
## Facilities

All essential facilities of this venue will be organized using large gazebo tents:

- |              |                          |                  |
|--------------|--------------------------|------------------|
| • Press      | • Competition staff area | • Changing rooms |
| • Medical    | • Lounge                 | • WC             |
| • Staff area |                          |                  |

## Competition course

For the Open Water competitions of Finswimming a lap with a maximum distance of 1km will be formed with certified buoys. The competition field (positions of buoys, arrival cone, etc.) must be organized to oblige the Athletes to pass through it on each lap. A visible buoy must signal every turn and change of directions. The maximum distance between buoys must be 500m.



A boat or a platform signaled with, onboard, minimum a Turn Judge, must be placed at each turn of the run without disturbing the swimmer's view.

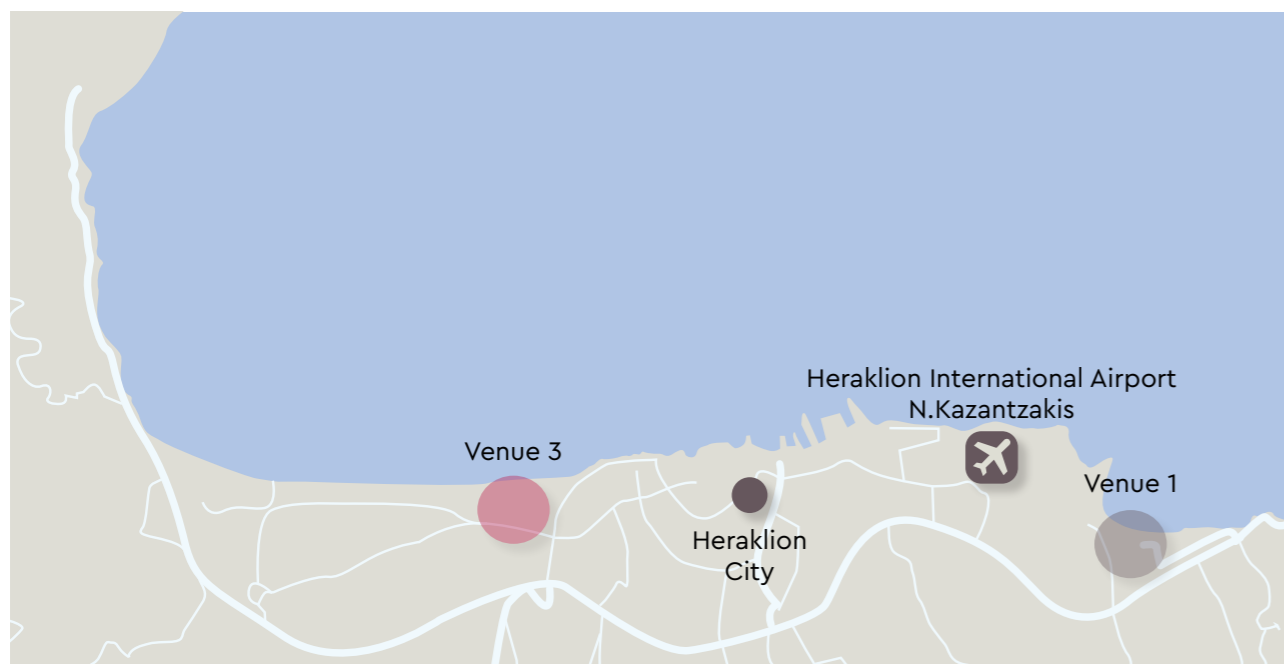
All equipment for the turns and every boat or platform of the Turn Judges must have a solid anchorage and must not be subject to the movement of tides, wind etc.

For the Mixed Relay Race, a relay area will be arranged. The relay area comprises the finishing cone and a special 10 meters marked zone at the exit of the cone where swimmers wait for their arriving teammates.

### VENUE 3 – FINSWIMMING COMPETITION IN SWIMMING POOL

The National Sports Center of Heraklion (Venue 3) will host all the training and competitions of Finswimming that are conducted in a swimming pool. Venue 3 is located 3km away from the Center of Heraklion City and 15km away from the main Venue of the Games, Karteros Beach Sports Center.

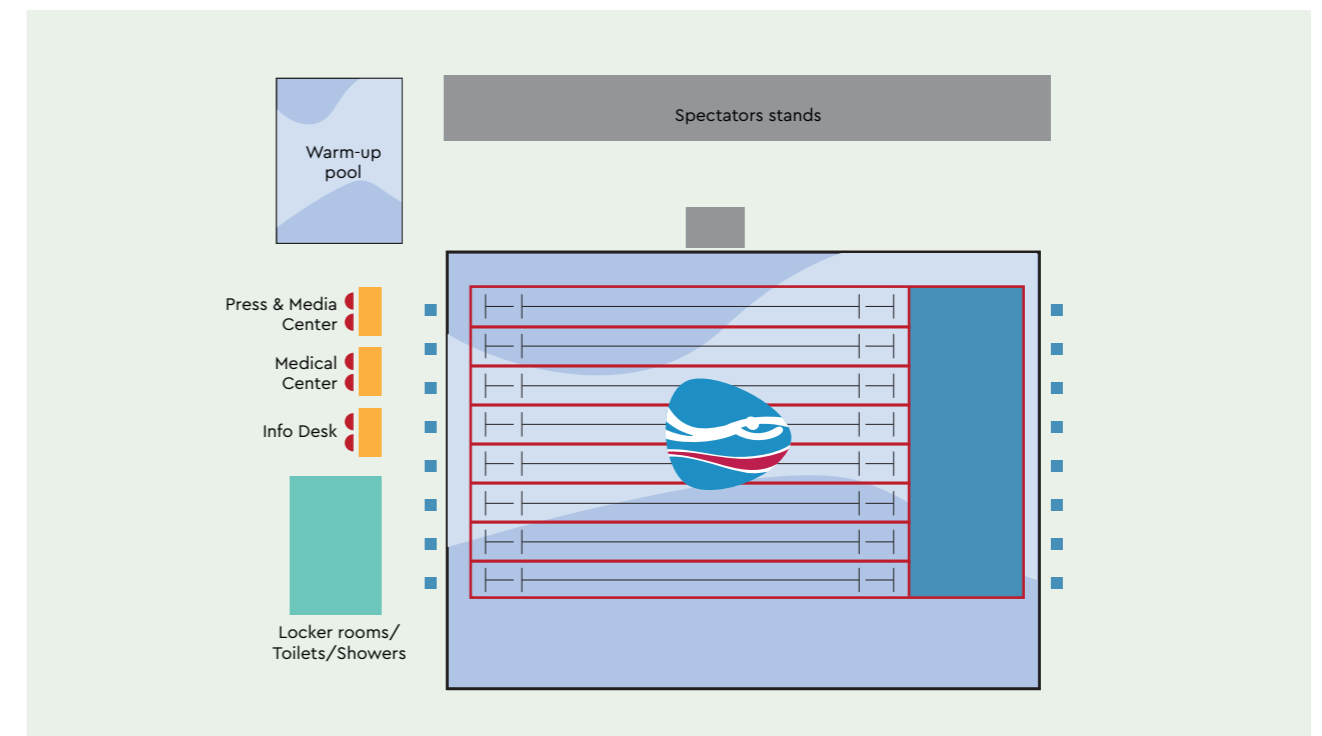
The capacity of the Venue is 400 spectators.



### FACILITIES IN VENUE 3

The National Sports Center of Heraklion offers the following facilities:

- Locker rooms for women/men
- 8 toilets
- 14 showers
- Warm-up pool
- Press & Media Center
- Medical Center
- Info Desk



### COMPETITION AREA

The dimensions of the main pool at Venue 3 are 50m x 25m x 2m and the technical characteristics imposed by the CMAS regulation for the swimming pool setup in force will be applied.

Water temperature must be between 25 Celsius and 28 Celsius during the competition. The water of the pool must be kept at a constant level, without observable currents.

## EQUIPMENT

All sports and technical equipment used for Finswimming races and training will comply with technical regulations as defined by CMAS and in force during the competition time period, special dispensations by the ICMG excepted.

Equipment allowed in for Surface Finswimming (SF) and Apnoea Finswimming (AP) competition pools and in open water OW:

- Only certified monofins by CMAS are acceptable

Equipment allowed in pools and open water for Bi-Fins (BF) events:

- All Bi-fins need certification by CMAS.
- No protuberances or different materials may be applied to fins for altering the efficiency.
- The fins must conform strictly as sold. It's strictly forbidden to modify the fins (e.g. cutting and pasting the rear tongue of the fin).
- No material may be inserted into the foot pocket.
- To fix the Bi-fins to the ankles exclusively in three directions (sole, ankle front and backside), fixing rubber can be used, produced originally by the manufacturer and available market and big distribution.
- Neoprene shoes/boots are forbidden whatever the length. Ends of foot in neoprene or plastic are authorized.

Other equipment allowed in pools and open water:

- Goggles or masks are serving only to protect the eyes and improve vision in the water.

For Surface Finswimming (SF), Open Water (OW) and Bi-fins (BF) competition: Snorkels only for breathing and without fairing. Only snorkels with a circular section with a minimum diameter interior of 15 mm (fifth teen millimetres) and a maximum internal diameter of 23 mm (twenty-three millimetres) are permitted. The minimum length of 430 mm (forty-three millimetres) and a maximum overall length of 480mm (four hundred eighty millimetres) are permitted. The top end of the snorkel may be cut obliquely or with a round lip, but the length is measured to the highest point. The lengths of the snorkel must be measured inside the tube.

The goggles, masks and snorkels must not have any attachments serving any purpose other than the functions listed above.

## ATHLETE'S SWIMSUITS

Only certified swimsuits by CMAS are acceptable.

For open water competitions, equipment mentioned above and neoprene wet suits may be used; trousers and jackets, one-piece or two-pieces. Using competitive swimsuits long gown or skirt (enlarging the surface of the swimmer) is not allowed.

Other auxiliary equipment or buoyancy devices are not allowed in any case.

One or two swim caps are authorized.

The swimmers with not conform equipment won't be admitted to the starting block. If the irregular equipment is found out after the end of the race, the swimmer is disqualified.

Other auxiliary equipment forbidden.

Carry a watch or any other similar device is forbidden for the competitions (only in the swimming pool).

Any kind of tape on the body is not permitted. This rule intends that tape should not be allowed if it provides any kind of competitive advantage to a swimmer regardless of any medical reason. (One of the more common types of taping is known as Kinesio-taping. Although there may be a valid medical reason for using it, it is considered to provide the swimmer with a competitive advantage and shall not be allowed).

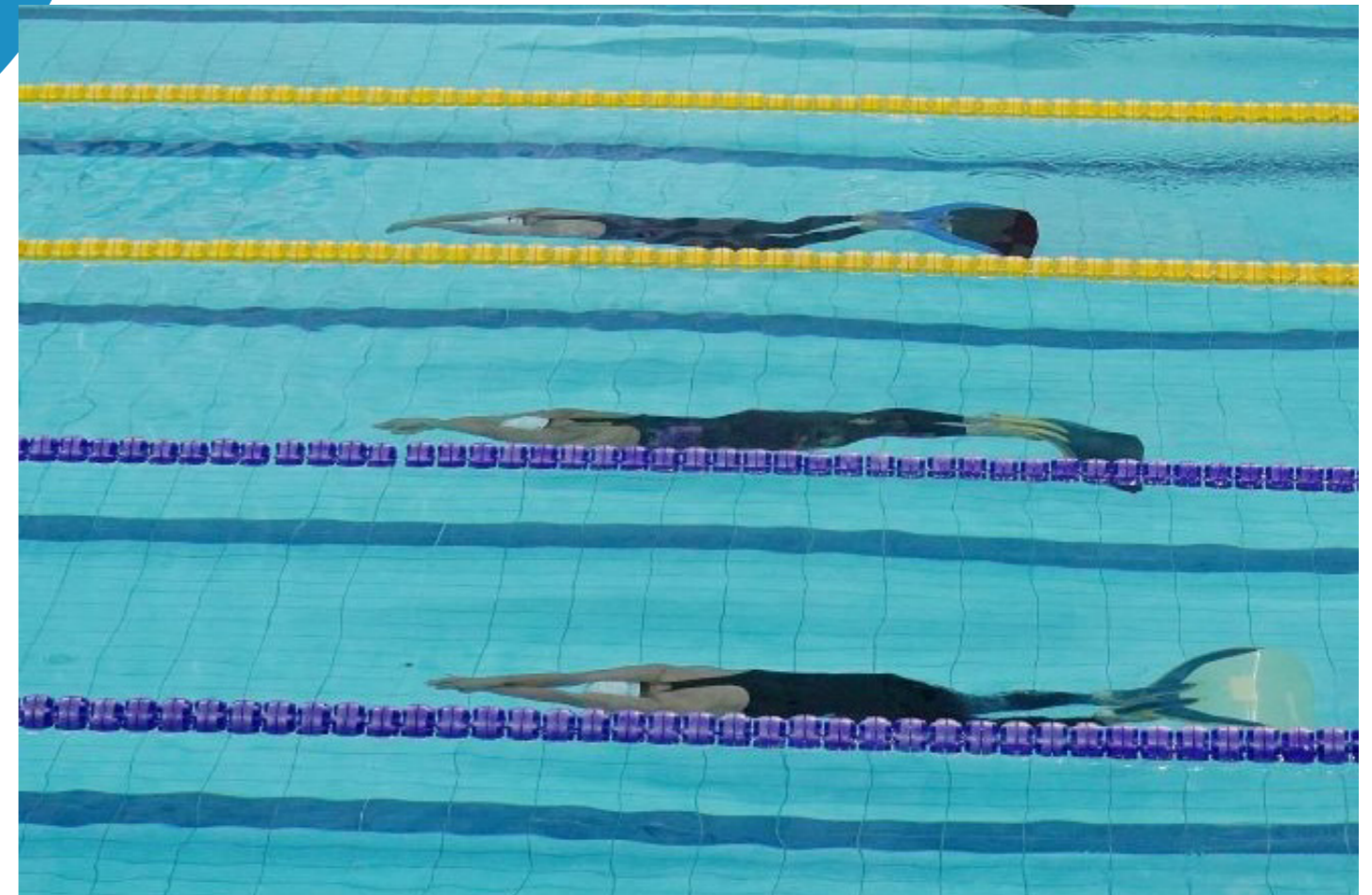
## SPORT'S INFORMATION DESKS

Two information desks will provide specific information on the races of Finswimming: the first located at the Technical Office of Swimming Pool Finswimming at Venue 3 and the second at the Sports Information Office in Venue 1. These two offices will provide information on competition times, training sessions, list of athletes and results. The two offices will also provide technical information issued and communicated by CMAS and the OCMBG 2023.

# 10. TRAINING

Training will be held one day before the start of the Competitions, with a specific time schedule in accordance with the number of participating athletes. The schedule will be announced to all CdM in due course. The training will be held in the same Venue as the competitions.

Training sessions will be assigned by the OCMBG 2023 Competition Manager and CMAS Technical Delegate for all participating teams. Sessions will be confirmed before 17:00 pm of the day before the start of competition or the same session will be assigned to another participating team.



# 11. MEDICAL SERVICES & ANTI-DOPING CONTROL

## MEDICAL SERVICES PLAN

Heraklion has a perfectly adequate system of Hospital Care and health-care in general. A complete plan for the medical coverage of the 3<sup>RD</sup> MBG is being organized, in order to ensure maximum security for all athletes, accredited persons and spectators. A Medical Guide with the details of the Medical Plan will be distributed in due course.

This plan will combine three main resources:

- Private physicians and health professionals working with the OC for the Medical coverage of the Games,
- Public Health System infrastructures (reserved EMS vehicle in immediate contact with the Public Hospitals of Heraklion)
- The Samaritans of the Hellenic Red Cross

## MEDICAL CENTER

The Medical Center of the Games will be located in Venue 1, Karteros Beach Sports Center. It will include the following:

- Reception Desk
- Emergency Service
- Examination Rooms
- Massage/Physiotherapy room
- Pharmacy
- Laboratory

In the Venues medical center, during all training and competitions, will be present:

- A Diagnostician
- An Orthopedic Doctor
- Two Nurses
- Hellenic Red Cross volunteers
- Assistant volunteers (reception desk/communication)
- Reserved ambulance (EKAB) in proximity

A Medical office will be situated in each Venue where the Finswimming competition will be held. An assigned Pathologist will be present during training and Competitions of Finswimming.

Rescuers of the Red Cross will be present at all times.

Certified Lifeguards will be assigned in the competition area of Finswimming during training and competitions, in accordance with the CMAS regulations and the Greek law.

## ANTI-DOPING CONTROL

Anti-doping tests will be conducted during, and sometimes prior to the competition, under the responsibility of the Medical Committee of the ICMG in collaboration with the Anti-Doping Commission of the OCMBG 2023 and in accordance with ICMG and CMAS rules. All Athletes selected for anti-doping tests will receive written notification.

The procedure for collecting of samples to be analyzed in accordance with set rules and the time limits will then start.

Any Athlete who refuses to undergo anti-doping control or who tests positive will be excluded from the competition and will be sanctioned along with his team according to the ICMG and CMAS rules.

## 12. AWARD CEREMONIES

As cited in the ICMG Charter, the medals shall be presented only by:

- The Honorary members of the ICMG
- The Members of the IOC
- The Members of the OCMBG EC and the personalities proposed by them
- The Presidents and Secretaries General of participating NOCs
- The Presidents and Secretaries General of the IFs
- The Presidents and Secretaries General of the Mediterranean Sports Confederations or Unions recognized by the IFs
- The Members of the ICMG Commissions
- The delegates of the IFs
- The Members of the OCMBG 2023

Award ceremonies will be held at the end of each competition.

### MEDALS & DIPLOMAS

In accordance with ICMG rules, the following prizes will be awarded:

1 <sup>st</sup> prize	2 <sup>nd</sup> prize	3 <sup>rd</sup> prize	4 <sup>th</sup> -8 <sup>th</sup> place
			
A Gold medal and a diploma for each competitor placed first.	A Silver medal and diploma for each competitor placed second.	A Bronze medal and diploma for each competitor placed third.	A diploma for each competitor.

## 13. REGULATION APPROVAL (BY ICMG)

This Regulation was approved by the ICMG on **21 April 2023**

