



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

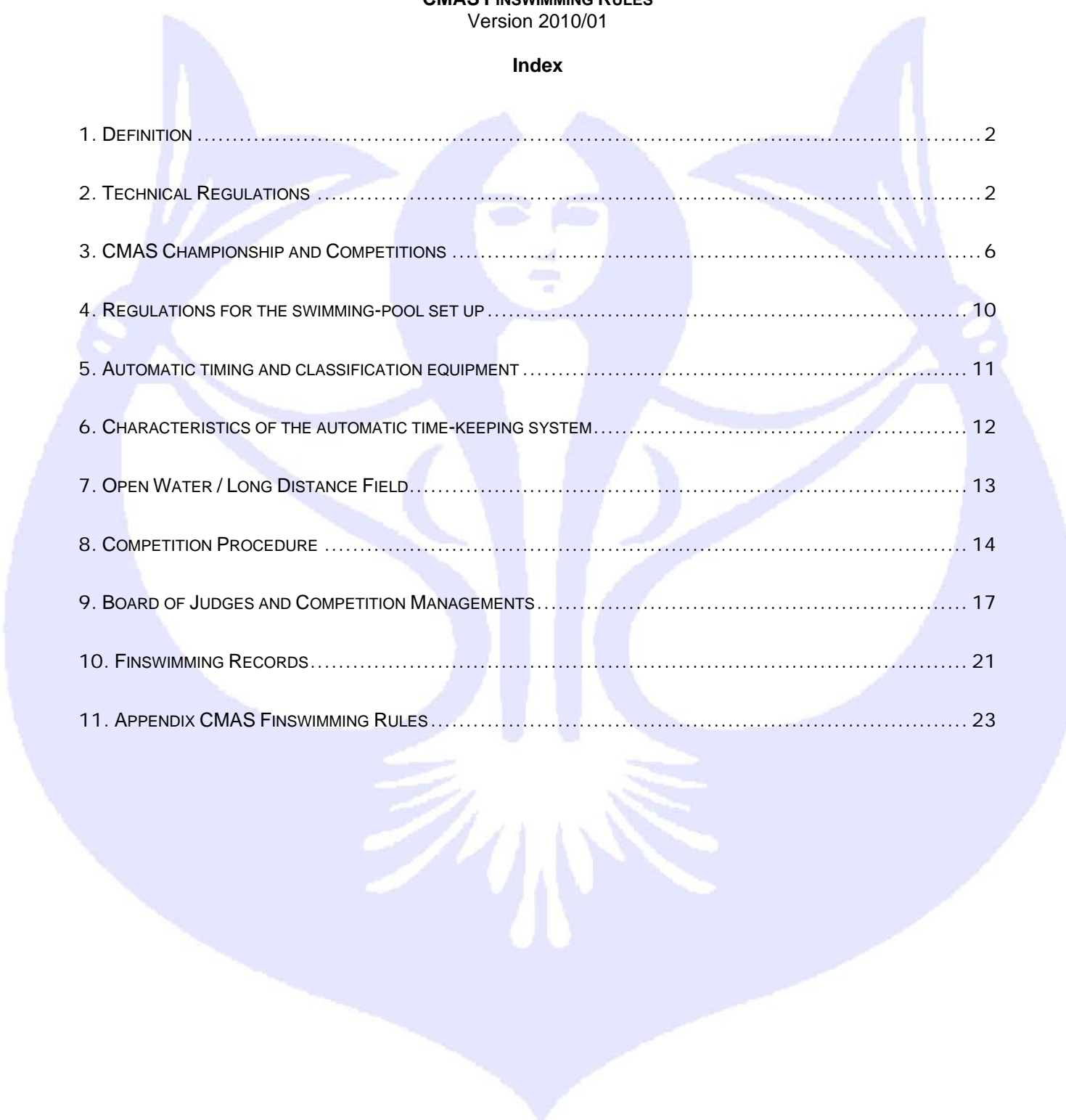
FINSWIMMING CMAS RULES

VERSION 2010/01

(23/04/2010 BOD/SPO/N°26)

CMAS FINSWIMMING RULES
Version 2010/01

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1. DEFINITION

By "finswimming" we mean the progression with a monofin or with two fins either on the surface or underwater, by means of the swimmers' muscular force only and without use of any mechanism, not even muscle-powered. For underwater disciplines with breathing equipment, only compressed-air sub-aqua equipment is allowed.

2. TECHNICAL REGULATIONS

2.1. AGE GROUPS, SWIMMING TECHNIQUE, EQUIPMENT, RESTRICTION

2.1.1. The athletic age of a swimmer is obtained by subtracting his year of birth from the current year.

2.1.2. The age groups are the following:

a) "SENIOR"

- A: 18 years and over

b) "JUNIOR":

- B: 16 - 17 years
- C: 14 - 15 years
- D: 12 - 13 years
- E: 11 years or less (Pre-competition group)

c) "MASTERS"

- V0: 25 - 34 years
- V1: 35 - 44 years
- V2: 45 - 54 years and so on in gaps of 10 years

2.1.3. Pool competitions can be held over any distance, for individual and relay events, for men and women.

2.1.3.1. No competitions are allowed over a distance more than 50 m in apnoea.

2.1.3.2. Discipline and distance limits for the "junior" groups are:

- Groups B and C: without limitations.
- Group D surface and immersion with breathing apparatus, without limitations.
Finswimming in apnoea: maximum 25 m.
- Pre-competition group: no international competitions; national regulations apply.

2.1.4. Open water: Competitions can be held over any distance with the condition that full safety of swimmers is guaranteed.

2.1.4.1. For group D the maximum distance is 6 km.

2.1.4.2. For group C the maximum distance is 8 km.

2.2. SWIMMING TECHNIQUE

2.2.1. Surface finswimming (SF)

2.2.1.1. The swimming style is unspecified.

2.2.1.2. Immersion is only permitted over a distance of 15 meters after the start and after each turn. The snorkel or the head of the swimmer have to go out from the water before the end of the 15 meters strip.

2.2.1.3. Outside the 15 meters zone, a part of the swimmer or the equipment must always emerge from the water surface.

2.2.1.4. In order to distinguish between surface and apnoea, all swimmers will have to use at 50 meters surface a snorkel for breathing all the time

2.2.2. Apnoea finswimming (AP)

2.2.2.1. The immersion in apnoea is only permitted in swimming pools (indoor or outdoor). The judge must be able to follow the movement of the swimmer visually.

2.2.2.2. The snorkel is not permitted.

2.2.2.3. The swimming style is unspecified.

2.2.2.4. While in apnoea the face of the swimmer must be underwater during the whole distance.

- 2.2.2.5. If electronic time equipment is used the swimmer must touch the finish touch pad.
- 2.2.2.6. If the 50 meters apnoea is swum in a 25 meters pool, the swimmer must touch the wall with a part of the body or the fin when turning.

2.2.3. Immersion finswimming with breathing apparatus (IM)

- 2.2.3.1. In underwater swimming with compressed air breathing apparatus the swimming style is unspecified.
- 2.2.3.2. The way to carry the equipment used is unspecified.
- 2.2.3.3. It is not allowed to change or abandon the breathing apparatus during the competition.
- 2.2.3.4. The face of the swimmer must be submerged during the whole distance.
- 2.2.3.5. If electronic timing equipment is used, the swimmer must touch the finish touch pads.
- 2.2.3.6. The breathing equipment must at no time touch the swimming pool walls or the finish contact pads. Abuse will lead to disqualification.

2.2.4. Bi-Fins (BF)

- 2.2.4.1. The swimming style is crawl swimming on the breast.
- 2.2.4.2. Dolphin swimming is allowed only during the 15 meters in apnoea after start and each turn.
- 2.2.4.3. Immersion is only permitted over a distance of 15 meters after the start and after each turn. The snorkel or the head of the swimmer have to go out from the water before the end of the 15 meters strip.

2.3. EQUIPMENT AND RESTRICTION

2.3.1. Equipment allowed in pools and in open water for Surface Finswimming (SF), Apnoea finswimming (AP) and Immersion finswimming (IM) competition:

- 2.3.1.1. The fin comprises only of a blade and fixed foot pieces.
- 2.3.1.2. Bi-fins are allowed without any restriction as to the dimensions and the material.
- 2.3.1.3. Monofin (fig. 1):
 - a) There is no restriction to the material used.
 - b) The monofin may float.
 - c) The maximum size of the monofin is: length 760 mm, width 760 mm, height 150 mm.
 - d) The width is measured from the left to the right side of the blade.
 - e) The length is measured between points A and B (see Figure 1).
 - f) The height is measured by a temple not exceeding 150 mm.
 - g) The foot pieces must not be constructed so as to give the swimmer any additional assistance, and no spring nor any device of any kind may be incorporated into the foot pieces.
 - h) The foot piece must assure the stability of the swimmer on the starting block.
 - i) Screws under the fins and monofin are strictly forbidden except when they are covered with a thick enough protection.

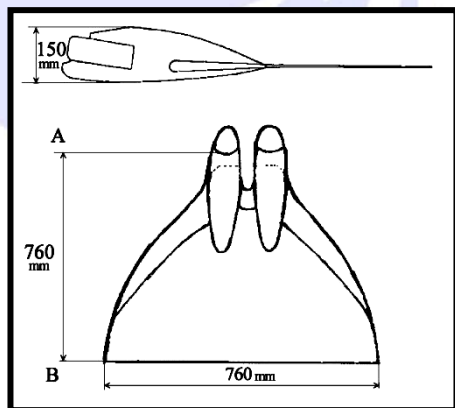


Figure 1

2.3.2. Equipment allowed in pools and in open water for Bi-Fins (BF) competition:

2.3.2.1. All bi-fins need certification by CMAS. The list and visual are in appendix 11.5

2.3.2.2. Criteria for the certification of bi fins:

- a) Available market and big distribution.
- b) Maximum sizes:
 - Fins (classical model) (Figure 2):
 - Length : 670 mm
 - Width : 225 mm

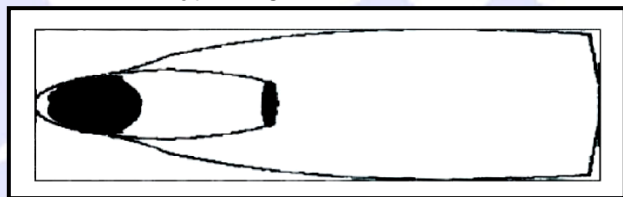


Figure 2

- Fins (diving model) (Figure 3):
 - Length : 675 mm
 - Width : 230 mm

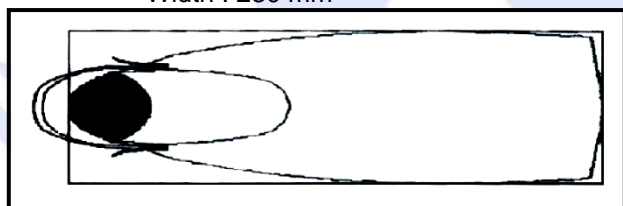


Figure 3

- c) Materials: Exclusively
 - Polypropylene (P.P.)
 - EVA
 - All new material to be submitted to approval
 - d) CMAS logo may be printed on the upper part by the producer in case of certification.
 - e) Certified fins obligatory for:
 - The participation at bi fins races in CMAS championships, world cup and in international competitions.
 - Certification for any records with bi fins
 - f) The code number of the fin must be readable and be checked.
 - g) Certification to be renewed every two years
 - h) Certification fee including:
 - The right to be listed as sponsors in CMAS site
 - Free advertising banners in CMAS site, zone reserved to Finswimming.
 - i) If producer stops the production, fins will be certified until the end of the civil year following the year of stop.
 - j) the price of such certification will be decided by BOD.
- 2.3.2.3. No protuberances or different materials may be applied to fins for altering the efficiency.
- 2.3.2.4. To fix the bifins to the ankles exclusively three direction (sole, ankle front and back side) fixing rubber can be used, produced originally by the manufacturer and available market and big distribution.



Figure 4

2.3.3. Other equipment allowed in pools and in open water:

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

2.3.3.2. For Surface Finswimming (SF) and Bi-fins (BF) competition: Snorkels only for breathing and without fairing (see the picture). Only snorkels with a circular section with a minimum diameter interior of 15 mm (fifteen millimeters) and 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 (forty eight centimetres) are permitted. The top end of the snorkel may be cut obliquely or with a round lip but the length will be measured to the highest point. The lengths of snorkel must be measured inside the tube.

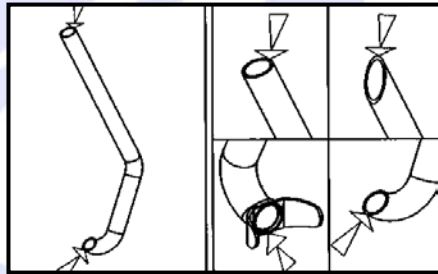


Figure 5

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

2.3.3.4. Immersion finswimming with compressed air-breathing apparatus:

- a) only compressed air without oxygen enrichment is allowed
- b) for pool competitions, the minimum volume of a compressed air cylinder (bottle) is litres 0.4 (zero point four litre)
- c) The maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa).
- d) when a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed
- e) All cylinders used must have passed a hydrostatic test less than 2 years before the competition, or even less if it is required by the local legislation.

2.3.3.5. Auxiliary equipment:

- a) The swimmers must appear in decent sportswear: for men bathing-trunks (or bathing-suits, covering the whole body), for women one-piece bathing-suits or two-piece competition bathing-suits. These bathing clothes must not have an effect on the natural buoyancy of the swimmers. Only one swimsuit is allowed. A swimming-cap is authorized.
- b) Until end of year 2010, in swimming pool, only the old generation suits are allowed. In order to prevent misunderstandings, all suits using neoprene, plastic rubber or any other material are considered as new generation.
- c) Using neoprene wet suits is authorized only in open water competitions: trousers and jackets, one-piece or two-pieces. A 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.

2.3.4. The wearing of advertising slogans on the fins and compressed air tanks during international competitions and championships is allowed without restrictions. However, nothing is authorized, as far as the snorkel is concerned, since the latter is an equipment essential to judging. Advertising slogans are tolerated on the swimmers' sportswear. However it is stressed that during international championships the swimmers must present themselves at the different ceremonies (like awards ceremony) in the official dress of their national team.

- 2.3.5. The swimmers with not conformed equipment won't admit to the starting block. If the irregular equipment is found out after the end of the race, the swimmer will be disqualified.
- 2.3.6. Any new equipment must be shown for the agreement to the Finswimming Commission and has to be approved by the BD, before using in competition.

3. CMAS CHAMPIONSHIP AND COMPETITIONS

3.1. CLASSIFICATION OF THE COMPETITION

3.1.1. Two different kind of competition:

- Swimming-pool Competition
- Open Water or Long Distance Competition

3.1.2. CMAS Championship and Competition:

- World Championship
- Continental Championship
- World Cup
- CMAS Junior Trophy

3.1.3. also:

- World Games (organized by IFWGA)

3.2. WORLD AND CONTINENTAL SWIMMING-POOL CHAMPIONSHIP

3.2.1. World and Continental Championships are organized every two years alternatively:

- World championship: odd years ('07, '09, '11, etc.)
- Continental championship: even years ('08, '10, '12, etc.)
- World junior championship: even years ('08, '10, '12, etc.)
- Continental junior championship: odd years ('07, '09, '11, etc.)

3.2.2. World and Continental championships must be organized with doping test, according to the I.O.C. doping regulation.

3.2.3. The championships must be held in officially approved swimming pools

3.2.4. The CMAS Judge Delegate must be nominated by the Finswimming Commission and approved by CMAS Executive Bureau.

3.2.5. The citizenship of the swimmer is certified by his/her passport. The same holds for the control of age, in particular for junior swimmers.

3.2.6. In the World and Continental Swimming-pool Championships:

- a) Each country may enter no more than two (2) swimmers for each distance and one (1) relay team.
- b) A country has the right to change the composition of the relay teams between the qualifying heats and the final.
- c) The entries must reach CMAS headquarters within the time limits set by the CMAS rules.
- d) World Senior Championship will be organized over five (5) days and 10 sessions.
- e) The qualifying heats are scheduled in the morning and finals in the afternoon. Only 800 IM race with time classification (direct final).

f) The 5-day program:

	Morning HEATS	Afternoon FINAL	Medal Ceremony
Day 1	50 AP Women	50 AP Women	
	1500 SF Men	100 IM Men	50 AP Women
	100 IM Men	400 SF Women	100 IM Men
	400 SF Women	4x200 Men	400 SF Women
	4x200 Men		4x200 Men
Day 2	50 SF Men	50 SF Men	800 IM Men
	50 BF Men	50 BF Men	50 SF Men
	800 IM Men (direct final)	1500 SF Men	50 BF Men
	800 SF Women	200 SF Women	1500 SF Men
	200 SF Women	200 BF Women	200 SF Women
	200 BF Women	400 SF Men	200 BF Women
	400 SF Men		400 SF Men
Day 3	800 SF Men	800 SF Women	
	100 IM Women	100 IM Women	800 SF Women
	100 SF Men	100 SF Men	100 IM Women
	100 BF Men	100 BF Men	100 SF Men
	400 IM Men	400 IM Men	100 BF Men
			400 IM Men
Day 4	50 AP Men	50 AP Men	
	1500 SF Women	800 SF Men	50 AP Men
	100 SF Women	100 SF Women	800 SF Men
	100 BF Women	100 BF Women	100 SF Women
	400 IM Women	400 IM Women	100 BF Women
	4x200 Women	4x200 Women	400 IM Women
			4x200 Women
Day 5	50 SF Women	50 SF Women	800 IM Women
	50 BF Women	50 BF Women	50 SF Women
	800 IM Women (direct final)	1500 SF Women	50 BF Women
	200 SF Men	200 SF Men	1500 SF Women
	200 BF Men	200 BF Men	200 SF Men
	4x100 Women	4x100 Women	200 BF Men
	4x100 Men	4x100 Men	4x100 Women
			4x100 Men

- g) For all other championships a three (3) day program may be apply. All heats except 50m AP, 50m SF and 100m SF, 50m BF and 100m BF are swum in direct finals (heats with time classification). The organiser can propose the programme (five or three days) for agreement of the CMAS IFC.
- h) The 3-day program

	Morning	Afternoon	Medal Ceremony
Day 1	100 SF Women (Qualify. Heats)	100 SF Women (FINAL)	
	100 Bifins Women (Qualify. Heats)	100 BF Women (FINAL)	100 SF Women
	100 SF Men (Qualify. Heats)	100 SF Men (FINAL)	100 BF Women
	100 BF Men (Qualify. Heats)	100 BF Men (FINAL)	100 SF Men
	1.500 SF Women (slow heats)	1.500 SF Women (FAST HEAT)	100 BF Men
	1.500 SF Men (slow heats)	1.500 SF Men (FAST HEAT)	1.500 SF Women
	400IM Women (slow heats)	400IM Women (FAST HEAT)	1.500 SF Men
	400IM Men (slow heats)	400IM Men (FAST HEAT)	400IM Women
	4X200 Women (slow heats)	4X200 Women (FAST HEAT)	400IM Men
	4X200 Men (slow heats)	4X200 Men (FAST HEAT)	4X200 Women 4X200 Men
Day 2	50 SF Women (Qualify. Heats)	50 SF Women (FINAL)	
	50 BF Women (Qualify. Heats)	50 BF Women (FINAL)	50 SF Women
	50 SF Men (Qualify. Heats)	50 SF Men (FINAL)	50 BF Women
	50 BF Men (Qualify. Heats)	50 BF Men (FINAL)	50 SF Men
	800 IM Women (slow heats)	800 IM Women (FAST HEAT)	50 BF Men
	800 IM Men (slow heats)	800 IM Men (FAST HEAT)	800 IM Women
	400 SF Women (slow heats)	400 SF Women (FAST HEAT)	800 IM Men
	400 SF Men (slow heats)	400 SF Men (FAST HEAT)	400 SF Women
	100 IM Women (slow heats)	100 IM Women (FAST HEAT)	400 SF Men
	100 IM Men (slow heats)	100 IM Men (FAST HEAT)	100 IM Women 100 IM Men
Day 3	50 AP Women (Qualify. Heats)	50 AP Women (FINAL)	
	50 AP Men (Qualify. Heats)	50 AP Men (FINAL)	50 AP Women
	200 SF Women (slow heats)	200 SF Women (FAST HEAT)	50 AP Men
	200 BF Women (slow heats)	200 BF Women (FAST HEAT)	200 SF Women
	200 SF Men (slow heats)	200 SF Men (FAST HEAT)	200 BF Women
	200 BF Men (slow heats)	200 BF Men (FAST HEAT)	200 SF Men
	800 SF Women (slow heats)	800 SF Women (FAST HEAT)	200 BF Men
	800 SF Men (slow heats)	800 SF Men (FAST HEAT)	800 SF Women
	4x100 Women (slow heats)	4x100 Women (FAST HEAT)	800 SF Men
	4x100 Men (slow heats)	4x100 Men (FAST HEAT)	4x100 Women 4x100 Men

3.3. WORLD AND CONTINENTAL LONG DISTANCE CHAMPIONSHIP

3.3.1. The World and Continental Long Distance Championships are held over three days with the following program:

- **first day:** relay 4 x 3 km
- **second day:** individual 6 km
- **third day:** individual events 20 km (only senior)

3.3.2. Each country may enter not more than four (4) swimmers for each distance and one (1) relay team.

3.3.3. During CMAS championships, juniors are not allowed to swim more than one individual race. (The CMAS rule fixes the maximal distances authorized for junior swimmers).

3.4. PROGRAMME OF THE WORLD CHAMPIONSHIP

3.4.1. The programme of the World Championship, senior and junior, will include the swimming-pool and the long distance schedule.

3.4.2. The programme of the Continental Championship, senior and junior, can include the swimming-pool and the long distance schedule.

3.5. WORLD CUP SWIMMING-POOL AND WORLD CUP LONG DISTANCE

3.5.1. See the "Appendix CMAS FS Rules" enclosed.

3.5.1.1. CMAS World Cup is organized every years.

3.5.1.2. In the CMAS Finswimming World Cup Meeting only clubs can participate.

3.5.1.3. The clubs need to send agreement from their national federation.

3.5.1.4. World Cup must be organized with doping test, according to the I.O.C. doping regulation.

3.5.1.5. There are two different category in the World Cup competition:

a) Category "Senior";

b) Category "Junior";

3.5.1.6. There will be classification for Individuals and Clubs.

3.6. CMAS JUNIOR TROPHY

3.6.1. CMAS Junior Trophy is organized every years and reserved to junior national teams.

3.6.2. This championship must be organized with doping test, according to the I.O.C. doping regulation.

3.6.3. In the CMAS Junior Trophy:

a) Each country may enter no more than two (2) swimmers for each distance and one (1) relay team.

b) A country have the right to change the composition of the relay teams between the qualifying heats and the final.

c) The entries must reach CMAS headquarters within the time limits set by the particular rules of the Trophy.

d) There will be classification for Individuals and Clubs.

e) Programme:

Day	Morning	Afternoon
Day 1	50 SF	100 BF
	50 BF	1500 SF Men
	400 SF	4x 200 SF
	100 SF	
Day 2	200 SF	50 AP
	200 BF	800 SF Women
	100 IM	4x100 SF

f) For every race of the, the classification will be according the following CMAS Swimming-Pool Individual Point Table:

Place	points	place	points	place	points	place	points
1 st	50	7 th	30	13 th	16	19 th	6
2 nd	46	8 th	27	14 th	14	20 th	5
3 rd	42	9 th	24	15 th	12	21 st	4
4 th	39	10 th	22	16 th	10	22 nd	3
5 th	36	11 th	20	17 th	8	23 rd	2
6 th	33	12 th	18	18 th	7	24 th	1

All other swimmers who finish the race will receive 1 point for a successful participation.

3.7. WORLD GAMES (ORGANIZED BY I.F.W.G.A.)

- 3.7.1. The participation in the World Games is reserved to the best swimmers and best relay teams selected by CMAS.
- 3.7.2. The best eight (8) swimmers of the CMAS World Ranking will participate to the World Games.
- 3.7.3. The complete list of the participant swimmers will be decided by the CMAS Finswimming Commission after the agreements of CMAS BOD.
- 3.7.4. The national federation must confirm the participation of the swimmers selected before the deadline fixed by the CMAS in agreement with the organizer. Past the deadline, if available places do exist, the invitation will be extended, in decreasing order, to the swimmers following in the World Ranking up to the limit of availability.
- 3.7.5. Each country may enter not more than two (2) swimmers for each distance and one (1) relay team, according to the qualification. A place for the relay is reserved obligatory for the teams of the organizing country.
- 3.7.6. The program of the World Games, over two days, include the following races for women and men:
 - 50 m AP, 100 m SF, 200 m SF, 400 m SF, 4 x 100 m SF.
- 3.7.7. For all the distance: qualifying heats and final.

3.8. CMAS WORLD RANKING

- 3.8.1. The results (time) of the swimmers who participate in the CMAS Finswimming Championship and CMAS Finswimming World Cup rounds will create the CMAS World Ranking.
- 3.8.2. The World Ranking will be prepared for the categories Senior and Junior.

4. REGULATIONS FOR THE SWIMMING-POOL SET UP

- 4.1. For CMAS championships, the pool must satisfy the following conditions:
 - length: 50 meters
 - width: minimum 21 meters
 - depth: minimum 1,80 meters
- 4.2. When electronic pads are installed at the start end of the pool and at the end of the turn, the pool length between the two pads must be no shorter than 50 meters.
- 4.3. In relation to the nominal length of 50 meters, a tolerance of plus 0,03 and minus 0,00 meters on the two end walls is permitted, measured from 0,3 meters above to 0,8 meters below the water surface. An engineer or another official appointed or approved by the federation of the hosting country will certify these measurements. The tolerances cannot be violated when the electronic pads are installed.
- 4.4. The end walls must be parallel forming right angles with the swimming trajectory and the water surface. They will be constructed from a solid material with a non-skid surface that extends to 0,80 meters under the water surface, permitting to the swimmers to touch it and push it without danger.
- 4.5. Resting boards projecting on the pool walls are allowed. They must be situated at a minimum of 1,20 meters below the surface of the water and may have a width of 10 to 15 centimetres.
- 4.6. Overflows can be placed on the four walls of the pool. If the overflows are placed on the end walls, they must allow the electronic pads to be fixed at the required height of 0,3 meters above the water surface. They must be covered by a grate or by an adequate screen. Adjustable closing valves must equip all overflows, so that the water is maintained at a constant level.
- 4.7. The lanes must have a width of at least 2,5 meters with at least 2 spaces of 0,2 meters on the outside of the first and last lane. There must be a minimum of 8 lanes.
- 4.8. Lane markers must cover the whole length of the lane and be fixed by hooks embedded on the end walls. Each lane marker must be made of buoys placed from one end to the other, with a minimum diameter of 0,05 meters and a maximum of 0,15 meters. More than one lane marker between each lane is not permitted. The lane markers must be stretched tight.
- 4.9. Starting blocks must be firmly fixed with no springboard effect. The height of the starting block over water surface must be from 0,5 to 0,75 meters. The surface must be at least of 0,5 per 0,5 meters and covered by a non-skid material. The maximum slope should not exceed 10°. Starting blocks must be installed on the two ends of the pool.

- 4.10. Each starting block must be numbered on all four sides, in a clear, visible, way. Lane number 1 must be on the right-hand-side when facing the pool from the starting end.
- 4.11. 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. To observe hygiene regulations in force in most countries, the water circulation is authorized provided there is no formation of current or waves.
- 4.12. The marking of the lanes must be of a dark colour with contrast to the pool sides. The marking lines on the bottom of the pool at the centre of the lanes must be: width minimum 0,2 meters, maximum 0,3 meters for a length of 46 meters for pools of 50 meters length. Each lane marking line must end at 2,0 meters from the pool's end walls with a distinct perpendicular line of 1 meter length and of the same width as lane lines. The finishing lines must be placed on the end walls or on the electronic pads, at the lane centre, and of the same width of the lane lines. They must extend with no interruption from the edge of the pool to the bottom. A perpendicular line of 0,5 meters must be placed at 0,3 meters under the surface of the water, measured from the centre of the perpendicular line.
- 4.13. The 15 meters areas are marked with a 20 centimetres wide strip that must be fixed on the floor of the swimming pool, 15 meters away from each end of the start and turning wall; as well as a mark in the same position, one meter above the water surface.
- 4.14. At all international competitions, no smoking shall be permitted in any area designated for swimmers, either prior to or during competitions.

5. AUTOMATIC TIMING AND CLASSIFICATION EQUIPMENT

- 5.1. An automatic or semiautomatic timing and classification system records the race time of each swimmer and determines his/her place. The classification and the timing must be made with a precision of two digits after the point (1/100 of a second). The place and the resultant times prevail upon the decisions of the time-keepers. The equipment installed must not hinder the starts, the turns of the swimmers or the functioning of the overflow system.
- 5.2. When timing to 1/1000 is used the third digit shall not be recorded and not used to determine the places. In the event of equal times, all swimmers who have recorded the same time at 1/100 second shall obtain the same place. When an electronic spectator score board is used, time should be shown only to 1/100 of a second.
- 5.3. Any time measurement made by the time-keepers is considered as manual time. Three official time-keepers per lane must ensure the manual timing. All timing must be certified as exact and approved by the chief judge. A manual timing must be recorded at 1/100 seconds. If no automatic equipment is used, the official manual timing must be determined as follows:
 - If two (2) of the three chronometers show the same time and the third shows a different time, the two timers recording the same time, will be official.
 - If three (3) chronometers show different times, the chronometer showing the intermediate time will be official.
 - If the time is registered only by two time-keepers, the official time is the largest of the two.
- 5.4. If the automatic equipment is not functioning properly and does not record the placing or the time of one or more swimmers in a heat, it is necessary to record all the times and placing taken by the equipment and record all the times and placing determined by the judges.
- 5.5. In order to determine the official placing in a heat, the time given by the automatic equipment will be considered official. If the equipment is defective, the swimmers' official times will be determined by a manual timing. In this case, the protocol must note 'manual'.
- 5.6. The relative order of all the swimmers whose placing has been determined by the equipment will remain unchanged. If the equipment gives the time of a swimmer but fails to give his relative placing, the latter will be determined by comparing the swimmer's time with the other swimmers' times taken by the equipment. If the equipment does not give the time and the placing, this will be determined by the decision of the judges.

- 5.7.** In order to determine the relative order of arrival of all the heats of a competition, the relative order of the times taken by the equipment will be used. If more than one swimmers finish equally placed according to the official times taken by the equipment, they will be equally placed in the order of arrival of that competition. The placing of a swimmer, whose time is manually taken, will be determined by comparison of his time with the manual time of all swimmers in that competition. If more than one swimmers finish equally placed according to their manual official times, they will be equally placed in the relative order of arrival of that competition. The relative placing of their heats will be respected.
- 5.8.** Time-keeping with electronic starting blocks: Before each competition tests are performed in order to determine the time at relay changes (10/100 second). After the relays the Chief Judge will examine the validity of the relay changes according to this protocol.
- 5.9.** The hierarchy between time-keeping systems and classification is as such:
- electronic time-keeping system with touch-pads (fully-automatic)
 - electronic time-keeping system judge-operated (semi-automatic)
 - digital watches (provided that there are three of them per lane)
 - classification by finishing-judges
- 5.9.2.** The results of the automatic electronic time-keeping have absolute priority. If the electronic time-keeping does not function in automatic mode, the semi-automatically obtained results are retained.
- 5.9.3.** If there is no electronic time-keeping the results of times registered by the time-keepers are used for the classification (rather than the order given by the finishing judges) provided three digital stopwatches are used per lane.
- 5.9.4.** If there are fewer than three digital stopwatches per lane, the decision of the finishing judges determines the classification. In this case, and if the time measured by the time-keepers does not correspond to the decision of the finishing judges and the time of the second swimmer is better than the time of the first, the arithmetic mean of the two times is attributed to both swimmers.

6. CHARACTERISTICS OF THE AUTOMATIC TIME-KEEPING SYSTEM

6.1. The equipment must comply with the following rules:

- it must be started by the starter
- no wires must be seen on the poolside, if possible
- it must allow the visualization of information for each swimming lane, ordered by lane and place
- it must allow an easy reading of the swimmers' times.

6.2. Equipment for the departure

- the starter must have at his disposal a microphone for verbal orders
- if an air-gun is used for the start, it must have a transducer
- both the microphone and the transducer must be connected to a loud speaker to each starting block, making possible for each swimmer to hear equally and simultaneously the orders and the starting signal given by the starter.

6.3. The electronic pad for the automatic equipment.

- The minimum dimensions of the electronic pads must be 2,4 meters of width and 0,9 meters of high, and their maximum thickness must be not more than 0,01 meters. They must extend 0,3 meters above and 0,6 meters below the surface of the water. The equipment in each lane must be independently connected, permitting an individual control. The pad surface must be coloured and must bear the markings of the extremity walls.
- The finish pad should be installed in fixed position in the centre of the lane. The pads may be portable allowing the pool operator to remove them when there is no competition.
- The sensitivity of the pad should be such that it can be activated by a light hand touch but not by water turbulence. The pads must be sensitive at the upper edge.

- d) The marking on the pads should conform and fit with the existing marking of the pool. A black border of 0,025 meters should exist and mark the pads perimeter and edges.
- e) The pad should preclude the possibility of electrical shocks and should have no sharp edges.

6.4. With semi-automatic equipment, the finish should be recorded by push buttons activated by the time-keepers at the finishing touch of the swimmer.

6.5. The following accessories are obligatory for a minimum installation of automatic equipment:

- a) printout of all information that can be reproduced during a run
- b) spectator score board
- c) estimation of the relay to 1/100 seconds (electronic starting blocks being present)
- d) automatic lap counter
- e) readout of splits (intermediate times)
- f) computer summaries
- g) correction of incorrect touch
- h) automatic rechargeable battery operation possibility

6.6. There must be a control centre, with a wide open view on the finishing wall during all the competitions. The chief judge must have easy access to this control centre. At all times, the safety of the control centre must be maintained.

7. OPEN WATER / LONG DISTANCE FIELD

7.1. Finswimming in open water must be defined as any competition that takes place in rivers, lakes or sea.

7.2. The distance must be chosen in waters with low currents and tides. The water can be either fresh or salty.

7.3. During the competition need security boats, not less than one (1) boat every ten (10) swimmers.

7.4. The water temperature will be of 14 Celsius minimum to swim without neoprene swimming suit. It 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 are obliged to wear a neoprene swimming suit during the competition.

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

7.6. Every turn and change of directions must be clearly signalled by a visible buoy. In the CMAS Championship, a floatable rope or a lane longer than 15 meter must join at every "turn buoy" fixed in the same direction of the next buoy.

7.7. From every buoy not more than 500 meters.

7.8. A boat or a platform clearly signalled with, on board, minimum a turn judge, must be placed at each turn of the run without disturbing the view of the swimmer.

7.9. 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.

7.10. The arrival is signalled by a finishing cone like following explanation map:

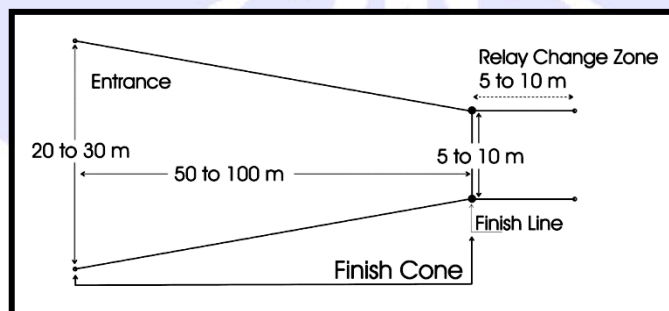


Figure 6

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

- 7.12. After leaving the arrival cone, the swimmers will pass the relay by a physical contact.
- 7.13. When they approach the finishing-line, swimmers must enter the arrival cone and complete their course inside the cone, or else be disqualified.
- 7.14. For competitions of length over 12 km and if the circuit comprises several laps, the race is over in the same lap as the winner. This means that when the first swimmer crosses the finishing line all other swimmers end their race when they cross the line even if they are at one of several laps behind the winner. (The judges must indicate the end of the race in a clear way, explained in advance). If the competition is on a straight line the organizer indicates the end of the race by reference to the time of the winner. A typical choice is between 125 % and 150 % of the winner's time (or simply one hour after the arrival of the first). After this delay all swimmers must exit the water.
- 7.15. For races over distances exceeding 12 km the organizer must offer water and calorific drinks to the swimmers every 3 km (± 1 km). The swimmers may prepare their own provisions and place them at the provisioning points set by the organizer. If the provisioning takes place out of a fixed platform the swimmer may touch the platform and also mount it if he wishes to change his equipment. Whenever a swimmer comes out of the water he must restart at exactly the same spot at which he left the water.

8. COMPETITION PROCEDURE

8.1. SWIMMING-POOL EVENTS

8.1.1. Composition of the heats

8.1.1.1. The starting positions for all events must be decided in the following manner: the best times in competition of all registered swimmers during the last 12 months, before the deadline for entry to the competition, must be submitted on the entry form. The swimmers who do not submit their time must be considered to be the slowest and must be placed at the end of the list. Drawing lots will place swimmers who have achieved identical times or swimmers without time. The swimmers must be placed in lanes following the procedures below.

8.1.1.2. **Races with time classification (direct final):** The allocation of the lanes is carried out in such a way that the fastest swimmer or the fastest team is placed in the centre lane if there is an odd number of lanes. For swimming pools with even number of lanes the fastest swimmer gets the lane to the right of the middle lane. The swimmer with the second fastest time is placed on his left. The other swimmers take alternate places to right and left. During races of 50 meters and of the nautical mile (1850 meters), the inversion of the alternation right - left, is possible.

8.1.1.3. **Races with preliminary heats:** Swimmers should be placed in the preliminary heats according to the entry times as follows:

- a) the organizer determines the heats according to the number of participants and the number of pool lanes.
- b) if there is only one heat it must be distributed as a final and should take place only when finals are planned.
- c) if there are two heats, the fastest swimmer must be placed in the second heat, the following in the first, the following in the second, the following in the first etc. ...
- d) if there are three heats, the fastest swimmer will be placed in the third heat, the next fastest swimmers in the second, the next fastest in the first. The fourth fastest swimmers will be placed in the third heat, the fifth fastest in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc. ...
- e) if there are four or more heats, the last three heats of the event will be seeded in accordance with the above rules (point d.). The heat preceding the last three heats shall consist of the next fastest swimmers; All participant are divide in group of 24 swimmers and allocated follows the point d) and like the table (see appendix n. 11.1.b.) etc..

8.1.1.4. Semi-finals and finals: When the preliminary heats have taken place, the lanes for the semi-finals and/or the final are determined based on the time obtained in the preliminary heats following the above point 8.1.1.3. letter c).

8.1.1.5. When a swimmer or a team do not wish to participate to a semi-final or a final (A or B) the swimmer or the team following in the classification are admitted on replacement. The allocation of lanes for the semi-final or the final is computed again and new starting lists are published.

8.1.2. Start (swimming-pool)

8.1.2.1. Pre-Start

- a) Swimmers must put on their caps and goggles in the waiting room, so that they just have to put on their fins or monofin once on the poolside.
- b) Coaches and accompanying persons are not allowed to circulate on the poolside, lest they be excluded from the area reserved to swimmers.
- c) Only the chief judge can allow the coach to intervene in case of a technical problem.

8.1.2.2. Starting procedure

- a) The starting dive must be made from a starting block.
- b) At the beginning of each event, the chief judge must signal to the swimmers by "a series of brief whistles", to take off all clothes except for the bathing-suit, to put on the fins or monofin. Then, the swimmers have maximum two (2) minutes to get ready. A large watch is placed on both sides of the swimming pool to be easily visible by the swimmers.
- c) By "a long whistle", made from the chief judge, the swimmers take position on the starting blocks. The swimmers and the officials are ready for the start. The chief judge gives a signal to the starter, with the arm stretched to indicate that the swimmers are under the control of the starter. Until the start is given the arm must remain stretched. At the longer whistle of the chief judge the swimmers get on the starting block. If they wish, the swimmers may already stand on the starting blocks.
- d) On the starter's command "take your marks" (or "à vos marques" or "a sus marcas"), the swimmers will immediately take up a starting position and stand still. The position of the hands is free. When all swimmers are stationary, the starter will give the starting signal.
- e) When one or more swimmers dive or move before the starting signal will be disqualified. If the starting signal has been given before announcing any disqualification, the race continues and the swimmers who have anticipated are disqualified at the end.
- f) If the disqualification is announced before the starting signal then the signal must not be given, the swimmers who remain in the race are recalled and the starter gives again the starting signal (point c and d).
- g) The decisions of the starter or of the chief judge about false starts are definitive.

8.1.3. General rules (swimming-pool)

8.1.3.1. For distances above 400 meters, the judges must inform the swimmers of the last length (100 meters) left by immersing a board of bright colour of minimum dimensions 20 centimetres X 30 centimetres. If it is impossible, for technical reasons, to make this signal at the starting end of the pool, this must be done by the turn-judges at the turn end, when 150 meters are left in the race.

8.1.3.2. Swimmers who drop out of the competition must leave the water following the instructions of the judges. They must do the same when the race is over.

8.1.3.3. Any swimmer crossing his lane or who hinders another swimmer by any other means will be disqualified. If this behaviour is intentional, the chief judge must report the matter to the CMAS Judge Delegate and to the national federation of the swimmer.

8.1.3.4. In all races, swimmers must at each turn, make physical contact with a part of the body or the equipment with the extreme end of the pool. (not the tank, ref. 5.6)

8.1.3.5. At the relay races, a team is disqualified if the feet or the fins of the next starting swimmer have already left the starting block before the arriving swimmer has touched the wall of the pool; the team isn't disqualified if the starting swimmer notices his mistake and

returns to the wall and starts again. It's not necessary to climb on to the starting block.

- 8.1.3.6.** For relay races the names of the swimmers and their starting order must appear in a list submitted to the results office before the start. Any change in the fixed starting order leads to disqualification.
- 8.1.3.7.** Having completed his part of the relay, the swimmer must remain in his lane (at about 1 meter distance to the electronic touch pad) until the judges instruct him to leave the pool.
- 8.1.3.8.** It is forbidden for the swimmers, who have finished their relay, to enter the water before the end of the race, i.e. before the arrival of the last team.
- 8.1.3.9.** If it is forbidden to exit over the electronic touch pads a swimmer who does exit in this way can be disqualified only if he disobeys a direct, personal recommendation of the judge responsible of the evacuation of the pool.

8.1.4. Disqualification and withdrawal

- 8.1.4.1.** In all competitions, a swimmer or a team not wishing to take part in the final or semi-final or swim off for which s/he had qualified, must announce his/her withdrawal within 30 minutes following the announcement of the qualifying finalists. S/he will be replaced by the swimmer or team having qualified one place immediately behind him/her.
- 8.1.4.2.** If a swimmer, who participated in a final, is disqualified, his position must be given to the swimmer who finished immediately after him. All swimmers classified following him in the final must be advanced by one place. If the disqualification occurs after the awards ceremony, the awards (medals and diplomas etc.) must be given back and handed over to the appropriate swimmers applying the above criteria.
- 8.1.4.3.** Except for the cases covered by the point 8.1.4.1. and except the withdrawal communicated during the technical meeting, for every non participation in a heat of an event during a CMAS Championship, the federation of the absent swimmer will be liable for a fine of € 100.
- 8.1.4.4.** Except for the cases covered by the point 8.1.4.1., for every non participation in a semi-final or final of an event during a CMAS Championship, the federation of the absent swimmer will be liable for a fine of € 250.

8.1.5. Swim-off

- 8.1.5.1.** If in the same event several swimmers touch the wall simultaneously they are awarded the same rank in the official record. For identical times at a 1/100 of a second achieved in different heats this rule is equally valid.
- 8.1.5.2.** If a decision must be taken regarding the qualification for a semi-final or a final, it's the best result of a classification race that will be decisive.
- 8.1.5.3.** Such swim-off can take place not less than one hour after the swimmers involved have completed their heat.
- 8.1.5.4.** When swimmers have identical times, but the order has been decided by the finishing judge or by the chief judge, the decision on this order determines also the qualification to the finals.
- 8.1.5.5.** The swimmer who is not participating in the swim-off for the final A is automatically placed on the 9th place (given 8 lanes) and participates in final B. In case of a swim-off for final B, the absent swimmer is automatically classified 17th. This place is kept even when there is a disqualification of a swimmer in final B.
- 8.1.5.6.** If a swimmer is disqualified during or after an event, the disqualification must be recorded in the official protocol but no time or place shall be recorded.
- 8.1.5.7.** In case of a final A the swimmer is classified 8th and 16th for a final B.
- 8.1.5.8.** If there is a disqualification in a relay, the intermediate times up until the disqualification must be recorded in the official protocol.

8.2. OPEN WATER / LONG DISTANCE EVENTS

8.2.1. All open water events will start in water with a sufficient depth that allows swimmers to swim as soon as the starting signal is given.

8.2.2. Starting Procedure

- 8.2.2.1.** When the starting order is drawn by lots, the drawing must be made in public by the board of judges.
 - 8.2.2.2.** Swimmers must be placed on a starting line perpendicular to the swimming direction.
 - 8.2.2.3.** The chief judge announces the start "15 minutes" before it, then again "5 minutes" before it. He then signals that the competition is under the starter's orders.
 - 8.2.2.4.** The starter must be clearly visible to all the swimmers.
 - 8.2.2.5.** The starter announces the start "one minute" before, then again "30 seconds" before. In the same time, the thirty (30) seconds are signalled by an audible and visual signal (rising of the flag).
 - 8.2.2.6.** The counting of the last ten seconds is strictly forbidden. The starter gives the starting signal directly.
 - 8.2.2.7.** The starting signal must be both audible and visible (lowering the flag).
- 8.2.3.** During Finswimming competitions in open water, security and escort boats must be kept outside the area reserved to the competition, so as not to obstruct swimmers.

9. BOARD OF JUDGES AND COMPETITION MANAGERMENTS

9.1. CMAS JUDGE DELEGATE

- 9.1.1.** The CMAS Judge Delegate, appointed by CMAS BOD under proposal of the Finswimming Commission, has the full control and authority over all the championship. The CMAS Judge Delegate may intervene in the competition at any stage to ensure that the CMAS regulations are observed.
- 9.1.2.** Rights and duties
 - a) He has the duty to make an inspection of all the installations necessary for the competition.
 - b) He has the duty to check the participants' files concerning the sport license and passport for the identification
 - c) He has the duty to enforce CMAS regulations and decisions, and resolve all matters about the actual organization of the competition when the rules do not provide another solution, also concerning the board of judges.
 - d) He has the right to cancel or suspend the competitions in bad weather conditions and if the site and installations of the competitions does not comply with the requirements of the CMAS rules.
- 9.1.3.** Protest
 - a) The CMAS Judge Delegate must examine the protests and take decisions on them within one hour after the submission of the appeal. Also related to the competition in progress.
 - b) Decisions taken by the CMAS Judge Delegate are final.
 - c) The decision of the CMAS Judge Delegate must be communicated in writing to the plaintiff immediately after the official decision.

9.2. The Board of Judges is set up by the organizers. It is entirely responsible for the preparation and the 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 pre-start judge
- one chief time-keeper
- one time-keepers per one/two lane
- two finish judges
- two style judges
- two to eight turning judges
- one speaker
- one master of ceremonies
- one doctor

9.2.1. The Chief Judge

He has full control and authority upon all officials. He must approve their assignment and give them the instruction about the particular rules of the championship. He is responsible for technical conditions of the competition and for ensuring compliance with the prevailing safety regulations. His rights and duties are the following:

- a) He has the duty to check the entry forms and the starting order
- b) He is responsible for appointing the finalists, semi-finalists and for the publication of the results
- c) He has the duty to enforce CMAS regulations and decisions, and resolve all matters about the actual organization of the competition when the rules do not provide another solution
- d) He decide the place of all judges for the perfect staging of the event. He may at any time replace a judge if the original judge does not properly fulfil or is incapable of fulfilling his tasks, or is absent. He can nominate additional judges if he values it necessary
- e) The chief judge authorizes the starter to proceed with the start. Beforehand he must make sure that all members of the board of judges are ready
- f) Independently from the starter he can decide whether there has been a false start or not
- g) He must make sure that the equipment and apparatus necessary for the staging of the event is available in good time
- h) During competitions in open water, he is responsible for accurate positioning of the course according to the plans published in the bylaws for these competitions
- i) He decide the deployment of boats, the security and radio communication
- j) The organizer must put a sufficient number of assistants at his disposal so that he can fulfil his tasks without any difficulties.
- k) The Chief Judge shall disqualify any swimmer for any violation of the rules that he personally observes. The Chief Judge may also disqualify any swimmer for any violation reported to him by other authorised officials. All disqualifications are subject to the decision of the Chief Judge.

9.2.2. The chief secretary

- a) He prepares all administrative material and the documentation needed for the competitions
- b) He appoints the deputy secretaries and directs their work
- c) He must control the withdrawal after the heats or finals
- d) He is responsible for the handing of the time-keeper's forms to the poolside secretary
- e) He supervises the work of drafting minutes of the technical commission meetings and of the jury
- f) He prepares the final protocol of the competitions after they have ended

- g) With the authorization of the chief judge he gives information on the competitions to the press if there is no special press office.
- h) He is responsible for the verification of the results of the competition given by the computer or the times and classification given by the chief judge.
- i) He verifies the results and ratifies new records and inserts them into the protocol
- j) He must make sure that the decisions of the finishing judge and of the chief judge are inscribed in the official protocol
- k) He co-ordinates the electronic time-keeping which is operated by qualified technicians
- l) He controls the official protocol, signs it and passes it on to get the signature by the chief judge
- m) He transmits to the speaker the results concerning finals and awards ceremonies
- n) The chief of the result office must give the official protocol and the results to the secretary only after approval by the chief judge.

9.2.3. The starter

- a) He has complete authority over the swimmers from the moment the chief judge has handed over the control of the race to him and until the start of the race
- b) The starter must indicate to the chief judge any swimmer who delays the start, refuses to respect an order or does not behave correctly during the starting procedure. Only the chief judge can disqualify this swimmer for unsporting behaviors. This kind of disqualification cannot be considered as a false start
- c) He has the right to decide whether the start is correct or not, provided that the chief judge is of the same opinion. If he thinks that the start is not proceeding correctly, he must recall the swimmers
- d) The starter can anticipate the start when he judges that a swimmer exaggeratedly delays taking up his starting position
- e) The position of the starter when he gives the starting signal must be on the side of the pool about five meters from the extremity walls. The time-keepers and all participants should be able to hear him clearly
- f) He coordinates the evacuation of the pool at the end of each event.

9.2.4. The pre-start judge

- a) He must call the participants in due time for each of the events
- b) He must signal to the chief judge all violations noticed, that are related to the announcement and absence of the called swimmer
- c) He must check if the equipment complies with the rules and if the participants are ready to start
- d) He leads the swimmers to the starting point.

9.2.5. The chief of time-keepers

- a) He assigns the lanes to the time-keepers. There must be one (1) to three (3) time-keepers per lane. If the automatic timing is not employed, there must be two (2) additional time-keepers. They are responsible for substituting the time-keepers whose stopwatch failed during the event, or who, for any reason, cannot measure the time.
- b) Together with the time-keepers the chief time-keeper checks and approves the reliability of the stopwatches in use.
- c) He receives, from all time-keepers, the timing cards, checks the entries and stopwatches if necessary.
- d) He records and checks the official time of the timing card for each swimmer.
- e) He supervises the activity of each time-keeper and takes control times himself. He passes on the times recorded for each swimmer to the pool-side secretary.

9.2.6. The time-keepers

- a) They record the times of the swimmers for whom they are responsible. They use stop watches approved by the chief time-keeper or chief judge

- b) At the signal for the start the time-keepers start their stopwatches and stop them when the swimmer has touched the finishing pad. Immediately after the event they must write the time displayed by their stopwatches on the timing card which they hand over to the chief time-keeper. At the same time they show their stopwatches for control
- c) They must not reset their stopwatches to zero before the chief time-keeper or chief judge tells them "stopwatches to zero"
- d) They are responsible for the recording of the intermediate times in races of more than 100 meters' distance
- e) Their task is also to check that the turns and the finish are in accordance with the regulation.

9.2.7. The finish judges

- a) There are two or more finishing judges
- b) They are positioned directly over the finishing line from where they can have at all times a good view of the swimming lane and the finishing line
- c) They establish the classification of the swimmers and they hand it over directly to the results office
- d) They supervise the relay procedure
- e) They are not allowed to be time-keepers in the same event
- f) The finishing judges' decisions take precedence over the classification given by the manual stopwatches only if there are fewer than three digital stopwatches per lane. They cannot be appealed if they are unanimous. If the arrival judges' decisions are not unanimous, it is the chief judge who decides on the placing. The protocol must then bear the mention 'CJD' (chief judge decision) next to the time.

9.2.8. The swimming-style judges

- a) There are two swimming-style judges
- b) They are positioned one for each side of the pool
- c) They must check that the rules for swimming style are observed
- d) They must check if the swimmers respect the 15 m zone after the start and after each turn beyond which immersion is prohibited
- e) Assistants may perform this control
- f) They must immediately inform the chief judge of all violations of rules on a signed card. This card must contain the type of event, heat number and lane number.

9.2.9. The turning judges

- a) They are nominated for each lane by the chief judge
- b) They must check whether the swimmer has carried out his turn according to the rules
- c) In individual events of 800 and 1500 meters, each turning judge at the extremity of the pool may be told to inform the swimmers on the last 150 meters
- d) They must report all violations on their card, sign it, and specifying the event, the number of the lane, and the specific infraction. These cards will be immediately handed to the chief judge.

9.2.10. The speaker

- a) He has the task to call the swimmers and teams and to introduce them to the spectators
- b) He must announce the results if there is no spectator score board
- c) He must give information about the competition in order to make the event interesting and he must also announce new records
- d) He is responsible for the announcement of all disqualifications.

9.2.11. The master of ceremonies

- a) The master of ceremonies prepares beforehand the medals, flowers and other awards
- b) He is in charge of the arrangements of the awards podium, the national anthems, the ceremonies and the flags and organizes the ceremony for the medals presentation

- c) He calls and gathers the swimmers, the officials and the carriers of the medals in the appropriate order for the protocol ceremony.

9.2.12. The doctor

- a) He's a member of the board of judges.
b) He ensures the supervision of the medical control. The presence of at least one doctor at all finswimming events is compulsory
c) He's responsible for all sanitary, hygienic and medical questions (helps in case of danger, assists with the preparation of the time plans, menus, the sanitary control of accommodations, control of the medical health certificates, doping-tests, etc.)
d) Before each competition he must check the functioning of the necessary medical equipment.
e) A medical control can be carried out at any time during the competition.

9.3. Judges' Decision Making: Judges shall make their decision autonomously and independently of each other unless otherwise provided in the CMAS Finswimming Rules.

9.4. Competition Managements

9.3.1. Competition Director

- a) Named from the Organizing Committee.
b) He represent the competition organizing committee.
c) He's responsible of the organizing and logistic matter during the competition.
d) He strictly work with the Chief Judge and "CMAS Judge Delegate"

10. FINSWIMMING RECORDS

10.1. All the finswimming records concern only the following disciplines and distances for both sexes in the juniors and seniors categories

10.1.1. Surface Finswimming (SF)

- 50 m
- 100 m
- 200 m
- 400 m
- 800 m
- 1500 m

10.1.2. Relays

- 4 x 100 m
- 4 x 200 m

10.1.3. Apnoea finswimming (AP)

- 50 m

10.1.4. Immersion Finswimming (IS)

- 100 m
- 400 m
- 800 m

10.1.5. Bi-Fins (BF)

- 50 m
- 100 m
- 200 m

10.2. Particular rules for relays and intermediate distances

10.2.1. Relay

The members of a relay team must be of the same nationality.

If the first swimmer of a relay breaks a World or Continental Record of the 100 m or 200 m Surface this performance will be managed as a new record.

Should the first swimmer in a relay team complete his distance in record time in accordance with the provisions of this subsection, his performance shall not be nullified by any subsequent disqualification of his relay team for violations occurring after his distance has been completed

10.2.2. Intermediate distances

If a swimmer in an individual event breaks a World or Continental Record at an intermediate distance this performance will be managed as a new record.

10.3. Kind of CMAS records

- World records
- Continental records
- World championships records
- Continental championships records
- World Games records

10.4. World records

These records are homologated by and only by CMAS under the following conditions

10.4.1. The length of the pool must be 50 meters, ratified and confirmed by the national federation.

10.4.2. Times must be reported by Electronic Automatic Officiating Equipment. The print of the Electronic time has to be joined. Semi-Automatic Officiating Equipment may be accepted in case of Automatic Officiating Equipment system malfunction.

10.4.3. Applications for World Records must be made on the CMAS official forms (see the appendix) by the responsible authority of the organizing or management committee of the competition and must be signed by the Chief Judge, certifying that all regulations have been observed including a negative doping test certification

10.4.4. Anti doping control is mandatory for such a record

10.4.5. Ex aequo

Times which are equal to 1/100 of the second will be ratified as equal records and the swimmers achieving these equal times will be called "Joint Holders". In case of a tie at the first place in a record-setting race (qualification heat) each swimmer who tied shall be considered a winner.

10.4.6. Out of Championships World records

10.4.6.1. Individual race against time

In this case, the tentative has to be held in public, announced publicly by advertisement at least three days before the attempt is to be made

10.4.6.2. A request for ratification of a World Record must be sent as provisional procedure by fax or e-mail to CMAS headquarters within 7 days following the performance

10.4.6.3. On receipt of the official application, and upon satisfaction that the information contained in the application, including a negative doping control test certificate, is accurate, the General Secretary of CMAS shall inform President of IF Commission and declare the new Record, see that such information is published, and see that certificates are provided to those persons whose applications have been accepted.

10.4.6.4. If the ratification of a World Record is accepted by CMAS, a diploma signed by the President of CMAS and by the President of the Finswimming Commission, will be sent to the swimmer.

10.5. Continental Record

The rules written under point 10.4 are in force except the rule written under 10.4.4

10.6. World championships records / Continental championships records / World Games records

If during these events, the best time registered in the past events is broken, this time will be registered as a new record of the event as long as the other requisites written in these rules are encountered.

10.7. National Records.

The national records are recognised by CMAS as long as they are officially communicated to CMAS by the federation and as long as the time of the record is not less than the time of the CMAS World and/or Continental record.

11. APPENDIX CMAS FINSWIMMING RULES

11.1. Starting setting

- a) **Direct Final (8.1.1.2.):** Allocation of lanes for in a swimming pool with 8 lanes. All participant are divide in group of 24 swimmers and allocated like the follow table (1=fastest entry time, 2= second entry time, 3= third entry time ... and so on).

Lane	1	2	3	4	5	6	7	8
Last heat	7	5	3	1	2	4	6	8
Last but one heat	15	13	11	9	10	12	14	16
Last but two heat	23	21	19	17	18	20	22	24
...and so on...	27	25	26	28

- b) **Qualification Heats (8.1.1.3.):** Allocation of lanes for in a swimming pool with 8 lanes for 60 participants. All participant are divide in group of 24 swimmers and allocated like the follow table (1= fastest entry time, 2= second entry time, 3= third entry time ... and so on).

Lane	1	2	3	4	5	6	7	8
Last heat	19	13	7	1	4	10	16	22
Last but one heat	20	14	8	2	5	11	17	23
Last but two heats	21	15	9	3	6	12	18	24
Last but three heats	43	37	31	25	28	34	40	46
Last but four heats	44	38	32	26	29	35	41	47
Last but five heats	45	39	33	27	30	36	42	48
Last but six heats	55	53	51	49	50	52	54	56
Last but seven heats	59	57	58	60

11.2. MODEL OF TEMPLE FOR MEASURING THE MONOFIN

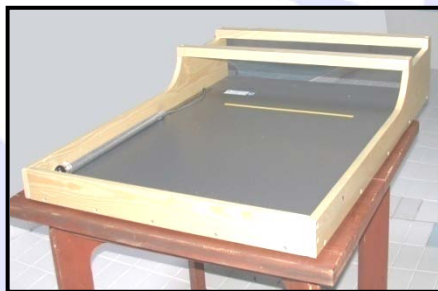


figure n.6



figure n.7

- 11.3. ALL **CMAS OFFICIAL FORMS** are available in the “Procedures and Obligations for the Organization of CMAS Championships” documents.

- 11.4. **INTERNET:**
<http://www.cmas.org/comspo/nap/>

- 11.5. **BI FINS CERTIFIED**
 Concerning point 2.3.2.1.

LIST OF HOMOLOGATED FINNS (1/2)			
January 2011			
STRATOS (Technisub)			202.430
CARAVELLE (Technisub)			206.620
CARAVELLE ADJ (Technisub)			207.750
MARLIN (Technisub)			208.080
GRAND PRIX BLU (Technisub)			209.910
MICROFINS (Technisub)			210.110
BLADES HF (Technisub)			206.130

LIST OF HOMOLOGATED FINS (2/2) January 2011			
NAJADE SPEED			70.1000 70.1115
NAJADE STANDARD			70.1120 70.1235
NAJADE SPRINT			70.1130 70.1355
RONDINELLA (Cressi)			
PLUMA (Cressi)			
REACTION PRO (Cressi)			
PRO STAR (Cressi)			