

**Confédération Mondiale des Activités
Subaquatiques
World Underwater Federation**

**NAGE AVEC PALME
FINSWIMMING
NATACION CON ALETAS**



**REGLES INTERNATIONALES
INTERNATIONAL RULES
REGLAMENTO INTERNACIONAL**

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DEFINITION

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

AR – Administrative rules

AR 1: Administration

Only CMAS has the right to organise World, Zone, and Continental championships and CMAS finswimming events. The words “World”, “Zone”, “Continental” and “CMAS” cannot be associated to any finswimming event without CMAS authorisation.

AR 1.1 Competitions under the CMAS label are:

- Championships
- CMAS Club Championships
- International competitions

AR 1.2 CMAS championships are World, Zone and Continental Championships. They are staged over three, five or six days of competition.

AR 1.3 CMAS championships are classified according to an order number.

AR 1.4 CMAS Club competitions are organised by continent but may be declared open, in which case participation is at world level.

AR 1.5 International competitions are organised under CMAS exclusive control and all possible associated rights are reserved by CMAS.

AR 1.6 The right to organise a championship with CMAS label will be granted to the applying Federation or organisation only after CMAS has received:

- the necessary application form duly completed, including all its enclosures. This form must be submitted to CMAS HQ two (2) years before the year of the competition;
- the contract duly completed by the President of the applying Federation. By this signature, the applying Federation guarantees and honours all of its obligations.

AR 1.7 The CMAS Finswimming Commission has jurisdiction power over all matters which do not, according to the rules, concern the judges. The commission has the right to postpone events and give instructions for the correct staging of the events.

AR 2: Regulation of official competitions placed under CMAS patronage



AR 2.1 The organising Federation or club must send the special bylaws of the competition to all Federations concerned by the competition and affiliated to the Sport Committee, no later than 7 months before the beginning of the competition.

AR 2.2 These Special bylaws must specify:

- a) the date, place and type of competition;
- b) the programme showing the chronological order of events with all the breaks and the prize award ceremonies that have been scheduled;
- c) information about the organisation indicating:
 - days of arrival and departure
 - lodging and food
 - participation expenses
- d) the data concerning connection types and maximum filling pressure, for compressed air cylinder, that will be guaranteed by the organiser. For CMAS championships the pressure that will be guaranteed by the organisers must be 200 bars (20 MPa);
- e) all cylinders must have undergone a hydrostatic test no more than two years before the competition, or even less than two years before, if the local legislation specifies this.

AR 2.3 The bylaws of every competition must specify the validity term of hydrostatic tests according to the legislation of the country hosting the championship. If the national legislation has special restrictions concerning the use of compressed air cylinders these restrictions must be clearly announced in the bylaws.

AR 3: Participation

AR 3.1 All CMAS member Federations affiliated to the Sports Committee and having the right of vote for the respective disciplines, are allowed to participate. For Continental Championships, the allocation of countries per continent is the one established by the International Olympic Committee (IOC).

AR 3.2 All the team members must have the nationality of the Federation that selected them.

AR 3.3 Each athlete must have a valid CMAS sport licence for the current year. This licence and the entry form sent by the Federation and signed by the President will guarantee that all the teams members have no contraindication for Finswimming.

AR 3.4 A CMAS official will check the documents the day before the competition.

AR 3.5 The swimmers who do not comply with the terms of this article will not be admitted to the competition.

AR 3.6 The athletes must:

- a) know the General Rules of Finswimming competitions as well as the Special Rules of the competition they participate to;
- b) strictly abide by the safety rules during training and competitions;



- c) follow all recommendations of the organiser and of the judges;
- d) personally see to the conformity of their own equipment to the regulations;
- e) communicate with the organisers or with the judges only through their team leader.

AR 3.7 Every team participating in the competition must have a team leader.

AR 3.8 The team leader is:

- a) responsible for the discipline of his team's members;
- b) the intermediate between the organiser, the judges and participants.

AR 3.9 When the team leader is absent, the team coach may replace him in his duties.

AR 4: Entries to CMAS Championships

AR 4.1 Entries for CMAS competitions must be submitted on the special forms annexed to the Rules.

a) Each Federation concerned must confirm to CMAS (in Annex A) its participation in CMAS championships, no later than 4 months before the competition, accompanied by the relevant CMAS fees, (except for Junior Championships, for which there are no CMAS fees), and a copy sent to the organising federation.

b) Each Federation will address the final confirmation of the definitive number of men and women participating 30 days before the beginning of the competition.

c) The individual application forms (Annex B) indicating the best times of each competitor, must be sent to the CMAS and a copy sent to the organising Federation 10 days before the beginning of the competition. The times given in the application form cannot be better than the present national records: should such a situation arise, the athlete will be entered without time.

AR 4.2 The individual application forms must be accompanied by:

a) information on the sporting life of each athlete (with a photograph) so that correct press releases can be made; (Annex D)

b) the list of national records of the appropriate category. If this document is not submitted, the team will not be allowed to participate (Annex C).

AR 5: Disqualification and withdrawal

AR 5.1 In all competitions, a competitor (or a team) not wishing to take part to the final for which it (they) had qualified, must announce their withdrawal within 30 minutes following the announcement of the qualifying finalists.

AR 5.2 When a competitor, who participated to a final, is disqualified after drugs testing, his position must be given to the competitor who finished immediately after him. All competitors classified following him in the final must be advanced by one place. If the disqualification occurs after the awarding ceremony, the awards must be given back and handed to the appropriate competitors applying the above criterion.



AR 5.3 Except for the cases covered by rule 5.1, for every withdrawal from a heat, semi-final or final of an event during a CMAS Championship, the federation of the swimmer who does not show up will pay a fine, the amount of which is fixed every year by the CMAS Treasurer.

AR 6: Technical meeting before the beginning of the Championship

AR 6.1 A meeting must be organised no later than twenty four hours before the beginning of the competition, in which participate:

- the person responsible for the organisation
- the Chief Judge nominated by CMAS
- team leaders
- the organisation's doctor

AR 6.2 The aim of this meeting will be to:

- a) Communicate all information concerning:
technical issues,
timetables and means of transportation,
guidelines for prize award ceremonies,
safety measures,
doping test.
- b) Appoint the International Jury.

AR 7: International Jury

AR 7.1 The International Jury must be composed of 5 (five) members and 2 (two) substitutes, who are:

- a) The Chief Judge, appointed by CMAS under proposal of the finswimming commission, who presides over the International Jury,
- b) four members: 1 (one) representative appointed by the organising Federation and 3 (three) representatives appointed by their own country, with priority to International Judges;
- c) two substitute members appointed by their country.

AR 7.2 Every jury member (with the exception of the president who represents CMAS) must have different nationalities and should be present during the whole competition.

AR 7.3 The task of the Jury is to examine protests and take decisions on them within one hour after the submission of the protest.

AR 7.4 If a member of the International Jury is from the same country as one of the parties involved in the protest, he will be replaced by one of the substitute members.

AR 7.5 Decisions will be taken by a simple majority vote and it is compulsory that four members be present.



AR 7.6 In case of an equal number of votes, the President's prevails.

AR 7.7 Decisions taken by the Jury are final, except when new evidence is brought before the Jury.

AR 7.8 The decision must be communicated in writing to the plaintiff immediately after the end of the session.

AR 8: Protests

AR 8.1 Each participant team has the right to appeal to the jury.

AR 8.2 A protest can only be submitted by the team leader.

AR 8.3 Every protest must be accompanied by a cash deposit the amount of which is fixed by CMAS (in multiples of CMAS licence fees).

AR 8.4 Protests must be submitted in writing (in French, English or Spanish) to the Chief Judge within 1 (one) hour following the announcement of the results.

AR 8.5 For all event finals, the intention to submit a protest must be indicated to the Chief Judge within 15 (fifteen) minutes after the end of the event and be accompanied by a cash deposit of the fixed amount. (This measure will allow the medal award ceremony to be delayed).

AR 8.6 From the time of the announcement of the intention to submit the protest, the protesting party has 60 minutes in which they must prepare and submit their protest (in writing) to the Chief Judge. If not accepted, the protest will be considered null and void, and the deposit will be lost.

AR 8.7 If the protest does not satisfy all the above conditions, it will be simply declared null and void.

AR 8.8 The deposit will be immediately refunded if the protest is declared valid. If it is not the case, the deposit will be acquired by CMAS

AR 9: Protocol

AR 9.1 For each competition the board of judges must prepare an official record for the competition.

AR 9.2 Immediately after the competition the organiser must hand 2 (two) copies of the official protocol to the participating teams. He must send another 3 (three) copies to CMAS and 2 (two) copies to the CMAS Finswimming Commission.

AR 9.3 The official protocol must contain:

- a) The type of competition, date, place, organiser's name, a description of the competition site;
- b) The events in the agenda of the competitions;
- c) The composition of the International Jury;



- d) The composition of the Board of Judges (name and functions);
- e) A list of participating teams (for World and continental championships: surname, first name and the year of birth for each competitor);
- f) The results of the competition in race order (including surname, first name and the year of birth for all competitors, teams, intermediate times, final times, number of points, decisions on classification(s) and disqualification(s), the names of relay swimmers, national and world records. For relay races: names of swimmers in correct order and intermediate times);
- g) Any special incidents;
- h) Signature of the Chief Judge and of the Chief Results Officer.

AR 9.4 The place and date of the competition and the CMAS logo must appear on header or footer of every page in the protocol.

AR 10: World and Continental Records

AR 10.1 World and continental records are ratified for both sexes in the categories "senior" and "junior" for the following disciplines and distances:

Surface Finswimming (SF):

50m
100m
200m
400m
800m
1500m
1850m

Relay: 4 x 100m

Relay: 4 x 200m

Finswimming in Apnea (AP):

50m

Immersion (Subaqua) Finswimming (IS):

100m
400m
800m

AR 10.2 The members of a relay team must have the same nationality.

AR 10.3 All records must be achieved during a competition or during an individually timed event and must take place in public, having been publicly announced at least 3 (three) days before the attempt takes place. An individually timed event must be supervised by a national federation. If a record is attempted during a national competition, it does not need to be announced.

AR 10.4 The length of the pool must be 50 meters ratified and confirmed by the National Federation.

AR 10.5 World and continental records will be ratified only when the time is recorded by an automatic, electronic, timekeeping and classification mechanism.



AR 10.6 Times which are equal to 1/100 of the second will be ratified as equal records and the competitors who achieved the same time will be called "joint record holder". Only the time of the winner of a race may be submitted for a world or continental record. In case of a tie at the first (1st) place both competitors will be considered a "winner".

AR 10.7 The first competitor of a relay can request the ratification of a world or continental record. If the first swimmer of a relay team covers his distance in a record time according to the rules of this subsection, his performance will not be cancelled by an ulterior disqualification of his relay team for violations made by other team members after he completed his race.

AR 10.8 A competitor of an individual race may request the ratification of a record for an intermediate distance. The swimmer must absolutely cover, in a regular way, the total distance of the event.

AR 10.9 The request for ratification of a World or Continental record must be formulated on the special forms issued by CMAS and must be signed by the organising authorities and the Chief Judge.

AR 10.10 A request of ratification of a world or continental record must, for the time being, be signalled by telegram, telex, fax or e-mail to CMAS HQ within 7 days following the performance.

AR 10.11 If the demand of ratification of a world or continental record is accepted by CMAS, a diploma signed by President of CMAS and by the President of the Finswimming Commission, will be sent to the National Federation of the swimmer as recognition of his achievement.

TR - Technical Generalities

TR 1: Age groups and equipment

TR 1.1 The athletic age of a swimmer is obtained by subtracting his/her year of birth from the current year.

TR 1.2 The age groups are the following:

"Junior":

B: 16 - 17 years

C: 14 - 15 years

D: 12 - 13 years

E: 11 years or less (Precompetition group)

"Senior" A: 18 years and over

"Masters (Veterans)"

V0: 25 - 34 years

V1: 35 - 44 years

V2: 45 - 54 years and so on by spans of 10 years



TR 1.3 Pool competitions can be held over any distance, for individual and relay events, for men and women.

TR 1.4 No competitions are allowed over a distance greater than 50 m in apnea.

TR 1.5 Disciplines' and distances' limits for the "junior" groups are:

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

TR 1.6 Open water: Competitions can be held over any distance with the condition that full safety of competitors is guaranteed.

For group D the maximum distance is 6 Km.

For group C the maximum distance is 8 Km.

TR 1.7 For Finswimming in open water, no records can be ratified.

TR 1.8 Equipment allowed in pools or in open water:

- a) Fins or monofin without any restriction as to the dimensions and the material. They must, however, comprise only of a blade and fixed footpieces;
- b) Goggles or masks serving only to protect the eyes and improve vision in the water;
- c) Snorkels only for breathing and without fairing. Only snorkels of a circular section with maximum internal diameter of 23 mm (twenty three millimeters) and maximum overall length of 48 cm (forty eight centimeters) 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.
- d) The goggles, masks and snorkels must not have any attachments serving any purpose other than the functions listed above.

TR 1.9 Immersion 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 is 0.4 lt (zero point four liters).
- 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.

TR 1.10 Auxiliary equipment

- a) The use of neoprene wet suits is authorised only in open water competitions. Other auxiliary equipment or buoyancy devices are not allowed in any case.
- b) The competitors must appear in sportswear that does not offend decency:



for men bathing trunks, 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 competitors. The swimming cap is authorised.

TR 1.11 Watches are not allowed for pool events.

TR 1.12 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 here that during international championships the swimmers must present themselves at the various ceremonies in the official dress of their national team.

TR 2: Regulations of the swimming-pool installation

TR 2.1 For CMAS championships, the pool must satisfy the following conditions:

- Length: 50 meters
- Width: minimum 21 meters
- Depth: minimum 1,80 meters

TR 2.2 When the electronic pads are installed at the start end of the pool or at the end of the turn, the pool length between the two pads must be no shorter than 50 meters.

TR 2.3 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 (all measures from 0,3 to 0,8 meters above the water surface) is permitted. 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.

TR 2.4 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 out to 0,80 meters under water surface, permitting to the competitors to touch it and push it without danger.

TR 2.5 Resting boards projecting on the pool walls are allowed. They must be situated at a minimum of 1.20m below the surface of the water and not wider than 15cm.

TR 2.6 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 to a constant level.

TR 2.7 The lanes must have a width of at least 2 meters with at least 2 spaces of 0,2 meters on the outside of the first and last lane. The number of lanes must be of a minimum of 8.



TR 2.8 Lane markings must cover the whole length of the lane and be fixed by hooks embedded on the end walls. Each lane marking 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 marking between each lane is not permitted. The lane markings must be stretched tight.

TR 2.9 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.

TR 2.10 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.

TR 2.11 A false start line must be suspended across the pool, at least 1,20 meters above water surface attached to supports fixed at both ends to a distance of 15 meters from the starting end.

TR 2.12 Water temperature must be between 25° and 27°C 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 authorised provided there is no formation of current or waves.

TR 2.13 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.

TR 3: Automatic classification equipment

TR 3.1 An automatic and semiautomatic classification equipment records the race time of each competitor and determines his place. The classification and the timing must be made with a precision of the 1/100 of a second. The place and the resultant times prevail upon the decisions of the timekeepers. The equipment installed must not hinder the starts, the turns of the swimmers, or the functioning of the overflow system.

TR 3.2 When timing to 1/1000 is used the third digit shall not be recorded nor used to determine the places. In the event of equal times, all competitors who have recorded the same time at 1/100 second shall obtain the same place. When electronic equipment, timing to 1/100 second is used, the results shall be recorded as registered.



TR 3.3 Any time measurement made by the judges is considered as manual time. Three official timekeepers 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 the official.
- If three (3) chronometers show different times, the chronometer showing the intermediate time will be the official.
- If the time is registered only by two timekeepers, the official time is the largest of the two.

TR 3.4 If the automatic equipment is not functioning properly and does not record the placing or the time of one or more competitors 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.

TR 3.5 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 competitors' official times will be determined by a manual timing. In this case, the protocol must bear the mention 'manual'.

TR 3.6 The relative order of all the competitors whose placing has been determined by the equipment will remain unchanged. If the equipment gives the time of a competitor but fails to give his relative placing, the latter will be determined by comparing the competitor's time with the other competitors' times taken by equipment.

TR 3.7 In order to determine the relative order of arrival of all the heats of a competition, the relative order of all the competitors whose times have been taken by the equipment will be determined by comparing their times. If one or more competitors 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. If two or more competitors 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 series will be respected.

TR 3.8 There exists the following hierarchy between time-keeping systems and classification:

1. electronic time-keeping system with touchpads (fully automatic)
2. electronic time-keeping system judge-operated (semi-automatic)
3. digital watches (provided that there are three of them)
4. classification by finishing judges

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.

If there is no electronic time-keeping the results of times registered by the timekeepers are used for the classification (rather than the order given by the finishing judges) provided three digital stopwatches are used per lane.



If there exist fewer than three digital stopwatches per lane, the decision of the finishing judges determines the classification. In this case, and if the time registered 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.

TR4: Characteristics of the automatic time-keeping system

TR 4.1 The equipment must comply with the following rules:

- a) it must be started by the starter;
- b) no wires must be seen on the poolside, if possible;
- c) it must allow the visualisation of information for each swimming lane, ordered by lane and place;
- d) it must allow an easy reading of the competitors' times.

TR 4.2 Secondary equipment for the departure

- a) the starter must have at his disposal a microphone for verbal orders;
- b) if an airgun is used for the start, it must have a transducer;
- c) both the microphone and the transducer must be connected to a 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.

TR 4.3 The electronic pad for the automatic equipment.

- a) The minimum dimensions of the electronic pads must be 2,4 meters of width and 0,9 meters of length; and their maximum thickness must be 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 of a bright colour and must bear the markings of the extremity walls.
- b) 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.
- c) The sensitivity of the pad should be such that it can be activated by a light hand touch but not by water turbulence.
- 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 mark the pads perimeter and edges.
- e) The pad should preclude the possibility of electrical shocks and should have no sharp edges.

TR 4.4 With semiautomatic equipment, the finish should be recorded by push buttons activated by the timekeepers at the the finishing touch of the swimmer.

TR 4.5 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
- d) automatic lap counter



- e) readout of splits (intermediate times)
- f) computer summaries
- g) correction of erroneous touch
- h) automatic rechargeable battery operation possibility

TR 4.6 There must exist a control centre, with a wide open view on the finishing wall during all the competition. The chief judge must have an easy access to this control centre. At all times, the safety of the control centre must be maintained.

TR 5: Long Distance Finswimming

TR 5.1 finswimming in open water must be defined as any competition that takes place in rivers, lakes, or sea.

TR 5.2 The distance must be chosen in waters with low currents and tides. The water can be either fresh or salty.

TR 5.3 The water temperature will be of 14°C minimum. 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° C, swimmers are obliged to wear an isothermal swimming costume during the competition.

TR 5.4 A certificate from the local competent authorities must ascertain that the site is appropriate for bathing

TR 5.5 Every turn and change of directions must be clearly signalled.

TR 5.6 A boat or a platform clearly signalled with, on board, a turn judge, must be placed at each turn of the run without bothering the visibility of the swimmer.

TR 5.7 Every equipment for the turns and every boat or platform of the turn judges, must have a solid anchorage and must not be subjected to tides' movement, wind or other.

TR 5.8 The arrival is signalled by a finishing cone following the sketch given here:

TR 5.9 The relay area comprises the finishing cone and and a special 10 meters signalled zone at the exit of the cone where swimmers will wait for their team-mates. After leaving the arrival cone, the swimmers will pass the relay by physical contact.

TR 5.10 When they approach the finishing-line, swimmers must enter the arrival cone and complete their course inside the cone, lest they be disqualified.

TR 5.11 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 organiser 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.

TR 5.12 For races over distances exceeding 12 km the organiser 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 organiser. 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.

FE Swimming events

FE 1: Pool events

FE 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.

FE 1.1.1 Races with time classification (direct final)

The allocation of the lanes is carried out in such a way that the fastest competitor 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 competitor with the second fastest time takes place on his left. The other competitors take alternate places to right and left. During races of 50 meters and of the nautical mile (1850 m), the inversion of the alternation right – left, is possible.

FE 1.1.2 Races with preliminary heats

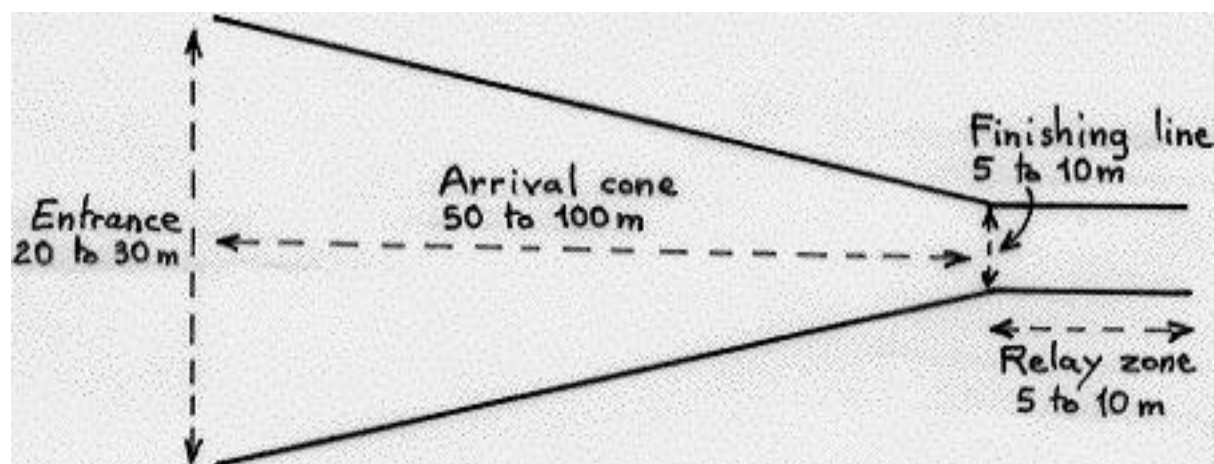
Swimmers should be placed in the preliminary heats according to the entry times as follows:

- the organiser determines the heats according to the number of participants and the number of pool lanes.
- If there is only one heat it must be distributed as a final and should take place only when finals are planned.
- If there are two heats, the fastest competitor must be placed in the second heat, the following in the first, the following in the second, the following in the first etc...
- If there are three heats, the fastest competitor will be placed in the third heat, the following in the second, the following in the first and so on.
- If there are four heats, the last three heats of the event will be seeded in accordance with the above rules. The heat that precedes the last three must be made out of the swimmers following the fastest; the last heat preceding the fourth following heats must be made out of the following competitors, etc...

FE 1.1.3 Semi-finals and final: when the preliminary heats have taken place, the lanes for the semi-finals and/or final are determined based on the time obtained in



the preliminary heats following the above procedure. The first three of each semi-final are qualified for the final as well as those two among the remaining swimmers who have realised the two best times.



FE 1.1.4 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.

FE 2 : Start

FE 2.1 Swimmers must put on their caps and goggles in the waiting room, so that they just have to put on their monofin once on the poolside.

FE 2.2 Coaches and accompanying persons are not allowed to circulate on the poolside, lest they be excluded from the area reserved to competitors.

FE 2.3 Only the chief judge can allow the coach to intervene in case of a technical problem.

FE 2.4 The starting dive must be made from a block.

FE 2.5 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, then, by a long whistle, to take position on the starting blocks. When 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.

FE 2.6 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. When the starter says "take your marks" the swimmers immediately must take the starting position and stand still. When swimmers are all still, the starter gives the starting signal.



FE 2.7 The starting signal must be explained before the competition.

FE 2.8 On the first false start the starter must recall swimmers, by means of whistles or brief and repeated signals and by other means of recall which must be audible underwater. Then announce the swimming lane or lanes having caused the false start, and remind them not to start before the start signal.

FE 2.9 After the first false start occurs, every swimmer leaving before the starting signal will be disqualified. If the starting signal is given before the disqualification is announced, the race will continue and the swimmer(s) who false started will be disqualified at the end. If the disqualification is announced before the starting signal, the signal will not be given, but the swimmers must be recalled and the starter announces the sanctions, then, gives the starting signal.

FE 2.10 There is a false start when one (or more) competitor(s) dive before the starting signal or move before the starting signal.

FE 2.11 If the chief judge decides that there is a false start, he will give a repeated whistle followed by the starter's repeated whistle.

FE 2.12 When a false start takes place and it is possible to go out of the water by the starting blocks, it is forbidden to take off the monofin.

FE 2.13 The decisions of the starter or of the chief judge on false starts are final.

FE 2.14 The CMAS finswimming commission in case of CMAS championships or the organiser for other competitions may decide which rule for the starts will be applied: single start or two starts. This must be clearly announced in the invitation.

FE 2.15 In case of a single start all swimmers anticipating the start will be disqualified. If the starting signal has been given before pronouncing any disqualification, the race continues and the swimmers who have anticipated are disqualified at the end. If the disqualification is pronounced before the signal then the signal must not be given, the swimmers who remain in the race are recalled and the starter gives again the start.

FE 3: Surface finswimming

FE 3.1 The swimming style is free.

FE 3.2 Immersion is only permitted over a distance of 15 meters after the start or after each turn.

FE 3.3 To mark the 15m zone a 20cm wide strip must be fixed on the bottom of the swimming pool and with a mark one meter above the surface, at each end of the pool.

FE 3.4 Outside the 15m zone, a part of the body or the equipment must always emerge from the water.



FE 3.5 In order to distinguish between surface and apnoea, all swimmers will have to start the 50m surface with a snorkel.

FE 4: Apnea finswimming

FE 4.1 The immersion in apnea is only permitted in swimming pools (in-door or out-door). The judge must be able to follow the movement of the swimmer visually.

FE 4.2 Snorkel is not permitted.

FE 4.3 The swimming style is free.

FE 4.4 While in apnea the face of the competitor must be submerged during the whole distance.

FE 4.5 If electronic time equipment is used the competitor must touch the finish touch pad.

FE 4.6 If the 50m apnea is swum in a 25m pool the competitor must touch the wall with a part of his body or his fin when turning.

FE 5: Immersion with breathing apparatus

FE 5.1 In underwater swimming with compressed air breathing apparatus the swimming style is free.

FE 5.2 The way to carry the equipment used is free.

FE 5.3 It is not allowed to change or abandon the breathing apparatus during the competition.

FE 5.4 The face of the competitor must be submerged during the whole distance, except during the normal roll-turn action.

FE 5.5 If electronic timing equipment is used, the competitor must touch the finish touch pads.

FE 5.6 The breathing equipment must at no time touch the swimming pool walls or the finish contact pads. Abuse leads to disqualification.

FE 6: General rules

FE 6.1 For distances above 400m, the judges must inform the competitors of the last length (100 m) left by immersing a board of bright colour of minimum dimensions 20 cmx30 cm. If it is impossible, for technical reasons, to make this announcement at the starting end of the pool, this can be done at the turn end, when 150 m are left in the race.

FE 6.2 Swimmers who withdraw from the competition must come out of the water following the instructions of the judges. They must do the same when the race



is over.

FE 6.3 Any swimmer who hinders another swimmer by swimming across some other lane but his or by any other means will be disqualified. If this behaviour is intentional, the judge must report the matter before the international jury and the national federation of the swimmer.

FE 6.4 In all races, competitors must at each turn, make physical contact with a part of the body or the equipment with the extreme end of the pool. The turn must be carried out against the wall.

FE 6.5 At relay races a team is disqualified if the feet of the next starting swimmer have already left the starting block before the arriving competitor has touched the wall of the pool, except if the starting competitor notices his mistake, returns to the wall and starts again. It is not compulsory to climb to the starting block.

FE 6.6 For relay races the names of the competitors and their starting order must appear in a list submitted to the pre-start judge before the start. Any change in the fixed starting order leads to disqualification.

FE 6.7 Having completed his part of the relay, the competitor must remain in his lane (at about 1m distance to the electronic touch pad) until the judges instruct him to leave the pool.

FE 6.8 It is forbidden to 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.

FE 6.9 When 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.

FE 7: Classification

FE 7.1 If in the same event several competitors touch the wall simultaneously they are awarded the same rank in the official record. For identical times at the 100th second achieved in different heats this rule is equally valid.

FE 7.2 If a decision must be taken regarding the qualification for a final, it's the best result of a classification race that will be decisive.

FE 7.3 Such swim-off can take place not less than one hour after the swimmers involved have completed their heat.

FE 7.4 When competitors 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.

FE 7.5 The competitor who is not participating in the swim-off for the final A is automatically placed on the 9th place and participates in final B. In case of a swim-off for final B, the absent competitor is automatically classified 17th. This place is kept



even when there is a disqualification of a competitor in final B.

FE 7.6 It is recalled that a swimmer or a team not wishing to participate in a semi-final or a final for which they are qualified, must announce their decision of non-participation within 30 minutes after the announcement of the qualifications so that they can be replaced by the swimmer or the team following in the classification.

FE 7.7 If a competitor is disqualified during or after an event, the disqualification must be recorded in the official results but no time or place shall be recorded.

FE 7.8 In case of a final A the competitor is classified 8th (and 16th for a final B).

FE 7.9 If there is a disqualification in a relay, the intermediate times until the disqualification can be recorded in the official results.

FE 8: Open water events

FE 8.1 All open water events will start in water with a sufficient depth that allows competitors to swim as soon as the starting signal is given.

FE 8.2 When the starting order is drawn by lots, the drawing must be made in public by the board of judges.

FE 8.3 Competitors must be placed on a starting line perpendicular to the swimming direction.

FE 8.4 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.

FE 8.5 The starter must be clearly visible to all the competitors.

FE 8.6 The starter announces the start one minute before it, then again 30 seconds before it. In the same time, the thirty (30) seconds are signalled by an audible and visual signal (raising of the flag).

FE 8.7 The counting of the last ten seconds is strictly forbidden. The starter gives the starting signal directly.

FE 8.8 The starting signal must be both audible and visible.

FE 8.9 During finswimming competitions in open water, security and escort boats must be kept outside the area reserved to the competition, in order to avoid troubling swimmers.

FE 8.10 The rules concerning the swimming style are the same in open water swimming as for pool events: swimming in immersion is forbidden.

FE 8.11 For the better application of the style-judging in long distance events the following system has been proposed. For every style violation the style judge uses a system of yellow and red cards, which he presents to the swimmer to notify the



violation. A red card indicates immediate disqualification. (The fact that a swimmer does not see or pretends not to see the card shown by the judge does not change anything concerning the verdict).

For distances up to 4 km: no yellow card; red card and direct disqualification for style violations.

For distances beyond 4 km and up to 12 km: one yellow card at first violation the second one leading to red card and disqualification.

For distances beyond 12 km: two yellow cards shown for the first two violations, the third style violation leading to disqualification.

BJ: BOARD OF JUDGES

The officials must take their own decision in an autonomous way and independently from one another, except if there is an opposite indication in the finswimming rules.

BJ 1 The Board of Judges is set up by the organisers. It is entirely responsible for the preparation and the staging of the event. Its composition depends on the nature of the competition.

In pool events the panel sets up as follows:

- One Chief judge appointed for CMAS Championships by the Finswimming Commission

- One technical and security judge
- One chief of the results office
- One chief secretary
- One starter
- One pre-start judge
- One pool-side secretary
- One chief time-keeper
- One to three time-keepers per lane
- Two finishing judges
- Two style judges
- Four to eight turning judges
- One speaker
- One master of ceremonies
- One doctor.

BJ 1.1 The Chief judge

For CMAS Championships, he is nominated by the Finswimming Commission and confirmed by the Executive Bureau. 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. His rights and duties are the following:

- He has the duty to make all necessary arrangements and make an inspection of the installations necessary for the competition
- He has the duty to check the participants' files concerning their aptitude in participating to the events
- He has the duty to check the entry forms and to establish the starting order
- He has the duty to enforce CMAS regulations and decisions, and resolve all



matters about the actual organisation of the competition when the rules do not provide another solution

- He has the right to cancel or suspend, even without the jury's authorisation, competitions in bad weather conditions and if the site and installations of the competitions does not comply with the requirements of the existing rules.
- He positions all judges for the perfect staging of the event. He may at any time replace a judge if the original judge is incapable of fulfilling his task, or is absent. He can nominate additional judges if he values it necessary.
- He has the right to disqualify a participant for any violation of the rules even if this violation is noticed and signalled by another official.
- He decides on the placing if the decision of the finishing judges is not unanimous.
- The chief judge authorises the starter to proceed with the start. Beforehand he must make sure that all members of the board of judges are ready.
- Independently from the starter he can decide whether there has been a false start or not.
- After the event the chief judge ratifies the results and passes them on to the chief of results office.

BJ 1.2 The technical and security judge

- He is responsible for technical conditions of the competition and for ensuring compliance with the prevailing safety regulations.
- From the start of the competition he is placed under the orders of the chief judge.
- He must make sure that the equipment and apparatus necessary for the staging of the event is available in good time.
- 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. The deployment of boats, the coordination of rescue divers and means of radio communication are part of the responsibilities of the technical judge.
- The organiser must put a sufficient number of assistants at his disposal so that he can fulfil his task without any difficulties.

BJ 1.3 The chief of the results office

- He is responsible for the prompt and accurate processing of the results of the competition given by the chief judge and for their publication.
- He verifies the results and ratifies new records.
- He must make sure that the decisions of the finishing judge and of the chief judge are inscribed in the official protocol.
- He co-ordinates the electronic time-keeping which is operated by qualified technicians.
- He controls the official protocol, signs it and passes on the signature to the chief judge.
- He transmits to the speaker the results concerning award ceremonies and finals.
- The chief of the result office must make the official protocol and the results public only after approval by the chief judge.

BJ 1.4 The chief secretary

- He prepares all secretary material and the documentation needed for the



competitions.

- He appoints the deputy secretaries and directs the work.
- He must control the withdrawal after the heats or finals, make up the lists of new records achieved.
- He is responsible for the handing of the timekeeper's forms to the poolside secretary.
- He supervises the work of drafting minutes of the technical commission meetings and of the jury.
- He prepares the final protocol of the competitions after they have ended.
- With the authorisation of the chief judge he gives information on the competitions to the press if there is no special press office.

BJ 1.5 The starter

- He has complete authority over the competitors from the moment the chief judge has handed over the control of the race to him and until the start of the race.
- The starter must indicate to the chief judge any competitor who delays the start, refuses to respect an order or does not behave correctly during the starting procedure, or makes a false start on "purpose". Only the chief judge can disqualify this competitor for anti-sporting behaviour. This kind of disqualification cannot be considered as a false start.
- He has the right to decide whether the start is correct or not. Every interrupted starting procedure must restart from the beginning. This must be explained to the swimmers.
- The starter can anticipate the start when he judges that a competitor delays exaggeratedly his starting position.
- 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 timekeepers and all participants should be able to hear him clearly.
- He coordinates the evacuation of the pool at the end of each event.

BJ 1.6 The pre-start judge

- He must call the participants in due time for each of the events.
- He must signal to the chief judge all violations that he noticed related to the advertisement and absence of the called competitor.
- He must check if the equipment complies with the rules and if the participants are ready to start.
- He leads the competitors to the starting point.

BJ 1.7 The pool-side secretary

- He is responsible for handing over and taking back of the timing cards.

BJ 1.8 The chief time-keeper

- He assigns the lanes to the timekeepers. There must be one to three (3) timekeepers per lane. If the automatic timing is not employed, there must be two (2) additional timekeepers. They are charged to substitute the timekeeper whose chronometer did not work or stopped during the event, or who, for any reason,



cannot register the time.

- Together with the timekeepers the chief timekeeper checks and approves the reliability of the stopwatches in use.
- He receives, from all timekeepers, the timing cards, checks the entries and chronometers if necessary.
- He records and checks the official time of the timing card for each competitor.
- He supervises the activity of each timekeeper and takes control times himself. He passes on the times recorded for each competitor to the secretary.

BJ 1.9 The timekeepers

- They record the times of the competitors for whom they are responsible. They must have their chronometer to zero with the approval of the chief timekeeper.
 - At the signal for the start the timekeepers set their chronometer going and stop it when the competitor has touched the finishing pad. Immediately after the event they must write the time displayed by their chronometer on the timing card which they hand over to the chief timekeeper. At the same time they show their stopwatches for control.
 - They must not reset their chronometers to zero before the chief timekeeper or chief judge signals them "chronometers to zero".
 - They are responsible for the recording of the intermediate times in races of more than 100 meters' distance.
 - Their task is also to check that the turns and the finish are in accordance to the regulation.

BJ 1.10 The finishing judge

- There are two finishing judges.
- They are positioned directly over the finishing line from where they can have at all time good view of the swimming lane and the finishing line.
- They establish the classification of the competitors and they hand it over directly to the office of results.
- They supervise the relay procedure.
- They are not allowed to be timekeepers in the same event.
- The finishing judges' decisions take precedence over the classification given by the manual chronometers 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.

BJ 1.11 The swimming-style judges

- There are two swimming style judges.
- They are positioned one for each side of the pool.
- They must check that the rules for swimming style are observed.
- They must check if the competitors respect the 15m zone after the start and after each turn beyond which immersion is prohibited.
- Assistants may perform this control.
- 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.



BJ 1.12 The turning judges

- They are nominated for each lane by the chief judge.
- They must check whether the competitor has carried out his turn according to the rules.
- In individual events of 800 and 1500 meters, each turning judge at the extremity of the pool, must register the number of length completed by the competitor and inform him of the number of length that he still has to cover by showing "length plaques".
- 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.

BJ 1.13 The speaker

- He has the task to call the competitors and teams, to introduce them to the spectators.
- He must announce the results if there is no scoreboard.
- He must give information about the competition in order to make the event interesting and he also must announce new records.
- He is responsible for the announcement of all disqualifications.

BJ 1.14 The master of ceremonies

- The master of ceremonies prepares beforehand:
the medals,
flowers and other awards;
- He is in charge of the arrangements of the podium, the ceremony and the flags, and organises the ceremony for the award of medals.
- He calls and gathers the athletes, the officials and the carriers of the medals in the appropriate order for the protocol ceremony.

BJ 1.15 The doctor

- He is a member of the board of judges.
- He ensures the supervision of the medical control. The presence of a doctor at all Finswimming events is compulsory.
- He is responsible for all sanitary, hygienic and medical questions (helps in case of danger, assistance when preparing the time plans, menus, the sanitary control of accommodations, control of the medical health certificates, doping-tests, etc.).
- Before each competition he must control the functioning of the necessary medical equipment.
- A medical control can be carried out at any time.

CC - CMAS Competitions

CC 1: World and Continental CMAS Championships



World and Continental Championships are organised every two years alternatively.

- World swimming-pool senior championship: even years
- World swimming-pool junior championship: odd years
- Continental swimming-pool senior championship: odd years
- Continental swimming-pool junior championship: even years
- World senior and junior championship Long Distance: odd years
- Continental senior and junior championship Long Distance: even years

World and Continental championships must be organised with a doping test, according to the I.O.C. doping Regulation.

These championships will be organised in conformity with CMAS Finswimming International Regulations. All variation of the particular rules of the championship with respect to the present regulation will have to be approved by the Finswimming Commission and by the Executive Bureau. These changes will be put into practice only after the following World Championship.

The championships must be held in officially approved swimming pools.

The chief judge must be nominated by the Finswimming Commission and approved by CMAS Executive Bureau.

During the protocol ceremony, only CMAS medals are presented on the podium, possibly with a bouquet of flowers.

To step on the podium, the athletes must be dressed with their national uniform.

The competitors can congratulate one another, only when the national anthem of the winner is over.

During the national anthem of the winner, the competitors must turn towards the flags.

Once the ceremony is over, the competitors must be at the disposal of photographers.

When the protocol ceremony is taking place, the photographers will stay in an appropriate location. They will approach the podium when the anthems are over and the chief judge gives the permission.

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

CC 1.1 World and Continental senior and junior pool Championships

Each country may enter not more than two (2) competitors for each distance and one (1) relay team.

The entries must reach CMAS headquarters and also a copy must be sent to the organiser within the time limits set by the present rules (AR 4.1). After this deadline nonparticipation will be accepted only for medical reasons. Every unjustified absence will be punished by a fine.

World championships will be organised over six (6) days and 12 sessions.

The qualifying heats are scheduled in the morning and the semi-finals (for the races of 50 m SF, 50 m AP, 100 m SF) or finals in the afternoon.

For events with direct final, 1500 m SF and 800 m SF and IS, the last heat is swum in the afternoon.



6-day program:

(q : qualifying heats, sf :semi-finals, f: final, h : heats with time classification except last, l : last heat)

1 day morning	50 SF q H, 100 SF q F, 400 SF q H, 800 IS h F ,100 IS q H
afternoon	50 SF sf H, 100 SF sf F, 400 SF f H, 800 IS l F, 100 IS f H
2 day matin	4x200 q H, 800 SF h F, 1500 SF f H
afternoon	1500 SF l H, 800 SF l F, 50 SF f H, 100 SF f F, 4x200 f H
3 day morning	100 SF q H, 50 AP q F, 800 IS h H, 200 SF q F
afternoon	100 SF sf H, 50 AP sf F, 800 IS l H, 200 SF f F
4 day morning	4x100 q F, 800 SF h H, 400 IS q F
afternoon	50 AP f F, 100 SF f H, 400 IS f F, 800 SF l H, 4x100 f F
5 day morning	50 SF q F, 50 AP q H, 400 SF q F, 200 SF q H, 100 IS q F
afternoon	50 SF sf F, 50 AP sf H, 400 SF f F, 200 SF f H, 100 IS f F
6 day morning	1500 SF h F, 400 IS q H, 4x200 q F, 4x100 q H
afternoon	1500 SF l F,400 IS f H, 50 SF f F, 50 AP f H, 4x200 f F, 4x100 f H

Qualifying heats for the relays will take place only if there are more than 12 teams present. The teams have the right to change the composition of the relay teams between the qualifying heats and the final.

Given the number of participating countries, the European championships will be held over 6 days with the program above.

For Continental championships with participation of fewer than ten (10) countries a three (3) day program may be used. All races except 50 m AP, 50 m SF and 100 m SF are swum in direct finals (heats with time classification).

3-day program

(q : qualifying heats, f: final)

1 day morning	50 SF q H, 50 AP q F, 400 SF H, 200 SF F, 800 IS H
afternoon	100 IS H, 800 SF F, 50 SF f H, 50 AP f F, 4x200 H, 4x100 F
2 day morning	400 SF F, 1500 SF H, 50 SF q F, 100 SF q H, 800 IS F
afternoon	50 SF f F, 400I S H, 100 SF f H, 100 IS F, 4x200 F
3 day morning	50 AP q H, 1500 SF F, 200 SF H, 100 SF q F
afternoon	50 AP f H, 400 IS F, 800 SF H, 100 SF f F, 4x100 H

For championships for which the number of participating countries is between ten and twenty a five-day program may be used. The races of 50 m AP, 50 m SF, 100 m SF, 100 m IS, 200 m SF are swum in qualifying heats in the morning and finals (A and B) in the afternoon. The other races are swum in direct finals (heats with time classification). The two last heats of 400 m IS, 400 m SF, 4x100 m and the last heat of 800 m IS, 800 m SF, 1500 m SF et 4x200 m are swum in the afternoon.

5-day program

(q : qualifying heats, f: final, h : heats with time classification except (two) last, l : last heat, ll : two last heats)



1 day morning	800 SF h F, 1500 SF h H, 100 IS q F, 100 SF q H, 4 x 200 h F
afternoon	800 SF l F, 1500 SF l H, 100 IS f F, 100 SF f H, 4 x 200 l F
2 day morning	400 IS h F, 800 IS h H, 50 SF q F, 200 SF q H, 4 x 100 h F
afternoon	400 IS ll F, 800 IS l H, 50 SF f F, 200 SF f H, 4 x 100 ll F
3 day morning	1500 SF h F, 400 SF h H, 100 SF q F, 50 AP q H
afternoon	1500 SF l F, 400 SF ll H, 100 SF f F, 50 AP f H
4 day morning	800 SF h H, 800 IS h F, 100 IS q H, 200 SF q F, 4 x 200 h H
afternoon	800 SF l H, 800 IS l F, 100 IS f H, 200 SF f F, 4 x 200 l H
5 day morning	400 IS h H, 400 SF h F, 50 SF q H, 50 AP q F, 4 x 100 h H
afternoon	400 IS ll H, 400 SF ll F, 50 SF f H, 50 AP f F, 4 x 100 s ll H

CC 1.2 World and Continental Long Distance Championships

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

- 1 day: relay 4x2 km junior and senior
- 2 day: individual 6 km junior and senior
- 3 day: individual race 20 km

Each country may enter not more than six (6) competitors for each distance and one (1) relay team.

During CMAS championships, juniors are not allowed to swim more than one individual race (junior and senior), but they are allowed to swim in more than one senior relay. (The rule TR 1.6 fixes the maximal distances authorised for junior swimmers).

The rules FE 8.10 and FE 8.11 concerning swimming style apply fully to CMAS Long Distance Championships.

CC2 : World Games

CC 2.1 The participation to World Games is reserved to swimmers (and relay teams) selected by CMAS. The swimmers are qualified following their order in the last World Championships preceding the World Games.

CC 2.2 The invited nations must confirm their participation before the deadline fixed by the CMAS Finswimming commission, in agreement with the organiser. Past the deadline, if available places do exist, the invitation will be extended, in decreasing order, to the swimmers following in the World Championships classification up to the limit of availability.

CC 2.3 Each country may enter not more than two (2) competitors for each distance and one (1) relay team, under the condition of qualification. Whenever possible a place is reserved for the teams of the organising country.

CC 2.4 The program of World Games, over two days, comprises the following races (for Men and Women):



50 m AP, 100 m SF, 200 m SF, 400 m SF, 4 x 100 m SF.

CC3 : “Open” Continental Championships for club teams

CC3.1 Long Distance

The continental Long Distance championship is reserved to club teams. Each team comprises four (4) men and/or four (4) women.

The program is the following:

1 day: relay 4x2 km men and 4x2 km women

2 day: individual race of (circa) 6 km

The winner of the individual race wins the “René Bailleul Cup”.

The classification of the teams is made on the basis of the sum of the time of the three (3) best swimmers plus the double of the relay time. There exist separate classifications for men and women.

CC3.2 Swimming-pool

The continental swimming championship is reserved to club teams. It must be held in 50 m pools.

Each team comprises four (4) men and/or four (4) women. Only one swimmer per club participates in each race. A swimmer may swim a maximum of two individual events.

The programme is the following:

1 session : 100 SF H&F, 400 IS H&F, 50 AP H&F

2 session : 100 IS H&F, 800 SF H&F, 200 SF H&F

3 session : 50 SF H&F, 400 SF H&F, 4 x 100 H&F

The classification is based on CMAS points according to the following table:

place	points
1	50
2	46
3	42
4	39
5	36
6	33
7	30
8	27
9	24
10	22



11	20
12	18
13	16
14	14
15	12
16	10
17	8
18	7
19	6
20	5
21	4
22	3
23	1

There exist separate classifications for teams of men and teams of women.

