



INTERNATIONAL RULES
ORIENTEERING
COMPETITIONS

EDITION 2002

C M A S
Confédération mondiale des activités subaquatiques



**International Rules for
Orienteering Competitions**

Edition 2002

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INTRODUCTION

Competitions in Underwater Orienteering take place in deep, open water bodies and over various distances, as prescribed in the competition rules. Competitors must, while remaining completely submerged without any contact with the water surface, reach specific points or pass specified points.

Competitions in underwater orienteering are based on the principle that orienteering and searching tasks are performed under water with the aid of a compass and distance meter.

The competitor may only use his/her own muscular strength to propel him/herself.

The breathing apparatus used may only be filled with normal compressed air. Enrichment with oxygen is not allowed.

The only contact with the surface of the water allowed is a buoy line and a safety buoy.

A snorkel and/or knife is, despite earlier safety rules, not compulsory.

In these rules the expression competitor, participant or sportsmen refer to both men and women.

The requirements contained in “Procedures and Obligations for the Organisation of Championships (World – Zone – Continental)” of the World Underwater Federation (CMAS) take preference over any rule contained in this document.

Should there be differences in the different translations of these rules, the French version will take precedence.

These rules apply from **01.01.2002**. All previous editions are invalid.

1. Events, adjudication and announcement of competitions

1.1 Events

1.1.1. Individual events

- M course
- 5-Point course
- Star course

1.1.2. Team events

- Team orienteering with map (MONK)
- Team event
- Relay orienteering event

1.2 Adjudication

1.2.1. For competitions in underwater orienteering, adjudication can be done in the following categories:

- Individual competitions
- Team competitions
- Combined
- Junior – Individual
- Junior - Combined

1.2.2. For the individual competition adjudication, the ranking of the competitors is based on the points obtained; which is the sum of the points for accuracy (buoys and finish) and time. Since they are plus points, the higher ranking is determined by the higher aggregate.

1.2.3. For team competition adjudication, the ranking of a team is determined by the points obtained by the team, which is the sum of the points obtained by the individual team members.

1.2.4. For the combined ranking, the placing is determined in the following way:

- Individual competitors: By adding the points of all individual events,
- Teams: By adding the points obtained by the individual members of a team and the points of the team events together. For Juniors only the individual competition results are used.

1.2.5. The ranking of women and men shall be done separately. If less than six women participate in a competition, a joint ranking with the men may be made. If less than three, a joint ranking must be made. For Juniors the ranking is always separately.

1.2.6. The kind of ranking used in a competition will be stipulated in the announcement.

1.3 Announcement of the competitions

1.3.1. Announcements shall be drawn up in compliance with the rules as described later on, and contain the following points:

- Name, kind (World Championships, World Cup, etc) and contents of the competition
- Date, location and duration
- Organiser
- Details of the conditions to be expected:
- Water and air temperature, depth of water in the competition area, underwater visibility, currents (direction and speed), nature of the bottom and the banks, kind of water.
- Competition management
- Participants
- Events
- Programme
- Technical matters:
- Equipment required, equipment provided by the organiser, filling pressure and connection of the compressor, practice time-table
- Competition events
- Adjudication
- Awarding of prizes
- Organisation:

Preliminary and final entry, declarations of competitors, divers' licences, medical certificates, entry fees, pro5test fee, arrival and departure, accommodation, catering and transport during the competition.

1.3.2. Application for important international competitions should be made to the President of the Commission for Underwater Orienteering before 30 June of the previous year. After co-ordination they will then be incorporated into the international sports calendar for the next year. This is published by CMAS in autumn (Northern Hemisphere).

The announcement for international competitions must be sent to the federations or clubs that are involved not later than 2 months before the start of the competition, those for continental and world championship to the national federations not less than 7 months before the start.

2 Participants

2.1 Age

- 2.1.1 Men and women who are at least 15 years of age or whose 15th birthday falls within the current competition year (season for Southern Hemisphere) are allowed to participate in the competitions. Persons participating in the Junior category must comply with the minimum age, and must still be 17 years or younger on 31.12 of the competition year.

2.2 Admission of competitors

- 2.2.1 Only those who have passed a medical examination (Appendix 5) are allowed to take part in the competitions. This certificate should not be older than 1 year. Instead of this certificate, corresponding entries in a diver's licence will suffice. In addition to this, each competitor must personally sign the declaration (Appendix 4). The names and details of the competitors are to be entered on the list of participants (Appendix 3) of the federation or club. For organisational reasons, the organisers can request a preliminary list of participants (Appendix 2) with a deadline (generally 4 weeks before the competition takes place).
- 2.2.2 Only teams and individual divers belonging to bodies affiliated to CMAS can participate in world or continental championships and competitions organised under the auspices of CMAS.
- 2.2.3 Competitors taking part in world championships, continental championships or as members of a national team at international competitions shall have the citizenship of that country for which they are competing. Members of club teams must present proof of membership of the club; citizenship is not an issue here. A competitor can only represent one club during a World Cup series. Furthermore, they shall show a diver's licence stating clearly to which club and country they belong. Competitors with multiple citizenship, can represent only one country at a competition.
- 2.2.4 All competitors, men and women, who have been nominated by their respective federation, may only take part in international competitions when they are amateurs. (An amateur is a person, male or female, who participates for the love of the sport and does not receive any monetary rewards for his or her participation).

2.3 Duties of competitors

- 2.3.1 The competitors shall:
- know the international rules for underwater orienteering competitions, the programme and the special regulations of the competition in which they participate,
 - observe the safety rules during training and during the competition, and
 - abide with all rulings made by the judges during the competition.
- The competitors are solely responsible that their equipment and apparatus is in good working order and is ready on time.
- 2.3.2 A competitor may only communicate with a judge through his team manager.
- 2.3.3 No competitor is allowed to act as a judge in the same competition.

2.4 Team managers

- 2.4.1 Each competing team shall have a team manager who is responsible for the discipline of the members of the team and for their punctual appearance at the place where the competition takes place. The team manager is the intermediary between the judges and the team members. If the team manager is invited thereto, he attends the meetings of the judges, is present when the draw takes place, and informs the participants of decisions made by the organisers.
- 2.4.2 The team manager may not criticise or challenge the rulings of the judges. Appeals to the judges may only be lodged (in writing) by the team manager, not later than one hour after the incident.
- 2.4.3 In the absence of the team manager, the trainer takes his place.
- 2.4.4 The team manager is responsible for the preparation of the athletes.

3 Competition venue

- 3.1. The water current at the competition venue shall not exceed 4 m/min. The depth of water in the competition area shall not **be less** than 3 meters; the visibility in the water shall be at least 1 m (Secchi disk). The quality of the water at the competition site shall comply with the stipulations laid down by the WHO (World Health Organisation) for bathing waters.
- It is forbidden to hold competition in shipping lanes (channels). In areas open to the public for swimming, or in areas where rowing boats, sailing boats and/or motor boats are allowed, these must be kept away from the competition area. The competition venue shall be selected and equipped according to the rules and competition regulations.
- 3.2. The competition area extends from the bank to the limiting buoys. These are anchored 50 m from the course.

4 Competitions courses

- 4.1 The courses for orienteering competitions consist of:
- The starting area,
 - rounding buoys and/or orienteering points which are anchored in open water and as far as possible where the bottom is not visible, and
 - the finish area.

The course shall be ready **2 hours** before the competition starts and at the same time be made available in the form of a scale plan.

For international competitions, the course shall be laid out in consultation with the CMAS Chief Judge.

The true length of any competition leg may not differ by more than **1 %** from the official scale plan. The scale plan shall contain details of the numbering or marking of the turn buoys or find buoys that are used for the competition. When the official scale plan is posted on a notice board or handed out, the course is declared ready to be surveyed by the competitors.

Only the prescribed materials may be used to construct a course.

- 4.2. The length of the individual legs may not vary by more than 5 % from the distances given in these rules. The total length of the course may not differ by more than 1 % from the total course lengths given in these rules.
- 4.3. Except for the MONK course, the buoys must be clearly visible above the surface of the water.
- 4.4. The competitions may be run clockwise or anticlockwise.
- 4.5. The competition organisers may designate sections of the shore where teams may not erect survey points. Surveying may only be done from land and the course may not be measured by boat or by swimming along it.
- 4.6. If the buoys marking sections of the course move during the competition, the judges must re-establish the course according to the scale plan. If this is not possible, a new course will be placed by the judges and the competitors who have not started will be given one hour to survey this course. If the new course length differs markedly from the original, the jury will decide whether the competitors who completed the course must start again (new course is longer) or whether they may (course is shorter).

5 Course equipment

- 5.1. Marking of rounding points (turning buoys) is done with foam plastic buoys 20 cm x 20 cm x 40 cm in size. The buoys are painted grey-green below water and white, orange or yellow above water.
- 5.2. Orienteering points are marked with buoys whose length must be 400 cm and whose diameter must be 10-30 cm (e.g. crossed boards or pipes). At a visibility of less than 3 meters the buoys must be 30 cm in diameter. At a visibility of 2 meters or more the diameter of the buoys can be reduced to 10 cm.
- 5.3. The buoy anchoring should be capable of withstanding a tension of at least 60 kg and for this reason be equipped with a buoy rope with a breaking strength of at least 60 kg. For marking rounding points the buoy rope should be such that it is invisible at a distance of more than 3 meters.
- 5.4. The start can be a:
- Buoy (such as a pipe, reaching at least one meter into the water) or
 - fixed point (landing stage, driven-in stake etc.).
- The starting area is the area within a circle of 1 meter radius around the starting point, but is not marked.
- 5.5. For international competitions the buoys are to be marked in the following way and sequence:
- | | |
|---|-----------------------|
| - Rounding buoys (individual) | I - II - III - IV - V |
| - Orienteering points (individual) | 1 - 2 - 3 - 4 - 5 |
| - Rounding buoys and orienteering points (team) | A - B - C - D - E |
- 5.6. Finish line: M course and team competition
- The finish line has a length of 32 meters. The middle part has a length of 2 meters. The parts on either side of the middle part are to be clearly marked in one meter lengths.
- 5.7. Limit buoys, limit ropes
- The limits of the competition area must be marked by clearly visible buoys. They are to be joined to each other by ropes to which floats are attached. The distance from the course to the area limits is 50 m.
- 5.8. Any deviation from the above must be made known during the manager's meeting before the competition.

6 Clothing, equipment and apparatus of competitors

- 6.1. During the opening ceremony of the competition, members of a team must wear uniform clothing. For the respective events, competitors shall wear the appropriate outfit (at least bathing trunks for men and bathing costume for women).
- 6.2. The type and brand of all equipment (fins, masks, wet suits, compressed-air breathing apparatus, orienteering devices) used by the competitors is not specified in any way. The equipment, however, has to be shaped in such a way that it has neither pointed nor sharp edges which pose a hazard to other competitors.
- 6.3. In addition to the diving equipment and orienteering device, a safety buoy (not a hollow body) coloured yellow, red or orange is required. The buoy shall have a minimum flotation capacity of 8 kg and must be attached with a braided buoy rope with a tensile strength of at least 30 kg (measured with the anchoring) to the body of the competitor.
It is not allowed to move under water without a safety buoy.
For the Monk event only one buoy is required between the paired competitors, as long as they are attached to each other by a buddy line with a tensile strength of **30 kg** and a maximum length of **2,5 m** (wrist to wrist).
- 6.4. Only those types of fins which are fastened to the feet of the competitor may be used.
- 6.5. The pressure of the air in the cylinder of the compressed air equipment shall not be higher than the legally stipulated and permitted filling pressure marked on the cylinder. It is not allowed to use cylinders without test labels. For breathing air only normal atmospheric compressed air, without oxygen enrichment, may be used.
- 6.6. Competitors are not allowed to use auxiliary searching aids (sonar, ropes, rods, bars etc.) nor any device that could allow communication with other persons or instruments.
- 6.7. The judges shall disqualify competitors whose clothing, equipment or apparatus does not meet with the rules, from taking part in the competition.
- 6.8. If the temperature of the water is below 14 C, competitors are obliged to wear a wet suit with hood. The judges will determine the temperature of the water.
- 6.9. The competitor bears the full responsibility for the state of his/her equipment and its compliance with the operating instructions for compressed-air breathing apparatus.

7 Competition management and competition judges

7.1 Competition management

- 7.1.1. The composition of the competition management depends on the importance of the event. A smaller team of officials can manage competitions with a smaller number of participants.
- 7.1.2. The competition management consists of:
 - Competition manager
 - Deputy competition manager
 - Technical manager
 - Course surveyor
 - Competition doctor
 - Announcer
 - Awards manager

7.2 Functions of competition management

- 7.2.1. Competition Manager
 - 7.2.1.1. The competition manager is responsible for:
 - All organisational aspects of the planning, preparation and execution of the competition;
 - drafting the announcement;
 - accommodation, catering and transport of the competition management, the competition judges and the teams taking part.
 - 7.2.1.2. He appoints the members of the competition management and the competition judges.
 - 7.2.1.3. He supervises the preparation of the competition venue, the equipment, the facilities, the means of control and communication, the boats and means of rescue.
 - 7.2.1.4. He supervises the placing of the competition courses and their compliance with the rules and the special regulations of the competition.
- 7.2.2. Deputy Competition Manager
At large or important competitions a deputy is provided who works according to the directives of the competition manager, and takes the place of the competition manager when he is absent.
- 7.2.3. Technical Manager
The technical manager is responsible for all equipment/technical matters before, during and after the competition such as:
 - Preparation of the competition venue, the equipment, all facilities (including air conditioning), the means of control and communication, boats and means of rescue, the equipment for placing the courses,
 - demarcation of the competition area by limit buoys or limit ropes,
 - timely placement of buoys and finish lines for the individual competitions,
 - construction of the starting area with provision of the equipment for the pre-starter (lead-weights: 8.5 kg and 30.0 kg) and the starting device,
 - provision and checking of the safety facilities, and
 - provision of the necessary equipment for the judges.He has at his disposal the required number of boats, equipment and apparatus, and the necessary staff.

- 7.2.4. Course Surveyor
- 7.2.4.1. Together with the competition manager, the course surveyor draws up a plan for the competition course, and instructs the team of the technical manager responsible for the placing of buoys. They measure the completed course and draw up a scale plan that the chief judge will provide to the participants. During the competitions they make sure from time to time that the course has not changed.
- 7.2.4.2. The course surveyors carry full responsibility for the accuracy of the positions of the buoys and the plan prepared by them.
- 7.2.5. Competition Doctor
- The duties of the competition doctor are:
- To check the medical certificate of the competitors,
 - to, when required, organise the medical examination of the competitors and to decide on their admission to the competition or to decide whether a competitor can continue to participate in an event,
 - to carry out medical supervision during the competitions and to help in the event of an accident or illness, to check the availability of the first-aid and rescue equipment and the quality of the compressed air,
 - to check the sanitary and hygienic requirements during the competitions, and
 - to participate in drawing up the programme and to advise those who are responsible for the menus.
- 7.2.6. Announcer
- The announcer informs the participants and the spectators about the programme and the rules of the competition, introduces the competitors to the spectators and announces the results of the different events.
- 7.2.7. Awards Manager
- The awards manager prepares the prize giving ceremony, by organising beforehand the preparation of diplomas, medals, prizes, flowers and other awards, he is in charge of the arrangement of the winner's rostrum and flag poles, he organises the music and directs the ceremony for the awards.
- 7.3 Competition judges**
- 7.3.1. The composition of the competition judges depends on the importance of the event. For competitions with a small number of participants a small number of judges is required. The competition manager appoints the judges.
- 7.3.2. The competition judges consist of:
- Chief competition judge
 - Deputy chief competition judge
 - Pre-starter
 - Starter
 - Chief time-keeper and time-keepers
 - Chief course judge and course judges
 - Chief finish judge and finish judges
- Head of competition office
- 7.3.3. All Competition Judges must remain at the competition venue and be available until the end of the time allowed for lodging a protest.
- 7.4 Functions of competition judges**
- 7.4.1. Chief Competition Judge
- 7.4.1.1. The chief competition judge makes sure that the competition is executed and adjudicated according to the current international rules and that the special competition rules and safety measures are adhered to.
- The chief competition judge will decide whether or not competitors will be followed by boat or whether adjudication and safety measures will be carried out in other ways.
- The chief competition judge allocates the other judges their duties and ensures that they are able to carry out these duties before the event takes place.
- The chief competition judge inspects the competition venue, the necessary facilities and the equipment before the event takes place.
- 7.4.1.2. The chief competition judge is entitled to:
- Consult with the jury or the international jury the cancellation of the competition in cases where the facilities and the equipment do not comply with the requirements of the international rules,
 - interrupt or abandon the competition, with the consent of the jury, in case of bad weather and when the competition venue, facilities or equipment have become unsafe or unserviceable,
 - in exceptional cases change the programme or the starting order or starting times of the competitors,
 - re-allocate duties to judges during the competition,
 - dismiss judges who have committed faults or those who have not carried out their tasks correctly,
 - set aside the decision made by the judges after he has convinced himself that their decision was wrong, and allow the competitor a re-swim or to let the result stand,
 - give a decision in all matters in which the other judges cannot come to agreement,
 - disqualify competitors who do not comply with the rules, or who are guilty of unsportsmanlike behaviour.
- 7.4.1.3. The chief competition judge is not entitled to alter the rules of the competition.
- 7.4.1.4. The chief competition judge presides over all meetings of the judges.
- 7.4.1.5. Upon completion of the competition, the chief competition judge is obliged to provide the results of the competition to the organiser on the same day.

- 7.4.2. Deputy Competition Chief Judge
A deputy who works according to the directives of the chief competition judge is provided for important or large competitions and takes the place of the chief judge when he is absent.
- 7.4.3. Pre-starter
The pre-starter calls the competitors to the pre-start, and checks whether the equipment of the competitors complies with the rules.
- 7.4.4. Starter
- 7.4.4.1. The starter calls the participants to the starting point and checks that they have taken up the correct position and posture at the start. He gives the start signal and decides whether the start was correct or not. In case of a false start he orders either a disqualification (for more than 5s early or more than 1 min late start) or the addition of 15 penalty seconds (for less than 5s early start or non-observance of the start posture) and enters this on the start card. The penalty seconds will be added to the first leg of the course (limit time!).
- 7.4.4.2. The start command is:
"One minute"
"30 seconds"
"10 seconds"
"5-4-3-2-1" (or an acoustic signal)
"Go" (or an acoustic signal).
- 7.4.5. Chief Time-keeper and Time-keepers
- 7.4.5.1. The chief timekeeper checks the stopwatches, completes the test certificate, gives instructions to the timekeepers, and shows them their positions on the course. He checks the ability of the timekeepers to operate stopwatches, and writes down (or tells a record keeper to write down) the time results of each competitor on his record card.
- 7.4.5.2. The time-keepers start the stopwatches when the start signal is given (when the starter gives the command "go" or the acoustic signal sounds) and record the time taken by the competitor to cover the individual legs as indicated by the flag signals given by the course and finish judges. The stopwatches may only be reset when the chief timekeeper has checked the results and recorded them, and when he has given the instruction "stopwatches to zero".
- 7.4.5.3. A timekeeper is to be provided for each competitor or each team that is in the water at the same time. Additionally, standby timekeepers are to be provided who can take over the function of a timekeeper who is unable to continue or in case of a malfunctioning stopwatch. Only the time of the designated timekeeper is used for the result. The course time of a competitor is also to be taken by the chief timekeeper.
- 7.4.6. Chief Course Judge and Course Judges
- 7.4.6.1. The chief course judge appoints a course judge for each competitor, provides him with the course card, collects the completed course cards and gives them to the competition office.
- 7.4.6.2. The course judges check whether the competitors have correctly completed the course and supervise changing during relay competitions. The course judges indicate the correct completion of a leg by waving a flag.
- 7.4.6.3. If a course judge follows the competitor in a boat, a distance of 5 to 10 meters from the safety buoy of the competitor must be maintained.
- 7.4.6.4. The course judge takes all the necessary precautions to prevent endangerment of the competitor and in an emergency directs the work of the rescue team.
- 7.4.6.5. For continental and world championships, the nationality of the course judge shall not be the same as that of the competitor.
- 7.4.7. Chief Finish Judge and Finish Judges
The finish judges watch the finish, fix the position at which the finish line was crossed, and signal the instant when the finish line is passed (leading edge of the safety buoy or reaching the finish buoy).
The number of finish judges can differ according to the number of competitors and the importance of the competition. It must, however, always be an odd number.
For continental and world championships at least three finish judges must be provided, one of who is appointed chief finish judge.
- 7.4.8. Head of Competition Office
The head of the competition office prepares all equipment and documents which are needed for the administration of the competition. He directs the work of the competition office, directs all work concerning the official records including the drafting of the minutes of the meetings of the competition management and the jury. He receives the applications and appeals and reports them to the chief judge, prepares a report of the competition and organises its distribution if possible during the competition. With the permission of the competition manager, he informs the press about the competitions.

7.5 Jury (Intentional jury)

7.5.1. Formation of the Jury

The jury is composed of the team managers or specially appointed representatives of the clubs or federation that participate in the competition. Representation by other persons or vote by proxy is not allowed. At their first meeting, the jury elects a chairman.

7.5.2. Tasks and obligations of the Jury

7.5.2.1. The jury ensures that the competition takes place according to the international rules and the competition regulations. It considers the cases in which the rules have been violated, possible appeals, and takes decisions on the same. The jury is obliged to rule upon appeals within one hour of their submission. In special cases where the facts stated in the appeal have to be checked, the decision may be taken later, but not later than 24 hours after submission of the appeal.

7.5.2.2. If requested by the chief judge, the jury is entitled to cancel the competition if the venue, equipment or facilities do not comply with the requirements of the rules. In case of unfavourable weather conditions or other unforeseen circumstances, the jury has the right to interrupt the competition.

7.5.2.3. The decisions of the jury are taken by a show of hands on the simple majority of the votes of the members of the jury present. The meeting of the jury is considered as being properly constituted when at least half of its members are present. In case of an equal vote, the chairman of the jury will compel the members of the jury to vote, i.e., the chairman of the jury deprives the members of the jury of the right to abstain. In the event of a further equality of votes, the chairman of the jury takes the decision. The decision of the jury is final and without appeal.

7.5.3. International Jury

7.5.3.1. The "International Jury" is formed for international competitions.

The International Jury is composed of the CMAS Chief Judge, the Chief Competition Judge and two representatives elected from the participating teams at the Team Managers Meeting before the start of the competition. Two alternatives should also be elected. The International Jury forms a quorum when the CMAS Chief Judge, the Chief Competition Judge and at least two of the elected representatives or their alternates are present. In cases when the Jury has to consider a protest involving a competitor from the same country as one of the elected representatives, this representative must withdraw in favour of one of the alternates. In cases of a tied vote, the vote of the CMAS Chief Judge will be determining.

7.5.3.2. For each international competition in the CMAS sports calendar, the Underwater Orienteering Commission of the CMAS Sports Commission appoints a Chief Judge who is experienced in the organisation and umpiring of international competitions.

The round-trip travel expenses (railway, first class) board and accommodation of the CMAS Chief Judge CMAS shall be the responsibility of the organiser of the competition. For World and Continental Championships the travel costs are covered by the CMAS, but board and accommodation costs remain the responsibility of the organisers.

7.5.3.3. The CMA Chief Judge is the chairman of the international jury.

7.5.3.4. The CMAS Chief Judge must submit a report (Appendix 6) to the Sports Committee of CMAS on the competition for which he was appointed.

7.5.4. At international competitions a meeting of the team managers must be held after each event. At this meeting the Chief Competition Judge will distribute the results of the event that has been completed. The team managers can then indicate that they agree with the results, or announce a protest. After this meeting the results are signed by both the CMAS Chief Judge and put on the notice board. If a protest has been lodged, then the results are clearly marked by adding the words: "Protest lodged".

7.6 General rules

7.6.1. The organiser of the competition or the organising committee set up by him is obliged to:

- Provide the necessary equipment and facilities,
- provide transport means and boats,
- organise the competition venue and courses,
- organise safety measures,
- provide medical care and aid,
- provide means of communication and information,
- provide filling means for the compressed-air cylinders with at least 20 MPa (200 bar).

7.6.2. Additionally, for continental and world championships:

- Accommodation and catering for the competitors,
- accommodation for spectators.

7.6.3. The competition venue, the organisation and safety measures as well as the equipment, facilities and boats will be inspected by the judges in co-operation with the organising committee under the management of the chief competition judge at least one day before the competition starts.

7.6.4. The organisers of the competition have the authority to perform doping tests. This must include at least the winners of the individual events as well as a randomly chosen member of the winners of team events.

7.6.5. The starting order of the teams and individual competitors must be determined by drawing lots before the start of the competition.

7.6.6. It is not allowed to assist a competitor in any way. This applies especially to the giving of signals to orientate the competitors or to give guidance on the course (except in the event of an emergency or for special events such as MONK competitions) or to place obstacles in the path of other competitors.

- 7.6.7. The competition manager is entrusted with the general management of the competition. He is responsible for the safety of the competitors, judges and rescue parties. During the competition the course judge and the rescue team ensure the safety of each competitor.
- 7.6.8. The accompanying boats must be equipped with signalling and communication means (flags, megaphone or radio).
- 7.7 Training**
- 7.7.1. Training in the competition area is not allowed in principle, but the organisers can make exceptions. However, no training is allowed on a course that will be used for a competition. Participants are allowed to train and measure at their own risk in the area designated for training by the organisers.
- 7.7.2. During competition and training the participants must strictly comply with the safety requirements and rules laid down in the rules as well as the regulations laid down by the organisers for the competition.
- 7.7.3. The organisers of a competition must provide a training course. This should consist of at least a 3-point course, of which at least one leg will have a length of 100 m. The direction for swimming on the course will always be clockwise. The training course must comply with the same conditions (water depth, no obstacles, etc) as for competition courses. Two hours before the start of the official training period, a notice must be posted showing the length of the training legs, as well as a roster for training times when applicable. During official training hours, the organisers are to provide a supervisor who ensures that all rules are complied with. Team managers are responsible for the safety of team members. If a competitor does not comply with the rules and thereby endangers or hinders another competitor, this will be seen as unsportsmanlike conduct. Such a competitor may be barred from the competition. The rules for equipment are the same during training as for competitions.
- 7.8 Competition rules**
- 7.8.1. **Prestart**
Before every start a competitor must report to the prestarter and present his equipment for inspection. At the prestart the competitor declares, by signing a form, that he is feeling well, is not under the influence of any substance that may affect his ability to dive and that his equipment complies with the rules.
- 7.8.2. **Start**
The start shall commence from the starting area in a start posture with the competitor(s) in a static swimming pose with the head above water at the time when the signal to start is given.
It is considered a false start, if the start takes place prior to, or later than 1 minute after the start command, or if the prescribed start posture was not assumed.
For a false start the following rules will apply:
- For more than 5 seconds early start or more than 1 minute late start the competitor will be disqualified.
 - For less than 5 seconds early start or not assuming the correct start posture, a 15 seconds penalty will be added to the competitor's time. This will be added to the time of the first leg and must be taken into account when considering limit times.
- After the start, the competitor shall submerge within the first 10 meters of the course. These 10 meters are not marked and it is left to the starter's discretion to determine compliance with this rule.
For the MONK competition the map is handed to the competitor at the moment that the start signal is given.
- 7.8.3. On the course a competitor will be disqualified from the competition (also from a team competition) and pulled up, if he/she:
- Commits a false start (more than 5 seconds early, or more than 1 minute later),
 - has not left the start area within 1 min (MONK 3 min) or returns to the start area after 1 min (MONK 3 min) has elapsed,
 - breaks the surface of the water with any part of his body or equipment (except within the first 10 m after the start),
 - exceeds the boundaries of the competition area or is endangered by swimming in a clearly wrong direction,
 - incorrectly rounds the buoys and has completed about half the distance of the following leg, changes direction within the 50-meter finish area for competitions with a finish line, searches for the orienteering points in the incorrect sequence, or
 - exceeds the time limit.
- If a competitor is disqualified from a competition, points are scored up to the moment at which one of the aforementioned errors occurred.

- 7.8.3.1. Should two competitors who are both still in the competition meet underwater and their buoy lines become entangled, then both are responsible to untangle their buoy lines without breaking surface. Should one of the competitors already be disqualified, then the course judges are obliged to help untangle the lines. If this cannot be done without time loss, the competitor that was hindered can request a new start. For the MONK a new start is not possible, and in such a case the Jury can decide to make a ruling that will cancel out the effect of the hindrance (for instance deduct time from the finish time).
- 7.8.3.2. At the orienteering points (find buoys), at the turning points and in the 50 m finish zone at least part of the safety buoy of a competitor must be visible on top of the water. If, during the team competition the buoys of two or more competitors have become entangled, part of at least one buoy must be visible on top of the water. Because in such cases it is not possible to exactly determine the finish time and the deviation, a penalty of 5 seconds and 1m will be applied. This penalty will only be partly applied (or not at all) if one or more single buoys are clearly further away from the centre of the gate (no deviation penalty) or clearly finish later (no time penalty), as long as such single competitors finish within the 20 second time limit. The penalty will be determined by the finish judge. When the safety buoy has been lost, the competitor must surface at once. The points till then will count. Should the competitor not surface and has to be taken out by the competition judges, he will lose all points scored. For the MONK competition, if the buddy line is lost or the divers become separated, this will count the same as the loss of the safety buoy.
- 7.8.3.3. If no competitor completes the course for an event, adjudication will be based on how many rounding buoys were correctly rounded or how many orienteering points were found. The time for each competitor up to the last correctly rounded buoy or found orienteering point will be used to determine the ranking. For team events the time for the last team member to round a rounding buoy or to arrive at an orienteering buoy will be used.
- 7.8.3.4. Rounding buoys
Rounding buoys must be rounded such that they are on the inside of the course from the competitor. A rounding is considered to be completed when, after turning, the safety buoy of the competitor crosses the line or the extension of the line between the previous buoy (start, rounding buoy or orienteering point) and the buoy he is rounding. The decision when this occurs rests with the designated course judge, and the time is taken upon his signal. It is not allowed to search for rounding buoys.
- 7.8.3.5. Orienteering Points
Orienteering points must be clearly moved by the competitor after being found, by either pulling or spinning the buoy. If this is not done, no points are awarded.
For the team competition all members of the team are obliged to move the buoy. For scoring the time for the last team member to move the buoy is taken.
- 7.8.3.6. Finish line
A competitor may not change course within the 50m finish zone. This applies to a clear change in course, and the arranging of swim positions during the team event does not constitute a course change. A course judge must signal by lifting a flag each time that a competitor enters the finish zone, from which moment a course change should be judged if it occurs. The distance from the centre of the finish line and the time are taken at the moment that the front of the safety buoy crosses the finish line. When a safety buoy touches a meter marker on the finish line, the lesser distance is used to determine the points, even if part of the safety buoy may be in the farther meter interval. For team competitions the time for the last team member to reach the finish line is used for scoring, as well as the greatest deviation. These are not necessarily due to the same competitor. All team members must cross the finish line within 20 seconds of each other. For the purpose of determining this, seconds will be rounded down (for example a time of 7:30,10 and 7:30,90 are both rounded off to 7:30). If a team member crosses the finish line more than 20 seconds after the first team member, his finish is not taken into account when scoring. When the limit time has elapsed, the rest of the team are pulled up. Even if only one team member finishes the course, this is used for scoring.
- 7.8.3.7. Team events
The moment when a team member or a group of team members has/have clearly left a buoy on their way to the next buoy, the other team member(s) who have not yet reached that buoy are pulled up. The points that were scored by those team members that are pulled up are still used for scoring. Should there be fewer competitors in a team than required, they must start from buoy 1 and 2 or 1,2 and 3.

7.9 Adjudication

- 7.9.1. The method for calculating results and placing must be explained in detail in the competition rules.
- 7.9.2. The results in the various disciplines are either expressed in units of time (minutes, seconds) or in points resulting from a combination of speed and accuracy according to the points tables of CMAS, or of the organisers for a competition not contained in these rules.
In the event of tied scores, the faster time shall determine the placing. This also applies in the case of disqualification.
- 7.9.3. All times are rounded down to whole seconds. If the time limit is exceeded, the full time reached (15:20) is used to determine exceedance of the time limit. All times below (e.g. 15:19,99, rounded down to 15:19) are below the time limit.
- 7.9.4. In the event of a tie in the combined scoring, the points obtained in the team competitions are used to determine the ranking.

7.10 Means of communication during the competition

- 7.10.1. In order to ensure effective judging, radio communication should be used if possible. Apart from this,

communication can be established with the aid of red and white (yellow or orange) flags according to a system devised by the chief judge. It should be kept in mind that red flags are only used in cases concerning the safety of the competitors.

- 7.10.2. If a course judge raises a red flag during a competition, it means "Attention, a rescue diver is required". In this case, a rescue boat is sent to the site of the incident. If the course judge waves the red flag above his head, the chief judge must give the general alarm by firing a red flare. In such an event, the course judges must recall all competitors to the surface and do everything necessary to help the competitor in difficulty.
- 7.10.3. The white (yellow or orange) flags used for the normal indication of time (reaching a buoy, crossing a line etc.) should be held horizontally to announce arrival and quickly lifted up and kept in this position for at least five seconds when reaching the buoy (crossing the line). If the judge waves the white signal flag pointing down in front of his body, this means "mistake or breaking of rules" (incorrect turning, breaking the surface with the fins etc).
- 7.10.4. The underwater sign language of CMAS is the means of communication under water for divers, judges and rescue divers.
- 7.10.5. Communication between the judges and competitors who are under water should be carried out by pulling on the buoy line or by acoustic signals as indicated in the table below:

| Signals | | Meaning of the signals | |
|-------------------------------------|------------------------|--|---|
| Buoy line | Acoustic signal | For the competitor | For the judge |
| One pull | One knock | How are you? | I'm alright |
| Three pulls | Three knocks | Return to surface (when repeated, this signal means come to the surface immedi-ately) | I'm returning to the surface |
| Pull several times (more than 4) | Several knocks | ALARM ! Come up immediately. We will bring you up | ALARM ! I do not feel well. Have me brought up quickly |

- For transmitting the indicated signals the buoy line must be taut and signalling should be carried out by pulling sharply but not too strongly.
- Acoustic signals will be transmitted with metal implements, half in the water.
- Competitors give their signals by pulling their buoys under water. If the buoy disappears once, meaning will be the same as one pull in the above table.

8 SPECIAL COMPETITION RULES

8.1 Individual competitions

8.1.1. M-Course

8.1.1.1. The course (see diagram) consists of a starting buoy, three rounding buoys and the finish line (32 m), and has a total length of 590 meters. The time limit for reaching the finish line is 15 minutes 20 seconds.

8.1.1.2. The starting interval is from 2 to 5 minutes for men and women and will be determined by the organisers.

8.1.1.3. In accordance with the diagram, the competitors are required to swim around the rounding buoys in sequence and cross the finish line.

8.1.1.4. Adjudication

The ranking of the competitors in this event is based on the addition of points awarded for :

- Correctly rounding of the buoys and the accuracy at the finish line (Table I), and
- speed (Table VI).

If a competitor correctly rounds:

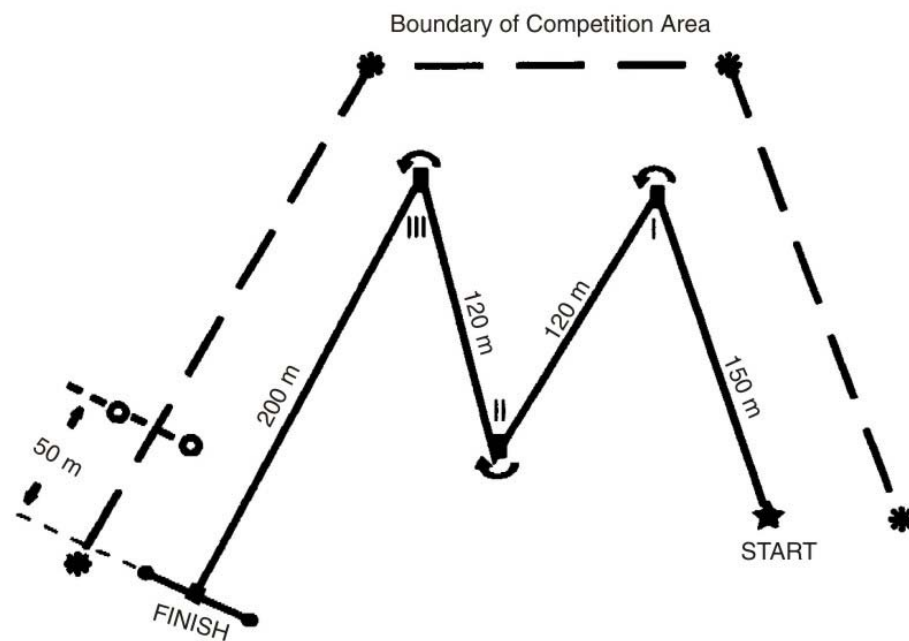
- Only buoy I, he will be awarded 100 points,
- only buoy I and II, he will be awarded 250 points, or
- only buoy I, II and III and does not reach the finish line, he will be awarded 500 points.

If the competitor reaches the finish line, he/she receives at least 501 points for correct completion of the course.

In the event of a tie, ranking is determined from the elapsed time to the last correctly rounded buoy.

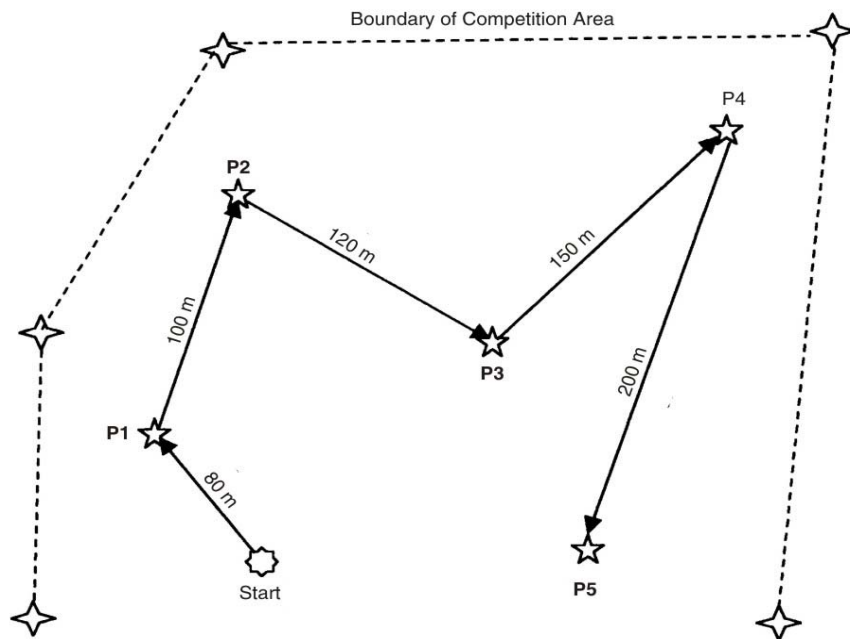
8.1.1.5. General diagram for the M-course

(Underwater orienteering competition without orienteering points).



8.1.2. 5-Point Course

- 8.1.2.1. The course consists of a starting buoy and 5 orienteering points (crossed wooden boards or pipes), the last one marking the finish. The course has a total length of 650 meters.
- 8.1.2.2. The starting interval is 4 minutes and can be changed, if necessary, by the organisers.
- 8.1.2.3. The competitors proceed around the course as shown on the diagram within certain time limits (Table II) and indicate that they have found each orienteering point by clearly pulling or spinning it.
- 8.1.2.4. Adjudication
The ranking of the competitors in this event is based on the addition of the points awarded for:
- Reaching the orienteering points (Table II) and
 - speed (Table VI).
- The intermediate and final times are taken at the moment when the orienteering buoy is pulled or spun. If the course has not been completed, only the points for orienteering points that have been reached will be counted. In the case of a tie, the time elapsed to the last buoy that was found will be used to rank the competitor.
- 8.1.2.5. General diagram for the 5-point course
(Underwater orienteering competition with orienteering points)



8.1.3. Star competition

8.1.3.1. The course (see diagram) consists of a starting buoy, 5 rounding buoys and 5 orienteering buoys, the last one being the finish. It has a total length of 600 meters. The angle between consecutive legs at the orienteering points shall not be greater than 90°.

8.1.3.1.1. The starting interval is 4 minutes and can be changed, if necessary, by the organisers.

8.1.3.1.1. In accordance with the diagram, the competitors must round a rounding buoy and find the next orienteering buoy within certain time limits (Table III).

8.1.3.5. Adjudication

The ranking of the competitors in this event is based on the addition of points awarded for:

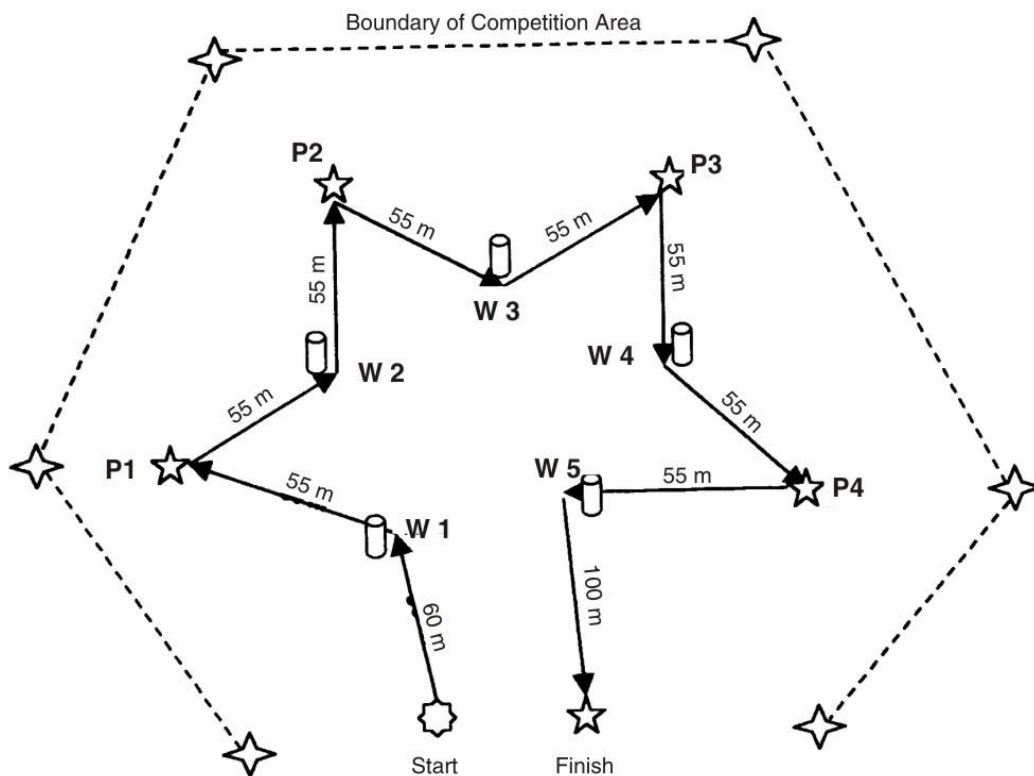
- Correct rounding of the rounding buoys and for finding the orienteering points (Table III) and

- for speed (Table VI).

If the course has not been completed, only the points for those buoys that were correctly rounded or found will be counted. In the event of tied scores, ranking will be determined by the elapsed time to the last correctly rounded buoy or found orienteering point.

8.1.3.6. General diagram for the star competition

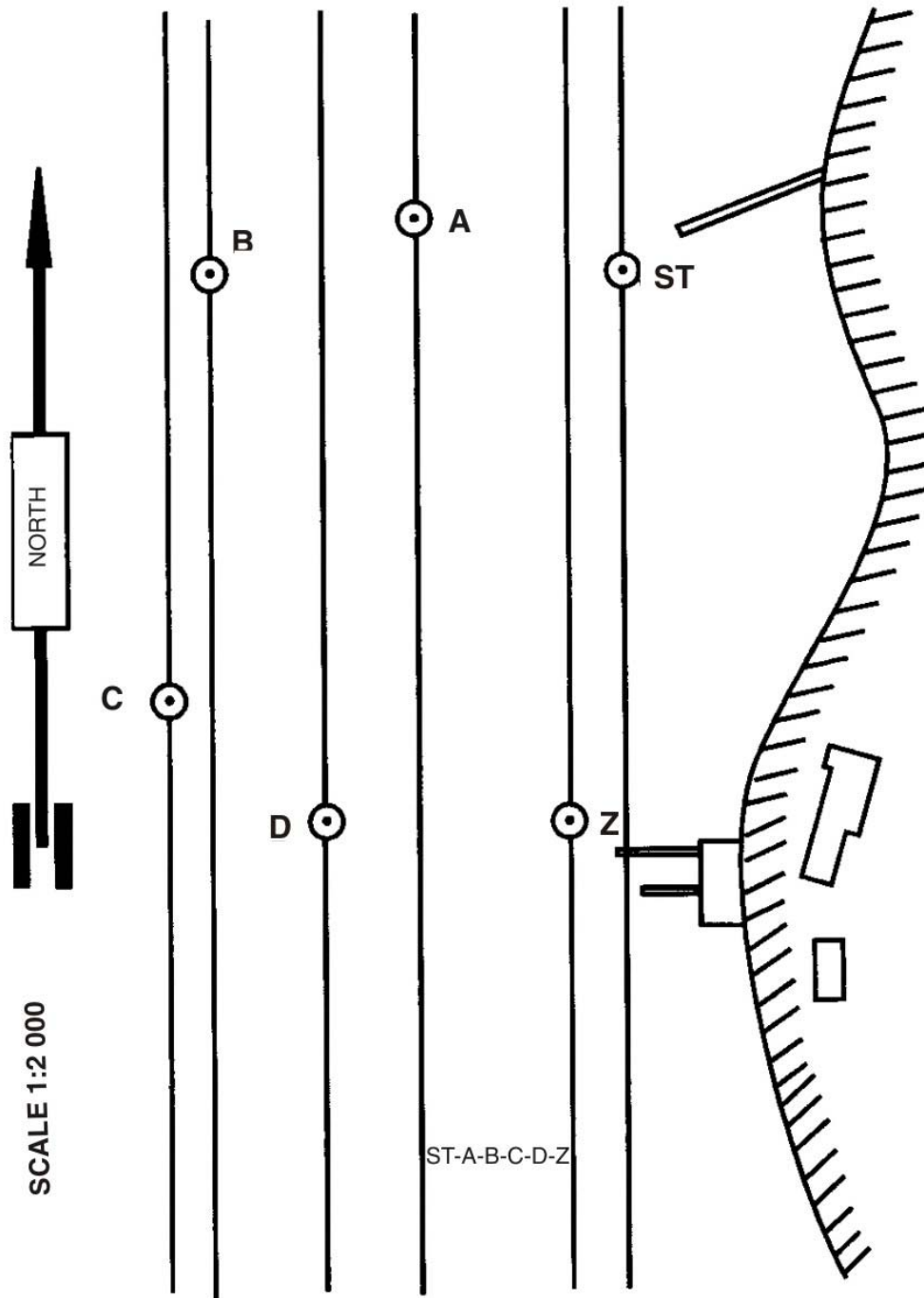
(Underwater orienteering competition with orienteering points and rounding buoys).



8.2 Team competitions

8.2.1. Monk Competition

- 8.2.1.1. The team consists of two competitors. Within an unmarked competition area with natural and artificial obstacles, four orienteering points not visible above the water, and one starting buoy and one orienteering point which are visible above the water, are arranged. Clipping devices for marking the control cards are fastened at the top and bottom of the four not visible orienteering points. The competition course for this event consists of a starting buoy and five control points of which the last one represents the finish. The complete length of the course to be covered under water amounts to about 650 meters while the distance between the consecutive points should be between 100 and 150 meters.
- 8.2.1.2. A compensation plate which is orientated due north according to the compass that was used to survey the course must be made available by the organisers at least 2 hours before the start of the competition.
- 8.2.1.3. The starting interval will be 10 minutes.
- 8.2.1.4. At the pre start the competitors will be given a marked control card (A6-format) which must be clipped when reaching an orienteering point. This clipping must be done in the designated space on the card.
- 8.2.1.5. With the starting signal, the team consisting of two competitors is given a map (format A4) with a scale of 1:2000. The map contains details concerning the edges of the shore, boundary of the competition area, exact position of start and finish, as well as the position of the control points indicated as A, B, C, D, E. The long side of the map is parallel North.
The orienteering points are to be marked clearly and well recognisable with an accuracy of one meter. A North line is to be drawn through each point (parallel to edge of map). The thickness of the card must be 1 mm ($\pm 20\%$), and the surface must be such that it can be written on. The shortest route to complete the course must be shown on the map in the form of a sequence of the orienteering points to be reached. This sequence must be followed and at each orienteering point the control card must be clearly clipped. If a clipping is not recognisable, all following clippings will be discarded and not used for scoring.
- 8.2.1.6. The teams shall have left the starting zone (10-m radius around the starting buoy) within 3 minutes and shall not return to this area during the period of the competition.
- 8.2.1.7. All measurements and calculations of the course and the distances shall be carried out under water by the competitors. Following the start, it is allowed within a 10-meter zone to break the surface with the equipment or a part of the body (except the head). The team shall find the control points under water and mark in each case the correct field on the control card with the clipping device. When the orienteering point marked as the finish buoy is reached, it must be clearly pulled or spun. The team must then surface and leave the competition area.
- 8.2.1.8. At the end of the competition, the orienteering map and control card are to be handed over to the course judge immediately.
- 8.2.1.9. Adjudication
The team ranking results from adding the points obtained for:
- the provable reaching of the orienteering points, and
- for speed.
For each orienteering point that the team can prove to have reached they earn 400 points, as long as the prescribed order is followed. If all five orienteering points are reached in a time of less than 18 minutes, the team is awarded 4 points for each second below this. After 18 minutes have elapsed the team is pulled up. Teams who did not reach all 5 control points will be ranked according to the buoy points obtained (co-placed, if tied).
- 8.2.1.10. For continental or world championships, the organiser must place 10 wooden crosses as possible searching points for the MONK competition. From these 10 points, the of CMAS Chief Judge will select the 5 control points to be used two hours before the start of the competition. For important international competitions, the organiser should arrange at least 8 searching points.



8.2.2. Team event Version A

(Visibility less than 2 – 3 m)

8.2.2.1. The team event can be for 3 or 4 competitors. The course is composed of 3 or 4 starting buoys, the orienteering points A1 and A2, the orienteering point B and a finish line similar to the finish for the orienteering competition without orienteering points (M-course). The total length of the course is 550 m

8.2.2.2. The starting interval will be 5 - 20 minutes and will be determined by the organisers.

8.2.2.3. From the start, competitor 1 moves from starting buoy 1 and competitor 2 moves from starting buoy 2 under water to orienteering point A1. Competitors 3 and 4 do likewise to point A2. If the competition is for only 3 competitors, one start buoy is left out. The time limit for reaching orienteering point A1 or A2 is 6 min.

The competitors may only meet each other at least 50 meters after the starting buoy. If this rule is not adhered to, the whole team will be disqualified.

8.2.2.4. From points A, the pairs move under water to point B. The time limit for reaching point B is 11 min.

8.2.2.5. When the competitors have met at point B, they proceed together under water to the finish line.

8.2.2.6. The time limit for reaching the finish line is 15 min 20 s.

8.2.2.7. Adjudication

8.2.2.7.1. Scoring results from adding the points obtained for:

- reaching the orienteering points (A1, A2 and B) and
- for speed and precision at the finish, multiplied by a factor determined by the number of competitors arriving at the finish.

8.2.2.7.2. For reaching point A1 and/or A2 $4 \times 150 = 600$ points

For reaching point B $4 \times 250 = 1000$ points

8.2.2.7.3. For reaching the finish line each competitor is awarded points according to table I (precision) and table VI (speed). These finish points (precision + speed) are multiplied by the following factors:

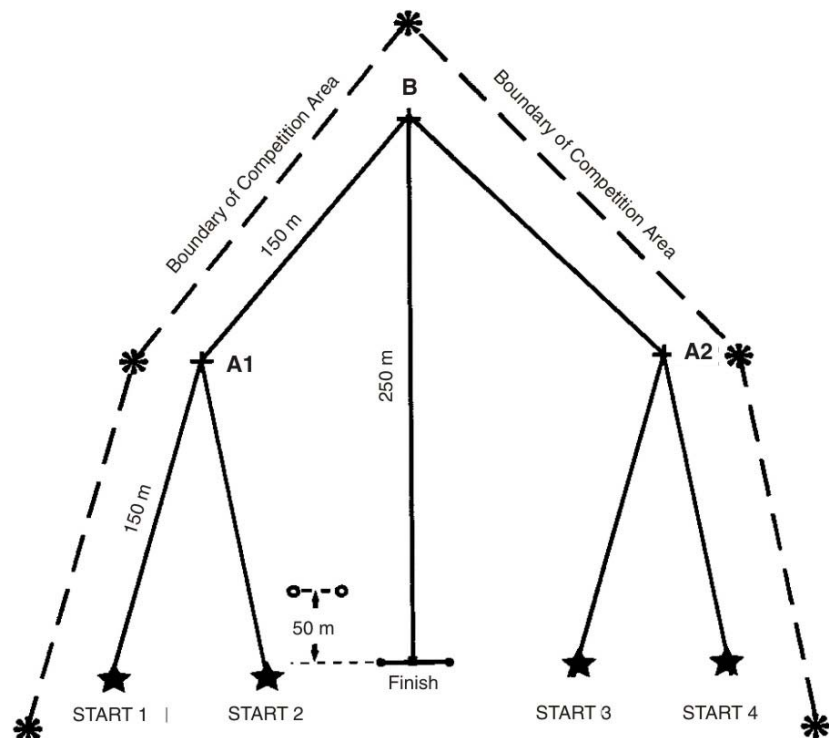
| Competitors at the | Event for 4 competitors | Event for 3 competitors |
|--------------------|-------------------------|-------------------------|
| 4 | 0,75 | - |
| 3 | 0,30 | 0,75 |
| 2 | 0,15 | 0,30 |
| 1 | 0,05 | 0,15 |

8.2.2.7.4. If the course is not completed, the orienteering points correctly reached serve to determine the placing, and the time in case of a tie.

The time at point B is taken when the last competitor of the team has reached this point (pulling or spinning the orienteering point).

The time at point A1 and A2 is taken when the last of the two competitors has reached this point. If a team reaches only Point A1 and A2, the slower of the two times is used as a basis for ranking.

8.2.2.8 General diagram for the team event for version A



8.2.3. Team event Version B

(Visibility more than 2 – 3 min)

8.2.3.1. The competition can be for 3 or 4 competitors. The course consists of the 2 starting buoys S1 and S2, the rounding buoys A1 to A4, (if the competition is for 3 competitors, one of these buoys is left out) as well as D and E, the orienteering points B1, B2 and C, and a 32 m long finish line. The total length of the course is 680 m.

8.2.3.2. The starting interval is between 5 and 20 minutes and will be determined by the organisers.

8.2.3.3. From the start, competitor 1 and 2 swim under water from starting buoy S1, competitor 3 and 4 from starting buoy S2 towards B1 and B2 respectively, while rounding buoys A1 - A4.

The time limit for reaching the orienteering points B1 or B2 is **7 minutes**.

8.2.3.4. From the B-points the pairs swim under water to orienteering point C.

The time limit for reaching point C is 11 minutes.

8.2.3.5. When the competitors have met at point C they proceed together under water to the finish while rounding buoys D and E according to the diagram.

8.2.3.6. The time limit for reaching the finish line is 15 min 20 seconds.

8.2.3.7. Adjudication

8.2.3.7.1. Scoring results from adding the points obtained for:

- Rounding buoys A1 - A4 and D, E according to Table V,
- reaching the orienteering points B1, B2 and C according to Table V, and
- speed and precision at the finish, multiplied by a factor resulting from the number of competitors arriving at the finish.

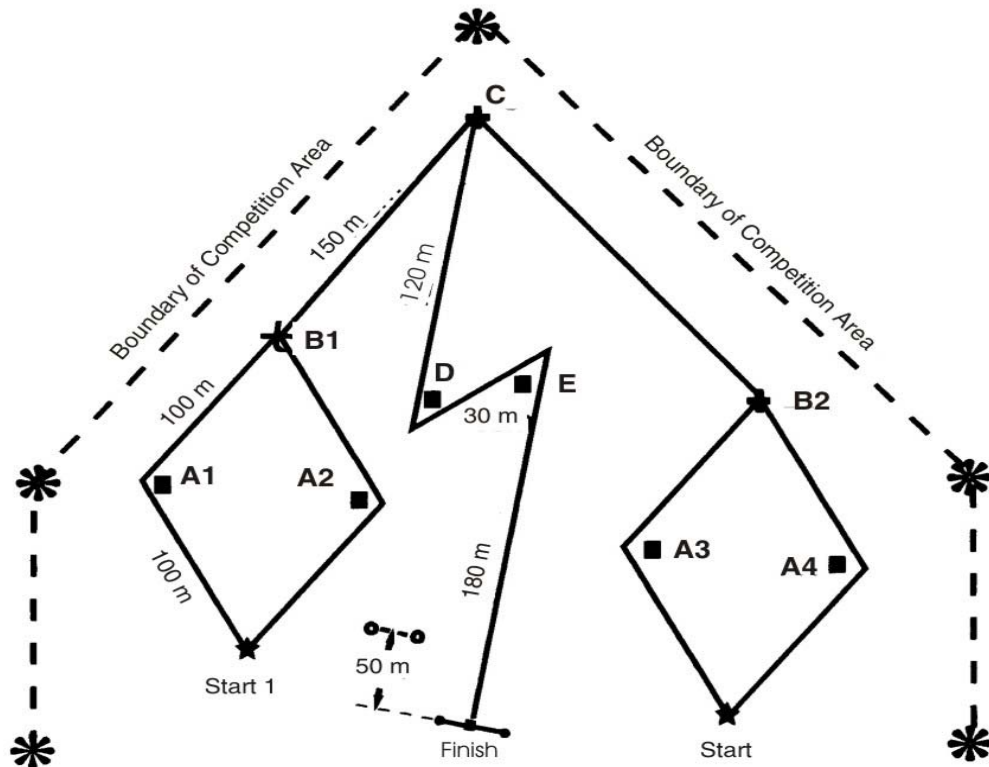
| | | |
|---|---------------|------------------|
| 8.2.3.7.2. Rounding buoy A1, A2, A3 and A4: | 4 x 50 = 200 | or 3 x 50 = 150 |
| Reaching points B1 and/or B2 | 4 x 100 = 400 | or 3 x 100 = 300 |
| Reaching point C | 4 x 150 = 600 | or 3 x 150 = 450 |
| Rounding buoy D | 4 x 100 = 400 | or 3 x 100 = 300 |
| Rounding buoy E | 4 x 100 = 400 | or 3 x 100 = 300 |

8.2.3.7.3. For reaching the finish line each competitor is awarded points according to Table I (precision) and Table VI (speed). The finish points (precision + speed) are multiplied by the following factors:

| Competitors at the | Event for 4 competitors | Event for 3 competitors |
|--------------------|-------------------------|-------------------------|
| 4 | 0,75 | - |
| 3 | 0,30 | 0,75 |
| 2 | 0,15 | 0,30 |

If the course is not completed the correctly rounded buoys and the reached orienteering points serve for determining the ranking. The intermediate time is used when scores are tied. The time at the points is taken when the last participant in the competition reached this point (rounding of buoys, pulling or spinning the orienteering point).

8.2.3.8. General diagram of the team event version B



8.2.4. Relay orienteering event, Special Competitions

At national and international orienteering events, the organisers can provide relay events over various distances as well as special competitions. The rules of these events must be clearly defined in the announcement. These must comply with the current general rules and specifically with the safety regulations. At World Cup competitions, the CMAS Chief Judge has to check this at the team manager's briefing prior to the competition.

8.3.1 Junior adjudication at World and Continental Championships

- 8.3.1. In the interest of promoting the Sport, each team may enter one Junior competitor in the male and female categories. Juniors are competitors who will turn 15 years of age in the year of the competition, but who have not yet turned 18. (The cut-off date is 31 December and not the date of the competition).
- 8.3.2. Junior competitors will start during the men's and women's events, but are adjudicated separately. Apart from the individual adjudication in this category, a combined adjudication of the results of all the individual events will be done. The title of Champion can not be awarded in this category, and the results are not taken into account for the adjudication of overall national results.
- 8.3.3. The entry fees for Juniors will be 50% of that for other competitors.
- 8.3.4. Competitors who are entered as Juniors, are not allowed to compete in the categories Male or Female in the same competition. An exception can be made when a team does not have sufficient competitors for the team event. In such cases Juniors can be used to fill up the team.

Table I

Tables for the adjudication of underwater orienteering competitions
Points for precision at the finish line of the M-course and Team competitions.

| Deviation from the centre (m) | Points |
|---------------------------------|--------|
| 0 | 1000 |
| 1 | 935 |
| 2 | 878 |
| 3 | 825 |
| 4 | 776 |
| 5 | 731 |
| 6 | 690 |
| 7 | 653 |
| 8 | 620 |
| 9 | 591 |
| 10 | 566 |
| 11 | 545 |
| 12 | 528 |
| 13 | 515 |
| 14 | 506 |
| 15 | 501 |

Table II

Cut-off times and points for the 5-Point Course.

| N° orienteering point | Distance (m) | Cut-off time | Points |
|-----------------------|----------------|--------------|--------|
| 1 | 80 | 04:00 | 200 |
| 2 | 180 | 08:00 | 300 |
| 3 | 300 | 11:00 | 600 |
| 4 | 450 | 13:00 | 950 |
| 5 | 650 | 15:20 | 1300 |

Table III

Cut-off times and points for the Star Course

| No. of rounding buoy | No. of orienteering point | Cut-off time | Cumulative Points |
|----------------------|---------------------------|--------------|-------------------|
| I | 1 | 04:00 | 75 275 |
| II | 2 | 8:00 | 350 550 |
| III | 3 | 11:00 | 625 825 |
| IV | 4 | 13:00 | 900 1100 |
| V | 5 | 15:20 | 1175 1375 |

Table IV

Cut-off times and points for the Team competition Version A

| Buoy | Cut-off time | Points per competitor | Total points | |
|--------|--------------|-----------------------|--------------|-------------|
| | | | 4 comp | 3 comp |
| A1 A2 | 06:00 | 150 | 600 | 450 |
| B | 11:00 | 250 | 1000 | 750 |
| | | Total | 1600 | 1200 |
| Finish | 15:20 | Table I + VI | x factor * | x factor ** |

Table V

Cut-off times and points for the Team competition Version B

| Buoy | Cut-off time | Points per competitor | Total points | |
|----------------|--------------|-----------------------|--------------|-------------|
| | | | 4 comp | 3 comp |
| A1, A2, A3, A4 | | 50 | 200 | 150 |
| B1, B2 | 07:00 | 100 | 400 | 300 |
| C | 11:00 | 150 | 600 | 450 |
| D | | 100 | 400 | 300 |
| E | | 100 | 400 | 300 |
| | | Total | 2000 | 1500 |
| Arrivée | 15:20 | Tableau I + VI | x factor * | x factor ** |

Factor *

Factor **

- 4 competitors finishing
- 3 competitors finishing
- 2 competitors finishing
- 1 competitors finishing

0.75
0.30
0.15
0.05

- 3 competitors finishing
- 2 competitors finishing
- 1 competitors finishing

0.75
0.30
0.15

Table VI
Points for Speed

| Min Sec | 4:00 | 5:00 | 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 |
|------------|------|------|------|------|-------|------|-------|-------|-------|-------|-------|-------|
| 0 | 1700 | 1340 | 1040 | 800 | 620 | 470 | 350 | 260 | 200 | 140 | 80 | 20 |
| 1 | 1694 | 1335 | 1036 | 797 | 617,5 | 468 | 348,5 | 259 | 199 | 139 | 79 | 19 |
| 2 | 1688 | 1330 | 1032 | 794 | 615 | 466 | 347 | 258 | 198 | 138 | 78 | 18 |
| 3 | 1682 | 1325 | 1028 | 791 | 612,5 | 464 | 345,5 | 257 | 197 | 137 | 77 | 17 |
| 4 | 1676 | 1320 | 1024 | 788 | 610 | 462 | 344 | 256 | 196 | 136 | 76 | 16 |
| 5 | 1670 | 1315 | 1020 | 785 | 607,5 | 460 | 342,5 | 255 | 195 | 135 | 75 | 15 |
| 6 | 1664 | 1310 | 1016 | 782 | 605 | 458 | 341 | 254 | 194 | 134 | 74 | 14 |
| 7 | 1658 | 1305 | 1012 | 779 | 602,5 | 456 | 339,5 | 253 | 193 | 133 | 73 | 13 |
| 8 | 1652 | 1300 | 1008 | 776 | 600 | 454 | 338 | 252 | 192 | 132 | 72 | 12 |
| 9 | 1646 | 1295 | 1004 | 773 | 597,5 | 452 | 336,5 | 251 | 191 | 131 | 71 | 11 |
| 10 | 1640 | 1290 | 1000 | 770 | 595 | 450 | 335 | 250 | 190 | 130 | 70 | 10 |
| 11 | 1634 | 1285 | 996 | 767 | 592,5 | 448 | 333,5 | 249 | 189 | 129 | 69 | 9 |
| 12 | 1628 | 1280 | 992 | 764 | 590 | 446 | 332 | 248 | 188 | 128 | 68 | 8 |
| 13 | 1622 | 1275 | 988 | 761 | 587,5 | 444 | 330,5 | 247 | 187 | 127 | 67 | 7 |
| 14 | 1616 | 1270 | 984 | 758 | 585 | 442 | 329 | 246 | 186 | 126 | 66 | 6 |
| 15 | 1610 | 1265 | 980 | 755 | 582,5 | 440 | 327,5 | 245 | 185 | 125 | 65 | 5 |
| 16 | 1604 | 1260 | 976 | 752 | 580 | 438 | 326 | 244 | 184 | 124 | 64 | 4 |
| 17 | 1598 | 1255 | 972 | 749 | 577,5 | 436 | 324,5 | 243 | 183 | 123 | 63 | 3 |
| 18 | 1592 | 1250 | 968 | 746 | 575 | 434 | 323 | 242 | 182 | 122 | 62 | 2 |
| 19 | 1586 | 1245 | 964 | 743 | 572,5 | 432 | 321,5 | 241 | 181 | 121 | 61 | 1 |
| 20 | 1580 | 1240 | 960 | 740 | 570 | 430 | 320 | 240 | 180 | 120 | 60 | |
| 21 | 1574 | 1235 | 956 | 737 | 567,5 | 428 | 318,5 | 239 | 179 | 119 | 59 | |
| 22 | 1568 | 1230 | 952 | 734 | 565 | 426 | 317 | 238 | 178 | 118 | 58 | |
| 23 | 1562 | 1225 | 948 | 731 | 562,5 | 424 | 315,5 | 237 | 177 | 117 | 57 | |
| 24 | 1556 | 1220 | 944 | 728 | 560 | 422 | 314 | 236 | 176 | 116 | 56 | |
| 25 | 1550 | 1215 | 940 | 725 | 557,5 | 420 | 312,5 | 235 | 175 | 115 | 55 | |
| 26 | 1544 | 1210 | 936 | 722 | 555 | 418 | 311 | 234 | 174 | 114 | 54 | |
| 27 | 1538 | 1205 | 932 | 719 | 552,5 | 416 | 309,5 | 233 | 173 | 113 | 53 | |
| 28 | 1532 | 1200 | 928 | 716 | 550 | 414 | 308 | 232 | 172 | 112 | 52 | |
| 29 | 1526 | 1195 | 924 | 713 | 547,5 | 412 | 306,5 | 231 | 171 | 111 | 51 | |
| 30 | 1520 | 1190 | 920 | 710 | 545 | 410 | 305 | 230 | 170 | 110 | 50 | |
| 31 | 1514 | 1185 | 916 | 707 | 542,5 | 408 | 303,5 | 229 | 169 | 109 | 49 | |
| 32 | 1508 | 1180 | 912 | 704 | 540 | 406 | 302 | 228 | 168 | 108 | 48 | |
| 33 | 1502 | 1175 | 908 | 701 | 537,5 | 404 | 300,5 | 227 | 167 | 107 | 47 | |
| 34 | 1496 | 1170 | 904 | 698 | 535 | 402 | 299 | 226 | 166 | 106 | 46 | |
| 35 | 1490 | 1165 | 900 | 695 | 532,5 | 400 | 297,5 | 225 | 165 | 105 | 45 | |
| 36 | 1484 | 1160 | 896 | 692 | 530 | 398 | 296 | 224 | 164 | 104 | 44 | |
| 37 | 1478 | 1155 | 892 | 689 | 527,5 | 396 | 294,5 | 223 | 163 | 103 | 43 | |
| 38 | 1472 | 1150 | 888 | 686 | 525 | 394 | 293 | 222 | 162 | 102 | 42 | |
| 39 | 1466 | 1145 | 884 | 683 | 522,5 | 392 | 291,5 | 221 | 161 | 101 | 41 | |
| 40 | 1460 | 1140 | 880 | 680 | 520 | 390 | 290 | 220 | 160 | 100 | 40 | |
| 41 | 1454 | 1135 | 876 | 677 | 517,5 | 388 | 288,5 | 219 | 159 | 99 | 39 | |
| 42 | 1448 | 1130 | 872 | 674 | 515 | 386 | 287 | 218 | 158 | 98 | 38 | |
| 43 | 1442 | 1125 | 868 | 671 | 512,5 | 384 | 285,5 | 217 | 157 | 97 | 37 | |
| 44 | 1436 | 1120 | 864 | 668 | 510 | 382 | 284 | 216 | 156 | 96 | 36 | |
| 45 | 1430 | 1115 | 860 | 665 | 507,5 | 380 | 282,5 | 215 | 155 | 95 | 35 | |
| 46 | 1424 | 1110 | 856 | 662 | 505 | 378 | 281 | 214 | 154 | 94 | 34 | |
| 47 | 1418 | 1105 | 852 | 659 | 502,5 | 376 | 279,5 | 213 | 153 | 93 | 33 | |
| 48 | 1412 | 1100 | 848 | 656 | 500 | 374 | 278 | 212 | 152 | 92 | 32 | |
| 49 | 1406 | 1095 | 844 | 653 | 497,5 | 372 | 276,5 | 211 | 151 | 91 | 31 | |
| 50 | 1400 | 1090 | 840 | 650 | 495 | 370 | 275 | 210 | 150 | 90 | 30 | |
| 51 | 1394 | 1085 | 836 | 647 | 492,5 | 368 | 273,5 | 206 | 149 | 89 | 29 | |
| 52 | 1388 | 1080 | 832 | 644 | 490 | 366 | 272 | 208 | 148 | 88 | 28 | |
| 53 | 1382 | 1075 | 828 | 641 | 487,5 | 364 | 270,5 | 207 | 147 | 87 | 27 | |
| 54 | 1376 | 1070 | 824 | 638 | 485 | 362 | 269 | 209 | 146 | 86 | 26 | |
| 55 | 1370 | 1065 | 820 | 635 | 482,5 | 360 | 267,5 | 205 | 145 | 85 | 25 | |
| 56 | 1364 | 1060 | 816 | 632 | 480 | 358 | 266 | 204 | 144 | 84 | 24 | |
| 57 | 1358 | 1055 | 812 | 629 | 477,5 | 356 | 264,5 | 203 | 143 | 83 | 23 | |
| 58 | 1352 | 1050 | 808 | 626 | 475 | 354 | 263 | 202 | 142 | 82 | 22 | |
| 59 | 1346 | 1045 | 804 | 623 | 472,5 | 352 | 261,5 | 201 | 141 | 81 | 21 | |

RULES FOR THE ORGANIZATION OF WORLD AND CONTINENTAL CHAMPIONSHIPS IN UNDERWATER ORIENTEERING

1. The championships will be organised according to the international orienteering rules and in compliance with the rules governing championships approved by the Sports Committee of CMAS.
2. CMAS will entrust the affiliated national federations (clubs) with the organisation of championships in accordance with the international sports calendar and the applications received. The principle of alternating the organiser must be observed.
3. The individual federations shall lodge their applications for organising championships two years beforehand with the Commission for Underwater Orienteering of CMAS. In this case it is to a very high degree left to them to finalise the programme. Championships will be held annually, world championships and continental championships in alternate years.
4. Each national federation will be represented by a team consisting of 1 team manager, 5 men, 5 women, 1 trainer, 1 judge, 1 doctor and 1 technician. Three men and three women respectively can compete for each nation in the individual events. In addition each team may enter one male and one female Junior competitor. The results of the Junior Competitions are not used in determining the overall (men and women) and national winners. The title of World Champion is also not awarded.
5. For a complete programme, the championships programme should contain the following events for men and women:
 - Competition No. 1: **M course**; Underwater orienteering event without orienteering points over 590 meters.
 - Competition No. 2: **5-Point course**; Underwater orienteering event with orienteering points over 650 meters.
 - Competition No. 3: **Star competition**; Underwater orienteering event with rounding buoys and orienteering points over 600 meters.
 - Competition No. 4: **MONK competition**; Team event with map over about 650m.
 - Competition No. 5: Team event; Version A over 550 meter
version B over 680 meterThe competitions are carried out according to the rules and points tables of the international orienteering rules.
The programme for a world or continental championship should include at least:
 - An individual event (competition 1, 2 or 3),
 - the MONK competition, and
 - a team competition.
6. During World and Continental Championships mixed teams (men and women) are not allowed to compete in the team event. It is allowed to fill up a team with Juniors, should a team not have enough competitors.
7. One or two days should be allowed before the Start of the Competition that can be used for acclimatisation and training. It is the duty of the organisers to ensure that the training is done according to the rule.
8. The competitions are run as individual and team competitions. Adjudication is done separately for men and women:
 - Individual adjudication for competitions 1, 2 and 3.
 - Team adjudication for the team event with map (MONK) and team events (competitions 4 and 5).
 - Overall nations' adjudication of the national teams for the five events, men and women separately.
 - Nations' adjudication of the national teams for the five events, men and women together.The nation's ranking is based on the total number of points gained by the competitors in the individual competitions and the number of points gained by the teams in the team competitions.
9. The following awards are given at the championships:
 - The prizes and diplomas of CMAS for the winning teams.
 - Gold, silver and bronze medals and diplomas of CMAS for the first three individual winners and for the first three teams in the team events.

NOTE

The CMAS Underwater Orienteering Commission can modify the rules for orienteering competitions. This, however, must be done at least one year before the championship takes place.

In order to promote the development of underwater orienteering, the organiser has the right to include an additional event not included in these rules in the competition.

The title of "European champion" or "World champion" cannot be awarded to the winner of an additional event that is included by the organiser in the championship programme.

The results of the competitors for this event are not taken into consideration for the nations' placing. The winner of this event will receive only the prizes provided by the organiser.

RULES FOR THE WORLD CUP IN UNDERWATER ORIENTEERING

1. Aim

The World Cup for underwater orienteering is intended to develop and further underwater orienteering within national federations and clubs.

2. Competitions

2.1. A maximum of six competitions for the World Cup are to be organised each year.

2.2. A national federation may only organise one competition per year.

2.3. Team and individual competitions are taken into account for the World Cup.

2.4. Men and women are always adjudicated separately for the World Cup. Mixed teams are included in the men's team competitions.

2.5. As for the World and Continental Championships, a Junior category may be included, but this is not obligatory for the organisers of a competition. A trophy is also not awarded in the Junior category.

3. Participation

Only teams and individual competitors whose club or federation is a member of the sports committee of CMAS may take part in World Cup competitions.

The following are eligible to participate:

3.1. National teams, one women's and one men's team per country.

The number of participants depends on the rules of the specific competition. The entry forms for national teams must come from the national federation.

The federation can also name a club team as the national team (must take into account the rules with respect to citizenship).

A club team that participates as the national team will also be taken into consideration for the club adjudication.

3.2. Club teams. The organiser of the competition determines the number of club teams. Several teams of one club may also take part.

The organiser may limit the number of competitors. For each competition a minimum of 10 and a maximum of 20 teams are recommended at present.

Individual competitors

Not more than 80 individual competitors should participate in the individual events.

4. Organisation

4.1. The competitions must comply fully with the international rules for orienteering competitions of CMAS.

4.2. Additional rules for a special competition may be specified provided that they do not contradict the rules stipulated in 4.1.

4.3. Countries or federations wishing to organise a World Cup competition must submit their application at the latest on June 30th of the previous year to the CMAS Secretariat (see: Procedures and Obligations For the organisation of Championships) and the President of the Commission for Underwater Orienteering.

4.4. The application must contain:

- Place and date of competition,
- exact description of the events of the competition,
- entry fees.

4.5. Each competition must consist of at least one team event and one individual event. When more competitions are included, only one will count for the World Cup. This, however, must be stipulated beforehand.

4.6. Only the M course, 5-point course and star competition according to the CMAS rules can be presented as individual competitions.

4.7. Federations and clubs that have been entrusted to organise a competition for the World Cup are obliged to send an announcement of the competition two months before the event starts to each national federation affiliated to CMAS that is active in the sport (cf.A/1.3).

4.8. The organisers may stipulate in the announcement the maximum number of teams that will be allowed. This will be based on the recommended number of participants in these rules.

5. Adjudication: team competition

The adjudication of the

- women's national teams
- men's national teams
- women's club teams
- men's club teams

shall be carried out separately for each competition. It makes no difference how many teams start (e.g. when only one club team starts, it is to be taken into account for the World Cup, provided that it has scored points). The 1st national team receives 16 points, the 1st club team 16 points, etc.

5.1. For the club adjudication, only the result of the best women's teams and the result of the best men's teams of a club for each competition are used to calculate the final club results.

5.2. Points for the teams for the World Cup

| | |
|------------------------|-----------|
| 1 st place | 16 points |
| 2 nd place | 13 points |
| 3 rd place | 11 points |
| 4 th place | 9 points |
| 5 th place | 8 points |
| 6 th place | 7 points |
| 7 th place | 6 points |
| 8 th place | 5 points |
| 9 th place | 4 points |
| 10 th place | 3 points |
| 11 th place | 2 points |
| 12 th place | 1 point |

If two or more teams occupy the same place, each of them is awarded the points for this place. The subsequent place(s) will be skipped.

5.3. Only the four best results of each team are used for the final ranking.

5.4. In case of a tie, the 5th or if necessary the 6th best result is taken into account for the final ranking.

6. Adjudication: individual competition

6.1. The adjudication for women and men is carried out separately for each competition. It makes no difference how many women or men start (e.g. even if only one female competitor starts, she is placed as the 1st in the World Cup independent of her position in the competition, provided that she has scored points).

6.2. Adjudication for the individual events of the World Cup is done according to the following table:

| | | | | | |
|-----|---------|-----|--------|-----|--------|
| 1. | 100 pts | 18. | 42 pts | 35. | 16 pts |
| 2. | 93 pts | 19. | 40 pts | 36. | 15 pts |
| 3. | 87 pts | 20. | 38 pts | 37. | 14 pts |
| 4. | 82 pts | 21. | 36 pts | 38. | 13 pts |
| 5. | 78 pts | 22. | 34 pts | 39. | 12 pts |
| 6. | 75 pts | 23. | 32 pts | 40. | 11 pts |
| 7. | 72 pts | 24. | 30 pts | 41. | 10 pts |
| 8. | 69 pts | 25. | 28 pts | 42. | 9 pts |
| 9. | 66 pts | 26. | 26 pts | 43. | 8 pts |
| 10. | 63 pts | 27. | 24 pts | 44. | 7 pts |
| 11. | 60 pts | 28. | 23 pts | 45. | 6 pts |
| 12. | 57 pts | 29. | 22 pts | 46. | 5 pts |
| 13. | 54 pts | 30. | 21 pts | 47. | 4 pts |
| 14. | 51 pts | 31. | 20 pts | 48. | 3 pts |
| 15. | 48 pts | 32. | 19 pts | 49. | 2 pts |
| 16. | 46 pts | 33. | 18 pts | 50. | 1 pt |
| 17. | 44 pts | 32. | 17 pts | | |

If two or more competitors are tied for position, each of them is awarded the points for this place. The following place(s) will be skipped.

6.3. The final placing is determined by adding the four best results together. In case of a tie, the 5th or if necessary the 6th best result is taken into consideration for placing.

7. Jury

The overall jury for the World Cup is composed of the President of the Commission for Underwater Orienteering and of the CMAS Chief Judges for the World Cup competitions of that particular year.

8. Reports

The organisers of World Cup competitions are obliged to hand one programme and two copies of the results of the competition immediately after the end of the competition to the CMAS Chief Judge, who shall forward them to the President of the Commission for Underwater Orienteering, together with the competition report.

9. Prizes

The winning teams, both women and men (national teams and club teams) as well as the individual winners (women and men) will receive the World Cup during the last competition of the World Cup series.

For the purchase of the cups, each organiser of a World Cup competition shall pay the sum of EUR100. This sum shall be handed over by the organisers to the CMAS Sport Commissioner for remittance to the account of the Commission for Underwater Orienteering. The total amount will be put at the disposal of the organisers of the last World Cup event.

APPLICATION FOR A COMPETITION FOR THE CALENDAR

Name of the responsible Club

| | | | |
|--------------------------------|-------------------|----------------------|--------------------------|
| Name of the responsible person | Name & first name | <input type="text"/> | |
| | Address | <input type="text"/> | |
| | Phone | <input type="text"/> | Fax <input type="text"/> |

| | | | | |
|-------------|---|--------------------------------|------------------------------|----------------------------|
| Competition | Name | <input type="text"/> | | |
| | Dates | <input type="text"/> | Place | <input type="text"/> |
| | Type | World Cup (Individual Event) | | World Cup (Team Event 3) |
| | | World Cup (Team Event 4) | | |
| | | Dates | Time Start | Dates |
| | | M <input type="text"/> | 5 point <input type="text"/> | Star <input type="text"/> |
| | CMAS rules <input type="text"/> Relay <input type="text"/> Special event <input type="text"/> | | | |
| Lodging | <input type="text"/> | | | |
| Entry fee | <input type="text"/> | | | |

Agreement of the national federation

Name of the federation

Address of the federation

Place Date

President Name & First name

Signature Stamp

REQUEST FOR ENTRY**Name of the
federation****Address of the
federation**

For the following competition

**Name of the
country or Club**

We hereby declare that we are familiar with the rules for competition in Underwater Orienteering and that we will abide by them.

Place**Date****President****Name
&
First name****Signature****Stamp**

ENTRY FORMName of the
CompetitionThe team from
Name of the country
or federation

Enters the following participants to the abovementioned competition

| | | Name & First name | Birth date | Name of the club at which participant trains |
|---------------------|---|-------------------|------------|---|
| Women | 1 | | | |
| | 2 | | | |
| | 3 | | | |
| | 4 | | | |
| | 5 | | | |
| Men | 1 | | | |
| | 2 | | | |
| | 3 | | | |
| | 4 | | | |
| | 5 | | | |
| Team manager | | | | |
| Trainer | | | | |
| Doctor | | | | |
| Judge | | | | |
| Technician | | | | |

Place

Date

President

Name
&
First name

Signature

Stamp

DECLARATION

Name of the
competition

I, the undersigned,

Name & First
name of the athlete

Member of the
team

declare

- *that I have sufficient training and experience to take part in the here above competition*
- *that I am in perfectly good health which is confirmed by the medical certificate enclosed and undertake*
- *to inform the organiser if any changes take place to my state of health either before or during the competition*
- *to strictly comply with the rules of the competition and to abide by tge decisions of the judges.*

By signing this declaration, I relieve the organiser of any responsibility in the event of an accident resulting from training or during the competition.

Place

Date

Signature

Last deadline for handing :

on

at

H

MEDICAL CERTIFICATE

**Name of the
competition**

I, the undersigned,

**Name, First name
and address of the
Doctor**

Certify that

**Name, firsrname
of the athlete**

**Member of the
team**

Can participate in training and in the here above mentioned competition

Place

Date

Signature

Stamp

REPORT OF THE C.M.A.S. CHIEF JUDGE

UNDERWATER ORIENTEERING World Cup

Year

1. Compétition

| | |
|---------|--|
| Country | |
| City | |
| Date | |

2. Did the conditions implied in the invitation comply with actual conditions

| | Y E S | N O |
|---|-------------|--------|
| Competition's general running | | |
| Respects of dates/times | | |
| Preparation satisfactory | | |
| Correct briefing | | |
| Teams Judges | | |
| Drawing lots correct | | |
| Training possibility before the competition starts | | |
| If NO, explain | | |
| Course ready 2 hours before the 1 st competition | | |
| Material used in compliance with regulations | | |
| Distances comply with regulations | | |
| Starting list ready on time | | |
| Pre-start check done (buoy) | | |
| Correct starter's commands | | |

| | Y E S | N O |
|---|-------------|--------|
| Correct start intervals | | |
| Safety conditions satisfactory | | |
| Correct work of the boat teams | | |
| Signals clear | | |
| Time-keeping exact | | |
| Evaluation of the results in accordance with CMAS rules | | |
| Official results ready on time | | |
| Overall impression calm | | |
| Were there any protests | | |
| Sufficient medical assistance available | | |
| If NO, explain | | |
| Was the intervention of the chief Judge necessary | | |

3. Overall evaluation

| | | | | |
|-----------|-----------|----------|--------------|------------------|
| 1 | 2 | 3 | 4 | 5 |
| Excellent | Very good | Good | Satisfactory | Not satisfactory |
| | | | | |
| Reasons | | | | |
| | | | | |

Place

Date

Name of the Chief
Judge

Signature

Please include : 1 invitation
 2 results list