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DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

CMAS

FREEDIVING INDOOR

INTERNATIONAL RULES

CMAS 自由潛水室內賽國際規則

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1. 通則(GENERAL RULES)

1.1 1 概述 (General)

1.1.1 自由潛水 (Freediving)

1.1.1.1 「自由潛水」是一項以「閉氣」進行的體育競賽項目。運動員保持閉氣並將其氣道沒入水下。

1.1.1.1 The term "Freediving" designates a sporting event in "Apnea" where the athlete holds his breath while keeping his airways below the surface of the water.

1.1.2 賽事、競賽項目和參賽項目 (Competition, Event and Attempt)

1.1.2.1 賽事 (competition)：指自由潛水選手的聚會，其中可由幾項比賽項目所組成。

1.1.2.1 The term **competition** is used to describe a gathering of freediving competitors, and may be comprised of several disciplines.

1.1.2.2 競賽項目(event)：構成賽事的每一種比賽。

1.1.2.2 The term **event** indicates each of the contests making up a competition.

1.1.2.3 運動員所作的單一個行動 (attempt)：指運動員所做的單一次嘗試，例如一次動態游動，或一次靜態閉氣。

1.1.2.3 The term **attempt** designates a single effort of the athlete. For instance, one dynamic course or one static apnea.

1.1.2.4 成績 (Performance)：指運動員進行單一個行動的結果，通常以距離或時間長度來表示。

1.1.2.4 **Performance** is the result of the athlete's attempt, measured in distance or time interval.

1.1.3 腳蹼的使用 (Use of Fins)

1.1.3.1 運動員可以使用單蹼或雙蹼參賽 (無蹼項目除外)。

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

1.1.3.2 如果使用腳蹼，則僅能靠運動員的自身肌肉力量提供動力，禁止借助任何機械外力，也禁止任何由肌肉觸發而產生的任何機械外力。

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

1.1.3.3 在雙蹼的競賽項目中，除了要注意裝備，還要注意踢蹼方式，除非在出發和每次轉身後的 3 公尺區域內，否則不得使用“豚式踢法”的方式游動。如果運動員在這些 3 公尺區域以外作出一次豚式踢法，則每踢動一次將會受到「常規處罰 (general penalty)」(一次踢動包括一次上踢和一次下踢)。

1.1.3.3 In bi-fins events, it is not only the equipment that matters but also the swimming style: no dolphin kick is allowed, except in the 3 meters after the start and each turn. If the athlete performs a dolphin kick outside these 3-meter zones, then a general penalty is applied for each cycle (one cycle is up and down).

1.1.4 豚式踢法 (在自由潛水中) Dolphin Kick (in Freediving)

1.1.4.1 雙腿上下同時踢動。一個週期包含一次上踢和一次下踢。

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

1.1.5 游泳 (在自由潛水中) Swimming (in Freediving)

1.1.5.1 在水中透過肢體運動產生動力向前游動。

1.1.5.1 Propelling oneself through water using movements of the limbs.

1.1.6 准許使用的用品 (Authorized Material)

1.1.6.1 面鏡或泳鏡。

1.1.6.1 Mask or goggles.

1.1.6.2 鼻夾。

1.1.6.2 Nose clip.

1.1.6.3 潛水服。

1.1.6.3 Diving suit.

1.1.6.4 手錶/潛水電腦錶。

1.1.6.4 Watch/Dive Computer

1.1.6.5 運動員可以使用個人配重系統。如果使用配重，必須具有「快卸系統」，且必須置於潛水服外面。任何情況下，不得把配重藏於潛水服裡面。運動員有權利在進行單一個行動時或執行「出水程序」時丟棄配重。

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

1.1.7 年齡組別 (Categories)

1.1.7.1 官方比賽是開放給年滿 18 歲的男性及/或女性，15 到 17 歲的運動員須參加「青少年組 (junior category)」，18 到 49 歲屬於「壯年組 (senior category)」，滿 50 歲的運動員屬於「長青組」 (master's group)，長青組又細分為以下組別：50-54 歲，55-59 歲，60-64 歲，65-70 歲，以及 70 歲以上。若「長青組」運動員願意的話，可以在「壯年組」參加比賽。假使一名「長青組」運動員在「壯年組」參加比賽時，刷新了「長青組」的紀錄，則此記錄將被視為「長青組」的紀錄。運動員的年齡是用賽季的年份減去生日的年份，例如，在 2022 年賽季中，出生於 2005 年的運動員 (2022-2005=17) 是參加「青少年組」，而出生於 1963 年的運動員 (2022-1963=59) 屬於「長青組」中 55-59 歲級別。

1.1.7.1 The official competitions are organized for men and/or women. Athletes from 15 to 17 years old participate in the junior category. The senior category corresponds to ages 18 to 49. Athletes who are at least 50 years old belong to the master's group, which is further subdivided into categories 50-54, 55-59, 60-64, 65-70 and over 70. Master athletes may, if they wish, compete in the senior's category. If a master athlete improves a masters' record while participating in the senior category this is recognized as a masters record. The age of an athlete is obtained by subtracting the year of birth from the year of the season. For example, in 2022 an athlete born in 2005 is (2022-2005=17) junior. An athlete born in 1963 (2022-1963=59) belongs to the 55-59 master's group.

1.1.8 比賽項目 (Disciplines)

動態閉氣 (Dynamic)

1.1.8.1 運動員用閉氣方式將身體維持在水面以下，而達到水下最遠水平距離的比賽項目。

1.1.8.1 Dynamic is a discipline where the athlete aims to cover the maximum horizontal distance while keeping the body below the surface of the water in apnea.

1.1.8.2 此比賽項目在游泳池舉行，可使用或不使用腳蹼。世界記錄、洲際記錄、國家記錄皆僅承認在游泳池的比賽。

1.1.8.2 This discipline is conducted in a swimming pool with the use of fins or without fins. World, Continental and National records are recognized for swimming pool events only.

1.1.8.3 動態閉氣的比賽項目有三種：**DYN** (單蹼及/或雙蹼)，**DBF** (僅雙蹼，是分開的比賽項目)，及 **DNF** (無蹼)。

1.1.8.3 There are three Dynamic disciplines: **DYN** (monofin and/or bifins), **DBF** (bi-fins only as a separate competition), and **DNF** (without fins).

靜態閉氣 (Static)

1.1.8.4 指運動員以最長持續閉氣時間為目標的比賽項目，閉氣是指在水面屏住呼吸。世界記錄、洲際記錄、國家記錄皆僅承認在游泳池的比賽。

1.1.8.4 Static apnea is a discipline where the athlete aims to perform a maximum duration in “Apnea”, holding one’s breath on the water’s surface. World, Continental and National records are recognized for swimming pool events only.

速度－耐力 (Speed-Endurance)

1.1.8.5 速度－耐力項目是指運動員盡可能在最短時間內完成既定距離閉氣游動的比賽項目。該項目在游泳池進行，運動員必須游完游泳池的全部長度，只有在游泳池的末端可以進行恢復調整，再進行閉氣游動。

1.1.8.5 Speed - Endurance are disciplines where the athlete aims to cover

a fixed distance in the minimum possible time. The event is conducted in a swimming pool. The athlete must swim the pool's entire length, alternating apnea swimming with passive recovery at the pool's ends.

1.1.8.6 此項目比賽必須使用腳蹼，可使用單蹼或雙蹼在單一組別進行比賽，意思就是雙蹼的游動方式是不受限制的。

1.1.8.6 This discipline must be swum with fins, with a single classification, without distinction between bi-fins and monofin, which means that the style of swimming with bi- fins is free.

1.1.8.7 速度—耐力項目比賽的距離通常是：速度：2×50 公尺，耐力：8×50 公尺和 16×50 公尺。世界記錄、洲際記錄、國家記錄皆僅承認在游泳池的比賽。

1.1.8.7 The typical distances for speed-endurance are Speed 2x50m and Endurance 8x50m and 16x50m. World, Continental and National records are recognized for swimming pool events only.

1.1.9 純氧的使用 (Use of Oxygen)

1.1.9.1 在進行單一個行動前，嚴禁使用純氧進行呼吸。如果運動員違規使用純氧或使用的氣體中氧含量超過周圍空氣中的氧含量，將會立即被取消比賽資格，並暫停參加 CMAS 比賽和錦標賽，停賽時間將由世界水中運動聯盟決定。

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

1.1.10 取消比賽資格 (DQ)– 失去意識 – 暈厥 (Black Out，簡稱 BO) DQ - Loss of Consciousness- Black Out (BO)

1.1.10.1 如果運動員無法完成在出水面 20 秒內完成「出水程序 (Surface Protocol)」或者在出水面 20 秒前、20 秒期間、20 秒之後需要戒護介入，則取消比賽資格。

1.1.10.1 The athlete will be disqualified if he cannot complete the Surface

Protocol within 20 seconds of surfacing, or if he needs safety intervention before, during, or after 20 seconds of surfacing.

1.1.10.2 如果運動員在水面上出現「失去意識-暈厥」，則取消比賽資格，而且必須經過醫師檢查後由醫師決定此運動員是否可繼續進行隔日和之後的比賽。

1.1.10.2 In case of loss of Consciousness-Black Out on the surface, the athlete will be disqualified. He must be examined by a doctor who will decide if the athlete is able to continue the competition the next day(s)

1.1.10.3 如果運動員在水下出現「失去意識-暈厥」，則取消比賽資格，而且不准參加隔日的比賽，運動員必須經過醫師檢查，並取得醫師許可後，才可繼續進行後天的比賽。

1.1.10.3 In case of an underwater Black Out, the athlete will be disqualified and will not be allowed to compete the next day. The athlete must be examined by a doctor and can continue the competition the day after the next only with the doctor's approval.

1.1.11 男性代詞的使用 (Use of Male Pronoun)

1.1.11.1 本規則所有內容中有關於人的稱呼，為了便於表述，均使用男性代名詞。在賽事中的所有參加人員，無論是什麼角色，都可為任一性別。

1.1.11.1 The male pronoun will be used throughout, solely in order to avoid awkward formulations. All persons participating in a competition, in any role, may be of either sex.

1.1.12 廣告 (Advertisement)

1.1.12.1 所有比賽中，包括國際錦標賽，均允許佩戴附有廣告的腳蹼或面鏡，對此沒有限制。

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

1.1.12.2 廣告同樣可以附在衣服上，但是在參加國際錦標賽時，運動

員有義務穿著自己國家的官方隊服出席相關儀式。

1.1.12.2 Advertising is also allowed on the clothing, but nevertheless it should be clear that when international championships take place, athletes are obliged to present themselves for ceremonies in the official apparel of their national team.

1.1.13 判罰 (Penalty)

1.1.13.1 違反規則，將會按照本規則相關規定受到「常規處罰 (general penalty)」。動態自由潛水的「常規處罰」包括從運動員比賽成績 (距離) 中減去 3 公尺。速度—耐力項目的「常規處罰」為運動員最終時間的 10%。

1.1.13.1 Whenever a rule is violated in a way precisely defined in the corresponding articles, a general penalty is applied. In the case of dynamic freediving the general penalty consists of subtracting 3 (three) meters from the performance realized by the athlete. In the case of speed-endurance events, the general penalty is equal to 10 % of the final time.

1.1.14 犯規 (Violation of the Rules)

1.1.14.1 除非在相對應條款中另有規定 (判罰或常規處罰)，否則犯規將被取消比賽資格。

1.1.14.1 The violation of rules leads to disqualification from the event unless otherwise (penalty or general penalty) specified in corresponding article.

1.1.15 賽事和紀錄認證 (Competitions and Record Homologations)

1.1.15.1 賽事及紀錄認證，須按照 CMAS 官方最新公佈的「錦標賽程序 (Procedures of Championships)」和「挑戰紀錄合約 (Contract for Record Attempts)」文件檔。

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

1.2 程序 (Protocols)

1.2.1 開始程序 (Start Protocol)

1.2.1.1 允許參賽的運動員必須在其 top time 前一小時到達由裁判長 (Chief Judge) 所指定的區域，例如靠近競賽區域的暖身區。

1.2.1.1 The athletes admitted to the competition must be present one hour prior to their top time at the place defined by Chief Judge, such as in the warm-up area which is situated near the competition area.

1.2.1.2 運動員必須在其 top time 前 45 分鐘由檢錄裁判 (Warm-Up Judge) 安排，並由檢錄裁判通知出發裁判 (Starting Judge)。

1.2.1.2 Forty-five (45) minutes before their top time the athletes must be at the disposal of the Warm-Up Judge who will so inform the Start Judge.

1.2.1.3 運動員只允許在 top time 前 45 分鐘內下水。

1.2.1.3 Only during the period of the last 45 (forty-five) minutes before top time the athlete is allowed to go into the water.

1.2.1.4 運動員之間比賽相隔時間為最少 5 分鐘。

1.2.1.4 The athletes will start every 5 (five) minutes minimum.

1.2.1.5 如果同時使用多條泳道比賽，將同時開始比賽。

1.2.1.5 In the case of existence of several competition lanes, there will be simultaneous start times.

1.2.1.6 當裁判指示運動員可進入比賽出發區時，表示開始進行單一個行動。

1.2.1.6 The attempt begins when the judge informs the athlete that he can go to the start area.

1.2.1.7 運動員在沒入水前有 3 分鐘的準備時間。如果比賽出發區域不會影響前一位運動員比賽，則可向裁判申請提前進入出發區。

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

1.2.1.8 發令員按照以下順序提醒「開始時間」：

1.2.1.8 He will be reminded of the time by the starter:

- 最後 3 分鐘/ 2 分鐘/ 1.5 分鐘/ 1 分鐘/ 30 秒/ 20 秒/ 10 秒/ 5、4、3、2、1 / Top Time (比賽正式開始時間) / +10 秒/ +20 秒/ +25、26、27、28、29、30。
- Last 3 minutes / 2 minutes / 1.5 minutes / 1 minute / 30s / 20s / 10s / 5, 4, 3, 2, 1 / Top Time / +10s / +20s / +25, 26, 27, 28, 29, 30.
- 運動員可以從「Top Time」到+30 秒之間的任意時間開始。在此時間範圍內，如果氣道沒有沒入水中，將取消比賽資格 (速度—耐力項目除外)。
- The athlete can start anywhere from “Top Time” to +30s (30s window). If the airways are not in the water at the count of +30s, he will be disqualified (except in Speed and Endurance).

1.2.1.9 運動員不可在「Top Time (比賽正式開始時間)」之前開始，否則他將被取消比賽資格。

1.2.1.9 The athlete is not allowed to start before the “Top Time” or else he will be disqualified

1.2.1.10 在速度—耐力項目中，計時員從「Top Time」開始計時。

1.2.1.10 In speed-endurance disciplines, the time keepers start the chronometers at the “Top Time”.

1.3.1.11 在所有國際賽事中，倒數計時必須用英語宣佈。

1.3.1.11 The countdown must be announced in English in all international competitions.

1.2.2 結束/出水程序 (End/Surface Protocol)

1.2.2.1 運動員準備結束此單一個行動時，可推離泳池底部返回水面。

1.2.2.1 At the end of the attempt the athlete can push from the bottom of the pool to emerge at the surface.

1.2.2.2 出水時 (當運動員的氣道出水)，則立即開始計時 20 秒。

1.2.2.2 Immediately upon surfacing (when the airways of the athlete emerge), the 20-second count starts.

1.2.2.3 當運動員返回水面，必須在 20 秒規定時間內面向位於泳池邊的裁判長 (Chief Judge) 完成「出水程序」(傳統水下活動的「OK」手勢，即單手將大拇指和食指作出一個圓圈)。

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

1.2.2.4 運動員在動態閉氣項目時，不可抓握泳池邊，必須保持漂浮狀態；在靜態閉氣 (Static) 以外的所有項目中，可在沒有其他外在協助的情況下抓握水道繩。

1.2.2.4 The athlete is not allowed to hold the edge of the pool in dynamic disciplines and he must stay afloat, holding the lane line without necessitating external assistance, for all disciplines except Static.

1.2.2.5 如果出現意外碰觸情況 (並非扶住)，交由裁判長 (Chief Judge) 裁決。

1.2.2.5 Accidental touch (not hold), is up to the decision of Chief Judge.

1.2.2.6 運動員在靜態閉氣 (Static) 項目中，可以扶在泳池邊。

1.2.2.6 The athlete is allowed to hold the edge of the pool the Static discipline.

1.2.2.7 運動員必須將頭部保持在水面以上，其定義為氣道以及頭部兩側等高處 (大概是耳部的中間位置) 到後腦的連線以上部位均保持在水面以上。

1.2.2.7 Maintaining the head above surface is defined as the airways and equivalent level of the sides of the head (roughly from the middle of the ears) and continuing the line around the back of the head must be over the water's surface.

1.2.2.8 執行「出水程序」時，運動員的頭部 (定義如上) 不可藉由接觸水道繩或接觸身體任何部位 (如手部、手臂等) 以獲得支撐/幫助。如果出現以上情況，則裁判將會要求戒護助理扶住/協助運動員，這將導致此運動員被取消比賽資格 (DQ) 。

1.2.2.8 During the protocol, the athletes' head (as defined above) must

not be in contact with the lane line or with any part of the body such as the hands, arms etc. to get support/help. If this is the case, the judge will ask the safety assistant to hold/help the athlete which leads to a DQ decision.

1.2.2.9 在 CMAS 國際賽事中，驗證出水程序之現場必須要有一名裁判長 (Chief Judge) (由 CMAS 指派)，或一名助理裁判 (Assistant Judge) (由 CMAS 指派以協助裁判長)，一名負責觀察比賽錄影的國家級裁判；在其他賽事中 (私人比賽或國內賽等)，只要有一名裁判長 (Chief Judge) 和錄影裁判 (video Judge) 即可。

1.2.2.9 For the Surface Protocol validation in CMAS International Competitions, there has to be a Chief Judge (assigned by CMAS), or Assistant Judge (assigned by CMAS to assist to the Chief Judge), and National Judge responsible for video observation. In other competitions (private, national, etc.) a Chief Judge and video Judge will be enough.

1.2.2.10 裁判們在此單一個行動完成後的 3 分鐘之內，將對成績做出決定並出示最終判決；如果由於技術原因，無法在 3 分鐘之內作出判決，為了避免打亂比賽的時間安排，裁判長 (Chief Judge) 可以決定在該場比賽結束後給出判決。

1.2.2.10 The judges will determine and present the final decision on the performance within 3 (three) minutes after the completion of the attempt. If it is technically impossible to reach a decision within three minutes the Chief Judge may decide to make the decision at the end of the current event, so as not to disrupt the competition's timing.

1.2.2.11 國際錦標賽必須要錄影仲裁。

1.2.2.11 Video arbitration is mandatory for an international championship

1.2.2.12 如果運動員被競賽主辦單位之人員意外碰觸，則由裁判長 (Chief Judge) 裁決此行為是否定性為「協助」。

1.2.2.12 If the athlete is touched by people from the organization accidentally, the final decision on whether this act was help or not, will be made by the Chief Judge

1.2.2.13 運動員可以在執行「出水程序」時講話，但禁止運動員助手講話。

1.2.2.13 The athlete can talk during the protocol but the athlete's

assistant cannot.

1.2.2.14 運動員在執行「出水程序」時和進行恢復的過程中，周圍人員和觀眾必須保持安靜，如有違反，裁判長 (Chief Judge) 可將比賽區域內的人員/隊員驅逐。

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

1.2.2.15 如果運動員的國家代表、教練或者隊員喊叫或協助運動員，將導致此運動員被取消比賽資格。

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

1.2.3 判定牌 (卡片) (The Cards)

1.2.3.1 判定牌含義如下：

1.2.3.1 The meaning of the cards is as follows:

- 如果一切正常 (出水程序/出發等)，則裁判長 (Chief Judge) 將會向運動員出示白牌 (白色卡片)。
- If everything is ok (with surface protocol/start, etc.), the Chief judge will show the athlete a white card.
- 如果出示黃色卡片則表示有問題出現：可能有判罰 (penalty) 或比賽成績無效 (DQ) 的問題，則運動員必須在比賽區域等候，裁判經過慎重討論後，將於最多 3 分鐘內給出最終判決 (如果在 3 分鐘內無法得出判決，則將在該場比賽後給出判決)。
- If a yellow card is shown, this means something may have gone wrong: there might be a penalty or DQ issue. The athlete must wait in the competition zone and the judges will deliberate. The judges have a maximum of 3 minutes to give the final decision (if this 3 (three) minutes is not enough then they can give their decision after the end of the event).
- 如果出示紅色卡片，則表示運動員比賽成績無效 (DQ)。

- If a red card is shown, the performance is not validated (DQ).
- 世界記錄、洲際記錄與國家記錄僅承認白色卡片是有效成績。
- World, Continental and National records are valid only with white card

1.2.4 競賽項目的分組和排名 (Staging and Classification of the Event)

1.2.4.1 可能會有兩份出場順序，男子組和女子組分開進行 (除非在技術會議上另有決定)。

1.2.4.1 There may be two start lists, for Men and Women separately (unless otherwise agreed in the technical meeting).

1.2.4.2 運動員的出場順序可由隊長所寫下的運動員「個人最佳成績 (Personal Best, 簡稱 PB)」而決定；「個人最佳成績 (Personal Best)」是指在當時或前一年的官方賽事中之最佳成績。在靜態閉氣項目中，出場順序必須按照「個人最佳成績」的順序，但是運動員 (為了戒護的觸摸信號) 可以宣告一個低於「個人最佳成績」的時間。

1.2.4.2 The start list may be determined on the basis of the Personal Best (PB) of the athletes given by the team captains at the inscription. Personal Best for this cause is interpreted to be the best official competition result from the current or the previous year. For static, the start list must follow the PB order, but the athlete (for the safety touch signals) can declare a time which can be lower than the PB.

1.2.4.3 由閉氣時間最短或距離最短的運動員先開始比賽，而時間最長或距離最長的運動員最後開始比賽 (在速度-耐力項目中，則是由游動時間最長的選手先開始比賽)。出場順序也可根據裁判長 (Chief Judge) 的要求做更改。

1.2.4.3 The athletes with the shortest time or the shorter distance will compete first while the athlete with the longer time or longer distance will compete last (except in Speed-Endurance where the athletes with the longest time will compete first). This order may be changed according to the requirements by the Chief Judge.

1.2.4.4 所有選手僅有一次機會。此項目比賽結束後，比賽排名將會立即公佈。

1.2.4.4 All the competitors will make one attempt. At the end of the discipline, a classification is established and made public immediately.

1.2.4.5 如果出現成績相同情況，則運動員會被歸為「並列排名」。

1.2.4.5 In the case of a tie, the athletes will be classified "ex aequo" – sharing the place.

2. 動態閉氣規則 (SPECIFIC RULES FOR DYNAMIC)

2.1 籌劃比賽 (Organization of the Event)

2.1.1 泳池 (Swimming Pool)

2.1.1.1 在游泳池舉行的自由潛水動態閉氣比賽，泳池長度必須是：有蹼項目 50 公尺，無蹼項目 25 公尺或 50 公尺，並且最小水深皆為 1.20 公尺。

2.1.1.1 Competitions of Dynamic Freediving in the swimming pool must take place in a 50-meter swimming pool for with fins competition, and 25 or 50-meter pool (twenty five/fifty) for without fins competition, with a minimum depth of 1.20 (one point twenty) meters.

2.1.1.2 測量必須經過 CMAS 裁判長的驗證。

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

2.1.2 比賽區域 (Competition Area)

2.1.2.1 同一泳池最多可設置 4 個比賽區域 (或：泳道)。在此情況下，泳池兩側的邊道不可作為比賽場地。在 CMAS 錦標賽、國際比賽以及世界與洲際紀錄挑戰賽中，比賽泳道的兩側必須設有水道繩，並且水道繩必須距離池邊至少 60 公分距離 (除了 25 公尺或 50 公尺泳池兩端池壁以外，不允許從池邊出水)。

2.1.2.1 Up to 4 (four) competition areas may be installed in the same swimming pool. In this case, the two external lanes from each side of the pool are not allowed as competition areas. It is mandatory to have floating line on both sides of the competition area with a minimum distance of 60 cm from the edge of the pool (exit on the edge is not allowed except at the wall ends of the pool at 25m or 50m wall ends for CMAS championships, international competitions as well as for World and Continental Record recognition.

2.1.2.2 當使用多條泳道比賽時，由裁判長決定運動員的比賽泳道，觀眾只能在觀眾席/看台觀看比賽。

2.1.2.2 When multiple lanes are used, the Chief Judge will define on which side the competition area will be. Spectators will only be allowed

in the tribune/bleachers.

2.1.2.3 為協助裁判正確執裁，應設置比賽的官方錄影機，從水面上全面記錄運動員的比賽過程；在技術上允許的情況下，應設置另一台錄影機從水下拍攝。

2.1.2.3 In order to assist the judges in their decisions, an official video of the event should be taken, recording all performances of the athletes from the surface, and when it is technically possible, another video from underwater.

~~**2.1.2.4** 如果最靠近泳池邊的泳道不具備比賽條件，則可啟用相鄰泳道。~~

~~**2.1.2.4** If the lane nearest to the pool's edge has undesirable features for conducting the event, the next lane can be used.~~

2.1.2.4 在泳池底，各距兩端池壁 2 公尺處（距離出發和轉身位置 2 公尺處），分別設置一個寬為至少 20 公分的「T」標記。

2.1.2.4 A “T” mark of at least 20 (twenty) cm width must be set out on the bottom of the swimming pool at a distance of two meters from the start and two meters before the turn.

2.1.2.5 泳池中間必須設置 25 公尺中線標誌線。

2.1.2.5 There must be a central line indicating the 25th (twenty fifth) meter of the pool.

2.1.3 出發區域 (Starting Area)

2.1.3.1 泳池內、外必須有清晰的「出發區」標識。

2.1.3.1 The starting area must be clearly marked inside and outside the pool.

2.1.3.2 如果泳池的出發端深度超過 1.40 公尺，出發端必須設置可供運動員站立的移動平臺，此平臺將於運動員出發時移開。

2.1.3.2 If the starting zone of the pool is deeper than 1.40 (one point forty) meters then the competition site must be equipped with a mobile platform for the athlete to stand on. The platform will be removed when athlete has started.

2.1.4 測量工具 (The Measurement)

2.1.4.1 距離測量應記錄運動員氣道出水處為截點，透過放置在泳池邊緣的捲尺來完成，量測距離與記錄距離之精準度為 1 公分。

2.1.4.1 The measurement of the distance will be recorded to the point where athlete's airways come out of water. Measurement will be done by a meter tape put on the edge of the pool. The distance is measured and recorded with an accuracy of 1 cm.

2.1.4.2 其它電子自動測量儀，須經 CMAS 預先審核，或由主辦單位提出需求，經裁判長審核後，方可組裝使用。

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

2.1.5 暖身區 (Warm-up Area)

2.1.5.1 未預留給比賽使用的泳道均可用於暖身。

2.1.5.1 The rest of the lanes not being used for competition, are devoted to warm-up.

2.1.5.2 暖身區是為準備比賽的運動員而設，他們需要在檢錄裁判 (Warm-up Judge) 的指令下進入並作比賽準備。

2.1.5.2 The warm-up area is reserved for the athletes who are preparing themselves for the competition under the orders of the Warm-up Judge.

2.1.6 運動員助手 (Athlete's Assistant)

2.1.6.1 在比賽開始的最後三分鐘呼叫提示前，運動員身邊只能有一名助手；進入最後三分鐘的呼叫提示後，運動員身邊不准有人，助手必須離開比賽區域。裁判對助手只會發出一次「離開警告」。

2.1.6.1 The athlete may have only one assistant until the call of the last three minutes, after the call of last three minutes no one is allowed. The assistant will leave the competition area. The judge will warn the assistant one time only.

2.1.6.2 如果助手繼續逗留在比賽區域，則此項違規行為將導致運動員受到「常規處罰 (general penalty)」。

2.1.6.2 If the assistant continues to stay in the competition zone, this violation leads to a general penalty to the athlete.

2.1.6.3 在發生技術問題時，只有裁判長 (Chief Judge) 可批准相關領隊參與討論。

2.1.6.3 The Chief Judge (only) can allow the team representative to intervene in case of a technical problem.

2.2 執行比賽 (Conducting the competition)

2.2.1 出發 (Start)

2.2.1.1 在所有項目的暖身期間，運動員均可將口部放在水下進行多次吐氣。

2.2.1.1 For any discipline the athlete can put his mouth under the water and can exhale several times during the warm up.

2.2.1.2 出發前，運動員必須在出發端就開始閉氣，由身體或腳蹼的任何部分與池壁接觸。

2.2.1.2 The athlete must start the phase of apnea at the starting point, touching the wall of the pool with any part of the body or the fins.

2.2.1.3 如果運動員在沒水過程中沒有觸壁，則允許其在氣道沒入水中後再觸壁。

2.2.1.3 He is allowed to touch the wall after his airways are immersed if he was not in contact with the wall during immersion.

2.2.1.4 如果運動員在出發時沒有接觸出發端池壁，會受到「常規處罰 (general penalty)」。

2.2.1.4 If he fails to be in contact with the wall at start, then a general penalty is applied.

2.2.1.5 在每次轉身時，運動員必須用身體或腳蹼的任何一部份觸壁。

2.2.1.5 The athlete must touch the wall of the swimming pool at each turn with a part of his body or the fins (any part of the fins).

2.2.2 水平游動 (Horizontal Path)

2.2.2.1 比賽中，允許運動員除氣道以外的身體任何部分或裝備可露出水面。

2.2.2.1 During the performance, the equipment or any part of the body except the airways can break the water's surface.

~~**2.2.2.2** 不准在水面游動，否則會受到「常規處罰 (general penalty)」。~~

~~**2.2.2.2** Swimming at the surface is not allowed. Otherwise it is general penalty~~

2.2.2.2 比賽中，運動員必須在自己的泳道內行進，允許身體局部、但非全身越過泳道，否則受到「常規處罰 (general penalty)」。

2.2.2.2 The athlete must stay within the competition lane. If the full body comes out of the competition lane then a general penalty is applied. Partial strays are allowed.

2.2.2.3 當運動員氣道露出水面的那個點，作為計算完成距離的依據。

2.2.2.3 The final performance is measured to the point where the airways come out of water.

2.2.2.4 當運動員在兩端池壁（出發端/轉身端）出水時，則對應以下三種情況進行測量：

2.2.2.4 If he wants to ascent at the wall ends of the pool (start/turn walls) then 3 cases are possible:

- 如果運動員在觸壁之前氣道出水，則氣道露出水面的那個點，作為計算完成距離的依據，其距離小於泳池長度的整數倍。
- If the airways come out before the athlete touches the wall, the measurement of the performance will be done to the point where the airways came out of water and the final performance will be lower than the multiple of the pool length.
- 如果運動員觸壁後出水，則距離為泳池長度的整數倍（即，在 50 公尺長泳池時的 150 公尺、200 公尺；或者在 25 公尺長泳池時的 125 公尺、150 公尺或者 175 公尺）。
- If the athlete touches the wall and then ascends, then the final performance will be an exact multiple of the pool length (i.e. 150m, 200m, etc. in 50m pools or 125m, 150m or 175m, etc. in 25m pool.)
- 如果運動員觸壁後，身體伴隨肩部完成 U 型轉身（身體做 180 度轉彎）然後出水，則氣道露出水面的那個點，作為計算完成距離的依據，其距離大於泳池長度的整數倍。
- If the athlete touches the wall, make a complete “U” turn with the shoulders (turning the body 180 degrees) and then emerges, the measurement of the performance will be done to the point where the airways came out of the water and the final performance will be higher than the multiple of the pool length.

2.2.3 出水 (Ascent)

2.2.3.1 當單一個行動結束時，運動員浮出水面時，戒護員可予其水面浮具以協助其扶在上面恢復。

2.2.3.1 At the end of the attempt, the safeties may give the athlete, when he comes to the surface, a buoy which will help the athlete to recover while he holds it.

2.2.3.2 運動員必須成功地做出「出水程序」，比賽方可生效。

2.2.3.2 For his performance to be validated, the athlete must successfully perform the End/Surface protocol

2.2.3.3 除非運動員陷入困境，否則在運動員完成「出水程序」(20秒)前不得以任何方式協助或者以任何理由碰觸運動員。

2.2.3.3 The athlete must not be helped in any way or touched for any reason before the end of the surface protocol (20 seconds), unless he is in difficulty.

2.2.4 排名 (Classification)

2.2.4.1 比賽中的實際距離 (RD) 可小於或大於宣告距離 (PB)。

2.2.4.1 The realized distance (RD) can be less or more than the declared (PB)

2.2.4.2 實際距離 (RD) 與宣告距離 (PB) 之間的任何差異，均不會受到任何處罰。

2.2.4.2 No penalty is applied for any difference between RD and declared PB

2.2.4.3 如果出現成績相同情況，則運動員會被歸為「並列排名」。

2.2.4.3 In the case of a tie, the athletes will be classified “ex aequo”.

3. 靜態閉氣規則 (SPECIFIC RULES FOR STATIC)

3.1 籌劃比賽 Organization of the Event

3.1.1 比賽區域 (Competition Area)

3.1.1.1 CMAS 靜態閉氣錦標賽必須在游泳池舉行。

3.1.1.1 CMAS championships of static must take place in a swimming pool.

3.1.1.2 泳池必須經 CMAS 裁判長 (Chief Judge) 進行檢驗和認可。

3.1.1.2 The pool must be verified and validated by the CMAS Chief Judge.

3.1.1.3 泳池兩側泳道的其中一條或多條用於比賽，而剩下的泳道則留給負責戒護的助理戒護裁判 (assistant safety judges)。

3.1.1.3 One lane or more, near the edge are used for the competition while the remaining lanes are reserved to assistant safety judges who ensure security.

3.1.1.4 當使用多條泳道比賽時，由裁判長 (Chief Judge) 決定運動員的比賽區域，觀眾必須離開比賽區域。

3.1.1.4 When multiple lanes are used, the competition area will be determined by Chief Judge. Spectators will only be allowed outside of the competition area.

3.1.1.5 為協助裁判正確執裁，必須設置比賽的官方錄影機，從水面上全面記錄運動員單一個行動的全程，包括入水和「出水程序」。

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

3.1.2 運動員助手 (Athlete's Assistants)

3.1.2.1 運動員在進行單一個行動的過程中，只允許有一名助手在泳池邊或者池內進行協助。

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

3.1.2.2 此助手可在比賽區域陪同運動員，但在運動員執行「出水程

序」時，不可大喊、講話、觸碰或做出手勢進行協助或幫助，直到裁判出示卡片為止。

3.1.2.2 This assistant can stay with the athlete in the competition area and in the pool, but must not shout, talk, touch or make gestures to assist or help the athlete during the Surface/Exit Protocol and until the judge shows the card.

3.1.3 計時員 (Time-keepers)

3.1.3.1 在「Top Time」之後，當運動員將氣道沒入水下時，計時員開始計時，當運動員的氣道露出水面時，停止計時。

3.1.3.1 The time-keepers start their stopwatches when the athlete immerses his airways after the TOP TIME, and stops them when the airways emerge.

3.1.3.2 單一個行動結束後，計時員必須立刻將碼錶所顯示的時間填寫於計時卡上，並交給計時長。同時，計時員要將計時碼錶拍照並向主管裁判展示他們的計時碼錶。

3.1.3.2 Immediately after the attempt they must write down the time displayed by their stopwatches on the time card which they hand over to the main time-keeper. At the same time, they take a photo and show their stopwatches for control.

3.2 執行比賽 (Conducting the competition)

3.2.1 閉氣 (Apnea)

3.2.1.1 運動員在閉氣期間，由水面裁判監督。

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

3.2.1.2 戒護控制程序包括在運動員閉氣期間，裁判定期與運動員透過觸摸的方式進行交流。

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

3.2.1.3 裁判的信號及運動員的反應必須在單一個行動開始進行前達成一致。

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

3.2.1.4 第一個、第二個和第三個溝通信號應分別在閉氣宣告時間(宣告的成績，或個人最佳成績(PB))結束前 1 分鐘、宣告時間結束前 30 秒、以及宣告時間結束前 15 秒時發出，另一個信號是在到達宣告時間時發出。到達宣告時間以後 (如果閉氣時間超過賽前宣告時間)，則每隔 15 秒發出一個信號。

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

3.2.1.5 如果閉氣的宣告時間不是 30 秒的整數倍，則給出第一個信號的時間是以減去不足 30 秒的時間為參考 (例如報名 4 分 20 秒，則以 4 分為參考；或者報名時間為 4 分 45 秒，則以 4 分 30 秒為參考)，從而決定第一個給出信號的時間。在單一個行動開始進行之前，助理裁判應將此資訊告知運動員。

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

3.2.1.6 如果運動員沒有對助理裁判的信號做出適當的反應，裁判會再次觸碰運動員。如果運動員仍然不做出反應，裁判將會中斷比賽，帶運動員浮出水面，並以暈厥 (BO) 處理，取消其比賽資格。

3.2.1.6 If the athlete does not respond to the assistant judge's signal with the appropriate response, the judge will touch the athlete once more. If the athlete persists in not responding, the judge will interrupt the event and bring the athlete to the surface, disqualifying him due to BO.

3.2.2 出水 (Finishing)

3.2.2.1 在單一個行動結束時，除非運動員陷入困境，否則在運動員完成比賽程序前不得以任何方式協助或者以任何理由觸碰運動員。

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

3.2.2.2 運動員可以抓住泳池的水道繩或池邊。

3.2.2.2 The athlete can hold the line or the edge of the swimming pool.

3.2.2.3 運動員必須完成「出水程序」，比賽方可生效。

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

3.2.3 排名 (Classification)

3.2.3.1 運動員的實際閉氣時間將取所有計時員所記錄時間的平均值。

3.2.3.1 The realized time of the athlete is calculated as a mean of the times recorded by the time keepers.

3.2.3.2 作為排名依據的時間，是運動員閉氣的有效時間。

3.2.3.2 The time that will be used for the classification of the athletes is the effective time of the apnea.

3.2.3.3 比賽中的實際時間 (RT) 可小於或大於宣告時間 (PB)。

3.2.3.3 The realized time (RT) can be less or more than the declared (PB)

3.2.3.4 實際時間 (RT) 與宣告時間 (PB) 之間的任何差異，均不會受到任何處罰。

3.2.3.4 No penalty is applied for any difference between RT and declared PB

3.2.3.5 如果出現成績相同情況，則運動員會被歸為「並列排名」。

3.2.3.5 In the case of a tie, the athletes will be classified “ex aequo”.

4. 速度－耐力規則 (SPECIFIC RULES FOR SPEED AND ENDURANCE)

4.1 籌劃比賽 Organization of the Event

4.1.1 比賽區域 (Competition Area)

4.1.1.1 在泳池舉行的 CMAS 速度－耐力自由潛水錦標賽必須在長 50 公尺，深度最少 1.40 公尺的泳池裡進行。如果泳池的出發端深度超過 1.40 公尺，出發端必須設置可供運動員站立的移動平臺，此平臺將於運動員出發時移開。

4.1.1.1 CMAS championships of speed-endurance Freediving in swimming pools must take place in a 50-meter swimming pool, with a minimum depth of 1.40 (one point forty) meters. If the starting zone of the pool is deeper than 1.40 (one point forty) meters then the competition site must be equipped with a mobile platform for the athlete to stand on. The platform will be removed when athlete has started.

4.1.1.2 每條泳道都可以用來比賽。

4.1.1.2 Every lane can be used for the competition.

4.1.1.3 在泳池底，各距兩端池壁 2 公尺處 (距離出發和轉身位置 2 公尺處)，分別設置一個寬為至少 20 公分的「T」標記。

4.1.1.3 A “T” mark of at least 20 (twenty) cm width must be set out on the bottom of the swimming pool at a distance of two meters from the start and two meters before the turn.

4.1.1.4 每條比賽泳道的兩端必須設電子觸板。

4.1.1.4 There must be an electronic pad at the edges of each competition lane.

4.1.1.5 進行速度－耐力項目時，運動員必須在水中準備就緒。

4.1.1.5 For speed-endurance events the athletes must already be in the water.

4.1.1.6 運動員需始終與池壁保持接觸，直到出發信號發出，氣道沒

入水中時也持續碰觸池壁。如果在氣道沒入水中時沒有碰觸池壁，則允許在氣道沒入水中後才碰觸池壁。

4.1.1.6 The athlete must have contact with the pool wall up to the starting signal and immerse his airways while continuing to touch to the wall. He is allowed to touch the wall after his airways are immersed if he was not in contact with the wall during immersion.

4.1.1.7 當使用多條泳道比賽時，由裁判長 (Chief Judge) 決定運動員的比賽泳道，觀眾必須離開比賽區域。

4.1.1.7 When multiple lanes are used, the competition area will be determined by the Chief Judge. The public will only be allowed outside of the competition area.

4.1.1.8 為協助裁判正確執裁，應設置比賽的官方錄影機，從水面上全面記錄運動員單一個行動的全程，包括入水和「出水程序」。

4.1.1.8 In order to assist the judges in their decisions, an official video of the event should be recorded from the surface, recording the total attempt of the athlete, including entry and exit protocol.

4.1.2 泳道和轉身裁判 (Lane and Turning Judges)

4.1.2.1 每條泳道的裁判由裁判長 (Chief Judge) 統一安排。

4.1.2.1 They are nominated to each lane by the Chief Judge.

4.1.2.2 這些裁判必須檢查運動員遵守規定進行轉身。

4.1.2.2 They must check the athletes turn according to the rules.

4.1.2.3 這些裁判需將任何違規的動作報告給裁判長 (Chief Judge)。

4.1.2.3 They report any rule violation to the Chief Judge.

4.1.3 計時員 (Time-Keepers)

4.1.3.1 電子計時板為主要計時裝置，但為了因應出現電子計時失靈情況，計時員須記錄其所負責泳道運動員的時間。

4.1.3.1 The primary time measurement is done by the electronic pad but

as a fail-safe, the time-keepers record the times of the athletes for whom they are responsible.

4.1.3.2 計時員在接受到開始信號時，開啟碼錶計時，並在運動員觸碰終點電子板（最後觸碰電子板）後停止計時。在單一個行動結束後，計時員必須立刻將碼錶顯示的時間填寫於計時卡上，並交給計時長。同時，計時員將計時碼錶拍照留存並向主管裁判展示碼錶。

4.1.3.2 At the signal of the start, the time-keepers start their stopwatches and stop them when the athlete has touched the finishing pad. Immediately after the attempt they must write the time displayed by their stopwatches on the time card, which they hand over to the main time-keeper. At the same time, they take a photo of the stopwatch and show their stopwatches for control.

~~**4.1.3.3** 在距離 100 公尺以上的比賽中，計時員負責記錄運動員的中間恢復休息時間。~~

~~**4.1.3.3** They are responsible for the recording of the intermediate times in races of more than 100 meters' distance.~~

4.1.3.3 計時員同時也負責檢查運動員的轉身與最終結束是否遵守規則。

4.1.3.3 Their task is also to check that the turns and the finish are in accordance with the rules.

4.2 執行比賽 (Conducting the Competition)

4.2.1 下潛出發 (Descent)

4.2.1.1 出發前，運動員必須藉由身體或腳蹼的任何部份與池壁碰觸，並在離開池壁之前開始閉氣。

4.2.1.1 The athlete must start by touching the wall of the pool with any part of the body or fins and begin the phase of apnea before he has disconnected from the wall.

4.2.1.2 運動員必須在每個轉身處用身體或者腳蹼任何部份觸碰池壁。

4.2.1.2 The athlete must touch the wall of the swimming pool at each

turn with a part of his body or fins.

4.2.1.3 運動員不可以在「Top Time (比賽正式開始時間)」之前出發，否則他將會被判為「不當出發」。

4.2.1.3 The athlete cannot start before the “Top Time” otherwise a “False Start” will be declared.

4.2.2 水平游動 (Horizontal Path)

4.2.2.1 游動中，允許運動員除氣道以外的身體任何部份或裝備可露出水面。

4.2.2.1 During the rest of the horizontal path, only the equipment or any part of the body, except the airways, can break the water’s surface.

4.2.2.2 在速度－耐力比賽中，可在兩個相繼閉氣游動距離間 (每隔 50 公尺) 進行休息恢復。

4.2.2.2 A time of recovery between successive apneas (every 50 m) in a speed-endurance event is allowed.

4.2.2.3 當運動員到達泳道池壁時，不得在觸壁前呼吸。此條規則適用於所有的轉身和單一個行動結束時。

4.2.2.3 When the athlete comes to the end of the lane, he is not allowed to breathe before touching the wall. This is obligatory for all the turns and at the end of the attempt.

~~**4.2.2.4** 運動員不准在水面游動，否則會受到「常規處罰」。~~

~~**4.2.2.4** Swimming at the surface is not allowed. Otherwise it is general penalty.~~

4.2.3 出水 (Ascent)

4.2.3.1 運動員出水時，除非運動員陷入困境，否則在運動員完成 20 秒「出水程序」前，不得以任何方式協助或以任何理由碰觸運動員。

4.2.3.1 Upon ascent, the athlete must not be helped in any way or touched for any reason before the 20 second surface protocol is complete, unless he is in difficulty.

4.2.3.2 運動員可以抓住泳池的水道繩或兩端池壁。

4.2.3.2 The athlete can hold the line or the end wall of the swimming pool.

4.2.3.3 當單一個行動結束，回到水面後，運動員必須完成「出水程序」。

4.2.3.3 At the end of the attempt, back on the surface, the athlete has to complete the surface protocol.

4.2.4 排名 (Classification)

4.2.4.1 比賽中的實際時間 (RT) 可小於或大於宣告時間 (PB)。

4.2.4.1 The realized time (RT) can be less or more than the declared (PB)

4.2.4.2 實際時間 (RT) 與宣告時間 (PB) 之間的任何差異，均不會受到任何處罰。

4.2.4.2 No penalty is applied for any difference between RT and declared (PB)

4.2.4.3 如果出現成績相同情況，則運動員會被歸為「並列排名」。

4.2.4.3 In the case of a tie, the athletes will be classified “ex aequo”.