



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

CMAS FREEDIVING RULES POOL COMPETITIONS

CMAS自由潛水
泳池賽
國際規則

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1. 通則 (GENERAL RULES)

1.1 概述 (GENERALITIES)

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。

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

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，運動員需要閉氣，並將其呼吸道保持在水面以下。

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.

1.1.1.2 自由潛水中的「游泳」包括運動員利用四肢的運動，在水中推進自己。

1.1.1.2 Swimming in freediving consists in propelling oneself through water using movements of the limbs.

1.1.1.3 自由潛水中的「豚踢」是指運動員的雙腿從中間位置一起上下擺動的動作。一次的上下運動，構成一個完整的豚踢動作。

1.1.1.3 A dolphin kick in freediving is defined by a motion in which the legs move up and down together through neutral position. The up and down motion constitutes one complete cycle.

1.1.2 賽事、競賽項目、挑戰和成績 (COMPETITION, EVENT, ATTEMPT AND PERFORMANCE)

1.1.2.1 賽事 (Competition)：由許多自由潛水選手共同參與的賽事活動，可包含幾種競賽項目。

1.1.2.1 The term "Competition" is used to describe a gathering of Freediving competitors and may include several events.

1.1.2.2 競賽項目 (Event) : 構成賽事的每一次出發/出賽。

1.1.2.2 The term “Event” indicates each of the contests making up a competition.

1.1.2.3 挑戰 (Attempt) : 指運動員所作的單一次嘗試，例如動態平潛或靜態閉氣。

1.1.2.3 The term “Attempt” designates a single effort of the athlete. For instance, one displacement in apnea (dynamic) or one static apnea.

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

1.1.2.4 The term “Performance” is the result of the athlete's, measured in distance or time.

1.1.3 年齡組別 (CATEGORIES)

1.1.3.1 官方比賽開放給男性及/或女性參加。

1.1.3.1 Official competitions are organized for men and/or women.

1.1.3.2 依參賽者年齡，各組別定義如下：

- 「青少年組 (JUNIOR)」運動員之年齡為從15歲至17歲。
- 「壯年組 (SENIOR)」運動員之年齡為從18歲至49歲。
- 「長青組 (MASTERS)」各組年齡為：M1運動員為50-59歲、M2運動員為60-69歲、M3運動員為70歲以上。

運動員的年齡計算，是用比賽當年的年份減去出生的年份。

1.1.3.2 Age categories are defined as below:

- “JUNIOR” Athletes from 15 to 17 years old
- “SENIOR” Athletes from 18 to 49 years old.
- “MASTERS” which is subdivided in the following age groups: M1 Athletes 50-59, M2 Athletes 60- 69, M3 Athletes 70 +

The age of an athlete is obtained by subtracting the year of birth from the current year.

1.1.3.3 「青少年組」的選手可以參與「壯年組」的比賽。一場比賽中要如何將選手分在「青少年組」、「壯年組」，會由該場比賽的主辦方組織。而總會會在每位選手初始註冊時，將每位選手註冊進某個組別。假使一名「青少年組」運動員在「壯年組」參加比賽時，刷新了「青少年組」的紀錄，則此成績將被視為「青少年組」組別的紀錄。

1.1.3.3 Junior athletes can be authorized to compete in the senior category. The organization of Master and Junior categories is decided by the organizer. The federation will register each competitor in a category during initial registration. If a junior athlete improves a junior record while participating in the senior category, this is recognized as a junior record.

1.1.3.4 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」中此運動員相關年齡組別的紀錄。

1.1.3.4 Masters athletes may, if they wish, compete in the senior category. If a master athlete improves a masters' record while participating in the senior category this is recognized as a master's record in his related age master category.

1.1.4 競賽項目 (EVENTS)

動態平潛 (Dynamic)

1.1.4.1 動態平潛是一項競賽項目，運動員的目標是在閉氣時將身體保持在水面以下，同時達到最遠的水平距離。

1.1.4.1 Dynamic is an event where the athlete aims to cover the maximum horizontal distance while keeping the body below the surface of the water in Apnea.

1.1.4.2 動態平潛項目可以使用蛙鞋或無蛙鞋，且在游泳池內進行。

1.1.4.2 Dynamic events are conducted in a swimming pool with the use of fins or without fins.

1.1.4.3 動態平潛共有三種不同的項目：

DYN（使用單蹼或是雙蹼）、DYN-BF（僅能使用雙蹼）、DNF（無蛙鞋/無蹼）

1.1.4.3 There are three different Dynamic events:

DYN (monofin or bi-fins), DYN-BF (bi-fins only), DNF (without fins).

靜態閉氣 (Static)

1.1.4.4 靜態閉氣，是一項在水面閉氣的項目，運動員會以最長的持續閉氣時間為目標競賽。

1.1.4.4 Static apnea, STA, is an event where the athlete aims to perform a maximum duration in “Apnea”, holding his breath on the water’s surface.

競速平潛 (Speed Apnea)

1.1.4.5 競速平潛是指運動員需要在儘可能短的時間內，以閉氣平潛的方式完成數次固定距離的競賽項目。此項目需在游泳池中進行。運動員可以在泳池末端進行恢復呼吸、調整，再進行下一趟的閉氣平潛。

1.1.4.5 Speed apnea is a discipline where the athlete aims to cover a fixed distance in the shortest possible time. The event is conducted in an artificial swimming pool. The athlete can alternate apnea swimming with passive recovery at the pool ends.

1.1.4.6 競速平潛有2x50公尺、4x50公尺、8x50公尺，這三種類別。

1.1.4.6 The official distances for Speed apnea events are 2x50m, 4x50m and 8x50m.

1.1.4.7 在速度賽中，選手可以使用雙蹼或是單蹼，但最終結果不會細分雙蹼或單蹼。

1.1.4.7 In Speed events, the athletes must use bi-fins or monofin. The classification of the results will not make any distinction between bifins or monofin.

1.1.5 賽事和記錄認證 (COMPETITIONS AND RECORD HOMOLOGATIONS)

1.1.5.1 賽事及記錄認證，須按照CMAS官方網站上最新公佈的「主辦錦標賽的程序與義務 (Championships organization procedures & obligations)」和「世界紀錄認證賽事舉辦需求 (Requirements for WR STATUS Competitions)」兩份文件來執行。

1.1.5.1 Competitions and record homologations are subject to the latest versions of the “Championships organization procedures & obligations” and “Requirements for WR STATUS Competitions”, which documents are available on the CMAS website.

1.1.5.2 有關賽事類別的定義，請見CMAS網站上之「主辦錦標賽的程序與義務」文件，摘錄如下表：

層級	賽事
A類	世界錦標賽，洲際錦標賽
B類	世界賽，地區賽和洲際賽，世界大學運動會 (FISU)
C類	其他國際比賽

1.1.5.2 Categories of competition are defined in Championships organization procedures & obligations document on CMAS website and summarized in the next table:

Tier	Competitions
Category A	World championships, Continental championships
Category B	World, Zone and Continental Cups, University Competition (FISU)
Category C	Other International Events



1.1.5.3 在CMAS之A類賽事中，CMAS將指派一名技術代表，其權力如「錦標賽的程序」中所述，此場賽事將由CMAS指派的一名裁判長負責，此裁判長將由CMAS指派的兩名官方裁判以及一名負責監看影像的國家裁判予以協助。繩索助理、熱身助理和其他助理會由裁判長核准後，按賽事需求予以指派。

在其他B類、C類賽事中(私人賽事、國家賽事、國際賽，各種盃等)，裁判長必須要有一名助理和攝影助理。

1.1.5.3 For CMAS A Category Competitions, a Technical Delegate will be appointed by CMAS with the authority as described in “Procedures of Championships”. The competition will be governed by a CMAS international Judge as Chief Judge appointed by CMAS. The Chief Judge will be assisted by two Official Judges appointed by CMAS and a National Judge responsible for video observation. Other line assistants, warm up assistants and other assistants will be appointed with the Chief judge’s approval, according to the needs.

In other competitions Category B, C (private, national, international, cups etc.) a Chief Judge with assistants and an official video assistant are mandatory.

1.1.5.4 A、B、C類賽事必須在50公尺泳池中進行，且深度至少為1.2公尺。

1.1.5.4 Category A, B, C competitions must take place in a 50-meter swimming pool, with a minimum depth of 1.20 (one point twenty) meters.

1.1.5.5 國家比賽、區域比賽可以在25公尺或是50公尺泳池內進行。

1.1.5.5 National or local competitions can be organized in 25m or 50m swimming pools.

1.1.5.6 世界紀錄、洲際紀錄，僅能在50公尺泳池內進行認證。

1.1.5.6 World and Continental records are homologated only in 50m-swimming pools.

1.1.5.7 世界紀錄、洲際紀錄和國家記錄只認證白牌成績。

1.1.5.7 World, Continental, and National records are valid only if the performance is validated by the judge with a white card.

1.1.6 運動禁藥 (ANTIDOPING)

1.1.6.1 請參閱程序和義務中的反興奮劑控制要點以及所有相關檔案。

1.1.6.1 Refer to the point Anti-Doping Control in the procedures and obligations and all the relevant documents.

1.1.6.2 根據截至2019年3月1日的CMAS醫療規則，為了保護每個潛水員的健康和身體健全，並確保比賽的安全，自2023年9月23日起，禁止在比賽中使用苯二氮卓和第五型磷酸二酯酶抑制劑（“PDE5-I”，包括但不限於伐地那非、塔達拉非、阿瓦那非）。所有處理程序均在本規則附件中的“CMAS苯二氮和PDE5抑制劑技術規則”中。

1.1.6.2 According to the CMAS Medical Rules as of 1st March 2019 and in order to protect each diver's health and physical integrity and to ensure the safety of the competitions, Benzodiazepines & Phosphodiesterase type-5 inhibitors (“PDE5 inhibitors”, including but not limited to Vardenafil, Tadalafil, Avanafil — hereinafter all referred to as the “Substances”) are prohibited in-competition since 23 September 2023. All modalities concerning the procedures are in the “**CMAS TECHNICAL RULES ON BENZODIAZEPINES AND PDE5 inhibitors (PDE5 inhibitors)**” in the annex of the present rules.

1.2 裝備和游動方式 (MATERIAL AND SWIMMING STYLE)

1.2.1 蛙鞋的使用 (USE OF FINN)

1.2.1.1 運動員可以使用單蹼或雙蹼，而無蹼項目不允許使用蛙鞋。

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

1.2.1.2 如果使用蛙鞋，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。

1.2.1.2 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.

1.2.1.3 在雙蹼的競賽項目中，不能使用「豚式踢法」，除了出發、每次轉身後的3公尺內才允許。若運動員在上述區域外豚踢，每一次豚踢將會得到一次的常規處罰。

1.2.1.3 In bi-fins events, no dolphin kick is allowed, except in the 3 meters zone after the start and each turn. If the athlete performs a dolphin kick outside these 3-meter zones, a general penalty is applied for each complete cycle.

1.2.2 准許使用的裝備 (AUTHORIZED MATERIAL)

1.2.2.1 面鏡、泳鏡、或液態泳鏡。

1.2.2.1 Mask, goggles, or fluid goggles.

1.2.2.2 鼻夾。

1.2.2.2 Nose clip.

1.2.2.3 潛水服（有頭套或泳帽）。

1.2.2.3 Diving suit with attached hood or swim cap.

1.2.2.4 單蹼或雙蹼。

1.2.2.4 Monofin or bi-fins.

1.2.2.5 手錶/潛水電腦

1.2.2.5 Watch/dive computer

1.2.2.6 運動員可使用個人配重系統。如果使用配重，必須具有「快卸系統」，且必須置於防寒衣外面。運動員不允許把配重藏於防寒衣裡面。

1.2.2.6 The athletes may use their personal weight system. If a weight system is used, the athlete must use it with a quick release system, and the weight system must be worn over his clothing. Athletes can not use weight systems under their clothing.

1.2.3 廣告 (ADVERTISEMENT)

1.2.3.1 所有賽事中，包括國際錦標賽，均允許佩戴附有廣告的蛙鞋或面鏡，對此沒有限制。

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

1.2.3.2 廣告同樣可以附在衣服上。而在國際錦標賽上，運動員必須穿著國家隊的官方服裝參加儀式。

1.2.3.2 Advertising is also allowed on the clothing. At international championships, athletes are obliged to present themselves for ceremonies in the official apparel of their national team.

1.3 犯規 (VIOLATION OF THE RULES)

1.3.1 犯規及處置 (ARTICLE INFRINGEMENT)

1.3.1.1 除非在相對應條款中另有規定之處罰，否則犯規將被取消比賽資格。

1.3.1.1 Article violation leads to the declared invalidity of the performance, unless a penalty is specifically mentioned in the applicable article.

1.3.1.2 若違反規則並未導致成績無效，其懲處方式將會於特定規則中提及。

1.3.1.2 If violation of an article does not lead to invalid performance, the penalty to be imposed will be specified in the specific event rules.

1.3.2 氧氣的使用 (USE OF OXYGEN)

1.3.2.1 在每位選手的TOP Time前一小時內，嚴禁使用外部供氧進行呼吸。如果運動員違規使用純氧或使用的混合氣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。

1.3.2.1 One hour before an attempt, the use of oxygen is strictly forbidden. An athlete who has been declared guilty of the use of oxygen enriched air or pure oxygen, will be immediately disqualified for the rest of the competition and will be subjected to suspension from participating in CMAS competitions and championships for a period which will be defined by the CMAS Board of Directors.

1.4 程序 (PROTOCOLS)

1.4.1 開始程序 (START PROTOCOL)

1.4.1.1 運動員必須在其Top Time (比賽正式開始時間) 前一小時內到達主裁判所指定的區域 (泳池建築物內)。在選手Top Time時間前一小時，運動員必須要在裁判的可視範圍內並可隨時接受檢查。

1.4.1.1 The athletes admitted to any event of the competition must be present one hour prior to their top time in the pool building close to the competition area defined by the Chief Judge at the technical meeting. One hour before the top time, judges must be able to find any athletes to check them.

1.4.1.2 運動員必須在比賽開始前45分鐘向暖身裁判 (Warm-up Judge) 報到後即可下水暖身，會由暖身裁判通知水道裁判 (Lane Judge)。

1.4.1.2 45 minutes before their Top Time, athletes must present to the warm-up assistant who will allow them to go in the water and inform the Lane Judge.

1.4.1.3 在每一個TOP Time，至少會有8分鐘的間隔時間。

1.4.1.3 Between every start, there will be a delay of minimum 8 (eight) minutes.

1.4.1.4 如果比賽有多個賽區，會同時開始比賽。

1.4.1.4 When more than one competition lane is used in an event, the starts will be simultaneous.

1.4.1.5 當比賽區淨空後，發令員會指示運動員進入比賽區域。運動員的下潛前會有3分鐘的官方倒數及準備時間。

1.4.1.5 As soon as the competition lane is free, the starter will inform the athlete to go to the starting point. An attempt starts with the countdown from three minutes as follows:

1.4.1.6 官方倒數方式如下：

1.4.1.6 The countdown goes as follows:

- 最後3分鐘/ 2分鐘/ 1分鐘30秒/ 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 minute 30s / 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秒內的任意時間開始下潛。在此時間範圍內，如果呼吸道沒有沒入水中並開始比賽，則取消比賽資格。
- The athlete can start from Top Time to +30s (30s window). If the airways are not in the water at the count of +30s, he will be disqualified.

1.4.1.7 在國際賽事中，官方倒數必須用英語宣佈。

1.4.1.7 The countdown must be announced in English in international competitions.

1.4.1.8 若運動員在「Top Time (比賽正式開始時間)」之前開始比賽，將會導致他的比賽結果無效。

1.4.1.8 If an athlete starts before “Top Time”, his performance will be invalid. “DQ early start” will be mentioned on the results list.

1.4.1.9 運動員可在「Top Time (比賽正式開始時間)」前，將其口部置於水下數次，在水下時可吐氣或不吐氣。儘管如此，若宣布Top Time後運動員的呼吸道仍在水中，該運動員的表現將被視為無效。

1.4.1.9 The athlete can immerse the airways or exhale in water before the top time. Nevertheless, the performance will be declared invalid if airways are still immersed when Top Time is announced.

1.4.2 水面流程 (SURFACE PROTOCOL)

1.4.2.1 運動員在出水時，可以推池底來幫助自己返回水面。

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

1.4.2.2 當運動員返回水面、呼吸道出水時，裁判會開始計時20秒鐘。

1.4.2.2 Upon surfacing of the airways of the athlete, the lane judge will start the 20-second count.

1.4.2.3 當運動員出水後，需要在20秒內完成水面流程。運動員必須：向水道裁判 (Lane Judge) 完成「水面流程」(傳統水下活動的「OK」手勢，將兩根手指作出一個圓圈)。

而水道裁判 (Lane Judge) 會在泳池邊。運動員必須要面向裁判。圖1所示為運動員朝向裁判和作出「OK」手勢允許方向的範圍，「OK」手勢的方向定義在兩肩連線之前，手部作出「OK」手勢。

1.4.2.3 After surfacing, the athlete must complete the surface protocol within 20 seconds. The surface protocol consists in the athlete showing the OK sign of the conventional underwater activities. The OK Sign is two fingers making a circle in the direction of the Lane Judge.

The lane judge will be on the deck of the pool. The athlete must be facing the judge. The OK sign must be directed towards the line judge as defined by the lane drawn between the shoulder and the hand showing the OK sign as represented in figure 1 below.

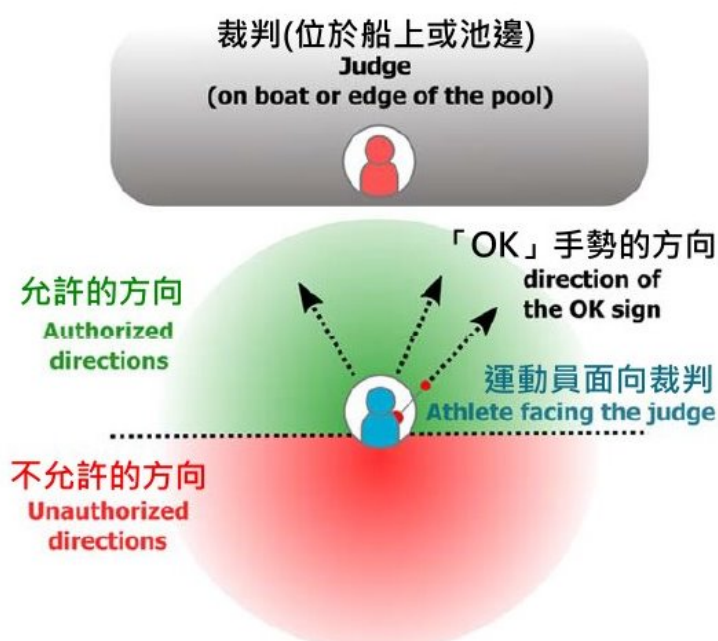


圖1：選手與裁判在出水程序期間的位置

Figure 1: Position of competitor and judge during surface protocol

1.4.2.4 運動員必須保持漂浮狀態，直到水道裁判給出判決。運動員可以抓著水道繩，或是出發端、轉身端的牆面。除靜態閉氣項目外，運動員不能抓住泳池的側邊。

1.4.2.4 The athlete must stay afloat until a card is given by the Lane Judge. The athlete is allowed to hold the floating line or the edge of the pool at the start and turn end. The athlete can not hold on to the side edge of the pool, except in static events.

1.4.2.5 在裁判給出判決前，運動員的呼吸道、頭部兩側等高處、耳部的中間位置及到後腦的連線以上部位，均必須保持在水面以上 (如圖2所示)。

1.4.2.5 Until a card is given by the lane judge, the airways and equivalent level of the sides of the head from the middle of the ears and continuing a line around the back of the head must be over the water's surface (see description in figure 2).

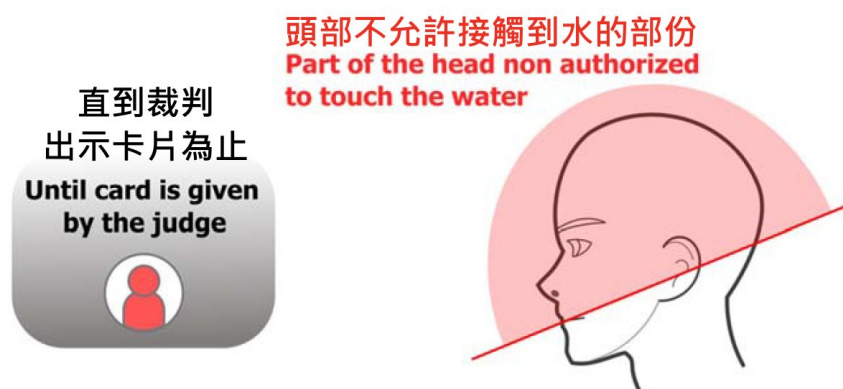


圖2：頭部在出水程序期間必須保持出水的部份
Figure 2: Part of the head staying out of the water during surface protocol

1.4.2.6 在水面流程期間，運動員的頭部 (如上圖所述) 不得接觸水道繩或身體的任何部位，如手掌、手臂等，以獲得支撐/幫助。如果觸碰到了，裁判將要求戒護人員抓住/協助運動員，這會導致失格。在成績表中，將被註記“DQ SP”。

1.4.2.6 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. In case of contact, the judge will ask the safety assistant to hold/help the athlete which leads to an invalid performance. On the results list, the performance will be commented as “DQ SP”.

1.4.2.7 裁判們在運動員出水後的3分鐘之內，將給出最終判決；如果因為技術原因，無法在3分鐘之內作出判決，且為了避免打亂比賽的時間安排，裁判長可以決定在該場比賽結束時給出判決。

1.4.2.7 The lane judge will determine and present the final decision on the performance within 3 (three) minutes after the completion of the attempt (red, yellow or white card). 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.

1.4.2.8 除非運動員有困難，否則在水面流程 (20秒) 結束前，任何人都不得以任何方式幫助或以任何理由觸碰運動員。

1.4.2.8 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.

1.4.2.9 如果運動員被賽事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」。

1.4.2.9 If the athlete is touched by any people from the organization accidentally, the decision on whether this touching was help or not, will be made by the Chief Judge.

1.4.2.10 運動員可以在執行「水面流程」時講話。但在完成「水面流程」前，運動員助理不得說話或是觸碰運動員。

1.4.2.10 The athlete can talk during the surface protocol, But the athlete's assistant is not allowed to talk or touch the athlete during the protocol.

1.4.2.11 運動員在執行「水面流程」和進行恢復的過程中，周圍人員必須保持冷靜與安靜。如有違反，裁判長 (Chief Judge) 可將比賽區域內的人員/隊員驅逐。

1.4.2.11 All persons present 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 (defined in section 1.5.2).

1.4.2.12 運動員在執行「水面流程」的過程中，如果運動員的國家代表、教練或者隊員對此運動員做出喊叫或給予任何協助，將導致此運動員被取消比賽資格。

1.4.2.12 During the athlete's surface protocol, any help, sign or sounds from the athlete's national delegates, coaches or team members leads to an invalid performance of the athlete.

1.4.2.13 國際賽事或是紀錄認證都必須要有影片紀錄。

1.4.2.13 Video arbitration is mandatory for an international competition or Record validation.

1.4.3 失去意識-暈厥 (BLACK OUT，簡稱BO) LOSS OF CONSCIOUSNESS-BLACK OUT (BO)

1.4.3.1 如果運動員無法在出水後20秒內完成「水面流程 (Surface Protocol)」，或者在出水後20秒之前、過程中、或之後需要安全性介入，則會被取消比賽資格。成績表上將被註明「DQ SP」。

1.4.3.1 The performance of an athlete is not valid if the athlete can not complete the surface protocol within 20 seconds after surfacing or if the athlete needs any intervention before, during or after 20 seconds after surfacing. On the results list, the performance will be commented as "DQ SP".

1.4.3.2 如果運動員在水面出現「失去意識/暈厥」，則取消比賽資格，且被註明為「DQ surface BO」。醫生將對運動員進行檢查，並決定運動員是否可以在第二天繼續比賽。

1.4.3.2 In case of Loss of Consciousness/Black Out at the surface, the athlete will be disqualified and the performance will be commented as "DQ surface BO" on the results list. A doctor will examine the athlete and decide if the athlete can continue to compete the next day(s).

1.4.3.3 如果運動員在水下出現「失去意識/暈厥」，則取消比賽資格，且被註明為「DQ underwater BO」。該名運動員當日及隔日不准參賽，此運動員必須經過醫師檢查，並取得醫師許可後，才可繼續進行比賽。

1.4.3.3 In case of an underwater Loss of Consciousness/Black Out, the athlete will be disqualified and “DQ underwater BO” will be written on the results list. The athlete will not be allowed to compete the next day. A doctor will examine the athlete and decide if the athlete can continue to compete the day(s) after the next day.

1.4.4 判定牌 (卡片) (THE CARDS)

判定牌含義如下：

The meaning of the cards is as follows:

- 如果出示白牌，代表此次比賽成績符合比賽規定。
- If a white card is shown, the performance was in accordance with the competition rules.
- 如果出示黃牌，則表示有問題出現，可能有判罰 (penalty) 或取消比賽資格 (DQ) 的問題，運動員需要留在比賽區等待，裁判將於最多3分鐘內給出最終判決。如果3分鐘的時間不夠，則可在比賽結束時給出判決。
- If a yellow card is shown, this means something may have gone wrong – there may be a penalty or DQ issue and the athlete must wait in the competition zone and judge will deliberate. The judges have maximum 3 (three) minutes to give the final decision. If these 3 (three) minutes are not enough then they can give their decision at the end of the competition.
- 如果出示紅牌，則表示此次比賽成績為無效 (DQ – 即取消比賽資格)。
- 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牌是有效成績。
- World, Continental, and National records are valid only with white card

1.5 賽事管理 (MANAGING THE COMPETITION)

1.5.1 競賽項目的分組和排名 (STAGING AND CLASSIFICATION OF THE EVENT)

1.5.1.1 可能會有兩個賽程表，分別是男子賽事和女子賽事（除非在技術會議上另有決議）。

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

1.5.1.2 運動員的出賽順序是根據在註冊時紀錄的個人最佳成績（PB）。個人最佳成績是當年或前一年官方比賽中的最佳成績。在靜態閉氣項目中，運動員可以宣告低於他們個人最佳成績的時間。

1.5.1.2 The sequence of the starts is based on the Personal Best of the athletes as noted at the registration of the athlete for an event. Personal Best is the best result in an official competition in the current or the previous year. In Static athletes can announce a time lower than their Personal Best.

1.5.1.3 個人最佳成績時間較少，或距離較短的運動員，會越早出賽；反之，則會較晚出賽。在速度賽中，個人最佳成績較長的運動員，會較早出賽。如果有需要，裁判長可以視情況調整出賽順序。

1.5.1.3 The athletes with the shortest time or the shorter distance will compete first while the athletes with the longer time or longer distance will compete last.

In Speed events, the athletes with the longest performance will start first. The chief judge can adapt the starting order if need be.

1.5.1.4 所有選手僅有一次機會。此競賽項目結束時，比賽排名將會立即公佈。

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

1.5.1.5 如果出現成績相同情況，則運動員會被歸為「並列排名」。如果在第一名出現「並列排名」，將會頒發兩面金牌，第三面獎牌將是銅牌，而不頒發銀牌。

1.5.1.5 In the case of a tie, the athletes will be classified "ex aequo".

If there is an ex-aequo for the first place, two gold medals will be awarded and the third medal will be bronze. No silver medal will be awarded.

If there is an ex-aequo for second place, no bronze medal will be awarded and so on.

1.5.2 比賽區域 (COMPETITION AREA)

1.5.2.1 比賽區域是指整個泳池，以及泳池邊2公尺的範圍。包含了數個比賽水道以及暖身水道。

1.5.2.1 The competition area is defined by the swimming pool and an area of 2 meters around the pool. It includes several competition lanes and warm-up lanes.

1.5.2.2 只有裁判、戒護和助理裁判才允許進入比賽區。只有在暖身裁判或水道裁判授權後，運動員與運動員助手才能進入比賽區域。

1.5.2.2 Only judges, safety divers and assistants are allowed in the competition area. Athletes with personal assistant can access to the competition area only after warm-up judge or lane judge authorization.

1.5.2.3 觀眾只能待在比賽區域以外的地方或是看台區域。

1.5.2.3 Spectators will only be allowed in the tribune/bleachers.

1.5.3 官方影片 (VIDEO)

1.5.3.1 為了協助裁判做出判決，水面的官方影片是必須的。影片內容必須包含選手入水、整個過程、以及出水的水面流程。

1.5.3.1 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 surface protocol.

2. 動態平潛之特別規則(SPECIFIC RULES FOR DYNAMIC)

2.1 組織比賽 (ORGANIZATION OF THE EVENT)

2.1.1 泳池 (SWIMMING POOL)

2.1.1.1 世界錦標賽與國際賽事中的動態平潛（包含單蹼、雙蹼、無蹼）和競速平潛，都需要在長50公尺、最小深度1.2公尺的泳池中進行。

2.1.1.1 World championships and international competitions of dynamic (DYN, DYN-BF and DNF) and speed apnea must take place in a a 50-meter artificial swimming pool with a minimum depth of 1.20 (one point twenty) meters.

2.1.1.2 裁判長在賽前需要進行泳池的測量與確認。

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

2.1.2 比賽泳道 (COMPETITION LANE)

2.1.2.1 比賽泳道須設有出發、轉身兩端泳池壁，兩側也需要設有水道繩，並與池邊保持至少60公分的距離。

2.1.2.1 A competition lane is defined by two floating lines and the start/turn end of the pool. If the first lane of the pool is used, it is mandatory to have at least one floating line at a minimum distance of 60 cm from the edge of the pool.

2.1.2.2 在同一游泳池中可以安排多達4條比賽泳道，對於有過多運動員的錦標賽事，比賽泳道數量可以增設到6個或更多。

2.1.2.2 Up to 4 (four) competition lanes may be installed in the same swimming pool. The number of lanes can be extended to 6 or more for championships with a large number of athletes.

2.1.2.3 當同時使用多條比賽泳道時，會由裁判長決定比賽泳道的安排。

2.1.2.3 When multiple competition lanes are used, the Chief Judge will define on which side the competition lanes will be.

2.1.2.4 為了協助裁判正確判決，應設置比賽的官方攝影機，在水面上全程記錄願動員的比賽過程；若技術層面允許，也應該設置水下的官方攝影機。影片內容須包含三分鐘的倒數、水面流程、裁判給牌以及確認選手距離。

2.1.2.4 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. The video must include the 3 minutes countdown, the surface protocol, the card and the measurement of the distance.

2.1.2.5 在出發端、轉身端兩端池壁，距離2公尺的的池底，各需要有一個「T」字標記。此標記需要垂直於水道線，且至少要長20公分、寬10公分。

2.1.2.5 A “T” mark, perpendicular with the floating lines, of at least 20 (twenty) cm length x 10cm width must be set out on the bottom of the swimming pool at two meters from the start wall and two meters before the turn wall.

2.1.2.6 泳池中間必須設置25公尺的中線標誌線。

2.1.2.6 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」標示。

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1.20公尺，出發端必須設置可供運動員站立的移動平台，此平台將於運動員出發後移開。

2.1.3.2 If the starting zone of the pool is deeper than 1.20m (one point twenty) meters then the competition lanes must be equipped with mobile platforms for the athletes to stand on. The platforms will be removed when the athletes have started.

2.1.4 成績測量 (THE MEASUREMENT)

2.1.4.1 成績測量的依據是透過固定在池邊的捲尺，並依照運動員呼吸道出水的點作為距離的判定。最終成績會無條件捨去至0.5公尺。

2.1.4.1 The distance will be measured at the point where the athlete's airways come out of water. The distance will be measured with a measuring tape fixed on the edge of the pool. The distance measured will be rounded at the lower half meter. The rounded number will be the official result.

2.1.4.2 裁判長必須認可任何可用於比賽的自動電子測量系統。對於任何新的自動電子測量系統，主辦方必須事先徵求CMAS董事會的批准。

2.1.4.2 The chief judge must approve any automatic electronic measurement system that may be used for the competition. The organizing federation must ask advance approval from the Board of CMAS for any new system of automatic electronic measurement.

2.1.5 暖身區 (WARM-UP AREA)

2.1.5.1 未被安排給比賽泳道的其他泳道，都可以用來暖身。

2.1.5.1 The lanes that are not used as competition lanes, can be used as warm-up lanes.

2.1.5.2 暖身區是為準備比賽的運動員而設，他們需要在暖身裁判監督下暖身。

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

2.1.6 運動員助手 (ATHLETE'S ASSISTANT)

2.1.6.1 在進入比賽泳道後，運動員身邊只能有一名運動員助手；直到TOP Time前三分鐘的官方倒數開始後，運動員身邊都不得有人。運動員助手需要離開比賽區域（Competition Area），裁判對運動員助手只會警告一次。

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 must leave the competition area. The judge will warn the assistant one time only..

2.1.6.2 若運動員助手持續留在比賽區域內，將導致運動員受到「常規處罰」。

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 只有裁判長能允許團隊代表/領隊，在出現技術問題時參與討論。

2.1.6.3 Only the Chief Judge 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 在任何競賽項目中，運動員可以在官方倒數至「TOP Time」前呼吸道入水多次。若倒數至「TOP Time」時呼吸道仍在水下，運動員將會因提早開始 (Early start) 而失格。

2.2.1.1 For any discipline, the athlete can immerse the airways several times until “Top Time” for preparation. If the airways are still underwater when “top Time” is announced, the performance will be considered invalid due to early start.

2.2.1.2 運動員的身體或裝備必須要接觸出發端的池壁，並且可以在呼吸道入水前、中、後觸碰。

2.2.1.2 The athlete must be in contact with the wall at the start of the performance. The athlete can touch the starting wall before, during or after immersion of the airways with any part of the body or the fins.

2.2.1.3 若運動員在出發時沒有觸碰出發端池壁，他會受到3公尺的常規處罰。

2.2.1.3 If he fails to be in contact with the wall at the start, then a general penalty of 3 (three) meters is applied.

2.2.1.3 在每次轉身時，運動員必須用身體或蛙鞋的任何一部份觸牆。

2.2.1.3 The athlete must touch the wall of the swimming pool at each turn with any part of the body or any part of the fins to have the performance validated.

2.2.2 水平游動 (HORIZONTAL PATH)

2.2.2.1 在比賽過程中，運動員除了呼吸道以外的身體部位、裝備可露出水面。

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

2.2.2.2 在運動員必須要待在自己的比賽泳道內進行比賽，允許身體部分、但非全身越過泳道，否則將受到常規處罰。

2.2.2.2 The athlete must stay within his competition lane. If the athlete exits his competition lane with his full body, then a general penalty is applied. Partial strays are allowed.

2.2.2.3 水面流程需要在自己的比賽泳道中執行。或運動員從其他泳道出水，會導致運動員成績失格 (DQ SP out) 。

2.2.2.3 The surface protocol shall be presented in the competition lane. If the athlete surfaces outside of his competition lane, the performance will be declared invalid (DQ SP out).

2.2.2.4 若運動員在比賽期間，干擾了其他賽道的運動員或是戒護員，也會導致自己失格。

2.2.2.4 If the athlete during his performance interferes with or obstructs an athlete or safety diver in the other competition lane, the performance will be declared invalid.

2.2.2.5 當運動員在出發端、轉身端池壁出水，則對應以下三種情況進行測量：

- 若運動員在觸壁之前呼吸道出水，會以呼吸道出水的點為依據測量，其距離會小於泳池長度的整數倍。
- 若運動員觸壁後呼吸道出水，其距離會等於泳池長度的整數倍。
- 若運動員觸壁後，做了完整的轉身 (U turn) 且身體與肩膀轉了180度後出水，會以呼吸道出水的點為依據測量，其距離會大於泳池長度的整數倍。

2.2.2.5 When the athlete surfaces at the start wall or turn wall of the pool, there are three possible decisions of how to measure:

- If the airways come out before the athlete touches the wall, the measurement of the performance will be done at the exact point where the airways came out of the water and the distance measured will be lower than the multiple of the pool length.
- If the athlete touches the wall and surfaces, then the distance measured will be an exact multiple of the pool length (i.e., 150 m, 200 m, etc. in 50 m pools or 125 m, 150 m, or 175 m, etc. in 25m pool.)
- If the athlete touches the wall, makes a complete “U” turn turning the body and shoulders 180 degrees and then surfaces, the distance measured will be done at 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 運動員結束平潛後，禁止從池邊出水，除了出發端與轉身端的池壁。此規則適用於CMAS錦標賽、國際比賽以及世界紀錄和洲際紀錄。

2.2.3.1 Exit on the edge is not allowed except at the start-turn 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.

2.2.3.2 運動員出水後，必須完成水面流程（請見1.4.2），以獲得白牌。

2.2.3.2 For his performance to be validated, the athlete must successfully perform the surface protocol as defined in section 1.4.2.

2.2.4 成績 (CLASSIFICATION)

2.2.4.1 最終成績將由距離表示，無條件捨去至0.5公尺，且減去規則中提及的所有違規、處罰。

2.2.4.1 The final performance will be calculated as distance measured, rounded to the lower half meter minus eventual penalties defined in the corresponding articles.

2.2.4.2 若實際成績小於選手於賽前宣告的成績，不會有任何處罰。

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

3. 靜態閉氣之特別規則(SPECIFIC RULES FOR STATIC)

3.1 組織比賽 (ORGANIZATION OF THE EVENT)

3.1.1 泳池 (COMPETITION AREA)

3.1.1.1 CMAS錦標賽中的靜態閉氣項目需要在人工泳池內進行。

3.1.1.1 CMAS championships of static apnea must take place in an artificial swimming pool.

3.1.1.2 裁判長在賽前需要進行泳池的測量與確認。

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

3.1.1.3 如果比賽區深度超過1.20公尺，必須設置可供運動員站立的移動平台。

3.1.1.3 If the starting zone of the pool is deeper than 1.20m (one point twenty) meters then the competition lanes must be equipped with mobile platforms for the athletes to stand on.

3.1.1.4 可使用泳池邊來進行一個或多個靜態閉氣比賽。

3.1.1.4 One lane or more, near the edge are used for the competition.

3.1.1.5 當同時使用多個比賽區時，會由裁判長決定比賽區域的安排。

3.1.1.5 When multiple lanes are used, the competition area will be determined by Chief Judge.

3.1.2 運動員助手 (ATHLETE'S ASSISTANTS)

3.1.2.1 運動員的比賽過程中，只能有一位助手在池邊或在水中，協助運動員。

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

3.1.2.2 運動員助手可以陪同運動員待在比賽區域，但在運動員執行水面流程時，不可大喊、講話、觸碰或做出手勢以協助或幫助運動員，直到裁判給出判決。

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 during the surface protocol and until the judge shows the card.

3.1.3 計時員 (TIMEKEEPERS)

3.1.3.1 在「TOP Time」後，當運動員的呼吸道沒入水中時，計時員開始計時；直到運動員呼吸道出水時，停止計時。

3.1.3.1 The timekeepers start their stopwatches when the athlete immerses his airways after the TOP TIME and stop the stopwatches when the airways emerge.

3.1.3.2 當單一個運動員結束比賽後，計時員必須將碼表所顯示的時間填寫於計時卡上，並交給計時長。同時，計時員要將碼表拍照並展示給裁判長確認。

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

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，由在池邊的計時員與在水中的戒護員監督。

3.2.1.1 During the apnea, the athlete is under the supervision of the timekeepers on the edge of the pool and the safety diver in the water.

3.2.1.2 為了安全程序，戒護員或運動員的助手會在閉氣期間定期透過觸控的方式，與運動員溝通。時間訊號由其中一名計時員指示戒護員。

3.2.1.2 For the safety control procedure, the safety diver or the personal assistant of the athlete will communicate with the athlete by a touch at regular time intervals during the apnea. Time signals are indicated to the safety diver by one of the timekeepers.

3.2.1.3 在比賽開始之前，戒護員的信號與運動員的回應，需雙方達成共識。

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

3.2.1.4 安全確認信號會在宣告成績前1分鐘、前30秒、前15秒，以及宣告成績當下發出。到達宣告成績之後，每15秒發出一個信號。

3.2.1.4 The first signal should be given one minute before the announced performance, 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 若運動員的宣告成績不是半分鐘的整倍數，則會將該宣告成績無條件捨去至前一個半分鐘，來獲得第一個信號的時間。接著就根據第一個信號，依序發出安全確認信號。

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 the announced performance to the lower half-minute, thus determining the time of the first signal.

3.2.1.6 若運動員沒有對戒護員的信號給出約定好的回應，裁判會請戒護員再次發出信號。若運動員始終沒有回應，裁判將會中斷比賽，將運動員以水面BO (DQ surface BO) 處理。

3.2.1.6 If the athlete does not respond to the safety diver's signal with the agreed response, the judge will ask to touch the athlete once more. If the athlete persists in not responding, the judge will interrupt the attempt and bring the athlete to the surface, disqualifying him due to surface blackout (DQ surface BO).

3.2.2 出水 (FINISHING)

3.2.2.1 在運動員出水後，除非運動員陷入困境，否則在裁判給出判決前，任何人都不能以任何方式協助、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 during the surface protocol for his attempt, unless he is in difficulty.

3.2.2.2 運動員可以抓住水道繩或是泳池邊。

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

3.2.3 成績 (CLASSIFICATION)

3.2.3.1 運動員的官方最終成績是計時員們所記錄時間的平均值，且計算至百秒（小數點後兩位）。

3.2.3.1 The official time of the performance is calculated as a mean of the times recorded by the timekeepers. The official time is recorded in hundreds of a second.

3.2.3.2 會依照所有運動員的官方最終成績來排名。

3.2.3.2 The official time is used for the classification of the athletes.

4. 競速平潛之特別規則(SPECIFIC RULES FOR SPEED APNEA)

4.1 組織比賽 (ORGANIZATION OF THE EVENT)

4.1.1 比賽區域 (COMPETITION AREA)

4.1.1.1 競速平潛項目需在50公尺長、最小深度1.20公尺的泳池內進行。

4.1.1.1 Speed apnea discipline must take place in a 50-meter swimming pool, with a minimum depth of 1.20 (one point twenty) meters.

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 距離泳池兩端牆面15公尺的池底，都需要設置長至少20公分、寬至少10公分的標示。

4.1.1.3 A mark of at least 20 (twenty) cm length and 10 cm width must be set out on the bottom of the swimming pool at 15 meters before each turn.

4.1.2 泳道和轉身裁判 (THE LANE AND TURN JUDGES)

4.1.2.1 每個比賽泳道的裁判、轉身裁判，都由裁判長統一安排。

4.1.2.1 The Lane and Turn judges are nominated by the Chief Judge.

4.1.2.2 泳道裁判、轉身裁判會檢查運動員的出發程序與轉身，是否有遵循規則執行。

4.1.2.2 The Lane and Turn judges control the start procedure and check if the athlete's turn is according to the rules of the event.

4.1.2.3 如有任何違規的行為，泳道裁判與轉身裁判都需向裁判長報告。

4.1.2.3 The Lane and Turn judges report any rule violation to the Chief Judge.

4.1.3 計時員 (TIMEKEEPERS)

4.1.3.1 只有使用電動計時裝置（電子板）時，競速平潛的紀錄才會被認證。且在CMAS A類別的賽事中，必須使用電動計時裝置（電子板）。

4.1.3.1 Speed Records will only be validated if an automated electronic time measurement system is used.

For CMAS Category A Competitions an automated electronic time measurement system is mandatory.

4.1.3.2 若使用人工手動計時，計時員將在鳴笛時開始計時，並在運動員碰到最後的牆面時停止計時。比賽結束後，計時員需立即將碼表拍照，並向裁判長展示他們的碼表。且計時員必須在計時卡上寫下時間、交給計時長。同時，計時員還要確認運動員轉身和結束時，是否都符合規則。

4.1.3.2 If manual time keeping is used, the timekeepers will start their stopwatches at the signal of the start and stop their stopwatches when the athlete has touched the start wall. Immediately after the attempt, the time keepers take a photo of their stopwatches and show their stopwatches for control to the Chief Judge. The timekeepers must write down the time displayed by their stopwatches on the timecard. The timecard is handed over to the main timekeeper. The timekeepers check also if the turns and the finish are in accordance with the rules.

4.2 執行比賽 (CONDUCTING THE COMPETITION)

4.2.1 出發 (START)

4.2.1.1 在競速平潛項目中，會由鳴笛聲來取代倒數時的「TOP Time」。

4.2.1.1 In speed apnea disciplines, there will be a horn signal instead of calling out “Top Time”.

4.2.1.2 倒數簡短成：最後1分鐘/ 30秒/ 20秒/ 10秒/ 5, 4, 3, 2, 1/ 鳴笛聲。

4.2.1.2 The countdown is reduced to one minute: “Last 1 minute / 30s / 20s / 10s / 5, 4, 3, 2, 1 / horn signal”

4.2.1.3 鳴笛之後，運動員將從出發跳台上跳入水中出發。

4.2.1.3 After the horn signal, the athletes start by jumping in the water from the start blocks.

4.2.1.4 若運動員在鳴笛聲前出發，將會失格。若有其他運動員被搶跳犯規干擾，裁判長可視情況安排重賽。

4.2.1.4 An athlete that started before the signal will be disqualified. The Chief Judge can order a restart if any athletes were hindered by the false start.

4.2.2 水平游動 (HORIZONTAL PATH)

4.2.2.1 在比賽過程中，運動員除了呼吸道以外的身體部位、裝備可露出水面。

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

4.2.2.2 在比賽過程中，運動員除了呼吸道以外的身體部位、裝備可露出水面。

4.2.2.2 During the event, any part of the equipment, or any part of the body except the airways can break the water’s surface.

4.2.2.3 在競速平潛項目中，可在每50公尺間進行恢復呼吸。

4.2.2.3 A recovery time at each end of a 50m apnea in speed apnea discipline is allowed.

4.2.2.4 在運動員進行轉身或結束時，尚未觸牆或電子板前，呼吸道不能出水。否則將會被判失格 (DQ Turn) 。

4.2.2.4 At each turn and at the end of the event, the athlete must touch the wall or the pad of the electronic measurement system before emerging the airways. Violation will render the performance invalid (DQ turn).

4.2.2.5 運動員的比賽時間過長且會影響接續的比賽進行，裁判長可以中止運動員的比賽。

4.2.2.5 The chief judge can stop any athlete if his performance takes too long and jeopardizes the organisation of the event.

4.2.3 出水 (ASCENT)

4.2.3.1 運動員出水後，可以握住游泳池的水道繩或牆面。

4.2.3.1 Upon surfacing the athlete can hold the line or the start wall of the swimming pool.

4.2.3.2 當運動員結束比賽時，不用完成水面流程。

4.2.3.2 At the end of the attempt the athlete does not need to complete the surface protocol.