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DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

CMAS FREEDIVING RULES DEPTH COMPETITIONS

CMAS自由潛水
深度賽
國際規則

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目錄

目錄	1
1. 通則 (GENERAL RULES)	3
1.1 概述 (GENERALITIES)	3
1.1.1 深度自由潛水 (DEPTH FREEDIVING)	3
1.1.2 賽事、競賽項目、挑戰和成績 (COMPETITION, EVENT, ATTEMPT AND PERFORMANCE)	3
1.1.3 年齡組別 (CATEGORIES)	4
1.1.4 競賽項目 (EVENTS)	5
1.1.5 賽事和記錄認證 (COMPETITIONS AND RECORD HOMOLOGATIONS)	7
1.1.6 安全程序 (SAFETY PROCEDURES)	8
1.1.7 運動禁藥 (ANTIDOPING)	9
1.2 裝備和游動方式 (MATERIAL AND SWIMMING STYLE)	9
1.2.1 蛙鞋的使用 (USE OF FINS)	9
1.2.2 准許使用的裝備 (AUTHORIZED MATERIAL)	10
1.2.3 廣告 (ADVERTISEMENT)	11
1.3 犯規 (VIOLATION OF THE RULES)	11
1.3.1 犯規及處置 (ARTICLE INFRINGEMENT)	11
1.3.2 氧氣的使用 (USE OF OXYGEN)	12
1.4 程序 (PROTOCOLS)	12
1.4.1 開始程序 (START PROTOCOL)	12
1.4.2 水面流程 (SURFACE PROTOCOL)	14
1.4.3 取消比賽資格 – 失去意識-暈厥 (BLACK OUT, 簡稱BO) DQ - LOSS OF CONSCIOUSNESS-BLACK OUT (BO)	17
1.4.4 判定牌 (卡片) (THE CARDS)	19
1.5 賽事管理 (MANAGING THE COMPETITION)	19
1.5.1 競賽項目的分組和排名 (STAGING AND CLASSIFICATION OF THE EVENT)	19
1.5.2 比賽區域與下潛繩 (COMPETITION AREA AND PERFORMANCE LINE)	21
1.5.3 安全繫繩 (LANYARD)	24
1.5.4 深度標記 (DEPTH MARKER)	24
1.5.5 運動員助手 (ATHLETE'S ASSISTANTS)	25
1.5.6 成績測量 (PERFORMANCE MEASUREMENT)	25
2. 每種競賽項目之特別規則(SPECIFIC RULES FOR EACH DISCIPLINE)	28
2.1 恆重下潛 (CONSTANT WEIGHT)	28



2.1.1 動作 (MOTION)	28
2.1.2 配重 (WEIGHT SYSTEM).....	28
2.2 攀繩下潛 (FREE IMMERSION).....	28
2.2.1 動作 (MOTION)	28
2.2.1.1 運動員可抓住或不抓住、拉動或不拉動下潛繩的方式進行下潛與上升。 ..	28
2.2.2 配重 (WEIGHT SYSTEM).....	29
2.3 變重下潛 (VARIABLE WEIGHT)	29
2.3.1 引導式重錘裝置 (GUIDED BALLAST DEVICE).....	29
2.3.2 下潛 (DESCENT)	29
2.3.3 上升 (ASCENT).....	30
2.4 戶外直線性動態平潛 (OUTDOOR LINEAR DYNAMIC)	31
2.4.1 設置 (SETUP).....	31
2.4.2 距離標記 (DISTANCE MARKER)	31
2.4.3 裁判 (JUDGES).....	32
2.4.4 比賽 (EVENT).....	32

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 深度自由潛水 (DEPTH FREEDIVING)

1.1.1.1 「深度自由潛水」是指運動員在「閉氣」過程中，深潛到水中、在水下游動的運動賽事。

1.1.1.1 The term "Depth Freediving" designates a sporting event where the athlete is diving to a depth, swimming underwater in 'Apnea'.

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。每次出發/出賽，可有特定或不同種的競賽項目。

1.1.2.2 The term “Event” indicates each of the contests making up a competition. Each event can be run for a specific discipline or various disciplines.

1.1.2.3 挑戰 (Attempt) : 指運動員所作的單一次嘗試，例如一次恆重下潛。

1.1.2.3 The term “Attempt” designates a single effort of the athlete. For instance, one constant weight dive.

1.1.2.4 成績 (Performance) : 指運動員進行單一個深度挑戰的結果，通常以公尺或英尺表示。

1.1.2.4 The term “Performance” is the result of the athlete's attempt in depth, measured in meters or feet.

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：

- 「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 Categories are defined in function of the competitor's age as defined below:

- “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 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，則此紀錄將被視為「長青組」中此運動員相關年齡組別的紀錄。

1.1.3.3 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)

1.1.4.1 恆重下潛 (Constant Weight - CWT)

恆重下潛 (簡稱CWT) 是指運動員在進行單一挑戰的整個過程中，必須以單蹼/雙蹼且配重不變的方式，閉氣下潛至宣告深度之垂直距離的比賽項目。運動員不允許拉動比賽用繩。此競賽項目在開放水域 (海水或淡水) 中進行。

The Constant Weight CWT is a event where the athlete aims to cover the maximum vertical distance in apnea to the declared depth without any change in his weight during the whole attempt with monofin or bifins. He is not allowed to pull on the Performance Line. The event takes place in open water (sea or freshwater).

1.1.4.2 雙蹼恆重下潛 (Constant Weight with Bifins - CWT-BF)

雙蹼恆重下潛 (簡稱CWT-BF) 是指運動員在進行單一挑戰的整個過程中，必須僅以雙蹼且配重不變的方式，閉氣下潛至宣告深度之垂直距離的比賽項目。此選手不允許拉動比賽用繩。此競賽項目在開放水域 (海水或淡水) 中進行。

The Constant Weight Bifins is a discipline where the athlete aims to cover the maximum vertical distance in apnea up to the declared depth without any change in his weight during the whole attempt with the use of Bifins only. The competitor is not allowed to pull on the Performance Line. The event takes place in open water (sea or freshwater).

1.1.4.3 無蹼恆重下潛 (Constant Weight with no fins - CNF)

無蹼恆重下潛 (簡稱CNF) 是指運動員在進行單一挑戰的整個過程中，必須無蹼且配重不變的方式，閉氣下潛至宣告深度之垂直距離的比賽項目。運動員不允許拉動比賽用繩。此競賽項目在開放水域 (海水或淡水) 中進行。

The Constant Weight with no fins is a discipline where the athlete aims to cover the maximum vertical distance in apnea, up to the declared depth without any change in his weight during the whole attempt without fins. He is not allowed to pull on the Performance Line. The event takes place in open water (sea or freshwater).

1.1.4.4 攀繩下潛 (Free Immersion-FIM)

攀繩下潛 (簡稱FIM) 是指運動員在未使用蛙鞋的情況下，下潛至宣告深度之垂直距離的比賽項目，但運動員可以用他的雙手拉動下潛繩幫助他下潛與上升。

Free Immersion (FIM) is a discipline where the athlete aims to cover the maximum vertical distance in apnea up to a declared depth without fins but the diver can use his arms to pull himself along the rope during descent and ascent.

此競賽項目在開放水域 (海水或淡水) 中進行。運動員允許拉動比賽用繩。

The event takes place in open water (sea or freshwater) and the athlete is allowed to pull on the Performance Line.

1.1.4.5 變重下潛 (Variable Weight-VWT)

變重下潛 (簡稱VWT) 是指運動員以閉氣方式，必須藉由一種「引導式重錘裝置 (guided ballast device)」下潛至宣告深度之最大垂直距離，然後將重錘留在水深處，以自身動力返回水面的比賽項目。

Variable Weight VWT is a discipline where the athlete aims to cover the maximum vertical distance in apnea to the declared depth with a guided ballast device and return with his own power, leaving the ballast at depth.

此競賽項目在開放水域 (海水或淡水) 中進行，賽事可分為：使用單蹼(簡稱VWT-MF)，雙蹼(VWT-BF)，以及無蹼(VWT-NF)。

The event takes place in open water (sea or freshwater) as 3 separate disciplines: 1. With monofin (VWT-MF), 2. With bi-fins (VWTBF) and 3. Without fins (VWT-NF).

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 世界紀錄、洲際紀錄和國家記錄只認證白牌成績。

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

1.1.5.3 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

1.1.5.3 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



1.1.5.4 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，各種杯等)，裁判長必須要有一名助理和攝影助理。

1.1.5.4 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.

1.1.5.5 為了紀錄的申請與驗證，必須提供該運動員的官方水面影片和官方底部影片。

1.1.5.5 For records validation, surface videos of the event and underwater video of the turn zone are mandatory.

1.1.6 安全程序 (SAFETY PROCEDURES)

錦標賽的組織和安全程序在CMAS國際錦標賽安全指南和程序檔案中進行了描述，可在CMAS網站上找到。

Organizing and safety procedures for the championships are described at the document CMAS SAFETY GUIDELINES AND PROCEDURES FOR INTERNATIONAL CHAMPIONSHIPS, available at CMAS website.

1.1.7 運動禁藥 (ANTIDOPING)

1.1.7.1 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。

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

1.1.7.2 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。

1.1.7.2 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 FINS)

1.2.1.1 運動員可以使用單蹼（CWT）或雙蹼（CWT-BF），而無蹼項目（CNF和FIM）不允許使用蛙鞋。

1.2.1.1 The athlete may use a monofin (CWT) or bi-fins (CWT-BF) while no fins are allowed for no-fin events (CNF and FIM).

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」，除了在底盤上方的3公尺區域內，才可使用「豚式踢法」的方式游動。

1.2.1.3 In bi-fins events, no dolphin kick is allowed except one-cycle in the 3-meter turning zone at the end of the performance line.

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。

1.2.2.3 Diving suit.

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 不得超過1.2公尺長的安全繫繩，且在比賽前需通過裁判的查驗。

1.2.2.6 A lanyard of maximum 1.20m which has to be homologated before the attempt by the Judge.

1.2.2.7 潛水電腦錶/手錶：主辦單位會提供一支官方深度錶，應置於手腕上，而個人的潛水電腦錶/手錶可置於身體任何部位。

1.2.2.7 Diving computers/watches: The organization will provide one official depth gauge. It should be placed on the wrist and personal ones can be placed anywhere on the body.

1.2.2.8 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。

1.2.2.8 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.

1.3.2.2 潛水後的氧氣供應，必須受到醫生的監督。

1.3.2.2 Oxygen will be provided after the dive only under the supervision of a medical doctor.

下潛深度超過70公尺的潛水員可在完成下潛後使用由主辦單位提供的氧氣瓶。使用外部氧氣僅限於在比賽之後，在水面使用或者是最大深度5公尺以內，才可使用純氧5分鐘。

The divers who dive beyond -70 meters will have the permission to use the oxygen tank provided by the organizations after the attempt. The use of oxygen is limited to after the performance, at the surface, or maximum -5 meters, for 5 min.

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) 前一小時到達船上或者到達主裁判所指定的區域，例如靠近競賽區域的暖身區。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 on the boat or in a location 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，會由暖身裁判通知繩索裁判 (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/下潛繩，每個賽區的TOP Time必須要有間隔。

1.4.1.4 In the case of the existence of several competition lines, the starts will be given at shifted time intervals.

1.4.1.5 當比賽繩淨空後，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 line 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。可以使用呼吸管進行準備，如有此情況，運動員在TOP Time後將呼吸管移除的瞬間將視為開始下潛比賽。

1.4.1.9 The athlete can immerse the airways or exhale in water before the top time. The snorkel preparation is allowed, in that case, the attempt starts as soon as the athlete leaves the snorkel.

1.4.2 水面流程 (SURFACE PROTOCOL)

1.4.2.1 當運動員返回水面、呼吸道出水時，裁判會開始計時20秒鐘。

1.4.2.1 Upon surfacing of the airways of the athlete, the line judge will start the 20-second count.

1.4.2.2 當運動員出水後，需要在20秒內完成「水面流程」。運動員必須：向繩索裁判 (Line 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)。

而繩索裁判 (Line Judge) 會在船的甲板上。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。

1.4.2.2 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 Line Judge.

The line judge will be on the deck of the boat. 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.

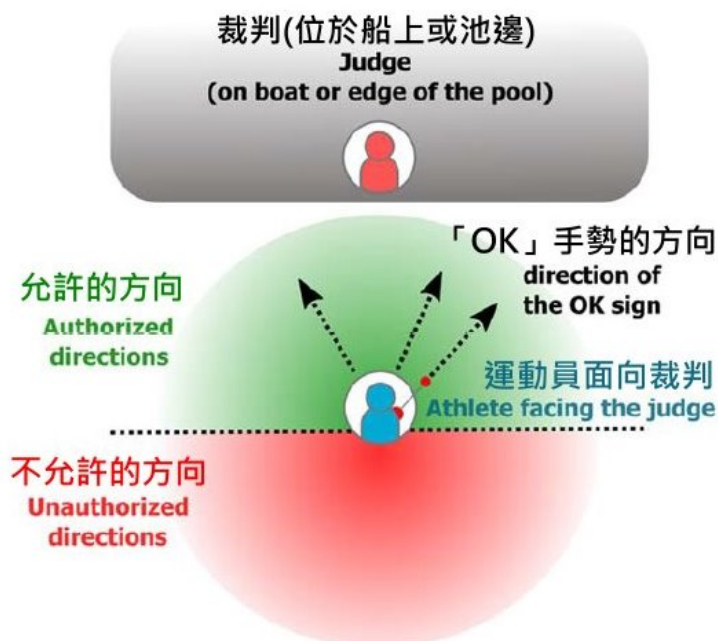


圖1：選手與裁判在出水程序期間的位置

Figure 1: Position of competitor and judge during surface protocol

1.4.2.3 運動員必須保持漂浮狀態，也可以抓住下潛繩來保持漂浮，直到繩索裁判給出判決。

1.4.2.3 The athlete must stay afloat until a card is given by the Line Judge. The athlete is allowed to hold the competition line.

1.4.2.4 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）。如果有浪導致以上位置碰水，則由裁判決定。

1.4.2.4 Until a card is given by the line 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). If there is a wave, the decision is determined by the judge.

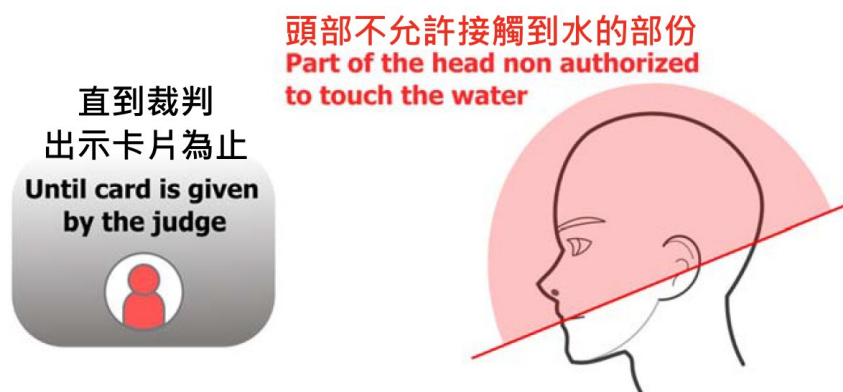


圖2：頭部在出水程序期間必須保持出水的部份
Figure 2: Part of the head staying out of the water during surface protocol

1.4.2.5 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。

1.4.2.5 The line 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.

1.4.2.6 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。

1.4.2.6 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.

1.4.2.7 運動員可以在執行「水面流程」時講話。在完成「水面流程」前，運動員助理不允許進入比賽區域。

1.4.2.7 The athlete can talk during the surface protocol. The athlete's assistant is not allowed to be in the area until the surface protocol is finished.

1.4.2.8 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」。

1.4.2.8 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.

1.4.2.9 國際錦標賽必須要有水面、水底攝影機仲裁。

1.4.2.9 Surface and bottom video arbitration is mandatory for international championships.

1.4.2.10 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。

1.4.2.10 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).

1.4.2.11 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。

1.4.2.11 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.

1.4.3 取消比賽資格 – 失去意識-暈厥 (BLACK OUT，簡稱BO) DQ - 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.

1.4.3.4 如果運動員在水深15米以下出現「失去意識/暈厥」（實際深度將由執行救援的戒護員進行確認），則取消比賽資格，且被註明為「DQ deep BO」。該名運動員在此次賽事中不允許再次進行潛水。此運動員必須經過醫師檢查，以確定是否需要接受進一步治療。

1.4.3.4 In case of an underwater Loss of Consciousness/Black Out deeper than 15 meters, (the effective depth will be confirmed by the safety who realized the recovery), the athlete will be disqualified and “DQ deep BO” will be written on the results list. The athlete will not be allowed to dive again in the competition. A doctor will examine the athlete to check for further treatment.

1.4.3.5 在潛水期間或潛水之後的任何其他類型或問題，例如肺-氣管擠壓、耳朵問題、或任何其他異壓性損傷或問題，都需要醫師的核准才能繼續參加比賽。一旦裁判發現運動員有發生任何健康問題，醫生就必須對運動員進行管控。如果運動員拒絕，他在該場比賽將會失去資格。

1.4.3.5 Doctors’ approval to continue the competition, is needed for any other kind or problems during or after dive such as lung-trachea squeeze, ear problems and any kind of dysbaric injuries or problems. The control of the athlete by a medical doctor is mandatory as soon as the judges have noticed any incident. If the athlete refuses the examination, he will be disqualified for the rest of the competition.

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，則裁判將於最多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. 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 參賽選手的出場順序視比賽需求而訂，且需考量環境因素、戒護的建議，以及媒體需求。由CMAS代表、裁判長 (Chief Judge)、戒護長 (Safety Chief)、和主辦單位協調訂定參賽選手的出場順序。

1.5.1.1 The start list will be made depending upon competition needs, keeping in mind the environment conditions, safety recommendations, and media requests. The CMAS delegate, Chief Judge, Safety Chief, and organizer will cooperate to create the start list.

1.5.1.2 在技術會議所宣佈的時間上，運動員必須提供宣告目標深度，以及宣告的潛水時間，這個宣告潛水時間對戒護和戒護團隊的規劃都非常重要。

1.5.1.2 At the time announced at the technical meeting, the athlete must provide the target depth declaration and the total time of his performance. The time is important for the safety of the athlete and the organization of the safety team.

1.5.1.3 在世界盃或洲際盃中，競賽項目的規劃須由以下兩種方式選擇：

	規劃 1	規劃 2
Day 1	官方訓練日	官方訓練日
Day 2	恆重下潛 (男子與女子)	男子恆重下潛
Day 3	攀繩下潛 (男子與女子)	女子恆重下潛
Day 4	休息日	男子攀繩下潛
Day 5	恆重下潛無蹼 (男子與女子)	女子攀繩下潛
Day 6	恆重下潛雙蹼 (男子與女子)	休息日
Day 7	休息日	男子恆重下潛無蹼
Day 8	/	女子恆重下潛無蹼
Day 9	/	男子恆重下潛雙蹼
Day 10	/	女子恆重下潛雙蹼

1.5.1.3 At world and continental competitions, the program of disciplines should be chosen between the two following organisations:

	Organisation 1	Organisation 2
Day 1	Official training	Official training
Day 2	CWT (Men and Women)	CWT Men
Day 3	FIM (Men and Women)	CWT Women
Day 4	Rest Day (reserve for previous cancellation)	FIM Men
Day 5	CNF (Men and Women)	FIM Women
Day 6	CWT Bifins (Men and Women)	Rest Day
Day 7	Rest Day (reserve for previous cancellation)	CNF Men
Day 8	/	CNF Women
Day 9	/	CWT Bifins Men
Day 10	/	CWT Bifins Women

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 比賽區域與下潛繩 (COMPETITION AREA AND PERFORMANCE LINE)

1.5.2.1 比賽區域是指為圍繞著下潛繩，半徑3米的圓形區域。

1.5.2.1 The competition area is defined as a circular area of 3 meters radius around the performance line.

1.5.2.2 只有裁判、戒護和助理裁判才允許進入比賽區。只有在暖身裁判或繩索裁判授權後，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 line judge authorization.

1.5.2.3 下潛用的比賽用繩必須使用靜力繩且設有足夠的配重，以確保即使在不同海象條件下（例如浪況、流況、潮汐等），比賽用繩都能處於整體穩定與垂直的狀態。

1.5.2.3 The diving Performance Line is composed of a static rope weighted in such a way that it remains as vertical as possible, with sufficient weight to guarantee total stability and verticality in accordance with the conditions of the marine meteorology (such as waves, currents, tides, etc.).

1.5.2.4 比賽用繩必須依照以下方式標記。

1.5.2.4 The Performance Line must be marked as follows.

比賽用繩的標記需標準化，標記的位置是從底部開始：

The marking of the performance line will be standardized. Places of the marks, beginning from the bottom:

- 在3公尺處設一個寬的標記
- 一直到10公尺，在10公尺處設一個窄的黑色標記(一般膠帶的寬度)
- 在20公尺處設兩個黑色標記
- 在30公尺處設三個黑色標記
- 在40公尺處設四個黑色標記
- 在50公尺處設一個寬的紅色標記
- 在60公尺處設一個寬的紅色標記和一個黑色標記
- 以此類推 ...
- 在100公尺處設兩個寬的紅色標記
- 在110公尺處設兩個寬的紅色標記和一個黑色標記
- 以此類推 ...

- At 3 m. one thick mark
- Until 10 m. and at 10 m. one black thin (normal tape thickness) mark
- At 20 m. two black marks
- At 30 m. three black marks
- At 40 m. four black marks
- At 50 m. one thick red mark
- At 60 m. one thick red and one black mark
- And so on and so forth ...
- At 100 m. two thick red marks
- At 110 m. two thick red and one black marks
- And so on and so forth ...

1.5.2.5 折返區域 (turn zone) 位於標記盤上方3公尺處，在繩索上每50公分必須作出10公分長的黑色標記 + 40公分無標記 (這標記方式在3公尺折返區域中重複作六次)，在折返區域 (turn zone) 內允許多次握住和拉動比賽用繩。

1.5.2.5 The turn zone is located three meters above the tag plate and must be materialized on the rope by 10cm long black mark + 40cm unmarked every 50cm (this mark is reproduced six times in the 3m turn zone). Holding and pulling is allowed multiple times in the turn zone.

1.5.2.6 下潛繩末端會配置配重並設置底部攝影機。底盤 (放置標籤的圓盤) 將位於配重和底部攝影機上方，且有足夠距離以避免運動員在拿標籤和轉身時有任何纏繞。比賽繩上必須要設置一個停止器或類似物品，使安全繫繩的扣環能在底盤上方1.0公尺處就能停下來。

1.5.2.6 The rope will be ballasted at the end of the line and equipped with cameras. The bottom plate (tags plate) will be located above the ballast and cameras at a sufficient distance to avoid any annoyance when the competitor takes the tag and turn. The line must be equipped with a stopper or something similar to stop the carabiner of the lanyard at 1.0 meter above the bottom plate where the tags (distance markers) are attached.

1.5.2.7 比賽繩的設置，會將底盤 (放置標籤的圓盤) 放置在與選手的宣告深度一致的位置。

1.5.2.7 The Performance Line must be positioned in order to have the bottom plate at the depth declared by the athlete.

1.5.2.8 此比賽用繩是一種簡單機械結構 (反重系統，英文為counter ballast) 的一部份，遇到意外狀況時，透過可調整的上升速度，能將人在短時間內救回到水面，而不需使用其他潛水員。此種裝置可具有人力或自動的釋放機制，由戒護長 (Safety Chief) 藉由攝影人員、戒護潛水員所提供的指示，以及運動員的宣告時間，發出拉起繩索的指令。

1.5.2.8 The line is part of a simple mechanical structure (counter ballast) which in case of an accident allows the person to be recovered in a short time and with an adjustable surfacing speed, without the need to use other divers. That system can have a manual or an automatic release mechanism. The order to pull up the line is given by the Safety Chief on indications provided by the cameras, by the safeties and the chronometric time declared by the athlete.

1.5.2.9 在比賽主繩的附近可設置另一條繩索，用來固定一個遙控裝置或一組攝影機，以監控運動員整趟行程。

1.5.2.9 Another line could be installed near the main line, where a robot or an array of cameras is fixed in such a way as to cover the entire path of the athletes.

1.5.3 安全繫繩 (LANYARD)

1.5.3.1 安全繫繩最大長度為1.2公尺（一公尺又20公分）連結於自由潛水員身上，另一端是一個大型扣環可沿著比賽用繩上下移動。

1.5.3.1 A maximum 1.2-meter (one meter and 20cm) length lanyard is connected to the free diver and at the other end, a large size clip ring that runs along the Performance Line.

1.5.3.2 在比賽前，裁判將檢視安全繫繩，並且以適當方式（特殊膠帶及/或簽名）作上記號。

1.5.3.2 The control of the lanyards will be done by the Judges before the competition by marking them in an appropriate way (a special tape and/or signature).

1.5.2.7 如果安全繫繩因為任何原因而被移除了，除非是此安全繫繩出現嚴重問題，否則此運動員將被取消比賽資格，這需要有錄影做為充分佐證。

1.5.2.7 If the lanyard is removed for any reason, the athlete is disqualified, except in the case where there is a serious problem with the lanyard. This should be proven beyond all doubt by video recording.

1.5.4 深度標記 (DEPTH MARKER)

1.5.4.1 深度標記 (標籤) 必須要能讓每一位選手皆能取下。

1.5.4.1 A Depth marker (tag) must be available for each competitor.

1.5.4.2 要給運動員取下的「深度標記」需置於比賽用繩底部的底盤上，可用橡皮筋固定、曬衣夾夾住，或用魔鬼粘固定好，並且能讓運動員輕易撕下。

1.5.4.2 The depth marker is attached on the bottom plate of the Performance Line with elastic band, clothes peg or connected by Velcro which can be easily ripped by the athlete.

1.5.5 運動員助手 (ATHLETE'S ASSISTANTS)

1.5.5.1 在Top Time (比賽正式開始時間) 前，運動員在暖身與比賽區域只能有一位助手，當運動員開始下潛後，助手要離開比賽區域，但是可以留在暖身區或者留在裁判長 (Chief Judge) 在技術會議上所指定的區域。

1.5.5.1 The athlete can have only one assistant in the warm-up and competition area until the Top time. After the athlete starts the dive, the assistant will leave the competition area but can stay in the warm-up area or within the area that Chief Judge defined in the technical meeting.

1.5.5.2 如果助手留在比賽區域，裁判對助手只會發出一次「離開警告」，如果助手繼續逗留在比賽區域，則此項違規將導致此運動員受到「常規處罰 (general penalty)」。

1.5.5.2 If the assistant stays in the competition area, the judge will warn the assistant one time only. If he continues to stay in the competition area this violation leads to a general penalty to the athlete.

1.5.5.3 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。

1.5.5.3 Only the Chief Judge can allow the team representative to intervene in case of a technical problem.

1.5.6 成績測量 (PERFORMANCE MEASUREMENT)

1.5.6.1 在下潛繩的末端，運動員可以在折返區拉/抓下潛繩幫助轉身，並在底盤上拿取深度標記。

1.5.6.1 At the end of the Performance Line, the athlete can grab the rope in the turn zone and take the depth marker on the bottom plate.

1.5.6.2 如果運動員取回「深度標記」，則該潛的深度等於宣告深度。

1.5.6.2 If the athletes recover the depth marker, the validated performance is equal to the depth declared.

1.5.6.3 如果未能取回深度標記者，或者遺失深度標記者，都將受到「常規處罰 (general penalty)」，也就是該潛深度會扣一公尺。

1.5.6.3 In case of failure to recover the depth marker or loss of the depth marker, a general penalty of one meter will be applied to the performance.

1.5.6.4 如果運動員折返的深度小於宣告深度，或者未能取回深度標記，最終表現會由下列算式計算：

$$\text{最終成績} = \text{到達的深度} - \text{距離處罰} - \text{常規處罰}$$

運動員抵達的深度將從官方電腦表得知，距離處罰將在以下規章中說明。

1.5.6.4 If the athlete turns earlier than the declared depth or fail to recover the depth marker, the final performance will be given by the following equation:

$$\text{Final Performance} = \text{Depth Reached} - \text{Distance Penalty} - \text{General Penalty}$$

The Depth Reached (DR) is given by the official gauge and the distance penalty is defined in the following article.

1.5.5.5 如果比賽到達的深度 (DR) 小於宣告深度 (DD)，則距離處罰將為DD減去DR。此處的判罰是「距離處罰」，每少一公尺就判罰一公尺。

例如：

若 宣告深度 (DD) = 100公尺 而 到達的深度 (DR) = 90公尺

距離處罰(DD-DR) 為 (100-90) = 10公尺

由於沒有深度標記，也還會有一公尺的常規處罰

$$\text{最終成績} = \text{到達的深度} - \text{距離處罰} - \text{常規處罰}$$

則 最終成績 = 90 - 10 (距離處罰) - 1 (常規處罰) = 79公尺



1.5.6.5 If the depth reached (DR) is smaller than the depth declared (DD) the distance penalty will be given by DD minus DR. The distance penalty is equal to one meter penalty for each missing meter.

For Example:

If DD = 100 meters and DR = 90 meters

The distance penalty (DD-DR) is $(100-90) = 10$ meters

A general penalty of 1 meter is given for absence of depth marker.

Final Performance = Depth Reached – Distance Penalty – General Penalty

Thus, Final performance = $90-10$ (distance penalty) - 1 (general penalty) = 79 meters

2. 每種競賽項目之特別規則(SPECIFIC RULES FOR EACH DISCIPLINE)

2.1 恆重下潛 (CONSTANT WEIGHT)

2.1.1 動作 (MOTION)

2.1.1.1 除了在3公尺折返區域內，運動員必須以不抓住或不拉動比賽用繩的方式進行下潛與上升。

2.1.1.1 The athlete must descend and ascend without helping himself by holding or pulling the rope except in the 3 (three) - meters turn zone

2.1.1.2 運動員若提早轉身 (early turn)，他只能抓跟拉一次下潛繩便開始上升。

2.1.1.2 After an early turn, the athlete can grab and pull the Performance Line just one time to begin the ascent.

2.1.2 配重 (WEIGHT SYSTEM)

2.1.2.1 在恆重下潛的項目(包含雙蹼、無蹼)，運動員在整趟潛水過程中，配重都不能被丟棄或是被調整。

2.1.2.1 In constant weight events (CWT, CWT-BF, CNF), the weighting system can not be abandoned or modified during the whole attempt.

2.2 攀繩下潛 (FREE IMMERSION)

2.2.1 動作 (MOTION)

2.2.1.1 運動員可抓住或不抓住、拉動或不拉動下潛繩的方式進行下潛與上升。

2.2.1.1 The athlete may descend or ascend with or without holding or pulling the rope.

2.2.2 配重 (WEIGHT SYSTEM)

2.2.2.1 在攀繩下潛的項目，運動員在整趟潛水過程中，配重都不能被丟棄或是被調整。

2.2.2.1 In free immersion event (FIM), the weighting system can not be abandoned or modified during the whole attempt.

2.3 變重下潛 (VARIABLE WEIGHT)

2.3.1 引導式重錘裝置 (GUIDED BALLAST DEVICE)

2.3.1.1 引導式重錘裝置 (Guided Ballast Device) 是一種可將運動員運送至目標深度的裝置，此裝置必須是靠自身重量取得向下之移動力，此裝置必須能沿著比賽用繩上下移動，其設計上沒有限制，主辦單位可視情況訂之，而且運動員在下潛過程中要能夠自行離開此裝置。

2.3.1.1 The Guided Ballast Device is the device used to transport the athlete to the goal depth. This device must attain its downward movement under its own weight. The device must run along the Performance Line. Its design is free, left to the organization and can be released by the athlete during descend.

2.3.1.2 引導式重錘裝置到達目標深度時將留在底部，潛水員將以單蹼 (VWT-MF)、雙蹼 (VWT-BF)、或無蹼 (VWT-NF) 方式上升至水面。只有在無蹼 (VWT-NF) 項目，運動員可抓住和拉動繩索上升。

2.3.1.2 The guided Ballast device will be left at the bottom and the ascent will be realized with monofin (VWT-MF), with bi-fins (VWT-BF) or without fins (VWT-NF). The athletes can grab and pull the rope to ascend only in VWT-NF.

2.3.2 下潛 (DESCENT)

2.3.2.1 運動員在引導式重錘裝置 (guided ballast device) 上沿著比賽用繩垂直下潛，運動員在下潛後可自行離開 (拋棄) 此裝置。

2.3.2.1 The descent is vertical along the rope with the guided ballast device and that device and can be released (abandoned) by the athlete after descend.

2.3.2.2 運動員下潛時，引導式重錘裝置和運動員的身體部份必須要在水中。

2.3.2.2 The athlete must start the dive while the guided ballast device and his body are partially immersed in the water.

2.3.2.3 運動員下潛時，不能抓住或拉動下潛繩進行下潛。

2.3.2.3 The athlete must descend without holding or pulling the rope.

2.3.2.4 在這個項目中，不使用深度標記，所以深度測量是取決於預先測量好的繩索以及運動員身上的官方電腦錶。

2.3.2.4 In this discipline no tag is available so the depth is measured by the pre-measurement of the rope and the official watches on the athlete.

2.3.3 上升 (ASCENT)

2.3.3.1當此裝置到達目標點時，則運動員從比賽用繩上的此點開始上升。

2.3.3.1 The ascent starts from the point on the Performance Line where the device reaches the target point.

2.3.3.2 在無蹼 (VWT-NF) 項目中，運動員可使用抓住或拉動繩索的方式協助自己上升，在單蹼 (VWT-MF) 和雙蹼 (VWT-BF) 項目中，就不可拉動或抓住繩索。

2.3.3.2 The athlete may ascend by helping himself by holding or pulling the rope in VWT-NF discipline. In VWT-MF and VWT-BF disciplines he is not allowed to pull and grab the line.

2.3.3.3 運動員若要提前轉身返回 (early turn) ，他可抓住比賽用繩，並且只能拉動一次比賽用繩。

2.3.3.3 In an early turn, he can grab and pull the Performance Line just one time.

2.4 戶外直線性動態平潛 (OUTDOOR LINEAR DYNAMIC)

2.4.1 設置 (SETUP)

2.4.1.1 「直線性動態深潛」的比賽在開放水域 (海水或湖泊) 中進行。

2.4.1.1 The event of Linear Dynamic takes place in open water (sea or lake).

2.4.1.2 準備兩顆大浮球，一顆為出發端，另一顆固定在距離出發浮球50公尺外。兩顆浮球都必須要牢牢固定在海底。

2.4.1.2 Two big buoys will be placed at the start and the other at a distance of 50 meters from the start, firmly attached at the bottom.

2.4.1.3 在水下會有一條引導繩連接於兩個浮球之間，此引導繩上每5公尺作一個標記。

2.4.1.3 A guideline line marked every 5 meters will be underwater connecting the two buoys.

2.4.1.4 運動員必須沿著水下的引導繩，此引導繩最深不得超過4公尺。

2.4.1.4 The athlete must follow a guideline stretched at shallow depth, max at 4 meters depth.

2.4.1.5 運動員在潛水的過程中，從出發浮球到50公尺外的浮球都必須沿著引導繩，而且各個轉彎都必須能越過固定浮球的垂直繩。

2.4.1.5 The athlete must follow the guideline during the attempt from the starting point to the 50 m point turning beyond the vertical line at each turn.

2.4.2 距離標記 (DISTANCE MARKER)

2.4.2.1 每位選手出發時，都會拿到一個距離標記。

2.4.2.1 Each competitor will start the attempt with a distance marker.

2.4.2.2 距離標記是由曬衣夾所組成。

2.4.2.2 The distance marker is composed of a clothes peg.

2.4.2.3 在運動員上升之前，運動員必須將距離標記固定於引導繩上，以便能表示所到達的距離。

2.4.2.3 The distance marker must necessarily be fixed by the athlete to the guideline prior to his ascent to indicate the distance reached.

2.4.3 裁判 (JUDGES)

2.4.3.1 CMAS裁判長必須待在水中，監控潛水和距離。

2.4.3.1 The CMAS chief judge must be in the water to monitor the dive and the distance.

2.4.3.2 在開始之前，裁判長需要確認兩個浮球之間的距離與引導繩的長度。

2.4.3.2 Before the start of the event, the CMAS chief judge validate the distance between the two buoys and the stretch of the line.

2.4.3.3 每20公尺必須設有戒護潛水員，從水面一路跟著運動員。

2.4.3.3 Safety divers must be placed every 20 m following the athlete from the surface.

2.4.4 比賽 (EVENT)

2.4.4.1 直線性動態平潛遵循1.4.1與1.4.2中提及的比賽程序與出水程序。

2.4.4.1 The linear dynamic event follows the common outdoor start and surface protocols defined in section 1.4.1 & 1.4.2.

2.4.4.2 直線性動態平潛 (Linear DYN) 將不列入世界、洲際、或國家紀錄。此項目僅作為娛樂性質的競賽項目。

2.4.4.2 No World, Continental or National records will be validated in linear dynamic events. The event is only organized as a recreational competition.

2.4.4.3 此項目可分為雙蹼、單蹼、無蹼等細項來組織。

2.4.4.3 The event is organized with the use of fins (bi-fins and monofin/bi-fins as separate competitions) or without fins.