



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

CMAS FREE DIVING INTERNATIONAL RULES DEPTH COMPETITIONS

CMAS自由潛水
深度賽
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 (FREE DIVING)

「自由潛水」是一項以「閉氣」進行的體育運動，運動員保持閉氣並將氣道沒入水下。

The term "Free diving" 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、參賽項目和成績 (COMPETITION, EVENT, ATTEMPT AND PERFORMANCE)

1.1.2.1 賽事 (Competition)：指一次自由潛水選手聚在一起的活動，可分成幾項比賽項目。

1.1.2.1 The term "Competition" is used to describe a gathering of Free diving competitors and may be divided into 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行動的結果，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.

1.1.2.5 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

1.1.2.5 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

1.1.2.6 在 CMAS 之 A 類賽事中，CMAS 將指派一名技術代表，其權利如「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 指派之一名助理裁判以及一名負責監看影像的國家裁判予以協助。其他繩索裁判 (Line judge) 則是經裁判長核准後，按需求予以指派。在其他賽事中

B 類、C 類賽事中(私人比賽、國家比賽，國際賽，各種杯等)，強制性要求具有一名裁判長及其助理和攝影裁判。

1.1.2.6 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 Chief Judge appointed by CMAS. The Chief judge will be assisted by an Assistant Judge appointed by CMAS and a National Judge responsible for video observation. Other Line judges 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 a video Judge are mandatory.

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 50-54 歲、M2 運動員為 55-59 歲、M3 運動員為 60-64 歲、M4 運動員為 65-69 歲、M5 運動員為 70 歲以上。

運動員的年齡是用賽季的年份減去生日的年份。

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” Individual age group: M1 Athletes 50-54, M2 Athletes 55-59, M3 Athletes 60-64, M4 Athletes 65-69, M5 Athletes 70 +

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

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 比賽項目 (DISCIPLINES)

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個行動的整個過程中，必須以有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 discipline where the athlete must cover the vertical distance in apnea to the declared depth without any change in his weight during the whole attempt with fins. 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個行動的整個過程中，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 must cover the vertical distance in apnea 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個行動的整個過程中，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 must cover the vertical distance in apnea 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) 是指運動員必須在未使用腳蹼的情況下，閉氣下潛至宣告深度之垂直距離的比賽項目。

The Free Immersion (FIM) is a discipline where the athlete must cover the vertical distance in apnea to a declared depth without fins.

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。

The Variable Weight VWT is a discipline where the athlete must cover the 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(VWTBF), 以及無蹼(VWT-NF)。

The event takes place in open water (sea or freshwater) with use of monofin (VWT-MF), bi-fins (VWTBF) and 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「錦標賽程序 (Procedures of Championships)」和「挑戰記錄合約 (Contract for Record Attempts)」文件檔。

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

1.2 用品和踢蹼方式 (MATERIAL AND SWIMMING STYLE)

1.2.1 腳蹼的使用 (USE OF FINS)

1.2.1.1 運動員可在恆重下潛(CWT)項目中使用單蹼或雙蹼參賽。

1.2.1.1 The athlete may use a monofin or bi-fins at CWT.

1.2.1.2 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。

1.2.1.2 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, 除了要注意腳蹼, 還要注意踢蹼方式, 不允許「豚式踢法」的游動方式, 只有在折返區域的 3 公尺區域內, 才得使用踢動一次「豚式踢法」的方式游動 (一次踢動包括一次上踢和一次下踢)。

1.2.1.3 In bi-fins events, it is not only the fins that matters, but also the swimming style: no dolphin kick is allowed except for one (one cycle up and down) in the 3-meter turning zone.

1.2.2 豚式踢法 (在自由潛水中) DOLPHIN KICK (IN FREE DIVING)

1.2.2.1 豚式踢法是指雙腿上下同時踢動。一個週期包含一次上踢和一次下踢。

1.2.2.1 A dolphin kick is a motion where the legs are moving up and down together. The up and down motion constitutes one complete cycle.

1.2.3 游泳 (在自由潛水中) SWIMMING (IN FREE DIVING)

1.2.3.1 在水中透過肢體運動產生動力向前游動。

1.2.3.1 Propelling oneself through water using movements of the limbs.

1.2.4 准許使用的用品 (AUTHORIZED MATERIAL)

1.2.4.1 面鏡、泳鏡、或液態泳鏡。

1.2.4.1 Mask, goggles, or fluid goggles.

1.2.4.2 鼻夾。

1.2.4.2 Nose clip.

1.2.4.3 潛水服。

1.2.4.3 Diving suit.

1.2.4.4 手錶/潛水電腦

1.2.4.4 Watch/dive computer

1.2.4.5 安全繫繩，在比賽前需通過裁判的查驗。

1.2.4.5 A lanyard to be homologated before the attempt by the Judge.

1.2.4.6 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。

1.2.4.6 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.

1.2.4.7 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」，且必須置於潛水服外面。運動員不允許把配重藏於潛水服裡面。

1.2.4.7 The athletes may use their personal weight system. If a weight is used, the athlete must use it with a quick release system, and it must be worn over his clothing. The athletes are not allowed to have weights hidden under their clothing.

1.2.5 廣告 (ADVERTISEMENT)

1.2.5.1 所有賽事中，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。

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

1.2.5.2 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。

1.2.5.2 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.

1.3 犯規 (VIOLATION OF THE RULES)

1.3.1 判罰 (PENALTY)

1.3.1.1 違反規則，將會按照本規則相關規定受到「常規處罰 (General penalty)」。「常規處罰」是指從運動員所達成的成績中減去一公尺。

1.3.1.1 Whenever a rule is violated in a way precisely defined in the corresponding articles a general penalty is applied. The general penalty consists of subtracting one meter from the performance realized by the athlete.

1.3.1.2 如果是「提前轉身返回 (early turn)」的情況下，與宣告深度每相差一公尺則減去一公尺為額外處罰。

1.3.1.2 In the case of an early turn, a one meter additional penalty is applied for each meter missing from declared depth.

1.3.2 犯規 (VIOLATION OF THE RULES)

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

1.3.2.1 The violation of rules leads to disqualification from the event unless a general penalty is specified in a corresponding article.

1.3.3 純氧的使用 (USE OF OXYGEN)

1.3.3.1 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。

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

1.3.3.2 下潛深度超過 70 公尺的潛水員可在進行單一個行動之後使用由主辦單位提供之氧氣瓶。純氧僅限於在比賽之後，在水面，或者是最大深度 5 公尺以內，才可使用純氧 5 分鐘。

1.3.3.2 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 (main judge) 所指定的區域，例如靠近競賽區域的暖身區。

1.4.1.1 The athletes admitted to the competition must be present one hour prior to their top time at the boat or a place defined by the main judge such as in the warm-up area, which is situated near the competition area.

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，並由暖身裁判通知繩索裁判 (Line Judge)。

1.4.1.2 45 minutes before their start, they must check in to the Warm-up Judge who will inform the Line Judge.

1.4.1.3 運動員只允許在他的比賽開始前 45 分鐘內下水。

1.4.1.3 In the period of the last 45 minutes prior his start, the athlete is allowed to go into the water.

1.4.1.4 運動員之間比賽相隔時間為最低 8 分鐘。

1.4.1.4 The athletes will start every 8 (eight) minutes minimum.

1.4.1.5 如果同時使用多條比賽用繩進行比賽，則進行單一個行動的開始時間必須要有間隔。

1.4.1.5 In the case of existence of several competition lines at the same time, the starts of the attempts must take place at shifted time intervals.

1.4.1.6 當發令員指示運動員就位「出發點」時，表示「單一個行動開始」。運動員在沒入水前有 3 分鐘的準備時間。

1.4.1.6 The attempt begins when the starter informs the athlete to go to the starting point. The athlete will have three minutes to prepare himself to start the dive.

1.4.1.7 發令員會對運動員報時：

1.4.1.7 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 秒內的任意時間開始。在此時間範圍內，如果氣道沒有沒入水中，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.

1.4.1.8 在國際賽事中，倒數計時必須用英語宣佈。

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

1.4.1.9 運動員不可在「Top Time (比賽正式開始時間)」之前開始，違反規定者將導致取消比賽資格。

1.4.1.9 The athlete is not allowed to start before the “Top Time”. Violation will lead to disqualification.

1.4.1.10 運動員可將其口部置於水下數次，在水下時可吐氣或不吐氣，一直到「Top Time (比賽正式開始時間)」。

1.4.1.10 The athlete can put his mouth under the water and can exhale or not, several times till Top time.

1.4.2 出水程序 (EXIT/SURFACE PROTOCOL)

1.4.2.1 當運動員在水面時，在出水後起算 20 秒的規定時間內，此運動員必須：向船隻甲板上的繩索裁判 (Line Judge) 完成「出水程序」(傳統水下活動的「OK」手勢，將兩根手指作出一個圓圈)。圖 1 所示為運動員朝向裁判和作出「OK」手勢允許方向的位置，「OK」手勢的方向定義在兩肩連線之前，手部作出「OK」手勢。

1.4.2.1 When he is at 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 direction of the Line Judge who will be on the deck of the boat. The position of the athlete toward the judge and the authorised direction of the ok sign are represented in figure 1. The direction of the ok sign is defined by the line drawn between the shoulder and the hand doing the ok sign.

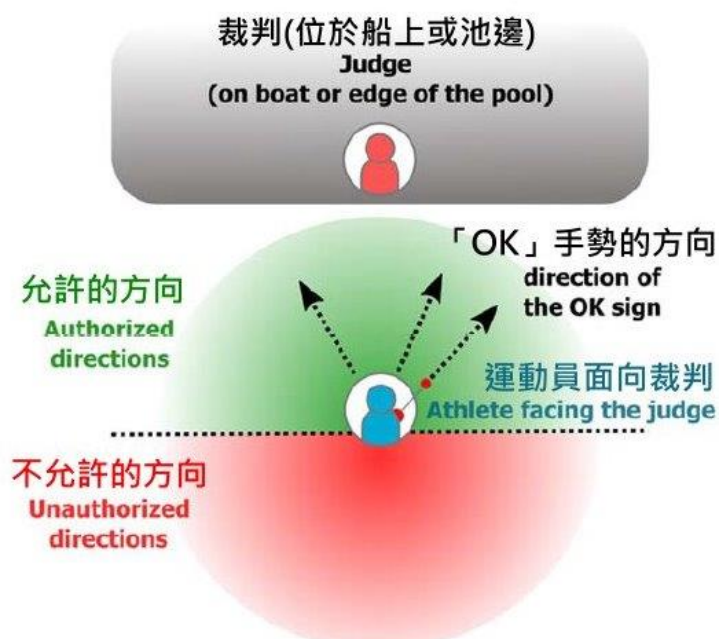


圖1：選手與裁判在出水程序期間的位置

Figure 1: Position of competitor and judge during surface protocol

1.4.2.2 運動員必須保持漂浮狀態，他可抓住繩索，其頭部必須保持在水面以上，包括氣道以及頭部兩側等高處（大概是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，則由裁判決定。

1.4.2.2 The athlete must stay afloat. He can grab the rope and must keep his head above the water surface. The airways and equivalent level of the sides of the head (roughly around 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.

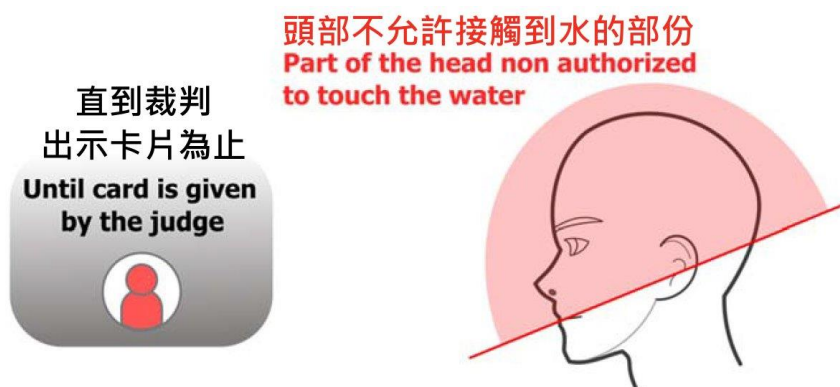


圖2：頭部在出水程序期間必須保持出水的部份

Figure 2: Part of the head staying out of the water during surface protocol

1.4.2.3 裁判們在該單一個行動結束後的 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，裁判可以決定在該場比賽（競賽項目）結束時給出判決。

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

1.4.2.4 運動員可以在執行「出水程序」時講話。

1.4.2.4 The athlete can talk during the protocol.

1.4.2.5 在運動員完成「出水程序」前，運動員助理不允許進入此區域。

1.4.2.5 The assistant of the athlete is not allowed to be in the area until the surface protocol is finished.

1.4.2.6 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」。

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

1.4.2.7 國際錦標賽必須要有錄影仲裁。

1.4.2.7 Video arbitration is mandatory for international championships.

1.4.2.8 運動員在執行「出水程序」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。

1.4.2.8 People around must remain calm and silent during the athlete's surface protocol and recovery. In violation of this, the decision is up to the Chief judge, and he can suspend the people/team members from the competition area.

1.4.2.9 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。

1.4.2.9 Screaming or any help from the athlete's national delegates, coaches or team members leads to the disqualification 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「出水程序 (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。

1.4.3.1 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.

1.4.3.2 如果運動員在水面出現「失去意識/暈厥」，則取消比賽資格，而且必須經過醫師檢查後才可繼續進行隔日和之後的比賽。

1.4.3.2 In case of Loss of Consciousness/Black Out at the surface, the athlete will be disqualified and must be examined by the doctor to be able to continue the competition the next day(s)

1.4.3.3 如果運動員在水下出現暈厥，則取消比賽資格，而且隔日不准參賽。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 underwater black out, the athlete will be disqualified, and he will not be allowed to compete the next day. The athlete must be checked and have approval from doctor to continue the competition.

1.4.3.4 如果運動員在水深 15 米以下出現暈厥 (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，而且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 underwater black out deeper than 15 meters, (the actual depth will be confirmed by the safety who realized the recovery), the athlete will be disqualified and he will not be allowed to dive again in the competition. The athlete must be checked from the doctor to insure if he needs 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。

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.

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:

- 如果出示白色卡片，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.
- 如果出示黃色卡片，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, the decision can be at the end of the competition.
- 如果出示紅色卡片，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色卡片是有效成績。
- 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，以及其比賽所需的總時間，這個時間對運動員的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，競賽項目的規劃如下：

- 第 1 日 官方訓練
- 第 2 日 恆重下潛 (CWT)
- 第 3 日 攀繩下潛 (FIM)
- 第 4 日 休息日 - 為之前取消的任何比賽所保留的日期
- 第 5 日 恆重下潛無蹼 (CNF)
- 第 6 日 恆重下潛雙蹼 (CWT BIFINS)
- 為之前取消的任何比賽所保留的日期

1.5.1.3 At world and continental competitions, the program of disciplines will be as follows:

- Day 1 Official Training
- Day 2 CWT
- Day 3 FIM
- Day 4 Rest Day - Reserve day for any previous cancelation
- Day 5 CNF
- Day 6 CWT BIFINS
- Reserve day for any previous cancelation

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.

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」 - 具有相同名次。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" - sharing the place. 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.

1.5.2 比賽用繩和安全繫繩 (PERFORMANCE LINE AND THE LANYARD)

1.5.2.1 下潛用的比賽用繩必須設有配重，根據海象狀況 (例如浪況、流況、潮汐等)，比賽用繩透過配有足夠重量的方式，以確保讓比賽用繩能處於整體穩定與垂直的狀態。

1.5.2.1 The diving Performance Line must be 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.).

1.5.2.2 比賽用繩必須有以下標記。

1.5.2.2 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 ...

1.5.2.3 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。

1.5.2.3 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.

1.5.2.4 在比賽用繩的尾端，即底重上方，需在比賽用繩上設置一個停止器或類似物品，使安全繫繩的扣環能在設有深度標記的深度盤上方 1.0 公尺處就能停下來。

1.5.2.4 At the end of the line, before the weight, the line must be equipped with a stopper or something similar in order to stop the carabiner of the lanyard at 1.0 meter above the bottom plate where the distance markers are attached.

1.5.2.5 比賽用繩需按照運動員所宣告之深度而設置，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。

1.5.2.5 The Performance Line must be positioned according to the depth declared by the athlete. 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.

1.5.2.6 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。

1.5.2.6 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.

1.5.2.8 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，而由戒護長 (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 safety divers 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 深度標記 (DEPTH MARKER)

1.5.3.1 深度標記 (標籤) 必須要能讓每一位選手皆能取下。

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

1.5.3.2 要給運動員取下的「深度標記」需置於比賽用繩底部，可用曬衣夾夾住，或用魔鬼粘固定好，並且能讓運動員輕易撕下。

1.5.3.2 The depth marker (to be retrieved by the athlete) will be attached at the bottom of the Performance Line with a clothes peg or connected by Velcro which can be easily ripped by the athlete.

1.5.3.3 運動員必須從比賽用繩底部取走深度標記，以表示所到達的距離。

1.5.3.3 The depth marker must be taken by the athlete from the end of the Performance Line to indicate the distance reached.

1.5.4 運動員助手 (ATHLETE'S ASSISTANTS)

1.5.4.1 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。

1.5.4.1 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.

1.5.4.2 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)」。

1.5.4.2 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.

1.5.4.3 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。

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

1.5.5 成績測量 (PERFORMANCE MEASUREMENT)

1.5.5.1 當運動員到達比賽用繩的尾端時，也就是折返區域 (turn zone)，運動員可抓住比賽用繩並取下「深度標記」。

1.5.5.1 When the athlete reaches the end of the Performance Line, in the turn zone, he can hold the rope and take the depth marker.

1.5.5.2 如果運動員取回「深度標記」，則最終成績等於宣告深度。

1.5.5.2 If the athletes recover the depth marker, the final performance is equal to the depth declared.

1.5.5.3 如果運動員折返的深度小於宣告深度，則會以官方深度錶上的深度減去判罰後，作為比賽所記錄的深度。

1.5.5.3 If the athlete turns earlier than the declared depth, the recorded depth will be the depth of the official depth gauge minus penalties.

1.5.5.4 如果未能取回深度標記或者遺失深度標記，則會以戴在運動員手腕上的官方深度錶上所顯示的深度作為深度記錄。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)」。

1.5.5.4 In case of failure to recover the depth marker or loss of the depth marker, the depth recorded will be the one shown on the official depth gauge, that the athletes wear on their wrist. The failure to recover the depth marker or the loss of it, will lead to a general penalty.

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

最終成績 = 到達的深度 - 距離處罰 - 常規處罰

例如：

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

(DD-DR) 為 (100-90) = 10 公尺

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

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

Final Performance = Depth Reached – Distance Penalty – General Penalty

For Example:

If DD = 100 meters and DR = 90 meters

(DD-DR) is (100-90) = 10 meters

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

1.5.6 下潛和上升之常見問題 (COMMON ISSUES FOR DESCENDING AND ASCENDING)

1.5.6.1 下潛

1.5.6.1 Descent

1.5.6.2 在單一個行動的整個過程中，運動員絕對不可丟棄自己的配重。

1.5.6.2 The athlete's weight may never be abandoned by the athlete during the whole attempt.

1.5.6.3 必須是沿著比賽用繩進行垂直下潛。

1.5.6.3 The descent is vertical along the Performance Line.

1.5.6.4 上升

1.5.6.4 Ascent

1.5.6.5 運動員在比賽用繩作折返的那個點，從該點開始進行上升，運動員在單一個行動結束時，返回水面，並且必須完成「出水程序」。

1.5.6.5 The ascent starts from the point on the Performance Line where the athlete turns. At the end of the attempt, back on the surface, the athlete must complete the Surface Protocol.

1.5.6.6 除非運動員陷入困境，否則在運動員尚未完成單一個行動之前，不得以任何理由協助或碰觸運動員。

1.5.6.6 The athlete must not be helped or touched for any reason before he completes the attempt unless he is in difficulty.

1.5.6.7 不允許在潛水過程中抓比賽用繩，但是在折返區域之三公尺內或者在攀繩下潛 (FIM) 的比賽項目除外。

1.5.6.7 Grabbing of the line during the dive is not allowed except in the three-meter turn zone, or in the FIM discipline.

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 下潛 (DESCENT)

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。

2.1.1.1 The athlete must descend without holding or pulling the rope except in the 3-meter turn zone.

2.1.1.2 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。

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

2.1.2 上升 (ASCENT)

2.1.2.1 除了在 3 公尺折返區域內，運動員必須以不抓住或不拉動繩索協助自己的方式進行上升。

2.1.2.1 The athlete must ascend without helping himself by holding or pulling the rope except in the 3 (three) - meter turn zone.

2.2 攀繩下潛 (FREE IMMERSION)

2.2.1 下潛 (DESCENT)

2.2.1.1 運動員可使用抓住或不抓住、拉動或不拉動繩索的方式進行下潛。

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

2.2.2 上升 (Ascent)

2.2.2.1 運動員可使用抓住或不抓住、拉動或不拉動繩索的方式進行上升。

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

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。

2.3.1.2 The guided Ballast device, when reach the target depth, will remain at the bottom and the diver will ascent to surface with monofin (VWT-MF), with bi-fins (VWT-BF) or without fins (VWT-NF). Only at VWT-NF the athletes can grab and pull the rope.

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，運動員在下潛過程中可自行離開(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 during descend.

2.3.2.2 當引導式重錘裝置和運動員身體有部份沒入水中時，運動員必須開始進行下潛。

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 運動員必須以不抓住或不拉動比賽用繩的方式進行下潛。

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

2.3.2.4 在這個項目中，不使用標籤，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手錶。

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 戶外直線性動態深潛 (OUTDOOR LINEAR DYNAMIC)

2.4.1 「直線性動態深潛」的比賽在開放水域 (海水或湖泊) 中進行，但不列入世界記錄挑戰。

2.4.1 The event of Linear Dynamic takes place in open water (sea or lake) as a competition but not for WR attempts.

2.4.2 此項目在開放水域 (海水或淡水) 中進行，視賽事型態，可分為：有蹼 (雙蹼與單/雙蹼將分開競賽) 或無蹼。

2.4.2 The event takes place in open water (sea or freshwater) and the use of fins (bi-fins and monofin/bi-fins as separate competitions) or without fins depends on the type of the competition

2.4.3 將設有兩個大浮球，其中一個位於出發點，另一個位於 50 公尺處而且底部牢牢固定。

2.4.3 There will be two big buoys, one at start and the other at 50 meters firmly attached at the bottom.

2.4.4 在水面上會有一條線連接於兩個浮球之間，此條線上每 5 公尺作一個標記。

2.4.4 A line marked every 5 meters will be at the surface connecting the two buoys.

2.4.5 運動員必須沿著一條引導繩，此引導繩是從最深水下 4 公尺的淺深度延伸而出。

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

2.4.6 運動員在進行單一個行動的過程中，從出發點到 50 公尺深的點都必須沿著引導繩，而且各個轉彎都必須能越過垂直線。

2.4.6 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.

2.4.7 各選手可自行佈置距離標記，各選手可使用衣夾將深度標記固定於引導繩上。

2.4.7 The distance marker will be at the disposal of each competitor. It will be clothes peg for each athlete to fix the distance marker on the guideline.

2.4.8 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。

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

2.4.9 其距離以及在水中延伸的線必須由 CMAS 國際裁判作檢查。

2.4.9 The distance and the stretch of the line in the depth must be checked from CMAS International judge.

2.4.10 CMAS 裁判長必須待在水中，監控潛水和距離。

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

2.4.11 每 20 公尺必須設有戒護潛水員，從水面一路跟著運動員。

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

2.4.12 出發、結束之程序和其他細節，詳述於當前之規則。

2.4.12 Start, exit protocol and other details as described in current rules.

2.4.13 直線性動態深潛 (Linear DYN) 將不列入世界、洲際、或國家紀錄。

2.4.13 No World, Continental or National records will be validated at Linear DYN.