



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION



AQUATHLON

RULES

VERSION 2014/00

1. Description

- 1.1. Aquathlon is a wrestling sport practiced in and under the water. It was created by the underwater sports coach Igor Ostrovsky in the early 1980s. The name "aquathlon" was derived from Latin and Greek and means "fight in the water" (*aqua*, Latin for water, and *athlon*, Greek for wrestling).
- 1.2. Aquathlon is a fight between two underwater athletes (aquathlonists), each of whom tries to tear off a ribbon attached to one of their opponent's ankle bands and be the first to show the ribbon on the surface as a sign of victory over their opponent.

2. Competition Area

- 2.1. The competition area consists of a square ring and a free area around the ring, both marked with ropes on the surface of the water.
- 2.2. The water depth in the competition area should be between 2m and 6m.
- 2.3. The ring should measure 5m x 5m, with a 2.5m wide free area. One side of the ring is marked with a red or blue rope (red side); the other side is marked with a yellow or white rope (yellow side).
- 2.4. Two hoops measuring 1 m in diameter shall be placed at the bottom of the pool at the opposite sides of the ring. The red (blue) hoop shall be placed under the red rope, the yellow (white) hoop under the yellow rope.

3. Individual Equipment

- 3.1. Swimsuit, made of dense fabric.
- 3.2. Mask (goggles are not permitted).
- 3.3. The fins accepted in CMAS, except the fins of fiberglass.
- 3.4. Two ankle bands, 40-50 cm in length and 5-6 cm in width, made of Velcro, which shall be fixed on both ankles of the wrestler.
- 3.5. Two colour ribbons, 20-25 cm in length and 2-2.5 cm in width, attached to the wrestler's ankle bands on the outside of the ankles. The wrestler on the red side shall wear yellow ribbons; the wrestler on the yellow side shall wear red ribbons.
- 3.6. Water polo cap, red or blue for the wrestler on the red side, white or yellow for the athlete on the yellow side.

4. Age and Weight Categories

4.1. The age and weight categories applicable to aquathlon practitioners are presented below.

| Age categories | Subgroup | Weight category A | Weight category B |
|-------------------------------------|----------|--------------------------|-------------------|
| Juniors, aged under 12 years | Female | absolute weight category | |
| | Male | | |
| Juniors, aged under 14 years | Female | absolute weight category | |
| | Male | | |
| Juniors, aged under 16 years | Female | absolute weight category | |
| | Male | | |
| Juniors, aged under 18 years | Female | Under 50 kg | 50 kg or above |
| | Male | Under 60 kg | 60 kg or above |
| Juniors, aged under 21 years | Female | Under 60 kg | 60 kg or above |
| | Male | Under 70 kg | 70 kg or above |
| Seniors | Female | Under 70 kg | 70 kg or above |
| | Male | Under 80 kg | 80 kg or above |

4.2. Competitions can be carried out in absolute weight category, without dividing of participants into weight categories A and B.

4.3. The age category is determined by the athlete's year of birth.

4.4. Weighing will be held one day before the competition in the presence of the doctor and two judges.

4.5. No competition shall be held in any age/weight category with less than 3 entrants. Athletes in this category may still enter the competition in heavier weight categories or older age categories.

5. Combat

- 5.1. A combat consists of three rounds, lasting 30 seconds each and, if necessary to establish the winner, from a control round.
- 5.2. The interval between any two rounds should not be less than 30 seconds; the interval between any two combats should not be less than 1 minute.
- 5.3. On the command "Ready", the wrestlers enter the free area. On the command "Steady", the athletes assume their starting positions, without any contact with the pool walls. There is a five-second countdown before the command "Go". On the command "Go", the participants should dive and enter the ring through their respective hoops.
- 5.4. The beginning of the round is indicated by one gong signal.
- 5.5. The wrestler must enter the ring within 6 seconds, in which time both ribbons must pass through the mouth of the hoop. The wrestler that has entered the ring shall receive 1 point. If the wrestler fails to enter the ring within 6 seconds of the beginning of the round, they lose in the round with the score of 0:3.
- 5.6. The wrestler has no right to prevent entry into the ring of his opponent. If a wrestler prevents entry into the ring of his opponent, he loses the round with a score of 0-3.
- 5.7. If a ribbon becomes detached in the free area before the wrestler enters the ring, the combat shall be halted; in this case, both wrestlers shall resume their starting positions, and the round shall be restarted.
- 5.8. After both athletes have entered the ring, the wrestling begins. Each of the athletes tries to tear off one of the ribbons attached to their opponent's ankle bands and show it on the surface inside the ring. The wrestler that does it first receives 2 points and wins in the round with the score of 3:1.
- 5.9. Upon entering the ring, the athletes may continue to wrestle under the water or on the surface, or move into the free area.
- 5.10. If any of the opponent's ribbons has become detached during the combat upon entering the ring, the athlete may seize it, return to the surface and be the first to show the ribbon inside the ring; in this case, the athlete wins in the round with the score of 3:1.
- 5.11. If the wrestler has gained possession of the opponent's ribbon in the free area, the wrestler must return to the ring and display the ribbon inside the ring before the end of the round by sliding their hand under the ring rope, in which case the wrestler wins in the round with the score of 3:1.
- 5.12. If both wrestlers return to the surface with each other's ribbons at the same time, the winner shall be determined on the basis of the video camera data. In the absence of a video camera, the winner is determined by the judges. The score in this round will be 3:1, or the draw is awarded. The score of a round will be 3:3.
- 5.13. If neither of the wrestlers is declared winner, the round ends with the score of 1:1.
- 5.14. After each 30-second round the gong is struck three times to indicate the end of the round.

- 5.15. The wrestler can halt the round by repeatedly slapping the water surface or the opponent's body. In this case, the wrestler loses the round with the score of 0:3.
- 5.16. The command to terminate the round before the expiry of the 30-second period or to stop wrestling because of emergency is indicated by repeated gong signals.

6. Special Round

- 6.1. A special round shall be held if needed to establish the winner in the combat.
- 6.2. For the special round, two ribbons, one red and one yellow, are placed in the centre of the mat at the bottom of the pool at a distance of 1 m from each other. The red ribbon shall be placed on the yellow side, the yellow ribbon on the red side. On the gong signal (same as for usual rounds), both wrestlers shall dive through their hoops, pick up the ribbon of their respective colour and return with it to the surface inside the ring.
- 6.3. During the special round, wrestlers shall not wear any ribbons.
- 6.4. There is no 6 second time limit for entering the ring during the special round; the duration of the round is not recorded.
- 6.5. The wrestling during the special round takes place in the same way as during the usual rounds.
- 6.6. The wrestler losing in the special round has 1 point deducted from their score.

7. Fouls

- 7.1. Striking or choking the opponent; using submission holds, strikes and capture in the groin area.
- 7.2. Intentionally attempting to remove the opponent's mask or swimsuit.
- 7.3. Intentionally changing the shape of the ring or the position of the hoops.
- 7.4. Holding, grabbing or attempting to regain one's own ribbon.
- 7.5. Changing the position of the opponent's ribbon during the special round with one's hands.
- 7.6. Avoiding of the struggle during most of the round.
- 7.7. Keeping of the opponent in capture and lack of attempts to attack
- 7.8. Deliberate leaving the ring to escape from the opponent.
- 7.9. False start - diving in the ring before the command "Start".
- 7.10. Refusal to accept or act on instructions or decisions of the judges.
- 7.11. Arguing against the decisions of the judges.
- 7.12. Violation of discipline; unsportsmanlike conduct towards one's opponent, the judges or the spectators.
- 7.13. Failure to appear in the free area prior to the beginning of the round.

8. Penalties

8.1. Fouls 7.1, 7.2 and 7.3 are punishable with a strong warning which shall be entered in the Competition Records. In this case the wrestling shall be stopped immediately, and the offender shall lose in the round with the score of 0:3. If the judges are unable to immediately stop the wrestling, the offender's score shall be nullified, and the offender shall lose in the round with the score of 0:3. If both wrestlers commit any of the above fouls, the round ends with the score of 0:0.

The participant receiving three strong warnings in the course of one competition shall be disqualified, and their score nullified.

8.2. The wrestler committing foul 7.4 shall lose in the round with the score of 0:3.

8.3. The wrestler committing foul 7.5 shall lose in the special round.

8.4. The wrestler committing fouls 7.6, 7.7 and 7.8 loses in the round with the score of 0:1. If these fouls are committed by both wrestlers, the score shall be 0:0.

8.5. In the event of foul 7.9, the athlete is declared defeated in the round with a score of 0-3.

8.6. In the event of fouls 7.10, 7.11 or 7.12, the offending wrestler is disqualified and their score at the respective stage of the round robin competition is nullified.

8.7. The wrestler committing foul 7.13 loses in the round with the score of 0:3. If the same wrestler fails to appear for any of the subsequent rounds, they lose the combat with the score of 0:9.

9. Injuries

9.1. In the event of an injury, the doctor shall determine if the injured athlete should continue wrestling.

9.2. If an athlete injures oneself and is unable to continue wrestling, their opponent is declared winner in the round with the score of 3:0.

9.3. If an athlete suffers an injury as a result of a deliberate act of their opponent, the opponent shall be disqualified and the opponent's score at the respective stage of the round robin competition shall be nullified.

10. Competition Systems

10.1. The principal system used in aquathlon competitions is the round robin schedule.

10.2. At the preliminary stage, the participants shall be divided into groups. The competition in each of the groups shall follow the round robin schedule. The two participants winning the first and the second place in their group shall enter the next stage of the competition. The number of groups and the number of participants in each group shall be determined by the Panel of Judges depending on the number of entrants.

10.3. At the subsequent stages, the competition shall be based on the round robin or knockout (cup) system.

- 10.4. In case of a large number of entrants, a competition may follow a round robin, knockout (cup) or double elimination system, depending on the decision of the Panel of Judges.

11. Scoring and Individual Ranking

- 11.1. The athlete's score in the combat is established by the total number of points in the course of all rounds.
- 11.2. Competition winners are either participants winning the top places in the final round robin tournament, or the winners in the knockout (cup) or double elimination schedules, depending on the selected competition system.
- 11.3. In the round robin format:
- 11.3.1. The participant with a higher number of points won during combats within a group shall receive a higher rank in the round robin competition.
 - 11.3.2. The athlete winning in the combat shall be awarded three points; in the event of a tie, each of the athletes shall receive one point; the athlete losing in the combat shall receive zero points.
 - 11.3.3. If two athletes figures are the same, it takes into account the result of a personal meeting between the wrestlers - winner of the match takes a higher place
 - 11.3.4. If more participants have the same score on results of a round-robin competition, their ranking (based on the combats between these participants only) shall be governed by following tiebreaker criteria:
 - 1) number of points won by the competitors in the round robin competition;
 - 2) number of combats won;
 - 3) points scored during in the round;
 - 4) difference between points scored and conceded during rounds.
 - Indicators are located in decreasing order of the importance.
 - To the indicator which has not defined places of participants, don't come back
- 11.4. If it's impossible to rank several athletes, the scores of the remaining athletes must be considered, after which the criteria must be applied anew.
- 11.5. If in the preliminary round-robin tournament it's impossible to identify uniquely the fighters that go into the next stage of the competition, the special rounds between the applicants with equal performance should be held.
- 11.6. If the groups during the preliminary stage contained unequal numbers of participants, the eliminated wrestlers are ranked by the following criteria weighted against the maximum possible score for the respective group on results of the rounds:
 - 1) weighted points scored during rounds;
 - 2) the highest weighted difference between points scored and conceded during rounds.

11.7. If the number of participants during the preliminary stage of the competition was equal in all groups, the wrestlers eliminated during the preliminary stage and those eliminated during the subsequent competition stages are ranked consecutively by the following criteria, starting from the next position after the higher-level stage:

- 1) by the number of points scored during combats;
- 2) by the number of combats won;
- 3) by the number of points scored during rounds;
- 4) by the highest difference between points scored and conceded during rounds.

11.8. If several athletes remain tied after multiple applications of the criteria, they shall be awarded adjacent ranks.

11.9. In the knockout format:

11.9.1. To identify the athlete that will proceed to the next stage in the event of a tie in the knockout (cup) or double elimination format:

- 1) special rounds shall be held at all stages before the semi-final.

12. Team Ranking

12.1. Athletes shall be allocated points depending on their rank as follows:

| | | | | | | | | | | | | | | | | | | | | |
|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Position | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Points | 25 | 22 | 20 | 18 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

12.2. If several competitors have been awarded adjacent ranks, each of them shall be allocated the average number of team points for these ranks.

12.3. Teams shall be ranked by the number of points scored by individual team members.

12.4. Teams with identical numbers of points shall be ranked by the following criteria:

- 1) number of team members winning the 1st, 2nd, 3rd place, etc..
- 2) combats won;
- 3) points scored during combats;
- 4) points scored during rounds;
- 5) difference between points scored and conceded during rounds.

12.5. The teams remaining tied on all the criteria listed in section 13.4 will share adjacent ranks.

13. Aquathlon Officials

13.1. The Chief Judge


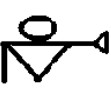







- 1) ensures the compliance of competition and judging procedures with the Rules;



- 2) controls the work of the judges;
 - 3) passes decisions on official protests submitted by team representatives;
 - 4) decisions of the Chief Judge are conclusive.
- 13.2. The Deputy Chief Judge
- 1) organises and controls the work of the judges;
 - 2) replaces the Chief Judge in their absence
- 13.3. The Deputy Chief Judge for Equipment
- 1) organises the work of the Technical Commission;
 - 2) controls equipment checking and installation in the pool.
- 13.4. The Chief Secretary
- 1) prepares the materials and documentation for the competition after obtaining the relevant approvals from the Chief Judge;
 - 2) organises the work of the secretaries;
 - 3) runs the records of the competition;
 - 4) prepares the report on the competition.
- 13.5. The Arbiter (Senior Judge in the Water) watches the wrestling; stops the round in case of serious misconduct; watches for the signals of the other judges; discusses the situation with the other judges and makes the final decision on the score of the round.
- 13.6. The Side Judges (Judges in the Water) watch for false starts, monitor ring entries, register the entry of both ribbons in the hoop, observe the athletes' conduct during the wrestling and participate in establishing the score in the round. If one of the ribbons has become detached before ring entry, the Side Judge shall stop the round.
- 13.7. Judges on a distance are on regions of the water area, watch false start, behind passing of the athlete through gate, behind that who will show to the first of athletes a tape on a surface.
- 13.8. The Starter calls "Ready", "Steady", reads the 5-second countdown, commands "Go" and watches for false starts.
- 13.9. The Time Keeper regulates the duration of the rounds and intervals between rounds and combats, counts 6 seconds after the start of the round and 5 seconds before the end of the round (from the 25th to the 30th second).
- 13.10. The Secretary enters the scores in the record of combats.
- 13.11. The Participants' Judges ensure that the athletes are equipped for the combat (by providing them with caps, ankle bands and ribbons), that none of the athletes is wearing any objects which can cause injury to athletes themselves or their opponents (rings, chains, etc.) and that the athletes' nails are cut short.
- 13.12. The Announcer calls the participants to the competition area and announces the participants and their scores.
- 13.13. The Awards Judges organise the preparation of awards (medals, cups, prizes and memorable gifts) and the awards ceremony.

14. Gong Signals

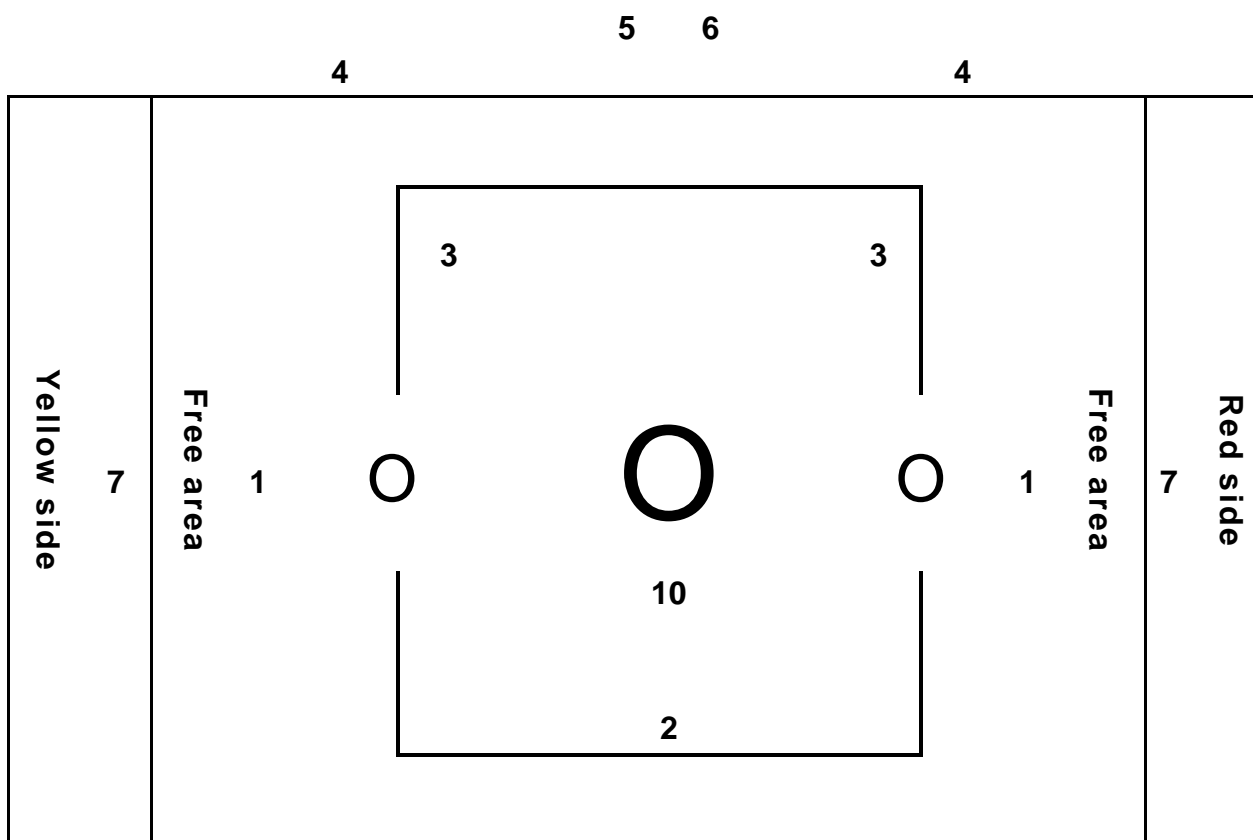
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|------------------|-------------------------|
| One strike | Start of round. |
| Three strikes | End of round. |
| Repeated strikes | Halt round immediately. |

15. Judge Signals

| No | Signal | Meaning | Arbiter | Side Judge | Surface Judge | Description |
|----|---|--|---------|------------|---------------|---|
| 1 |  | The athlete has passed through the hoop. | | X | | The judge holds up one arm showing an open palm; then moves it downwards when the athlete has passed through the hoop. |
| 2 |  | The first athlete has returned to the surface with a ribbon. | | X | X | The judge extends one arm showing an open palm to indicate the winner. |
| 3 |  | Score 3:1 | X | | | The referee extends one arm showing an open palm to indicate the winner; the other arm is upstretched. |
| 4 |  | Score 3:0 | X | | | The referee extends one arm showing an open palm to indicate the winner and touches the top of one's head with the other hand. |
| 5 |  | Score 1:0 | X | | | The referee raises one arm showing an open palm and touches the top of their head with the other hand. |
| 6 |  | Score 0:0 | X | | | The referee touches the top of their head with both hands. |
| 7 |  | Score 1:1 | X | | | The referee raises both arms showing open palms. |
| 8 |  | One of the athletes has committed a foul. | X | X | | The referee/judge raises both arms, with one hand holding the other by the wrist; then extends the arm of the holding hand to point with a clenched fist at the offender. |
| 9 |  | Both athletes have committed a foul. | X | X | | The referee/judge raises both arms, with both wrists above the head; then extends both arms with clenched fists to point at the offenders. |

| № | Signal | Meaning | Arbiter | Side Judge | Surface Judge | Description |
|----|---|--|---------|------------|---------------|---|
| 10 |  | Both athletes must stop wrestling immediately. | X | | | The referee crosses arms above the head showing open palms. |
| 11 |  | The referee and judges must gather together. | X | | X | Both arms are extended in front of the body, with open palms facing each other. |

Appendix 1 Aquathlon Competition Area



8 9

- 1 Wrestlers
- 2 Arbiter
- 3 Side Judge
- 4 Judges on a distance
- 5 Recording Secretary
- 6 Announcer
- 7 Participants' Judges
- 8 Starter
- 9 Time Keeper
- 10 Zone for the special round