**🏁 Finswimming Rules Overview**

Finswimming is a high-speed aquatic discipline governed by the **World Underwater Federation (CMAS)**. It includes swimming on the surface or underwater using **monofins** or **bi-fins**, with or without a breathing apparatus, depending on the discipline.

Here is a quick guide to the most essential rules and categories for all competitions where CMAS Rules apply, including national federations' competitions that refer to these Rules.

**🔹 Disciplines**

* **Surface Finswimming (SF)**: Swimmers use a snorkel and monofin (or bi-fins) on the surface. Immersion allowed only up to 15m after the start and turns.
* **Apnoea (AP)**: Underwater swimming over 50m (pool only) without a snorkel in a single breath.
* **Immersion (IM)**: Underwater with a breathing apparatus, only in the pool.
* **Bi-Fins (BF)**: Swam on the surface with two separate fins and a snorkel, using a crawl style. Limited dolphin kick only in the 15m zone after starts/turns.

📖 Read more – CMAS Rules, Disciplines & Techniques​

**🧰 Equipment Regulations**

All equipment used in CMAS competitions must comply with stringent homologation standards to ensure fairness, safety, and consistent performance.

**✅ Monofins**

* Only **CMAS-certified monofins** are allowed.
* Each fin must display the **CMAS homologation sticker**, adequately affixed to the top of the blade.
* Monofins must include only a **blade and fixed foot pockets** without any mechanical propulsion.
* **Dimensions**:
	+ Max width: **760 mm**
	+ Max length (from tip of the blade to back of heel): **760 mm**

🔗 View the 2025 CMAS Homologated Monofins List (PDF)​

**✅ Bi-Fins**

* Only bi-fins on the **CMAS-approved list** are permitted.
* **No modifications** are allowed (e.g., cutting or stuffing foot pockets).
* Fixing straps are allowed only if they follow the manufacturer's original configuration and secure the fins in three points: the sole, front, and back of the ankle.

🔗 View the 2025 CMAS Homologated Bi-Fins List (PDF)​

**✅ Swimsuits**

* Only **CMAS-approved racing suits** are permitted.
* Must be worn as a single piece (one layer), without additional buoyant materials.
* Each swimsuit must feature a **QR code** and be listed by a certified brand.

🔗 View the 2025 CMAS Homologated Swimsuits List (PDF)​

**✅ Snorkels**

* Required in **Surface (SF), Open Water (OW), and Bi-Fins (BF)** events.
* Must have:
	+ **Internal diameter**: 15 mm – 23 mm
	+ **Length**: 430 mm – 480 mm
	+ Round or oblique top ends allowed
	+ no soft parts in the hose
* It must be **cylindrical**, without any fairing or hydrodynamic attachments.
* Snorkels are strictly for **breathing only**, with no extra functions permitted.

**🧒 Age Categories**

* **Senior**: 18+
* **Junior**: 12–17 (divided into C, B, A subcategories)
* **Masters**: 30+ in 10-year brackets
* Age determines eligibility for different event types and distances.

📖 Read more – Age Groups & Eligibility​

**🏊 Pool & Open Water Setup**

* Pool competitions are held in 50-meter pools with eight lanes.
* Open-water races must ensure full swimmer safety.
* Snorkels, masks/goggles, and CMAS-certified fins/swimsuits are mandatory for most events.

📖 Read more – Pool & Open Water Regulation

**⚖️ Judges & Fair Play**

CMAS-certified judges oversee competitions and are categorized into four types: Continental, International, Chief Judges, and Technical Delegates. They ensure fairness and compliance with rules at all levels.

📖 Read more – CMAS Judges Rules 2023​

**🥇 Championships & Records**

CMAS organizes:

* **World & Continental Championships**
* **World Cups (senior, junior, master)**
* **University & Open Water Competitions**

Records are only valid if done with approved equipment and under CMAS conditions.

📖 Read more – Competition Formats & Records​