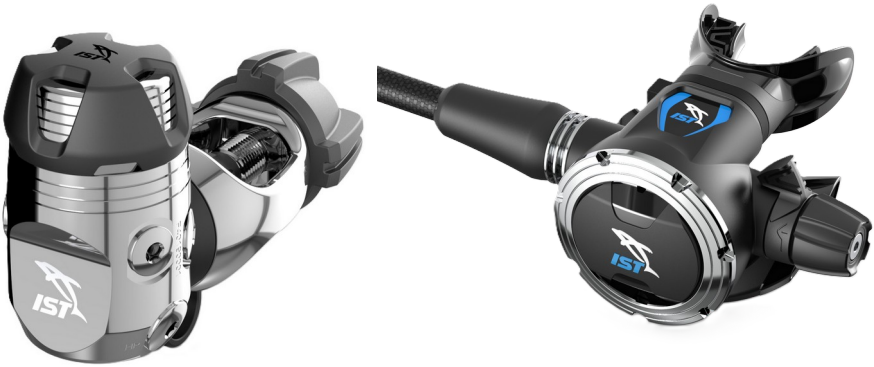


IST R-2000
OWNER'S MANUAL

R-2000 Yoke Regulator ☐ **R-2000-DIN Regulator** ☐

EN 250:2014 • PPE Regulation (EU) 2016/425 • PPE Category III

IST R-2000 OWNER'S MANUAL • 2026

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1. INTRODUCTION

Congratulations and thank you for choosing an IST Proline regulator. Your scuba regulator is precision life-support equipment. It must be used, cared for, inspected and serviced correctly to maintain its performance and to support safe diving.

Before using the R-2000, read this entire manual so that you understand its features, operating procedures, limitations, cautions and warnings. If anything is unclear, do not use the regulator and consult an IST authorised dealer or a qualified diving professional.

The R-2000 is identified in its EU type-examination documentation as Category III Personal Protective Equipment (PPE) under Regulation (EU) 2016/425. The certificate applies EN 250:2014 and identifies the product as an adjustable air-demand regulator intended for cold-water use below 10°C.

NOTE EU type-examination certificate No. 3061/4431/079/08/26/0031 was issued by Compagnie Maritime d'Expertise SAS (Notified Body No. 3061) on 25 August 2026 and expires on 24 August 2031.

The manufacturing process is carried out under the supervision of IST Sports Corp. Product specifications and this manual may be revised without prior notice as product development, standards or regulatory requirements change.

2. IMPORTANT WARNINGS

Please read and thoroughly understand the safety and operating messages in this manual. The following labels indicate the importance of the message they accompany:

WARNING	**A procedure or situation that, if not avoided, could result in serious injury or death.**
CAUTION	A situation or technique that could damage the product and may subsequently create a risk to the user.
NOTE	An important point, tip or reminder.

2.1 General precautions & warnings

WARNING	**This manual is not a substitute for formal scuba training. Use the regulator only after receiving appropriate training and certification from a recognised training agency, military or government diving school, or while under the direct supervision of a qualified scuba instructor.**
WARNING	**Use this equipment only for the applications described in this manual or for applications approved in writing by IST Sports Corp.**
WARNING	**This regulator must not be used with a surface-supplied air system unless IST Sports Corp. specifically approves that application in writing.**
WARNING	**After attaching the regulator to a cylinder, always pressurise the system by opening the cylinder valve slowly.**
WARNING	**Do not lubricate regulator parts or sealing O-rings unless the lubricant, procedure and oxygen compatibility are specifically approved by IST Sports Corp. and performed by a trained technician.**

WARNING **Do not apply aerosol sprays, solvents or petroleum-based substances to the regulator. They may damage plastic, rubber or sealing components.**

WARNING **Do not use the first stage as a carry handle when lifting or transporting a cylinder.**

WARNING **Do not modify any part of the regulator. Unauthorised modification may compromise function and safety and will void the warranty.**

WARNING **Your first and second stages are intended to operate as a matched regulator system. Substituting components may change breathing performance and compliance.**

The R-2000 may be used with normal atmospheric compressed air and with Enriched Air Nitrox containing up to 40% oxygen by volume. Breathing gas must be clean, dry and suitable for diving use. Divers using Nitrox must have appropriate training and follow all applicable oxygen-cleanliness, handling and filling procedures.

For Nitrox use, the maximum permitted oxygen concentration is 40% O_2 by volume. Do not use the R-2000 with oxygen concentrations above 40%.

WARNING **Cylinders used with the regulator should be in good condition and free of dust, corrosion and internal moisture. Contamination or moisture may cause malfunction and can increase the risk of freezing in cold-water conditions.**

3. REGULATOR FEATURES

A scuba regulator reduces the high pressure of breathing gas in the cylinder to a pressure that can be breathed safely on demand. The first stage reduces cylinder pressure to an intermediate pressure above ambient pressure. Gas is then delivered through the intermediate-pressure hose to the second stage, where it is reduced to ambient pressure for inhalation.

The first stage also supplies breathing gas to connected equipment such as a submersible pressure gauge, BCD inflator, dry-suit inflator and alternate air source, subject to the port configuration and operating limits specified for the regulator.

3.1 R-2000 Regulator



First stage – R200 / R200-DIN

- The EU type-examination certificate identifies the first-stage references as R200 (Yoke) and R200-DIN (DIN).
- R-2000 Yoke and R-2000-DIN regulator sets are included in the EU type-examination certificate.

The R200 / R200-DIN first stage uses a diaphragm design and incorporates environmental sealing / anti-freeze protection for cold-water operation.

The first stage provides 2 high-pressure (HP) ports with 7/16 in threads and 4 low-pressure (LP) ports with 3/8 in threads. The R200 does not use a swivel turret.

Maximum working pressure is 232 bar for the Yoke version and 300 bar for the DIN version. Intermediate pressure is 135–145 psi (approximately 9.3–10 bar).



Second stage – O-300

The O-300 is the primary second stage used with the R-2000 regulator set. It provides user-adjustable controls for surface and underwater breathing management.

The O-300 is equipped with a Pre-Dive / Dive Venturi control, an adjustable breathing-effort knob and a purge button.

The standard primary second-stage hose is a 30-inch braided hose with a maximum service pressure of 30 bar.

R-2000 technical specification summary

Specification	R-2000
Regulator set	R-2000 (Yoke) / R-2000-DIN (DIN)
First-stage reference	R200 / R200-DIN
First-stage design	Diaphragm; environmentally sealed / anti-freeze
Maximum working pressure – Yoke	232 bar
Maximum working pressure – DIN	300 bar
Intermediate pressure	135–145 psi (approx. 9.3–10 bar)
HP ports	2 × 7/16 in
LP ports	4 × 3/8 in
Second-stage model	O-300
Primary hose length / type	30 in braided hose
Hose maximum service pressure	30 bar
Pre-Dive / Dive control	Yes
Breathing-effort adjustment	Yes
Maximum certified diving depth	50 m (164 ft) under EN 250:2014
Cold-water classification	Cold-water use below 10°C; EN 250:2014 cold-water test condition: 4°C (39°F)
Approved breathing gas	Air / Nitrox up to 40% O_2 by volume
Applied standard	EN 250:2014
PPE regulation / category	Regulation (EU) 2016/425 / Category III

4. SETTING UP YOUR SCUBA

NOTE Installation of gauges, BCD inflator hoses, dry-suit hoses, alternate air sources and other accessories should be performed by an IST authorised dealer or qualified regulator technician.

WARNING **Never connect a low-pressure hose to a high-pressure port. Do not use adapters to defeat incompatible port threads. Incorrect installation can cause equipment failure, serious injury or death.**

4.1 Before attaching to a cylinder

1. Carefully inspect all hose connections to make sure they are secure.
2. Inspect the full length of every hose, including the metal crimp areas. Do not dive with any hose that is blistered, cut, kinked, cracked or otherwise damaged.
3. Inspect the first stage, second stage, alternate air source and attached accessories for visible damage.
4. Inspect the mouthpiece for tears or splits and make sure it is securely fastened.
5. If a submersible pressure gauge is fitted, make sure the gauge indicates zero before the system is pressurised.
6. Check your BCD and attach it securely to the cylinder according to the BCD manufacturer's instructions.

4.2 Mounting the first stage to the cylinder valve

Remove the cylinder-valve protector if fitted. Position the cylinder so the valve opening faces away from you and other people. Follow accepted diving procedures for ensuring the cylinder-valve outlet is clean and dry before connecting the regulator.

Yoke connector

7. Check the presence and condition of the cylinder-valve O-ring. Replace it if necessary.
8. Loosen the first-stage yoke screw enough to remove the dust cap from the air inlet.
9. Place the yoke over the cylinder valve so the regulator inlet aligns with the valve outlet. Check that hoses are routed correctly.
10. Tighten the yoke screw by hand only. Do not overtighten.

DIN connector

11. Remove the DIN dust cover.

12. Check the presence and condition of the O-ring at the end of the DIN connector. Replace it if necessary.
13. Carefully screw the DIN connector clockwise into the cylinder valve. If unexpected resistance is felt before full engagement, stop and inspect the threads. Do not force the connection.
14. Tighten by hand only. Do not overtighten.

4.3 Pre-dive procedures

15. With the cylinder valve closed, perform a vacuum leak check by inhaling slowly from the second stage. A small vacuum should be created and maintained without air entering. Repeat for any connected alternate air source. If the system does not hold vacuum, do not dive with it.
16. Open the cylinder valve slowly. Follow the cylinder manufacturer's instructions regarding final valve position.
17. If a pressure gauge is fitted, keep the gauge face directed away from people while pressurising the system.
18. Listen and check for leaks at hoses, port plugs and the cylinder connection. Never dive with a pressurised regulator that is leaking.
19. Confirm that the pressure gauge shows the expected cylinder pressure and that the gas supply is sufficient for the planned dive.
20. Momentarily operate the purge button(s) only as appropriate for the environmental conditions and your training. In very cold conditions, unnecessary gas flow can increase the risk of freezing.
21. Breathe slowly and deeply from the primary second stage and alternate air source. Test each user adjustment through its intended range and confirm smooth gas delivery.
22. Before entering the water, set the second stage controls to the manufacturer-recommended surface / pre-dive settings to reduce the chance of unintended free flow.
23. Perform a final buddy check. If anything appears abnormal, do not dive until it has been corrected.

5. DURING A DIVE

WARNING

Plan and conduct every dive so that a reasonable emergency breathing-gas reserve remains at the end of the dive. Continuously monitor cylinder pressure and follow the reserve requirements taught by your training agency and required by the dive plan.

Using the second stage

24. Before entering the water, re-check that the cylinder valve is open, the regulator is breathing normally and all equipment is functioning correctly.
25. After entering the water and when ready to submerge, move the Venturi control from PRE-DIVE to DIVE as appropriate and adjust the breathing-effort control for comfortable breathing while avoiding unintended free flow.
26. If the second stage leaves your mouth, recover it calmly. Before inhaling, clear water by using the purge button while controlling the mouthpiece opening with your tongue, or by exhaling sharply if sufficient air remains in your lungs.

Alternate air source / octopus

27. It is good diving practice to carry an alternate air source when required by your training, local regulations or dive plan.
28. Keep the alternate air-source mouthpiece protected from contamination and secure the unit so it can be reached quickly.
29. If the alternate second stage has adjustable controls, use the recommended surface / standby settings when it is not in use.
30. Clear any water before inhaling from the alternate air source.

Accidental free flow

A second stage may free-flow if the purge button is unintentionally activated or if the Venturi effect is triggered. Use the R-2000 control settings specified for the production unit to reduce free flow at the surface. If free flow cannot be stopped immediately or breathing becomes unreliable, follow your emergency training and terminate the dive safely.

At the surface or when the second stage is not in use, keep the Venturi control in PRE-DIVE to reduce the likelihood of free flow. During the dive, the control may be moved to DIVE and the breathing-effort adjustment set to the diver’s preferred breathing resistance.

5.1 Diving in cold water

The R-2000 EU type-examination certificate identifies the regulator as an adjustable cold-water air-demand regulator for use in water below 10°C. EN 250:2014 defines the performance requirements for cold-water regulators and uses a 4°C (39°F) cold-water test condition. Cold-water diving requires specialised training and operating practices because rapid gas expansion can cool regulator components and may allow ice to form, causing free flow or restricted gas delivery.

WARNING

Before diving in cold water, obtain appropriate cold-water / ice-diving training and make sure the complete regulator configuration, cylinder gas quality and accessories are suitable for the planned conditions.

31. Use clean, dry breathing gas that meets the applicable breathing-air standard and product requirements.
32. Keep the scuba equipment warm and dry before the dive whenever possible. Avoid unnecessary regulator breathing or operation of inflators in very cold air before entering the water.
33. Arrange the cylinder and equipment so that emergency valve procedures can be performed in accordance with your training.
34. Once in the water, avoid unnecessary removal of the second stage from your mouth and minimise water entry into the regulator.
35. Avoid unnecessary high gas-flow demands. Do not simultaneously breathe heavily from the second stage while operating high-flow inflation devices unless required for safety.
36. For extreme cold-water diving, follow the redundant-regulator and cylinder-valve configuration recommended by your training agency and local diving practice.

The certified R-2000 configuration must remain in the original IST-supplied arrangement. The production set uses the R200 or R200-DIN first stage with the O-300 primary second stage and braided hose; the EU type-examination certificate also identifies the O-300NY octopus braided-hose assembly. User disassembly, substitution or replacement of certified regulator components may alter performance, void the warranty and invalidate conformity of the certified configuration. The detailed laboratory test setup and test pressures are controlled in the certification technical file and are not reproduced in this owner's manual.

When a complete EN 250:2014 regulator configuration is used by two divers at the same time through an auxiliary emergency breathing system, EN 250:2014 limits that shared-gas emergency use to a maximum depth of 30 m. For cold-water certified configurations, the water temperature for this two-diver condition must not be below 4°C.

6. POST-DIVE PROCEDURES

The regulator is precision life-support equipment. Immediately after a dive, protect it from water and contamination entering the first-stage inlet or second-stage internal mechanism.

6.1 Removing the regulator from the cylinder valve

37. Close the cylinder valve completely.
38. While observing the pressure gauge, if fitted, depress the second-stage purge button until the system is fully depressurised and the gauge reads zero.
39. Only after all pressure has been released should the regulator be disconnected from the cylinder.

Yoke connector

40. Loosen the yoke screw and remove the first stage from the cylinder valve.
41. Dry the dust cap with a clean, dry, lint-free cloth. Do not blow water toward the first-stage inlet.
42. Place the dry dust cap securely over the first-stage inlet and tighten the yoke screw lightly to hold it in place.

DIN connector

43. Unscrew the DIN connector completely, taking care to prevent the inlet from contacting water or contamination.
44. Dry the DIN dust cover with a clean, dry, lint-free cloth.
45. Install the dry dust cover securely over the DIN connector.

6.2 Cleaning

WARNING **Do not use solvents, petroleum-based substances, unapproved lubricants or high-pressure water jets to clean the regulator.**

46. For best results, rinse and soak the regulator in clean fresh water after diving. If the regulator remains connected to a cylinder during soaking, pressurise it so water cannot enter through the second-stage valve or connected components.
47. If soaking without a cylinder, make sure the first-stage inlet is securely sealed by a dry dust cap.
48. Do not depress the purge button or loosen the first-stage dust cap while an unpressurised regulator is submerged. Doing so may allow water to enter the mechanism.
49. Flush external cavities, the second-stage mouthpiece and cover openings with plenty of clean fresh water to remove salt and debris.

50. Drain the regulator thoroughly and allow it to dry in a shaded, well-ventilated area. Do not expose it to prolonged direct sunlight.

6.3 Disinfection

IST recommends that the second stage (and octopus, if equipped) be disinfected periodically using a hospital-grade disinfectant such as SaniZide Plus™, Advance TBE™ or Confidence Plus™, followed by a thorough fresh-water rinse to remove all traces of disinfectant.

Always follow the disinfectant manufacturer's instructions for dilution, contact time and rinsing, and do not use solvents or petroleum-based cleaning agents on the regulator.

7. STORAGE AND MAINTENANCE

Storage

51. When the regulator is completely dry, fully open the breathing-effort adjustment knob and make sure the first-stage dust cap is installed properly.
52. Store the regulator in a clean equipment box or protective bag in a cool, dry place. Avoid extreme heat, direct sunlight, high humidity, solvent fumes, aerosol sprays and ozone-generating electric motors.
53. Do not store the regulator while it is connected to a scuba cylinder.
54. Avoid tight bends or prolonged strain on hoses during storage.

Inspection & service

WARNING

Repairs, disassembly and internal adjustment must be performed only by a trained technician at an IST authorised dealership. Unauthorised work can compromise performance and safety and will void the warranty.

A regulator cannot be assumed to be in safe working condition merely because it has received little use. Ageing, storage conditions, contamination and corrosion can affect O-rings, seats and internal components.

Have the R-2000 inspected and serviced by a trained technician at an IST authorised dealership at least once per year or every 90 dives, whichever comes first. Heavy use, rental/training use or frequent use in chlorinated swimming pools may require more frequent service.

If the regulator is used frequently in chlorinated swimming pools, complete overhaul should be performed every three to four months.

8. TROUBLESHOOTING

If there is any question about the regulator, whether listed below or not, do not dive with it until the problem has been identified and corrected by a qualified technician.

Scenario	Possible cause(s)	Action
Pressure gauge remains at zero after regulator is attached and cylinder valve is opened.	Empty cylinder; faulty gauge; blocked first stage; cylinder-valve fault.	Check the cylinder supply. For regulator, gauge or valve faults, have the system inspected by a qualified technician.
Air leaks from the first stage after pressurisation.	Damaged / missing hose O-ring; loose port plug; internal sealing fault.	Do not dive. Have the leak corrected. Internal faults require authorised service.
Air leaks at the cylinder / first-stage connection.	Damaged or missing Yoke valve O-ring or DIN connector O-ring; damaged sealing surface.	Depressurise the system, inspect / replace the appropriate O-ring if trained and authorised, and re-test. Service damaged sealing surfaces.
Air continuously flows from the second stage after pressurisation.	First- or second-stage seat problem; contamination; incorrect adjustment; free flow triggered by purge / Venturi.	Move controls to the recommended surface setting. If free flow continues, shut down the system and have it serviced.
System is pressurised but little or no gas comes from the second stage or LP device.	First-stage, second-stage or attached-device malfunction; blockage; frozen mechanism in cold conditions.	Treat as a serious equipment fault. Do not dive; have the complete system inspected.
Water enters the second stage while diving.	Damaged / loose mouthpiece; damaged exhaust valve; damaged diaphragm or case seal.	End the dive safely. Replace / secure the mouthpiece if appropriate; internal leaks require authorised service.

9. WARRANTY

The R-2000 regulator warranty applies to the original owner with proof of purchase and covers defects in materials and workmanship for two years from the date of purchase, provided the prescribed use, storage and maintenance requirements in this manual are followed.

The warranty does not cover normal wear and tear, cosmetic exterior damage, routine maintenance parts and labour, or commercial, rental or military use. Incorrect use, misuse, unauthorised modification, user disassembly, or substitution / replacement of certified first-stage, second-stage, hose or octopus components will void the warranty. IST Sports Corp. is not responsible for damage caused by failure to follow the instructions in this manual.

NOTE	Warranty coverage is two years for the original owner with proof of purchase. Commercial, rental and military use remain excluded. User disassembly or unauthorised component substitution voids warranty coverage.

Any component replacement or configuration change must be carried out by an IST authorised dealer or qualified regulator technician using approved parts and procedures.

If a problem develops, contact an IST authorised dealer or distributor for return authorisation. Package the product securely and include proof of purchase and any information required by the applicable warranty / service procedure.

10. PURCHASE & SERVICE RECORD

Date of purchase (DD / MM / YY)	
Regulator model	
1st-stage serial number	
2nd-stage serial number	
Dealership / contact information	

Date	Authorised dealer	Technician	Comments / service performed	Dealer stamp

Date	Authorised dealer	Technician	Comments / service performed	Dealer stamp

11. EU TYPE-EXAMINATION INFORMATION

The following information is transcribed / adapted from the R-2000 EU Type Examination Certificate supplied for preparation of this manual:

Item	Certificate information
EU Type Examination Certificate	No. 3061/4431/079/08/26/0031
Notified body	Compagnie Maritime d'Expertise SAS, 36 Boulevard de l'Océan, 13009 Marseille, France – European Notified Body No. 3061
PPE denomination	IST R-2000 – Air Demand Regulator – Adjustable Cold Water <10°
PPE identification	079
PPE category	Category III
Regulator references	R-2000 Yoke Regulator: R-2000; R-2000-DIN Regulator: R-2000-DIN
First-stage references	R200 1st Stage: R200; R200-DIN 1st Stage: R200-DIN
Alternate-air-source reference	O-300NY Octo Braided Hose: O-300NY
Manufacturer / address	IST Sports, Room A 6F, No. 6, Lane 345, Yang Kuang St., Neihu, Taipei, Taiwan 11491
Standards / rules applied	EN 250:2014; PPE Regulation 2016/425
Date of issue	25 August 2026
Date of expiration	24 August 2031

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