

**Rowing Australia
Para-Rowing Competition Regulations
Approved 2014**

The Para-Rowing Competition Regulations apply to the Rowing Australia (RA) National Rowing Championships and all RA organised competitions. These Competition Regulations support the RA Rules of Racing and related By-Laws. Please refer to the RA Rules of Racing and related By-Laws for all additional Rules and By-Laws for RA competitions.

Regulation 1 – Application

RA Para-Rowing Competition Regulations apply to the National Championships, National Selection Events and all events organised and coordinated by RA.

Regulation 2 – Right to Participate

National Championship events are open to athletes who have been granted a National Review, National Confirmed, International Review or International Confirmed Sport Class Status for Para-Rowing.

Regulation 3 – Eligibility

Para-rowers must be classified and be granted a National Review, National Confirmed, International Review or International Confirmed Sport Class Status for Para Rowing to be eligible to compete. Athletes who have not been classified by a full RA or International Classification Panel are not eligible to compete.

Regulation 4 – Coxswains

For Para-Rowing events, there are no restrictions on coxswains in respect of Para-Rowing eligibility, gender or age. All coxswains must comply with the minimum weight for a coxswain as stated in the RA Rules of Racing and related By-Laws (RULE 16).

Regulation 5 – National Championship Para-Rowing Boat Classes

RA National Championships include the following Para-Rowing events:

LTAW1x
LTAM1x
LTAMix2x
LTAMix4+
TAW1x
TAM1x
TAMix2x
ASW1x
ASM1x

In mixed Para-Rowing events, half of the rowers in a crew shall be men and half shall be women. In the LTAMix4+, the coxswain may be either male or female. An LTAMix4+ crew may include a maximum of two rowers whose impairment is a visual impairment, only one of whom may have a sport class of LTA-B3.

Intellectual Impairment (II) athletes are included in the LTA Sport Class at RA competitions.

Regulation 6 – Assigned Sport Class

In competition, rowers may only compete with one classification. This classification must be nominated when entering the event and may not change throughout the event.

Regulation 7 – Rowing Outside Assigned Sport Class

Rowers may compete in a more functional sport class, but not a less functional sport class. For example, a rower classified and nominated as a TA may compete in LTA events as a TA, but may not compete in AS events.

Regulation 8 – Boats and Equipment

RA adheres and adopts the FISA Para-Rowing Standards and the RA Rules of Racing and related By-Laws.

1. General Aspects
 - 1.1. The use of RA Standard Para-Rowing boats is mandatory for all Para-Rowing AS1x and TAMix2x events at a National level.
 - 1.2. The FISA Council shall determine the design of the RA Standard Para-Rowing boats and any changes thereto. The design shall be part of these Regulations. This design must be obtained from FISA to build an AS1x or a TAMix2x boat. Recommended specifications are also available.
 - 1.3. Those parts of the Standard Para-Rowing Boats which are not specific in these Regulations may be modified subject to these Regulations.
 - 1.4. No changes in the standard design of RA Standard Para-Rowing Boats shall be made except in the year following the Paralympic Games.
 - 1.5. The minimum weight of RA Standard Para-Rowing boats shall be specified in Regulation 9.
2. Para-Rowing LTAMix4+, LTAMix2x and LTA1x
 - 2.1. Boats used in the LTAMix4+ events shall be subject to the same restrictions as those for coxed four (4+) events under the RA Rules of Racing and related By-Laws (RULE 31).
 - 2.2. Boats used in the LTAMix2x events shall be subject to the same restrictions as those for 2x events under the RA Rules of Racing and related By-Laws (RULE 31).
 - 2.3. Boats used in the LTA1x events shall be subject to the same restrictions as those for 1x events under the RA Rules of Racing and related By-Laws (RULE 31).
3. Para-Rowing TAMix2x and TA1x
 - 3.1. Boats used in the TAMix2x and TA1x events have a fixed seat and may have stabilising pontoons. The hull, the pontoons where fitted, and the seat fixing are part of the Standard specifications. The seat itself and the rigger design of the Standard Para-Rowing TAMix2x and TA1x are not restricted.
 - 3.2. At RA events, the minimum width of the TA1x boat, measured across the deck at the level of the seat tracks, is 370mm.
 - 3.3. TAMix2x and TA1x rowers are required to comply with the strapping requirements set out in point 5 of these Regulations.
4. Para-Rowing AS1x
 - 4.1. The RA Standard Para-Rowing AS1x has a fixed seat and must have stabilising pontoons installed, attached to the riggers at a minimum distance of 60cm from centre line of pontoon to centre line of boat. The pontoons should be fixed in position so that when the rower is seated in the balanced boat both pontoons shall be horizontal and shall, at a minimum, touch the water. The hull, the pontoons and the seat fixing are part of the Standard specifications.
 - 4.2. At RA events, the minimum width of the boat, measured across the deck at the level of the seat tracks, is 370mm.
 - 4.3. The seat itself and the rigger design of the Standard Para-Rowing AS1x are not restricted, except that the design of the seat must be compatible with the Standard seat fixing and the design of the rigger must allow the stabilising pontoons to be correctly fixed.
 - 4.4. AS1x rowers are required to comply with the strapping requirements set out in point 5 of these Regulations.

5. Strapping

5.1. TAMix2x Strapping Requirements – rowers shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.

5.2. AS1x Strapping Requirements – rowers shall use a strap that must be secured to the seat back and around the torso just covering the xiphoid process (bone at the bottom of the sternum). The rower's lumbar region must remain in contact with the seat when the rower reaches forward when rowing, during training, warm up, cool down and racing. The purpose of the strapping is to prevent movement of the lumbar region away from the seat and it must be tight enough to do so. The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing. The straps must be attached to the seat on both sides. The point at which the strap is attached to the seat should be no lower than the top edge of the supportive portion of the strap at the front of the torso. Straps will be assessed with the rower in a static position with the spine straightened by bearing the weight of the upper body through the arms while the buttocks and back remain in contact with the seat. The rower's movement will be observed and assessed during rowing (training and racing) by someone who may or may not be a member of the Jury, and must not be involved in any way with the competing crews, for example coaching or managing. The supportive portion of the back rest of the seat must not be lower than the level of the attachment points of the front strap. The back of the seat may be covered with a soft material to prevent injuries, but the covering material must not be thicker than 2cm. If a bracket is attached to the strap it must not rotate at the attachment point.

5.2.1. Additionally, the AS1x rower shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.

6. General Strapping Requirements

6.1. All straps must be a minimum width of 50mm, be of non-elastic material, be without mechanical buckles and must be able to be released immediately by the rower with a single quick hand action of pulling on the free end of the strap.

6.2. The colour of all straps must be a contrasting colour from the rowers' racing uniform so that it can be clearly seen.

6.3. All straps for each rower must be released in the same manner and direction.

6.4. Any hand strapping must be able to be released immediately by a quick mouth action.

6.5. Additional strapping may be used by any rower but must be in compliance with these Regulations.

6.6. To avoid accidents arising from capsizing, all boats shall be equipped with stretchers or shoes that allow the rowers to get clear of the boat without using their hands and with the least possible delay.

6.7. It is solely the responsibility of the rower to ensure that all strapping is compliant with these Regulations.

6.8. Penalty for non-compliance – The penalty for having raced with non-compliant strapping and/or in the case of an AS1x rower if the lumbar region of the rower does not stay in contact with the seat when reaching forward, shall be that the crew is relegated to last place in the particular race. If two or more crews in the same race have a non-compliant strap or movement, they shall all be relegated and they shall be ranked in the descending order of their finish. If the crew races again with a non-compliant strap or movement in a later round of the same event, then the penalty shall be the exclusion of the crew.

7. Eyewear for Visually Impaired Rowers

7.1. Rowers classified as visually impaired must wear block out eyewear at all times when on the water during training, warm up, cool down, and competition from the opening day of the course until completion of the final race of their competition. Such eyewear shall completely block out all light. All eyewear must be checked to ensure a secure fit and complete light occlusion. Examples of suitable eye wear for RA competitions include blacked out ski goggles or blacked out swimming goggles.

Regulation 9 – Boat Weights

The minimum weights for Para-Rowing boats shall include pontoons where used. The weight of the AS1x, TA1x and TA2x boats shall include the strapping which is firmly attached to the boat, the seat and/or to its fittings.

Straps, paddings and other items directly related to Para-Rowing which are not bolted, screwed, or glued directly to the boat or seat shall not be included in the weight of the boat. Equipment that replaces a part of the body (prosthesis) even if bolted, screwed, or glued directly to the boat or seat shall not be included as part of the weight of the boat.

The minimum weights of Para-Rowing boats are:

LTA1x	14kg
LTAMix2x	27kg
LTAMix4+	51kg
TA1x	20kg
TAMix2x	37kg
AS1x	24kg

Regulation 10 – Length of the Course

For Para-Rowing events, the length of the standard course shall be 1000m straight. The Organising Committee may decide to waive the use of starting pontoons for Para-Rowing events.

Regulation 11 – Entries

No entry shall be accepted for Para-Rowing events unless the rower concerned has been classified by a full RA or International Classification Panel and has been granted a National Review, National Confirmed, International Review or International Confirmed Sport Class Status for Para Rowing.

Regulation 12 – Safety of Para-Rowing Rowers

AS and TA rowers require special safety procedures which shall be agreed between RA and the RA BRO's. In particular, the BRO's or the President of the Jury may require additional rescue boats to be present on the course for all Para-Rowing events, but particularly for AS events.

Particular care must be taken in weather conditions which may generate extreme uncontrolled body temperatures.

Safety requirements for strapping are set out in Regulation 5.

Regulation 13 – Traffic Rules on the Course

Para-rowers must adhere to the traffic rules of the event and venue and the RA Rules of Racing and related By-Laws (Rule 54). The boat launching area and direction of traffic will be advised by the Organising Committee.

Regulation 14 – General Fairness

At all times when on the water during training, warm up, cool down, and competition from the opening day of the course until completion of the final race of their competition, all Para-Rowing rowers must row with the prescribed equipment which must be used according to the boat class described in Regulation 6 and/or classification requirements as described in the RA Classification Regulations. Equipment in this context refers to eyewear, strapping and pontoons.

Failure to comply with these requirements may lead to a penalty being imposed on the crew in accordance with these Regulations, including (but not limited to), where such failure to comply is judged to have taken place during a race, relegation to last place in the particular race or exclusion of the crew. The appropriate penalty in all circumstances shall be at the discretion of the Jury.

Regulation 15 – Starting Procedure for LTAMix4+ and LTAMix2x

The LTAMix4+, LTAMix2x and LTA1x may include rowers with a visual impairment. Therefore, at the start of each race for these events, the Starter shall give an additional verbal indication to crews as follows:

After completing the roll call and stating the word “Attention”, the Starter shall say the words “Red Flag” at the same time as he raises the red flag (or in case where traffic lights are used, “Red Light” at the same instant that he presses the button to activate the red light). He shall then proceed with the start in the normal way.

Regulation 16 – Steering Procedure for Visionally Impaired (VI) Athletes

During 1x races where VI athletes are participating, the RA BRO’s will be responsible for steering the athletes from start to finish in accordance with the RA BRO Steering Guidelines.

Regulation 17 – Finish of the Race for LTAMix4+ and LTAMix2x

At the finish of the race in the LTAMix4+, LTAMix2x and LTA1x events, when raising the white flag the Umpire shall clearly state the words “White Flag” for all crews to hear. Should a red flag be raised, “Red Flag” shall be clearly stated.

Regulation 18 – Responsibility for Decisions on Strapping and Movement Compliance

At RA events, the person responsible for checking and observing the strapping and movement of rowers during warm up and while racing and who is solely responsible for determining if the strapping or the movement of any rower is not compliant with these Regulations shall be appointed by the Chair of the RA Umpires Committee, may or may not be a member of the Jury, and must not be involved in any way with the competing crews, for example coaching or managing. Where they determine that a rower is non-compliant, the person will communicate such determination to the Race Umpire who shall relegate the crew to last place in that race.