

Rowing Australia Indoor Rowing Competition Regulations.

Rowing Australia has developed the following rules, which apply to the Australian Indoor Rowing Challenge and Indoor Rowing events organised by Rowing Australia.

The Australian Indoor Rowing Challenge is open to all competitors. Qualification times are not required. Athletes may be seeded based on their submitted 2K erg scores.

1 Age Categories.

- Under 14 years
- Under 16 years
- Under 19 years
- 20 – 29 years
- Masters

The age of an athlete shall be the age at the date of the competition. Where the competition includes several days, the age shall be as the last race scheduled for the competitor concerned.

2 Lightweight Rowers

2.1 The lightweight limits for rowers are:

- Males 75kg
- Females 61.5kg

2.2 Rowers need to be weighed not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing. There are no lightweight categories for Junior rowers.

2.3 Athletes who register as a lightweight and fail to weigh in for any reason, or fail to make weight on the day, will be permitted to race subject to machine availability. Results will be recorded in the corresponding heavy/open weight event.

3 Masters

Masters indoor rowing events are held in the following age categories 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

4 Categories of Competition – Relays

A relay is defined as a race in which four rowers in the same team take turns to compete on the same machine in the same race.

During a Relay Race where change of rowers is required at a specified time or distance point the changeover of rowers must take place at that point. A rower must reach that specified point before the next rower starts.

The average age of all team members must be within the age category they are contesting.

5 Types of Rowing Machines

All rowers in any one race shall use Concept 2 with PM4 or PM5, and preferably all identical make and model machines.

6 Overall race winner and place getters

Should the number of rowers taking part in an event exceed that of the number of machines available for racing, the organisers will declare the result based solely on time taken or distance rowed i.e. each rower only rows once. The final result will be given only when all rowers in that category and event have completed their race.

7 The Draw and Determining the Lanes

A random draw will assign rowers to heats and machines. Competitors may be seeded based on their declared 2000m anticipated or previous times. Seeding and lane draw will be at the discretion of the Event Co-ordinator or appointed race director.

8 At the Start

Rowers enter the Competition Area at the direction of race officials.

All rowers should be seated on their machines at least two minutes prior to the designated start time, and ensure they are on the correct machine. The race may be started without reference to absentees.

9 False Start

A False start is where a rower starts to row before the start signal is given.

- Should a rower cause a false start they may be given a warning.
- If the same rower causes a second false start in that event they may be excluded from the event.

10 Responsibility of the Rowers

Each rower is responsible for his or her own machine during the race.

- 10.1. Adjustment can be made to the seat, foot stretcher, and resistance setting before the start of a race. No adjustment to the resistance can be made during a race.
- 10.2. Damage or failure preventing a rower from completing a race, which is caused by the Rower: the rower shall be deemed as not to have finished (DNF) the race and shall not take any further part in that event race.
- 10.3. Damage or Failure preventing the rowers from completing a race, which is not caused by the Rower: if the damage or failure occurs within 30seconds of the start, the starter may stop the race and restart. In other cases the race will continue and the rower shall be deemed to have stopped rowing. Exception occurs when the failure is to the central computer and times or distance of all rowers cannot be recorded.

11 Coaching During Racing

It is prohibited to give instructions, advice or directions with any technical device. Verbal coaching can be is permitted at the discretion of the Event Co-ordinator or designated race director.

12 The Finish of the Race

- 12.1. A rower has finished the race when their machine monitor shows that they have completed the distance or the time specified for the race.
- 12.2. A race is concluded when all rowers have finished the race.
- 12.3. Under normal circumstances the race venue software records times automatically. As a backup, volunteer timers may record times manually.
- 12.4. Rowers should stay at their machine until instructed to leave.

13 Objections, Protests and Appeals.

Any protests should be directed to the Event Co-ordinator immediately after your race. The Event Co-ordinator will adjudicate the complaint following consultation with other officials such as the Race Director.

Other complaints regarding the regatta should be addressed to the Event Co-ordinator or a staff member.

14. Definitions. For the purposes of the Australian Indoor Rowing Challenge, the following roles are defined as:

- 14.1. Event Co-ordinator. The Event Co-ordinator is the person who is ultimately responsible for the event. At any time, the Event Co-ordinator may delegate areas of responsibility to other experts in the field i.e. Race Director, Umpire, Lane Official, Starter.