



## **APPENDIX 6. PARA-ROWING COMPETITION REGULATIONS**

The Para-Rowing Competition Regulations apply to 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 all events organised and/or coordinated by RA. State Rowing Associations may choose to adopt these Regulations for State/Club activities.

### **Regulation 2 – Eligibility**

A rower may compete in a Para-rowing event if they are a para competitor who has an Eligible Impairment and has been allocated an eligible Sport Class and Sport Class status under the Para Rowing Classification Regulations. Rowers may compete in a more functional Sport Class, but not a less functional Sport Class.

Athletes with an International or National Review sport class status must be reviewed in accordance with the date or event specified on their classification paperwork.

### **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 28).

### **Regulation 5 – Rowing Australia Para-Rowing Boat Classes**

RA recognises the following Para-Rowing events:

PR3 W1x (Including Interstate Regatta)  
PR3 M1x (Including Interstate Regatta)  
PR3 W2-  
PR3 M2-  
PR3 Mix2x  
PR3 Mix4+  
PR2 W1x  
PR2 M1x  
PR2 Mix2x  
PR1 W1x  
PR1 M1x  
PR1 Mix2x

In mixed Para-Rowing events, half of the rowers in a crew shall be male and half shall be female (excluding coxswains). In the PR3 Mix4+, the coxswain may be either male or female. A PR3 Mix4+ crew may include a maximum of two rowers whose impairment is a vision impairment, only one of whom may have a sport class of PR3-B3.

A PR3 Mix2x- or PR3 2- crew may include a maximum of one rower whose disability is a vision impairment.

Intellectual Impairment (II) athletes are included in the PR3 Sport Class at RA competitions according to Rowing Australia Classification Regulations.

### **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. For example, an athlete who has been classified and deemed to have a physical impairment and a vision impairment, must nominate which classification they will be racing with and must abide by the rules and regulations associated with that classification and impairment.

### **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 PR2 may compete in PR3 events, but may not compete in PR1 events.

### **Regulation 8 – Boats and Equipment**

RA adheres to and adopts the FISA Para-Rowing Standards and the RA Rules of Racing and related By-Laws with respect to equipment and strapping requirements.

- a) General Aspects
- a.1. The FISA Standard Para-Rowing boats are mandatory for all Para-Rowing PR1 1x, PR1 Mix 2x and PR2 Mix2x events. FISA Standard Para boats are mandatory for all selection events for PR2 1x.
  - a.2. The FISA Standard Para-Rowing boats must be designed and built to FISA specifications by a FISA approved Para-Rowing boat manufacturer.
  - a.3. The minimum weight of RA Standard Para-Rowing boats shall be specified in Regulation 9.
- b) Para-Rowing PR3 Mix4+, PR3 Mix2x, PR3 2- and PR3 1x
- b.1. The boat for PR3 Mix4+ events shall be subject to the same requirements as those for 4+ events under the RA Rules of Racing and related By-Laws (RULE 39).
  - b.2. The boat for PR3 Mix2x events shall be subject to the same requirements as those for 2x events under the RA Rules of Racing and related By-Laws (RULE 39).
  - b.3. The boat for PR3 2- events shall be subject to the same requirements as those for 2- events under the RA Rules of Racing and related By-Laws (RULE 39)
  - b.4. The boat for PR3 1x events shall be subject to the same requirements as those for 1x events under the RA Rules of Racing and related By-Laws (RULE 39)
  - b.5. Athletes may use wider and heavier boats if required.
  - b.6. Athletes may use pontoons if required.
- c) Para-Rowing PR2 Mix2x and PR2 1x
- c.1. The boat for PR2 1x events shall be subject to the same restrictions as those for 1x events under the RA Rules of Racing and related By-Laws (RULE 39)
    - c.1.1. For RA Selection events, PR2 1x boats must be designed and built to FISA specifications by a FISA approved Para-Rowing Boat Manufacturer. The hull, the pontoons where fitted, and the seat fixing are part of the standard specifications
  - c.2. PR2 Mix2x boats must be designed and built to FISA specifications by a FISA approved Para-Rowing Boat Manufacturer. The hull, the pontoons where fitted, and the seat fixing are part of the standard specifications.
  - c.3. Boats used in the PR2 Mix2x and PR2 1x events have a fixed seat and may have stabilising pontoons. The seat itself is not restricted, except that the design of the seat must be compatible with the strapping regulations.
- d) Para-Rowing PR1 Mix2x and PR1 1x
- d.1. The PR1 1x and PR1 Mix2x must be designed and built to FISA specifications by a FISA approved Para-Rowing Boat Manufacturer.
  - d.2. Boats used in the PR1 Mix2x and PR1 1x events have a fixed seat and must have two stabilising pontoons per rigger. The pontoons should be fixed at a minimum distance of 60cm from the boat centre line.
  - d.3. The seat itself for the PR1 1x and PR1 Mix2x is not restricted.
- e) Strapping
- e.1. PR1 Strapping Requirements – PR1 rowers shall use a mandatory trunk strap which is for safety purpose only. This strap must be secured to the seat back and around the trunk. In addition to the mandatory trunk strap, rowers may use additional strapping. 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 rower's movement will be observed and assessed during rowing (training and racing).
  - e.2. PR2 Strapping Requirements – Leg strapping is optional for PR2 rowers. The rower's movement will be observed and assessed during rowing (training and racing) by members of the RA Para Rowing Staff and the Umpires.
- f) General Strapping Requirements
- f.1. Where used, all straps, whether optional or mandatory under these Regulations, 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.
  - f.2. The colour of all straps must be a contrasting colour from the rowers' racing uniform so that it can be clearly seen.
  - f.3. All straps for each rower must be released in the same manner and direction.

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- f.4. Any hand strapping must be able to be released immediately.
- f.5. Additional strapping may be used by any rower but must be in compliance with these Regulations.
- f.6. Foot stretchers, shoes and other devices to hold the feet shall comply with those outline in the by-laws to Rule 39
- f.7. It is solely the responsibility of the rower to ensure that all strapping is compliant with these Regulations.

#### **Regulation 9 – Boat Weights**

The minimum weights of Para-Rowing boats are:

PR3 1x	14kg
PR3 Mix2x	27kg
PR3 2-	27kg
PR3 Mix4+	51kg
PR2 1x	22kg
PR2 Mix2x	37kg
PR1 1x	24kg
PR1 Mix2x	41kg

The minimum weights for Para Rowing boats shall include pontoons where used.

The weight of the PR1 1x, PR2 1x and PR2 2x boats shall include the strapping which is firmly fastened to the boat, to the seat and/or to its fittings. It shall also include seat pads which are attached to the seat.

Other items, whether directly related to Para Rowing or not, and which are not firmly fastened 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 firmly fastened to the boat or seat shall not be included as part of the weight of the boat.

#### **Regulation 10 – Length of the Course**

The length of the standard course shall be 2000m straight. From time to time, additional races over shorter distances may be included to assist with the development of the sport. In such cases, all athletes must abide by these regulations. Masters para events shall be 1000m straight.

#### **Regulation 11 – Entries**

No entry shall be accepted for para-rowing events unless the rower concerned has been classified by a full RA or FISA Classification Panel and has been granted an eligible sport class and sport class status, or is scheduled to be nationally classified at that competition and meets the eligibility prior to the commencement of Para-Rowing racing.

#### **Regulation 12 – Safety of Para-Rowing Rowers**

Para-competitors and crews may require special safety procedures to be adopted to ensure safety and fairness. These procedures would require prior approval by the RA para-rowing staff.

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**

Athletes must adhere to the traffic rules of the event, the venue and the RA Rules of Racing and related By-Laws (Rule 63). 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 athletes 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 and By-Laws. Equipment in this context refers to 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 races with athletes with vision impairments**

The PR3 events may include athletes with a vision 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 they raise the red flag (or in cases where traffic lights are used, "Red Light" at the same instant that they press the button to activate the red light). The starter shall then proceed with the start in the normal way.

**Regulation 16 – Steering Procedure for Vision Impaired (VI) Athletes**

During 1x races where VI athletes are participating, the athlete is required to nominate a representative prior to the regatta who is responsible for providing steering and race information to the athlete from start to finish, via a walkie talkie system. It is the responsibility of the athlete to source the required communication system.

Athletes whose representative is deemed by the RA Race Umpire to have coached or provided information not within these Regulations may be relegated to last place in that race.

Examples of approved and non-approved calls are below.

Approved

- Calls relating to distance travelled or to be travelled (250m gone, 500m to go)
- Position within the race (4<sup>th</sup> place by 2 boat lengths, 1<sup>st</sup> place by half a boat length)
- Steering (harder on bowside, stroke side for two, straight)

Non-Approved

- Coaching calls to assist the athlete to go faster (explosive leg drive, quick catches)
- Calls telling the athlete to race (Lane 3 is making a move - Go, go, go, faster, faster, faster, up, up, up, now, now, now)

**Regulation 17 – Finish of the Race for races with athletes with vision impairments.**

At the finish of the race in PR3 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**

- 18.1 At RA events, RA will nominate suitably qualified people to adjudicate on equipment compliance of para competitors in place of RA Umpires (RA para-rowing staff).
- 18.2 RA para-rowing staff will work closely with the RA Umpires to ensure all equipment is compliant with these Regulations, this includes checking equipment prior to racing and observing the movement of para competitors during warm up and while racing.
- 18.3 If a para-competitor is deemed non-compliant, RA para rowing staff are responsible for communicating the non-compliance to the Race Umpire who shall inform the finish and relegate the crew to last place in that race. If more than one crew is relegated, they shall be placed last in the same order that they were judged to finish the race.