



**2018 FISA NF Meeting**

*Lucerne 13 July 2018*



# Agenda

1. Introduction
2. Towards 2020 and beyond
  - FISA Governance and Rules Working Groups
  - FISA Olympic Strategy
3. 2017 FISA Review Projects
4. FISA Updates

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### 2. Towards 2020 and beyond

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## 4. FISA Updates

## 2. Towards 2020 and beyond

A)



B)



 **2018 FISA**  
**Extraordinary Congress**  
15-16 Oct 2020 , ??? (TBC)

**2024 Olympic Programme**

# A) FISA 2020 Extraordinary Congress

## STATUTES

Governance  
Working  
Group

Tricia Smith  
Annamarie Phelps  
Algirdas Raslanas  
Jean-Christophe Rolland

Lucy Trochet



## RULES OF RACING

Rules Working  
Group

Mike Tanner  
Patrick Rombaut  
Lee Spear  
Mike Williams  
Kris Grudt

Colleen Orsmond  
Cameron Allen

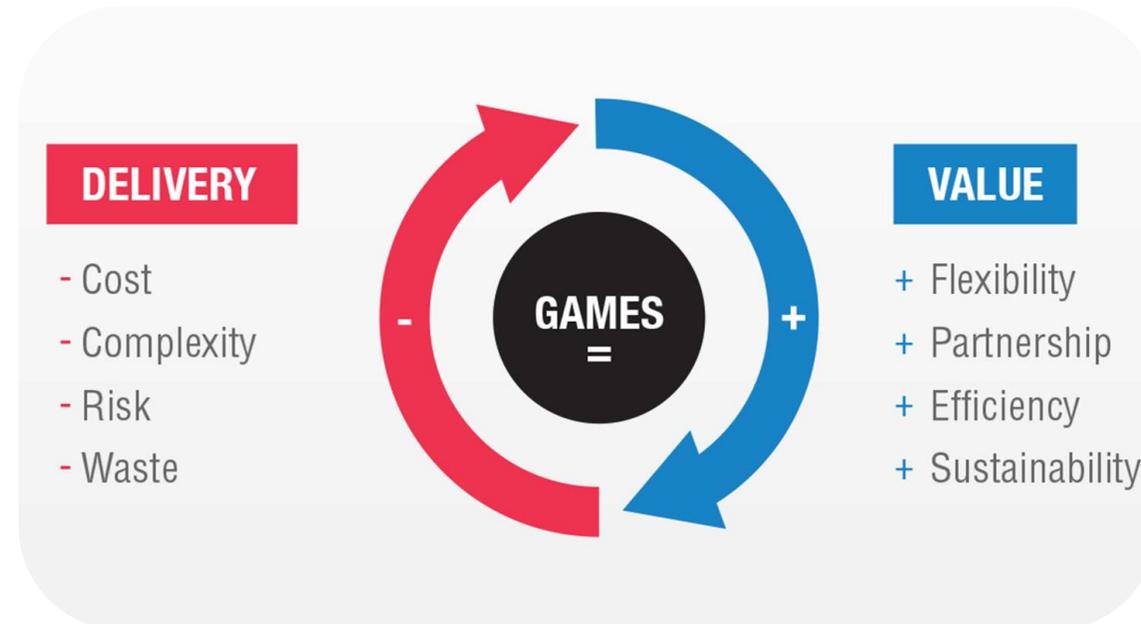
FISA  
Member  
Federations



## B) Olympic Strategy

### ○ Need to consider IOC context

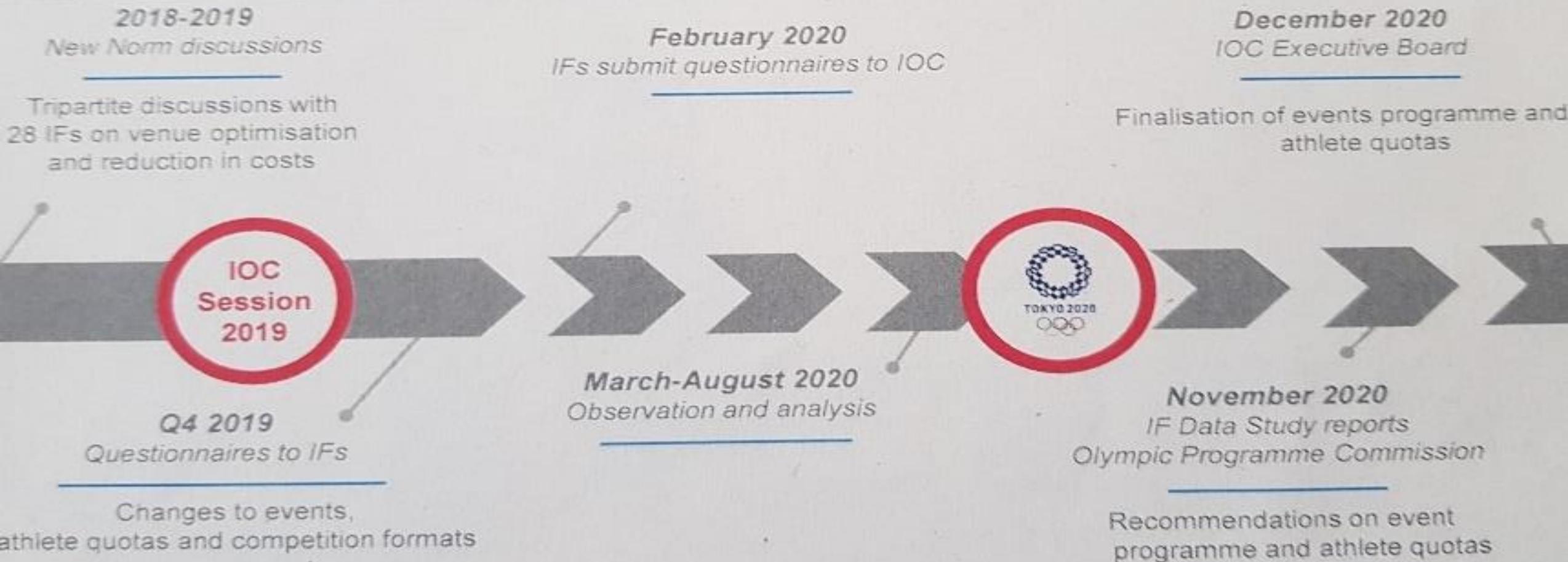
- Agenda 2020
- ‘The New Norm’



# B) Olympic Strategy



## Paris 2024 event programme timeline



# B) Olympic Strategy



- The Lightweight Review Project outcomes
- On-going discussions with the IOC
  - Why “Rowing” gets to have a separate competition category based on weight?
  - The arguments from 1993 no longer valid for the IOC.



INTERNATIONAL  
OLYMPIC  
COMMITTEE

Office of the Director General

Ref. No. 2017/CDK/ckml/cayo  
By e-mail only

Confidential  
Mr. Jean-Christophe Rolland  
President  
World Rowing Federation

Lausanne, 9 June 2017

**Tokyo 2020 event programme and athlete quotas**

Dear President, Dear Jean-Christophe,

The IOC Executive Board met today in Lausanne to finalise the event programme and athlete quotas of the Olympic Games Tokyo 2020. As you know, these considerations were based on the requests received from you, the research data collected at Rio 2016 at an event level and the recommendations received from the Olympic Programme Commission, which were reviewed in the context of the adoption of Olympic Agenda 2020.

The Olympic Charter mandates a framework of approximately 10,500 athletes and 310 events for the Olympic Games. In addition to providing a sustainable model for the hosting and organisation of the Games, the proposals of all IFs were reviewed in the context of innovation and youth appeal, overall gender equality, and respect of the overall approximate framework figures.

In this context, the IOC Executive Board has finalised the following Tokyo 2020 event programme for both events and athletes quotas in the sport of Rowing. The Executive Board was pleased with the overall proposal of FISA in its efforts to move towards gender balance, and congratulations to you on this progress, as well as the very open discussions on the event programme and athlete quota.

QUOTAS							ROWING			
M	W	T	MEN'S EVENTS			WOMEN'S EVENTS		MIXED/OPEN EVENTS		TOTAL
263	263	526	7			7				14
				Single Sculls (1x) Pair (2-) Double Sculls (2x) Four (4-) Quadruple Sculls (4x) Eight (8+) Lightweight Double Sculls (2x)			Single Sculls (1x) Pair (2-) Double Sculls (2x) Four (4-) Quadruple Sculls (4x) Eight (8+) Lightweight Double Sculls (2x)			

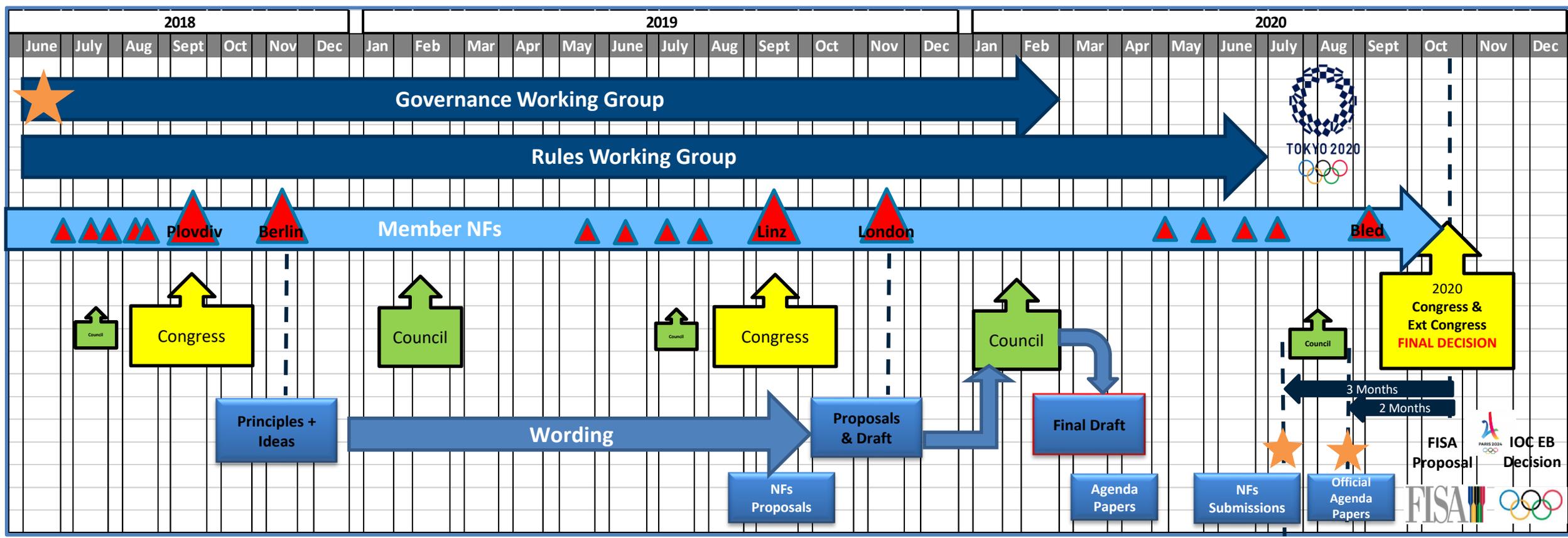
Through our close collaboration in implementing Olympic Agenda 2020, we look forward to continuing to work together on developing an innovative presentation and engagement programme for the Rowing programme at Tokyo 2020.

We would also like to already initiate and progress discussions with a view towards the evolution of the Rowing programme of the 2024 Olympic Games, with a particular focus on Lightweight Rowing, subject to the decision in this regard at the forthcoming IOC Session in Lima.

## B) Olympic Strategy

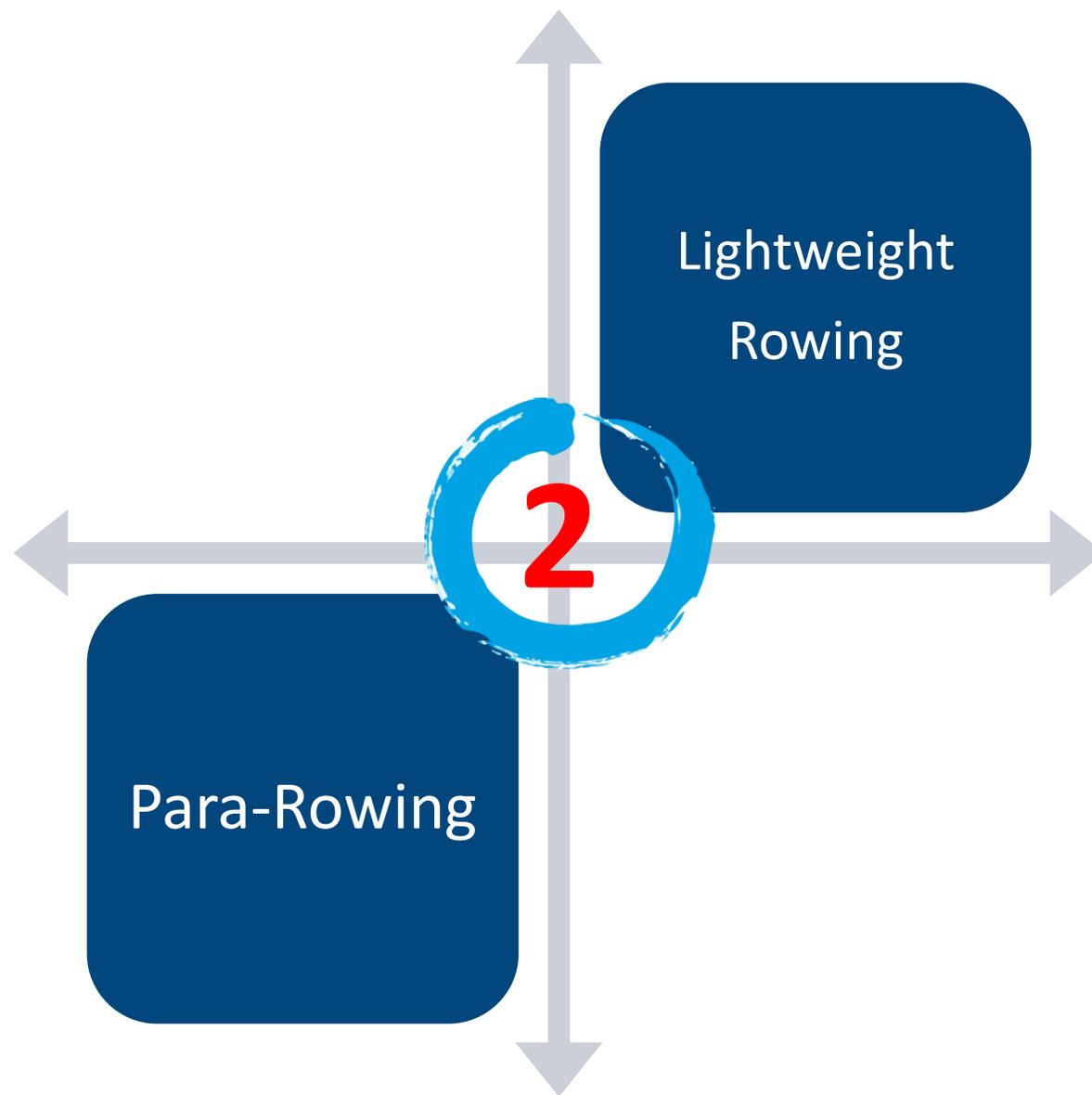
- IOC challenges + Rowing context
  - => long-term Olympic Strategy
  - => Defensive position vs Proactive position
- IOC decision on the 2024 Olympic programme will be in December 2020.
- The coming two years will be dedicated to developing our proposal.
- A series of NF Meetings are scheduled during the 2018 season to continue to get your ideas and opinions.

# FISA Extraordinary Congress - Timeline



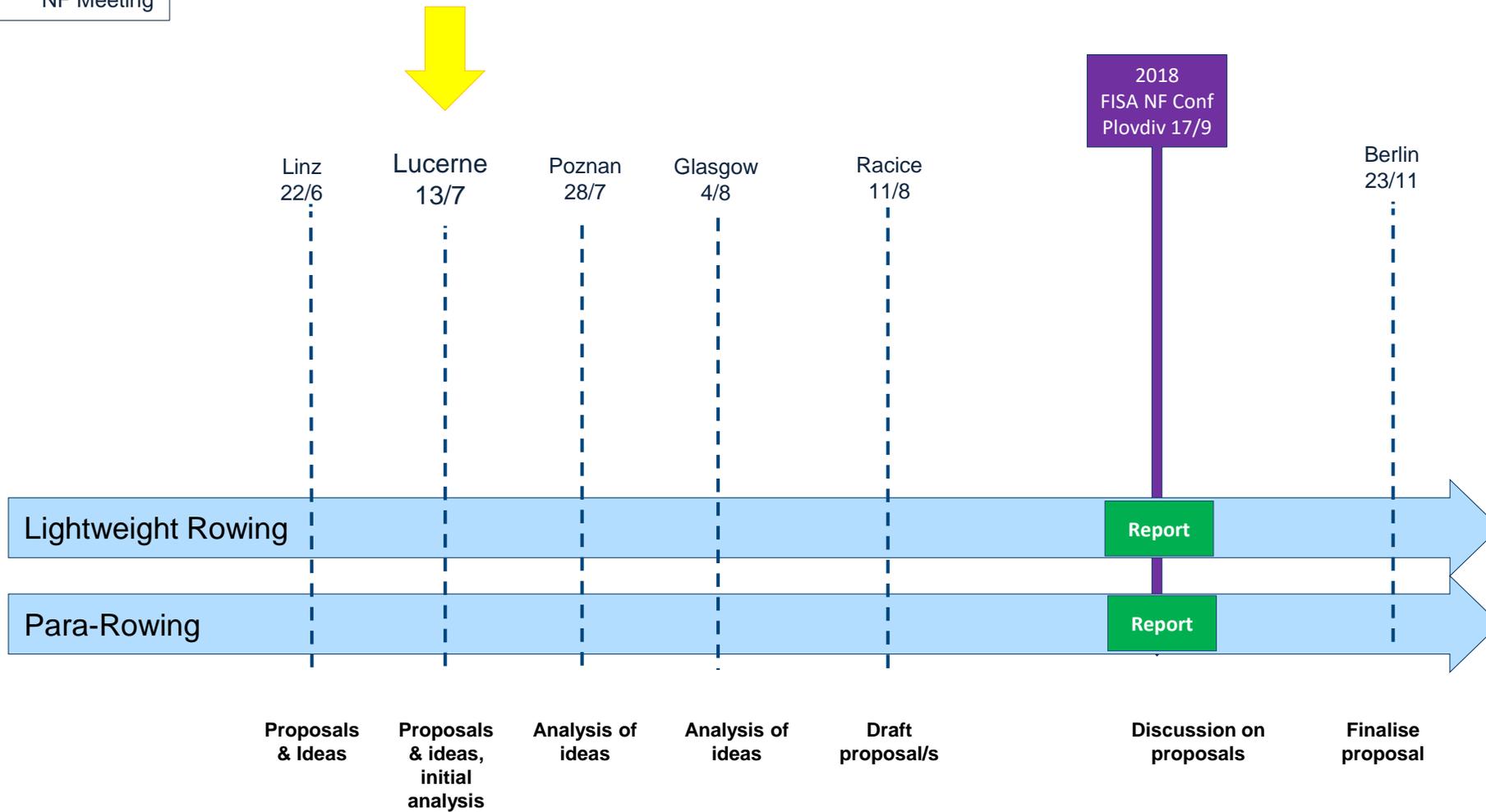
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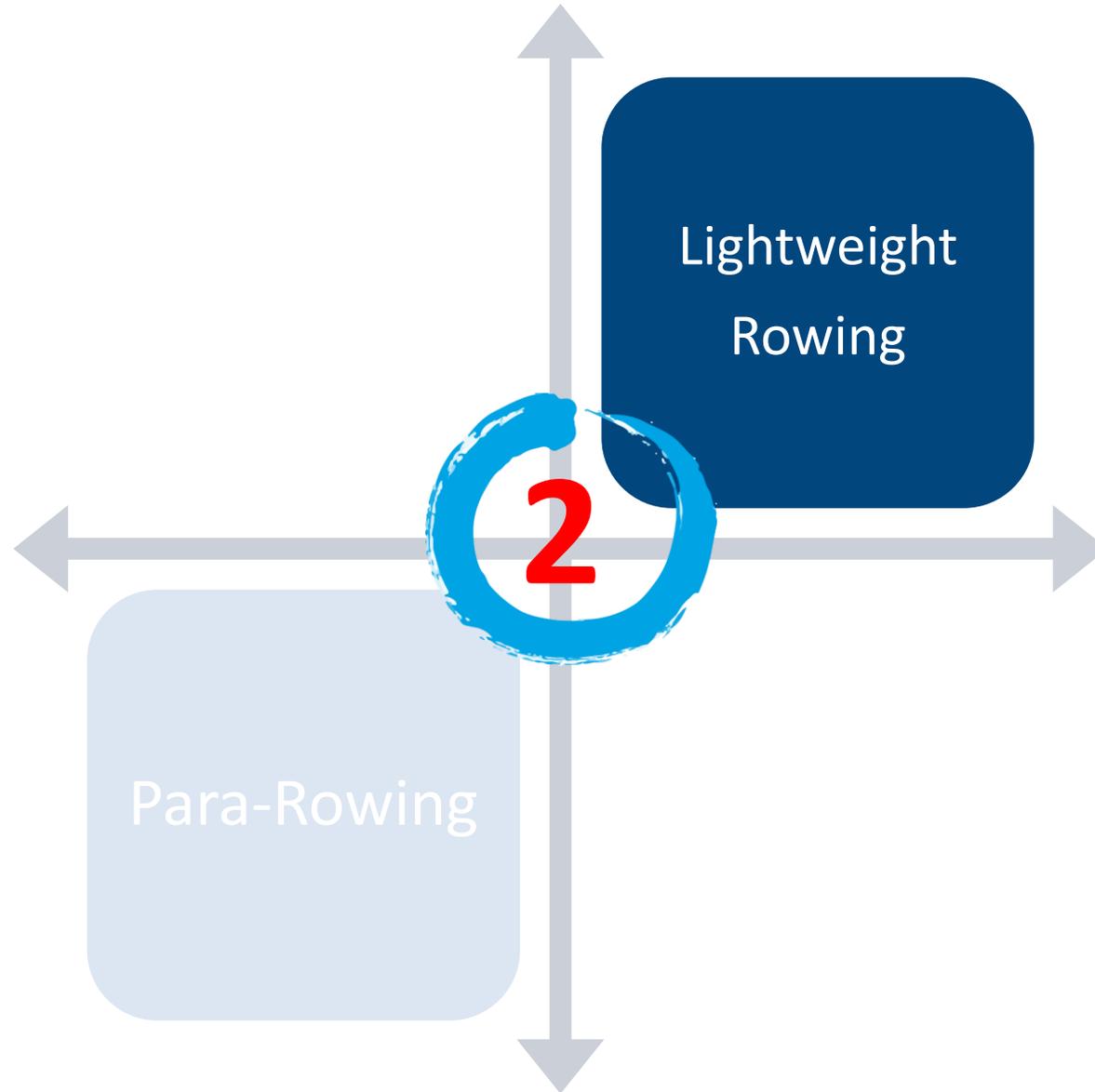




# 2018 Phase 2 Timeline

----- NF Meeting





## Phase 1 (2017): Considerations for 2018 up to 2020

- Why lightweight rowing?
- Lightweight events for the World Championships Event Programme
  - => included the LW2- and BLW2-
  - => removed LM4- and BLM4-
- How lightweight events should be treated within the 2020 OQS
- What research or further analysis is needed?
- Interim report to the FISA Congress on 2 Oct 2017

## Phase 2 (2018) objectives

- To review the value and position of lightweight rowing within the global rowing framework
- To collect and analyse alternative arguments for the inclusion of lightweight events in the Olympic programme

## Current Proposals / Ideas

1. **Alternative approaches to weight and current weight restrictions**
  - Reduce current weight limits
  - Restrict on height or arm span instead of weight
  - Introduce pre-season measuring of athletes to ensure 'true lightweights' are competing in this category and eliminating unsafe weight-cutting practises

## Current Proposals / Ideas

### 2. Alternative competition formats and/or equipment that favour athletes of a smaller stature

- Remove 'lightweight' events, add a longer distance event which reduces competitive advantage of height and strength
- Remove restriction on physical size; instead create separate class which restricts size of equipment to only allow athletes of smaller size to be able to use
- Add agility on the course (e.g. slalom) which would favour athletes of smaller stature
- Research and develop a completely new style of rowing that would favour athletes of a smaller stature (e.g. hydrofoil).

## Reduce Current Weight Limits



- Achieve a more appropriate weight limit for the target population
- 'True' lightweight athletes and countries benefit



- No science behind what the weight limits should be - what is the 'target' population?
- Does not solve the 'separate category' issue
- Excludes the current lightweight population
- Welfare issues related to weight loss remain

## Restrict on height or arm span instead of weight



- Eliminates unhealthy weight loss practises
- Addresses an important component of rowing – using a longer lever as opposed to more power (open for debate?)
- Even playing field for athletes of smaller stature
- Objective measure - easy to identify talent



- How do we determine the appropriate height or arm span limits?
- Does not solve the ‘separate category’ issue
- Will require very robust and accurate measurement protocols
- What is most relevant to success: length of lever or amount of power ?

## Introduce pre-season measuring of athletes



- Better for athlete welfare - no extreme weight loss at an event
- Ensures 'genuine lightweights' are competing



- Time consuming and labour intensive to monitor across the world
- Open to manipulation
- Additional complexity at competition weigh-in to calculate permissible percentage weight loss
- Higher administration demands on national federations (to comply)
- Ineligible to race if an athlete misses pre-season testing?

## Remove 'lightweight' events and add a longer distance event



- Reduces competitive advantages of increased height and weight
- No athlete weighing so no welfare issues around weight loss - natural 'lightweight' success factor
- Could include longer distance events on centrally and very visible locations in city centres



- Requirement for additional venue for multi-sport games
- What to do if no natural venue exists?
- How to determine the distance that removes competitive advantage of height and weight?
- Potential fairness problems on longer stretches of water such as tidal flow and currents

## Add an agility aspect e.g. slalom, that favours smaller athletes



- No athlete weighing or restriction so no welfare issues around weight loss
- Racing with a different element - turning, strategy around turns, different techniques, etc
- Different, potentially exciting visuals



- Additional effort for Organising Committees in sourcing extra equipment and laying a different course for agility events
- Proof that it would favour smaller athletes?

## Create a new event which restricts the size of equipment (to the benefit of smaller athletes)



- No athlete weighing or restriction so no welfare issues around weight loss
- Ensures an event where smaller stature athletes can compete on a level playing field
- Engage with boat builders on design



- Would it look the same or very similar to existing boat classes?
- Additional costs for NFs to buy new boats
- Research needed to determine how much smaller a boat must be to give competitive advantage to smaller athletes
- How do we define a 'smaller athlete'?

## Develop a new style of rowing (and boat) that favours athletes of a smaller stature (eg. hydrofoil)

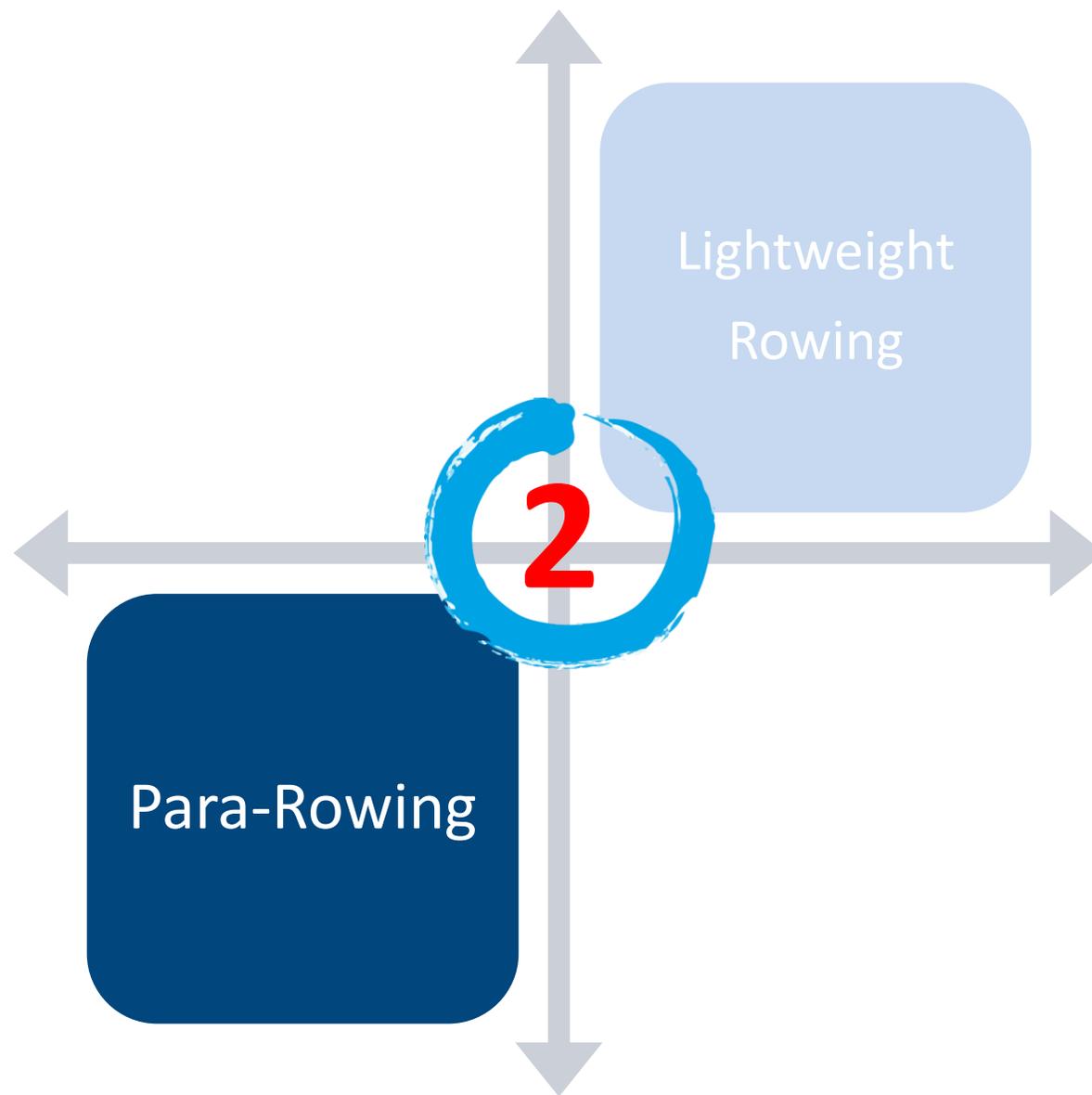


- No athlete weighing or restriction so no welfare issues around weight loss
- Ensures an event where smaller stature athletes can compete on a level playing field
- Engage with boat builders on design
- Promotional opportunity around a new form of rowing



- Requires all NFs to purchase a new fleet of boats
- Time and money needed to develop such a boat
- Consider if it maintains the nature of our sport

- Is it available / accessible to everyone?
- Does it add significantly to the cost of the sport?
- Does it provide an advantage to some over others?
- Does it change the nature of the sport?
- Is it safe and environmentally sound?
- It is a positive development for the sport?
- Does it maintain the principles of the sport, particularly those of fairness and equality?



## Phase 1 (2017):

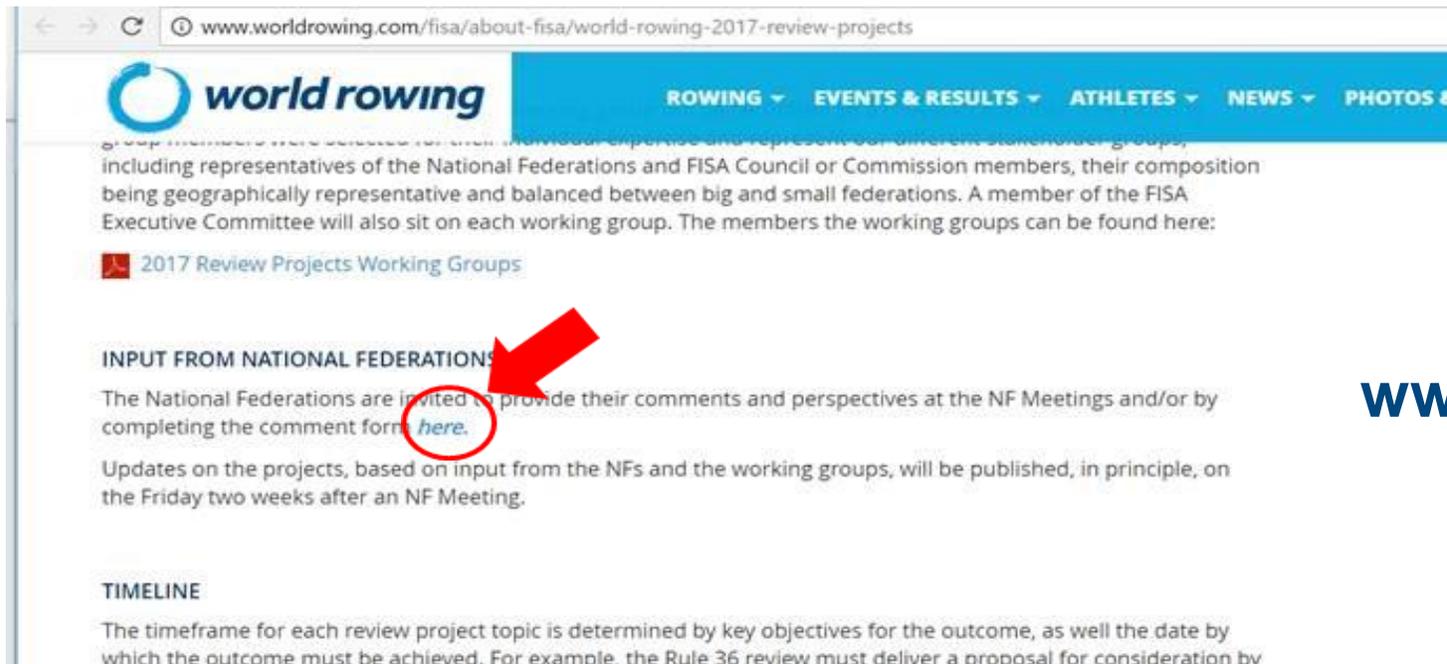
- Para rowing events for the World Championship Programme  
=> addition of the PR2 M1x, W1x and PR3 M2- and W2-
- Research initiated on equipment and PR1 - PR2 trunk function.
- De-regulation of strapping
- Para Rowing Conference
- 2020 Paralympic Qualification System

## Phase 2 (2018) objectives

- Continuation of research projects:
  - Equipment: para singles and doubles
  - Classification: system for assigning fixed seat (PR1 and PR2) sport classes.
- Identify any additional research areas
- A survey on the health impact of the change to the 2000m race distance
- Development of a para rowing strategy for 2021 onwards: to be driven by the Para Rowing Commission with input from external experts

# Review Projects - next steps?

- Send us your new ideas
- Send us your feedback or thoughts on listed ideas



Online via  
[www.worldrowing.com](http://www.worldrowing.com)

<http://www.worldrowing.com/fisa/about-fisa/world-rowing-2017-review-projects>

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- Athlete Lane Selection experiment - review and next steps
- Plovdiv World Rowing Championships: no return channel, schedule has been adjusted slightly
- FISA Harassment and Abuse policy: covering harassment and abuse issues, including the safeguarding of athletes - published by the end of 2018

## Contact

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## Congress Venue

Park Inn by Radisson Berlin Alexanderplatz  
Alexanderplatz 7, 10178 Berlin, Germany

Congress Fee | 650€ Single Room | 500€ Double Room

Call for Abstracts | Deadline: 31<sup>st</sup> July 2018

Congress Website | [www.rudern.de/wcc2018](http://www.rudern.de/wcc2018)

Simultaneous translation English-German

Ulm University, Sports and Rehabilitation Medicine  
& German Rowing Federation



## 2018 World Rowing Sports Medicine, Science and Coaches Conference

BERLIN | NOVEMBER 21<sup>st</sup>-23<sup>rd</sup> 2018



Registration open until October 15<sup>th</sup> 2018  
[www.regonline.com/rowingconference2018](http://www.regonline.com/rowingconference2018)



## NF Meetings 2018:

- Saturday, 28 July 2018 in Poznan, POL at the lunch break
- Saturday, 4 August 2018 in Glasgow, GBR after the European General Assembly
- Saturday, 11 August 2018 in Racice, CZE at the lunch break

## NF Conferences 2018:

- Monday, 17 September 2018 in Plovdiv, BUL immediately following the Congress
- Friday, 23 November 2018 in Berlin, GER all day



Thank you !