

<p>Event Regulations and/or Departures from the FISA Rules of Racing – Indoor Rowing Competition Regulations (2015)</p>		
<p>Rules applying to International Regattas shall apply to international Indoor Rowing regattas and rules applying to World Championship regattas shall apply to World Rowing Indoor Championship regattas except as provided in these Regulations, which are approved by the FISA Council as Departures from the Rules.</p>		
<p>For the purposes of these Regulations the word “Competition” shall have the same meaning as “Regatta” in the FISA Rules of Racing.</p>		
<p>Regulation 1 - Rowing, Boats, Regattas (Rule 1) An Indoor Rowing competition is a competition in which all competitors use rowing machines as defined in these Regulations and where the competition format is in accordance with these Regulations. Regulation 2 - Application (Rule 2) These Regulations apply to International Competitions for Indoor Rowing and the World Rowing Indoor Championships together with and not in exclusion of the FISA Rules of Racing.</p>		
<p>Regulation 3 - World Rowing Indoor Championships (Rule 4) The World Rowing Indoor Championships shall be held every year or at such other period as shall be decided by the Council.</p>		
<p>Regulation 4 - Attribution of World Rowing Indoor Championships (Rule 6) In principle, two years in advance, the FISA Rowing for All Commission shall select the most suitable candidate to host the World Rowing Indoor Championships and propose it to the Council for approval.</p>		
<p>Regulation 5 - Right to Participate (Rule 7) The World Rowing Indoor Championships are open to all competitors nominated by their member federations.</p>		
<p>Regulation 6 - Eligibility (Rule 19) To compete in a World Rowing Indoor Championships, a competitor shall be a citizen of the country for which they are competing and shall be</p>		

entered by the member federation of that country.		
Regulation 7 – Men’s and Women’s Events (Rule 20) Only men may compete in men’s events and only women may compete in women’s events.		
Regulation 8 - Commitment (Rule 23) Rowers may only compete at World Rowing Indoor Championships if they have submitted a signed commitment form, according to Art. 56. Each team official must have submitted a signed commitment form to FISA before accreditation may be issued at the event.		
Regulation 9 – Age Categories (Rule 24) The following age categories for indoor rowing are recognized by FISA: Juniors Under-23 Seniors Masters The age of an athlete for indoor rowing events shall be the age at the date of the competition. Where the competition includes several days the age shall be as at the scheduled date of the final for the event concerned. A Junior rower shall not have attained the age of 18 and an Under-23 rower shall not have attained the age of 23 by the relevant date.		
Regulation 10 – Lightweights (Rule 31) For an indoor rowing event, no individual lightweight male rower may weigh more than 75 kgs and no individual female rower may weigh more than 61.5 kgs. Lightweight rowers shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, each day of the competition. For the avoidance of doubt there shall be no lightweight categories for juniors.		
Regulation 11 – Masters Masters indoor rowing events shall be held in the following crew age categories: 1. Age 30 – 39 2. Age 40 – 49 3. Age 50 – 54 4. Age 55 – 59		

<p>5. Age 60 – 64 6. Age 65 – 69 7. Age 70 – 74 8. Age 75 – 79 9. Age 80 – 84 10. Age 85 – 89 11. Age 90 – 94 12. Age 95 – 99 13. Age 100+</p> <p>In a Masters crew event where two or more rowers are in the same crew, all rowers in that crew must meet the age requirement for the category in which they are competing. There shall be no averaging of ages within a crew.</p>		
<p>Regulation 12 – Categories of Competition (Rule 35) The following categories of competition are recognized by FISA for indoor rowing: Individual Pair (slides), pair (combined) Four (slides), four (combined) Eight (slides), eight (combined) Relays – 4 x 500m Relay Races are those in which two or more 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 specified time or distance points the changeover of rowers must take place at the specified points. A rower must reach the specified changeover point before the next rower starts. Where a rower changes before reaching the specified changeover point or takes more than 2 rowing strokes after reaching the changeover point then that team shall be awarded a Yellow Card. A team being awarded two Yellow Cards which apply to the same race shall be excluded from the event. It is the responsibility of each Team to change at the correct points.</p>		
<p>Regulation 13 - World Rowing Indoor Championships Competition Categories (Rule 36) World Rowing Indoor Championships are held in the following categories: Men (M): Individual, Pair (slides), four (slides) Women (W): Individual, Pair (slides), four (slides)</p>		

<p>The FISA Council may decide to hold World Rowing Indoor Championships in additional categories.</p>		
<p>Regulation 14 – Types of Rowing Machines (Rule 39) <u>(1) International Regattas</u> – All competitors in any one race shall use identical make and model of rowing machines, the intention being that each competitor shall have equal racing conditions with all other competitors. No attachments may be added or connections made to any machine without the approval of the President of the Jury. Competitors shall not be permitted to use their own machine in an international competition but shall use the machine to which they are allotted by the organising committee.</p> <p><u>(2) World Rowing Indoor Championships</u> – In addition to the requirements in (1) above, the following additional requirements shall apply to World Indoor Rowing Championship regattas:</p> <p>(i) Only rowing machines approved by FISA shall be used in World Rowing Indoor Championship regattas. The rowing machines shall at a minimum have interconnection for electronic timing and external graphic display.</p> <p>(ii) Performance Monitor – Each machine shall have a performance monitor display unit so that the rower can follow his own performance during the race and can see his position relative to the rower ahead of him and the rower behind him.</p> <p>(iii) Computer interface - Machines used in a World Rowing Indoor Championships shall have the capacity to be connected through a computer interface for the output to be displayed on external screens and results to be recorded directly to a central computer. A suitable computer race program must be available for the rowing machines. In addition, there shall be the capacity to combine the outputs of up to eight (8) machines into one output for the purpose of crew competitions. The machines shall also be capable of being used on “slides” to simulate a rowing crew.</p>		
<p>Regulation 15 – Competition Venue (Rule 42) The competition venue should be in a sports hall or arena or a similar venue with adequate space for the competition and facilities for spectators suitable for</p>		

the level of the competition proposed. Ventilation should be adequate. An International Indoor Rowing regatta can be held with a minimum of two rowing machines or can be held over the internet through mutual arrangement with other competitors or teams. In this regard, venue requirements stated below can vary widely depending on the type and level of competition and the resources available to the Organising Committee.

For a major competition, it is recommended that the following facilities should be provided:

Athlete facilities, including changing rooms and showers and adequate rest areas where competitors can relax between races. Catering facilities should be available within close proximity.

A separate registration area for registration of competitors upon arrival at the venue;

A separate area for athlete weighing if lightweight events are included in the programme;

A separate warming up area within the venue with sufficient machines to enable competitors to properly warm up before their race. It is recommended that the number of warm-up machines be the same as the number of machines used for racing, and in any case not less than 60 percent of this number. In principle the warm up area should not be in the same room as the competition. However, if it is in the same room it must be separate from the competition area and partitions should be erected to minimise any disruption to the competition.

Race Control area in which the computer race controls and the relevant race management officials will sit during the competition. The location should be immediately adjoining the competition area with a clear view of all competition machines.

A medical area with bed and other suitable facilities for treatment of competitors, suitably screened to provide privacy and quiet for persons being treated.

A large digital display screen in the main competition area visible to spectators and displaying the progress of each race and any other available relevant information. NOTE: In principle the competitors should be facing the spectators during competition. It

<p>is therefore unlikely that the large display screen can be visible to spectators and to competitors at the same time. Additional small screens can also be provided for spectators if this will enhance their experience and the atmosphere in the venue. Spectator stands should be sufficient to accommodate the number of expected spectators. A designated spectator stand should be available for competitors when not racing. In principle, the positioning of the rowing machines should be such that the rowers will be facing the spectators when racing.</p> <p>NOTE: Where the competition machines are positioned in two or more rows, then if the size and design of the venue allows, spectator areas may be positioned on two sides. In this case the front row of machines will face the spectators in one direction and the second row of machines can be positioned to face the spectators in the other direction. This will allow spectators to have clear views of the faces of rowers during the race.</p> <p>Large clocks should be displayed in the main competition venue, the warm-up area and the athlete weighing area, each showing the official race time. Sufficient security and barriers should be provided to maintain the integrity of the Competition Area and ensure that access is available only to authorised or accredited persons.</p> <p>The FISA Council may lay down special requirements for World Rowing Indoor Championships.</p>		
<p>Regulation 16 – Competition Area – Characteristics (Rule 42)</p> <p>The area in which the rowing machines for competition are located shall be clearly delineated and this shall be the Competition Area. Only the Race Officials and competing rowers and one coach per rowing machine are permitted to be in the Competition Area during racing except with the specific approval of the President of the Jury. The rowing machines shall be placed on a non-slip surface or some other measures shall be taken to minimise the movement of the machines during racing.</p>		

<p>The minimum distance between the front legs of adjoining rowing machines is recommended to be 0.75 metres, but in all cases shall be sufficient as to not interfere with the adjoining rower or machine. In particular for relay events, sufficient room must be allowed for the movement of other team members waiting or changing rowers so as not to cause interference with the adjoining team. In the event of dispute the President of the Jury shall decide if the space between machines is sufficient for the purpose of this Rule.</p> <p>Each machine shall be clearly numbered so that competitors and spectators can see the number. In crew events where the performance output of all members of the crew is converted and displayed as a combined output, all the machines used by one crew shall display the same number to clearly identify them as a crew.</p>		
<p>Regulation 17 – Length of the Course (Rule 43) International Indoor Rowing Competitions - The racing distance may vary from competition to competition. However, the distance (or time) to be rowed in each case shall be shown in the FISA International Regatta Calendar (Rule 17) and shall be notified to all participants in the Notice of Regatta. World Rowing Indoor Championships - The racing distance shall be 2,000 metres and shall be the same for men and women. Additional categories of events or relays at shorter or longer distances may be approved by the Council as World Rowing Indoor Championship events. Any such additional categories shall be the same for men and women or for mixed events.</p>		
<p>Regulation 18 – Number of Lanes (Machines) (Rule 44) International Indoor Rowing Competitions - The number of rowing machines may vary from competition to competition. However, the number of machines to be used in each race shall be notified to all participants in the Notice of Regatta. World Rowing Indoor Championships - The number of rowing machines to be available for racing shall in principle be ten (10). The Council may stipulate a different number of machines to be used but such</p>		

<p>information shall be made available to all member federations in the Event Bulletin and Team Managers Manual.</p>		
<p>Regulation 19 – FISA Advertising Rules (Rule 50) The FISA Advertising Rules on Racing Clothing shall apply to indoor rowing events.</p>		
<p>Regulation 20 – Safety (Rule 62) Qualified medical personnel with suitable medical equipment, including but not limited to a defibrillator, shall be present throughout the competition. They shall be located immediately adjacent to the Competition Area and ready to respond at all times. There shall be suitable arrangements for ambulance and other emergency services. World Rowing Indoor Championships – There shall be at least one qualified doctor and suitably qualified medical support personnel on duty each competition day from 30 minutes before competition starts until 30 minutes after the last race of each day. A medical room shall be provided in a separate room from the main competition area. A first aid post shall be located adjoining the competition area and with a clear view over all competitors and shall be manned during the competition so that action can be taken immediately in case of collapse or other occurrence. At least one ambulance shall be on standby at the competition venue during the hours of duty of the doctor. These minimum arrangements shall be subject to any additional requirements of the local or national authorities or of the Organising Committee which shall be responsible to ensure the proper provision of safety and medical arrangements for the event.</p>		
<p>Regulation 21 - FISA Progression System (Rule 67) Should the number of rowers taking part in an event exceed that of the number of machines available for racing, the Organising Committee shall decide whether to use a qualification system, with the fastest rowers in each heat competing in subsequent rounds until the final, or whether to declare the result based solely on time taken or distance rowed as the case may be with each rower only rowing once. The Organising Committee shall state clearly in the Notice of Competition the method to be adopted.</p>		

<p>If a qualification system is used, all rowers shall be informed before the Competition the number of rowers who will proceed to the next round from each heat and how many rounds will be rowed to reach the final. In principle there shall not be more than two rounds for each event.</p> <p>World Rowing Indoor Championships – FISA shall stipulate in the Event Bulletin the number of machines to be used in the final of each event, the number of rounds and the method to be used to determine progression to the final. The progression system to the final shall be determined from the heats, either by ranking rowers within each separate heat or by overall ranking of rowers from all heats in the same round combined. In principle each rower at a World Indoor Rowing Championship regatta shall not be required to compete more than once in each event on each day.</p>		
<p>Regulation 22 - The Draw and Determining the Lanes (Rule 68)</p> <p><u>(1) International Regattas –</u> The draw for the heats shall take place at a Team Managers' meeting to be held, in principle, the day before the regatta.</p> <p>A random draw, supervised by the Jury, shall be held to determine the heat and the machine number to which each rower will be assigned in the first round of each event. If the number of entries in an event does not exceed the number of machines to be used in the final, then all rowers will compete directly in the final with no heats or preliminary race and the draw for machines for that final shall take place at the Team Managers meeting.</p> <p><u>(2) World Rowing Indoor Championships –</u> The Executive Committee may appoint a Seeding Panel to determine seeded crews.</p> <p>If a crew withdraws after the draw, but before the start of the first heat in their event and if the number of crews remaining in the event implies another variant of the heats, or if the withdrawal results in an avoidable imbalance between the number of crews in each heat, the President of the Jury shall supervise a new draw and, if necessary, postpone the race times to allow the redraw to be implemented.</p>		

<p>For any rounds after the heats, the principle is to allocate the crews with the best placings, or fastest times in their previous round, depending on the method of ranking being used, to the lowest numbered machines. The crews with the next lower placings in their previous round should be allocated to the next lower numbered machines, etc. If the crews have the same placings in the previous round then there shall be a draw, supervised by a member of the Jury, to determine which crew should use which allocated machine in the next round.</p>		
<p>Regulation 23 – At the Start (Rule 68) Rowers shall not enter the competition area until directed by race officials. All rowers shall be seated on their machine two minutes before the designated start time. The race may be started without reference to absentees. A rower arriving late at his machine may be awarded a warning by the President of the Jury.</p>		
<p>Regulation 24 – The Starting Procedure (Rule 73) When the rowers for which they are responsible are seated on their machines, each Timekeeper shall raise a red flag above his head. When all the rowers are on their machines and approximately one minute before the start time, the Starter shall say <i>“All rowers put down the handle”</i> The Starter shall then wait until the flywheels on all machines have stopped. Any rower not following the instructions of the Starter or not ready to race without good reason by the time all machine flywheels have stopped may be given a warning indicated by a Yellow Card which shall count as a False Start. After all flywheels have stopped, the Starter shall say <i>“All rowers pick up the handle”</i> When each Timekeeper sees that the rowers for which he is responsible have picked up the handle and are ready to race, he shall lower his red flag. (If a Timekeeper sees that any rower is not ready to race after he has lowered his red flag and before the Start command is given, he shall immediately raise his red flag again and alert the Race Umpires).</p>		
<p>When the Starter sees that all red flags are lowered,</p>		

<p>the Start will then proceed as follows:-</p> <p><u>1. With Computer Interconnection</u></p> <p>The Starter shall check that all rowers are ready and when the computer display indicates that all flywheels have stopped, he shall trigger the computer starting command sequence. The computer programme will display the start graphic, and will audibly count down to the Start as follows, at the same time displaying the visual symbols on the graphic display screens</p> <p>“Sit Ready, Attention – GO!” (“GO!” is accompanied by an audible signal)” or “Five, Four, Three, Two, One – (Audible signal)”.</p> <p>The audible signal may be an electronic signal or a spoken word such as "GO!" or "ROW!"</p> <p>The command “GO!” or “Audible signal” is the signal to start the Race.</p> <p><u>2. Without Computer Interconnection</u></p> <p>The Starter shall check that all rowers are ready and when he is satisfied that all flywheels have stopped, he shall raise a red flag and say in a measured and steady cadence</p> <p>“Five, Four, Three, Two, One, GO!”</p> <p>When he says “GO!” he shall at the same time quickly lower the red flag to one side. <i>[The flag will be a visual signal equivalent to the word “GO” shown on the graphics screen where there is a computer connection]</i></p> <p>The countdown shall be at an even pace. The command “GO!” is the signal to start the race.</p>		
<p>Any rower not ready to race without good reason by the time all machine flywheels have stopped or who in the opinion of the Starter deliberately delays the race may be given a warning indicated by a Yellow Card, which shall count as a false start.</p> <p>A warning may only be given by the Starter who may consult the President of the Jury in this respect.</p> <p>If the designated start time has passed the Starter may start a race without reference to absentees or rowers who without good reason refuse to start.</p>	<p>Any rower not ready to race without good reason by the time all machine flywheels have stopped or who in the opinion of the Starter deliberately delays the race may be given a warning indicated by a Yellow Card, which shall count as a false start.</p> <p>A warning Yellow Card may only be given by the Starter who may consult the President of the Jury in this respect.</p> <p>If the designated start time has passed the Starter may start a race without reference to absentees or rowers who without good reason refuse to start.</p>	
<p>Regulation 25 – False Start (Rule 74)</p>	<p>Regulation 25 – False Start (Rule 74)</p>	

<p>A rower starting to row after the countdown has started and before the start signal is given has caused a False Start.</p> <p><u>1. With Computer Interconnection</u> If the computer programme detects that any rower has caused a false start the Starter shall stop the Race and the rower or rowers causing the false start shall be given a warning indicated by a Yellow Card.</p> <p><u>2. Without Computer Interconnection</u> Where the machines have no computer interconnection, if the Starter considers that a rower has caused a false start he may stop the Race or he may allow the race to continue. Where the Starter decides to allow the race to continue then no warning shall be given.</p> <p>When a warning is given, the Starter shall advise the competitor receiving the warning by saying “Name of Rower (or Crew)” – “False Start!” – “Yellow Card!”</p> <p>The Starter shall also advise the rower or crew that if he causes another False Start he shall be excluded. A Yellow Card (or Yellow Cone) shall be placed upright on the floor next to the machine of the rower who has been given a warning.</p> <p>A rower receiving two Yellow Cards applying to the same race shall be excluded by the Starter.</p>	<p>A rower starting to row after the countdown has started and before the start signal is given has caused a False Start.</p> <p><u>1. With Computer Interconnection</u> If the computer programme detects that any rower has caused a false start the Starter shall stop the Race and the rower or rowers causing the false start shall be given a warning indicated by awarded a Yellow Card.</p> <p><u>2. Without Computer Interconnection</u> Where the machines have no computer interconnection, if the Starter considers that a rower has caused a false start he may stop the Race or he may allow the race to continue. Where the Starter decides to allow the race to continue then no warning Yellow Card shall be given awarded.</p> <p>When a warning Yellow Card is given awarded, the Starter shall advise the competitor receiving the warning Yellow Card by saying “Name of Rower (or Crew)” – “False Start!” – “Yellow Card!”</p> <p>The Starter shall also advise the rower or crew that if he causes another False Start he shall be excluded. A Yellow Card yellow marker (or Yellow Cone) shall be placed upright on the floor next to the machine of the rower who has been given awarded a warning Yellow Card.</p> <p>A rower receiving two Yellow Cards applying to the same race shall be excluded from the event by the Starter.</p>	
<p>Regulation 26 – Responsibility of the Rowers (Rule 76)</p> <p>Each rower is responsible for his own machine during the race.</p> <p>(1) Resistance setting - Where the rowing machine has a facility to adjust the resistance, the setting may be adjusted by the rower before the start of a race but no adjustment is permitted during a race. In the case of a relay event, such adjustment may be made at the same time as the rowers change but not at any other time during a race.</p>		
<p><u>(2) Damage or Failure Caused by the Rower</u> In case of any damage caused by the rower to a machine or to the installations or connections which prevents the rower from completing a race or which causes his elapsed time or distance not to be recorded, the rower shall be deemed not to have</p>		

<p>finished the race and shall not take any further part in that event.</p>		
<p>(3) <u>Damage or Failure not Caused by the Rower</u> In the event of damage or failure which is not caused by the rower the following shall apply: (i) In a preliminary heat or other round except a final, the rower shall be permitted to compete again in a later heat, or, if there are no further heats, shall be permitted to row alone at a time to be specified by the President of the Jury and his result shall be the time or distance so recorded; (ii) In a final, where the damage or failure occurs within 30 seconds of the Start, the Starter shall stop the race and will restart the race with all competitors once any repair has been made. In other cases the race will continue and the rower shall be deemed to have stopped rowing. Except that where such damage or failure is part of the central computer and timing system, the Umpire shall decide whether a re-row of the whole Race is required in the case that times or distances of all rowers cannot be recorded.</p>		
<p>Regulation 27 - Interference (Rule 77) During a race no rower or other person shall interfere with another rower. In the case of such interference which affects the outcome of the race the President of the Jury shall decide on the action and the resultant penalty to be applied under these Rules (Rule 76). Under this Rule, pushing or assisting a rower is not permitted and shall be regarded as interference. However, in a relay event, members of the same relay team shall be permitted to hold the feet of the rower of their team only, and to pick up a dropped handle on behalf of the rower without being penalised. The President of the Jury is responsible to ensure that no external factors influence the result of a race and to take appropriate action if he considers such influence has occurred.</p>		
<p>Regulation 28 – Coaching During Racing (Rule 78) It is prohibited to give any instructions, advice or directions to rowers that are racing with any electric, electronic or other technical device.</p>		
<p>Regulation 29 – The Finish of the Race (Rule 79)</p>		

<p>A rower has finished the race when his machine monitor shows that he has completed the distance or the time specified for the race.</p> <p>A race is concluded when all competitors have finished the race.</p> <p>Rowers shall be ranked in order of the time taken for the race or the distance rowed respectively, depending on the type of race, whether the race is over a specified distance or a specified time.</p> <p>If the Umpire considers that the race was not in order he shall raise a red flag at the end of the race and announce that the results will be withheld pending an objection. The digital display screen, where provided, shall show the word "OBJECTION".</p> <p>The Umpire shall inform the rowers and the President of the Jury of his decision. The results shall not be announced until the Umpire has given his decision.</p>		
<p>Regulation 30 – Dead-Heats (Rule 77)</p> <p>If there is a dead heat in any round other than a final, both rowers shall proceed to the next round.</p> <p>In a final, if a dead heat occurs between rowers, they shall be given equal placing in the final order and the next placing shall be left vacant.</p>		
<p>Regulation 31 - Penalties (Rule 81)</p> <p>In any case of breach of the rules, the Jury shall impose appropriate penalties. The penalties available to the Jury are:</p> <p>Reprimand;</p> <p>Warning indicated by a Yellow Card;</p> <p>Exclusion indicated by a Red Card (from all the rounds of the event in question);</p> <p>Disqualification (from all events in the regatta).</p> <p>In cases of exclusion or disqualification, the Jury may also order a race to be re-rowed with all the remaining crews or with a limited number of the crews should this be necessary, in his opinion, to ensure the fairness of the competition.</p>	<p>Regulation 31 - Penalties (Rule 81)</p> <p>In any case of breach of the rules, the Jury shall impose appropriate penalties. The penalties available to the Jury are:</p> <ol style="list-style-type: none"> 1. Reprimand; 2. Warning indicated by a Yellow Card <u>which shall constitute a Warning. A crew awarded two Yellow Cards applying to the same race shall be awarded a Red Card and excluded from the event;</u> 3. Exclusion indicated by a Red Card <u>which shall constitute exclusion</u> (from all the rounds of the event in question); 4. Disqualification (from all events in the regatta). <p>In cases of exclusion or disqualification, the Jury may also order a race to be re-rowed with all the remaining crews or with a limited number of the crews should this be necessary, in his opinion, to ensure the fairness of the competition.</p>	
<p>Regulation 32 - Objections (Rule 82)</p> <p>A rower claiming that his race was not in order may make an objection to the Umpire immediately after</p>		

<p>the finish of the race and before leaving the competition area. Such objection may only concern the conduct of the race.</p> <p>The Umpire shall decide on the objection and communicate his decision to the rowers in the race and to the other race officials. A rower excluded or otherwise penalised at the Start may make an objection to the Starter or Umpire at the time the penalty is awarded in accordance with Rule 75.</p>		
<p>Regulation 33 - Protests (Rule 83)</p> <p>A rower or rowers whose objection has been rejected or who are affected by the acceptance of the objection, or a rower that has been disqualified or excluded or ruled DNS or DNF, as well as rowers disputing the published results may lodge a protest in writing to the President of the Jury not later than 30 minutes after the Umpire has communicated his decision regarding the objection or, in the case of disputing the published results, not later than 30 minutes after the results have been published. It shall be accompanied by a deposit of CHF 100 or equivalent, which amount shall be refunded if the protest or a subsequent appeal is allowed.</p> <p>The Board of the Jury shall decide if the protest was justified. It will make its decision before the next round of races in the event concerned, and, in any case, no later than one hour after the last race of the day.</p> <p>At a World Rowing Indoor Championships, in the case of a protest arising from an objection concerning the final of an event, the Executive Committee or its delegate may postpone the victory ceremony of that event. If the victory ceremony has taken place, and if the subsequent decision of the Board of the Jury changes the final result of the event then the official result shall be changed accordingly and, where the medal placings are affected, then the medals shall be re-awarded as necessary in accordance with the decision.</p>	<p>Regulation 33 - Protests (Rule 83)</p> <p>A rower or rowers whose objection has been rejected or who are affected by the acceptance of the objection, or a rower that has been disqualified or excluded or ruled DNS or DNF, as well as rowers disputing the published results may lodge a protest in writing to the President of the Jury not later than 30 minutes after the Umpire has communicated his decision regarding the objection or, in the case of disputing the published results, not later than 30 minutes after the results have been published. It shall be accompanied by a deposit of CHF <u>EUROS</u> 100 or equivalent, which amount shall be refunded if the protest or a subsequent appeal is allowed.</p> <p>The Board of the Jury shall decide if the protest was justified. It will make its decision before the next round of races in the event concerned, and, in any case, no later than one hour after the last race of the day.</p> <p>At a World Rowing Indoor Championships, in the case of a protest arising from an objection concerning the final of an event, the Executive Committee or its delegate may postpone the victory ceremony of that event. If the victory ceremony has taken place, and if the subsequent decision of the Board of the Jury changes the final result of the event then the official result shall be changed accordingly and, where the medal placings are affected, then the medals shall be re-awarded as necessary in accordance with the decision.</p>	
<p>Regulation 34 - The Outcome of the Protest (Rule 84)</p> <p>The measures resulting from the decision of the Board of the Jury may include:</p> <p>Reprimand;</p>	<p>Regulation 34 - The Outcome of the Protest (Rule 84)</p> <p>The measures resulting from the decision of the Board of the Jury may include:</p> <ol style="list-style-type: none"> 1. Reprimand; 2. Warning indicated by a Yellow card <u>which shall</u> 	

<p>Warning indicated by a Yellow card (a rower receiving two Yellow Cards applying to the same race shall be awarded a Red Card and excluded from that event); Relegation, where specifically provided in these Rules; Exclusion, indicated by a Red Card (from all the rounds of the event in question); Disqualification (from all events in the regatta); Re-row (for a specified number of rowers). After application of the appropriate penalty, if any, the Board of the Jury shall take any other appropriate measure(s) to restore the chances of a rower that has suffered a disadvantage.</p>	<p>constitute a Warning. (a A rower receiving two Yellow Cards applying to the same race shall be awarded a Red Card and excluded from that event); 3. Relegation, where specifically provided in these Rules; 3. Exclusion, indicated by a Red Card which shall constitute exclusion (from all the rounds of the event in question); 4. 4. Disqualification (from all events in the regatta); 5. 5. Re-row (for a specified number of rowers). After application of the appropriate penalty, if any, the Board of the Jury shall take any other appropriate measure(s) to restore the chances of a rower that has suffered a disadvantage.</p>	
<p>Regulation 35 - Appeals (Rule 85) (1) <u>International Regattas</u> - An appeal against a decision of the Board of the Jury (or of an organising committee under Rule 82) by a person affected can only be made to the Executive Committee within three days after such decision has been communicated by the Board of the Jury or by the organising committee to the person affected.</p>		
<p>(2) World Rowing Indoor Championship regattas - The Executive Committee shall designate its representatives who shall comprise the Appeals Committee. An appeal against a decision of the Board of the Jury may only be made by a person whose accepted objection has been overturned by the Board of the Jury or whose protest against the published results was rejected by the Board of the Jury. The appeal must be submitted in written form to the Appeals Committee on the same day as the decision being appealed. A decision will be given before the next round of the event concerned. If the decision of the Appeals Committee on the appeal changes the final result of the event then the official result shall be changed accordingly and, where the medal placings are affected, the medals shall be re-awarded as necessary in accordance with the decision. At World Rowing Indoor Championship regattas as a general rule the victory ceremony will not be postponed for an appeal.</p>		

Decisions of the Appeals Committee under this rule are final.		
Regulation 36 - Exceptional Cases (Rule 87) Should it be necessary to take decisions in exceptional cases, the President of the Jury shall appoint and preside over a body to make such decisions. At a World Rowing Indoor Championship regatta the Executive Committee or its delegate shall make decisions in exceptional cases.		
Regulation 37 - The Jury (Rule 89) The Jury shall be comprised of a group of International Umpires and shall be responsible for ensuring that the regatta is run in accordance with these Rules of Racing, related Bye-Laws and Event Regulations.		
Regulation 38 – President of the Jury (Rule 91) The President of the Jury shall allot duties to each member of the Jury and shall supervise their activities. He shall take the chair at meetings of the Jury and ensure proper co-ordination with the organising committee. The President of the Jury shall chair the Board of the Jury under Rule 85.		
Regulation 39 - Composition of the Jury (Rule 92) The Jury shall consist of persons carrying out the following duties: President of the Jury; Starter / Judge at the Finish; Umpire; Control Commission, one of whom shall be the senior member. The President of the Jury, the Starter, the Umpires and the senior member of the Control Commission shall each hold an International Umpire's licence. The Starter shall also be the Finish Judge.		
Regulation 40 - The Board of the Jury (Rule 93) The Board of the Jury shall consist of the President of the Jury and two other members of the Jury designated by the President of the Jury on a daily basis prior to the start of racing. The names of the Board of the Jury shall be displayed on the notice boards adjacent to the competition area each day. This Board shall decide on any protests made according to Rule 83.		

<p>In the case of a protest, any member of the Board directly involved in the dispute (e.g. the Umpire or the Starter) shall not be a member of the Board which decides that protest. In such a case, the President of the Jury shall call upon a substitute.</p>		
<p>Regulation 41 - Control Commission (Rule 95) The Control Commission shall include Jury members and national technical officials. The number of such Jury members and officials appointed shall take into account the regatta programme and the number of competitors. The President of the Jury shall supervise the activities of the Control Commission which shall carry out its duties in the competition venue. In particular, the Control Commission is responsible for the following: The correct weighing of competitors in lightweight events following the procedures required by the Rules of Racing and Bye-Laws; Crew changes before the race at International Regattas where crew events are included in the programme; Substitution of competitors in crew events who are injured or have fallen ill after the first heat of their crew event at International Regattas (no substitutes are allowed for rowers competing in individual events); Checking the identity of competitors to ensure that the rowers are the same as the official entry and any subsequent changes which have been approved in accordance with the Rules of Racing and Bye-Laws. Unless otherwise provided, the organising committee shall prepare the required sets of updated rowers photographs for this purpose; At International Regattas where other arrangements are not in place for this purpose, checking the nationality of competitors, the ages of Junior, Under 23 and Masters competitors; At the end of each race to manually record the time and distance rowed for each rower from the machine monitors and submit the signed record to the Judge at the Finish. For this purpose there shall normally be one official per one or two machines. These officials shall also: alert the Umpire to any problem or breach of these</p>		

<p>regulations; monitor the correct changeover of rowers in relay races and that rowers in a relay race change at the specified changeover points and within the required time; upon the instruction of the Starter place a yellow card (or yellow cone) against the machine of any rower who has caused a false start; check the correct functioning of the machines; check that the monitors on each individual machine are correctly set before the start of each race. Where doping tests are carried out, that rowers required to undergo tests are taken to the officials responsible for this immediately after leaving the Competition Area; Checking the uniform clothing of competitors in crew events and its conformity with the rules regarding identifications.</p>		
<p>Regulation 42 - The Starter (Rule 96) The Starter shall ensure that the correct starting procedure is followed. Duties of the Starter 1. Before taking up his duties, the Starter must satisfy himself that all equipment and installations are present and in working order. 2. Starting Procedures - The Starting Procedures to be employed by the Starter (including False Starts) are described in Regulation 22. 3. Exclusion - The Starter shall award a Red Card and exclude a rower if the crew has received two warnings, indicated by Yellow Cards, that apply to the same race. 4. Late Arrival - The Starter may award a warning, indicated by a Yellow Card to rowers arriving late (less than 2 minutes before the start time) at their starting positions or not ready to race at the designated start time. He may exclude a rower arriving after the start time. 5. Postponement - Should it be necessary to postpone a race (e.g. equipment breakage) the Starter shall consult with the President of the Jury, then inform the crews of the new starting time both verbally and in writing (legible to all competitors) on a board adjacent to the Competition Area. In all cases,</p>		

<p>crews must inquire from a member of the Jury regarding any changes before leaving the Competition Area.</p>		
<p>Regulation 43 - The Umpire (Rule 97) The Umpire shall ensure that each rower competes on the machine which has been allocated to them and shall ensure the proper conduct of the race and the safety of the rowers. In particular, he shall endeavour to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference. Where the Umpire is satisfied that a rower has been significantly impeded, the Umpire shall endeavour to ensure that his chance of winning is fully restored to him. He shall impose appropriate penalties on rowers at fault. If necessary, the Umpire may stop the race, impose any necessary penalties and order the race to be re-rowed from the start, either immediately or later. In the latter case, he shall decide on the new starting time in consultation with the President of the Jury and he shall inform the crews concerned. The Umpire may also allow the race to continue and exclude rowers after the race has finished. He may confine any re-row to such rowers as he shall designate. However, when the Umpire considers that the impediment has not affected the result of the race, or considers the effect of the impediment he may decline to order a re-row of the race or of the rowers involved in the incident. The ratio of umpires to machines should be approximately 1:10.</p>		
<p>Regulation 44 - Judge at the Finish (Rule 98) The Judge at the Finish shall determine the ranking of rowers at the end of each race. The Judge at the Finish shall: ascertain, in conjunction with the Umpire, that the race was in order; be responsible for listing the rowers in the correct order of finish; validate the results; sign the official record of the results.</p>		
<p>Regulation 45 – Health of Rowers (Rule 99) Each competitor shall be responsible for his own</p>		

<p>health and fitness. For indoor rowers, it is a personal responsibility of the rower to undergo a pre-competition health screening which includes a questionnaire, an annual physical examination and ECG following the IOC's recommended procedure. At a World Rowing Indoor Championships, rowers must be prepared to present a written confirmation that the screening has been carried out, signed by a doctor.</p>		
<p>Regulation 46 - Anti doping (Rule 100) Doping is strictly prohibited. The fight against doping is regulated by the World Anti-Doping Code, which the FISA Congress has formally adopted as FISA rules and that the FISA Council has the power to clarify and/or supplement, by appropriate Bye-Laws. In rowing, for those who infringe doping provisions, a penalty may be imposed extending to, in a relevant case, a life ban from all competition. The version of the World Anti-Doping code, its Bye-Laws and the FISA Anti- Doping Bye-Laws valid at the time of the violation shall apply.</p>		