

## 2011 FISA ADAPTIVE ROWING REGULATIONS

Rules applying to World Rowing Championships and international regattas shall apply to adaptive rowing events at those regattas except as provided in these Regulations.

### **PART I - SCOPE**

#### **Regulation, Rule 2: Application**

The FISA Rules, Event Regulations and related Bye-Laws shall also apply to Paralympic Regattas within the limits of the authority of FISA and to Paralympic Qualification Regattas.

#### **Regulation, Rule 6: Right to Participate**

Paralympic Regattas are open only to those rowers whose federations have qualified in the appropriate boat classes in accordance with the Paralympic Qualification System prescribed in the Bye-Laws.

### **PART II – ROWERS AND COXSWAINS**

#### **Regulation, Rule 16: Eligibility**

No rower may enter an adaptive event under these Rules unless they have submitted an Adaptive Rower Classification Application Form to FISA through their national federation and have been classified as set out in the FISA Classification Guidelines for Adaptive Rowers (“Guidelines”). The Guidelines shall be part of these Regulations.

#### **Regulation, Rule 22: Coxswains**

For adaptive events there is no restriction on coxswains in respect of adaptive eligibility, sex or age. The minimum weights of coxswains shall apply to adaptive events.

#### **Regulation, Rule 28: Mixed Masters Events**

Masters adaptive events may also be held for mixed crews without restriction on the ratio of men and women, provided that at least one rower of each sex is included in the crew.

#### **Regulation, Rule 29: Adaptive**

##### **1. Adaptive Sport Class & Sport Class Status**

FISA recognises the following adaptive sport classes:

- LTA
  - LTA-PD – Athletes in the LTA sport class with a physical disability
  - LTA-B1, B2 and B3 – Athletes in the LTA sport class with a visual impairment who have been classified by the International Blind Sports Federation (IBSA) and issued a sport class of B1, B2 or B3 respectively.
- TA
- AS
- ID ID – Athletes in the LTA sport class with an intellectual disability

FISA recognises the following sport class statuses:

- C (Confirmed)
- R (Review)
- N (New)

A rower's sport class and sport class status shall be determined by a FISA Classification Panel upon completion of the classification process as set out in the Guidelines. A list of all adaptive rowers who have been classified in accordance with Rule 16 of these Regulations, showing the respective sport class and the sport class status of each rower shall be maintained by FISA and shall be made available for inspection upon request. A copy of the current list may be posted on the FISA website. A list made available for public inspection shall indicate the name, federation, sport class and sport class status of each rower but shall not identify any individual's disability.

## **2. Qualifying Disabilities**

Only a rower having a minimum disability as defined in the Guidelines, such disability leading to a permanent and verifiable activity limitation, shall be eligible to compete.

## **3. FISA Classifier**

The status of FISA Classifier may be granted to any person who meets FISA's requirements for this purpose and who is duly appointed by the Executive Committee after consultation with the Adaptive Rowing Commission and the Head of Classification.

## **Regulation Rule 31: World Rowing Championships Adaptive Boat Classes**

World Rowing Championships include the following adaptive events:

- LTA Mixed coxed four (LTAMix4+)
- TA Mixed double sculls (TAMix2x)
- AS Men's single sculls (ASM1x)
- AS Women's single sculls (ASW1x)
- ID Mixed coxed four (IDMix4+)

In Mixed adaptive events half of the rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be of either sex. An LTAMix4+ crew may include a maximum of two rowers whose disability is visual impairment, only one of whom may have a sport class of LTA-B3. An LTAMix4+ may not include rowers with intellectual disabilities.

### **Regulation, Rule 32: Paralympic Games Boat classes**

The programme at the Paralympic Regatta includes the following events:

- LTA Mixed coxed four (LTAMix4+)
- TA Mixed double sculls (TAMix2x)
- AS Men's single sculls (ASM1x)
- AS Women's single sculls (ASW1x).

In Mixed adaptive events half of the rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be of either sex. An LTAMix4+ crew may include a maximum of two rowers whose disability is visual impairment, only one of whom may have a sport class of LTA-B3. An LTAMix4+ may not include rowers with intellectual disabilities.

## **PART IV – BOATS AND CONSTRUCTION**

### **Regulation, Rule 33 – Boats and Equipment**

#### **1. General Aspects**

The use of FISA Standard Adaptive boats is mandatory for all adaptive AS1x and TAMix2x events.

- 1.1 The Council shall determine the design and specifications of FISA Standard Adaptive boats and any changes thereto. The design and specifications shall be a part of these Regulations. Those parts of the Standard Adaptive Boats which are not specified in these Regulations may be modified subject to these Regulations and subject to Rule 60.
- 1.2 No changes in the standard design and specifications of FISA Standard Adaptive Boats shall be made except in the year following the Paralympic Games.
- 1.3 The minimum weight of FISA Standard Adaptive boats shall be as specified in these Regulations (Regulation, Rule 34: Boat Weights).

#### **2. Adaptive LTAMix4+ and IDMix4+**

Boats used in LTAMix4+ and IDMix4+ events shall be subject to the same restrictions as those for coxed fours (4+) under the FISA Rules of Racing. No additional restrictions shall apply.

#### **3. Standard Adaptive TA Mix2x**

The FISA Standard Adaptive TAMix2x has 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 Adaptive TAMix2x are not restricted.

TAMix2x rowers are required to comply with the strapping requirements set out in point 5 of this Regulation.

#### **4. Standard Adaptive AS1x**

The FISA Standard Adaptive 1x has a fixed seat and must have stabilising pontoons installed, attached to the riggers at a minimum distance of 60 cm from centreline of pontoon to centreline 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. The seat itself and the rigger design of the Standard Adaptive 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.

AS1x rowers are required to comply with the strapping requirements set out in point 5 of this Regulation.

IMPORTANT - FISA recommends that caution is taken with rowers who rely on pontoon floats for stability when changing rigger spans. By bringing the pins towards the centreline of the boat, stability might be compromised.

#### **5. Strapping**

**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.

**AS1x Strapping Requirements** – rowers shall use a strap that must be secured to the seat back and around the torso just below the nipple line or the breasts and be tight enough to restrict trunk movement whilst not restricting breathing. 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 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 supportive portion of the back rest of the seat must not be lower than the level of attachment point for 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 2 cm. If a bracket is attached to the strap it must not rotate at the attachment point.

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**

- a. All straps must be a minimum width of 50 mm, 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.

- b. The colour of the all straps must be a contrasting colour from the rowers' racing uniform so that it can be clearly seen.
- c. All straps for each rower must be released in the same manner and direction.
- d. Any hand strapping must be able to be released immediately by quick mouth action.
- e. Additional strapping may be used by any rower but must be in compliance with this Regulation.
- f. 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.

### **7. Eyewear for Visually Impaired Rowers**

Rowers classified as visually impaired must wear FISA or IBSA approved 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 all light. All eyewear must be checked to ensure a secure fit and complete light occlusion by an IBSA doctor during classification or by a FISA International Classifier if an IBSA doctor is not present. (Samples of eyewear can be found on [www.worldrowing.com](http://www.worldrowing.com).)

### **Regulation, Rule 34: Boat Weights**

In addition to the requirements of Rule 34, the minimum weights for Adaptive boats shall include pontoons where used. The weight of the AS1x and TA2x boats shall include the strapping which is firmly attached to the boat, the seat and/or its fittings. Straps, padding and other items which are not essential to the use of the boat and not firmly attached shall not be included in the weight of the boat. The minimum weights of Adaptive boats are:

- 4+            51kg
- TA2x        37kg
- AS1x        24kg.

## **PART V - COURSES**

### **Regulation Rule 36: Length of the Course**

For adaptive events the length of the standard course shall be 1,000 metres straight. The Executive Committee may decide to waive the use of starting pontoons for adaptive events.

## **PART VI – ORGANISATION OF REGATTAS**

### **Regulation, Rule 44: Rowers' Clothing and Blade Colours**

One or both rowers in the TAMix2x event may extend their racing uniform to cover their legs. Where both rowers cover their legs in this manner, such coverings shall be identical in colour and design.

Where AS1x rowers are using chest strapping and this strapping obscures the Identifications permitted to be worn on the racing shirt or equivalent, those Identifications which are so obscured may be repeated on the strapping material but shall not be visible on both the racing shirt and the strapping at the same time.

### **Regulation Rule 47: Entries**

No entry shall be accepted for an Adaptive event unless the rower concerned has submitted all Adaptive Rower Classification paper work as required under the Guidelines by the deadline stipulated by FISA and has been given a sport class by FISA. A rower without a FISA sport class or whose sport class has been withdrawn may not compete in adaptive events.

### **Regulation, Rule 52: Crew Changes before the First Heat**

A rower whose sport class has been withdrawn or changed after the close of entries and before the first heat, may be replaced by another eligible rower from the same Federation.

### **Regulation, Rule 53: Crew Changes after the First Heat**

The crew of a rower whose sport class is withdrawn or changed to make them ineligible for that event after the first heat shall not compete again in that event.

### **Regulation, Rule 55: Safety of Adaptive Rowers**

AS and TA rowers require special safety procedures which shall be agreed between FISA and the Organising Committee. In particular, the Organising Committee or the President of the Jury may require additional rescue boats to be present on the course for all adaptive events, but particularly for AS events.

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

All rowers may wear a self-inflating or other flotation device for additional safety but adaptive rowers in particular should consider this precaution. Safety requirements for strapping are set out at Regulation, Rule 33.5

### **Regulation Rule 56: Traffic Rules on the Course**

In principle the traffic rules shall provide clear separation between fixed seat adaptive crews and all other crews during training and racing for the safety of all crews.

### **Regulation Rule 59: Fairness – General Principles**

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 adaptive rowers must row with the prescribed equipment which must be used according to the boat class as described at Regulation, Rule 33 and /or classification requirements as described in the FISA Classification Guidelines. Equipment in this context refers to eyewear, strapping, prostheses, and orthoses.

Failure to comply with these requirements may lead to a penalty being imposed on the crew in accordance with these Rules, 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, Rule 68: The Starting Procedure**

#### **1. Starting Procedure for LTA4+**

The LTAMix4+ event may include rowers with visual impairment. Therefore, at the start of each race in an LTAMix4+ event, 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 the 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, Rule 69: Yellow Card for LTAMix4+ and IDMix4+**

When the Starter awards a Yellow Card to a crew in the LTAMix4+ event, the coxswain of that crew shall raise his arm to acknowledge that he understands that the penalty has been awarded to his crew.

### **Regulation, Rule 73 - Interference**

AS rowers wishing to lodge an objection regarding interference with the Umpire during the race may do so verbally if their hands are strapped, by calling clearly to the Umpire “Objection!” so that the Umpire hears. It is the responsibility of the rower to ensure that the Umpire hears the call and is aware of the objection.

**Regulation, Rule 75 – Finish of the Race for LTAMix4+**

At the finish of the race in an LTAMix4+ event, when raising the white flag the Umpire shall clearly state the words “WHITE FLAG!” for all crews to hear. Should he raise the red flag, he shall similarly clearly state the words “RED FLAG!”

**Regulation, Rule 76 - Objections**

AS rowers wishing to lodge an objection with the Umpire may do so verbally if their hands are strapped, by calling clearly to the Umpire “Objection!” so that the Umpire hears. It is the responsibility of the rower to ensure that the Umpire hears the call and is aware of the objection.

**Regulation, Rule 78: Protests (and Appeals against Sport Class)**

**1. Protest against the sport class of another rower**

No protest is permitted against the sport class of another rower.

**2. Protest against own classification**

- 2.1 A protest against the sport class of a rower may be made by the rower himself or by the national federation or National Paralympic Committee of that rower. Under this clause, any protest against a rower’s sport class must be submitted in writing to FISA not later than 14 days after the rower is notified of the sport class.
- 2.2 Where there are circumstances which require a rower to be classified at an event, the rower concerned, or his national federation or National Paralympic Committee, may lodge a protest against that sport class not later than 2 hours after being notified of the sport class.
- 2.3 The sport class of a rower may only be protested once in accordance with this Regulation.
- 2.4 The classification of a rower holding a C sport class status may not be protested except by FISA in accordance with clause 3 to this Regulation.

**3. Action by FISA to review the Sport Class of a Rower**

Notwithstanding clause 1 to this Regulation, FISA may at any time request a review of the sport class of a rower holding a Review sport class status or, in the Exceptional Circumstances as defined in the International Paralympic Committee International Standards Section B, a rower holding Confirmed sport class status, should it consider that there are justifiable grounds to do so. FISA may request such a review be carried out under the provisions of the Guidelines or under the protest procedure as set out in this Regulation.

**4. Conduct of Protests against Sport Class**

- 4.1 In order to be valid a protest shall be made on the official FISA Classification Protest Form and shall include all documentation pertinent to the case.
- 4.2 The protest shall be accompanied by the appropriate fee.

- 4.3 Upon receipt of the protest, the FISA Chief Classifier or Head of Classification shall determine whether all necessary documentation is included. If the Protest Form has been submitted without all necessary documentation, the protest shall be dismissed and all relevant parties shall be notified accordingly by the Chief Classifier or Head of Classification. If the protest is accepted, all relevant parties will be notified of the time and date for any subsequent protest evaluation.
- 4.4 The Head of Classification or the Chief Classifier shall appoint a Classification Protest Panel to review a protest against the classification of a rower. The Panel shall be comprised of 2 FISA International Classifiers, one Medical and one Technical, neither of whom shall have previously been involved in the classification of the rower concerned.
- 4.5 The Classification Protest Panel shall examine all protest documentation and where necessary shall undertake an examination of the rower.
- 4.6 The final decision of the Classification Protest Panel shall be recorded on the Classification Protest Form. The original of the Form shall be held by FISA and a copy shall be provided to all parties to the protest, including the rower who is the subject of the Protest and his national federation or National Paralympic Committee. A decision shall be made and issued prior to the commencement of racing in the event in which the rower is to compete. All relevant parties shall be notified of the Protest decision in accordance with the IPC International Standards for Athlete Evaluation.
- 4.7 The protest fee shall be waived for a protest lodged by a rower who has been classified as ineligible to row as an adaptive rower.
- 4.8 All protests shall be conducted in accordance with the FISA Rules of Racing and the International Standards of the International Paralympic Committee Classification Code.

### **Appeals on Sport Class Protest**

There shall be no further appeal from the decision of the Classification Protest Panel on a protest concerning sport class except on the grounds of an error of procedure. An appeal on the grounds of an error of procedure must be made to the Executive Committee of FISA within 48 hours of notification of the decision of the Protest Panel. The Appeal shall be heard by at least two members of the Executive Committee, neither of whom shall have been previously involved in the classification procedure or protest of the rower.

### **Regulation, Rule 92: Duties of the Umpire**

#### **Duties on the way to the Start**

For adaptive events, the Umpire shall also monitor the weather conditions including wind, rain and temperature to ensure the safety of competitors.

### **Position of the Umpire's launch**

The President of the Jury may require that more than one umpire follow the race for adaptive events.

### **Regulation, Rule 94: Duties of the Control Commission**

For adaptive rowers and boats the Control Commission should also check the following:

1. Accessibility of the pontoon area for rowers, such as those using wheelchairs or assisted by guide dogs, or authorised caregivers;
2. Compliance of all boats with FISA Standard Adaptive boats specifications;
3. Safety measures in TAMix2x and AS1x boats including foot stretcher and strapping;
4. Correct fixing of pontoons on AS1x boats in accordance with Regulation 33.4 above;
5. Correct use of eyewear by visually impaired rowers in LTA events; and,
6. Correct body strapping of rowers in AS and TA sport classes;
7. That any fixed seat rower classified to row with a prosthesis or orthosis is doing so.

Control Commission members may be assisted in the above by members of the Adaptive Rowing Commission and/or authorised FISA International Classifiers.