



NF Conference, Plovdiv - 17 Sept 18

2. Towards 2020 and beyond

A)



B)



	<p>2018 FISA Extraordinary Congress 15-16 Oct 2020 , London GBR</p>
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2024 Olympic Programme

A) FISA 2020 Extraordinary Congress

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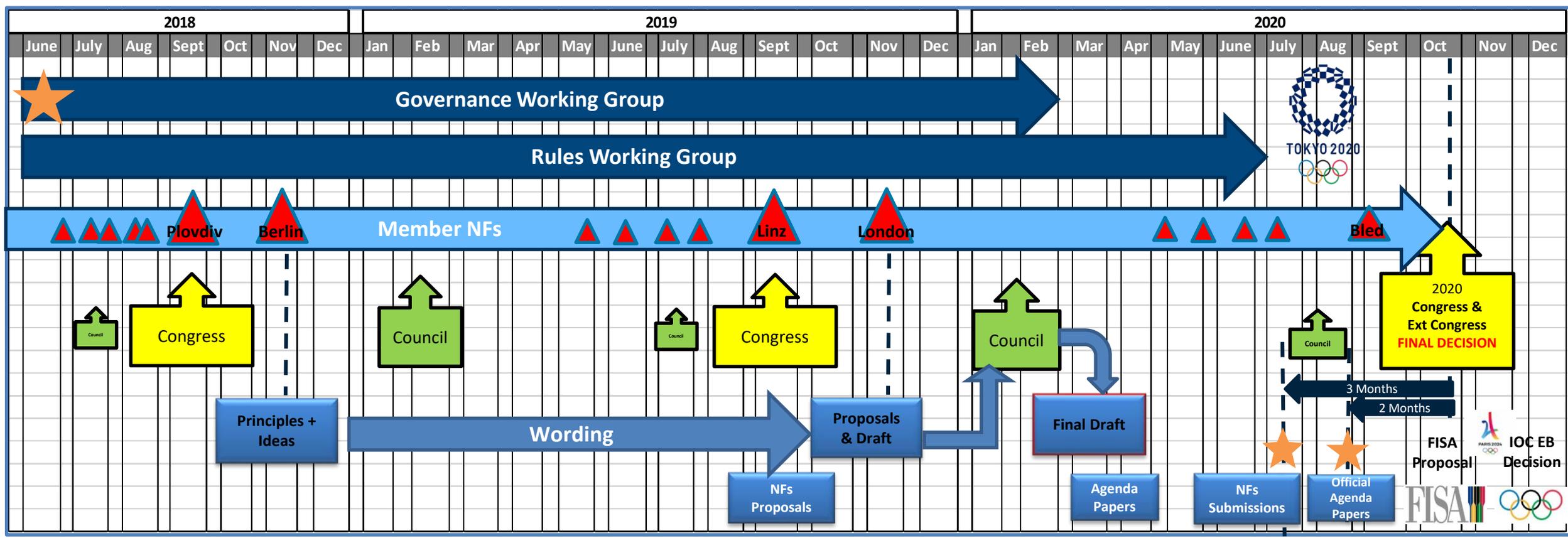
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FISA Extraordinary Congress - Timeline



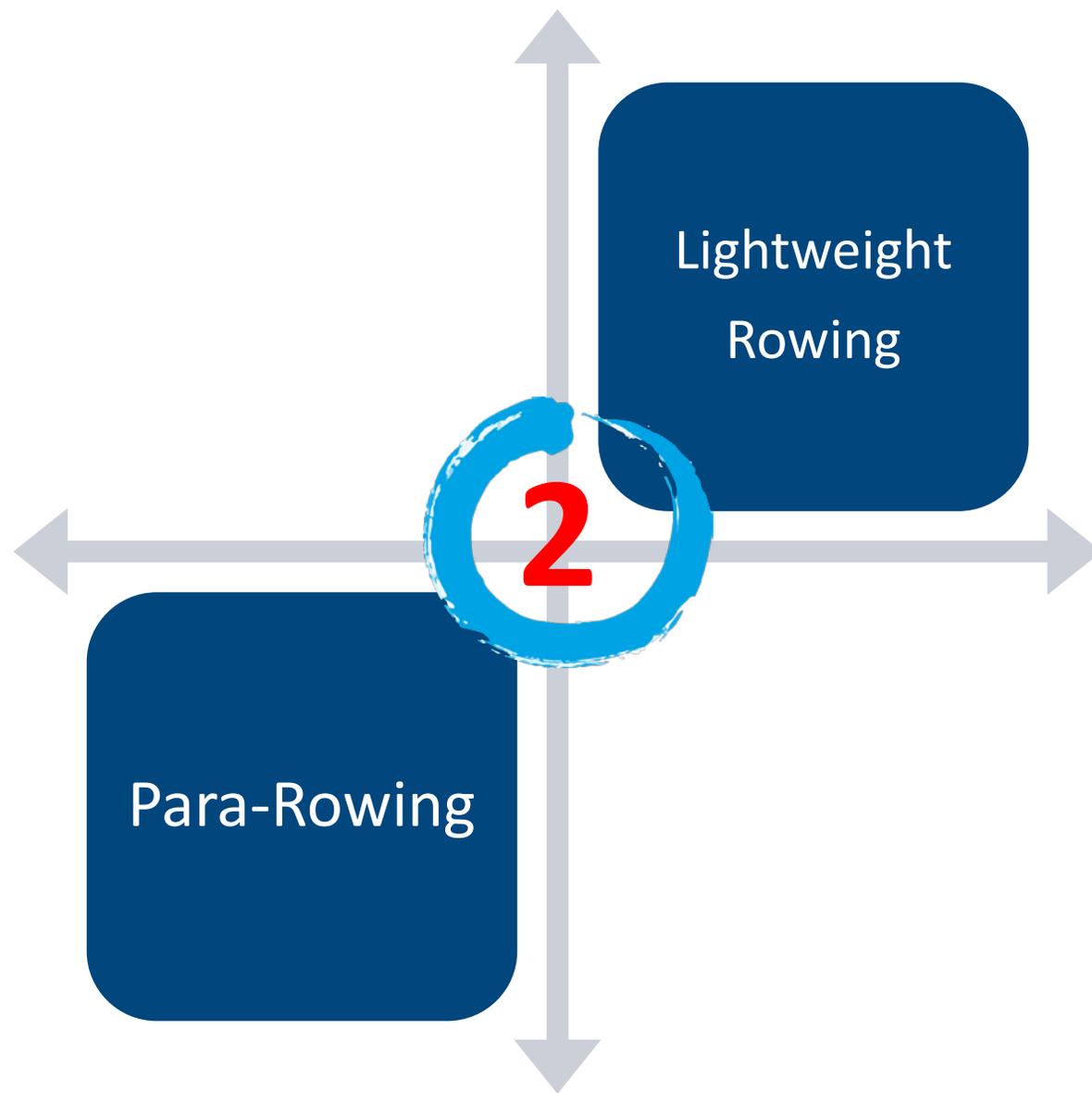


2017 Review projects



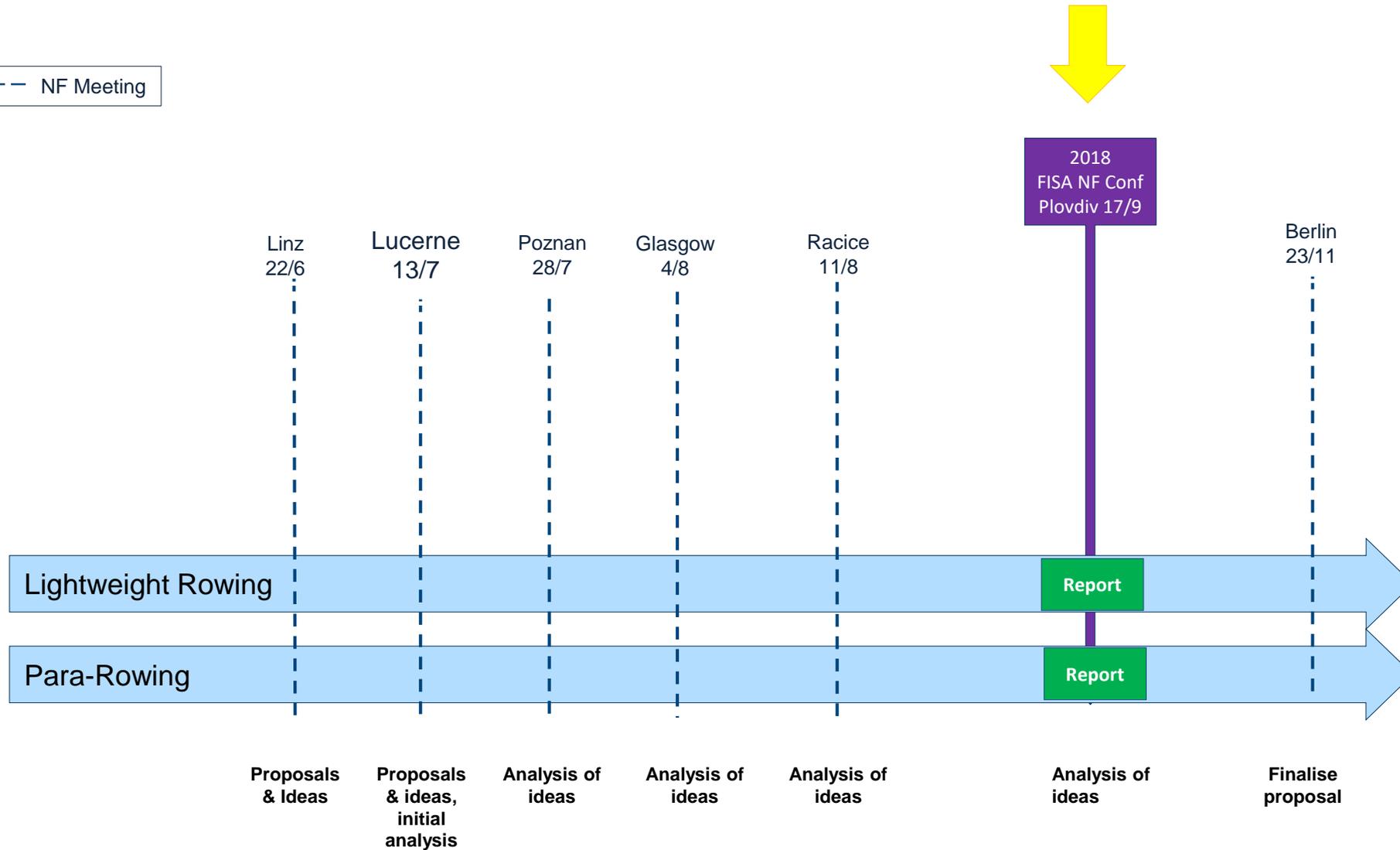


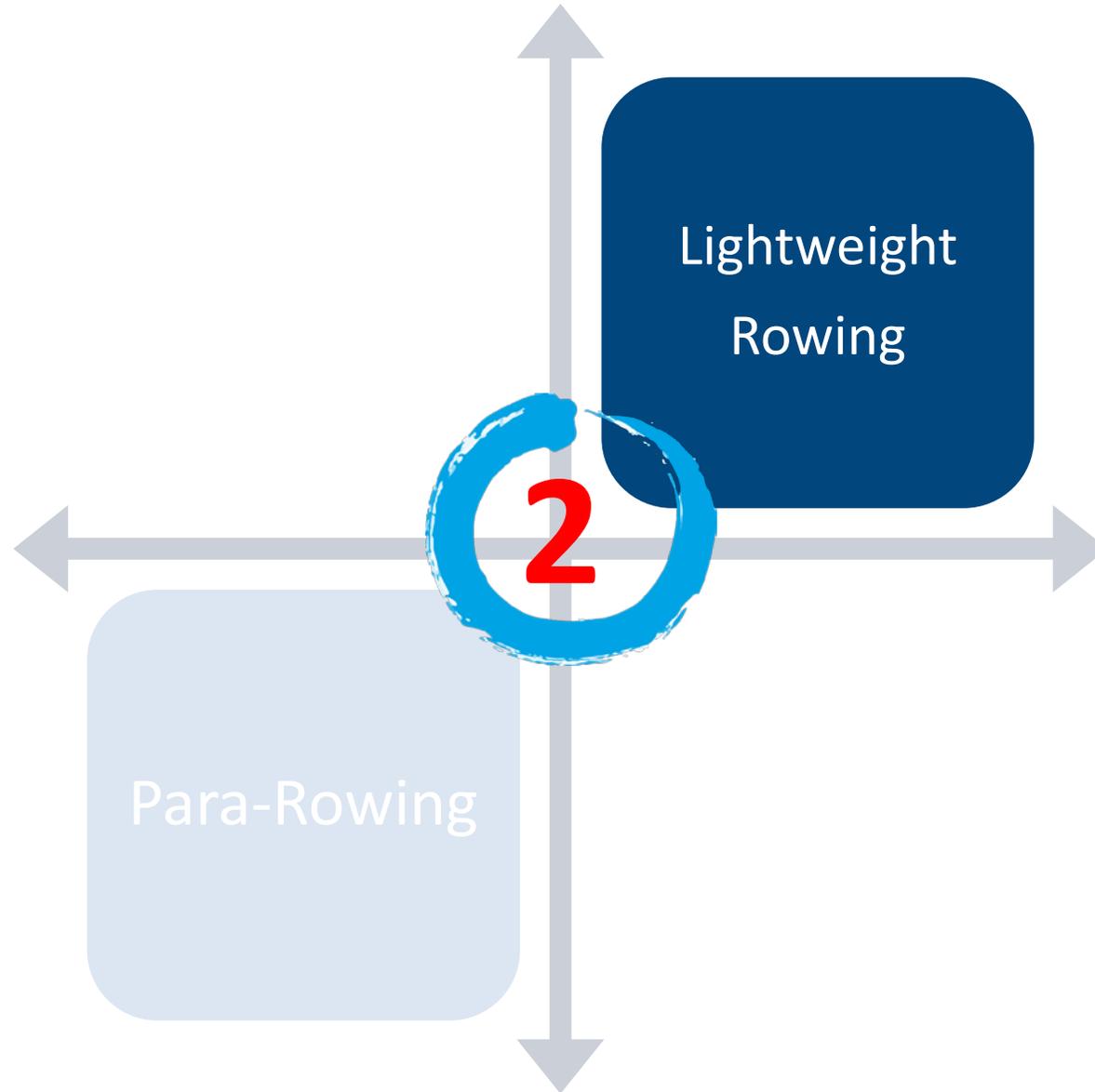
2017 Review projects



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**
 - a) Reduce current weight limits
 - b) Restrict on height or arm span instead of weight
 - c) 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

- a) Remove 'lightweight' events, add a **longer distance event** which reduces competitive advantage of height and strength
- b) Add **an element of agility** on the course (e.g. slalom) which would reduce competitive advantage of height and strength
- c) 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
- d) Research and develop a completely **new style of rowing** that would favour athletes of a smaller stature (e.g. hydrofoil).

Current Proposals / Ideas

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

- a) Include a lightweight event with **no corresponding open weight event** (e.g. if the double, then no open double on the programme)
- b) Introduce **restriction on qualification** so that, for example, if an NF qualifies an 8+ and 4x they may not enter the lightweight event.
- c) Introduce a **mixed double** to 'dilute' the strength of the male in the crew; using a smaller boat would restrict it to smaller male athletes

1. a) Reduce Current Weight Limits



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



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

1. b) 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
- Difficult to market as no other sport has a discipline restricted on height



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

1. c) 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; higher resource demands on NFs
- Open to manipulation
- Additional complexity at competition weigh-in to calculate % weight loss
- Ineligible to race if an athlete misses pre-season testing?
- Does not solve the 'separate category' issue for IOC
- Potential for even more aggressive weight-cutting earlier in the season to gain a lower base-line when there is no pressure to race immediately after the weigh-in

2. a) Remove 'lightweight' events and add a longer distance event



- Reduces competitive advantages of increased height and weight
- No weight category
- Could use existing 2km venues and have laps (similar to kayaking World Championships)
- Could also include longer distance events on centrally and very visible locations in city centres



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

2. b) Add an element of agility to the course e.g. slalom, which would reduce competitive advantage of height and strength



- No weight category
- 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?

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



- No weight category
- Ensures an event where smaller stature athletes can compete on a level playing field



- 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'?
- Would it look the same or very similar to existing boat classes? No difference for the 'layman'
- Additional costs for NFs to buy new boats

2. d) 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
- Not a quick fix - would need considerable time, development and experimentation

**2. e) Include a lightweight event that does not have a corresponding open weight event
(e.g. if the double, then no open double on the programme)**



- No changes to equipment required to be used
- Keeps lightweight athletes involved in regatta programme
- Easy for spectators to identify the 'lightweight' event - no visual comparison to an identical event



- Reduces number of seats available at the regatta for open weight athletes
- How to choose which event becomes the 'lightweight' event?
- For 'non-rowers', visually no different as still the same style of boat and technique
- Does not address the separate category question for IOC
- Could see a reduction in Olympic athlete quota

2. g) Introduce restriction on qualification so that, for example, if an NF qualifies an 8+ and 4x they may not enter the lightweight event.



- Creates an 'easier' competition and more opportunities for success for developing nations



- Artificially creates an 'easier' competition for developing nations
- Realistically would not affect many NFs traditionally strong in lightweight events eg. Switzerland, France
- Discourages lightweight athletes from large NFs
- Does not address separate category issue for IOC

2. f) Introduce a mixed double: to 'dilute' the strength of the male in the crew; using a smaller boat would restrict to smaller male athletes



- Mixed events are very popular across the world in a variety of rowing competitions
- Mixed events are attractive to the IOC
- No changes required to equipment or format

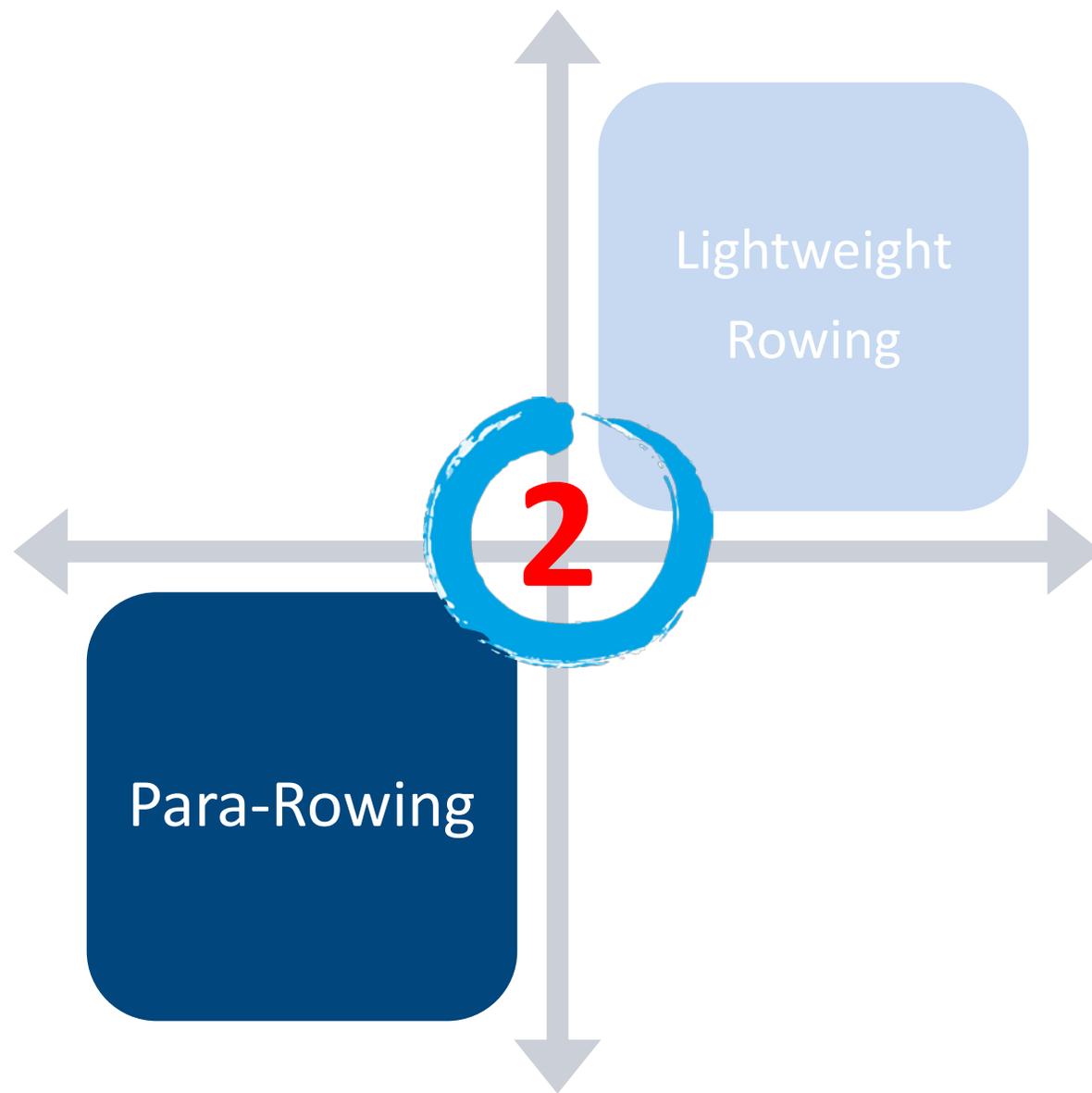


- Not guaranteed to address issues of competitive advantage of height and strength
- Not guaranteed to benefit developing rowing nations with a smaller average stature

- 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?



2017 Review projects



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

- Continued classification research project (system for assigning fixed seat (PR1 and PR2) sport classes)
- Continued research on para singles and doubles
- 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

- Assess the validity of the classification system for assigning fixed seat (PR1 and PR2) sport classes.
- Focus on trunk function as it relates to the trunk swing used during on water rowing vs. classification assessment
- 18 athletes tested in Gavirate, May 2018. Continued testing at 2019 Gavirate International Para Rowing Regatta

- Is it feasible to deregulate the PR1 para single and allow the use of standard (Olympic) hulls?
- Objective: quantify the influence of the boat and pontoon design on hydrodynamic safety and performance.
- Research partner Wolfson Unit (UK): Marine technology and Industrial aerodynamics consultants

- pontoons at minimum 75cm from centre line (instead of 60cm)
- Reduced span rigger (from 160cm to 120cm)
- Reinforced slide bed
- Wider state-room needed to accommodate seat (para single 45cm, standard 25cm)
- Still not an “off the shelf” solution
- Investment in the FISA para hulls by boat builders - to date and future

- Suitability for a range of body types, impairments and skill levels (development and performance)?
- Less space and flexibility to adjust the boat to the specific impairment of the athlete
- Increased sitting height - is this a problem?
- Issues with tracking (reduced ability to steer the boat in a straight line due to wider spread of pontoons)?

- Can we reduce the minimum weight?

Hull	14.6-15.6 kg
Pontoons	2.4 kg
Seat	3 - 6 kg
Other supports	1-2 kg

- Can the seat (and other supports) be made lighter?
- Will it create additional costs (and advantages for teams with more resources)?

- Pontoons:
 - Do we need to review the profile and volume of the pontoon floats?
 - Or deregulate (assuming a minimum volume)?

- Para doubles:
 - No PR2 2x racing with pontoons at World Championship level
 - Very few if any PR2 athletes rowing in Olympic doubles with pontoons

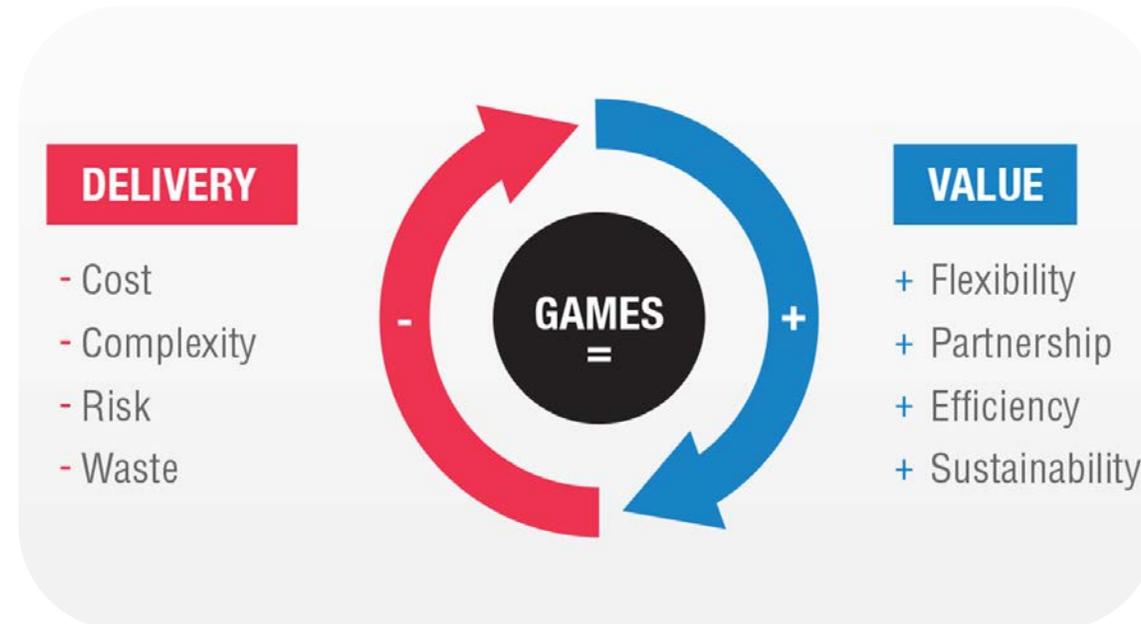
- Next steps:
 - On-the-water testing
 - Further consultation with boat builders on adaptations to standard hulls and/or para hulls and fixtures
 - Pontoon profile and volume research?

- | | |
|-------------|--|
| Nov 2018 | Update and discussions at Coaches & NF Conferences, Berlin |
| May-July 19 | Discussions at WR events |
| July 2019 | Proposal presented at World Cup III in Rotterdam |
| Sept 2019 | Council decision announced at the 2019 Congress |

B) Olympic Strategy

Need to consider IOC context

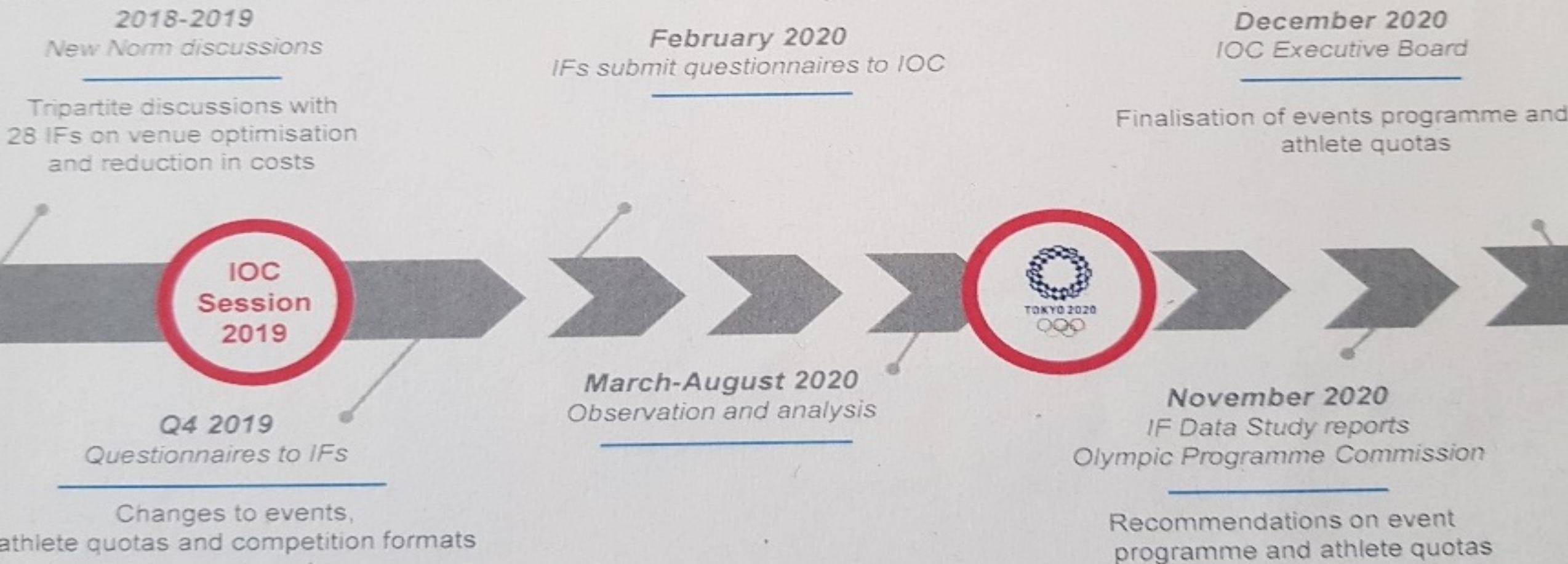
- Agenda 2020
- 'The New Norm'



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.

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.



INTERNATIONAL
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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)		Single Sculls (1x)				
				Pair (2-)		Pair (2-)				
				Double Sculls (2x)		Double Sculls (2x)				
				Four (4-)		Four (4-)				
				Quadruple Sculls (4x)		Quadruple Sculls (4x)				
				Eight (8+)		Eight (8+)				
				Lightweight Double Sculls (2x)		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

 - => Develop alternatives, such as Coastal Rowing
- IOC decision on the 2024 Olympic programme will be in December 2020.
- The coming two years will be dedicated to developing the proposals with you, the delegates, for the important decision in October 2020.



world  TM
rowing

Thank you !