

APPENDIX 24	APPENDIX R2024 (In Progress)	
INDOOR ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/ OR DEPARTURES FROM THE FISA RULES OF RACING	INDOOR ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/ OR DEPARTURES FROM THE FISA RULES OF RACING	
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. For the purposes of these Regulations the word “Competition” shall have the same meaning as “Regatta” in the FISA Rules of Racing.	Rules applying to International Regattas shall apply to international Indoor Rowing regattas Competitions and rules applying to World Rowing Championships regattas shall apply to World Rowing Indoor Championships regattas except as provided in these Regulations, which are approved by the FISA Council as Departures from the Rules. For the purposes of these Regulations the word “Competition” shall have the same meaning as “Regatta” in the FISA Rules of Racing.	
1. Rowing, Boats, Regattas (Rule 1)	1) 1- Rowing, Boats, Regattas (Rule 1)	
An Indoor Rowing competition is a competition in which all rowers use rowing machines as defined in these Regulations and where the competition format is in accordance with these Regulations.	An Indoor Rowing e Competition is a competition in which all rowers use rowing machines as defined in these Regulations and where the competition format is in accordance with these Regulations.	
2. Application (Rule 2)	2) 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 Rules of Racing and related Bye-Laws.	These Regulations apply to International Competitions for Indoor Rowing and the World Rowing Indoor Championships together with and not in exclusion of the Rules of Racing and related Bye-Laws.	
3. World Rowing Indoor Championships (Rule 4)	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.	The World Rowing Indoor Championships shall be held every year or at such other period as shall be decided by the Council.	This is not needed here since this is covered under Rule 3
4. Attribution of World Rowing Indoor Championships (Rule 6)	4- Attribution of World Rowing Indoor Championships (Rule 6)	

In principle, two years in advance, the 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.	In principle, two years in advance, the 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.	This is not needed here since the attribution of World Rowing Indoor Championship covered under Rule 5
5. Right to Participate (Rule 7)	35. Right to Participate (Rule 713)	
The World Rowing Indoor Championships are open only to rowers nominated by their member federations.	The World Rowing Indoor Championships are open only to rowers nominated by their member federations.	Deleted as <u>there is not a requirement for rowers to be nominated by the member federation.</u>
6. Eligibility (Rule 19)	3) 63. Eligibility (Rule 129)	
To compete in a World Rowing Indoor Championships, a rower shall be a citizen of the country for which they are competing and shall be entered by the member federation of that country.	To compete in a World Rowing Indoor Championships, a rower shall be a citizen of the country for which they are competing, and shall be entered by the member federation of that country.	
7. Men's and Women's Events (Rule 20)	57. Men's and Women's Events (Rule 2015)	
Only men may compete in men's events and only women may compete in women's events.	Only men may compete in men's events and only women may compete in women's events.	Deleted as covered by Rule 13
	4) 6. Safety and Health of Rowers (Rule 146)	
	<p>a) <u>All rowers at Indoor Rowing events are personally responsible to ensure that they have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the particular event. Each rower shall be responsible for his own health and fitness.</u></p> <p>a)b) <u>It is strongly recommended that rowers competing in the World Rowing Indoor Championships undergo the Pre-competition Health Screening detailed in Bye-Law to Rule 14 2) a). For indoor rowers, it is a personal responsibility of</u></p>	<p>Moved from point 45 to correspond with the rearrangement of the Rules</p> <p>Change wording to match Bye-Law to Rule 14.</p>

	<p>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, signed by a doctor, that the screening has been carried out.</p>	
8. Commitment (Rule 23)	87. Commitment (Rule 2318)	
<p>Rowers may only compete at World Rowing Indoor Championships if they have submitted a signed commitment form, according to Art. 58. Each team official must have submitted a signed commitment form to FISA before accreditation may be issued at the event.</p>	<p>Rowers may only compete at World Rowing Indoor Championships if they have submitted a signed FISA Commitment Form, according to Article. 58. Each team official must have submitted a signed FISA Commitment Form to FISA before accreditation may be issued at the event.</p>	Deleted as a double up from the Rules.
9. Age Categories (Rule 24)	5) 98. Age Categories (Rule 2417)	
<p>The following age categories for indoor rowing are recognised by FISA:</p> <ul style="list-style-type: none"> • Juniors • Under 23 • Seniors • Masters <p>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 19 and an Under 23 rower shall not have attained the age of 23 by the relevant date.</p>	<p>The following age categories for indoor rowing are recognised by FISA:</p> <ol style="list-style-type: none"> a) • Juniors Under 19 b) • Under 23 c) • Seniors d) • Masters <p>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 <u>Under 19</u> rower shall not have attained the age of 19 and an Under 23 rower shall not have attained the age of 23 by the relevant date.</p>	
10. Lightweights (Rule 31)	6) 109. Lightweights (Rule 3122)	

<p>For an international 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.</p>	<p>a) 9.1 <u>9.1</u> A rower may compete in lightweight events at For an international indoor rowing competition event, if he the following criteria are met <u>the following criteria:</u></p> <p>i) 9.1.1 <u>9.1.1</u> A no rower individual competing in a <u>lightweight men's event</u> male rower may <u>not</u> weigh more than 75.0 kgs.</p> <p>ii) 9.1.2 <u>9.1.2</u> A rower competing in a lightweight women's event and no individual female rower may <u>not</u> weigh more than 61.5 kgs.</p> <p>b) <u>9.2</u> 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.</p> <p>c) <u>9.3</u> For the avoidance of doubt <u>There shall be no lightweight categories events for juniors</u> the Under 19 age category.</p>	<p>Revised to match wording of Rule 22 and use the defined "men" and "women" instead of "male" and "female".</p>
<p>11. Masters</p>	<p>7) 11.10 Masters (Rule 20)</p>	
<p>International Masters indoor rowing events shall be held in the following crew age categories:</p> <ol style="list-style-type: none"> 1. Age 30 – 39 2. Age 40 – 49 3. Age 50 – 54 4. Age 55 – 59 5. Age 60 – 64 6. Age 65 – 69 7. Age 70 – 74 	<p>a) International Masters indoor rowing events shall be held in the following crew age <u>sub</u> categories:</p> <ol style="list-style-type: none"> i) 1. Age 30 – 39 ii) 2. Age 40 – 49 iii) 3. Age 50 – 54 iv) 4. Age 55 – 59 v) 5. Age 60 – 64 vi) 6. Age 65 – 69 	<p>Change to specify age sub-categories as compared to the overall age category of Masters</p>

<p>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>vii) 7.Age 70 – 74 viii) 8.Age 75 – 79 ix) 9.Age 80 – 84 x) 10.Age 85 – 89 xi) 11.Age 90 – 94 xii) 12.Age 95 – 99 xiii) 13.Age 100 <u>and over+</u></p> <p><u>b)</u> 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><u>b)c)</u> <u>Rowers must compete in their age sub-category</u></p>	<p>Clarification that rowers must compete in their age sub-category, not another age sub-category.</p>
<p>12. Categories of Competition (Rule 35)</p>	<p>8) 12.11. Categories of Competition (Rule 3524)</p>	
<p>The following categories of competition are recognised by FISA for indoor rowing:</p> <ul style="list-style-type: none"> • Individual • Pair (slides), pair (combined) • Four (slides), four (combined) • Eight (slides), eight (combined) • Relays – 4 x 500m <p>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.</p>	<p>a) 11.1 The following categories of competition are recognised by FISA for indoor rowing:</p> <p><u>i) Individual</u></p> <p><u>ii) Crew – multiple rowers in crews of 2, 4 or 8 rowing simultaneously with the crew result being the combined result of all rowers in that crew. In the crew category, two formats are available:</u></p> <p><u>(1) Each crew member shall row on an individual machine where each rower’s efforts are combined through an electronic link or other method; or</u></p> <p><u>(1)(2) the machines of all members in one crew shall be</u></p>	<p><u>“Slides” is a Concept 2 piece of equipment.</u> <u>“Joined together” is a more generic term.</u> <u>“Times combined” is a more descriptive term.</u></p> <p><u>Better define how crew events take place and better defining the two different options.</u></p>

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.

connected in a manner that the coordinated sliding motion and the stroke timing of all crew members is critical to their performance as a crew.

ii) • Pair (joined together/slides), pair (time combined)

iii) • Four (joined together/slides), four (time combined)

iv) • Eight (joined together/slides), eight (times combined)

v)iii) • Relays-Relay – 4 x 500m

b) 11.2 Relay Races: a

vi)i) Are races those in which two or more rowers in the same team take turns to compete on the same machine in the same race.

vii)ii) 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.

viii)iii) 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.

	ix)iv) It is the responsibility of each team to change at the correct points.	
13. World Rowing Indoor Championships Competition Categories (Rule 36)	9) 1312. World Rowing Indoor Championships Competition Categories (Rule 3625)	
World Rowing Indoor Championships are held in the following categories: Men (M): Individual, pair (slides), four (slides) Women (W): Individual, pair (slides), four (slides) The FISA Council may decide to hold World Rowing Indoor Championships in additional categories.	World Rowing Indoor Championships are held in the following categories: Men (M): Individual Under 19 , Under 23 , Open , Masters age sub-categories (Regulation 7) , PR1, PR2, and PR3., pair (joined together slides), four (joined together slides) Women (W): Individual Junior , Under 23 , Open , Masters age sub-categories (Regulation 7) , PR1, PR2, and PR3., pair (joined together slides), four (joined together slides) Additionally, Individual lightweight categories will be offered in Under 23, Open and Masters. In principle, at least a 2000 metre race would be offered in each competition category listed above. The FISA Council may decide to hold World Rowing Indoor Championships in additional categories and race formats. The event programme would be decided by FISA on an annual basis and announced in the Event Bulletin.	Amend to reflect current practises.
14. Types of Rowing Machines (Rule 39)	10) 1413. Types of Rowing Machines (Rule 3934)	
14.1 International Indoor Rowing Regattas – All rowers in any one race shall use identical make and model of rowing machines, the intention being that each rower shall have equal racing conditions with all other rowers. No attachments may be added or connections made to any machine without the approval of the	a) 1413.1 International Indoor Rowing Competition Regattas :— All rowers in an individual y-one race shall use identical make and model of rowing machines, the intention being that each rower shall have equal racing conditions with all other rowers. No	To have consistent use of terminology throughout the rules.

<p>President of the Jury. Rowers shall not be permitted to use their own machine in an international Indoor Rowing Regatta but shall use the machine to which they are allotted by the organising committee.</p>	<p>attachments may be added or connections made to any machine without the approval of the President of the Jury. Rowers shall not be permitted to use their own machine in an IInternational Indoor Rowing Regatta <u>Competition</u> but shall use the machine to which they are assigned <u>allotted</u> by the organising committee.</p>	
<p>14.2 World Rowing Indoor Championships – In addition to the requirements in 14.1 above, the following additional requirements shall apply to World Indoor Rowing Championship regattas:</p>	<p>b) 14.13.2 World Rowing Indoor Championships – In addition to the requirements in 14.113.110) a) above, the following additional requirements shall apply to World Indoor Rowing <u>Indoor</u> Championship regattas:</p>	
<p>14.2.1 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>i) 14.13.2.1 Only rowing machines approved by FISA shall be used in World Rowing Indoor Championship regattas. <u>The rowing machines shall consistently measure performance such that the performance between athletes using the same machine and athletes using separate machines can be compared.</u> The rowing machines shall at a minimum have interconnection for electronic timing and external graphic display.</p>	<p>Not consistent with current technology.</p>
<p>14.2.2 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>ii) 14.13.2.2 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 <u>race</u></p>	

	<p>leader, the rower ahead of him and the rower behind him <u>within the same ongoing race</u>.</p>	<p>Add race leader to the display visible to the rower.</p>
<p>14.2.3 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>iii) 14.13.2.3 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 onjoined together “slides” to simulate a rowing crew.</p>	<p>Removed as not current requirements.</p>
<p>15. Competition Venue (Rule 42)</p> <p>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 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 rowers or teams. In this regard, venue requirements stated below can vary widely depending on the type and level of</p>	<p>11) 15.14. Competition Venue (Rule 4237)</p> <p>a) <u>14.1 International Indoor Rowing Competition - An International Indoor Rowing Competition can be held with a minimum of two rowing machines or can be held over the internet through mutual arrangement with other rowers or teams. In this regard, venue requirements stated below can vary widely depending on the type and level</u></p>	<p>Divide into International Indoor Rowing Competition and World Rowing Championships.</p>

<p>competition and the resources available to the organising committee.</p>	<p><u>of competition and the resources available to the organising committee.</u></p> <p>a)b) <u>14.2-World Rowing Indoor Championships</u> - The competition venue should <u>be in a sports hall, or arena or a similar venue with</u>adequate space for the competition and facilities for <u>rowers and spectators and should meet the requirements specified by FISA Council for the hosting of the eChampionships suitable for the level of the competition proposed as detailed in the World Rowing Competition and Venue Specifications for Indoor Rowing.</u> <u>The venue should have adequate ventilation.- The venue should provide for the following: 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 rowers 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.</u></p>	
<p>For a major competition, it is recommended that the following facilities should be provided:</p>	<p>For a major competition, it is recommended that the following facilities should be provided:</p>	<p>Remove rest of the Regulation as more relevant to be in a Manual or Competition specifications document.</p>
<p>15.1 Athlete facilities, including changing rooms and showers and adequate rest areas where rowers can relax between races. Catering</p>	<p>15.1.2.1 Athlete facilities, including changing rooms and showers and adequate rest areas where rowers can relax between races. Catering</p>	<p>MT – we should check to standardise our use of “rower” or “athlete” throughout the Rules and</p>

facilities should be available within close proximity;	facilities should be available within close proximity;	<u>Regulations (NOTE: there might be cases where different use of these words is appropriate);</u>
15.2 A separate registration area for registration of rowers upon arrival at the venue;	15.2.2 A separate registration area for registration of rowers upon arrival at the venue;	
15.3 A separate area for athlete weighing if lightweight events are included in the programme;	15.3.3 A separate area for athlete weighing if lightweight events are included in the programme;	
15.4 A separate warming up area within the venue with sufficient machines to enable rowers 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.	15.4.4 A separate warming up and cool down areas within the venue with sufficient machines to enable rowers to properly warm up and cool down before and after their race. It is recommended that the number of warm-up machines be not less than the same as the number of machines used for racing, and in any case not less than 60 percent of this number. It is recommended that the number of cool down machines be not less than 50% of the number of machines used for racing. In principle the warm up and cool down areas should be separate and not be in the same room as the competition. However, if it is they are in the same room it they must be separate from the competition area and partitions should be erected to minimise any disruption to the competition.	<u>Depending on the time between races, 60% if inadequate for warm up and does not provide any for cool down. Consider 120% for warm up and 50% for cool down, especially for elite athletes. MT – We also need to consider the practicalities of this as most WRIC venues will run parallel competitions. Our requirement here should only relate to the WRIC. In this context, I have no objection to the bigger %, or to the provision for cool-down, but I suggest we consult with Liz and C2 for their input on the actual numbers/% to be use here.</u>
15.5 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.	15.5.5 A Race Control area in which the computer race controls and the relevant race control system management officials will sit during the competition. The location should be immediately adjoining the competition area with a clear view of all competition machines and the Responsible Umpire for each race.	
15.6 A medical area with bed and other suitable facilities for treatment of rowers, suitably	15.6.6 A medical area with bed and other suitable facilities for treatment of rowers,	

<p>screened to provide privacy and quiet for persons being treated.</p>	<p>suitably screened to provide privacy and quiet for persons being treated.</p>	
<p>15.7 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 rowers should be facing the spectators during competition. It is therefore unlikely that the large display screen can be visible to spectators and to rowers 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.</p>	<p>15.7 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 <u>race</u> information. NOTE: In principle the rowers should be facing the spectators during competition. It is therefore unlikely that the large display screen can be visible to spectators and to rowers 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.</p>	
<p>15.8 Spectator stands should be sufficient to accommodate the number of expected spectators. A designated spectator stand should be available for rowers when not racing. In principle, the positioning of the rowing machines should be such that the rowers will be facing the spectators when racing. 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>15.8 Spectator stands should be sufficient to accommodate the number of expected spectators. A designated spectator stand should be available for rowers when not racing. In principle, the positioning of the rowing machines should be such that the rowers will be facing the spectators when racing. 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>15.9 Large clocks should be displayed in the main competition venue, the warm-up area and the</p>	<p>15.9 Large clocks should be displayed in the main competition venue, the warm-up area and the</p>	

athlete weighing area, each showing the official race time.	the athlete weighing area, each showing the official race time.	
15.10 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.	15.10 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.	
The FISA Council may lay down special requirements for World Rowing Indoor Championships.	14.2.11 The FISA Council may authorize other lay down special requirements for World Rowing Indoor Championships.	
16. Competition Area – Characteristics (Rule 42)	12) 1615- Competition Area – Characteristics (Rule 4237)	
The area in which the rowing machines for competition are located shall be clearly delineated and this shall be the Competition Area.	a) The area in which the rowing machines for competition are located shall be clearly delineated and this shall be the Competition Area.	
16.1 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.	b) 1615.1 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, <u>with the exception of race for para rowers, where one coach per para rower is permitted inside the Competition Area next to their rower.</u>	Removal of ability for one coach per machine to be in the Competition Area, with the exception of for para rowers.
16.2 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.	c) 1615.2 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.	
16.3 The minimum distance between the front legs of adjoining rowing machines is recommended to be 0.75m, but in all cases shall	d) 1615.3 The minimum distance between the <u>centerscentres of each adjoining rowing machine front legs of adjoining</u>	Change of wording for clarification.

<p>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>rowing machines placed side by side is recommended to be 1.2 0.75m, 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>16.4 Each machine shall be clearly numbered so that rowers 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>e) 1615.4 Each machine shall be clearly numbered so that rowers 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>17. Length of the Course (Rule 43)</p>	<p>13) 1716- Race FormatsLength of the Course (Rule 43)</p>	
<p>17.1 International Indoor Rowing Regattas – 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.</p>	<p>a) 17.1 International Indoor Rowing Regattas Competitions – The racing distance race formats may vary from competition to competition. However, the distance, (time or other format or time) to be rowed in each case shall be shown in the FISA International Regatta Calendar (Rule 17) and shall be</p>	<p>Change to refer to ‘race formats’ to allow for a broader variety of events.</p>

	included notified to all participants in the Notice of Competition Regatta .	
17.2 World Rowing Indoor Championships – The racing distance shall be 2,000 metres 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.	b) 17.16.2 World Rowing Indoor Championships – The racing distance race format shall be 2,000 metres for men and women. Additional race format categories of events or relays at shorter or longer distances may be approved by the FISA Council as World Rowing Indoor Championship events. With the exception of mixed events, Any such additional format categories shall be the same for men and women, or for mixed events.	Change to refer to ‘race formats’ to allow for a broader variety of events.
18. Number of Lanes (Machines) (Rule 44)	1817. Number of Lanes (Machines) (Rule 4439)	Removed as more relevant to have in a Manual or Competition Specifications
18.1 International Indoor Rowing Regattas – 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.	1817.1 International Indoor Rowing Regattas – 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.	
18.2 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 information shall be made available to all member federations in the Event Bulletin and Team Managers Manual.	1817.2 World Rowing Indoor Championships – The <u>minimum</u> number of rowing machines to be available for an individual race for racing shall in principle be ten (10). The Council may stipulate a different number of machines to be used but such information shall be made available to all member federations in the Event Bulletin and Team Managers Manual.	
	14) 18. President of the Jury (Rule 3744)	
	The President of the Jury shall allot duties to each member of the Jury and shall supervise their	Moved from Section 38

	<p><u>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 83Rule 37.</u></p>	
	<p><u>19. The Jury (Rule 45)</u></p>	
	<p><u>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.</u></p>	<p><u>Moved from Section 37</u></p>
	<p><u>15) 20. Composition of tThe Jury (Rule 3746)</u></p>	
	<p>a) <u>The Jury shall be responsible for ensuring that the competition is run in accordance with these Rules of Racing, related Bye-Laws and Event Regulations.</u></p> <p>b) <u>The Jury shall consist of Umpirespersons carrying out the following duties:</u></p> <p>i) <u>▲President of the Jury;</u></p> <p>ii) <u>▲Responsible Umpire(s);</u></p> <p>iii) <u>▲Race Umpire(s);;</u></p> <p>iv) <u>▲Control Commission, one of whom shall be the senior member.</u></p> <p>c) <u>The President of the Jury, the Responsible Umpire(s), the Race Umpires and the senior member of the Control Commission shall each hold an International Umpire’s licence.</u></p> <p>d) <u>The Jury shall be supported by other Technical Officials.</u></p>	<p><u>Moved from Section 39</u> <u>Changes to reflect the actual roles and procedures at indoor rowing events.</u></p>
	<p><u>16) 21. The Board of the Jury (Rule 347)</u></p>	
	<p><u>The Board of the Jury shall consist of the President of the Jury and two other members of</u></p>	<p><u>Moved from Section 40</u></p>

	<p><u>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 published in advance of each racing day. This Board shall decide on any protests made in accordance with Rule 8376.</u></p> <p><u>In the case of a protest, any member of the Board directly involved in the dispute (e.g. the Responsible Umpire or Race Umpire) 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.</u></p>	
<p>19. FISA Advertising Rules (Rule 50)</p>	<p>16)17) 1922. FISA Advertising Rules Commercial Publicity, Sponsorship, Advertising and Identifications (Rule 5038)</p>	<p>To match new heading of Rule 38</p>
<p>The FISA Advertising Rules on Racing Clothing shall apply to indoor rowing events.</p>	<p>a) <u>Only those FISA Rule 38s and it's Bye-laws shall apply to International Indoor Rowing Competitions. governing Identifications on racing uniform and other clothing and accessories during the hours of racing at international regattas shall apply to International indoor rowing events.</u> These provisions shall apply to rowers (and coaches for para events) while they are entering or inside the Competition Area during the hours of the competition and near the victory ceremony stage while victory ceremonies are in progress. The FISA Advertising Rules on Racing Clothing shall apply to <u>International indoor Rowing events Competitions and to World Rowing Indoor Championships.</u></p>	<p>Changes for clarity about when and where Rules apply.</p>

	<p>a)b) <u>No rower shall have the right to attach any Identification to equipment which is provided by the organising committee.</u></p>	<p>Additional wording specifically referring to indoor rowing machines.</p>
<p>20. Safety (Rule 62)</p>	<p>17)18) 2023- Safety (Rule 6251)</p>	
<p>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.</p>	<p>a) <u>The Organizing Committee is responsible for all to put in place all safety measures and medical arrangements at the competition event. These provisions should meet the following are minimum requirements of the organising committee and of the local and national authorities concerned together with, for World Rowing Indoor Championships, any additional requirements which may be required by FISA. and they shall be subject to any additional requirements of the local or national authorities or of the organising committee.</u></p> <p>a)b) <u>A suitably prepared and qualified medical service shall operate at the venue during the official training and competition hours. International Indoor Competitions – 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.</u></p>	<p>Moved from the end of the section to the beginning.</p> <p>Changes in wording for clarity and to better reflect the Rule.</p>
<p>20.1 World Rowing Indoor Championships – There shall be at least one qualified doctor and</p>	<p><u>World Rowing Indoor Championships – There shall be at least one qualified</u></p>	

<p>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 rowers 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>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 rowers 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>21. FISA Progression System (Rule 67)</p>	<p>19) 2124. FISA Progression System (Rule 57)</p>	
<p>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</p>	<p>a) <u>24.1</u> Should the number of rowers taking part in an event exceed that of the number of machines available for <u>an individual racing</u>, the organising committee shall decide <u>whether to use which format to use to determine the final rankings. Options are::</u> i) <u>a. a each event divided into heats with two or more rounds of racing qualification system</u>, with the</p>	

Notice of Competition the method to be adopted.

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.

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 Rowing Indoor Championship regatta shall not be required to compete more than once in each event on each day.

~~fastest~~ rowers in each heat competing in subsequent rounds until the final, or

- ii) ~~b. each event divided into heats, but with only one round of racing. Each rower shall only race once in each event with the performance of all rowers compared on the same basis to determine rankings.; or whether to declare the result final rankings will be based solely on time taken or distance rowed as the case may be with each rower only rowing once.~~
- iii) such other system as may be determined by the organising committee and which allows fair racing for all rowers and is a fair comparison of the performance of all rowers competing in an event.

The organising committee shall state clearly in the Notice of Competition the method to be adopted.

- b) ~~24.2~~ If a qualification system is used, all rowers shall be informed before the Competition of 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.~~
- c) If a seeding system will be used to place rowers into races, the methodology that

	<p><u>will be used shall be clearly stated in the Notice of Competition.</u></p> <p><u>24.3 If a seeding system will be used to place rowers into races, the methodology that will be used shall be clearly stated in the Notice of Competition.</u></p> <p><u>24.4 World Rowing Indoor Championships – FISA shall stipulate in the Event Bulletin the number of machines to be used in the final of each event and the method (a. or b. above) to be used to determine final ranking. If a qualification system is to be used, the number of rounds and the method to be used to determine progression to the final shall be published in the Event Bulletin. 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 Rowing Indoor Championship regatta shall not be required to compete more than once in each event on each day.</u></p>	
<p>22. The Draw and Determining the Lanes (Rule 68)</p>	<p>20) 25.2-The Draw and Determining the Allocation of Machines Lanes (Rule 6859)</p>	
<p>22.1 International Indoor Rowing Regattas</p>	<p>a) 25.2.1 International Indoor Rowing Regattas Competitions25.1 For the purpose of allocation of machines, all machines are regarded as being equal and for seeded races the organising committee may base the allocation on principles which it considers best serve the presentation of the competition.</p>	<p>Addition of statement about all machines being equal and giving OC freedom to allocate for variety of reasons.</p>

	<u>Such principles should be consistent from event to event during the competition.</u>	
22.1.1 The draw for the heats shall take place at a Team Managers' meeting to be held, in principle, the day before the regatta.	b) 25.1.1-The draw for the heats shall take place at a Team Managers' meeting to be held , in principle, <u>no later than</u> the day before the competition regatta.	Removal of specification that the Draw will take place at the Team Managers Meeting
22.1.2 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.	c) 25.1.2 Crews Rowers will be assigned to a heat number or race and a machine by one of the following methods: i) 25.1.2.1 Where crews rowers are not seeded a 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 (s) with no heats or preliminary race and the draw shall be for assignment of machines in for machines for that final shall take place at the Team Managers meeting.	
	ii) 25.1.2.2 Where rowers rowers are seeded the rowers rowers will be assigned a race and machine based on criteria published in the event bulletin. Where and the number of rowers rowers exceeds the number of machines in a race and wherein which a progression system is not	Take out the need to publish seeding method in the Bulletin.

	<p><u>used</u>, -the highest seeded <u>rowers</u>crews will be placed in the same race. <u>Rower</u>Crews not assigned a machine in this race will be assigned machines in additional races based upon their <u>descending order of seeding</u>.</p>	
22.2 World Rowing Indoor Championships	d) 25.2.2 World Rowing Indoor Championships - <u>The Executive Committee may appoint a Seeding Panel to determine seeded rowers.</u>	
22.2.1 The Executive Committee may appoint a Seeding Panel to determine seeded crews.	25.2.2.1 <u>The Executive Committee may appoint a Seeding Panel to determine seeded crews</u> rowers.	
22.2.2 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.	25.2.2.2 <u>Where a qualification system is used</u> - If a crew <u>rower</u> withdraws after the draw, but before the start of the first heat in their event and if the number of crews <u>rowers</u> remaining in the event implies another variant of the heats, or if the withdrawal results in an avoidable imbalance between the number of crews <u>rowers</u> 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.	
	25.2.3 <u>Where the final ranking will be determined by each rower rowing only once and the number of crews exceeds the number of machines, the crews will be divided into multiple races with the top seeded crews being placed in the same race. Crews not allocated machines in this race will be allocated machines in additional races based on their seeding.</u>	

<p>22.2.3 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 machines situated in the centre of the front row. The crews with the next lower placings in their previous round are put on the next outer machines on each side of the centre, 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 of those crews should use which allocated machine in the next round.</p>	<p>25.2.2.43 For any <u>all</u> rounds after the heats, the principle is to allocate <u>assign</u> the crews <u>rowers</u> with the best <u>highest seeding</u>, placings, or fastest times in their previous round, depending on the method of ranking being used, to the machines situated in the centre of the front row. <u>The crews rowers</u> with the next lower <u>seeding or</u> placings in their previous round are put on the next outer machines on each side of the centre, etc. If the crews have the same <u>seeding or</u> placings in the previous round then there shall be a draw, supervised by a member of the Jury, to determine which of those crews should use which allocated machine in the next round.</p>	
	<p>21) Sanctions (Rule 65)</p>	
	<p><u>In any case of a breach of the Rules or these Regulations, a member of the Jury may impose appropriate sanctions found in Rule 65. Additionally, a member of the Jury may impose a time penalty where it prescribed by these Regulations.</u></p>	<p><u>Add section on Sanctions including the ability to impose time penalties.</u></p>
<p>23. At the Start (Rule 73)</p>	<p>21)22) 263. TAt the Start (Rule 7366)</p>	
<p>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 Yellow Card by the Starter.</p>	<p>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 <u>allowed to start at the Responsible Umpire's discretion.</u>warded a Yellow Card by the Starter.</p>	<p>Allows a rower who is late to start the race based on the Responsible Umpires discretion.</p>
<p>24. The Starting Procedure (Rule 74)</p>	<p>22)23) 274.The Starting Procedure (Rule 7467)</p>	

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:
“All rowers put down the handle”

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 Yellow Card which shall count as a False Start.

After all flywheels have stopped, the Starter shall say:
“All rowers pick up the handle”

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).

~~When the rowers for which they are responsible are seated on their machines, each Timekeeper shall raise a red flag above his head.~~

- a) ~~27.1~~ When all ~~the~~ rowers are on their machines and approximately one minute before the start time, the Responsible Umpire Starter shall instruct the responsible official to commence the Starting Procedure as follows:
- i) The responsible official shall say: “All rowers put down the handle” and The Responsible Umpire Starter shall then wait until the flywheels on all machines have stopped.
 - ii) Any rower not following the instructions of the officials Responsible Umpire Starter or not ready to race ~~without good reason~~ by the time all machine flywheels have stopped may be ~~given a Yellow Card which shall count as a False Start~~ excluded from the race unless he has good reason which is accepted by the Responsible Umpire.
 - iii) After all flywheels have stopped, the ~~rResponsible official Umpire Starter~~ shall say: “All rowers pick up the handle”.

~~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~~

“Starter” changed to “Responsible Umpire” to reflect the change in terminology for the Umpire roles.

Process changed to reflect actual start procedure used in the World Rowing Indoor Championships and other Indoor Rowing Competitions.

	<p>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, the Start will then proceed as follows:</p>	<p>b) When the <u>Responsible Umpire Starter, with the assistance of Race Umpires, sees is satisfied that the all rowers are ready to race all red flags are lowered</u>, the Start will then proceed as follows:</p>	
<p>24.1 With Computer Interconnection – 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: “Sit Ready, Attention – GO (“GO!” is accompanied by an audible signal)” Or “Five, Four, Three, Two, One – (Audible signal)”. The audible signal may be an electronic signal or a spoken word such as “GO!” or “ROW!” The command “GO!” or “Audible signal” is the signal to start the Race.</p>	<p>i) <u>With Computer Interconnection – The Responsible Umpire Starter shall check that all rowers are ready and when the computer display indicates that all flywheels have stopped, the responsible official he shall trigger the computer starting command sequence, either directly or through communication to the race control system managers operator who will start the computer starting command sequence.</u></p> <p>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>(1) “Sit Ready, Attention – GO (“GO!” is accompanied by an audible signal)” Or alternatively:</p> <p>(2) “Five, Four, Three, Two, One – (Audible signal)”. The audible signal may be an electronic signal</p>	

	<p>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>24.2 Without Computer Interconnection – 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: “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. [The flag will be a visual signal equivalent to the word “GO” shown on the graphics screen where there is a computer connection]</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 Yellow Card, which shall count as a false start.</p> <p>A 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>ii) 274.2.2 Without Computer Interconnection – The <u>Responsible Umpire Starter</u> 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 count down in a measured and steady cadence: “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. [The flag will be a visual signal equivalent to the word “GO” shown on the graphics screen where there is a computer connection]</p> <p>(1) The countdown shall be at an even pace. The command “GO!” is the signal to start the race.</p> <p>(2) Any rower not ready to race without good reason by the time all machine flywheels have stopped or who in the opinion of the <u>Responsible Umpire Starter</u> deliberately delays the race may be given a excluded from the race. Yellow Card, which shall count as a false start.</p> <p>A Yellow Card may only be given by the Starter who may consult the President of the Jury in this respect.</p>	

	(3) If the designated start time has passed the <u>Responsible Umpire Starter</u> may start a race without reference to absentees or rowers who without good reason refuse to start.	
25. False Start (Rule 75)	24) 285. False Start (Rule 7583)	
A rower starting to row after the countdown has started and before the start signal is given has caused a false start.	a) <u>A rower starting to row after the start procedure defined in 23 b) has begun and before the start signal is given has caused a false start.</u> A rower starting to row after the countdown has started and before the start signal is given has caused a false start.	Tidying up to define a false start
25.1 With Computer Interconnection – 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 awarded a Yellow Card.	i) 285.1 With Computer Interconnection – If t <u>The computer programme will detect when a that any</u> rower has caused a false start the Responsible Umpire Starter shall stop the Race and the rower or rowers causing the false start shall be awarded a Yellow Card excluded.	
25.2 Without Computer Interconnection – 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 Yellow Card shall be awarded. When a Yellow Card is awarded, the Starter shall advise the rower receiving the Yellow Card by saying “Name of Rower (or Crew)” – “False Start!” – “Yellow Card!” The Starter shall also	ii) 285.2 Without Computer Interconnection – Where the machines have no computer interconnection <u>and times are taken from the machine monitors only, if the Responsible Umpire Starter will be the judge if considers</u> that a rower has caused a false start he may stop the race or he may allow the race to continue.	

<p>advise the rower or crew that if he causes another False Start he shall be excluded. A yellow marker shall be placed upright on the floor next to the machine of the rower who has been awarded a Yellow Card.</p> <p>A rower or a crew receiving two Yellow Cards applying to the same race shall be excluded from the event by the Starter.</p>	<p>b) <u>Where a rower has caused a false start, the Responsible Umpire Starter may stop the race and award the rower causing the false start a Yellow Card or may allow the race to continue and award a time penalty to the rower causing the false start. decides to allow the race to continue then no the Yellow Card rower shall not be excluded awarded.</u></p> <p>i) <u>yellow card</u></p> <p>c) When a Yellow Card is awarded, the <u>Responsible Umpire Starter</u> shall advise the rower receiving the Yellow Card by saying “Name of Rower (or Crew)” – “False Start!” – “Yellow Card!” The <u>Responsible Umpire Starter</u> shall also advise the rower or crew that if he causes another False Start he shall be excluded. A yellow marker shall be placed upright on the floor next to the machine of the rower who has been awarded a Yellow Card.</p> <p>d) A rower or a crew receiving two Yellow Cards applying to the same race shall be excluded from the event by the Starter.</p>	
<p>26. Responsibility of the Rowers (Rule 77)</p>	<p>25) 296-Responsibility of the Rowers (Rule 7770)</p>	
<p>Each rower is responsible for his own machine during the race.</p>	<p><u>All rowers are expected to perform to their maximum ability in each race.</u></p> <p>Each rower is responsible for his own machine during the race.</p>	
<p>26.1 Resistance setting – Where the rowing machine has a facility to adjust the resistance,</p>	<p>a) 296.1 Resistance setting – Where the rowing machine has a facility to adjust</p>	<p>To provide consistency.</p>

<p>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>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>26.2 Damage or Failure Caused by the Rower – 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 finished the race and shall not take any further part in that event.</p>	<p>b) 296.2 Damage or Failure Caused by the Rower – i) 29.2.1 In case of any damage caused by the rower to a machine or to the installations or connections which prevents the a rower from completing a race or which causes his elapsed time or distance not to be recorded, the following shall apply: (1) a- <u>Damage caused by the rower –</u> the rower shall be deemed not to have finished the race and shall not take any further part in that event.</p>	
<p>26.3 Damage or Failure not Caused by the Rower – In the event of damage or failure which is not caused by the rower the following shall apply:</p>	<p>296.3 Damage or Failure not Caused by the Rower – In the event of damage or failure which prevents the rower from completing a race which is not caused by the rower the following shall apply:</p>	
<p>26.3.1 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;</p>	<p>296.3.1 In a preliminary heat or other round except a final, t (2) b- <u>Damage or failure not caused by the rower - t</u>The rower shall be permitted to compete again in a later heat <u>or race</u>, or, if there are no further heats, shall be</p>	

	permitted to row alone at a day or time to be specified by the President of the Jury and his result shall be the time or distance so recorded;	
26.3.2 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 rowers 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.	ii) 296.3.229.2.2 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 rowers 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 w where such damage or failure is part of the central computer and timing system, the Responsible 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.	Remove the 30 second “breakage” rule. Instead where an individual machine suffers damage, it will be treated under 24) b) i) 2).
27. Interference (Rule 78)	26) 3027.Interference (Rule 7871)	
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	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 Responsible Umpire shall decide on the action and the resultant penalty sanction to be applied under these Rules (Rule 76 70). 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	

<p>pick up a dropped handle on behalf of the rower without being penalised.</p> <p>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>pick up a dropped handle on behalf of the rower without being penalised.</p> <p>The President of the Jury <u>Responsible Umpire</u> is responsible to <u>shall</u> 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>28. Coaching During Racing (Rule 79)</p>	<p>27) 3128. Coaching During Racing (Rule 7972)</p>	
<p>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>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>29. The Finish of the Race (Rule 80)</p>	<p>28) 3229. The Finish <u>Conclusion</u> of the Race (Rule 8073)</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 rowers 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 a rower indicates he wishes to make an objection or if the Umpire considers that the race was not in order, the Umpire 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>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 rowers have finished the race.</p> <p>Rowers shall be ranked in order of the time taken to complete <u>for</u> 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 a rower indicates he wishes to make an objection or if the <u>Responsible</u> Umpire considers that the race was not in order, the <u>Responsible</u> Umpire shall raise a red flag at the end of the race, <u>notify the race control system operators</u> and announce that the results will be withheld pending an objection. The digital display screen, where provided, shall show the word <u>"OBJECTION"</u>.</p>	

	The <u>Responsible</u> Umpire shall inform the rowers, <u>the race control system operators</u> and the President of the Jury of his decision. The results shall not be announced until the <u>Responsible</u> Umpire has given his decision.	
30. Penalties (Rule 72)	30. Penalties (Rule 72)	
In any case of breach of the rules, the Jury shall impose appropriate penalties. The penalties available to the Jury are: <ul style="list-style-type: none"> • Reprimand; • Yellow Card 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; • Red Card which shall constitute exclusion (from all the rounds of the event in question); • Disqualification (from all events in the regatta). 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.	In any case of breach of the rules, the Jury shall impose appropriate penalties. The penalties available to the Jury are: <ul style="list-style-type: none"> • Reprimand; • Yellow Card 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; • Red Card which shall constitute exclusion (from all the rounds of the event in question); • Disqualification (from all events in the regatta). 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><u>This is a repeat of the Rule 80 with no changes or departures.</u></p>	
31. Dead-Heats (Rule 81)	29) 331. Dead-Heats (Rule 8174)	
If there is a dead heat in any round other than a final, both rowers shall proceed to the next round. 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.	If there is a dead heat in any round other than a final, both rowers shall proceed to the next round. 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.	
32. Objections (Rule 82)	30) 342. Objections (Rule 8275)	
A rower claiming that his race was not in order may make an objection to the Umpire immediately after the finish of the race and	<u>a)</u> A rower claiming that his race was not in order <u>and the rower's ranking in the race has been affected</u> may make an	Updates for clarity and to better match with new Objection Rules.

<p>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 76.</p>	<p>objection to the Responsible Umpire immediately after the finish of the race and before leaving the Competition Area immediate vicinity of his machine.</p> <p>a) b) Such objection may only concern the conduct of that rower's race.</p> <p>c) The Responsible Umpire shall decide on may accept or reject the rower's objection and communicate his decision to the rowers in the race, and to the other race officials and the race control system managers operator.</p> <p>b) d) A rower excluded or otherwise sanctioned penalised at the Start may make an objection to the Starter or Responsible Umpire at the time the penalty is awarded in accordance with Rule 76.</p>	
<p>33. Protests (Rule 83)</p>	<p>31) 353-Protests (Rule 8376)</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 Euros 100 or equivalent, which amount shall be refunded if the protest or a subsequent appeal is allowed.</p>	<p>a) <u>A protest to the Board of the Jury may only be made by:</u></p> <p>i) <u>a rower whose objection has been rejected;</u></p> <p>ii) <u>a rower whose ranking in a race has been affected by the acceptance of an objection;</u></p> <p>iii) <u>a rower ruled DNS (did not start) or DNF (did not finish);</u></p> <p>iv) <u>a rower that has been excluded or disqualified; and</u></p> <p>v) <u>a rower that disputes the published results.</u></p>	<p>Re-write to match new Rules.</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.

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.

- b) Such a protest must be in writing and lodged with the President of the Jury not later than 30 minutes after the conclusion of the race by the publication of the official results.
- c) The protest must be accompanied by a deposit of EUR 100 or equivalent, which amount shall be refunded if the protest is upheld.
- d) The Board of the Jury shall then 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. The decision and reasoning shall be given in writing.
- e) The Board of the Jury may:
 - i) Reject the protest;
 - ii) Uphold the protest and provide such relief as may be necessary to restore each affected rower's chances in the race or to correct the published results. The relief available to be provided by the Board of the Jury is as follows:
 - (1) Reprimand a rower;
 - (2) Exclude a rower from the event;
 - (3) Disqualify a rower
 - (4) Relegate a rower to last place in the race where specifically provided for in these Rules;

(5) Order a re-row in accordance with Rule 61 between some or all of the rowers in the race

- f) 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 may postpone the victory ceremony of that event.
- i) 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.
- ii) Where medal placings are affected, then the medals shall be re-awarded as necessary in accordance with the decision.
- h) Subject only to Rule 75, the decision of the Board of the Jury on such a protest shall be final and not subject to further appeal.

~~A rower or rowers whose objection has been rejected or who are affected by the acceptance of the objection, or a rower that who 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 responsible Umpire has communicated his~~

	<p>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 Euros 100 or equivalent, which amount shall be refunded if the protest or a subsequent appeal is allowed. 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>34. The Outcome of the Protest (Rule 84)</p>	<p>364. The Outcome of the Protest (Rule 8493)</p>	
<p>The measures resulting from the decision of the Board of the Jury may include:</p> <ul style="list-style-type: none"> • Reprimand; • Yellow card which shall constitute a Warning. A rower receiving two Yellow Cards applying to the same race shall be awarded a Red Card and excluded from that event; • Red Card which shall constitute exclusion (from all the rounds of the event in question); 	<p>The measures resulting from the decision of the Board of the Jury may include:</p> <ul style="list-style-type: none"> • Reprimand; • Yellow card which shall constitute a Warning. A rower receiving two Yellow Cards applying to the same race shall be awarded a Red Card and excluded from that event; • Red Card which shall constitute exclusion (from all the rounds of the event in question); 	<p>Deleted as combined with previous section.</p>

<ul style="list-style-type: none"> • Disqualification (from all events in the regatta); • Re-row (for a specified number of rowers). <p>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>	<ul style="list-style-type: none"> • Disqualification (from all events in the regatta); • Re-row (for a specified number of rowers). <p>After application of the appropriate penalty, if any, and subject to these Rules, the Board of the Jury shall <u>may</u> take any other appropriate measure(s) to restore the chances of a rower that has suffered a disadvantage.</p>	
<p>35. Appeals (Rule 85)</p>	<p>3132 375. Appeals (Rule 8577)</p>	
<p>35.1 International Indoor Rowing Regattas – 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>a) <u>Appeals against a decision of the Board of the Jury is governed by Rule 77 Appeals.</u></p> <p>b) <u>An appeal to the Executive Committee against a decision of the Board of the Jury may be made only by:</u></p> <p>i) <u>a crew whose ranking in a race has been adversely affected by a decision of the Board of the Jury; or</u></p> <p>ii) <u>a crew whose protest against the published results was rejected by the Board of the Jury.</u></p> <p>c) <u>A decision of the Board of the Jury which confirms the decision of a member of the Jury shall be final and may not be appealed.</u></p> <p>375.1 International Indoor Rowing Regattas Competition – 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>Since there is not any major departures from Rule 77, refer back to Rule 77.</p> <p>Re-write to match new Rules.</p>

<p>35.2 World Rowing Indoor Championships – The Executive Committee shall designate its representatives who shall comprise the Appeals Committee.</p>	<p>d) 37.2 World Rowing Indoor Championships – The Executive Committee may shall designate its representatives who shall comprise the Appeals Committee <u>to act with the full authority of the Executive Committee on appeals under these Rules.</u></p>	
<p>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.</p> <p>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. Decisions of the Appeals Committee under this rule are final.</p>	<p>i) 37.2.1 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.</p> <p>ii) 37.2.2 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 Championships regattas as a general rule the victory ceremony will not be postponed delayed for an appeal. Decisions of</p>	

	the Appeals Committee under this rule are final.	
36. Exceptional Cases (Rule 87)	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.	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.	Moved to Section 37 to match the reordering of the Rules
37. The Jury (Rule 89)	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.	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.	Moved to Section 19
38. President of the Jury (Rule 91)	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 83.	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 83.	Moved to Section 18
39. Composition of the Jury (Rule 92)	39. Composition of the Jury (Rule 92)	
The Jury shall consist of persons carrying out the following duties: <ul style="list-style-type: none"> • President of the Jury; • Starter / Judge at the Finish; • Umpire; • Control Commission, one of whom shall be the senior member. 	The Jury shall consist of persons carrying out the following duties: <ul style="list-style-type: none"> • President of the Jury; • Starter / Judge at the Finish; • Umpire; • Control Commission, one of whom shall be the senior member. 	Moved to Section 20

<p>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.</p>	<p>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.</p>	
<p>40. The Board of the Jury (Rule 93)</p>	<p>40. The Board of the Jury (Rule 93)</p>	
<p>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. 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>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. 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>Moved to Section 21</p>
<p>41. Control Commission (Rule 95)</p>	<p>33) 3841. Control Commission (Rule 8195)</p>	
<p>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 rowers. 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:</p>	<p>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 <u>regatta competition</u> programme and the number of rowers. 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:</p>	<p>Redundant with the duties described under President of the Jury.</p>

41.1 The correct weighing of rowers in lightweight events following the procedures required by the Rules of Racing and Bye-Laws;	c) 3841.1 The correct weighing of rowers in lightweight events following the procedures required by the Rules of Racing and Bye-Laws;	
41.2 Crew changes before the race at International Regattas where crew events are included in the programme;	d) 3841.2 <u>Crew-Rower</u> changes before the race at <u>International Regattas competitions</u> where crew events are included in the programme such changes are allowed under these Rulese;	
41.3 Substitution of rowers 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);	e) 3841.3 Substitution of rowers in crew events who are injured or have fallen ill after the first heat of their crew event at International <u>Indoor Rowing Competition</u> Regattas (no substitutes are allowed for rowers competing in individual events);	
41.4 Checking the identity of rowers 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;	f) 3841.4 Checking the identity of rowers 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;	Photobooks have not been prepared for the World Rowing Indoor Championships.
41.5 At International Regattas where other arrangements are not in place for this purpose, checking the nationality of rowers, the ages of Junior, Under 23 and Masters rowers;	g) 3841.5 At International <u>Regattas Competitions</u> where other arrangements are not in place for this purpose, checking the nationality of rowers, the ages of <u>Under 19</u> Junior , Under 23 and Masters rowers;	
	h) 38.6 <u>Checking the uniform clothing of rowers in crew events and for all rowers</u>	<u>Moved from 41.7</u>

	<p><u>its conformity with the rules regarding identifications.</u></p>	
<p>41.6 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:</p> <ul style="list-style-type: none"> • alert the Umpire to any problem or breach of these 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 been awarded a Yellow Card; • 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 rowers in crew events and for all rowers its conformity with the rules regarding identifications. 	<p>3841.76 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:</p> <ul style="list-style-type: none"> • alert the Umpire to any problem or breach of these 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 been awarded a Yellow Card; • check the correct functioning of the machines; • check that the monitors on each individual machine are correctly set before the start of each race; h)j) • Where anti-doping tests are carried out, ensure 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 rowers in crew events and for all rowers its conformity with the rules regarding identifications. 	<p>Moved to Section 42 Responsible Umpire.</p>

<p>42. The Starter (Rule 96)</p>	<p>34) 3942. The Responsible Umpire Starter (Rule 96)(Rule 82, 83, 84)</p>	
<p>The Starter shall ensure that the correct starting procedure is followed. Duties of the Starter:</p>	<p>The Responsible Umpire Starter shall ensure that the correct starting, race and finish -procedures are followed. Duties of the Responsible Umpire Starter:</p>	
<p>42.1 Before taking up his duties, the Starter must satisfy himself that all equipment and installations are present and in working order</p>	<p>c) 3942.1 Before taking up his duties, the Responsible Umpire Starter must satisfy himself that all equipment and installations are present and in working order</p>	
	<p>d) 39.2 The Responsible Umpire shall ensure that each rower competes on the machine which has been allocated to him.</p>	<p><u>Moved from Section 43</u></p>
<p>42.2 Starting Procedures – The Starting Procedures to be employed by the Starter (including false starts) are described in Regulations 25 and 26.</p>	<p>e) 3942.32 Starting Procedures – The Starting Procedures to be employed by the Responsible Umpire Starter (including false starts) are described in Regulations 25-21 and 226.</p>	
<p>42.3 Exclusion – The Starter shall award a Red Card and exclude a rower or the crew or a rower if the rower or the crew has received two Yellow Cards that apply to the same race.</p>	<p>e)f) 3942.43 Exclusion – The Responsible Umpire Starter shall award a Red Card and exclude a rower or the crew or a rower if the rower or the crew has received two Yellow Cards that apply to the same race or has otherwise violated these Rules or these regulations to be excluded.</p>	
<p>42.4 Late Arrival – The Starter may award 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</p>	<p>f)g) 3942.45 Late Arrival – The Starter Responsible Umpire may award a Yellow Card to rowers exclude a rower arriving late (less than 2 minutes before their start time) at their starting positions or</p>	

<p>start time. He may exclude a rower arriving after the start time.</p>	<p>not ready to race at the designated start time. He may exclude a rower arriving after the start time.</p>	
<p>42.5 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 rowers) on a board adjacent to the Competition Area. In all cases, crews must inquire from a member of the Jury regarding any changes before leaving the Competition Area.</p>	<p>g)h) 39.42.65 Postponement – Should it be necessary to postpone a race (e.g. equipment breakage) the Responsible Umpire Starter shall consult with the President of the Jury, then inform the crews rowers of the new starting time both verbally and in writing (legible to all rowers) on a board adjacent to the Competition Area. In all cases, crews must inquire from a member of the Jury regarding any changes before leaving the Competition Area.</p>	
	<p>i) 39.7 <u>The Responsible Umpire shall endeavour to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference.</u></p> <p>i) <u>Where the Responsible Umpire is satisfied that a rower has been significantly impeded, the Umpire shall endeavour to ensure that his chance is restored to him. He shall impose appropriate penalties on rowers at fault.</u></p> <p>ii) <u>If necessary, the Responsible 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</u></p>	<p><u>Moved from Section 43</u></p>

	<p><u>new starting time in consultation with the President of the Jury and he shall inform the crews-rowers concerned.</u></p> <p><u>—The Responsible 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 Responsible Umpire considers that the impediment has not affected the result of the race, or considers the effect of the impediment was not significant, he may decline to order a re-row of the race or of the rowers involved in the incident.</u></p>	
	<p><u>h) At the end of each race, the Responsible Umpire shall determine the ranking of rowers at the end of each race. The Responsible Umpire shall:</u></p> <p><u>i) ascertain, in conjunction with the Umpire, that the race was in order;</u></p> <p><u>ii) be responsible for listing the rowers in the correct order of finish;</u></p> <p><u>iii) validate the results;</u></p> <p><u>iv) sign the official record of the results.</u></p>	
<p>43. The Umpire (Rule 97)</p>	<p>35) The <u>Race Umpire</u>-(Rule 83Rule 97)</p>	
<p>The Umpire shall ensure that each rower competes on the machine which has been allocated to him and shall ensure the proper</p>	<p>The <u>Race Umpire</u> shall <u>support the Responsible Umpire to ensure that each rower competes on the machine which has been allocated to him and</u></p>	

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 is 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 was not significant, 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.

~~shall~~ ensure the proper conduct of the race and the safety of the rowers. In particular, he shall:

~~a) 40.1~~ endeavour to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference.

~~b) 40.2~~ alert the Responsible Umpire to any problem or breach of these regulationsRules;

~~Where the Umpire is satisfied that a rower has been significantly impeded, the Umpire shall endeavour to ensure that his chance is 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 was not significant, 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>c) 40.3 to ensure that the time and distance rowed for each rower have been accurately recorded;:</p> <p>40.4 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;</p> <p>d) 40.5 check the correct functioning of the machines; and</p> <p>e) 40.6 check that the monitors on each individual machine are correctly set before the start of each race.</p> <p><u>The ratio of Race Umpires to machines should be approximately 1:10.</u></p>	
44. Judge at the Finish (Rule 98)	44. Judge at the Finish (Rule 98)	<u>Combined into Responsible Umpire</u>
The Judge at the Finish shall determine the ranking of rowers at the end of each race. The Judge at the Finish shall:	The Judge at the Finish shall determine the ranking of rowers at the end of each race. The Judge at the Finish shall:	
44.1 ascertain, in conjunction with the Umpire, that the race was in order;	44.1 ascertain, in conjunction with the Umpire, that the race was in order;	
44.2 be responsible for listing the rowers in the correct order of finish;	44.2 be responsible for listing the rowers in the correct order of finish;	
44.3 validate the results;	44.3 validate the results;	
44.4 sign the official record of the results.	44.4 sign the official record of the results.	
45. Health of Rowers (Rule 99)	45. Health of Rowers (Rule 99)	
Each rower shall be responsible for his own 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	Each rower shall be responsible for his own 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	<u>Moved to Section 6</u>

<p>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>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>46. Antidoping (Rule 100)</p>	<p>35)36) 416. Anti-Doping (Rule 10085)</p>	
<p>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>	<p>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 <u>R</u>ules and that <u>which</u> the FISA Council has the power to clarify and/or supplement, by appropriate Bye-Laws. <u>Indoor Rowing Competition and the World Rowing Indoor Championships shall be governed by FISA’s Anti-Doping Rules and Bye-Laws.</u> 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>	
	<p>37) 42. Exceptional Cases (Rule 86)</p>	
	<p><u>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.</u> <u>At a World Rowing Indoor Championships regatta the Executive Committee or its delegate shall make decisions in exceptional cases.</u></p>	<p><u>Moved from Section 36</u></p>