

APPENDIX 18

PARA ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/OR DEPARTURES FROM THE FISA RULES OF RACING

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

1. Application (Rule 2)

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

2. Right to Participate (Rule 18)

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

3. Eligibility (Rule 19)

No rower may compete in a Para Rowing event under these Rules unless they have been classified as set out in the FISA Para Rowing Classification Regulations (Appendix 19) for and issued an eligible Sport Class for Para Rowing.

4. Coxswains (Rule 27)

For Para Rowing events, there is no restriction on coxswains in respect of age. Para Rowing coxswains may or may not have an impairment. The minimum weights of coxswains shall apply to Para Rowing events.

5. Mixed Masters Events (Rule 33)

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

6. World Rowing Championships Para Rowing Boat Classes (Rule 36)

World Rowing Championships include the following Para Rowing events:

PR3 Mixed coxed four (PR3 Mix4+)

PR3 Mixed double sculls (PR3 Mix2x)

PR3 Men's pair (PR3 M2-)

PR3 Women's pair (PR3 W2-)

PR2 Mixed double sculls (PR2 Mix2x)

PR2 Men's single sculls (PR2 M1x)

PR2 Women's single sculls (PR2 W1x)

PR1 Men's single sculls (PR1 M1x)

PR1 Women's single sculls (PR1 W1x)

In mixed Para Rowing events, half of the rowers in a crew shall be male and half shall be female.

A PR3 Mix4+ crew may include a maximum of two rowers whose impairment is visual, only one of whom may have a sport class of PR3 B3.

A PR3 Mix2x crew may include a maximum of one rower whose impairment is visual and that rower may be either PR3 B1 or PR3 B2.

A PR3 pair crew may include one rower whose impairment is visual.

PR3 Mix2x rowers with a physical impairment must have a minimum of a loss of 20 points in one limb when assessed using the Functional Classification Test as set out in the Classification Application form for Physical Impairment.

7. Paralympic Games Boat classes (Rule 37)

The events programme for the Paralympic Games regatta shall be determined by the IPC Governing Board after consultation with FISA in accordance with the IPC Rule Book. The FISA Congress shall vote to select a recommended Paralympic programme that the FISA Executive Committee shall submit to the IPC.

The 2020 Paralympic Games regatta programme is as follows:

PR3 Mixed coxed four (PR3 Mix4+)

PR2 Mixed double sculls (PR2 Mix2x)

PR1 Men's single sculls (PR1 M1x)

PR1 Women's single sculls (PR1 W1x)

8. Boats and Equipment (Rule 39)

8.1 General Aspects

8.1.1 *The use of FISA Standard Para Rowing boats is mandatory for all Para Rowing PR1 1x, PR2 1x and PR2 2x events.*

8.1.2 *The Council shall determine the design of FISA Standard Para Rowing boats (the FISA Standard Design) and any changes thereto. The design shall be a part of these Regulations. The FISA Standard Design is available from FISA upon request and all boats used in PR1 1x, PR2 1x and PR2 2x events at international regattas under these Rules and Regulations must comply specifically with this FISA Standard Design.*

8.1.3 *Those parts of the Standard Para Rowing Boats which are not specified in these Regulations may be modified subject to these Regulations and subject to Rule 40.*

8.1.4 *No changes in the standard design of FISA Standard Para Rowing Boats shall be made except in the year following the Paralympic Games.*

8.1.5 *The minimum weight of FISA Standard Para Rowing boats shall be as specified in these Regulations (Regulation 9).*

8.2 Para Rowing PR3 Mix4+, PR3 2- and PR3 Mix2x Boats

8.2.1 *Boats used in PR3 Mix4+ events shall be subject to the same restrictions as those for coxed fours (4+) under the FISA Rules of Racing. No additional restrictions shall apply.*

8.2.2 *Boats used in PR3 2- events shall be subject to the same restrictions as those for pairs (2-) under the FISA Rules of Racing. No additional restrictions shall apply.*

8.2.3 *Boats used in the PR3 Mix2x events shall be subject to the same restrictions as those for double sculls (2x) events under the Rules of Racing. No additional restrictions shall apply.*

8.3 Standard Para Rowing PR2 Mix2x Boats

8.3.1 *The FISA Standard Para Rowing PR2 Mix2x boat has a fixed seat and may have stabilising pontoons. The hull and the pontoons*

where fitted shall comply with the FISA Standard Design specifications. The seat and the rigger design of the Standard Para Rowing PR2 Mix2x boat are not restricted.

8.4 Standard Para Rowing PR1 1x and PR2 1x Boat

8.4.1 *The FISA Standard Para Rowing PR1 1x boat has a fixed seat and must have stabilising pontoons installed and attached to the riggers at a minimum distance of 60 cm from centre line of pontoon to centre line of boat. The hull and the pontoons shall comply with the FISA Standard Design specifications.*

8.4.2 *The FISA Standard Para Rowing PR2 1x boat has a fixed seat and may be used with no stabilising pontoons. The hull shall comply with the FISA Standard Design specifications.*

8.4.3 *The seat itself and the rigger design of the Standard Para Rowing PR1 and PR2 1x boat are not restricted, except that the design of the rigger must allow the stabilising pontoons to be correctly fixed.*

8.4.4 *PR1 1x rowers are required to comply with the strapping requirements set out in point 8.5 of this Regulation.*

8.5 Strapping

All strapping shall comply with the requirements of 8.6.1 below.

8.5.1 *PR1 1x Strapping Requirements – PR1 rowers shall use a mandatory trunk strap which is for safety purpose only. This strap must be secured to the seat back and around the trunk. In addition to the mandatory trunk strap, rowers may use additional strapping. The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing. The straps must be attached to the seat on both sides.*

8.5.2 *PR2 Strapping Requirements – Leg strapping is optional for PR2 rowers.*

The rower's movement will be observed and assessed during rowing (training and racing) by members of the Para Rowing Commission and FISA International Classifiers.

8.6 General Strapping, Shoes and Stretchers Requirements

- 8.6.1 *Where used, all straps, whether optional or mandatory under these Regulations, must be a minimum width of 50 mm, be of non-elastic material, be without mechanical buckles and must be able to be released immediately by the rower with a single quick hand action of pulling on the free end of the strap.*
- 8.6.2 *The colour of the all straps must be a contrasting colour from the rowers' racing uniform so that they can be clearly seen.*
- 8.6.3 *All straps for each rower must be released in the same manner and direction.*
- 8.6.4 *Any hand strapping must be able to be released immediately independently by the athlete.*
- 8.6.5 *Additional strapping may be used by any rower provided the requirements of these Regulations are met.*
- 8.6.6 *Foot stretchers, shoes and other devices to hold the feet shall comply with Rule 39, Bye-Law 2.5.*
- 8.6.7 *It is solely the responsibility of the rower to ensure that all strappings, shoes, stretchers and other equipment are compliant with these Regulations.*
- 8.6.8 *All athletes are subject to protests in accordance with Regulation 5 of the FISA Para Rowing Classification Regulations. The Chief Classifier may make a Protest if it is in the interests of fairness.*

9. Weight of Boats (Rule 41)

The minimum weights for Para Rowing boats shall include pontoons where used.

The weight of the PR1 1x, PR2 1x and PR2 2x boats shall include the strapping which is firmly fastened to the boat, to the seat and/or to its fittings. It shall also include seat pads which are attached to the seat.

Other items, whether directly related to Para Rowing or not, and which are not firmly fastened to the boat or seat shall not be included in the weight of the boat. Equipment that replaces a part of the body (prosthesis) even if firmly fastened to the boat or seat shall not be included as part of the weight of the boat.

The minimum weights of Para Rowing boats are:

Designation	Boat Type	Minimum Weight (kg)
PR1 1x	PR1 single sculls	24
PR2 1x	PR2 single sculls	22
PR2 2x	PR2 double sculls	37
PR3 2x	double sculls	27
PR3 2-	Pair	27
PR3 4+	coxed four	51

10. Rowers' Clothing and Blade Colours (Rule 51)

One or both rowers in the PR2 Mix2x event may extend their racing uniform to cover their legs. Where both rowers cover their legs in this manner, such coverings shall be identical in colour and design.

Where PR1 1x rowers are using chest strapping and this strapping obscures the Identifications permitted to be worn on the racing shirt or equivalent, those Identifications which are so obscured may be repeated on the strapping material but shall not be visible on both the racing shirt and the strapping at the same time.

11. Entries (Rule 54)

No entry shall be accepted for an international Para Rowing event unless the member federation has submitted all required medical documentation to the Chief Classifier by the deadline stipulated by FISA or the rower has been issued a sport class by FISA. All rowers must be classified by a FISA International Classification Panel prior to competition. A rower without a FISA sport class or whose sport class has been withdrawn may not compete in international Para Rowing events.

12. Crew Changes before the First Heat (Rule 59)

A rower whose sport class has been withdrawn or changed after the close of entries and before the first heat, may be replaced by another eligible rower from the same club, or in the case of a national team, the same member federation.

An athlete who has entered an event but is deemed to be in a different sport class after classification may be replaced by another eligible rower from the same club, or in the case of a national team, the same member federation.

13. Crew Changes after the First Heat (Rule 60)

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

14. Safety of Para Rowing Rowers (Rule 62)

PR1 and PR2 rowers require special safety procedures during training and racing which shall be agreed between the organising committee, the Technical Delegate and the President of Jury. In particular, the organising committee or the President of the Jury may require additional rescue boats to be present on the course during all training and racing times involving Para Rowing crews, but particularly for PR1 1x events.

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

Safety requirements for strapping, shoes and stretchers are set out at Regulation 8 points 5 & 6.

15. Traffic Rules on the Course (Rule 63)

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

16. Fairness – General Principles (Rule 66)

At all times when on the water during training, warm up, cool down, and competition from the opening day of the course until completion of the final race of their competition, all para rowers must row with the prescribed equipment which must be used according to the boat class as described at Regulation 8 and classification requirements as described in the FISA Para Rowing Classification Regulations. Equipment in this context refers to strapping and pontoons.

Failure to comply with these requirements may lead to a penalty being imposed on the crew in accordance with these Rules, including (but not limited to), where such failure to comply is judged to have taken place during a race, relegation to last place in the particular race or exclusion of the crew. The appropriate penalty in all circumstances shall be at the discretion of the Jury.

17. Starting Procedure for PR3 Mix4+, PR3 2- and PR3 Mix2x (Rule 74)

The PR3 Mix4+, PR3 2- and PR3 Mix2x events may include rowers with visual impairment. Therefore, at the start of each race in a PR3 Mix4+, PR3 2- and PR3 Mix2x event the Starter shall give an additional verbal indication to crews as follows:

After completing the roll call and stating the word "Attention!", the Starter shall say the words "Red Flag!" at the same time as he raises the red flag (or in the case where traffic lights are used, "Red Light!" at the same instant that he presses the button to activate the red light). He shall then proceed with the start in the normal way.

18. Yellow Card for PR3 Mix4+, PR3 2- and PR3 Mix2x

When the Starter awards a Yellow Card to a crew in the PR3 Mix4+, PR3 2- or PR3 Mix2x event, a member of that crew shall raise his arm to acknowledge that the penalty has been awarded to the crew.

19. Interference (Rule 78)

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

20. Finish of the Race for PR3 Mix4+, PR3 2- and PR3 Mix2x (Rule 80)

At the finish of the race in the PR3 Mix4+, PR3 2- and PR3 Mix2x events, when raising the white flag the Umpire shall clearly state the words "WHITE FLAG!" for all crews to hear. Should he raise the red flag, he shall similarly clearly state the words "RED FLAG!"

21. Objections (Rule 82)

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

22. Duties of the Control Commission (Rule 95)

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

- 22.1 *Accessibility of the pontoon area for rowers, such as those using wheelchairs or assisted by guide dogs, or caregivers;*
- 22.2 *Compliance of boats with FISA Standard Para Rowing Design specifications;*
- 22.3 *Safety measures in PR2 Mix2x, PR2 1x and PR1 1x boats including foot stretcher and strapping;*
- 22.4 *Correct fixing of pontoons on PR2 Mix2x and PR2 1x boats (where fitted) and PR1 1x boats in accordance with Regulation 8 point 4 above; and*
- 22.5 *Correct strapping of rowers in PR1 and PR2 sport classes;*

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

23. Duties of the Umpire – Position of the Umpire’s launch (Rule 97)

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

24. Responsibility for Decisions on Movement Compliance

At Paralympic Games and relevant qualification regattas, World Rowing Indoor Championships, World Rowing Championships and World Rowing Cup regattas, FISA International Classifiers and members of the FISA Para Rowing Commission will observe the movement of rowers while training and racing and shall have the primary responsibility of determining if the strapping or the movement of any rower is not in accordance with their Sport Class and/or their medical/classification records. Where the Chief Classifier determines at a regatta that a rower’s movement is outside of that rower’s Sport Class and/or not in accordance with their medical/classification records, a protest may be made by FISA in accordance with Regulation 5 of the Para Rowing Classification Regulations. Any protest lodged under these Regulations shall not affect the result of the rower at that regatta or any prior results.

