

APPENDIX R14		
Version 2022	Proposed Changes 2023	Comments
PARA ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/OR DEPARTURES FROM THE WORLD ROWING 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 World Rowing Rules, related Bye-Laws and Event Regulations shall also apply to Paralympic Regattas within the limits of the authority of World Rowing and to Paralympic Qualification Regattas.		
2) Right to Participate (Rule 11)		
Paralympic Regattas are open only to those rowers whose federations have qualified in the appropriate boat classes in accordance with the Paralympic Qualification System.		
3) Eligibility (Rule 12)		
No rower may compete in a Para Rowing event under these Rules unless they have been classified as set out in the World Rowing Para Rowing Classification Regulations (Appendix R15) for and issued a Sport Class for Para Rowing.		
4) Coxswains (Rule 21)		
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) World Rowing Championships Boat Classes (Rule 25)		
<ul style="list-style-type: none"> a) In Mixed Para Rowing events, half of the rowers in a crew, excluding the coxswain, shall be male and half shall be female. b) 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. c) 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. d) A PR3 pair crew may include one rower whose impairment is visual. e) 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. 		
6) Paralympic Games Boat Classes (Rule 26)		
<ul style="list-style-type: none"> a) The events programme for the Paralympic Games regatta shall be determined by the IPC Governing Board after consultation with World Rowing in accordance with the IPC Rule Book. The Council shall select the recommended Paralympic programme that the World Rowing Executive Committee shall submit to the IPC. b) The 2020 Tokyo Paralympic Games rowing regatta programme is as follows: 		

<ul style="list-style-type: none"> i) PR3 Mixed coxed four (PR3 Mix4+) ii) PR2 Mixed double sculls (PR2 Mix2x) iii) PR1 Men’s single sculls (PR1 M1x) iv) PR1 Women’s single sculls (PR1 W1x) c) The events to be included on the rowing programme for the 2024 Tokyo Paralympic Games shall be included following the decision of the IPC. 		
<p>7) Boats and Equipment (including Strapping) (Rule 28)</p>		
<p>The boats and equipment (including strapping) for Para Rowing categories, described in this section, are adapted (regulated or standardised) to enable participation in competition by athletes with impairments. Classification is the process by which athletes are evaluated and grouped for competition categories based on their rowing-related functionality (Function). No additional adaptations of equipment are permitted which might improve the Function of an athlete such that it is inconsistent with what was represented in classification or with their Sport Class.</p>		
<p>a) General Aspects</p>		
<ul style="list-style-type: none"> i) The use of World Rowing Standard Para Rowing Boats (“Standard Para Rowing Boats”) is mandatory for all Para Rowing PR1 1x, PR2 1x and PR2 2x events. 		
<ul style="list-style-type: none"> ii) The Council shall determine the design of Standard Para Rowing Boats (the World Rowing Standard Design) and any changes thereto. The design 		

<p>shall be a part of these Regulations. The World Rowing Standard Design is available from World Rowing 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 World Rowing Standard Design. Subject to the restrictions in this section, the seat and riggers are not otherwise included in the World Rowing Standard Design.</p>		
<p>iii) These Regulations governing the Standard Para Rowing Boats and equipment shall apply to all boats and equipment used by Para rowers at the regatta venue from the time of the official opening of the venue until the end of the official closing ceremony of the regatta or, if no such ceremony, the end of the last medal ceremony. Para rowers using equipment or adaptations which do not comply with these Regulations shall be subject to sanction.</p>		
<p>iv) 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 29.</p>		
<p>v) Changes in the World Rowing Standard Design Para Rowing Boats shall be made only in the year</p>	<p>i</p>	

following the Summer Paralympic Games.		
vi) The minimum weight of Standard Para Rowing Boats shall be as specified in Appendix R3 Weighing of Boats and these Regulations (Regulation 9).		
b) Para Rowing PR3 Mix4+, PR3 2- and PR3 Mix2x Boats		
i) Boats used in PR3 Mix4+ events shall be subject to the same requirements as those for the coxed four (4+) under the World Rowing Rules of Racing. No additional requirements shall apply.		
ii) Boats used in PR3 2- events shall be subject to the same requirements as those for the pair (2-) under the World Rowing Rules of Racing. No additional requirements shall apply.		
iii) Boats used in the PR3 Mix2x events shall be subject to the same requirements as those for the double sculls (2x) under the World Rowing Rules of Racing. No additional requirements shall apply.		
c) Standard Para Rowing PR2 Mix2x Boats		
The seat of the World Rowing Standard Para Rowing PR2 Mix2x Boat must be fixed. The base and seat back, when used, must be static so as not to improve the Function of the athlete. Cushioning used on or in the seat is permitted so long as it does not improve the Function of the athlete.		

d) Standard Para Rowing PR2 1x Boat		
i) The seat of the Standard Para Rowing PR2 1x Boat must be fixed seat The base and seat back, when used, must be static so as not to improve the Function of the athlete. Cushioning used on or in the seat is permitted so long as it does not improve the Function of the athlete.		
ii) The rigger design of the Standard Para Rowing PR2 1x Boat must allow the stabilising pontoons, when used, to be fixed.		
e) Standard Para Rowing PR1 1x Boat		
i) The seat of the Standard Para Rowing PR1 1x Boat must be fixed. The base and seat back must be static so as not to improve the Function of the athlete. Cushioning used on or in the seat is permitted so long as it does not improve the Function of the athlete.		
i) The Standard Para Rowing PR1 1x Boat 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 pontoons shall comply with the World Rowing Standard Design specifications.		
ii) The rigger design of the Standard Para Rowing PR1 1x Boat must allow the stabilising pontoons to be securely fixed.		

<p>f) Strapping All strapping shall comply with the requirements of 8)g) below.</p>		
<p>i) PR1 Strapping Requirements – PR1 1x rowers shall use a mandatory trunk strap which is for safety purpose only. This strap must be secured to the seat back and go around the trunk of the rower. 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.</p>		
<p>ii) PR2 Strapping Requirements – Leg strapping is optional for PR2 rowers.</p>		
<p>g) General Strapping, Shoes and Stretchers Requirements</p>		
<p>i) Where used, all straps, whether optional or mandatory under these Regulations, must be a minimum width of 5 cm, 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.</p>		
<p>ii) The colour of the all straps must be a contrasting colour from the rowers’</p>		

<p>racing uniform so that they can be clearly seen.</p>		
<p>iii) All straps for each rower must be released in the same manner and direction.</p>		
<p>iv) Any hand strapping must be able to be released immediately independently by the rower with a single hand movement.</p>		
<p>v) Additional strapping may be used by any rower provided the requirements of these Regulations are met.</p>		
<p>vi) Foot stretchers, shoes and other devices to hold the feet shall comply with Appendix R2 (Bye-Laws to Rule 28).</p>		
<p>vii) It is solely the responsibility of the rower to ensure that all strappings, shoes, stretchers and other equipment are compliant with these Regulations.</p>		
	<p>h) <u>Sanction for Rowing Without Required Equipment or Strapping – The sanction for having raced without the required equipment or strapping or with non-compliant equipment or strapping shall be relegation to last place in the particular race. The official result of that crew shall show REL. If two or more crews have raced in the same race without the required equipment or strapping or with nonconforming equipment or strapping, they shall all be relegated and they shall receive</u></p>	<p>The Para Rowing Commission requested the addition to the Rules a sanction for rowing without the proper equipment, especially the strapping.</p> <p>REL – “Relegation” is suggested as the designation for a relegated crew in the results sheet. Needs confirmation with timing provider.</p>

equal ranking. If the crew races again without the required equipment or strapping in a later round of the same event, then the sanction shall be the exclusion of the crew.

8) Weight of Boats (Rule 30)

- a) The minimum weights for Para Rowing boats shall include pontoons where used.
- b) 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.
- c) 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.

- d) 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		
9) Rowers' Clothing and Blade Colours (Rule 39)				
<p>a) 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.</p> <p>b) 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.</p>				
10) Entries (Rule 43)				
<p>a) A rower who has not been issued a Sport Class by World Rowing or whose Sport Class has been withdrawn may not compete in international Para Rowing events.</p> <p>b) Entries in an international Para Rowing event for a rower who does not have a Sport Class shall not be accepted unless there is an International Classification Panel being held prior to that event, in which case the member federation must have submitted all required medical documentation to the World Rowing Classification Portal by the deadline stipulated by World Rowing</p>				
11) Crew Changes before the First Heat (Rule 48)				

<p>a) 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.</p> <p>b) 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.</p>		
<p>12) Crew Changes after the First Heat (Rule 49)</p>		
<p>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.</p>		
<p>13) Safety - General Principles (Rule 51)</p>		
<p>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.</p>		
<p>14) Traffic Rules on the Course (Rule 53)</p>		

<p>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.</p>		
<p>15) Fairness – General Principles (Rule 56)</p>		
<p>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 Section 7 and classification requirements as described in the World Rowing Para Rowing Classification Regulations. The rower’s Function and equipment may be observed and assessed during rowing (training and racing) by World Rowing Officials. Failure to comply with these requirements may lead to a sanction 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.</p>		
<p>16) Starting Procedure (Rule 67)</p>		
<p>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:</p> <ul style="list-style-type: none"> a) After completing the roll call and stating the word “Attention!”, the Starter shall say the words “Red Flag!” at the same time as they raise the red flag (or in the 		

<p>case where traffic lights are used, “Red Light!” at the same instant that they press the button to activate the red light).</p> <p>b) The Starter shall then proceed with the start in the normal way.</p>		
<p>17) Yellow Card for PR3 Mix4+, PR3 2- and PR3 Mix2x</p>		
<p>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 their arm to acknowledge that the sanction has been awarded to the crew.</p>		
<p>18) Interference (Rule 71)</p>		
<p>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.</p>		
<p>19) Protests (Rule 76)</p>		
<p>All athletes are subject to protests in accordance with Regulation 5 of the World Rowing Para Rowing Classification Regulations (Appendix R15). The Chief Classifier may make a Protest if it is in the interests of fairness.</p>		
<p>20) Conclusion of the Race (Rule 80)</p>		
<p>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 they raise the red flag, they shall similarly clearly state the words “RED FLAG!”</p>		

21) Objections (Rule 75)		
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 81)		
a) For para rowers and boats, the Control Commission should also check the following:		
i) Accessibility of the pontoon area for rowers, such as those using wheelchairs or assisted by guide dogs, or caregivers;		
ii) Compliance of boats with World Rowing Standard Para Rowing Design specifications;		
iii) Safety measures in PR2 Mix2x, PR2 1x and PR1 1x boats including foot stretcher and strapping;		
iv) Correct fixing of pontoons on PR2Mix2x and PR2 1x boats (where fitted) and PR1 1x boats in accordance with Regulation 8 point d) above; and		
b) Control Commission members may be assisted in all of the above by members of the Para Rowing Commission and/or World Rowing International Classifiers.		
23) Duties of the Umpire – Position of the Umpire’s launch (Rule 83)		

<p>The President of the Jury may require that more than one umpire follow the race for Para Rowing events.</p>		
<p>24) Responsibility for Decisions on Movement Compliance</p>		
<p>At Paralympic Games and relevant qualification regattas, World Rowing Championships and World Rowing Cup regattas, World Rowing International Classifiers and members of the World Rowing Para Rowing Commission may 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 World Rowing in accordance with Regulation 5 of the Para Rowing Classification Regulations (Appendix R15). Any protest lodged under these Regulations shall not affect the result of the rower at that regatta or any prior results.</p>		