

APPENDIX R20		
Version 2022	Proposed Changes 2023	Comments
<p>INDOOR ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/ OR DEPARTURES FROM THE WORLD ROWING RULES OF RACING</p>	<p>INDOOR ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/ OR DEPARTURES FROM THE WORLD ROWING RULES OF RACING</p>	
<p>Rules applying to International Regattas shall apply to International Indoor Rowing Competitions and rules applying to World Rowing Championships shall apply to World Rowing Indoor Championships except as provided in these Regulations, which are approved by the World Rowing Council as Departures from the Rules.</p> <p>For the purposes of these Regulations the word “Competition” shall have the same meaning as “Regatta” in the World Rowing Rules of Racing.</p>	<p>Rules applying to International Regattas shall apply to International Indoor Rowing Competitions and rules applying to World Rowing Championships shall apply to World Rowing Indoor Championships except as provided in these Regulations, which are approved by the World Rowing Council as Departures from the Rules.</p> <p>For the purposes of these Regulations the word “Competition” shall have the same meaning as “Regatta” in the World Rowing Rules of Racing.</p> <p><u>References to “rower” shall refer to both “individual” and a “crew”.</u></p>	
<p>1) Rowing, Boats, Regattas (Rule 1)</p>	<p>1) Rowing, Boats, Regattas (Rule 1)</p>	
<p>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.</p>	<p>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.</p> <p><u>An Indoor Rowing Competition may take place in the following formats:</u></p> <ul style="list-style-type: none"> a) <u>In-Person (in-Person events) – A competition where all rowers are competing in the same location in real time.</u> b) <u>Virtual (Virtual events) – A competition where rowers are not in the same</u> 	<p>In-person, Virtual and Hybrid competition formats have been defined as a part of Indoor Rowing.</p>

	<p><u>location but compete either in real time or in specified time frames.</u></p> <p>c) <u>Hybrid (Hybrid events)– A competition where in-Person and Virtual rowers compete against one another.</u></p>	
2) Application (Rule 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) Eligibility (Rule 12)	3) Eligibility (Rule 12)	
To compete in a World Rowing Indoor Championships, a rower shall be a citizen of the country for which they are competing.	<p>To compete in a World Rowing Indoor Championships, a rower shall be a citizen of the country for which they are competing.</p> <p><u>World Rowing Indoor Championships are open to anyone.</u></p> <p><u>The Council may implement additional eligibility requirements for specific events raced at the World Rowing Indoor Championships and may require pre-qualification for some or all events if a limit on the number of competitors is necessary. Any such criteria will be published in advance of the Championships in the Competition Notice.</u></p>	The change opens the WRIC up to all athletes and does not require that an athlete represent a country or a MF, but it allows the Council to place eligibility requirements on a specific event.
4) Safety and Health of Rowers (Rule 14)	4) Safety and Health of Rowers (Rule 14)	
a) 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	a) 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	

<p>commensurate with the competition level of the particular event.</p> <p>b) 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).</p>	<p>commensurate with the competition level of the particular event.</p> <p>b) 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).</p>	
<p>5) Age Categories (Rule 17)</p>	<p>5) Age Categories (Rule 17)</p>	
<p>The following age categories for indoor rowing are recognised by World Rowing:</p> <ul style="list-style-type: none"> a) 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. An Under 19 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 World Rowing:</p> <ul style="list-style-type: none"> a) Under 19 b) Under 23 c) Seniors d) Masters <ul style="list-style-type: none"> • <u>Under 17</u> • <u>17-18</u> • <u>19-20</u> • <u>21-22</u> • <u>23-39</u> • <u>40-44</u> • <u>45-49</u> • <u>50-54</u> • <u>55-59</u> • <u>60-64</u> • <u>65-69</u> • <u>70+</u> • <u>Open</u> <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 <u>on</u> at the</p>	

	<p>scheduled date of the final for the event <u>concerned in which the athlete is competing.</u> <u>Not all race types/events may be offered in all age categories.</u></p>	
	<p>6) Para Rowing Categories</p> <p><u>The following para rowing categories for indoor rowing are recognised by World Rowing:</u></p> <ul style="list-style-type: none"> • <u>PR1</u> • <u>PR2</u> • <u>PR3</u> • <u>PR3-II (Intellectual Impairment)</u> <p><u>Classification requirements will depend on the competition type and will be specified in the Competition Notice.</u></p>	<p>The Para Commission has requested the PR3-II category, however the PR3-II category is not defined in the classification regulations.</p> <p>The RWG recommends that any new Para Rowing categories should be added after the categories have been included in the classification regulations found in R15 Para Rowing Classification.</p>
<p>6) Lightweights (Rule 22)</p>	<p>7) 6) Lightweight Categories (Rule 22)</p>	
<p>a) A rower may compete in lightweight events at an International Indoor Rowing Competition, if the following criteria are met:</p> <ul style="list-style-type: none"> i) A rower competing in a lightweight men’s event may not weigh more than 75.0 kgs. ii) A rower competing in a lightweight women’s event may not weigh more than 61.5 kgs. <p>b) 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</p>	<p>a) A rower may compete in lightweight events at an International Indoor Rowing Competition, if the following criteria are met:</p> <ul style="list-style-type: none"> i) A rower competing in a lightweight men’s event may not weigh more than 75.0 kgs. ii) A rower competing in a lightweight women’s event may not weigh more than 61.5 kgs. <p>b) 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</p>	<p>The lightweight rules are different as compared to on water events. The recommendation here is to allow for one weighing for multiple LW events on the same day as opposed to multiple rounds on the same day.</p> <p>For on water events, crews/athletes have to weigh in for each event they are competing.</p>

<p>lightweight event in which they are competing, each day of the competition.</p> <p>c) There shall be no lightweight events for the Under 19 age category.</p>	<p>lightweight event in which they are competing, each day of the competition.</p> <p>c) <u>An athlete who competes in more than one lightweight event on the same day will only be required to weigh in once before their first lightweight race on each day.</u></p> <p>d) There shall be no lightweight events for <u>any age categories below</u> the Under 19 age category <u>19-20.</u></p>	
<p>7) Masters (Rule 20)</p>	<p>7) Masters (Rule 20)</p>	
<p>a) International Masters indoor rowing events shall be held in the following crew age sub-categories:</p> <ul style="list-style-type: none"> i) Age 30 – 39 ii) Age 40 – 49 iii) Age 50 – 54 iv) Age 55 – 59 v) Age 60 – 64 vi) Age 65 – 69 vii) Age 70 – 74 viii) Age 75 – 79 ix) Age 80 – 84 x) Age 85 – 89 xi) Age 90 – 94 xii) Age 95 – 99 xiii) Age 100 and over <p>b) 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</p>	<p>a) International Masters indoor rowing events shall be held in the following crew age sub-categories:</p> <ul style="list-style-type: none"> i) Age 30 – 39 ii) Age 40 – 49 iii) Age 50 – 54 iv) Age 55 – 59 v) Age 60 – 64 vi) Age 65 – 69 vii) Age 70 – 74 viii) Age 75 – 79 ix) Age 80 – 84 x) Age 85 – 89 xi) Age 90 – 94 xii) Age 95 – 99 xiii) Age 100 and over <p>b) 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</p>	<p>Incorporated in section 5 above.</p>

<p>they are competing. There shall be no averaging of ages within a crew.</p> <p>c) Rowers must compete in their age sub-category</p>	<p>they are competing. There shall be no averaging of ages within a crew.</p> <p>Rowers must compete in their age sub-category</p>	
<p>8) Categories of Competition (Rule 24)</p>	<p>8) Categories of Competition Competition Format (Rule 24)</p>	
<p>a) The following categories of competition are recognised by World Rowing for indoor rowing:</p> <p>i) Individual</p> <p>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:</p> <p>(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</p> <p>(2) the machines of all members in one crew shall be 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.</p> <p>iii) Relay – 4 x 500m</p> <p>b) Relay Races:</p> <p>i) Are races in which two or more rowers in the same team take turns</p>	<p>a) International Indoor Rowing Competitions can be held as In-Person, Virtual or Hybrid events in the following categories recognised by World Rowing for indoor rowing:</p> <p>i) Individual</p> <p>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: This can be held in one of the following two ways:</p> <p>(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</p> <p>(2) the machines of all members in one crew shall be 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.</p> <p>iii) Relay – 4 x 500m</p> <p>iii) b) Relay Races:</p>	

<p>to compete on the same machine in the same race.</p> <p>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.</p> <p>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.</p> <p>iv) It is the responsibility of each team to change at the correct points.</p>	<p>(1) ii Relay Races are races in which two or more rowers in the same team take turns to compete on the same machine in the same race.</p> <p>(2) iii 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>(3) iiii 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.</p> <p>(4) iv It is the responsibility of each team to change at the correct points.</p>	
<p>9) World Rowing Indoor Championships Competition Categories (Rule 25)</p>	<p>9) World Rowing Indoor Championships Competition Categories Event Programme (Rule 25)</p>	
<p>World Rowing Indoor Championships are held in the following categories:</p>	<p>World Rowing Indoor Championships are held in the following categories:</p>	

<p>Men (M): Individual Under 19, Under 23, Open, Masters age sub-categories (Regulation 7), PR1, PR2, and PR3.</p> <p>Women (W): Individual Under 19, Under 23, Open, Masters aND sub-categories (Regulation 7), PR1, PR2, and PR3.</p> <p>Additionally, Individual lightweight categories will be offered in Under 23, Open and Masters.</p> <p>In principle, at least a 2000 metre race would be offered in each competition category listed above.</p> <p>The World Rowing Council may decide to hold World Rowing Indoor Championships in additional categories and race formats.</p> <p>The event programme would be decided by World Rowing on an annual basis and announced in the Event Bulletin.</p>	<p>Men (M): Individual Under 19, Under 23, Open, Masters age sub-categories (Regulation 7), PR1, PR2, and PR3.</p> <p>Women (W): Individual Under 19, Under 23, Open, Masters aND sub-categories (Regulation 7), PR1, PR2, and PR3.</p> <p>Additionally, Individual lightweight categories will be offered in Under 23, Open and Masters.</p> <p>In principle, at least a 2000 metre race would be offered in each competition category listed above.</p> <p>The World Rowing Council may decide to hold World Rowing Indoor Championships in additional categories and race formats.</p> <p>The event programme would be decided by World Rowing on an annual basis and announced in the Event Bulletin.</p> <p><u>World Rowing will determine the event programme for the World Rowing Indoor Championships and shall publish it in the Competition Notice.</u></p>	
<p>10) Types of Rowing Machines</p>	<p>10) Types of Rowing Machines</p>	
<p>a) International Indoor Rowing Competitions:</p> <p>All rowers in an individual 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</p>	<p>a) International Indoor Rowing Competitions:</p> <p>All rowers in an individual 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 President of the Jury. Rowers shall not be</p>	

<p>President of the Jury. Rowers shall not be permitted to use their own machine in an International Indoor Rowing Competition but shall use the machine to which they are allotted by the organising committee.</p>	<p>permitted to use their own machine in an International Indoor Rowing Competition but shall use the machine to which they are allotted by the organising committee.</p>	
<p>b) World Rowing Indoor Championships – In addition to the requirements in 10) a) above, the following additional requirements shall apply to World Rowing Indoor Championship regattas</p>	<p>b) World Rowing Indoor Championships – In addition to the requirements in 10) a) above, the following additional requirements shall apply to World Rowing Indoor regattas <u>Championships.</u></p>	
<p>i) Only rowing machines approved by World Rowing 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) Only rowing machines approved by World Rowing 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>ii) Performance Monitor – Each machine shall have a performance monitor display unit so that the rower can follow their own performance during the race and can see their position relative to the race leader, the rower ahead of them and the rower behind them within the same ongoing race.</p>	<p>ii) Performance Monitor – Each machine shall have <u>In principle and where technology allows, through</u> a performance monitor <u>or otherwise display unit so that the</u> a rower can follow their own performance during the race and can see their position relative to the race leader, the rower ahead of them and the rower behind them within the same ongoing race.</p> <p><u>In accordance with Bye-law 25, rowers shall abide by their own results, whether or not the above race information is available to them.</u></p>	

<p>iii) 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.</p>	<p>iii) 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.</p>	
<p>11) Competition Venue</p>	<p>11) Competition Venue</p>	
<p>a) 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 of competition and the resources available to the organising committee.</p> <p>b) World Rowing Indoor Championships - The competition venue should have adequate space for the competition and facilities for rowers and spectators and should meet the requirements specified by World Rowing Council for the hosting of the Championships as detailed in the World Rowing Competition and Venue Specifications for Indoor Rowing. The venue should have adequate ventilation.</p>	<p>a) 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 of competition and the resources available to the organising committee.</p> <p>b) World Rowing Indoor Championships - The competition venue should have adequate space for the competition and facilities for rowers and spectators and should meet the requirements specified by World Rowing Council for the hosting of the Championships as detailed in the World Rowing Competition and Venue Specifications for Indoor Rowing. The venue should have adequate ventilation.</p>	<p>Remove this section completely . These aspects are included in the bidding and hosting documents which is published on World Rowing website</p>

12) Competition Area – Characteristics	11) 12) Competition Area – Characteristics	
a) 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 at an in-Person competition shall be clearly delineated and this shall be the Competition Area.	
b) Only the Race Officials and competing rowers are permitted in the Competition Area during racing except with the specific approval of the President of the Jury, with the exception of race for para rowers, where one coach per para rower is permitted inside the Competition Area next to their rower.	b) <u>For in-Person events</u> , only the Race Officials and competing rowers are permitted in the Competition Area during racing except with the specific approval of the President of the Jury, with the exception of races for para rowers, where one coach per para rower is permitted inside the Competition Area next to their rower.	
c) 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) 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.	Remove this section completely . These aspects are included in the bidding and hosting documents which will be published on worldrowing.com
d) The minimum distance between the centres of each adjoining rowing machine placed side by side is recommended to be 1.2 m, 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.	c) The minimum distance between the centres of each adjoining rowing machine placed side by side is recommended to be 1.2 m, but in all cases shall must 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>e) 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>d) e) <u>For in-Person events, Each</u> machine shall be clearly numbered. 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 clearly identify them as a crew.</p>	
<p>13) Race Formats</p>	<p>12) 13) Race Formats Types</p>	
<p>a) International Indoor Rowing Competitions – The race formats may vary from competition to competition. However, the distance, time or other format to be rowed shall be included in the competition/ of Competition.</p>	<p>International Indoor Rowing Competitions – The race formats may vary from competition to competition. However, the distance, time or other format to be rowed shall be included in the Notice of Competition. <u>The type of race may include fixed distance, with rankings based on order of finish, fixed time with rankings based on the distance rowed, or others. The types of races may vary from competition to competition but shall be included in the Competition Notice</u></p>	
<p>b) World Rowing Indoor Championships – The race format shall be 2,000 metres for men and women. Additional race formats may be approved by the World Rowing Council as World Rowing Indoor Championship events. With the exception of mixed events, any such additional formats shall be the same for men and women.</p>	<p>World Rowing Indoor Championships – The race format <u>Races</u> shall be 2,000 metres for men and women. Additional <u>types of races</u> formats may be approved by the World Rowing Council as World Rowing Indoor Championship events. With the exception of mixed events, any such additional formats <u>events</u> shall be the same for men and women.</p>	
<p>14) President of the Jury (Rule 37)</p>	<p>13) 14) President of the Jury (Rule 37)</p>	
<p>The President of the Jury shall allot duties to each member of the Jury and shall supervise their</p>	<p>The President of the Jury shall allot duties to each member of the Jury and shall supervise their</p>	

<p>activities. They 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 37.</p>	<p>activities. They 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 37.</p>	
<p>15) The Jury (Rule 37)</p>	<p>14) 15) The Jury (Rule 37)</p>	
<p>a) 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.</p> <p>b) The Jury shall consist of Umpires carrying out the following duties:</p> <ul style="list-style-type: none"> i) President of the Jury; ii) Responsible Umpire(s); iii) Race Umpire(s); iv) Control Commission, one of whom shall be the senior member. <p>c) The President of the Jury, the Responsible Umpire(s), and the senior member of the Control Commission shall each hold an International Umpire’s licence.</p> <p>d) The Jury shall be supported by other Technical Officials.</p>	<p>a) 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.</p> <p>b) The Jury shall consist of Umpires <u>persons</u> carrying out the following duties:</p> <ul style="list-style-type: none"> i) President of the Jury ii) Responsible Umpire (s) <u>- for Hybrid events, at least one Responsible Umpire shall be appointed for In-Person competitors and at least one Responsible Umpire for the Virtual competitors.</u> iii) Race Umpire(s) <u>Official(s) include timekeepers, race-system technicians and such other officials as may be required to manage the event. For Hybrid events, different Race Officials may be appointed for In-person and Virtual competitors.</u> iv) Control Commission, one of whom shall be the senior member. <u>For Hybrid events, designated Control Commission members may be given responsibility for in-Person competitors and Virtual competitors.</u> 	

	<p>c) The President of the Jury, the Responsible Umpire(s), and the senior member of the Control Commission shall each hold an International Umpire's licence.</p> <p>d) The Jury shall be supported by other Technical Officials.</p>	
16) The Board of the Jury (Rule 37)	16) 15) The Board of the Jury (Rule 37)	
<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 published in advance of each racing day. This Board shall decide on any protests made in accordance with Rule 76.</p> <p>In the case of a protest, any member of the Board directly involved in the dispute 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 published in advance of each racing day. This Board shall decide on any protests made in accordance with Rule 76.</p> <p>In the case of a protest, any member of the Board directly involved in the dispute 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>	
17) Commercial Publicity, Sponsorship, Advertising and Identifications (Rule 38)	17) 16) Commercial Publicity, Sponsorship, Advertising and Identifications (Rule 38)	
<p>a) World Rowing Rule 38 and its Bye-laws shall apply to International Indoor Rowing Competitions. 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</p>	<p>a) World Rowing Rule 38 and its Bye-laws 1 and 5 of the Bye-Laws to Rule 38 shall apply to International Indoor Rowing Competitions. Reference to a boat in those Bye-laws shall refer to a rowing machine in indoor rowing. These provisions shall apply to rowers (and coaches for para events) while they are</p>	<p>The general provisions and prohibitions on types of advertising and identifications apply for Indoor competition, however the detailed requirements and restrictions for identification on uniforms do not apply to indoor competition.</p>

<p>victory ceremony stage while victory ceremonies are in progress.</p> <p>b) No rower shall have the right to attach any Identification to equipment which is provided by the organising committee.</p>	<p>entering or inside the Competition Area during the hours of the competition and near the victory ceremony stage while victory ceremonies are in progress.</p> <p>b) No rower shall have the right to attach any Identification to equipment which is provided by the organising committee.</p>	
<p>18) Safety (Rule 51)</p>	<p>17) 18) Safety (Rule 51)</p>	
<p>a) The Organizing Committee is responsible to put in place all safety measures and medical arrangements at the event. These provisions should meet the 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 World Rowing.</p> <p>b) A suitably prepared and qualified medical service shall operate at the venue during the official training and competition hours.</p>	<p>a) <u>For all international Indoor rowing competitions</u></p> <p>i. <u>Each rower in an Indoor Rowing competition shall be responsible for their own health and fitness.</u></p> <p>ii. <u>It is strongly recommended that rowers competing in international indoor rowing events undergo the Pre-competition Health Screening detailed in Bye-law 2) a) to Rule 14.</u></p> <p>b) <u>For In-Person events and for in-Person competitors at Hybrid events</u></p> <p>i. a) The Organizing Committee is responsible to <u>shall</u> put in place all safety measures and medical arrangements at the event. These provisions should meet the 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 World Rowing.</p>	

	<ul style="list-style-type: none"> ii. b) A suitably prepared and qualified medical service shall operate at the venue during the official training and competition hours. <u>World Rowing makes no representation to competitors as to the suitability, condition or safety of the event.</u> c) <u>Virtual competitors are responsible to ensure that their conditions and race environment are safe and that sufficient medical support or services are available if required. Under-19 Virtual competitors must have adult supervision during racing.</u> 	
19) Progression System (Rule 57)	19) 18) Progression System (Rule 57)	
<p>a) Should the number of rowers taking part in an event exceed that of the number of machines available for an individual race, the organising committee shall decide which format to use to determine the final rankings. Options are:</p> <ul style="list-style-type: none"> i) each event divided into heats with two or more rounds of racing, with the rowers in each heat competing in subsequent rounds until the final, or ii) 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 	<p>a) Should the number of rowers taking part in an event exceed that of the number of machines available for an individual race, the organising committee shall decide which format to use to determine the final rankings. Options are:</p> <ul style="list-style-type: none"> i) each event divided into heats with two or more rounds of racing, with the rowers in each heat competing in subsequent rounds until the final, or iv) 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 	<p>The details of the progression and qualification systems are moved to the Competition Notice which are to be published prior to the opening of entries.</p>

<p>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.</p> <p>b) 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.</p> <p>c) 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.</p>	<p>v) 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.</p> <p>d) 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.</p> <p>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.</p> <p><u>The progression system and/or qualification system may vary depending on the race format and as such will be published in the Competition Notice before the opening of the entries for the event. For World Rowing Indoor Championships, World Rowing shall determine the progression system and/or qualification system.</u></p>	
<p>20) The Draw and Determining the Allocation of Machines (Rule 59)</p>	<p>20) 19) The Draw and Determining the Allocation of Machines (Rule 59)</p>	
<p>a) 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</p>	<p>a) 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</p>	

best serve the presentation of the competition. Such principles should be consistent from event to event during the competition.	best serve the presentation of the competition. Such principles should be consistent from event to event during the competition.	
b) The Draw for the heats shall take place, in principle, no later than the day before the competition.	b) The Draw for the heats shall take place, in principle, no later than the day before the competition.	
c) Rowers will be assigned to a heat number or race and a machine by one of the following methods: i) Where rowers are not seeded 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.	c) Rowers will be assigned to a heat number or race and a machine by one of the following methods: i) Where rowers are not seeded 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.	
ii) Where rowers are seeded and the number of rowers exceeds the number of machines in a race in which a progression system is not used the highest seeded rowers will be placed in the same race. Rowers not assigned a machine in this race will be assigned machines in additional races based on their descending order of seeding.	iii) Where rowers are seeded and the number of rowers exceeds the number of machines in a race in which a progression system is not used the highest seeded rowers will be placed in the same race. Rowers not assigned a machine in this race will be assigned machines in additional races based on their descending order of seeding. <u>Unseeded rowers shall be assigned remaining machines by random draw after the assignment to all seeded rowers.</u>	
d) World Rowing Indoor Championships - The Executive Committee may appoint a	d) World Rowing Indoor Championships - The Executive Committee may appoint a	

Seeding Panel to determine seeded rowers.	Seeding Panel to determine seeded rowers.	
21) Sanctions (Rule 65)	20) 21) Sanctions (Rule 65)	
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.	In any case of a breach of the Rules, Regulations or <u>failure to meet requirements specified in the Competition Notice</u> , 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.	
22) The Start (Rule 66)	21) 22) The Start (Rule 66)	
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 their machine may be allowed to start at the Responsible Umpire's discretion.	<ul style="list-style-type: none"> a) Rowers shall <u>only</u> enter the Competition Area <u>or enter the Virtual Race Lobby (in the case of Virtual and Hybrid events)</u> as directed by Race officials. b) All rowers shall be <u>It is the responsibility of the rower to be</u> seated on their machine two minutes before the designated start time. c) <u>It is the responsibility of competitors in Virtual and Hybrid events, to ensure that they have met all of the technical and equipment requirements stipulated in the Competition Notice.</u> d) The race may be started without reference to absentees <u>or to those competitors who are not ready to start at the designated start time.</u> A rower arriving late at their machine may be allowed to start at the Responsible Umpire's discretion. 	The Virtual Race Lobby has been added for Virtual events and Hybrid events. The responsibility for virtual competitors to meet the technical requirements has been added.
23) The Starting Procedure (Rule 67)	22) 23) The Starting Procedure (Rule 67)	

<p>a) When all rowers are on their machines and approximately one minute before the start time, the Responsible Umpire shall instruct the responsible official to commence the Starting Procedure as follows:</p> <p>i) The responsible official shall say: “All rowers put down the handle” and shall then wait until the flywheels on all machines have stopped.</p> <p>ii) Any rower not following the instructions of the officials, or not ready to race by the time all machine flywheels have stopped may be excluded from the race unless they have good reason which is accepted by the Responsible Umpire.</p> <p>iii) After all flywheels have stopped, the responsible official shall say: “All rowers pick up the handle”.</p> <p>b. When the Responsible Umpire is satisfied that all rowers are ready to race, the Start will then proceed as follows:</p> <p>i. With Computer Interconnection – when the computer display indicates that all flywheels have stopped, the responsible official shall trigger the computer starting command sequence.</p> <p>The computer programme will display the start graphic and will audibly count down to the Start as follows, at</p>	<p>e) When all rowers are on their machines and approximately one minute before the start time, the Responsible Umpire shall instruct the responsible official to commence the Starting Procedure as follows:</p> <p>i) The responsible official shall say: “All rowers put down the handle” and shall then wait until the flywheels on all machines have stopped.</p> <p>ii) Any rower not following the instructions of the officials, or not ready to race by the time all machine flywheels have stopped may be excluded from the race unless they have good reason which is accepted by the Responsible Umpire.</p> <p>iii) After all flywheels have stopped, the responsible official shall say: “All rowers pick up the handle”.</p> <p>b. When the Responsible Umpire is satisfied that all rowers are ready to race, the Start will then proceed as follows:</p> <p>i) With Computer Interconnection – when the computer display indicates that all flywheels have stopped, the responsible official shall trigger the computer starting command sequence.</p> <p>The computer programme will display the start graphic and will audibly count down to the Start as follows, at</p>	<p>The Starting procedures are revised to represent what is currently applied for indoor races. Computer interconnections of some type have become standard in Indoor events.</p>
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<p>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 or a spoken word such as "GO!" or "ROW!"</p> <p>b) The command "GO!" or "Audible signal" is the signal to start the Race.</p> <p>ii) Without Computer Interconnection – The Responsible Umpire shall check that all rowers are ready and when the Umpire is satisfied that all flywheels have stopped, they shall count down in a measured and steady cadence: "Five - Four - Three - Two - One - GO!"</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 Responsible Umpire deliberately delays the race may be excluded from the race.</p>	<p>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 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>iii) Without Computer Interconnection – The Responsible Umpire shall check that all rowers are ready and when the Umpire is satisfied that all flywheels have stopped, they shall count down in a measured and steady cadence: "Five - Four - Three - Two - One - GO!"</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 Responsible Umpire deliberately delays the race may be excluded from the race.</p> <p>If the designated start time has passed the Responsible Umpire may start a race without</p>	
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<p>If the designated start time has passed the Responsible Umpire may start a race without reference to absentees or rowers who without good reason refuse to start.</p>	<p>reference to absentees or rowers who without good reason refuse to start.</p> <p><u>The starting procedure shall be displayed on the monitor of each rowing machine. Unless otherwise specified in the Competition Notice, the starting procedure shall be as follows:</u></p> <ul style="list-style-type: none"> a) <u>“STOP ROWING” – Rowers shall stop rowing and put down their handles. This display shall remain on the monitor until the flywheels on all machines have stopped</u> b) <u>“SIT READY” – The rowers shall pick up their handles, without pulling against the flywheel.</u> c) <u>“ATTENTION” which indicates that the race is about to start and that rowers should be ready. The time period between “Attention” and “Row” may vary from race to race.</u> d) <u>“ROW” is the start signal. It indicates the start of the race and the rowers may start rowing.</u> 	
	<p><u>For in-Person competitors, the same starting procedure may be played audibly to accompany the Starting procedure on the monitor.</u></p> <p><u>For competitors in Virtual and Hybrid events, if an audio Starting Procedure is needed, it is their responsibility to have a person accompanying them who can read aloud the Starting Procedure from the monitor.</u></p>	
<p>24) . False Start (Rule 83)</p>	<p>23) 24) False Start (Rule 83)</p>	

<p>a) 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.</p>	<p><u>a)</u> A rower starting to row after <u>the command "ATTENTION" and before the command "ROW" as defined in the start procedure in Bye-law 23 b) above</u> has caused a false start.</p>	
<p>i) With Computer Interconnection –The computer programme will detect when a rower has caused a false start.</p>	<p>i) With Computer Interconnection –The computer programme will detect when a rower has caused a false start.</p>	<p>The distinction between "with Computer Interconnection" and "Without Computer Interconnection" is no longer needed.</p>
<p>ii) Without Computer Interconnection – Where the machines have no computer interconnection and times are taken from the machine monitors only, the Responsible Umpire will be the judge if that a rower has caused a false start.</p> <p>b) Where a rower has caused a false start, the Responsible Umpire may stop the race and award the rower causing the false start a Yellow Card or, where there is no computer interconnection, may allow the race to continue and award a time penalty to the rower causing the false start.</p> <p>c) When a Yellow Card is awarded, the Responsible Umpire shall advise the rower receiving the Yellow Card by saying "Name of Rower (or Crew)" – "False Start!" – "Yellow Card!" The Responsible Umpire shall also advise the rower or crew that if they cause another False Start they shall be excluded. A yellow marker shall be placed upright on the</p>	<p>ii) Without Computer Interconnection – Where the machines have no computer interconnection and times are taken from the machine monitors only, the Responsible Umpire will be the judge if that any rower has caused a false start.</p> <p>b) Where a rower has caused a false start, the Responsible Umpire may <u>shall</u> stop the race and award the rower causing the false start a Yellow Card or, where there is no computer interconnection, may allow the race to continue and award a time penalty to the rower causing the false start.</p> <p>c) When a Yellow Card is awarded, the Race official shall advise the rower receiving the Yellow Card by saying in the format of "Name of Rower (or Crew)" – "False Start!" – "Yellow Card!". The Responsible Umpire shall also advise the rower or crew that if they cause another False Start <u>false start</u> they shall</p>	

<p>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 Responsible Umpire.</p>	<p>be excluded. A <u>For in-Person events, a</u> 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 Responsible Umpire.</p>	
<p>25) Responsibility of the Rowers (Rule 70)</p>	<p>24) 25) Responsibility of the Rowers (Rule 70)</p>	
<p>All rowers are expected to perform to their maximum ability in each race. Each rower is responsible for their own machine during the race.</p>	<p>All rowers are expected to perform to their maximum ability in each race <u>regardless of what live data or information may be available to them during their race.</u> Each rower is responsible for their own machine during the race.</p>	<p>The rowers have a responsibility to perform to their maximum ability event independent of what data may be available to them during a race. Not having live data is not a basis for an objection or protest.</p>
<p>a) Resistance setting – Where the rowing machine has a facility to adjust the resistance, the setting may be adjusted by the rower before the start of a race but no adjustment is permitted during a race.</p>	<p>a) Resistance setting – Where the rowing machine has a facility to adjust the resistance, the setting may be adjusted by the rower before the start of a race but no adjustment is permitted during a race.</p>	
<p>b) Damage or Failure</p> <p>i) In case of any damage to a machine or to the installations or connections which prevents a rower from completing a race or which causes their elapsed time or distance not to be recorded, the following shall apply:</p>	<p>b) Damage or Failure</p> <p>i) In case of any damage to a machine or to the installations or connections which prevents a rower from completing a race or which causes their elapsed time or distance not to be recorded, the following shall apply:</p>	

<p>(1) Damage caused by the rower – the rower shall be deemed not to have finished the race and shall not take any further part in that event.</p>	<p>(1) Damage caused by the rower – the rower shall be deemed not to have finished the race and shall not take any further part in that event. <u>The cause of the damage or failure is as determined by the designated Race Official.</u></p>	
<p>(2) Damage or failure not caused by the rower the rower shall be permitted to compete again in a later heat or race, or, if there are no further heats, shall be permitted to row alone at a day or time to be specified by the President of the Jury and their result shall be the time or distance so recorded;</p>	<p>(2) Damage or failure not caused by the rower - the rower shall be permitted to compete again in a later heat or race, or, if there are no further heats, shall be permitted to row alone at a day or time to be specified by the President of the Jury and their result shall be the time or distance so recorded; <u>The cause of the damage or failure is as determined by the designated Race Official.</u></p>	
<p>ii) 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.</p>	<p>ii) 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 by some or all competitors is required in the case that times or distances of all rowers cannot be recorded.</p>	
<p>26) Interference (Rule 71)</p>	<p>25) 26) Interference (Rule 71)</p>	
<p>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</p>	<p><u>a)</u> During a race no rower or other person shall interfere with another rower</p>	

<p>race the Responsible Umpire shall decide on the action and the resultant sanction to be applied under these Rules (Rule 70).</p> <p>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 pick up a dropped handle on behalf of the rower without being sanctioned.</p> <p>The Responsible Umpire shall ensure that no external factors influence the result of a race and to take appropriate action if they consider such influence has occurred.</p>	<p>b) In the case of such interference which affects the outcome of the race the Responsible Umpire shall decide on the action and the resultant sanction to be applied under these Rules (Rule 70).</p> <p>c) Under this Rule <u>Bye-law</u>, pushing or assisting a rower is not permitted and shall be regarded as interference.</p> <p>d) 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 pick up a dropped handle on behalf of the rower <u>touch the rowing machine for the purposes of transitioning between teammates, without being sanctioned.</u></p> <p>The Responsible Umpire <u>Race Officials</u> shall ensure that no external factors influence the result of a race and to <u>shall</u> take appropriate action if they consider such influence has occurred.</p> <p><u>During racing, if the movement of the rowing machine is likely to damage the technical installations or connections, Race Officials may take such actions as they consider necessary to prevent such damage whilst ensuring that no advantage or disadvantage is caused to the rower.</u></p>	
<p>27) Coaching During Racing (Rule 72)</p>	<p>26) 27) Coaching During Racing (Rule 72)</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>28) Conclusion of the Race (Rule 73)</p>	<p>27) 28) Conclusion of the Race (Rule 73)</p>	

<p>A rower has finished the race when their machine monitor shows that they have completed the distance or the time specified for the race. 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 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 they wish to make an objection or if the Responsible Umpire considers that the race was not in order, the Responsible Umpire shall raise a red flag at the end of the race, notify the race control system operators and announce that the results will be withheld pending an objection.</p> <p>The Responsible Umpire shall inform the rowers, the race control system operators and the President of the Jury of their decision. The results shall not be announced until the Responsible Umpire has given their decision.</p>	<p>a) A rower has finished the race when their machine monitor shows that they have completed the distance or the time specified for the race.</p> <p>b) A race is concluded when all rowers have finished the race.</p> <p>c) Rowers shall be ranked in order of the time taken to complete 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>d) <u>If the type of race requires a different method determining the race results, this shall be notified to all competitors in the Competition Notice.</u></p> <p><u>If a rower indicates they wish to make an objection or</u> If the Responsible Umpire considers that the race was not in order, <u>they</u> Responsible Umpire shall <u>raise a red flag at the end of the race</u> notify the <u>race control system operators relevant Race Officials and announce that the official results will be withheld until they are able to confirm that the race was in order.</u> <u>The Responsible Umpire shall inform the rowers, the Race Officials and the President of the Jury of their decision.</u> The results shall not be <u>announced confirmed</u> until the Responsible Umpire has given their decision.</p>	<p><u>Allows for different race formats like the 2023 Versa Challenge.</u></p>
<p>29) Dead-Heats (Rule 74)</p>	<p>28) 29) Dead-Heats (Rule 74)</p>	

<p>If there is a dead heat in any round other than a final, both rowers shall proceed to the next round.</p> <p>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.</p>	<p>If there is a dead heat in any round other than a final, both rowers shall proceed to the next round.</p> <p>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.</p>	
<p>30) Objections (Rule 75)</p>	<p>29) 30) Objections (Rule 75)</p>	
<p>a) A rower claiming that their race was not in order and the rower’s ranking in the race has been affected may make an objection to the Responsible Umpire immediately after the finish of the race and before leaving the immediate vicinity of their machine.</p> <p>b) Such objection may only concern the conduct of that rower’s race.</p> <p>c) The Responsible Umpire may accept or reject the rower’s objection and communicate their decision to the rowers in the race, the other race officials and the race control system operator.</p> <p>d) A rower excluded or otherwise sanctioned at the Start may make an objection to the Responsible Umpire at the time the sanction is awarded in accordance with Rule 76.</p>	<p>a) A rower claiming that their race was not in order and the rower’s ranking in the race has been affected may make an objection to the Responsible Umpire immediately after the finish of the race.</p> <p>b) Such an objection may only concern that rower’s race.</p> <p>c) The Responsible Umpire may accept or reject the rower’s objection and communicate their decision to the rowers in the race, and the other race Officials concerned and the race control system operator.</p> <p>d) A rower excluded or otherwise sanctioned at the Start may make an objection to the Responsible Umpire at the time the sanction is awarded in accordance with Rule 76.</p> <p><u>For an in-Person event, a rower may make an objection by raising their hand before leaving the immediate vicinity of their rowing machine.</u></p> <p><u>For competitors in a Virtual or Hybrid event, the procedure and time frame for making an objection will be specified in the Competition Notice.</u></p>	

31) Protests (Rule 76)	30) 31) Protests (Rule 76)	
<p>a) A protest to the Board of the Jury may only be made by:</p> <ul style="list-style-type: none"> i) a rower whose objection has been rejected; ii) a rower whose ranking in a race has been affected by the acceptance of an objection; iii) a rower ruled DNS (did not start) or DNF (did not finish); iv) a rower that has been excluded or disqualified; and v) a rower that disputes the published results. <p>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.</p> <p>c) The protest must be accompanied by a deposit of EUR 100 or equivalent, which amount shall be refunded if the protest is upheld.</p> <p>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.</p>	<p>a) A protest to the Board of the Jury may only be made by:</p> <ul style="list-style-type: none"> i) a rower whose objection has been rejected; ii) a rower whose ranking in a race has been affected by the acceptance of an objection; iii) a rower ruled DNS (did not start) or DNF (did not finish); iv) a rower that has been excluded or disqualified; or v) a rower that disputes the published results <u>of their race</u>. <p>b) Such a protest must be in writing and lodged with <u>submitted to</u> the President of the Jury not later than 30 minutes after the conclusion of the race publication of the official results <u>of the relevant race. For competitors in a Virtual or Hybrid event, procedure and time frame to lodge a protest will be specified in the Competition Notice.</u></p> <p>c) The protest must be accompanied by a deposit of EUR 100 or equivalent <u>in cash</u>, which amount shall be refunded if the protest is upheld. <u>For competitors in a Virtual or Hybrid event a mechanism to</u></p>	

<p>e) The Board of the Jury may:</p> <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> (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 <p>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.</p> <ul style="list-style-type: none"> 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. 	<p><u>submit the protest fee will be defined in the Competition Notice.</u></p> <p>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.</p> <p>e) The Board of the Jury may:</p> <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> (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 <u>at a time specified by the President of the Jury.</u> <p>f) At a World Rowing Indoor Championships, in the case of a protest</p>	
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<ul style="list-style-type: none"> ii) Where medal placings are affected, then the medals shall be re-awarded as necessary in accordance with the decision. g) 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. 	<p>arising from an objection concerning the final of an event, the Executive Committee may postpone the victory ceremony of that event.</p> <ul style="list-style-type: none"> 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. <p>g) Subject only to Rule 77, the decision of the Board of the Jury on such a protest shall be final and not subject to further appeal.</p>	
<p>32) Appeals (Rule 77)</p>	<p>31) 32) Appeals (Rule 77)</p>	
<ul style="list-style-type: none"> a) Appeals against a decision of the Board of the Jury is governed by Rule 77 Appeals. b) An appeal to the Executive Committee against a decision of the Board of the Jury may be made only by: <ul style="list-style-type: none"> i) a crew whose ranking in a race has been adversely affected by a decision of the Board of the Jury; or ii) a crew whose protest against the published results was rejected by the Board of the Jury. 	<ul style="list-style-type: none"> a) Appeals against a decision of the Board of the Jury is <u>are</u> governed by Rule 77, Appeals. b) An appeal to the Executive Committee against a decision of the Board of the Jury may be made only by: <ul style="list-style-type: none"> i) a crew <u>rower</u> whose ranking in a race has been adversely affected by a decision of the Board of the Jury; or ii) a crew <u>rower</u> whose protest against the published results was rejected by the Board of the Jury. 	

<p>c) 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.</p>	<p>c) 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.</p>	
<p>d) World Rowing Indoor Championships – The Executive Committee may designate its representatives who shall comprise the Appeals Committee to act with the full authority of the Executive Committee on appeals under these Rules.</p>	<p>d) At the World Rowing Indoor Championships – the Executive Committee may designate its representatives who shall comprise the Appeals Committee to act with the full authority of the Executive Committee on appeals under these Rules.</p>	
<p>33) Control Commission (Rule 81)</p>	<p>32) 33) Control Commission (Rule 81)</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 competition programme and the number of rowers. In particular, the Control Commission is responsible for the following:</p>	<p>The Control Commission shall include Jury members and national technical other Race Officials. The number of such Jury members and officials appointed shall take into account the competition programme and the number of rowers. In particular, the Control Commission is responsible for the following:</p>	
<p>a) The correct weighing of rowers in lightweight events following the procedures required by the Rules of Racing and Bye-Laws;</p>	<p>a) The correct weighing of rowers in lightweight events following the procedures required by the Rules of Racing and Bye-Laws;</p>	
<p>b) Rower changes before the race at competitions where such changes are allowed under these Rules;</p>	<p>b) Rower changes before the race at competitions where such changes are allowed under these Rules;</p>	
<p>c) Substitution of rowers in crew events who are injured or have fallen ill after the first heat of their crew event at International Indoor Rowing Competitions (no substitutes are allowed</p>	<p>c) Substitution of rowers in crew events who are injured or have fallen ill after the first heat of their crew event at International Indoor Rowing Competitions (no substitutes are allowed</p>	

for rowers competing in individual events);	for rowers competing in individual events);	
d) 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.	d) 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.	
e) At International Competitions where other arrangements are not in place for this purpose, checking the nationality of rowers, the ages of Under 19, Under 23 and Masters rowers;	e) At International Competitions where other arrangements are not in place for this purpose, checking the nationality <u>and age</u> of rowers, the ages of Under 19, Under 23 and Masters rowers; <u>where applicable;</u>	
f) Checking the uniform clothing of rowers in crew events and for all rowers its conformity with the rules regarding Identifications.	f) Checking the uniforms <u>and equipment</u> in crew events and for all rowers its for conformity with the rules regarding Identifications.	
g) 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.	h) Where anti-doping tests are carried out, ensure that <u>assist in the identification of</u> rowers required <u>selected</u> to undergo <u>anti-doping tests after their race.</u> are taken to the officials responsible for this immediately after leaving the Competition Area.	
34) The Responsible Umpire(Rule 82, 83, 84)	33) 34) The Responsible Umpire (Rule 82, 83, 84)	
The Responsible Umpire shall ensure that the correct starting, race and finish procedures are followed. Duties of the Responsible Umpire:	The Responsible Umpire shall ensure that the correct starting, race and finish procedures are followed. Duties of the Responsible Umpire:	
a) Before taking up their duties, the Responsible Umpire must be satisfied	a) Before taking up their duties, the Responsible Umpire must be satisfied	

<p>that all equipment and installations are present and in working order</p>	<p>that all equipment and installations are present and in working order</p>	
<p>b) The Responsible Umpire shall ensure that each rower competes on the machine which has been allocated to them.</p>	<p>c) The Responsible Umpire shall ensure that each rower competes on the machine which has been allocated to them.</p>	
<p>c) Starting Procedures – The Starting Procedures to be employed by the Responsible Umpire (including false starts) are described in Regulations 21 and 22.</p>	<p>d) Starting Procedures – The <u>Responsible Umpire shall oversee the</u> Starting Procedures to be employed by the Responsible Umpire (including false starts) are described in Regulations 21 and 22.</p>	
<p>d) Exclusion – The Responsible Umpire 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 to be excluded.</p>	<p>d) Exclusion – The Responsible Umpire</p> <ul style="list-style-type: none"> i) Shall- award a Red Card and exclude a rower or the crew of the rower if the rower or the crew <u>they has have</u> received two Yellow Cards that apply to the same race; or ii) <u>May exclude a rower or has otherwise violated these Rules to be excluded; or if they arrive late at their starting positions or not ready to race at the designated start time.</u> iii) <u>May exclude a rower in the case of Virtual and Hybrid events, who has not met the technical requirements to compete as stipulated in the Competition Notice.</u> <p><u>In addition or alternatively, the Responsible Umpire may impose other sanctions on a rower who arrives late at their starting position or is not ready to race at the designated start time.</u></p>	<p><u>Allows for a rower to be Excluded if they have not met the technical requirement to compete in a Virtual or Hybrid event.</u></p>

<p>e) Late Arrival – The Responsible Umpire exclude a rower arriving late (less than 2 minutes before their start time) at their starting positions or not ready to race at the designated start time.</p>	<p>e) Late Arrival – The Responsible Umpire exclude a rower arriving late (less than 2 minutes before their start time) at their starting positions or not ready to race at the designated start time.</p>	<p>Combined with previous section</p>
<p>f) Postponement – Should it be necessary to postpone a race (e.g. equipment breakage) the Responsible Umpire shall consult with the President of the Jury, then inform the rowers of the new starting time both verbally and in writing</p>	<p>e) f) Postponement – Should it be necessary to postpone a race (e.g. equipment breakage) the Responsible Umpire shall consult with the President of the Jury, then inform the rowers of the new starting time both verbally and in writing.</p>	
<p>g) The Responsible Umpire shall endeavour to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference.</p> <p>i) Where the Responsible Umpire is satisfied that a rower has been significantly impeded, the Umpire shall endeavour to ensure that their chance is restored to them. The responsible Umpire shall impose appropriate sanctions on rowers at fault.</p> <p>ii) If necessary, the Responsible Umpire may stop the race, impose any necessary sanctions and order the race to be re-rowed from the start, either immediately or later. In the latter case, they shall decide on the new starting time in consultation with the President of the Jury and</p>	<p>f) g) The Responsible Umpire shall endeavour to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference.</p> <p>i) Where the Responsible Umpire is satisfied that a rower has been significantly impeded, the Umpire shall endeavour to ensure that their chance is restored to them. The responsible Responsible Umpire shall impose appropriate sanctions on rowers at fault.</p> <p>ii) If necessary, the Responsible Umpire may stop the race, impose any necessary sanctions and order the race to be re-rowed from the start, either immediately or later. In the latter case, they shall decide on the new starting time in consultation with the President of the Jury and</p>	

<p>they shall inform the rowers concerned.</p> <p>The Responsible Umpire may also allow the race to continue and exclude rowers after the race has finished. They may confine any re-row to such rowers as they 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, they may decline to order a re-row of the race or of the rowers involved in the incident.</p>	<p>they shall inform the rowers concerned.</p> <p>The Responsible Umpire may also allow the race to continue and exclude rowers after the race has finished. They may confine any re-row to such rowers as they 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, they may decline to order a re-row of the race or of the rowers involved in the incident.</p>	
<p>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:</p> <ul style="list-style-type: none"> i) ascertain, in conjunction with the Umpire, that the race was in order; ii) be responsible for listing the rowers in the correct order of finish; iii) validate the results; iv) sign the official record of the results. 	<p>h) g) At the end of each race, the Responsible Umpire shall determine confirm the ranking of rowers at the end of each in the race. The Responsible Umpire shall:</p> <ul style="list-style-type: none"> i) ascertain, in conjunction with the Umpire other Race Officials concerned, that the race was in order; ii) be responsible for listing the rowers in the correct order of finish; ii) iii) validate the results to make them official; iii) sign the official record of the results. 	
<p>35) The Race Umpire (Rule 83)</p>	<p>34) 35) The Race Umpire Officials (Rule 83)</p>	
<p>The Race Umpire shall support the Responsible Umpire to ensure the proper conduct of the race and the safety of the rowers. In particular, they shall:</p>	<p>The Race Umpire Officials shall support the Responsible Umpire to ensure the proper conduct of the race and the safety of the rowers. In particular, they shall:</p>	

<ul style="list-style-type: none"> a) endeavour to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference. b) alert the Responsible Umpire to any problem or breach of these Rules; c) ensure that the time and distance rowed for each rower have been accurately recorded; d) 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; e) check the correct functioning of the machines; and f) check that the monitors on each individual machine are correctly set before the start of each race. <p>The ratio of Race Umpires to machines should be approximately 1:10.</p>	<ul style="list-style-type: none"> a) endeavour to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference. b) alert the Responsible Umpire to any problem or breach of these Rules; c) ensure that the time and distance rowed for each rower have been accurately recorded; d) 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; e) check the correct functioning of the machines; and f) check that the monitors on each individual machine are correctly set before the start of each race. <p>The ratio of Race Umpires to machines should be approximately 1:10.</p>	
<p>36) Anti-Doping (Rule 85)</p> <p>Doping is strictly prohibited. The fight against doping is regulated by the World Anti-Doping Code, which the World Rowing Congress has formally adopted as World Rowing Rules and which the World Rowing Council has the power to clarify and/or supplement, by appropriate Bye-Laws.</p> <p>Indoor Rowing Competition and the World Rowing Indoor Championships shall be governed by World Rowing's Anti-Doping Rules and Bye-Laws.</p>	<p>35) 36) Anti-Doping (Rule 85)</p> <p>Doping is strictly prohibited. The fight against doping is regulated by the World Anti-Doping Code, which the World Rowing Congress has formally adopted as World Rowing Rules and which the World Rowing Council has the power to clarify and/or supplement, by appropriate Bye-Laws.</p> <p><u>International</u> Indoor Rowing Competitions and the World Rowing Indoor Championships shall be governed by World Rowing's Anti-Doping Rules and Bye-Laws.</p>	

37) Exceptional Cases (Rule 86)	36) 37) Exceptional Cases (Rule 86)	
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 Championships 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 Championships the Executive Committee or its delegate shall make decisions in exceptional cases.	