



Indoor

Version

Last updated: July 1, 2025

Table of Contents

Indoor Rowing

Article 0 - ROI Preamble

RULE ROI 1 - Indoor Rowing Competition

RULE ROI 2 - Application

RULE ROI 3 - Eligibility and Right to Participate

RULE ROI 4 - Sex Eligibility

RULE ROI 5 - Safety and Health of competitors

RULE ROI 6 - Insurance

RULE ROI 7 - Commitment

RULE ROI 8 - Age Categories

RULE ROI 9 - Para Rowing Categories

RULE ROI 10 - Lightweight

RULE ROI 11 - Competition Formats

RULE ROI 12 - World Rowing Indoor Championships Programme

RULE ROI 13 - Rowing Machines

RULE ROI 14 - Rowing Machine Numbering

RULE ROI 15 - Competition Area

RULE ROI 16 - President of the Jury

RULE ROI 17 - The Jury

RULE ROI 18 - The Board of the Jury

RULE ROI 19 - Commercial Publicity, Sponsorship, Advertising and Identifications

RULE ROI 20 - Safety

RULE ROI 21 - Progression System

RULE ROI 22 - The Draw and Determining the Assigning of Competitors to Machines

RULE ROI 23 - Withdrawals and Change of Competitors

RULE ROI 24 - Sanctions

RULE ROI 25 - At the Start

RULE ROI 26 - The Start Procedure

RULE ROI 27 - False Starts

RULE ROI 28 - Responsibility of Competitors

RULE ROI 29 - Interference

RULE ROI 30 - Coaching During Racing

RULE ROI 31 - Conclusion of the Race

RULE ROI 32 - Dead Heats

RULE ROI 33 - Objections

RULE ROI 34 - Protests

RULE ROI 35 - Appeals

RULE ROI 36 - Anti-Doping

RULE ROI 37 - Exceptional Cases

RULE ROI 38 - Prevalence

RULE ROI 39 - Concluding Provisions

Indoor Rowing

ROI Preamble

World Rowing Rules of Racing applying to International Regattas shall apply to International Indoor Rowing Competitions and World Rowing Rules of Racing applying to World Rowing Championship regattas shall apply to World Rowing Indoor Championship competitions except as provided in these Rules and Bye-laws. In these Rules the word “Competition” shall have the same meaning as “Regatta” in the World Rowing Rules of Racing. References to “competitor” shall refer to both “individual” and a “crew”.

RULE ROI 1

Indoor Rowing Competition

An Indoor Rowing Competition is a competition in which all competitors use rowing machines as defined in these Regulations Rules and where the competition format is in accordance with these Rules.

An Indoor Rowing Competition may take place in the following formats:

1. In-Person (in-Person events) – A competition where all competitors are competing together in the same location in real time.
2. Virtual (Virtual events) – A competition where competitors are not in the same location but compete either in real time or in specified time frames.
3. Hybrid (Hybrid events)– A competition where in-Person and Virtual competitors compete against one another.

RULE ROI 2

Application

These Rules apply to International Competitions for Indoor Rowing and the World Rowing Indoor Championships together with and not in exclusion of the World Rowing Rules of Racing.

RULE ROI 3

Eligibility and Right to Participate

1. World Rowing Indoor Championships are open to anyone subject to the competition categories and compliance with these Rules and the World Rowing Rules of Racing.
2. World Rowing 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. Any such criteria will be published in advance of the Championships in the Competition Notice.

RULE ROI 4

Sex Eligibility

At International Indoor Rowing competitions and World Rowing Indoor Championships Rule 13 of World Rowing Rules of Racing and its Bye-Laws as to sex eligibility apply.

RULE ROI 5

Safety and Health of competitors

1. All competitors at International Indoor Rowing events are personally responsible to ensure that they have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the particular event.
2. It is strongly recommended that competitors in the World Rowing Indoor Championships undergo the Pre-competition Health Screening detailed in Bye-Law to Rule 15 2) a) of World Rowing Rules of Racing.
3. While the organising committee of an Indoor Rowing competition shall take all reasonable steps to provide safe conditions and appropriate safety measures, the ultimate responsibility for competing safely lies with each individual competitor and, if any, their team officials.
4. Additional safety provisions are at Rule ROI 20.

RULE ROI 6

Insurance

1. Each competitor at an International Indoor Rowing competition and at a World Rowing Indoor competition shall ensure that they have adequate and appropriate insurance cover in place for themselves for at least the duration of the event and the period of travel to and from, in accordance with Rule 15 of World Rowing Rules of Racing.
2. Where a competitor is accompanied by officials, which shall include coaches and all other support team members, this requirement for adequate insurance shall apply to all such officials.

RULE ROI 7

Commitment

Competitors may only compete at World Rowing Indoor Events if they have submitted a signed World Rowing Commitment Form, in accordance with Art. 52 of the World Rowing Statutes. Each accompanying official, if any, must have submitted a signed World Rowing Commitment Form to World Rowing before accreditation may be issued.

RULE ROI 8

Age Categories

1. The age of a competitor for Indoor Rowing events shall be their age on the 31st of December of the year in which the competition takes place.
2. The organising committee (in the case of International events) or World Rowing (in the case of World Rowing Events) may add or remove an age category for a specific competition. Any such changes to age categories shall be included in the Competition Notice.
3. The age categories which are recognised by World Rowing for Indoor Rowing are set out at the Bye-law to this Rule.

Bye-laws to Rule ROI 8 – Age Categories for Indoor Rowing

The following age categories are recognised by World Rowing

- Under 17
- Under 19
- Under 23
- 23-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-82
- 83-85
- 86+
- Open

Each competitor shall compete only in the age group corresponding to their age in accordance with Rule ROI 8.

RULE ROI 9

Para Rowing Categories

1. The Para rowing categories which are recognised by World Rowing for Indoor Rowing are set out in the Bye-law to this Rule.
2. Classification requirements for competitors in Indoor Para events will depend on the competition type and will be specified in the Competition Notice.
3. World Rowing may add or remove Para categories for a specific competition. Any changes to Para Rowing categories and classification requirements shall be included in the Competition Notice.

Bye-laws to Rule ROI 9 – Para Rowing Categories for Indoor Rowing

The following Para Rowing categories are recognised by World Rowing for Indoor Rowing:

- PR1
- PR2
- PR3-PI
- PR3-VI
- PR3-II (Intellectual Impairment)

Competitors with an intellectual impairment may compete in a PR3-II (Intellectually Impaired) category if they are listed as eligible on the VIRTUS international master athlete list.

RULE ROI 10

Lightweights

1. In-Person and Hybrid Events

- a. A competitor may compete in lightweight events at in-Person and Hybrid International Indoor Rowing Competitions if the following criteria are met:
 - i. A competitor in a lightweight men's event may not weigh more than 75.0 kgs.
 - ii. A competitor in a lightweight women's event may not weigh more than 61.5 kgs.
- b. Lightweight competitors for in-person events shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, each day of the competition.

2. Virtual Events The requirements for a competitor to compete in lightweight events at a Virtual International Indoor Rowing competition are set out in the Bye-law to this Rule.

3. There shall be no lightweight events for any age categories below category 19-20. No competitor who is under the age of 19 shall be permitted to enter a lightweight event in any category.

Bye-laws to Rule ROI 10 – Lightweight Competitors in Virtual Events

1. The right of a competitor to enter and compete in a lightweight event at a Virtual international Indoor Rowing competition shall be subject to the competitor complying in full with the requirements and processes for weigh-in and weight certification which shall be set out in the Competition Notice.
2. For World Rowing Indoor Events which are held only in Virtual format, the Executive Committee may stipulate such changes in the lightweight limits and weigh-in process as it considers are in the interests of the promotion of the competition and the sport of Rowing.

RULE ROI 11

Competition Formats

1. Formats of Competition at International Indoor Rowing competitions may include, but are not limited to, the following:

- a. Individual
- b. Crew – multiple competitors rowing simultaneously with the crew result being the combined result of all competitors in that crew.
- c. Relay Races:

Competitions may be held involving variations of the above formats and also in other Competition formats. The formats for the competition shall be included in the Competition Notice.

2. In addition to the above Competition Formats, different Race Formats may be adopted at International Indoor Rowing Competitions, These may include, but are not limited to, the following:

- a. fixed distance, with rankings based on order of finish
- b. fixed time with rankings based on the distance rowed.
- c. calories burned.
- d. others.

3. The race formats may vary from competition to competition and from race to race, but shall be published in the Competition Notice

4. Crew and Relay Race formats are described in the Bye-law to this Rule.

Bye-laws to Rule ROI 11 – Competition Formats

1. Indoor Rowing competitions under these Rules may be held in different formats in addition to individual rowers. These may include, but are not limited to, the following:

- a. Crew Format

This format involves multiple competitors rowing simultaneously with the crew result being the combined result of all competitors in that crew. There are two options for this format

- i. Each crew member shall row on an individual machine where each competitor's efforts are combined through an electronic link or other method; or
 - ii. 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.

- b. Relay Races

This format involves races in which two or more competitors in the same team take turns to compete on the same machine in the same race, subject to the following general rules:

- i. During a Relay Race, where changeover of competitors is required at specified time or distance points displayed on the performance monitor, the changeover of competitors must take place at the specified points. A competitor must reach the specified changeover point before the next competitor starts.
 - ii. Where a competitor 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.
 - iii. It is the responsibility of each relay team to change at the correct points. Additional sanctions may be imposed by the Umpire if they consider any competitors have deliberately not changed at the required point.

2. Additional or other rules may be applied to these formats but all such additional or other rules shall be set out in the Competition Notice for the event.

RULE ROI 12

World Rowing Indoor Championships Programme

1. World Rowing will determine the event programme, Competition formats and Race formats for the World Rowing Indoor Championships and shall publish these in the Competition Notice.
2. With the exception of mixed events, all events shall be the same for men and women.

RULE ROI 13

Rowing Machines

1. International Indoor Rowing Competitions:

All competitors in a race shall use identical make and model of rowing machines, the intention being that each competitor shall have equal racing conditions with all other competitors. No attachments may be added or connections made to any machine without the approval of the President of the Jury.

2. World Rowing Indoor Championships: The following requirements shall apply to World Rowing Indoor Championships in addition to the requirements in a) above,

- a. Only rowing machines approved by World Rowing shall be used in World Rowing Indoor Championships
- b. Performance Monitor – Each machine shall have a performance monitor which will allow display performance data specified by World Rowing. In accordance with Rule ROI 29, competitors shall abide by their own results, whether or not the stipulated race information is available to them during the race.
- c. 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 timing and results to be recorded directly to a central computer. A suitable computer race program must be available for this purpose.

RULE ROI 14

Rowing Machine Numbering

During competitions, rowing machines shall be numbered in accordance with the Bye-law to this Rule for identification purposes.

Bye-laws to Rule ROI 14 - Rowing Machine Numbering

1. Each rowing machine shall be allocated an individual identification number which shall be displayed at the front and the back of the machine in a form and manner which is visible to competitors and spectators. The numbering of each machine shall, in principle, remain unchanged for the duration of the whole competition except in the case of special competition formats where this is not either possible or necessary.

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.

2. In case a machine has to be replaced for any reason, including breakage, the replacement machine shall be allocated the number of the machine it replaces.

RULE ROI 15

Competition Area

The area in which the rowing machines for competition are located shall be clearly delineated and this shall be the Competition Area.

Bye-laws to Rule ROI 15 - The Competition Area

1. For in-Person events, the Race Officials and competitors are permitted in the Competition Area during racing. Additionally, the organizing committee (for international indoor competitions) and World Rowing for World Rowing Indoor Events) may authorize one support person per competitor to be allowed in the Competition Area.
2. Support persons may be limited to a specific location in the competition area during a race and shall at no time interfere with other competitors in any way, including by physical or other contact or verbal directions or comments. They shall follow the direction of race officials, who may remove a support person from the Competition Area if the actions of that person are considered by the race officials to be disruptive to other competitors or to the competition.
3. The minimum distance between the centres of each adjoining rowing machine placed side by side must be sufficient as to not interfere with the adjoining competitor or machine. For relay events, sufficient room must be allowed for the movement of other team members waiting or changing competitors 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.

RULE ROI 16

President of the Jury

The President of the Jury shall allot duties to each member of the Jury and shall supervise their 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 ROI 18.

RULE ROI 17

The Jury

1. The Jury shall be responsible for ensuring that the competition is run in accordance with these Rules and Bye-Laws and Event Regulations.
2. The Jury shall consist of persons carrying out the following duties:
3. President of the Jury;
 - a. Responsible Umpire(s) - 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;
 - b. Race Official(s) including 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.
 - c. Control Commission, one of whom shall be the senior member. For Hybrid events, designated Control Commission members may be given responsibility for in-Person and Virtual competitors.
 - d. 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.
4. The responsibilities of the Jury are set out in the Bye-law to this Rule.

Bye-laws to Rule ROI 17 – Responsibilities of the Jury

1. Control Commission –

The Control Commission shall include Jury members and other Race Officials. The number of such Jury members and officials appointed shall take into account the competition programme and the number of competitors. In particular, the Control Commission is responsible for the following:

- a. The correct weighing of competitors in lightweight events following the procedures required by Rule ROI 10;
- b. competitor changes before the race at competitions where such changes are allowed under these Rules;
- c. Substitution of competitors 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 for competitors competing in individual events);
- d. Checking the identity of competitors to ensure that the competitors 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 for Indoor Rowing;
- e. Where other arrangements are not in place for this purpose, checking the nationality and age of competitors where applicable;
- f. Checking the uniforms and equipment for conformity with these Rules regarding Identifications.
- g. Where anti-doping tests are carried out, assist in the identification of competitors selected to undergo anti-doping tests after their race.

2. The Responsible Umpire

The Responsible Umpire shall ensure that the correct starting, race and finish procedures are followed. Duties of the Responsible Umpire are as follows:

- a. Before taking up their duties, the Responsible Umpire must be satisfied that all equipment and installations are present and in working order
- b. The Responsible Umpire shall ensure that each competitor competes on the machine which has been allocated to them.
- c. Starting Procedures – The Responsible Umpire shall oversee the Starting Procedures and false starts (Rules ROI 25, ROI 26 and ROI 27).
- d. Exclusion and other Sanctions – The Responsible Umpire
 - i. Shall exclude a competitor if they have been awarded a Red Card;

- ii. Shall exclude any competitor who causes a false start in the re-start of a race in which a competitor has already caused one false start (Rule ROI 27).
 - iii. May exclude a competitor if they arrive late at their starting positions or are not ready to race at the designated start time.
 - iv. May exclude a competitor in the case of Virtual and Hybrid events, who has not met the technical requirements to compete as stipulated in the Competition Notice.
 - v. In addition or alternatively, the Responsible Umpire may impose other sanctions on a competitor who arrives late at their starting position or is not ready to race at the designated start time.
- e. 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 competitors of the new starting time.
- f. The Responsible Umpire shall endeavour to ensure that no competitor gains any advantage or suffers any disadvantage from its opponents or from outside interference.
 - i. Where the Responsible Umpire is satisfied that a competitor 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 competitors at fault.
 - 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 shall inform the competitors concerned.
 - iii. The Responsible Umpire may also allow the race to continue and exclude competitors 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 competitors involved in the incident.
- g. At the end of each race, the Responsible Umpire shall confirm the ranking of competitors in the race and shall:
 - i. ascertain, in conjunction with other Race Officials concerned, that the race was in order; and
 - ii. validate the results to make them official;

3. The Race Officials

The Race Officials shall support the Responsible Umpire to ensure the proper conduct of the race and the safety of the competitors. In particular, they shall:

- a. endeavour to ensure that no competitor 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 competitor or other parameters required by the race format have been accurately recorded;
- d. monitor the correct changeover of competitors in relay races and that competitors in a relay race change at the specified changeover points and within the required limits;
- 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.

RULE ROI 18

The Board of the Jury

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 ROI 34.

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.

RULE ROI 19

Commercial Publicity, Sponsorship, Advertising and Identifications

All Identifications displayed on clothing and equipment and in any other manner whatsoever at an Indoor Rowing competition held under these Rules shall be restricted and governed by the Bye-law to this Rule. Any contravention shall be subject to sanction.

Bye-laws to Rule ROI 19 - Commercial Publicity, Sponsorship, Advertising and Identifications

1. Application

These Bye-laws shall apply to:

- a. All International Indoor Rowing competitions governed by World Rowing Rules of Racing in addition to World Rowing Indoor Events.
- b. Racing and warm-up equipment stationed inside the Competition Area and the warm-up area within the official hours of opening of the competition venue and until the final victory ceremony is finished on each day of competition.
- c. Competitors and competitor's clothing and accessories with competitors when they are inside the Competition Area and on or near the victory stage while victory ceremonies are in progress.
- d. All regatta officials and umpires
- e. All support persons when inside the Competition Area.
- f. All sponsorship and advertising displays within the competition venue.

2. Definitions

- a. For the purpose of this Rule, the definitions of the following terms set out in Appendix 6, Bye-laws to Rule 39 of the World Rowing Rules of Racing, shall apply to these Indoor Rowing Rules:
 - i. "Sponsorship"
 - ii. "Advertising"
 - iii. "Identification"
- b. Sponsorship and Advertising
 - i. Advertising must comply with the laws of the country or region in which the competition is staged.
 - ii. Sponsorship by, or advertising of tobacco or e-cigarette products and alcohol products containing more than 15% alcohol and any substance which is on the World Anti-Doping Code list of Prohibited Substances and Methods, is prohibited.
 - iii. Advertising of all alcohol products is prohibited during competitions for Under 19 competitors.
 - iv. Advertising which is inappropriate or harmful to the image of rowing or in contradiction with World Rowing Statutes and Rules is prohibited.
 - v. With the exception of state lotteries owned or operated on behalf of a state authority, advertising of any form of betting, gambling, gaming or lottery competition, or of any organisation conducting such activity is prohibited.

- vi. Advertising and Identifications may not include anything which displays or leads to content not permitted under these Bye-laws.

3. Exclusive Rights of World Rowing

- a. The rights which shall be exclusive to World Rowing shall be as set out in Appendix R6 of the World Rowing Rules of Racing.
- b. At World Rowing Events, World Rowing may require competitors to wear World Rowing Identifications during racing or medal ceremonies, but such requirements shall be included in the Competition Notice.

4. Sanctions

Members of the Jury may impose sanctions on any competitor in contravention of Rule ROI 19 and these Bye-laws.

- a. Any competitor who has raced and is found to have been in contravention of Rule ROI 19 and these Bye-laws may be relegated to last place in that race.
- b. Any contravention by a competitor during a medal presentation ceremony may result in the medal being withdrawn from that competitor and awarded to the next placed competitor. The sanctioned competitor may be relegated to last place in that event or may be excluded, subject to the severity of the contravention.

5. Identifications

a. On Racing Clothing

- i. A competitor entered in the name of a Club or member federation shall wear the official racing uniform of that club or member federation.
- ii. Competitor's clothing may contain the following Identifications:
 - i. Sponsor Identification which does not conflict with these Bye-laws on the racing shirt or equivalent, and the racing shorts or equivalent. Sponsor Identifications may also be displayed on any track-suit worn by the competitor over their racing uniform.
 - ii. Manufacturer Identification on each of the racing shirt and racing shorts or equivalent. In addition, a product technology Identification is allowed on each item of clothing.
 - iii. Headwear – Sponsor Identifications and a Manufacturer Identification.
 - iv. Identifications on other accessory clothing items and equipment worn or carried by the competitor in the Competition Area and on the victory ceremony stage, including but not limited to socks, glasses, wrist bands, towels and bags, shall be limited to Manufacturer Identifications as are generally used on those specific products when they are sold through the retail trade.

b. On Racing Equipment for In-person Competitors

- i. No competitor shall have the right to attach or display any Identification on equipment which is provided by the organising committee.
 - ii. The Manufacturer's name and logo, as are generally used on those products when they are sold through the retail trade, may be displayed on each rowing machine.
 - iii. The Sponsor Identifications of the organising committee (for International Indoor Rowing events) or World Rowing (for World Rowing Indoor Events) may be displayed on the rowing machines and on the machine numbers.
- c. Support Person - The Identifications on clothing worn by the support person for any competitor and on the equipment and accessories carried by them in the Competition Area shall not exceed those allowed for the competitor under these Bye-laws and shall be governed by these Bye-laws.

RULE ROI 20

Safety

The following provisions are in addition to Rule ROI 5.

1. For In-Person events and for in-Person competitors at Hybrid events -
 - a. The Organizing Committee shall put in place 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.
 - b. A suitably prepared and qualified medical service shall operate at the venue during the official training and competition hours. World Rowing makes no representation to competitors as to the suitability, condition or safety of the event.
2. 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.

RULE ROI 21

Progression System

The Indoor Rowing Progression System, if any, 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.

RULE ROI 22

The Draw and Determining the Assigning of Competitors to Machines

1. For the purpose of assigning of competitors to machines, all machines shall be regarded as being equal in accordance with Rule ROI 13. The organising committee for International Indoor Competitions and World Rowing for World Rowing Indoor Events may base the assignment of competitors to machines on principles which it considers best serve the sports presentation of the competition. The principles adopted for this purpose shall be made available to competitors.
2. The Draw for the heats, if any, shall take place, in principle, no later than the day before the competition.
3. Where there is a draw to assign competitors to heats, competitors will be assigned to a heat number or race by one of the following methods:
 - a. Where competitors are not seeded or otherwise ranked and are required to row in heats, a random draw supervised by the Jury shall be held to determine the heat to which each competitor will be assigned in the first round of each event.
 - b. Where some or all competitors are seeded or are otherwise ranked for the purpose of the Competition those seeded/ranked competitors shall be assigned first, followed by the remaining competitors. The assignment to heats shall be based on the same principles as in 1 above.
 - c. For the purpose of this Rule, the basis for seeding and/or ranking shall be determined by the organising committee for International Indoor Competitions and by World Rowing for World Rowing Indoor Events and shall be made available to competitors.

RULE ROI 23

Withdrawals and Change of Competitors

The rules governing withdrawal of competitors and replacement of competitors are set out at the Bye-laws to this Rule.

Bye-laws to Rule ROI 23 - Withdrawals and Change of Competitors

1. A competitor wishing to withdraw from an event which they have entered shall give notice in writing of the withdrawal
 - a. At International Indoor Rowing competitions - to the organising committee before the start of the event;
 - b. At World Rowing Indoor Championships - at least 3 hours before the Draw.

A withdrawal once made is irrevocable.

2. A competitor who withdraws from an individual event shall not be replaced.
3. A competitor who is entered as part of a team or crew in a relay event or other event which requires two or more competitors, may be replaced before the start of their event. Up to 50% of the crew or team may be replaced under this Rule subject to such changes being submitted in writing.
4. No change of competitors shall be made after a race has started.
5. There shall be no financial penalty for a withdrawal.

Sanctions

In any case of breach of the Rules, a member of the Jury may impose appropriate sanctions. The sanctions available are:

1. Reprimand, which is a formal admonishment that the conduct of the competitor or crew is in breach of the Rules and that this breach may be taken into account when considering an appropriate sanction for any further breach during that competition. This will be an appropriate sanction where the breach does not warrant a high level of sanction.
2. Yellow Card – which is a formal warning for a breach of the Rules:
 - a. A Yellow Card awarded prior to the start or during a race shall lapse only when the race is concluded and shall therefore still apply in the case of a postponement or a Re-Row of that race.
 - b. A competitor or crew awarded two Yellow Cards applying to the same race shall immediately be awarded a Red Card and excluded from the event.
3. Relegation (REL) – which places a competitor or crew in the last position in a race where specifically provided in these Rules.
4. Red Card or Exclusion (EXC) which excludes the competitor or crew from all the rounds of the event in question. This sanction is for a serious and/or repeated breach of the Rules justifying that the offending competitor or crew take no further part in the event.
5. Disqualification (DSQ) which disqualifies a competitor or a crew from all events in the competition.
 - a. This sanction is for the most serious breach of the Rules justifying removal from the competition.
 - b. Where a competitor is disqualified, they shall take no further part in the competition and shall not be replaced.
 - c. Where a member of a crew is disqualified at a time when Rule 45 and 46. ROI 24 does not allow substitutions, then the crew member may not be replaced and that crew shall be excluded from all rounds of the event in question.
 - d. Where a crew is disqualified, no member of that crew shall take any further part in any event at that competition.

Bye-laws to Rule ROI 24 – Yellow and Red Cards

1. When a Yellow Card or Red Card is awarded to a competitor or crew, the sanctioned competitor or crew shall be informed immediately or as soon thereafter as possible and before the start of the next race to which it applies.
2. In the case of a Yellow Card applying to the next race of the sanctioned competitor or crew for which the competitor or crew is not yet inside the Competition Area, the sanction shall be announced verbally to them by a Jury member when they enter the Competition Area for their race.
3. A competitor or crew awarded a Red Card or otherwise excluded or disqualified shall not participate in the race once notified of the sanction.
4. If a sanction which affects the result of a competitor or crew is applied by a member of the Jury, it shall be shown on the race result in the following form: DSQ – Disqualification; EXC – Red Card or Exclusion; REL – Relegation

RULE ROI 25

At the Start

1. Competitors and support persons shall only enter the Competition Area or enter the Virtual Race Lobby (in the case of Virtual and Hybrid events) as directed by Race officials.
2. Support persons shall not enter the Competition Area after the Start procedure in Rule ROI 27 has commenced.
3. It is the responsibility of the competitor to be seated on their machine before the designated start time.
4. 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.
5. The race may be started without reference to absentees or to those competitors who are not ready to start at the designated start time.

RULE ROI 26

The Start Procedure

The Start procedure for International Indoor Rowing events is set out in the Bye-laws to this Rule.

Bye-laws to Rule ROI 26 - The Start Procedure

1. The commands which form the Start procedure shall in principle be displayed in turn on the monitor of each rowing machine.
2. Unless otherwise specified in the Competition Notice, the commands forming the Start procedure and the actions required by the competitors shall be as follows:
 - a. "STOP ROWING" – competitors shall stop rowing and put down their handles. This display shall remain on the monitor until the flywheels on all machines have stopped
 - b. "SIT READY" – The competitors shall pick up their handles, without causing any movement of the flywheel.
 - c. "ATTENTION" which indicates that the race is about to start and that competitors should be ready.
 - d. "ROW" or "GO" is the start signal. It indicates the start of the race and the competitors may start rowing.
3. The time period between "Attention" and "Row/GO" may vary from race to race.
4. For in-Person competitors, the same Start procedure commands may be broadcast audibly to accompany the Start commands displayed on the monitor.
5. For competitors in Virtual and Hybrid events, if audible Start commands are needed, it is their own responsibility to have a person accompanying them who can read aloud the Start commands from the monitor.

RULE ROI 27

False Starts

A competitor starting to row after the command “ATTENTION” and before the command “ROW” as defined in the Start procedure in the Rule ROI 26 has caused a false start.

The actions which shall be taken as a result of a false start are set out in the Bye-laws to this Rule

Bye-laws to Rule ROI 27 – False Start

1. Where a competitor, or several competitors together, cause a false start, the Responsible Umpire shall stop the race.
2. The Umpire shall announce to all competitors in the race:

“FALSE START! ALL ROWERS, YELLOW CARD!”

and at the same time the Umpire shall hold a Yellow Card above their head, visible to all competitors in the race.
3. If a competitor who has caused the false start already has a Yellow Card applying to that race for any infringement, then that competitor shall be awarded a Red Card and excluded from the race.
4. The Starter shall then proceed with a new start for that race in accordance with Rule ROI 26.
5. When the race is re-started after being stopped for a false start, if a further false start occurs, the Starter shall again stop the race. All competitor(s) causing a false start in a race which has been re-started because of a previous false start shall be awarded a Red Card and excluded from the race. Those competitor(s) and their support person shall immediately leave the Competition Area.

Responsibility of Competitors

The responsibilities of competitors are set out in the Bye-laws to this Rule.

Bye-laws to Rule ROI 28 – Responsibility of Competitors

1. All competitors are assumed to have performed to their maximum ability in each race regardless of what live data or information may be available to them during their race.
2. Each competitor is responsible for their own machine during the race.
3. Resistance setting – Where the rowing machine has a facility to adjust the resistance, the setting may be adjusted by the competitor before the start of a race but no adjustment is permitted during a race, including any actions that would change the air flow in and around the rowing machine.
4. Damage or Failure
 - a. In case of any damage to a machine or to the installations or connections which prevents a competitor from completing a race or which causes their elapsed time or distance not to be recorded, the cause of the damage or failure shall be determined by the designated Race Official, whose determination shall be final. The following shall apply:
 - i. Damage caused by the competitor – the rower shall be deemed not to have finished the race and shall not take any further part in that event.
 - ii. Damage or failure not caused by the competitor - the competitor 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;
 - b. 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, but in principle, only in the case that times or distances of all competitors cannot be otherwise determined.

RULE ROI 29

Interference

1. During a race no competitor or other person shall interfere with another competitor.
2. 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 Rule ROI 24.
3. Under this Rule, pushing or assisting a competitor is not permitted and shall be regarded as interference.
4. However, in a relay event, members of the same relay team shall be permitted to hold the feet of the competitor of their own team while rowing and to touch the rowing machine for the purposes of transitioning between teammates, without being sanctioned.
5. The Race Officials shall ensure that no external factors influence the result of a race and shall take appropriate action if they consider such influence has occurred.
6. 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 competitor.

RULE ROI 30

Coaching During Racing

It is prohibited to use any electric, electronic or other technical device to give any instructions, advice or directions to competitors that are racing. For in-person events, the President of the Jury may allow competitors to use of headphones or earbuds during competition.

RULE ROI 31

Conclusion of the Race

1. Race is in Order

- a. Subject to 1.d. below, a competitor has finished the race when their machine monitor shows that they have completed the distance, time, calories or other parameters specified for completing the race.
- b. A race is concluded when all competitors have finished the race and the Responsible Umpire has confirmed that the race results are in order.
- c. Competitors shall be ranked in order of the time taken to finish the race, the distance rowed or the other required parameters to finish that race.
- d. If the type of race requires a different method of determining the race results, this shall be notified to all competitors in the Competition Notice. For such methods, the finish of the race may not be indicated by the machine monitor and such information shall be provided to rowers before the race.

2. Race is Not in Order

- a. If the Responsible Umpire considers that the race was not in order, they shall notify the relevant Race Officials and announce that the official results will be withheld until they are able to confirm that the race was in order.
- b. The Responsible Umpire shall inform the competitors, the Race Officials and the President of the Jury of their decision. The results shall not be confirmed until the Responsible Umpire has given their decision.

RULE ROI 32

Dead Heats

When the order of finish between two or more competitors is too close for any difference to be determined, then the result shall be declared a dead heat between the competitors involved and the following will apply:

1. If there is a dead heat in any round other than a final, the competitors involved in the dead heat shall proceed to the next round.
2. In a final, if a dead heat occurs between competitors, they shall be given equal placing in the final order and the next placing shall be left vacant.

RULE ROI 33

Objections

1. A competitor claiming that their race was not in order and that their 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 by raising their hand to indicate they wish to make an Objection.
2. For competitors in a Virtual or Hybrid event, the procedure and time frame for making an Objection will be specified in the Competition Notice.
3. Such Objection may only concern the conduct of that competitor's race.
4. The Responsible Umpire may accept or reject the competitor's Objection and shall communicate their decision to the competitors in the race, and to the other Race Officials.
5. A competitor 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 ROI 24.

Protests

1. A protest to the Board of the Jury may only be made by a competitor:
 - a. whose objection has been rejected;
 - b. whose ranking in a race has been affected by the acceptance of an objection;
 - c. ruled DNS (did not start) or DNF (did not finish);
 - d. that has been excluded or disqualified; and
 - e. that disputes the published results of their race.
2. Such a protest must be in writing and submitted to the President of the Jury not later than 30 minutes after the publication of the official results 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.
3. The protest must be accompanied by a deposit of EUR 100 or equivalent in cash, which amount shall be refunded if the protest is upheld. For competitors in a Virtual or Hybrid event a mechanism to submit the protest fee will be defined in the Competition Notice.
4. 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.
5. The Board of the Jury may:
 - a. Reject the protest;
 - b. Uphold the protest and provide such relief as may be necessary to restore each affected competitor'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:
 - i. Reprimand a competitor;
 - ii. Exclude a competitor from the event;
 - iii. Disqualify a competitor;
 - iv. Relegate a competitor to last place in the race where specifically provided for in these Rules;
 - v. Order a re-row in accordance with Rule 65 between some or all competitors in the race at a time specified by the President of the Jury.
6. 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.
 - a. 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.

- b. Where medal placings are affected, then the medals shall be re-awarded as necessary in accordance with the decision.

7. Subject only to ROI 35, the decision of the Board of the Jury on such a protest shall be final and not subject to further appeal.

RULE ROI 35

Appeals

1. An appeal against a decision of the Board of the Jury may only be made to the World Rowing Executive Committee. Only appeals provided for by this Rule will be considered by the Executive Committee.
2. An appeal may be made only by:
 - a. a competitor whose ranking in a race has been adversely affected by a decision of the Board of the Jury; or
 - b. a competitor whose protest against the published results was rejected by the Board of the Jury.
 - i. 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.
 - ii. Appeal Time Limits and Requirements –
 - c. International Indoor Rowing Competitions - An appeal must be lodged with the Executive Director of World Rowing within three days of the date that the decision to be appealed was notified to that competitor, crew, club or member federation;
 - d. World Rowing Indoor Championships – An appeal must be lodged at the World Rowing Office at the Competition venue within one hour of the publication of the official results of the race following the decision of the Board of the Jury.
 - e. An appeal shall be by notice in writing specifying:
 - i. The competitor, crew or member federation bringing the appeal;
 - ii. The decision appealed against;
 - iii. The grounds to be relied on for the appeal.
 - f. The appeal must be accompanied by a fee of EUR 200 or equivalent which fee shall be refunded if the appeal is allowed.
3. 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.

RULE ROI 36

Anti-Doping

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.

International Indoor Rowing Competitions and the World Rowing Indoor Championships shall be governed by World Rowing's Anti-Doping Rule 86 and Bye-Laws (Appendix R10).

RULE ROI 37

Exceptional Cases

Should it be necessary to take decisions in exceptional cases

1. At International Indoor Rowing Competitions – the President of the Jury shall appoint and preside over a body to make such decisions.
2. At a World Rowing Indoor Championships the Executive Committee or its delegate shall make decisions in exceptional cases in accordance with Rule 87(2) of the World Rowing Rules of Racing.

RULE ROI 38

Prevalence

These Rules, Bye-Laws and associated documents may be published in multiple formats, in English and in French language versions. Should any conflict occur between versions, the PDF format most recently published on the World Rowing website in the English language, will prevail.

RULE ROI 39

Concluding Provisions

These Rules of Racing were approved effective immediately by the World Rowing Quadrennial Congress held in Lausanne, SUI from March 14 to 15, 2025.