



Marine Corps Trials Rowing Competition Rules

Rowing

Indoor rowing is an endurance sport. Competition measures power output and athlete's speed. The concept II rower is used to simulate the action of outdoor water rowing. The indoor rower should be modified for inclusion for all competitors to participate.

Rowing Equipment

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

All competitors in any one 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 competition director and in accordance with the World Wide Rowing Federations. Competitors shall not be permitted to use their own machine in an international competition but shall use the machine to which they are allotted by the organizing committee.

Only rowing machines approved by the organizing committee shall be used in Indoor rowing competitions. The rowing machines shall at a minimum have interconnection for electronic timing and external graphic display. (ii) Performance Monitor – Each machine shall.

The rowing machines shall be placed on a non-slip surface or some other measures shall be taken to minimize the movement of the machines during racing.

Resistance: 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. In the case of a relay event, such adjustment may be made at the same time as the rowers change but not at any other time during a race. **There are no prescribed damper settings for competitions.**

Rules

1. Must be a total of 2 competitors per event In the event that there is a single competitor, they will be given the opportunity to compete 'up' (i.e. IR1 compete with IR2 competitors), but there will be no factoring to the distance and no separate medals awarded.
2. All rowers shall be seated on their machine two minutes before the designated start time.
3. Competitors may compete in both of the following events:

- a. One Minute individual sprint race
- b. Four minute individual endurance race
4. Men and women will compete in separate categories.
5. Competitors racing in the one and or 4 minute individual races will be ranked into their categories by the distance rowed in the designated time period for that event.

Competition Start

1. When the rowers for which they are seated on their machines, each timekeeper shall raise his or her hand above their head.
2. When all the rowers are on their machines and approximately one minute before the start time, the Starting official shall say: **“All rowers pick up the handle”**.
3. When each timekeeper sees that the rowers for which they are responsible have picked up the handle and the flywheel is not moving the competitor is ready to race, they shall lower their hand. If a racer is not ready or needs to adjust the components of the rower the timekeeper will keep his or her hand in the air.
4. The starter will ensure all flywheels have stopped moving and will trigger the computer starting sequence: **“Sit Ready, Attention – GO!”**
5. If the Starter considers that a rower has caused a false start he may stop the Race or he may allow the race to continue. Where the Starter decides to allow the race to continue then no warning shall be given.

Venue Set up

1. The competition venue should be in a sports hall or arena or a similar venue with adequate space for the competition and facilities for spectators suitable for the competition layout.
2. A Separate warm up area should be designated for competitors to use prior to competition heat. The warm up area can be in the same room but it must be separate from the competition area.
3. Race Control area in which the computer race controls and the relevant race management officials will sit during the competition.

4. The competition machines are positioned in two or more rows.
5. Only the Race Officials and competing rowers and one timekeeping volunteer per rowing machine are permitted to be in the competition area during the race.
6. The volunteer timekeeper should be at the side each rower should record the following information at the end of each race.
 - a. Name of Athlete
 - b. Gender
 - c. Distance covered in the 1 minute or 4 minute time limit.
 - d. Recorded information must be turned in to officials at the end of each heat.
7. A large digital clock should be available showing the amount of time passed per each race.

Classifications

Rowing is open to all illness/ injury groups, with men and women competing separately for medals. Medals will be awarded across both the 1 minute and 4 minute events for a maximum of 12 categories (6 for men and 6 for women).

Category	Description	Technical / Functionality	Equipment
IR1	Triple Amputees/ Complex Trauma to 3 or more limbs.	Competitors have a complex trauma injury to 3 or more limbs	Static rowing seat (flat or upright) and single hand grip. Hand grips allowed on remaining hand if grip impaired.
IR2 (FISA AS)	For those who can only use arms and shoulders – no leg/ trunk function (e.g. VERY high bilateral amputees, SCI (those who rely on a wheelchair etc)	Unable to pass a long sit test – if the competitor sits with their legs straight out in front of them with arms straight out at shoulder height, are they	Upright rowing seat with lap, pelvic and chest strap. Hand grips allowed if grip impaired, e.g. Active Hands

	Neurological impairment with a complete lesion at T12 level, or an incomplete lesion at T10	able to lean forwards 450 and backwards 450? • Unable to perform a standing squat	
IR3	Upper Limb impairments only – full leg and trunk function. i.e. above elbow amputees, below elbow amputees, nerve damage to Upper limbs etc.	Would row with one arm/ with hand grips if grip impaired • Full leg and trunk function – are able to propel themselves on a sliding seat	Single hand grip, standard rowing seat and set up (sliding seat). If grip impaired on other hand, hand grips allowed, e.g. Active Hands
IR4 (FISA TA)	This would be for severe leg impairments, with trunk function including bilateral amputees with long residual femur, reduced active functional range of movement in one or both knees which prevents compression beyond half slide – i.e. significantly reduced flexion of the knee(s) Neurologic impairment equivalent to a complete lesion at L3 level, or incomplete lesion at L1	Unable to perform a standing Squat • Unable to propel themselves on a sliding seat of a rowing machine • Tested with and without prosthetics	Flat seat (static) with leg straps (x2). Hand grips allowed if grip impaired, e.g. Active Hands
IR5 (FISA LTA)			

	Use of legs, trunk and arms but with a physical impairment, i.e. below knee or through knee amputee, VI, ankle/ wrist injuries, minor upper arm injuries (usually below elbow); includes visual impairment	Able to row using legs, trunks and arms (i.e. standard rowing machine set up) <ul style="list-style-type: none"> • Able to propel the sliding seat of a rowing machine at >half slide for 15-20 stroke • This Category can also include neurological impairments with a physiological impact (i.e. reduced coordination) 	Standard rowing seat. Hand grips allowed if grip impaired, e.g. Active Hands
IR6	Open – For all those without a physical injury/ minimal physical injury (i.e. PTSD, brain injury etc.)	Able to row using legs, trunk and arms on a standard rowing machine	Standard rowing seat and set up. Hand grips allowed if grip impaired, e.g. Active Hands

Venue Set up

8. The competition venue should be in a sports hall or arena or a similar venue with adequate space for the competition and facilities for spectators suitable for the competition layout.
9. A Separate warm up area should be designated for competitors to use prior to competition heat. The warm up area can be in the same room but it must be separate from the competition area.
10. Race Control area in which the computer race controls and the relevant race management officials will sit during the competition.
11. The competition machines are positioned in two or more rows.

Notes:

Time Keep Cards

Competition Time Limit:

Heat	Competitor Name	Classification	Gender	Total Meters Rowed

Timekeeper name: _____

Rower Number: _____

Notes:

References

- 1. Invictus Rules 2017**
- 2. Event Regulations Indoor Rowing 081217-FISA**
- 3. Rules and Regulations-Indoor Rowing Competition Regulations (2016).**