

## **APPENDIX 13**

# **EVENT REGULATIONS AND/OR DEPARTURES FROM THE FISA RULES OF RACING – PARA-ROWING COMPETITION REGULATIONS 2013**

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

### **Regulation 1 – Application (Rule 2)**

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

### **Regulation 2 – Right to Participate (Rule 18)**

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

### **Regulation 3 – Eligibility (Rule 19)**

*No rower may compete in a Para-Rowing event under these Rules unless they have submitted an Para-Rowing Rower Classification Application Form to FISA through their national federation and have been classified as set out in the FISA Classification Regulations for Para-Rowing Rowers.*

### **Regulation 4 – Coxswains (Rule 27)**

*For Para-Rowing events there is no restriction on coxswains in respect of Para-Rowing eligibility, sex or age. The minimum weights of coxswains shall apply to Para-Rowing events.*

### **Regulation 5 – Mixed Masters Events (Rule 33)**

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

**Regulation 6 – World Rowing Championships Para-Rowing Boat Classes (Rule 36)**

World Rowing Championships include the following Para-Rowing events:

LTA Mixed coxed four (LTAMix4+)

LTA Mixed double sculls (LTAMix2X)

TA Mixed double sculls (TAMix2x)

AS Men's single sculls (ASM1x)

AS Women's single sculls (ASW1x)

In Mixed Para-Rowing events half of the rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be either a man or a woman. An LTAMix4+ crew may include a maximum of two rowers whose disability is visual impairment, only one of whom may have a sport class of LTA-B3. An LTAMix2x crew may include a maximum of one rower whose disability is visual impairment and that rower may be either LTA-B1 or LTA-B2.

**Regulation 7 – Paralympic Games Boat classes (Rule 37)**

The programme at the Paralympic Regatta includes the following events:

LTA Mixed coxed four (LTAMix4+)

TA Mixed double sculls (TAMix2x)

AS Men's single sculls (ASM1x)

AS Women's single sculls (ASW1x)

In Mixed Para-Rowing events half of the rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be of either sex. An LTAMix4+ crew may include a maximum of two rowers whose disability is visual impairment, only one of whom may have a sport class of LTA-B3.

**Regulation 8 – Boats and Equipment (Rule 39)****1. General Aspects**

- 1.1. The use of FISA Standard Para-Rowing boats is mandatory for all Para-Rowing AS1x and TAMix2x events.
- 1.2. The Council shall determine the design of FISA Standard Para-Rowing boats and any changes thereto. The design shall be a part of these Regulations. This design must be obtained from FISA to build an AS1X or a TAMix2X boat. Recommended specifications are also available.

- 1.3. *Those parts of the Standard Para-Rowing Boats which are not specified in these Regulations may be modified subject to these Regulations and subject to Rule 60.*
- 1.4. *No changes in the standard design of FISA Standard Para-Rowing Boats shall be made except in the year following the Paralympic Games.*
- 1.5. *The minimum weight of FISA Standard Para-Rowing boats shall be as specified in these Regulations (Regulation, Rule 34: Boat Weights).*
2. *Para-Rowing LTAMix4+ and LTAMix2X*
  - 2.1. *Boats used in LTAMix4+ events shall be subject to the same restrictions as those for coxed fours (4+) under the FISA Rules of Racing. No additional restrictions shall apply.*
  - 2.2. *Boats used in the LTAMix2X events shall be subject to the same restrictions as those for 2X events under the Rules of Racing.*
3. *Standard Para-Rowing TAMix2x*
  - 3.1. *The FISA Standard Para-Rowing TAMix2x has a fixed seat and may have stabilising pontoons. The hull, the pontoons where fitted, and the seat fixing are part of the Standard specifications. The seat itself and the rigger design of the Standard Para-Rowing TAMix2x are not restricted.*
  - 3.2. *TAMix2x rowers are required to comply with the strapping requirements set out in point 5 of this Regulation.*
4. *Standard Para-Rowing AS1x*
  - 4.1. *The FISA Standard Para-Rowing 1x has a fixed seat and must have stabilising pontoons installed, attached to the riggers at a minimum distance of 60 cm from centre line of pontoon to centre line of boat. The pontoons should be fixed in position so that when the rower is seated in the balanced boat both pontoons shall be horizontal and shall, at a minimum, touch the water. The hull, the pontoons and the seat fixing are part of the Standard specifications.*
  - 4.2. *The seat itself and the rigger design of the Standard Para-Rowing AS1x are not restricted, except that the design of the seat must be compatible with the Standard seat fixing and the design of the rigger must allow the stabilising pontoons to be correctly fixed.*
  - 4.3. *AS1x rowers are required to comply with the strapping requirements set out in point 5 of this Regulation.*

## 5. Strapping

- 5.1. *TAMix2x Strapping Requirements – rowers shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.*
- 5.2. *AS1x Strapping Requirements – rowers shall use a strap that must be secured to the seat back and around the torso just covering the xiphoid process (bone at the bottom of the sternum). The rower's lumbar region must remain in contact with the seat when the rower reaches forward when rowing, during training, warm up, cool down and racing. The purpose of the strapping is to prevent movement of the lumbar region away from the seat and it must be tight enough to do so. The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing. The straps must be attached to the seat on both sides. The point at which the strap is attached to the seat should be no lower than the top edge of the supportive portion of the strap at the front of the torso. Straps will be assessed with the rower in a static position with the spine straightened by bearing the weight of the upper body through the arms while the buttocks and back remain in contact with the seat. The rower's movement will be observed and assessed during rowing (training and racing) by members of the Para-Rowing Commission and FISA International Classifiers. The supportive portion of the back rest of the seat must not be lower than the level of the attachment points of the front strap. The back of the seat may be covered with a soft material to prevent injuries, but the covering material must not be thicker than 2 cm. If a bracket is attached to the strap it must not rotate at the attachment point.*

5.2.1. *Additionally, the AS1x rower shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.*

## 6. General Strapping Requirements

- 6.1. *All straps must be a minimum width of 50 mm, be of non-elastic material, be without mechanical buckles and must be able to be released immediately by the rower with a single quick hand action of pulling on the free end of the strap.*

- 6.2. *The colour of the all straps must be a contrasting colour from the rowers' racing uniform so that they can be clearly seen.*
  - 6.3. *All straps for each rower must be released in the same manner and direction.*
  - 6.4. *Any hand strapping must be able to be released immediately by quick mouth action.*
  - 6.5. *Additional strapping may be used by any rower provided the requirements of these Regulations are met.*
  - 6.6. *To avoid accidents arising from capsizing, all boats shall be equipped with stretchers or shoes that allow the rowers to get clear of the boat without using their hands and with the least possible delay.*
  - 6.7. *It is solely the responsibility of the rower to ensure that all strapping is compliant with these Regulations.*
  - 6.8. *Penalty for non-compliance – The penalty for having raced with non-compliant strapping and/or in the case of a AS 1x rower if the lumbar region of the rower does not stay in contact with the seat when reaching forward, shall be that the crew is relegated to last place in the particular race. If two or more crews in the same race have a non-compliant strap or movement, they shall all be relegated and they shall be ranked in the descending order of their finish. If the crew races again with a non-compliant strap or movement in a later round of the same event, then the penalty shall be the exclusion of the crew.*
7. *Eyewear for Visually Impaired Rowers*
    - 7.1. *Rowers classified as visually impaired must wear FISA or IBSA approved eyewear at all times when on the water during training, warm up, cool down, and competition from the opening day of the course until completion of the final race of their competition. Such eyewear shall completely block all light. All eyewear must be checked to ensure a secure fit and complete light occlusion by an IBSA doctor during classification or by a FISA International Classifier if an IBSA doctor is not present. (Samples of eyewear can be found on [www.worldrowing.com](http://www.worldrowing.com).)*

### **Regulation 9 – Boat Weights (Rule 41)**

*In addition to the requirements of Rule 34, the minimum weights for Para-Rowing boats shall include pontoons where used. The weight of the AS1x and TA2x boats*

*shall include the strapping which is firmly attached to the boat, the seat and/or to its fittings.*

*Straps, paddings and other items directly related to Para-Rowing which are not bolted, screwed, or glued directly to the boat or seat shall not be included in the weight of the boat. Equipment that replaces a part of the body (prosthesis) even if bolted, screwed, or glued directly to the boat or seat shall not be included as part of the weight of the boat.*

*The minimum weights of Para-Rowing boats are:*

4+	51kg
LTA2x	27kg
TA2x	37kg
AS1x	24kg.

#### **Regulation 10 – Length of the Course (Rule 43)**

*For Para-Rowing events the length of the standard course shall be 1,000 metres straight. The Executive Committee may decide to waive the use of starting pontoons for Para-Rowing events.*

#### **Regulation 11 – Rowers' Clothing and Blade Colours (Rule 51)**

*One or both rowers in the TAMix2x event may extend their racing uniform to cover their legs. Where both rowers cover their legs in this manner, such coverings shall be identical in colour and design.*

*Where AS1x rowers are using chest strapping and this strapping obscures the Identifications permitted to be worn on the racing shirt or equivalent, those Identifications which are so obscured may be repeated on the strapping material but shall not be visible on both the racing shirt and the strapping at the same time.*

#### **Regulation 12 Entries (Rule 54)**

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

**Regulation 13 – Crew Changes before the First Heat (Rule 59)**

*A rower whose sport class has been withdrawn or changed after the close of entries and before the first heat, may be replaced by another eligible rower from the same Federation.*

**Regulation 14 – Crew Changes after the First Heat (Rule 60)**

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

**Regulation 15 – Safety of Para-Rowing Rowers (Rule 62)**

*AS and TA rowers require special safety procedures which shall be agreed between FISA and the Organising Committee. In particular, the Organising Committee or the President of the Jury may require additional rescue boats to be present on the course for all Para-Rowing events, but particularly for AS events.*

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

*Safety requirements for strapping are set out at Regulation 8.5 and 8.6.*

**Regulation 16 – Traffic Rules on the Course (Rule 63)**

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

**Regulation 17 – Fairness – General Principles (Rule 66)**

*At all times when on the water during training, warm up, cool down, and competition from the opening day of the course until completion of the final race of their competition, all Para-Rowing rowers must row with the prescribed equipment which must be used according to the boat class as described at Regulation, Rule 33 and /or classification requirements as described in the FISA Classification Regulations. Equipment in this context refers to eyewear, strapping and pontoons.*

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

**Regulation 18 – Starting Procedure for LTAMix4+ and LTAMix2X  
(Rule 73)**

The LTAMix4+ and LTAMix2X event may include rowers with visual impairment. Therefore, at the start of each race in an LTAMix4+ and LTAMix2X event the Starter shall give an additional verbal indication to crews as follows:

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

**Regulation 19 – Yellow Card for LTAMix4+ (Rule 74)**

When the Starter awards a warning indicated by a Yellow Card to a crew in the LTAMix4+ event, the coxswain of that crew shall raise his arm to acknowledge that he understands that the penalty has been awarded to his crew.

**Regulation 20 – Interference (Rule 77)**

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

**Regulation 21 – Finish of the Race for LTAMix4+ and LTA Mix2x  
(Rule 79)**

At the finish of the race in the LTAMix4+ and LTAMix2x events, when raising the white flag the Umpire shall clearly state the words "WHITE FLAG!" for all crews to hear. Should he raise the red flag, he shall similarly clearly state the words "RED FLAG!"

**Regulation 22 – Objections (Rule 82)**

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

**Regulation 23 – Duties of the Umpire – Position of the Umpire's  
launch (Rule 97)**

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



**Regulation 24 – Duties of the Control Commission (Rule 95)**

For Para-Rowing rowers and boats the Control Commission should also check the following:

1. Accessibility of the pontoon area for rowers, such as those using wheelchairs or assisted by guide dogs, or authorised caregivers;
2. Compliance of all boats with FISA Standard Para-Rowing boats specifications;
3. Safety measures in TAMix2x and AS1x boats including foot stretcher and strapping;
4. Correct fixing of pontoons on AS1x boats in accordance with Regulation 33.4 above;
5. Correct use of eyewear by visually impaired rowers in LTA events; and,
6. Correct body strapping of rowers in AS and TA sport classes;

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

**Regulation 25 – Responsibility for Decisions on Strapping and Movement Compliance**

At Paralympic Games and relevant qualification regattas, World Rowing Championship and World Rowing Cup regattas FISA International Classifiers and/or members of the FISA Para-Rowing Commission will observe the strapping and movement of rowers while racing and shall have the sole responsibility of determining if the strapping or the movement of any rower is not compliant with these Regulations. Where they determine that a rower is non-compliant, these Classifiers or Commission members will communicate such determination to the Race Umpire who shall relegate the crew to last place in that race.