



Rules and Regulations for European Rowing Indoor Championships (adopted by ER GA Bled (SLO) – May 27, 2023)

These Rules and Regulations apply to European Rowing Indoor Championships and should be read in conjunction with the applicable European Rowing Rules of Racing and related Bye-Laws. Where a matter arises not explicitly covered by these Rules and Regulations, those of World Rowing will apply.

A. Rules

1. An Indoor Rowing Competition is a competition in which all rowers use rowing machines as defined in these Rules and where the competition venue and equipment is in accordance with these Regulations.
2. Eligibility: To compete in a European Rowing Indoor Championships, a rower shall be a citizen of the country for which they are competing.
3. Safety and Health of Rowers: All rowers at the European Rowing Indoor Championships 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. It is strongly recommended that rowers competing in the European Rowing Indoor Championships undergo the Pre-competition Health Screening detailed in World Rowing Bye-Law to Rule 14 2).
4. Anti-doping controls will be carried out in accordance with World Rowing Rules of Racing.
5. Commitment forms: all competitors must complete a World Rowing commitment form acknowledging their obligations to follow the rules of the competition, to respect their fellow athletes and officials and to acknowledge their commitment to clean sport.
6. Age categories:
 - a. The following age categories for indoor rowing are recognised by European Rowing:
 - i. Under 17;
 - ii. Under 19;
 - iii. Under 21;
 - iv. Under 23;
 - v. Open;
 - vi. Masters: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+.
 - b. The age of an athlete for the European Rowing Championships 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. For example, an Under 17 rower shall not have attained the age of 17 and an Under 19 rower shall not have attained the age of 19 by the relevant date.

7. Lightweights:
 - a) A rower may compete in lightweight events at the European Indoor Rowing Championships, if the following criteria are met:
 - 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;
 - 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 lightweight event in which they are competing, on each day of the competition;
 - c) There shall be no lightweight events for the Under 17 or Under 19 age categories or for Masters age groups.
8. Categories of competition:
 - a) Individual, 2000 meters;
 - b) Individual, 500 meters.
9. European Rowing Indoor Championships are held in the following categories:
 - a) Men (M): Individual Under 17, Under 19, Under 21, Under 23, Open, PR1, PR2, and PR3, Masters;
 - b) Women (W): Individual Under 17, Under 19, Under 21, Under 23, Open, PR1, PR2, and PR3, Masters;
 - c) Additionally, Individual lightweight categories will be offered in Under 21, Under 23 and Open;
 - d) In principle, a European Rowing Indoor Championships, must consist of a 2000 meter race and 500 meter race in each competition category listed above;
 - e) The ERB may agree additional categories and race formats with the Organising Committee which will not constitute European Rowing Indoor Championship events. The event programme will be announced in the Event Bulletin or Notice of Competition. With the exception of mixed events, any such additional formats shall be the same for men and women.
10. Race Protocol: for European Rowing Indoor Events race protocol will follow the relevant World Rowing Event Regulations for Indoor Rowing in all aspects in respect of the running of the competition, handling of false starts, umpire responsibilities, and etc. See specifically World Rowing Appendices to the Rules of Racing: Appendix R20 regulations 21-35, or relevant numbering.

B. Regulations applying to competition organisation, venue and equipment for European Rowing Indoor Championships:

1. Responsibility for the administrative and sporting management of the event rests with the organising committee under the guidance of the ERB.
2. The Championships venue should be a sports arena or similar premises with room for spectators. Ventilation should be good.
3. Entries are made on the Organising Committee entry form. All entry forms must be completed including full name, address (of affiliated rowing club, Member Federation or personal address, as applicable) and phone numbers. These must be confirmed at the Championships, prior to racing by showing valid proof of identity and citizenship.
4. Entry forms for participants under the age of 18 must include the signature of their parent, guardian, or their team manager where appropriate.
5. Entries must be paid by bank transfer or at the event electronically no later than the day of the event. Electronic entries are permitted and are confirmed when payment is received.
6. Results lists must be published electronically and available as soon as practicable or, at the latest, the day following the Championships.
7. The jury shall consist of at least:
 - two Umpires holding current World Rowing International Umpiring Licenses, one of whom will be the President of the Jury,
 - the necessary number of race controllers.
8. The Draw for the heats shall take place, in principle, the day before the competition, at the close of entries.
9. TV or radio broadcast in connection with European Rowing Indoor Championship shall be negotiated in cooperation with the Organising Committee, ERB/World Rowing and the TV or radio corporation concerned.
10. The medal design will include the European Rowing logo and be approved by the ERB.
11. 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.
12. Each rowing machine should be uniformly calibrated and in good working condition. Each machine must be fitted with a performance monitor so that the rower can follow his/her own performance. TV monitors should display graphics showing the rowers' relative positions. There should be a wide screen for the spectators.
13. No attachments may be added, or connections made, to any machine except for those required for para-rowers to facilitate safe use.
14. A medical doctor, and by preference a paramedic, must be present throughout the Championships to advise on any medical issues.

15. The competition area should be marked out with an exclusion zone of at least two metres between the machines and spectators. Only competitors, coaches of pararowers and accredited officials shall be allowed within the zone. Any other exemptions must be agreed by the President of the Jury.
16. Competitors are free to adjust the machine (drag factor etc.). During the race no person, other than the competitor may adjust the machine.
17. The weigh-in area must be clearly indicated. Weighing must take place on approved and calibrated scales.