

World Rowing Indoor Adaptive Rowing Categories & Eligibility Requirements



World Rowing Indoor Adaptive Rowing (IAR) Categories

The World Rowing Indoor Adaptive Rowing (IAR) categories are a seven-category structure for Indoor Rowing for athletes with different physical, visual, intellectual, and coordination impairments.

IAR1

- Unable to use legs and/or trunk, with additional limitations in one or both arms.
- High SCI at T4 or above, or triple amputee.
- 3-4 limbs/trunk are significantly impaired.
- Static seat and a single or double handgrip, straps used for safety.

IAR2

- Functional use of arms and shoulders with some amount of trunk function.
- Unable to use legs for rowing.
- Moderate to severely decreased sitting balance.
- Fixed seat with a back rest is used.
- Chest straps used for safety.

IAR3

- Single arm impairment or single side impairments that prevent using both hands.
- Impairment is above the wrist.
- Single hand grip with a sliding seat used.

IAR4

- No or limited leg function with full trunk and arm function.
- Fixed seat with or without a back rest used.
- Straps optional.

IAR5

- Visual impairments.
- Able to use legs, trunk, and arms, but have a permanent physical impairment and meets the minimum impairment criteria for Para Rowing,
- Able to use a sliding seat and achieve at least 50% of the slide when rowing.

IAR6

- Open category for those with psychological impairments.
- Athletes with intellectual impairments as per Virtus.
- Minor or non- permanent physical injuries; chronic health conditions; hearing impairments.
- Sliding seat used.

IAR7

- Open category for those who have impairments that do not allow them to use a sliding seat but do not meet the criteria for IAR1-4.
- Fixed seat with or without a back rest used.

Table 1: IAR Categories Descriptions

The World Rowing Indoor Adaptive Rowing (IAR) categories are aligned with the below existing systems:

- **World Rowing Para Rowing Sport Classes (PR1, PR2 and PR3)**
- **Invictus Games Categories**
- **Virtus Eligibility**
- **IBSA Sport Classes (B1, B2, B3)**

If you are already classified or categorised under these systems, your current classification, categorisation or eligibility will automatically translate into one of the World Rowing Indoor Adaptive Rowing (IAR) categories. No additional documentation or re-assessment is required. Please see Table 2 to check for which IAR category you are eligible.

Eligibility and Entry Criteria for World Rowing Indoor Rowing Events

Athletes with a Para Rowing Sport Class (PR1, PR2, PR3-PI and PR3-VI)

Athletes with a valid national or international PR1, PR2, PR3-PI* or PR3-VI Sport Class and Sport Class Status will be eligible for the relevant Indoor Adaptive Rowing category.

International Para Rowing Sport Class

To view the list of athletes who have been internationally classified, please view the Master Classification List on the [World Rowing Website](#).

National Para Rowing Sport Class

If an athlete is not internationally classified, but has a valid national classification, the Member Federation of that athlete must email classification@worldrowing.com with the national classification paperwork and medical documentation that proves the Underlying Health Condition, to confirm the Sport Class and Sport Class Status of that athlete. At its discretion, World Rowing reserves the right not to accept a national classification for WRICH eligibility.

*Athletes with a PR3-PI Sport Class may be eligible for the IAR3 category if they have moderate to severe hemiplegia or single upper extremity impairment. If an athlete with an international PR3-PI Sport Class wishes to enter the IAR3 category, they must email classification@worldrowing.com for the medical documentation to be verified.

Athletes with an Invictus Games Categorisation

Athletes with a valid Invictus Games Categorisation will be eligible for the relevant Indoor Adaptive Rowing category. Entries and athlete eligibility will be verified with the Invictus Games Foundation before being approved by World Rowing.

Athletes with a Virtus Eligibility

Athletes with a Virtus Eligibility may compete in the category IAR6 if they are listed as eligible on the [VIRTUS International Eligibility Master List](#). Athletes must ensure that their name appears on the [VIRTUS International Eligibility Master List](#) before making an entry. Entries made on an unapproved VIRTUS classification will not be refunded. Please find further details at <https://www.virtus.sport/>.

Athletes with an IBSA Sport Class (B1, B2, B3)

Athletes with a valid IBSA Sport Class may compete in the category IAR5 if they are listed as eligible on IBSA's Master Classification List, or the Master Classification List of another International Federation. Please email classification@worldrowing.com to verify your IBSA Sport Class.

New athletes without a Para Rowing Sport Class, Invictus Games Categorisation, Virtus Eligibility or IBSA Sport Class

New athletes who do not hold a valid Para Rowing Sport Class, IBSA Sport Class, Invictus Games Categorisation or Virtus Eligibility can apply for a World Rowing Indoor Adaptive Rowing Categorisation.

Please apply here: [Indoor Adaptive Rowing Categorisation Request Form](#).

The Medical Diagnostics Form and Mandatory Supporting Documentation must be submitted with the online request form.

The list of athletes holding a World Rowing IAR Categorisation will be published on the World Rowing website at [Para Rowing - World Rowing](#).

Indoor Adaptive Rowing Categories	Para Rowing Sport Classes <i>(international and national)</i>	Invictus Games Categories	Virtus Eligibility
IAR1		IR1	
IAR2	PR1	IR2	
IAR3	(PR3-PI athletes who have moderate to severe hemiplegia or single upper extremity impairment).	IR3	
IAR4	PR2	IR4	
IAR5	PR3-PI & PR3-VI (IBSA B1, B2, B3)	IR5	
IAR6		IR6	Any Virtus Eligibility
IAR7		IR7	

Table 2: Eligibility for IAR categories for athletes with a Para Rowing Sport Class, IBSA Sport Class, Invictus Games Category or Virtus Classification