



Para-Rowing

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It reflects the Rules of Rowing in effect January 31, 2026

What is Para-Rowing

Para-Rowing allows Athletes with an eligible health condition that leads to a permanent and verifiable activity limitation to compete in rowing.

These are athletes who could not compete equitably with able-bodied athletes

Para-Rowers compete in

- World Rowing Cups
- World Rowing Championships
- Paralympics
- Other World Rowing Events



What is Para-Rowing

Classifiers determine an athlete's Functional Sport Class for competition based on medical and technical testing of each athlete under the World Rowing Para Rowing Classification Regulations (App R 15)

- Para-Rowers must be classified and found to be eligible and placed into the appropriate Functional Sport Class
- Coxswains may or may not have an impairment no age limit but regular weight limit
- An athlete's sport class can change requiring reclassification
- Classifiers are appointed and certified by World Rowing Executive committee in consultation with the Para Rowing commission (App R15 Art. 2)a)iii))
- Umpires are not involved in the classification process

World Rowing Para-Rowing Categories

World Rowing defines the Para-Rowing categories in App R 15 Art. 9 Sport Classes and Eligibility

- Art. 9) a) PR3 (with or without ability to row in PR3Mix2x)
- Art. 9) b) PR2
- Art. 9) c) PR1

- World Rowing currently does not have intellectual impairment (II) based categories
 - There is a II category proposed for Indoor events

- Why just 3 categories?
 - The three sport classes incrementally cover restrictions to fundamental parts of the rowing stroke: Leg drive; trunk swing; arms
 - These classes also fall within the IPC (International Paralympic Committee) guidelines

PR1 (former AS - Arms and Shoulders)

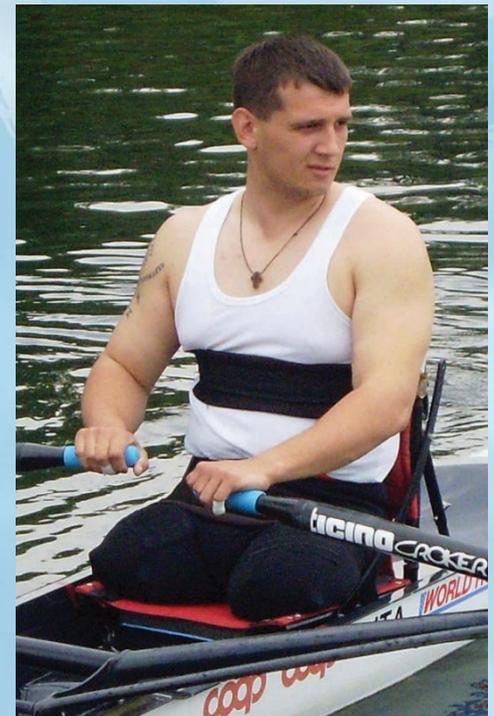
Rowers with

- inability to use a sliding seat and limited trunk function resulting in an inability to perform trunk forward and backward lean via hip flexion and extension (bodyswing) and decreased sitting balance

Rowers compete in single sculls
(PR1M1x and PR1W1x)

PR1 rowers have special:

- World Rowing Standard Boat design
- Strapping requirements
- Must have stabilising pontoons



PR2 (former TA - Trunks and Arms)

Rowers

- have use of trunk movement to create bodyswing
- are unable to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs
- Rowers compete in single scull and mixed double sculls (PR2M1x, PR2W1x and PR2Mix2x)
- PR2 Rowers have special:
 - World Rowing Standard Boat design
 - Strapping requirements
 - May have pontoons



PR3 (former LTA - Legs Trunk and Arms)

Rowers

- with a verifiable and permanent impairment
- but can use sliding seats and regular boats.
- rowers may have a visual impairment

PR3 Rowers can compete in 'normal' boats as defined in the World Rowing rules of Racing:

- Mixed Coxed fours boats (PR3Mix4+) up to 2 visually impaired
- Mixed Doubles (PR3Mix2x) } up to 1 visually
- Men and Women's Pairs (PR3M2- and PR3W2-) } impaired
- Mixed events must be 50% women and 50% men rowers



The following Boat Classes are Paralympic Boat Classes for the 2024 Paris Paralympics:

- PR3 Mix 4+
- PR3 Mix 2x (added for 2024)
- PR2 Mix 2x
- PR1 M1x
- PR1 W1x

As defined in Rules of Racing art. 25:

- **Mens' Events**
- **PR1 M1x**
- **PR2 M1x**
- **PR3 M2-**
- **Mixed Events**
- **PR2 Mix2x**
- **PR3 Mix2x**
- **PR3 Mix4+**
- **Womens' Events**
- **PR1 W1x**
- **PR2 W1x**
- **PR3 W2-**

Para-Rowing uses the regular Rules of Racing.

Para-Rowing Event Regulations and Departures from the regular Rules of Racing are in Appendix R 14

- Appendix R14 covers regulations specific to Para-Rowing
- If it is not addressed in Appendix R14, then the normal Rules of Racing apply

The remainder of this presentation will mainly review the departures from the normal procedures

Race Distance

- 2000 meters straight (Rules of Racing art. 32)

Boat Designs

- The PR1/PR2 1x and PR2 2x have standard World Rowing designed boats
 - The design requirements can be changed only in the post Olympic and Paralympic year
- New in 2022 – Equipment cannot improve the Function of an athlete such that it is inconsistent with what was represented in classification or with their Sport Class

Para-Rowing may require special safety procedures agreed upon by the Organizing Committee and the President of the Jury.

These can address:

- Additional safety launches during practice and racing
- Additional weather provisions due to Para-Rowers' increased sensitivity and difficulty coping with hot and cold weather
- Special Traffic Rules and Practice Times separating Para-Rowing crews (especially with fixed seats) from other crews

Para-Rowers must row with all required equipment from the time the course opens until the last awards ceremony. (App R14 Art.7)a)iii))

This includes:

- All strapping requirements
- Pontoon requirements
- Foot release requirements

Failure to comply may result in a penalty awarded to the crew

(App 14 Art. 16), Fairness, with sanction of REL or EXC)

We will review the special requirements for Para-Rowing in the:

- Control Commission
- Start
- Umpiring
- Finish

- Key word: Para

- Pontoon checks
 - General Strapping Requirements
 - PR1 Special Requirements
 - PR2 Special Requirements
 - PR3 Special Requirements
- Crew Changes
- Coxswain Weights
- Boat Weights

General Strapping Requirements

All straps used by rowers must: (App R14 Art.9 f))

- Be non elastic and minimally 5 cm wide
- Release with a simple hand pull on the end of the strap (no mechanical buckles)
- Be able to independently and immediately release hand straps
- Be a different color than the rower's race uniform
- All be released in the same manner and direction
- Straps cannot improve a rower's functional class

Rowers can have more than the minimum required straps but additional straps must meet the above requirements

The shoes in Para boats must meet the same requirements as all other boats (App R2 Art. 1)g)

- Shoes must allow the rowers to get clear of the boat without delay
- If shoes stay in the boat
 - the heels must only raise to horizontal
 - The feet must be released without hands or with a single quick hand action

It is solely the rower's responsibility to ensure all strapping, shoes and stretcher requirements are met.
(App R14 Art.8)f)vii)

General Strapping Requirements

In keeping with the Paralympic guidelines, straps and pontoons are only for “safety” and not for “fairness”.

If a rower is found to have too much movement during a race (or training session) – they will be subject to reclassification *before the next regatta* and will *not* affect the results of the current regatta.

Member Federations or World Rowing may lodge a protest (App R14 Art. 20).

Based on IPC requirements – There is a proposed change. The final step in determining a sport class is an observation during competition. If the sport class is not confirmed, all results of the athlete has obtained in that regatta will be nullified.

Pontoons Congestion



For Para-Rowing Boat area and pontoons can be very busy:

- Athletes
- Their equipment (e.g. wheelchairs)
- Coaches
- Classifiers
- Umpires
- Para-Rowing commission members
- Umpire commission members
- TD
- Medics
- Doping Control

The Jury (ITO's and NTO's) must stay vigilant!

PR1 Pontoon Checks

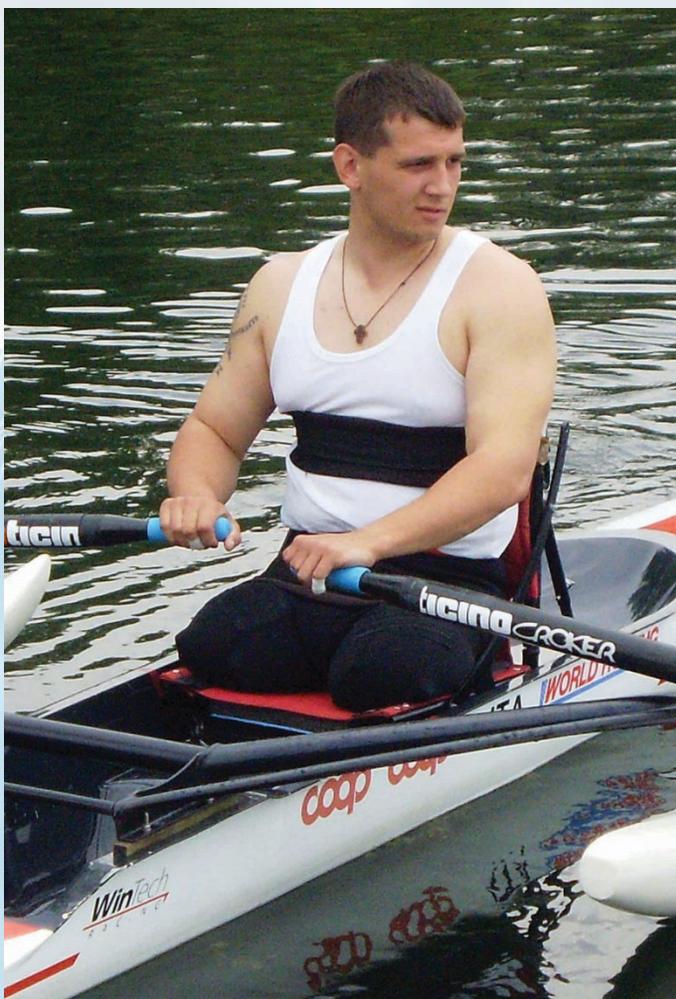
PR1 Athletes have the following special checks at the outgoing pontoon :

- Strapping
- Seat
- pontoons
- Identifications

The normal checks for safety, identity and identification checks still need to be performed

Para-Rowing Commission members and Classifiers can help as a resource in the Control Commission but ***the ITO Umpire is responsible for the final decision in the Control Commission***

PR1 Strapping Requirements



- PR1 strapping was originally introduced because of safety reasons
- It stabilizes the trunk movement of the para-rowers
- **The seat and straps must allow the lumbar region to be visible from the side when rowing (App R14 Art. 8)e)i)).**

PR1 Strapping Requirements



Strap that must be secured to the seat back on both sides and go around the trunk.

No more checking of:

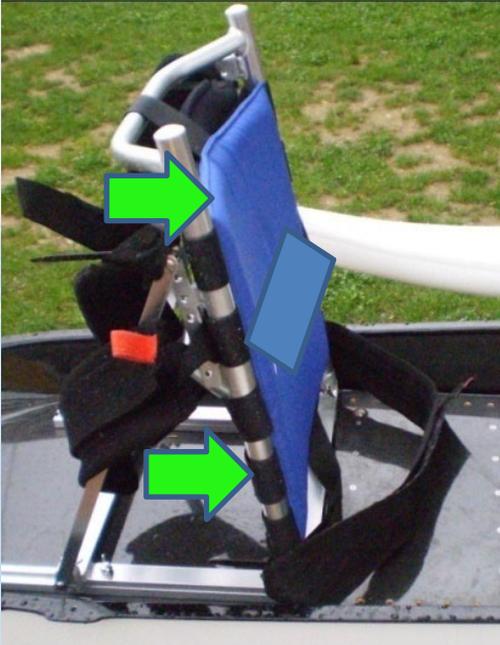
- Position of strap on the body
- Tightness of the strap

PR1 Strapping Requirements



- *Classifiers need to observe that the body (lumbar region) remains in contact with the back of the seat at the catch position.*
- *The seat and strap must allow observation of this region during racing.*
- *The seat and strap cannot improve an athlete's functional class*

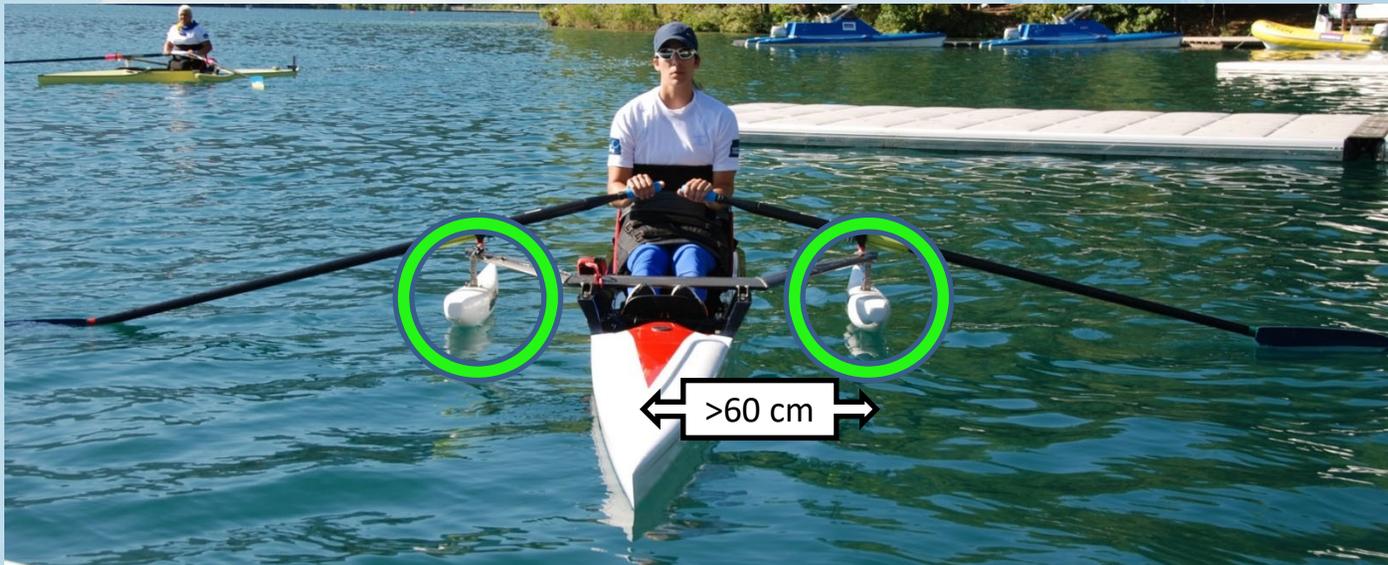
PR1 Seat Requirements



- Any thickness of backpadding is OK
- Padding can not block the view of the lower lumbar region
- Identification requirements must be met – no identification on the seat.

PR1 Pontoon Requirements

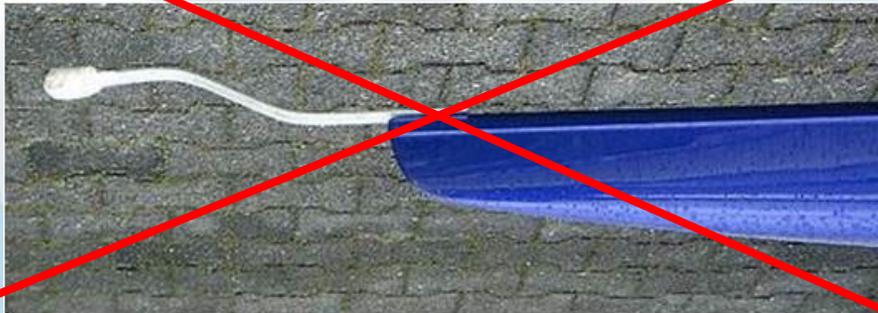
- PR1x must have two pontoons – one on each side
- Minimum of 60 cm from centerline of the pontoon to the centerline of the boat.
- No need to check if both pontoons touch the water
- The Pontoons should have no identifications on them

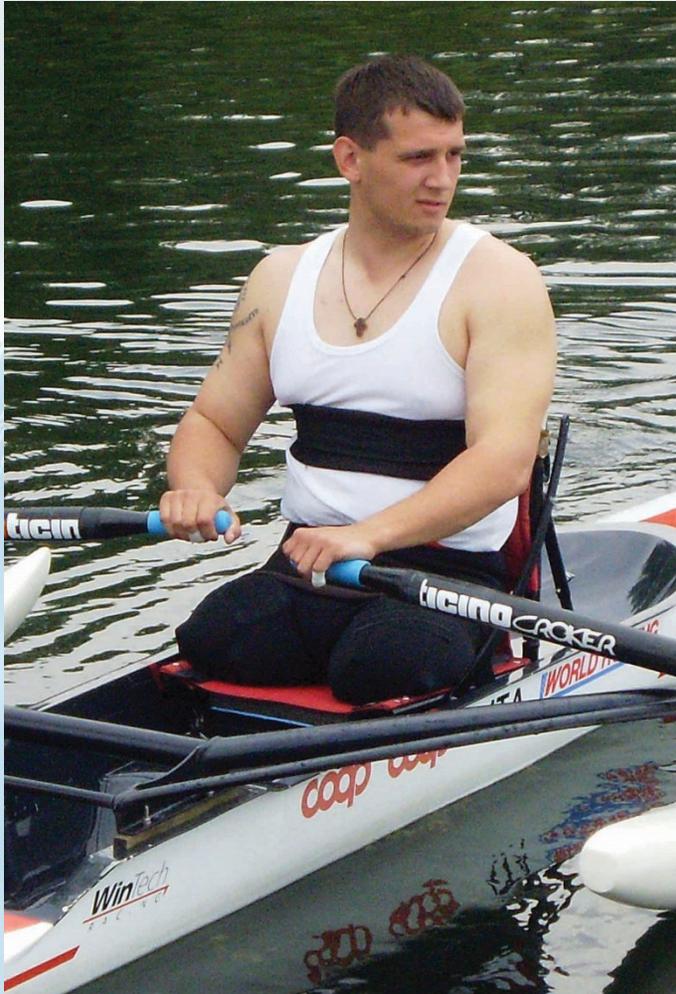


PR1 Boat Length

- World Rowing Rules App R2 art. 1)b) defines all boats to be a minimum of 7.2 meters in length
- – exception: boats used in para (and coastal) events

- ~~• No extension needed!~~





Where the straps cover permitted identifications on the racing shirt:

- The identification can be repeated on the strap
- The identification can not be visible on both the strap and the racing shirt

App R14 art. 10)b)

PR2 Pontoon Checks

PR2 Athletes have the following special checks at the outgoing pontoon:

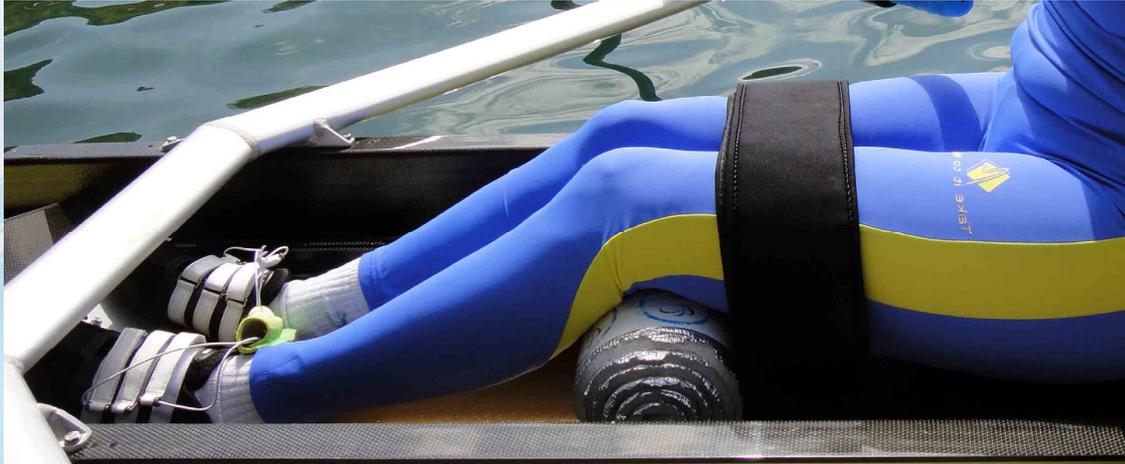
- Strapping
- Identifications

PR2 Strapping Requirements



- PR2 has a fixed seat and may have stabilizing pontoons
- Leg strapping is optional for PR2 (App R14 art. 8)e)ii).
- Any strapping and seat cannot improve an athletes Functional class

PR2 Identification



One or both PR2 2x rowers may extend their racing uniforms to cover their legs:

- Where both rowers cover their legs the covering shall be identical

App R14 art. 10)a)

PR3 Pontoon Checks

PR3 Athletes have the following special checks at the outgoing pontoon:

- Strapping

PR3 - Visually Impaired Rowers



- PR3 events include visually impaired rowers
- App R14 art.6) b,c,d)
- In a PR3 Mix4+ as a maximum 2 rowers may be visually impaired
- In a PR3 2x, 2- or Mix2x 1 rower may be visually impaired

NO special eyewear anymore!

PR3 - Additional Strapping



- A PR3 rower may require straps to use rowing equipment
- Any hand strapping must be able to be released immediately by quick hand or mouth action

PR3 - Release of Additional Straps



PR3 - Removal of orthoses



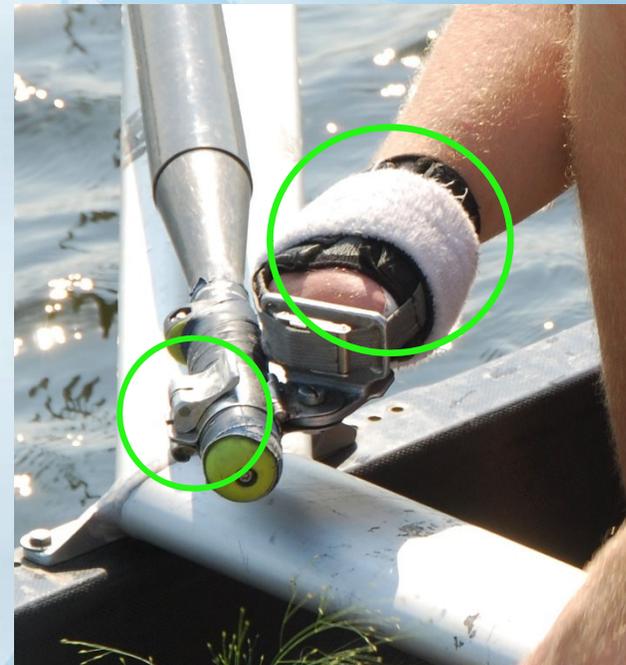
PR3 - Release of Straps



- PR3 athlete's prosthetic to hold oar:
- tightened with bolt
 - release strap covered with "sleeve"

Corrected

- Bolt design changed to quick release
- Release strap now visible



Before the First Heat

- A rower whose sport class has been changed or withdrawn maybe replaced by another eligible rower

After the first heat

- A rower whose sport class has been changed or withdrawn after the first heat shall not compete again in that event
- App R14 Art. 12), 13)

- Coxswains may be of either gender (App R14 art. 6)a)
- Coxswains must weigh-in wearing their race uniform
- The weigh-in window is between 2 hours and 1 hour before the first race of the event each day



- Minimum coxswain weight:
 - 55 kg
 - A coxswain can carry a maximum of 15kg of deadweight to meet the minimum weight
- Rules of Racing art. 21

- Boat weights *include*
 - Pontoons (where used)
 - Strapping which are firmly fastened to the boat, seat and/or to its fittings, also including seat pads which are firmly attached to the seat.
- Boat weights *do not include*
 - Straps padding or any other items not bolted, screwed or glued to boat or seat
 - Equipment that replaces a part of the body (prosthesis) even if firmly attached

App R14 art. 9)



- Boat weights

- PR3 4+ 51kg

- PR3 2x/2- 27 kg

- PR2 2x 37 kg

- PR2 1x 22 kg

- PR1 1x 24 kg

} 'normal' racing boats

} World Rowing Standard Design

App R14 Art. 9)d)

App R3 Art. 1)

- Start
 - Announcements

The Start

SAT 1 SEP 2012

Start List Summary

Event Number	Round	Lanes				
		1	2	3	4	5
(71)	Repechage 1	HUN	POL	BRA	ISR	RSA
(71)	Repechage 2	POR	CAN	FRA	KOR	JPN
(72)	Repechage 1	ARG	USA	KOR	AUS	ESP
(72)	Repechage 2	GER	BRA	RUS	NZL	UKR
(73)	Repechage 1	ISR	BRA	GBR	ITA	BLR
(73)	Repechage 2	RUS	UKR	USA	AUS	POL
(74)	Repechage 1	RUS	CHN	UKR	CAN	IRL
(74)	Repechage 2	BRA	ITA	USA	FRA	BLR

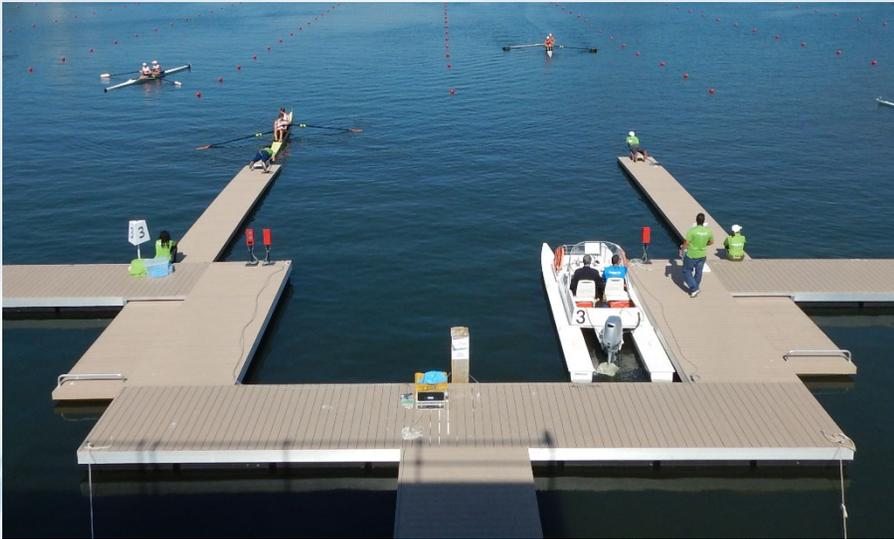
Red light

- PR3 rowers can have visual impairments.
- They cannot see the red flag raising nor the red light going on.
- So the Starter must also say “Red Flag” or “Red Light” when raising the red flag or turning the red light on
- App R14 Art. 17)

- PR3 Rowers :
 - When the Starter awards a PR3 crew a Yellow Card the crew must acknowledge by raising a hand
 - Example
 - XXX (Country)
 - “False Start”
 - “Yellow Card”
 - Yellow marker placed behind crew
 - XXX crew must raise a hand in acknowledgement
- (App 14 Art. 18)

- Number of Launches Following
- Announcements
- Strapping Violations
- Conclusion of Race

Umpires Following a Race



- Generally races will be followed by 1 umpire
- The President of the Jury may require 2 Umpires (App 14 Art.23)

- Good Coordination and communication is required between the Umpires



- PR3 Rowers may have visual impairments:
 - Verbal Commands must accompany any visual command
 - Example

XXX (Country)
“Return to your lane”
white flag pointing to direction the crew should move

Strapping During the Race



- PR1 - The back below the strap must remain in contact with the seat at the catch



- At Paralympics, Paralympic qualifying regattas, World Rowing Championships and World Cup Regattas:
 - The rower's Function and equipment may be observed and assessed during rowing (training and racing) by World Rowing Officials.
 - The World Rowing International Classifiers and World Rowing Para-Rowing Commission members will have the *primary responsibility* for determining movement violations during racing
 - Where there is a crew with movement outside of their sports class, the Chief Classifier may order a reclassification before the next regatta – ~~no change in results of the current regatta.~~

App R14 Art. 15), 20), 24) and App R15 Art. 5)

There are no major differences for Para-Rowing events at the finish.

- Announcements
- Flags

The Finish

For an PR3 event
say “White Flag” or
“Red Flag” when
showing white or
red flag



Para-Rowing
Umpiring requires
team-work

Protests



- Some Para-Rowers may not be able to raise their arm to object at the end of a race
- Para-Rowers may also verbally lodge a protest –
→ Look and *Listen* for an objection
- PR3 events verbally announce “White Flag” or “Red Flag” when announcing a decision
- App R14 art. 20)-22)

Questions?

Thank you for your attention!