



Main Points of Contact

- OC Contact for the World Rowing Development Programme:
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- World Rowing Development Manager:
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Introduction

The top event of the year for the Under 23 rowers in the 'Classic Discipline' is the World Rowing Under 23 Championships (WRU23CH). The Championships usually attract up to 1000 rowers from around the world. The 2026 World Rowing Under 23 Championships will take place from **23-26 July in Duisburg, Germany**.

As part of its goals, World Rowing provides development opportunities on a regular basis for targeted Member Federations (MFs), who are identified as needing support for their crews, with the aim of supporting and enabling such MFs to participate in World Rowing key events and championships.

As part of the World Rowing Development Programme, and with the generous support of the 2026 WRU23CH Organising Committee (OC), we have the pleasure to send targeted MFs the development programme bulletin.

Please read this bulletin carefully and apply for support **no later than 28 March 2026** using the following [Application Form](#).

World Rowing will respond to MF applications no later than end of 3 April 2026.

Development Programme – WRU23CH Duisburg 2026 – Eligibility, Key Dates & Support

ELIGIBILITY: Targeted MFs and their Teams will be eligible based on the following requirements: regular training and compliance with the WR Test Performance programme; commitment to a training programme and evidence of athletes and coaches participating in regular training; having a national selection policy; having own budgets for travel (*including international flight tickets and VISAs, equipment, medical and accident insurance, clothing kit, general extra costs...etc.*), and no outstanding Membership or other debts to World Rowing.

As part of the WRU23CH Duisburg 2026 development programme, there is support available for a maximum of 50 rowers and/or coaches. Each team can apply for development support **for a maximum of two female + two male athletes and one coach (female or male)**. An additional place for a female coach may be considered when justified at the discretion of World Rowing Development, and subject to availability.

Supported MFs/participants will receive support for:

- **Local transport:** Official airport pickup/drop off during the WRU23CHs official period.
- **Local accommodation¹:** Accommodation in shared rooms of the same gender (**maximum 7 nights per person**) Extra days due to earlier arrivals/later departures need to be supported by each Member Federation.
- **Meals:** Breakfast (hostel), lunch and dinner (venue)
- **Coaching support**
- **Equipment support:** At the discretion of World Rowing Development subject to availability and MFs expression of equipment support needed.

¹ Please note that, subject to rooms types and availability, athletes and coaches can be housed with other athletes and coaches of the same gender from double, to quadruple occupancy rooms and shared toilets/bathrooms).



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Member Federations are welcome to send more athletes and coaches at their own cost to take part in the WRU23CH Duisburg 2026. The application should mention the whole delegation and the costs for extra nights and extra persons should be paid directly to the OC.

Please note that there will be a special accommodation booking arrangements for the World Rowing Development Programme independent of the accommodation booking system established by the OC for the other Teams. As such, and to avoid duplication of booking, MFs applying for the WR Development Programme should mention the whole size of its delegation so proper accommodation could be arranged for the entire MF's team (including the team members at own cost).

Accommodation

The WR Development Programme participants will be housed at **Youth Hostel Duisburg Sportpark**, walking distance from the venue.

Beyond the nights and team members supported through the World Rowing Development Programme, the price per person/per night for additional participants/nights is
115 EUR per person/per night in twin occupancy rooms
90 EUR per person/per night in multiple occupancy (3 or 4 beds) rooms
Including breakfast (Hostel), lunch and dinner (venue)

Test Performance Programme

Teams wishing to be considered for development support are required to provide testing results as per the test performance protocol. Please submit your test performance results here: [Login | RowersDataBase \(rowingtest.com\)](https://rowingtest.com)
The test performance tutorial can be found here: [Rowing Test Tutorial - Tutorial](#)
For test performance programme related questions please contact World Rowing Head of Coaching, Mr Giovanni Postiglione at postiglione1gianni@gmail.com

Events Offered

Men (BM): 1x, 2x, 2-, 4x, 4-, 8+
Women (BW): 1x, 2x, 2-, 4x, 4-, 8+
Lightweight Men (BLM): 1x, 2x
Lightweight Women (BLW): 1x, 2x
Para-Rowing: PR3 BW1x, PR3 BM1x
Mixed: BMix2x and BMix8+

WRU23CHs programme: [2026-WRU23CH-Duisburg-Programme-D5.pdf](#)

Eligibility (for participation in the Event)

World Rowing Championships are open to all Member Federations. A rower may compete in an Under 23 event until 31st of December of the year in which they reach the age of 22. Athletes must be eligible under the relevant rules. To represent a country in a World Rowing Championship, a competitor shall be a citizen of that country. He or she must be able to prove this by showing an official document (passport or identity card). Rowers may only compete at the World Rowing Championships if they have submitted a signed commitment form, according to Article 56. Each team official must have submitted a signed commitment form to World Rowing before accreditation may be issued at a World Rowing event



Entries and Accreditation

Entries and accreditation must be made online through: <https://www.worldrowing.swisstiming.com/>

For any questions regarding the entry and accreditation process please contact registration@worldrowing.com.

The Entry and Accreditation Deadline for the 2026 World Rowing Under 23 Championships is:
Monday, 6 July 2026.

Boats and Equipment

Participating teams are encouraged to bring their own boats and sculls or contact boat builders to request a rental offer.

In exceptional circumstances where Member Federations may not have sufficient budget for boats/oars **please complete the equipment request as part of the Development Programme application process** no later than **28 March 2026** to request support for a maximum of two boats and respective sculls per nation. This support is not guaranteed, and a final response will be provided by WR to each MF up to end of April 2026, following consultation with equipment manufacturers.

Information on Visa Requirements

If you are planning to attend the 2026 World Rowing Under 23 Championships in Germany, please ensure you are informed about the applicable visa requirements.

Germany is part of the Schengen Area. Citizens of Schengen member states do not require a visa for short stays of up to 90 days within a 180-day period. For visitors from non-Schengen countries, a visa may be necessary. Please verify whether your country has a visa-free agreement with the Schengen Area. If not, you will need to apply for a Schengen visa. The application typically requires:

- **A completed visa application form**
- **A valid passport**
- **Recent passport-sized photographs**
- **Proof of accommodation**
- **Travel insurance**
- **Evidence of sufficient financial means for your stay**

Visa processing times can vary, so it is strongly recommended to apply well in advance of your planned travel. For the most accurate and up-to-date information, consult the German embassy or consulate in your country.

While in Germany, you are required to carry valid identification (passport or national ID), as authorities may request to see it. To request official visa support documents, please email nations@duisburg2026.com and include the following details:

- **Full name**
- **Date of birth**
- **Passport number and expiry date**
- **Gender**
- **Role within the team (e.g., athlete, coach, official)**

An up-to-date overview of visa-required and visa-free entries to Germany can be found here: [Overview of visa requirements/exemptions for entry into the Federal Republic of Germany – Federal Foreign Office \(auswaertiges-amt.de\)](#)

In case of any questions, please contact nations@duisburg2026.com



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General Programme & Official Arrival & Training Dates

WR Development Programme Official Arrival	19/20 – 26/27 July 2026
Opening Ceremony	22 July 2026
Preliminary Team Manager Meeting	21 July 2026
Team Manager Meeting & Draw	22 July 2026
Racing starts	23 July 2026
Closing Ceremony	26 July 2026

Transport

Airport shuttle is operating for Düsseldorf International Airport (DUS), located just 20 kilometers south of the Duisburg Regatta Course and offers regular international connections. Upon request, The OC provides a shuttle service from the airport that is covered by the accommodation fee. Alternatively, you can take an S1 train directly from the airport station towards Dortmund and get off at the stop “Duisburg Schlenk S.”

To secure a pickup from the airport - teams must confirm their arrival and departure times to Anna Mguni, anna.mguni@worldrowing.com by **10 June 2026** completing this [Arrival/Departure Form](#)

Rules of racing

Racing will be run in accordance with the [World Rowing Rulebook](#)

Safety and Health of the Rowers

It is a priority for World Rowing to preserve the health and safety of the athletes and coaches. Please read the World Rowing Statutes, Rules of Racing and kindly acknowledge Appendix S10, Bye-law to article 57 of the rules (**World Rowing Commitment Form**) [World Rowing Rulebook](#)

Rowers may only compete at the World Rowing Championships if they have submitted a signed commitment form. Each Team official must have submitted a commitment form before accreditation is issued.

Swimming ability

The ability to swim and stay afloat is essential for participants in water sports, such as rowing. The risk of tipping over or falling into the water in a rowboat can be dangerous if athletes are unable to stay afloat, and coaches need to be prepared.

Each rower taking part in the development programme shall ensure that they have a state of health and fitness which allows them to compete at a level commensurate with a world level event; and they have a basic swimming ability, including being able to swim 50m and keep their head above water unassisted for three minutes.

Accordingly, prior to attending the Event, all national rowing federation officials need to verify athlete compliance with the safety and health of the rowers. Likewise, all rowers, unless they are athletes who are known to have already performed the capsized drill, must have completed the capsized drill with safe recovery.

Swim tests and capsized drills must be held in pools with at least two lifeguards present. World Rowing recommends that you contact your national swimming federation and ask for guidance, if necessary. Swim tests should never be conducted in open water. Each national federation is required to certify the swimming ability for each rower submitted to participate in a World Rowing development activity.

It is recommended that members of the federation carefully read the guidelines of the British federation on swimming competitions found in section 3.6 of RowSafe, available at the link below: [2026-RowSafe.pdf](#)

Please note that all rowers must have completed a pre-competition health screening as per the World Rowing rule book, by laws to rule 14 – safety and health of rowers.



Safeguarding & Wellbeing

World Rowing believes that it is a fundamental right of all individuals involved with World Rowing to be able to participate in a non-violent, safe, and respectful environment.

World Rowing acknowledges its duty of care in this regard and is committed to creating and supporting an environment and a culture free from harassment and abuse. The welfare of all individuals involved with World Rowing is paramount.

All forms of harassment and abuse constitute a violation of the World Rowing Code of Ethics, World Rowing Safeguarding Policy, and the International Olympic Committee (IOC) Code of Ethics. Thus, all behaviours and actions that constitute harassment and abuse will not be tolerated.

All MFs participating at the WRU23CH Duisburg 2026 must ensure that their delegations (including officials, coaches, and athletes) respect and follow the World Rowing Safeguarding Policy. They should refrain from any behaviour that constitutes any form of discrimination, abuse or harassment to others. They have a duty to report any concerns about or allegations of discrimination, abuse or poor practice via proper reporting channels.

Violation of the World Rowing Safeguarding Policy and Code of Ethics can result in formal disciplinary sanctions.

You can learn more information about the World Rowing Safeguarding Policy and Procedures from the following link:

[Safeguarding - World Rowing](#)

Insurance & Liability

The participants are responsible for insurance costs of equipment and persons. The Organising Committee declines all liabilities for all kinds of damage in the area of the regatta. Participants are solely responsible for themselves, and the material used. The OC is not responsible for damages that may occur in Poland.

Each Member Federation shall ensure that it has adequate and appropriate insurance cover in place for each of its rowers and accompanying team officials (including delegates) for at least the duration of the event and the period of travel to and from. We refer to Rule 16 – insurance on the WR rule book for “adequate and appropriate insurance cover”.

It is mandatory that all participants have medical and incident insurance abroad.

Event Documents

[2026-WRU23Ch-Bulletin.pdf](#)

For further information please visit the following links:

[2026 World Rowing Under 23 Championships - World Rowing](#)

[2026WRU23Ch – World Rowing Under 23 Championships Duisburg](#)

METEOROLOGY

Find weather updates [here](#).

Find general information on meteorological conditions on the [2026-WRU23Ch-Bulletin.pdf](#) (page 37).

World Rowing Development Team