# INDOOR ROWING

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It reflects the Rules of Rowing in effect January 31, 2025

# Rules to be applied

In 2025, the Quadrennial Congress approved a standalone version of the Indoor Rules.

Similar to the Coastal Rules, the Indoor Rules refer back to the Overall & Classic Rules in places.

Rules applying to international Regattas shall apply to international Indoor Rowing regattas and rules applying to World Championship regattas shall apply to World Rowing Indoor Championship regattas, except as provided in these Indoor Rules.

World Rowing will also develop an Event Manual for Indoor Rowing Competitions.

# Formats of Competition

- Indoor competition can take place in the following formats:
  - In-Person (in-Person events) – A competition where all rowers are competing in the same location in real time.
  - Virtual (Virtual events) – A competition where rowers are not in the same location but compete either in real time or in specified time frames.
  - Hybrid (Hybrid events)– A competition where in-Person and Virtual rowers compete against one another.

# Rowers

- For World Rowing Indoor Championship is open to all rowers
  - The WR Council may impose eligibility requirements for a specific event.
- Men only compete in Men's event and Women only compete in Women's event
- Age categories:
  - Under 19
  - Under 23
  - Seniors
  - Masters
  - Para Rowing (PR1, PR2, PR3)

Effective 2025 – the age is determined by the age of the athlete on Dec 31 of the year of the competition (the same as Classic Rowing)

# Rowers

- Lightweights
  - Men no more than 75,0 kg.
  - Women no more than 61,5
  - Weighing time – the same as “normal” rowing
  - Weighing in once per day per event
  - Allow for alternate procedures for virtual events – need to be published in competition notice
- Masters
  - 13 age categories – from 30 to 80+
  - Note that the age categories differ from on-water

# Categories of Competition (1)

- Individual
- Crew
  - 2, 4 or 8 rowers rowing simultaneously
  - Rowing Machines are connected
    - Electronically
    - Physically (e.g. slides)
- Relays – All rowers rowing at least one time
  - ✓ Rowers compete on the same machine
  - ✓ Changeover point – distance, penalties
  - ✓ Yellow cards awarded for not following change requirements published in the competition notice

# Categories of Competitions (2)

2024 WRICH Relays -4 athletes each rowing 2x250m

# World Rowing Indoor Ch. Categories

- Men & Women Individual 2000 Meter Races in
  - Open
  - Under 19 (no lightweights)
  - Under 23
  - Lightweight
  - Masters
  - PR1, PR2, PR3 (For 2023and 2024 a PR3-II category)

The World Rowing Council may decide on other categories and distances.

The WR Indoor Championship program will be decided on an annual basis

# Para Rowing Indoor

- For Indoor, the rowing machine is considered the “boat”
- PR1 Rowers must have
  - A fixed seat with a seat back
  - A strap around the trunk
- PR2 Rowers must have
  - Fixed seat

A Para Rower competing in a Para event may have one coach on the field of play (competition floor). If competing in a non-Para event only the athlete is allowed on the field of play.

# Para Rowing Indoor

For 2026, the Council has approved a trial of new indoor IAR (Indoor Adaptive Rowing) Para categories

**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.

# Length of the Course – number of lanes

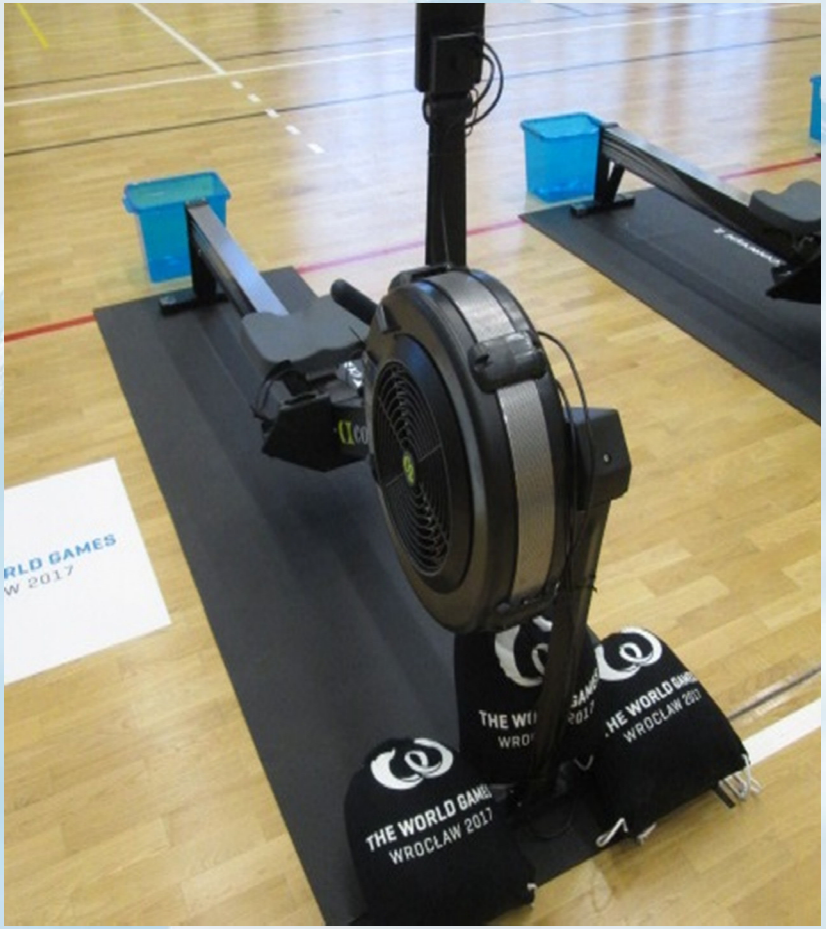
- International regattas
  - Can be different from competition to competition but the distances should be notified to participants in regatta Notice
- World rowing Indoor Championship
  - In principle  2,000 meters for men & women
  - At least 10 “lanes”*
  - Different distances, categories and number of “lanes” may be approved by the WR Council (e.g. 2023 VERSA Challenge; 2026 WRIC - 1 minute, 1000m and 5000m)
  - In-Person, Virtual or Hybrid competition

* To be defined in the Competition Manual

# Rowing Machines

- International Regattas
  - All in person rowers use machines provided by OC – no personal modifications or machines allowed
- World Rowing Indoor championship
  - Rowing machines approved by World Rowing
  - Need to consistently measure performance between athletes and machines
  - Need to be connected through a computer interface to enable
    - the output to be displayed on an external screen and
    - Each athlete to monitor their performance against their competitors
  - Virtual competitors are required to meet the requirements specified in the Competition Manual

# Rowing Machines




World Rowing currently has a partnership with

concept 2

# Competition Venue (1)

For International Regattas

- Minimally two machines connected together

For World Rowing Indoor Championships

- For in-person

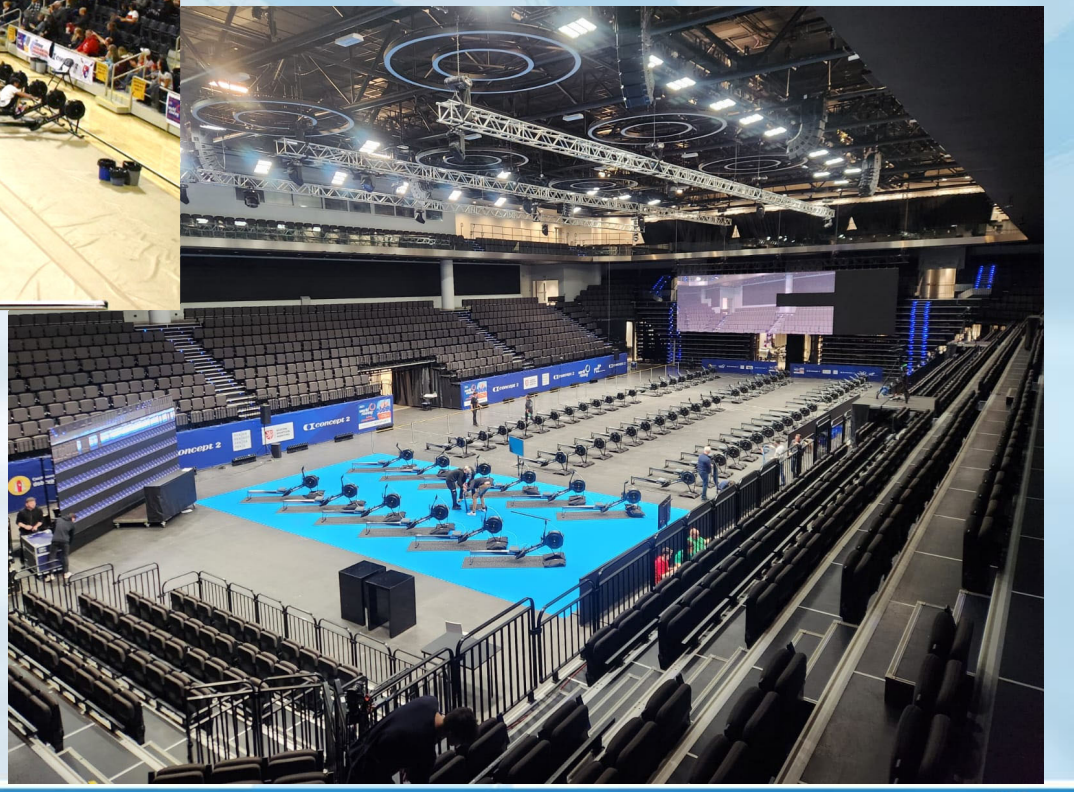
  Sport hall – Arena or similar venue with adequate space for competition and facilities for rowers and spectators, including:
  - Athletes' facilities (changing rooms, showers…)
  - Athletes' weighing area
  - Separate warming up area with sufficient number of machines
  - Race Control area
  - Large digital screen visible by spectators

# Competition Venue (1)

Competition Area where the rowing machines are located

- Only competing rowers and officials allowed during racing
  - One coach per rower is permitted
  - Others may be approved by the President of the Jury
- Rowing Machines
  - Placed on non-slip floor or measures taken to prevent movement
  - Recommended 1,2 meters between machine centers
  - For relays, enough room between machines for changing of rowers
  - Each machine should be clearly numbered so rowers and spectators can see the numbers
  - Where the members of a crew's performance is combined, the machines used by one crew shall clearly identify that crew.

# Competition Venue (2)



# Competition Venue (3)

## Athletes' weighing area

## Warming up Area

# Competition Venue (4)

## Timing Area

## Race Competition Area

# Competition Venue (5)

# The Jury (1)

- President of the Jury*
- Responsible Umpire(s)*
  - For Hybrid Competition Responsible Umpire for both In-Person and Virtual
- Race Officials(s)
  - can include timekeepers, race-system technicians and other officials required to manage the event
- Control Commission (one is the Senior member*)
- Number of NTOs (timekeepers) depending of number of rowers/machines
- Strong collaboration with concept 2

* World Rowing Umpires license required

# The Jury (2)

- Responsible Umpire
  - Ensure that the correct start, race and finish procedures are used for a race.
  - Check that all equipment and installations are present and in working order
  - Start
    - Ensure that the proper start procedure is used
    - Where a false start is detected the Responsible Umpire may stop the race and award a yellow card or let the race continue but impose a time penalty
  - During the Race
    - Make sure no rower gains an advantage or suffers a disadvantage from interference
    - Where a rower has been significantly impeded, try to restore the rowers chances by
      - Imposing appropriate penalties
      - May stop the race and restart the race

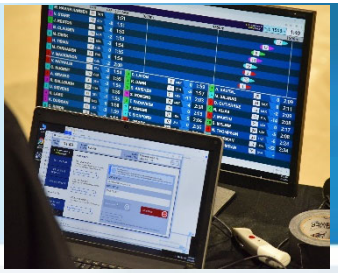
# The Jury (3)

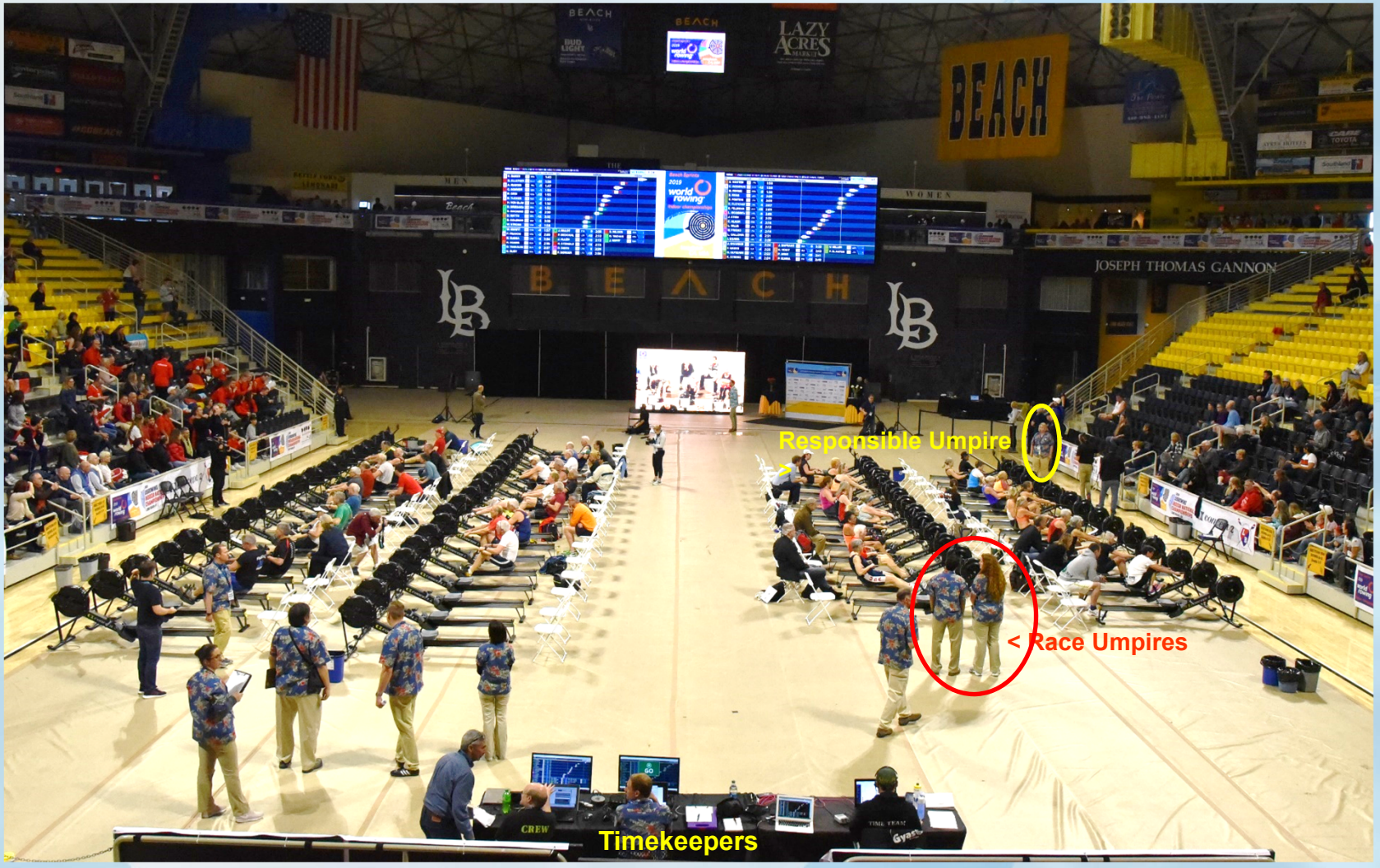
- Responsible Umpire
  - At the end of the race
    - Determine the ranking of the rowers
    - With the Race Umpire(s), make sure the races was in order
    - Validate and sign the official results
  - May issue Red Cards and exclude a crew
    - if a crew has received 2 Yellow Cards or
    - Arrives to starting position late
    - has violated Rules to be excluded
    - A virtual competitor who does not meet the technical requirements for connecting and competing
  - Postpone Race – consult with the President of Jury if there is a need for postponement

# The Jury (4)

- Race Officials
  - Support the Responsible Umpire in ensuring the proper conduct of the race and the safety of the rowers
  - Make sure that no rower gains and an advantage or suffers a disadvantage from its opponents or outside interference
  - Alert the Responsible Umpire to any problem or breach of the Rules
  - Make sure the time and distances are properly recorded for each rower and that each machine and monitor are functioning and properly set
  - Suggested ratio of Race Umpires to machines is 1:10
- Control Commission is responsible for.
  - Weighing of athletes
  - Rower changes and substitutions
  - Uniform and identity checks

# The Jury (5)





# The Rowers Responsibility

- *Rowers are expected to perform to their maximum ability every race regardless of what information may be available.*
- Resistance Settings
  - When it is available, Rowers can adjust the resistance setting before the start of a race but *no adjustments during the race*
- Damage or Failure of Equipment which causes time or distance not to be recorded
  - Damaged caused by rower – Rower deemed not to have finished race
  - Damage not caused by rower – Rower can compete in later heat or race or another time set by the President of the Jury
  - Damage to central timing system – re-row of the race
- Pushing or assisting a rower is considered interference
  - Exception is holding of feet of a rower in a relay event

# Progression & Draw

## Progression

- If the number of Rowers exceeds the number of machines:
  - Utilize a progression system of heats and subsequent round(s) until the final
  - Rowers maybe divided into heats with the rower's performance in a single race used to determine final ranking

## Draw

- Rowers can be assigned to a heat and a machine by
  - A random draw supervised by the Jury
  - A seeding system which assigns rowers in a descending order to the machines and heats (when the single race is used)
  - For a WR Indoor Championship the WR Exec. Committee may appoint a Seeding Panel

The progression and draw should be publicized before the competition.

# Start procedure

- Race officials direct the Rowers to enter the Competition Area
- 2 minutes before the start time
  - Rowers must be seated at their assigned machine
  - The Responsible Umpire has discretion to allow a late rower to start
- 1 minute before start time and when rowers are seated on machines, the Responsible Umpire will say
  - *"All rowers put down the handle"*
  - A rower not following the official's instructions or not ready to race may be excluded.
  - When all the flywheels have stopped
  - *"Sit Ready"*
- When the Responsible Umpire is satisfied all rowers are ready, the start procedure will proceed:

# Start procedure

Start with computer interconnection:

Concept 2 interface

With an audible command from the computer, the monitor on the ergometer will show :

- "Sit ready"
- "Attention"
- "Row" or "Go"

If a computer interface is not available, the same procedure should be used with vocal commands

# Start procedure

Concept 2 interface

# Start procedure

- The Responsible Umpire may:
  - Exclude a rower not ready to start without good reason
  - When the designated start time has passed, start a race without reference to:
    - Absentee rowers, or
    - Rowers refusing to start without a good reason
  - Exclude a virtual rower who does not meet the requirements to connect and race.

# False Start

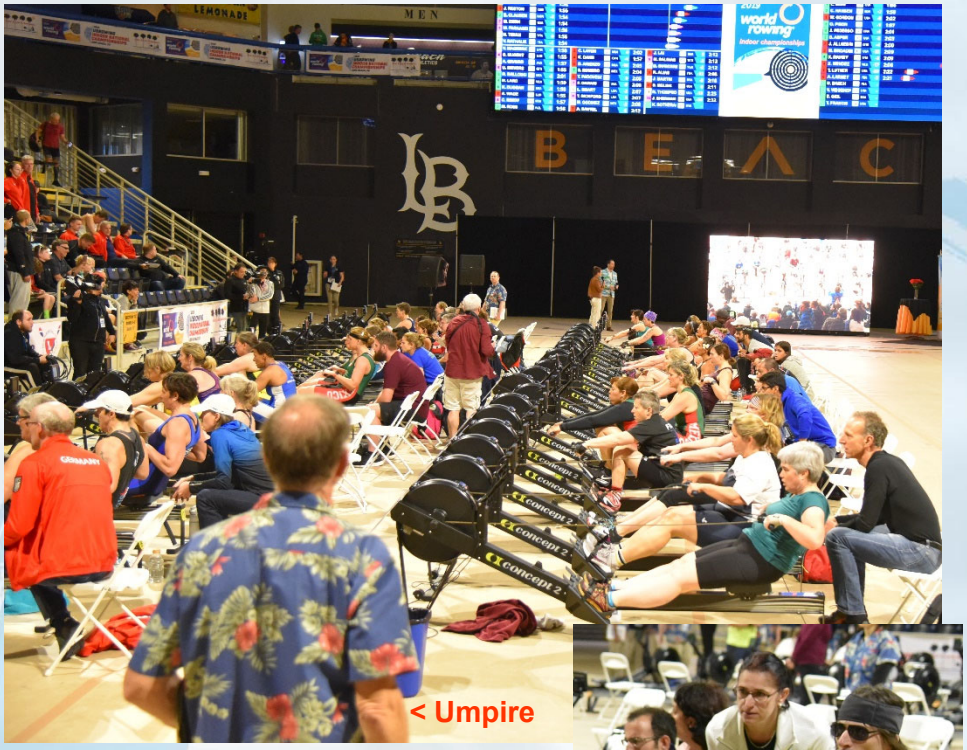
- A rower starting to row after the start procedure has begun and before the start signal is given has caused a false start
- With computer interconnections
  - The computer will detect when a rower caused a false start and stop the race
- Without computer interconnections
  - The Responsible Umpire will judge if a rower has caused a false start
- Where a rower has caused a false start, the Responsible Umpire may
  - Stop the race and award a yellow card to the rower who caused the false start
  - Allow the race to continue and award a time penalty to the rower who caused the false start
- When announcing the Yellow Card the Responsible Umpire will say “Name of Rower”, “False Start!”, “Yellow Card”

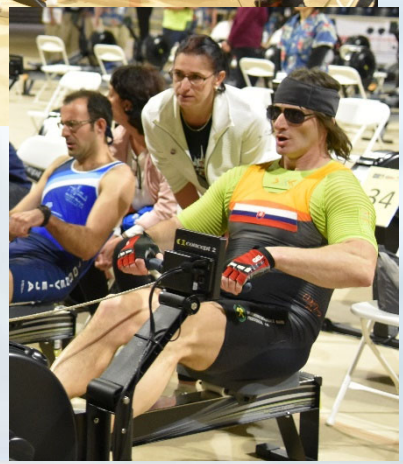
# False Start

Effective 2025

- If any competitor causes a false, a yellow card (false start) will be assessed against all of the rowers in the race.
- If another rower commits a false start that rower will awarded a red card and excluded from the race.

# During the Race



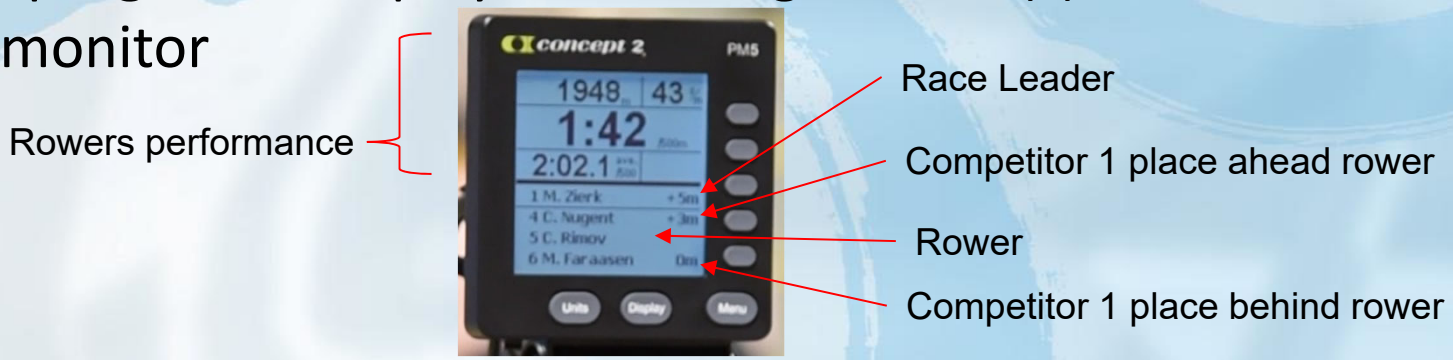
During the race, the Responsible Umpire and Race Umpire(s)

- Monitor the race progress
- Watch for “lane interference” of machine malfunctions
- Be aware that for a visually impaired PR3 rower, the coach may need to be in a positon to tell the athlete of the race progress

# Timing and Results

Timing

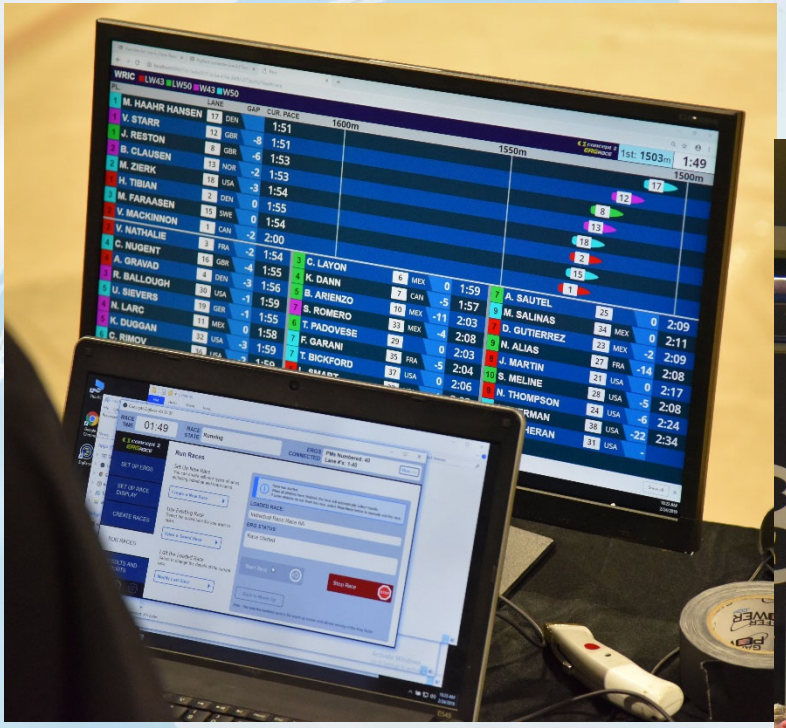
- The timing is controlled by computers interfaced with each rowing machine
- The race progress is displayed on a large screen(s) and the rower's monitor




- A rower finishes a race when the rower has rowed the required distance or time
- A race is concluded when the Responsible Umpire approves the official results.

# Timing and Results

## Timing



# Objections - Protests

- In-person - Objection to the Responsible Umpire at the end of the Race and before the rower leaves the immediate vicinity of their machine.
- Virtual – Objection is made by the process described in the Competition Manual
  - The Responsible Umpire may accept or reject the objection
  - A rower excluded or sanctioned at the Start may make an objection at the time the penalty is awarded

# Objections - Protests

- Protest to President of the Jury in writing
  - no later than 30 minutes after conclusion of the race by publication of official results
  - Must be accompanied by a 100 Euro deposit
  - The Board of the Jury shall decide if the protest is justified
  - At a World Rowing Indoor Championship the Exec. Committee may delay the victory ceremony pending the outcome of the Protest
- Appeals to Exec. Comm. or its designated Appeals Committee
  - Decisions of Appeals Committee are final.

# Anti-Doping Control

- Anti-Doping Control is similar to on the water sprint racing
- The assigned Umpire introduces the Anti-doping chaperone to the selected athlete at the conclusion of the race
- Introduction can be at:
  - the race rowing machine (Umpire escorts the Chaperone to the athlete) or
  - at the edge of the race floor (Umpire escorts athlete to chaperone)

# Virtual Events

- World Rowing currently partners with TimeTeam to run both the hybrid and virtual World Rowing Indoor Championships.
- The in-person portion of a hybrid Indoor Championships is run like a normal in-person event covered in this presentation.
- The next part of the presentation will cover the virtual racing as it is currently run

# Virtual Events

- Basic Timeline for Virtual events

| | |
|---|---|
| **Between 2 and 1 hours prior to the race start** | **Lightweights weigh-in on video. Videos must be uploaded to the Time-Team entry portal at least 1 hour prior to the race start.** |
| **20 minutes prior to race start** | Enter the Homerace race lobby via their 'participant secret code'. |
| **10 minutes prior to race start** | Deadline to connect to video for the livestream. |
| **5 minutes prior to race start** | Race lobby locked for entry, no further admittance allowed. Competitors who do not meet the internet latency requirements by this time would not be permitted to compete in their Final. |
| **2 minutes prior to race start** | Competitors must be in position and ready to race. |
| **1 minute prior to race start** | Stop rowing, put your handle down and watch your monitor for race start instructions |
| **10 minutes after race conclusion** | Deadline to email any objection regarding your race to indoor@worldrowing.com. Objections from virtual competitors may be submitted via email only. |
| **30 minutes after race conclusion** | Deadline to email any protest regarding your race to indoor@worldrowing.com. Protests from virtual competitors may be submitted via email only and should include the proof of payment of the fees. |

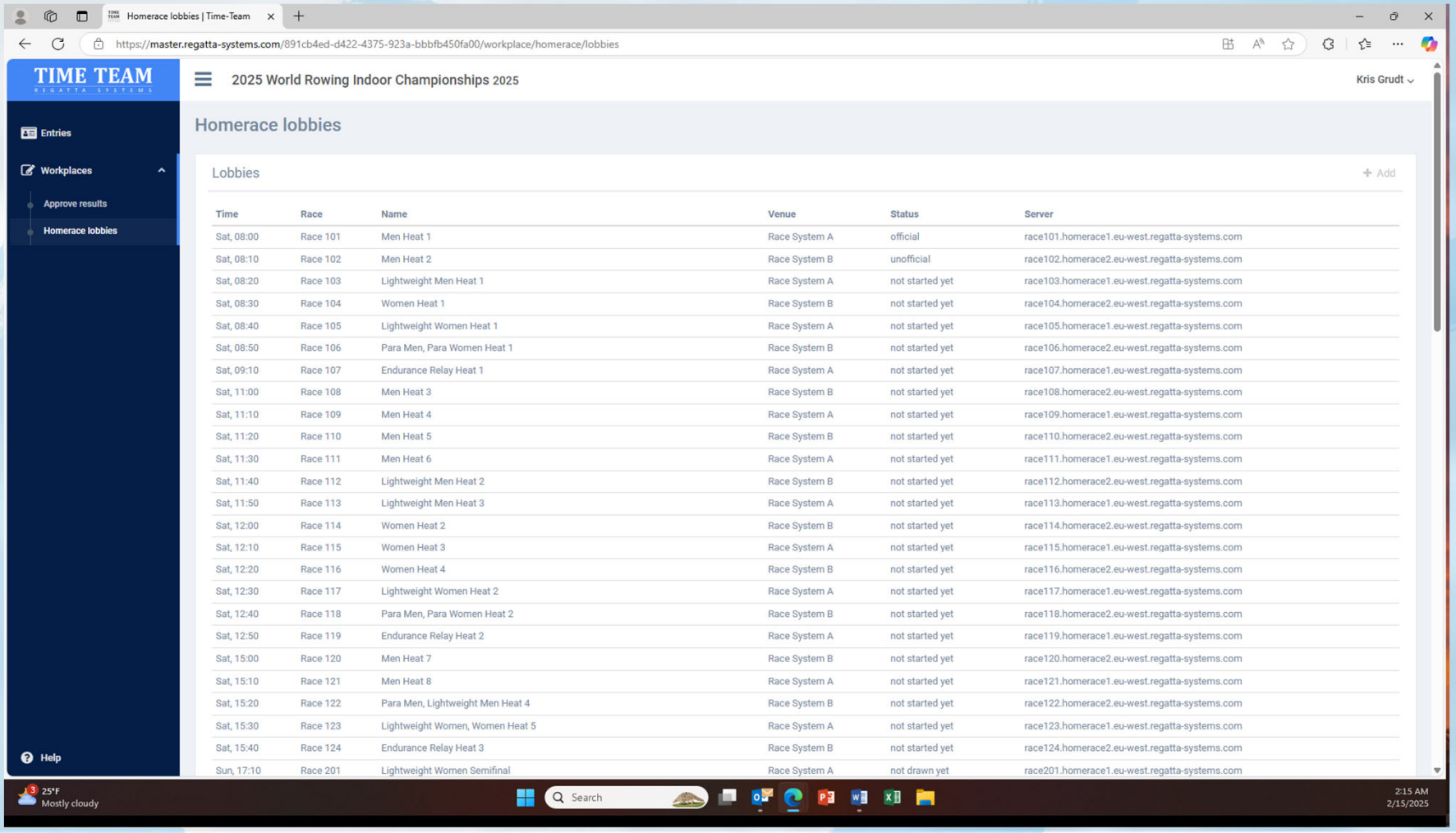
# Virtual Events

## Lightweight Athlete Weigh-ins (As applied in 2024 - 2026)

- **Lightweights Weight limits –** *Kilograms (Kgs) or Pounds (lbs) accepted*
  - A rower competing in a **lightweight men's** event may not weigh more than **75.0 kgs. (or 165.3 lbs)**
  - A rower competing in a **lightweight women's** event may not weigh more than **61.5 kgs (or 135.5 lbs)**
- Lightweights must submit a video of weigh-ins to web portal.
  - The video must show:
    - A test weight placed on the digital scale – test weight must be something that shows its weight
    - The competitor on the scale in race clothes with the weight of the athlete.
    - A time stamp from on a specified World Rowing website showing the weigh-in was made in the proper time window
- An Umpire will approve the videos before the race

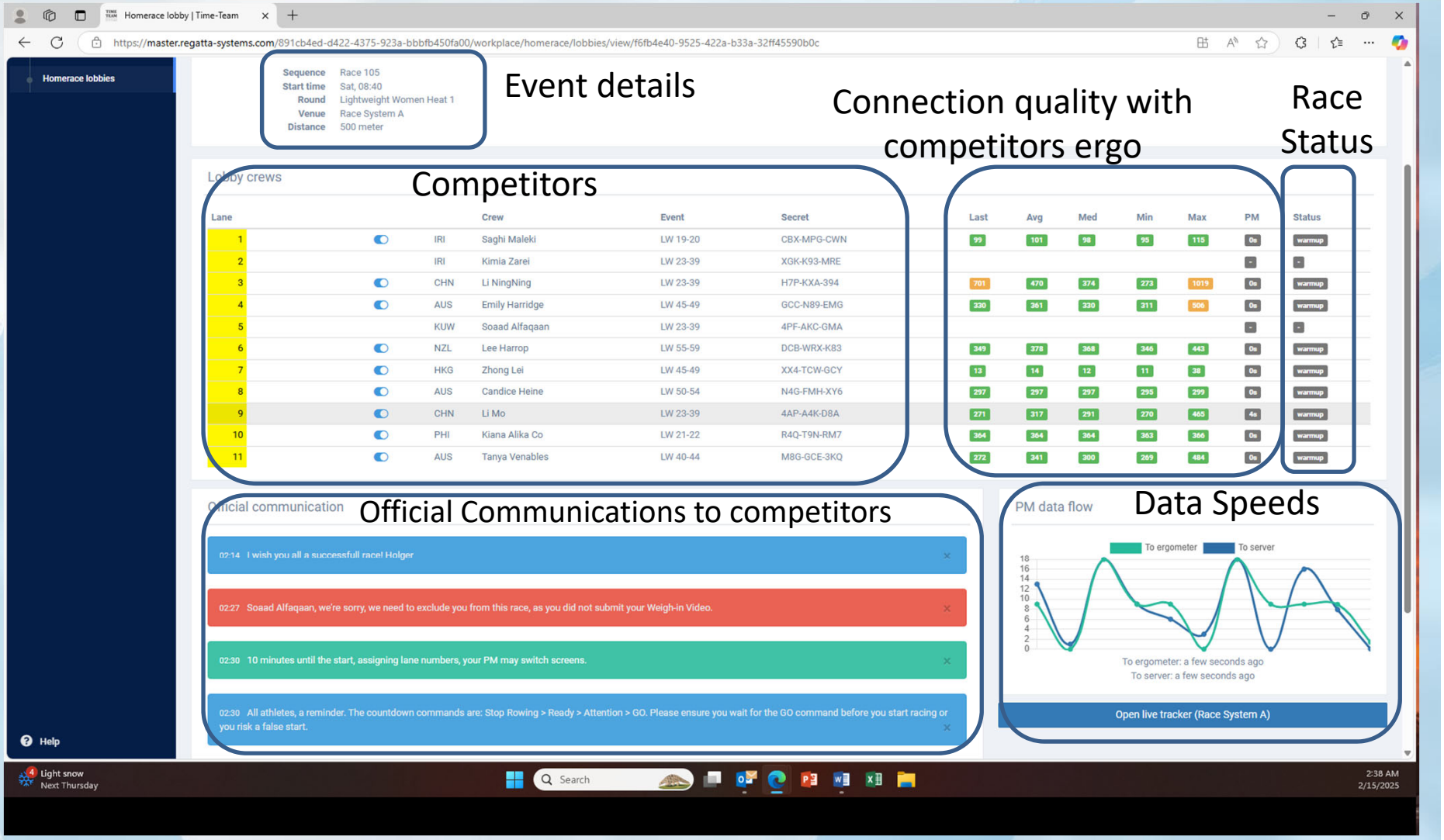
# Virtual Events

- Each race has its own “Lobby”



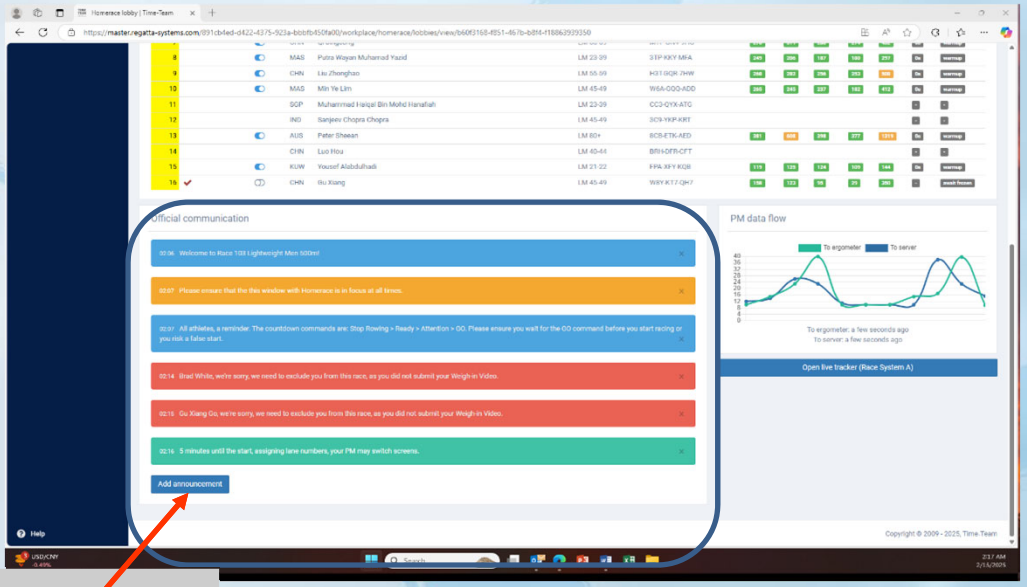
# Virtual Events

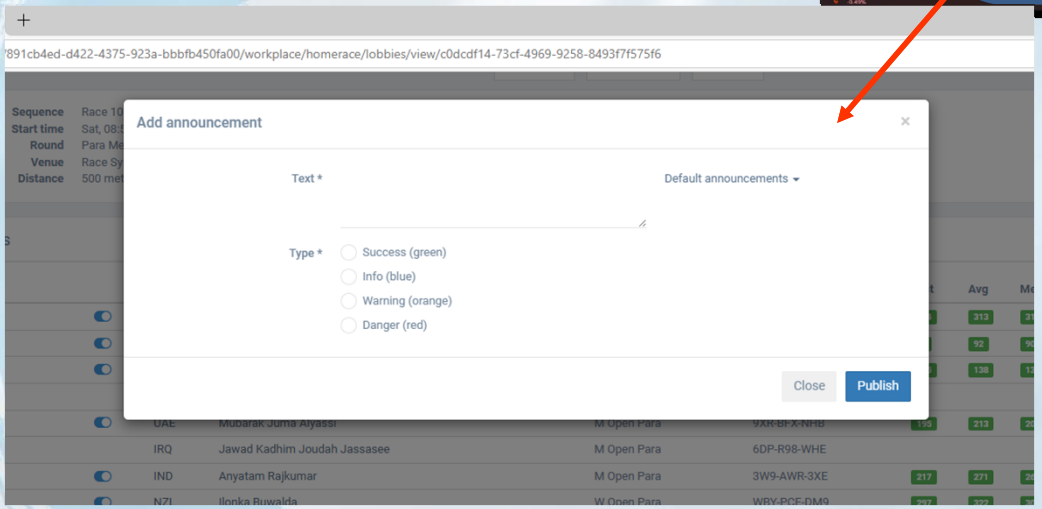
## HomeRace Lobby – Monitored Umpires and technicians



# Virtual Events

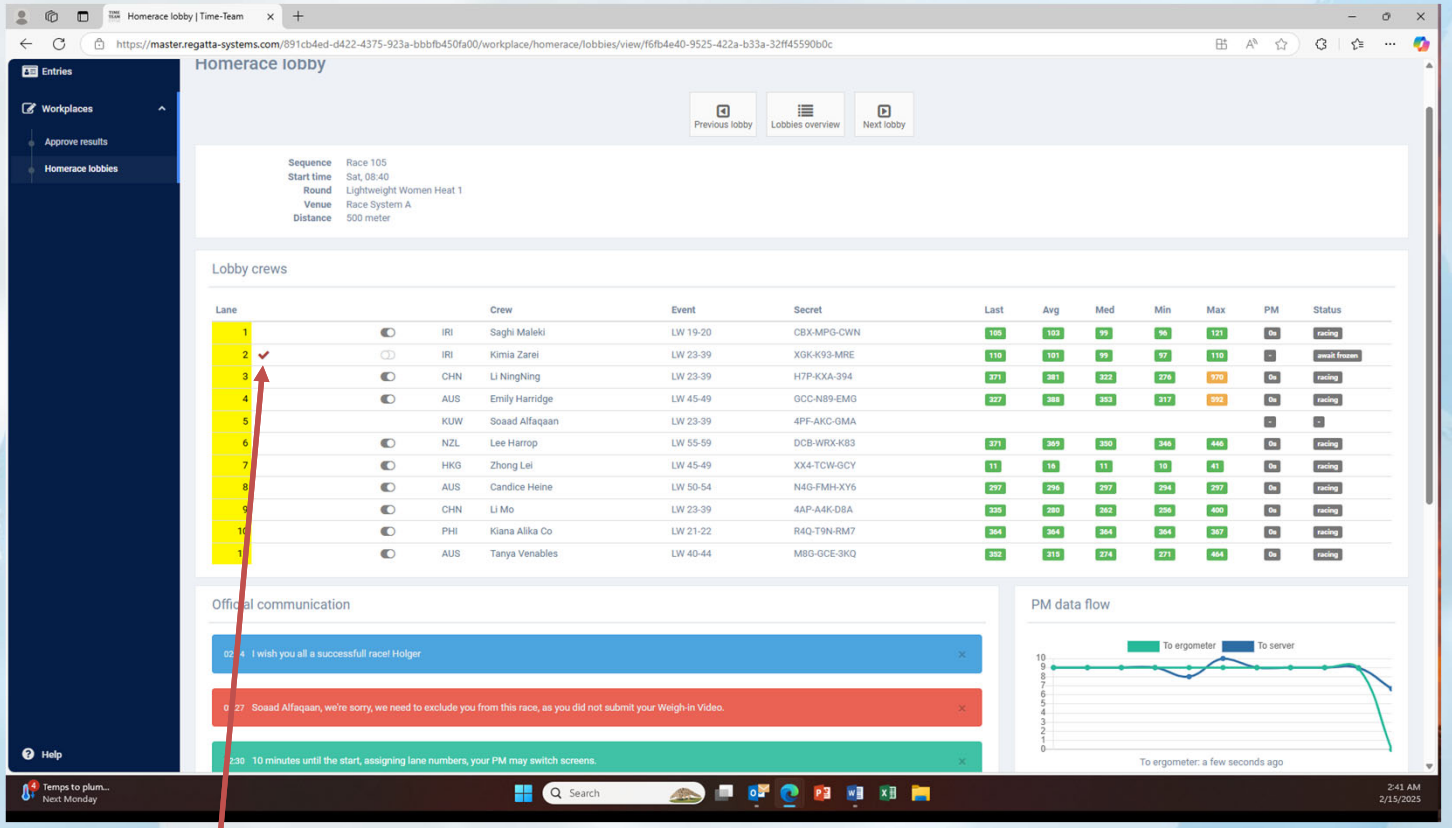
- The Umpire and technicians can send messages to all of the competitors in a race (lobby)
- Selecting the “Add Announcement” opens up a window




- A standard message can be selected and sent (e.g. “5 minutes”)
- Or a message can be customized (e.g. “*Competitor ABC* improve you connection”)

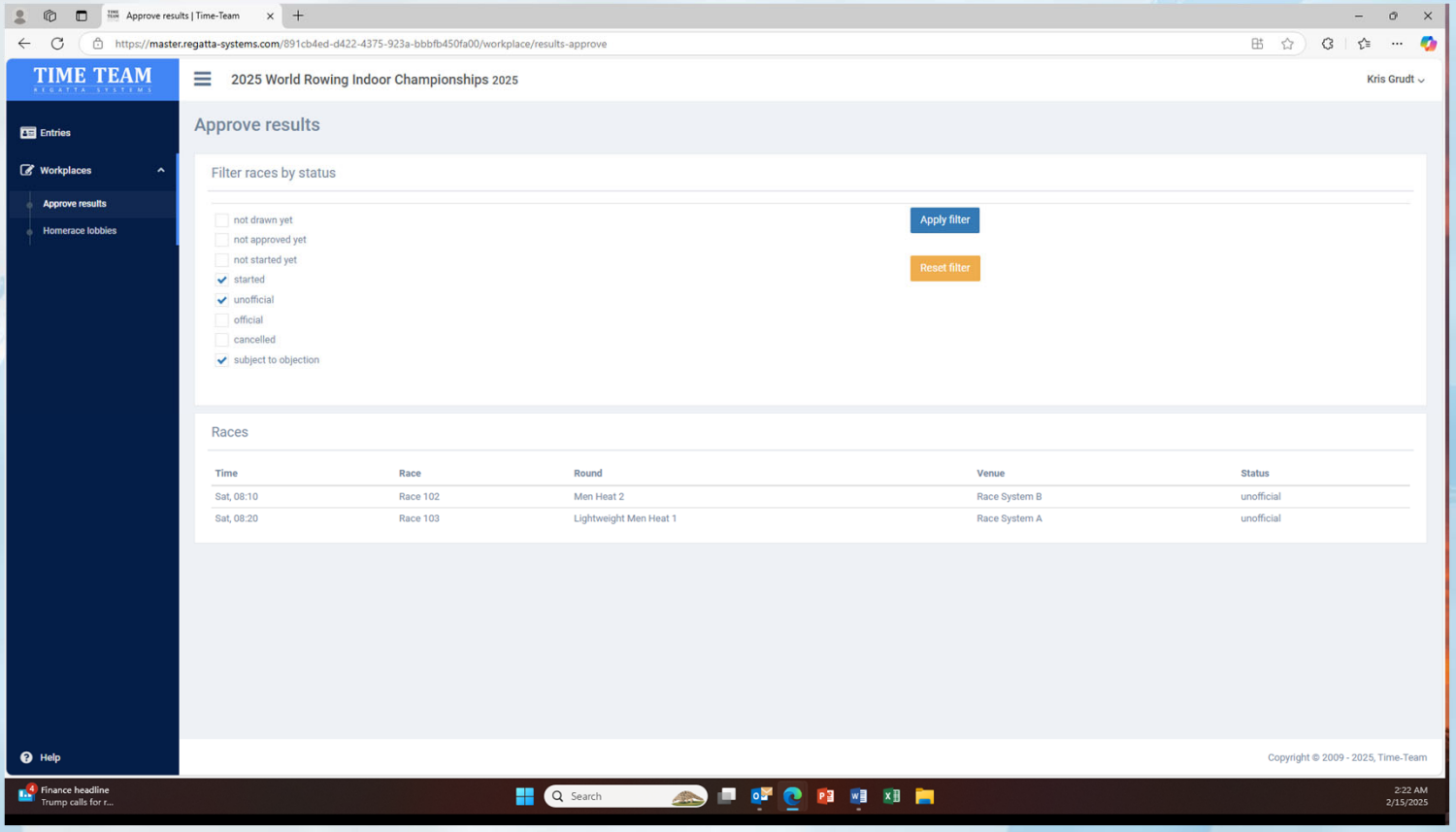
# Virtual Events




When all is ready, the technician will start the race

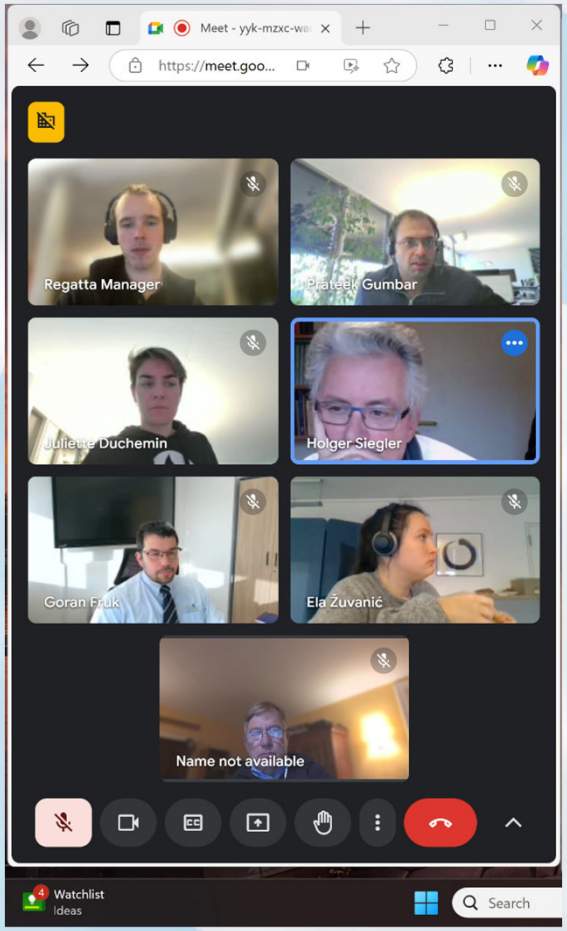
If within 2 minutes before the start of a race, a competitor does not have a good connection they may be excluded – The connection is the responsibility of the competitor

# Virtual Events



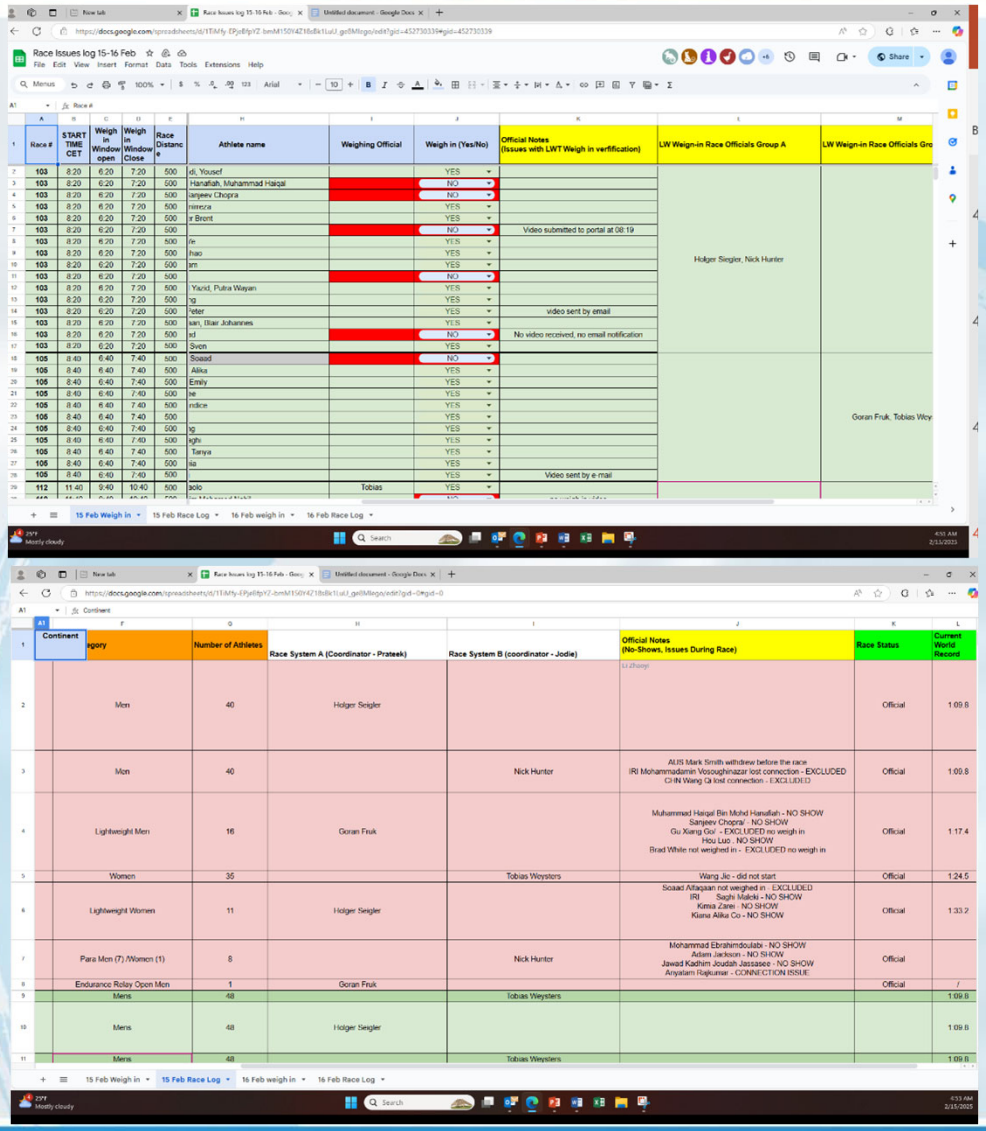

After the completion of a race, the Umpire approves the results and makes the race official

# Virtual Events




- During the weighins and races, Umpires and race technicians are in communication through meeting rooms.

# Virtual Events




Shared spreadsheets are used to track and record:

- the weigh-in status of the athletes.

- Issues about each race
  - Competitors not showing up
  - Competitors excluded due to bad internet connections
  - Competitors not making weight
  - False starts
  - Other race issues

# *Questions ?*

# Thank You