

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, vision, intellectual, and coordination impairments.

IAR1

- Category for those with one of the following:
 - Unable to use legs and/or trunk, with additional functional limitations in one or both arms;
 - 3-4 limbs/trunk are significantly impaired;
 - High SCI at T2 or above;
 - Triple amputee.
- Single or double handgrip is allowed in racing.
- Fixed and adaptive seats are permitted (including wheelchairs).
- Chest straps must be used for safety, and leg straps may be used.

IAR2

- Category for those with one of the following:
 - Functional use of arms and shoulders with some amount of trunk function;
 - Unable to use legs for rowing;
 - Moderate to severely decreased sitting balance.
- Single or double handgrip is allowed in racing.
- Fixed seat with a back rest must be used.
- Chest straps must be used for safety, and leg straps may be used.

IAR3

- Category for those with the following:
 - Able to use legs and trunk, but single arm impairment or single side impairments prevent using both hands - competitors must only use one hand/ one arm for racing;
 - Impairment is above the wrist, on either arm.
- Restricted to single hand grip.
- Sliding seat is used.
- Straps are optional.

IAR4

- Category for those with the following:
 - Permanent physical impairment resulting in no or limited leg function with full trunk and arm function.
- Single or double handgrip is allowed in racing.
- Fixed seat must be used.
- Leg straps must be used; other straps are optional.

IAR5

- A category for those with one of the following:
 - Vision impairment (B1, B2, or B3) which meets the Minimum Impairment Criteria for Para Rowing;
 - Able to use legs, trunk, and arms, and have a permanent physical impairment that meets the Minimum Impairment Criteria for Para Rowing.
- Single or double handgrip is allowed in racing.
- Sliding seat is used.
- Straps are optional.

IAR6

- A category for those with one of the following:
 - Competitors with intellectual impairments certified through Virtus;
 - Minor or non-permanent physical injuries; chronic health conditions;
 - Hearing impairments and vision impairments which do not meet the Minimum Impairment Criteria for Para Rowing;
 - Impairments that are not eligible impairments for Para Rowing. (i.e.: psychological impairments).
- Single or double handgrip is allowed in racing.
- Sliding seat is used.
- Straps are optional.

IAR7

- A category for those with one of the following:
 - No or limited leg function with full trunk and arm function but do not meet the criteria for IAR1-6;
 - Minor or non-permanent physical injuries; chronic health conditions; hearing impairments;
 - Impairments that are not eligible impairments for Para Rowing. (i.e.: CRPS, FND).
- Single or double handgrip is allowed in racing.
- Fixed seat must be used.
- Leg straps must be used; other straps are optional.

Competitors who already have one of the following eligibilities may enter in the appropriate IAR category without any additional documentation or re-assessment:

- **Para Rowing Sport Classes (international and national) (PR1, PR2, PR3)**
- **Invictus Games Categorisation**
- **Virtus Eligibility (IAR6 only)**
- **IBSA Sport Class (B1, B2, B3) (IAR5 only)**

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 the table on page 5 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 IAR eligibility.

*Athletes with a PR1 Sport Class may be eligible for the IAR1 category if they meet the criteria. If an athlete with an PR1 Sport Class wishes to enter the IAR1 category, they must email classification@worldrowing.com for the medical documentation to be verified.

**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 a 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.

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](#).

The following table presents to which IAR category each recognised classification, categorisation or eligibility corresponds.

Indoor Adaptive Rowing Categories	Para Rowing Sport Classes (<i>international and national</i>)	Invictus Games Categories	Virtus Eligibility
IAR1	PR1*	IR1	
IAR2	PR1	IR2	
IAR3	(Some 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	PR3-II	IR6	Any Virtus Eligibility
IAR7		IR7	

*Athletes with a PR1 national or international Para Rowing classification will automatically be entered in IAR2, unless a request is submitted to World Rowing to be considered for IAR1.

**Athletes with a PR3-PI national or international Para Rowing classification will automatically be entered in IAR5, unless a request is submitted to World Rowing to be considered for IAR3.