

2004 FISA ADAPTIVE ROWING

FISA GUIDELINES FOR ADAPTIVE ERGOMETER ROWING

PART I - SCOPE

SECTION 1 - GENERAL

Rule 1 - Adaptive ergometer rowing

Ergometer rowing is rowing on a machine or in a tank which simulates the action of rowing in a boat.

Adaptive Rowing Ergometer racing provides opportunities for those rowers with disabilities who cannot compete fairly in mainstream ergometer rowing.

Rule 2 - Application

These Bye-Laws shall apply to:

- a) all the adaptive rowing ergometer events under this rule;
- b) other International Rowing Ergometer Races held under the auspices and/or partnership of FISA;

Rule 3 - FISA World Championships

FISA recognises the FISA World Adaptive Rowing Ergometer Championships.

Adaptive rowing ergometer events may be included in the FISA World Rowing Ergometer Championships or be included in a separate World or Continental rowing ergometer event recognised by FISA.

Rule 4 - Right to participate

The adaptive rowing ergometer events of FISA World Rowing Championships are open to rowers of all affiliated federations who comply with the FISA Eligibility Passport requirements.

Rule 5 - Open Adaptive Events

The Open Adaptive is a rowing event with multi-disabilities or single disability rowing ergometer races in a World or Continental basis. FISA has the sole right to designate an event as an 'Open'.

Rule 6 - Right to participate

The Open Adaptive rowing ergometer events are open to all rowing ergometer rowers who comply with the FISA Eligibility Passport requirements and accept formally the rules of FISA.

Rule 7 - International Adaptive Events

International Adaptive events are rowing events with multi-disabilities or single disability rowing ergometer races held on an international basis. FISA has the sole right to designate an event as an 'International'.

Rule 8 - Right to participate

The International Adaptive rowing ergometer events are open to all rowing ergometer rowers who comply with the FISA Eligibility Passport requirements and accept the rules of FISA.

Rule 9 - Virtual races

Adaptive rowing ergometer virtual races are those whereby competitors compete in an ergometer rowing event under standardised conditions at their home base, but in a virtual racing scenario supported by software authorised by FISA, and post their results on the internet. Competitors need not physically be in the same location.

Rule 10 - Rankings

Official FISA Rankings are monitored by FISA and only these may be used as selection criteria for participation in:

- a) Open Adaptive Ergometer Races
- b) International Adaptive Ergometer Races

PART 2 - ROWERS

SECTION 1 - GENERAL

Rule 11 - Categories

The following categories of adaptive rowers are recognised by FISA:

- Youth (mixed, men and women)
- Junior (mixed, men and women)
- Seniors (mixed, men and women)
- Masters (mixed, men and women)

Within the categories above adaptive rowers must have at the minimum a disability as follows in order to give fair competition for people with different disabilities.

LTA (leg, trunk and arms)

- Blind: 10% of vision in best eye with best correction (from visual acuity above 2/60 up to visual acuity of 6/60 and/or a visual field of more than 5% and less than 20%)
- Amputee:
 - a) one single foot amputation
 - b) 3 fingers hand amputation
- Neurological impairment: causing loss of ankle flexion and extension

- Cerebral palsy: CP8 (Cerebral Palsy International Sport and Recreation Association (CP–ISRA) classes.
- Intellectual impairment: International Sports Federation for Person with an Intellectual Disability (INAS) criteria

TA (trunk and arm)

- Amputee: bilateral above knee
- Cerebral palsy: CP5 (diplegia)
- Neurological impairment: equivalent to a spinal cord of complete lesion of L4

A (arm)

- Cerebral palsy: CP4
- Neurological impairment: equivalent to a spinal cord of complete lesion of T10

Rule 12 - Licences

An Eligibility Passport will be issued by FISA upon receipt of a fully completed Eligibility Passport application from the National Federations. The Eligibility Passport application must be endorsed by the relevant National Paralympic Committee (NPC) or equivalent organisation recognised by the International Paralympic Committee (IPC)

For rowers with an intellectual disability, a registration form of International Sports federation for person with an Intellectual Disability (INAS) should be presented to the relevant NPC or equivalent organisation recognised by IPC. Where doubt exists as to an adaptive rowers' eligibility,

a) qualified FISA personnel may request an examination of a rower and his documentation.

b) copies of all rowers examination reports and documentation will be send to FISA

The Eligibility Passport may be validated or cancelled by FISA.

Rule 13 – Exceptions

Exceptions to the previous categories and licences shall be added to the Special Olympics ergometer adaptive and unified races.

SECTION 2 - AGE CATEGORIES

Rule 14 – Youth

An adaptive ergometer rower aged not more than 15 shall be classified as a Youth rower.

An adaptive ergometer rower ceases to be Junior on 31 st December of the year in which in reaches the age of 15.

Rule 15 - Junior

An adaptive ergometer rower aged not more than 18 shall be classified as a Junior rower.

An adaptive ergometer rower ceases to be a Junior on 31st December of the year in which he reaches the age of 18.

Rule 16 - Senior

A rower who is no longer a Junior shall be classified as Senior.

Rule 17 - Master

A rower may compete as a Master from the beginning of the year during which he attains the age of 29.

The age of a master rower is referring to the age of the rower at 31st December of the year of the race.

FISA recognises the following adaptive rowing age categories:

- A- 29 – 39 years
- B- 40 – 49 years
- C- 50 – 59 years
- D- 60 – 69 years
- E- 70 – 79 years
- F- 80 years or more

SECTION 3 - PERFORMANCE CATEGORIES

Rule 18 - Novice

A novice adaptive ergometer rower is one who is in his first two years of international ergometer rowing competition or who has not yet won an international novice race.

Open Adaptive events, International Adaptive events and Virtual Races events may provide the novice adaptive

Rule 19 - Elite

An elite adaptive ergometer rower is an open category at international level.

All events at FISA World Championships are open elite events.

PART 3 - ERGOMETERS AND EQUIPMENT

Rule 20 - Classes of ergometers (e4, e2, e1)

The following adaptive ergometer classes are recognised by FISA

Ergometer 4 (e4) – team mixed races with four rowers,

Ergometer double (e2) – team mixed races with two rowers,

Ergometer single (e1) – male races with one rower,

female races with one rower.

Rule 21 - Racing ergometer

Concept 2 Ergometer Rowers (Model C or upgrade model) will be used in all ergometer adaptive events.

In principle, at all the international events, the ergometers will be equipped with the PM2+ interface that will provide automatically race management and will provide public display of the race and display results.

The racing ergometer provider will be chosen by FISA every year after the Olympic Games.

Rule 22 - Team racing ergometer

Team races may be held with the help of slides or without slides.

The novice class will race without the use of slides.

The team events at the FISA World Championships will be held with slides or other advance system of ergo sliding.

Rule 23 - Ergometer calibration

All the machines should be calibrated with the factory drag factor.

If a rowing ergometer machine has a 5% lower or higher drag factor in the leverage 1, 3 and 5, the organizers should display the fact on the concern machine.

At the Open Adaptive Events and FISA World Championships, the maximum variation allowed of the drag factor of each ergometer is 5% in the leverage 3 and 5.

The competitors may adjust the drag factor by changing the leverage position (damper setting) before the race. In any case, the leverage position may not be changed during the race.

Rule 24 - Technical aids

Competitors may use a variety of technical aids.

- a) All technical aids used must be available on the commercial market or be free of copyright.
- b) All technical aids should promote the ability of the rower to perform rowing technique. Each technical aid may not interfere, replace or generate an artificial input in the muscle action performed by each rower to propel the boat and to control its balance.

- c) The use of a technical aid may be suspended by FISA if it is affecting the health and safety of the competitor.
- d) FISA reserves the right to introduce cost limits for a technical aid.
- e) Until 2005, a fixed seat chair may be considered part of the ergometer rowing machine. The seat should be standardised by each Organising Committee.

PART 4 - RACES

Rule 25 - Race type

Class	e4	e2	e1
LTA	•		•
TA		•	•
A		•	•

At FISA World Championships and Open Adaptive Events, the e4 and e2, will be mixed gender events.

Rule 26 - Time and distance of the race

The international races will be operated in the time mode:

Novice performance category: 5 minutes

Elite performance category: 7 minutes

For the different categories, FISA recommends the following approach:

Youth: 4 minutes

Juniors: 5 minutes

Seniors novice: 5 minutes

Seniors elite: 7 minutes

Masters: 5 minutes

At International Events, the Organising Committee may add adaptive events over a shorter time in special circumstance.

At International Events, the Organising Committee may have adaptive events over a distance. The maximum distance allowed is 42,195 meters (marathon distance). Any such request must be approved by FISA.

Rule 27 - Number of lanes and set of lanes

For an international event:

- The number of lanes per race is 10 (i.e. 10 ergometer rowing machines) for a single event (e1). The number of lanes per race is 5 (i.e. 5 ergometer rowing machines) for a team event (e2 and e4),

- A set of lanes is 10 lanes for single event (e1) and 5 lanes for a team event (e2 and e4).
- Each ergometer rowing machine shall be placed a minimum of 0.80 meter and a maximum of 1.00 meter from the adjoining machines.
- A minimum 2.00 meters of free space shall surround the front, back and left and right sides of each set of lanes.

For FISA World Adaptive Ergometer Championships or Open Adaptive Events, FISA shall establish the maximum number of lane sets.

Rule 28 - Venue

FISA World Adaptive Rowing Ergometer Championships or Open Adaptive Events shall take place in a recognised ergometer sports hall.

The International Adaptive Ergometer events and Virtual Events may take place at a sport hall or in an open air facility.

The facility or venue must have, as a minimum in addition to the competition area, a warm up/warm down area, and areas for equipment support staff, accreditation teams, and media. All these areas shall be independent of the public area.

FISA may make further additional requirements, and, if so, they will be published in "The FISA Manual for Ergometer Rowing Championships".

PART 5 - ORGANISATION OF RACES

SECTION 1 - GENERAL

Rule 29 - Duties of the Organising Committee

An Organizing Committee is responsible for the proper organization of the race. The Organizing Committee shall, in particular:

1. Fix the date and the program of the regatta in consultation with FISA.
2. Draw up and distribute the advance program of the event in accordance with FISA requirements.
3. Make available a suitable venue, ergometer rowing machines, and all technical equipment and support staff in conformance with these Rules of Racing.
4. Appoint a Race Director.
5. Ensure that appropriate safety systems, emergency back up and insurances for all participants and the public.
6. Take all other steps which may be required to ensure the proper promotion, organisation and conduct of the event.

Rule 30 - Prizes

Competitors may be awarded prizes.

Rule 31 - Advertising and Sponsorship Contracts

The FISA Council may prescribe Bye-Laws regarding commercial publicity, sponsorship and advertising at FISA events.

Advertising, in any case, may not change the technical characteristics of the ergometer rowing machines or provide unfair racing conditions for the competitors.

SECTION 2 - ENTRIES

Rule 32 – Entries

a) Open Adaptive Events, International Adaptive Events and Virtual Races- The entry should be made on an Organizing Committee approved entry form according the advance program of the event.

The entry form must include the FISA Eligibility Passport rower's number.

b) FISA World Adaptive Ergometer Championships - The entry should be made on an FISA entry form according the advance program of the event.

The entry form must include the FISA Eligibility Passport rower's number.

Rule 33 - Entry list

No later than 72 hours after the closing of the entries, the Organising Committee shall send to all competitors an event competition program with a provisional time-table of the heats, set and lane for each competitor at single races and set, lane and ergometer rowing machine number for team races.

The Organizing Committee may email this information to competitors.

For Virtual Races, the Organizing Committee may simply publish this information in the World Wide Web.

SECTION 3 - RACING MANAGEMENT

Rule 34 - Safety

The Organizing Committee must check all safety aspects of its ergometer race and impose safety measures as appropriate on competitors, competitor support staff, guide dogs, event staff and the public.

During the conduct of a FISA authorized ergometer race medical staff shall be ready to act in the competitor as well in the public area.

Should FISA or local authorities determine that there is a risk of violence or other disruptions at the venue, the Organizing Committee should be ready to implement extra security requirement.

Care should be taken to monitor room/venue temperature as specific classes of adaptive ergometer rowers may generate extreme uncontrolled body temperatures. For example, rowers with C6 lesion are not able to control their body temperature.

The use of "Camel Bags" or similar device for fluid intake is not allowed during competition. Exceptions may be authorized for longer races like marathon races.

Rule 35 - Circulation layout in the venue

The Organising Committee must publish, and display clearly in the venue area, the event layout including the following areas: competition, warm-up, competitors, media, public, results and emergency exits.

For the competitors, the Organising Committee must publish and display the accreditation area, warm-up check point, competition check point, circulation rules before and after competition, medal ceremony having in mind the impairment type and level of the competitor.

Rule 36 - Heats

All the adaptive events will only have heats and finals.

The number of competitors by heat is given by the number of sets of lanes available. The competitors will be seeded by their best performance in the last twelve months.

Performances shall be measured by an automatic electronic process. Should the automatic process fail, a manual system will be used. For team races, the performance of each rower will be averaged.

Rule 37 - Qualification system

After the heats, all the performances in each class will be ranked. For single race, the top 10 performances will go to final A. For team races, the top 5 performances will go to final A. The Organising Committee may propose to FISA some other classification system.

At the conclusion of the event all competitors will be ranked according to how they placed in the finals series. A competitor who reaches the finals (A, or B etc.) but does not race or does not finish his finals race due to mechanical difficulties will be ranked in the last place in the finals race for which he qualified.

Rule 38 - Team races

In team races, 50% of the crew may be substituted up to 2 hours before the heat of a category event.

No crew changes may occur between the heat and the final.

Rule 39 – Withdrawals

If a competitor or a team withdraws from an event, it shall give as much notice to the organizers as possible. Such notice must be in writing and received by the Organizing Committee at least 24 hours before the start of the event.

A withdrawal once made is irrevocable and is valid for all the races the competitor(s) have entered.

The Organizing Committee may establish penalties, announced on the entry form for failing to start a race. Missing a race is equivalent to a withdrawal.

They may be private contracts formed between a competitor or team and an Organizing Committee.

SECTION 4 - GENERAL CONDUCT

Rule 40 - Rowers

All rowers shall compete in accordance with the rules. They shall comply with the instructions of the Race Director, Organizing Committee, Security and Medical race staff. When taking action these persons should keep in mind the disability type and impairment level of the competitor.

Rule 41 - Coaches and carers

Each competitor or team may be supported by one coach. The coach area is behind the ergometer rowing machine. No physical contact is allowed between the competitor and the coach.

Carers are allowed to help the competitor transfer, adjust the fixed chair and adjust all sort of technical aids without making technical changes in the ergometer rowing machine and without disturbing the racing program.

All carers should leave the competition area 2 minutes prior to the race.

Guide dogs may remain in the competition area during the race under coach supervision.

Rule 42 – Media

Media staff, accredited by the Organising Committee, may circulate freely in the Media Area as long as their actions do not disturb the performance of the competitors,

The Media Area for each event shall be defined by the Race Director.

Rule 43 - Clothing

International and Virtual Events: Members of the same crew shall compete wearing uniform clothing (shirt and shorts and any additional garments). At outdoor events, if any member of a crew wears headwear, then the headwear worn by those crew members shall be uniform.

FISA Championship Regattas and Open Adaptive Events: Competitors shall wear the racing uniform of their national federation.

The racing uniform may be extended to cover the legs for rowers of class TA and A.

SECTION 5 - RACE DIRECTION AND UMPIRES

Rule 44 - Race Management Team

The Race Management Team consists of persons carrying out the following duties:

1. Race Director
2. Set Umpire
3. Warm-up Umpire
4. Competition Umpire
5. Computer Umpire
6. Test Official
7. Assistant Umpire

For FISA events, the Umpire Commission will appoint a chief umpire to deal with fairness issues.

Rule 45 - Race Director Role

The Race Director shall ensure, in close cooperation with the Organizing Committee, the proper conduct of the race according to these rules. In particular, he shall endeavor to ensure that no competitor or team gains any advantage or suffers any disadvantage from its opponents or from outside interference.

The Race Director leads the team of umpires. His decision is final.

Rule 46 - Umpires

The Set Umpire is the umpire who supervises the set of rowing ergometer machines and ensures that rules are followed. He controls event staff responsible for the ergometer rowing machines — one for each group of 5 machines in single races and one for each group of 4 machines in team races. The Set Umpire is responsible for validating the results when the race operates in manual mode.

The Warm-up Umpire controls the competitor warm-up area and supervises accredited staff at the warm-up check point during the heats and the finals.

The Computer Umpire runs the computer racing systems staff. Under the direction of the Race Director, he controls the start procedures and is responsible for validating the results.

The Competition Umpire controls the competition check point and monitors competitor eligibility during the heats and finals. He also controls competition check point staff.

The Doping Test official runs the anti-doping process according to the race program, anti-doping code and race category of the adaptive rower.

The Assistant Umpire will assist the race director moving around the race critical areas. He may also replace another umpire should the situation require it.

Rule 47 - Penalties

Any Competitor, Team, Coach, Carer or Guide Dog interfering with opponents and inhibiting the fair conduct of the race may be excluded by the Set Umpire but, in principle, only after a warning has been given. Any action taken is entirely at the Set Umpire's discretion. This exclusion is valid for the entire event.

A Coach is responsible for the behavior of the guide dog of his athlete during competition.

A Competitor or Coach whose action damages the hardware or the software system will be automatically excluded by any member of the Race Management team. This exclusion is valid for the entire event.

The Computer Umpire shall exclude a competitor or team from the race after 2 false starts.

FISA may add financial penalties to each warning and take action to exclude the offender for future competition.

SECTION 6 - RECORDS

Rule 48 - World records

FISA will validate the world ergometer adaptive records.

The validation process requires the race to be conducted under these rules of ergometer racing, to have a Race Management Team recognised by FISA, and have anti-doping controls in place for the regatta.

Where no previous standard exists, the winning performance will be cited as a best personal or event best result.

SECTION 7 - OBJECTIONS, PROTESTS, OUTCOME OF PROTEST

Rule 49 - Objections

During a heat or final, if a competitor or team has to stop in the first 15 seconds, due to mechanical damage of the ergometer rowing machine, the race will be stopped and a re-row take place.

During a heat, if a competitor or team has to stop after the first 15 seconds due to mechanical damage of the ergometer rowing machine, the race will not be re-rowed. The competitor or the team may make a race objection to the Set Umpire. The Race Director, or in FISA events the Chief Umpire, will decide the outcome of the objection and will determine the best way to provide a new race opportunity for the competitor or team.

During a final, if a competitor or team has to stop after the first 15 seconds due to mechanical damage of the ergometer rowing machine, the race will not be re-run and no objection will be allowed.

Rule 50 - Protests

Classification protests

1. Request regarding own classification

No change will be allowed at any International Adaptive Event, Open Adaptive Event FISA World Adaptive Ergometer Championships or Virtual Races.

2. Protest against another competitor or team

2.1. Only the team manager can make such protest.

2.2. The protest must be made on an official FISA form. It shall be accompanied by a deposit of CHF 100 or equivalent.

2.3. The Organising Committee will ask the relevant team manager or competitor for the rower classification documentation.

2.4. The event medical officer or FISA qualified personnel will access the classification documentation and, in doubtful cases, the rower will be required to undergo an examination.

2.5. If the rower's documentation is not presented or if the rower refuses to attend the examination, the Eligibility Passport is automatically suspended.

2.6. The final decision will be written on the official form. The original goes to the Race Director and will be added to the report. Copies go to the Organizing Committee and, if requested, to the team.

2.7. No classification protest may be made more than 30 minutes after the event's heat.

3. Trial Period

During the trial period till December 31, 2004, if an examination does not take place due to lack of qualified personnel, the races will proceed. The protest will become the responsibility of FISA and the results will be kept non-official until FISA's decision.

Rule 51 - Outcome of protest

As the result of a protest, the Eligibility Passport may be suspended. In this case, the competitor will be disqualified by the Race Director. This disqualification is valid for the entire event.

If the competitor is member of a team, other members of the team will be disqualified only from the race in question and not from the entire event.

FISA may add financial penalties to a disqualification decision.

SECTION 8 - REGATTA REPORT

Rule 52 - Race director report

The Race Director shall write the regatta report. For the report, he may use the reports of members of the Race Management Team and shall include comments on the running of the races, any incidents or disputes arising as well a copy of the official results. For FISA events, this report shall be received at FISA by email, not later than 2 days after the event.

Rule 53 - Observer report

FISA may nominate a race observer, independent of the race director team. The race observer report shall be received at FISA by email, not later than 2 days after the race. In case of critical situations, a summary report shall be received at FISA by email, 2 hours after the end of event.

PART 6 - ANTI DOPING RULES

Rule 54 - anti doping rules

For adaptive events, to the Olympic Movement Anti-Doping Code, its Bye-laws and FISA Anti-Doping Bye-Laws will be added the following provisions of IPC Anti-Doping code:

1- Exemptions allowing the use of drugs on the list for medical purposes may be using the Medications Advisory Panel process of IPC Medical Commission. FISA will apply rules of IPC Handbook, section II, chapter 8 (Medical and anti-doping code), chapter VII.

2- The use of autonomic dysreflexia (boosting) is illegal as it endangers the health of the rowers. In regards to boosting, FISA will apply rules of IPC Handbook, section II, chapter 8 (Medical and anti-doping code), chapter IV.

3 - Blind and intellectually impaired rowers undergoing an anti-doping test must be accompanied by a person who may act as the interpreter.

Appendix 1 - FISA EP form