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The following rules, referee procedures and LOC guidance have incorporated modifications for Indoor Rowing. Modifications are identified in bold text.

1-104 Scope and Exceptions (*)

- (a) These rules shall apply to all rowing Races and Regattas that take place in the United States and that are registered by USRowing. These rules shall not apply to any Races or Regattas that are within the exclusive jurisdiction and control of FISA.
- (b) Any exceptions or amendments to these rules must be described in detail to USRowing at the time of registration, publicized in writing and distributed to every competing Team. USRowing may take the extent and nature of variation from these rules into account in determining whether to register a Regatta.
- (c) Subsection (b) above notwithstanding, there shall be no exceptions or amendments to any provision designated as absolutely binding. In these rules, such provisions are noted by an asterisk (*) in the appropriate caption or subsection heading.
- (d) Adaptive Rowing Races (Article X, "Adaptive Rowing"), Head Races (Article VIII, "Head Races"), **Indoor Rowing Races (Article XI, "Indoor Rowing")** and Races for Open Water Events (Part A of Article IX, "Open Water Racing"), and USRowing Trials (Article VI, "Trials Rules") shall be held under the specific rules designated for them.

4-103 Eligibility to Compete in Events

- (a) Rowers may compete in a higher skill class but not a lower skill class. For example, a Senior athlete may compete in an Elite Event but not an Intermediate Event.
- (b) A Coxswain may compete in any of those categories regardless of his or her classification by skill, except that a Coxswain who is not an amateur shall not compete in Events classified by skill as Intermediate or Senior or classified by age as Youth.
- (c) A Rower who does not comply with [Rule 4-104.3 \("Lightweights"\)](#) and [Rule 4-106 \("Weighing of Competitors"\)](#) shall not compete in a lightweight Event. Any Coxswain who otherwise complies with applicable rules may participate in a lightweight Event.
- (d) A Coxswain who does not comply with [Rule 4-105.1 \("Coxswain's Weight"\)](#) and [Rule 4-106 \("Weighing of Competitors"\)](#) shall not compete.
- (e) A Competitor, including a Coxswain, who does not comply with [Rule 4-104.1\(a\) \("Classification by Age"\)](#) shall not compete in a Youth Event.
- (f) A Rower who does not comply with [Rule 4-104.1 \("Classification by Age"\)](#) shall not compete in a Masters Event, or in an inapplicable Masters age category Event as described in [Rule 4-104.1\("Classification by Age"\)](#). A Coxswain may compete in any Masters Event regardless of age.
- (g) A Rower may compete in an Adaptive or Para Rowing Event if his or her disability meets the criteria set out in the Adaptive Rowing Classification Regulations and has been classified by a national or international Classification Panel into an eligible sport class. A Rower without a sport class or whose sport class has been withdrawn may not compete in Adaptive or Para Rowing Events.

- (1) In Inclusive Events, the sport class eligibility requirement pertains only to the Rower who has been classified.
- (h) A female Rower shall not compete in Events for men, and a male Rower shall not compete in Events for women. A Crew competing in a mixed Event must be 50% male and 50% female, not including the Coxswain.
 - (i) The USRowing Board of Directors has adopted a comprehensive Gender Identity policy, which is now contained in the CEO Policy Manual.
 - (j) A Competitor shall know their eligibility, including their sport class if rowing in an Adaptive or Para-Event, and shall not compete in an Event for which they are not eligible.
 - (k) Other sanctioning bodies may have additional eligibility requirements.
 - (l) ***A Competitor must compete under their own name. The penalty for the use of a pseudonym or other false identification shall be disqualification.***

5-301 National Championship Events (*)

The Events for the Elite National Championships, Masters National Championships, Youth National Championships, Club National Championships, ***Indoor National Championships***, and USRowing National Head Race Championships are described at www.usrowing.org.

ARTICLE XI – INDOOR ROWING

Part A – Introductory Provisions

11-101 Scope of Rules Regarding Indoor Rowing Races (*)

This Article shall apply to all Indoor Rowing Races at Registered Regattas. Articles I (“General”), V (“Regattas”), and VII (“Courses”) shall apply, where applicable by their terms, to Indoor Rowing Races. Articles II (“Conduct of the Race”), III (“Equipment”), IV (“Competitors”), shall apply to Indoor Rowing Races to the extent not superseded by the provisions of this Article.

11-102 Indoor Rowing Defined (*)

A Regatta where all Events are contested using an Indoor Rowing Machine.

11-103 Definitions (*)

[Definitions of terms listed here that also exist in 1-202 (“Other Definitions”) supersede those definitions. Definitions of terms that are new and only apply to Indoor Rowing are added to the end of the list of terms.]

(f) “Course” shall mean the proscribed distance, in meters, to be rowed on the Indoor Rowing Machine.

(h) “Coxswain” shall mean any person who is not a Rower who does not participate in the physical propulsion of the Indoor Rowing Machine, but who does provide verbal guidance and encouragement to a Competitor.

(j) “Equipment” shall mean the Indoor Rowing Machine.

(r) “Interference” shall consist of physical contact with another Competitor.

(dd) “Rower” shall mean any person acting as an oarsman or oarswoman who participates in the physical propulsion of a boat.

(jj) “Starting area” shall mean the first 30 seconds of elapsed time as measured by the Indoor Rowing Machine.

(tt) “Indoor Rowing Machine” shall mean a variable resistance machine where the resistance changes with the force exerted by the Competitor.

(uu) “Data File” shall mean the electronic file generated by an Indoor Rowing Machine that records the elapsed time for a given Race.

(vv) “Drag Factor” shall mean the amount of resistance selected by a Competitor on their assigned Indoor Rowing Machine.

11-104 Officials (*)

[Supersedes 2-104 (“Officials (*))”]

(a) For each Race at a Regatta, the Chief Referee shall cause to be assigned Race Officials to perform the following functions:

(1) Referee: The Referee shall have general supervision of the Race. There shall be an appropriate number of Referees in relation to the number of Indoor Rowing Machines to be supervised. The international recommendation is 1 Referee per 10 Indoor Rowing Machines.

- (2) Starter: The Starter shall administer the starting procedures and shall be responsible for their fairness.**
- (3) Chief Judge: The Chief Judge shall shall administer the procedures for reviewing the Data Files of each Rower's Indoor Rowing Machine for the purposes of determining an order of finish and shall be responsible for their fairness.**
- (b) The Chief Referee may assign a Race Official to perform the duties of both the Starter and Chief Judge.**
- (c) All persons acting as a Referee, Starter, or Chief Judge at any Registered Regatta shall have a valid Referee or Assistant Referee license.**
- (d) International FISA Umpires holding a valid FISA umpiring license, or international umpires/officials holding a valid national license, can work in the United States at USRowing Registered Regattas after receiving approval from USRowing.**

Part B – Conduct of the Race

11-201 Drag Factor Setting (*)

Rowers may set the Drag Factor before their Race begins and shall not adjust the setting during the Race itself. The presumed penalty for changing the Drag Factor during a Race is exclusion.

11-202 Reporting to the Start

[Supersedes 2-301 (“Reporting to the Start”)]

- (a) Each Rower shall be seated on their Indoor Rowing Machine two minutes before the Scheduled Time of the Race.**
- (b) A Rower not seated on their Indoor Rowing Machine at least two minutes before the Scheduled Time of the Race may be assessed a warning (Rule 2-602(b), “Types of Penalties”) by the Starter. A Rower that is not seated on their Indoor Rowing Machine by the Scheduled Time of the Race may be excluded by the Starter.**
- (c) If racing is delayed, the Starter may announce a new racing time, which shall have the same effect as the original Scheduled Time for purposes of this rule.**
- (d) Each Rower may have one person acting as a coach or coxswain to verbally assist them through the Race. That person must also be present at least two minutes before the Scheduled Time of the Race. If the Race has been started and the person is not present with the Rower, they shall not be allowed to join the Rower at their Indoor Rowing Machine.**

11-203 Changing the Start Time of a Race

[Supersedes 2-303 (“Changing Race Times and Lane Assignments”)]

The Starter may change the schedule of racing.

11-204 Start

[Supersedes 2-304 (“Alignment”) and 2-305 (“Start”)]

- (a) After all Rowers are seated at their Indoor Rowing Machines and approximately one minute before the start, the Starter shall say “Stop Rowing”.**

- (b) All Rowers shall cease rowing and place the handle of the Indoor Rowing Machine down.**
- (c) Once the flywheels of each Indoor Rowing Machine have stopped, the Starter shall say "Sit Ready" and Rowers shall pick up the handles and keep the flywheel stopped.**
- (d) Any Rower not following the instructions of the Starter or not ready to race without good reason by the time all flywheels have stopped may be given a Warning pursuant to Rule 2-602 ("Types of Penalties").**

11-205 Starting Commands

[Supersedes 2-306 ("Starting Commands with Flags"), 2-306.1 ("Starting Commands with Lights") and 2-307 ("Quick Start")]

- (a) When the Starter sees that all flywheels are stopped and all Rowers are ready to race, the Starter shall start the Race by triggering the computer starting command sequence.**
- (b) The computer program shall display the start graphic on the graphic display screens of all Indoor Rowing Machines and will audibly count down to the Start as follows, at the same time displaying the visual symbols on the graphic display screens:
"Sit Ready, Attention – GO!"
("GO!" is accompanied by an audible signal)"
or
"Five, Four, Three, Two, One – (Audible signal)".
The audible signal may be an electronic signal or a spoken word such as "GO!" or "ROW!"**
- (c) The command "GO!" or "Audible signal" is the signal to start the Race**

11-206 False Start

[Supersedes 2-308 ("False Start")]

- (a) A Rower commits a false start when they move the handle to engage the flywheel before the monitor signals "ROW."**
- (b) A Rower committing a false start shall be assessed a warning. A Rower that receives two warnings, including false starts, applicable to the same Race shall be excluded under Rule 2-602(c) ("Types of Penalties").**
- (c) In the event of a false start, the Starter shall stop the Race by sounding a bell or sound device and calling "Stop Rowing!"**

11-207 Failure to Start

[Supersedes 2-309 ("Failure to Start")]

Any Rower not ready to race without good reason by the time all flywheels have stopped or who in the opinion of the Starter deliberately delays the race may be given a warning under Rule 2-602(c) ("Types of Penalties").

11-308 Broken Equipment

[Supersedes 2-310 ("Broken Equipment")]

- (a) Each Rower is responsible for their own Indoor Rowing Machine during the Race.**

- (b) In case of any damage caused by the Rower to a machine or to the installations or connections which prevents the Rower from completing a Race or which causes their elapsed time or distance not to be recorded, the Rower shall be deemed not to have finished the Race and shall not take any further part in that Event.*
- (c) In the event of damage or failure which is not caused by the Rower the following shall apply:*
 - (1) In a preliminary heat or other round except a final, the Rower shall be permitted to compete again in a later heat, or, if there are no further heats, shall be permitted to row alone at a time to be specified by the Chief Referee and his result shall be the time or distance so recorded.*
 - (2) In a final, where the damage or failure occurs within 30 seconds of the Start, the Starter shall stop the Race and will restart the Race with all Rowers once any repair has been made. In other cases the Race shall continue and the Rower shall be deemed to have stopped rowing. Except that where such damage or failure is part of the central computer and timing system, the Chief Referee shall decide whether a re-row of the whole Race is required in the case that times or distances of all rowers cannot be recorded.*

11-209 Interference or Foul

[Supersedes 2-404 (“Interference or Foul”)]

- (a) During a Race no Rower or other person shall interfere with another Rower or their designated Indoor Rowing Machine.*
- (b) In the case of such interference which affects the outcome of the Race the Chief Referee shall decide on the action and the resultant penalty. The presumed penalty is exclusion.*
- (c) Pushing or physically assisting a Rower is not permitted and shall be regarded as interference.*
- (d) The Chief Referee is responsible to ensure that no external factors influence the result of a Race and to take appropriate action if such influence has occurred.*

11-210 Outside Assistance

[Supersedes 2-409 (“Outside Assistance”)]

- (a) A Rower is allowed to have one person acting as a coach or coxswain who shall give the Rower verbal encouragement and information during the Race.*
- (b) Physical contact between Rowers and coxswains/coaches is not allowed during the Race. The presumed penalty for physical contact is exclusion.*
- (c) It is prohibited to give any instructions, advice or directions to Rowers that are racing with any electric, electronic or other technical device. The presumed penalty for communication by electronic means is exclusion.*

11-211 Finish of the Race

[Supersedes 2-501 (“Finish of the Race”)]

- (a) A Rower has finished the Race when the Indoor Rowing Machine monitor shows that the Rower has completed the prescribed distance for the Race.*

- (b) A race is concluded when all Rowers have completed the prescribed distance for the Race.**
- (c) Rowers shall be ranked in order of the elapsed time recorded for the Race as determined by the Data File generated by the Indoor Rowing Machine.**
- (d) If a Rower indicates he wishes to make an objection or if the Referee considers that the Race was not in order, the Referee shall raise a red flag at the end of the race and announce that the results will be withheld pending an objection. The digital display screen, where provided, shall show the word "OBJECTION". The Referee shall inform the rowers and the Chief Referee of the decision. The results shall not be announced as official until the Chief Referee has given his decision.**
- (e) The results of the Race shall be considered official once the Referee has raised the white flag and the Chief Judge has certified the results.**
- (f) Results shall be released to Competitors, spectators, and the media as official with the approval of the Chief Judge. The results of a Race that has not been declared official may be released and shall be marked as unofficial.**
- (g) All results are subject to revision based on the outcome of Equipment and Competitor compliance validations.**

11-212 Placement of Crews; Dead Heats

[Supersedes 2-502 ("Placement of Crews; Dead Heats")]

- (a) Subject to the other subsections of this Rule, Rowers competing in a Race shall be placed by the Chief Judge according to the order of finish as determined by the elapsed time recorded by the each Rower's Indoor Rowing Machine. Being placed shall entitle the Crew to applicable awards, prizes, or advancement in the progression system.**
- (b) A Rower that does not complete the prescribed distance for the Race shall not be placed and shall not be entitled to advance in the progression system.**
- (c) A dead heat shall be declared if the elapsed time that two or more Rowers have completed the prescribed distance for the Race is identical in the Data Files of each Rower's Indoor Rowing Machine.**
- (d) If there is a dead heat in any round other than a final, all Rowers shall proceed to the next round.**
- (e) In a final, if a dead heat occurs between Rowers, they shall be given equal placing in the final order and the next placing shall be left vacant.**

Part C – Equipment

11-301 Indoor Rowing Machines

[Supersedes 3-101 ("Free Construction of Equipment")]

Except as specifically limited in these rules, there shall be no limitations on the design and construction of Indoor Rowing Machines.

11-302 Consistency of Equipment

[Supersedes 3-102 ("General Requirements for Boats")]

- (a) All Rowers in a Race shall use an identical make and model of Indoor Rowing Machines, the intention being that each Rower shall have equal racing conditions with all other Rowers.**

- (b) Each Indoor Rowing Machine shall be capable of producing a Data File.*
- (c) No attachments may be added or connections made to any machine without the approval of the Chief Referee and Race Director.*
- (d) Rowers shall not be permitted to use their own machine but shall use the machine to which they are allotted.*

11-303 Availability of Equipment

The number of Indoor Rowing Machines may vary from Event to Event and may encompass one or more Races within an Event. The number of machines to be used in each Race shall be published to all Competitors in the Regatta Packet.

11-304 Footboard

[Supersedes 3-108 (“Footgear Release”)]

No alterations shall be made to the footboard of the Indoor Rowing Machine other than approved alterations for Para Rowing or Adaptive Events.

Part D – Competitors

11-401 Eligibility to Compete in Events

[Extends 4-103]

A Rower in an Indoor Rowing Event may choose to compete in more than one event. All events entered by a Rower must be completed for any result to count. If a Rower does not compete in the first Event entered, the Rower shall be scratched from all subsequent Events. A Rower who does not compete in a subsequent Event having completed prior Events, may have their prior results nullified unless the failure to compete in subsequent events is due to verified illness or injury.

11-402 Classification by Age

- (a) The age of a Rower for Indoor Rowing Events shall be the age at the date of the Regatta. Where the Regatta includes several days, the age shall be as at the scheduled date of the final for the Event concerned.*
- (b) A Rower in an Indoor Rowing Event shall be 12 years or older.*
- (c) The following classifications are used to determine a Competitor’s eligibility based on age:
 - a. U23: A Competitor may compete in the U23 category until they are 23 on the date of the Regatta.*
 - b. U19: A Competitor may compete in the U19 category until they are 19 on the date of the Regatta.*
 - c. U17: A Competitor may compete in the U17 category until they are 17 on the date of the Regatta.*
 - d. U15: A Competitor may compete in the U15 category until they are 15 on the date of the Regatta.**
- (d) Youth: A Youth is a Competitor who on the date of the Regatta does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma.*
- (e) Master: A Master shall be age 21 on the date of the Regatta.
 - a. A Masters Competitor shall be classified by age according to the following categories:**

- (AA) 21 to 26 years,**
- (A) 27 to 35 years,**
- (B) 36 to 42 years,**
- (C) 43 to 49 years,**
- (D) 50 to 54 years,**
- (E) 55 to 59 years,**
- (F) 60 to 64 years,**
- (G) 65 to 69 years,**
- (H) 70 to 74 years,**
- (I) 75 to 79 years,**
- (J) 80 to 82 years,**
- (K) 83 to 85 years,**
- (L) 86 to 88 years,**
- (M) 89 to 91 years,**
- (N) 92 to 94 years,**
- (O) 95 to 97 years,**
- (P) 98 to 100 years,**
- (Q) 101 to 103 years,**
- (R) 104 years and over.**

b. In a Masters Crew Event where two or more Rowers are in the same Crew, all Rowers in that Crew must meet the age requirement for the category in which they are competing.

c. There shall be no averaging of ages within a Crew.

d. There shall be no handicaps applied to results in an Indoor Rowing Event.

11-403 Lightweights

[Supersedes 4-104.3 (“Lightweights”)]

A lightweight Rower is one that complies with the requirements below. An open Event is one that is not a lightweight Event. A flyweight Event is a lightweight Event.

(a) Men:

(1) A men’s lightweight Rower shall not weigh more than 165 lbs.

(2) A men’s flyweight Rower shall not weigh more than 140 lbs.

(b) Women

(1) A women’s lightweight Rower shall not weigh more than 135 lbs.

(2) A women’s flyweight Rower shall not weigh more than 115 lbs.

(c) There shall be no lightweight categories for Youth Events.

(d) Rules relating to Regattas governed by FISA may vary.

11-404 Weighing of Competitors

[Supersedes 4-106 (“Weighing of Competitors”)]

(a) Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.

(b) The weight of Rowers in lightweight Events as described in Rule 11-403 (“Lightweights”) shall be determined once each day during either the Weigh-in Window or the Adjusted Weigh-in Window, but not both, that applies to the first applicable Race of the day.

- (c) Lightweight Rowers who fail to weigh-in during either the Weigh-in Window or the Adjusted Weigh-in Window may still row in their Event. Their results shall be recorded in the open category for their Event.**
- (d) The weight of Rowers in lightweight Events as described in Rule 11-403 (“Lightweights”) shall be determined once each day during either the Weigh-in Window or the Adjusted Weigh-in Window, but not both, that applies to the first applicable Race of the day. Each Rower shall have only one (1) initial opportunity to weigh in. A Rower within one (1.0) pound or less of the weight standard is allowed one (1) re-weigh within the same window as their initial opportunity. A Rower whose initial weight is greater than one (1.0) pound above the weight standard will be ineligible to compete in the Event.**
- (e) When an Adjusted Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided the Competitor completes their weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.**
- (f) A Flyweight Rower as described in Rule 11-403 (“Lightweights”) who fails to achieve the Flyweight weight, but is less than the Lightweight weight, may still row on their assigned erg at their originally assigned time. Their results will be recorded in the lightweight category for their Event.**

Part E – Indoor Rowing Regattas

11-501 Substitutions

[Supersedes 5-206 (“Substitutions”)]

- (a) No substitutions shall be made for a Competitor, except for illness or injury as provided in Rule 5-207(b) (“Illness of Competitors”).**
- (b) After the first Race in an Event has taken place, the composition of a Crew shall remain the same and no substitution shall be allowed for any subsequent Races in that Event, except as provided in Rule 5-207 (“Illness of Competitors”).**
- (c) Any substitutions must comply with the same provisions regarding Competitors contained in Part D of these rules (“Competitors”), as applied to the original Competitor.**