



2019
PARA NATIONAL TEAM
SELECTION PROCEDURES

2019 World Rowing Championships
August 25 - September 1, 2019
Linz Ottensheim, Austria



Table of Contents

SELECTION PROCEDURE

Eligibility Requirements	pg. 3
Anti-Doping	pg. 5
Important Dates	pg. 6
Selection Procedures	pg. 7
Trials Boats Process	pg. 7
Selection Camp Boats Process	pg. 8
Funding for 2019 Para World Championships	pg. 12
National Team Coaches and Staff	pg. 13
Nomination Committee	pg. 14
Additional Information	pg. 15

APPENDICES

[Appendix A – General Trials Rules](#)

[Appendix B – 4-Lane Progression System](#)

[Appendix C – 6-Lane Progression System](#)

[Appendix D – Nominated Coaches](#)

[Appendix E – Adverse Weather Policy](#)

[Appendix F – USRowing Code of Conduct](#)

[Appendix G – USRowing Athlete Agreement and Consent](#)

[Appendix H – USRowing Policy on Service Dogs and Personal Care Assistants](#)

[Appendix I – Removal and Replacement of an Athlete, Coach, or Staff Member from the Team](#)

Eligibility Requirements

The USRowing National Team selection process is open to all athletes who meet all the following criteria:

- a) In conjunction with new USRowing Membership tiers, participants must be either Championship Members of USRowing or Basic Members + “Regatta Package” added on. If you have any questions about your membership, please contact Member Services at 800-314-4ROW (4769).
- b) All athletes must abide by the Athlete Selection Procedures and the USRowing Rules of Rowing requirements and regulations.
- c) All athletes must hold United States citizenship and a current and valid United States passport by the date of selection to the team. FISA requires the passport as proof of citizenship. *Please note: Many countries require a passport valid for 6 months past the date of return to the US.*
- d) All athletes must have read and signed a copy of the 2019 USRowing Athlete Agreement and Consent. (Appendix G)
- e) All athletes participating in selection for the National Team must be in compliance with United States Anti-Doping Agency (USADA), IOC, IPC, USOC, WADA, FISA and USRowing rules, decisions, policies, and procedures relating to banned substances, including but not limited to obtaining and maintaining current therapeutic use exemptions (TUE) as needed. A complete guide to banned substances is available on USADA’s website at <http://www.usantidoping.org/>. USRowing may implement additional eligibility requirements related to banned substances as necessary in order to maintain compliance with USADA, IOC, IPC, USOC, WADA, and FISA rules, policies, and procedures; any such additional requirements will be incorporated herein and published as soon as practicable.
- f) All athletes must meet eligibility rules to compete for the United States under IOC, IPC, USOC and IF governance.
- g) All candidates must adhere to the [USRowing ECG & Pre-Competition Health Screening Policy](#).
- h) For Para rowers, a USA or FISA Classification and sport class status is needed prior to trials or selection camp date, depending on athlete’s participation. To determine if you already have an official sport class, you can go to



www.usrowing.org or www.worldrowing.com/para-rowing to find the Master Classification List for each. If an athlete has not been classified prior to trials or camp, they must have the FISA Medical Diagnostics Form completed by an MD or DO (PA and CRNP cannot sign the form). Athletes must also ensure that the doctor includes all additional required medical documentation as listed in the third column of page 2 on the form, with an asterisk (*). If an athlete has been classified by a USA classification panel, but has not provided their medical documentation, they must also do so prior to trials or the selection camp. This form must be completed at least 45 days prior to the first day of camp or at least 45 days prior to trials and must be sent to Wendy Wilbur at Wendy.Wilbur@usrowing.org. If this is not completed, athletes will not be allowed to participate in either trials or the camp.

Anti-Doping

All athletes participating in selection for the United States National Rowing Team are subject to the USADA, IOC, IPC, USOC, WADA, FISA, and USRowing rules, decisions, policies, and procedures relating to banned substances, including drug testing administered by representatives of the USADA or FISA and obtaining and maintaining current therapeutic use exemptions. Athletes who violate USADA, IOC, IPC, USOC, WADA, FISA, or USRowing rules, decisions, policies, or procedures relating to banned substances will be subject to penalties as established by the respective organization. Athletes are responsible for calling the USADA drug hotline (800.233.0393) prior to taking any medications and making sure the medication they are taking is not on the banned list. A complete guide to banned substances is available by contacting USADA Drug Control and Education Program (800.233.0393) or USRowing (609.751.0714).

Important Dates

NATIONAL SELECTION REGATTA / SPRING SPEED ORDER

NSR (PR3 M2-, PR3 W2-)

Speed Order (PR1 M1x, PR1 W1x, PR2 W1x, PR2 M1x)

May 16-19, 2019

West Windsor, NJ

WORLD ROWING CUP II

June 21-23, 2019

Poznan, Poland

PR3 Mix4+ SELECTION CAMP NOMINATION DATE

July 2, 2019

U19, U23, PARA, AND SENIOR NATIONAL TEAM TRIALS III

(PR1 M1x, PR1 W1x, PR2 M1x, PR2 W1x, PR2 Mix2x, PR3 M2-, PR3 W2-, PR3 Mix2x,)

July 7-10, 2019

West Windsor, NJ

WORLD ROWING CHAMPIONSHIPS

August 25 – September 1, 2019

Linz Ottensheim, Austria

Selection Procedures

As outlined below, selection to the 2019 Rowing World Championship Team (2019 Team) will be made in one of two methods:

Selection Through Trials

TRIALS BOATS: PR1 M1x, PR1 W1x, PR2 M1x, PR2 W1x, PR2 Mix2x, PR3 M2-, PR3 W2-, PR3 Mix2x

U19, U23, PARA, AND SENIOR NATIONAL TEAM TRIALS III

(All trials boats listed above)

July 7-10, 2019

West Windsor, NJ

The winning boat at the Rowing World Championship Trials in each event will be eligible to represent the United States at the 2019 Rowing World Championships.

The athletes in that boat must satisfy the minimum eligibility criteria set forth on page 3 and declare their intent to compete in the 2019 Rowing World Championships in writing to the USRowing Para High Performance Director, or their designee, no later than two hours after their final race at Trials has been declared official.

Each winning boat at Trials is required to nominate a coach at the trials, who is required to travel with the crew for the length of the 2019 Rowing World Championships. Exceptions to this rule may only be granted by the Para High Performance Director. Nominated coaches must meet the requirements in Appendix D – Nominated Coaches.

Selection Camp Process

SELECTION CAMP BOATS: PR3 Mix4+

The members of the PR3 Mix4+ shall be selected through a National Team Selection Camp according to the following selection method:

QUALIFICATION FOR SELECTION CAMP

1. Automatic Qualification: Athletes who place first in the PR3 M2- and PR3 W2- events at National Selection Regatta II will receive an automatic invitation to the PR3 Mix4+ Selection Camp.
2. Qualifications: Ideal candidates should have two years of competitive racing experience and meet the following erg standards.
 - Women: 2000m erg score of 7:30 minutes with a rating between 28 and 34 spm, witnessed by a coach.
 - Men: 2000m erg score of 6:35 minutes with a rating between 28 and 34 spm, witnessed by a coach.

The erg score submission should be accompanied by a letter of recommendation by their coach confirming both the score and the athlete's minimum 2 years of competitive rowing experience. Athletes who do not meet the above standards may still apply to selection camp, and may be invited at the head coach's discretion. All submissions must be sent to Alex Wilson at alex.wilson@usrowing.org

Athletes should submit a verified 2k erg score on a C2 ergometer by March 15, 2019. Invitations will be sent no later than March 30, 2019.

Coxswains should submit a racing resume, coach's recommendation, and race audio by March 15, 2019. Invitations for coxswains will be sent no later than March 30, 2019.

3. Invitation: Recommendations for invitations shall be subject to review and approval of the Nomination Committee. In determining recommendations for invitations, the National Team Coach shall consider any or all of the following factors, which are listed in no particular order:
 - Athlete's compatibility with other potential members of the crew;
 - Past performance in international competition;
 - Past performance in domestic competition; and
 - In the case of a coxswain, the athlete's weight

- In the case of a coxswain, video and audio recording of his/her on the water skills
4. Classification: Athletes must possess a current USA or FISA Classification prior to selection camp (prior to June 8, 2019). Interested athletes should follow the classification guidelines and deadlines listed on page 3 to ensure their eligibility. Please note that coxswain candidates do not need to be classified.

DATES AND LOCATIONS OF SELECTION CAMP

The PR3 Mix4+ camp will be held in Boston, MA at Community Rowing Inc. (CRI) from June 8 - July 2, 2019.

The National Team PR3 Mix4+ Coach may elect, at their sole discretion, after consulting with the Nominating Committee, to set an end date for the Selection Camp that is earlier than the dates listed above. Any start date and/or location changes will be posted on www.usrowing.org at least 30 days prior to the start of camp. The National Team PR3 Mix4+ Coach may coordinate participation in outside competitions for camp athletes. A preliminary squad may be selected to attend World Cup II as part of the overall selection process.

There will be a preparation camp for selected athletes held at Community Rowing, Inc., beginning after the conclusion of selection camp and through to the departure for the World Championships (exact travel dates to be determined). Selected athletes are highly encouraged to participate in the preparation camp.

SELECTION

1. At the Selection Camp, the National Team Coach will evaluate potential crews for the boat he/she will coach based on the following factors, which are listed in no particular order:
 - Competitive performance during training sessions;
 - Overall performance at the Selection Camp;
 - Athlete's sport class (PD, VI) and how it fits within the rest of the crew;
 - Athlete's compatibility with rest of the crew;
 - Erg Performance;
 - Recommendations of other relevant coaches;
 - In the case of coxswain, the athlete's weight and steering ability;

2. The criteria outlined above and the Selection Camp processes are subject to discretionary selection. This means that Selection Camp is used to determine the fastest combination of top athletes, allowing the fastest individual athletes to come together in one location to assemble the best combination of talent in the team boats. In order to do so, at Selection Camp, individual athletes will be selected as compared with each other to form the best combination of talent for each boat. The Selection Camp process ensures that every athlete in attendance has an opportunity to be selected for the team boat. However, the Selection Camp process, while based on objective racing and performance markers during the camp, also must include subjective team-related performance assessment. The dynamic of

teamwork, leadership, and movement in a team boat requires development and assessment over time.

Results of measurable competitive processes at the Selection Camps, including, but not limited to time trials and seat racing, will be posted in a public location for athletes participating in the respective Selection Camp to review within 24 hours of the end of practice. USRowing will keep written records of the underlying data used to evaluate athletes in the Selection Camp process for a period of six months after the 2019 World Rowing Championships.

3. Selection Recommendations

- i. The National Team PR3 Mix4+ Coach shall make all recommendations for the Selection Camp boats by 5 pm EST on July 2, 2019. Recommendations for the PR3Mix4+ may be made prior to July 2, 2019.
- ii. The recommendations of the National Team PR3 Mix4+ Coach shall be subject to review of the Nomination Committee and must be approved by the Nomination Committee to be effective.
- iii. The athletes in the nominated boat must declare their intent to compete in the 2019 Rowing World Championships in writing to the USRowing Para High Performance Director, or their designee, no later than three days after approval by the Nomination Committee.
- iv. This Selection Camp boat recommended by the National Team PR3 Mix4+ Coach and approved by the Nomination Committee will be named to the 2019 Team, provided the athletes in each such boat timely submit their declaration of intent to compete and satisfy the minimum eligibility criteria set forth on page 3.
- v. USRowing will announce the 2019 PR3 Mix4+ no later than July 6, 2019.
- vi. The full 2019 Para National Team will be announced following Trials.

Funding for 2019 Para-Rowing Boats

A. FUNDED BOAT CLASSES

The USRowing Funded Boat Classes for the 2019 Rowing World Championships are the PR1 W1x, PR1 M1x, and PR3 Mix4+.

1. Para World Championships

USRowing will fully fund Funded Boat Class expenses for the 2019 Rowing World Championships.

2. World Cup

Funded Boat Classes will be funded for a minimum of one World Cup competition in 2019; the maximum funding amount is not to exceed \$4,000 per person for NSR or Spring Speed Order winners.

3. Revaluation

Funded Para Boat Classes for 2020 will be re-evaluated after the 2019 Rowing World Championships. It is possible that boat classes may be added or removed based on performance.

Note: All events that qualified for 2020 Paralympic Games will be funded by USOC for Olympic games.

B. OTHER BOAT CLASSES

The Independently funded Paralympic boat class for the 2019 Rowing World Championships is: PR2 Mix2x

The Non-Paralympic boat classes for the Rowing World Championships are: PR3 Mix2x, PR3 M2-, PR3 W2-, PR2 M1x, and the PR2 W1x.

1. Senior World Championships

Subject to the exceptions below in Section II(B)(2), the Independently funded Paralympic Boat Classes and Non-Olympic Boat Classes are responsible for paying fees and expenses associated with athlete and coach travel to and participation in the 2019 Para World Championships, covering local travel,

support, and room and board expenses (2019 Fees).

- a. The 2019 Fees exclude athlete(s) and named coach airfare, boat rental, and boat transportation costs; these costs and associated logistics are the responsibility of the athlete(s) and coach.
- b. The cost per athlete and per coach for the 2019 Para World Championships will be posted by June 14, 2019 or sooner.
- c. Each athlete who wins an event at a Para Trials and their respective named coach are required to pay, at the trials site, the 2019 Fees.

2. Exceptions for Non-funded Olympic Boat Classes

- a. The athlete(s) and named coach of any Independently funded Olympic Boat Class that places in the top 3 at FISA World Cup I or II or top 4 at FISA World Cup III and subsequently makes the 2019 Para World Championships Team, in the same event, will be fully funded by USRowing to attend the 2019 World Championships; and
- b. The athlete(s) and named coach of any Independently Funded Olympic Boat Class that places in the top 6 at the 2019 Senior World Championships will be reimbursed 2019 Fees paid for the athletes and their named coach.

National Team Coaches and Staff

The National Team PR3 Mix4+ Coach is appointed by the High Performance Director and Para High Performance Director. This coach is responsible for making recommendations to the Nomination Committee for the PR3 Mix4+. In making recommendations called for under these Procedures, the National Team Coach may seek input and information from other coaches he/she deems appropriate.

SELECTION OF COACHES

Trials Boats must propose one coach for their boat to attend the 2019 Rowing World Championships subject to meeting the criteria outlined in Appendix D– Nominated Coaches. The Nomination Committee will select coaches to the 2019 Team based on the following criteria no later than 3 days after the last day of Trials as applicable. All proposed candidates will be evaluated according to the following criteria (listed in order of priority):

- Choice of and compatibility with the selected crews
- The number of available coaching positions on the team
- Demonstrated commitment to the crew throughout the year
- Demonstrated commitment to the National Team throughout the year
- Number of athletes on the team trained by a particular coach
- International coaching experience
- Domestic coaching experience

SELECTION OF OTHER STAFF

USRowing programs staff will select the team manager, doctors, trainers, and other staff. Some Para athletes may qualify to bring one Personal Care Assistant/Service Dog to the World Championships. This will be a need-based determination at the discretion of the Para Rowing Director with input from the team physician. Please see Appendix H for more information.

COMPOSITION AND ROLE OF THE NOMINATION COMMITTEE

The Nomination Committee shall be comprised of USRowing High Performance Director or Para-Rowing High Performance Director; High Performance Committee Chair, and a USRowing HPC Athlete Representative.

RESPONSIBILITIES

- Recommendations of the National Team Head Coaches for invitations to Selection Camps shall be subject to review and approval of the Nomination Committee
- Nomination of Selection Camp boats as outlined in Selection Camp Boats Process, Section II
- Nomination of National Team coaches as outlined in National Team Coaches and Staff/Selection of Coaches
- Other duties related to athlete or coach selection or eligibility to compete, as necessary

REPLACEMENT OF AN ATHLETE

In the event of a vacancy in one or more boats on the 2019 Team, that vacancy will be filled according to [Appendix I – Removal and Replacement of an Athlete, Coach, or Staff Member](#).

Additional Information

PROCESS FOR ISSUES AND CONFLICTS

An athlete or coach who has issues related to selection and logistics is strongly encouraged to discuss his/her concern or issue first with:

- a) The appropriate National Team Coach directly or through a USRowing athlete representative.
- b) The USRowing Para High Performance Director
- c) An Adaptive Committee member

For issues occurring during selection events the USRowing National Team Selection Event Due Process Procedure will be followed.

USOC ATHLETE OMBUDSMAN

If you have questions regarding your opportunity to compete that are not answered by your USRowing staff, you may contact the USOC Athlete Ombudsman: Kacie Wallace by telephone at (888) ATH-LETE, or by e-mail at Kacie.Wallace@usoc.org.

INTERNATIONAL DISCLAIMER

These Selection Procedures are based on FISA and/or USRowing rules and regulations as presently known and understood. Any change in the Selection Procedures caused by a change in FISA and/or USRowing rules and regulations will be incorporated herein and distributed to the affected athletes immediately. The selection criteria are based on the latest information available to USRowing. However, the selections are always subject to unforeseen, intervening circumstances, and realistically have not accounted for every possible contingency.

PRIORITY OF WRITTEN PROCEDURES

The terms and conditions of these written Selection Procedures shall take priority over any verbal explanation, clarification or interpretation of the Selection Procedures, and an athlete or coach relies on a verbal explanation, clarification or interpretation of these Selection Procedures at his or her sole risk. Any request or question that would involve a formal clarification or interpretation of these Selection Procedures, or that would address an issue not otherwise covered in these Selection Procedures, should be submitted to USRowing Para High Performance Director, Tom Darling at USRowing in writing, and the response to such request by USRowing must be provided in writing and must be published promptly on the USRowing website.

ANTI-DOPING AND SAFE SPORT VIOLATIONS

If an athlete is alleged to have committed an anti-doping rule violation, that athlete shall remain on the Team (or remain eligible to be nominated to the Team) until: a) the athlete is provisionally suspended or declared ineligible after a hearing conducted pursuant to the U.S. Anti-Doping Agency Protocol for Olympic Movement Testing or by FISA; b) the athlete voluntarily accepts a provisional suspension or sanction of ineligibility; or c) the athlete voluntarily withdraws from the Team or relinquishes eligibility to be nominated to the Team.

SUPPORTING DOCUMENTS

USRowing will retain all supporting documents, including scouting or evaluation forms, etc., and data from the selection process for six months past the date of the 2019 Rowing World Championships. Records pertaining to a specific selection process under these Selection Procedures will be made available for review to an athlete involved in such selection, upon written request to the Para High Performance Director.

QUESTIONS

If you have any questions regarding these procedures, you may contact the USRowing Para High Performance Director, Ellen Minzner at Ellen.Minzner@usrowing.org or the USRowing Para National Team Manager, Wendy Wilbur at Wendy.Wilbur@usrowing.org.