

# 2019 Indoor Rowing Rules

*These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games Southeast. Valor Games Southeast 2019 is not a qualifying event for USA Nationals or other Paralympic sanctioned events.*

## **What is Indoor Rowing?**

As part of their training, rowing teams have traditionally used Indoor Rowers also known as 'ergs'. Indoor rowing became an American phenomenon when **Concept 2** introduced their design in 1981 and has continued to be a popular conditioning activity for rowers.

## **Disability/Classification Groups:**

Participants will compete by gender in these categories:

*\*Classes may be combined or limited depending on number of participants in competition*

**AS (Arms and Shoulders)** Athletes have minimal or no trunk function and minimal or no use of their legs. These athletes likely have poor sitting balance. AS rowers are not able to use the sliding seat and require a fixed seat adaptation.

**TA (Trunk and Arms)** Athletes have functional use of the trunk and minimal or no use of their legs. TA athletes are not able to use a sliding seat and require a fixed seat adaptation.

**LTA–VI (Leg Trunk and Arms–Blind or Visually Impaired)** Athletes have functional use of their legs trunk and arms. They are able to use the standard sliding seat of the indoor rower and are not required to wear any supportive straps. These athletes are blind or visually impaired.

**LTA–2- PTSD / TBI (Leg Trunk and Arms–PTSD / TBI)** Athletes have functional use of their legs trunk and arms. They are able to use the standard sliding seat of the indoor rower and are not required to wear any supportive straps. These athletes do not have a physical disability, but do have PTSD or TBI.

**LTA–3- AK (Leg Trunk and Arms–Single Leg, Above the Knee Amputee)** Athletes have functional use of their legs trunk and arms. They are able to use the standard sliding seat of the indoor rower and are not required to wear any supportive straps. These athletes have a single leg above the knee amputation.

**LTA–4- PD (Leg Trunk and Arms–Physically Disabled)** Athletes have functional use of their legs trunk and arms. They are able to use the standard sliding seat of the indoor rower and would not be required to wear any supportive straps. These athletes have one or more forms of physical disability that are not listed above including, but not limited to, neuromuscular-related ailments.

**LTA-5- SA (Leg Trunk and Single Arm)** Athletes have use of their single arm/hand and trunk, who can utilize the sliding seat.

Updated: 2.13.2019

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## Event Rules: 500 Meters:

Each participant will row 500 meters on indoor rowing equipment (erg) establish their Best Time.

- All athletes will be given an official 30 minute time slot for competition
- Introductory practice time and instruction will be provided.
- Athletes will simulate a row of 500m using indoor rowing equipment (an erg).
- The clock starts when the command ROW appears on the screen.
- Athletes who are unable to see the screen will receive a verbal starting signal.
- Each competitor is permitted, but not required, to have two attempts.
- The drag can be set at any level but not be changed during a race.
- LTA-VI are required to have a coach

**Please note- participants will be competing for their best time, not racing the participant next to them.** Each heat may include athletes from multiple classifications. You may not necessarily be competing directly with the athlete on the erg next to you. Your competitor(s) may have rowed in an earlier heat or are rowing in a later heat.

Participants' times will be compared against other participants within the same disability/classification and gender. (ie AS-Men, AS-Women, TA-Men, TA-Women, etc.)

If time and interest allows a doubles competition may take place after the singles event is complete.

## Medals:

Medals are awarded to the top three times in each combination of disability/classification AND gender.

AS-Men

AS-Women

TA-Men

TA-Women

LTA-VI Men

LTA-VI Women

LTA-2 Men

LTA-2 Women

LTA-3 AK Men

LTA-3 AK Women

LTA-4-PD Men

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LTA-4-PD Women

LTA-5-SA Men

LTA-5-SA Women

Specific rules about Rowing available at FISA's website: <http://www.worldrowing.com/rowing/para-rowing>