

REGATTA GUIDELINES FOR ADAPTIVE ROWING

It is the intention that these guidelines facilitate the inclusion of adaptive events in established regattas across the country and assist regatta organizers and rowers to be compliant with the rules of adaptive rowing and the classification systems currently in place.

The FISA Adaptive Rowing Regulations can be found in full here:

http://www.worldrowing.com/medias/docs/media_360593.pdf

REGISTRATION AND PRE-REGATTA CONSIDERATIONS

Opening a regatta to adaptive events can mean adding one race or several. Regatta coordinators can have flexibility in which sport classes and boat classes to offer and can decide how to split up the race depending on who enters, or can decide to race only the Paralympic events or customize the race offerings to the local clubs needs.

- Athletes entering an adaptive event must be classified and given a USA sport class designation. There is a list of classified athletes for crosscheck available on the USRowing website.
- A list of classifiers is available on the USRowing website if you would like to offer rowers the opportunity to be classified on regatta day.
- If you offer fixed seat events, the launch and retrieval area must be wheelchair accessible.
- The LOC should have an adaptive liaison to allow for any last minute questions or problems. This will also be crucial if there is the possibility that weather would cancel the adaptive events.

COMBINED EVENT RACING

If there are limited entries and rowers from different sport classes will compete together, time handicaps can be applied for the 1,000m race. A TA mens 2x could race an ASW1x or a LTAM1x etc., if the time handicapping system is applied. Please refer to this chart for the suggested handicaps.

1,000 Meter Adaptive Race		Time Handicap in seconds
Legs, Trunk, and Arms Men's Double Sculls	LTAM2x	0.0
Legs, Trunk, and Arms Mixed Double Sculls	LTAMix2x	9.5
Legs, Trunk, and Arms Mixed Coxed Four	LTAMix4+	10.1
Legs, Trunk, and Arms Men's Single Sculls	LTAM1x	16.2
Legs, Trunk, and Arms/Trunk and Arms Men's Double Sculls	LT/TA M2x	18.7
Legs, Trunk, and Arms Women's Double Sculls	LTAW2x	19.1
Legs, Trunk, and Arms/Trunk and Arms Mixed Double Sculls	LTAM/TAW Mix2x	28.3
Legs, Trunk, and Arms/Trunk and Arms Mixed Double Sculls	LTAW/TAM Mix2x	30.0
Legs, Trunk, and Arms Women's Single Sculls	LTAW1x	34.6
Legs, Trunk, and Arms/Arms, Shoulders Men's Double Sculls	LTA/AS M2x	37.0
Trunk and Arms Men's Double Sculls	TAM2x	37.4
Legs, Trunk, and Arms/Trunk and Arms Women's Double Sculls	LT/TA W2x	39.6
Legs, Trunk, and Arms/Arms, Shoulders Mixed Double Sculls	LTAM/ASW Mix2x	46.7
Trunk and Arms Mixed Double Sculls	TAMix2x	48.8
Legs, Trunk, and Arms/Arms, Shoulders Mixed Double Sculls	LTAW/ASM Mix2x	53.8
Trunk and Arms/Arms, Shoulders Men's Double Sculls	TA/AS M2x	55.7
Trunk and Arms Men's Single Sculls	TAM1x	56.7
Trunk and Arms Women's Double Sculls	TAW2x	60.1
Legs, Trunk, and Arms/Arms, Shoulders Women's Double Sculls	LTA/AS W2x	63.6
Trunk and Arms/Arms, Shoulders Mixed Double Sculls	TAM/ASW Mix2x	67.1
Trunk and Arms/Arms, Shoulders Mixed Double Sculls	TAW/ASM Mix2x	72.6
Arms, Shoulders Men's Double Sculls	ASM2x	74.0
Trunk and Arms Women's Single Sculls	TAW1x	78.7
Trunk and Arms/Arms, Shoulders Women's Double Sculls	TA/AS W2x	84.1
Arms, Shoulders Mixed Double Sculls	ASMix2x	91.0
Arms, Shoulders Men's Single Sculls	ASM1x	96.3
Arms, Shoulders Women's Double Sculls	ASW2x	108.0
Arms, Shoulders Women's Single Sculls	ASW1x	130.0

RACE DAY AND SAFETY ISSUES

- ❑ Officials should be notified that fixed seat athletes are strapped to the boat and would need immediate assistance if a problem arises.
- ❑ Any harsh weather rule that would preclude novice boats from racing should also apply to adaptive fixed seat boats.
- ❑ A Race committee may decide that more than one launch should follow the adaptive races, or that a stationary safety boat will be located somewhere on the course.
- ❑ All straps used by a fixed seat rower should release with one motion and all in the same direction (either).
- ❑ Additional time will be required on the launch dock and also to row to the starting area.
- ❑ A marshall or official must check each adaptive boat for compliance with the specific rules of its boat class. (see photo for fixed seat checklist)
- ❑ An LTA event may include rowers with visual impairment. Please be aware of the need for a verbal starting procedure as well as an auditory finish.

FAIRNESS

It is important to be sure that adaptive rowers are competing in the proper sport class and with the sport class specified equipment.

- ❑ The race committee should be sure to cross check the entered athletes with the classified athletes list on the USRowing website.
- ❑ If an adaptive rower enters a regatta and does not have a classification status, the LOC may default him or her from the final results of the race.
- ❑ There will be no protests over any rowers sport class designation during a US Regatta. However, a protest can be brought if there is a rower entered who is not listed as classified on the USRowing website.
- ❑ There should be an official clearance either on the dock before launching or on the water before racing that checks for the following:

AS boats:

Rowers should have a fixed seat with chest strap, leg strap, and pontoons.

Pontoons should be level and both must touch the water when the boat is balanced.

TA boats:

Rowers should have a fixed seat with a leg strap across the thighs close to the knees.

LTA boats:

All VI athletes should be wearing light stopping eye goggles.

You can use this illustration as a guide to check fixed seat boats for compliance:

