



INDOOR ROWING

COMPETITION FORMAT

OVERVIEW

1. Rowing is open to all competitors, with men and women competing in separate categories.
2. There must be a minimum of two competitors per event. In the event that there is a single competitor, they will be given the opportunity to compete 'up' (i.e. IR1 compete with IR2 competitors), but there will be no factoring to the distance and no separate medals awarded.

FORMAT

3. Competitors are eligible to compete in both of the following events:
 - a. One-minute individual sprint race
 - b. Four-minute individual endurance race
4. Competitors may only race once in each event, and must use the same category for both races.
5. Competitors racing in the one and/or four-minute individual races will be ranked in their categories, by the distance rowed in the designated time period for that event.



CATEGORIZATION

CATEGORIES

Rowing is open to all illness/ injury groups, with men and women competing separately for medals. Medals will be awarded across both the 1 minute and 4 minute events for a maximum of 12 categories (6 for men and 6 for women).

CATEGORY	DESCRIPTION	TECHNICAL / FUNCTIONALITY	EQUIPMENT
IR1	Triple Amputees/ Complex Trauma to 3 or more limbs.	<ul style="list-style-type: none"> Competitors have a complex trauma injury to 3 or more limbs 	Static rowing seat (flat or upright) and single hand grip. Hand grips allowed on remaining hand if grip impaired.
IR2 (FISA AS)	For those who can only use arms and shoulders – no leg/ trunk function (e.g. VERY high bilateral amputees, SCI (those who rely on a wheelchair etc) Neurological impairment with a complete lesion at T12 level, or an incomplete lesion at T10	<ul style="list-style-type: none"> Unable to pass a long sit test – if the competitor sits with their legs straight out in front of them with arms straight out at shoulder height, are they able to lean forwards 45° and backwards 45°? Unable to perform a standing squat 	Upright rowing seat with lap, pelvic and chest strap. Hand grips allowed if grip impaired, e.g. Active Hands
IR3	Upper Limb impairments only – full leg and trunk function, i.e. above elbow amputees, below elbow amputees, nerve damage to upper limbs etc	<ul style="list-style-type: none"> Would row with one arm/ with hand grips if grip impaired Full leg and trunk function – are able to propel themselves on a sliding seat 	Single hand grip, standard rowing seat and set up (sliding seat). If grip impaired on other hand, hand grips allowed, e.g. Active Hands
IR4 (FISA TA)	This would be for severe leg impairments, with trunk function including bilateral amputees with long residual femur, reduced active functional range of movement in one or both knees which prevents compression beyond half slide – i.e. significantly reduced flexion of the knee(s) Neurologic impairment equivalent to a complete lesion at L3 level, or incomplete lesion at L1	<ul style="list-style-type: none"> Unable to perform a standing squat Unable to propel themselves on a sliding seat of a rowing machine Tested with and without prosthetics 	Flat seat (static) with leg straps (x2). Hand grips allowed if grip impaired, e.g. Active Hands
IR5 (FISA LTA)	Use of legs, trunk and arms but with a physical impairment, i.e. below knee or through knee amputee, VI, ankle/ wrist injuries, minor upper arm injuries (usually below elbow); includes visual impairment	<ul style="list-style-type: none"> Able to row using legs, trunks and arms (i.e. standard rowing machine set up) Able to propel the sliding seat of a rowing machine at →half slide for 15-20 stroke This Category can also include neurological impairments with a physiological impact (i.e. reduced coordination) 	Standard rowing seat. Hand grips allowed if grip impaired, e.g. Active Hands
IR6	Open – For all those without a physical injury/ minimal physical injury (i.e. PTSD, brain injury etc.)	<ul style="list-style-type: none"> Able to row using legs, trunk and arms on a standard rowing machine 	Standard rowing seat and set up. Hand grips allowed if grip impaired, e.g. Active Hands