



TYPE OF COMPETITION

- Individual, One-Minute Sprint
- Individual, Four-Minute Endurance Race
- Team Relay, One-Minute Sprint

Rowing Classifications

- Male: VI (Visual Impaired), 1.0, 2.0, 3.0, 4.0, 5.0U, 5.5L, 6.0 (Open)
- Female: VI (Visual Impaired), 1.0, 2.0, 3.0, 4.0, 5.0U, 5.5L, 6.0 (Open)

COMPETITION FORMAT

- All indoor rowing races shall be run as finals; there will be no preliminary heats.
- Service Teams are allotted fourteen (14) athletes per event across gender and classification.
- Athletes may compete in just one (1) or both individual indoor rowing races.
- Athletes will only compete once in any individual race.
- All male and female athletes will compete within their gender for separate medals in their respective races based upon their indoor rowing classification categories.

SPORT DETAILS & RULES

General Information

- Finishing place will be determined by distance rowed.
- A rowing flight could have athletes racing from different genders and/or classification categories.
- Results from each flight will be separated by gender, classification, and distance rowed for each individual race final placing/medals.

Team Relay

- The Indoor Rowing Event features three relay races:
 - Race with twenty-three (23) classification points
 - Race with twenty (20) classification points
 - Open race
- The Team race consists of four (4) athletes completing a one (1) minute row.
- The team with the highest combined distance will be declared the winners.
- The twenty-three (23) and twenty (20) points races are co-ed and composition is points based.
- Points are calculated using the classification categories as numbers.
- Women drop by one (1) point.
- The open race has no gender or classification category restrictions.
- Athletes may compete in only one of the three (3) team races.

- A false start will result in a yellow card, with the race paused and restarted. A second false **start** by the same athlete will result in another yellow card and disqualification from the individual race.

