

European Rowing Rules, Regulations & Bye-laws – “departures” from World Rowing Rules of Racing)

PART I – SCOPE

Rule 3 – European Rowing Championships

1) European Rowing conducts the following European Championships:

Event Title

European Rowing Championships

European Rowing Under 23 Championships

European Rowing Under 19 Championships

European Rowing Coastal Championships

European Rowing Beach Sprint Championships

European Rowing Indoor Championships

2) These titles shall be used only for European Championships organised by European Rowing.

3) European Rowing Championships shall be held in every year.

Rule 5 – Attribution of European Rowing Championships

European Rowing shall encourage a continent-wide attribution of European Championships to suitable candidates.

1) European Rowing Championships

a) The European Rowing Board shall review all final bids, reject any that do not satisfy the minimum requirements and then select the most suitable candidate(s) and propose it (them) to the General Assembly for final approval. The General Assembly shall vote to accept the proposed candidate or, where more than one candidate is proposed by the European Rowing Board, to elect one of those candidates by a majority of valid votes cast. In the event that General Assembly fails to accept the European Rowing Board’s proposed candidate or one of the candidates proposed by the European Rowing Board, the General Assembly shall then vote in a second election for which all candidates for the relevant Championships that have satisfied the minimum requirements shall be eligible (see WR Rules Appendix R21).

b) Where no bid has been received or when no bid meets the minimum requirements by the deadline for consideration of General Assembly, the European Rowing Board may identify a suitable candidate and may directly attribute the event provided the European Rowing Board is satisfied that the bid meets the minimum standards for the regatta.

2) Other European Championships

The European Rowing Board may directly attribute a European Rowing Championships in the age groups of Under 23 and Under 19, and in the categories of Coastal, Beach Sprints

and Indoor. If the European Rowing Board cannot decide between two or more bids, the attribution for that particular event shall be decided by a vote of the General Assembly.

PART II – ROWERS AND COXSWAINS

Rule 11 – Right to Participate

European Rowing Championships are open to all member federations in good standing.

Rule 12 – Eligibility and Nationality

1) European Rowing Championships shall be open to all rowers who are authorised to compete by their member federation and who are eligible under the relevant Rules.

Events for Lightweight, Para, Under 23 and Under 19 rowers are open only to rowers complying with the requirements of the relevant category.

The other events at the European Rowing Championships are open to all rowers without restriction of age or weight.

Exceptions to this Rule are set out in the Event Regulations.

2) Subject to the provisions of this Rule, to represent a country in a European Rowing Championship regatta, rowers shall be nationals of that country. They must be able to prove this by showing an official document (passport or identity card).

5) Under 19 Rowers – An Under 19 rower may compete for his country of residence. A rower who has competed for one country as an Under 19 may, only in the year after which he is last eligible to compete as an Under 19, choose to compete for a different country subject to having the nationality of the country for which he will compete. Such choice may only be made once under this rule. European and/or World Rowing as appropriate must be notified before the rower competes under the new nationality, together with proof of such nationality. European and World Rowing will inform each other of any related notification.

6) In exceptional cases, the World Rowing Executive Committee may make exceptions, and in doing so may consult the member federations concerned. World Rowing will inform European Rowing of their decision.

Rule 13 – Men’s and Women’s Events

3) In order to meet the requirements of this Rule and of European Rowing’s commitment to the fundamental principles of fairness and equality of opportunity it is necessary to provide certainty on gender categorisation to maintain the integrity of European Rowing’s competitions.

5) Any issue as to the eligibility of a rower to compete as a man or as a woman shall be determined by the European Rowing Board in accordance with the Bye-Law to this Rule and in consultation with World Rowing.

Bye-Laws to Rule 13 – Men’s and Women’s Events

Refer to Appendix R1 – Men’s and Women’s Events

Rule 14 – Safety and Health of Rowers

- 5) Member federations and organising committees shall respond fully and promptly to any inquiry by World and/or European Rowing as to any issue relating to the health and safety requirements as provided by these Rules and Bye-Laws.

Bye-Laws to Rule 14 – Safety and Health of Rowers

1) Swimming Ability

All rowers competing in European Rowing Championship regattas shall be able to swim 50m and keep their head above water unassisted for three minutes. It is the responsibility of the member federation to ensure and certify that rowers can meet these minimum standards and be able to provide evidence thereof if requested by European Rowing. At European Rowing Masters Regattas it is the responsibility of the individual masters rower (Rule 20).

2) Pre-competition Health Screening

- a) All rowers representing member federations at any European Rowing Championships must have completed a pre-competition health screening which includes a questionnaire, a physical examination and an ECG following the IOC's recommended procedure. It is the responsibility of the member federation to ensure and certify that these Pre-competition Health Screening procedures have been performed and be able to provide evidence thereof if requested by European Rowing.*
- b) All rowers representing member federations at any European Rowing Championships regattas must complete the medical questionnaire and undergo a medical examination each year, and, in addition, must undergo a resting ECG every three years up to the age of 23, and every five years after the age of 23.*
- c) For European Rowing Masters Regattas, and those rowers representing clubs at European Rowing events, it is strongly recommended that rowers competing in these events undergo this Pre-competition Health Screening.*

4) Injections / No-Needle Policy

- d) at regattas where a European Rowing Doctor is present, use of intravenous methods must be reported immediately and in writing not later than 24 hours afterwards to the European Rowing Doctor, including rowers with a valid TUE. The report must include the diagnosis, medication and route of administration.*

5) Member Federation Chief Medical Officer and Team Medical Officer

- a) Each member federation competing in events under these Rules, Bye-Laws and Regulations must, before the first competitions of crews from their federation each year, provide to European Rowing the name and contact details of its Chief Medical Officer with whom European Rowing may communicate on medical issues of a confidential or other nature and shall notify European Rowing of any change thereof.*
- b) At the time that a team arrives at a regatta venue, the Team Manager shall register with European Rowing the name of its Team Medical Officer (if any) who is attending the regatta with that team.*

Rule 15 – Insurance

- 1) *Each member federation or club participating at a European Rowing event shall ensure that it has adequate and appropriate insurance cover in place for each of its rowers and accompanying team officials (including delegates) for at least the duration of the event and the period of travel to and from.*
- 2) *Only where a European Rowing event permits an individual rower to enter that event directly and not through a member federation or a member federation affiliated club, and a rower makes such a direct entry, that rower shall similarly ensure that he or she has adequate and appropriate insurance cover in place for the rower and any official such as a coach accompanying that rower.*
- 4) *Member federations or clubs, or rowers participating at a European Rowing event in the circumstances described in paragraphs 1 and 2 of this Rule shall, upon being requested by European Rowing to do so, provide documentation to European Rowing that confirms that they hold the various insurance coverage required by this Rule.*

Rule 16 – Commitment

- 1) *Rowers may only compete at European Rowing Championships if they have submitted a signed World Rowing Commitment Form, according to Art. 57 of the Statutes of World Rowing. Each team official must have submitted a signed World Rowing Commitment Form to European Rowing or World Rowing before accreditation may be issued.*
- 2) *Where European Rowing has also committed to follow the rules of other organisations as a condition of European Rowing's authority in conducting other events, rowers may also be required by European Rowing to sign additional commitments from such organisations as a condition to compete.*

Rule 17 – Age Categories

The following age categories for rowers are recognised by European Rowing:

- 1) Under 19
- 2) Under 23
- 3) Seniors
- 4) Masters

Rule 18 – Additional Categories

In addition to the age categories, European Rowing recognises a lightweight category for Seniors and Under 23, as well as a Para Rowing category for Seniors.

PART III – BOAT CLASSES

Rule 25 – European Championships Event Programme

In principle, the events programme for European Rowing Championships shall be the same for men and women and will comprise as a minimum the events included in the forthcoming Olympic and Paralympic Regattas. The events at European Rowing U23 Championships and European Rowing U19 Championships shall be the same for men and women and will comprise as a minimum the events included in the forthcoming Olympic Games Regatta.

European Rowing Championships are held in the following events:

Senior Men (M)	1x	2x	2-	4x	4-	8+
Senior Women (W)	1x	2x	2-	4x	4-	8+
Senior Lightweight Men (LM)		2x				
Senior Lightweight Women (LW)		2x				
Senior Para Rowing (PR)	PR1 M1x	PR1 W1x	PR2 Mix2x	PR3 Mix2x	PR3 Mix4+	
Under 23 Men (BM)	1x	2x	2-	4x	4-	8+
Under 23 Women (BW)	1x	2x	2-	4x	4-	8+
Under 23 Lightweight Men (BLM)		2x				
Under 23 Lightweight Women (BLW)		2x				
Under 19 Men (JM)	1x	2x	2-	4x	4-	8+
Under 19 Women (JW)	1x	2x	2-	4x	4-	8+

The event programmes for the European Rowing Coastal Championships, European Rowing Beach Sprint Championships and European Rowing Indoor Championships and the non-Olympic and non-Paralympic events at the European Rowing Championships, the European Rowing Under 23 Championships and European Rowing Under 19 Championships shall be found in their relevant Event Regulations (Appendices), to be published at least 2 years before the Championship concerned.

PART V – COURSES

Rule 31 – Characteristics

- 2) For European Rowing Championship regattas, the standard international course shall be provided with technical installations and equipment to Category A level as defined in the Bye-Laws to Rules 31 to 33. In addition, it must also comply with all the specifications and descriptions given in the latest version of the World Rowing Manual.
- 3) Requirements for the European Rowing Coastal Championships, European Rowing Beach Sprint Championships and European Rowing Indoor European Championships are defined in the relevant Event Regulations.

- 5) The European Rowing Board may approve non-standard requirements for European Rowing Championship regattas where this is in the interests of the event and the sport of rowing.

Rule 32 – Racing Distance

- 2) European Rowing Championship regattas

The length of the standard European Rowing Championship course shall be 2,000 metres straight. The provisions of this Rule require the use of moveable starting installations in order that the bows of all boats of whatever class may be aligned on the same start line.

- 3) The length of the course and all intermediate distances shall be measured by an independent qualified surveyor and a certified plan shall be held by the organising committee. This plan shall be available for inspection by European Rowing at any time. For European Rowing Championship regattas, European Rowing may request a further survey be carried out to standards specified in the latest version of the World Rowing Manual.
- 4) The European Rowing Board may grant exceptions to this rule where necessary for regattas in multi-sport competitions where it is clearly demonstrated that a standard course is not reasonably achievable.

Rule 33 – Number of Lanes

- 2) European Rowing Championship regattas

Races shall be held using up to six lanes but, in principle, the course shall have at least eight lanes usable for racing.

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PART VI – ORGANISATION OF REGATTAS

SECTION 1 – General

Rule 34 – Authority of European Rowing

All International Regattas and International Indoor Rowing competitions are under the overriding authority of World Rowing and, subject thereto, of the member federation concerned. An organising committee shall be responsible for the organisation of regattas.

European Rowing Championship regattas as well as regattas in connection with other European multisport competitions shall take place under the authority of European Rowing, which will give directions to the organising committee. The European Rowing Board shall appoint Technical Delegates for each regatta in accordance with Appendix R5.

SECTION 2 – Regatta Roles

Rule 36 – Team Manager

- 2) At European Rowing Championship regattas, each participating member federation shall appoint a Team Manager. Team Managers, or their delegates, shall attend each official Team Managers' Meetings and shall communicate to all rowers and coaches in their teams all relevant information from the meeting or otherwise distributed to Team Managers, including that concerning racing and safety, and shall be responsible for all

official communications with World Rowing during the regatta on matters concerning their teams, including withdrawal of crews and substitution of rowers.

- 3) Failure of a member federation or club to appoint a Team Manager or failure of a Team Manager to attend official meetings or communicate information may result in the member federation being sanctioned by the European Rowing Board.

Rule 37 – European Rowing – Roles at Regattas

European Rowing shall have certain responsibilities at regattas including duties carried out by specified officials. Racing will be conducted in accordance with these Rules by International Umpires, the Jury and the Board of the Jury.

- 1) The European Rowing Board shall have specific responsibilities at regattas under the Statutes and Rules of Racing. In addition:
 - b) European Rowing Championship regattas – the European Rowing Board shall appoint the following officials to represent European Rowing at the regattas:
 - i. Technical Delegate(s).
 - ii. President of the Jury.
 - iii. European Rowing Doctor.
 - iv. European Rowing Event Safeguarding Officer.
 - v. Fairness Committee.

SECTION 3 – Commercial and Identification Provisions

Rule 39 – Rowers’ Clothing and Blade Colours

- 4) European Rowing Championship regattas
 - c) The European Rowing Board may issue further regulations regarding rowers’ clothing at European Rowing Championship regattas in particular, including use of a t-shirt provided by European Rowing or other European Rowing sponsor identification as defined in the Bye-Law to Rule 38.

Rule 41 – European Rowing Merchandising Rights

At all regattas under its authority European Rowing retains all rights to:

- 1) Sell merchandise, souvenirs and other articles. The organising committee shall provide sites for this activity at no cost to European Rowing;
- 2) Use and licence the name and official emblem of European Rowing and European Rowing and other names, emblems and logos as registered by European Rowing.

European Rowing may share a proportion of the proceeds of the sale of these rights with the organising committees of relevant regattas.

SECTION 4 – Entries, Withdrawals and Crew Changes

Rule 42 – Authorisation of the Member Federation

- 2) European Rowing Championship regattas

Rowers shall compete under the name of their member federation which shall alone be entitled to enter and represent them.

Rule 43 – Entries

2) European Rowing Championship regattas

- b) Entries must be received at European Rowing headquarters before the specified deadline (usually between 9 and 14 days before the date of the first heat).

Rule 44 – List of Entries

1) European Rowing Championship regattas

European Rowing shall make a list of the entries from member federations entered in each event available to all federations concerned.

Rule 45 – False Declarations

Any false declaration regarding the name, age, classification, club membership or eligibility of a rower may result in the disqualification of every rower of the crew concerned from all races for which they are entered at the regatta in question. The European Rowing Board may apply additional penalties

Rule 46 – Entry Irregularities

2) European Rowing Championship regattas

Any member federation claiming that an entry is not valid shall lodge an objection in writing promptly with the European Rowing Board specifying the grounds on which it considers that the entry is invalid. After consultation with the affected parties, the European Rowing Board shall decide on the matter and, if found justified, shall reject the entry concerned.

Rule 47 – Withdrawals

2) European Rowing Championship regattas

If a member federation withdraws a crew or crews from an event in which it has been entered, it shall give notice in writing of the withdrawal to European Rowing, at the latest, three hours before the Draw.

Bye-Law to Rule 47 – Withdrawals after the Withdrawal Deadline

European Rowing Championship regattas

- 1) Notice of the withdrawal must be lodged with European Rowing at the European Rowing Regatta Office or another previously announced location.

Rule 48 – Crew Changes after the Entry Deadline and before the First Heat

2) European Rowing Championship regattas:

Bye-Laws to Rule 48 – Changes after the Entry Deadline and before the First Heat for Medical Reasons

2) European Rowing Championship regattas

- a) Crews - In addition to the provisions of paragraph 2 a) of this Rule, in the case of illness of, or injury to, a member of a crew before the first heat, a substitution of that rower may

be made in principle no later than one hour before the official start time of the race if a medical certificate is provided and if the change is approved by the European Rowing Doctor who shall first examine the ill or injured rower. The replaced rower may compete again in the same crew at any point during the competition if returned to health as confirmed by a further medical certificate and with the approval of the European Rowing Doctor, who shall first make a further examination of the rower concerned. Any replacement rower must be eligible to represent that member federation in accordance with these Rules.

- b) Single scullers: In the case of illness of, or injury to, a single sculler before the first heat, a substitution of that sculler may be made in principle no later than one hour before the official start time of their heat if a medical certificate is provided and if the change is approved by the European Rowing Doctor who shall first examine the ill or injured sculler. The replacement sculler must be eligible to represent that federation in accordance with these Rules. A single sculler replaced under this Bye-law may not compete again in that event even if returned to health.*
- c) Any replacement under this Bye-law must be communicated in writing to European Rowing at least one hour before the scheduled time of the first heat of the crew or sculler concerned.*

Rule 49 – Changes after the First Heat

2) European Rowing Championship regattas:

a) Crews

- i) No substitution of rowers shall be made in a crew which has already raced in the heat of its event except in the case of illness or injury to a member of the crew, in which case a medical certificate shall be required and the crew change request shall be submitted in writing to European Rowing.
- ii) The change may only be made if it is approved by the European Rowing Doctor, who has first had or has waived an opportunity to examine the ill or injured rower.
- iii) The rower may compete again in the same crew if returned to health at any point during the competition upon notification to European Rowing in writing with a further medical certificate, and with the approval of the European Rowing Doctor who shall have had further opportunity to examine the rower.

Section 5 – Safety and Fairness

Rule 51 – Safety – General Principles

- 7) The responsibility for all aspects of safety at European Rowing Championships regattas lies with the organising committee, as well as the competing clubs, member federations and rowers as provided for by these Rules. In this aspect European Rowing accepts no legal liability.

Rule 52 – Safety – Training at Regattas

- 3) The organising committee shall give advance notice of the official opening day of the course for training:
 - a) The official opening day for an Under 23 or Under 19 Championship shall be a minimum of one and a half (1,5) days before the start of the regatta; and
 - b) The official opening day for a senior European Rowing Championship shall be a minimum of two (2) days before the start of the regatta.

SECTION 6 – The Draw and Progressing to the Finals

Rule 57 – World Rowing Progression System

- 3) European Rowing Championship regattas
- b) The progression systems to be used shall be the World Rowing Progression System. Modified progression systems may be approved by the European Rowing Board.

Rule 58 – Seeding

- 2) At a regatta where seeding will apply, the European Rowing Board shall determine and publish in advance the criteria for seeding crews and it shall appoint a Seeding Panel for that regatta
- 3) The Seeding Panel shall determine which crews in which events should be seeded.
- 4) The Seeding Panel will seed crews applying the criteria determined by the European Rowing Board and published in advance, in principle seeding two crews per heat with the highest seeded crew being paired with the lowest seeded crew, the next highest with the next lowest, etc.

Rule 59 – The Draw

- 3) If the entries for an event are less than or equal to the number required for a final:
 - b) at European Rowing Championship regattas, there shall be a mandatory Preliminary Race for all crews and the Draw for the Preliminary Race shall take place at the main Draw. The results of the Preliminary Race shall determine the lanes for the final.

Rule 60 – Determining the Lanes (Normal Conditions)

- 3) At European Rowing Championship regattas, if a crew withdraws after the heats and this results in an avoidable imbalance in the next round of racing (e.g., Semi-finals CD with 5 and 3 crews), the President of the Jury may decide to alter the progression system to balance the number of crews in each race.

Rule 61 – Withdrawals, Exclusions and Disqualifications after the Draw

If a crew withdraws or is excluded or disqualified after the Draw then the following procedures shall operate:

- 2) If a crew stops rowing during a heat, a repêchage, a quarter-final, or a semi-final and does not finish the race:
 - d) Notwithstanding the above, where a problem has prevented the crew from finishing a race, at a European Rowing Championship regatta the European Rowing Board may decide to place that crew last in that race.

Rule 62 – Time Trials

- 2) In cases of limited time availability or in adverse or unequal conditions the European Rowing Board or its delegate at European Rowing Championship regattas may decide to hold time-trials instead of or in combination with heats, repêchages, quarter-finals, semi-finals and finals. The format and description of time trials is set out in the Bye-Laws to this Rule.

Rule 63 – Adverse Weather Conditions

- 2) For European Rowing Championship regattas, when unfair or unrowable conditions prevail or are predicted, the Fairness Committee or European Rowing Board respectively may decide to apply provisions as described in the Bye-Laws to this Rule. The President of the Jury shall implement the decisions.

Bye-Laws to Rule 63 – Alternative Programmes in cases of Adverse Weather Conditions

- 1) *When unfair or unrowable conditions prevail or are predicted, the Fairness Committee may apply the options as described below. First consideration must be to the most appropriate option from Options 1, 2 and 3 before considering Option 4.*
 - b) *Option 2 - To recommend to the European Rowing Board to change the time table of the regatta to avoid adverse weather conditions;*
- 3) *At European Rowing Championship regattas, if the Fairness Committee determined that none of these Options provide an appropriate solution, it is the duty of the European Rowing Board to decide whether to implement one of the following solutions in order to continue the regatta. The European Rowing Board will consult with the Fairness Committee before determining which Solution to implement.*

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SECTION 7 – Sanctions

Rule 65 – Sanctions

- 1) Sanction on a Member Federation
 - a) The President of the Jury may additionally provide a report to the European Rowing Board on the breach of the Rules and the sanction imposed.
 - b) The European Rowing Board shall, upon receiving such a report from the President of the Jury and if it considers that the sanction imposed by the Jury was not sufficient to the breach:
 - i) provide a copy of the report to the relevant member federation
 - ii) give notice to that member federation that it intends to consider also imposing a sanction on that member federation with that notice to specify:
 - (1) the nature of the breach to be considered,
 - (2) the sanction or range of sanctions that will be considered;
 - (3) if past conduct is to be taken into account, the notice shall specify that accordingly and detail the relevant past conduct; and

- (4) invite the member federation to provide written submissions on the issue by a stated date.
- c) The European Rowing Board may, after considering the report and any submissions from the member federation, impose such sanction as it considers appropriate to reflect the serious nature of the breach and/or the past conduct of that crew or any member of it or its team official as the circumstances may justify.

Bye-Laws to Rule 65 – Yellow and Red Cards

- 2) *At European Rowing Championships regattas, if the sanction applies to a race in a subsequent racing session, it shall be notified in writing to the Team Manager of that crew. This written notification shall state:*
 - a) *The crew on which the sanction has been imposed;*
 - b) *The sanction;*
 - c) *The nature of the breach;*
 - d) *Time and location of the breach;*
 - e) *Any other important facts; and*
 - f) *The name and function of the Jury member who awarded the sanction.*

Bye-Laws to Rule 73 – Conclusion of the Race

- 6b) *European Rowing Championship – All times shown on the result sheets and on the scoreboard shall be taken from the photo-finish for all the crews in all races.*

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SECTION 11 – Objections, Protests, Outcome of Protests, Appeals and Disputes

Rule 76 – Protests

- 6) At a European Rowing Championship regatta, in the case of a protest arising from an objection concerning the final of an event, the European Rowing Board may postpone the victory ceremony of that event.

Rule 77 – Appeals

- 1) Only appeals provided for by this Rule will be considered by the European Rowing Board
- 4) Appeal Time Limits and Requirements
 - b) European Rowing Championships regattas – Any such appeal must be lodged at the European Rowing Office of the regatta within one hour of the publication of the official results of the race following the decision of the Board of the Jury
 - e) The European Rowing Board shall consider the appeal and may:
 - i) Reject the appeal;
 - ii) Allow the appeal and provide such relief as was available to the Board of the Jury as it considers just and appropriate.

If the decision of the European Rowing Board on the appeal changes the final result of the event, the official result shall be changed accordingly.
 - f) At European Rowing Championships regattas:

- i) Where the appeal relates to a preliminary round in an event, the European Rowing Board will deliver its decision before the next round of that event.
- ii) Where the decision of the European Rowing Board on the appeal changes the final result of the event:
 - (1) the official result shall be changed accordingly; and
 - (2) where the medal placings are affected, the medals shall be re-awarded as necessary in accordance with the decision.

5) Decisions of the European Rowing Board under this rule are final.

Rule 78 – Disputes, Appeals and Cases not Covered

2) European Rowing Championship events –

The European Rowing Board shall adjudicate on appeals from a decision of the Board of the Jury and on all cases not covered by the Rules of Racing and Bye-Laws and the Event Regulations as well as on disputes which may arise during these regattas.

The decision of the European Rowing Board shall be final. Any decision made by the European Rowing Board under this Rule shall immediately be communicated to the member federations of European Rowing in writing.

SECTION 12 – Duties of the Jury

Rule 83 – The Umpire

5) Zonal Umpiring – The European Rowing Board may decide that at a European Rowing Championship regatta umpiring of some races shall be carried out from boats which are stationary or which do not follow the whole race or by Umpires stationed on the land adjacent to the course, and shall issue instructions and guidelines accordingly.

- a) Where the weather or other conditions are such that zonal umpiring is about to put the safety of crews at risk the President of the Jury may decide to revert to dynamic umpiring for the remainder of that racing session.

PART VII – ANTI-DOPING RULES

Rule 85 – Anti-Doping

European Rowing accepts and shall apply Rule 85 – Anti-Doping of the World Rowing Rules of Racing – and its Bye-Laws.

PART VIII – EXCEPTIONAL CASES

Rule 86 – Exceptional Cases

2) European Rowing Championship regattas – Should it be necessary to take decisions in exceptional cases, the European Rowing Board members present or others specifically appointed by the European Rowing Board for that purpose shall make such decisions.

PART IX – CONCLUDING PROVISIONS

Rule 87 – Concluding Provisions

These Rules of Racing were approved effective immediately by the European Rowing General Assembly held virtually on November 6, 2021.

Ryszard Stadniuk, chair European Rowing Board

Nebojsa Jevremovic

Dusan Machacek

Annamarie Phelps

Algirdas Raslanas

Patrick Rombaut

Eva Szanto, members European Rowing Board

They were updated by the European Rowing General Assembly held in Bled on May 27, 2023.

Annamarie Phelps, President European Rowing Board

Patrick Rombaut, Vice-President European Board

Asuncion Lorient

Dusan Machacek

Algirdas Raslanas

Eva Szanto

Neville Tanzer, members European Rowing Board

Rules and Event Regulations for European Rowing Coastal & Beach Sprint Championships

These Rules and Regulations form an appendix to the European Rowing Rules and apply to European Rowing Coastal Championships. They should be read in conjunction with the applicable European Rowing Rules of Racing and related Bye-Laws. Where a matter arises not explicitly covered by these Rules and Regulations, those of World Rowing will apply.

“Departures” from World Rowing Rules and Event Regulations

European Rowing will follow all the rules, regulations and requirements set out in the World Rowing Coastal Championships Manual and the WRBSF Venue and Competition Specifications, save that Executive Committee will generally be replaced by European Rowing Board, and World Rowing will generally be replaced with European Rowing.

Any other departures in the requirements for the European Rowing Coastal and Beach Sprint Championships and departures from the European Rowing Rules and the World Rowing Coastal Championships and Beach Sprint Finals Event Regulations in Appendices R18 and R19 are highlighted in this document.

WR Appendix R18 (Endurance) Coastal Championships

3) Right to participate (Rule 11)

The European Rowing Club Coastal Championships are open only to European club crews nominated by the member federation in which they are located.

The European Rowing Coastal Championships are open to European national team crews nominated by their member federation.

4) Eligibility (Rule 12)

To compete in a European Rowing Club Coastal Championship regatta, a rower shall be a member of a club affiliated to their member federation.

6) Age categories (Rule 17)

The following Categories for rowers are recognised by European Rowing for Coastal Rowing:

- a. Seniors
- b. Under 19
- c. **Masters**

12) Event programme (Rule 25)

The European Rowing Coastal Championships are held in the following events:

Event	Men	Women	Mixed
<i>ERCCH</i>	C1X	C1X	CMix2X
<i>ERCclubCH</i>	C1X	C1X	
	C2	C2X	CMix2X
	C4X+	C4X+	

Entries:

Club crews:

A maximum number of 5 Club crews may be entered per member federation, per event. This number may be adjusted by European Rowing and the Organising Committee after the preliminary entry deadline, if required.

National team crews:

A maximum of 2 national team crews may be entered per event for the European Rowing Coastal Championship events.

WR Appendix R19 Beach Sprint Championships

6) Event programme (Rule 25)

The European Rowing Beach Sprint Championships are held in the following events:

Event Men Women Mixed

Event	Men	Women	Mixed
<i>ERbsf</i>	C1X	C1X	CMix2X
	<i>U19C1X</i>	<i>U19C1X</i>	<i>U19CMix2X</i>

Departures from World Rowing Coastal Championships Manual and World Rowing Beach Sprint Championships Venue and Competition Specifications

The European Rowing Coastal and Beach Sprint Championships are a combined event comprising the European Rowing Coastal Championships, European Rowing Club Coastal Championships and European Rowing Beach Sprint Championships. The event will take place over 5 days, normally from Wednesday to Sunday. There will be one official training day for the Coastal and Beach Sprint Championships; 2 competition days for Coastal; 1 competition day for Beach Sprint and 1 spare day.

European Rowing Beach Sprint Championships Venue

On water:

- 2 or 4 lanes slalom course, perpendicular to shore, 250m long from shore with a minimum of 25m between the center of lanes.
- The OC should propose an alternative course, which can be used in case of adverse weather conditions, where possible.

The minimum number of boats to be provided by the Organizing Committee for the European Rowing Beach Sprint Championships:

- 7 per type (if 2 lanes are used).
- 13 per type (if 4 lanes are used).
- The boats of the same type all must be provided by the same manufacturer.

Coastal Championships and Club Championships:

The minimum number of pool boats to be provided by the Organizing Committee for the European Rowing Coastal Championships:

- 20 per type
- They may be from different suppliers.

These Rules and Event Regulations for European Rowing Coastal & Beach Sprint Championships were approved effective immediately by the European Rowing General Assembly held virtually on November 6, 2021

Ryszard Stadniuk, chair European Rowing Board

Nebojsa Jevremovic

Dusan Machacek

Annamarie Phelps

Algirdas Raslanas

Patrick Rombaut

Eva Szanto, members European Rowing Board

They were updated by the European Rowing General Assembly held in Szeged on April 27, 2024.

Annamarie Phelps, President European Rowing Board

Patrick Rombaut, Vice-President European Board

Asuncion Lorient

Dusan Machacek

Algirdas Raslanas

Eva Szanto

Neville Tanzer, members European Rowing Board

Rules and Regulations for European Rowing Indoor Championships

These Rules and Regulations apply to European Rowing Indoor Championships and should be read in conjunction with the applicable European Rowing Rules of Racing and related Bye-Laws. Where a matter arises not explicitly covered by these Rules and Regulations, those of World Rowing will apply.

A. Rules

- 5) An Indoor Rowing Competition is a competition in which all rowers use rowing machines as defined in these Rules and where the competition venue and equipment is in accordance with these Regulations.
- 6) Eligibility: To compete in a European Rowing Indoor Championships, a rower shall be a citizen of the country for which they are competing.
- 7) Safety and Health of Rowers: All rowers at the European Rowing Indoor Championships are personally responsible to ensure that they have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the particular event. It is strongly recommended that rowers competing in the European Rowing Indoor Championships undergo the Pre-competition Health Screening detailed in World Rowing Bye-Law to Rule 14 2).
- 8) Anti-doping controls will be carried out in accordance with World Rowing Rules of Racing.
- 9) Commitment forms: all competitors must complete a World Rowing commitment form acknowledging their obligations to follow the rules of the competition, to respect their fellow athletes and officials and to acknowledge their commitment to clean sport.
- 10) Age categories:
 - a. The following age categories for indoor rowing are recognised by European Rowing:
 - i. Under 17;
 - ii. Under 19;
 - iii. Under 21;
 - iv. Under 23;
 - v. Open;
 - vi. Masters: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+.
 - b. The age of an athlete for the European Rowing Championships shall be the age at the date of the competition. Where the competition includes several days, the age shall be as at the scheduled date of the final for the event concerned. For example, an Under 17 rower shall not have attained the age of 17 and an Under 19 rower shall not have attained the age of 19 by the relevant date.

11) Lightweights:

- a) A rower may compete in lightweight events at the European Indoor Rowing Championships, if the following criteria are met:
 - i. A rower competing in a lightweight men's event may not weigh more than 75,0 kgs;
 - ii. A rower competing in a lightweight women's event may not weigh more than 61,5 kgs;
- b) Lightweight rowers shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, on each day of the competition;
- c) There shall be no lightweight events for the Under 17 or Under 19 age categories ~~or for Masters age groups.~~

12) Categories of competition:

- a) Individual, 2000 meters;
- b) Individual, 500 meters.

13) European Rowing Indoor Championships are held in the following categories:

- a) Men (M): Individual Under 17, Under 19, Under 21, Under 23, Open, PR1, PR2, and PR3, Masters;
- b) Women (W): Individual Under 17, Under 19, Under 21, Under 23, Open, PR1, PR2, and PR3, Masters;
- c) Additionally, Individual lightweight categories will be offered in Under 21, Under 23, Open **and Masters**;
- d) In principle, a European Rowing Indoor Championships, must consist of a 2000 meter race and 500 meter race in each competition category listed above;
- e) The ERB may agree additional categories and race formats with the Organising Committee which will not constitute European Rowing Indoor Championship events. The event programme will be announced in the Event Bulletin or Notice of Competition. With the exception of mixed events, any such additional formats shall be the same for men and women.

14) Race Protocol: for European Rowing Indoor Events race protocol will follow the relevant World Rowing Event Regulations for Indoor Rowing in all aspects in respect of the running of the competition, handling of false starts, umpire responsibilities, and etc. See specifically World Rowing Appendices to the Rules of Racing: Appendix R20 regulations 21-35, or relevant numbering.

B. Regulations applying to competition organisation, venue and equipment for European Rowing Indoor Championships:

1. Responsibility for the administrative and sporting management of the event rests with the organising committee under the guidance of the ERB.
2. The Championships venue should be a sports arena or similar premises with room for spectators. Ventilation should be good.
3. Entries are made on the Organising Committee entry form. All entry forms must be completed including full name, address (of affiliated rowing club, Member Federation or personal address, as applicable) and phone numbers. These must be confirmed at the Championships, prior to racing by showing valid proof of identity and citizenship.
4. Entry forms for participants under the age of 18 must include the signature of their parent, guardian, or their team manager where appropriate.
5. Entries must be paid by bank transfer or at the event electronically no later than the day of the event. Electronic entries are permitted and are confirmed when payment is received.
6. Results lists must be published electronically and available as soon as practicable or, at the latest, the day following the Championships.
7. The jury shall consist of at least:
 - two Umpires holding current World Rowing International Umpiring Licenses, one of whom will be the President of the Jury,
 - the necessary number of race controllers.
8. The Draw for the heats shall take place, in principle, the day before the competition, at the close of entries.
9. TV or radio broadcast in connection with European Rowing Indoor Championship shall be negotiated in cooperation with the Organising Committee, ERB/World Rowing and the TV or radio corporation concerned.
10. The medal design will include the European Rowing logo and be approved by the ERB.
11. All rowers in an individual race shall use identical make and model of rowing machines, the intention being that each rower shall have equal racing conditions with all other rowers.
12. Each rowing machine should be uniformly calibrated and in good working condition. Each machine must be fitted with a performance monitor so that the rower can follow his/her own performance. TV monitors should display graphics showing the rowers' relative positions. There should be a wide screen for the spectators.
13. No attachments may be added, or connections made, to any machine except for those required for para-rowers to facilitate safe use.
14. A medical doctor, and by preference a paramedic, must be present throughout the Championships to advise on any medical issues.

15. The competition area should be marked out with an exclusion zone of at least two metres between the machines and spectators. Only competitors, coaches of para-rowers and accredited officials shall be allowed within the zone. Any other exemptions must be agreed by the President of the Jury.
16. Competitors are free to adjust the machine (drag factor etc.). During the race no person, other than the competitor may adjust the machine.
17. The weigh-in area must be clearly indicated. Weighing must take place on approved and calibrated scales.

These Rules and Event Regulations for European Rowing Indoor Championships were approved effective immediately by the European Rowing General Assembly held in Bled, Slovenia on May 27, 2023.

Annamarie Phelps, President European Rowing Board

Patrick Rombaut, Vice-President European Board

Asuncion Loriente

Dusan Machacek

Algirdas Raslanas

Eva Szanto

Neville Tanzer, members European Rowing Board

They were updated by the European Rowing General Assembly held in Szeged on April 27, 2024.

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