



## EVENT RULES & REGULATIONS

### Weigh-In Procedure

- All Lightweights must weigh-in before their assigned heat.
- The weigh-in area is located next to the warmup area on the first floor of the WW Center.
- Any Lightweight competitor that does not make weight will be allowed to compete at their pre-assigned time, but his/her result will be placed into the Open division for that category. As a reminder, please note the weight restrictions:

Lightweight Men = 165 lbs. max

Lightweight Women = 135 lbs. max

### Warm-Up

Warm-up ergs will be available for use by all competitors on the first floor warm up area

### Event Classifications for 2024

- Open - No age restrictions
- Lightweight – Men – 165 lbs. max, Women – 135 lbs. max
- Youth– A competitor may compete in the U15 Category until December 31<sup>st</sup> of the year of his or her 14<sup>th</sup> birthday. A competitor may compete in the U16 category until December 31<sup>st</sup> of the year of his or her 15<sup>th</sup> birthday. A competitor may compete in the U17 category until December 31<sup>st</sup> of the year of his or her 16<sup>th</sup> birthday. A competitor may compete in the U23 category until December 31<sup>st</sup> of the year of his or her 22<sup>nd</sup> birthday.
- Masters- No handicapping, grouped by age which is determined as of the actual day of race.
  - o (A) 24 to 35 years,
  - o (B C) 36 to 49 years,
  - o (D E) 50-59
  - o (F G) 60 to 69 years,
  - o (H, I) 70 to 79 years,
  - o (J K) 80 and above

All competitors will row on Concept2 Model D Ergometers. Rowers may set the drag factor BEFORE their races begin but may not adjust the setting during the race itself. Doing so will lead to disqualification. The event is open to all competitors regardless of experience/skill levels. Rowers must compete under their own names.

All competitors must wear a shirt and shorts on the event floor, including the warm-up area. Uni-suits, bodysuits, all-in-ones are also allowed. Due to safety concerns, we discourage the use of headphones during the competition. Keep in mind that many events are large enough to require multiple heats to accommodate all athletes. The best overall time will win each event. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> of each category raced as determined by classification of age, weight, and gender. Competitors are only eligible to win a prize for the event in which they are entered.

### **Team Event**

Must have a group of 4 to enter. Teams of 4 compete in a 4,000-meter relay erg challenge. Medals are awarded to the top 3 teams with the highest total average meters.

- Adult
  - o Women's 4+ - no handicapping, must be 19 yrs. or older
  - o Co-Ed Mixed 4+ - no handicapping must be 19 yrs. or older. Teams must have at least 2 females and no more than 2 males per team.
  - o Open 4+ - no handicapping 19 yrs. or older. Open to any female to male ratio
- Youth
  - o All youth teams will be co-ed 18 yrs. or under. Teams must have at least 2 females and no more than 2 males per team.

### **Interpretation of Rules**

The meaning and application of these rules will be determined solely by the Race Committee.

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