



Rules

2014 Version

The following rules reflect the rules prevailing from the 1st April 2014 following the implementation of the new grading system. The rules for the 2013 season and for the 2014 Head season can be found in a separate document.

Contents

Definitions	1
Administration Bye-Laws	2
Rules for Competitive Rowing	8
Rules for The Championships	27
Rules for University Rowing and The University Championships.....	32
Rules for Para Rowing	36
Index	40

The following Bye Laws, Rules for Competitive Rowing, Rules for the Irish Rowing Championships, Rules for University Rowing and the University Championships and Rules for Para Rowing shall collectively be considered the Rowing Ireland Rules. They shall be read and interpreted with the Memorandum and Articles of Rowing Ireland.

Definitions

Throughout these rules the following definitions shall apply:

- Age:** The age on 1st January in each year except for Masters where the age is the age attained during the current year.
- Crew:** Means crew or sculler unless specified otherwise.
- Disciplinary Committee:** A committee of not more than seven members appointed by the Board. On the request of the Disciplinary Officer it shall conduct hearings and determine liability and sanctions in accordance with the rules.
- Disciplinary Officer:** An individual appointed by the Board to investigate any breaches of the rules. If necessary he will commence disciplinary proceedings against any individual or club deemed to have broken the rules of Rowing Ireland.
- Domestic Events Committee:** The committee appointed by the Board to prepare the calendar of events, to ensure events are run to a suitable standard and any other duties delegated by the Board.
- Event:** Shall mean a Regatta or Head unless specified otherwise.
- Organising Committee:** A committee established to run a Regatta or Head of the River.
- Umpires Committee:** The committee appointed by the Board to examine, license and supervise regatta officials and to perform any other duties delegated by the Board.
- Voting Rights:** The right to vote at any General Meeting of Rowing Ireland.

Throughout this document the term Rowing Ireland is used in relation to the Company, its Board of Directors, its general meetings, its Memorandum and Articles, and to certain trophies. The term Rowing Ireland is used in all other cases to describe the governing body and its activities.

Part 1

Administration Bye-Laws

1.1 Affiliation

Any club, willing to bind itself to observe the rules of Rowing Ireland may become affiliated upon making application in writing accompanied by the affiliation fee in respect of the type of affiliation applied for subject to being elected by a majority of two-thirds of the members present at the meeting of the Board.

Every club applying for affiliation shall forward to the Secretary a copy of its rules, the name, address and e-mail address of its Honorary Secretary or other officer of the club, to whom all communications shall be sent. It shall furnish such other information as the Secretary may require.

In the event of a club applying for affiliation not being elected, the affiliation fee shall be returned. Details of any new affiliated club shall be notified to all clubs via the Rowing Ireland website. Any club rejected by the Board shall have the right to appeal to the Annual General Meeting, which may approve or reject the application by a simple majority vote.

1.2 Club Colours

Each club shall register its racing uniform colours and designs and the colours and designs of its oar blades with Rowing Ireland who shall not sanction the use of similar colours and designs by different clubs if these would cause confusion.

1.3 Group Affiliation

Any group or association of rowing clubs, which has traditionally organised and participated in regatta circuits outside the jurisdiction of Rowing Ireland may apply to affiliate to Rowing Ireland as a club, subject to the following conditions being complied with to the satisfaction of Rowing Ireland:

- 1.3.1 All the rowing clubs in each such group or association, must agree to that group or association seeking affiliation to the Rowing Ireland.
- 1.3.2 The group or association must be prepared to accept and be bound by the Articles of Association of Rowing Ireland and other rules of Rowing Ireland.
- 1.3.3 The applicant group or association must send a list of all the clubs in that group or association to the Honorary Secretary of Rowing Ireland and if the group or association application is successful these clubs become indirectly affiliated clubs of Rowing Ireland. As such they may compete in regattas or races under the rules of Rowing Ireland, under the colours and name of their group or association. Individual clubs may at any time seek full affiliation in their own right, if they wish to compete in events under the rules of Rowing Ireland, under their own name and colours.

- 1.3.4 Each group or association shall continue to administer its own organisation and regatta circuit and formulate the rules of racing and regulations for standard boat construction. Each group shall send to the Honorary Secretary of Rowing Ireland (by the 1st December each year) the names of its officers, its clubs, its rules and racing regulations, details of boat specifications and fixtures list for inclusion in Rowing Ireland rule book or annual "blue book" as appropriate.
- 1.3.5 When any such group or association has been affiliated to Rowing Ireland it will receive all Rowing Ireland correspondence on behalf of the group or association.
- 1.3.6 All Clubs affiliated to Rowing Ireland may compete in any event organised by an affiliated group or organisation if invited to do so.

1.4 Communication

Every club on becoming affiliated to Rowing Ireland shall send to the Honorary Secretary of Rowing Ireland the name, address and e-mail address of its Honorary Secretary or other officer of the club, to whom all communications shall be sent. The club shall keep the Honorary Secretary of Rowing Ireland informed immediately of any change in the relevant contact information.

All notices, sent to the name, address or e-mail address last given, shall be deemed to have been properly sent to the affiliated club, whether received or not. Every affiliated club shall when requested, send to the Honorary Secretary of Rowing Ireland a list of its members, a copy of its balance sheet, and a copy of its rules and bye laws and furnish such information as the Honorary Secretary of the Rowing Ireland may require.

1.5 Types of Affiliation

There shall be five types of Affiliation to Rowing Ireland. They are:

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|--------------------------------|--|
| Senior: | This is a club with full, unrestricted affiliation and with full voting rights. |
| Junior: | This is a club which only competes at Junior level and which has full voting rights. Any Junior Club entering an event other than at Junior level will immediately be invoiced for the difference between the Senior and Junior affiliation fee. |
| Restricted Third Level: | This is a club which only competes at the University Championships and which does not have voting rights. |
| Restricted School: | This is a club which only competes at specially designated Schools event(s) and which does not have voting rights. |
| Restricted Coastal: | This is a club which only competes on the Coastal circuit and at the FISA World Coastal Rowing Championship for Clubs. It does not have voting rights. |

1.6 Affiliation Fees

On or before the 31st day of December of the year preceding the rowing season, every club shall pay to Rowing Ireland an Annual Subscription. The amount of the subscription for each type of affiliation will be determined by the Annual General Meeting from year to year. A new club established not within ten miles of an open non-institutional club is only required to pay half fees in its first three years. Only those clubs who have paid their current affiliation fee shall appear on the listing of Affiliated clubs.

The non payment of the current affiliation fee shall render clubs ineligible from registering members, entering any event under Rowing Ireland rules or being represented at any meeting of Rowing Ireland.

A percentage of the annual subscription, to be determined by the Board annually, will be transferred to each Provincial Branch in proportion to the number of individuals registered with clubs in each Branch. Such payment shall only occur if the Branch has provided the Board with a full account of its Branch finances for the preceding year and such expenditure is deemed appropriate by the Board.

1.7 Unsettled Balances

The Board of Rowing Ireland has the power to take any action it deems fit, including suspension, against any club or organising committee which fails to pay, on the due date, monies due by it to Rowing Ireland.

1.8 Club Membership

No affiliated club shall admit to its membership any person who is in default with his/her subscription to another affiliated club. The Secretary of each affiliated club shall forward every year a list of any such members of his/her club who are in default, to the Secretary of Rowing Ireland who shall keep a list of all such defaulters. Any member of an affiliated club who is in default with his/her subscription will not be allowed to compete in events under control of Rowing Ireland and will be disqualified for so doing.

1.9 Discipline

1.9.1 All clubs and members of affiliated clubs (“individuals”) are obliged to comply with the Rules of Rowing Ireland, and shall be liable to disciplinary action in the event of any breach. In addition, any individual or club proved guilty of:

- a any misbehaviour or unfair practice in connection with rowing, whether relating to boat racing or otherwise,
- b any misbehaviour considered to bring the sport of rowing or Rowing Ireland or its membership into disrepute, shall be liable to such penalties as may be appropriate to such misconduct in the circumstances.

1.9.2 The Disciplinary Officer (whose powers and functions may be delegated to such deputy as he or she may appoint) shall have authority to commence disciplinary proceedings against any individual or club considered by him or her to have breached any Rule of Rowing Ireland.

1.9.3 In such case, Notice of Disciplinary proceedings shall be sent to the club or individual (and if an individual, the notice may be sent to the secretary of that individual’s club). The Notice shall state the rule considered to have been breached and shall give a description of the alleged breach. The Notice shall invite the individual or club to respond by either:

- a admitting the breach, or
- b seeking a hearing.

Failure to respond within a period of three working days shall be considered an admission of the breach.

- 1.9.4 The Disciplinary Officer may impose an interim suspension prohibiting the recipient (if an individual member) from competing or enjoying other privileges of membership pending the completion of the disciplinary proceedings. In such case, a hearing must be made available to that member by the Disciplinary Committee prior to the next regatta of head of the river race affecting that member.
- 1.9.5 Where a breach is admitted, the Disciplinary Officer shall send notice to the individual or club of the penalty which, if accepted, will be imposed. The individual or club may seek a hearing in relation to the appropriate penalty, but failure to respond within 3 days shall be considered acceptance of the penalty indicated.
- 1.9.6 Where a hearing is sought by an individual or club, the Disciplinary Officer shall notify the Disciplinary Committee of the impending hearing. The Secretary of the Disciplinary Committee shall set a date for the hearing and notify both parties of the same.
- 1.9.7 The Disciplinary Officer and the Disciplinary Committee shall be independent of one another and shall not communicate with each other in relation to any specific case save in writing, and copies of any such communication shall be made available to any member involved in disciplinary proceedings on request.
- 1.9.8 A disciplinary hearing shall be conducted by a panel of either 3 or 5 members of the Disciplinary Committee, selected by its Chairman. The Disciplinary Committee (by which is meant the panel of 3 or 5 where appropriate) shall conduct the hearing in such manner as it deems fit and shall apply such rules of evidence as befit the circumstances. The Disciplinary Officer shall present the case for disciplinary action. In all cases, a written statement from an Umpire, Regatta Secretary or Regatta Observer shall be presumed correct unless shown to be clearly in error.
- 1.9.9 The Disciplinary Committee shall determine the question of liability and/or penalty at a hearing by simple majority. Penalties shall include fines, disqualification from competitions (which may operate retrospectively), suspension from competitions, suspension from other privileges of membership and in serious cases expulsion from Rowing Ireland. Penalties may be imposed on individuals and clubs.
- 1.9.10 By way of exception to the foregoing, the Disciplinary Committee shall not suspend a club or remove it from the list of affiliated clubs unless:
 - a The notice of disciplinary action contains a statement that the Disciplinary Officer will request that a club suspension be imposed in the event that the breach of rule is proved,
 - b A panel of 5 members of the Disciplinary Committee are present to conduct the disciplinary hearing, and
 - c A majority of not less than 4 members of that panel of the Disciplinary Committee decide to impose the suspension.
- 1.9.11 The suspension of a club shall operate to suspend every member of that club for the prescribed period, provided that, not less than four weeks after the date of commencement of suspension, any member may apply to the Disciplinary Committee for permission to join another club, and, provided the member was not an officer of the suspended club and satisfies the Disciplinary Committee that he/she was personally innocent in the matters leading to the suspension of the club, he or she may have the suspension discharged as against him/her.

1.9.12 Where any club or individual is dissatisfied with a ruling of the Disciplinary Committee, he/she/it may appeal to a full meeting of the Board. No member of the Board who sat on the Disciplinary Committee, which adjudicated on the case under appeal, may attend the appeal hearing. At the appeal the Disciplinary Officer shall again present the case for disciplinary action.

1.10 Amateur Status

There shall be no restriction imposed by Rowing Ireland on expenses paid to a competitor from any source. Competitors may enter into sponsorship contracts provided these contracts are reviewed and approved by the Board of Rowing Ireland in advance, and that these contracts are in compliance with FISA rules and do not conflict or compete with the business interests of a sponsor of the Team or overall sport.

1.11 Honorary Secretary

The Honorary Secretary shall keep the minutes of the proceedings of all meetings. He/she shall undertake any correspondence, draw up the Annual Report and carry out any other duties usual to the secretaryship. He/she shall communicate to the Honorary Secretaries of affiliated clubs, not fewer than fourteen days previously, a date for the closing of the Agenda Paper for the Annual General Meeting, such closing date to be not fewer than fourteen days before the date of the meeting.

1.12 Licensing of Umpires

The Umpires Committee shall be responsible for examining and approving candidates for appointment as licensed umpires. Such umpires may be licensed for a period of up to five years, subject to the confirmation of the next annual general meeting of Rowing Ireland following their appointment by the Umpires Committee.

The Board may extend the function of the Umpires Committee to include the examining and approving of other race officials if it deems this necessary. Only licensed umpires may act as a starter, judge, aligner or umpire for any race held under the Rowing Ireland rules.

International Umpires Licensed by F.I.S.A. may be invited to officiate at races rowed under Rowing Ireland rules. Any regatta committee that uses unlicensed umpires at its event, may be refused a fixture in the following year.

The Umpires Committee shall approve the candidature of any suitable Irish Umpires who wish to sit the F.I.S.A. International Umpires Examination.

1.13 Revocation of Licence

The Umpires Committee may revoke the licence of any umpire at any time. Any such official may appeal such revocation to the Board within 14 days of such notice being issued. The Board shall by a simple majority, either restore the Umpire's licence for its due term or confirm the Umpires Committees revocation.

1.14 Regattas not under Rowing Ireland Rules

No crew or members of an affiliated club may compete at any regatta in Ireland which is not held under Rowing Ireland rules, save regattas covered by item 3 above, nor against any crew the members of which are not registered with Rowing Ireland, without

permission in writing from the Board of Rowing Ireland

No club or combination of clubs may hold an International Regatta or any International race or any regatta or race purporting to be an International without prior sanction of the Rowing Ireland.

1.15 Supporters Club

The Board of Rowing Ireland is empowered at any time to establish a supporters club, whose function shall be to support financially or otherwise Irish rowing. Rowing Ireland shall not be responsible for any debts incurred by the Supporters Club.

1.16 Matters not Specifically Provided for

The Board shall decide and arrange all matters which may arise during the year and which are not specifically provided for in Rowing Ireland Articles of Association, or Rowing Ireland Rules and shall make any bye laws necessary, which shall not conflict with the rules. All such decisions are subject to confirmation by the next Annual General Meeting of Rowing Ireland.

1.17 Interpretation

All questions as to the correct interpretation of the rules shall be referred to the Board whose decision thereon shall be final.

1.18 Club Constitutions

On request the Hon Secretary of each affiliated Club shall provide the Hon Secretary with a copy of the Club's most recent constitution. Any Club which is found not to adhere to the objectives of Rowing Ireland may be suspended by a simple majority of the Board of Rowing Ireland pending correction of the situation. Any club thus suspended may appeal to the next AGM of Rowing Ireland at which the suspension will be approved or rescinded by a simple majority vote.

1.19 Associate Registration

Associate Registration of Rowing Ireland will be available on payment of an annual subscription to be determined annually by the Board.

Part 2

Rules for Competitive Rowing

2.1 Registration Cards

Every competitive rower must be registered with Rowing Ireland for the current calendar year. Registration is not complete and valid until the required information is provided and the appropriate fees paid. Rowing Ireland shall keep a database of all currently and previously registered members against which current status may be checked. This database shall be available to club secretaries and event organisers.

For those registering for the first time, registration cards will be issued by Rowing Ireland through their club secretary. Subsequent registration cards may be issued on application and at a cost to be determined by the Board of Rowing Ireland. Any registration after 1st October will expire on 31st December of the following year.

Rowers who have previously competed for a club not affiliated to Rowing Ireland must submit full details of their participation and wins. The Chair of the Umpires Committee shall determine the status of such rowers in accordance with the rules of Rowing Ireland. Any rower not satisfied with such a determination of their status may appeal to the Board of Rowing Ireland within 28 days of the determination.

2.2 Regatta

A regatta is the name given to a competitive meeting where there are rowing events in different types and categories of boat. All regattas held in Ireland must be held under the rules of Rowing Ireland. A regatta may be confined to certain categories of competitor. Irish competitors not affiliated to Rowing Ireland for the purpose of rowing in Rowing Ireland events may not participate in a regatta under Rowing Ireland Rules without specific permission in advance being given by the Board of Rowing Ireland.

2.3 Participation in Irish Events by Overseas Clubs

Overseas clubs may be invited to participate in events under Rowing Ireland rules, provided that the clubs concerned are affiliated to their rowing federation, which in turn must be affiliated to F.I.S.A.

2.4 Heads

Heads of the River, timed events and other processional races may be held during the period 1st October – 31st March and may be subject to regulations laid down by the Domestic Events Committee.

2.5 Informal Races

Informal races between clubs, races between schools and other "At Homes" at which no entry fee is charged may be held without reference to Rowing Ireland.

2.6 Rowing Year

The rowing year shall commence each year on the 1st. January and finish on the 31st December.

2.7 Regatta Season

The Regatta Season shall commence on 1st April each year and finish on 30th September.

2.8 Fixtures Allocation & Event Licence

Any Organising Committee, which must be an affiliated club or a group of affiliated clubs, which proposes to hold a regatta or head of the river, shall apply for a licence for that purpose. All applications must be submitted to the Chair of the Domestic Events Committee by 1st March of the year before the event is planned accompanied by the licence fee. The fee which is payable for each day of the event will be determined by the Domestic Events Committee and may vary depending on the size of the event. Any event application received after 1st March of the year before the event is planned shall pay double the applicable licence fee. Every application shall also state an alternative date or dates. An event which has not completed its regatta returns in respect of the previous year will not be granted a date. The proceeds from such licences shall be ring-fenced and shall be used to develop Domestic Events in such a manner as determined by the Board on the recommendation of the Domestic Events Committee. The committee shall allocate dates in such a manner as to produce a coherent and effective regatta season. The committee shall determine if each regatta is status, semi-status or non-status. A win at a semi-status regatta will count as half a status win. The draft programme shall be placed before the Annual General Meeting for ratification by simple majority vote.

2.9 Race Committee

The Race Committee shall consist of three people nominated by the Regatta Committee. The Chairman of the Race Committee must be a licensed Umpire and is responsible for the allocation of duties of the Race Officials. The Race Committee will hear appeals to umpiring decisions. It will also decide on all matters relating to racing which are referred to it by the Regatta Secretary.

2.10 Event Prospectus

The prospectus of each regatta and head of the river must be posted on the Rowing Ireland website. The prospectus must state:-

- a The date(s) of the fixture.
- b The venue, and course details including the number of stations.
- c If a regatta is status, semi-status or non-status.
- d The events offered and the entry fee for each event.
- e The time and date at which entries close.
- f The time and venue of the draw, at which all competing clubs are entitled to be represented.
- g The address and telephone number and e-mail address of the regatta secretary.
- h That races will be run under The Rowing Ireland rules.

- i The safety statement for the event.

2.11 Entries

Entries for all regattas or heads of the river must be made through the Rowing Ireland Electronic Entry System. Entries for a Club, using the unique password allocated to that Club, are deemed to be official entries authorised by the club. This confirms that all those entered are bona fide members of the club and eligible to compete in the events for which they have been entered. The closing date for all regattas or heads of the river shall be the Wednesday week prior to the regatta or head of the river at 19.00 hours. Entries shall not be accepted after the official closing of entries.

No details about the entries for an event, may be released before entries have closed. The Captain or nominated representative may inspect the listing of crews entered on the day of the event.

If only one entry for a regatta event is received, the organising committee shall offer the rowers the option of participating in another event

2.12 Questionable Entries

Any questionable entry must be investigated, at once, by the Organising Committee and the Chair of the Domestic Events Committee must be informed.

The Organising Committee shall have the power to refuse or return any entry for good reason up to the time of starting and shall immediately acquaint the Chair of the Domestic Events Committee of the reason for such action.

Any competitor who enters or competes in an event for which he/she is not eligible shall be disqualified from that event and may be disqualified from competition for the entire of the current season if the Disciplinary Committee so directs and the following season, subject to the ratification of the Annual General Meeting.

2.13 Draw and Timetable

The Secretary of the Organising Committee shall arrange for the event timetable and list of entries to be published on the Rowing Ireland website. The Chair of the Domestic Events Committee. If in order it shall be posted on the Rowing Ireland website no later than five days before the date of the event. In the event of single scull events, the entries must contain the name of the sculler in addition to the name of the Club.

2.14 Regatta Draw

Where there is a draw for an event the following basic principles must be applied:

- 2.14.1 All competing clubs must be informed of the time and venue of the draw, and are entitled to be represented at it.
- 2.14.2 The direction and all details of the course must be published before the draw. Lanes always count from the Starters left.
- 2.14.3 If the number of entries in an event is such as to necessitate a preliminary or eliminating round no crew shall be required to row more than one extra race over and above the number of races required of any other crew. In draws for races on multi lane courses no crew should have a bye, and in the first round of any event the largest heat may only have one crew more than the smallest heat in that event. A

draw that does not accord to these principles is invalid and in such a case the Domestic Events Committee will ask the regatta committee to conduct a new draw.

- 2.14.4 No more than eight boats are permitted to row in any race at a regatta. Where there are more than six boats there must be an assistant umpire in a separate launch. Subject to paragraph 2.14.3 the Regatta Committee shall have complete discretion in regard to the manner in which crews may be required to qualify for the final race in any event. In particular the Regatta Committee may determine the number of crews which are to row in any heat, semi-final or final of the event. The Domestic Events Committee, following discussion with the Regatta Committee, may limit the number of crews which may row in any race on a particular course.
- 2.14.5 For a multi-lane regatta (more than 2 lanes), the draw may consist of drawing of crews for each event on a random basis and producing a list of entries with each assigned a sequential number. These are then arranged in that order into the required number of heats after declarations close. In no circumstances can the order be altered after the initial drawing.

2.15 Regatta Report

Within ten days of each regatta, the Regatta Secretary, or some person properly appointed, shall forward to the Rowing Ireland office an electronic listing of each race showing the event and whether heat, repechage, semi-final or final together with the finishing order of the crews and official verdict in distance or time. In the event of any incidents such as, disqualification, fouls or objections, a report should be included. Details of any crews which qualify from a heat and which do not subsequently race in the next round should be included.

2.16 Head Report

Within ten days of each Head of the River race, the Head Secretary, or some person properly appointed, shall forward to the Rowing Ireland office an electronic listing of the results of the event. In the event of any incidents such as, disqualification, fouls or objections, a report should be included.

2.17 Return of Winning Regatta Crews

The Regatta Secretary is responsible for ensuring details of the winning crews, taking into account substitutions on the day, are made via the electronic entry system within seven days of the event.

2.18 Observer

The Domestic Events Committee will appoint an Observer to each event on the Rowing Ireland Calendar of Events. The duty of the Observer is limited to completing a report on the event. The Observer's report for each event shall be supplied to the Chair of the Domestic Events Committee. The Domestic Events Committee, having considered the report, shall provide the Organising Committee with a copy within 14 days together with any recommendations.

2.19 Prizes

In addition to presentation prizes, Organising Committees may offer cash prizes or vouchers to clubs with winning crews. Such cash prizes and vouchers may not be offered to oarspersons.

2.20 Length of Regatta Courses

In regattas the following maximum distances shall apply:-

Senior, Intermediate, Novice, Club, Lightweight, Junior 18 and Junior 16:	not more than 2000 metres.
Junior 15:	not more than 1500 metres.
Junior 14, 12, Masters and Para:	not more than 1000 metres.

2.21 Classes

There shall be separate classes for men and women other than coxswains who may be of either sex.

The classes shall be Open, Lightweight, U23 and Junior.

2.21.1 Open

Open to all.

Competitors shall be graded into five Open grades - Senior, Intermediate, Club 1, Club 2, Novice as determined by points accumulated as follows:

All competitors carry a separate score for both rowing and sculling. Any reference to rower hereafter will be taken to also mean sculler where relevant.

Rower's score (RS) or Sculler's score (SS) is decided by points awarded or deducted. RS/SS can range from zero to a maximum of 1000 points. Coxes do not attract RS/SS. Sculling and sweep disciplines carry separate scores for each athlete. The scores track separately until the athlete reaches 1000 points in any one discipline. Once a rower or sculler reaches 1000 in any one discipline, they will automatically move to a minimum of 501 points in the other.

A registered rower in their first year of registration will start on zero points.

A win in each event entered at a regatta attracts the following points:

Non status regatta	no points
Semi status regatta	50 points
Full status regatta including Overseas regattas	100 points
Championship Event at the Irish Rowing Championships	200 points
Selection to compete at Junior Worlds and U23 FISA World Championships	200 points

Selection to compete at Olympic Regatta, Senior FISA World Championship, European Senior Championships or FISA World Cups will attract maximum points up to 1000 points.

A loss in each event at a regatta attracts the following points deductions:

Non status regatta	no points
Semi status regatta	10 points
Full status regatta	20 points
Overseas regatta	no points
Championship Event at the Irish Rowing Championships	20 points

Points will be added or deducted at midnight of the Wednesday week after the event. Points will not be added or subtracted where:

1. The boat does not start the event.
2. The boat is disqualified.
3. The boat does not finish the event.

Junior 18 and Junior 16 rowers entering Senior events will attract the same points as Seniors for scoring purposes up to a maximum of 600 points.

Junior 18 and Junior 16 rowers will accumulate a minimum of 100 points per year on their RS and SS. The points are allocated at the 31 December each year.

2.21.2 Time away from Rowing

A deduction will be made to the RS/SS of any athlete who has not competed in the sport in Ireland or abroad for a full calendar year as follows:

- 1 full year unregistered - minus 100 points
- 2 full consecutive years unregistered - minus 200 points
- 3 full consecutive years unregistered - minus 300 points
- 4 full consecutive years unregistered - minus 400 points
- 5 full consecutive years unregistered - minus 500 points

No athlete can register again at less than 300 points.

Registered Masters rowers will receive the same deductions provided they have not entered Senior events in each relevant year.

2.21.3 Lightweight

Lightweights shall be classified as follows:

The average weight of a men's crew (excluding coxswain) shall not exceed 70 kg. No individual oarsman shall weigh more than 72.5 kg. A single sculler (male) shall not weigh more than 72.5 kg. For women the average weight of a crew (excluding coxswain) shall not exceed 57 kg. No individual oarswoman shall weigh more than 59kg. A single sculler (female) shall not weigh more than 59 kg.

Lightweight Competitors shall be weighed, wearing their racing uniform, on tested scales not less than one hour and not more than two hours before their first heat on each day of competition. If their first heat is subsequently postponed or cancelled, the lightweight

rower is not required to weigh in again on the same day.

Lightweight rowing events may only be held in senior classes.

2.21.4 Under 23

A rower may compete in an U23 rowing event until the 31st December of the year in which he/she reaches the age of 22

2.21.5 Junior Rowing (Up to age 18 years)

A competitor ceases to be a Junior on the 31st December of the year in which he/she reaches the age of eighteen years. The following Junior categories apply:-

Junior 18A: A competitor who qualifies under the age limit above.

Junior 18B: A competitor who qualifies under the age limit above and who has not accumulated more than one and a half status wins at Regattas in any of the following classes: Senior, Lightweight, Intermediate, Novice or Junior 18. A rower who has won a championship is ineligible to row Junior 18B.

Note: A Junior 18 B moves to Junior 18 A ten days after he/she reaches one and a half status wins at Senior, Lightweight, Intermediate, Novice or Junior 18.

Junior 16: A competitor who has not attained the age of sixteen years before the 1st January of the year of competition.

Junior 15: A competitor who has not attained the age of fifteen years before the 1st January of the year of competition.

Junior 14: A competitor who has not attained the age of fourteen years before the 1st January of the year of competition.

Junior 12: A competitor who has not attained the age of twelve years before the 1st January of the year of competition.

Any person under fourteen years of age on the 1st January in the year of competition, may only compete in races as a sculler or coxswain.

2.21.6 Masters Rowing

A rower may compete as a Master from the beginning of the year during which he attains the age of 27.

A Masters rower shall be placed in the age category corresponding to the age he or she attains during the current year.

Age Categories:

- A Minimum Age: 27 years or more
- B Average Age: 36 years or more
- C Average Age: 43 years or more
- D Average Age: 50 years or more
- E Average Age: 55 years or more
- F Average Age: 60 years or more
- G Average Age: 65 years or more
- H Average Age: 70 years or more

- I Average Age: 75 years or more
- J Average Age: 80 years or more
- K Average Age: 85 years or more

Age categories do not apply to coxwains. Each competitor shall be responsible for his/her own health and fitness.

Masters events are run on a staggered start or corrected time basis for heads, in accordance with operating notes. (see appendix A)

2.22 Racing Grades

Racing grades for all boats will be determined by the maximum permitted cumulative points allowable per boat per grade as follows:

Max points per boat				
Grade	8+/X	4X/+/-	2-/X	1X
Senior	8000	4000	2000	1000
Intermediate	6000	3000	1500	750
Club 1	4000	2000	1000	500
Club 2	2000	1000	500	250
Novice	0	0	0	0

The Novice grade is for those competitors in their first year registered for the sport.

Scullers in crew boats and all sweep rowers can compete in any grade competition so long as the total points of all competitors in the boat does not exceed the maximum points allowable for that grade.

2.23 Invitation Events

Any Regatta Committee may offer invitation events which will not effect status. The purpose of invitation events is to permit regatta committees to offer fun events at regattas. Should the Domestic Events Committee consider that the invitation events at a particular event are not appropriate or are being offered in order to circumvent status rules they will have the power to have such events removed from the regatta prospectus.

2.24 Separate Classes

All competitors carry a separate class for both rowing and sculling.

2.25 Restriction on Competition

No person shall be permitted to compete for more than one club at the same fixture other than as a coxswain.

2.26 Restriction Applying to Junior 16 and Younger

There must be an interval of at least one hour between any two races for each individual

Junior 16 or Younger rower. This requirement is not to apply to regattas with courses less than 600 metres in length

2.27 Composite Crews

Composite crews are permissible in all Senior, Lightweight, Masters and Para events. They are not permissible in any other class. A Club may have members in no more than one composite crew in the same event. This does not restrict the number of single club crews that may also be entered in the same event.

2.28 Coxswains

Clubs are permitted to use coxswains from any Club provided they are registered with Rowing Ireland for that season. In the case of a Junior 18 crew, the coxswain must also be within the Junior age limit.

2.29 Substitutions

Every crew is entitled to substitute up to half the number of its oarsmen/women, and the coxswain, provided that the replacements are members of the same club (or group of clubs in the case of composite crew), and that each of them is qualified to row in that crew. A completed substitution form must be presented to the Regatta Secretary at least one hour before the crew's first race. After a crew has rowed a heat, a substitution may only be made in the case of a serious illness, certified by a doctor.

2.30 Withdrawal of Crews

Once a crew has competed in a heat in a regatta it may not withdraw from that event for any reason other than medical. The Disciplinary Officer may impose a fine on any such crew which fails to race for a reason other than medical. The proceeds of any such fines, which will be collected by Rowing Ireland, will be paid to the relevant Regatta Committee.

2.31 General Conduct

All rowers shall comply with the directions of officials and marshals. In particular they will follow any traffic pattern in use. Any rowers not complying with such directions or instructions will be reported to the starter who may award a warning equivalent to a false start.

Any rower who publicly uses language or acts in any way that could be found objectionable to other rowers, officials, or members of the public, may be excluded from his/her race by the umpire, or subsequent races, by the Event Committee, following a complaint.

2.32.1 The Start

Crews must attach themselves to their start pontoons at least two minutes before the starting time of their race. When the starter announces "Two minutes" this shall signify to the crews that they are formally under starter's orders. Before giving the start command the starter shall ensure that the umpire and the judge at the start are ready. When the boats are aligned and the crews are ready to race the starter shall make a roll-call by announcing – in lane order – the names of each of the crews in the race.

Once the roll-call begins the crews must make sure that their boats are straight. Each

crew is responsible for being both straight and ready to race at the end of the roll-call. Once the roll call begins the starter shall take no further notice of any crew which indicates that it is not ready or that it is not straight.

After the last crew has been named in the roll-call the starter shall check that the judge at the start still has the white flag raised and shall then say: "Attention". The starter shall then raise the red flag. After a clear pause the starter shall give the start by dropping the red flag quickly to one side and simultaneously saying "Go". The pause between the raising the flag and the start command (dropping the red flag and saying "Go") shall be variable. If the starting procedure is interrupted for any reason external to the crews or a false start then the starter must begin the procedure again starting with the roll-call.

2.32.2 Quick Start

In exceptional circumstances the starter may decide not to use the normal start with the roll-call. If so the starter must inform the crews that the "Quick Start" shall be used. Once the normal start has been used the starter shall not change to the quick start for the same race. For the quick start, instead of the roll-call the starter shall say: "Quick Start – Attention". The starter shall then raise the red flag. After a clear and variable pause the starter shall give the start by dropping the red flag quickly to one side and simultaneously saying "Go".

2.32.3 Starting Procedure (with traffic lights)

Crews must attach themselves to their start pontoon at least 2 minutes before the starting time of their race. At this stage the traffic lights on the start pontoon are in a neutral state. When the starter announces "Two minutes" this shall signify to the crews that they are formally under starter's orders. The announcement of "Two minutes" shall also be an instruction to the crews to prepare to race i.e. remove additional clothing, check equipment etc.

Before giving the start command, the starter shall ensure that the umpire and the judge at the start are ready. When the boats are aligned and the crews are ready to race the starter shall make a roll-call by announcing – in lane order – the names of each of the crews in the race. Once the roll-call begins the crews must make sure that their boats are straight. Each crew is responsible for being both straight and ready to race at the end of the roll-call.

Once the roll call begins the starter shall take no further notice of any crew which indicates that it is not ready or that it is not straight. After the last crew has been named in the roll-call the starter shall check that the judge at the start still has the white flag raised and shall then say: "Attention". The starter shall then press a button (or switch) to change the traffic lights from the neutral position to red. After a clear pause the starter shall give the start by pressing a button which shall, at the same moment:

- a change the red light to green
- b make an audible signal through the loudspeakers
- c start the timing system for the race (if provided)
- d freeze the picture on the aligner's monitor (if provided)
- e release the Alignment Control Mechanism (if provided)

The pause between the red light and the start command (the green light and the audible signal) shall be variable. If the starting procedure is interrupted for any reason external to the crews or a false start then the starter must begin the procedure again starting with

the roll-call.

2.32.4 False Start

In the event that a crew commences rowing before the Starter has given the starting command by dropping the red flag (or activating the green light if a traffic light system is used), they will be deemed to be guilty of a false start. Both the Starter or aligner can stop a race as a result of a false start. They shall do so by waving a red flag, ringing a bell and calling "Stop Rowing". The Starter shall decide which crews, if any, a false start warning should be applied to.

2.33 The Starting Zone

The first 100 metres of a course is designated the Starting Zone, The end of which should be clearly indicated by distinctive markers, if a crew suffers a breakage of equipment in the starting zone the race should be stopped and re-started after repair has been made. It is virtually impossible for an umpire to judge if breakage is genuine without stopping the race.

Therefore he/she should stop the race, and if he/she is not satisfied that a genuine breakage has occurred he/she may penalise the offending crew, either with a warning equivalent to a false start or in extreme cases with disqualification. In the case of a genuine breakage, the crew must be allowed reasonable time to effect a repair, even if it entails a postponement of the race, but all crews must be informed of the situation by the umpire and the club concerned must be capable of completing the repair speedily

2.34 Number of Crews to Qualify

With the exception of where only one crew is present and has a "row over", at least one crew should be eliminated in each qualifying race. If the number of crews to qualify equals the number of crews present at the start of a race, the Starter shall advise them that the number of crews to qualify has been reduced. Failure by the starter to advise the crews will not alter the fact that at least one crew must be eliminated. This rule does not apply where qualification is based on time.

2.35 The Umpire

It is the Umpire's function to ensure that every competitor has a fair chance to win his/her race. He/she follows the race and ensures that no crew interferes with the course of another crew. He/she will direct the steering of a crew only if that crew is about to interfere with the course of another crew, is gaining unfair advantage or in the case of danger to the rowers or their equipment. If the Umpire has to direct the course of a crew he/she does so by raising the white flag, calling the crew, and indicating with the flag the direction in which it should move. If the Umpire has to stop a crew, he/she raises the white flag, calls the name of the crew and gives the order "Stop rowing". If an Umpire needs to stop a race he/she waves the red flag and calls "All crews – stop rowing". To control a race the Umpire must stay in touch with the leading crews, even if this means passing the slower crews in the race.

2.36 The Race

- 2.36.1 Each boat should keep to its own course throughout a race, The umpire is the judge of the true course of each crew, Any boat which leaves its own water does so at its peril and will be disqualified by the Umpire if it interferes with the course of another

crew or is deemed to obtain an unfair advantage.

- 2.36.2 On a multi lane straight course on still water, buoys are an indication of the course, a boat departing from its lane is liable to disqualification by the umpire if he/she considers that its action interferes with the course of another crew, or that the crew gains an unfair advantage. On other courses, buoys or markers may be placed to equalise stations. Each such buoy or marker is an integral part of the course, and should be described as such on the Regatta Programme. Where a buoy or marker is an integral part of the course, it is necessary for each boat and its oars to pass the correct side of the buoy or marker, Infringement of this rule means automatic disqualification, except in the case of a coxless craft, where the umpire may use discretion.
- 2.36.3 A foul occurs when two boats or their oars come into contact during a race. In such a case the umpire must penalise the offending boat but he/she must also ensure that an innocent boat is not deprived of its chance to win its race. If the foul is so slight that it does not effect the result, the race should be allowed to continue, otherwise the first concern of the umpire must be to restore the chance to win of any innocent crew involved in the foul, he/she may stop the race and order a re-row or he/she may allow the innocent crew to pass through to the next round with the winner or other qualifiers. A crew that has wilfully encroached on the course of another crew, and has caused a foul, or that has carelessly done so, ignoring directions from the umpire, shall be disqualified.
- 2.36.4 Every boat shall abide by its accidents but if during a race, a boat shall be interfered with by an outside boat or person, the umpire shall have the power, if he/she thinks fit to restart the boats according to his/her discretion, or to order them to row again on the same or another day.
- 2.35.5 Any competitor refusing to abide by the decision of the umpire or to follow his/her directions shall be disqualified.
- 2.36.6 No instruction, advice, direction or coaching may be given to a crew from outside the boat during a race, whether direct or by means of radio transmission, electric, electronic or other technical device, other than proper directions from the umpire of the race.
- 2.36.7 A crew has finished the race when the bow of its boat has crossed the finish line. If one or more rowers fall into the water, they shall continue to be part of the crew and the race still valid. A crew crossing the finish line without its coxswain shall not be placed. A sound signal will indicate the crew has crossed the finish line

2.37.1 Objections

It is a crew's right to make an objection to an umpiring decision, The umpire should always check at the end of a race, that no coxswain or other competitor has a hand up to indicate an objection before he/she indicates "Race Alright" with the white flag to the judges. In the event of an objection, the umpire should raise the red flag as an indication to the Judge not to announce the result. An objection must be registered before the crew leaves the water. After an objection the umpire must give a clear decision, which must be announced to all the crews involved. This decision may be deferred for a short time, provided this is explained to the crews. No result shall be announced for a race until the umpire's decision has been made and given to all the crews in the race.

2.37.2 Protests

A crew or its representative may in addition make a protest against an umpiring decision in writing to the Race Committee not later than thirty minutes after the end of the race. The Race Committee shall liaise with the race umpire concerned and shall make its decision as soon as possible before the next round of races in the event concerned and in any event not later than two hours after the finish of the race.

2.37.3 Objections to Qualification

Objections to qualification of a competitor must be made in writing to the secretary of the regatta at the earliest moment practicable. No such objection shall be entertained unless lodged before the prizes are distributed and accompanied by a fee of €20 (twenty euro), which will be forfeited if the objection is not upheld.

Should the Rowing Ireland Board subsequently become aware of a breach of qualification rule it shall ask the Disciplinary Officer to investigate the matter fully.

2.38 The Judge

The judge's function is to determine the order in which crews finish a race, and the margin between the crews. There is no minimum margin. If the judge can distinguish one crew passing the finish line before another he/she gives the verdict accordingly. If he/she cannot distinguish which crew crosses the finish line first he/she announces a dead heat.

There is only one place from where a judgement can be made, looking through the sighting mark of the finish post on one side of the course to the finish post on the far side of the course. Both these posts should be fixed and the area of the finish should be cordoned off from spectators so that there are no distractions for the judge(s).

2.39 Dead-Heats

Where there is a dead-heat in a final, there must be a re-row between the crews concerned over the full course, except in the case of Junior 16, 15, 14 and 12 events where the trophy may be shared. In such cases a re-row may only be held if both crews agree.

2.40 Safety

Safety must be a major consideration of all clubs and regattas at all times. All clubs should insist that all their rowing members are competent swimmers and every person using their boats must be instructed in safety drill.

No boat may be launched, at any competitive rowing event or during training which does not have the following safety devices fitted in the proper manner, nor may such a boat go into a stake boat or starting installation of a competitive rowing event:

- a The bows of boats shall be fitted with a white ball, 4cm in diameter, in soft rubber or similar materials, unless the bow is so constructed as to afford equivalent protection and visibility.
- b All boats shall be equipped with foot stretchers or shoes that allow the rowers to get clear of the boat with the least possible delay. Where shoes will remain in the boat each shoe shall be independently restrained. They should be such that not allow the heel to lift more than 7 cm. Where laces, Velcro or similar materials must be opened

before the rower can remove his feet from the boat, they must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap.

- c Hatch covers on buoyancy compartments must be in place.
- d Coxswains, when in the boat, must at all times wear a lifejacket or buoyancy aid, the design of which must be acceptable to the Safety Committee. The use of self inflating lifejackets or buoyancy aids by coxswains is specifically prohibited
- e Any other safety requirements which the Board may advise from time to time.

2.41 Dress

All crew members and scullers must wear uniform dress in their clubs registered colours and designs while racing and should row with oars painted in the registered colours and designs also. In composite crews, competitors must wear the registered uniform of their own club. Undergarments (of a similar length) may be worn uniformly under the official uniform, provided that the colour of the undergarment is the same as the body of the official uniform or plain white.

Failure to comply with this rule will be subject to report by the Observer or any licensed umpire. The Disciplinary Officer may impose a fine on the club. Persistent non-compliance may result in the club being referred to the Disciplinary Committee by the Disciplinary Officer.

2.42 Victories Outside Ireland

The Secretary of any club wishing to compete outside Ireland must e-mail the Rowing Ireland Office seeking permission before entering the event. Failure to do so may result in a fine being imposed by the Disciplinary Officer. All regatta victories must be notified to the office within 14 days of the event. Should it subsequently be discovered that a win was not notified within this period, the Club may be subject to a fine by the Disciplinary Officer. In the event of a recurrence of non-compliance, the Club may be referred to the Disciplinary Committee. All foreign and domestic victories while part of the Irish team, count towards change of status.

2.43 Payment of Entry Fees

Clubs are liable for the payment of entry fees in respect of all crews entered regardless of whether the crew rows or not. In the case of a composite crew, the club making the entry is responsible for payment of the entire entry fee for that crew. It is the responsibility of the Event Committee to collect such fees. In the event of non-payment, of all or part of the entry fees, the event committee may decline to accept entries from a defaulting club in subsequent seasons.

2.44 Suspension

The Honorary Secretary of Rowing Ireland shall notify all affiliated clubs and all Event committees of the suspension of a club. For the duration of a suspension the Club or its members may not take part in any Rowing Ireland activity. Such suspension does not include activities of members of any Rowing Ireland committee, umpires or coaches engaged in coaching duties with the National team.

2.45 Gender

In the rules above where oarsmen and male officials are referred to, the rules apply equally to oarswomen and female officials, except in those contexts where men's rowing or women's rowing is to be specifically referred to.

2.46 Entries of One Crew or One Club

Any race at a Regatta where there is only one entry or where the actual crews starting represent only one club, shall be deemed to be a private race not affecting class.

This rule does not apply to Championships of Ireland.

Part 2: Appendix A

MASTERS ROWING HANDICAP EVENTS OPERATING NOTES

Introduction

Racing under a standard handicapping system has been introduced as a means of expanding the opportunities for Masters Competition in Regattas and Heads.

An Age/Performance characteristic has been established on which a table of time differentials between Masters age Categories is based. This enables competitors in dissimilar categories to compete against one another on fair terms.

The Characteristic is the same for typical Regatta distances and for Heads.

Handicap Table

Table 1 sets out time differentials (handicap) for each age category relative to Masters category A over a range of Standard Times. These are in two groups, the first related to Regatta distances and the second related to Heads.

The Standard Time is that which it is expected a Masters A or a Senior crew or sculler would take to cover the course on the day of the event when all local conditions are accounted for.

The table may be used for any category of boat and for men or women.

Operating Notes – Regattas

1. It is recommended that if there are sufficient entries to warrant two races, separate races should be held between crews in the younger categories and crews in the older categories. Should there be insufficient entries for multiple races, the crews should be combined in one race and the appropriate handicap applied.
2. **The Course** – Crews should be started and finished level. Stake boats should be used if possible. The handicap time differential will be applied at the Start with the older crew being started ahead of the younger crew by the amount of the handicap.
3. **Standard Time** – The Regatta Secretary will consult Table 3 to determine the Standard Time to be observed and the appropriate handicaps from Table 1. This information will be made available to the competitors.
4. **Start Procedure** – The start procedure recommended is based on counting out loud the handicap being given. Once the Starter has seen that the crews are ready he will say “Attention – Category “X” Go – 10 – 9 – 83 – 2 – 1 – Category “Y” Go” etc. The second or subsequent crews will start on the second or subsequent “Go”. A stopwatch should be used to ensure an accurate countdown. The Starter should explain to the crews the method he is to adopt.
5. **Readiness** – Between the start of the first and the last crew it is the responsibility of the subsequent crews to maintain themselves straight and ready for the start.
6. **False Start** – In the event of the second or subsequent crews having a false start, they will be deemed to be disqualified. Should the first crew have a false start the race should be stopped in the normal manner.
7. **Umpires** – When competing crews are at different points along the course in the early

stages Umpires should be alert to either crew gaining advantage by departing from its allotted station.

8. **The Finish** – This will be judged in the normal way. The crew finishing first will be declared the winner.

Operating Notes – Heads

1. **Application** – Heads which offer Masters categories, may wish to create a generalised category for Masters using the handicap table.
2. **Standard Time** – This will be determined from the finish time of the fastest crew in that boat type on the day.
3. **Corrected Time** – The Handicaps for each category will be determined from Table 2 once the Standard Time is known and will be deducted from the finish time of each crew to produce a corrected result from which the finishing order may be determined.

Table 1
MASTERS HANDICAPPING DATA
Regatta Distances – Time Differentials – Secs

Standard Time Mins : Secs	A	B	C	D	E	F	G	H	I	J	K
1.00	0	1	2	5	7	9	12	15	18	21	24
1.10	0	1	2	5	8	11	14	17	21	25	29
1.20	0	1	3	6	9	12	16	20	24	28	32
1.30	0	1	3	7	10	14	18	22	27	32	37
1.40	0	1	4	8	11	15	20	25	30	35	40
1.50	0	1	4	8	12	17	22	27	33	39	45
2.00	0	1	4	9	13	18	23	29	36	43	50
2.10	0	1	5	10	14	20	25	32	39	46	53
2.20	0	1	5	11	15	21	27	34	42	50	57
2.30	0	2	5	11	17	23	29	37	45	53	60
2.40	0	2	6	12	18	24	31	39	48	57	64
2.50	0	2	6	12	19	26	33	42	51	60	67
3.00	0	2	6	14	20	27	35	44	54	64	74
3.10	0	2	7	14	21	29	37	47	57	67	77
3.20	0	2	7	15	22	30	39	49	60	71	82
3.30	0	2	7	16	23	32	41	52	63	74	85
3.40	0	2	8	17	24	33	43	54	66	78	90
3.50	0	2	8	17	25	35	45	56	69	82	95
4.00	0	2	8	18	26	36	47	59	72	85	98
4.10	0	2	9	19	27	38	49	61	75	88	101
4.20	0	2	9	19	28	39	51	64	78	91	104
4.30	0	2	9	20	29	41	53	66	81	94	107
4.40	0	2	10	21	30	42	55	69	84	97	110
4.50	0	2	10	22	31	44	57	71	87	100	113

Example: 1000m – Coxed Four – Standard Time 3.20
Handicap between C – D = 8 secs. Between F – G = 9 secs

Table 2
Long Distance Events – Time Differentials – Min / Secs

Standard Time Mins : Secs		A	B	C	D	E	F	G	H	I	J	K
5.00	0	.02	.10	.22	.32	.45	.59	1.14	1.30	1.46	2.02	
6.00	0	.03	.11	.24	.35	.49	1.04	1.21	1.38	1.55	2.12	
7.00	0	.03	.13	.27	.39	.54	1.10	1.27	1.46	2:05	2.24	
8.00	0	.04	.14	.29	.42	.58	1.15	1.34	1.55	2:16	2.37	
9.00	0	.05	.16	.31	.45	1.02	1.20	1.41	2.03	2.25	2.47	
10.00	0	.05	.17	.34	.48	1.06	1.26	1.48	2.11	2.34	2.57	
11.00	0	.06	.19	.36	.52	1.11	1.31	1.54	2.19	2.44	3.09	
12.00	0	.07	.20	.38	.55	1.15	1.36	2.01	2.27	2.53	3.19	
13.00	0	.07	.22	.41	.58	1.19	1.42	2.08	2.36	3.00	3.24	
14.00	0	.08	.23	.43	1.01	1.23	1.47	2.15	2.44	3.13	3.42	
15.00	0	.09	.25	.45	1.05	1.28	1.52	2.21	2.52	3.23	3.54	
16.00	0	.09	.26	.48	1.08	1.32	1.58	2.28	3.00	3:32	4.04	
17.00	0	.10	.28	.50	1.11	1.36	2.03	2.35	3.08	3:41	4.14	
18.00	0	.11	.29	.52	1.15	1.40	2.08	2.42	3.17	3.52	4.27	
19.00	0	.11	.31	.55	1.18	1.45	2.14	2.48	3.25	4.02	4.39	
20.00	0	.12	.32	.57	1.21	1.49	2.19	2.55	3.33	4.11	4.49	
21.00	0	.13	.33	.59	1.24	1.53	2.24	3.02	3.41	4.20	4.59	
22.00	0	.13	.35	1.02	1.28	1.58	2.30	3.08	3.49	4.30	5.11	

Table 3
Regatta Standard Times (1000m)

Regatta – Standard Times for Normal Conditions

	8	4X/4-	4+	2X	2-	1X
Men	3:00	3:10	3:20	3:30	3:30	3:40
Women	3:20	3:30	3:40	3:50	3:50	4:00

Regatta – Standard Times for Strong Headwinds

	8	4X/4-	4+	2X	2-	1X
Men	3:20	3:30	3:30	3:40	4:00	4:10
Women	3:50	4:00	4:10	4:20	4:30	4:40

Part 2: Appendix B

Transition from the 2013 grading system to the 2014 grading system.

All registered rowers will be transferred to the new points system to reflect their current status of Novice, Intermediate, Senior or number of years time spent at Junior (J16-18).

At the beginning of the transition year (2014), existing rowers in the system will be allocated points as follows:

Novices

A novice who has been registered for the 2013 season or before with no wins will be moved to Club 2 grade on zero points.

A novice with one win will be allocated 100 points.

A novice with two wins will be allocated 200 points,

A novice with 3 or more wins will be allocated 300 points, ie a cap of 300 points.

Intermediates

An Intermediate will be allocated 300 points.

Intermediates with wins recorded will be allocated an additional 100 points for each win at Intermediate, Senior and Overseas competitions up to a cap of 600 points.

Seniors

Senior status competitors will be allocated 750 points plus an additional 100 points per win up to a maximum of 1000 points.

Juniors

A Junior will be awarded 100 points for each year registered since J16 to a max of 300 points. Juniors who won a championship will be allocated an additional 200 points to a maximum of 600. Juniors will be allocated 100 points for wins in senior status or championships events to a maximum of 600 points.

Part 3

Rules for The Championships

3.1 Title

The Irish Rowing Championships

3.2 Categories

The Championships are held in the following categories:

Senior Championships of Ireland

Intermediate Championships of Ireland

Club Championships of Ireland

Novice Championships of Ireland

Lightweight Championships of Ireland

Junior Championships of Ireland

3.3 Eligibility

All the Championships shall be contested annually and are open only to the following:

- a Clubs Affiliated to Rowing Ireland on 1st April
- b Rowers and Coxswains registered with rowing Ireland on the 1st June

3.4 Senior Championships

The Senior Championships are open to all.

The Senior Championships are as follows:

The Senior Challenge Cup for Men's Eights (Inaugurated 1912)

The W.J. Stevens Cup for Men's Coxless Fours (Inaugurated 1996)

The Ian Cumiskey Cup for Mens Quad Sculls (Inaugurated 1996)

The Michael Phelan Trophy for Men's Coxless Pairs (Inaugurated 1978)

The John Hall Cup for Men's Double Sculls (Inaugurated 1978)

The John McGeehan Cup for Men's Single Sculls (Inaugurated 1981)

The Kevin Barry Cup for Women's Eights (Inaugurated 1995)

The Metropolitan Cup for Women's Coxless Fours (formerly coxed fours)
(Inaugurated 1976)

The Heather & Mike Thomas Memorial Trophy for Women's Quad Sculls
(Inaugurated 1998)

The David Gourley Cup for Women's Coxless Pairs (Inaugurated 1980)

The Peadar Casey Trophy for Women's Double Sculls (Inaugurated 1992)

The Craigavon Cup for Women's Single Sculls (Inaugurated 1976)

3.5 Intermediate Championships

The Intermediate Championships are open to boats with the following maximum points as at the 1st January:

Max Points per Boat	8+	4+	2X/-	1X
Grade - Intermediate	6000	3000	1500	750

The Intermediate Championships are as follows:-

The IARU Trophy for Men's Eights (Inaugurated 1934)

The Paddy Hyland Cup for Men's Coxed Fours (Inaugurated 1973)

The Andrew and John O'Brien Trophy for Men's Coxless Pairs (Inaugurated 1992)

The Mens Double Sculls (Inaugurated 2009)

The Jimmy Smith Challenge Cup for Men's Single Sculls (Inaugurated 1981)

The Jubilee Trophy for Women's Eights (Inaugurated 1998)

The Una O'Driscoll Memorial Trophy for Women's Coxed Fours (Inaugurated 1981)

The Womens Double Sculls (Inaugurated 2009)

The Womens Intermediate Coxless Pairs (Inaugurated 2013)

The Women's Single Sculls (Inaugurated 1995)

3.6 Club Championships

The Club Championships are open to boats with the following maximum points as at the 1st January:

Max Points per Boat	8+	4+	1X
Grade – Club	2000	1000	250

The Club Championships of Ireland are as follows:-

The Maiden Challenge Cup for Men's Eights (Inaugurated 1945)

The Jack Gleazer Memorial Cup for Men's Coxed Fours (Inaugurated 1973)

The Men's Single Sculls (Inaugurated 1981)

The Karen Fogarty Memorial Trophy for Women's Eights (Inaugurated 1995)

The UL Plate for Women's Coxed Fours (Inaugurated 1980)

The Women's Single Sculls (Inaugurated 1984)

3.7 Novice Championships

The Novice Championships are for those competitors in their first year of registration who are over 16 years of age and have zero points at the beginning of the season.

The Novice Championships of Ireland are as follows:-

- Men's Eights (Inaugurated 2014)
- Men's Coxed Quads (Inaugurated 2014)
- Women's Eights (Inaugurated 2014)
- Women's Coxed Quads (Inaugurated 2014)

3.8 Lightweight Championships

The Lightweight championships are open to those who qualify as Lightweight under Rule 2.21.3 and are as follows:-

- The Jimmy Bermingham Cup for Men's Single Sculls (Inaugurated 1983)
- The Womens Lightweight Single Scull (Inaugurated 2013)

3.9 Junior Championships

The Junior Championships are open to oarsmen/women who qualify as Juniors under Rule 2.21.5 and are as follows:-

- The Schools Union Trophy for Men's Eights (Inaugurated 1970)
- The C.A.I. Trophy for Men's Coxed Fours (Inaugurated 1970)
- The Fr. Eddie Diffley Cup for Men's Coxless Pairs (Inaugurated 1978)
- The Walter McGuire Trophy for Men's Quadruple Sculls (Inaugurated 1995)
- The Michael Buckley trophy for Men's Double Sculls (Inaugurated 1978)
- The F.J.Stratford Cup for Men's Single Sculls (Inaugurated 1974)
- The Junior Championship Cup for Women's Eights (Inaugurated 1989)
- The Fr. Murt Curry Cup for Women's Coxless Fours (Formerly Coxed Fours) (Inaugurated 1981)
- The Sean Hackett Memorial Cup for Women's Quadruple Sculls (Inaugurated 1996)
- The Pat Erwin Memorial Shield for Women's Double Sculls (Inaugurated 1985)
- The King's Hospital Challenge Cup for Women's Coxless Pairs (Inaugurated 1992)
- The Pewter Cup for Women's Single Sculls (Inaugurated 1985).

3.10 Coxswains

Coxswains in The Championships must be of a minimum weight as follows:-

- Men's Championships 55 kg.
- Women's Championships 50 kg.

Coxswains shall be weighed wearing their racing uniforms (one-piece or equivalent) not less than one hour and not more than two hours before their first race in each event each day. Coxswains must provide photo identification at weigh-in. Acceptable forms of identification include current Rowing Ireland registration card, passport, drivers licence or College ID Card. Any shortfall in this weight shall be made up by a maximum of 10kg

ballast which shall be carried close to the coxswain. Coxswains who do not attain the minimum weight with the maximum ballast will be ineligible to compete. The coxswain shall produce the ballast on request by an official at any time up to and including disembarking from the boat at the conclusion of the race.

Failure to produce the required ballast on request will result in automatic disqualification.

Coxswains must be a registered member of the club for which they are coxing.

3.11 Championship Courses

Championships must be held on suitable courses, which must be multi-lane and buoyed. The Rowing Ireland Annual General Meeting determines the venues of the Championship Regattas.

3.12 Organisation

The organisation of the regatta(s) will be undertaken by the Championship Committee.

3.13 Management

The Board of Rowing Ireland manages the Irish Rowing Championships.

3.14 Umpiring at Championships

The Umpires Committee is responsible for the conduct of racing at the Championship Regatta. The members of the championship umpiring teams will all be licensed umpires, with a Chief Umpire appointed by the Umpires Committee in charge. The Regatta Secretary will liaise with the Chief Umpire about arrangements for the Championships.

3.15 The Draw

Not later than three days after the closing date for entries, at a time and place which the Regatta Secretary has circulated to all clubs, the crews for each event will be randomly drawn and assigned a number which will determine its final lane allocation once declaration is complete. A list of entered crews and their assigned number must be published.

3.16 Declaration.

Declaration will take place at the Captain's Meeting(s), the place and time of which the Regatta Secretary will circulate to all clubs. A representative of each club competing must attend the meeting and confirm its participation in the event during the meeting. Any crew not so declared shall not be included in the race.

Any club so declaring and subsequently failing to compete shall be liable to a fine by the Disciplinary Officer unless the club provides an explanation acceptable to the Disciplinary Officer

3.17 Presentation Prizes

Rowing Ireland is responsible to provide suitable presentation prizes for Championship winners. In the case of Junior Championships appropriate prizes will also be presented to crews or scullers who finish second and third provided that there is at least one losing

crew or sculler.

3.18 Entry Fees

The Board shall determine the entry fees for all The Championships.

For all events at a Championship Regatta the appropriate entry fee must be paid on or before the closing date and time for entries.

3.19 Limit to Numbers Racing

No more than eight crews may row in any one Championship race. Where the Race Committee decides that the conditions do not permit fair racing, the number of crews racing may be reduced on that committee's recommendation.

3.20 Other Events

Championship races take precedence over all other races at a regatta.

3.21 Championship Trophies

Championship Trophies will be retained by Rowing Ireland and will not be held by winning clubs. Trophies will be made available for photographs on the day of the Regatta. The CEO may at his/her sole discretion provide a club with a trophy for a function or promotional event provided that the club undertakes to insure the trophy and takes every precaution to ensure that it is not damaged while in its custody.

3.22 Interpretation

All interpretations of these Rules for Championships must be in accordance with the Rowing Ireland Articles of Association and Rules of Rowing Ireland.

3.23 Championship Extinction

If less than three crews shall start in the final of any event for two successive years, that event shall cease to be a Championship but may be reinstated by a simple majority vote of the Board. Such a reinstatement must be ratified by a simple majority vote of the next AGM.

3.24 Single Crew Finals

In the event that only one crew enters an event, or should all crews other than one withdraw, that event will not be deemed a Championship and no prizes will be awarded.

3.25 Composite crews at the Irish Rowing Championships.

Composite crews entered or competing, as permitted under rule 2.27, will be limited to two clubs maximum in each boat. Composites in doubles or pairs are not permitted.

Part 4

Rules for University Rowing and The University Championships

4.1 University Committee.

The Chair of the University Rowing Committee shall chair all meetings. He/she will be nominated annually by the University Rowing Committee. The University Rowing Committee shall consist of the Captain or representative of each College or University Boat Club entitled to participate in the University Championships.

4.2 Club Eligibility

The Boat Clubs of any Irish Third Level institution which is affiliated to Rowing Ireland, are eligible to participate in the University Rowing Championships.

4.3 Competitor Eligibility for National University Events

(as per Council of University Sport administrators of Ireland, CUSAI)

- 4.3.1 A student must be fully registered and hold a student card for the third level institution with which they are internally registered and this student card should be available for inspection upon request
- 4.3.2 Undergraduate Students must be pursuing a course of study that is equivalent to 60 European Credit Transfer and Accumulation System (ECTS) credits per annum in Ireland or 120 UK Academic credits per annum in Northern Ireland or that leads to an award ranked at a minimum of Level 6 on the National Qualification Authority of Ireland (NQAI) Framework.
- 4.3.3 Part time Masters Students or Postgraduate Students must be studying for at least 50% of the time a full time student would be studying.
- 4.3.4 There is no age restriction for National Competitions.
- 4.3.5 Professional athletes must have the permission of their National Governing Body and where relevant their Student Governing Body to compete in competition alongside amateur competitors in that sport.
- 4.3.6 Irish University's & Colleges must be registered by the Central Council of the appropriate University or College and must be affiliated to CUSAI.
- 4.3.7 Where no Central Council exists confirmation from the Registrar of the University or College in question will suffice.
- 4.3.8 Academic progression must be shown, i.e. a student shall not be eligible to compete where they are registered for a course that is ranked by the NQAI at a level equivalent to or lower than two courses for which they have previously registered.
- 4.3.9 The academic year shall be defined as October to September. Students in any institution with an academic calendar not running concurrently with this will be eligible for the academic year during which they enter and any subsequent academic years depending on the ECTS value of their course.

4.3.10 A sabbatical Officer of a Student Union, i.e. a student who is intermitting a year or more during an undergraduate or postgraduate course of study, who has paid the appropriate Union subscription shall be eligible provided that the sabbatical is taken during their course of study.

4.3.11 A student may only compete for one institution in any one academic year.

Students may appeal any decision in relation to their eligibility to the Eligibility Committee. In order to do this a written appeal must be received by the CUSAI Office within one week of the original decision.

4.4 University Championships

The University Championships of Ireland Regatta (Instituted in 1974) shall be organised by an Organising Committee. These Championships shall include competition in a number of events and the winners of each individual event shall be recognised as the Irish University Champion in that event. They shall be held annually, the date to be selected by the University Rowing Committee and submitted for confirmation to the Annual General Meeting of Rowing Ireland.

The University Championship of Ireland Regatta should be run according to CUSAI event hosting guidelines and full accounts of the previous years regatta should be available upon request of the University Committee at the AGM.

4.5 Championship Eligibility

The University Championships of Ireland Regatta is a Non-Qualifying Regatta. Events may be held in any of the Rowing Ireland Championship Classes and in any of the F.I.S.A. categories as determined by the University Rowing Committee from time to time. Eligibility to row in the Irish Rowing Championship Regatta in a specific grade determines eligibility to row in the same year, in the same grade at the University Championship Regatta provided always that no person who has already won a University Intermediate, Club or Novice Championship may compete at the same or a lower level in subsequent University Championships.

4.6 Overseas Crews

The University Championship of Ireland Regatta shall not be open to crews of overseas Universities or Colleges. However, the University Committee reserves the right to invite overseas Universities or Colleges to compete, provided that they are affiliated to their National Rowing Federation(s), which in turn must be affiliated to F.I.S.A. While they may compete in all events, and if successful may receive the relevant trophy, they will not be eligible to take part in the Overall University Championship competition, Wylie Cup or the Bank of Ireland Cup.

4.7 Organising Principles

The University Rowing Championships shall be subject to the following principles:-

- a The regatta shall be run under Rowing Ireland Rules.
- b It shall be held over a straight, multi-lane course of 2000 metres, or as near 2000 metres as the University Rowing Committee deems acceptable from time to time.
- c Only Umpires licensed by Rowing Ireland or FISA are authorised to officiate at the regatta.

- d The allocation of the regatta shall be decided by the University Rowing Committee, in the light of dates, courses available, local organisation and other relevant matters.
- e The organisation of the regatta is the responsibility of the University Rowing Committee and it shall form a University Championship of Ireland Regatta Organising Committee.
- f The Chair of the University Rowing Committee shall also be a member of the Regatta Organising Committee.
- g Participants in the Regatta should be in a position to prove their eligibility if reasonably challenged to do so by an official of the University Rowing Committee or Organising Committee.
- h The date of the regatta should be within the regatta season and as close to the start of the season as may be feasible.

4.8 Trophies

The Cup, presented in 1922 by the Right Hon. Mr. Justice Wylie, for the encouragement of Inter-University Rowing shall be known as the Wylie Challenge Cup and shall be the property of Rowing Ireland. It shall be offered for competition in the Men's rowing events of the University Championships of Ireland Regatta as stated in Rule 4.9, following, as shall the Bank of Ireland Cup in the case of Women's events.

The Championship Trophies will be retained by Rowing Ireland and will not be held by the winning clubs. Trophies will be made available for photographs on the day of the regatta. The CEO may at his/her sole discretion provide a club with a trophy for a function or promotional event provided that the club undertakes to insure the trophy and takes every precaution to ensure that it is not damaged while in its custody.

In the event of Inter-University Rowing ceasing, Rowing Ireland reserves the right of making such use of the Wylie and Bank of Ireland Cups, in the interest of Irish Rowing as may be considered most fit.

4.9 Scoring System

4.9.1 The Scoring system for the Overall Irish University Championship shall be as follows:

Boat Class Points

Single Sculls	1st 3points,	2nd 2points,	3rd 1point
Double Sculls / Pairs	1st 4points,	2nd 3points,	3rd 2points
Fours / Quads	1st 5points,	2nd 4points,	3rd 3points
Eights	1st 6points,	2nd 5points,	3rd 4points

Boat Classes Offered

The Classes offered will be chosen by the University Rowing Committee annually but will be limited to 12 for each male & female event and, where possible, will reflect the Irish Rowing Championship boat classes.

Overall Winner

Based on cumulative university results e.g. DUBC & DULBC would combine points for overall university score when compared to NUIG & UCD etc. Male & female points will be combined to achieve overall university totals and once all points are collated the winning University will be announced with each participant University or College receiving an overall ranking. All scores will be published.

In the event of an equality

The University or College amongst those still tying with the most wins will take the Championship. In the event of a further equality The University or College amongst those tying with the most wins at senior level will win the Championship. If there is still an equality. The Championship will go to the University / College which has been most successful in the largest Senior boat i.e. 8 or failing that, in the next largest boat in the following order of precedence 4+, 2-, 2x, 1x. Intermediate crews, Club Crews and then Novice crews follow in the same order of precedence, if a result has still not been obtained.

4.9.2 The Scoring system for the Wylie Challenge Cup shall be as follows: -

The winning University or College in each case of the Men's Senior, Intermediate, Club and Novice eights shall score a point. In the event of a row over a point shall be awarded. The University or College scoring the highest number of points wins the Wylie Challenge Cup. In the event of an equality of points the University or College which has been successful in the Senior eight will win the cup.

4.9.3 The Scoring system for the Bank of Ireland Cup shall be as follows: -

The winning University or College in each case of the Women's Senior, Intermediate Club, and Novice eights shall score a point. In the event of a row over a point shall be awarded.

The University or College scoring the highest number of points wins the Bank of Ireland Cup. In the event of an equality of points the University or College which has been successful in the Senior eight will win the cup.

4.10 International Representation

Those wishing to compete in International University events must be eligible under Rule 4.3 above and shall participate in the national trailing system as part of the Rowing Ireland high performance strategy.

Any crews invited to compete for International University events by organisations other than Rowing Ireland must seek permission to do so from Rowing Ireland, prior to the relevant competition entry.

4.11 Interpretation

Notwithstanding anything contained in the above Rules, interpretation of such Rules must be in accordance with the Rowing Ireland Articles of Association and other Rules of Rowing Ireland.

Part 5

Rules for Para Rowing

5.1 Events

Rowing Ireland will offer the following Para events for both men and women:

Arms & Shoulder (AS)
Trunk & Arms (TA)

5.2 Eligibility

- 5.2.1 This event is open to male and female athletes
- 5.2.2 All athletes must be members of a registered Club.
- 5.2.3 All athletes must have paid their Rowing Ireland Competitor Registration
- 5.2.4 Athletes must have completed, at least, National classification to determine sport class
- 5.2.5 All athletes must have, at least, a NEW(N) classification in the sport class of Trunk and Arms(TA) or Arms and Shoulders(AS)

5.3 Equipment

- 5.3.1 Boats must be standard Para Rowing single sculls that comply with FISA regulations. Eg Wintech, Swift, Fillipi or Empacher.
- 5.3.2 They must have fixed seats.
- 5.3.3 AS rowers must use stability floats. TA rowers **may** use stability floats. If floats are used they must, as a minimum, touch the water on both sides when the athlete is seated in the boat.
- 5.3.4 Leg strapping **must** be used for both AS and TA categories that prevents the knees from lifting and should be positioned across the upper leg as close to the knees as possible.
- 5.3.5 AS rowers **must** use a seat back to which is fixed a chest strap. The chest strap should be positioned so that the front of the strap is just below the nipple line for male athletes or just under the breasts for female athletes. The mounting point of the strap should be no lower than the top edge of the strap as it passes across the chest. The strap should be tight when the athlete is seated fully upright, sitting against the seat back and with his/her lungs expanded.
- 5.3.6 Additional strapping is allowed. All strapping must be of Velcro (no clasps or buckles) and a minimum width of 50mm. Where multiple straps are used, they must all be handed the same way.

5.4 Racing

- 5.4.1 The maximum race distance is 1000m
- 5.4.2 Where multiple entries or restrictions on number of available boats occur, heats should be separated by classification and/or gender to provide better competition
- 5.4.3 The starter should use a delayed start system as with Masters Rowing
- 5.4.4 The crews should be started in the following order, AS-F, AS-M, TA-F, TA-M
- 5.4.5 The delayed start times will be as determined by Para Rowing Sub Committee and subject to annual review
- 5.4.6 Regatta committees should conduct risk assessment relevant to the course, conditions, number of boats and available information on the athletes ability, to determine no of safety boats to follow a race
- 5.4.7 A person with adequate knowledge should be available on the slipway to assess compliance with strapping and float regulations.
- 5.4.8 On courses longer than 1000m, races may finish at the 1000m mark or use a free start at a point 1000m from the finish line. This decision should be made with reference to the course, conditions, fairness, and athlete experience.

5.5 Classification

- 5.5.1 Rowing Ireland adopt in full the Paralympic Ireland Classification Policy and Standards. (note: as Rowing Ireland is a member of Paralympics Ireland we have in theory agreed to be bound by this document. Paralympics Ireland are recognised by the Irish Sports Council as the lead body responsible for development of Classification strategy and policy across all sports))
- 5.5.2 All athletes competing in National competition in the mixed 1x event must be classified according to the FISA classification guidelines. There is no requirement for Para Athletes competing in able bodied crews to be classified
- 5.5.3 Athletes involved in the Para Rowing HP programme should be classified at the earliest opportunity. (note: this is to avoid unnecessary expense in taking unclassified athletes to competition to find that they are ineligible to row in the event entered as well as to assist in making correct decisions on crew formation)
- 5.5.4 A classification panel consists of 1 Medical and 1 Technical Classifier who must have completed the FISA Basic Classifier Training Course as a minimum, and both Classifiers must be present throughout the classification process. This Panel may only give a sport class status of NEW (N)
- 5.5.5 Any athlete wishing to compete Internationally must also undergo International Classification by a Panel consisting of FISA Level 1 classifiers from a different federation. This panel may give a sport class status of CONFIRMED (C) or REVIEW(R) (note: this is normally carried out at International competition)
- 5.5.6 A classification master list is held by Rowing Ireland and made available on the website for checking by regatta secretaries. A National classification master list is

also held by Paralympics Ireland for all sports.

- 5.5.7 Documentation: Copies of Pages 1(Consent form) page 2 (Declaration of Medical Conditions that may require Emergency Measures) and Page 3 (Para Rowing Application Form, that records the outcome of the classification) are held by Rowing Ireland, the Athlete, and the Medical and Technical classifiers carrying out the classification. Copies of the complete classification paperwork, including any medical documentation is forwarded to Paralympics Ireland for secure storage. A copy will also be forwarded to FISA, Head of Classification for purposes of recording classification activity in Ireland and monitoring the work of National Classifiers.
- 5.5.8 Other than the outcome of the classification, all other information that is given by the athlete must be treated as confidential by the Classifiers, Rowing Ireland, Paralympics Ireland and FISA
- 5.5.9 An athlete undergoing classification may request to have another person present during the classification. Any athlete under the age of 18 must have a responsible adult of their choice present
- 5.5.10 In the event of an athlete disputing the outcome of the classification they have the right to appeal the decision within 2 hours of the decision being given, or 2 weeks if done outside competition period (as per FISA Policy). A new classification process will be done at the first available opportunity by a different Classification panel. Athletes will be liable for the full cost of reclassification. Original classification outcome will stand until new classification panel can be organised

Table 1

Timing of Delayed Start

AS Women	Scratch			
AS Men	40 Seconds	Scratch		
TA Women	61 Seconds	21 Seconds	Scratch	
TA Men	83 Seconds	43 Seconds	22 Seconds	Scratch

(Column 2 is used when there are no AS women in the race. Column 3 is used when there are no AS women and no AS men in the race)

As per 5.4.5 above, this table is subject to annual review by the Para Rowing sub Committee.

Athletes with an LTA classification (minimal disability/visually impaired) will race in able bodied events

Index

Affiliation	1.1	General Conduct	2.31
Affiliation Fees	1.6	General Meetings	1.11
Affiliation Types	1.5	Group Affiliation	1.3
Age	Definition	Hatch Covers	2.40c
Amateur Status	1.10	Head	2.4
Bow Ball	2.40	Head Report	2.16
Buoys	2.36.2	Heel Restraint	2.40b
Buoyancy Aid	2.40	Hon Secretary	1.11
Championships, Rules	3.1-3.23	Informal Races	2.5
Categories	3.2-3.9	Interference	2.36.4
Courses	3.11	Intermediate Grade	2.22, 3.5
Coxwains	3.10	Interpretation	1.17
Composites	3.25	Invitation Events	2.23
Declarations	3.16	Judge	2.38
Draw	3.15	Junior Grade	2.21.5
Eligibility	3.3	Junior 16 Restriction	2.26
Entries	3.18, 3.15	Lifejacket	2.40d
Extinction	3.23	Lightweight	2.21.3, 3.8
Management	3.13	Masters	2.21.6
Numbers Racing	3.19	Masters Handicaps	Appendix A
Organisation	3.12	Matters not provided for	1.16
Other Events	3.20	Multi Lane Course	2.36.2
Prizes	3.17	Novice Grade	2.22, 3.7
Single crew finals	3.24	Objection	2.37.1, 2.37.2
Umpiring	3.14	Observer	2.18
Classes	2.21	Organising Committee	Definition, 1.12
Club Constitutions	1.18	Other Competitive Events	1.14, 2.5
Club Grade	2.22, 3.6	Para Classifications	5.5
Club Membership	1.8	Equipment	5.3
Club Colours	1.2	Events	5.1
Composite Crews	2.27, 3.25	Eligibility	5.2
Course Length	2.20	Payment of Entry Fees	2.43, 3.18
Coxwains	2.40d	Prizes	2.19
Crew	Definition	Prospectus	2.10
Dead Heats	2.39	Protest	2.37.2
Discipline	1.9	Questionable Entries	2.12
Draw & Timetable	2.13	Quick Start	2.32.2
Dress	2.41	Race	2.36
Entries	2.11	Race Committee	2.9
Entries of 1 club/crew	2.46	Regatta	2.2
Event	Definition	Regatta Draw	2.14
Event License	2.8	Regatta Report	2.15
False Start	2.32.4	Regatta Return	2.17
Finish	2.36.7, 2.38	Registration cards	2.1
Fixtures Allocation	2.8	Restricted Affiliation	1.5
Fouls	2.36.3	Revocation of license	1.13
Gender	2.45	Restriction on Competition	2.25

Safety	2.40
Season - Regatta	2.7
Season - Rowing	2.6
Senior Grade	2.22 , 3.4
Separate Classes	2.24
Start	2.32.1
Starting Zone	2.33
Substitutions	2.29
Supporters Club	1.15
Suspension - Club	2.43
Umpire	1.12 , 1.13 , 2.35
University Championships	4.4-4.9
Club Eligibility	4.2
Committee	4.1
Competitor Eligibility	4.3
International Reps.	4.10
Victories Outside Ireland	2.41
Voting Rights	Definition
Withdrawal of crew	2.30

(Updated following the Dec 2013 EGM)