



## IRISH INDOOR ROWING CHAMPIONSHIPS & PROVINCES INDOOR ROWING COMPETITION – RULES, TERMS AND CONDITIONS



1. Event dates for **PROVINCES IRC (PIRC) & Irish Indoor Rowing Championships (IIRC)** are available at [www.iirc.ie](http://www.iirc.ie).
2. Entries must be received by email to [info@rowfit.ie](mailto:info@rowfit.ie) or made online at [www.iirc.ie](http://www.iirc.ie) prior to 11pm on the Wednesday 10 days preceding an event. The confirmed entry list & schedule will be posted online following close of Registration. Entry fees are non-refundable.
3. **ROWfit** is the event Organiser & event Judge. Their decision is final. No correspondence will be entered into.
4. The Organiser reserves the right to limit the size of entry.
5. By entering the competition, a competitor agrees to be bound by the rules, terms & conditions. All entry instructions form part of the rules.
6. Rowers must compete under their own names.
7. **Age** is as defined in the 'IIRC Age & Race Categories' info sheet available online at [www.IIRC.ie](http://www.IIRC.ie). Proof of Age is required on the day.
8. Concept2 Indoor Rowers will be used. Competitors may use the resistance (drag factor) of their choice. Drag factors may not be altered during a race
9. If physical assistance provided to a competitor during a race is deemed to have made significant performance improvement, they may be disqualified.
10. All competitors must wear a shirt to cover torso and shorts while on the event floor. Uni-suits, bodysuits, all-in-ones and one-pieces are also allowed.
11. There shall be four types of categorised **individual** race:
  - a. 2000m (2k),
  - b. 1000m (1k)
  - c. 500m sprint
  - d. Set time – Jun 13 (3 mins), Jun 14 (4 Mins), Jun 15 (5 mins) & iROW
12. Relay or Team races of 2000m consist four competitors per team, assigned a rowing machine on which they must complete a 2k as quickly as possible with as many changeovers as they like, managing their own individual fitness levels & abilities. They may optimise the foot straps for performance but nothing else of the ergometer may be altered.
13. Lightweight event upper limits are Men 75kg and Women 61.5kg. Lightweight competitors must be weighed between 1 and 2 hours before their race. Competitors entered in a lightweight race who do not make their weight will NOT be permitted to race. **High Performance Lightweight trials Competitors** must attend to their own *stricter* weight requirements as stipulated by the HP Director.
14. The format for the IIRC race series is **Finals Only**. Competitors may row only once per category distance. Many categories require multiple races to accommodate all athletes. **The best overall time will win each category distance.**
15. If a category has less than three entries Entrants *may* be offered a) 'Open' category, b) a similar category of their choosing or c) a refund.
16. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> of each category raced as determined by classification of age, weight, and gender. Competitors are only eligible to win a prize for the category in which they are entered. **Only the 1<sup>st</sup> place relay team receives medals.**
17. If a competitor misses their race, they may only be allowed to reschedule *if* the Organisers can accommodate it.
18. No competitor will be allowed change entry on the day of racing. This includes lightweight competitors who do not make their weight. A confirmation email with the race title each competitor has entered will be sent to all entrants. Mistakes should be notified as soon as possible before race day. If a mistake is discovered on race day rendering the competitor ineligible for the category they had entered they may no longer be able to race.
19. The organisers reserve the right to contact you via email in connection with this event; however your email will not be passed on to third Parties.
20. **PHOTOGRAPHY:** Competitors and those responsible for them should be aware that photographers operate at sporting events and the subsequent photographs may be freely used.
21. **Anti-Doping:** To comply with Sports Ireland Anti-Doping Policy, competitors may be requested to submit a sample at the event for testing. Failure to provide a sample will lead to disqualification. For more information <https://www.sportireland.ie/anti-doping>

### IMPORTANT MEDICAL INFORMATION

If on race day you feel unwell, have recently been suffering from a virus or are on medication, we recommend that you do not race. Indoor rowing racing requires maximal effort and the Organiser takes no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.

### WAIVER

Competitors must ensure their physical fitness is sufficient to undertake this event. Registration for the IIRC or PIRC confirms that you understand that participation involves risk of bodily injury, stroke, paralysis, heart attack & death, as well as loss or damage to property. Your decision to participate in the event is made by you in full recognition of these risks and is entirely voluntary. In registering for the IIRC or PIRC you agree that you, your executors, administrators & assignees hold harmless ROWfit, Rowing Ireland, their respective directors, officers, employees, representatives, agent successors and assignees from all liability on account of injury, loss, claim, or damage to your health, well-being or property on account of your participation in the event.