



INDOOR ROWING COMPETITION REGULATIONS
EVENT REGULATIONS AND/OR DEPARTURES FROM THE ROWING RULES OF RACING



Rules applying to the regattas shall apply to Indoor Rowing Competitions and except as provided in these Regulations, which are approved by the concerned committee as Departures from the Rules. For the purposes of these Regulations the word “Competition” shall have the same meaning as “Regatta” in the ISR Rules of Racing.

1. Rowing, Boats, Regattas

An Indoor Rowing Competition may take place in the following formats:

In-Person (in-Person events) – A competition where all competitors are competing together in the same location in real time.

Virtual (Virtual events) – A competition where competitors are not in the same location but compete either in real time or in specified time frames.

Hybrid (Hybrid events)– A competition where in-Person and Virtual competitors compete against one another.

2. Application

These Regulations apply to Competitions for Indoor Rowing Indoor Championships together with and not in exclusion of the Rules of Racing and related Bye-Laws.

3. Eligibility

a. *To compete in an Indoor Championships, a rower shall be a student of a school, college or university, member of a club, or association for which they are competing and as per the events and conditions of the competition.*

b. *A rower or crew not part of any of the above can register as an independent team to take part in the competition.*

I. Independent crews must wear matching uniforms without the logo, name or branding of any other school, college, university, club or association.

4. Safety and Health of Rowers

a. *All rowers at Indoor Rowing events are personally responsible to ensure that they have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the particular event.*

b. *It is strongly recommended that rowers competing in the Indoor Championships undergo the Pre-competition Health Screening.*

5. Age Categories

a. *The following age categories for indoor rowing are recognized but not limited to:*

i. Under 15, 19, 21 & 25 for ISR

ii. Under 13, 15, 17, 20, 23 for KBC Annual Indoor

iii. Seniors/ Open

iv. Masters

v. Para

vi. Any other age category defined by the competition notice.

b. *The age of an athlete for indoor rowing events shall be the age attained on the final's day of the competition (i.e. on or before the finals day of the competition).*

c. *Only athletes 16 and above can take part in Open and Lightweight categories*

All athletes can participate in their respective age category and one above.

6. Lightweights

- a. A rower may compete in lightweight events at an Indoor Rowing Competition, if the following criteria are met:
 - i. A rower competing in a lightweight men's event may not weigh more than 75.0 kgs.
 - ii. A rower competing in a lightweight women's event may not weigh more than 61.5 kgs.
- b. Lightweight rowers shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, each day of the competition.
- c. There shall be no lightweight events for the Under 19 age category.

7. Masters

- a. Masters indoor rowing events shall be held in the following crew age sub-categories as per FISA or the competition guidelines.
- b. In a Masters crew event where two or more rowers are in the same crew, all rowers in that crew must meet the age requirement for the category in which they are competing. There shall be no averaging of ages within a crew.
- c. Rowers must compete in their age sub-category

8. Categories and Format of Competition

- a. The following categories of competition are recognized by World Rowing for indoor rowing:
 - i. Individual
 - ii. Crew – multiple rowers in crews of 2, 4 or 8 rowing simultaneously with the crew result being the combined result of all rowers in that crew. In the crew category, two formats are available:
 - 1) Each crew member shall row on an individual machine where each rower's efforts are combined through an electronic link or other method; or
 - 2) the machines of all members in one crew shall be connected in a manner that the coordinated sliding motion and the stroke timing of all crew members is critical to their performance as a crew.
 - iii. Relay – this format involves races in which two or more competitors in the same team take turns to compete on the same machine in the same race, subject to the following general rules:
 - 1) During a Relay Race, where changeover of competitors is required at specified time or distance points displayed on the performance monitor, the changeover of competitors must take place at the specified points. A competitor must reach the specified changeover point before the next competitor starts
 - 2) Where a competitor changes before reaching the specified changeover point or takes more than 2 rowing strokes after reaching the changeover point then that team shall be awarded a Yellow Card. A team being awarded two Yellow Cards which apply to the same race shall be excluded from the event.
 - 3) It is the responsibility of each relay team to change at the correct points. Additional sanctions may be imposed by the Umpire if they consider any competitors have deliberately not changed at the required point.

Additional or other rules may be applied to these formats but all such additional or other rules shall be set out in the Competition Notice for the event.

- b. In addition to the above Competition Formats, different Race Formats may be adopted at Indoor Rowing Competitions, these may include, but are not limited to, the following:



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- i. *fixed distance, with rankings based on order of finish.*
- ii. *fixed time with rankings based on the distance rowed.*
- iii. *calories burned.*
- iv. *others.*
- c. *The race formats may vary from competition to competition and from race to race, but shall be published in the competition notice.*

9. Para Rowing Indoor Championships Competition Categories

Para Rowing Indoor Championships are held in the following categories:

Men (M): PR1, PR2, and PR3.

Women (W): PR1, PR2, and PR3.

10. Types of Rowing Machines

- a. *Indoor Rowing Competitions:*

All rowers in an individual race shall use identical make and model of rowing machines, the intention being that each rower shall have equal racing conditions with all other rowers. No attachments may be added or connections made to any machine without the approval of the President of the Jury. Rowers shall not be permitted to use their own machine in an International Indoor Rowing Competition but shall use the machine to which they are allotted by the organizing committee.

- i. *Only rowing machines approved by the organizing committee shall be used. The rowing machines shall at a minimum have interconnection for electronic timing and external graphic display.*
- ii. *Performance Monitor – Each machine shall have a performance monitor display unit so that the rower can follow their own performance during the race and can see their position relative to the race leader, the rower ahead of them and the rower behind them within the same ongoing race.*
- iii. *Computer interface – Machines used in shall have the capacity to be connected through a computer interface for the output to be displayed on external screens and results to be recorded directly to a central computer.*

A suitable computer race program must be available for the rowing machines.

11. Competition Venue

- a. *Indoor Rowing Competition can be held with a minimum of two rowing machines or can be held over the internet through mutual arrangement with other rowers or teams. In this regard, venue requirements stated below can vary widely depending on the type and level of competition and the resources available to the organizing committee.*
- b. *The competition venue should have adequate space for the competition and facilities for rowers and spectators and should meet the requirements specified for the hosting of the Championships. The venue should have adequate ventilation.*

12. Competition Area – Characteristics

- a. *The area in which the rowing machines for competition are located shall be clearly delineated and this shall be the Competition Area.*
- b. *For in-Person events, the Race Officials and competitors are permitted in the Competition Area during racing. Additionally, the organizing committee may authorize one support person per competitor to be allowed in the Competition Area.*

- c. *Support persons may be limited to a specific location in the competition area during a race and shall at no time interfere with other competitors in any way, including by physical or other contact or verbal directions or comments. They shall follow the direction of race officials, who may remove a support person from the Competition Area if the actions of that person are considered by the race officials to be disruptive to other competitors or to the competition.*
- d. *The rowing machines shall be placed on a non-slip surface or some other measures shall be taken to minimize the movement of the machines during racing.*
- e. *The minimum distance between the centers of each adjoining rowing machine placed side by side is recommended to be 1.2 m, but in all cases shall be sufficient as to not interfere with the adjoining rower or machine. In particular for relay events, sufficient room must be allowed for the movement of other team members waiting or changing rowers so as not to cause interference with the adjoining team. In the event of dispute the President of the Jury shall decide if the space between machines is sufficient for the purpose of this Rule.*
- f. *Each machine shall be clearly numbered so that rowers and spectators can see the number. In crew events where the performance output of all members of the crew is converted and displayed as a combined output, all the machines used by one crew shall display the same number to clearly identify them as a crew.*

13. Race Formats

- a. *Indoor Rowing Competitions – The race formats may vary from competition to competition. However, the distance, time or other format to be rowed shall be included in the Notice of Competition.*
- b. *Additional race formats may be approved by the organizing committee. With the exception of mixed events, any such additional formats shall be the same for men and women.*

14. President of the Jury

The President of the Jury shall allot duties to each member of the Jury and shall supervise their activities. They shall take the chair at meetings of the Jury and ensure proper co-ordination with the organizing committee. The President of the Jury shall chair the Board of the Jury.

15. The Jury

- a. *The Jury shall be responsible for ensuring that the competition is run in accordance with these Rules of Racing, related Bye-Laws and Event Regulations.*
- b. *The Jury shall consist of Umpires carrying out the following duties:*
 - i. *President of the Jury;*
 - ii. *Responsible Umpire(s);*
 - iii. *Race Umpire(s);*
 - iv. *Control Commission, one of whom shall be the senior member.*
- c. *The President of the Jury, the Responsible Umpire(s), and the senior member of the Control Commission shall each hold an Umpire's license.*
- d. *The Jury shall be supported by other Technical Officials.*

16. The Board of the Jury

The Board of the Jury shall consist of the President of the Jury and two other members of the Jury designated by the President of the Jury on a daily basis prior to the start of racing. The names of the Board of the Jury shall be published in advance of each racing day. This Board shall decide on any protests made.

In the case of a protest, any member of the Board directly involved in the dispute shall not be a member of the Board which decides that protest. In such a case, the President of the Jury shall call upon a substitute.

17. Commercial Publicity, Sponsorship, Advertising and Identifications

- a. The provisions of Rule and its Bye-Laws on commercial publicity, sponsorships, advertising and identifications shall apply to Indoor Rowing Competitions. These provisions shall apply to rowers (and coaches for para events) while they are entering or inside the Competition Area during the hours of the competition and near the victory ceremony stage while victory ceremonies are in progress.*
- b. No rower shall have the right to attach any Identification to equipment which is provided by the organizing committee.*

18. Safety

- a. The Organizing Committee is responsible to put in place all safety measures and medical arrangements at the event. These provisions should meet the requirements of the organizing committee and of the local and national authorities concerned together for any additional requirements which may be required by.*
- b. A suitably prepared and qualified medical service shall operate at the venue during the official training and competition hours.*

19. Progression System

- a. Should the number of rowers taking part in an event exceed that of the number of machines available for an individual race, the organizing committee shall decide which format to use to determine the final rankings. Options are:*
 - i. each event divided into heats with two or more rounds of racing, with the rowers in each heat competing in subsequent rounds until the final; or*
 - ii. each event divided into heats, but with only one round of racing. Each rower shall only race once in each event with the performance of all rowers compared on the same basis to determine rankings; or*
 - iii. such other system as may be determined by the organizing committee and which allows fair racing for all rowers and is a fair comparison of the performance of all rowers competing in an event.*

The organizing committee shall state clearly in the Notice of Competition the method to be adopted.

- b. If a qualification system is used, all rowers shall be informed before the Competition of the number of rowers who will proceed to the next round from each heat and how many rounds will be rowed to reach the final.*
- c. If a seeding system will be used to place rowers into races, the methodology that will be used shall be clearly stated in the Notice of Competition.*

20. The Draw and Determining the Allocation of Machines

- a. For the purpose of allocation of machines, all machines are regarded as being equal and for seeded races the organizing committee may base the allocation on principles which it considers best serve the presentation of the competition. Such principles should be consistent from event to event during the competition.*
- b. The Draw for the heats shall take place, in principle, no later than the day before the competition.*
- c. Rowers will be assigned to a heat number or race and a machine by one of the following methods:*

- i. Where rowers are not seeded, a random draw, supervised by the Jury, shall be held to determine the heat and the machine number to which each rower will be assigned in the first round of each event.
- ii. Where rowers are seeded and the number of rowers exceeds the number of machines in a race in which a progression system is not used the highest seeded rowers will be placed in the same race. Rowers not assigned a machine in this race will be assigned machines in additional races based on their descending order of seeding.

21. Sanctions

In any case of a breach of the Rules or these Regulations, a member of the Jury may impose appropriate sanctions.

- a. *Reprimand, which is a formal admonishment that the conduct of the competitor or crew is in breach of the Rules and that this breach may be taken into account when considering an appropriate sanction for any further breach during that competition. This will be an appropriate sanction where the breach does not warrant a high level of sanction.*
- b. *Yellow Card – which is a formal warning for a breach of the Rules:*
 - i. *A Yellow Card awarded prior to the start or during a race shall lapse only when the race is concluded and shall therefore still apply in the case of a postponement or a Re-Row of that race.*
 - ii. *A competitor or crew awarded two Yellow Cards applying to the same race shall immediately be awarded a Red Card and excluded from the event.*
- c. *Relegation (REL) – which places a competitor or crew in the last position in a race where specifically provided in these Rules.*
- d. *Red Card or Exclusion (EXC) which excludes the competitor or crew from all the rounds of the event in question. This sanction is for a serious and/or repeated breach of the Rules justifying that the offending competitor or crew take no further part in the event.*
- e. *Disqualification (DSQ) which disqualifies a competitor or a crew from all events in the competition.*
 - i. *This sanction is for the most serious breach of the Rules justifying removal from the competition.*
 - ii. *Where a competitor is disqualified, they shall take no further part in the competition and shall not be replaced.*
 - iii. *Where a member of a crew is disqualified due to false declaration. Rule 21 does not allow substitutions, then the crew member may not be replaced and that crew shall be excluded from all rounds of the event in question.*
 - iv. *Where a crew is disqualified, no member of that crew shall take any further part in any event at that competition*

22. The Start

- a. *Competitors and support persons shall only enter the Competition Area or enter the Virtual Race Lobby (in the case of Virtual and Hybrid events) as directed by Race officials.*
- b. *Support persons shall not enter the Competition Area after the Start procedure in Rule 23 has commenced.*
- c. *It is the responsibility of the competitor to be seated on their machine before the designated start time.*
- d. *It is the responsibility of competitors in Virtual and Hybrid events, to ensure that they have met all of the technical and equipment requirements stipulated in the Competition Notice.*

- e. *The race may be started without reference to absentees or to those competitors who are not ready to start at the designated start time.*

23. The Starting Procedure

- a. *The commands which form the Start procedure shall in principle be displayed in turn on the monitor of each rowing machine.*
- b. *Unless otherwise specified in the Competition Notice, the commands forming the Start procedure and the actions required by the competitors shall be as follows:*
 - i. *“STOP ROWING” – competitors shall stop rowing and put down their handles. This display shall remain on the monitor until the flywheels on all machines have stopped.*
 - ii. *“SIT READY” – The competitors shall pick up their handles, without causing any movement of the flywheel.*
 - iii. *“ATTENTION” which indicates that the race is about to start and that competitors should be ready.*
 - iv. *“ROW” or “GO” is the start signal. It indicates the start of the race and the competitors may start rowing.*
- c. *The time period between “Attention” and “Row/GO” may vary from race to race.*
- d. *For in-Person competitors, the same Start procedure commands may be broadcast audibly to accompany the Start commands displayed on the monitor.*
- e. *For competitors in Virtual and Hybrid events, if audible Start commands are needed, it is their own responsibility to have a person accompanying them who can read aloud the Start commands from the monitor.*

24. False Start

A competitor starting to row after the command “ATTENTION” and before the command “ROW” as defined in the Start procedure in the Rule 23 has caused a false start.

The actions which shall be taken as a result of a false start are set out as follows:

- a. *Where a competitor, or several competitors together, cause a false start, the Responsible Umpire shall stop the race.*
- b. *The Umpire shall announce to all competitors in the race:*
“FALSE START! ALL ROWERS, YELLOW CARD!”
and at the same time the Umpire shall hold a Yellow Card above their head, visible to all competitors in the race.
- c. *The Starter shall then proceed with a new start for that race in accordance with Rule 23.*
- d. *When the race is re-started after being stopped for a false start, if a further false start occurs, the Starter shall again stop the race. All competitor(s) causing a false start in a race which has been re-started because of a previous false start shall be awarded a Red Card and excluded from the race. Those competitor(s) and their support person shall immediately leave the Competition Area.*

25. Responsibility of the Rowers

All rowers are expected to perform to their maximum ability in each race. Each rower is responsible for their own machine during the race.

- a. *Resistance setting – Where the rowing machine has a facility to adjust the resistance, the setting may be adjusted by the rower before the start of a race but no adjustment is permitted during a race.*
- b. *Damage or Failure*

- v. *In case of any damage to a machine or to the installations or connections which prevents a rower from completing a race or which causes their elapsed time or distance not to be recorded, the following shall apply:*
 - 1) *Damage caused by the rower – the rower shall be deemed not to have finished the race and shall not take any further part in that event.*
 - 2) *Damage or failure not caused by the rower - the rower shall be permitted to compete again in a later heat or race, or, if there are no further heats, shall be permitted to row alone at a day or time to be specified by the President of the Jury and their result shall be the time or distance so recorded;*
- vi. *Where such damage or failure is part of the central computer and timing system, the Responsible Umpire shall decide whether a re-row of the whole Race is required in the case that times or distances of all rowers cannot be recorded.*

26. Interference

During a race no rower or other person shall interfere with another rower. In the case of such interference which affects the outcome of the race the Responsible Umpire shall decide on the action and the resultant sanction to be applied under these Rules.

Under this Rule, pushing or assisting a rower is not permitted and shall be regarded as interference. However, in a relay event, members of the same relay team or any other person/s shall be permitted to hold the feet of the rower of their team only, and to pick up a dropped handle on behalf of the rower without being penalized.

The Responsible Umpire shall ensure that no external factors influence the result of a race and shall take appropriate action if they consider such influence has occurred.

27. Coaching During Racing

It is prohibited to give any instructions, advice or directions to rowers that are racing with any electric, electronic or other technical device.

28. Conclusion of the Race

A rower has finished the race when their machine monitor shows that they have completed the distance or the time specified for the race. A race is concluded when the Responsible Umpire so indicates by raising a white flag or otherwise confirms the result. Rowers shall be ranked in order of the time taken to complete the race or the distance rowed respectively, depending on the type of race, whether the race is over a specified distance or a specified time.

If a rower indicates they wish to make an objection or if the Responsible Umpire considers that the race was not in order, the Responsible Umpire shall raise a red flag at the end of the race, notify the race control system operators and announce that the results will be withheld pending an objection.

The Responsible Umpire shall inform the rowers, the race control system operators and the President of the Jury of their decision. The results shall not be announced until the Responsible Umpire has given their decision.

29. Dead-Heats

If there is a dead heat in any round other than a final, both rowers shall proceed to the next round. In a final, if a dead heat occurs between rowers, they shall be given equal placing in the final order and the next placing shall be left vacant.

30. Objections

- a. A rower claiming that their race was not in order and the rower's ranking in the race has been affected may make an objection to the Responsible Umpire immediately after the finish of the race and before leaving the immediate vicinity of their machine.
- b. The Responsible Umpire may accept or reject the rower's objection and communicate their decision to the rowers in the race, the other race officials and the race control system operator.
- c. A rower excluded or otherwise sanctioned at the Start may make an objection to the Responsible Umpire at the time the penalty is awarded.

31. Protests

- a. A protest to the Board of the Jury may only be made by:
 - i. a rower whose objection has been rejected;
 - ii. a rower whose ranking in a race has been affected by the acceptance of an objection;
 - iii. a rower ruled DNS (did not start) or DNF (did not finish);
 - iv. a rower that has been excluded or disqualified; and
 - v. a rower that disputes the published results.
- b. Such a protest must be in writing and lodged with the President of the Jury not later than 30 minutes after the publication of the official results.
- c. The protest must be accompanied by a deposit of PKR 10,000 or equivalent, which amount shall be refunded if the protest is upheld.
- d. The Board of the Jury shall then decide if the protest was justified. It will make its decision before the next round of races in the event concerned and, in any case, no later than one hour after the last race of the day. The decision and reasoning shall be given in writing.
- e. The Board of the Jury may:
 - i. Reject the protest;
 - ii. Uphold the protest and provide such relief as may be necessary to restore each affected rower's chances in the race or to correct the published results. The relief available to be provided by the Board of the Jury is as follows:
 - 1) Reprimand a rower;
 - 2) Exclude a rower from the event;
 - 3) Disqualify a rower;
 - 4) Relegate a rower to last place in the race where specifically provided for in these Rules;
 - 5) Order a re-row in accordance with Rule 64 between some or all of the rowers in the race.
- f. At Indoor Championships, in the case of a protest arising from an objection concerning the final of an event, the Executive Committee may postpone the medal ceremony of that event.
 - i. If the medal ceremony has taken place, and if the subsequent decision of the Board of the Jury changes the final result of the event then the official result shall be changed accordingly.
 - ii. Where medal placing are affected, then the medals shall be re-awarded as necessary in accordance with the decision.
- g. Subject only to Rule 32, the decision of the Board of the Jury on such a protest shall be final and not subject to further appeal.

32. Appeals

- a. Appeals against a decision of the Board of the Jury is governed by Rule 32 Appeals.
- b. An appeal to the Executive Committee against a decision of the Board of the Jury may be made only by:

- i. a crew whose ranking in a race has been adversely affected by a decision of the Board of the Jury; or
- ii. a crew whose protest against the published results was rejected by the Board of the Jury.
- c. A decision of the Board of the Jury which confirms the decision of a member of the Jury shall be final and may not be appealed.

33. Crew Changes for Medical Reasons

- a. Before their first heat
 - i. Crews - Teams may substitute up to half the number of rowers in all crews entered by them, provided that the substitutes are members of the same team (or, in case of composite crews, of one of the teams concerned); and that changes are communicated in writing to the Organizing Committee at least one hour before the first heat of the event.
 - ii. Substitute rowers must have been listed as substitutes for that event on the official event registration forms.
 - iii. Individual – An individual athlete who is entered and falls ill or injured may, after entry deadline and on production of a medical certificate, be replaced up to one hour before his first heat provided that the substitute is a member of the same team.
 - iv. Substitution will only be allowed with the submission of valid medical certificate from a certified medical practitioner and a request letter indicating reason of substitution/s and event for which substitution/s is taking place.
 - v. Consequential Substitutions:
 - a. Where an athlete is ill or injured and a substitution is made for that athlete using a rower from a second boat, the rower from the second boat may in turn be substituted in that boat by another athlete.
 - b. This consequential substitution may only occur if the line of substitutions is clearly resulting from illness or injury of the rower in the first boat.
 - c. Where a consequential substitution is made and there is no available replacement for the second rower, then the crew of that second rower may be withdrawn.
 - vi. An athlete who has been replaced may no longer compete at the regatta, even if the athlete is restored to health.
- b. Crew Changes after their First Heat
 - i. No change may be made in a crew which has already raced in their heat of the event. A rower who has been replaced may no longer compete in the same event.

34. Control Commission

The Control Commission shall include Jury members and national technical officials. The number of such Jury members and officials appointed shall take into account the competition programme and the number of rowers. In particular, the Control Commission is responsible for the following:

- a. The correct weighing of rowers in lightweight events following the procedures required by the Rules of Racing and Bye-Laws;
- b. Rower changes before the race at competitions where such changes are allowed under these Rules;
- c. Substitution of rowers in crew events who are injured or have fallen ill after the first heat of their crew event at Indoor Rowing Competitions (no substitutes are allowed for rowers competing in individual events). Medical certificate will be required. For those falling sick or injured at the venue, will be examined by the medical adviser on the venue.

- d. *Checking the identity of rowers to ensure that the rowers are the same as the official entry and any subsequent changes which have been approved in accordance with the Rules of Racing and Bye-Laws.*
- e. *At Competitions where other arrangements are not in place for this purpose, checking the affiliation of rowers and the ages of rowers;*
- f. *Checking the uniform clothing of rowers in crew events and for all rowers its conformity with the Rules regarding Identifications.*
- g. *Where anti-doping tests are carried out, ensuring that rowers required to undergo tests are taken to the officials responsible for this immediately after leaving the Competition Area.*

35. The Responsible Umpire

The Responsible Umpire shall ensure that the correct starting, race and finish procedures are followed. Duties of the Responsible Umpire:

- a. *Before taking up their duties, the Responsible Umpire must be satisfied that all equipment and installations are present and in working order;*
- b. *The Responsible Umpire shall ensure that each rower competes on the machine which has been allocated to them;*
- c. *Starting Procedures – The Starting Procedures to be employed by the Responsible Umpire (including false starts);*
- d. *Exclusion – The Responsible Umpire shall award a Red Card and exclude a rower or the crew or a rower if the rower or the crew has received two Yellow Cards that apply to the same race;*
- e. *Late Arrival – The Responsible Umpire may exclude a rower arriving late (less than 2 minutes before their start time) at their starting positions or not ready to race at the designated start time;*
- f. *Postponement – Should it be necessary to postpone a race (e.g. equipment breakage) the Responsible Umpire shall consult with the President of the Jury, then inform the rowers of the new starting time both verbally and in writing;*
- i. *The Responsible Umpire shall endeavor to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference.*
 - i. *Where the Responsible Umpire is satisfied that a rower has been significantly impeded, the Umpire shall endeavor to ensure that their chance is restored to them. The responsible Umpire shall impose appropriate penalties on rowers at fault.*
 - ii. *If necessary, the Responsible Umpire may stop the race, impose any necessary penalties and order the race to be re-rowed from the start, either immediately or later. In the latter case, they shall decide on the new starting time in consultation with the President of the Jury and shall inform the rowers concerned.*

The Responsible Umpire may also allow the race to continue and exclude rowers after the race has finished. They may confine any re-row to such rowers as they shall designate. However, when the Responsible Umpire considers that the impediment has not affected the result of the race, or considers the effect of the impediment was not significant, they may decline to order a re-row of the race or of the rowers involved in the incident.

- g. *At the end of each race, the Responsible Umpire shall determine the ranking of rowers at the end of each race. The Responsible Umpire shall:*
 - i. *ascertain, in conjunction with the Umpire, that the race was in order;*
 - ii. *be responsible for listing the rowers in the correct order of finish;*
 - iii. *validate the results;*
 - iv. *sign the official record of the results.*

36. The Race Umpire

The Race Umpire shall support the Responsible Umpire to ensure the proper conduct of the race and the safety of the rowers. In particular, they shall:

- ii. endeavor to ensure that no rower gains any advantage or suffers any disadvantage from its opponents or from outside interference;*
- iii. alert the Responsible Umpire to any problem or breach of these Rules;*
- iv. ensure that the time and distance rowed for each rower have been accurately recorded;*
- v. monitor the correct changeover of rowers in relay races and that rowers in a relay race change at the specified changeover points and within the required time;*
- vi. check the correct functioning of the machines; and*
- vii. check that the monitors on each individual machine are correctly set before the start of each race.*

37. Anti-Doping

Doping is strictly prohibited. The fight against doping is regulated by the World Anti-Doping Code, which the World Rowing Congress has formally adopted as World Rowing Rules and which the World Rowing Council has the power to clarify and/or supplement, by appropriate Bye-Laws.

Indoor Rowing Competitions shall be subject to and governed by World Rowing's Anti-Doping Rules and Bye-Laws.

38. Exceptional Cases

Should it be necessary to take decisions in exceptional cases, the President of the Jury shall appoint and preside over a body to make such decisions.