

PARA ROWING

Considerations for Umpires

Rowing BC Umpire Recertification Clinic January 2016

CLASSIFICATIONS

- **3 FISA Classifications**

- AS (arms and shoulders)

Little or no trunk function, fixed seat with back rest, special boat + pontoons

- TA (trunk and arms)

Significantly reduced leg function, fixed seat no back rest, special boat, no pontoons

- LTA (legs, trunk and arms)

Minimal disability, may include rowers with visual impairment, slide seat, regular rowing shell = 4+



ASM
1X

ASW
1X



TA
Mix
2x



**LTA
Mix
4+**



5. Strapping

5.1. *TAMix2x Strapping Requirements* – rowers shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.

5.2. *AS1x Strapping Requirements* – rowers shall use a strap that must be secured to the seat back and around the torso just covering the xiphoid process (bone at the bottom of the sternum). The rower's lumbar region must remain in contact with the seat when the rower reaches forward when rowing, during training, warm up, cool down and racing. The purpose of the strapping is to prevent movement of the lumbar region away from the seat and it must be tight enough to do so. The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing. The straps must be attached to the seat on both sides. The point at which the strap is attached to the seat should be no lower than the top edge of the supportive portion of the strap at the front of the torso. Straps will be assessed with the rower in a static position with the spine straightened by bearing the weight of the upper body through the arms while the buttocks and back remain in contact with the seat. The rower's movement will be observed and assessed during rowing (training and racing) by members of the Para-Rowing Commission and FISA International Classifiers. The supportive portion of the back rest of the seat must not be lower than the level of the attachment points of the front strap. The back of the seat may be covered with a soft material to prevent injuries, but the covering material must not be thicker than 2 cm. If a bracket is attached to the strap it must not rotate at the attachment point.

5.2.1. *Additionally, the AS1x rower shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.*

6. General Strapping Requirements

6.1. *All straps must be a minimum width of 50 mm, be of non-elastic material, be without mechanical buckles and must be able to be released immediately by the rower with a single quick hand action of pulling on the free end of the strap.*

6.2. *The colour of the all straps must be a contrasting colour from the rowers' racing uniform so that they can be clearly seen.*

6.3. *All straps for each rower must be released in the same manner and direction.*

6.4. *Any hand strapping must be able to be released immediately by quick mouth action.*

6.5. *Additional strapping may be used by any rower provided the requirements of these Regulations are met.*

6.6. *To avoid accidents arising from capsizing, all boats shall be equipped with stretchers or shoes that allow the rowers to get clear of the boat without using their hands and with the least possible delay.*

6.7. *It is solely the responsibility of the rower to ensure that all strapping is compliant with these Regulations.*

6.8. *Penalty for non-compliance* – The penalty for having raced with non-compliant strapping and/or in the case of a AS 1x rower if the lumbar region of the rower does not stay in contact with the seat when reaching forward, shall be that the crew is relegated to last place in the particular race. If two or more crews in the same race have a non-compliant strap or movement, they shall all be relegated and they shall be ranked in the descending order of their finish. If the crew races again with a non-compliant strap or movement in a later round of the same event, then the penalty shall be the exclusion of the crew.

7. Eyewear for Visually Impaired Rowers

7.1. *Rowers classified as visually impaired must wear FISA or IBSA approved eyewear at all times when on the water during training, warm up, cool down, and competition from the opening day of the course until completion of the final race of their competition. Such eyewear shall completely block all light. All eyewear must be checked to ensure a secure fit and complete light occlusion by an IBSA doctor during classification or by a FISA International Classifier if an IBSA doctor is not present. (Samples of eyewear can be found on www.worldrowing.com.)*

Regulation 9 – Boat Weights (Rule 41)

In addition to the requirements of Rule 34, the minimum weights for Para-Rowing boats shall include pontoons where used. The weight of the AS1x and TA2x boats

KEY POINTS

1. All straps to open in same direction
2. Only two classes use straps TA and AS
3. Both TA and AS have knee strap
4. AS has chest strap (and often waist strap)
5. Prefer straps to contrast with clothing
6. AS uses pontoons

PROTOCOLS

EVENT PREPARATION

- Has LOC informed Head Umpire of any para rowers
- Very useful to know of classifications
- Mixed classes?
- Placement of Event in Race Draw
- Inclusion in Masters events
- Head Race hand-off

ON THE DOCK

- Don't offer assistance unless there seems to be a problem that you recognize
- Realize it may take a little extra time for an AS athlete to get set
- Treat all athletes the same, both AB and those with disabilities
- Please don't tell a disabled athlete they are an 'inspiration', they just want to row fast

PROTOCOLS

CONTROL COMMISSION

- You may wish to check the AS athletes' boat on stretchers if possible
- Is the path to control commission accessible by wheelchair?