



## IRISH INDOOR ROWING CHAMPIONSHIPS – RULES, TERMS AND CONDITIONS



### GENERAL

1. Entries must be made online at [www.IIRC.ie](http://www.IIRC.ie) prior to 11pm on Sunday, November 17<sup>th</sup> 2013. The confirmed entry list & schedule will be posted online following close of Registration. Entry fees are non-refundable.
2. Rowers must compete under their own names.
3. By entering the competition, a competitor agrees to be bound by the rules, terms & conditions. All entry instructions form part of the rules.
4. **ROWfit** is the event **Organiser** & event **Judge**. Their decision is final. No correspondence will be entered into.
5. The Organiser reserves the right to limit the size of entry.
6. **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. Minimum age for competitors, on race day, is 11 years.
7. Concept2 Indoor Rowers will be used. Competitors may use the resistance (drag factor) of their choice, but this cannot be changed during the race.
8. If a competitor wants their time to be considered for **the High performance trials process** they must use the following drag settings:

Men, Open	Drag Setting 135
Men, Lightweight	Drag Setting 130
Men, Junior	Drag Setting 130
Women, Open	Drag setting 125
Women, Lightweight	Drag Setting 120
Women, Junior	Drag Setting 120

9. All competitors must wear shirt to cover torso and shorts while on the event floor. Uni-suits, bodysuits, all-in-ones and one-pieces are also allowed.
10. There shall be three types of categorised **individual** race:
  - a. Standard 2000m (2k) & 1000m (1k)
  - b. 500m sprint
  - c. Set time – Jun 13 (3 mins) , Jun 14 (4 Mins) & Jun 15 (5 mins)

**The Team 2k** race consists of a team of four competitors 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 and abilities. Drag factors may not be altered *during* a race.

11. Lightweight event upper limits are Men 75kg and Women 62.5kg. 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 weight requirements as stipulated by the HP Director on <http://www.rowingireland.ie/trialling/>

12. The format for the IIRC is **Finals Only**. Competitors will be seeded based upon their submitted erg scores and row only once per event. Keep in mind that many events are large enough to require multiple races to accommodate all athletes. The best overall time will win each event.
13. If a competitor misses their race, they *may only* be allowed to reschedule *if* the Organisers can accommodate it.
14. No competitor will be allowed change event on the day of racing. This includes lightweight competitors who do not make their weight. A confirmation email of the event a 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.
15. Medals will be awarded to the winner of each category raced as determined by classification of age, weight, and gender. Competitors are only eligible to win a prize for the event in which they are entered.
16. 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.

### 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 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 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.