

Rules and Regulations

This is a USRA officiated and sanctioned event. The United States Rowing Association rules for competition are used in the Bayada Regatta. Below are exceptions and additions particular to Adaptive Rowing.

****** FISA Classification System **** New This Year ******

We will be changing the classification system this year. Why? FISA (International Rowing Federation) has developed a classification system that is used worldwide. If we are to remain the premier adaptive regatta in the world, we also should adhere to this. It is different than our old system in a few ways. Most importantly, it assesses function. Our old system assessed rowing preference. Also, it is a more formal assessment, in that you must undergo a formal classification process by 2 classifiers. This can be a bit time consuming, but it will allow you to be placed in a race according to your abilities and compete against others with similar function to you. You will be required to undergo the classification process PRIOR to the regatta. There will be dates posted at the boathouse (PRPD as well as in Pittsburgh and Louisville) to sign up to be classified. There are 3 classes within the FISA Classification System. They are: LTA (legs, trunk, and arms), TA (trunk and arms), and A (arms only). Only emergency classifications will be performed at the Jolly Up. Please note that PRPD rowers will NOT be allowed to be classified at the Jolly Up. Under no circumstances will any rowers be classified on the day of the Bayada Regatta. Those athletes with a visual impairment must be assessed by their optometrist/ophthalmologist. All necessary forms for rowers with a physical disability or visual impairment can be found at www.worldrowing.com. Click on the rowing link then on the adaptive link then scroll toward the bottom to find the Classification Guidelines. The forms are in that document. Those with an Intellectual Disability must undergo a classification through INAS-FID. Please refer to www.inas-fid.com for more information on this process. We understand that this is very different from what most of you are used to. If you have any questions regarding this system, please feel free to ask.

Class Consolidation and Averaging

Rowers without competition in their class will be moved into the next higher class as determined by the regatta committee. There must be a minimum of two entries per race for an event to take place. Entries without competition in their division (intermediate and recreational) will be moved into the other division, as determined by the regatta committee.

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Equipment Requirements

As we will be following the FISA classification system, we will also follow the FISA equipment requirements. Rowers with a visual impairment will be required to use complete light eliminating goggles. Rowers in the TA class will be required to use a pelvic strap that is non-elastic, with a quick release, either of Velcro or a plastic, non-mechanical buckle. Rowers in the A class will be required to use a chest strap that will remain in place during the entire race, and be just below the nipples at the level of the diaphragm and have the same components as the pelvic strap as the TA rowers. All rowers in the A class will be required to use pontoons on their boats.

Equipment Availability

In keeping with adaptive rowing tradition, every effort is made to make equipment available to those rowers who need it. However, we cannot guarantee availability of specific rigging. In the event that preferred equipment is not available and substitutions must be made, the dockmaster will have the final decision. Disabled rowers will have first pick of equipment over able-bodied helpers. **We ask that visiting teams bring their own equipment, as we have a limited amount at PRPD.** All visiting teams are requested to make equipment available to others.

Distances and Races

Races will be 1000m, 800m, and 400m. Please refer to the race choices on the registration page. When signing up for more than one race, you must leave at least two races between the ones you pick. **We do not guarantee that racers will compete more than one time. **Participants may not row in more than two races.**** If a racer is competing in an open double event, that is the only event the rower may compete in. If a racer is competing in a men's or women's adaptive event, that rower may also compete in a single event. We will do our best to honor your choices, but due to equipment and race availability, you may not row in your first choice. The dockmasters will have the final decision on all races.

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Time Limits / Race Schedule

Participants are responsible to know when they are racing. Races will not be delayed. Rowers must be near the dock 60 minutes prior to their race time. The dockmaster is ultimately concerned with getting the races off on time, and has the final word to scratch an entry because of tardiness.

Race Regulations – Read Carefully!

Races are pre-set by the regatta committee and applicants must identify the race in which they want to participate. Races may be added or deleted based on need. If you are interested in a particular race that is not mentioned on the registration form, please indicate your preference, and if there are enough entries, we will attempt to hold that race.

Open Adaptive 2X events refer to one disabled rower and one able-bodied rower in a boat. They should be of the same gender. However, if there is a lack of male able-bodied helpers to row with male rowers, a fairly matched female able-bodied rower will be substituted. In open double events, the stroke of the able-bodied rower must match the stroke of the disabled rower throughout the length of the race, or the boat and rowers will be disqualified.

Men's (Women's) Adaptive 2X events refer to two disabled rowers in a boat. They should be of the same gender. If they choose to row as a mixed double, they must enter the men'

Mixed 4 + event refers to 4 disabled rowers and a cox (disabled or able-bodied) in a boat, rowing with sweep oars. Ideally, this boat is made up of 2 women and 2 men.

Subdivisions:

- **Recreational events** are for novice rowers who are competing in their first regatta, or generally compete only once a year.
- **Intermediate events** are for rowers who compete more than once a year, and/or have competed in multiple Bayada Regattas.

Unless otherwise stated, all racers will be required to use Alden Ocean Shells.