

**INTERNATIONAL INDOOR ROWING COMPETITION ALFA 2026
REGULATIONS**

Categories 1000m

Men(incl.U23)

Woman(incl.U23)

Men Lightweight (2007 and later born, up to 75,0 kg)

Woman Lightweight (2007 and later born, up to 61,5kg)

Men for all

Woman for all

Masters 1000m

Men

MM30-39(1996 and earlier born)

MM40-49(1986 and earlier born)

MM50-59(1976 and earlier born)

MM60-69(1966 and earlier born)

MM70-79(1956 and earlier born)

MM80+ (1946 and earlier born)

Women

MW30-39(1996 and earlier born)

MW40-49(1986 and earlier born)

MW50-59(1976 and earlier born)

MW60-69(1966 and earlier born)

MW70-79(1956 and earlier born)

MW80+(1946 and earlier born)

Juniors 1000m

Junior men U-19 (2008-2009 year of birth)

Junior men U-17 (2010-2011 year of birth)

Junior men U-15 (2012 and later born)

Junior women U-19 (2008-2009 year of birth)

Junior women U-17 (2010-2011 year of birth)

Junior women U-15 (2012 and later born)

4-members teams 500m

Team men, Team woman (clubs, companies, organizations)

Team men, Team woman (secondary schools, gymnasiums)

Team men, Team woman (university, army)

Pararowing 1000m

PR1/PR2 (Trunk and Arms) - men

PR1/PR2 (Trunk and Arms) - women

PR3 (Leg Trunk and Arms) - men

PR3 (Leg Trunk and Arms) - women

1. Qualification

- If there are more than 20 individual participants in a single category preliminary heats will take place. 20 participants will proceed to the final based on their results (time) in the preliminary heats.
- If there are more than 5 teams in a single category preliminary heats will take place. 5 teams will proceed to the final based on their results (time) in the preliminary heats.
- If in the preliminary heat participants have an equal result:
 - i. the individual participant or a team that raced first will get the higher ranking.
 - ii. if the equal result occurs in the same race the team that covered in total the longest distance will get the higher ranking.
 - iii. if the equal result occurs in the final the participants or teams with the equal result will be awarded the same ranking.
 - iv. School teams has not heats

2. Start ja starting procedure

- Participant (team) can make only one false start, in case of a second false start the participant (team) will be excluded.
- The start is given via the Indoor Rower in the following order: „Ready“ – „Attention“ – „Row“.

3. Technical malfunction of the Indoor Rower or the racing system

- If the technical malfunction occurs in the first 100 meters a restart will be given.
- If the technical malfunction occurs in **preliminary heats** after the first 100 meters the participant (team) will be given an opportunity to start again during another race determined by the organizer.
- If for any reason for example the boats depicting the course of the race should stall or any similar malfunction should occur, but the individual screen of the Indoor Rower shows the text „Keep rowing“ the participant (team) should keep racing until the end of the distance or until the umpire orders to stop the race. In case of a malfunction previously depicted, the Indoor Rower will be able to give an accurate result of the race.

4. Weighing

- Weighing for lightweight rowers will start 2 hours before the start of their first race and end 1 hour before the start of their first race.

5. Limitations

- Each participant is responsible for their own health.
- In team event substitutions are not allowed.
- It is forbidden to use LogCards, paired heart rate equipment or any other data carrier like flash drive, hard drive etc or other data with the Indoor Rowers used for racing.
- It is forbidden to use earphones during the race (except in case of medical need).

6. Awarding ceremony

- Three best in every category will be awarded

7. Representative of the organizer – Mihkel Klementsov, mob. +372515831