



2021 World Rowing Virtual Indoor Championships

COMPETITOR INFORMATION GUIDE TERMS & CONDITIONS OF ENTRY

Contents

Overview	3
Equipment & Event Setup	3
Eligibility	4
Nationality	4
Age Categories	4
Para Rowing & Intellectually Impaired Competitors	4
Lightweights	5
WRICH Qualification	5
Qualification Principles	5
Continental Qualification Pathway	6
Open Qualification Pathway	6
Qualification Standards	7
Monitor Setup and Verification for Open Qualification Pathway	10
Performance Monitor Setup	10
Competitor Verification	11
Score Verification	11
Lightweight Weigh-in Protocol (for qualification)	12
WRICH Finals	13
Participation in WRICH Finals	13
Schedule	13
Lightweight Weigh in Protocol (for Finals)	14
Live Race Software, Entry Portal, and Results	15
Medical & Anti-Doping	16
Medical	16
Anti-Doping	16
Appendix 1: Competitor Commitment, Liability & Waiver	17
Competitor Commitment, Liability & Waiver	17
Waiver	19
Appendix 2: Race Categories (113 race categories)	20
2000m	20
500m	20
Other Categories	21
Appendix 3: Continental Groupings	22
Appendix 4: Continental Qualification Events	24

1. Overview

For the first time ever, the 2021 World Rowing Indoor Championships (WRICH), presented by Concept2, will be staged as a virtual event. Competitors will have the opportunity to race for a World Championship title from anywhere in the world. Additionally, the 2021 WRICH will see a Qualification round of racing for the first time in its history. The WRICH Qualification will be accessible to anyone with access to a Concept2 static rowing ergometer with an updated PM3, PM4 or PM5 monitor, and will include a continental qualification pathway along with an open qualification pathway. The WRICH Qualification will culminate in a Final round of racing of the WRICH from 23-27 February 2021.

This document is intended to provide relevant information to competitors of both the Qualification and Finals of the WRICH. It also includes the terms and conditions of entry to this event. By entering the 2021 WRICH all competitors acknowledge that they have reviewed and accepted these terms and conditions.

Excluded from this document are the technical details for competitors to set up a live race, which is applicable in the WRICH Finals. These instructions will be published at a later date (Live Race Set Up Manual).

All information provided to World Rowing for the purposes of this competition, either in registration submissions, video submissions, scores, timestamps, or any other information provided must be the complete truth. A lack of integrity, or any actions that indicate an intent to cheat or circumvent the rules or intent of the rules of World Rowing may result in disqualification and possible bans on future competition opportunities.

For questions left unanswered by this document, please contact indoor@fisa.org.

2. Equipment & Event Setup

Competitors will need to provide all equipment needed to compete in this event. While a competitor may complete a qualification piece at another (physical or virtual) indoor rowing event, it is always the responsibility of the competitor to ensure the suitability of the equipment used in this event. This will include:

1. Concept2 static rowing ergometer with an updated PM3, PM4 or PM5 monitor, calibrated for use with the model to which the PM is connected. Details on how to update PM firmware can be found on the Concept 2 [website](#).
2. A USB A-to-B cable, Compatible Windows or MacOS Laptop/ Computer with Google Chrome Browser installed, as outlined in the Live Race Set Up Manual.
3. A stable internet connection, as outlined in the Live Race Set Up Manual.
4. In the case of a lightweight finalist, any necessary materials in accordance with the lightweight weigh-in protocol.
5. Any necessary materials for score and competitor verification (as described below).
6. For live races, an observer who is able to manage a line of communication (i.e. via Home race system and email) on behalf of the competitor.
7. Any necessary materials for live video streaming, as outlined in the Live Race Set Up Manual (for applicable races only).

Competitors should refer to the Live Race Set Up Manual for technical instructions on how to set up their ergometer, live race software, live streaming (where applicable) and other pertinent race day information.

3. Eligibility

3.1. Nationality

Competitors must submit a copy of their passport (photo page) or National identity card (with photo) at the time of entry to the WRICH. Competitors will also need to indicate their nationality. This cannot be changed after the competitor has submitted their entry to the WRICH, regardless of whether the competitor acquires a new passport between the date of entry and the event, or carries multiple passports.

For the Continental Qualification Pathway, competitors will only be eligible to qualify via this pathway in the Continental Qualifier which includes their stated nationality (continental groupings are listed below). A Continental Qualifier Organising Committee may, at their discretion, allow competitors of other nationalities to compete in their event.

3.2. Age Categories

Competitors' age eligibility is based on their age on the day of the Final race for the race category which they are entering. For example, a competitor may compete in the U23 2000m race category if he/she has not attained the age of 23 by the date of the U23 2000m final. Competitors should review the Final Race Schedule (below) to clearly understand for which race categories they would be eligible at the time of qualification.

3.3. Para Rowing & Intellectually Impaired Competitors

Para competitors with a physical impairment are only eligible for the sport class for which they have already been internationally classified. Due to the COVID-19 global pandemic, there will be no further international classification opportunities prior to the WRICH. The current list of classified athletes can be found on the [World Rowing website](#).

Para competitors with a visual impairment must either have a current international classification or obtain an indoor-only classification by submitting all visual impairment classification documentation to World Rowing at least 30 days prior to their qualification attempt. For further instruction on this process, and to obtain an indoor-only classification, competitors should email classification@fisa.org.

Competitors with an intellectual impairment may compete in a PR3-II (Intellectually Impaired) category if they are listed as eligible on the VIRTUS international master athlete list. In order for the athlete to be added to the VIRTUS international master athlete list, the athlete must go through a series of assessments with a trained educational psychologist (or equivalent in their nation). Once the assessments are completed the results must go to their country's VIRTUS member organisation national eligibility officer (NEO) who will assess them once again, and pass them on to the VIRTUS International Eligibility Committee. Once the paperwork has been approved and fee paid, the name of the athlete will appear on the master Athlete list. The Virtus Eligibility Committee can take up to 12 weeks for a name to appear if the Committee has to go back to the athlete for further evidence. Athletes should ensure that their name appears on the VIRTUS international master athlete list prior to the entry deadline for the event. For further information on VIRTUS, please visit their website at <https://www.virtus.sport/>. For questions, please email classification@fisa.org.

3.4. Lightweight

A lightweight for the purposes of Indoor Rowing is defined in the World Rowing Rules of Racing (Appendix R20) as an individual male indoor rower not weighing more than 75kgs, or an individual female indoor rower not weighing more than 61.5kgs. For the avoidance of doubt there shall be no lightweight categories for Under 19.

Lightweight competitors must weigh-in and provide verification of this prior to each qualification attempt and a WRICH Final. The detailed lightweight weigh-in protocol can be found in the Lightweight Weigh-In Protocol sections.

4. WRICH Qualification

Competitors must qualify for the WRICH Finals. The WRICH Qualification will open at midnight Central European Time (CET) on 27 November 2020 and will close at midnight CET on 7 February 2021. There are **two pathways** to qualify for the WRICH Finals: The Open Qualification Pathway and the Continental Qualification Pathway.

4.1. Qualification Principles

1. The WRICH Qualification is open to all competitors anywhere in the world who can access a Concept2 static ergometer (PM3 or later). Refer to 2- Equipment & Event Setup.
2. Competitors will have the opportunity to qualify for the Finals during the qualification period above.
3. Team changes or competitor changes are not permitted between the WRICH Qualification and the WRICH Finals. The same person(s) who has qualified for a WRICH Final must compete in that WRICH Final.
4. If an individual is unable to participate in a Final for which they have qualified (for any reason, including medical), that place in this Finals will be offered to the next ranked competitor via the same qualification pathway through which they qualified.
5. If a member of a team is unable to participate in a Final for which they have qualified for medical reasons, the competitor must provide a medical certificate to World Rowing as soon as possible in order to approve of a medical substitution. If a member of a team is unable to participate in the Final for which they have qualified for non-Medical reasons, that place in this Finals will be offered to the next ranked team via the Open qualification pathway.
6. There is no limit to the number of race categories for which a competitor can enter and, therefore, qualify (subject to eligibility rules above). In the case of a competitor entering and then qualifying in multiple race categories, resulting in a possible scheduling constraint, World Rowing will not change the Competition Schedule. The competitor would be required to accept their place in a Final two weeks prior to the Final race. The competition schedule of the Finals is included below for planning purposes.
7. Competitors are responsible for ensuring that they are able to meet the verification and eligibility requirements for their qualification entry(ies).
8. Details on an entry (for example, competitor name, email address, and other personal details) can be changed by the competitor up to the submission of a qualification piece. After the submission of a qualification piece, the competitor(s) attached to an entry cannot be changed, and typos will need to be corrected by World Rowing upon request.

4.2. Continental Qualification Pathway

One qualification event will be organised in each of the five continents recognised by World Rowing: Africa, Americas, Asia, Europe, and Oceania. Each event will be organised by an Organising Committee (OC) that has been selected by World Rowing. Details for each continental qualifier are included in Appendix 4.

1. Each event will offer a virtual competition option (i.e. competitors can compete from their home, gym, club, etc). Some OCs may choose to offer physical competition sites as part of their Continental Qualifier in addition to a virtual option. Competitors should contact the OC of their Continental Qualifier directly to obtain details on how to compete in the event.
2. Competitors who would like to be considered for a qualification place in the WRICH must meet all eligibility requirements outlined in these terms and conditions for the WRICH, irrespective of any local requirements.
3. Not all race categories at the WRICH include an option to qualify for the Final via the Continental Qualification Pathway. Please review the Qualification Standards (below) to find the number of places in the Final per race category which are available for qualification via the Continental Qualification Pathway.
4. Competitors will only be eligible to qualify via the Continental Qualification Pathway in the Continental Qualifier which includes their stated nationality (continental groupings are listed below). A Continental Qualifier Organising Committee may, at their discretion, allow competitors of other nationalities to compete in their event without any qualification opportunity.

4.3. Open Qualification Pathway

1. The Open Qualification Pathway is open to any person who has access to a Concept2 static ergometer (PM3 or later) and the means to appropriately confirm eligibility and verify their score. Competitors need to register for the WRICH through the WRICH entry portal in order to be able to enter the open qualification pathway. Competitors can register at <https://worldrowing.entries.regatta-systems.com/>. Entries will open on 23 November 2020.
2. Competitors must complete their qualification piece during the timeframe of the WRICH Qualification. Competitors may update their qualification piece if they perform a better qualification piece within the window of the WRICH Qualification. Qualification scores must be submitted online via the entry portal within the qualification period. Late submissions will not be accepted.
3. Competitors must complete a qualification piece of the same race type as the race category for which they are trying to qualify. For example, a competitor trying to qualify for the WRICH Final of the 1 hour race should complete a 1 hour qualification piece.
4. Competitors must set up their Concept2 performance monitors (PM3, PM4, or PM5) in accordance with the race category-specific instructions below.
5. Competitors who compete at a continental qualification event (below) and do not earn an automatic qualification place in their race category may submit their score via the open qualification pathway in the same race category, providing that they are also able to meet the verification requirements. In this instance, the WRICH open qualification pathway entry fee would not be charged. **Eligible competitors in Continental Qualifiers will be emailed directly (2-3 days after the Continental Qualifier takes place) with instructions on how to 'recycle' their score for Open Qualification without having to pay the WRICH entry fee.**

6. For individual race categories, a maximum of two competitors with the same nationality may qualify for a Final race via open qualification. Competitors must declare their nationality (or choose one, if they carry multiple passports) at the time of entry to the WRICH. After nationality is declared, a competitor cannot change their nationality for the purposes of the 2021 WRICH.
7. All race categories at the WRICH include an option to qualify for the Final via the Open Qualification Pathway. Please review the Qualification Standards (below) to find the number of places in the Final per race category which are available for qualification via the Open Qualification Pathway.

4.4. Qualification Standards

Group 1

Qualification for the following race categories will be:

- **top 10 eligible competitors via the Open Qualification Pathway**
- **top 2 eligible competitors per Continental Qualifier (10 total)**

Open Men 2000m	Lwt Men 2000m	U19 Men 500m
Open Women 2000m	Lwt Women 2000m	U19 Women 500m
U23 Men 2000m	Open Men 500m	Lwt Men 500m
U23 Women 2000m	Open Women 500m	Lwt Women 500m
U19 Men 2000m	U23 Men 500m	
U19 Women 2000m	U23 Women 500m	

WRICH Finals	
Group 1 race categories – 20 Finalists	
Open Qualification	Continental Qualification
1-	Africa 1-
2-	Africa 2-
3-	Americas 1-
4-	Americas 2-
5-	Asia 1-
6-	Asia 2-
7-	Europe 1-
8-	Europe 2-
9-	Oceania 1-
10-	Oceania 2-

Group 2

Qualification for the following race categories will be:

- top 5 eligible competitors via the Open Qualification Pathway
- top 1 eligible competitor per Continental Qualifier (5 total)

U23 Lwt Men 2000m
 U23 Lwt Women 2000m
 PR1 Men 2000m
 PR1 Women 2000m
 PR2 Men 2000m
 PR2 Women 2000m
 PR3 Men 2000m
 PR3 Women 2000m
 Masters 30-39 Men 2000m
 Masters 40-49 Men 2000m
 Masters 50-54 Men 2000m
 Masters 55-59 Men 2000m
 Masters 60-64 Men 2000m
 Masters 65-69 Men 2000m
 Masters 70-74 Men 2000m
 Masters 75-79 Men 2000m
 Masters 80-84 Men 2000m
 Masters 85-89 Men 2000m
 Masters 90-94 Men 2000m
 Masters 95-99 Men 2000m
 Masters 100+ Men 2000m
 Masters 30-39 Women 2000m
 Masters 40-49 Women 2000m
 Masters 50-54 Women 2000m
 Masters 55-59 Women 2000m
 Masters 60-64 Women 2000m
 Masters 65-69 Women 2000m
 Masters 70-74 Women 2000m
 Masters 75-79 Women 2000m
 Masters 80-84 Women 2000m
 Masters 85-89 Women 2000m

Masters 90-94 Women 2000m
 Masters 95-99 Women 2000m
 Masters 100+ Women 2000m
 Masters 30-39 Lwt Men 2000m
 Masters 40-49 Lwt Men 2000m
 Masters 50-54 Lwt Men 2000m
 Masters 55-59 Lwt Men 2000m
 Masters 60-64 Lwt Men 2000m
 Masters 65-69 Lwt Men 2000m
 Masters 70-74 Lwt Men 2000m
 Masters 75-79 Lwt Men 2000m
 Masters 80-84 Lwt Men 2000m
 Masters 85-89 Lwt Men 2000m
 Masters 90-94 Lwt Men 2000m
 Masters 95-99 Lwt Men 2000m
 Masters 100+ Lwt Men 2000m
 Masters 30-39 Lwt Women 2000m
 Masters 40-49 Lwt Women 2000m
 Masters 50-54 Lwt Women 2000m
 Masters 55-59 Lwt Women 2000m
 Masters 60-64 Lwt Women 2000m
 Masters 65-69 Lwt Women 2000m
 Masters 70-74 Lwt Women 2000m
 Masters 75-79 Lwt Women 2000m
 Masters 80-84 Lwt Women 2000m
 Masters 85-89 Lwt Women 2000m
 Masters 90-94 Lwt Women 2000m
 Masters 95-99 Lwt Women 2000m
 Masters 100+ Lwt Women 2000m
 U23 Lwt Men 500m
 U23 Lwt Women 500m

WRICH Finals	
Group 2 race categories – 10 Finalists	
Open Qualification	Continental Qualification
1-	Africa 1-
2-	Americas 1-
3-	Asia 1-
4-	Europe 1-
5-	Oceania 1-

Group 3

Qualification for the following race categories will be:

- **top 10 eligible competitors/teams via the Open Qualification Pathway**

Team Test – Men	PR3-II Men 500m	Masters 40-49 Lwt Men 500m
Team Test – Women	PR3-II Women 500m	Masters 50-54 Lwt Men 500m
Team Test – Mixed	Masters 30-39 Men 500m	Masters 55-59 Lwt Men 500m
1hr Men	Masters 40-49 Men 500m	Masters 60+ Lwt Men 500m
1hr Women	Masters 50-54 Men 500m	Masters 30-39 Lwt Women
PR3-II Men 2000m	Masters 55-59 Men 500m	500m
PR3-II Women 2000m	Masters 60+ Men 500m	Masters 40-49 Lwt Women
PR1 Men 500m	Masters 30-39 Women 500m	500m
PR1 Women 500m	Masters 40-49 Women 500m	Masters 50-54 Lwt Women
PR2 Men 500m	Masters 50-54 Women 500m	500m
PR2 Women 500m	Masters 55-59 Women 500m	Masters 55-59 Lwt Women
PR3 Men 500m	Masters 60+ Women 500m	500m
PR3 Women 500m	Masters 30-39 Lwt Men 500m	Masters 60+ Lwt Women 500m

WRICH Finals

Group 1 race categories – 10 Finalists

Open Qualification

1-	6-
2-	7-
3-	8-
4-	9-
5-	10-

5. Monitor Setup and Verification for Open Qualification Pathway

In order to verify a qualification piece, competitors will need to follow these verification guidelines, and competitors must set up their Concept2 performance monitors (PM3, PM4, or PM5) in accordance with the race category-specific instructions below. **Please note that qualification pieces performed on interval or 'just row' settings will not be accepted.**

Submissions/entries which are not adequately verifiable will not be considered for qualification for the 2021 World Rowing Indoor Championships.

5.1. Performance Monitor Setup

2000m or 500m Qualification Piece Setup

1. To turn on the Performance Monitor, press any button.
2. On the Main Menu, choose More options
3. Select Display drag factor
4. Set desired resistance
5. On the Main Menu, choose Select Workout.
6. Select New Workout.
7. Select Single Distance.
8. On the Set Distance window, set the workout distance (**2000m or 500m**), split length, and PaceBoat (as desired):
 - a. Choose plus or minus to increase/decrease the values as needed.
 - b. Choose the right and left arrows to navigate through the various digits.
9. Select Units (as many times as needed) to change the units to /500m splits.

1 hour Qualification Piece Setup

1. To turn on the Performance Monitor, press any button.
2. On the Main Menu, choose More options
3. Select Display drag factor
4. Set desired resistance
5. On the Main Menu, choose Select Workout.
6. Select New Workout.
7. Select Single Time.
8. On the Set Time window, set the workout time (**1 hour**), split length, and PaceBoat (as desired):
 - a. Choose plus or minus to increase/decrease the values as needed.
 - b. Choose the right and left arrows to navigate through the various digits.
9. Select Units (as many times as needed) to change the units to /500m splits.

Team Test Qualification Piece Setup

Each competitor on a team of four must complete a qualification piece. These must all be completed and submitted with all verification materials prior to the end of the WRICH Qualification, however team members do not have to complete their qualification piece at the same time or in the same place.

1. To turn on the Performance Monitor, press any button.

2. On the Main Menu, choose More options
3. Select Display drag factor
4. Set desired resistance
5. On the Main Menu, choose Select Workout.
6. Select New Workout.
7. Select Single Time.
8. On the Set Time window, set the workout time (**3 minutes**), split length, and PaceBoat (as desired):
 - a. Choose plus or minus to increase/decrease the values as needed.
 - b. Choose the right and left arrows to navigate through the various digits.
9. Select Units (as many times as needed) to change the units to watts.

5.2. Competitor Verification

Competitors are required to submit a video of the full qualification piece. Videos must meet the following criteria in order to be valid:

- i. Videos must be a single take and must not be edited in any way.
- ii. Videos must include:
 - a. an introduction of the competitor, clearly showing their face (without obstructions, such as glasses, a hat covering the part or all of the face, etc).
 - b. a close-up of the monitor before the start (clearly demonstrating the race distance or time set).
 - c. a clear view of the competitor and Concept2 machine throughout the duration of the qualification piece.
 - d. a close-up of the monitor of the memory screen after the finish (clearly demonstrating completion of the piece with accompanying score). The memory screen should show the correct units for the workout. This would be /500m splits for the 500m, 2000m, and 1 hour race categories, and watts for the Team Tests.
 - e. A proof of date and time (this could be including the home screen of a phone or computer screen showing the date and time)
- iii. Competitors may use any video camera or camera phone to record this video on the condition that the quality is sufficient to see all of the above listed details.
 - a. Competitors may also record their competitor verification via specialised competition video verification apps, such as WODProof. The WODProof App is offering competitors of the WRICH 2021 the option to film their verification video with the official event logo. Click [HERE](#) for further instruction.

[Example video](#)

If the qualification piece was completed as part of a Continental Qualifier, the event organiser will provide confirmation of the competitor's identity and eligibility, as well as association of the competitor with their respective qualification piece.

5.3. Score Verification

Before completing your qualification piece, **please ensure that the dates and times on your Concept2 Performance Monitor are set accurately, and that your Performance Monitor's firmware has been updated.** If this is not done, your verification code will not be accepted.

Complete one of the following:

1. Submit a 16-Digit Verification Code of your qualification piece to the entry portal
How-to find your verification code for a [PM3](#), [PM4](#), and [PM5](#)
2. Upload a verified score to the Concept2 Logbook (and connect it to your entry via the entry portal)

If the qualification piece was completed as part of a Continental Qualifier, competitors' results will be available via the Time-Team entry portal for qualification purposes, and can be used in the Open Qualification Pathway for qualification in the same race category. Competitors will not need to submit a verification code in addition to this.

5.4. Lightweight Weigh-in Protocol (for qualification)

Competitors entered in a lightweight race category are required to weigh-in **between two hours and one hour before they start their qualification piece**. The video evidence submitted must show the following in one video:

1. The competitor's full body and face stepping onto a digital scale in their racing clothes
2. The digital scale reading visible in kilograms, showing the weight to 0.1 kilograms
3. A proof of date and time (this could be including the home screen of a phone or computer screen showing the date and time). The corresponding qualification piece should also be time stamped in the same way to demonstrate that the weigh-in window was accurate.
4. Competitors may use any video camera or camera phone to record this video on the condition that the quality is sufficient to see all of the above listed details.
 - a. Competitors may also record their weigh-in video via specialised competition video verification apps, such as WODProof. The WODProof App is offering competitors of the WRICH 2021 the option to film their weigh-in video with the official event logo and a timestamp. Click [HERE](#) for further instruction.

[Example video](#)

Competitors will be asked to submit photographic identification as part of the entry process. A lightweight competitor weigh-in submission will be verified using the submitted photographic identification.

Any competitor who is not able to meet the above requirements appropriately, or who fails to make weight, will not be eligible to qualify in a lightweight category. Those competitors may have their qualification piece considered for the corresponding open weight race category.

Any competitor found to have improperly carried-out the weigh-in procedure or to have falsified any of the weighing procedures faces disqualification and possible bans on future competition opportunities.

NOTE ON WORLD RECORDS: Competitors who believe that they may break a world record during either the qualification or final race phase of the WRICH should contact Concept2 in advance of competing to indicate this possibility. In addition to following all of the score verification protocols (as outlined on [Concept2's website](#)), lightweights must be weighed-in no earlier than two hours before their race, under independent supervision, on approved scales. Using personal scales with a family member present will not count. Weigh-in should satisfy the same level of scrutiny as at a physical indoor rowing event. Competitors should contact Concept2 in advance of competition in order to ensure that their planned weigh-in strategy is approved and would be accepted by Concept2.

6. WRICH Finals

6.1. Participation in WRICH Finals

Participation in the WRICH Finals is limited to those competitors (individual and teams) who have qualified.

1. If an individual is unable to participate in a Final for which they have qualified (for any reason, including medical), that place in this Finals will be offered to the next ranked competitor via the same qualification pathway through which they qualified.
2. If a member of a team is unable to participate in a Final for which they have qualified for medical reasons, the competitor must provide a medical certificate to World Rowing as soon as possible in order to approve of a medical substitution. If a member of a team is unable to participate in the Final for which they have qualified for non-Medical reasons, that place in this Finals will be offered to the next ranked team via the Open qualification pathway.
3. For planning and eligibility purposes, the dates of the WRICH Finals are listed below. Competitors should ensure that they are able to compete in any Finals for which they qualify based on the schedule below.
4. Finalists will need to communicate their planned race location to World Rowing no later than two weeks prior to their Final race via the entry portal. This information may be used for in-competition doping control. It is the sole responsibility of the competitor to ensure that their race day location (address) is correct and accurate.
5. Finalists will be required to participate in a test of the live race software and video streaming (if applicable) with World Rowing within 2 weeks of the Final races.
6. The top 3 individuals/teams in each race category will be awarded with a virtual certificate. Due to the environmental cost of shipping, no physical medals will be awarded.

6.2. Schedule

All Finals will take place in real time (i.e. live) between 12h00-16h15 Central European Time.

Competitors should ensure that they are available to compete in the WRICH Final of the category for which they are entering, and account for any necessary time zone differences.

Tuesday 23 February 2021	Wednesday 24 February 2021
PR1 2000m	Open 500m
PR3 2000m	U19 500m
PR3-II 2000m	U23 Lwt 500m
U23 Lwt 2000m	Masters 30-39 2000m
Lwt 2000m	Masters 30-39 Lwt 2000m
U23 2000m	Masters 40-49 2000m
Masters 30-39 Lwt 500m	Masters 40-49 Lwt 2000m
Masters 30-39 500m	Masters 50-54 2000m
Masters 40-49 Lwt 500m	Masters 50-54 Lwt 2000m
Masters 50-54 Lwt 500m	Masters 55-59 2000m
Masters 55-59 Lwt 500m	Masters 55-59 Lwt 2000m
Masters 55-59 500m	Masters 60-64 2000m
Masters 60+ Lwt 500m	Masters 60-64 Lwt 2000m
Masters 60+ 500m	Masters 65-69 2000m
	Masters 65-69 Lwt 2000m

Thursday 25 February 2021	Saturday 27 February 2021
PR1 500m PR2 500m PR3-II 500m Masters 70-74 2000m Masters 70-74 Lwt 2000m Masters 75-79 2000m Masters 75-79 Lwt 2000m Masters 80-84 2000m Masters 80-84 Lwt 2000m Masters 85-89 2000m Masters 85-89 Lwt 2000m Masters 90-94 2000m Masters 90-94 Lwt 2000m Masters 95-99 2000m Masters 95-99 Lwt 2000m Masters 100+ 2000m Masters 100+ Lwt 2000m Team Test – Men Team Test – Women	1 hour Masters 40-49 500m Masters 50-54 500m PR3 500m U23 500m Lwt 500m Team Test – Mixed U19 2000m PR2 2000m Open 2000m <i>*Note: Finals taking place on Saturday 27 February will be part of a full video live stream including race commentary and competitor interviews. Further details about setup for the live stream will be shared directly with competitors who qualify for the above listed Finals.</i>

6.3. Lightweight Weigh in Protocol (for Finals)

Competitors entered in a lightweight final race are required to weigh-in between two hours and one hour before the start of their race. Video evidence of the competitor's weight must be uploaded to the World Rowing Indoor Championships entry portal at least one hour prior to the start of their race. Video evidence needs to show in one video:

1. A labelled test weight in kilogrammes or equivalent (such as a dumbbell or weighted plate) being placed on the digital scale to be used, with a clear reading of the weight indicated on both the test weight and the digital scale reading visible. The weight cannot be a modifiable weight (i.e. a sandbag, adjustable dumbbell, etc).
2. The test weight subsequently removed from the digital scale, and the competitor's full body (including their face) on a digital scale in their racing clothes.
3. The scale reading visible in kilograms, showing the weight to 0.1 kilograms
4. Proof of the weigh-in date and time (details on how to timestamp weigh-in submission videos will be sent directly to lightweight finalists)

Any competitor who is not able to meet the above requirements appropriately, or who fails to make weight, will still be able to race but their score will not be included in the official event results. Weigh-in submissions will be verified as quickly as possible, but it is possible that not all results will be verified prior to the start of each race. As such, final race results will not be confirmed until all weigh-in submissions for a particular race have been verified and approved.

NOTE ON WORLD RECORDS: Competitors who believe that they may break a world record during either the qualification or final race phase of the WRICH should contact Concept2 in advance of competing to indicate this possibility. In addition to following all of the score verification protocols (as outlined on [Concept2's website](#)), lightweights must be weighed-in no earlier than two hours before their race, under independent supervision, on approved scales. Using personal scales with a family member present will not count. Weigh-in should satisfy the same level of scrutiny as at a

venue race. Competitors should contact Concept2 in advance of competition in order to ensure that their planned weigh in strategy is approved and would be accepted by Concept2.

7. Live Race Software, Entry Portal, and Results

The data and results provider, as well as the live racing software and entry platform provider, is Time-Team.

In order to participate in the open qualification pathway for the WRICH, competitors must first submit their entry via <https://worldrowing.entries.regatta-systems.com/>. Entries will open on 23 November 2020. Once the entry is created, competitors will have to complete all required information, nominate teammates (if applicable) and pay the entry fee. An entry fee of €15 per entry will be charged in the entry portal for entry into the open qualification pathway (“WRICH entry fee”). This portal will also be where competitors will be required to upload all of their score, competitor, and weigh-in verification materials.

Please note that competitors who compete in a Continental Qualifier for the WRICH will be required to enter via the entry portal arranged by and pay the entry fee set by the Organiser of the Continental Qualifier, however will not be required to pay the WRICH entry fee if they qualify for the Final via the Continental pathway *or* if they use their race in the Continental Qualifier as an Open qualification piece for the same race category. For example, a competitor who races in the Masters 30-39 2000m race in their Continental Qualifier Event and does not earn a spot in the final via the Continental Qualifier can ‘recycle’ their 2000m score, and enter it via the Open Qualification pathway for the Masters 30-39 2000m race category in the WRICH without having to pay the WRICH entry fee. **Eligible competitors in Continental Qualifiers will be emailed directly (2-3 days after the Continental Qualifier takes place) with instructions on how to ‘recycle’ their score for Open Qualification without having to pay the WRICH entry fee.**

Please note that no refunds of the WRICH entry fee will be issued for any reason, including failure to submit a qualification piece, failure to weigh-in, ineligibility, technical disruption or malfunction, failure to meet all verification standards, or failure to qualify for the Final. Competitors should ensure that they meet all required standards of eligibility and are able to adequately verify their qualification piece prior to submitting an entry to the WRICH. Entry Fees will be used to cover operation costs of the event, including the costs of the entry portal used and score verification.

Results will be published at www.worldrowing.com

Time-Team’s live race software will be used during all Continental Qualifiers, as well as during the live Finals of the WRICH. For further instruction on how to connect to the live race software, please review the Live Race Set Up Manual.

8. Medical & Anti-Doping

8.1 Medical

- a. All competitors accept on entry that they will be competing in a very strenuous activity, and therefore are in good health and have been cleared by a medical doctor to participate in physical activity. As the competition is a virtual event it is required that competitors do not compete alone and that they have another person available to render assistance if necessary.
- b. It is strongly recommended that competitors participating in the WRICH undergo the [World Rowing Pre-competition Health Screening](#).
- c. If a competitor has tested positive for COVID-19, had symptoms of COVID-19, or had suspected COVID-19 without a test, or if a competitor feels unwell, has recently been suffering from a virus, or is on medication for acute illness, World Rowing recommends that they do not take part in the WRICH. The participation in the WRICH is entirely at your own risk.

8.2 Anti-Doping

Doping is fundamentally contrary to the spirit of sport, the principle of fair play, medical ethics and can be harmful for the health of the rowers. Doping is strictly prohibited in the WRICH, or any qualification events or attempts.

For information about prohibited substances and methods, please consult WADA's Prohibited List which will come into effect on 1 January 2021: https://www.wada-ama.org/sites/default/files/resources/files/2021list_en.pdf

For additional information, please refer to World Rowing's anti-doping information page on the website [Anti-Doping information page](#) which includes information about Therapeutic Use Exemptions (TUE). Please note that as a condition of participation in the WRICH, competitors may be subject to anti-doping testing. If World Rowing chooses to collect a sample from a Rower who is not an International Level Rower and that Rower is using a Prohibited Substance or Prohibited Method for therapeutic reasons, World Rowing will permit the Rower to apply for a Retroactive TUE. Please note that participation in this event on its own does not qualify a rower as International Level for TUE purposes.

For additional questions related to Anti-Doping, please email Natalie Schmutz at natalie.schmutz@fisa.org

9. Appendix 1: Competitor Commitment, Liability & Waiver

Competitor Commitment, Liability & Waiver

Competitors in the 2021 World Rowing Indoor Championships and all corresponding qualification events and qualification pathways agree to abide by the WORLD ROWING Rules of Racing and other rules regulating indoor rowing and the World Rowing Indoor Championships. By entering and participating in the Championships, competitors recognise and accept:

1. Authority – WORLD ROWING’s authority on all matters concerning international rowing.
2. Governance – the mandatory character of the Statutes, the Bye-Laws and other rules regulating WORLD ROWING, in their current version and as amended from time to time, and agree to uphold and abide by them without reservation, in particular but not limited to their individual commitment set out in Articles 56 and 57 and their obligations under Part V “Integrity of Sport” regarding:
 - a. Ethical Principles & Integrity – The obligation to respect fundamental ethical principles and to behave, in all circumstances, in an appropriate manner, and they agree to respect the WORLD ROWING Code of Ethics (Bye-Law to Article 58 of the WORLD ROWING Statutes)
 - b. Integrity in Competition – The obligation to be bound by, and be required to respect the Bye-Law to Article 59 of the WORLD ROWING Statutes relating to Manipulation of Competition and Betting. In this regard competitors accept that only one entry shall be accepted per competitor and that this entry is final. Competitors shall not engage any other person to compete on their behalf and acknowledge that the engagement of another person to compete on their behalf shall constitute a breach of these terms of entry as well as a breach of the WORLD ROWING Statutes such that their entry may be voided and they might be penalised extending to monetary sanctions or a ban from all competition.
3. Anti-doping – the authority of WORLD ROWING regarding Anti-doping set out in WORLD ROWING’s Statutes, Rules and Bye-Laws and the World Anti-Doping Code and Regulations including to implement in- and out-of-competition anti-doping testing and the biological passport; and;
 - a. Confirm that they do not use and that they will not use substances or methods that are prohibited by the WORLD ROWING and WADA anti-doping rules;
 - b. Agree to submit to any tests (blood, urine, breath, DNA, etc.) carried out by WORLD ROWING, WADA or any other approved agency, and;
 - c. Accept, if they infringe the anti-doping provisions, that they might be penalised extending to, in a relevant case, a life ban from all competition.
4. Filming – the possibility of being filmed (either for television or any other medium), photographed, identified or recorded in any other way during the 2021 World Rowing Indoor

Championships, all corresponding qualification events and pathways, and other WORLD ROWING activities in which they take part under the conditions and for purposes currently or in the future authorised by WORLD ROWING. Such films or other recordings may be used by WORLD ROWING or parties authorised by WORLD ROWING in any way, including sale and advertising, for the promotion and development of rowing, without any right to payment of compensation, but excluding the use which implies endorsement by the competitor of any other commercial entity, product or service.

5. Personal Data – that WORLD ROWING, or third parties contracted by WORLD ROWING, may collect, store, process, use and disclose to third parties, competitor personal data related to participation in any competition organised under the umbrella of WORLD ROWING (the “Personal Data”) to the extent necessary to facilitate participation in, and/or the organising and promoting of, rowing competitions, and may create and keep up to date the Personal Data on sports databases, and may use such Personal Data in any other way in which the competitor has or will provide their express consent or as may be required or permitted by law.

6. Social Media – that if a competitor publishes any comments, opinions and any other material in any way, including on social and digital media at or in relation to a WORLD ROWING event, they are solely responsible for the consequences of this action. They will ensure that these comments or opinions comply with applicable laws and that all necessary permissions have been obtained from any third parties whose image or property is used. When using social and digital media, competitors will not:

- a. Violate the privacy of third parties;
- b. Infringe upon any intellectual property rights, or other rights of any third party;
- c. Disclose any information which is confidential or private in relation to another person or organisation;
- d. Interfere with the competitions or ceremonies of WORLD ROWING events, or
- e. Violate security measures instituted to ensure the safe conduct of WORLD ROWING events.

In addition, competitors acknowledge that they can be held personally liable for any commentary and/or material deemed to be obscene, offensive, defamatory, or otherwise illegal, or infringing on any third party’s rights.

7. Jurisdiction – WORLD ROWING’s jurisdiction to make any decision or impose any sanction within its field of competence. Competitors accept all such WORLD ROWING decisions or sanctions with only the reservation of paragraph 8 below.

8. Right to Appeal – the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, as the only competent judicial authority external to WORLD ROWING to settle in a definitive manner any litigation remaining after all internal WORLD ROWING remedies have been exhausted and any appeal against a final decision taken by WORLD ROWING which affects a competitor, and that this excludes any other ordinary court of law, any civil judicial authority of any country and any arbitration body.

9. Swiss Law – the application of Swiss law and the Swiss federal procedural law as supplemental to WORLD ROWING and CAS rules and regulations with Lausanne as the only place and seat of the arbitration.

Waiver

World Rowing makes no representation to competitors as to the suitability, condition or safety of the event. By entering the World Rowing Indoor Championships or participating in the qualification tournament (including competing at a qualifier event or making any qualification attempt), competitors accept and acknowledge that participation in the event involves physical activity and may involve risks and dangers of accidents, personal and bodily injury and property loss or damage. Each competitor competes entirely at their own risk and confirms that they are in good health and have no medical or health condition that could endanger or limit their ability whilst participating in the event. Each competitor understands and has considered and evaluated the nature, scope and extent of the risks involved, and voluntarily and freely chooses to assume these risks.

Competitors accept and understand that World Rowing does not provide any insurance, whether life or medical or liability, for any illness, accident, injury, loss or damage that may arise in connection with participation in the event.

In consideration of their acceptance of the entry form, competitors agree that neither World Rowing nor its partners, their respective directors, officers, employees, representatives, agent successors and assigns are liable for any injury, loss, claim, or damage to the health, wellbeing or property of any participant or anyone else caused by or arising out of participation in the World Rowing Indoor Championships.

To the maximum extent permitted by applicable law, competitors hereby irrevocably and unconditionally agree to hold harmless, indemnify and reimburse World Rowing, its directors, employees, volunteers and other staff from and against any claim, sum, costs, damages or expenses (including reasonable legal fees) arising in connection with any accident, loss or damage arising out of their participation in the event.

Without prejudice to the waiver and limitation of liability above, World Rowing strongly recommends that competitors do not row alone. It is recommended to have someone available and with the competitor during a qualification attempt or final race. At a minimum, it is recommended that competitors should alert someone of the planned date and time of their qualification attempt or final race.

Junior competitors should have a parent or legal guardian present during a qualification attempt or final race. Parents or legal guardians of a competitor participating in a Junior category are expected to be responsible for the safety of the competitor during a qualification attempt or final race. The decision to participate or to enter a Junior competitor in the event is made in full recognition of the associated risks outlined above and is entirely at the risk of the Junior competitor and their parent or legal guardian.

10. Appendix 2: Race Categories (113 race categories)

The following race categories will be included in the 2021 World Rowing Indoor Championships.

Lwt = Lightweight

2000m

Open Men	Masters 80-84 Men	Masters 70-74 Lwt Men
Open Women	Masters 85-89 Men	Masters 75-79 Lwt Men
U23 Men	Masters 90-94 Men	Masters 80-84 Lwt Men
U23 Women	Masters 95-99 Men	Masters 85-89 Lwt Men
U19 Men	Masters 100+ Men	Masters 90-94 Lwt Men
U19 Women	Masters 30-39 Women	Masters 95-99 Lwt Men
Lwt Men	Masters 40-49 Women	Masters 100+ Lwt Men
Lwt Women	Masters 50-54 Women	Masters 30-39 Lwt Women
U23 Lwt Men	Masters 55-59 Women	Masters 40-49 Lwt Women
U23 Lwt Women	Masters 60-64 Women	Masters 50-54 Lwt Women
PR1 Men	Masters 65-69 Women	Masters 55-59 Lwt Women
PR1 Women	Masters 70-74 Women	Masters 60-64 Lwt Women
PR2 Men	Masters 75-79 Women	Masters 65-69 Lwt Women
PR2 Women	Masters 80-84 Women	Masters 70-74 Lwt Women
PR3 Men	Masters 85-89 Women	Masters 75-79 Lwt Women
PR3 Women	Masters 90-94 Women	Masters 80-84 Lwt Women
Masters 30-39 Men	Masters 95-99 Women	Masters 85-89 Lwt Women
Masters 40-49 Men	Masters 100+ Women	Masters 90-94 Lwt Women
Masters 50-54 Men	Masters 30-39 Lwt Men	Masters 95-99 Lwt Women
Masters 55-59 Men	Masters 40-49 Lwt Men	Masters 100+ Lwt Women
Masters 60-64 Men	Masters 50-54 Lwt Men	PR3-II Men
Masters 65-69 Men	Masters 55-59 Lwt Men	PR3-II Women
Masters 70-74 Men	Masters 60-64 Lwt Men	
Masters 75-79 Men	Masters 65-69 Lwt Men	

500m

Open Men	PR2 Women	Masters 55-59 Women
Open Women	PR3 Men	Masters 60+ Women
U23 Men	PR3 Women	Masters 30-39 Lwt Men
U23 Women	PR3-II Men	Masters 40-49 Lwt Men
U19 Men	PR3-II Women	Masters 50-54 Lwt Men
U19 Women	Masters 30-39 Men	Masters 55-59 Lwt Men
Lwt Men	Masters 40-49 Men	Masters 60+ Lwt Men
Lwt Women	Masters 50-54 Men	Masters 30-39 Lwt Women
U23 Lwt Men	Masters 55-59 Men	Masters 40-49 Lwt Women
U23 Lwt Women	Masters 60+ Men	Masters 50-54 Lwt Women
PR1 Men	Masters 30-39 Women	Masters 55-59 Lwt Women
PR1 Women	Masters 40-49 Women	Masters 60+ Lwt Women
PR2 Men	Masters 50-54 Women	

Other Categories

The 'Team Test' race will feature four competitors per team, all racing for a 3 minute maximum watt test. Teams will be scored by their team's average watts. Team members can be of the same or different nationalities as each other.

Team Test – Men

Team Test – Women

Team Test – Mixed (2 Women, 2 Men)

The 1 hour test will be an individual race scored by distance. Scores will be ranked by the metres rowed in 60 minutes.

1hr – Men

1hr – Women

11. Appendix 3: Continental Groupings

The 2021 WRICH will use the International Olympic Committee (IOC) recognised continental groupings, as listed below:

African Continental Qualifier includes passport holders from:

Algeria	Djibouti	Madagascar	Sierra Leone
Angola	Egypt	Malawi	Somalia
Benin	Equatorial Guinea	Mali	South Africa
Botswana	Eritrea	Mauritania	South Sudan
Burkina Faso	Eswatini	Mauritius	Sudan
Burundi	Ethiopia	Morocco	Tanzania
Cameroon	Gabon	Mozambique	Togo
Cape Verde	Gambia	Namibia	Tunisia
Central African Republic	Ghana	Niger	Uganda
Chad	Guinea	Nigeria	Zambia
Comoros	Guinea-Bissau	Rwanda	Zimbabwe
Congo	Kenya	São Tomé and Príncipe	
Congo DR	Lesotho	Senegal	
Côte d'Ivoire	Liberia	Seychelles	

Americas Continental Qualifier includes passport holders from:

Antigua Barbuda	Cayman Islands	Guyana	Saint Lucia
Argentina	Chile	Haiti	Saint Vincent and the Grenadines
Aruba	Colombia	Honduras	Suriname
Bahamas	Costa Rica	Jamaica	Trinidad and Tobago
Barbados	Cuba	Mexico	United States
Belize	Dominica	Nicaragua	Uruguay
Bermuda	Dominican Republic	Panama	Venezuela
Bolivia	Ecuador	Paraguay	Virgin Islands
Brazil	El Salvador	Peru	
British Virgin Islands	Grenada	Puerto Rico	
Canada	Guatemala	Saint Kitts and Nevis	

Asian Continental Qualifier includes passport holders from:

Afghanistan	Japan	Mongolia	Chinese Taipei
Bahrain	Jordan	Myanmar	Tajikistan
Bangladesh	Kazakhstan	Nepal	Thailand
Bhutan	North Korea	Oman	Timor-Leste
Brunei	South Korea	Pakistan	Turkmenistan
Cambodia	Kuwait	Palestine	United Arab Emirates
China	Kyrgyzstan	Philippines	Uzbekistan
Hong Kong, China	Laos	Qatar	Vietnam
India	Lebanon	Saudi Arabia	Yemen
Indonesia	Macau, China	Singapore	
Iran	Malaysia	Sri Lanka	
Iraq	Maldives	Syria	

European Continental Qualifier includes passport holders from:

Albania	Denmark	Kosovo	Portugal
Andorra	Estonia	Latvia	Romania
Armenia	Finland	Liechtenstein	Russia
Austria	France	Lithuania	San Marino
Azerbaijan	Georgia	Luxembourg	Serbia
Belarus	Germany	Malta	Slovakia
Belgium	Great Britain	Moldova	Slovenia
Bosnia and Herzegovina	Greece	Monaco	Spain
Bulgaria	Hungary	Montenegro	Sweden
Croatia	Iceland	Netherlands	Switzerland
Cyprus	Ireland	North Macedonia	Turkey
Czech Republic	Israel	Norway	Ukraine
	Italy	Poland	

Oceania Continental Qualifier includes passport holders from:

American Samoa	Micronesia FS	Northern Mariana Islands	French Polynesia (Tahiti)
Australia	Nauru	Palau	Tokelau
Cook Islands	New Caledonia	Papua New Guinea	Tonga
Fiji	New Zealand	Samoa	Tuvalu
Guam	Niue	Solomon Islands	Vanuatu
Kiribati	Norfolk Island		Wallis and Futuna
Marshall Islands			

12. Appendix 4: Continental Qualification Events

The **African Continental Qualifier** for the WRICH will take place on **28 November 2020**, and will be hosted by the St. Andrew's School for Girls (Gauteng, RSA). For more information on this event, and to register once entries have opened, please visit <https://virtualregatta.africa/>

The **Americas Continental Qualifier** for the WRICH will take place on **6-7 February 2021**, and will be hosted by the Canadian Indoor Rowing Association. For more information on this event, and to register, please visit <http://www.cdnindoorrowing.org/>

The **Asian Continental Qualifier** for the WRICH will take place on **24 January 2021**. On behalf of the Asian Rowing Federation, the Hong Kong, China Rowing Association will host the event. More information on this event and registration details will be published in due course on the Association's website www.rowing.org.hk.

The **European Continental Qualifier** for the WRICH will take place on **5-6 December 2020**, and will be hosted by British Rowing. This Continental Qualifier will be held as a part of BRIC Online (this year's edition of the British Rowing Indoor Championships), which will also act as the 2021 European Rowing Indoor Championships. For more information on this event, and to register once entries have opened, please visit <http://www.britishrowing.org/BRICOnline>.

The **Oceania Continental Qualifier** for the WRICH will take place on **5 December 2020**, and will be hosted by the New Zealand Indoor Rowing Association. This event will also double up as the 2020 Oceania Rowing Indoor Championships. For more information on this event, and to register, please visit <https://www.indoorrowing.co.nz/page/events/>.