

# ABRIDGED RULES-ROWING (Indoor) – 2022 - Page 1

## GUIDING BODY

World Police and Fire Games Federation (WPFGF)  
8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111 USA  
Tele. (858) 571-9919; FAX: (858) 571-1641; E-MAIL: 4info@cpaf.org

Concept 2 Rowing Ergometer, 105 Industrial Park Drive;  
Morrisville, VT 05661 U.S.A.  
Tele. + 802-888-6333 (For Rules) [US & Canada – only - Toll Free: 800-245-5676]  
Web-Site: www.concept2.com E-Mail: rowing@concept2.com

## EVENTS

ALL INDIVIDUAL EVENTS WILL BE OFFERED IN BOTH A LIGHT WEIGHT & A HEAVY WEIGHT DIVISION. WEIGHT DIVISIONS SHALL BE:

Men:	Lightweight	Under 165 lbs (74.83 Kg)
	Heavyweight	165 lbs & Over
Women:	Lightweight	Under 135 lbs (61.23 Kg)
	Heavyweight	135 lbs & Over

### **INDIVIDUAL (“SINGLES”); 500 METER & 2000 METER: MEN & WOMEN**

Each weight division in Men's and Women's Singles events will be offered in the following age categories:

18 +	50 +
30 +	55 +
35 +	60 +
40 +	65 +
45 +	70+ (Men only)

### **DOUBLES; 1000 METER: MEN, WOMEN & MIXED**

All Doubles events will be conducted over a combined distance of 1000 Meters. All Doubles events will be offered in the following age categories (no weight divisions):

18 +	50 +
30 +	60 +
40+	70+ (Men only)

## EQUIPMENT

## ABRIDGED RULES-ROWING (Indoor) – 2022 - Page 2

CONCEPT II Rowing Ergometers with Video Performance Monitors interconnecting shall be the only equipment used.

### BRACKETS

All competitors will row in a qualifying heat. The 8 fastest times will qualify for the Finals.

**WEIGH-IN PROCEDURES FOR SINGLES EVENTS:** Weighing-in of the competitors may take place the evening before their day of competition if agreed upon by the WPFGE Rowing Director. Late entries or those who were unable to make the evening weigh-in (if authorized) SHALL weigh-in the morning of their event. **ALL COMPETITORS SHALL ATTEND THE JUDGES' BRIEFING.**

### SCHEDULING

(Singles' scheduling includes both Heavyweight and Lightweight Divisions).

DAY 1: AM: Singles; Men & Women qualifying  
PM: Singles; Men's Finals  
PM: Singles; Women's Finals

DAY 2: AM: Doubles; Men & Women qualifying  
PM: Doubles; Men's Finals  
PM: Doubles; Women's Finals

DAY 3: AM: Mixed Doubles qualifying  
AM: Mixed Doubles Finals.

### GENERAL SPORT RULES for Rowing - Indoor

Ergometers will be available at the competition site for daily practice. Competitors may use any gear or wind vent setting they choose, but may not change it during the race. Doubles entries may pre-register or create teams up to the beginning of the Doubles competition subject to *WPFGE General Rules*.