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# Rowing Abridged Rules



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## General Information

### Guiding Bodies

World Police and Fire Games Federation (WPFGF)

7944 Convoy Ct , San Diego, CA 92111 USA

Tele. (858) 571-9919 FAX: (858) 571-1641

E-mail: [4info@cpaf.org](mailto: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](http://www.concept2.com) E-Mail: [rowing@concept2.com](mailto:rowing@concept2.com)

### Venue

RBC Convention Centre

### Entry Deadline

July 1, 2023

### Event Information

All individual events will be offered in both a lightweight & a heavyweight division.

Individual (Singles)

500 Meters & 2000 Meters

- Men
  - Age Categories: 18 +, 30+, 35+, 40+, 45+, 50 +, 55 +, 60 +, 65 +, 70+ & 75+
  - Weight Divisions:
    - Lightweight - Under 165 lbs (74.83 Kg)
    - Heavyweight - 165 lbs & Over
- Women
  - Age categories: 18 +, 30+, 35+, 40+, 45+, 50 +, 55 +, 60 + & 65 +
  - Weight Divisions:
    - Lightweight - Under 135 lbs (61.23 Kg)



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■ Heavyweight - 135 lbs & Over

Doubles (no weight divisions)

1000 Meters

- Men
  - Age Categories: 18 +, 30+, 40+, 50+, 60+ & 70+
- Women & Mixed
  - Age Categories: 18 +, 30+, 40+, 50+, & 60+

Active competitors from police, fire and eligible first responder agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**.

Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes cross country lines.

## Competition Format

### Bracketing

All competitors will row in a qualifying heat. The 8 fastest times will qualify for the Finals. If 8 or fewer competitors are entered in any age group/weight class that class will compete as a final with no additional qualifying heat.

**Weigh-in procedures for singles events:** Weighing-in of the competitors may take place the evening before their day of competition. Late entries or those who were unable to make the evening weigh-in (if authorized) must weigh-in the morning of their event.

### Scheduling

Scheduled for 3 days of competition. See [Sport Schedule](#) for dates.

Day 1: AM: Singles; Men & Women's 2000 Meter qualifying  
PM: Singles; Men's 2000 Meter Finals  
PM: Singles; Women's 2000 Meter Finals

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



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Day 3: AM: Mixed Doubles qualifying  
AM: Mixed Doubles Finals.  
PM: Singles Men's & Women's 500 Meter qualifying  
PM: Singles Men's & Women's 500 Meter Finals.

*Note: Singles events include both Weight and Divisions*

### **Awards**

Medals are awarded 1st through 3rd for each division.

## **Sport Rules**

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 WPFPG General Rules.

### **Pre Competition Meeting**

All competitors must attend the judges' briefing. More information will be shared on the confirmation letter.

### **Players Conduct**

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participant's immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFPGF, who will investigate each incident to determine if additional discipline will be imposed.