

# PITTSBURGH INDOOR ROWING CHAMPIONSHIP

## 2009 RACE RULES



**Three Rivers  
Rowing  
Association**

• Washington's Landing  
Boathouse  
• Millvale Boathouse and  
Training Center

300 Waterfront Drive  
Pittsburgh PA 15222  
412.231.8772  
Fax: 412.231.5337  
www.threeriversrowing.org  
trra@threeriversrowing.org

1. All participants should be in the on deck circle at least ten (10) minutes prior to the start of their event.
2. Each participant must be confirmed during roll call by on-deck volunteers.
3. A shirt or a unisuit top must be worn. Headphones are allowed, but participant **MUST** be able to hear race officials if needed.
4. Ergs are set for 2000 meters. The monitor will automatically prompt participants to stop warming up when the race is about to begin. The monitor will set itself.
5. Participants are allowed to adjust their foot stretchers and damper setting. However, all adjustments must be made quickly and well in advance of the start of the race. Participants may warm up until their monitor prompts them to stop.
6. The damper setting may not be changed during the race.
7. Each participant is allowed to have ONE person as their coxswain. This person can be an athlete, friend or coach, but only one person is allowed.
8. **START of each race:**
  - a. DO NOT start early. Follow the prompts on your monitor.
  - b. DO NOT touch the monitor since it serves as a back-up in the event of computer failure.
  - c. If the monitor stops working, do not stop rowing until someone tells you to do so.
9. **END of race:**
  - a. DO NOT let go of or drop the erg handle.
  - b. A volunteer will come by to manually record times as back up.
  - c. **Please Do NOT touch** the monitor.
  - d. Get up as quickly as possible to free up the space for the next race.
10. **SAFETY:**
  - a. If a participant feels ill or out-of-the-ordinary in any way, do not race.
  - b. If a participant needs to stop during their race, they should do so.
  - c. Asthmatics need to remember their inhaler.
  - d. First Aid is located on the race floor.
  - e. **Please** remember to be hydrated **AND** eat food the day of the race.
11. Any participant, who receives a CRASH-B qualifying time, **MUST** see Race Director, Rick Brown, before they leave **TODAY**. Consult timing table to locate regatta director. Qualifying times are listed at results.



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## 12. RELAY RACE RULES\*\*

- Each participant (team of 6) will race 500 meters to total 3,000 meters.
- Each team may choose the order of participants.
- The lead off rower begins seated on the machine.
- Each rower must complete their 500 meter piece before the next teammate may approach the handle. Only the next rower may take the handle.
- The coxswain may sit or stand alongside the rower and offer any strategy or encouragement but may not otherwise assist, except to secure the foot stretchers of the transitioning athletes.
- The other teammates (not rowing) may hold onto the rower's feet but may not touch the handle.
- Please try and make transitions smoothly and safely.

\*\*Teams that violate any of these rules forfeit their eligibility for their respective championship plaque.