

# European Rowing Indoor Championship and Danish Championship

**Copenhagen 26th January 2019**

## **Addendum to ergometer rules given by Danish Rowing Association (DFfR)**

### **1) Exemptions to the Danish Ergometer rules granted by DFfR Racing Committee.**

**Rules § 1, 3 and § 3, 7a late entry:** The Committee has granted exception accepting late entry (except for race 405, 406, 407, and 408).

**Rules § 3, 3 weight limits.** The Committee has granted exception giving the below weight limits:

For light weight (LW) junior B women 15/16 years	57,5 kgs.
For light weight (LW) junior B men 15/16 years	67,5 kgs.
For light weight (LW) junior A women 17/18 years	60,0 kgs.
For light weight (LW) junior A men 17/18 years	70,0 kgs.
For light weight (LW) senior/master women	61,5 kgs
For light weight (LW) senior/master men	75,0 kgs

### **2) Weighing**

All rowers participating in **Light Weight races** or in **Relay races** must register their personal weight at the day at the weight stand next to the regatta office earliest 2 hours before and latest 1 hour before rowers first LW or relay race of the day.

### **3) Nationality rules**

#### **Danish Championships (DIF) (Races No. 405, 406, 407, 408)**

To be classified in an individual or collective event within the Danish Indoor Rowing Championships, and to claim a title, one must be member of a club under the Danish Rowing Association.

#### **European Championships (Races 301, 302, 303, 304, 305, 306, 405, 406, 407, 408)**

To be classified in an individual event of the European Championships, and to claim a title participant must be of nationality of one of the member countries of the European Rowing Management Board.

#### **DFfR Championships and Euro Open**

DFfR and Euro Open Competition is open to everyone, without any identity conditions of participation.

Picture proof of identity and nationality (passport, driver's license or similar) may be requested.

### **4) Useful information on race types**

#### **Individual races**

Coaching is allowed at a seat next to the competitor.

#### **Team races, relay**

Each team will row one single ergometer. The change-overs must be done on the fly and within - / + 50 meter at each quarter of the distance. (500 / 1000 meter). Team mates may assist when shifting. The race result includes the time spent on change-overs. Each team is being given a handicap based on participants' age,

gender, and weight. Weighing must be earliest two hours before and latest one hour before participants' first race of the day where weighing required. Coaching is not allowed in relay races.

## 5) Titles and medals

Four types of titles/medals will be awarded:

### **Danish Championships (DIF). In race list marked 2)**

4 Danish Champion titles will be awarded provided a minimum of 3 competitors entered in the race. Medals being given to the first three rowers in the ranking. To claim title, the participant must be member of a club under the Danish Rowing Association.

### **European Championships. In race list marked 1)**

10 European Champion titles will be awarded. Medals being given to the first three rowers in the ranking. To claim title participant must be of nationality of one of the member countries of the European Rowing Management Board.

### **DFfR championships. In race list marked 3)**

Medals will be given to the first three rowers / teams in the ranking.

### **Euro Open Championships. In race list marked 4)**

Medals will be given to the first three rowers / teams in the ranking.

## 6) Withdrawal

In case of withdrawal, please notify the Regatta Office or [laustskar@gmail.com](mailto:laustskar@gmail.com), as soon as possible, mentioning race No(s), full name, age category. Registration fees will not be refunded.