

Danish Rowing Association (DFfR)

Rules for Ergometer Rowing

§ 1 – ERGOMETER ROWING

1. These rules apply to open Danish Championships in ergometer rowing, as well as for national competitions arranged by a committee within a club under Danish Rowing Association (DFfR).
2. In connection with races where DFfR's boat race rules, rules for ergometer rowing, or long distance boat race rules apply, may change his/her club affiliation per 1st. November or 1st. April, though only once within 12 consecutive months, unless the Racing Committee under DFfR grants exemption. Application for exemption must be filed with the Racing Committee at the latest 30 days before the ordinary registration is closed. The Racing Committee informs the Long Distance Race Committee about their decisions.
3. Only members of a club under DFfR may participate in the Ergometer Danish Championship approved by the Sports Confederation of Denmark (DIF). Late entry is not accepted in Danish Championship races approved by the Sports Confederation of Denmark.
4. By registering all rowers must accept to adhere to DFfR's Rules for Ergometer Rowing, DIF's rules for Danish Championships as well as WADA's doping rules. Should it not be the participant himself who registers the entry, the registrant must make sure that the participant accepts as stated above.
5. Negotiations concerning potential TV or radio transmission rights in connection with a Danish Championship take place between DFfR and the relevant TV or radio company. A potential transmission income is disposed of by DFfR's Executive Committee.

§ 2 – EVENTS AND SPORTING MANAGEMENT

1. Responsibility for an ergometer event, the administrative and sporting management of an event, resides with the Organizing Committee which is responsible to DFfR.
2. The sporting management consist of minimum:
Two umpires.
The necessary number of controllers
The umpires must be national / international umpires under DFfR.

§ 3 – RULES OF COMPETITION

1. DFfR approved rowing ergometer equipment must always be used. The ergometers are distributed by lot.
2. Distances by Danish Championships / selection races / assessment races are always 2000 meter.
Exceptions:
U11 (Junior E – 10 years)
U12 (Junior D – 11 years) 2 minutes
U13 (Junior D – 12 years) 2 minutes
U14 (Junior C – 13 years) 3 minutes
U15 (Junior C – 14 years) 4 minutes
Recreational rowing 1000 meter

2a. Danish championships are settled in a final for each class. If necessary preliminary races are arranged at the same day as the final. In preliminary races time is decisive for further participation in the final.

3. Classification follows the below categories for women as for men:

U11 (Junior E – 9 and 10 years)

U13 (Junior D – 11 and 12 years)

U15 (Junior C – 13 and 14 years)

U17 (Junior B – 15 and 16 years)

U19 (Junior A – 17 and 18 years)

U23 (Senior B – 19 to 22 years)

Senior A – 23 to 29 years

Master 30 – 39 years

Master 40 – 49 years

Master 50 – 59 years

Master 60 – 69 years

Master 70 – 79 years

Master 80 years and over

Junior rowers move to the next category on 31st. December in the year when he/she becomes 12, 14, 16, and 18 years of age, respectively. The same applies for senior rowers. Master rowers are classified according to the age the rower achieves during the calendar year. Juniors in U19, U17, and U15 classes may move up one class. Juniors in U13 class may not move up. Master rowers may move down in classes, though not into junior classes.

Weight limits:

For light weight (LW) men 75 kgs.

For light weight (LW) women 61,5 kgs.

There will be races for light weight rowers in all senior and master classes.

3a. There will be official Danish Championship (DIF) 2000 meter in classes:

Senior women open

Senior men open

Senior women light weight open

Senior men light weight open

4. By relay races (DFfR Championships) for club teams (same club) the distance is: for junior 10 – 16 years 4 x 500 meter and for junior 17 – 18 years, senior and master rowers 4 x 1000 meter with change every 500 / 1000 meters (+ / - 50 meter). Time handicaps for the teams are calculated in accordance with current DFfR handicap table basis age / gender / weight.

5. Rowers must be dressed identically by slide as well as relay competition.

6. In case of a false start in races with handicap calculations, the team (teams) will be given a time punishment or disqualified at the end of the race at the umpire's discretion.

7. By individual Danish Championship (DIF) a minimum of 3 competitors must be entered for a race, for the winner to be reckoned as Danish Champion.

7a. Late entry shall not be accepted for DIF-, Year, or DFfR Championships.

8. Only DFfR approved “performance monitors” may be used for time recording.
9. Mechanical damage:
Preliminary races: During the race the others continue, and the rower with mechanical damage rows his chance in a later heat.
Finals: Only restart if the damage happens within 100 meters from start. Otherwise the rower is deleted from the race.
10. It is umpire’s responsibility that the competition is rowed in accordance with the rules, and that no external course may favor or bother a rower.
11. The umpire controls that all participants and controllers are in place minimum 2 minutes before a start, and that clocks are properly set. Warning is given on late show and by false start. By second warning the rower is excluded.
Weighing: same day between 1 and 2 hours before scheduled race time. In case of preliminary heat, its time of start is used as reference point.
The start: The electronic count down at the approved “performance monitor” will be used.
12. Protest against management of the competition must be handed to the referee in writing latest one hour after finalizing races within the class. A fee for objection is decided at the main annual meeting of the Danish Rowing federation. The fee is returned if the objection is sustained.

§ 4 - INVITATION - ENTRY – LIST OF RESULTS

1. Invitation must include:
 - a. Place and day.
 - b. Classifications and distances.
 - c. Entry fees.
 - d. Date and time for ordinary entry deadline.
 - e. Address / telephone number for entry and correspondence.
 - f. Other relevant information.
2. Registration:
Registration for ergometer rowing must be filed as described in the invitation latest the 10th day before first day of racing at 12:00 hours noon. Registrations must use DFfR’s official electronic registration system. Seat fee must be paid together with the entry.
3. Start lists:
Start lists must inform handicap as well as weight for each single rower.
4. Result lists:
Result lists are published at the internet / website.

§ 5 – Exemptions

The Racing Committee under DFfR may under extraordinary circumstances grant exemption from these rules.