

# WPFG ABRIDGED RULES: ROWING (Indoor) - Page 1

## GUIDING BODY

World Police and Fire Games Federation (WPFGEF)  
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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

NOTE: This is an optional sport for the Host if they are unable to obtain the equipment.

## 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”); 2000 METER: MEN & WOMEN**

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

Open:	18 - 29	Grand Master (A): 50 - 54
Senior (A):	30 - 34	Grand Master (B): 55 - 59
Senior (B):	35 - 39	Grand Master (C): 60 - 64
Master (A):	40 - 44	Grand Master (D): 65 +
Master (B):	45 - 49	

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

All Doubles events will be offered in the following age categories (no weight divisions):

Open:	18 - 29	Master: 40 - 49
Senior:	30 - 39	Grand Master: 50 +

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### EQUIPMENT

Eight (8) 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 WPFGF 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 WPFG General Rules.