

Rules of rafting competition on ergometers

1. Discipline Sprint
2. Time of Sprint 2 minutes
3. Category R4 Juniors – Seniors
4. The competitors must synchronize their paddling as one. The rhythm is given by the first competitor on the right. All unadjusted strokes of any other rower are penalized with 10 penalty points, each.
5. The average weight of the competitor is 80 kg, and every kg over this specific weight is penalized with 1 (penalty) point, while every kg below is awarded 1 positive point.
6. Every point is equal to 1 m.
7. The final score of the rowers is the score of the R4 team.
8. Every team that commits a fault twice while starting will be disqualified.
9. In the case of any type of accident the judge will raise a red flag accompanied by a sound signal in order to stop the competition of that specific team.
10. The team's fate in the competition is then decided by the jury.

EXPLANATIONS – OVERVIEW

1. Sprint has been known as the simplest discipline for competitions, with the next step in competitions being Head to Head due to its appeal, dynamics, as well as it being an interesting sport to be viewed by the public.
2. I have chosen time as the method of assessing the competition instead of distance due to numerous reasons. In the case we had a finite length of the path, the competitors would reach the finish line in accordance to their strength in varying time, and that alone would result in failure in terms of synchronized rowing within each team. The specific time of 2 minutes has shown itself to be most successful time in terms of the competitors being capable of sprinting at their maximum capability. Within this chosen time, the better competitors covered approximately 500 m, which is often the length chosen for Sprint competitions. I believe that the time of two minutes could be lowered, however not increased.
3. R4 has an advantage over R6 in enclosed quarters when using an ergometer. It is of essential importance that there should be age categories: younger juniors, juniors, seniors, and veterans.
4. Due to the fact that our sport is a team sport, synchronized rowing by several rowers as one is of utmost importance since it provides a true relationship as on water. The judges must take into account one of the two front rowers as a reference to the other rowers in the team due to the harmony of the team. My choice was that it should be the front right rower, and that the other competitors must know that prior to the start of the competition. Every unsynchronized row with the front right rower brings 10 penalty points regardless of the rower and number of times it is committed. Only if one of the rowers stops to row due to injury, tiredness, or a personal

reason, should there be a count of 5 missed rows as 50 penalty points. In such a case, further counting of missed rows is stopped, due to the fact that the competitor is then directly affecting the placement of their team negatively due to not rowing. In case of mechanical damage or damage on the ergometer, as well as processor, the race is stopped and the team is given a chance to start last.

5. The average weight of the rower according to his age category must be considered as a necessary use of measure, and it is 80 kg for the senior category. Every kg above the average measure is given one penalty point, and every kg below it is awarded one positive point. This rule is of utmost importance due to the fact that past and current research has shown that rowers who weigh more consistently achieve better results than those who weigh less on ergometers. This effect is lowered on water due to their weight burdening the boat. It is possible to use a software program where the weight of the rower is taken into account in order for the program to calculate the penalty points. However, this has proven to be a method that when used in competitions slows down the event itself, and I believe that the system of penalty points is the fastest and most fair since the competitors weights are measured prior to the competition and are listed in the list of results.
6. The worth of the points should be chosen according to numerous parameters, including: discipline, the length of the race, age category, as well as the number of competitors in the team. In the discipline of Sprint in the time category of 2 minutes, 1 point for 1 m should be used, while other values should be used when the duration is changed.
7. When summing the total results of all competitors in the team, their final result is calculated which is displayed using meters. The team that has covered the longest distance is the winning team. The competitions results provide different values as well, which are those that each individual competitor has achieved, showing the covered distance, the power in Watts, as well as the frequency. Therefore, the trainers along with the competitors have an accurate view of the given parameters, as well as the amount contributed by each competitor individually.
8. The rule regarding the second penalty at start is the same as in the basic rules from the competitions held on water.
9. In the case of a team being impeded throughout the duration of the race, such as in the event of mechanical damage on the ergometer, the race is stopped by a signal from the judge, and the team is then given a chance to start anew.
10. The jury should conduct their duties in the same manner that is used in classic rafting events, and all other judges should use the rules that are applied for rafting competitions.