



## Proskiff Indoor Sprint Champs Conditions of Racing 2018

- Athletes may set the drag, and units on the PM monitor of their machines but once the race has started they may not alter these settings.
- Only athletes and officials will be allowed into the racing area.
- Athletes must be ready to go at least 5 minutes prior to their race.
- Athletes must race on the ergs as directed.
- A competitor representing a club/school/gym should wear a t-shirt or singlet in their school/club/gym affiliate colours if possible. Unaffiliated rowers may wear a t-shirt or singlet of their choosing.
- The handle of the rowing machine is only to be released once placed at the front of the erg, or in the handle holder. Releasing the handle while the chain is extended will result in immediate disqualification from the event.
- For age group events the rower's age grade will be their age as of December 31 2017.
- All scratchings must be notified at least one hour prior to the start of that particular race.
- Individual events will be raced over 500m, and 100m. Team events are raced over 2000m.
- All teams must have four members who will complete 500m each, except corporate teams which will have eight members and each member must complete 250m.
- The only event to have heats and a final will be the corporate rowing event.
- If an event has more than one full heat placings will be based on times.
- Members of team events may be changed up to 20min before the race start time by informing the race officials.
- Rowers may nominate one person to join them in the race area to hold the front of the erg during racing. That person should ensure they do not interfere with the erg in anyway, this includes covering the vents on the fly wheel.
- Teams are not allowed any outside help during changeovers. If foot straps are being help this must be done by members of the team
- Every endeavour will be made to maintain the racing structure as proposed. However, the event committee reserves the right to alter, for any reason it sees fit, the programme as published.
- Team members may be changed between the heat and final for the corporate teams to allow all members a chance to race.
- The race officials reserve the right to make reasonable amendments to these rules if the need arises.