



COMPETITION REGULATIONS

1. Athletes are prohibited from throwing/ releasing the handle of the ergometer. For the finish to be valid the athletes must leave the handle in its socket. An athlete who intentionally lets go of the handle will be penalized with disqualification.
2. Only the competing athlete and their coach are allowed to be in the ergometer area.
3. In the doubles competition, each team is allowed to have ONE coach and ONE assistant in order to hold down the foot straps.
4. In the GYM CHALLENGE (2000m) competition, each team is allowed to have ONE coach or assistant with them, however they are forbidden to assist with the foot straps. Each athlete may row any distance but the changes must always take place in the same order of rotation.
5. In the 4 team 1000m challenges, the race order must be in the form of FEMALE-FEMALE-MALE-MALE or MALE-MALE-FEMALE-FEMALE. The maximum distance covered by each gender cannot exceed 500m +/- 20 metres.
6. Any unsportsmanlike behaviour will be punished with the penalty of disqualification.
7. Athletes must wear their wristband with the code and number of the race on their wrists before entering the competition area.

REGULATIONS FOR REGISTERING A NATIONAL RECORD

1. For a national record to be valid, the race must meet the following criteria:
2. The ergometer must be static.
3. The flywheel of the ergometer must be completely stopped.
4. The ergometers must be connected to the concept live viewer system.
5. The athletes must be Cypriot citizens.
6. The race must be official, recognized by the Cyprus Rowing Federation or the World Federation.
7. In the lightweight categories the limit is 74kg for men and 60.5kg for women. Concept has them in lbs which if translated into kg are 75 and 61.5 respectively. Their weighing is done 1 to 2 hours before the start of the race, on a precision scale and certified by the umpires.
8. The age categories in which a National record can be achieved are the following: 1. JD, 2. JC, 3.JB, 4.JA, 5.U23 LW, 6.U23HW, 7.OPEN LW, 8.OPEN HW , 9.MASTERS LW 30-39, 10.MASTERS HW 30-39, 11.MASTERS LW 40-39, 12.MASTERS HW 40-39, 13.MASTERS LW 50-59, 14.MASTERS HW 50-59, 15 .MASTERS LW 60-69, 16.MASTERS HW 60-69. 17. MASTERS 70+.



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