



Indoor Rowing Rules

Distance: 500m

Sport Classes: (Within each of these classes, there are events for men and women)

- **AS:** Arms and Shoulders class is for rowers who have no minimal trunk function (i.e. shoulder function only). An AS class rower is able to apply force predominantly using the arms and/or shoulders. These athletes will likely also have poor sitting balance. In addition, these athletes are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs. (If you are unable to sit unassisted or return to an upright position unassisted after leaning forward you are most likely in the AS sport class.)
- **TA:** Trunk and Arms class is for rowers who have functional use of the trunk and who are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs. (If you are unable to perform a full squat unassisted or do not have the use of your legs you are most likely in the TA sport class.)
- **LTA:** Legs, Trunk, and Arms class is for rowers who have functional use of their leg(s), trunk, and arm(s) for rowing, and who can utilize the sliding seat.

Includes:

- **LTA-PD** (physically disabled)
- **LTA-AK** (single above the knee amputee)
- **LTA-VI** (visually impaired – B1, B2, B3)
- **LTA-TBI, PTSD** (Traumatic Brain Injury, Post Traumatic Stress Disorder)
- **LTA-S** (single grip)

Persons with a combination of impairments (ex. A person with an arm amputation and TBI) will row in the sport class of the physical disability.

Age Division- The race organizer may choose at their discretion to further divide an event into a Senior Division should the number of registered participants warrant a separate division. The suggested age divisions are under 40 years and over 40 years.



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These sport classes are based on FISA sport classes for the sport of rowing only. For more information about FISA Sport Classifications- <http://www.worldrowing.com/para-rowing/>

Questions? Please contact Deb Arenberg, Adaptive Program Development Specialist, deb@usrowing.org