



AVIRON

INDOOR

**CHAMPIONNATS DE FRANCE
UNSS & FFA**

8.9 FEVRIER 2019 | PARIS STADE CHARLETY

RULEBOOK

2000 M - 500 M - RELAYS

**REGISTRATION FROM
DECEMBER, 31ST TO JANUARY, 28TH**



ffaviron.fr

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ACCEPTANCE OF THE RULES

Participation in one of the MAIF - Indoor Rowing events (French championships) implies the express and unreserved acceptance by each participant of these rules and the FFA Indoor Rowing Competition Code.

I. THE EVENT

The MAIF Indoor Rowing event is organized by the French Rowing Association with the technical support of INCEPT SPORT. This event will also host the French School Championships organized by the National Union of School Sport on Friday, 8th and the affiliated CrossFit boxes Challenge on Saturday, 9th. Moreover, the Avirose Challenge is organized to promote the post-breast cancer rehabilitation program.

64 Concept2 rowers (model D - PM5) are connected together to a computer system to manage the race and display their virtual positions on a giant screen. Each rower is represented by a "boat" allowing the spectators to follow the effort of the participants.

Date: Friday 8th, for the UNSS Championship and Saturday 9th of February 2019 for the MAIF Indoor Rowing

Place: Charpy Hall-Charléty stadium - 99 boulevard Kellermann 75013 PARIS (RER B: Cité Universitaire)

Opening of the doors: Friday at 10:30 - Saturday at 7:00

II. CONDITIONS OF PARTICIPATION: membership + medical certificate.

Individual and collective events are open to any person, French or all other nationalities, holding a 2019 A (annual), U (university), BF (fixed bench), I (indoor annual) or IE (indoor events) FFA membership.

Anyone wishing to register must first make sure to choose a type of membership to participate. In the absence of an annual license A, U, I or BF giving access to the activities and services of the FFA from September 1 to August 31, the license IE (indoor events), priced at 6 euros, only valid for the time of the event, will allow French or foreign rowers to participate.

In accordance with the Sport Code, a medical certificate of no contraindication to the practice of rowing, indoor rowing, fitness, strength or cardio-training activities in competition dated less than one year ago at the creation of member account.

For members A, U, I or BF in a club, it must be entered on the member account on the federal intranet.

For individual indoor members (members I), it must be sent to the FFA before the event so that the membership can be validated and allows registration.

For IE members for the championship, it must be uploaded at the time of creation of member account or presented on D-day if necessary.

If the conditions listed above are not respected, registration and / or participation will not be validated.

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III. EVENTS AND PRICES

CHAMPIONNATS DE FRANCE & OPEN > EPREUVES - CATÉGORIES - TARIFS							
Catégories				2000 m/1000 m	500 m	Relais 4 x 500 m	500 m à 4
14-16 ans	H	F		20 €	12 €		
17-18 ans	H	F		20 €	12 €		
Sénior (19 ans et plus)	H TC	F TC	H PL	F PL	20 €	12 €	
30-39 ans	H TC	F TC	H PL	F PL	20 €	12 €	
40-49 ans	H TC	F TC	H PL	F PL	20 €	12 €	
50-54 ans	H TC	F TC	H PL	F PL	20 €		
55-59 ans	H TC	F TC	H PL	F PL	20 €		
50-59 ans	H TC	F TC	H PL	F PL		12 €	
60-64 ans	H TC	F TC	H PL	F PL	20 €		
65-69 ans	H TC	F TC	H PL	F PL	20 €		
60 ans et plus	H TC	F TC	H PL	F PL		12 €	
70 ans et plus	H TC	F TC	H PL	F PL	20 €		
CrossFit	H	F			20 €	12 €	
Para-aviron PR 1	H	F			20 €	12 €	
Para-aviron PR 2	H	F			20 €	12 €	
Para-aviron PR 3	H	F			20 €	12 €	
Para-aviron PR 3 ID	H	F			20 €	12 €	
Relais Homme	H					40 €	
Relais Femme		F				40 €	
Relais Mixte	M					40 €	
Relais Mixte Open	M					40 €	
Relais Mixte CrossFit	M					40 €	
Relais Mixte Avirose	F					40 €	
Relais Aviron adapté	H, F ou M					40 €	
Relais Handi-Valide	M						40 €
Relais Handi-Santé	M					40 €	
CHAMPIONNAT DE FRANCE SCOLAIRE UNSS > EPREUVES - CATÉGORIES - TARIFS							
Catégories				2000 m	500 m	Relais 4 x 500 m	1000 m à 4
Collège	H	F				40 €	
Lycée	H	F				40 €	
Sport Partagé	40 € - détails des épreuves dans la Fiche Sport Aviron Indoor UNSS						

Championnats de France
Epreuves Open
Epreuves Sport Adapté
Championnat UNSS

H Homme
 F Femme
 TC Toutes catégories
 PL Poids léger
 M Mixte au moins 1H/1F

PR 1 Bras-épaules
 PR 2 Tronc-bras
 PR 3 Jambes-tronc-bras
 PR3 ID Handicap mental

Rates do not include the FFA membership, at least IE (6 €), mandatory to participate and must be paid before registering because the member code is required for registration.

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IV. REGULATION OF EVENTS

A. Age categories

ATTENTION NEW: All ages indicated in this rule book are those reached by the competitor on the day of the competition, on February 9, 2019.

B. Individual tests

B1 Events of the French Championships

14-16 years old: 14 to 16 years old (F-H) - 2000 m / 500 m

17-18 years old: 17 to 18 years old (F-H) - 2000 m / 500 m

Senior: from 19 years old (F-H, FPL-HPL) - 2000 m / 500 m

30-39: 30 to 39 years old (F-H, FPL-HPL) - 2000 m / 500 m

40-49: 40 to 49 years old (F-H, FPL-HPL) - 2000 m / 500 m

50-54: 50 to 54 years old (F-H, FPL-HPL) - 2000 m

55-59: 55 to 59 years old (F-H, FPL-HPL) - 2000 m

50-59: 50 to 54 years old (F-H, FPL-HPL) - 500 m

60-64: 60 to 64 years old (F-H, FPL-HPL) - 2000 m

65-69: 65 to 69 years old (F-H, FPL-HPL) - 2000 m

60+: 50 to 54 years old (F-H, FPL-HPL) - 500 m

70+: 70 years old and over (F-H, FPL-HPL) - 2000 m

PR 1, PR 2 and PR 3: (F-H) senior (from 15 years old) having been classified and whose performance over 2000 m does not exceed 12 minutes and 30 seconds. - 2000 m / 500 m

B2 Adapted Rowing events - race distance: 1000 m / 500 m

PR 3 ID (F-H): senior (from 15 years old) with a mental disability

C. Team races

In the team races, the teams consist of 4 people taking turns on the same rower to cover a total distance of 1000 or 2000 m.

A team is obligatorily composed of 4 people.

C1 French Championship events - race distance: 2000 m (4 x 500 m)

For the collective events of the French Championship, the 4 team members must be members A, U, BF or I in the same club of the FFA.

Senior men relay: 4 men from 15 years old

Senior women relay: 4 women from 15 years

Senior mixed relay: 4 rowers including at least 1 man and 1 woman from 15 years

C2 Open events - race distance: 2000 m (4 x 500 m) or 1000 m to 4

The team races event called "Open" (Open, Affiliated Box, Avirose, Handi-valide, Handi-Santé) are open to all A, U, BF, I or IE members without the 4 team members being from the same club. Teams must be composed of at least 1 man and 1 woman (except Avirose) in addition to the criteria listed below:

- Open relay (4 x 500 m): teams of 4 seniors (from 15 years old)

- Affiliated Box Relay (4 x 500 m): 4 senior team (from 15 years old). See criteria p.6 Affiliated Box Challenge

- Relay Avirose (4 x 500 m): team of 4 women (from 15 years old). See criteria p.6 Challenge Avirose

- Relay Handi-Valide (1000 m with 4 rowers): team of 4 seniors (from 15 years) including at least one classified PR 1, PR 2 or PR 3 (male or female).

- Relay Handi-Santé (4 x 500 m): team of 4 seniors (from 15 years old) including at least 2 people with disabling illness (sports prescription certificate) or with a disability recognized by the MDPH (MDPH certificate) = > documents to send at registration to handicaps@ffaviron.fr.

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C3 Adaptive Rowing events - race distance: 500 m with 4 rowers.

Adaptive Rowing Relay: team of 4 seniors men, women or mixed (from 15 years) with a mental handicap.

D. Regulation of relays

D1 Relay 4 x 500 meters

The passage of relay is done by the transmission of a baton between each of the 4 members of the team.

The relay passages must be done in the following intervals:

2nd relay between 1530 and 1470 m

3rd relay between 1030 and 970 m

4th relay between 530 and 470 m.

Throughout the course, each runner is alone on the rower, without the assistance of his 3 teammates.

1. Before the start, the 4 teammates are placed behind a line marked on the ground, located about 5 m behind the rower. The first rower is in possession of a baton.
2. At the starting signal, "Ready ... Go", the first rower comes to put his baton behind the rower's back foot. The 3 crew members who do not row must stand constantly behind the line.
3. When he finishes his run, the torchbearer recovers his baton and comes to pass the relay to his teammate who can not cross the line once the passage of baton.
4. With regard to the handling of the baton, a rower may cross the line only in his possession, at the start or transmitted by the previous rower. The baton must then be placed and immobilized behind the foot of the ergometer before the rower settles. He is solely responsible for the positioning of the baton. If it is not placed in the place provided, the rower can not begin his race.
5. The race is over when the 2000m is covered. The last relayer does not need to report the baton on the line.

D2 1000 meters to 4

In Handi-valid relays made in "1000m with 4 rowers", the starting rules differ according to the handicap of the teammate:

PR1 teammate: the 4 competitors leave sitting on their ergometer.

PR2 teammate: 2 of 4 competing competitors start sitting on their ergometer.

PR3 teammate: the 4 competitors leave behind the line.

E. Light weight category (PL)

In this category, the maximum weight of the competitors is:

61.5 kg for women

75 kg for men

The lightweight competitors are weighed every competition day, dressed in competition clothes (without shoes), no earlier than two hours and at the latest one hour before the first lightweight event in which they participate.

A competitor entered in the lightweight category who is not at legal weight during the official weigh-in or weighed out of time will be classified in heavyweight.

F. Categories Para-rowing over 2000 m

The events are open to women and men in the following categories:

Para-rowing PR 1 (arm-shoulders)

Para-rowing PR 2 (trunk-arm)

Para-rowing PR 3 (leg-trunk-arm and visual impairment)

The 2000m para-rowing events are reserved for rowers whose performance does not exceed 12 minutes and 30 seconds. The race will be interrupted at the end of this maximum allowed race time.

A classification will take place on Friday 8 February (for categories PR 1, PR 2 and PR 3) with prior appointment

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with the French Rowing Federation.

For all appointments and inquiries regarding these categories, please contact us at: handicaps@ffaviron.fr

V. REGISTRATION

To register, go to www.aviron-indoor.fr

Opening of registrations Monday, December 3, 2018 at 8am.

Closing of registrations on Monday, January 28, 2018 at noon.

The final list of entries and schedules will be available on www.aviron-indoor.fr from Thursday 1st February 2018.

A. Registration fees

500 m: 12 euros

1000/2000 m: 20 euros

Relay: 40 euros

All non-members participants at registration must take an event membership (IE license). At the price of 6 euros, it will be valid only from the beginning to the end of the event.

Any application for registration after the closing date for registrations will incur an extra charge of € 12 for the 500 m events, € 20 for the 1000 and 2000 m events and € 40 for the team events. Any commitment out of time or modification of engagement will have to be carried out before Thursday, January 31st at 12h.

B. Withdrawal

In case of withdrawal, please contact us at +33 1 45 14 26 40 or at aviron-indoor@ffaviron.fr, as soon as possible, mentioning your name, first name, age category and member code. Registration fees will not be refunded.

C. Confirmation of registration

After each registration, you will receive a confirmation email.

Any error must be reported within 24 hours and no later than Thursday 31 January 2019 at noon.

Thank you for being particularly attentive to the age and weight category in which you are registered.

D. Prognostic time

The organizers do their utmost to ensure that competitors of the same level can compete side by side. To allow this, during your registration you must correctly enter the prognostic time that you think you can achieve the day of the event.

E. Challenge Box Affiliates

As part of the Affiliated Boxes Challenge, a women's ranking and a men's ranking will be established, regrouping the competitors entered as crossfitters in the individual events of the 2000m and 500m French.

When registering, CrossFit licensees must check the box provided for this purpose and indicate the name of their box in the crew name field.

VI. AWARDS

A. Individual events

Three rankings will be made:

- French Championship / 2000 m - 500 m

75 FFA French Champion titles will be awarded and medals will be awarded to the first 3 of the categories of the French Championships listed above.

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- Open and adaptative races

Medals will be awarded to the first 3.

- Challenge of Affiliated Boxes individual and team races.

Medals will be awarded to the top 3 men and women in the Affiliate Boxes Challenge.

B. Collective events

The first 3 teams of the rankings in the different collective events will be rewarded:

French Championship: Men, Women, Mixed

Open: Challenge Box Relay / Challenge Avirose / Handi-Valide / Handi-Santé

PR3 ID Relay

C. Ceremonies

The ceremonies will be held throughout the championship.

Thank you for staying close to the set and getting ready to participate in the ceremony if you are a medalist.

VII. ADMINISTRATIVE AND ANTI-DOPING

Each participant will pick up his race card, which is essential to compete, by presenting his identity document and the medical certificate if it's missing from the registration file.

Participants in this competition undertake not to take prohibited substances and agree to submit to any "anti-doping" control.

IX. MATERIALS

The PM5 screens are connected to each other via the Venue Race animation software. Any other personal connection to the PM5 screen of a USB stick, smartphone, cardio belt or any other material is prohibited at any time.

X. COMPETITION

Competitors members in clubs must wear competition clothing in the colors of their association.

XI. WARMING UP

For the warm-up, competitors will have Concept2 rowers and WattBike bikes placed in a room adjacent to the competition hall. Recovery will not be allowed on these machines.

XII. COACHING

Coaches will not have access to the venue. Only attendants PR3 ID and PR3 VI (visual impairment) will have access. Encouragement is only allowed from the stands.

XIII. RESULTS

The results will be posted on site and can be consulted on www.aviron-indoor.fr

XIV. RECORDS

Lists of records from France and the world exist from the junior category to over 100 years. They can be consulted on:

World Records: <http://www.concept2.com/indoor-rowers/racing/records/world>

Records of France: www.aviron-indoor.fr

XV. IMAGE

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Any members consent and grant free of charge to the federation the right to use, directly or indirectly, his image on all media (such as photographs and audio-visual recordings) and by any means (such as television broadcasts and broadcasts on internet) in connection with the events organized by the federation for the promotion of the latter and for the whole world and for the legal duration of copyright protection for these media and means. (Article 19 of the FFA Rules of Procedure)

This text also applies to any participant in the event.

Fédération Française d'Aviron

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