



Rowing Rules

These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games.

Please note: The 2019 Valor Games are not a qualifying event for USA Nationals or other Paralympic sanctioned events.

2019 Valor Games Rowing Competition

Wednesday, September 25, 2019

Rowing Competition Session 1

10:30 AM - 12:00 PM

Rowing Competition Session 2

12:30 PM – 2:00 PM

Rowing Awards

2:30 PM

Rowing Venue

Mission Conception Sports Park; 714 East Theo Avenue, San Antonio, TX 78210

Event Check-in and Packet Pick-up – MANDATORY for ALL Athletes!!

Monday, Sept. 23th (5:00-9:00 PM)

Marriott Plaza Hotel – 555 South Alamo Street, San Antonio

Disability/Competition Divisions

Note: Athletes will be given a competition division (only used for Valor Games) at registration. A final competition division check will be done at the rowing venue check-in on the day of competition.

- **LTA-TBI, PTSD - Open** (Traumatic Brain Injury, Post-Traumatic Stress Disorder)
- **LTA-PD/VI** (Physically Disabled/ Visual Impairment)
- **LTA-AK** (Above the knee amputee) (Will combine w/ the LTA-SA category if not enough entrée's)
- **LTA-SA** (Arm Impairment) (Will combine w/ the LTA-AK category if not enough entrée's)
- **TA** (Physically Disabled using a fixed seat – limited lower limb mobility)
- **AS** (Physically disabled using a fixed seat – no lower limb mobility and weak trunk mobility)

GENERAL EVENT RULES

- Male and Female athletes will compete in separate divisions.
- We will be using indoor rowing ergs for the competition.
- The competition will consist of a 500 meter row for time.
- Warm-ups will take place on the ergs prior to each heat. There will be plenty of time to be fitted to any adaptive seat and have an adequate warm-up prior to racing 500 meters.





- Results will be posted 10 minutes after the last heat is completed and awards will be awarded approximately 30 minutes after the last heat is completed.
- Logos on shirt can only be the Valor Games, service branch or Team USA.
- Athletes may wear shorts or sweat pants of their choosing, but no jeans or dress pants.
- Athletes must wear tennis shoes, no dress shoes or flip-flops.

Awards

- Medals will be given to the top three athletes in each division.
- Medal ceremonies will be conducted at the Rowing venue 30 minutes after the completion of the final heat.

Thank you to the **Austin Rowing Club** for the use of their rowing ergs and other equipment. We could not successfully host the rowing competition without their generous support. We also want to thank **USA Rowing** and **Concept 2** for coming in and ensuring that we have a successful and fair competition.

**For information on the Rowing competition, please contact the Rowing Sports Coordinator:
Lindsay French @ 713-540-1615 or Lindsay.p.french@gmail.com**

