2016 Iowa Indoor Rowing Challenge
Rules and Regulations

Check-in
Athlete check-in opens at 7am. Assume there will be a line. It is the responsibility of the rower to be at the
venue early enough to complete check-in. Rowers must check-in at least 30 minutes prior to their event.
Check-in will close at 10am. Failure to check-in by 10am will be considered a scratch. No refunds will be
granted for scratches. Each athlete will be given a wristband with their name on it at check-in. This wrist-
band must be worn during the athlete’s race for identity confirmation.

Waivers
All rowers must sign an IIRC liability waiver. Waivers can be electronically signed when you register and may
be mailed, scanned and emailed, or completed upon checking in. Minors (under 18) must have a parent or
guardian’s signature. No exceptions.
▪ Please mail your signed waiver to the following address IF you are certain it will arrive prior to January
27, 2016: Iowa Indoor Rowing Challenge, Attn: Danelle Stipes, E230 CRWC, Iowa City, IA 52242
▪ Otherwise, please print and bring a signed copy of the waiver to the event and submit it during registra-
tion.
▪ Additional blank copies of the waiver will be available at registration. If you are under 18, please
remember that you will need to obtain the signature of a parent or guardian.
▪ The waiver can also be scanned and emailed to the Regatta Director Danelle Stipes at danelle-stipes@
   uiowa.edu. Please remember to scan both pages!

Schedule
Event times are approximate and the schedule is subject to change. The schedule as printed on race day is
the best estimate of when an event will begin. Rowers and coaches must allow sufficient time in advance
of the scheduled event to accommodate any adjustments in timing that may be required. It is possible
that smaller events will be combined to race at the same time. If the demand for an event is greater than
expected, efforts will be made to accommodate those rowers.

Warm-up
Please see Iowa Indoor Rowing Challenge Race Procedure document.

Conduct
Proper sportsmanship and decorum will be observed by rowers, coaches, and the audience. Rowers are
expected to be properly attired for competition, including shirts. The Regatta Director reserves the right to
ask any person who is not behaving in a sportsman-like way to leave.

Eligibility and Masters’ Handicaps
Eligibility is determined by rower’s age on race day. Junior rowers may only participate in Junior designated
events. Adults of college age and above may enter the Open events. Adults age 27 and older may enter
either Open or Masters events. You may not row for a sick or absent person. If you do so, you will be dis-
qualified.
Masters handicaps will be determined for ages 27 and above according to US Rowing formulas.
Awards
Awards are given to the top two finishers (or team members in the case of multi-person events) in each event.
  - For the Master’s 2k Events, medals will be given for the following age categories: Master’s A (27-35), Master’s B (36-49), Master’s C (50-59), Master’s D (60+)

Cancellations/Scratches
Due to scheduling limitations it is not possible to set a snow date. If the event is cancelled due to extreme weather we will post a notice on our website. Unfortunately we cannot offer refunds. No refunds will be granted for scratches after the registration deadline.

Health & Safety
If you have a health issue, inform an official on the Race Floor before your race so they can better respond if an emergency arises. If you use an inhaler, you should keep it with you during your event.

IOWA INDOOR ROWING CHALLENGE reserves the right to make corrections or minor changes to these rules and procedures before on-line registration close.