

# USPFC ROWING INDOOR-2025

## **GUIDING BODIES**

United States Police and Fire Championships (USPFC)  
7944 Convoy Court, San Diego, CA 92111  
Tele. (858) 571-9919 E-mail: [4info@cpaf.org](mailto:4info@cpaf.org)

The United States Rowing Association  
2 Wall Street. Princeton, NJ 08540  
Telephone: 800.314.4769 Fax: 609.924.1578 [www.usrowing.org](http://www.usrowing.org)

Concept 2 Rowing Ergometer,  
105 Industrial Park Drive, Morrisville, VT 05661  
Tele. + 802-888-6333 (For Rules)  
Website: [www.concept2.com](http://www.concept2.com) E-Mail: [rowing@concept2.com](mailto:rowing@concept2.com)

**Entry Deadline: May 22, 2025**

## **EVENTS**

**INDIVIDUAL:** Men & Women

500 meter

2000 meter

18-39, 40-49, 50-59, 60-69, 70+

All individual events are offered in two weight classes: Lightweight & Heavyweight

Men:           Lightweight           165 lbs. (74.83 kg) & under  
                  Heavyweight Over 165 lbs.

Women:       Lightweight           135 lbs. (61.24 kg) & under  
                  Heavyweight Over 135 lbs.

Competitors in the Individual event must compete **ONLY** within their actual age category.  
Age is determined as of the first day of the Games.

## **DOUBLES:**

Men

Women

Mixed-must be 1 man and 1 woman

1000 meter

All Doubles events will be offered in the following age divisions: (no weight classes)  
18-29 30-39 40-49 50-59 60+

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The age category shall be determined by the average age of the rowers on the team, rounded down to the nearest whole number. The ages of the individual rowers need not fall within the age category, as long as the average age of the doubles team falls within the applicable category.

## **EQUIPMENT**

CONCEPT II Rowing Ergometers with Video Performance Monitors interconnecting shall be the only equipment used.

**Miscellaneous equipment:** clipboards, pencils, etc. for scoring and scheduling.

Water/fluid replacements nearby

## **BRACKETS**

All competitors will row in a qualifying heat. The 8 fastest times will qualify for the Finals. If 8 or fewer competitors are entered in any age group/weight class that class will compete as a final with no additional qualifying heat.

1. **WEIGH IN PROCEDURES FOR SINGLES EVENTS**-Weighing in of the lightweight competitors will take place the evening before the competition. Details will be in the Final Confirmation Letter. Late entries or those who were unable to make the evening weigh-in (if authorized) **MUST** weigh in the morning of their event. Lightweight rowers who fail to weigh in may still row in their event.

## **GENERAL SPORT RULES for Rowing - Indoor**

Competitors may use any gear or wind vent setting they choose but may not change it during the race.

All participants should be in the on-deck circle at least ten (10) minutes prior to the start of their event.

A shirt or a unisuit top must be worn.

The damper setting may not be changed during the race.

Each participant is allowed to have ONE person as his or her coxswain. This person can be an athlete, friend, or coach, but only one person is allowed.

## **DOUBLE'S RACE RULES**

## **USPFC ROWING INDOOR-2025**

Each doubles team will complete a total of 1,000 meters. It is not necessary for each rower to complete 500 meters. The time will be recorded at the point when the team completes the total distance.

One coxswain may sit or stand alongside the rowers and offer any strategy or encouragement but may not otherwise assist.

Doubles entries may pre-register or create teams up to the beginning of the Doubles competition subject to *USPFC General Rules*.

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## **AWARDS**

A maximum of 70 sets (1<sup>st</sup> through 3<sup>rd</sup> place) of medals will be required for this event. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

### **ATTENTION COORDINATORS**

**THE USPFC GENERAL RULES APPLY TO ALL SPORTS.  
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED  
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE  
CONCLUSION OF THIS SPORT**

The USPFCF Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFCF shall be submitted in a timely manner to this USPFCF Director.

The USPFCF Directors want to work with you to make your sport a success.

*PLEASE USE THE USPFCF DIRECTORS AS A RESOURCE.*