

Competition rules

The NK Indoor Rowing is bound by the rules for rowing competitions of the K.N.R.B.

1. Registration opens at 12:00 PM on November 1, 2021 and closes at 12:00 PM on December 4, 2021. Registrations can be done by the following link: <https://inschrijven.knrb.nl/nl/>. For participants who are not affiliated with a rowing club and want to start in an open field (open individual 500m or open four 500m) you will find the registration form here <https://forms.gle/2PxfkQGMt8QK7ZWXA>. If you are a member of a rowing club but you still register in the open field, you run the risk of being banned.
2. The provisional time schedule (heat schedule) will be set on Sunday 5 December. The draw will take place on Thursday 9 December 2021, 19:30, at ASR Nereus. The final timetable will be determined on this basis. Both will be published on the website as soon as possible.
3. Rowing is done on Indoor Rowers type Concept 2 model D with PM4 monitor (pdf, 1.0 MB — movie)[[link movie](#)], supplied by the organization, over the distance of two thousand meters (adapted Indoor rowing, veterans: 1000 meters). Each competitor can set the Drag factor to their own choice, but do not change during the race.
4. All participants must collect a starting card from the competition secretariat on the day of the event. This starting card gives access to the warm-up and competition field.
5. Coaches are only allowed access to the warm-up field if they are in possession of a coach card. A limited number of coach cards will be issued per association or institution. These can be collected from the competition secretariat on the day of the event.
6. The following provisions apply to lightweight participants: men a maximum of 75.0 kg, women a maximum of 61.5 kg. There is no team average, each participant must weigh in individually, in accordance with article 5 paragraph 4 of the KNRB regulations. Weighing in is required two to one hour before your heat with a start card.
7. All individual participants will be placed based on expected finish time. You can enter this expected end time when you register.
8. For veteran divisions, the age reached this year applies. Therefore, clearly state the date of birth when registering. Juniors must not be older than 18 and 16 years respectively, and Senior B participants not older than 22 years, on December 31 of the current year.

9. For divisions with less than three registrations, the competition management reserves the right to cancel or merge them with another division, with the exception of NK numbers. At NK fields there must be at least 3 registrations for it to be a valid NK number. With the adjusted fields, a minimum of 2 registrations are required for a valid NK number.

10. The race management can have several fields rowed simultaneously in a heat. Men's and women's fields can also take place here at the same time.

11. Participants must have Dutch nationality to be eligible for the title “Dutch Champion”. Juniors are an exception to this (see point 12). In the event that a participant who does not meet this condition wins, he or she will receive an NKIR medal, and the fastest Dutch person after him or her will receive the national title.

12. Juniors do not need to have a Dutch nationality to be eligible for the title “Dutch Champion”, but they must be registered in a Dutch municipality.

13. The starting procedure is explained here (pdf, 1.0 MB — movie). Any competitor who causes a false start will receive a warning (yellow card). Two warnings (yellow cards) lead to disqualification (red card).

14. The information about other participants shown on the bottom half of the Indoor Rower monitor (pdf, 1.0 MB — video) may not correspond to the actual situation. In the event that contact with the competition software is lost, participants must continue rowing; the top half of the screen continues to show correct information.

15. Photo and video recordings made during the event may be used for press or promotional purposes.

16. If the fastest finish is tied (*ex aequo*), the win is shared.

Open fields

Competitors from the open fields (open 500 meters and open four 500 meters) are bound by the same rules as participants from the other fields. The open fields are intended for people who are not registered with a rowing club. The organization reserves the right to deregister participants who nevertheless appear to be registered with a Dutch or international rowing club from the competition.

Medical Recommendation

If you are not feeling well on race day, or if you have recently been ill, we recommend that you do not enter the competition. Indoor races demand the maximum of one's ability and the organization takes no responsibility for illness or injury as a result. If in doubt, seek medical advice before starting. If you do not participate in the competition due to medical reasons, you still owe the registration fee if you are registered after registration has closed. With a valid medical certificate, you do not have to pay a fine if you are withdrawn after the draw.

Medal presentation

At the end of each race, competitors must remain with their machines until the medal winners of each field have been determined. The commentators will announce when the participants can leave the competition field. If a field is divided into several heats, the medal ceremony will take place after the last race of that field. If you think you have a chance to win a medal, after you have participated in one of the first heats of your field, you must take a seat on one of the designated seats behind the competition field. There you can wait for the medal ceremony.

Penalty Scheme

The NK Indoor Rowing, like many other rowing competitions, is confronted with many withdrawals in the last days before the competition. These withdrawals regularly cause problems, such as having to adjust the timetable or moving participants.

One of the measures that the organization has taken is to have the draw take place later, namely on the Thursday before the game. The time schedule for the different heats will still be determined one week in advance on Saturday, the Indoor Rower format will follow on Thursday. One of the advantages is that no penalty is due for withdrawals from the draw (but the entry fee is still). Withdrawals after the draw will be subject to a penalty in accordance with Article 31 of the Rowing Competition Regulations.

Article 31. Withdrawal

1. A withdrawal is a written message from a team that indicates that it will not start after the registration has been closed.

2. For registered teams that are withdrawn after the closing of registrations, the registration fee remains due.

3. For a team that has registered for the light subcategory and does not meet the requirements of article 5 during the weighing of its field, the registration fee – without penalty – remains due.

4. For withdrawal after drawing lots, other than due to an acute illness, if necessary confirmed by a medical certificate to the satisfaction of the competition director, a fine per team is owed to the competition organization in addition to the entry fee. This fine is an amount equal to the registration fee with a minimum of € 15.

5. A withdrawal must take place no later than one hour before the first start of the field concerned. A team that withdraws later or does not appear at the start other than due to an acute case of force majeure - at the discretion of the race director, will owe a fine to the competition organization in addition to the entry fee. This fine is twice the registration fee with a minimum of €35.

The NK Indoor Rowing expects a timely cancellation (no later than one hour before the start of the field in question), supported by a statement from, for example, a doctor or physiotherapist. For participants under the age of 18, a signed written statement from the parents is sufficient, the statement must also be submitted no later than one hour before the first start of the relevant field. The completeness (reason, date of signing, etc.) is checked by the race management.

In special cases, written statements submitted after the race day may still be approved.

Freshman eights

For participation in the first-year fields, the requirements as formulated in the Regulations for Rowing Competitions article 13 paragraph 4:

A rower is a freshman in the first rowing season that he starts as a senior in a qualifying field. The rowing season for freshmen runs from September 1 to August 31.

Only teams consisting of first-year rowers may participate in the Freshman field, possibly supplemented by a maximum of 2 rowers who are not freshmen, but who still have novice status in board rowing on September 1 of the current rowing season for freshmen. None of the eight rowers may have started at a Junior World Championship.

Registration fee

Individual participants pay €22.50. An eight pays €96.80 A four pays €60.50.

You can transfer to NL76ABNA0487029305 in the name of ASR Nereus, stating the NKIR registration fee, your name and association. If the money has not been received before December 11, 2021, payment must be made on the day of the NK Indoor Rowing to obtain a starting card.

For more information about the Dutch Rowing Championships, please refer to the NK rules of the KNRB.

- <https://storage.knrb.nl/2021/06/2021/06/11d5df7d-2021-reglement-aegon-nationale-kampioenschappen-groot-en-nkir-incl-bijlage-definitief.pdf>