

## **Proposal or Rafting Ergometer Competitions**

Euro championship on rafting ergometers was held from 19th till 24th of May 2015 in Banja Luka.

These were the basic parameters of this competition:

All properly registered contestants of EC in R6 team line-up and a backup contestant had the right to compete.

The competition was free of charge and there were no fees nor any costs and it was completely voluntary.

The competition has been held for men and women, as for all age categories: open, master, juniors and younger juniors.

This was a competition for individuals.

The committee of three IRF Judges was responsible for controlling the competition.

Before the competition start numbers were drawn out and in agreement with a contestants we determined his or hers start time, that did not interfere with his R6 race.

The contestant was isolated from the crowd so that nobody can disturb him or her.

The competition was based as a Sprint race where the competitor reaches his or hers best time on a set distance.

The race starts when the Judge gives a start sign and the competitor paddles until he or she reaches the finish that is seen on a display.

The race distance was 400 meters.

Throughout the race the competitor watched the display in front which shows him or her the parameters .

If there appears to be a malfunction of any kind with the Ergometer, the contestant starts again.

The basic weight reference for men was 80 kg and 70 kg for women. For every kilogram over it there was added 0.5 sec or below it subtracted 0.5 sec from the total score.

At the end of the competition medals were given for first, second and third place in men and women category, as well as for all age categories.

### **Rules of Individual Rafting competition on ergometers**

- 1. Discipline Sprint**
- 2. Distance of Sprint 400 meters.**
- 3. Category Individual competition, Juniors or Seniors for men or women.**
- 4. This is individual race format where individual competitors are competing against each other.**

- 5. The average competitor weight set on ergometer is 80 kg for the men senior category, 70kg for women category and man junior category, and 60kg for women junior category. And every kg over this specific weight is penalized with 1 (negative) point, while every kg below is awarded 1 positive point.**
- 6. Every negative point is equal to 0.5 seconds added to competitor's time, while every positive point is equal to 0.5 seconds subtracted from competitor's time.**
- 7. The final score of is represented by competitors time modified by all positive and negative points that he or she got.**
- 8. Every competitor that commits a fault twice while starting will be disqualified.**
- 9. In the case of any type of accident the judge will raise a red flag accompanied by a sound signal in order to stop the competition of that specific team.**
- 10. The competitor's fate in the competition is then decided by the jury.**

#### **EXPLANATIONS – OVERVIEW**

1. Sprint has been chosen as it is known as the simplest discipline for competitions, with the next step in competitions being Head to Head due to its appeal, dynamics, as well as it being an interesting sport to be viewed by the public.
2. 400 meters is chosen because it is a common distance in regular Rafting competitions for sprint.
3. It is of essential importance that there should be age categories: juniors, seniors, and veterans to make competition more fair and balanced.
4. Individual Ergometer competition gives a chance to individuals to achieve good sport results on their own, eliminating the complexity of whole team preparing for competition. Here, individual qualities of each paddler are seen and rewarded.
5. The average weight of the paddler according to his age category must be considered as a necessary use of measure, and it is 80 kg for the men senior category, 70kg for senior women category and man junior category, and 60kg for women junior category. Every kg above the average set weight on ergometer is given one negative point, and every kg below it is awarded one positive point. This rule is of utmost importance due to the fact that past and current research has shown that paddlers who weigh more consistently achieve better results on ergometers than those who weigh less. This effect is lowered on water due to their weight burdening the boat. It is possible to use a software program where the weight of the rower is taken into account in order for the program to calculate the penalty points. However, this has proven to be a method that when used in competitions slows down the event itself, and I believe that the system of penalty points is the fastest and most fair since the competitors weights are measured prior to the competition and are listed in the list of results.
6. In the discipline of Sprint in the distance category of 400 meters, 1 point for 0.5 seconds should be used, while other values should be used when the duration is changed.
7. When summing the total, final result is calculated and displayed in seconds. The competitor that has best time is a winner. The competitor's results provide different values as well, showing the covered distance, the power in Watts, as well as the frequency. Therefore, the trainers along with the competitors have an accurate view of the given parameters.
8. The rule regarding the second penalty at start is the same as in the basic rules from the competitions held on water.
9. In the case of a competitor being impeded throughout the duration of the race, such as in the event of mechanical damage on the ergometer, the race is stopped by a signal from the judge, and the team is then given a chance to start anew.

10. The jury should conduct their duties in the same manner that is used in classic rafting events, and all other judges should use the rules that are applied for rafting competitions.

### **Rules of R4 rafting competition on ergometers**

- 1. Discipline Sprint**
- 2. Time of Sprint 2 minutes**
- 3. Category R4 - Juniors or Seniors for men or women**
- 4. The competitors must synchronize their paddling as one. The rhythm is given by the first competitor on the right. All unadjusted strokes of any other paddler are penalized with 10 penalty points, each.**
- 5. The average competitor weight set on ergometer is 80 kg for the men senior category, 70kg for senior women category and man junior category, and 60kg for women junior category. And every kg over this specific weight is penalized with 1 (negative) point, while every kg below is awarded 1 positive point.**
- 6. Every point is equal to 1 m.**
- 7. The final score of the paddlers is the score of the R4 team.**
- 8. Every team that commits a fault twice while starting will be disqualified.**
- 9. In the case of any type of accident the judge will raise a red flag accompanied by a sound signal in order to stop the competition of that specific team.**
- 10. The team's fate in the competition is then decided by the jury.**

#### **EXPLANATIONS – OVERVIEW**

1. Sprint has been chosen as it is known as the simplest discipline for competitions, with the next step in competitions being Head to Head due to its appeal, dynamics, as well as it being an interesting sport to be viewed by the public.
2. I have chosen time as the method of assessing the competition instead of distance due to numerous reasons. In the case we had a finite length of the path, the competitors would reach the finish line in accordance to their strength in varying time, and that alone would result in failure in terms of synchronized rowing within each team. The specific time of 2 minutes has shown itself to be most successful time in terms of the competitors being capable of sprinting at their maximum capability. Within this chosen time, the better competitors covered approximately 500 m, which is often the length chosen for Sprint competitions. I believe that the time of two minutes could potentially be lowered, but not increased.
3. R4 has an advantage over R6 in enclosed quarters when using an ergometer. It is of essential importance that there should be age categories: juniors, seniors, and veterans.
4. Due to the fact that our sport is a team sport, synchronized rowing by several rowers as one is of utmost importance since it provides a true relationship as on water. The judges must take into account one of the two front rowers as a reference to the other rowers in the team due to the harmony of the team. My choice was that it should be the front right rower, and that the other competitors must know that prior to the start of the competition. Every unsynchronized row with the front right rower brings 10 penalty points regardless of the rower and number of times it is committed. Only if one of the rowers stops to row due to injury, tiredness, or a personal reason, should there be a count of 5 missed rows as 50 penalty points. In such a case, further counting of missed rows is stopped, due to the fact that the competitor is then directly affecting the placement of their team negatively due to not rowing.

In case of mechanical damage or damage on the ergometer, as well as processor, the race is stopped and the team is given a chance to start last.

5. The average weight of the paddler according to his age category must be considered as a necessary use of measure, and it is 80 kg for the men senior category, 70kg for senior women category and man junior category, and 60kg for women junior category. Every kg above the average measure is given one penalty point, and every kg below it is awarded one positive point. This rule is of utmost importance due to the fact that past and current research has shown that rowers who weigh more consistently achieve better results than those who weigh less on ergometers. This effect is lowered on water due to their weight burdening the boat. It is possible to use a software program where the weight of the rower is taken into account in order for the program to calculate the penalty points. However, this has proven to be a method that when used in competitions slows down the event itself, and I believe that the system of penalty points the fastest and most fair since the competitors weights are measured prior to the competition and are listed in the list of results.

6. The worth of the points should be chosen according to numerous parameters, including: discipline, the length of the race, as well as the number of competitors in the team. In the discipline of Sprint in the time category of 2 minutes, 1 point for 1 m should be used (subtracting 1 meter for each negative point and adding one for positive point), while other values should be used when the duration is changed.

7. When summing the total, final result is calculated and displayed using meters. The team that has covered the longest distance is the winning team. The competitions results provide different values as well, which are those that each individual competitor has achieved, showing the covered distance, the power in Watts, as well as the frequency. Therefore, the trainers along with the competitors have an accurate view of the given parameters, as well as the amount contributed by each competitor individually.

8. The rule regarding the second penalty at start is the same as in the basic rules from the competitions held on water.

9. In the case of a team being impeded throughout the duration of the race, such as in the event of mechanical damage on the ergometer, the race is stopped by a signal from the judge, and the team is then given a chance to start anew.

10. The jury should conduct their duties in the same manner that is used in classic rafting events, and all other judges should use the rules that are applied for rafting competitions.

30.10.2015. Boris Purjakov