



BULLETIN NO. 1

As on 01 May 2024

7th Indoor National Rowing Championships

12th ~ 14th July 2024

Organized and hosted by:

PUNJAB AMATURE ROWING ASSOCIATION

On behalf of:

THE ROWING FEDERATION OF INDIA

CONTACTS:

Rowing Federation of India

PRESIDENT

Mrs. Rajlaxmi Singh Deo

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SECRETARY GENERAL

M.V. Sriram

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Punjab Amateur Rowing Association

PRESIDENT

Name: - Mrs. Maninder Kaur

SECRETARY

Name: - Mr. Jasbir Singh Gill

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ORGANIZING COMMITTEE

CHAIRMAN

Name: - Jasbir Singh Gill

ORGANIZING SECRETARY

Name: - Gurmail Singh

Email: - gsindia00001@gmail.com

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President of Jury & Jury Members

To be nominated

1. Date and Place

Competitions will be held at **Moga, Punjab** from the **12th to the 14th of July 2024**.

2. Events

A. Senior Events - Open & Light Weight

OPEN EVENTS		LIGHT WEIGHT EVENTS	
MEN	WOMEN	MEN	WOMEN
Individual 2000M	Individual 2000M	Individual 2000M	Individual 2000M
Pairs 2000M	Pairs 2000M	Pairs 2000M	Pairs 2000M
Mixed Fours 500M		Mixed Fours 500M	

B. Junior Events

JUNIOR MEN	JUNIOR WOMEN
Individual 2000M	Individual 2000M
Pairs 2000M	Pairs 2000M
Mixed Fours 500m	

C. Sub Junior Events

SUB JUNIOR BOYS	SUB JUNIOR GIRLS
Individual 500M	Individual 500M
Pairs 500M	Pairs 500M
Mixed Fours 500M	

CONDITIONS:

- 2.1 DOUBLING WILL BE ONLY PERMITTED IN THE MIXED 500 MTRS EVENTS
- 2.2 MIXED FOURS EVENT WILL CONSIST OF 2 MEN AND 2 WOMEN ENTRIES
- 2.3 ELIGIBILITY: - JUNIORS
A ROWER BORN ON OR AFTER 1ST of JANUARY 2006 IS ELIGIBLE TO PARTICIPATE IN THE JUNIOR EVENTS.

- 2.4 **ELIGIBILITY: - SUB-JUNIORS**
A ROWER BORN ON OR AFTER 1ST JANUARY 2009 IS ELIGIBLE TO PARTICIPATE IN THE SUB JUNIOR EVENTS.
- 2.4 **EACH EVENT CAN HAVE “A” AND “B” ENTRIES FROM AFFILIATES.**
- 2.5 **NO DOUBLING BETWEEN A & B TEAMS**
- 2.6 **A SUB-JUNIOR CANNOT PARTICIPATE IN JUNIOR OR SENIOR EVENTS.**
- 2.7 **A JUNIOR CANNOT PARTICIPATE IN SENIOR EVENTS.**

3. Eligibility

- 3.1 Indoor National Rowing Championships are open to All Affiliates of RFI.
- 3.2 Any Organization or Institution to which the Federation has granted affiliation as an Associate Member.
- 3.3 Only ‘Nationals of India’ – i.e. ‘Citizens of India’ will be eligible to participate in these Championships. ‘National of India’ shall mean and include a person as defined in Chapter II of the Constitution of India, who is a full-fledged Citizen of India, holding an Indian Passport
- 3.4 Explanation of “National of India”
Holder of a Foreign Passport, Dual Citizenship will not be considered as a ‘National of India’. A ‘Person of India Origin’ [PIO] or ‘Overseas Citizen of India’ [OCI] not eligible to participate in Races conducted by / under the aegis of the RFI.

4. Entries

- 4.1 Preliminary entry form to be submitted by the **01st of Jun 2024**. Same to email and send it to the “Organizing Secretary’s” email id and mark a copy to RFI Secretariat’s email id.
- 4.2 Final Entry (Entry by name) must be received by the Organizing Secretary on or before the **01st of Jul 2024**. The Final Entry must include the names and RFI registration RFI ID Card Number.
- 4.3 All entries must be submitted in the official forms attached herewith only with Secretaries’ signature & association stamp. If there are corrections and over writings, the same must be attested with signature & stamp of the secretary concerned.
- 4.4 Two entries permitted per event in both Senior open and light weight & Junior and Sub Junior Categories from each Affiliate.
- 4.5 **DOUBLING WILL BE ONLY PERMITTED IN THE MIXED 500 MTRS EVENTS in same category.**

Detailed Procedure for Entry Submission

- 4.6 Take a printout. Secretary of State Association to rubber stamp and sign the form.
- 4.7 Scan the Entry Form and email it to Organizing Secretary's email id and mark a copy to RFI Secretariat's email id.
- 4.8 Bring this original Entry Form to Championship venue and hand it over personally to the Organizing Secretary / President of Jury.

Note: a) Change of names of rowers will be accepted till **11th of July 2024 before** the draws are made by the Jury.

5. Rules and Regulation

- 5.1 The format of the Pairs & four mixed events is 2 or 4 rowers rowing in 2,000/500 Mtrs at the same time on Individual machines with result assessed on the cumulative score of the rowers.
- 5.2 Lightweight men must be **75.0 Kg** or under and women **61.5 Kgs**.
- 5.3 For senior category minimum age limit is 16 years and above.
- 5.4 The format of the Mixed four events is 2 male rowers and 2 women rowers rowing 500 Mtrs at the same time on individual machines with result assessed on the cumulative score of the rowers.
- 5.5 Competitors must wear official State Team uniform as registered with R.F.I. The competition will be conducted in accordance with the RFI Rules of Racing.
- 5.6 All teams must wear their racing uniforms as per the officially approved colors. Teams violating this rule will not be permitted to participate in the races.

6. Schedule

SCHEDULE	
Friday 12 July 2024	Arrival of teams, Training, Jury Meeting, Coaches / Managers Meeting & Draws.
Saturday 13 July 2024	Opening Ceremony / Pair & Mixed Four Races & Medal Ceremony
Sunday 14 July 2024	Individual & Mixed Four Races and Medal ceremony
Monday 15 July 2024	Departure

The schedule is subject to change. Changes will be notified to all Associations.

7. Association Flag

The teams are requested to bring the Flags their respective State Associations.

8. Equipment

- 8.1 **Concept2 Model D** Rowing ergometers with **PM5** monitors will be used.
- 8.2 Teams will be responsible for the breakages and damages to the equipment provided by the organizers. The decision of the Jury will be final in determining the extent of damage and cost to be paid.

9. Participation Fee

There will be a 'Participation Fee' of Rs. 500.00 per event per Participant from all Participants.

(If doubling in another event, an extra fee 500/- has to be paid)

Note:

Asian Indoor Rowing Championships is taking place from 10th to the 11th of August 2024, in Malaysia.

INDIA Team will be selected from Medal Winners / Best Time Achievers for Asian Indoor Championships from this Nationals.

10. Transportation & Accommodation.

- 10.1 There is no transportation from station to place of accommodation and place of accommodation to the venue and back etc.
- 10.2 Organizing Committee will not be providing Accommodation & Boarding and local transportation.
- 10.3 Teams have to arrange everything yourself.
- 10.4 Organizers may guide you for suitable accommodation / boarding in due course of time, on request.
- 10.5 Nearest Railway station is **"MOGA"**, on the route of Delhi-Ferozepur line via Ludhiana.

11. Appeals

All appeals shall be dealt with in accordance with RFI Rules of Racing.

12. Medals and Certificates

Medals and Certificates will be presented to first three winners in each event and Participation Certificates will be issued as per the qualifying provisions laid down by RFI.

Attachments

1. **Provisional Entry Form Due By the 01st of June 2024.**
2. **Final entry form Due By the 01st of July 2024.**



A handwritten signature in black ink, appearing to read "M V Sriram", is written over a light blue circular stamp that partially overlaps the RFI logo.

M V Sriram
Secretary-General