

# Competition Rules Open Dutch Championship ErgoMarathon

*This is an informal translation of the competition rules.  
Decisions of the race committee, umpire and jury will be based on the original Dutch  
"Reglementen Open Nederlands Kampioenschap ErgoMarathon"*

The race is rowed on Indoor Rowers type Concept 2 model D with PM3- of PM4-monitor, supplied by the organization, over a distance of 42195 meter (full marathon) or 21097 meter (half marathon).

Rowers may set the drag factor before their races begins, but may not adjust the setting during the race itself.

Participants must be at least 18 years old. Participation is open to all nationalities.

The age at the day of the race will be used for all rules with an age limit.

The participant must fill in and sign a "participants declaration" before participating. In this declaration the participant (a) confirms that he/she did not use doping, (b) confirms that he/she had a recent medical fitness checkup, and (c) provides information that may be relevant for treatment by a doctor, such as medical history, drug usage, and allergies. A copy of the participants declaration can be downloaded from the website [www.ergomarathon.nl](http://www.ergomarathon.nl)

Only persons who agree with all elements of the participants declaration may participate in the race.

The championship is raced in the following categories:

- H Men
- D Women
- LH Light Men ( <= 75 Kg )
- LD Light Women ( <= 61.5 Kg )
- HV Men Masters ( 50+ )
- DV Women Masters ( 50+ )

Participants in a category with weight restrictions must be weighed. Weighing is possible up to 30 minutes before the start of the race.

The fastest participant in each category will be awarded the "ErgoMarathon-trophy". If a category has less then 2 participants, the race committee ("wedstrijdleiding") may combine that category with another category. In that case the trophy for the first category will not be awarded.

The title "Dutch Champion" will be awarded to the fastest participant living in The Netherlands. This title is awarded on the basis of country of residence, not on the basis of nationality.

If the number of participants is higher than the number of available ergs, the race will be rowed in separate heats. The race committee will, if reasonably possible, try to place all participants of a category in the same heat. Furthermore, and if reasonably possible, participants with the same expected time will be placed in the same heat.

The race committee is responsible for the organization of the race and coordinates the task of the umpire ("kamprechter"), jury, doctors and other volunteers. The race committee is authorized to take any measure that they deem necessary for the optimal execution of the event. The race committee oversees the correct functioning of the technical equipment. The race committee shall publish all changes in the organization and schedule, decisions of the jury, and the results of the races. The race

committee decides the start procedure for each race. The start procedure will be posted in the race venue.

The umpire will take care that participants can row under equal circumstances. The umpire will verify before the race that the equipment at the race venue meets the requirements. Only the umpire may decide whether the event has taken place fairly and, in the case of incidents, whether inequality is caused by unforeseen circumstances or caused by the behaviour of participants.

The jury deals with objections against decisions by race committee. Should a member of the jury be involved in the topic of the objection that member shall not participate in the deliberations of the jury. The meaning and application of these rules will be determined solely by the jury. All deliberations and decisions by the jury will be secret, arbitrary, and final.

The doctor and the race committee have the right to remove a participant from the race at any time if they believe that continued participation may be dangerous for the participant.

All participants in a heat start at the same time. The ergs are configured such that the PM counts down the distance (42195 or 21097 meter). The time given on the erg's PM is not decisive. The official time will be decided by the race committee with a calibrated clock.

Participant causing a false start will receive a warning. A participant who obstructs another participants will receive a warning. The race committee may give a 15 second penalty at the second warning. At the third warning the race committee may take the participant out of the competition.

The minimum distance between the ergs is 70 cm at left and right, as measured between the front feet of the ergs, and 90 cm at the front and back, as measured between the front feet and back feet of the ergs.

Personal belongings, drinks, and food may be placed within an area of 10cm to the left, 30 cm to the right, and 30 cm in front of the erg (see illustration). It is allowed to attach food and drinks to the erg (a camelback for example). The race committee may object to such attachments if, in the view of the race committee, the attachment obstructs the airflow within the erg.

The area between the ergs is accessible only to the race committee. Coaches or assistant may enter the area between the ergs only after permission by the race committee.

Participants may pause during the race for a maximum of 10 minutes. They may leave the erg or even leave the venue. The participant shall indicate the start of such pause by raising their hand. The race committee will, during such pause, try to prevent the PM from stopping.

