

TECHNICAL GUIDELINES & STANDARD OPERATING PROCEDURES (SOPs) OF ROWING

1. Name Of The Game: Rowing & Indoor Rowing

2. Technical Guidelines

2.1 Disciplines of Rowing (On Water)

2.2 1. Single Scull 2. Double Scull 3. Coxless Pair

2.3 Discipline of Indoor Rowing (On Rowing Ergo Machine)

2.3.1 1. Individual 2. Pair

2.4 Panel of Technical Officials: 15 members

- President of Jury – 1
- Starter – 2
- Finish Judge – 2
- Umpires- 2
- Control Commission-1
- Safety Officer- 1
- OBM Operators- 2
- Results& System recorder-1
- Boats Boy- 3

2.5 Rowing Championships It will consist of the following events:

Category And Age Groups			
Gender	Sub Junior	Junior	Senior
Men/Boys	Under 16yrs	Under 19yrs	Above 19+yrs
Women/Girls	Under 16yrs	Under 19yrs	Above 19+yrs

Cut - off date for all the age groups will be 31st December every year

Events	Rowing Events			Indoor Rowing Events	
	Single Scull	Double Scull	Coxless Pair	Individual	Pair
Men/Boys	YES	YES	YES	YES	YES
Women/Girls	YES	YES	YES	YES	YES

2.6 Course (Distance): Rowing

- 2.6.1 Two/Three lane course
- 2.6.2 Distance: 500m
- 2.6.3 Heats, Repechage & Finals

2.7 Indoor Rowing- Concept 2 Ergo Machine

- 2.7.1 Distance**
- 2.7.2 Sub Junior-500m
- 2.7.3 Juniors & Seniors-1000m
- 2.7.4 Direct Finals

3.0 TIME PERIOD REQUIRED FOR ABOVE EVENTS

Two days with one day gap for both events.

Day 1 Competition on water events

Day 2 Rest

Day 3 Competition on Indoor Machine events.

4.0 INDOOR ROWING REQUIREMENTS:

Concept2 Ergo machines 6-8 (available with Association& Sports School)

LED screen or OHP (Over head projector) for display. Prefer for OHP on rent at cost basics

Shamiana

Seating arrangements for Guests 20 & 30 for others

OHP with screen and PA sets

Water & snacks etc...

5.0 FOR ROWING COMPETITIONS...(Water events)

Lane laying cost (lane laying equipment barrow from Rowing federation: Nylon rope , balls, weights, anchor etc)

Boats: from Rowing Federation & SATG

Petrol for lane laying, competition, safety etc

Boats maintenance cost.

(Some Rowing equipment barrow from Rowing Federation, speed boat from Arty centre.

Boats maintance and running petrol cost approx. 1.0 lakh)

6.0 INDOOR ROWING CHAMPIONSHIP:

Ergo meters from Sports school & Telangana Association

Hire OHP with screen & PA sets for one day

Shamiana & Lighting (event should be conduction at late evening at Rowing club)

(Approx cost : 50.0 Thousands)

- Seating arrangements, refreshments, banners, etc as per state policy)

Lodging facilities not required, only provide boarding and TA & DA for rowers & Officials who taking part in CM Cup.

7.0 Medical support: 108 Ambulance should be at the venue during events days along with necessary safety/medical support with staff.

SUITABLE DATES FOR CM CUP-2025-26.

Except under mentioned period due to completions, and any suitable dates can organize.

Costal National Rowing Championship-Goa. 18-21 Feb 2026.

Budget:

Making Rowing course & petrol for safety boat and umpire boats 2	1.00 lakh
PA set, Shamiana, stage, seating for officials for 2-3 days	45,000
TA & DA for Technical Officials	asper guidelines
OHP (Over head projector for Indoor Rowing) rent	15,000
Lighting during event	15,000
Refreshments for two days finals	15,000
Others misc exp	10,000
Branding & decoration VIP arrangements	officially centralized.
Meals & Refreshments during event asper govt norms..	