

SPORTS INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

COMPETITION DATES

	29.6. Thu	30.6. Fri	1.7. Sat	2.7. Sun
OFFICIAL PRACTICE KAUKAJÄRVI	17:00- 20:00	08:00-10:00		
ROWING KAUKAJÄRVI		12:00-20:00	09:00-17:00	09:00-17:00
OFFICIAL PRACTICE PYYNIKKI	12:00- 14:00			
COASTAL BEACH SPRINT PYYNIKKI	16:00-21:00			

All dates and times are subject to change, until final entries have been received. A detailed schedule for each category will be created during spring 2023.

COMPETITION SPORTS AND DISCIPLINES

The events and age categories for Rowing at EMG2023 are as follows:

Sport	Disciplines	Competition Format	Age Categories
Rowing	M1x, W1x M2x, W2x, Mix2x M2-, W2- M4x, W4x, Mix4x M4-, W4- M8+, W8+, Mix8+	1-6 entries – 1 final 7-12 entries – 2 heats, first 3 to final 13-18 entries – 3 heats, first 2 to final 19-24 entries – 4 heats, first 3 to semi-final, 2 semi-finals, first 3 to final	27+, 36+, 43+, 50+, 55+, 60+, 65+, 70+,75+, 80+, 83+, 86+, 89+
Coastal	CM1x, CW1x CMix2x	Beach Sprint	Women's and Men's: 27+, 55+ Mix: 50+

Age is determined as at 31 December 2023.

The age category of the crew (excluding any coxswain), shall be calculated by dividing the total number of years of age of the crew by the number of members of the crew.

The minimum age for all competitors (excluding coxswains) is 27.

In line with the sport specific rules, a crew can compete in a younger age group, however, can only enter one age category.

If there are insufficient number of entries in an age category, categories may be combined in order to conduct a good quality competition. The awarding of medals will not be affected, meaning that individuals will still be awarded medals in the age category in which they originally entered.

VENUE DETAILS, ROWING

EMG2023 Rowing competition takes place at:

Venue Name	Kaukajärvi Rowing and Canoeing Stadium
Competition hosted	Takon Soutajat ry
Venue Information	Address: Kangasalantie 78 Tampere Finland

Lake Kaukajärvi is a freshwater lake about 7 km east of the city centre. It extends to a length of 3 km. At its broadest it is about 800 m wide and at its deepest almost 30 m deep. The total surface area of the lake is around 1.5 km². The rowing lanes are in clear water without any currents. The lake is free of shipping traffic.

LAUNCHING AND LANDING

At the western end of the lake there is one platform for the launching and another platform for the landing.

AREAS FOR THE PUBLIC

In the immediate vicinity of the goal, there are seats for approximately 550 people and, in addition to that, other premises for the public with space for over 1,000 people. A kiosk

and toilets, for both the public and the rowers, are situated close to the spectator stand. There is a parking lot nearby, to the north of the Tampere-Kangasala road.

COMPETITION DETAILS, ROWING

Competition rules

Any matters not covered by this section are subject to the regulations set out by the International Rowing Federation (FISA).

Coxswain

The helmsman can be of either sex. The minimum weight for the helmsman (wearing the uniform of the race) is:

- a) female crews - at least 50 kg
- b) male crews - at least 55 kg

To make up this weight, a coxswain may carry a maximum of 15 kgs deadweight which shall be placed in the boat as close as possible to his person. No article of racing equipment shall be considered as part of this deadweight. At any time, before the race or until immediately after disembarkation, the Control Commission may require the weight of the deadweight to be checked.

Coxswains are not required to be weighed before their race but are subject to random checks, or selection, by the President of the Jury or his delegate, for weighing immediately after disembarking after their race. If a coxswain, together with any deadweight he has carried in the boat during the race, is found to weigh less than the minimum weight required by these Rules when checked immediately after his race, the crew shall be excluded from that event.

The helmsman must be credited as an athlete and as such should submit a medical certificate in compliance with the provisions of the Regulation.

Competition format

- 1-6 entries – 1 final
- 7-12 entries – 2 heats, first 3 to final
- 13-18 entries – 3 heats, first 2 to final
- 19-24 entries – 4 heats, first 3 to semi-final, 2 semi-finals, first 3 to final

If there are fewer entries in an event than racing lanes, separate finals can be combined. Maximum 24 entries in one event.

Equipment

Competitors are primarily asked to take their own boats to competition. If this is not possible, boats can be hired from The Organizing Committee for a price of 30 euros / seat / race. Registration for hiring needs to be done separately but latest 1.3.2023.

Uniform

The Organizing Committee will not distribute sportswear for the dispute of the competition. The uniform shall be the same for the entire crew.

Training Facilities

Training can be done during official training times or with rowing ergometers on the regatta site.

COMPETITION DETAILS, COASTAL ROWING

Venue Details

EMG2023 Coastal Rowing competition takes place at:

Venue Name	Pyynikki Beach
Competition hosted	Takon Soutajat ry
Venue Information	Address: Pyynikintie 13 Tampere Finland



Figure 1 Pyynikki beach <https://www.facebook.com/Pyynikinranta/>

Coastal rowing beach sprint will be organized on Pyynikki beach. Lake Pyhäjärvi is located south of Tampere and it is the second largest lake in the area.

Beach sprint venue is a sheltered area and there is not expected to be big waves. There are no currents.

Competition rules

In general, World Rowing rules, defined in “2021 World Rowing Rule Book - EN - World Rowing”, Appendix R19, will be followed.

How to

[2021 World Rowing Beach Sprint Finals - How to Beach Sprint - YouTube](#)

Amount of participants

Number of participants per age category will be limited to ten (10). Elected participants will be published after the registration deadline (if needed to limit number of participants). Aim is to get participants from as many different nations/teams as possible.

Course

Competition track will be “Slalom out / straight back”, (see picture below).

There will be 30m running part from the start line, 250m slalom rowing part, 180-degree turn-around, 250m straight rowing part and 30m run to the finish line.

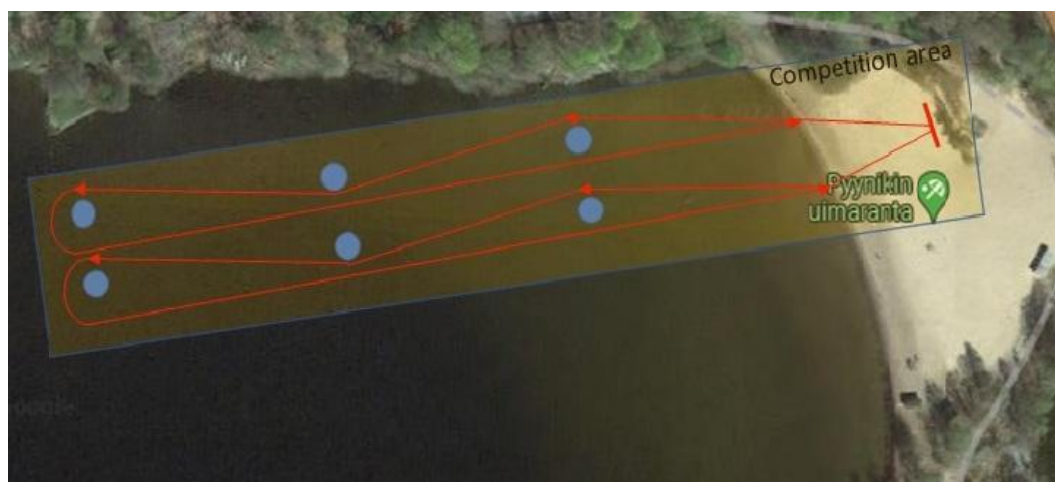


Figure 2 Beach sprint course

Event format

First round is a time trial, using two side-by-side courses.

Four fastest of time trial will qualify to the semi finals.

Winners of both semifinals will qualify to the final and losers to bronze start. Any other rankings will not be completed. I.e., four fastest in time trial will get three starts, all the other crews only one.

Boats and Equipment

Organizer will offer boats and oars. Boat suppliers will be added later (either Swift or Leo Coastal).

The boats will have standard rigging which cannot be changed. Only placement and height of the boat foot stretcher can be set for each rower. The boats will be set at 5 degree of pitch, 0.5- 1 degree of lateral and 158cm span, and set at the maximum height.

Teams can use their own oars to allow personal preferences in gearing and angles. Personal seat pads and footwear may be used.

Boat keepers

Each team can use its own boat keepers, two per boat. Organizer will also offer boat keepers.

Practicing

A couple of hours before the time trials, there will be a short training slot for each team. During the training slot, each rower must inform their foot stretcher settings to the organizer, which will be set for the competition. During the time trials and finals, rowers are not allowed to try boats again.

Scheduling

Scheduling between starts will be tight, next start will start immediately after previous has finished (interval between starts ~five minutes)

Uniforms

The Organizing Committee will not distribute sportswear for the dispute of the competition. The uniform shall be the same for the entire crew.

GENERAL INFORMATION

Medals

In European Masters Games, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played. The medals will be provided by the Organizing Committee.

Technical meeting

A Technical Meeting will take place before the start of the competitions in order to introduce the competitions, remind those involved of the regulations and the behavior that is expected.

Personal accident insurance and medical certificate

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

Anti-doping

The IMGA has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGA Anti-Doping policy <https://imga.ch/masters-sports/anti-doping/>.

FURTHER INFORMATION

Planning for the EMG2023 competition will continue throughout 2022 and spring 2023. Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at www.emg2023.fi as well as other Games communication channels to find out the latest information.

For more Rowing specific information, please contact Timo Pitkänen timo.pitkanen@takonsoutajat.fi or Takon Soutajat Rowing Club office takonsoutajat@takonsoutajat.fi

For general information about EMG2023, please contact info@emg2023.fi.