



Rowing - Indoor



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPFGF)

7944 Convoy Court, San Diego, CA 92111 USA

Tele: (858) 571-9919; Email: 4info@cpaf.org

World Rowing

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<https://worldrowing.com/>

[CLICK HERE FOR GOVERNING BODY FULL RULES](#)

International rules will be followed unless specified in WPFG Guidelines

Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

EVENTS

ALL INDIVIDUAL EVENTS WILL BE OFFERED IN BOTH A LIGHTWEIGHT & A HEAVYWEIGHT DIVISION. WEIGHT DIVISIONS SHALL BE:

Men:	Lightweight	Under 165 lbs. (74.83 Kg)
	Heavyweight	165 lbs. & Over
Women:	Lightweight	Under 135 lbs. (61.23 Kg)
	Heavyweight	135 lbs. & Over

INDIVIDUAL (“SINGLES”); 2000 METER & 500 METER: MEN & WOMEN

Each weight division in Men's and Women's Singles events will be offered in the following age categories:

18 +	45 +	65+
30 +	50 +	70+ (Men only)
35 +	55 +	75+ (Men only)
40 +	60 +	



DOUBLES; 1000 METER: MEN, WOMEN & MIXED

All Doubles events will be conducted over a combined distance of 1000 Meters. All Doubles events will be offered in the following age categories (no weight divisions):

18 +	50 +
30 +	60 +
40+	70+ (Men only)

Active competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**. Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes across country lines.

GENERAL SPORT RULES for Rowing - Indoor

Ergometers will be available at the competition site for daily practice. Competitors may use any gear or wind vent setting they choose but may not change it during the race. Doubles entries may pre-register or create teams up to the beginning of the Doubles competition subject to *WPFJ General Rules*

AWARDING OF MEDALS TO ATHLETES AND COACHES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete's Credential. If the athlete does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.