British Rowing adopts the World Rowing Para-Rowing system of classification placing rowers into classes according to how much their impairment impacts on rowing.

There are both national and international classes for the different rowing classification groups.

**INTERNATIONALLY RECOGNISED CLASSES:**

**Para Rowing**
- PR1 - Para Rower (arms and shoulders)
- PR2 - Para Rower (trunk and arms)
- PR3 PL - Para Rower (legs, trunk, arms and physical disability)
- PR3 VI - Para Rower (legs, trunk, arms and visual impairment)

Rowers who do not meet the international rowing classification criteria may be eligible for national Adaptive and Indoor Adaptive groups.

**NATIONALLY RECOGNISED CLASSES:**

**Adaptive Rowing**
- AR1 - Adaptive Rower (arms and shoulders)
- AR2 - Adaptive Rower (trunk and arms)
- AR3 PL - Adaptive Rower (legs, trunk, arms and physical impairment)
- AR3 LI - Adaptive Rower (legs, trunk, arms and learning impairment)

**Indoor Adaptive Rowing**
- IAR1 - Indoor Adaptive Rower (arms or trunk and single arm)
- IAR2 - Indoor Adaptive Rower (arms and shoulders)
- IAR3 - Indoor Adaptive Rower (single arm)
- IAR4 - Indoor Adaptive Rower (trunk and arms)
- IAR5 PL - Indoor Adaptive Rower (legs, trunk, arms and physical impairment)
- IAR6 LI - Indoor Adaptive Rower (legs, trunk, arms and learning impairment)

A classified Para Rower can race in the Adaptive and Indoor Adaptive groups, but an Adaptive or Indoor Adaptive Rower cannot race as a British Rowing classified Para Rower in national or international competitions.

**KEY:**

= An example of the impairment location
ELIGIBILITY

Eligibility is determined through evidence of a health impairment which has resulted in a permanent and verifiable activity limitation

This must be supported by medical documentation signed and dated by a medical doctor

EXAMPLES OF IMPAIRMENTS:

IAR1
• Triple amputee, quadruple amputee, tetraplegia (SCI at T2 level and above), impaired use of 3 or more limbs resulting in loss of function

AR1, IAR2, PR1
• Ataxia, athetosis or hypertonia from CP, brain injury or stroke who may use a wheelchair or walking aid
• Loss of muscle strength equivalent to complete spinal cord injury at T12 level

IAR3
• Upper limb impairment(s) (above wrist joint) and/or one leg/one arm on same side impairment

AR2, IAR4, PR2
• Limb loss or deficiency equivalent to a double above leg amputation
• Significant muscle strength loss in both legs equivalent to complete spinal cord injury at L3 level or incomplete lesion at L1
• Ataxia, athetosis or hypertonia from CP, brain injury or stroke which affects both legs or one side of the body

AR3-PI, IAR5, PR3-PI & VI
• Limb loss or deficiency, at least full loss of three fingers on one hand, or at least a tarsal metatarsal amputation of the foot
• Loss of muscle strength e.g. equivalent to incomplete spinal cord injury at S1
• Minimal ataxia, athetosis, hypertonia, e.g. cerebral palsy, brain injury, stroke or multiple sclerosis

AR3-LI, IAR6
• Chronic health condition, physical impairment not comparable to the above
**PR1 (Upright Seat)**
- Athletes row with their shoulders and arms only due to minimal or no trunk function.
- They use strapping around their trunk with optional leg straps for stability in the boat/on the erg.

**PR2 (Fixed Seat)**
- Athletes have trunk and arm movement but are unable to use their legs to propel the sliding seat.
- They use a fixed seat with optional leg and lap straps to provide support and stability in the boat/on the erg.

**PR3 - PI (Physical Impairment)**
- Athletes have leg, trunk, and arm movement and can utilise the sliding seat.
- They will have a physical impairment and meet the minimum impairment criteria.

**PR3 - VI (Visual Impairment)**
- Athletes have leg, trunk, and arm movement and can utilise the sliding seat.
- They will have a visual impairment and meet the minimum impairment criteria.
ADAPTIVE ROWING

**AR1 (Upright Seat)**
- Athletes row with their shoulders and arms only due to minimal or no trunk function
- They use strapping around their trunk with optional leg straps for stability in the boat/on the erg

**AR2 (Fixed Seat)**
- Athletes have trunk and arm movement but are unable to use their legs to propel the sliding seat
- They use a fixed seat with optional leg and lap straps to provide support and stability in the boat/on the erg

**AR3 - PI (Physical Impairment)**
- Athletes have leg, trunk and arm movement and can utilise the sliding seat
- They will have a physical or visual impairment and meet the minimum impairment criteria

**AR3 - LI (Learning Impairment)**
- This is an open category for those with chronic health conditions not resulting in a physical impairment
- They must complete a self-declaration form that is submitted for approval ahead of the event
INDOOR ADAPTIVE ROWING

IAR1 (Upright / Fixed Seat)
- Athletes have limitations in one or both arms and are unable to use their legs to propel the sliding seat
- There is optional strapping for their chest, trunk and legs to provide support and stability on the erg

IAR2 (Upright Seat)
- Athletes row with their shoulders and arms only due to minimal or no trunk function
- They use strapping around their trunk with optional leg straps for stability in the boat/ on the erg

IAR3 (Physical Impairment)
- Athletes have upper limb impairments and/or one leg/ one arm on same side impairment
- They use a sliding seat and can row with a single hand grip or a D handle as required

IAR4 (Fixed Seat)
- Athletes have trunk and arm movement but are unable to use their legs to propel the sliding seat
- They use a fixed seat with optional leg and lap straps to provide support and stability on the erg

IAR5 (Physical Impairment)
- Athletes have leg, trunk and arm movement and can utilise the sliding seat
- They will have a physical or visual impairment and meet the minimum impairment criteria

IAR6 (Learning Impairment)
- This is an open category for those with chronic health conditions not resulting in a physical impairment
- They must complete a self-declaration form that is submitted for approval ahead of the event