



# ERG GAMES RULE BOOK

## SECTION 1: COMPLETION OF REQUIRED DISTANCES

- 1.1 All athletes must complete the full designated distance for each erg machine.
- 1.2 Failure to complete the required distance will result in a time penalty, assessed as follows:

SkiErg = 2 seconds penalty per 1 metre short

BikeErg = 1 second penalty per 1 metre short

RowErg = 2 seconds penalty per 1 metre short

## SECTION 2: OFFICIATING AND JUDGING

- 2.1 Judges will be stationed at each erg to monitor athlete performance and verify distances completed.
- 2.2 All rulings by judges regarding distance completion and penalties are final.

## SECTION 3: BIKEERG SEAT SETTINGS

- 3.1 All BikeErgs will be pre-set to a standard seat height prior to the start of the race.
- 3.2 Athletes are responsible for adjusting the seat height to their preference as they approach the Bike during the race.
- 3.3 Judges will be available to assist with adjustments if required.

## SECTION 4: DAMPER SETTINGS

- 4.1 Dampers on all erg machines will be pre-set to Level 6 before the race.
- 4.2 Athletes may adjust damper settings at any time DURING the race only.
- 4.3 Damper adjustments are the sole responsibility of the athlete.