

Fitness Standards

Physical Fitness Assessment

Applicants will row the 2000 Meter Row. Minimum passing standards are below.

Proper Rowing Technique

There are two parts to the rowing stroke, the **drive** and the **recovery**, but the movements are blended together to make the stroke smooth and continuous. There should be no stopping at any point in the stroke. Improper technique can lead to injury.

1. The **catch**:

- a. The rower reaches forward with knees bent, arms extended, and body leaning toward the flywheel.
- b. The **drive** begins with the legs and the back doing all the work. **Note:** The arms are straight and the shoulders are relaxed.

2. The **drive**:

- a. During the **drive**, the rower straightens the legs and swings the back through the vertical position.
- b. Halfway through the **drive**, the arms are still straight and the shoulders are relaxed.

3. The **finish**:

- a. At the finish of the **drive**, the handle is pulled by the arms and shoulders into the abdomen.
- b. The legs are straight and the body is leaning back slightly. **Note:** The height of the handle is neither at the chest nor in the lap.

4. The **recovery**:

- a. The **recovery** begins by extending the arms and swinging the body forward at the hips.
- b. This puts the handle in front of the knees to avoid interference between the knees and hands as the seat moves forward.

5. The **catch**:

- a. The body is drawn forward with the legs to the starting position for the next stroke.
- b. The rower is now ready to begin the next drive.
- c. Remember that your body should never come to a complete stop.

Videos

- [Rowing Stroke Video](#)
- Common Rowing Technique Errors [Video](#)

Disqualifications

A certified row test will stop when any of the following are observed:

- Applicant cannot stay balanced on the seat
- Applicant begins to exhale with a whistle sound
- Applicant is compromising form and technique that elevates the risk of injury
- Skin turns ashen and displays signs of other health complications
- Applicant is no longer rowing with a continuous flow

Minimum Standards

2,000-Meter Row [Calculator](#)

Candidates must pass each of the following physical assessment components: