

SPORTS BETTING: KNOW THE RULES

If you're covered by this policy, the betting window is closed — completely.

WHO DOES THIS APPLY TO?

All Covered Individuals: national team athletes, coaches, officials, board members, NGB staff, high performance committee members, and national team support personnel.

WHAT'S PROHIBITED?

- All wagering on Applicable Competitions — including sports books, fantasy leagues, futures, and prediction markets.
- All methods: cash, credit, crypto, digital assets, or anything else of value.
- All channels: licensed or unlicensed operators, domestic or international, online or in person.
- All intermediaries: you can't have someone else place a bet for you.

WHAT ARE "APPLICABLE COMPETITIONS"?

- Olympic and Paralympic Games
- Pan American and Parapan American Games
- World Rowing Championships (Senior, Under 23, Under 19), Beach Sprint Finals, World Cups
- National team trials and selection regattas
- USRowing national and regional championship regattas
- Any event where USRowing selects athletes to compete

DON'T GO THERE

- Don't ask a friend or family member to place a bet on your behalf.
- Don't accept money, gifts, or favors tied to betting outcomes.
- Don't encourage others to bet on Applicable Competitions.

CONSEQUENCES

Violations may result in disciplinary action, sanctions, and referral to the USOPC, your International Federation, or the IOC/IPC.

THE BOTTOM LINE

No betting on competitions covered by USRowing — not by you, not through a friend, not through an app.

COMPETITION MANIPULATION: PLAY IT STRAIGHT

The outcome of competition must be decided on the course — never behind the scenes.

WHAT IS COMPETITION MANIPULATION?

Any effort to influence the result, score, performance, statistics, or conduct of a competition by something other than the competitors' merits. This includes match-fixing, point-shaving, tanking, equipment alterations, and influencing official decisions.

WHAT'S PROHIBITED?

- **Fixing outcomes:** manipulating results, scores, margins, or placings.
- **Spot manipulation:** engineering specific in-game events (e.g., timing of fouls, specific play outcomes) for betting purposes.
- **Influencing officials:** pressuring or inducing referees, judges, or officials to alter decisions.
- **Underperforming deliberately:** failing to perform to the best of your ability to affect competitive outcomes.

RED FLAGS: WATCH FOR THESE

- Unusual approaches from strangers or associates asking about upcoming competitions.
- Offers of money, gifts, or favors in exchange for influencing results.
- Pressure from anyone — including teammates, coaches, or agents — to lose, underperform, or alter your play.

YOUR OBLIGATION

If you witness, suspect, or are approached about manipulation, you must report it immediately to USRowing's Sport Integrity Officer and/or the USOPC. Failure to report is itself a violation.

THE BOTTOM LINE

Competition must be won on merit. If someone asks you to influence an outcome, say no, then report it.

REPORT CONCERNS

USRowing's Sport Integrity Officer: safeguarding@usrowing.org | USOPC Integrity Portal: usopc.ethicspoint.com |
Hotline: 877-404-9935 | Athlete Ombuds: ombudsman@usathlete.org | www.usathlete.org |
Problem Gambling Hotline: 1-800-MY-RESET

INSIDE INFORMATION: KEEP IT TO YOURSELF

What you know as an insider is powerful. Make sure it doesn't end up in the wrong hands.

WHAT IS "INSIDE INFORMATION"?

Any non-public information that could affect competition outcomes or be used for betting purposes. If the general public doesn't know it yet, and knowing it could give someone a betting advantage, it's inside information.

EXAMPLES OF INSIDE INFORMATION

- Health & injury status not yet publicly announced.
- Team selection decisions before the official release.
- Competition strategies, game plans, or tactical approaches.
- Training details that could reveal fitness levels or readiness.
- Disciplinary actions or eligibility decisions before announcement.

THE RULES

- Do not disclose inside information to anyone without a legitimate need to know.
- Do not share inside information that you know or should know could be used for betting.
- Do not seek inside information from others for purposes unrelated to your role.
- Be cautious on social media — even casual posts can reveal inside information.

PRACTICAL TIPS

- Think before you text, post, or chat. Would this give someone a betting edge?
- Limit conversations about team matters to those with a need to know.
- If anyone (including a journalist, friend or connection) pushes for non-public details, redirect them by responding with "I'm not at liberty to share details that aren't already public"

THE BOTTOM LINE

If it's not public, it's not yours to share — especially if it could affect a bet.

REPORT CONCERNS

USRowing's Sport Integrity Officer: safeguarding@usrowing.org | USOPC Integrity Portal: usopc.ethicspoint.com |
Hotline: **877-404-9935** | Athlete Ombuds: ombudsman@usathlete.org | www.usathlete.org |
Problem Gambling Hotline: **1-800-MY-RESET**

USROWING SPORT INTEGRITY POLICY

REPORTING: SEE SOMETHING? SAY SOMETHING.

You have a duty to report integrity concerns, and you're protected when you do.

YOUR DUTY TO REPORT

All Covered Individuals must promptly report any conduct, incident, approach, or information they know, suspect, or reasonably should suspect may violate the Sport Integrity Policy.

WHAT SHOULD BE REPORTED?

- Known or suspected betting on Covered USRowing Competitions.
- Approaches, offers, or pressure related to fixing or manipulating results.
- Unauthorized sharing of inside information that could be used for betting.
- Anyone encouraging or facilitating violations of the policy.
- Anything that feels wrong — trust your instincts.

HOW TO REPORT

- **To your NGB:** Contact USRowing's Sport Integrity Officer (safeguarding@usrowing.org).
- **USOPC Integrity Portal:** usopc.ethicspoint.com — submit concerns confidentially or anonymously, online or by phone (877-404-9935).
- **IOC/IPC:** integrity@olympic.org (IOC) or the IPC Whistleblower Channel. (https://whistleblowersoftware.com/secure/International_Paralympic_Comittee)
- **Athlete Ombuds:** ombudsman@usathlete.org for independent, confidential advice.

YOU ARE PROTECTED

USRowing has zero tolerance for retaliation against anyone who makes a good-faith report. You are protected under [the USRowing Whistleblower & Anti-Retaliation Policy](#). Reports must be made in good faith, knowingly submitting false reports are themselves violations.

YOUR DUTY TO COOPERATE

If an investigation is opened, Covered Individuals must cooperate, including sitting for interviews and providing documentation. Refusal to cooperate is itself a policy violation.

THE BOTTOM LINE

Reporting isn't optional. If you know it, suspect it, or were approached about it, report it. You're protected. Retaliation is never tolerated.

REPORT CONCERNS

USRowing's Sport Integrity Officer: safeguarding@usrowing.org | USOPC Integrity Portal: usopc.ethicspoint.com |
Hotline: **877-404-9935** | Athlete Ombuds: ombudsman@usathlete.org | www.usathlete.org |
Problem Gambling Hotline: **1-800-MY-RESET**