

RowLeeds Indoor Championships

Rules

Event Level:

1. Once an athlete is declared as either competing in the Open or the S.I. sections, he/she is required to compete in that section for the remainder of the event.
2. Competitors are only permitted to compete in 1 individual event and 1 relay event as a maximum.
3. Relay teams MUST comprise of a minimum of 4 athletes. All relay teams are required to comprise of a minimum of 2M + 2F rower.
4. An outline schedule is available on request. Specific start times are not published. Please listen out carefully for announcements regarding when athletes need to proceed to the holding pen for their event.
5. No spectators or supporters are permitted to enter the race floor.
6. If you have a young person who cannot be shown in photographs or media, a form is available and should be completed and submitted to registration on the day. We will give you an item for the young person to wear which is discrete but clearly marks them out in photographs and video. This material will then not be used or published by RowUK, RowLeeds or partners under any circumstances.
7. Indoor rowing can place athletes under physical and mental stress. Athletes compete at their own risk and under the judgment of the school. If you have any concerns about the ability of your athlete to compete, please discuss with the Competition Director. You reserve the right to withdraw your athlete if you see fit. The Competition Director reserves the right to do the same if, for any reason, they deem withdrawal to be in the best interest of the young person or the event.
8. RowLeeds will not tolerate any foul language or abusive behaviour to anyone associated with, or competing in the event. We reserve the right to ask individuals or teams to leave the premises if we deem their behaviour to be unacceptable.
9. The Competition Director reserves the right to suspend/cancel the event where required by unsafe conditions.
10. If you have any queries, please approach the Competition Director only with your question.

Individual:

1. An athlete is not permitted to race unless they have brought their race card to the race floor.
2. An athlete will be allowed two false starts. A third false start will mean disqualification.
3. An athlete may set the damper to any level they wish. We recommend not above 6 for Concept2 machines. Once the damper is set, it may not be changed during the race. The same applies for the team relay.
4. Athletes are not permitted to leave the race floor after the event until the Race Floor Manager has announced the floor can be cleared.

Relay:

1. The relay event will be a maximum of 10 minutes in duration. The open relay team will comprise of 1 athlete per open event and MUST comprise of a minimum of 4 athletes (2M + 2F).
2. Each team member must row for 1 minute at a time. The winning team is that which rows the furthest distance over the 10 minutes. Individual teams can select order of participation.
3. Team members MUST and CAN ONLY change when the race caller shouts 'CHANGE!'
4. Athletes must not row twice. In the situation where a team has fewer than 10 members, they must race with those available down to a minimum of 4 athletes. (e.g. 6 team members may race for a maximum of 6 minutes in total and cannot start racing until the end of the fourth minute.)
5. Feet can be held by members of the team only.

Deciding the winner:

1. Results from all completed events are combined and used to identify the overall winner (Event types: Open Individual (Y7M, Y7F, Y8M, Y8F, Y9M, Y9F, Y10M, Y10F, Y11M, Y11F), Open Relay)
2. Results from all special completed events are combined and used to award a S.I. trophy (Event types: S.I. Individual (KS3M PI, KS3F PI, KS3M VI/VI, KS3F VI/VI, KS3M LD, KS3F LD, KS4M PI, KS4F PI, KS4M VI/VI, KS4F VI/VI, KS4M LD, KS4F LD))
3. If the competition is cancelled or suspended, the results from all completed events will determine the winner.
4. Tied teams: will not be separated once scores from events are combined, except if the top 3 teams have the same number of points, in which case the highest number of first place event finishers will be the deciding factor, then second place event finishers and so on.