



Supported by BUCS

## University Indoor Rowing Series 2013



**This document is intended to provide guidance on the running of your indoor rowing event in order to help promote consistency and fairness across the series of events.**

### Introduction

BUCS and British Rowing are supporting the Universities Indoor Rowing Series 2013. The events will aim to attract top student rowers and a wide participation base to encourage and develop an interest in Indoor Rowing competition

- the series runs from 16<sup>th</sup> Nov – 1<sup>st</sup> Dec. '13 ( to include GBRT first assessment & adaptive assessment on 16<sup>th</sup> / 17<sup>th</sup> Nov. ) and clubs can choose the date for their own event within that window
- the series is anchored to the GBRT first assessments – so that results from students involved in trials can count towards the BUCS rankings extracted from the series
- events are hosted and organised by University clubs and are intended to help University clubs to accommodate a number of the fresher's signing up at the start of the year and to help promote good technique, competition etc.
- results from eligible students will count towards the BUCS Indoor Rowing Championships. Results will be published online during the series and then validated prior to award of medals / prizes

University Clubs will be supported by British Rowing staff in planning, promoting and running their events and clubs will be encouraged to open up the events to others beyond the student rowing community i.e other student sports clubs, community members etc. RowAbility staff within British Rowing will provide direct support for adaptive categories.

**Distance** – 2000m for Senior and 1000m for beginner and adaptive entries

**Categories** - After all regional events have been completed - BUCS medals will be awarded on a national basis in five categories:

1. Openweight Senior Men / Women – 2km ( BUCS points will also be awarded \* )
2. Lightweight Senior Men / Women – 2km ( BUCS points will also be awarded \* )
3. Men / Women – team event ( the top 8 individual scores from students from each University club ) - 2km each
4. Openweight Beginner Men / Women – 1km
5. RowAbility Senior ( adaptive ) Men / Women – 1km ( TBC if BUCS points will also be awarded details to follow).

BUCS points will be awarded nationally the following events;

Senior Openweight Men  
 Senior Openweight Women  
 Senior lightweight Men  
 Senior lightweight Women  
 RowAbility (TBC)

With : 1<sup>st</sup> awarded = 12 points, 2<sup>nd</sup> awarded = 8 points, 3<sup>rd</sup> awarded = 6 points, 4<sup>th</sup> awarded = 4 points.

**Lightweights** – as per the BUCS Rowing regulations [http://c1593.r93.cf3.rackcdn.com/Rowing\\_R\\_R\\_-\\_Jan-12.pdf](http://c1593.r93.cf3.rackcdn.com/Rowing_R_R_-_Jan-12.pdf) Lightweight event weight limit: Men 75kg or less, Women 61.5kg or less.

Lightweight competitors must weigh-in between 2 hours and 1 hour before their race. Lightweight competitors who do not make their weight will still be able to race, their time will be listed at the bottom of the race category they entered, but they will not be placed. Their time will however be included in the BUCS Ranking, as a heavyweight time.

**Machines** - All machines should be Concept 2 Model D or E. They should be in good working order, clean and have been serviced to ensure they are fit for purpose. The host institution is responsible for the condition of the machine. Where there is more than one machine in use at any one time they should be positioned adjacent to each other, facing in the same direction and not less than 1.5 machine width apart. Events can either use Concept 2's Venue Race system, or set the monitors to countdown mode to get results for each competitor.

**Numbers of machines** – whilst not wanting to be prescriptive about the number of machines each host should have available for the event, it is expected that the number of machines will be proportional to the number of entries so that competitors have a

positive racing experience. It is also expected that there will be additional machines available for competitors to warm up / cool down before and after racing.

**Settings** - The drag factor should be set as below for ALL competitors:

Men's Heavyweight:	138
Women's Heavyweight	130
Men's Lightweight	135
Women's Lightweight	125

(advice on settings should be available from the appointed Independent Adjudicator – see below )

**Independent adjudication** - Each institution must nominate an independent adjudicator. The adjudicator is responsible for ensuring that all ergos are completed in accordance with the guidelines and that the conduct of the event is safe, fair and sportsmanlike. It is intended that events will be supported by a British Rowing staff member who will be able to take on the role of Independent Adjudicator.

**Eligibility** - All competitors in the BUCS categories must have their student cards available for inspection on the day of the event.

**Entry fees** – Each event organiser will collect their own entries and set their own entry fees (to a max. of £5 / person). Event organisers may want to include other events / categories within their event.

**Entries** – contact details for the organisers at each of the events in the series will be posted on the BUCS and British Rowing websites. Organisers will be responsible for managing their own entries and an entry form template will be provided. Local organisers will set their own limits on numbers and entry closing dates etc.

Note that all eligible student entries to the 1<sup>st</sup> GB Assessment Erg test on Sat. 16<sup>th</sup> Nov. will automatically be included within the Indoor Rowing entries and their results counted towards the BUCS event.

**Results** – Organisers will be provided with a results template. Results should be verified by the independent adjudicator before being emailed to Dan Hetherington at British Rowing [dan.hetherington@britishrowing.org](mailto:dan.hetherington@britishrowing.org) within 24 hours of the event. Results will be posted on the British Rowing and BUCS webpages.

**For BUCS categories only** - Please note that in order that their entries have been validated by their Athletic Union – results for BUCS categories will only be accepted once the individual's University has entered their details into BUCScore – each University should ensure that in addition to contacting the organisers – that they complete an entry on BUCScore.

**Medals** - BUCS will send medals directly to the students finishing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the overall ranking following the completion of the final regional event. Host universities will be able to award medals on a local basis at their own discretion – BUCS medals are awarded on a national basis only.

**Competitors** – Competitors/clubs may complete at as many regional events as they wish during the course of the series. Their best score during that time will be used and submitted to BUCS assuming that the above criteria are satisfied. In the team events – not all members of the team have to compete at the same regional event – but must all be from the same University club.

**Support for adaptive categories** – staff from British Rowing will be available to provide guidance, equipment and support to help accommodate adaptive entries. Adaptations for indoor rowing adaptive categories are listed below and again – staff will be on hand to advise on further details.

LTA – sliding seat - hand straps can be used dependent on impairment

TA – fixed erg seat

AS – Concept 2 'Adapt to Row' seat, with pelvic and chest strap

Please note that all adaptive races will be held over 1000m and British Rowing staff are also available to offer advice on classification at the series of events – pls. see the link to the British Rowing website for further info.

<http://www.britishrowing.org/taking-part/adaptive> and / or contact [helen.blamey@gbrowingteam.org.uk](mailto:helen.blamey@gbrowingteam.org.uk)

**Event Planning** – Clubs wanting to host an event will have to think about booking a suitable venue, access to Concept 2 rowing machines, having a volunteer team with knowledge of indoor rowing to help set up the hall, marketing the event, collating results etc. The list of considerations below is to be used as a guide and is not fully inclusive.

- suitable facility for hosting event (sports hall),
- access to drinking water
- toilets and changing rooms
- warm up area and machines.
- weigh-in room/area and scales.

- first aid provision
- risk assessment for the event in conjunction with University staff and British Rowing staff.
- send out information to competitors /clubs about rules relating to both the BUCS classed events plus any non BUCS events offered.

**Commercial / Sponsorship Activity**

Please communicate with BUCS Communications, Commercial and Marketing Team prior to engaging in any commercial activity around a BUCS sporting event and property. This includes sponsorship, merchandise, sales, advertising or value in kind promotions and product. Please note that title or naming rights to the BUCS categories within the event must not be granted to any third party.

For any further queries regarding the events – pls. contact Dan Hetherington at British Rowing [dan.hetherington@britishrowing.org](mailto:dan.hetherington@britishrowing.org) or Tom Gee at BUCS [tom.gee@bucs.org.uk](mailto:tom.gee@bucs.org.uk)