



2017 British Rowing Sculling Festival

Notice of Regatta

Version 1, issued 24 May 2017



The British Rowing Sculling Festival is an “Omnium of Events” run over two days with points from individual events contributing to the overall ranking of each sculler.

1. Date & Venue

The 2017 British Rowing Sculling Festival will be held on Saturday 19 and Sunday 20 August 2017 at:

National Water Sports Centre
Adbolton Lane
Holme Pierrepont
Nottingham NG12 2LU

2. Events Offered & Prizes

2.1 Entries will be taken in single sculls ONLY.

2.2 Competitors may enter one of four events:

2.2.1 Main Event: Open

2.2.2 Main Event: Women

2.2.3 Beginners' Event: Open - offered to those genuinely in their first year of the sport.

2.2.4 Beginners' Event: Women - offered to those genuinely in their first year of the sport.

Competitors may compete in the Beginners' Event only once. Entries to the Sculling Festival in subsequent years must be into the Main Event.

2.3 Prizes will be awarded to the top sculler in the following categories:

2.3.1 Main Event Overall Winner, Open: Senior, U23*, J18*

2.3.2 Main Event Overall Winner, Women's: Senior, U23*, J18*

2.3.3 Beginners' Event Overall Winner: Open

2.3.4 Beginners' Event Overall Winner: Women

**The U23 and J18 results will be extracted from the Senior event.*

2.4 Medals will be awarded to the top 3 finishers in each of the finals of the Main Event (2000m) and Beginners' Event (1000m)

3. General Rules

3.1 There will be no separate lightweight categories offered. All competitors will race as “openweight”.

3.2 U23s are those competitors who are born on or after 1 January 1995.

- 3.3 For this event J18s are those competitors who are born on or after 31 December 1998 and before 1 September 2002. In exceptional circumstances, entries will be accepted from competitors born after 1 September 2002. Anyone wishing such an entry to be considered should contact the entries secretary prior to the closing date (1700 on Wednesday 9 August 2017).
- 3.4 The Sculling Festival will be run under the British Rowing Rules of Racing with the addition of specific local rules.

4. Racing Format

- 4.1 All entries will be expected to compete in all events on both days. The provisional order of events is as follows:

4.1.1 Saturday 19 August

Main Event	Beginners' Event
3800m (2 x 1900m) Time Trial	2000m (2 x 1000m) Time Trial
Manoeuvrability Test	Manoeuvrability Test
Skills Testing	Skills Testing
250m Time Trial	250m Time Trial
250m Side by Side	250m Side by Side

4.1.2 Sunday 20 August

Main Event	Beginners' Event
2000m Semi Finals	1000m Semi Finals
2000m Finals	1000m Finals

- 4.2 **250m Side by Side:** after the 250m time trials, all boats will be ranked. Boats ranked 1-6 will be seeded into Final A, boats ranked 7-12 will be seeded into Final B etc.
- 4.3 **1000m/2000m Semi-Finals:** at the end of the first day, all boats will be ranked according to their overall points to determine the seedings for the 1000m/2000m semi finals. Boats ranked 1-12 will be seeded in to A/B Semi-Finals, boats ranked 13-24 will be seeded into C/D Semi-Finals etc.
- 4.4 **1000m/2000m Finals:** the first 3 boats from each of the Semi-Finals A/B will progress to Final A, positions 4, 5, 6 from Semi-Finals A/B will progress to Final B. Similarly from Semi-Finals C/D to Finals C and D respectively.
- 4.5 **Manoeuvrability Testing:** this will be run three abreast and each individual sculler will be timed.
- 4.6 **Skills Testing:** each sculler will be assessed on a numbers of skills and be awarded pass, intermediate or fail on each skill assessed. Further details of the skills to be assessed are within [Appendix I](#). Videos of the skills will be also be available on the Sculling Festival web pages.

5. Overall Points Scoring

5.1 Scullers will be allocated “overall points” based on their rankings/scores in individual events.

5.1.1 Racing events: points allocated will be equivalent to the scullers ranking position i.e. the top ranked sculler will receive one point, the second placed sculler will receive two points etc. For the purposes of side by side racing, the ranking will be determined by a scullers race finishing position (not time) as shown below

Race	Finishing Position	Overall Points Awarded
Final A	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
Final B	1	7
	2	8
	3	9
	4	10
	5	11
	6	12
Final C	1	13
	2	14
	3	15
	4	16
	5	17
	6	18

5.1.2 Manoeuvrability testing: points will be allocated equivalent to a scullers overall ranking based on time. Points will be awarded in increments of 0.5 i.e. the fastest sculler will be awarded 0.5, the second fastest sculler will be awarded 1.0 etc.

5.1.3 Skills testing: zero points will be awarded for a pass, two points will be awarded for intermediate (where applicable), four points will be awarded for a fail.

5.2 **Scoring events:** “overall points” will be awarded in the following events:

Open Event	Beginners' Event
3800m (2 x 1900m) Time Trial	2000m (2 x 1000m) Time Trial
Manoeuvrability Test	Manoeuvrability Test
Skills Testing	Skills Testing
250m Side by Side	250m Side by Side
2000m Finals	1000m Finals

- 5.3 Missing or failing to complete an event:** in the event that a sculler misses or fails to complete an individual event, but will continue to compete in the Sculling Festival, overall points will be allocated as follows:
- 5.3.1 Skills:** awarded points as if a fail
 - 5.3.2 Timed events where points based on ranking:** awarded points as if the lowest ranked sculler
 - 5.3.3 Side by side events where points are based on finishing position:** awarded the maximum number of points in the race into which the sculler has qualified.

Where an individual withdraws from the Sculling Festival, no points will be allocated, and the sculler's result will be recorded as "Did Not Finish" (DNF).

- 5.4** The overall winner of each category will be determined by a sculler's cumulative overall points. The sculler with the fewest overall points will be declared the winner.
- 5.5 Tie on overall points:** in the event that two or more scullers are tied on points at the end of the Sculling Festival, the finishing position in the 3800m/2000m time trials will be used to determine the final ranking i.e. the sculler with the higher time trial rank will be placed as the higher overall ranked sculler.

6. Entry Fees

The entry fee is £30 per sculler which must be paid in advance. The entry fee covers the two days of competition, a barbecue on Saturday evening and an event t-shirt.

7. Conditions of Entry

- 7.1 The Sculling Festival is open to all scullers that are registered members of a club affiliated to any Great Britain Rowing Body. Entries will only be accepted from scullers whose membership will be valid for the period of the Sculling Festival.
- 7.2 The Sculling Festival is a national event. Foreign entries are specifically excluded.
- 7.3 Any junior sculler entered shall have a named coach or responsible adult, who must be over the age of 18, and must be named on the entry together with a current mobile telephone number. If a substitute coach comes to the Sculling Festival he/she must contact Registration and register his/her mobile telephone number.
- 7.4 To enable a safe and efficient event to happen coaches are kindly requested to assist in marshalling, timing and safety roles. Each club that makes an entry will be required to provide at least one coach to assist in the roles listed. A jobs list will be published and made available at registration and these will be confirmed at the briefing each morning. Coaches and any supporters should not expect to accompany their rowers during the Festival.

8. Regulations for Racing

- 8.1 The Sculling Festival is held under the Rules of British Rowing and the British Rowing Rules of Racing shall apply with the addition of some local rules.

- 8.2 When it is not possible, for whatever reason, to complete the Sculling Festival or an event, rankings from those events which have been completed may be used to determine overall finishing positions.
- 8.3 Entry fees will not be refundable if it should become necessary, for any reasons, to abandon the Sculling Festival.
- 8.4 Entrants who fail to register by the deadline may not be permitted to compete. Those who have registered, but fail to appear for any of the individual events, will incur penalties as detailed above.
- 8.5 Entrants who wish to withdraw from the Sculling Festival at any point after they have registered must do so officially by reporting to Registration.
- 8.6 It is the competitor's responsibility to keep him/herself informed of any changes to the Sculling Festival programme. These will be communicated around the venue.

9. Entry Information

- 9.1 Entries must be submitted through BROE2 by 1700 on Wednesday 9 August when the system will be closed. All possible contact details should be complete. We may need to contact you before or during the Sculling Festival so it is in your interests to ensure that your contact details are accurate and up to date.
- 9.2 A copy of the timetable and other information, including registration details, will be emailed to submitting BROE administrators on Monday 14 August. You should ensure that this email address is monitored and up to date.
- 9.3 Payment for entries should be made:
 - 9.3.1 Online via BROE2 or
 - 9.3.2 by cheque, payable to "British Rowing Ltd" and sent with the details of the club, the contact person and a list of entries. This should be sent to: Entries, British Rowing Sculling Festival, 6 Lower Mall, Hammersmith W6 9DJ
- 9.4 Entries may be rejected if payment is not received by midday Monday 14 August.

10. Competitors' Information

- 10.1 Competitors who decide to scratch before the Sculling Festival should inform Jake Cole, Entries Secretary, by e-mail sf.enquiries@britishrowing.org
- 10.2 All competitors must register by the deadline. A club representative may register on behalf of all scullers from their club providing they are able to provide all requested information for each entrant.
- 10.3 Racing Licences must be presented when registering. Failure to do so may result in a sculler being unable to compete in the Sculling Festival.
- 10.4 At registration, each sculler will receive a racing number and corresponding boat number which will remain with them for the duration of the Sculling Festival. The boat number must be returned at the conclusion of the Sculling Festival.

11. Photography

- 11.1 There are official photographers and videographers at the Sculling Festival. These photographs and videos may be used on the website and social media sites of the Sculling Festival or by British Rowing. Official photographs may also be available for sale from the photographer's website following the event. By entering the Sculling Festival, competitors and those responsible for them consent to this.

- 11.2 Competitors and those responsible for them should be aware that other, nonofficial photographers might operate at national sporting events and the subsequent photographs or videos may be freely used in print, digital media or elsewhere, over which the Organising Committee has no control.

- 11.3 Coaches and competitors agree that by entering crews they have made the crew members and their parents/guardians (where in loco parentis) aware of the above two paragraphs.

SKILLS ASSESSMENT

All competitors will be required to do the Manoeuvrability Test and this will be scored according to the time taken to complete the test. In addition, competitors will be assessed on 5 skills.

- Competitors in the Beginners' Event will be assessed on 5 of the Beginners' Event Skills detailed below.
- Competitors in the Main Event will be assessed on 5 skills selected from the Beginners' Event and Main Event skills detailed below.

For the purposes of overall points the following scoring will be applied:

- PASS = 0 point
- INTERMEDIATE (if applicable) = 2 points
- FAIL = 4 points

Where a FAIL standard is not detailed below, a sculler will be deemed to have failed if the PASS standard has not been attained.

BEGINNERS' SKILLS

SKILL	DETAILS & STANDARD REQUIRED
360 Boat Turn	Using powerful (whole body) strokes, turn the boat round as close to on the spot as possible, returning to the start position
	PASS = 1 to be completed in under 30 seconds
	INTERMEDIATE = 1 completed in 30-50 seconds
	FAIL = not completed within 50 seconds
Seated Rigger Dips	Rock the boat, dipping the riggers in the water, by moving the sculling handles up and down. Half slide is recommended (to give enough room) and a light grip keeps the blades on the surface.
	PASS = 50 in 30 seconds or under
	INTERMEDIATE = between 10 and 50 in 30 seconds
	FAIL = less than 10 in 30 seconds
Standing Rigger Dips	Stand up (lock handles together and pull to help). Then rock the boat, dipping the riggers in the water, by moving the sculling handles up and down – use feet to help rock boat, keep blades on surface.
	PASS = 50 in 30 seconds or under
	INTERMEDIATE = between 10 and 50 in 30 seconds
	FAIL = less than 10 in 30 seconds
Tap Down & Feather	From “backstops” tap handles down and away, feathering with fingers and thumb (some small wrist movement allowed, but hand must open out). Left hand lead needed, boat should balance.
	PASS = 3 in 60 seconds
	INTERMEDIATE = tight grip OR no lead OR poor balance
	FAIL = any two of the intermediate standard
Hands off at Catch	At full slide, full reach, take one hand off the handle at a time (right off and hand must pause & be still). Complete twice on each side. Having core engaged is recommended.
	PASS = able to complete
	INTERMEDIATE = not being still / stable
	FAIL = unable to complete

BEGINNERS' EVENT SKILLS (cont.)

SKILL	DETAILS & STANDARD REQUIRED
Grip Demo	One side at a time. Do 3 full strokes (with one hand) showing correct grip, squaring and feathering (and control generally).
	PASS = able to complete
	INTERMEDIATE = some (not much) gripping
	FAIL = gripping, wrists dropping, lack of blade control
Back Down Stop	Back boat down firmly. Square blades and get pulled out to the catch position. Stop boat (dead) by driving into footplate / engaging glutes / suspending. No pulling allowed (i.e. hands stay apart). Full suspension off seat not required (but ok if done).
	PASS = 2 good ones from a maximum of 6 attempts
	INTERMEDIATE = some pulling or not really stopping
	FAIL = pulling / not stopping dead / not suspending
Stake Boat L&R	Start one boat length from coach. Back down into coach's hands (allowed to reach but not move). Staying attached, tap boat round 30° left, then 30° right then back to straight.
	PASS = able to complete in 45 seconds
	INTERMEDIATE = able to complete in 45 – 70 seconds
	FAIL = detaching
Standing 360 in boat	Stand up. Athlete turns round (360°) in boat. Sit down. Repeat opposite way round.
	PASS = complete in 45 seconds
	INTERMEDIATE = complete in 45 – 90 seconds
	FAIL = incomplete or not achieved within 90 seconds
Straight Arm ½ Slide Suspension	Starting at ½ slide, drive into feet, suspend and drive to end of stroke maintaining (a) suspension & (b) straight arms (elbows will flex naturally <i>at the end</i>).
	PASS = 2 good ones from a maximum of 4 attempts
	INTERMEDIATE = pulling
	FAIL = not suspending

MAIN EVENT SKILLS

SKILL	DETAILS & STANDARD REQUIRED
Roll Ups	Starting from backstops, a <u>controlled</u> recovery, <u>blades off water (feathered)</u> , ending with entry (<u>at full slide/reach</u>). NO propulsive movement. PASS = 3 good ones in 1 minute
Sequencing	a) tap blades in & out - arms only, no body movement. b) drive legs flat, no change in body angle from catch (learn where legs lose traction & therefore where hips should open) c) add hips, extend duration of leg drive. d) make shoulders break elbows, to get timing of arm pull. e) add arm pull but release (light hands) at end. PASS = Need to demonstrate 5-10 of each
Flat Hands	After 3-5 normal strokes, be able to scull for at least 250m with the hands and fingers <u>completely</u> flat (thumb still on end) as soon as possible after extraction & feathering. Close hand up to square. Need to have grip correct before starting this. PASS = Able to demonstrate over 150m