



## **BRITISH ROWING VIRTUAL CHAMPIONSHIPS (“BRVC”)**

### **Terms and Conditions of Entry**

# BRITISH ROWING VIRTUAL CHAMPIONSHIPS (“BRVC”) 11 September 2021

## TERMS AND CONDITIONS OF ENTRY

### General

1. By entering this competition, I agree to be bound by all Terms and Conditions of Entry. Further rules may apply and will be published on the event website prior to the event.

2. By entering and participating in the British Rowing Virtual Championships, I agree that I will abide by all British Rowing Regulations and policies including, but not limited to, British Rowing’s Codes of Conduct, Anti-Doping Rules (being the UK Anti-Doping Rules), Safeguarding Children and Young People, and Adults at Risk policies. These can be found here: <https://www.britishrowing.org/about-us/policies-guidance>.

3. The British Rowing Virtual Championships (BRVC) is committed to Clean Sport. The UK Anti-Doping Rules apply to all participants of the sport, including minors (children and young people), and they make all participants subject to drug testing. For the purposes of those rules, consent of a parent or guardian to the testing of a minor is deemed to follow automatically from the fact that the minor has been permitted by their parent or guardian to participate in rowing. Therefore, any minors as well as all other athletes participating in this competition may be subject to drug testing.

Every rower has a right to take part in the BRVC knowing they and other competitors are competing clean. All athletes and athlete support personnel who take part in the BRVC must abide by the UK Anti-Doping Rules. All participants are encouraged to report any information, or suspicions concerning a competitor in breach of the Anti-Doping Rules. To understand more about anti-doping, the rules, your responsibilities, and how to report doping please visit <https://www.britishrowing.org/about-us/governance/anti-doping>.

4. Any reference to ‘we’, ‘us’ or ‘our’ refers to British Rowing Limited, a Company Limited by Guarantee registered in England number 1706271.

### Live Racing

5. Racing will take place over 2,000m, 500m, 100m and 30 minutes.

6. For the 2,000m and 500m, individual events are offered as follows:

Men’s and Women’s, further subdivided into:

- Under 23
- Open (open to anyone aged 18+)
- Lightweight (A competitor is a Lightweight if their weight does not exceed 75 kg (Men), 61.5 kg (Women) and aged 18+ on the day of competition)
- Masters (aged 30+) age categories

- Adaptive, Para and Open Adaptive (open to anyone 18+) (see point 48 for more information)

7. Junior categories offered will be raced as follows:

- Year 7 / J12: 2 minutes
- Year 8 / J13: 3 minutes
- Year 9 / J14: 4 minutes
- Year 10 / J15: 5 minutes
- Year 11 / J16: 6 minutes
- Sixth form / J17 & J18: 2,000m

8a. A 100m Super Sprint event has been included in the British Rowing Virtual Championships as an opportunity to trial new race formats. Due to the number of events being offered, British Rowing is only able to offer the following categories for the race:

- Open Men
- Open Women
- Open Lightweight Men
- Open Lightweight Women
- Open Para Men (PR1, PR2, PR3)
- Open Para Women (PR1, PR2, PR3)

8b. British Rowing has placed a maximum entry number of 40 competitors in each of the categories listed above. Once this maximum number is reached no further entries will be allowed.

9. Any competitor who enters the 100m race will do so on the understanding that they will be racing in an open category, there will be no sub-division within these (see point 51a relating to adaptive rowers).

10a. A 30 minute Challenge Row event has been included in the British Rowing Virtual Championships as an opportunity to trial new race formats. The 30 minute row is an open, mass participation event and as such there will be no categories listed for entry. Competitors will be able to select one of three “sessions” when they enter (see point 13b).

10b. British Rowing has placed a minimum entry number of 30 competitors in each session of the 30 minute event and reserves the right to cancel this event if the minimum entry number is not reached. Should this be the case, competitors who have entered this event will be contacted with options for how to proceed, including the possibility of moving to another session in the day.

11. Age restrictions are in place for both the 100m event and the 30 minute row. These races will only be open to those aged 18 and over on race day (11 September 2021).

12. 100m and 30 minutes are both recognised distances for Concept2 Records. If competitors believe they might break the record, or wish to attempt to, it is recommended that they follow Concept2’s advice regarding verification of records (see point 24).

13a. It is expected that racing will be scheduled in the following order:

- Masters Individual 2km Events
- Open 100m Events
- Junior/Adaptive Timed Individual Events
- Open/U23 Individual 2km Events
- Adaptive Individual 2km Events
- Masters Individual 500m Events
- Junior 500m Individual Events
- Adaptive Individual 1min Events
- Open/U23 Individual 500m Events

13b. The 30 minute event will run concurrently with the above race schedule. On entry competitors will be able to select one of three time slots for their race start time, 9.00-11.30am, 12.00-14.30pm, 15.00-17.30pm (all times are BST).

**Note:** We reserve the right to change the order of racing at any time.

14a. All events will run as straight finals, i.e. each competitor will only row once. Due to entry numbers, some events may be spread over more than one heat. The times from all heats for a single event will be combined to give an overall ranking.

14b. Where required for the purpose of scheduling we will endeavour to seed the fastest competitors of each event to be in the last heat for each event. To enable this process, competitors are required to submit their expected finishing time or expected distance for each event when entering.

15. A gold medal will be awarded to the winner of each event only except the 30 minute Challenge Row. As the 30 minute challenge row is a mass participation event, no winner's medals will be awarded.

16. If a competitor experiences technical difficulties during the race they may email [officials@britishrowing.org](mailto:officials@britishrowing.org) no later than 30 minutes after the end of their race with a submission of their evidence to prove their race result and the Race Review Panel (RRP) will consider whether their result can be manually added to the final results list (see point 23 regarding recommended evidence for collection). The RRP's decision will be final.

Please note: It is possible for competitors racing in different events to share rowing machines, if they live or are competing from the same venue, but British Rowing is not in a position to take account of any equipment sharing when preparing the schedule of racing. British Rowing will not be able to consider any requests for changes to race times once the final schedule is published.

17a. If there is a false start, the race system will display "False start" on the indoor rowing machine monitor and on the computer attached for race purposes, and the race will be stopped. Competitors will need to put the handle down, wait for the flywheel to stop moving and the start sequence will begin again.

17b. In the instance of one false start, the offender will be allowed another chance to start. If there is a second false start, the offender of this false start will be disqualified, even if they

did not false start the first time. The Race Official overseeing each specific race will have the final decision on whether to disqualify a participant. This rule applies to all events at the British Rowing Virtual Championships.

18. No competitor will be allowed to change events on the day of racing. This includes lightweight competitors who do not make their weight (see point 47).

19. The racing schedule will be uploaded onto the BRVC event page after the closing date for entries. All times stated will be British Summer Time. Any errors should be notified as soon as possible before race day (see points 32 and 33).

20. Only static Concept2 Indoor Rowers may be used for this event. Competitors may use the resistance level of their choice, but this cannot be changed during the race. Individuals with access to other indoor rowing machines may take part in the BRVC League event (see point 65).

21. During the event, should any competitor wish to dispute or protest a race, a result or an incident occurring during a race: they should email the Race Review Panel ([officials@britishrowing.org](mailto:officials@britishrowing.org)) **no later than 30 minutes after the end of their race**. The Race Review Panel will investigate the situation, using the race data for the race and the provisional results. Competitors may be asked to provide further evidence to aid the Race Review Panel in their investigation into the dispute or protest. The outcome of this investigation and the decision of the Race Review Panel is final.

22. In the event of anomalies detected in race results, data might be reviewed to determine the outcome. Further evidence of the row might be requested as part of the review (images or video - see advice below). British Rowing strongly recommends that competitors ensure this evidence is collected. Any decisions made by the Race Review Panel will be final.

23. Concept2 gives the following advice regarding evidence collection: video evidence should be a single take that includes a close-up of the monitor before the start, a clear view of the competitor and machine throughout the race, and a close up of the monitor after the finish.

24. If a British or world record is completed during taking part in the event, participants will be contacted by British Rowing to confirm this and gather evidence. In return, to claim a record the competitor and event must:

- Submit a video of the row, which should be a single take that includes a close-up of the monitor before the start, a clear view of the athlete and rowing machine throughout the race, and a close-up of the monitor after the finish
- Include the ErgRace log file which must be submitted to Concept2 by the race organiser
- Provide documentation to confirm age upon request
- Provide proof of sport category certification from an international (World Rowing) or a national governing body for para rowing if applicable
- Ensure lightweights are weighed-in no earlier than two hours before their race, under independent supervision, on approved scales. Using personal scales with a

family member present will not count. Weigh-in should satisfy the same level of scrutiny as at a venue race (for more information see point 43)



## Entries

25. An early bird discount of 10% will be made available for 48 hours after entries open (until 10.00am on 10 July 2021). This discount is available to anyone who enters the event during the first 48 hours after entries open. After that time, the discount will be available to British Rowing members only.

26. The British Rowing members discount of 10% will be available for all British Rowing members entering the British Rowing Virtual Championships after the early bird discount window (from 10.00am on 10 July 2021). For this discount to apply you must be a current British Rowing member on the date of purchasing the entry.

British Rowing membership information can be found here:

<https://www.britishrowing.org/join/>

27. BRVC is open to all with no qualification requirements. This is with the exception of adaptive competitors (see point 48).

28. Entries must be made through Active Network via the official BRVC website.

29. Competitors from outside the United Kingdom may enter, and the cost of posting winner's medals will be covered by British Rowing. All other postage costs, such as for merchandise, will need to be covered by the competitor (see point 58).

30. Junior Entries (Under 18s) must be made by a responsible adult and with the knowledge and agreement of the Junior's parent/guardian/carer. Entries found not to comply with this term will be invalid and will be removed. Any entrant under the age of 18, or any adult at risk taking part, must be accompanied by a responsible adult or carer, for the duration of their participation.

31. Individual entries to BRVC will close at 12:00pm BST on Tuesday 31 August 2021. No entries will be accepted after this time.

32. It is the competitor's responsibility to ensure all entry details are correct, including checking the entry on the BRVC website. Competitors will have the ability to edit their own entry until the close of entries at 12:00pm BST on 31 August 2021. If the change required cannot be made by the competitor, please notify British Rowing as soon as possible by emailing [virtualchamps@britishrowing.org](mailto:virtualchamps@britishrowing.org).

33. If an error is notified to British Rowing prior to entries closing, we will make all reasonable efforts to rectify this error, however this is not guaranteed. If an error is discovered on race day that renders the competitor ineligible to row in the category in which they had been entered, that competitor will not be able to race.



34. If British Rowing makes an error during the entry process, we will make all reasonable efforts to rectify this error as soon as possible after we become aware of it. British Rowing accepts no liability for any errors made by it.

35. All details specified on the entry form are required for a valid entry. To avoid any disappointment, and in order to allow us to clarify any entry details, please ensure you include a mobile number (with country code) and valid email address. Incomplete entries will not be accepted.

36. Entry fees are non-refundable and non-transferable.

37. British Rowing reserves the right to limit the size of entry into any given event, or for the competition as a whole.

38. British Rowing's decision in all matters relating to the BRVC is final. No correspondence will be entered into.

### **Junior Rowers**

39. All junior competitors must be between the age of 11 and 18 as of 01/09/2021.

40. Further age banding is as follows:

School Year 7 / J12 = under 12 on 01/09/2021

School Year 8 / J13 = under 13 on 01/09/2021

School Year 9 / J14 = under 14 on 01/09/2021

School Year 10 / J15 = under 15 on 01/09/2021

School Year 11 / J16 = under 16 on 01/09/2021

Sixth Form / J17 and J18 = under 18 on 01/09/2021

### **Masters Rowers**

These categories will only be available in the 2,000m and 500m events.

41. A competitor's age is the age of the competitor on the event day, 11 September 2021.

42. The Masters events will have the following age categories; 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

### **Lightweight Rowers**

43. For the 2,000m and 500m events, lightweight categories will be offered in the Under 23, Open and Masters Events only. Any competitors under the age of 18 may not enter lightweight events.

44. Only an Open Lightweight Men's and Women's category will be available in the 100m event.

45. The Lightweight limit is not more than 75 kg for men and not more than 60 kg for women.

46a. Lightweight competitors will be required to submit a photo of their weigh-in on scales at home with weight reading visible along with a date (this could be by including a newspaper or the home screen of a phone showing the date) on the day of competition.

46b. Lightweight competitors must submit their weigh-in photo via email to [lwts@britishrowing.org](mailto:lwts@britishrowing.org) **no later than 30 minutes** before the start of their race.

47. Lightweight competitors who do not make their weight or are unable to confirm weight as per point 46a will be able to race. Results will be listed but they will not be placed and not eligible for medals. Their time may be included in the Concept2 Ranking as a heavyweight time.

Note on World Records: Competitors who believe that they may break a lightweight world record during the event should contact Concept2 in advance of competing to indicate this possibility. In addition to following all of the score verification protocols (as outlined on [Concept2's website](#)), lightweights must be weighed-in no earlier than **two hours** before their race, under independent supervision, on approved scales. Using personal scales with a family member present will not count. Weigh-in should satisfy the same level of scrutiny as at a physical indoor rowing competition. Competitors should contact Concept2 in advance of competition in order to ensure that their planned weigh-in strategy is approved and would be accepted by Concept2.

### **Adaptive Rowers**

48. The following events will be offered for adaptive rowers:

Adult adaptive - 2,000m, 4min, 1min, 100m (Open) and 30 minute (no categories)  
Junior adaptive - 2,000m/timed race and 1min

49. The following adaptive classes will be offered in the 2,000m/Junior timed races, 4 minute and 1 minute events:

- IAR1 - limited arm(s) and shoulders, upright or flat seat
- IAR2/AR1/PR1 - arms and shoulders, upright seat
- IAR3 - single arm
- IAR4/AR2/PR2 - trunk and arms, flat seat
- IAR5/AR3-PI/PR3-PI & VI - physical impairment or visual impairment, sliding seat
- IAR6/AR3 LI & Open - learning impairment or other mental health impairment, sliding seat

50. Only Open Para classes will be offered for the 100m event:

- PR1
- PR2
- PR3





51a. Any adaptive rowers that wish to enter the 100m event but are not classified as Open Para rowers will be assigned an equivalent sports class based on their official virtual classification for the purposes of the 100m event only. For example an AR3-PI competitor will be allocated the Open PR3 class for the 100m event and will race against PR3 and AR3-LI & Open competitors.

52b. Any adaptive rowers that believe they will break a Concept2 adaptive record are recommended to follow the guidance around collection of verification data to support their attempt (see point 24). This data may be submitted to Concept2 under the adaptive rower's specific classification for verification.

53. All competitors with a physical, sensory or learning impairment entering the Adaptive events will be expected to submit documentation to support their chosen classification, or proof of current classification, unless they hold a current British Rowing classification, prior to entries closing at 12:00pm BST on 31 August 2021. Submission will be via a secure online form, the link to which will be included in the entry confirmation email.

54a. Competitors previously unclassified, those holding national classifications or those who have completed other categorisation processes (e.g. Invictus categorisation) will need to have their evidence verified by a British Rowing Classifier ahead of the competition. By submitting your evidence on the secure online form you are agreeing to share this data with the British Rowing Classifier for the purposes of classification only.

54b. British Rowing acknowledges that, due to the virtual nature of the competition, the classification given to a competitor is valid for BRVC only. For any classification enquiries please email [classification@britishrowing.org](mailto:classification@britishrowing.org).

55. British Rowing has the right to move a competitor into a different class if deemed appropriate, based on the evidence submitted by the competitor. This could include being moved from a PR (International) classification to an AR (National) classification.

56. Any competitor who does not provide the required evidence in advance of the deadline (see point 53) will be given the opportunity to race in the AR3-Open/IAR6 event only.

For more information about Adaptive entries, and a more detailed list of classifications, please see the [Adaptive Classification Guidance](#). Any further enquiries can be directed to [classification@britishrowing.org](mailto:classification@britishrowing.org)

## Merchandise

57. Merchandise will be available to purchase at point of entry. The following items will be available:

- BRVC t-shirt
- BRVC wooden coaster medal

- British Rowing Indoor Rowing subscription

Once purchased, please allow three working days for your Indoor Rowing subscription to be activated. When activated you will receive an email from [membership@britishrowing.org](mailto:membership@britishrowing.org) asking you to verify your account. Follow the instructions to get access to your subscription.

Postage and packaging will not be charged to competitors who live in the UK. For non-UK residents, please see point 58 below.

In addition entrants will be given the opportunity to make a donation to Love Rowing (British Rowing's Charitable Foundation).

58. If overseas competitors wish to purchase any items of merchandise they will be required to pay for postage and packing and, in addition to the item(s) purchased, should ensure that they pay for a Non UK Shipping Fee.

Please note merchandise purchased at point of entry is done so on a pre-order basis. British Rowing does not guarantee that you will receive your merchandise in advance of the competition.

59. Due to the nature of the competition, British Rowing is unable to offer exchanges on any merchandise purchased. Requests for refunds will be considered on an individual basis, please contact [virtualchamps@britishrowing.org](mailto:virtualchamps@britishrowing.org) after the competition if this is deemed necessary.

## SIZE CHART

### INLINE SIZE CHART

MIZUNO MAN	CHEST	WAIST	HIPS	HEIGHT
XXS	75-82	63-68	78-83	159-163
XS	83-88	69-74	84-89	164-168
S	89-94	75-80	90-94	169-173
M	95-100	81-86	95-100	174-178
L	101-106	87-92	101-106	179-183
XL	107-112	93-98	107-112	184-188
XXL	113-118	99-104	113-118	189-193
XXXL	119-124	105-110	119-124	194-198
MIZUNO WOMEN	CHEST	WAIST	HIPS	HEIGHT
XS	77-82	58-63	83-88	157-162
S	83-88	64-69	89-94	162-167
M	89-94	70-75	95-100	167-172
L	95-100	76-81	101-106	172-177
XL	101-106	82-87	107-112	177-182
XXL	107-112	88-93	113-118	182-187
MIZUNO JUNIOR	CHEST	WAIST	HIPS	HEIGHT
116	58-61	55-56	62-64	110-116
128	62-64	57-58	65-69	116-128
140	65-71	59-64	70-77	128-140
152	72-79	65-68	78-83	140-152
164	80-86	69-72	84-89	152-164

Please be aware that the sizing for inline products and bespoke product is slightly different. This is dependent on the sport and activity the customer requires the product for. Mizuno recommends that the customer tries on the product before placing the order. Sizing samples can be arranged by contacting your Mizuno Sales Representative.

## Photography / Videography / Live Streaming

60a. British Rowing may use photographs and videos of the event which may be used on its websites and social media channels including streamed live on the event day or shared with the media, press and British Rowing Partners. Any use of photography, video and live images involving juniors or adults-at-risk will be in accordance with the British Rowing 5.1

Photography and Use of Imagery Policy and 5.4 Online Safety and Social Media Policy which is accessible here -

<https://www.britishrowing.org/wp-content/uploads/2020/10/WG.-5.4-Online-Safety-2020-October.pdf>.

60b. If for whatever reason you, or your child, cannot be photographed, you must inform British Rowing prior to the event by emailing [welfare@britishrowing.org](mailto:welfare@britishrowing.org) and British Rowing will make every effort to take any necessary action.

61. Competitors and those responsible for them should be aware that it is possible that there may be unauthorised live streamed video during and post event over which British Rowing has no control and that unauthorised photographs or videos over which British Rowing has no control may be used in print, digital media or elsewhere.

62. Coaches, responsible adults and competitors agree that by entering competitors they have made the competitors and their parents/carer (where in loco parentis) aware of the above two paragraphs. However, no images or use of webcams of competitors will be used for any public broadcast as part of the British Rowing Virtual Championships 2020.

63. More information can be found here:

<https://www.britishrowing.org/about-us/safeguarding/guidance-documents> (See Section 5).

### **Equipment/ set-up**

64. Competitors will need to provide all equipment needed to compete in this event. This will include:

- Concept 2 Rowing machine with updated PM3, PM4 or PM5 monitor (details on how can be found on the Concept 2 [website](#)) calibrated for use on the model connected to
- A USB A to B cable, Compatible Windows or MacOS Laptop/ Computer with Chrome Browser installed
- The ability to install/use a 3rd party communication system as backup in the event of failure of built-in race system communication
- A stable internet connection.

### **League Racing**

65. The BRVC League is a free-to-enter competition running in the lead up to the BRVC Live competition. It is open to submissions over 2,000m, 500m, 100m, 30minutes, 1 minute and 5,000m events on all types of rowing machine. More information will be made available in due course.

66. Entry to the BRVC League is via the Resport platform the link to which will be made available in advance of the league opening.

67. All submissions will be entered on a leaderboard but will NOT be eligible for inclusion in the BRVC Live competition.

### **Data**

68a. By completing the application process you give permission (subject to point 60b above) to British Rowing, their partners, their representatives, employees, stakeholders and agents to use photographs, publicly display the name and race data of you or the competitor you are entering during the event.

68b. By completing the application process, you give permission to the said entities for data to be collated, analysed and for the results of that analysis to be publicly displayed – whether that is data relating to you or the competitor you are entering. In signing the Conditions of Entry Waiver, you release any claim to such photographs, video footage and race data and agree that it may be used by British Rowing for promotional purposes and analysis, on the event day or in the future. More information can be found here:

<https://www.britishrowing.org/about-us/policies-guidance/privacy-policy-and-cookies-policy>.



**BRITISH ROWING**

69. All sensitive and confidential information submitted by all competitors, including entrants and adults at risk entrants, such as passport / identification information, classification information and competitive information, will only be handled by British Rowing staff or volunteers who have been recruited in accordance with British Rowing's Safer Recruitment Guidance and who have read and signed the 'Safe Handling of Confidential Information' guidance.

<https://www.britishrowing.org/about-us/safeguarding/guidance-documents/>

### **Important Medical Recommendation**

If you feel unwell, have recently been suffering from Covid or another virus or are on medication for acute illness, we recommend that you do not take part in the virtual championships. The participation in virtual indoor rowing championships is at your own risk. Always consult your doctor before starting any exercise programme or challenge. British Rowing shall not be liable for any damages or injuries, however caused, occurring during or after taking part in the British Rowing Virtual Rowing Championships.

### **Further Medical Guidance;**

- If you do not feel well then do not exercise.
- If something is making you feel unwell then stop doing it.
- The NHS is busy at the moment as a result of Covid-19, take care not to add to their burdens.
- Social Distancing guidelines as issued by your Government should be adhered to at all times. If this is not possible, do not participate.
- In preparing for the championships, try to make progressive small improvements in performance rather than deliver a maximum effort.
- Exercise regularly and acclimatise yourself to physical activity.
- It is OK to control your workouts so that you can deliver peak performance for the competition but remember that good performances take time and they result from careful planning and training.

For further guidance, please consult the following:

[Safety alerts – Indoor Rowing](#)

[Adaptive Rowing](#)

[Rowing and Backs](#)

[Rowing and pregnancy](#)

### **Waiver**

By entering any of the British Rowing Virtual Championships race categories you confirm that you understand that participation in the competition involves risks of injury, as well as loss of or damage to property. Your decision to participate or to enter a Junior participant in the competition is made in full recognition of these risks and is entirely voluntary.

In consideration of your acceptance of the entry form, you agree that British Rowing Ltd, its partners their respective directors, officers, employees, representatives, agent successors



and assigns are not liable for any injury, loss, claim, or damage to the health, wellbeing or property of any participant or anyone else caused by or arising out of participation in the British Rowing Virtual Championships.

### **Jurisdiction**

These Terms and Conditions of Entry are governed by and construed in accordance with the laws of England and Wales and any disputes arising under them shall be subject to the exclusive jurisdiction of the courts of England and Wales.