



# Conditions of Entry

**Notice of Competition**

**British Rowing Indoor Championships  
2024 (“BRIC”)**

**TEAMWORK | OPEN TO ALL | COMMITMENT**

## BRITISH ROWING INDOOR CHAMPIONSHIPS (“BRIC”) 2024 7 DECEMBER 2024

### TERMS AND CONDITIONS OF ENTRY

#### Definitions

**British Rowing Indoor Championships (“BRIC”):** This is an in-person competition open to all taking place on Saturday 7 of December 2024 at the National Exhibition Centre in Birmingham in association with the National Fitness Games Fit Fest 2024 event.

**NFG X SID X ATHX:** The Founders and organising bodies Strength in Depth, ATHX and National Fitness Games who will be hosting events in the same venue where the British Rowing Indoor Championships will take place.

**Race Information:** An electronic document sent to all competitors prior to the event that states their name,, weigh in time (if applicable), marshalling time, and race time.

**Multi Person Discount:** 10% off the cost of a group on application fees only. To qualify for the discount groups must be made up of ten or more people. The discount does not apply to relays and spectator tickets. Please email [indoorchamps@britishrowing.org](mailto:indoorchamps@britishrowing.org) for more information.

#### General

1. By entering BRIC, a competitor agrees 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 the event you are also agreeing to abide by the Articles of Association and the British Rowing Regulations. These can be found here: <https://www.britishrowing.org/about-us/policies-guidance>
3. By entering a group or relay team, the captain (person entering the group or team) is deemed to have signed the event waiver on behalf of all of the group or all four relay team members and will ensure they have read the Terms and Conditions of Entry.

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

## Racing

5. The British Rowing Indoor Championships, being a British Rowing competition, will follow the trans and non-binary competition eligibility policy which was effective from the 11 of September 2024. The eligibility criteria can be found in full at <https://www.britishrowing.org/about-us/policies-guidance/>

Individual events will be offered over 2,000m and 500m across categories for Open and Women's, further subdivided into:

- Under 23
- Open (open to anyone aged 18+)
- Lightweight
- Masters (aged 30+) age categories
- Junior

6. Adaptive and Para events are offered and will race over 2,000m, 4 minutes and 1 minute as follows:

- Para
- IAR 1-7

7. Further Junior categories offered will be as follows:

- Year 7: 2 minutes
- Year 8: 3 minutes
- Year 9: 4 minutes
- Year 10: 5 minutes
- Year 11: 6 minutes
- Sixth form: 2,000m

8. Team Relays will be available to enter and will consist of either:

- One round of 4km
- Or 8 minutes for juniors and Adaptives

Teams are to be made up of four people and the following relay categories will be offered;

- Junior Open/Women's/Mixed - Junior teams can be made up of a mix of 4 juniors from Year 7 to Sixth Form. Each team will race on one machine only.
- Open/Women's/Mixed - Adult teams can be made up of 4 adults of any age / weight categories. Each team will race on one machine only.
- Adaptive – Adaptive teams can be made up of any combination of adaptive athletes. Each team will have four machines, one for each team member.

9. It is expected that racing will be scheduled over the following order on the race day;

- Masters Individual 2km Events
- Junior/Adaptive Timed Individual Events
- Open/ U23 Individual 2km Events
- Adaptive Individual 2km Events
- Masters Individual 500m Events
- Junior Individual 500m Events
- Adaptive Individual Timed Events
- Open/U23 Individual 500m Events
- Relay

**Note:** We reserve the right to change the order of racing at any time. A provisional timed schedule will be published on the BRIC event website.

### **Racing at the British Rowing Indoor Championships**

10. All racing events will be 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. We will attempt 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 (Juniors Year 7 – 11) for each event when entering. Failure to provide this information will result in race allocation to the lowest ranked heat for the registered event.

11. If a competitor misses their race for whatever reason, they may be able to race in a later race if a place is available but will not be eligible to win a medal.

12a. If there is a false start, the race system will display “False start” on the indoor rowing machine monitor and the race will be stopped. Competitors will need to put the handle down, wait for the flywheel to stop moving and wait until the start sequence will begin again.

12b. In the instance of one false start, the individual(s) causing the false start will be allowed another chance to start. If there is a second false start, the individual(s) 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 BRIC.

### **Information on Team Relays**

13. A mixed team must be made up of at least two females.

14. Only relay team members will be allowed onto the race floor at any time during the event. No coaches or teachers will be allowed onto the race floor, unless special permission has been given by the event organisers to support a specified participant need/s. Other than the relay team members, no outside assistance will be permitted at any time during the racing. Any team receiving any outside assistant risks being disqualified.

15. Each relay team member should row at least once during the relay event.

### **Records**

16. If a British or World Record is achieved while taking part in BRIC, all results will be submitted to Concept2, where they will be verified and then submitted onto the C2 Logbook and displayed after the event.

### **Other Race Information**

17. 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 42 onwards).

18. The racing schedule for each event will be uploaded onto the British Rowing event page after the closing date for entries. Any errors should be notified as soon as possible before the race day (see point 26 and 27).

19. Concept2 Indoor Rowers will be used for racing. Competitors may use the resistance level of their choice, but this cannot be changed during the race.

20. This event is committed to clean sport. All competitors, athlete support personnel and clubs are bound by, and must abide by the British Rowing Anti-Doping Rules, which are consistent with the World Anti-Doping Code.

21. Competitors competing at this indoor rowing event may be tested at any time and by entering this competition it is deemed that consent to be tested has been given.

To understand more about anti-doping, the rules and your responsibilities, please visit <https://www.britishrowing.org/knowledge/cleansport/> or email [cleansport@britishrowing.org](mailto:cleansport@britishrowing.org) with any questions.

### **Entries**

22. The event is open to all with no qualification requirements. This is with the exception of adaptive competitors (see point 46).

23. Entries must be made through Active Network via the official BRIC webpage. Group entries of 10 or more participants can be made via a manual application form which can be requested by emailing [indoorchamps@britishrowing.org](mailto:indoorchamps@britishrowing.org)

24. Competitors from outside the United Kingdom may enter.

25. Group entries using a manual application form will close and need to be submitted by **12:00 (Noon) on Tuesday 19th of November** to [indoorchamps@britishrowing.org](mailto:indoorchamps@britishrowing.org) and an entry invoice paid prior to the event. All other Individual entries or online group entries will close a week later at **12:00 (noon) on Tuesday 26th of November 2024**. No entries will be accepted after this time.

26. It is the competitor's responsibility to ensure all entry details are correct, including checking the entry on the British Rowing website. If an error is notified to us prior to entries closing, all reasonable efforts will be made by us 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.

27. If an error is made during the entry process that is our fault then we will make all reasonable efforts to rectify this error wherever possible.

28. 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 contact number. Incomplete entries will not be accepted as a valid entry.

29. All competitors must print or bring their race information to be able enter the venue on the day of the event. Entry will not be possible without this. For the avoidance of doubt, a copy on a phone or other electronic device is acceptable.

30. Groups must appoint one of their team members as the group representative to deal with all group-related communication and organisation on the event day.

31. Entry fees for BRIC are non-refundable after the closing date. Withdrawals before the closing date will receive a 75% refund. No refunds will be given after entry closes.

32. Any changes made to group bookings once received by us will incur a £10 administration fee. This will be applied at our discretion.

33. We reserve the right to limit the size of entry into any given event.

34. The decision in all matters relating to the event is final. No correspondence will be entered into.

### **Junior Rowers**

35. All junior competitors must be between the age of 11 and 18 as of 01/09/2024

36. Further age banding is as follows:

School Year 7 = under 12 on 01/09/2024

School Year 8 = under 13 on 01/09/2024

School Year 9 = under 14 on 01/09/2024

School Year 10 = under 15 on 01/09/2024

School Year 11 = under 16 on 01/09/2024

Sixth Form = under 18 on 01/09/2024

37. All junior competitors must have an adult with supervisory responsibility in charge of them at all times while competing at the in-person venue. This may be a coach, parent or carer.

38. All junior competitors entered as an individual for the in-person event will be given up to one FREE extra spectator ticket to allow access for the adult with supervisory responsibility to all areas of the venue, excluding the race floor.

39. All groups which have junior competitors at the event will be given up to two extra spectator tickets per five junior competitors for the adults with supervisory responsibility to access all areas of the venue, excluding the race floor. Information about this will be available in the competitor handbook after the draw has been undertaken.

### **Masters Rowers**

40. A competitor's age is the age of the competitor on the event day.

41. 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**

42. Lightweight events will be offered in the Under 23, Open and Masters Events only. Any competitors under the age of 18 may not enter lightweight events.

43. The Lightweight limit is not more than 75 kg for men and not more than 61.5 kg for women.

44. Lightweight entrants will be weighed no less than one hour and not more than two hours before their event.

45. Lightweight entrants who do not make their weight at either event will be able to race. Their time, however, will be listed at the bottom of the event they entered, and they will not be placed. Their time may be included in the Concept2 Ranking, as a heavyweight time.

### **Adaptive Rowers**

46. All competitors with a physical, visual or learning impairment entering the Adaptive events must go through the appropriate process for their impairment prior to entries closing at **12:00 (noon) on Tuesday 26 November 2024.**

47. In order to enter, adaptive competitors must follow one of two processes.

1. Register their interest by emailing [classification@britishrowing.org](mailto:classification@britishrowing.org) and partake in a physical classification process prior to racing. Information on either the times and locations of this classification opportunity, or the process required for visual and learning impairment classification will be provided on the BRIC event website.
2. Submit a self-declaration form to be eligible to enter the Adaptive Open category
  - a) The Adaptive Open category is only for competitors who would like to compete in an Adaptive event but are not eligible for either a Para Class or Adaptive Class. To enter this category and fill out a Self-Declaration form please contact [classification@britishrowing.org](mailto:classification@britishrowing.org)

More information on Adaptive Indoor Rowing can be found here:

<https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/adaptive-indoor-rowing/>

### **Photography / Videography / Live Streaming**

48. There will be official photographers and videographers at the British Rowing Indoor Championships event. These photographs and videos may be used on British Rowing websites and social media channels including streamed live on the event day or shared with the media, press and British Rowing Partners. By entering, the competitors and those responsible for them consent to this.



49. If for whatever reason you, or your child, or an adult at risk, cannot be photographed during the event, 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.

50. It is the responsibility of the parents, carers, or guardians to inform the event organisers if they do not want their child being photographed at the in-person event, or if their child cannot be photographed for safety or security reasons. If this is the case, the event organiser will work with the parents/carers/guardians and the photographers/videographers to ensure that the child will not appear in any photographs or videos from the event under British Rowing control. 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 Online Safety and Social Media Policy which is accessible here: <https://www.britishrowing.org/wp-content/uploads/2021/09/Online-Safety-2020-October-Clean-2021.pdf>

and

Safeguarding Handbook 4 - Safety in the Digital World: <https://www.britishrowing.org/wp-content/uploads/2021/09/British-Rowing-Safeguarding-Handbook-4-Safety-in-the-digital-world-Covid-guidance-template.pdf>

51. Competitors and those responsible for them should be aware that other, non-official photographers or videographers may operate at BRIC, and the subsequent photographs or videos may be freely used in print, digital media or elsewhere, over which the British Rowing has no control.

52. Coaches, responsible adults and competitors agree that by entering competitors they have made the competitors and their parents/guardians aware of the above three paragraphs and British Rowing's guidance documents concerning [Photography and Use of Imagery](#) (see section 1).

53. Competitors agree that, by entering either competition, their names may be publicly displayed on the event competitor t-shirts and may be used in print, digital media or elsewhere.

### **Safeguarding**

54. The Organising Committee of BRIC recognises its duty of care to ensure that all reasonable steps are taken to provide a safe environment for all those involved in the event, whatever their capacity.



55. Please take a moment to read the [British Rowing Welfare Policy Statement](#). Please also take a moment to read the British Rowing Safeguarding Handbooks and British Rowing's Safeguarding Policy, so you can ensure you know all of your rights and responsibilities regarding safeguarding. These can be found [here](#).

56. If at any time during the event, you see or experience something that is concerning to you, or makes you feel unsafe, you should speak to the Event Welfare Officer in the first instance. For any immediate concerns please talk to an NFG event official on site who will help get you in touch with the official Event Welfare Officer. You can also raise concerns directly with British Rowing by completing the safeguarding reporting form on the website using this link <https://www.britishrowing.org/reporting-a-concern/>

### **Spectators**

57. The venue organisers, NFG X SID X ATHX will sell all spectator tickets for this event separately to the BRIC entry system. Anyone wishing to attend BRIC will need to buy a spectator ticket separately and as indicated on the BRIC event webpage. NFG X SID X ATHX reserves the right to limit the number of spectators in the venue at any one time.

### **Data**

58. You hereby give permission to British Rowing, their partners, their representatives, employees, stakeholders and agents to take photographs, publicly display the name and race data of you or the competitor you are entering during the event. In addition, 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/>.

### **Important Medical Recommendation**

59. If on race day, you feel unwell, have recently been suffering from a virus or are on medication for acute illness, we recommend that you do not race. Indoor rowing racing requires maximal effort and we take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.



All Attendees to BRIC agree to abide by all government & British Rowing Covid-19 Guidance in place at the time of the competition. More information and guidance about how to look after yourself can also be found at <https://www.britishrowing.org/athlete-health/>

## **Waiver**

60. Entry into this indoor event confirms that you understand that participation in the event involves risks of bodily injury, including stroke, paralysis, heart attack and death, as well as loss or damage to property. Your decision to participate or to enter a junior participant in the event is made by you in full recognition of these risks and is entirely voluntary. You understand that all junior participants must be entered and accompanied by a responsible adult at all times during the competition. In consideration of your acceptance of the entry form, you agree that you, your executors and administrators assign to hold harmless British Rowing Ltd.

British Rowing's partners, their respective directors, officers, employees, representatives, agent successors and assigns from all ability on account of injury, loss, claim, or damage to your health, wellbeing or property on account of your participation in the event.

## **Jurisdiction**

61. 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.