



2025 Instructions for Competitors

Version 1.0, 19 April 2025



Introduction

The Regatta is contested between the following 14 JIRR Teams, based on the British Rowing Regions plus Scotland, with the Thames Region split into four sub-regions and Wales competing with WAGS. The 14 JIRR Teams, their abbreviations and team colours are shown in the diagram below:



I. Registration Process

- I.1. Race numbers may be collected from the Regatta Marshals cabin (in the boating area).
- I.2. For Time trials, Team Managers will be issued with a slot number and paper numbers for **all of the crews from their region** from 07:15 on Saturday morning. Individual crews should collect these numbers from their respective Team Manager.
- I.3. Competitors are asked to provide **their own** safety pins and ensure that the number is securely attached to the back of the bow person / sculler.
- I.4. For side-by-side racing, alphanumeric slot numbers may be collected by a representative of the crew from 40 minutes before the scheduled start time of the race.
- I.5. **Single scullers should keep their paper number and wear it also for finals**
- I.6. Competitors are reminded that they must make their digital membership card with a clear up-to-date photograph available at the competition. If a Membership Card is not available, then other forms of photographic ID are acceptable.
- I.7. If a substitute coach or responsible adult attends the Regatta he/she must contact Registration and register his/her mobile telephone number. This can also be done in advance by emailing secretary.jirr@gmail.com

2. Substitutions & Scratchings

- 2.1. Substitutions to crews may be made by the Team Manager via BROE2 or by email to the entries secretary until 17:00 on Friday 25 April.
- 2.2. The Regatta Marshals cabin will be open from 07:15 on Saturday 26 April where the Entries Secretary will be available to receive any further substitutions and/or scratches.
- 2.3. Team managers are reminded of British Rowing Rule of Racing 7-2-4-b on crew composition. This is amended for this competition such that a substitute must be a member of the same team as the rower he or she is replacing and the cox may belong to a different team. The reference to the Personal Ranking Reference Book is not relevant for this Regatta.

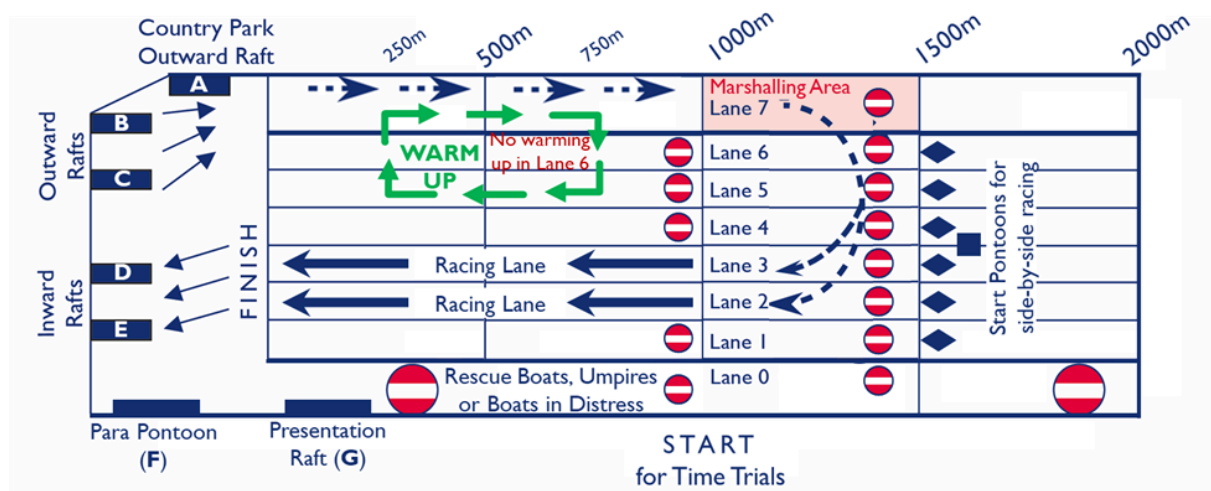
3. Racing

- 3.1. **Adaptive event:** will comprise a time trial over 1,000m as the first round followed by a side-by-side final. The time trial will determine the lanes and handicap (timed head start) for the finals which will be held over 1,000m with a free start.
- 3.2. **Single sculls events:** the first round will be a time trial over 1,000m. Each team's fastest sculler in the time trial for each event will compete in the 1st Boats' class and their second sculler in each event will compete in the 2nd Boats' class. There will be separate A Finals for the 1st Boats' class and the 2nd Boats' class, each with the fastest six crews from that class. Minor finals will comprise the remaining crews from both the 1st and 2nd Boats' classes. Points will be awarded and a ranking given for the 1st Boats and 2nd Boats as separate events. Finals will be raced over 1,500m with a stakeboat start.
- 3.3. **All other events:** the first round will be a time trial over 1,000m. The fastest six crews across both heats will go through to the A Final and the remainder will go through to the minor finals in time order. Finals will be raced over 1,500m with a stakeboat start.
- 3.4. **Boating:** Crews should depart from the 3 outgoing pontoons on the north side of the lake (including the Country Park pontoon).
- 3.5. **Practice:** There is no practice on the course before the start of the racing day and crews may not boat earlier than the times prescribed below for time trials and finals respectively.
- 3.6. **Time Trial instructions:**
 - a. **Boating:** Crews will be given boating times and must be ready to boat 30 minutes before the scheduled start time of their time trial.
 - b. **Proceeding to the start:** Crews should paddle down slowly towards the start in lane 7, furthest away from the main building. Warming up is permitted by turning

into lane 5 at 750m and back into lane 7 at the 250m markers. Crews should not turn at any other point. Crew should then follow the Marshals' instructions to paddle round in a continuous semi-circle into lane 2 or 3 as directed.

- c. **Lanes:** 0, 1, 4, 5 & 6 are safety lanes and are not in use for racing. Lane 0 is to be used only for crews in distress. See diagram below. After completing the turn, crews should keep paddling in their allotted lane towards the timing line under the instructions of umpires.
- d. **Start procedure & racing:** The Starter will say 'Go' approximately 100m before the timing line and crews will be timed from the 1,000m marker to the normal Finish. It is the responsibility of crews that are being caught to move across to an empty lane to allow faster crews to overtake.
- e. **The finish:** Crews should be careful in the Finish area and proceed straight to the rafts quickly and safely. **There is no cool down after the time trial.** After racing, crews and coaches are asked to remove bow numbers from boats and place into buckets provided on the pontoon or return them to the registration cabin.

N.B. If the time trial needs to be stopped, umpires in launches will use bells, red flags and shout 'stop racing' through megaphones to inform crews. All crews should stop and await instructions from the nearest race official.

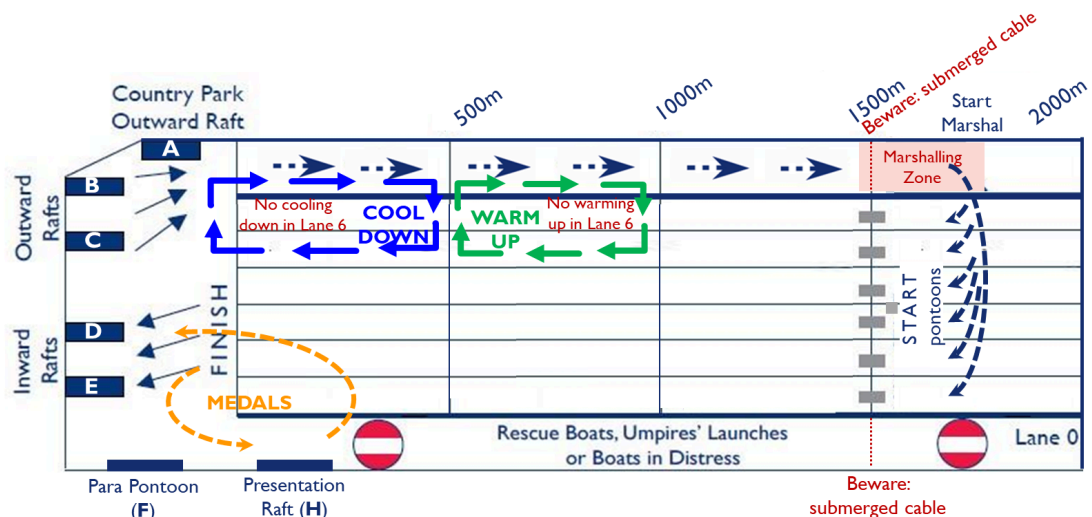


3.7. Side-by-side (Finals) instructions:

- a. **Warming up:** Crews may warm-up in lane 7 on the way to the start but shall not do racing starts or bursts at high speed when close to other crews or when a race is going past. Crews may also warm-up in lane 5 between the 1000m and 500m markers by turning carefully into lane 5 at the 1000m marker and then warming up in the racing direction only before turning back into lane 7 at the 500m marker. When warming up in lane 5, crews must keep well clear of any races.
- b. **The start:** Crews will proceed in lane 7 to the 1750 marker. Under the Start Marshal's instructions they will cross into their racing lane and proceed towards the

Start in their racing lane. Crews should assemble behind the Start Tower, close to race time allowing time to be attached 2 minutes before the race. If a crew misses its “slot” it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

- c. **Cooling down:** Crews may cool down by carefully turning into lane 7 after their race, and then turning into lane 5 at the 500m marker only. Crews must travel in the racing direction only in lane 5 and must take care not to impede any races on the course, or to cross the finish line alongside a race. Crews impeding a race whilst cooling down will be disqualified. **N.B. Cooling down is not permitted during the time trials.**
- d. **Circulation:** The below pattern applies from 40 minutes before the first final and until the last race has finished and crews have cleared the course. Failure to comply with these rules will lead to the removal of the crew or team from the competition.



- e. **Prize winners:** Prize winning crews will be presented with their medals on the raft adjacent to the finish tower. Those receiving medals will be called over at the end of their race and they should pay attention to races coming down the course in making their way to the pontoons in reverse order (i.e. 3rd, 2nd, 1st). Following receipt of medals they will make their way to the disembarkation pontoons in the gaps between races.

3.8. **Disembarking:** Use the Inward rafts only when coming ashore after racing. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.

4. Coxes Weighing

- 4.1. The scales for weighing coxes will be in the cabin in the boating area where lane numbers are issued. All coxes shall be weighed prior to their time trial and, if required, after any race in an event.
- 4.2. The minimum weight for coxes shall be: 45 kg for all J15 and younger crews and 55 kg for all other crews. To make up this weight a lighter cox shall carry dead-weight. Any dead-weight carried may be checked after any race in an event.
- 4.3. Coxswains competing in more than one event of a similar category need be weighed once only to qualify for all such events.
- 4.4. Coxes who are OK for all their events will be issued with a wristband. Coxswains who are required to carry deadweight for any or all of their events shall not be given a wristband and the Umpire will make a note of the deadweight to be carried so that it can be checked when they return after their race.

5. Victores Ludorum & Points

- 5.1. The four Victores Ludorum will be presented at the conclusion of all racing.
- 5.2. **Points:** The maximum number of points available in an event will be equal to the number of crews that race in that event's finals. The first placed crew in the A Final receives the maximum number of points, with the next placed crews each receiving one fewer point than the previous. Points will be awarded in the same manner in the minor finals with the maximum number of points for the first placed crew being the equal to the number of crews that raced in the event minus the number that raced in the higher final(s). For an event with 14 crews racing, points will therefore be awarded as follows:
 - a. A Final: 1st receives 14 points, 2nd receives 13 points and so on to 6th, 9 points.
 - b. B Final: 1st receives 8 points, 2nd receives 7 points and so on to 6th, 3 points.
 - c. C Final: 1st receives 2 points and 2nd receives 1 point.
- 5.3. In all cases (except the single sculls - see 3.2 above) the A Final will comprise the six fastest crews as a result of the time trial. The minor final(s) will comprise the remainder, with the lowest minor final comprising at least two crews so that no crew is eliminated following the time trial.
- 5.4. In the unlikely event of a crew not appearing at the start in a final, that crew will be awarded no team points. If a crew fails to show for an A Final, all crews in the B and C Finals will receive an extra team point. If a crew fails to show for a B Final, all crews in the C Final will receive an extra team point.

- 5.5. Any crew that scratches or does not finish a final (i.e. not rowed out, did not finish or disqualified) will receive no team points. In this case, the same points system will apply as at paragraph 3.6.

6. Emergency Telephones & Contacts

Emergency Telephones are situated:

Start Tower

At the 1500m marker on each side of the course

At 1000m on each side of the course

Main Reception in the Water Sports Centre

Waterman's Office

All manned huts have telephones.

Emergency numbers:

Emergency Services 999

Medical Practice, Radcliffe-on-Trent 0115 933 2948 or 0115 933 3737

Medical Practice, 214 Musters Road 0115 981 4124

Hospital, Queens Medical Centre 0115 924 9924

NHS Direct 111

Police, non emergency 101

NWSC Address:

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham

NG12 2LU

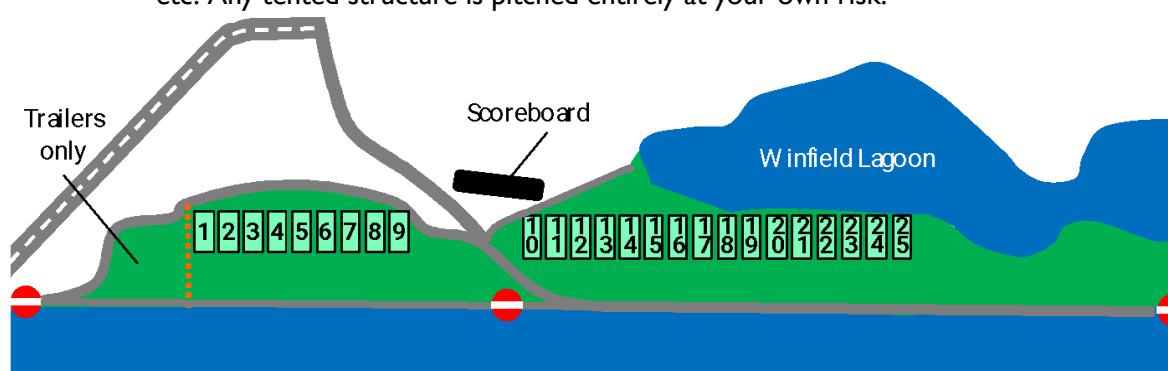
National Water Sports Centre Reception 0115 982 1212

7. Car and Trailer Parking

- 7.1. Please refer to the instructions published on the British Rowing website.
- 7.2. Queries regarding car and trailer parking should be directed to the venue in the first instance.

8. Club & Region Gazebos

- 8.1. Regions and Clubs are encouraged to create their own rest areas by erecting gazebos on the grassy bank, but must follow the below requirements:
- There will be no marked “pitches”. Space is offered on a first-come-first-served basis. An indication of the space available is shown in the image below (pitches 1-25)
 - All tented structures must be securely fastened at all times, giving consideration to the prevailing weather conditions.
 - No responsibility can be accepted by the Organising Committee of the Junior Inter-Regional Regatta, British Rowing Limited, the National Water Sports Centre, Holme Pierrepont Leisure Trust or Serco for any loss, theft, damage, injury, accident etc. Any tented structure is pitched entirely at your own risk.



9. T-shirts and Racing Kit

- 9.1. Team Managers (or a nominated representative) may collect t-shirts from the Event Organisers Cabin (at the bottom of the finish tower) between 16:00 and 18:00 on Friday 25 April or from the Regatta Marshals Cabin (in the boating area) from 07:15 on Saturday 26 April.
- 9.2. British Rowing Rule of Racing 7-2-5 does not apply to this Regatta.
- 9.3. Competitors may wear either the strip of the club that they are representing, or a uniform garment in their Team colour. Team t-shirts provided by the Regatta should, where possible, be on display.

10. Cancellation and Changes to Racing

- 10.1. Team managers, competitors, volunteers and spectators are reminded that safety is the Organising Committee's primary concern. In cases when the OC considers that the Regatta cannot be run safely, the OC may choose to take appropriate action, which may include (amongst other things) suspending racing, changing the timetable, shortening the course, cancelling specific events or cancelling the Regatta altogether. The OC will seek to make a decision as early as practicable based on the circumstances in question and in the event of advance cancellation, the OC will aim to make and communicate this decision at least 24 hours in advance of the Regatta. Team managers,

competitors, volunteers and spectators should take this into account when making plans for travel, accommodation etc.

- 10.2. Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event on the day. It will be at the discretion of the Organising Committee if a partial refund is offered if the Regatta is cancelled prior to race day.
- 10.3. When it is not possible, for whatever reason, to complete the Regatta or any event, times from the heats may be used to determine medal winners, to declare the victores ludorum and award other prizes.
- 10.4. The Race Committee will monitor conditions throughout the Regatta and, if necessary, will adjust the draw patterns to create the fairest racing conditions.
- 10.5. It is the responsibility of each Team Manager and each Competitor to keep him/herself informed of any changes to the Regatta programme.

11. Photography

- 11.1. The Regatta is working with *AllMarkOne* as official photographer. They will provide photographs of racing crews and medal ceremonies via their website.
- 11.2. Competitors and those responsible for them should be aware that other, non-official photographers and videographers might operate at national sporting events and the subsequent photographs 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.

12. Welfare and Safeguarding

- 12.1. The Event Welfare Officer is Laura Lion. Laura can be contacted using the mobile number 07766 885682
- 12.2. A full copy of the Event Welfare Policy is available on the JIRR website and via the Event Organisers Office.

13. Clean Sport

- 13.1. The Junior Inter-Regional Regatta is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Regatta could be tested at any time, and by entering this competition it will be deemed that consent to be tested has been given.
- 13.2. To understand more about anti-doping, the rules and your responsibilities, go to <https://www.britishrowing.org/about-us/governance/anti-doping/> or email antidoping@britishrowing.org

14. Sustainability

- 14.1. Please trailer share and car-pool/use public transport if possible. Please see the link here for the number 11 bus service from Nottingham Railway Station to the Watersports Centre: <https://www.nctx.co.uk/services/NCT/11>
- 14.2. Water bottle refill points are here, please bring your own re-fillable water bottles:
- <https://w3w.co/layers.wider.void> (near the scoreboard)
 - <https://w3w.co/beats.upper.sofa> (near the registration cabin)
 - <https://what3words.com/names.vines.rubble> (inside NWSC reception)
- 14.3. Further information is available on the [British Rowing sustainability webpage](#).

15. Results

- 15.1. Printed copies of results will not be produced.
- 15.2. Results will be available via the British Rowing website during the competition. QR codes for direct access to the results will be on display around the event site.

16. Key Locations

- 16.1. A site map will be published on the British Rowing website.