



2025 Instructions for Competitors

Version 1.0 10 July 2025



Registered Office: 6 Lower Mall, Hammersmith, London, W6 9DJ

British Rowing Limited, Registered in England No. 1706271

1. Racing Format

1.1. Race Distances

- 1.1.1. Adaptive, J15 2x & 1x and J14 4x+, 2x and 1x will be raced over 1000m and time trials over 900m.
- 1.1.2. Championship, Club, Beginner, J18, J16 events and J15 4x+ will be raced over 2000m and time trials over 1500m.
- 1.2. The Championships draw system aims to identify the fastest three crews in each event.
- 1.3. All events (even for straight finals) **may** be subject to a time trial to determine progression to later rounds. The precise structure of later rounds cannot be determined until the number of crews registering for an event is known.
- 1.4. Information on redraws will be posted on the results website at least one hour before the first race in an event. The lane draw for finals will be seeded on the results of previous rounds.
- 1.5. At the time of the draw, events will have the following rounds:

Number of Crews	1 st Round	Repechage Semi-Finals	Finals
6 or fewer	Race for Lanes	-	Final A : 1 – 6
7 - 10	2 x Heats <i>1st 2 to Final A Remainder to Repechage</i>	1 x Repechage <i>1st 2 to Final A Remainder placed 7 - 10</i>	Final A : 1 – 6
11-12	2 x Heats <i>1st 2 to Final A Remainder to 2 x repechages</i>	2 x Repechages <i>1st to Final A 2nd to 6th to Final B Last eliminated</i>	Final A : 1 – 6 Final B : 7 - 12
13	Time Trial <i>1st 12 to 2 x Repechages Remainder to Final C</i>	2 x Repechages <i>1st 3 to Final A 4th to 5th to Final B Remainder to Final C</i>	Final A : 1 – 6 Final B : 7 - 10 Final C : 11 - 13
14 or more	Time Trial <i>Top 12 to Semi-Finals Remainder to Minor Finals</i>	2 x Semi-Finals <i>1st 3 to Final A Remainder to Final B</i>	Final A : 1 – 6 Final B : 7 – 12 Final C : 13 -18 etc

- 1.6. If 6 or fewer crews actually register and complete the time trial, there will be one final.
- 1.7. If 7-10 crews register and complete the time trial, the first 3 crews proceed straight to the final; crews placed 4th to 10th will proceed to a repechage with the first 3 crews proceeding to the final and the remainder placed 7th to 10th.
- 1.8. The Committee reserves the right to offer minor final C only to crews placed 13th to 18th in the time trial: minor finals (D, E, F etc.) for the remaining crews will only be offered if the timetable permits.
- 1.9. The Committee reserves the right to combine finals if crews withdraw before the start of the race. This may happen at the start.

2. Registration Process

- 2.1. Race numbers should be collected from Registration (the Regatta Marshalls cabin in the boating area).
- 2.2. For **Time Trials** an empacher slot number and two paper numbers will be issued. **Competitors are asked to provide their own safety pins and ensure that their number is securely attached.**
- 2.3. 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.
- 2.4. Plastic slot numbers should be placed in the buckets at the end of the pontoon after that event time trial, or returned to the registration desk. A charge may be made for lost or damaged Empacher numbers.
- 2.5. All crews shall have a named coach and Junior crews shall have a responsible adult present at the Regatta. This person must be 18 years of age or older, must have been named in the "Crew Notes" section of the BROE2 entry and a current mobile telephone number for that person must have been provided. If a substitute coach or responsible person attends the Regatta they must contact Registration and register their mobile telephone number.

3. Substitutions and Scratchings

- 3.1. Crew changes (substitutions) and scratchings must be notified to the Entries Secretary at least 90 minutes before the first race in their event in accordance with the Rules of Racing. Crews must use BROE2 to notify substitutions prior to the Regatta; the system will be open from 09:00 on Friday, 11 July until 06:30 Friday, 18 July. After this time changes must be notified in person at the Registration Office (open from 07:30 on every competition day) with details of the substitute's registered club, name, date of birth and Racing License number as recorded by the relevant Great Britain Rowing Body. The Entries Secretary may ask to see the Racing License of substitutes. Substitutions are subject to British Rowing Rule of Racing 7-2-4; all substitutions must be notified to Registration before going afloat. Substitutes must be registered members of their declared club(s) by 1 June 2025.
- 3.2. Crews that have scratched (either by notifying Registration or by failing to confirm by the required time) cannot be reinstated into the event.
- 3.3. Any competitor withdrawing from an event for medical reasons will automatically be withdrawn from any other events they are entered to take part in. Withdrawal after a crew's first race will be allowed if notice is given to the Entries Secretary and there are acceptable reasons.

4. Weighing In

- 4.1. The scales for weighing coxes and lightweight rowers will be in the registration cabin in the boating area where lane numbers are issued.
- 4.2. All coxes shall be weighed prior to their first race or time trial. The minimum weight for coxes shall be : 45kg for all J15 and younger crews, and 55kg 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. All coxes will be weighed and issued with a wristband as a weight certificate, which may be inspected, together with any dead weight, by Control Commission before boating or after disembarking.
- 4.4. Coxes will be weighed by Control Commission according to British Rowing Rule of Racing 7-2- 7. Weighing-in will open 90 minutes before the first coxed race each day.
- 4.5. Lightweight rowers shall be weighed-in each day not less than one hour and not more than two hours before the originally scheduled race time of the first race that day of the event in which they are entered. A crew that does not meet the weight requirements shall not be allowed to race.

5. Awards

- 5.1. To win a medal a crew must beat another crew, except for gold in an event from which all other crews have withdrawn.
- 5.2. Individual gold, silver or bronze medals will be awarded to the overall fastest three crews in the final A of each event. The principal coach of each medal-winning crew will also receive a gold, silver or bronze medal.
- 5.3. The names of the winning crew for each event will be recorded in the British Rowing Championships Book of Winners.
- 5.4. The most successful club at senior level and the most successful club/school at junior level, based on the results of all four days' racing taken together, will each be declared the Victor Ludorum and will be presented with commemorative plaques.
- 5.5. Medals will be presented from the pontoon by the Finish Tower. Medalists must make their way directly to the Presentation Pontoon and not warm down.
- 5.6. Any undeclared substitutions will result in immediate disqualification.
- 5.7. Medals will not be presented to any crew whose identities have not been confirmed.

6. Results

- 6.1. Live results will be published on the [British Rowing website](#) as soon as possible after the end of each race with full results available at the end of each day.
- 6.2. Printed copies of results will not be produced.

7. Official Communications During the Regatta

7.1 There will be a Coaches / Club Representatives' WhatsApp Group for important updates during the Regatta which can be accessed via [this link](#) or the QR code below.



8. Official Merchandise and Event Village

- 8.1. Official British Rowing Club Championships and British Rowing Merchandise will be available in the Event Village.
- 8.2. Dryrobe is the official change robe of British Rowing and the GB Rowing teams as well as supporters of Love Rowing and a sponsor of this event, and they are here showcasing their custom Dryrobe kit options for your club and running an exclusive competition to win 5 custom-branded Dryrobes! So go and speak to them and enter the competition.
- 8.3. On Saturday, our partners Lifejacket will be offering free skin testing.

9. Car and Trailer Parking

9.1 Please refer to the instructions published on the [British Rowing website](#) for full details.

10. Club Gazebos

Clubs are encouraged to create their own rest areas by erecting gazebos on the grass bank. There will be no charge for this. Please ensure you follow the below requirements:

- 10.1. No gazebo may be erected before 12:00 on Thursday, 17 July. All must be removed from site by 19:00 on Monday, 21 July.
- 10.2. 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 published site plan.
- 10.3. All gazebos on the grass bank **must** be placed at the bottom of the bank (i.e. closest to the lake) to leave sufficient space for trailer parking.
- 10.4. All tented structures must be securely fastened at all times, giving consideration to the prevailing weather conditions.
- 10.5. No responsibility can be accepted by the Organising Committee, British Rowing Limited, the National Water Sports Centre, Holme Pierrepont Leisure Trust or Serco for any loss, theft, damage, injury, accident etc.
- 10.6. Any tented structure is pitched entirely at your own risk.

11. Cancellation and Changes to Racing

- 11.1. 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, coaches, competitors, volunteers and spectators should take this into account when making plans for travel, accommodation etc.
- 11.2. 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.
- 11.3. When it is not possible, for whatever reason, to complete the Regatta or any event, times from the time trials or heats may be used to determine medal winners, to declare the victor ludorum and award other prizes.
- 11.4. The Organising Committee will monitor conditions throughout the Regatta and, if necessary, will adjust the draw patterns to create the fairest racing conditions.
- 11.5. It is the responsibility of each Coach/Competitor to keep him/herself informed of any changes to the Regatta programme.

12. Photography and Media

- 12.1. AllMarkOne is the official photographer of the Championships. They will provide photographs of racing crews and medal ceremonies via their website.
- 12.2. Their photographs and videos (including live streaming) may be used on the website and social media sites of the Regatta or by British Rowing. By entering the Regatta, competitors and those responsible for them consent to this.
- 12.3. 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 OC has no control.
- 12.4. 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.
- 12.5. The use of unauthorised drones is not permitted under any circumstances at the National Water Sports Centre. Any club which is seen to be using drones for any purpose within the boundary of the venue risks disqualification of their crew being filmed or of all their crews at the Regatta.

13. Welfare and Safeguarding

- 13.1. The Event Welfare Officer is Mary Rouse. Mary can be contacted using the mobile number 07856 908539.
- 13.2. A full copy of the Event Welfare Policy is available on the [British Rowing Website](#) and via the Event Organisers Office.
- 13.3. Representatives of the [Sports Welfare Network](#) will be on site throughout the competition. The Sports Welfare Network are supporting British Rowing to Keep Rowing Safe for everyone. Keeping you safe and ensuring you are happy during your time with us is paramount and to help us do that well, we want to hear your thoughts about what you feel is good and what could be done better. The Sports Welfare Officers will be spending time speaking to clubs, members, parents/carers, spectators and officials and asking you to complete a few questions that will help us keep British Rowing safe together.

14. Clean Sport

- 14.1. British Rowing 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.
- 14.2. To understand more about anti-doping, the rules and your responsibilities, go to [Policies and Guidance - British Rowing](#) or email antidoping@britishrowing.org

15. Sustainability

- 15.1. 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 Water Sports Centre: <https://www.nctx.co.uk/services/NCT/11>
- 15.2. Water bottle refill points are here, please bring your own refillable water bottles (and cups):
<https://w3w.co/layers.wider.void>
<https://w3w.co/beats.upper.sofa>
- 15.3. Delphis Eco, British Rowing's sustainability partner, will be giving out bottles of their multi surface cleaner - suitable for washing boats and of their hand sanitiser - at registration.
- 15.4. Also present over the weekend, in the Event Village, will be our clean water partners; The Rivers Trust and River Action, as well as the local Trent Rivers Trust, Earthwatch, the Nottingham Plastic Free Community and Severn Trent Water.

APPENDIX 1 - Safety Instructions

Key Points

Due to the length of the racing day and the opening hours at NWSC, there will be **no training time available on the lake either before or after racing on any day of the regatta.**

Anyone wishing to train on the lake on Thursday should make direct contact with the NWSC directly to arrange.

Although the Regatta will endeavour to provide a safe environment within the RowSafe guidance, competitors are specifically reminded that persons using the venue do so entirely at their own risk and are solely responsible for:

- Their own safety.
- Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and RowSafe. Any boat that fails to meet the standard shall be excluded. See Rule of Racing 7-2-8 for details.
- Strict observance of the circulation patterns (land and water see maps) and of the RowSafe guidance.
- Deciding, together with their coaches, whether or not they are competent and capable to use the lake in the prevailing weather and water conditions.

Clubs and competitors must:

1. Not practice during racing.
2. Ensure that all roadways and access routes are kept clear at all times. No vehicles may be left within the boating area after 06:30 on any racing days. Crews should be especially vigilant in the boating/boathouse areas.
3. Report all accidents to the Regatta Office and/or NWSC Reception.

Safety Boats

There are safety boats on the course during racing.

Water Quality

Water users should check [here](#) for up-to-date information on the water quality of the lake. Remember that there is a potential health risk in any open water. Avoid swallowing water; cover cuts with a waterproof plaster; wash or shower when you come ashore and before eating or drinking. British Rowing's guidance on water quality can be found [here](#).

Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official and/or NWSC Reception as soon as is practicable.

The Official will summon medical support if necessary and will summon any additional support that may be required.

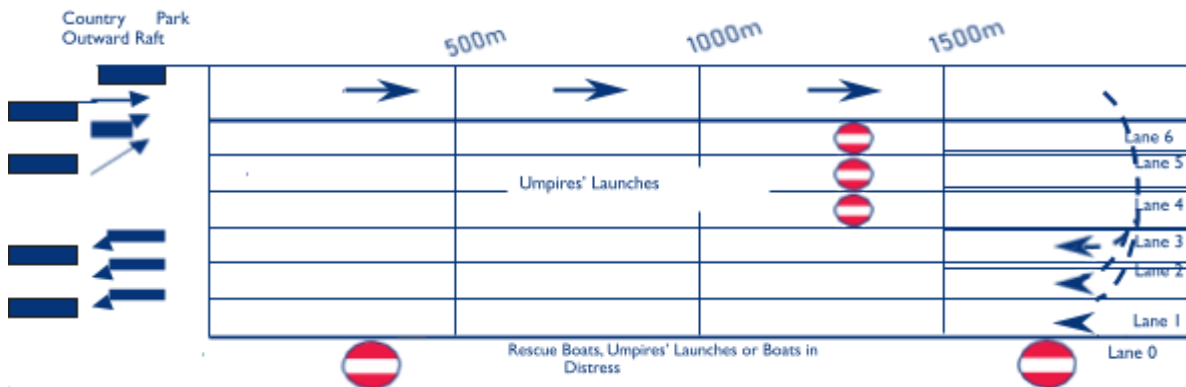
The Official will also ensure that the Safety Adviser, Regatta Controller and the Race Committee Chair are made aware of the incident. An online incident report **MUST** be completed for all accidents, collisions or capsizes. This is available on the British Rowing website (incidentreporting@britishrowing.org).

Racing Circulation Patterns

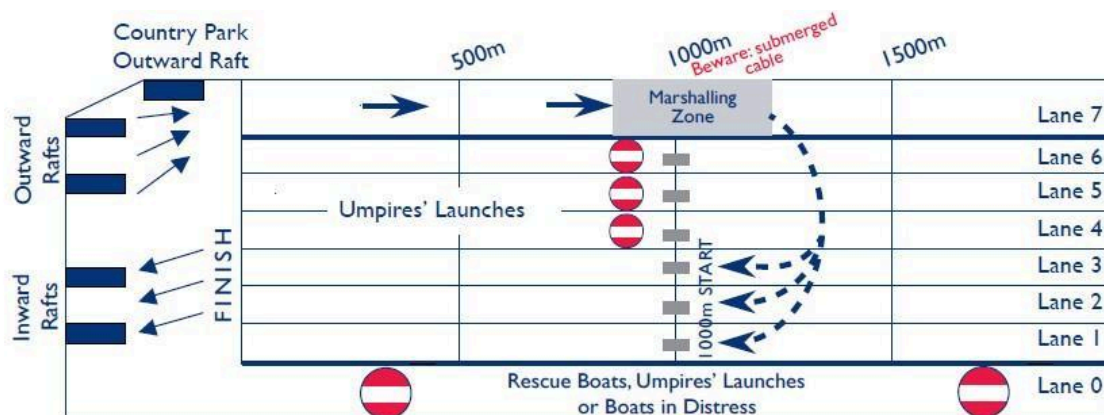
Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

1500m Time Trial Circulation Pattern - All Events (Friday, Saturday and Sunday)

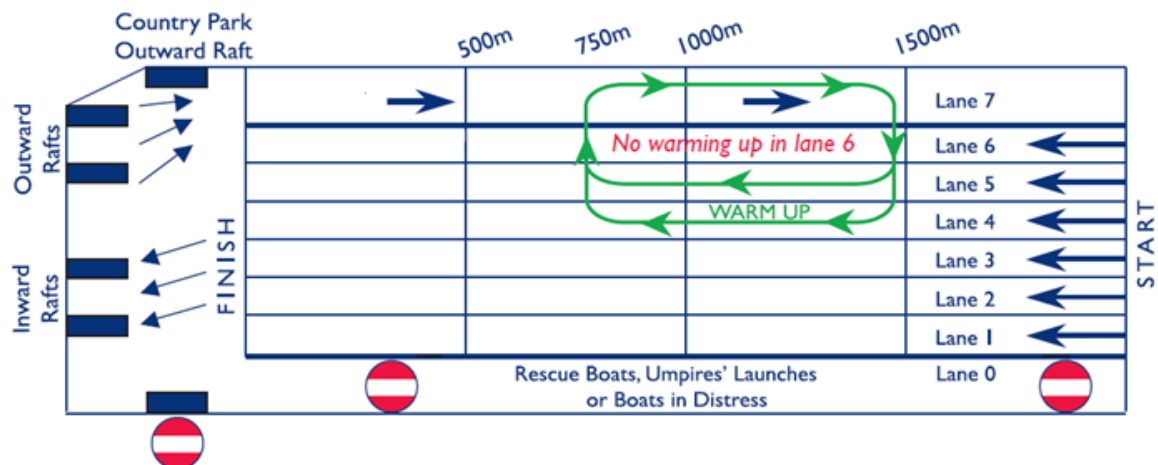


900m Time Trial Circulation Pattern - Adaptive, J14, J15 and Beginner Events (Monday)

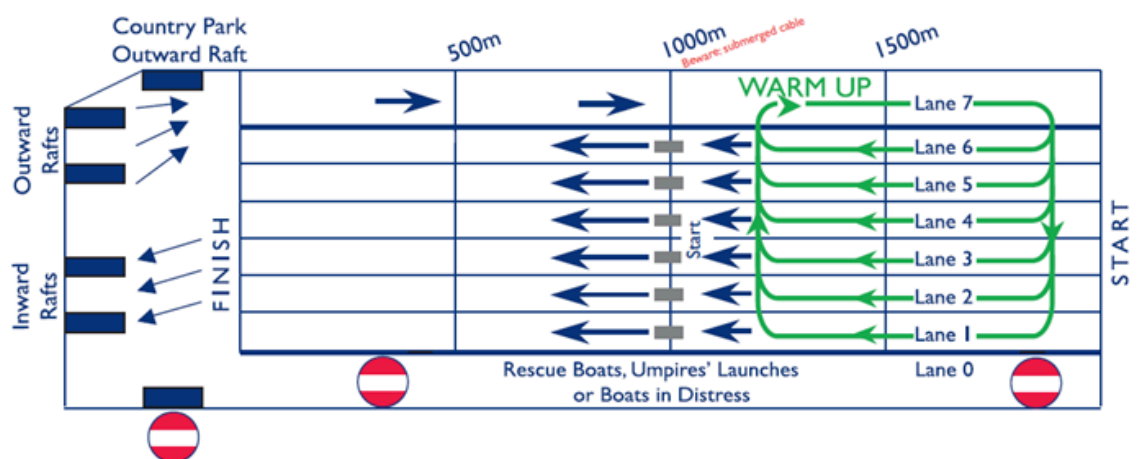


Only two of lanes 1-3 will be used for racing. This will be published before the time trials.

2000m Side-by-Side Racing Circulation Pattern (Friday, Saturday and Sunday)



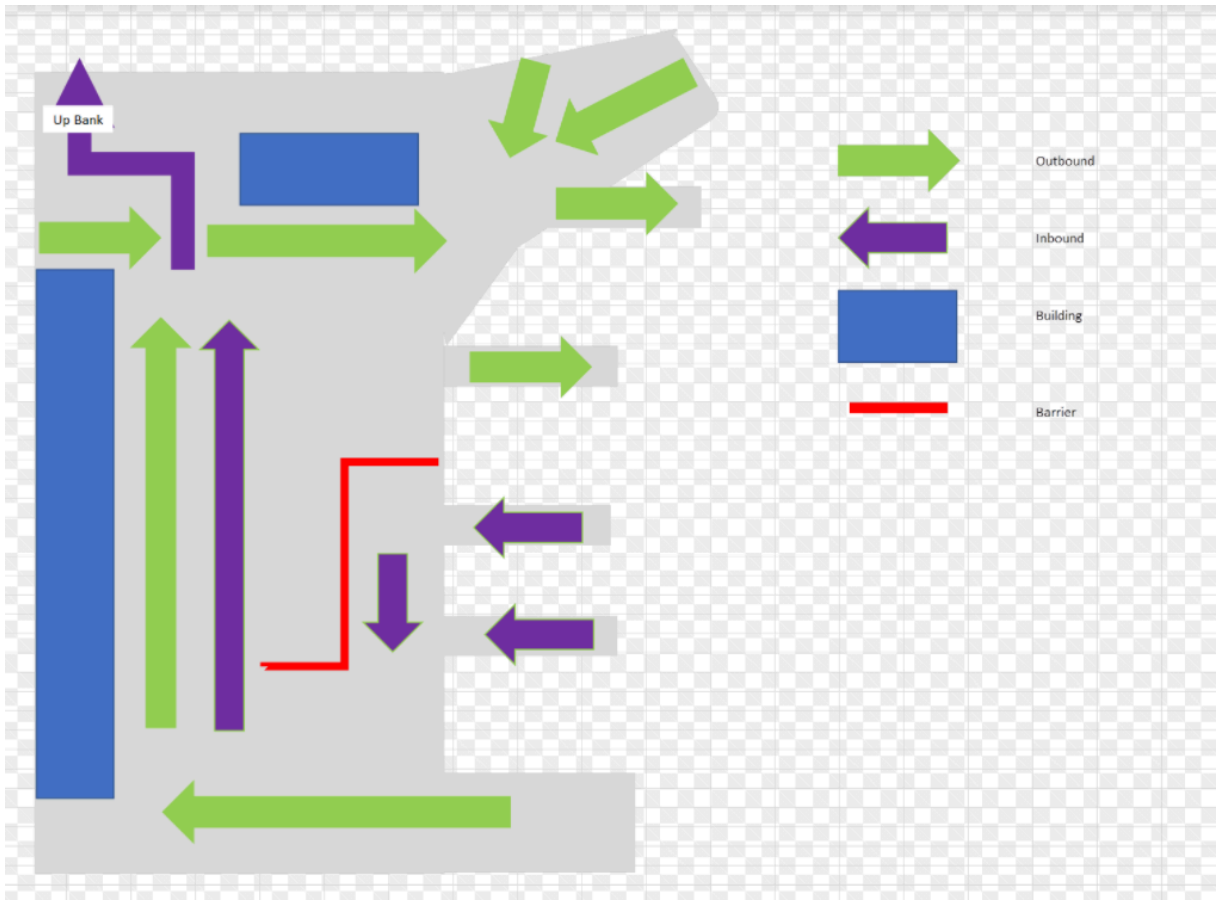
1000m Side-by-Side Racing Circulation Pattern (Monday)



Key Points

1. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses must not be used by any crews.
2. At the Start, crews must keep into the bank whilst waiting to be called to this race and must stay clear of the Start Zone.
3. Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews that have just finished.

Land Circulation Pattern



Marshalling Instructions for Time Trials

- Crews must be ready to boat 30 minutes before the scheduled start time of their time trial.
- Control Commission Umpires will supervise boating and may do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner.
- Crews must proceed to the Start in lane 7 only.
- Adaptive athletes should boat/de-boat from the rafts on the centre building side & await instruction to proceed to the start area in Lane 1.

Warming Up / Cooling Down

There is no circulation loop to warm up/cool down before or after time trials. Instead, consider warming up/cooling down on land.

At the Start

Crews will follow the Umpires' instructions to paddle in single file between the two launches in a continuous clockwise semi-circle (e.g. "hard on strokeside, bowside light/ easy/hold") into the designated racing lanes. Crews will be alternately allocated to one of lanes 1, 2 or 3. We will decide the lanes in use for time trials based on the weather and water conditions. Lanes 4 to 6 are safety lanes and are not in use for racing.

Lane 0 is for use by crews in distress. See diagram. After completing the turn, crews must keep paddling in their allotted lane towards the timing line.

For the 900m time trials crews will paddle above the start line and be directed by marshals to go between the start pontoons into their allocated lane.

For the 1500m time trials crews will paddle up to the 1750m marker and be directed by marshals to go into their allocated lane.

The Starter will say 'Go' approximately 40m before the timing line and crews will be timed from the start marker to the Finish Tower.

If your crew is being caught by a faster crew, you must move out of their way before returning to your allocated lane. You must not impede the faster crew or any crews in adjacent lanes. Specific instructions for which way you should move will be confirmed at the coaches meeting but you must not impede a faster crew.

Disembarking

Crews must be careful near the Finish and in the Boating Area, and proceed straight to the rafts quickly and safely. Please remove hulls and blades from the rafts immediately. Please follow the one way pedestrian system within the boating area.

Marshalling Instructions for Side-by-Side Racing

Boating

Crews should depart from the 3 outgoing pontoons on the north side of the lake (including the Country Park pontoon). Adaptive athletes should boat/de-boat from the rafts on the centre building side & await instruction to proceed to the start area in Lane 1. Crews must proceed to the Start in lane 7 as far as the 1000m marker for 1000m racing and 1500m marker for 2000m racing where they will be held by a Start Marshal and given further instruction.

Warming Up

For 2000m racing, crews may warm up in a clockwise direction in lanes 4 and 5 between the 1500m and 750m markers by carefully turning into lanes 4 or 5 at the 1500m marker and then warming up in the racing direction only, before turning back into lane 7 at the 750m marker. For 1000m racing, crews may warm up in a clockwise direction from 2000m to 1500m in their racing lane and then carefully turn back into lane 7 to proceed back to 2000m. Crews warming up must keep well clear of any racing and be vigilant for other crews in the area.

At the Start

2000m Racing - under the instructions of the marshal near the 1500m marker complete races will be assembled and sent forward in lane number order (1,2,3,4,5,6). When the Starter calls the race, crews will paddle across the course in lane order to their allocated lane. Only when in the correct lane will a crew be allowed to paddle through the Start Pontoon and back down onto the Start Pontoon.

1000m Racing - under the instruction of the marshal proceed towards the 2000m start, cross safely into their racing lane where they can continue to warm up following the warm up instructions or be held in their lane ready to be called forward by the Starter to race.

Cooling Down

Cooling down on the water is not permitted at this competition, please cool down on land after disembarkation.

Disembarking

Use the inward rafts only when coming ashore after racing. Take care in the Finish Area to avoid collisions as crews merge from racing and from medal ceremonies. Please follow the one way pedestrian system within the boating area.

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.

General Information

Cycling, Skating, Rollerblading and Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. The south side of the course will be closed to unauthorised users from half an hour before racing starts until half an hour after racing has finished.

Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta. A designated cycleway is provided on the north side of the course from the Scoreboard to the Finish.

Cyclists must dismount at the end of the cycleway. Only crews and their coaches are permitted in the Boating Area. No other pedestrians may enter the Boating Area and should instead walk alongside the boathouses. Cyclists are not permitted in the Boating Area. Please follow the one way pedestrian system within the boating area.

Thunder and Lightning

Competitors and spectators will be advised on what to do in the event of lightning via the public address system. This will include instructions on how the course will be cleared of crews and officials, to seek 'proper shelter' and when the Organising Committee will make decisions on racing.

Medical Support

During racing hours medical and first aid facilities are available near the base of the Finish Tower: dial 24720 from any site telephone. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment.

A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 24738 from any site telephone.

Outside racing hours, or if a more serious problem occurs, contact the NHS Walk-In Centre 10 minutes' drive away, or ring NHS Direct. See below for contact details

Changing Facilities

Changing and showering facilities are available in the main building. Toilet facilities are available in the Lakeside (Main Centre) building, in the boating area and in Portaloos around the site.

Emergency Telephones and Contacts

Emergency Telephones are situated:

Start Tower

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 982 121