

2008 RULES

INDOOR ROWING



Team Requirements

- The Squad will consist of a maximum of 10 boys and 10 girls with each Borough's team on the day consisting of **five boys and five girls**.
- The team must consist of a boy and a girl from each of the school year groups 7, 8, 9, 10 and 11.
- A team cannot include more than one boy and one girl in any one year group.
- There will be equal numbers of boys and girls i.e., 5 boys and 5 girls.
- You may enter with less than this number of participants but this may put you at a disadvantage as scores are accumulated by members of the team.
- No member of the team will be able to row twice in the individual or team events.
- No team member will be allowed to row either up an age group or girls to row in the boy's categories or vice versa.
- All individual team members times will be recorded but only the highest 8 placing times will be counted towards the final scores.
- Where a team enters with 8 members or less, only those numbers will be recorded e.g. a team of 10 will have their 8 best times used, a team of 8 or less will have all their scores recorded.

Age Categories

There will be a male and female athlete in each of the following categories:

- **Year 7** (Born between 01 September 1995 – 31 August 1996)
- **Year 8** (Born between 01 September 1994 – 31 August 1995)
- **Year 9** (Born between 01 September 1993 – 31 August 1994)
- **Year 10** (Born between 01 September 1992 – 31 August 1993)
- **Year 11** (Born between 01 September 1991 – 31 August 1992)

Competition Format

There will be two events, an individual event and a team relay event.

Each team member must participate in both events.

Points are to be awarded for the best 8 placed Individual Event results and the Team Relay event leading to a total point tally for all events for each Borough.

Trophy and other prizes will be awarded to Boroughs with highest total point tallies after the Individual and Team Events.

Rules

Individual Event will be raced first

- Each athlete will row for a set time on the indoor rower as follows:
 - Year 7 – 2 minutes each
 - Year 8 – 3 minutes each
 - Year 9 – 4 minutes each
 - Year 10 – 5 minutes each
 - Year 11 – 6 minutes each
- The winning individual will be the individual who covers the furthest measured distance over the event time.
- Points awarded for individual performances are as follows:

BOYS and GIRLS INDIVIDUAL EVENTS SCORING									
Placed	1	2	3	4	5	6	7	8	9
Category									
Year 7	33	32	31	30	29	28	27	26	etc
Year 8	33	32	31	30	29	28	27	26	etc
Year 9	33	32	31	30	29	28	27	26	etc
Year 10	33	32	31	30	29	28	27	26	etc
Year 11	33	32	31	30	29	28	27	26	etc

Important Note – Only the 8 best times are to be counted in the individual event e.g.

Category	Placed	Points scored
Year 7 Boys	13 th	21
Year 7 Girls	33 rd	1
Year 8 Boys	1 st	33
Year 8 Girls	12 th	22
Year 9 Boys	14 th	20
Year 9 Girls	22 nd	12
Year 10 Boys	19 th	15
Year 10 Girls	3 rd	31
Year 11 Boys	29 th	5
Year 11 Girls	18 th	16

Scores coloured in yellow are scores that would not be used toward the overall point tally for the Individual Event.

Team Relay Event

- Relay format with all team members participating once.
- The event will be a maximum of ten minutes in duration.
- Each team member must participate, and row for one minute at a time.
- In the event of a team with less than 10 team members, you must race the number of team members you have available – rowers cannot race twice.
- The clock will not stop during the change over of rowers.
- Individual teams to select order of participation based on team race strategy
- Winning team will have rowed the furthest distance over the ten minute race time
- Points awarded for team performance as below
- Winning borough will be the borough with the highest points total from both the Individual Event and the Team Relay Event

MIXED TEAM EVENTS SCORING									
Placed	1	2	3	4	5	6	7	8	9
	66	64	62	60	58	56	54	52	etc

On the day **Replacement and Additions Rule A** applies to this sport. For further clarification please refer to the information section in the Entry Pack.

DATES AND VENUES

QUALIFYING ROUND DETAILS	FINAL DETAILS
There is no qualifying round for this event	<p>Venue: Crystal Palace National Sports Centre Indoor Running Track</p> <p>Date: Sunday 6 July 2008</p> <p>Time: Registration 09:30 Competition Starts 10:30</p>