



Scottish Rowing Schools Indoor League Rules 2023

When does the league run?

There are 4 rounds in the league in total. The first 3 rounds will be held in your own school starting on 25th September 2023. The key dates are in the table below:

The 4th round will be held at Fettes College, Edinburgh.

Round	Round Dates	Results Submission Date	Venue
1	Monday 25 th September – Friday 6 th October	Monday 9 th October	Your School
2	Wednesday 11 th October – Friday 3 rd November	Monday 6 th November	Your School
3	Wednesday 8 th November – Friday 17 th November	Monday 20 th November	Your School
4	Friday 24 th November (Championships)	-	Fettes College

How does the league work?

Schools submit individual's scores for each round, with points being awarded to schools for participation and for top performances across the country. The schools with the most points at the end of the four rounds wins.

Participant Awards

There are Gold, Silver and Bronze awards available to those who participate in the Scottish Rowing Schools Indoor Rowing League. Individuals can earn an award for taking part in multiple rounds.

Award	Criteria
Gold	Participates in all 4 rounds of the League
Silver	Participates in 3 rounds of the League
Bronze	Participates in 2 rounds of the League

School Prizes

The overall winning school will be awarded the Schools League Shield. Pupils who rank within the top 5 of their year group in all 4 rounds of the League will be awarded a Schools League T-Shirt.

The Rules

Results

The nominated contact for the school will then be sent the details of each round (including instructions for submitting results) and the league table after each round.

For each of the 3 rounds held at your school, races must be completed within the designated time frame with results sent in by end of day on the results submission date. You will be provided with instructions on how to submit results at the beginning of each round. Results will be made available following each round.

Scoring

Points are awarded to schools based on the number of participants they enter a result for, in each of the four rounds.

Performance points will also be awarded in each round for the top performances in each category across Scotland.

Participation Points are awarded as follows:

Number of participants entered by school	Points Awarded to school
1-10	1
11-20	2
21-45	3
46-90	4
91-150	5
151+	6

Performance Points are awarded as follows:

Position in the category	Points Awarded to school
National winner of each category in each League round	5
2nd place of each category in each League round	4
3rd place of each category in each League round	3
4th place of each category in each League round	2
5th place of each category in each League round	1

The final league results will be announced on Friday 15th December 2023.

Race Categories

The race categories are the same for each of the 3 school-based rounds. The participant race category is determined by which school year they are in and their gender. All races are over a set time, for guidance on how to set a Concept 2 machine up to record a distance over a set time, please see the FAQ's document available for download on the Schools page on the [Scottish Rowing website](#).

Race times for each category are as follows:

- S1 Boys and Girls – 2 minutes
- S2 Boys and Girls – 3 minutes
- S3 Boys and Girls – 4 minutes
- S4 Boys and Girls – 5 minutes
- S5 & S6 Boys and Girls- 6 minutes

Adaptive entries in all the above categories are also welcomed, please contact league@scottish-rowing.org.uk for more information.

Drag Factor:

The drag factor sets the resistance level of the rowing machine. We recommend that the drag factor on the machines should all be set to the levels stated below for young and/or inexperienced participants to protect them from lower back strain.

Female participants- 105

Male participants- 110

For guidance on how to set the drag factor, please see the FAQ's document available for download on the Schools page on the [Scottish Rowing website](#).

Best of luck!