



**SCOTTISH
ROWING**

Selection Policy for the Scotland Rowing Team for the 2023 Home International Rowing Regatta

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The Home International Rowing (HIR) Regatta is an annual challenge match between Scotland, England, Ireland and Wales.

The 2023 Home International Regatta will be hosted by Ireland at the Lough Rinn, County Leitrim on Saturday 22nd July.

For information on the HIR Beach Sprints refer to the separate selection policy document.

Selection Policy

The Scotland Rowing Team will be selected using the following principles:

1. The best Scottish athletes should be given the opportunity to represent Scotland.
2. All selected crews should be competitive at the HIR Regatta.
3. Crews should be selected to obtain the greatest number of points at the 2023 HIR Regatta.
4. Rowing for Scotland should be a positive experience.

1. Eligibility

All athletes seeking selection must fulfil at least ONE of the following:

- Be born in Scotland.
- Be resident in Scotland for 6 of the 12 months prior to the 2023 HIR Regatta.
- Have a Scottish parent or grandparent.
- Have completed at least 5 years primary or secondary education in Scotland.
- Have previously competed for Scotland at the HIR Regatta.

Athletes who competed at the 2022 HIR Regatta / Beach Sprints for a country other than Scotland are not eligible for selection.

Junior athletes are required to have been born on or after 1st September 2004.

As well as satisfying the eligibility criteria, all athletes on the Scotland Rowing Team must be a member of Scottish Rowing.

2. Registration

All athletes and coaches wishing to express an interest to compete at the Home International Rowing Regatta should complete the following online form. The same form can be used to register for the Home International Rowing Beach Sprints.

<https://forms.office.com/e/URA7UDTjzq>

Formal registration will take place in May 2023 prior to the Scottish Rowing Championships and be facilitated by use of the Spond communication app. Athletes who have expressed interest using the online form will receive details of how to join the Spond group.

Important : To be eligible for selection athletes must have completed the requirements detailed in 4.1 Monitored Ergometer Submissions.

3. Regatta Format

The following categories will comprise the 2023 Home International Regatta

Senior Men	Senior Women	Junior Men	Junior Women
8+	8+	8+	8+
4x	4x	4x	4x
4-	4-	4-	4-
4+	4+	4+	4+
2-	2-	2-	2-
2x	2x	2x	2x
1x	1x	"A" 1x	"A" 1x
Lwt 1x	Lwt 1x	"B" 1x	"B" 1x
Para 1x	Para 1x		

Events take the form of a single 2000m race.

In addition, to the 2000m races there will be 500m races for the 4x ,8+ and Para 1x.

Teams must comprise of a maximum of 14 athletes (not including Para athletes) and one cox. Athletes competing in the 4x and 8+ (both 2000m and 500m) must have competed in an event earlier in the regatta.

All para-rowing athletes must have received an appropriate British Rowing classification prior to the HIR Regatta. For details on how to obtain a classification please contact the Team Manager.

4. Selection Procedure

4.1 Monitored Ergometer Submissions

Athletes are required to submit details of ergometer performance for the following assessment, to be completed during the dates specified. All ergometer assessments should be completed under the supervision of a [Scottish Rowing registered coach](#).

Senior & Junior

2km @ free rate to be completed between

27th February and 9th April

Athletes failing to submit details will be removed from consideration for selection unless a medical exemption has been requested in writing to the Team Manager or in other exceptional circumstances as agreed by the Head of Performance Pathway. Information on how to submit details of performances will be made available on the Scottish Rowing website.

IMPORTANT: The following minimum performance standard will be applied to the 2km submission.

Senior Men	6:30	Senior Women	7:30
Senior Men PR1	9:05	Senior Women PR1	10:41

Senior Men PR2	7:50	Senior Women PR2	9:05
Senior Men PR3	6:50	Senior Women PR3	8:00
Junior Men	6:55	Junior Women	7:48

Rowers who fail to achieve these standards will only be considered for selection for an exceptional reason as agreed by the Head of Performance Pathway.

4.2 Main Selection Regatta

The Scottish Rowing Championships (3rd-4th June) will serve as the main selection regatta.

4.2.1 Selection of Sweep Athletes

Sweep athletes seeking selection should enter the 2- event at the Scottish Rowing Championships. Both athletes competing in a 2- should be registered for selection in order to have their performance considered. Athletes are also encouraged to demonstrate their rowing ability in larger crew boats.

4.2.2 Selection of Sculling Athletes

All athletes seeking selection for these crews should enter the 1x event at the Scottish Rowing Championships. Athletes are also encouraged to demonstrate their sculling ability in larger crew boats.

4.2.3 Para Rowing Athletes

Para-rowing athletes are encouraged to enter the 1x event at the Scottish Rowing Championships. Results from other Para-rowing competitions will also be considered where appropriate.

4.3 Provisional Team & Confirmation of Intention to Continue to Seek Selection

Following the Scottish Rowing Championships, a list of athletes who remain under consideration will be published on or before **Thursday 8th June**. Athletes will not be allocated to crews at this time. The Scottish Rowing High Performance Group (HPG) reserves the option to add or remove athletes from this list.

All athletes on the provisional list will be required to pay a deposit. This deposit will be forfeited should the athlete subsequently remove themselves from selection for reasons other than injury or commitments pertaining to the GB Rowing Team. Athletes who continue in the trialling process but who subsequently do not achieve selection to the Scotland Rowing Team will receive a refund of their deposit.

4.4 Additional Selection and Crew Formation Trial

Athletes on the provisional list will be invited to participate in additional selection/crew formation trials. The format of these assessments and those athletes required to participate will be confirmed after the HPG review the results of the selection regatta and all other relevant performance data.

The provisional dates for these trials will be:

Junior team: Wednesday 5th – Thursday 6th July*

Senior team: Friday 7th – Saturday 8th July

** Athletes involved in the GB France J16 Match and / or the GBRT Under 19 Crew Formation Trials will be exempt from these trials and may be brought back into the process at a later date.*

4.5 Final Selection

After all additional selection and crew formation testing has been completed the HPG will announce the final team.

5. Additional Selection Considerations

5.1 Exceptional Changes to Policy and Procedure

In response to any unforeseen circumstances the HPG may need to take action to modify the selection policy or procedure.

5.2 Performance Exemption

Exceptional athletes may be selected for the team without attendance at the Scottish Rowing Championships and / or without prior registration or ergometer submission. Such athletes should be actively seeking selection for GB teams or be able to provide evidence of a high standard of performance. The decision to grant a performance exemption will rest with the Scottish Rowing Head of Performance Pathway.

5.3 Medical Exemption

Athletes not competing at the Scottish Rowing Championships or those unable to complete the monitored ergometer test due to medical reasons should inform the Team Manager as soon as possible and will be required to provide a medical certificate. Scottish Rowing is not obliged to delay the selection process or give a rower special consideration as a consequence of such illness or injury.

Athletes unable to complete the ergometer assessment within the allocated time window due to illness or injury should complete the assessment at the earliest possible opportunity thereafter and submit their result to the Team Manager.

5.4 Athlete Availability

Athletes may be removed from consideration for selection if they:

- Are unable to make themselves available for selection trials or team training days as set by the HPG and Team Coaches
- Fail to demonstrate that they are able to achieve a satisfactory level of preparation for the regatta

5.5 Sprint Racing

Athletes will be selected to the provisional team on the basis of their performance in 2000m racing. After athletes have been confirmed to the Team additional testing may be performed to confirm those athletes most suitable for the sprint events.

5.6 Selection of Coxes

There is no gender restriction on coxes. The HPG will assess technical ability and select coxes following meetings/discussions with the crew coaches and from feedback from athletes in the selected crew.

Selected Coxes must

- Have the ability to steer accurately, efficiently and safely
- Be confident
- Be able to quickly build a strong rapport with athletes
- Understand the HIR rules of racing

- Understand the safety considerations of training and racing
- Be able to deliver a session plan as specified by the crew coach and provide feedback to the coach

Coxes must be able to maintain an appropriate weight for an international regatta cox. Please note that the Scotland Rowing Team does not promote or encourage rapid or unhealthy weight loss. Coxes may be asked at various stages of selection to provide details of their weight.

5.6.1 Session Voice Recording

Prior to the Scottish Rowing Championships, all registered coxes will be required to provide:

1. An extract of a recording taken during a normal crew training session
2. An extract of a recording taken during a race or a high intensity training session

Details will be provided on how to submit recordings. The recordings will be reviewed, and feedback provided. Part of the selection process will also be based on availability of coxes to attend scheduled crew training sessions.

6. Selection of Coaches

Coaches will be appointed to crews by the Scottish Rowing High Performance Group. A job description detailing the roles and responsibilities for Scotland Rowing Team Coaches is available on request.

All Scotland Rowing Team Coaches in 2023 will be required to be Scottish Rowing 'Coach Club' members and be able to demonstrate that they meet all of the minimum requirements as outlined on the [Scottish Rowing website](#).

7. Selectors

Senior and Junior Teams for both the Home International Rowing Regatta and Home International Rowing Beach Sprints will be selected by the Scottish Rowing High Performance Group. Following the announcement of the final team any decision on changes to crews because of injury or other unforeseen circumstances will be made by the Team Manager in consultation with the Head of Performance Pathway and the Team Coaches.

8. Additional Team Information

8.1 Costs

Athletes will be expected to pay a contribution towards costs for attending the 2023 HIR Regatta as a member of the Scotland Rowing Team. There will be no cost to coaches appointed to the Scotland Rowing Team.

8.2 Transport, Accommodation and Equipment

Transport and accommodation for all athletes, coaches and support staff will be arranged by Scottish Rowing.

The Team Manager will liaise with selected athletes and coaches to ensure that equipment is available for all competing athletes. Clubs putting forward athletes for selection will be expected to also provide equipment to the team. Equipment not covered by existing insurance policies may be insured by Scottish Rowing on request. Team members will be responsible for any equipment entrusted to them during their time with the team and may be liable for damage incurred if used improperly.

8.3 Code of Conduct & Child Protection

Athletes and coaches selected will be expected to follow a high standard of behaviour while representing Scotland and will be expected to sign up to the [Scottish Rowing Codes of Conduct](#) for athletes and coaches.

All athletes must comply with Scottish Rowing's anti-doping regulations and not currently be under disqualification or suspension imposed by any national governing body or international federation.

Scottish Rowing wishes for children and young people to stay safe and have fun while taking part in rowing.

Everyone involved in Scottish Rowing has a duty to safeguard the welfare of all children in their care. Scottish Rowing has made a commitment to promote safe practice and to protect children from harm, abuse and exploitation. This duty extends to the prevention of physical, sexual or emotional abuse of any child and shall be applied regardless of a child's gender, race, religion, sexuality or disability.

8.4 Contact Information

For questions relating to the selection policy and procedures contact:

Team Manager graeme.cunningham@scottish-rowing.org.uk

For information about the Scottish Rowing Performance Programme contact:

Head of Performance Pathway lee.boucher@scottish-rowing.org.uk

9. Appeals

Registered senior athletes, or the parent/guardian of registered junior athletes, are entitled to appeal against the decision of the Selectors. The nature of the selection process means that selections to the Team can often be made close to the regatta. As such the outcome of an appeal can have a significant impact not just on athletes directly involved in an appeal but on the preparation of other members of the Team. The Appeals process is therefore designed to operate quickly and minimise impact to athlete preparation. Athletes should carefully consider if an appeal is justified, before making one.

The appeal process can only be used to determine:

1. Whether the correct procedures have been followed in the implementation of the Selection Policy;
2. Whether the Selectors have acted reasonably, fairly and without bias in making a decision;
3. Whether a selection decision was reached on the basis of an error of fact

The right to appeal a selection decision is provided on these grounds only and must not be seen as an opportunity to dispute the opinion of the Selectors, who will be regarded by the Appeals Panel as experts.

9.1 Making an Appeal

An appeal should be initiated by emailing office@scottish-rowing.org.uk setting out full details of the basis upon which the athlete is appealing against the decision of the Selectors.

The Appeal must be raised within 48 hours of a "Selection Decision". A Selection Decision is defined to be:

- The publication of the Provisional Team

- The publication of the Final Team
- Formal written communication between the Team Manager and the athlete that it is the intention of the Selectors to no longer consider the athlete for selection.

If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal.

A £50 contribution towards the administrative costs of the appeal will be requested upon receipt of the appeal. This sum may be refunded upon conclusion of the appeal at the discretion of the Appeals Panel.

9.2 Appeals Panel

The Scottish Rowing President will select three people from a list, previously approved by the Scottish Rowing Board to form the Appeals Panel. No individual directly involved with the athlete making the appeal or who was involved with the selection process may be part of the Appeals Panel.

9.3 Conduct of the Appeal

The appeal will be conducted by written submissions only. No parties to the appeal will be entitled to appear before the Appeals Panel. However, the Appeals Panel, may contact a party to the appeal by telephone or by email to request further information. The Appeals Panel may make their deliberations in person or remotely as required.

The Appeals Panel will either:

1. Reject the appeal and confirm the decision of the Selectors, or;
2. Uphold the appeal and inform the Selectors that errors have been identified in the conduct of the selection process and request that a new selection decision be made as soon as is reasonably practicable.

The Appeals Panel will seek to reach its conclusion within 72 hours of receipt of the Appeal and will inform all interested parties as to their decision via email as soon as possible.