



Selection Policy for the Scottish Senior and Junior Rowing Teams for the 2010 Home International Regatta



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The Home International Regatta (HIR) represents one of the few opportunities in which rowers can compete on behalf of Scotland. This selection policy is intended to be fair to all eligible competitors and as such it is hoped that it will produce a strong team that will be successful at the 2010 regatta but also improve the development of potential elite level athletes in our sport throughout Scotland.

IMPORTANT: A separate selection policy is in place for the Scotland Team for the 2010 Commonwealth Rowing Championships (CWC). Athletes seeking selection for the CWC should refer to the appropriate document available on the Scottish Rowing Website

Key Aspects of the Policy

- The 2010 Scottish Championships will serve as the main selection regatta
- The procedures detailed are intended to allow for all selections to be made well in advance of the regatta, to allow for the maximum possible crew preparation time. As such, The National Championships of Great Britain will not form any part of the selection process.
- Selections will be made by selectors elected by the member clubs of Scottish Rowing

1. Eligibility

Athletes seeking selection must fulfil ONE of the following-

- Be born in Scotland.
- Be resident in Scotland for 6 out of the 12 months prior to the HIR.
- Live in the British Isles and have a Scottish parent.
- Live in the British Isles and have a Scottish grandparent.
- Have competed for Scotland at the HIR previously

Any athlete who competed at the 2009 HIR for a senior team other than Scotland is not eligible for selection.

In addition athletes should have a current Scottish Rowing racing licence. Athletes based in England or Wales should have a current British Rowing or WARA racing licence.

All athletes must comply with the Scottish Rowing's anti-doping regulations and not currently be under disqualification or suspension imposed by Scottish Rowing, the CGF or FISA.

Athletes under the age of 16 must be accompanied to the regatta by a parent or guardian.

2. Registration

Athletes entered in relevant events at the Scottish Championships will be deemed to have satisfied the requirements for registration. Relevant events are deemed to be all events offered in the HIR programme with the exception on the 8+. Athletes not competing at the Scottish Championships complete the online registration available at ScotlandRegistration.notlong.com, prior to the commencement of Scottish Championships. Any athlete failing to do so may not be eligible for selection. Coaches, parents and other interested parties may also use the online registration system in order to be kept updated as to any important information

It is recommended that all athletes complete the registration process to ensure that they receive all relevant information. To conform with Scottish Rowing Child Protection procedures junior athletes should be registered by their coach or parent/guardian.

3. Selectors

Selectors will be appointed by a vote of the membership of the association, at the Scottish Rowing Half Yearly Meeting.

2 Junior Team Selector will be appointed.

3 Senior Team Selectors will be appointed.

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Nominations should be received via email to the Team Manager at least 2 weeks prior to the Scottish Rowing Half-Yearly Meeting. Citations of relevant experience are requested. A list of candidates will be sent to all member clubs.

For the Junior Team Selector there will be a simple majority vote.

For Senior Team Selectors there will be a multiple vote system with each member club able to vote for up to 3 candidates. Multiple votes cannot be cast for the same candidate. The 3 candidates with the most votes will be appointed as selectors. In the event of a tie the President will have a casting vote.

All meetings of the selectors will be made in the presence of the Team Manager, or their representative, who will take minutes of the proceedings but will not be involved in any selection decisions. Selectors should make it known at the meetings if there are any conflicts of interest.

4. Senior Teams

4.1 Senior Events

The following senior events will comprise the 2010 Home Countries International Regatta:

Men	Women	Lightweight Men	Lightweight Women
8+	8+		
Under 23 4-	Under 23 4-		
2-	2-	2-	2-
4x	4x		
2x	2x	2x	2x
1x	1x	1x	1x

The senior teams (Men and Women) are permitted a maximum of 15 athletes plus cox. In addition a men's and women's adaptive 1x event is run as a demonstration event. Further information on adaptive events is available in Appendix A.

4.2 Senior Selection Procedure

The Scottish Championships will serve as the main selection regatta for the senior team.

Selection of Hwt 1x, Lwt 1x, Hwt 2-, Lwt 2-

Crews competing in these categories will be automatically selected on a "first past the post" basis at the Scottish Championships provided they achieve a performance greater than 87.5% of the speed of the predicted World Gold Medal Time, provided in Appendix B. Weather conditions will obviously be considered when applying this standard.

In the event of no crew achieving the performance standard or a category not being raced due to lack of entries, the selectors will consider all eligible athletes.

Selection of Lwt 2x, Hwt 2x and Under 23 4-

The Senior Selectors will consider all eligible athletes in the selection of these crews. The selectors may select a crew currently competing together or form a new crew.

Selection of the 8+

The Senior Selectors will consider all eligible athletes in the selection of this crew but will normally be formed from the athletes selected in the Hwt 2-, Lwt 2- and U23 4-.

Selection of the 4x

The Senior Selectors will consider all eligible athletes in the selection of this crew but will normally be formed from the athletes selected in the Hwt 1x, Lwt 1x, Hwt 2x, Lwt 2x.

4.3 Discretionary Selection Trial

Following the Scottish Championships the Senior Selectors will meet and select a provisional team. Where appropriate the Senior Selectors may invite athletes to attend a discretionary selection trial in order to obtain further information. The Team Manager will arrange at the request of the selectors to assess different combinations of athletes in crews or to arrange race-offs between individual crews. The date of any discretionary selection trial will be arranged by the Team Manager following consultation with those athletes invited. Provisional dates for these trials have been proposed in section 9.6. Alternative dates may be arranged if an agreement can be reached between all parties involved.

Upon conclusion of any discretionary selection trial the Senior Selectors will announce an updated provisional team.

4.4 Selection of Adaptive Athletes

The Senior Selectors will consider appropriate results from adaptive competitions in making their selections. See Appendix A for further details.

4.5 Selection of Senior Coxes

Coxes wishing to seek selection should make their intention known to the Team Manager prior to the Scottish Championships and complete the online registration form. The Senior Selectors will assesses technical ability and crew suitability of coxes and select them through meetings/discussions with the crew coaches and from feedback from other athletes. Part of the selection process will also be based on geographical factors in order to maximise crew training times.

5. Junior Teams

5.1 Junior Events

The following junior events will comprise the 2010 Home Countries International Regatta:

Junior Men	Junior Women
8+	8+
4+	4+
4-	4-
2-	2-
4x	4x
2x	2x
1x	1x

The junior teams may comprise a maximum of 25 athletes plus coxes. As such if a full team is selected no non-rowing spares can be selected.

5.2 Junior Selection Procedure

Following the Scottish Championships a forum of junior coaches will convene. The forum will discuss the results of the Scottish Championships and other appropriate competitions. The time and venue for this meeting will be arranged by the Team Manager who will chair and take minutes of the meeting. Attendance at this forum will be open to all coaches of junior athletes.

Based on the discussions at this forum the Junior Team Selector will make their selections by examining performances in the following boat classes from the Scottish Championships and other appropriate competitions, including the Scottish Rowing Long Distance Trial: 1x, 2x, 2-, 4-, 4+, 4x

Junior athletes will not be selected for the 2x, 2- or 1x if they only compete at the Scottish Championship in 4-, 4+ or 4x events, unless they have competed at one of the Scottish Rowing Long Distance Trials.

Junior athletes seeking selection should enter J18 events at the Scottish Championships. Results from J16 events and the Scottish Schools Championships will not be considered.

5.3 Discretionary Selection Trials

Where appropriate the Junior Selector may invite athletes to attend a discretionary selection trial in order to obtain further information. The Team Manager will arrange at the request of the selectors to assess different combinations of athletes in crews or to arrange race-offs between individual crews. A provisional date for a discretionary trial has been proposed in section 9.6. Alternative dates may be arranged if an agreement can be reached between all parties involved. Upon conclusion of any discretionary selection trial, a further coaches' forum may be held if appropriate. After this the Junior Team Selector will announce an updated provisional team.

5.4 Selection of Junior Coxes

Junior coxes will be chosen by consultation between the Junior Team Selector and the coaches of athletes selected in the coxed events. The decision will be based on technical ability and crew suitability. Part of the selection process will also be based on geographical factors in order to maximise crew training times

6. Additional Selection Considerations

6.1 Long Distance Trials

A Long Distance Trials will be held in Inverness in November 2009. The selectors will consider these results in their decisions. Athletes seeking selection in crew boats but who do not have regular crew mates are particularly encouraged these to attend these trials.

6.2 Performance Exception

Exceptional athletes may be selected for the team without attendance at the Scottish Championships. Such athletes should be actively seeking selection for GB teams and be able to provide evidence of a high standard of performance.

6.3 Medical Exception

Athletes not competing at the Scottish Championships due to medical reasons should inform the Team Manager as soon as possible and may be required to provide a medical certificate.

6.4 Team Size

It is the intention of Scottish Rowing that a full team should represent Scotland at the 20010 HIR. However, should the selectors be of the opinion that no crew of sufficient standard exists for a specific event then selectors may choose not to select a crew to compete in that event.

6.5 Crew Changes during the Regatta

Athletes selected to the team do so on the understanding that injury or other unforeseen circumstances may require changes to selected crews. During the regatta any decision on changes to crews because of injury or other unforeseen circumstances will be made by the Team Manager in consultation with the team coaches.

7. Appeals Procedure and Ratification of the Final Team

Appeals should be made via email to the Team Manager within 7 days of the publication of the updated provisional team.

Appeals will be considered by a panel consisting of the Team Manager, the Vice-President (Performance) and a further third party approved by the Scottish Rowing Executive. This process may involve contacting all athletes and coaches involved in the appeal for further evidence or the seeking of other expert advice. The appeals panel will then present the evidence collected to the Scottish Rowing Executive who will have the final decision on rejecting or upholding the appeal. The Vice-President (Performance) will not be involved in the decision. At this time the Scottish Rowing Executive will also ratify all other selections to allow the announcement of the final team.

8. Selection of Coaches

Coaches will be appointed to selected crews by the Team Manager in consultation with the Junior Team Selector and the Senior Team Selectors. All coaches interested in working with the Scotland team should make their intentions known to the Team Manager via email. Part of the selection process will also be based on geographical factors in order to maximise crew training times.

All coaches (including senior coaches) representing Scotland must have completed and received a satisfactory Scottish Rowing child protection disclosure certificate. Coaches are reminded that the disclosure process can take in excess of 6 weeks to complete. The Scottish Rowing Child Protection Officer will be available to process applications at the Strathclyde Park Regatta.

9. Additional Team Information

9.1 Lightweight Weights Limits

The HIR operates under FISA rules and as such the weight limit for lightweight competitors are as follows:

	Individual maximum weight	Crew average weight
Men	72.5 kg	70 kg
Women	59 kg	57 kg

Lightweight athletes will be weighed at any discretionary trial.

9.2 Costs

Athletes, coaches and support staff will be expected to pay costs for attending the Home Countries International Regatta as a member of the Scottish Team. All costs must be paid 7 days prior to the team departure for the regatta. Coaches who are registered on the Scottish Rowing Performance Coach Database may be eligible for support towards their costs.

9.3 Equipment

The Team Manager will liaise with selected athletes and coaches to ensure that equipment is available for all competing athletes. Ultimately it is the athletes' responsibility to ensure they have equipment with which to compete.

9.4 Transport and Accommodation

Transport and accommodation for athletes, coaches and support staff will be arranged by the Team Manager. Transport of equipment will also be arranged.

9.5 Insurance

All athletes, coaches and support staff will be covered under a standard travel insurance policy. Equipment not covered by existing insurance policies may be insured by Scottish Rowing. For further details contact the Team Manager.

9.6 Code of Conduct

Athletes and coaches selected will be expected to follow a high standard of behaviour while representing Scotland and may be expected to sign a document declaring such.

Athletes and coaches seeking selection are reminded that unduly attempting to influence the selectors will be regarded as a disciplinary matter.

Any attempt by an athlete or coach or other individual to undermine Scottish Rowing, the selection policy or the selection process will be regarded as a disciplinary matter.

9.6 2010 Dates of Interest

14 th November 2009	Early Identification Long Distance Trial
7 th March	Scottish Rowing Half Yearly Meeting (Election of Selectors)
12 th -13 th June	Scottish Championships, Strathclyde Park
26 th June	Provisional Date for Senior Discretionary Selection Trial (Women & Juniors)
10 th July	Provisional Date for Senior Discretionary Selection (Men)
24 th July	Home International Regatta, Cork

9.7 Correspondence

Graeme Cunningham, the Team Manager, can be contacted via email graeme.cunningham@scottish-rowing.org.uk or via phone 07824341287

All postal correspondence should be sent to:

HIR 2010
The National Rowing Academy
366 Hamilton Road
Motherwell
ML1 3ED

Appendix A Adaptive Events

An adaptive rower is a rower with a disability who meets the recognised criteria.

The TA (Trunk and Arms) class is for rowers who have trunk movement but who are unable to use the sliding seat to propel the boat because of significantly weakened function in the lower limbs. Eligible TA rowers would typically have a minimum disability equivalent to at least one of the following:

Bilateral around knee amputation or impaired quadriceps.

Neurological impairment equivalent to a complete lesion at L3 level or and incomplete lesion at L1.

A combination of the above such as one leg with around knee amputation and one leg with quadriceps impairment.

Classification by the international sports federation for athletes with cerebral palsy (CP-ISRA) as eligible to be in CP class 5. (GB Rowing Performance Strategy Adaptive Rowing Programme – 2009 Season) Nov 2008.

Medical evidence may be required to be provided.

The trunk and arms rowers shall be secured with a strap to prevent flexion or extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible. Self-inflating or other floatation devices may be worn. The race distance for the adaptive events is 1000m.

Athletes who are unsure if they are eligible to compete as an adaptive athlete should contact the Team Manager.

Appendix B Predicted 2010 World Gold Medal Times

2010 WGMT have not yet been released. 2009 times are shown below for illustration

Boat Class	Hwt Men	Lwt Men	Hwt Women	Lwt Women	Junior Men	Junior Women
1x	06:32	06:40	07:05	07:20	06:54	07:34
2x	06:01	06:06	06:36	06:44	06:20	06:59
4x	05:31	05:38	06:06	06:14	05:50	06:27
2-	06:12	06:20	06:50	06:58	06:35	07:16
4-	05:39	05:43	06:20	-	06:12	06:41
4+	-	-	-	-	06:00	06:54
8+	05:18	-	05:50	-	05:36	06:14