



Selection Policy for the Scottish Senior and Junior Rowing Teams for the 2011 Home International Regatta

Key Aspects of the Policy

- The 2011 Scottish Rowing Championships will serve as the main selection regatta.
- A change to the regatta rules sees the reintroduction of the senior 4+ event, an increase to the maximum senior team size and a restriction placed on athletes who can compete in the senior 8+ and 4x events.
- The procedures detailed are intended to allow all selections to be made well in advance of the HIR and to allow for the maximum possible crew preparation time. As such, the British Rowing Championships will not form any part of the selection process.
- Selections will be made by selectors elected by the member clubs of Scottish Rowing.
- A training camp will be held in the week prior to the HIR, at which all athletes are expected to attend.

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 2011 HIR.
- Live in the British Isles and have a Scottish parent or grandparent.
- Have previously competed for Scotland at the HIR.

Any athlete who competed at the 2010 HIR for a senior team other than Scotland is not eligible for selection.

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

2. Registration

Athletes entered in relevant events at the Scottish Championships will be deemed to have satisfied the requirements for registration. Relevant events are all events offered in the HIR programme. Athletes not competing at the Scottish Championships must complete an online registration available at ScotlandHIR2011.notlong.com, prior to the commencement of the Scottish Championships. Any athlete failing to do so may not be eligible for selection.

All athletes seeking selection along with coaches, parents and other interested parties are advised to complete the online registration in order to be kept updated with all relevant information. To conform to Scottish Rowing Child Protection procedures, junior athletes should be registered by their coach or by their parent/guardian.

3. Selectors

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

At least 1 Junior Team Selector will be appointed.

3 Senior Team Selectors will be appointed.

Nominations should be received via email to the Team Manager at least 6 weeks prior to the Scottish Rowing Half-Yearly Meeting. A list of candidates will be sent to all member clubs.

The voting procedure will be in accordance with the Scottish Rowing policy on the election of office bearers.

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 2011 Home International Regatta:

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

The senior teams (Men and Women) may consist of a maximum of 18 athletes plus cox. Athletes competing in the 4x and 8+ must also compete in another event at the HIR. Under 23 athletes are considered to be so under FISA eligibility rules in as such that an *athlete is Under 23 until the 31st December of the year that they turn 22.*

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 Rowing 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 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 2, Hwt 4+ and Under 23 4-

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

Selection of the 8+ and 4x

Athletes in these events must also compete in another event at the HIR. The senior selectors will consider all eligible athletes in the selection of these crews.

4.3 Discretionary Selection Trial

Following the Scottish Rowing Championships, the Senior Selectors will meet and select a provisional team. The provisional team will be published by Wednesday 15th June. 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.

Copies of the provisional and updated provisional team will be sent to all member clubs and to all those who have registered using the online system.

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

The selected cox will compete in both the 4+ and the 8+. 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 2011 Home 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 or representatives of junior athletes.

Based on the discussions at this forum the Junior Team Selector(s) will make their selections by examining performances in the following boat classes from the Scottish Championships and other appropriate competitions. 1x, 2x, 2-, 4-, 4+, 4x.

Junior athletes will not be selected for the 2x, 2- or 1x unless they competed in these boat classes at the Scottish Championships. 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

The provisional team will be published by Wednesday 15th June. Where appropriate the Junior Selector(s) 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 the Junior Team Selector(s) will announce an updated provisional team.

5.4 Selection of Junior Coxes

Junior coxes will be chosen by consultation between the Junior Team Selector(s) 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 Performance Exemption

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.

6.2 Lightweight Athletes

Lightweight athletes competing in Heavyweight events at the Scottish Championships may have their weight recorded in order to aid the selectors in their decisions. For details of Lightweight limits, see section 9.1

6.3 Medical Exemption

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 2011 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 Attendance at the Pre-regatta training camp

A pre-regatta training camp will be held at Strathclyde Park from Tuesday 19th July until Friday 22nd July. Athletes unable to commit to their attendance at this camp may sacrifice their place on the team. The management team will however attempt to be as flexible as possible, particularly with regards senior athletes with work commitments. Additional athletes may be invited to attend the training camp but will not be considered for selection unless there is a withdrawal from a selected athlete.

6.6 Crew Changes during the Regatta

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

Athletes wishing to submit an appeal against the selectors' decision are to follow the Scottish Rowing Appeals procedure.

The appeals procedure for all Scottish Rowing team selections for 2011 and beyond is being revised and will be published as a separate document to be approved at the 2011 half-yearly AGM.

8. Selection of Coaches

Coaches will be appointed to selected crews by the Team Manager in consultation with the Junior Team Selector(s) and the Senior Team Selectors. All coaches interested in working with the Scotland team should complete the online registration.

All coaches of junior athletes 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 limits 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 2011 HIR as a member of the Scotland Team. All costs must be paid prior to arrival at the pre-regatta training camp.

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. Equipment not covered by existing insurance policies may be insured by Scottish Rowing. For further details, contact the Team Manager.

9.4 Transport and Accommodation

If required, accommodation for athletes, coaches and support staff will be arranged by the Team Manager. Transport, if required, will also be provided between team accommodation and the regatta course.

9.5 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.

9.6 2011 Dates of Interest

11 th -12 th	June	Scottish Championships, Strathclyde Park
15 th	June	Publication of Provisional Teams
25 th	June	Provisional Date for Senior Discretionary Selection Trial (Women & Juniors)
9 th	July	Provisional Date for Senior Discretionary Selection (Men)
19 th -22 nd	July	Pre-Regatta Training Camp
23 rd	July	Home International Regatta, Strathclyde Park

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 2011
The National Rowing Academy
366 Hamilton Road
Motherwell
ML1 3ED

Online registration for all athletes, coaches, parents/guardians and other interested parties is available at ScotlandHIR2011.notlong.com

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 and/or 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.

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.

Medical evidence may be required to be provided. Athletes who are unsure if they are eligible to compete as an adaptive athlete should contact the Team Manager.

Appendix B Predicted 2011 World Gold Medal Times

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

Appendix C Regatta Race Programme

1)	Lt. W 1x	10.30		21)	W 2x	13.10
2)	Lt. M 1x	10.38		22)	M 2x	13.18
3)	JW 1x	10.46		23)	JW 4+	13.26
4)	JM 1x	10.54		24)	JM 4+	13.34
5)	W 1x	11.02		25)	W U23 4-	13.42
6)	M 1x	11.10		26)	M U23 4-	13.50
7)	Lt. W 2-	11.18		27)	T+A W 1x	14.00
8)	Lt. M 2-	11.26		28)	T+A M 1x	14.10
9)	JW 2-	11.34				
10)	JM 2-	11.42		29)	JW 4x	15.20
11)	W 2-	11.50		30)	JW 8o	15.28
12)	M 2-	11.58				
13)	JW 4-	12.06		31)	JM 4x	15.40
14)	JM 4-	12.14		32)	JM 8o	15.48
15)	W 4+	12.22				
16)	M 4+	12.30		33)	W 4x	16.10
17)	Lt. W 2x	12.38		34)	W 8o	16.18
18)	Lt. M 2x	12.46				
19)	JW 2x	12.54		35)	M 4x	16.30
20)	JM 2x	13.02		36)	M 8o	16.38