



LYG Indoor Rowing 2023

Entry Information & Rules

Event Overview

Date: Friday 3rd March 2023

Venue: Copperbox Arena, Queen Elizabeth Olympic Park, London E20 3HB

Contact: info@londonyouthgames.org

Entry Information

Squad Entry Deadline: Friday 10th February 2023

Squad Nomination Size: Minimum – 1 & Maximum – 54.

Squad on the Day: Minimum – 1 & Maximum – 32.

Competitions: Year 7 Boys, Year 7 Girls, Year 8 Boys, Year 8 Girls, Year 9 Boys, Year 9 Girls, Year 10 Boys, Year 10 Girls, Year 11 Boys, Year 11 Girls, *Para Category KS3, *Para Category KS4

**if entry numbers permit, we may separate competitors into Physical, Sensory & Learning categories*

Eligibility Criteria: None

Age Categories

Race	Age Category	Oldest DOB	Youngest DOB
Year 7	U12	01/09/2010	31/08/2011
Year 8	U13	01/09/2009	31/08/2010
Year 9	U14	01/09/2008	31/08/2009
Year 10	U15	01/09/2007	31/08/2008
Year 11	U16	01/09/2006	31/08/2007
Para Category - Key Stage 3	U14	01/09/2008	31/08/2011
Para Category - Key Stage 4	U16	01/09/2006	31/08/2008

Alternates: Each borough is permitted TWO substitutions. Additional/late entries will not be accepted, and substitutions must be in the same age and gender as the original entry. All substitution details must be provided at registration on the day of the event.

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Full Rules & Regulations

IRW 1 The London Youth Games Indoor Rowing competition will run in accordance with the rules listed below.

IRW 1.1 It will be at the sole discretion of the Competition Director as to the application of these rules, and any subsequent decision made as a result will be final.

IRW 2 Age Category

IRW 2.1 The following age groups and respective maximum and minimum date of births will apply to the London Youth Games Indoor Rowing Competition:

Age Category	Oldest DOB	Youngest DOB
Year 7	01/09/2010	31/08/2011
Year 8	01/09/2009	31/08/2010
Year 9	01/09/2008	31/08/2009
Year 10	01/09/2007	31/08/2008
Year 11	01/09/2006	31/08/2007
Para Category - Key Stage 3	01/09/2008	31/08/2011
Para Category - Key Stage 4	01/09/2006	31/08/2008

IRW 2.3 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

IRW 2.4 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the [London Youth Games Games Rules](#), and in accordance with the age groups outlined for the competition.

IRW 2.4.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

IRW 3 Squad Size Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 32 competitors.

IRW 3.1 Boroughs are permitted to enter up to 6 competitors per age & gender.

IRW 4 Kit & Equipment

IRW 4.1 Concept2 rowing machines are provided.

IRW 4.2 Adaptive seats and equipment are available for ParaGames athletes however please make us aware of additional requests at least 48 hours before the competition by contacting info@londonyouthgames.org

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IRW 5 Competition Format

IRW 5.1 Individual Races

IRW 5.1.1 The participant who rows the furthest distance against the time limit in each category wins.

IRW 5.1.2 The following race times will apply for each respective age category and gender;

Race	Boys	Girls
Year 7	2 minutes	2 minutes
Year 8	3 minutes	3 minutes
Year 9	4 minutes	4 minutes
Year 10	5 minutes	5 minutes
Year 11	6 minutes	6 minutes
Para Category - Key Stage 3	2 minutes	2 minutes
Para Category - Key Stage 4	2 minutes	2 minutes

IRW 5.1.3 Competitors will race in heats (no finals) and these will be drawn randomly.

IRW 5.1.4 Individual races may be more than one heat and results from all heats will be compiled together to give the overall result of the race.

IRW 5.1.5 Competitors must move to the holding pen with the correct race name number when called i.e., Race 1 – Year 7 Boys Heat 1.

IRW 5.1.6 Athletes must sit on the correct machine based on the lane number they are given in the Holding Pen.

IRW 5.2 Relay Races

IRW 5.2.1 The team that row the furthest distance accumulatively wins.

IRW 5.2.2 Scoring relay teams must made up of a minimum of 4 athletes (2 male and 2 female) and maximum of 10 athletes (1 from each open gender and age category).

- If a borough has fewer than 10 athletes, then they will race the equivalent number of minutes to athletes (e.g., 7 athletes will race a 7-minute relay). Athletes cannot 'row up' or 'down' a category to make up a team.

IRW 5.2.3 Each team member will race for 1 minute only. Sound and visual cues will be used when changeovers should occur.

IRW 5.2.4 For the Para Relay, the following applies;

- ParaGames relays MUST comprise of a minimum of 4 athletes (2 male and 2 female)
- Time limit of 4 minutes

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IRW 5.7 Each athlete will receive an athlete number or race card at registration.

IRW 6 Competition Rules

IRW 6.1 Competitors are only permitted to compete in 1 individual event and 1 relay event throughout the competition.

IRW 6.2 Athletes are permitted to have one designated support person on the race floor at any time. Para Athletes are permitted to have an extra support person if required.

IRW 6.3 Headphones are permitted on the race floor, but races will be not restarted, or instructions repeated if an athlete does not hear.

IRW 6.4 An athlete can choose setting between 1-5 BEFORE the start of the race however this cannot change during the race. This also applied to relays, all athletes within a team will be expected to row on the same setting.

IRW 6.5 Races are started with 3 instructions 'READY, ATTENTION, ROW'. The race will begin automatically with the word 'ROW'. False starts are recorded but not penalised.

IRW 6.6 At the end of the race athletes must remain on their machine until they are instructed to leave the race floor.

IRW 7 Overall Scoring Final borough positions will comprise of the total from:

IRW 7.1 Best 8 Open individual race results, 2 ParaGames individual race results, ParaGames relay & Open relay.

IRW 7.1.1 A boroughs best result in each race will count towards the overall score, up to a maximum of 8 races.

IRW 7.1.2 The Open relay will count for double points due to the size of this race.

IRW 7.1.3 Where a borough has not entered enough races to be considered for a full score, the races they did enter will still be combined to provide an overall ranking.

IRW 7.2 Tied teams will not be separated once scores from events are combined, except if any of the top 3 teams have the same number of points. In this instance the highest number of 1st place race finishers will be the deciding factor, then 2nd place race finishers and so on.

IRW 7.3 Incomplete competition if the competition is cancelled or suspended, the following steps will be used to calculate a final result;

- The results of all completed races are combined and used to identify the overall winner (minimum requirement of 6 out of the 14 individual races must be completed in order to be eligible).

IRW 8 Medals & Trophies Medals and trophies will be awarded as follows:

IRW 8.1 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams.

IRW 8.2 Medals awarded for 1st, 2nd and 3rd placed competitor in each event.

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IRW 8.3 Medals awarded for 1st, 2nd and 3rd placed teams for relays.

IRW 8.3 Borough trophy awarded to the overall winner.

