



# WHY ROWING

## What are the benefits of playing my sport?

Go Race Indoors offers young people the chance to shine as both individuals and in teams. The sport mixes with technology to add to the excitement and team support at events in a format that is mirrored to national standards.

## TOP Tip!

Greater Manchester SGOs host one of the larger Inter School Competition (Level 2) events with 900+ young people taking part in team relays throughout the day on 30+ machines sourced from the local area. Aiming for selection to the County Final - Inter School Competition (Level 3) event, schools are encouraged to bring along a mixture of young people to test themselves at the event. Indoor rowing team relays aid strong teamwork development as teams try to come up with the best strategy for the race. As well as supporting each other as they race, rowing offers an enjoyable healthy activity to take part in with peers.



# ROWING

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Encouraging people to have dedication to, and enthusiasm for the sport.



Respecting team-mates and peers throughout the competition, exemplified during the Olympic and Paralympic Games.



Advocating honesty and fair play throughout the competition structure.



Promoting self belief and motivation through individual aspects of competition.



Achieving more and working as part of a team for overall points awards or relay races. Indoor rowing is the ultimate team sport.



In the last 200m of a race, being determined to give it your all until you cross the finish line.

## Priority competitions:

- **Name of the competition:** Go Race Indoors  
Go Race Indoors RowAbility  
School Team Challenge
- **What level/location?** They will run at school sites. Both virtual and venue hosted events are fine. SGOs are free to determine the Inter School Competition (Level 2) format to fit with time and number of rowing machines available.
- **Who can run it?** The event is preferably run by schools and young leaders. British Rowing will not be able to offer direct support for Inter School Competition (Level 2), but will be able to offer support over the phone and via the SGO toolkit. British Rowing also offers training courses.
- **When does it take place?** Inter School Competition (Level 2) can run at any point during the year but be mindful of the County Final (Level 3) date in your own region.
- **Next Steps to Competition:** Attend County final (Level 3) event and onwards to regional champs (currently limited to a few areas only).

The National Junior Indoor Rowing Championships (NJIRC, usually March) or British Rowing Indoor Championships (BRIC, usually December). The next progression would be to join a water rowing club.

## Where do young people go next (from school to club/community)?

Indoor Rowing events are offered at regional and national levels which are all open entry to anyone wishing to enter. For progression to try the sport on the water many community clubs will offer taster days or courses for young people at various times of the year. Local club details can be found on the British Rowing club finder: [www.britishrowing.org/go-rowing/find-a-rowing-club/](http://www.britishrowing.org/go-rowing/find-a-rowing-club/)

## Young Leader/Officials courses/qualifications available:

The 'Junior Indoor Rowing Leaders Award' is available through British Rowing and provides the starting point for further sports leadership qualifications. The course promotes teaching good technique for the sport and gives advice on how to run successful events. 'Indoor Rowing for Young People' (IR4YP) is another programme offered by British Rowing to provide training on how to deliver high quality sessions using an indoor rowing machine.

## Embracing the School Games Vision

**Development Competitions** provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Relevant web links:

British Rowing SGO toolkit: <http://ir4yp.britishrowing.org/sgo/>  
British Rowing Go Row Indoor section: [www.britishrowing.org/indoor-rowing/go-row-indoor/](http://www.britishrowing.org/indoor-rowing/go-row-indoor/)  
British Rowing Indoor Championships: <http://indoorchamps.britishrowing.org/>

## Signposted competitions:

National Junior Indoor Rowing Championships – for school years 7 upwards (male/female and inclusive events). The NJIRC is one of the largest indoor rowing events in the world with up to 3,000 young people racing on 100 race machines run by London Youth Rowing. More details can be found at:

<https://londonyouthrowing.com/njirc/>

British Rowing Indoor Championships for school years 7 upwards is British Rowing's Premier event for indoor rowing, with all ages welcome from school year 7 to 90+. Offering both standard timed races for juniors as well as 500 meter sprints and team relay.

<http://indoorchamps.britishrowing.org>

Other events can be found on the calendar of events below:

[www.britishrowing.org/indoor-rowing/challenges-and-events/indoor-events-calendar/](http://www.britishrowing.org/indoor-rowing/challenges-and-events/indoor-events-calendar/)

## Competition Card 1

### Primary or Secondary:

Secondary

### Name of competition:

Go Race Indoors

### Age group:

Years 7-13

### How to enter:

Intra School Competition (Level 1) and Inter School Competition (Level 2) events entries are co-ordinated by local schools. County Final - Inter School Competition (Level 3) entries co-ordinated by CSPs.

### Tournament format:

We recommend Inter School Competition (Level 2) events are held at a central venue; however, virtual Inter School Competition (Level 2) events are acceptable so long as matched equipment is used.



### Simple rules:

**INDIVIDUAL FORMAT (CORE):** Depending on the number of competitors, RowActiv individual events can be run as randomly drawn finals with all results ranked in order (larger events) or random heats followed by separate finals (smaller events). Each competitor should compete the following individual times in line with their year group/gender.

School year	Time/Distance	GMT Boys	GMT Girls
Year 7	2 min	510m	490m
Year 8	3 min	810m	750m
Year 9	4 min	1125m	1020m
Year 10	5 min	1430m	1275m
Year 11	6 min	1720m	1540m
Year 12/13	2000m	7 min	7 min 45
Team Event	2016m	N/A	N/A

National Gold Medal targets have been identified to allow for comparison across year groups by calculating a percentage score (below) where preferable (e.g. low number of participants).

Results should be recorded on Row Log — [www.rowlog.org](http://www.rowlog.org) giving all competitors the chance to see how they rank nationally.

$$\boxed{\text{Distance/Target}} \times 100 = \boxed{\% \text{ Results}}$$

**TEAM RELAY FORMAT (OPTIONAL)** — Teams of four race over 2016 metres on one rowing machine. All team members must row at least once on the machine, but can change over as often as they like. No outside help is allowed for the teams racing.

## Competition Card 1 continued

### Primary or Secondary:

Secondary

### Name of competition:

Go Race Indoors – RowAbility

### Age group:

Years 7-13

### How to enter:

Intra School Competition (Level 1) and Inter School Competition (Level 2) events entries are co-ordinated by local schools. County Final - Inter School Competition (Level 3) entries co-ordinated by CSPs.

### Tournament format:

We recommend Inter School Competition (Level 2) events are held at a central venue; however, virtual Inter School Competition (Level 2) events are acceptable so long as matched equipment is used.



## Think inclusively!

**Go Race Indoors – RowAbility:** As a general rule, any competitors that are able to complete more than 300 meters in a minute should be competing in the unmodified RowActiv competitions.

Where this is not appropriate, special RowAbility formats can be introduced. Like the RowActiv events the RowAbility formats involve an individual and team relay format. Two different formats can be adopted in line with numbers and need:

- A) For large events – competitors can race in year groups and groupings using the following classifications; MLD, SLD or PD as follows:

School year	Time/Distance	GMT Boys	GMT Girls
Year 7	1 min	255M	245M
Year 8	1 min 30	405m	375m
Year 9	2 min	565m	510m
Year 10	2 min 30	717m	640m
Year 11	3 min	860m	770m
Year 12/13	1000m	3 min 30	3 min 55

- B) For smaller events or where the above format isn't appropriate, competitors can be classed by ability levels rather than age, gender and disability:

Each competitor will need to complete a 1 minute row at maximum pace (preferably at Inter School Competition (Level 2) events). Grading and classification will be based on results as follows:

- Class 1 competitors up to 110 meters (will then race over 1 min 30sec)
- Class 2 competitors up to 220 meters (will then race over 2mins 30sec)
- Class 3 competitors up to 300 meters (will then race over 3mins 30secs)

School year	Time	GMT
Class 1	1 minute 30 seconds	255m
Class 2	2 minutes 30 seconds	405m
Class 3	3 minutes	565m

- The above criteria are flexible — classification criteria can be adapted in line with the ability and recorded scores of the young people attending.

Relay teams should all race over either 4 minutes or 8 minutes in teams of four depending on ability. Each competitor should row for no longer than 1 minute at a time.

## Competition Card 2

### Primary or Secondary:

Secondary

### Name of competition:

School Team Challenge

### Age group:

Years 7-13

### How to enter:

Inter-school event entries are co-ordinated by local schools

### Tournament format:

We recommend Inter School Competition (Level 2) events are held at a central venue. This could be one of the schools, a rowing club or local authority leisure centre. The key consideration is that the venue has access to 4-8 indoor rowing machines, screen and projector.

## How can regularity be achieved?

Regularity is achieved through a series of team events that are divided up into weekly challenges. These culminate in a Sports Hall Rowing Regatta. The event involves rowing a course of world-wide locations over a total of 12 weeks, gradually building up the distance for each. Examples are given below. Virtual inter-school online leagues can be created for individual and team scores.

**NOTE:** British Rowing are working on a league based system, timeline TBC.

School year	Time/Distance	GMT Boys	GMT Girls
Year 7	1 min	255M	245M
Year 8	1 min 30	405m	375m
Year 9	2 min	565m	510m
Year 10	2 min 30	717m	640m
Year 11	3 min	860m	770m
Year 12/13	1000m	3 min 30	3 min 55

Please refer to the new 'Row for Success' guidance on delivering School Games Competitions for Teachers and SGOs.



## Competition Cards supporting information

### Roles for young people:

- IT – Setting up rowing machines, laptops and projectors as well as running races (race control) and processing results.
- Race floor – Setting up race machines for competitors, and offering encouragement while they race.
- Holding area – For checking competitor details of next race to go to race control.
- Commentary – Working with race control to start races and informing spectators on race progress.

British Rowing offers leadership training for indoor rowing via the Junior Rowing leaders award.

<http://ir4yp.britishrowing.org/course/view.php?id=7>

### How can depth in competition through extra teams be achieved?

In order to actively engage a wider group of young people and avoid the 'sporty' groups always winning events at Inter School Competition (Level 2), events could offer a 'most improved' format. Results can be compared against personal bests or by finishing within x percentage of the winners.

### The route from here to County Final - Inter School Competition (Level 3):

County Final - Inter School Competition (Level 3) competitions can happen at any point in the calendar year. Your local SGO may want to organise a competition between the winners and runners up at each borough/School Games Inter School Competition (Level 2) event.

### How can regularity be achieved?

British Rowing are working on a league based system, timeline TBC.

### Relevant web links:

British Rowing have developed a basic indoor rowing toolkit for SGOs which includes more information about running indoor rowing events. This can be found here: <http://ir4yp.britishrowing.org/sgo/>

