

## **Rowing NSW Grade Regattas Competition Guide 2009-2010 Season**

Rower status rules have been changed for season 2009-2010. All members should be familiar with these changes prior to the commencement of the season. The explanation below is designed to assist with explaining why these changes have been made and how the system will work.

The grade regatta system has been in place since 2007 and has provided a good platform for club level competition in the NSW Rowing program. It has been identified that some additional status rules were required to enable athletes to move between the age, school and grade streams of competition and be appropriately graded. Review of the grade formula identified that it was unnecessarily complicated and in response to requests from competitors and coaches a new simplified formula will be implemented.

### ***The 2009-2010 Regatta Calendar***

The 2009-2010 season follows the same format as last year and will be divided into monthly pre Christmas; and fortnightly post Christmas regatta rotation. Pre Christmas rotation comprises a regular rotation of the usual Time Trials, Age/Open Regattas, Distance Events, and Grade Regattas.

The post Christmas rotation will comprise a regular rotation of Age/ Open and Grade Regattas. The rotation is structured to provide regular racing should athletes choose to compete in either one of the Age/Open or Grade regatta streams, although it is possible to race in both.

We are anticipating that the provision of two streams of competition will reduce the number of competitors per regatta a factor considered essential given the unacceptable late finish of a number of regattas in recent years.

### ***Age/ Open Regattas***

The Age Competition is targeted at promoting elite athlete development.

The continuation and strengthening of Age racing in regattas was requested particularly by clubs looking at junior and youth development programs. The Age based regattas are targeted at developing crews aiming at competing at State and National Championship and Selection Regattas. Age racing also incorporates Masters Competition. It is recognized that within each Masters Age division there are quite diverse levels of ability and hence the Grade System maybe a more attractive option for some Masters crews than Age based competition.

Composite crews will continue to be allowed within the age/open competition stream.

### ***Grade Regattas***

Grade racing is targeted at club development.

The rules are aimed at providing for different levels of participation and ability within each club and to promote athlete development within a system which allows different standards of rowers to form a crew from within the one club, irrespective of age and past performance. This is seen as a more equitable way in which to promote participation and allow closer competition between rowers of similar current ability.



- d. Under 19                      2.00    B Grade
- e. School Championship    2.00    B Grade
- f. Under 17                      3.00    C Grade

Where a competitor's RGS is lower (better) than the adjusted score they will retain their original score. Scores are only changed on a win and will not change if there are less than 3 scullers/crews in the race.

3. *Competing in School Events:* To enable school competitors RGS to be representative of the standard of race they compete in at school regattas competitors who race in school events will have a grade score applied as follows:

	<i>Rowing</i>	<i>Sculling</i>
a. School Year 8 events	4.00 (D)	4.00 (D)
b. School Year 9 events	4.00 (D)	3.50 (D)
c. Schoolboy 1 <sup>st</sup> and 2 <sup>nd</sup> Year 10 Eight or Schoolgirl 1 <sup>st</sup> and 2 <sup>nd</sup> Year 10 Quad or Four	3.00 (C)	3.00 (C)
d. Schoolboy 1 <sup>st</sup> and 2 <sup>nd</sup> Eight and 1 <sup>st</sup> Four or Schoolgirl 1 <sup>st</sup> Eight	2.00 (B)	2.00 (B)
e. All other Senior or Open School events	2.50 (C)	2.50 (C)

Where a competitor's RGS is lower (better) than the adjusted score they will retain their original score.

#### *Entering Crews*

It is anticipated that updates to the RGS from every regatta may not be available in time for close of entries for the next regatta. Because of this lag, entries will be accepted based on the RGS current at the time of lodgment of entry.

#### *Substitutions*

Once the Race Draw is completed, crews may substitute rowers only if the substitute rower does not change the crew RGS to a lower standard Grade. A substitution that changes the crew RGS to a higher standard Grade is permitted but the crew is required to race in the Grade entered, not the lower Grade.

#### *New Members and Appeals*

Where a member does not have an RGS one will be allocated with reference to the scores applied to competitors winning age races and competing in school events. For example if a new member had competed in their school's first eight and was returning to the sport after a couple of years they would receive a score of 2.00. New competitors with no rowing experience will receive a score of 4.

The current RGS is now available on the Rowing NSW website and is open to appeal if it is perceived to be unrealistic. All enquiries should be made by club captains or head coaches by email to the Rowing NSW Regatta Secretary [paul@rowingnsw.asn.au](mailto:paul@rowingnsw.asn.au).