



Yorkshire Indoor Rowing Championships

Rules

Event Level:

1. Once an athlete is declared as either competing in the Open or the SEND. sections, he/she is required to compete in that section for the remainder of the event.
2. Competitors are only permitted to compete in 1 individual event and 1 relay event as a maximum.
3. Relay teams MUST comprise of a maximum of 4 athletes and minimum of 2 athletes. An outline schedule is available on request. Specific start times are published but may vary. Please listen out carefully for announcements on the tannoy regarding when athletes need to proceed to their rowing machine for their event.
4. Spectators or supporters are permitted to enter the race floor / area around the racing rowing machine at the discretion of each school, depending on the participating school's covid risk assessment and the organiser's requirements
5. If you have a young person who cannot be shown in photographs or media, please notify Championship organisers. We will give you an item for the young person to wear which is discrete but clearly marks them out in photographs and video. This material will then not be used or published by London Youth Rowing or partners under any circumstances.
6. Indoor rowing can place athletes under physical and mental stress. Athletes compete at their own risk and under the judgment of the school. If you have any concerns about the ability of your athlete to compete, please discuss with the Competition Director. You reserve the right to withdraw your athlete if you see fit. The Competition Director reserves the right to do the same if, for any reason, they deem withdrawal to be in the best interest of the young person or the event.
7. London Youth Rowing will not tolerate any foul language or abusive behaviour to anyone associated with, or competing in the event. We reserve the right to ask individuals or teams to leave the event if we deem their behaviour to be unacceptable, or for any other reason.
8. The Competition Director reserves the right to suspend/cancel the event where required for any reason.
9. If you have any queries, please approach the Competition Director only with your question.
10. The Competition Director's decision is final in all circumstances.

Individual:

1. An athlete is not permitted to race unless they have been registered through the online system provided. Changes may be accepted on the day at the discretion of the Competition Director.
2. An athlete will be allowed two false starts. A third false start will mean disqualification.
3. An athlete may set the damper to any level they wish. We recommend not above 6 for Concept2 machines. Once the damper is set, it may not be changed during the race. The same applies for the team relay.
4. Athletes are not permitted to leave the race floor area until the Competition Director has confirmed that the race has been completed and results logged.

Relay Events

1. Relay teams will be made up of no more than 4 competitors and no less than 2.
2. Relay teams will split up the 2000m between the 4 competitors, all members of the team must row.
3. Younger age groups can 'row up' if necessary but older age groups cannot 'row down'.
4. The team may set the damper to any level they wish. Once the damper is set it may not be changed during the race.