

NORTHAMPTONSHIRE SCHOOL GAMES RULES 2019 / 2020

YEAR 9/10 GIRLS: Indoor Rowing – Competition rules and guidelines

Competition Qualification

School Games County Finals: **Winter – February 2020**

Competition Format & Representation

Go-Race Indoors – Sportshall Rowing Regatta

Performance Competition – Sports and events that are defined as Performance Competition will be competitive. The competitions aimed at children and young people in school who will most likely already play the sport in which they are to compete – or are sporty children who take part in a number of different sports. Participants are permitted to be members of a community sports club and/or receive coaching outside of school in this sport. The winner of the district competitions will then compete at County Finals. A school may enter any number of Performance Competitions.

Squad Information

Minimum Squad Size: **4 (x2 Year 9 and x2 Year 10)**

Maximum Squad Size: **4 (x2 Year 9 and x2 Year 10)**

Year Groups

Year 9 & 10

Gender

Girls

Equipment (Schools need to provide/take to competition)

Clipboard & Pen

Competition Rules

Individual Race:

- 1) Girls must complete the following individual distances;
- 2) For each gender or year group the athlete that goes the furthest wins
- 3) National Standard Gold Medal Targets (GMT) have been calculated and the comparisons can therefore be made across the year groups and genders.

Age	School Year	Time	Boys Gold Medal Target	Girls Gold Medal Target
11	Year 7	2 minutes	510m	490m
12	Year 8	3 minutes	810m	750m
13	Year 9	4 minutes	1,125m	1,020m
14	Year 10	5 minutes	1,430m	1,275m

Team Challenge – 2020m:

- 1) Each of the 4 team members must row a minimum of 25m.
- 2) The clock will not be stopped during transition time of rowers.
- 3) Each team must complete 2020m in the quickest time.
- 4) The team completing the distance of 2020m in the quickest time will be the winners.

Scoring

Individual Race:

- 1) To work out the Gold Medal Time(GMT) of each student use the following calculation;

$$\text{Distance rowed} \div \text{Gold Medal Target} \times 100 = \% \text{ result}$$

E.g. Year 7 Boys rowed 400m in 2 minutes

$$400\text{m} \div 490\text{m} \times 100 = 82\%$$

- 2) The athlete with the highest % from all those entered wins the competition.
- 3) Points will be awarded as follows:
 - 1st = 5 Points
 - 2nd = 4 Points
 - 3rd = 3 Points
 - 4th = 2 Points
 - 5th = 1 Point

Team Challenge – 2020m:

- 1) The Team completing 2020m in the quickest time will win the competition
- 2) Points will be awarded as follows:
 - 1st = 10 points
 - 2nd = 8 points
 - 3rd = 6 points
 - 4th = 4 points
 - 5th = 2 points

Appendix: Competition Rowing Scorecards

First Aid & Emergency Procedures

Schools are responsible for the provision and administration of their own First Aid.

The Competition Organiser will brief all School Staff prior to the start of the competition, and will provide information about emergency procedures.

Withdrawing from a Competition

In the event your school has to withdraw from the Competition, you need to inform your School Sport Manager at your earliest convenience, ideally with a minimum of 48 hour's notice. Head Teachers will be notified of schools withdrawing from the competition.

Cancellation of a Competition

In the unlikely event the competition has to be cancelled the Competition Organiser will contact schools at the earliest opportunity. If you are not contacted assume the competition is taking place.

Appendix

- 1) Competition Rowing Scorecard

Rowing Scorecard

School Name								
Individual: Year 9/10 Girls Competition								
Rower No. /Name	School Year	Gender	Distance Attempt 1	Distance Attempt 2	Distance Attempt 3	Best Distance	Gold Medal Target	% Result*
1:		Girl						
2:		Girl						
3:		Girl						
4:		Girl						

Team Challenge – 2020m : Year 9/10 Girls Competition		
Order of Rowers	Gender	Time Taken
1. 2. 3. 4.	Girls	

School Name								
Individual: Year 9/10 Girls Competition								
Rower No. /Name	School Year	Gender	Distance Attempt 1	Distance Attempt 2	Distance Attempt 3	Best Distance	Gold Medal Target	% Result*
1:		Girl						
2:		Girl						
3:		Girl						
4:		Girl						

Team Challenge – 2020m : Year 9/10 Girls Competition		
Order of Rowers	Gender	Time Taken
1. 2. 3. 4.	Girls	

***% Result:** $\text{Distance rowed} \div \text{Gold Medal Target} \times 100$

