



INDOOR
ROWING

Scottish Rowing Schools Indoor League 2017

Welcome to the Scottish Rowing Schools Indoor League for 2017.

When does the league run?

There are 4 rounds in the league in total. The first 3 rounds will be held in your own school starting on 4th September 2017 and the final round is the Scottish Rowing Schools Indoor Championships on Friday 17th November 2017 in Ravenscraig Regional Sports Facility, Motherwell. The key dates are in the table below:

Round	Round Dates	Results Submission Date	Venue
1	4 th - 20 th September 2017	Wednesday 20 th September 2017	Your school
2	25 th September- 18 th October 2017	Wednesday 18 th October 2017	Your school
3	23 rd October- 8 th November 2017	Wednesday 8 th November 2017	Your school
4	Scottish Rowing Schools Indoor Championship 2017 Friday 17 th November 2017		Ravenscraig Regional Sports Facility

How does the league work?

Schools submit individual's scores for each round, with points being awarded to schools for participation and for top performances across the country. The schools with the most points at the end of the four rounds wins.

There are also awards for participants and schools to earn.

Participant Awards:

There are Gold, Silver and Bronze awards available to those who participate in the Scottish Rowing Schools Indoor Rowing League. Individuals can earn an award for taking part in multiple rounds and schools can earn awards by retaining the same participants across the school based rounds.

Individual Awards:

Award	Criteria
Gold	Participates in all 4 rounds of the League
Silver	Participates in 3 rounds of the League
Bronze	Participates in 2 rounds of the League

School Awards:

Award	Criteria
Gold	75% of the total number of participants from the school take part in all 3 school based rounds, covering all 6 age category + the school has pupils take part in the Scottish Rowing Schools Indoor Championships
Silver	50% of the total number of participants from the school take part in all 3 school based rounds, covering at least 4 out of 6 age category
Bronze	25% of the total number of participants from the school take part in all 3 school based rounds, covering at least 4 out of 6 age category

How to enter

To enter you simply need to register your school using the registration form on the [Schools](#) page on the Scottish Rowing website.

The nominated contact for the school will then be sent the details of each round (including instructions for submitting results) and the league table after each round.

The Rules

Results

For each of the 3 rounds, races must be completed within the designated time frame with results sent in by 5pm on the results submission date. You will be provided with instructions on how to submit results at the beginning of each round. Results will be published after each round closes, prior to the commencement of the next round.

Scoring

Points are awarded to schools based on the number of participants they enter a result for, in each of the four rounds.

Performance points will also be awarded in each round for the top performances in each category across Scotland.

Participation Points are awarded as follows:

Number of participants entered by school	Points Awarded to school
1-10	1
11-20	2
21-45	3
46-90	4
91-150	5
151+	6

Performance Points are awarded as follows:

Position in the category	Points Awarded to school
National winner of each category in each League round	5
2 nd place of each category in each League round	4
3 rd place of each category in each League round	3
4 th place of each category in each League round	2
5 th place of each category in each League round	1

The final league results will be announced at the Scottish Rowing Schools Indoor Championships on Friday 17th November 2017.

Race Categories:

The race categories are the same for each of the 3 school based rounds and the final round at the Scottish Rowing Schools Indoor Championships 2017. The participant race category is determined by which school year they are in and their gender. All races are over a set time, for guidance on how to set a Concept 2 machine up to record a distance over a set time, please see the FAQ's document available for download on the [Schools](#) page on the Scottish Rowing website.

Race times for each category are as follows:

- S1 Boys and Girls – 2 minutes
- S2 Boys and Girls – 3 minutes
- S3 Boys and Girls – 4 minutes
- S4 Boys and Girls – 5 minutes
- S5 & S6 Boys and Girls- 6 minutes

Bonus Round:

During round 3 there will be a bonus round for S5 & S6 pupils to complete a traditional rowing distance of 2000m. Any pupil in S5 or S6 can put in a time in which they completed a 2km row during round 3 and receive performance points across those 4 categories (S5 Boys & Girls and S6 Boys & Girls).

Drag Factor:

The drag factor sets the resistance level of the rowing machine. We recommend that the drag factor on the machines should all be set to the levels stated below for young and/or inexperienced participants to protect them from lower back strain. For guidance on how to set the drag factor, please see the FAQ's document available for download on the [Schools](#) page on the Scottish Rowing website.

Female participants- 105

Male participants- 110

Best of luck!

