

# Scottish Rowing Schools Indoor League: Winter 2018

Welcome to the Scottish Rowing Schools Indoor League for 2018



## When does the league run?

There are 3 rounds in the league in total. The first 3 rounds will be held in your own school starting on 4<sup>th</sup> September 2018 and the final round is the Scottish Rowing Schools Indoor Championships on Friday 16<sup>th</sup> November 2018 in Ravenscraig Regional Sports Facility, Motherwell. The key dates are in the table below:

Round	Round Dates	Results Submission Date	Venue
1	2 <sup>nd</sup> - 18 <sup>th</sup> September	Wed 18 <sup>th</sup> September	Your School
2	23 <sup>rd</sup> Sep – 16 <sup>th</sup> Oct	Wed 16 <sup>th</sup> October	Your School
3	21 <sup>st</sup> Oct – 6 <sup>th</sup> Nov	Wednesday 6 <sup>th</sup> November	Your School
5	Scottish Rowing Schools Indoor Championship 2018 Friday 22 <sup>nd</sup> November 2019		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.

## 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.

Award	Criteria
Gold	Participates in all 5 rounds of the League
Silver	Participates in 4 rounds of the League
Bronze	Participates in 3 rounds of the League

## School Prizes

The overall winning school will be awarded the Schools League Shield at the Scottish Rowing Schools Indoor Championships.

The grand prize of a Concept2 Model D rowing machine will be awarded to the school<sup>1</sup> who earns the most certificates.



## 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](#).

<sup>1</sup> The Concept2 rowing machine will be awarded to the highest placed non-Scottish Rowing affiliated school.

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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 4 school based rounds, races must be completed within the designated time frame with results sent in by 12pm 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 made available following each 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
2nd place of each category in each League round	4
3rd place of each category in each League round	3
4th place of each category in each League round	2
5th 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 17<sup>th</sup> November 2018.

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## 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 2018. 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

Adaptive entries in all the above categories are also welcomed, please contact [league@scottish-rowing.org.uk](mailto:league@scottish-rowing.org.uk) for more information.

### 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.

Female participants- 105

Male participants- 110

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](#).

**Best of luck!**