



Selection Policy

Scotland Rowing Team 2026 Home International Rowing Regatta

Hosted by England at the London Regatta Centre, Royal Docks



Scottish Rowing Limited
Registered Office: 366 Hamilton Road, Motherwell, Lanarkshire ML1 3ED
A Company Limited by Guarantee, Registered in Scotland No. SC357505



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1. Regatta Information

The Home International Rowing (HIR) Regatta is an annual challenge match between Scotland, England, Ireland and Wales. The 2026 Home International Rowing Regatta (HIRR) will be hosted by England at London Docklands on Saturday 25th July.

The following categories will race at the 2026 Home International Regatta

Senior Men	Senior Women	Junior Men	Junior Women	Race Distance
14 rowers 1 cox 2 Para seats	14 rowers 1 cox 2 Para seats	14 rowers 1 cox	14 rowers 1 cox	Athletes will double up into the 8+ (500m or 2000m) or 4x. Para boats will race both distances
8+	8+	8+	8+	2000m, 500m
4x	4x	4x	4x	2000m, 500m
4-	4-	4-	4-	2000m
2-	2-	"A" 2-	"A" 2-	2000m
U23 2-*	U23 2-*	"B" 2-*	"B" 2-*	2000m
2x	2x	2x	2x	2000m
1x	1x	"A" 1x	"A" 1x	2000m
U23 1x	U23 1x	"B" 1x	"B" 1x	2000m
PR1/2 1x	PR1/2 1x			2000m, 500m
PR3 Mix2x				2000m, 500m
*New events for 2026, replacing the 4+				

1.1 Transport, Accommodation and Equipment

Accommodation & transport for the team will be arranged by Scottish Rowing. The team will travel together on Thursday 22nd July and return late on Saturday 25th July following the conclusion of racing.

Equipment will be arranged for all competing crews. Scottish Rowing are grateful for all of the clubs who support the Scotland Rowing Team each year by providing use of their equipment – the team could not compete without this.

1.2 Costs

Athletes will be asked to contribute towards costs of attending the 2026 HIR Regatta as a member of the Scotland Rowing Team, this contribution will be confirmed in communications prior to the Scottish Rowing Championships. In 2025 the Athlete Contribution was £380 for Eton Dorney, it is anticipated that the contribution for 2026 will be in a region similar to this.

Athletes in significant financial hardship can contact the Team Manager for additional support. All disclosures will be treated in confidence and will not affect selection decisions.

1.3 Code of Conduct & Child Protection

Athletes and coaches selected will be held to a high standard of behaviour while representing Scotland. All team members are expected to sign up to the [Scottish Rowing Codes of Conduct](#), must comply with Scottish Rowing's anti-doping regulations, and not currently be under a disqualification or suspension imposed by any national governing body or international federation.

Scottish Rowing is committed to ensuring young people are safe and have fun while taking part in rowing. Please review the [Wellbeing and Protection policies](#) for details of safeguarding procedures.

2. Selection Principles

The Scotland Rowing Team will be selected using the following principles:

1. The best Scottish athletes should be given the opportunity to represent Scotland.
2. All selected crews should be competitive at the HIR Regatta.
3. Crews should be selected to obtain the greatest number of points at the 2026 HIR Regatta.
4. Rowing for Scotland should be a positive experience.

3. Selection Process

The below table details the process for selection. Following sections in this document will follow in this order.

1st February 2026 (start of window)	Complete a 2000m ergometer assessment after this date
Monday 1st June 2026	Submit the registration form for selection by this date.
6th – 7th June 2026 Scottish Rowing Championships	Compete in the 1x (sculling) or 2- (sweep) at the Scottish Rowing Championships. Enter crew boats to further support selection. A long list of registered athletes will be shared on Friday 5 th June.
Monday 9th June 2026	Deadline for cox recording submissions.
Friday 12th June 2026	An athlete shortlist will be published following Scottish Championships, and these athletes will be invited for further testing.
10th-12th July – Seniors inc. Para 8th-9th July – Juniors	Further testing will take place on these dates for those shortlisted. Please ensure you keep these dates free in expectation of further testing.
Wednesday 15th July	Provisional selections will be shared with the Performance Advisory Group, ratified, and published internally with shortlisted athletes and registered coaches.
18th – 22nd July – all Seniors 21st – 22nd July – all Juniors	The team will be available for training between the crew formation testing and the event. Please ensure you are available to train on these dates to ensure time to prepare larger crew boats (8+, 4x).
Thursday 23rd July – Saturday 25th July	HIR Regatta The team will travel together on Thursday 23 rd , train on Friday 24 th , and race on Saturday 25 th before returning to Scotland that evening.

4. Eligibility

All athletes seeking selection must fulfil at least ONE of the following:

- Be born in Scotland.
- Be resident in Scotland for 6 of the 12 months prior to the 2026 HIR Regatta.
- Have a Scottish parent or grandparent.
- Have completed at least 5 years primary or secondary education in Scotland.
- Have previously competed for Scotland at the HIR Regatta / Beach Sprints.

And meet the following requirements (as appropriate)

- Not have competed at the 2025 HIRR / HIRBS for a country other than Scotland
- Hold a valid Scottish Rowing or British Rowing Race Membership
- **Junior** athletes are required to have been born on or after 1st September 2007.
- **Under 23 athletes** are required to have been born on or after 1st January 2004.
- **Para-rowing athletes** must have received an appropriate British Rowing classification prior to the HIR Regatta. Please contact the [HIRR Team Manager](#) for further details.

5. Monitored Ergometer Submission

Athletes are required to submit details of a 2000m ergometer performance as detailed below. All ergometer assessments should be completed under the supervision of a [Scottish Rowing registered coach](#) (Coach membership) or Scottish Rowing Performance Pathway Coach who can verify the score.

Assessment	Drag Factor	Assessment date	Deadline
2000m (free rate)	Senior Men – 138	From 1 st February 2026	Monday 1 st June
	Senior Women - 130		Do not register prior to completing the assessment
Static C2 RowErg	Junior Men - 130		
	Junior Women 125		

Improved scores before the close of registrations can be sent to [Tom Young](#) to be updated.

Athletes unable to complete the assessment must request a medical or performance exemption.

IMPORTANT: The following minimum performance standard will be applied to the ergo submission. Rowers who fail to achieve these standards will only be considered under **exceptional** circumstances. The standards may be adjusted to ensure that an appropriate number of athletes (in a particular team/discipline) are available for consideration by the Selectors.

Senior Men	≤6:30.0
Senior Men PR1	≤9:05.0
Senior Men PR2	≤7:50.0
Senior Men PR3	≤7:00.0
Junior Men	≤6:55.0

Senior Women	≤7:30.0
Senior Women PR1	≤10:41.0
Senior Women PR2	≤9:05.0
Senior Women PR3	≤8:00.0
Junior Women	≤7:50.0

6. Registration

All athletes and coaches seeking selection must complete the following online form by Monday 1st June 2026. This must be **after** completing the above ergometer assessment. Details provided to this form will be used for all correspondence prior to the Scottish Championships, after which, athletes on the shortlist will be required to join Spond for further updates. Junior athletes will require a Parent/Carer to join Spond.

Register HERE → tinyurl.com/ScotlandHIRR26

A longlist of registered athletes seeking selection to the 2026 HIRR will be circulated by Friday 5th June.

7. Main Selection Regatta

The Scottish Rowing Championships (7th – 8th June) will serve as the main selection regatta.

	Sweep	Sculling
Senior	<p>Must enter O 2-, W2-</p> <p>Both in the 2- should be registered for selection</p> <p>Recommended to enter larger sweep boats.</p>	<p>Must enter O1x/W1x/Lwt 1x</p> <p>Recommended to enter larger sculling boats. See Advanced Crew Selection</p>
Para		<p>Para athletes should enter the Para 1x.</p> <p>Results from other domestic & international para-rowing events may be considered where appropriate.</p>
Junior	<p>Must enter J18 2-, J16 2-, WJ18 2-, WJ16 2- or O2-/W2-</p> <p>Both in the 2- should be registered for selection</p> <p>Recommended to enter larger sweep boats. See Advanced Junior Crew Selection below.</p>	<p>Must enter J18 1x, J16 1x / WJ18 1x, W J16 1x or O1x, OLwt 1x/ W1x, WLwt 1x</p> <p>Recommended to enter larger sculling boats. See Advanced Crew Selection.</p>

Entries in novice, intermediate, masters or younger junior (J15 & under) events will not be considered.

7.1 Advanced Crew Selection

Junior Advanced Crew Selection

For the 2026 HIR Regatta, two junior crews may be provisionally selected from their crew boat performances at the Scottish Rowing Championships (composite crews included). For each Junior team, **one** sculling boat ("A" 1x or 2x) and **one** sweep boat ("A" 2- or 4-) may be provisionally offered selection based on their performance in the corresponding crew boat event (J18/W J18), supported by their 1x/2- performances. This provisional selection will be made at the discretion of the selection panel.

To be eligible for advanced selection, all members of the crew must*:

- All be registered for the 2026 HIR Regatta.
- All have raced in the J18/W J18 1x or 2-, as appropriate.

- All have met the ergometer performance standard OR the crew average ergometer score is ≤6:40 for Junior Men or ≤7:40 for Junior Women.

*At the discretion of the Team Manager/Head of Performance, an eligible substitute may be used for a 'selected' crew in the event of injury/illness, or as a result of GBRT U19 selections. Coaches should strive to ensure that their crews meet the eligibility criteria for the advanced crew selection.

Senior Advanced Crew Selection

For the 2026 HIR Regatta, two senior crews may be provisionally selected from their crew boat performances at the Scottish Rowing Championships (composite crews included). For each team, **one** sculling boat (1x, U23 1x or 2x) and **one** sweep boat (2-, U23 2- or 4-) may be provisionally offered selection based on their performance in the corresponding crew boat event (Championship only), supported by their 1x/2- performances. This provisional selection will be made at the discretion of the selection panel.

To be eligible for advanced selection, all members of the crew must*:

- All be registered for the 2026 HIR Regatta.
- All have raced in a 1x or 2-, in the appropriate category.
- All have met the ergometer performance standard.

*At the discretion of the Team Manager/Head of Performance, an eligible substitute may be used for a 'selected' crew in the event of injury/illness, or as a result of any GB Rowing Team selections. Coaches should strive to ensure that their crews meet the eligibility criteria for the advanced crew selection.

8. Cox Selection

There is no gender restriction on coxes. The Selectors will assess technical ability and select coxes following meetings / discussions with the crew coaches and from feedback from athletes in the selected crew.

Selected coxes must:

- Be able to steer accurately, efficiently and safely
- Be confident
- Be able to quickly build a strong rapport with athletes
- Understand the HIR rules of racing
- Understand the safety considerations of training and racing
- Be able to deliver a session plan as specified and provide feedback to the coach
- Be able to maintain an appropriate weight for an international regatta cox (minimum 55kg) *
 - Coxes may be asked at various stages of selection to provide details of their weight
 - Senior coxes will be weighed at Crew Formation Testing in line with racing procedures, with the expectation that they are ≤58kg. Further details will be provided nearer the time.
- Be available to attend crew training and further testing dates
- Provide recordings as detailed below following the Scottish Rowing Championships

**Please note that the Scotland Rowing Team does not promote or encourage rapid or unhealthy weight loss. See weighing standards policy for details.*

Recordings details

Recordings should be provided from a session/race in 2026:

1. An extract of a recording taken during a normal crew training session (max 10mins)
2. An extract of a recording taken during a race or a high intensity training session (max 8mins)

These should be submitted by email to [Tom Young](#) by the end of the Scottish Rowing Championships after which they will be reviewed, and feedback provided.

9. Continued Selection Process

Following the Scottish Rowing Championships, the selectors will review the results to produce a shortlist of athletes invited to Crew Formation Testing which will be shared on or before **Friday 12th June**. The Scottish Rowing Performance Advisory Group (PAG) reserves the option to add or remove athletes from this list.

All athletes on the shortlist will be required to pay a deposit of £100 by Monday 6th July, which will be invoiced via the Scottish Rowing office. This deposit will be forfeited should the athlete subsequently remove themselves from selection for reasons other than injury or commitments pertaining to the GB Rowing Team. Athletes who continue in the trialling process but who subsequently do not achieve selection to the Scotland Rowing Team will receive a refund of their deposit.

9.1 Additional Crew Formation Trials / Training

The Scotland Rowing Team has identified dates for further testing and crew formation as listed below. **All shortlisted athletes following the Scottish Rowing Championships are required to make themselves available on these dates** unless an exemption has been granted by the Scottish Rowing Head of Performance.

The provisional dates for these trials will be:

Junior team: Wednesday 8th – Thursday 9th July*

Senior team: Friday 10th – Sunday 12th July

** Athletes involved in the GB France J16 Match or the GBRT U19 Crew Formation Trials will be exempt from these trials and may be brought back into the process at a later date.*

The format will be shared appropriately in advance of the assessment dates. Athletes should not make any assumptions about the format of these trials and should aim to perform at their best at all stages of selection.

9.2 Final Selection

After all additional selection and crew formation testing has been completed the PAG will announce the final team.

10. Selection of Coaches

Coaches will be appointed to crews by the Selectors/Team Manager. A job description detailing the roles and responsibilities is available on request. Coaches should complete the online registration process to express their interest in representing the Scotland Rowing Team. Coaches' costs for the event will be covered by Scottish Rowing.

All Scotland Rowing Team Coaches in 2026 will be required to hold a recognised rowing coaching qualification (L2 or equivalent), be a registered Scottish Rowing coach (Coach Membership) and be able to demonstrate that they meet all of the minimum requirements as outlined on the [Scottish Rowing website](#). Coaches working with the junior team will also need to be members of the PVG scheme for Scottish Rowing.

11. Additional Selection Considerations

11.1 Exceptional Changes to Policy and Procedure

In response to any unforeseen circumstances the PAG may need to take action to modify the selection policy or procedure.

11.2 Exemptions

Why apply for an exemption?

Performance Exemptions apply to athletes who:

- Cannot attend the Scottish Rowing Championships
- Have not submitted the registration form before the deadline

Medical Exemptions apply to athletes who:

- Cannot compete at the Scottish Rowing Championships due to illness or injury
- Cannot complete an 2k ergometer assessment prior to the registration deadline

Exemptions are considered at the discretion of the selection panel and PAG. The selectors are under no obligation to adjust or change the selection process due to injury/illness or athlete availability.

How to submit a Performance Exemption

Complete the Performance Exemption form (available on request), clearly demonstrating one's ability to positively contribute to the strength of the Scotland Rowing Team. This must be submitted by the athlete (or parent/carer of junior athletes) by Monday 29th June.

How to apply for a medical exemption

Provide a medical certificate/confirmation of your illness or injury from a medical professional. This should confirm that return to fitness to train and compete at a performance level within the assessment period.

Athletes unable to complete the ergometer assessment within the allocated time window for medical reasons should complete the assessment at the earliest opportunity and submit their result to the Team Manager.

11.3 Athlete Availability

Athletes may be removed from consideration for selection if they:

- Are unable to make themselves available for selection trials or team training days
- Are unavailable for sufficient training time to effectively prepare and perform at the HIR Regatta.

Junior athletes are expected to train in their selected crews from Tuesday 21st July at the latest, and if required, the Team Manager/Junior Co-Ordinator may arrange a residential training camp to support prior to the team departing for the HIR Regatta (from Tuesday 21st July).

12. Selectors

Both Senior and Junior Teams for the Home International Rowing Regatta will be selected and ratified by the Scottish Rowing Performance Advisory Group (PAG). A selection panel will be formed from at least three representatives of the PAG. All members of the PAG will ratify the panel's proposed selections. The Selectors for HIRR, and the PAG, are listed below. Following the announcement of the final team any decision on changes to crews due to injury or unforeseen circumstances will be made by the Team Manager alongside the Head of Performance and Team Coaches.

Scottish Rowing Performance Advisory Group:

Ian Munro	Board Director (Performance) – Scottish Rowing
Tom Young*	Head of Performance – Scottish Rowing
Mike Martin*	Junior Co-Ordinator – Scottish Rowing
Ailsa Martin*	Team Manager – Scotland Rowing Team
Lee Boucher	CEO – Scottish Rowing
Kevin McHugh	High Performance Manager – sport scotland institute of sport
Kim Murray	Independent Performance Advisor
Paul Greaves	Independent Performance Advisor

**denotes a nominated Selector for HIRR*

13. Appeals

The Scotland Rowing Team Appeals Policy can be found on the Scotland Rowing Team section of the [Scottish Rowing Website](#).

14. Contact Information

For questions relating to the selection policy and procedures contact:

Team Manager

Ailsa Martin

ailsa.martin@scottish-rowing.org.uk

For information about the Scottish Rowing Performance Pathway contact:

Head of Performance

Tom Young

tom.young@scottish-rowing.org.uk

Junior Co-Ordinator

Mike Martin

mike.martin@scottish-rowing.org.uk

For any safeguarding matters contact:

Child Wellbeing & Protection Officer

Mark Senter

childprotection@scottish-rowing.org.uk / 07852 947907