



**JUNIOR
INTER-REGIONAL
REGATTA**

2023 Instructions for Competitors

14 April 2023
Version 1

TEAMWORK | OPEN TO ALL | COMMITMENT

Introduction

The Regatta is contested between the following 12 JIRR “Teams”, based on the British Rowing Regions, with the Thames Region split into its three sub-regions and Wales competing with WAGS. The 12 JIRR Teams, their abbreviations and Team colours are shown below:



1. Registration Process

- 1.1. Race numbers may be collected from the Regatta Marshals cabin (in the boating area) no earlier than 40 minutes before the scheduled start time of the race.
- 1.2. Competitors are reminded that they must bring their BR Membership Cards with them. Membership Cards must include an up-to-date photograph. If a Membership Card is not available, then other forms of photographic ID are acceptable.
- 1.3. If a substitute coach or responsible adult attends the Regatta he/she must contact Registration and register his/her mobile telephone number. This can also be done in advance by emailing secretary.jirr@gmail.com

2. Substitutions & Scratchings

- 2.1. Substitutions to crews may be made by the Team Manager via the BROE system until 08:00 on Saturday 22 April.
- 2.2. The Regatta Marshals cabin will be open from 08:00 on Saturday 22 April where the Entries Secretary will be available to receive any further substitutions and/or scratches.

- 2.3. Team managers are reminded of British Rowing Rule of Racing 7-2-4-b: “All the rowing members of a crew, and the cox, may be substituted until the official close of entries. Thereafter up to half of the rowing members of a crew and the cox may be substituted before the crew’s first race in an event. Any substitute shall fulfil the requirements of Rule 2-1-1 and the Personal Ranking Reference Book, and be approved as eligible by the Organising Committee.” Save that the substitute must be a member of the same team as the rower he or she is replacing and the cox may belong to a different team. The reference to the Personal Ranking Reference Book is not relevant for this Regatta.

3. Format of Racing

- 3.1. With the exception of the Adaptive events (see 3.6), all events will be raced over 1,500 metres with timed heats. The fastest 6 crews across both heats will go through to the A Final and the remainder will go through to the B Final.
- 3.2. The maximum number of points available in an event will be equal to the number of crew that race in that event’s finals. The first placed crew in the A Final receives the maximum number of points, with the next placed crews each receiving one fewer point than the previous. Points will be awarded in the same manner in the B Final with the maximum number of points for the first placed crew being the equal to the number of crews that raced in the event minus the number that raced in the A Final. For an event with 12 crews racing, points will therefore be awarded as follows:
 - a. A Final: 1st receives 12 points, 2nd receives 11 points and so on to 6th, 7 points.
 - b. B Final: 1st receives 6 points, 2nd receives 4 points and so on to 6th, 1 point.
- 3.3. In all cases the A Final will comprise the six fastest crews as a result of racing the heats. The B Final will comprise the remainder. The only case when a B Final will not be held is when only seven crews are entered or compete in an event.
- 3.4. In the unlikely event of a crew not appearing at the start in an A Final or B Final, that crew will be awarded no team points. If a crew fails to show for an A Final, all crews in the B Final will receive an extra team point for each crew that fails to show.
- 3.5. Any crew that scratches or does not finish a final (i.e. not rowed out, did not finish or disqualified) will receive no team points (British Rowing Rule of Racing 7). If a crew to which this applies is in an A Final, all crews in the B Final will receive an extra team point.
- 3.6. In 2023, for the Adaptive events, a side-by-side final over 1,000m (with a free start) will be held. Full instructions on this will be issued directly to the competitors involved.
- 3.7. For 2023, adaptive events will not accrue team points.

4. Coxes Weighing

- 4.1. The scales for weighing coxes will be in the cabin in the boating area where lane numbers are issued. All coxes shall be weighed prior to their first race and, if required, after any race in an event.
- 4.2. The minimum weight for coxes shall be: 45 kg for all J15 and younger crews and 55 kg for all other crews. To make up this weight a lighter cox shall carry dead-weight. Any dead-weight carried may be checked after any race in an event.
- 4.3. Coxswains competing in more than one event of a similar category need be weighed once only to qualify for all such events.
- 4.4. Two types of wristbands will be used: Coxes who are OK for all their events will wear a plain wristband. Coxes who require deadweight for any or all of their

events will wear a wristband indicating the deadweight they are required to carry. Wristbands should be secured tightly to avoid loss or tampering.

5. Prize Winners

- 5.1. Prize winning crews will be presented with their medals on the raft adjacent to the finish tower. Those receiving medals will be called over at the end of their race and they should pay attention to races coming down the course in making their way to the pontoons in reverse order (i.e. 3rd, 2nd, 1st).
- 5.2. Following receipt of medals they will make their way to the disembarkation pontoons in the gaps between races.

6. Safety Instructions

The Regatta is run in accordance with the British Rowing Regulations, the Rules of Racing and Row Safe guidance together with its associated documents. Competitors and coaches are reminded that they should be familiar with these documents. Competitors who do not comply with these instructions or the instructions of Regatta officials, may be penalised or even disqualified from racing.

The regatta will endeavour to provide a safe environment within Row Safe although competitors are specifically reminded that persons using the lake and the adjoining river do so entirely at their own risk and are solely responsible for: -

1. Their own safety.
2. Ensuring that their boats are safe and are prepared to the standards set out by the BR Rules of Racing and Row Safe. Any boat that fails to meet the standard shall be excluded. See BR Rule of Racing 7-2-8 for details.
3. The strict observance of the circulation patterns (see maps) and of Row Safe.
4. Deciding, together with their coaches, whether or not they are competent to use the lake in the prevailing weather conditions.

Clubs and competitors are also reminded that they must: -

1. Only go out for practice sessions if there is a safety boat on the course.
2. Not practise during racing.
3. Make their own safety and first aid arrangements before and after the day's racing.
4. When training on the River Trent during racing hours, make their own safety arrangements. They must ensure their boat is licensed to be on the River and they must ensure they are aware of the appropriate circulation pattern.
5. Ensure that all roadways and access routes are kept clear at all times and that they should not park in the Finish/Presentation area. Crews should be especially vigilant in the boating/boathouse areas.
6. Report all accidents to a Regatta Official.

Safety Boats

There are safety boats on the course during racing and the first duty of every waterborne official is to the safety of competitors or any person in difficulty.

Accidents & Emergencies

All accidents and emergencies must be reported to a Regatta Official as soon as is practicable. The Official will summon medical support if necessary and will summon any additional support that may be required. The Official will also ensure that the Safety Adviser and the Race Committee are made aware of the incident. The online BR Incident Report Form MUST be completed for all accidents, collisions or capsizes.

General Competence

The organising committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence in either attaching to the start pontoons or progressing down the course during a race. This rule will be applied in the interests of safety and fairness to other competitors.

7. Marshalling Instructions

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

7.1. Boating

Go afloat to race using the outward rafts in the main boating area. The Country Park rafts are out of bounds for this regatta. The rafts on the southern shore of the course towards the finish tower are also not for the general use of competitors.

7.2. At the Start

Crews will proceed to the start in lane 7 to 250m beyond the start (the 1,750m marker) where they will be held by a Marshal. Under the Marshal's instructions they will cross into their racing lane and proceed towards the Start. Crews should assemble behind the Start Tower, close to race time allowing time to be attached 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

7.3. Warming up

Crews may warm-up in lane 7 on the way to the start but must not do racing starts or bursts at high speed when close to other crews or when a race is going past. Crews may also warm-up in lane 5 between the 1000m and 500m markers by turning carefully into lane 5 at the 1000m marker and then warming up in the racing direction only before turning back into lane 7 at the 500m marker. When warming up in lane 5, crews must keep well clear of any races.

7.4. Cooling down

Crews may cool down by carefully turning into lane 7 after their race, and then turning into lane 5 at the **500m marker only**. Crews must travel in the racing direction only in lane 5 and must take care not to impede any races on the course, or to cross the Finish Line alongside a race. Crews impeding a race whilst cooling down will be disqualified.

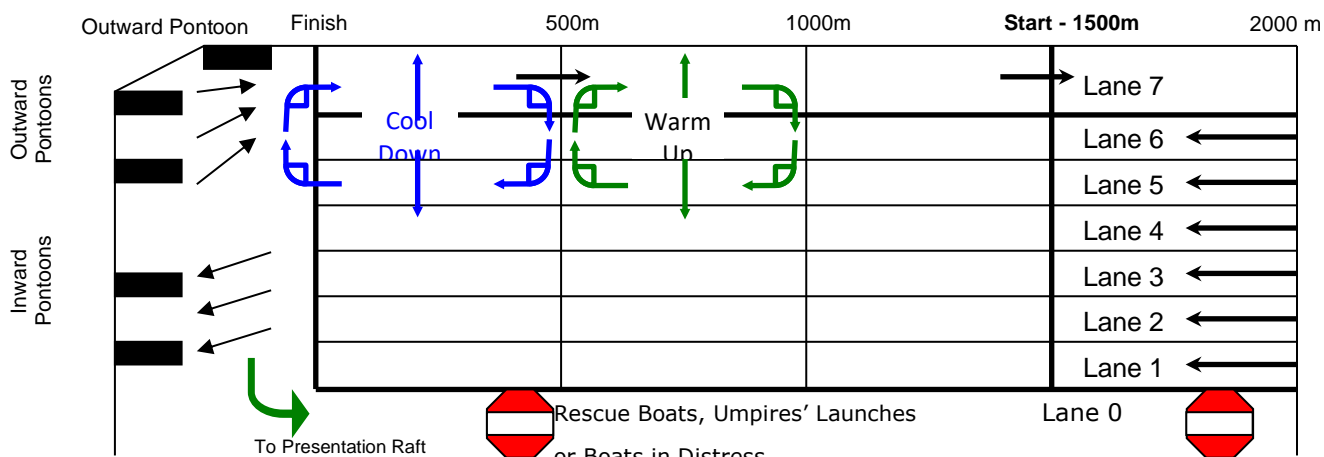
7.5. Disembarking

Use the Inward rafts only when coming ashore after racing or practising. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.

8. Racing Circulation Pattern

Crews shall not go afloat any earlier than 08:50 and should be aware there will be GBRT crews racing until 0910.

This pattern applies from 30 minutes BEFORE the first race, until after the last race has finished. Failure to comply with these rules will lead to the removal of the crew or club from the regatta.



8.1. Points of Danger

1. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses should not be used by any crews.
2. The rafts on the Country Park side of the course are out of bounds to all crews during this regatta.
3. Static crews in Lane 7 must be aware of the potential danger of being blown into the racing Lane 6 if there is a cross wind. Crews stopping in Lane 7 are advised to stop close to the bank.
4. Crews must take particular care of the stake boat mooring cable in Lane 7 beside the intermediate start.
5. Crews must take particular care when crossing the course to get to their allocated lane.
6. Crews must take particular care in the finish area to avoid collisions with other crews that have just finished, have been cooling down
7. Crews must take care to avoid the intermediate start pontoons which may be 'in place' during practice sessions. General Safety and Emergency Information

9. General Safety

9.1. Cycling, Skating, Rollerblading & Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. The south side of the course will be closed to unauthorised users from half an hour before racing starts until half an hour after racing has finished. Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta.

9.2. Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official as soon as practicable. The Official will summon medical or other support as required, and report the incident to the Safety Advisor. A BR Incident Report Form MUST be completed for all accidents, collisions or capsizes.

9.3. Sunburn, Heat Stroke & Exhaustion

Competitors and officials are advised to dress appropriately for the prevailing weather conditions. With changeable weather at this time of year, this could mean keeping warm and dry as well as being mindful of the dangers of sunburn, heat stroke and exhaustion and of the need to cover up, apply sun block and increase water intake where appropriate. Regatta Officials should be informed of any casualties as soon as possible so First Aid can be summoned.

9.4. Medical Support

During racing hours RTC Medical will provide medical and first aid facilities at the base of the Finish Tower: dial 249 from any site telephone. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment. A Duty Manager of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 0 from any site telephone.

Outside racing hours, or if a more serious problem occurs, contact the Medical Health Centre at Radcliffe-on-Trent: see below for telephone numbers.

10. Emergency Telephones & Contacts

Emergency Telephones are situated:

Start Tower

At the 1500m marker on each side of the course

At 1000m on each side of the course

Main Reception in the Water Sports Centre

Waterman's Office

All manned huts have telephones.

Emergency numbers:

Emergency Services 999

Medical Practice, Radcliffe-on-Trent 0115 933 2948 or 0115 933 3737

Medical Practice, 214 Musters Road 0115 981 4124

Hospital, Queens Medical Centre 0115 924 9924

NHS Direct 111

Police, non emergency 101

NWSC Address:

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham

NG12 2LU

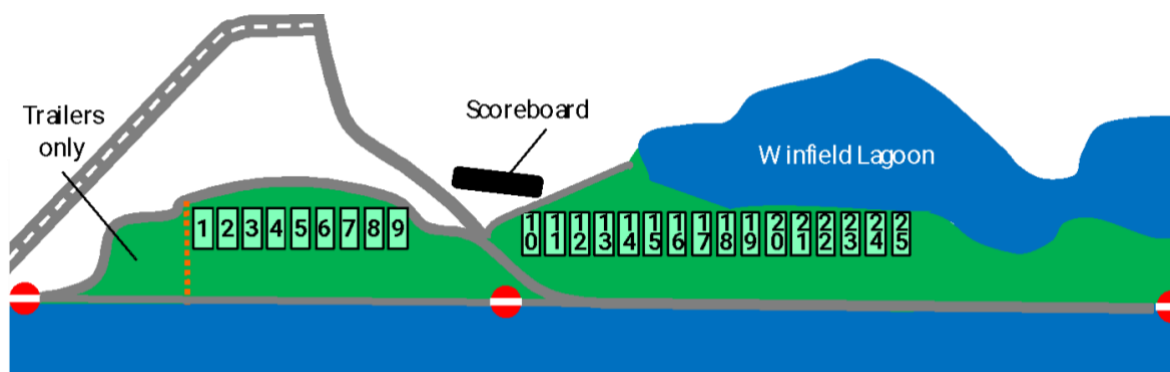
National Water Sports Centre Reception 0115 982 1212

11. Car and Trailer Parking

- 11.1. Automatic Number Plate Recognition (ANPR) is in place in the car parks at the National Watersports Centre. The NWSC levies a charge of £5 per vehicle per day. Event parking can be purchased in advance [via the NWSC website](#), or follow instructions on the signs around the parking area. The NWSC indicates that a fixed penalty notice will be issued in the post by a third party if no payment is allocated next to a registration number.
- 11.2. Competitor and supporters should follow the directions of marshals on the day – you will be directed to park on the grassy bank, overlooking the regatta lake, with overflow parking available in “Car Park B”
- 11.3. There will be parking for minibuses available in the rugby club.
- 11.4. Vehicles towing trailers will be directed to park on the grassy bank (nearest to the boating area) and the trailer park next to the campsite with overflow trailer parking in the rugby club. Access will be available from 07:00 Friday 22 April. **Towing vehicles are also subject to the charges listed above.**
- 11.5. Trailers and towing vehicles must be parked with consideration to ensure the space can be maximised and no other vehicles are blocked in.

12. Club & Region Gazebos

- 12.1. Regions and Clubs are encouraged to create their own rest areas by erecting gazebos on the grassy bank, but must follow the below requirements:
 - a. There will be no marked “pitches”. Space is offered on a first-come-first-served basis. An indication of the space available is shown in the image below (pitches 1-25)
 - b. All tented structures must be securely fastened at all times, giving consideration to the prevailing weather conditions.
 - c. No responsibility can be accepted by the Organising Committee of the Junior Inter-Regional Regatta, British Rowing Limited, the National Water Sports Centre, Holme Pierrepont Leisure Trust or Serco for any loss, theft, damage, injury, accident etc.
 - d. Any tented structure that remains pitched overnight is done so entirely at your own risk.



13. T-shirts and Racing Kit

- 13.1. Team Managers (or a nominated representative) may collect t-shirts from the Event Organisers Cabin (at the bottom of the finish tower) between 16:30 and 18:30 on Friday 21 April or from the Regatta Marshals Cabin (in the boating area) from 08:00 on Saturday 22 April.
- 13.2. British Rowing Rule of Racing 7-2-5 does not apply to this Regatta.
- 13.3. Competitors may wear either the strip of the club that they are representing, or a uniform garment in their Team colour. Team t-shirts provided by the Regatta should, where possible, be on display.

14. Cancellation and Changes to Racing

- 14.1. Team managers, competitors, volunteers and spectators are reminded that safety is the Organising Committee's primary concern. In cases when the OC considers that the Regatta cannot be run safely, the OC may choose to take appropriate action, which may include (amongst other things) suspending racing, changing the timetable, shortening the course, cancelling specific events or cancelling the Regatta altogether. The OC will seek to make a decision as early as practicable based on the circumstances in question and in the event of advance cancellation, the OC will aim to make and communicate this decision at least 24 hours in advance of the Regatta. Team managers, competitors, volunteers and spectators should take this into account when making plans for travel, accommodation etc.
- 14.2. Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event on the day. It will be at the discretion of the Organising Committee if a partial refund is offered if the Regatta is cancelled prior to race day.
- 14.3. When it is not possible, for whatever reason, to complete the Regatta or any event, times from the heats may be used to determine medal winners, to declare the victores ludorum and award other prizes.
- 14.4. The Race Committee will monitor conditions throughout the Regatta and, if necessary, will adjust the draw patterns to create the fairest racing conditions.
- 14.5. It is the responsibility of each Team Manager and each Competitor to keep him/herself informed of any changes to the Regatta programme.

15. Photography

- 15.1. The Regatta is working with *AllMarkOne* as official photographer. They will provide photographs of racing crews and medal ceremonies via their website.
- 15.2. Competitors and those responsible for them should be aware that other, non-official photographers and videographers might operate at national sporting events and the subsequent photographs may be freely used in print, digital media or elsewhere, over which the Organising Committee has no control.
- 15.3. Coaches and competitors agree that by entering crews they have made the crew members and their parents/guardians (where in loco parentis) aware of the above two paragraphs.

16. Welfare and Safeguarding

- 16.1. The Event Welfare Officer for 2023 is Laura Lion. Laura can be contacted using the mobile number 07766 885682
- 16.2. A full copy of the Event Welfare Policy is available on the JIRR website and via Race Control.

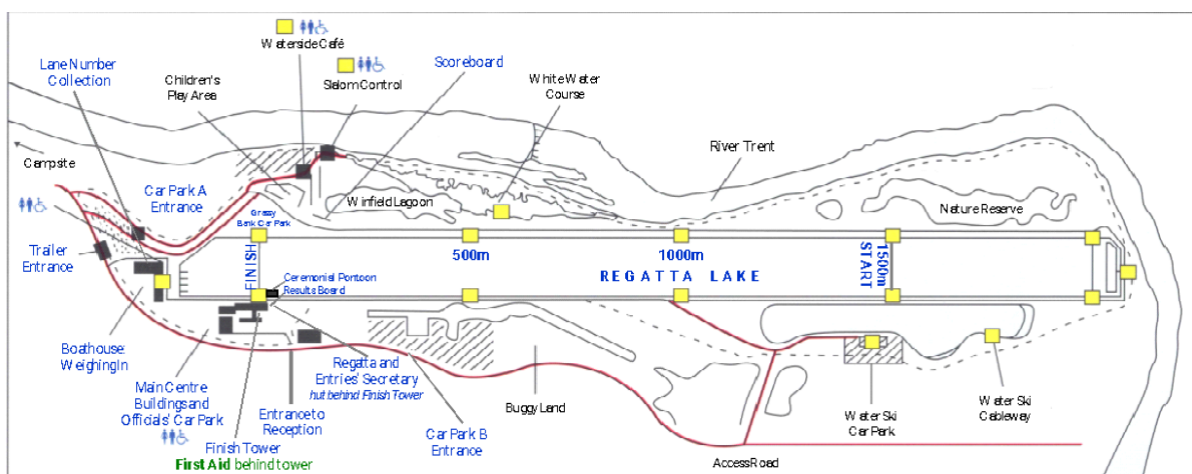
17. Clean Sport Statement

- 17.1. The Junior Inter-Regional Regatta is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Regatta could be tested at any time, and by entering this competition it will be deemed that consent to be tested has been given.
- 17.2. To understand more about anti-doping, the rules and your responsibilities, go to <https://www.britishrowing.org/about-us/governance/anti-doping/> or email antidoping@britishrowing.org

18. Results

- 18.1. Printed copies of results will not be produced.
- 18.2. Results will be available via the British Rowing website during the competition. QR codes for direct access to the results will be on display around the event site.

19. Key Locations



– ENDS