

Rowing ACT

Masters State Team Selection policy 2023

1. Objective

1.1. The purpose of this selection policy is to select the best possible team to represent the ACT at the Australian Masters Rowing Championships (AMRC) Interstate Regatta held 1-4 June 2023 at the Sydney International Regatta Centre (SIRC). The team will comprise of the following boat classes:

Masters Women's Eight (W8+)

Masters Women's Quad (W4x)

Masters Men's Eight (M8+)

Masters Men's Quad (M4x)

Masters Women's PR3 Single (PR3W1x)

Masters Men's PR3 Single (PR3M1x)

2. ACT Masters State Team Selection Panel

2.1. The selection panel will be made up of three members:

- a) One or two board-sitting member(s) of Rowing ACT;
- b) One or two non-board-sitting, non-masters-selection-nominated member(s) of the Rowing ACT community.

2.2. Nominations for non-board sitting member(s) of the selection panel will be close on (31/11/2022) and all selectors will be appointed by the Rowing ACT Board;

2.3. Nominations should be submitted via email to masterscoord@rowingact.org.au.

2.4. Selection decisions will be made by the selection panel, nominees will be notified of any changes to the selection panel.

3. Eligibility

Only nominees who agree to all of the terms and comply with all of the requirements of this policy may be considered for selection as a Masters ACT representative. Any nominee deemed by the board of Rowing ACT to have breached this policy or failed to

comply with any of its requirements may be immediately excluded from further selection. Eligibility Criteria includes;

- 3.1. Currently be a financial registered as a rower or coxswain in accordance with the rules of Rowing Australia and adhere to the Rowing Australia rules of State of Origin (section 17.3, RA rules 2020);
- 3.2. Attend and be available to participate in all designated selection events outlined in section 12 unless subject to Exemption or Special Consideration in accordance with this policy;
- 3.3. Be willing to train and compete in selected crew with any other nominated athlete;
- 3.4. Nominees agree to abide by the Rowing Australia Member Protection Policy - Version 9 (30 June 2020);
- 3.5. Adhere to Rowing ACT's Policy's and By-laws.

4. Rowers Primary Selection Criteria

- 4.1. Performances in selection events as outlined in section 12.

5. Rowers Secondary Selection Criteria

- 5.1. Current local, national or interstate performances;
- 5.2. Past local, national or interstate performances;
- 5.3. Athletes current level of skill or fitness;
- 5.4. Any current injuries that may impair the athlete's performance;
- 5.5. Crew technical compatibility;
- 5.6. Relevant weather conditions in relation to trialling events.
- 5.7. If the number of nominees equals the number of available seats in a category the selectors reserve the right to waive any further selection requirements.

6. Coxswain Selection Criteria

Coxswains will be assessed by the Panel of Selectors during training and selection on competent coxing skills and on performance at current season and/or past regattas.

Coxswain selection may include, without limitation, assessment of:

- 6.1. Body weight;
- 6.2. Rower and coach input.

7. Coach Selection Criteria

Coaches will be recommended to the Rowing ACT Board by the Selection Panel for approval. Recommendations will be based on the Panel's assessment of each applicant's record and results achieved over;

- a) The immediately preceding four years, and/or;
- b) The ACT State Team Selection Process.

8. Selectors Discretion

8.1. Selectors have discretion in selection of athletes, coxswains and coaches to, or removal from the ACT master's state team with regard to sections 4, 5, 6 and 7.

8.2. The Selectors may apply a standard which calls for a value judgment and overall assessment of the relevant criteria. In the exercise of their discretion, the Panel of Selectors are expected to bring to account those matters within the criteria that they consider to be relevant to the determination, in achieving the overall objective of the Selection Policy. When comparing Athletes' performance, the predominant function of the selectors' discretion is to determine the relevance of each of the Selection Criteria and the weight attributable to them. For the selectors to exercise their discretion prudently, judiciously and with sound judgment they are required to:

- a) Act Reasonably and justly;
- b) Act in good faith and for proper purposes;
- c) Consider the selection criteria: and;
- d) Consider the relevant materials and disregard irrelevant considerations.

9. Exemptions for Rowers and Coxswains

Exemption requests, including medical exemptions, must be submitted by email to the Panel prior to the selection event. The email address for requests is

masterscoord@rowingact.org.au.

10. Special Considerations

If due to illness, injury or extenuating circumstances an athlete is unable to meet any of the requirements of this selection procedure, that athlete may still be considered for selection and requested to complete an agreed “make up “ selection trial. Medical considerations will require a certificate or other communication from an independent medical practitioner. The Panel reserves the right to terminate an athlete’s nomination, should the athlete not have met the selection policy criteria within a reasonable time frame.

11. Appeals

- 11.1. For the removal of any doubt an athlete has no right to appeal against any of the following:
- 11.1.1. Selection to the team;
 - 11.1.2. The non-nomination of a boat that the athlete sought selection in;
 - 11.1.3. The boat class that the athlete got allocated to compete in the AMRC;
 - 11.1.4. Any determination of the athlete’s eligibility as specified in section 3.
- 11.2. A rower or coxswain who is excluded from selection and who believes:
- a) The Selection Panel has acted in a biased fashion; or
 - b) The established criteria and processes have not been followed may lodge a complaint or inquiry with the Selection Ombudsman.
- 11.3. A coach or athlete who remains aggrieved by the determination of the Selection Ombudsman may, within two days after being advised of that determination, seek a Final Determination by the Rowing ACT Board.
- 11.4. The Rowing ACT Board must issue its final determination within four days of receipt of such application. The decision of the Rowing ACT Board will be final, and no further review of the relevant selection may be sought.

12. Event Requirements

Athletes must complete all the following events in order to be eligible for selection:

- 12.1. 1000m Concept 2 erg test (See note 2);

- 12.2. Compete in a medium or big boat (2x, 4x, 4-, 8+) racing in the first ACT point score regatta of 2023 in the discipline of nomination (See note 3). NB: this crew does not need to comprise of other nominees;
- 12.3. Small boat racing on the Sunday after the first ACT point score regatta of 2023 (See note 3).
- 12.4. Further seat racing if required.

Dates for these event requirements are shown below:

Event	Date
1000m	14/1/2023-20/1/2023
Medium/big boat regatta participation	21/1/2023 (Saturday)
Small boat racing	22/1/2023 (Sunday)
Seat Racing (as required)	5/2/2023 (Sunday)

Notes

1) Nomination process

Athletes, Coaches and Coxswains wishing to be considered for the ACT Masters State Team must complete the online nomination form found on the Rowing ACT website form before 31/11/2022.

2) 1000m Erg Test

The 1000m ergo test must be completed with the following conditions:

- a) On a Concept II Model D or E rowing machine;
- b) Drag Factor:
 - 110 for female athletes
 - 120 for male athletes
- c) Witnessed by another athlete, coach or coxswain nominated for ACT Masters State Team Selection or Selector. The name of the witness must be submitted with results;
- d) Splits taken every 250m
- e) Ensure the flywheel is completely stopped prior to test commencing
- f) Submit data in the following format:
 - Screen from memory (not the screen presented at the immediate finish of test) showing all four 250m splits;
 - Total time
 - Average 500m pace
 - Average stroke rate

If, for medical reasons, a nominee needs to complete the 1000m erg test on a Concept II Model D or E on slides, a compensation factor of 4 seconds will be added to their score.

3) Racing Requirements

Big boat racing requirements are as follows:

- a) Sculling nominated athletes must race in a double (2x) and/or quad (4x).
- b) Sweep nominated athletes must race in a four (4-) and/or eight (8+).

Small boat racing will comprise of 1000m racing in heats and finals as necessary. Heat progression will be based off times with the top 7 boats in each class progressing to the A final, following 7 to B final, etc.

Small boat racing requirements are as follows:

- a) Sculling nominated athletes must race in a single scull (1x) event.
- b) Sweep nominated athletes may race in a single scull (1x) or pair (2-) event.
- c) Any pair raced for the fulfilment of these requirements must be with another nominated athlete.

4) Further Seat Racing

Further seat racing will only be conducted as deemed necessary by the Selection Panel to make selection decisions that could not be assessed to a degree deemed appropriate by the Selection Panel in previous trialling processes.

All nominated athletes are expected to be available for seat racing on the date stipulated in section 12.

Seat racing would likely take the form of between two and four back-to-back 1000m races with athlete seat changes between races.