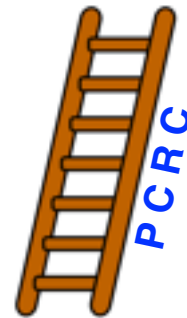


Peterborough City Rowing Club Sculling Ladder

Aims

The aims of the ladder are to:-

- Improve the standard of club sculling
- Provide club rowers with a way to measure improvements in performance
- Introduce a focus and a structure for club rowers
- Retain club rowers within the sport
- Integrate those new to rowing into the club
- Prepare new rowers for competition



Rules

This sculling competition is open to any sculler who is a fully paid up member of Peterborough City Rowing Club.

There will be one common ladder to include men, women and juniors

The completion will start on 1st April 2016 and run until 1st October 2016. The success of the completion will be assessed after 1st October 2016. For the first year of the completion the ladder secretary will be John Bishop and in subsequent years, if successful the secretary will be elected by The Rowing Committee! Coaches Forum.

Athlete's initial positions in the league will be assessed on the basis of their best recent 2k ergo time. Names will be placed on the ladder in the order of their timings; number one being the fastest and the slowest last.

Any sculler may join the ladder at any stage by applying to the secretary and having his/ her name added to the bottom of the ladder.

Once the initial order of athletes on the ladder has been set, any competitor may challenge the competitor above him/her on the ladder to race over 1 K on the lake. Usually the highest ranked competitor will race in lane two and the challenger will race in lane 3.

The exception to this, is when there is a backlog of races or where there is duplication of challenges i.e. where competitor ranked 4 has challenged the competitor ranked 3 and this is followed by a challenge from 5 on 4. In these circumstance racing three abreast may be allowed at the discretion of the ladder secretary. In these circumstances it may be possible for the lowest ranked competitor to advance by two places. Lane 1, 2 and 3 will be used in this event but prior permission should be gained from the Club Captains.

If the challenger wins a race he/she takes his/her opponents place on the ladder, and his/her opponents name is moved down one place.

Any challenger beating the competitor who is head of the ladder, thereby becomes head of the ladder and is entitled to hold the trophy, until successfully challenged.

The challenged competitor must agree to a race, at a mutually convenient time within seven days of receiving the challenge or forfeit the race. Where a challenged competitor forfeits a race the challenger moves up one place and the challenged competitor moves down one place.

Competitors may choose to use private equipment or club equipment. Responsibility lies with the competitor. In the case of the use of club equipment if there is any dispute then the respective club Captain will allocate such equipment.

The challenger will give the ladder secretary at least 48 hours' notice of the time of the race and the selected coach who is to supervise the race.

The ladder will be displayed in a prominent position in the boat house and races and times recorded in a log book which is to be made available to all coaches and competitors. The results of each race will be recorded on the club notice board as soon as possible after each race, and the ladder amended as necessary.

The competition is not an open event affecting the status of any competitor, Nonetheless British Rules of Racing will govern every race in the competition.

Any disputes arising from racing should in the first instance be referred to the Ladder Secretary. However if no amicable solution can be found then the dispute should be referred to the Rowing Committee/Coaches Forum and their decision will be final.

Coaches overseeing races involving a junior member or members should be signed up to the Clubs Child protection policy.