



2025 State Team Policy

2025 EVENT REQUIREMENTS MASTERS STATE TEAM

Men's Eight, Women's Eight /Men's Quad, Women's Quad

BACKGROUND

The RSA State Team Selection Policy outlines the broad selection criteria for all rowers and coxswains and can be viewed on the [RSA website](#). This document operates as an appendix to the Selection Policy and outlines the activities that athletes must complete to be eligible for selection for the Master's Men's and Women's Eight and Quad.

All athletes must complete all activities stipulated in these Event Requirements unless there are Extenuating Circumstances (as defined in the Selection Policy) that prevent this.

EVENT REQUIREMENTS- ACTIVITIES & KEY DATES

Activity	Athletes	Coxswains	See note(s)	Date
Nominations open for Selectors/Coaches/athletes			1,2	27 th January 2025
1000m Erg Test (Part of Nomination)	Mandatory	Not Required	7	27 th January – 2 nd March 2025
February West Lakes Regatta	Strongly Encouraged	Strongly Encouraged	8	8 th February 2025
Nominations close for athletes				2 nd March 2025
1000m Erg Test	Upon request by selectors	Not Required	7	3 rd – 7 th March 2025
March West Lakes Regatta	Mandatory	Mandatory	8	8 th March 2025
IF REQUIRED: Seat Racing and/or Speed Order	Mandatory	Mandatory	9	9 th March 2025
IF REQUIRED: Seat Racing and/or Speed Order (morning by negotiation/availability)	Mandatory	Mandatory	9	10-14 th March 2025
Crews Announced				21 st March 2025
State Team Presentation Event <i>Following the Masters State Championship Regatta</i>	Mandatory	Mandatory		12 th April 2025
Australian Masters Rowing Championships (Sydney International Regatta Centre, NSW)	Mandatory	Mandatory	10	29 th May -1 st June 2025

Please Note: Rowing South Australia ("RSA") will review these Event Requirements by no later than January of each year but may review and update these Event Requirements at any time, including by announcing and publishing further or varied requirements and standards prior to the relevant event or trial and the publication or notification shall take effect in accordance with the RSA Selection Policy.

Rowing South Australia Event Requirements: Selectors (Updated, November 2024)



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1. **ELIGIBILITY:** Athletes seeking selection must fulfil all requirements in the [RSA Selection Policy](#).
2. **NOMINATIONS:** Athletes seeking selection are required to Nominate via the [RSA Website](#). The Selectors may, at their discretion, accept late nominations up to the completion of the selection events.

Nominations Close: 11:59pm on Sunday the 2nd of March 2025.

3. **AGE CATEGORIES:** The Masters Interstate boats are all category D. This is an average age of 50 years or more. RSA Selectors must select a D grade crew. All athletes are encouraged to nominate but be aware that selection decisions are tied to the age requirements and as such a slower athlete may be selected to meet this requirement.
4. **AGE REQUIREMENTS:** Coxswain for the Masters State team are not restricted by age, for example a school student of either gender can cox a masters crew.
5. **INTERSTATE NOMINEES:** Athletes who have also nominated for the Interstate State Team will need to communicate this upon nomination with the selectors. Athletes are required to fulfil the Interstate requirements as a priority. Any conflicting priorities must be discussed with the selectors in advance. It is at the selectors' discretion to dismiss, extend or replace requirements in these circumstances.
6. **MANDATORY EVENTS:**
Mandatory Selection Events apply to all athletes. Athletes who cannot participate in any of the mandatory selection activities must apply for an exemption for each activity that they are unable to participate in. Athletes are encouraged to compete in single and pair events throughout the season.
7. **ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the [RSA website](#). Ergo tests are not permitted to be completed on sliders.
 - a. **1000m:** must be completed at athletes' clubs and must be supervised by a coach. Results must be submitted as part of the athlete's nomination. No nomination will be accepted without the initial 1000m erg submission 27th January – 2nd March 2025). Submit the nomination and ergo on the [RSA Website](#).
 - b. **An additional Ergometer test is to be submitted 3rd – 7th March 2025** (Upon request by selectors)
 - c. Should the selectors require further erg testing sufficient notice must be provided and follow the protocols above. Athletes are required to complete any additional ergs within reason.
8. **FEBRUARY & MARCH WEST LAKES REGATTA:** All athletes are strongly encouraged to participate in the February and required to participate in the March West Lakes Regatta.

- a. Rowers are required to race in either a single or a pair.
 - b. Rowers are strongly encouraged to compete in other boat categories in addition to the small boat.
 - c. Coxswains are encouraged to participate and cox at least one crew
9. **SEAT RACING/SPEED ORDER:** The Selectors reserve the right at their sole discretion whether to conduct seat racing/speed order and to choose the crew combinations and the matrix of seat racing should this occur. Selectors reserve the right to conduct a Speed order trial where seat racing is not required or after the crew has been selected. The Selectors reserve the right to nominate a priority crew depending on a crew's prognostic speed.
 10. **AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS:** All successful athletes are required to compete in the Masters Interstate Race and at least one other event at the Masters Rowing Championships unless otherwise negotiated with the selectors.
 11. **TRAINING:** All athletes expected to be completing a full training load outside of state team event requirements.
 - a. **Pre-Selection:** Squads will be required to train during the selection process. Trainings will be organised by the Coach in consultation with Athletes. Athletes must make reasonable effort to be available for trainings.

Post-Selection: Trainings will be organised by coaches in consultation with crews. Athletes must be available (within reason) for trainings up until the conclusion of the AMRC.
 12. **LIGHTWEIGHT ATHLETES:** No adjustments will be made for lightweight athletes nominated for heavyweight crews. Lightweight athletes who have nominated for Heavyweight crews will need to complete all testing and selection events under heavyweight criteria.
 13. **COXSWAIN SELECTION:** Coxswain selection is solely up to the Coaches and Selectors and be determined by:
 - a. Their coxing CV, skills and history
 - b. Rapport with the athletes
 - c. Target weight of 55kg
 - d. Application of knowledge and ability to command a crew and steer straight.
 - e. Communication and commitment to training.

Should the selectors require more information after the interview stage they will inform nominees of the next requirements with due notice.