



2025 State Team Policy

2025 EVENT REQUIREMENTS OCEANIC U22 STATE TEAM ATHLETES, COXSWAINS & COACHES

Please Note: Rowing South Australia (“RSA”) will review these Event Requirements by no later than October 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.

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 nominees must complete to be eligible for selection consideration in the SA Oceanic U22 Team.

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	State Team	Type (Minimum)	See note(s)	Date
Nominations open for athlete, coxswain, and coaches	Oceanic		1, 2	12 th May 2025
2000m Ergo (submitted upon nomination)	Oceanic	Mandatory	3, 4, 6	1 st January – 1 st June 2025
Nominations close for athlete, coxswain, and coaches	Oceanic		1, 2	1 st June 2025
Coach Appointments (target)	Oceanic			6 th June 2025
2000m 1x/2- TT and 2000m 1x/2- Race and Coxswain interviews to be conducted (if required)	Oceanic	Mandatory	3, 6, 9	7 th June 2025
Seat Racing #1 (if required)	Oceanic	Mandatory	3, 5, 6	8 th June 2025
Seat Racing #2 (if required)	Oceanic	Mandatory	3, 5, 6	14 th June 2025
Seat Racing #3 (if required)	Oceanic	Mandatory	3, 5, 6	15 th June 2025
Oceanic Team Announcement (target)	Oceanic			20 th June 2025
Oceanic Team Presentation Event (RSA Awards Breakfast)	Oceanic	Mandatory	3	29 th June 2025
Oceanic U22 Regatta	Oceanic	Mandatory	8	24 th – 27 th July 2025



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1. **ELIGIBILITY:** Athletes, Coxswains and Coaches seeking selection must fulfil all requirements in the RSA Selection Policy.

Athletes and Coxswains to be considered for the Oceanic Team must be classified as an Under 22 athlete until 31 December of the year in which the rower reaches the age of 21, exception of Para athletes where there is no maximum age. Athletes and Coxswains need to have reached the age of 18 as at the first day of competition. Athletes and Coxswains must not have made an U23 or Senior A National Team in the year of competition, nor be a current member of the Australian National Training Centres.

2. **NOMINATIONS:** Athletes, Coxswains and Coaches seeking selection are required to Nominate via the RSA Website.

Nominations Close: 11:59pm on Sunday 1st June 2025.

- a. Athletes must submit their best 2000m ergo completed in 2025.
 - b. Coxswains must submit a coxing CV, including one coaching referee, and one recent coxswain recording. The CV should outline coxing history, past performance, and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit coxswain recordings and/or participate in a coxswain selection interview.
3. **MANDATORY EVENTS:** Mandatory Selection Events apply to all nominees. Nominees 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.
 4. **ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the [RSA website](#).
 - a. All ergo testing must be completed at the athletes' club/school and be supervised by a coach. Results must be submitted on the day of completion via the RSA Website.
 5. **SEAT RACING:** The schedule listed below is an indication of how the days reserved for Seat Racing may be used. However, the Selectors reserve the right at their sole discretion to determine how the days reserved for Seat Racing will be used, to choose the crew combinations and the matrix of seat racing. All nominees are required to be available to attend seat racing.
 - a. Seat Racing #1: Pair and double matrix to select pair and doubles
 - i. Heavyweight pairs selected. To race as four.
 - ii. Heavyweight doubles selected.
 - b. Seat Racing #2: Matrix to select Quad.
 - i. 4x seat racing: lightweight 1x, heavy 1x and 2x
 - c. Seat Racing #3: Matrix to select Eight, from within the selected athletes.
 - i. Priority single gender 8+ over mixed 8+.
 6. **LIGHTWEIGHT ATHLETES & COXSWAINS:** Selectors will need to monitor lightweight athletes and coxswains to ensure they are tracking in line with their submitted weight management plan with their coaches.
 - a. Coxswains to have a target weight of 55kg at Seat Racing, and the Oceanic Regatta.
 - b. Athletes must be no greater than the following weights for all mandatory selection events and the Oceanic Regatta:
 - i. Men: 75kg
 - ii. Women 62kg



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7. **TRAINING:** All athletes are expected to be completing a full training load and training outside of Oceanic State Team event requirements. Training is mandatory for all selected athletes/coxswain. Coaches will use this opportunity to look at the selected crew cohesion and adjust seating orders to determine the optimum configuration.

Any additional trainings/changes to these dates will be managed by the coach and communicated via email.

Additional trainings may be scheduled by coaches as required and in consultation with athletes. This will be managed by the coach and communicated via email.

8. **OTHER REQUIREMENTS (Coaches only):** Coaches will need to fulfil the following criteria.
- Organise boats and other equipment in line with the RSA Use of boats and Equipment Policy.
 - Within reason, be available and participate in meetings and development sessions with the Coaching Team, and Selectors where necessary.
 - Work as a part of the Coaching Team, one vision one team.
 - Communicate professionally and appropriately with all stakeholders including but not limited to.
 - Athletes
 - Parents
 - Coaches
 - Selectors
 - Rowing SA including the Board.
 - Media outlets
 - Remain objective, unbiased and respect and uphold the decisions of the Selectors.
 - Respect confidentiality, especially in regard to selection decisions and information as well as athlete medical and personal information.
9. **PRIMARY SELECTION EVENT:** 2000m TT followed by a 2000m race for selecting the small boats. Prioritisation will be selecting small boats over big boats. As such, the TT and race is the primary selection events. Scullers to race in a 1x and Sweepers race in a 2-.
- Lightweight 1x: 1 & 2 selected
 - Heavy weight 1x: 1 & 2 selected, 3 – 8 retained for seat racing
 - Heavyweight pairs: 1 – 3 selected for pairs matrix

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