2027 Interstate State Team Event Requirements

BACKGROUND

The Rowing SA State Team Selection Policy outlines the broad selection criteria for all rowers and coxswains and can be viewed on the Rowing SA website. This document operates as a supporting document to the Selection Policy and outlines the activities that rowers, coxswains and coaches must complete to be eligible for selection consideration in an Interstate State Team.

Please note athletes who are also seeking Australian Rowing Team selection will need to satisfy the requirements set out in the corresponding Event Requirements set by Rowing Australia.

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

Participation at all Rowing SA local regattas and Time Trials not listed below is encouraged

Activity	State Team	Type	See note(s)	Date
Athlete and coxswain nominations open; Coach and Selector EOI open	Interstate		1, 2	12 October 2026
Coach and Selector EOI close	Interstate		1, 2	26 October 2026
5000m Erg	Interstate	Recommended	4, 5	26 October – 13 November 2026
Nominations close for athletes and coxswains	Interstate			13 November 2026
November 5000m Time Trial	Interstate	Mandatory	4	20 November 2026
State Team Culture, Values, Behaviour Development & Goal Setting Session	Interstate	Recommended	4, 15	20 November 2026
Training Squads #1 Announced	Interstate		10	21 November 2026
2000m Erg	Interstate	Mandatory	4, 5	16 – 30 November 2026
December 5000m Time Trial	Interstate	Mandatory	4	19 December 2026
Training Squads #2 Announced	Interstate		10	19 December 2026
January West Lakes Regatta	Interstate	Recommended	6	16 January 2027
SENIOR 5000m Erg **YOUTH** 2000m Ergo	Interstate	Mandatory	4, 5	1 February 2027
February West Lakes Regatta	Interstate	Mandatory	4, 6	6 February 2027
SENIOR and **YOUTH** Seat Racing (if required) and/or Speed Order (if required)	Interstate	Mandatory	4, 8, 11, 12, 13	7 February 2027
South Australian Rowing Championships			*7, 11, 12*	*19 – 21 February 2027*
March West Lakes Regatta	Interstate	Mandatory	4, 6	6 March 2027
SENIOR and **YOUTH** Seat Racing (if required) and/or Speed Order (if required)	Interstate	Mandatory	4, 8, 11, 12, 13	7 March 2027
2000m Erg	Interstate	Mandatory	4, 5	8 March 2027
Crews Announced	Interstate			10 March 2027
State Team Presentation Event	Interstate	Mandatory	4	14 March 2027
Australian Rowing Championships	**Interstate**	Mandatory	**4, 9, 11, 12**	**15 – 21 March 2027 (Interstate Regatta: 21 March)**

Approved by the Rowing SA Board, 12 October 2026

1. **ELIGIBILITY:** Athletes, Coxswains and Coaches seeking selection must fulfil all requirements in the Rowing SA Selection Policy.
   Athletes to be considered for Para crews must be internationally classified either with a 'Confirmed' or 'Review' sport class status. A PR2 or PR1 athlete may nominate but will be required to complete testing under PR3 Criteria.
   Athletes and Coxswains to be considered for Youth crews must be classified as an Under 21 rower until 31 December of the year in which the rower reaches the age of 20.

2. **NOMINATIONS:** Athletes and Coxswains seeking selection are required to nominate via the Rowing SA Website. The Selectors may, at their discretion, accept late nominations up to the completion of the selection events. Upon nomination, athletes will be requested to indicate preferences for crews and sides. The Selectors reserve the right at their sole discretion to allocate athletes to squads, crews or sides.
   a. Coxswains must submit a coxing CV, including one coaching referee. The CV should outline coxing history, past performance, and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit further recordings and/or participate in a coxswain selection interview.

   Coach and Selector expressions of interest close: 5:00pm on Monday 26 October 2026. Coaches and Selectors are selected by the Coach/Selector Selection Panel (CSSP) and appointed by the Rowing SA Board ratifying the CSSP's decision, in accordance with the Selection Policy.

   Athlete & Coxswain nominations close: 5:00pm on Friday 13 November 2026.

3. **GENERAL CRITERIA:** As far as is practical, for NTC Athletes (as defined in the Selection Policy), the results from National Senior A Selection Event Requirements listed as Mandatory activities in the Rowing SA Event Requirements will be used as the basis to select these athletes into the South Australian team.
   a. **Coaches** will be selected by the CSSP and appointed by Board ratification as a team, working under the guidance of the Head Coach. All coaches will work with and report to the Head Coach along with the other Selectors where necessary.
   The CSSP will select a strong, cohesive coaching team to ensure quality coaching across all boats. Coaches may or may not be selected for a specific crew depending on the nominated coaching pool. Coaches may be allocated more than one crew.

4. **MANDATORY EVENTS:** Activities listed as Mandatory in the table above 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.
   Coaches will be required to complete an induction with Rowing SA before commencing. Coaches must also hold a current Working with Children Check, as required by the Selection Policy and clause 2.1 of the Rowing SA By-Laws.

5. **ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the Rowing Australia website.
   a. All ergo testing must be completed at athletes' club/school and be supervised by the athlete's club or school coach (see (b)). Results must be submitted on the day of completion via the Rowing SA Website.
   b. State nominated coaches are not to attend these erg tests as they are completed at the athlete's personal club/school. Only if the selected coach is the coach of the nominated athlete in their regular program should they supervise them.
   c. Upon submission, athletes will be required to provide a photo of the erg memory screen, Concept 2 reference number, and identify the coach that supervised.

6. **WEST LAKES REGATTA:** All nominated athletes are required to participate in the Small Boat Combine event. Athletes are required to race in either a single scull or a pair. **It is up to the athlete to ensure their club/school enters them prior to close of entries as no late entries can be accepted into regattas.** Results from both the heat and final may be considered by the Selectors, and athletes are required to compete in both, unless exemption is granted. Progressions will be

managed by the Regatta Manager and will not be guaranteed.

7. **SOUTH AUSTRALIAN ROWING CHAMPIONSHIPS:** All nominees are encouraged to participate in the South Australian Rowing Championships.

8. **SEAT RACING/SPEED ORDER:** The Selectors reserve the right at their sole discretion to choose the crew combinations and the matrix of seat racing. Selectors reserve the right to conduct a Speed order trial where seat racing is not required or after the crew has been selected. Athletes required for seat racing will be notified by email as soon as is practicable.
   NB: Non-Invitation to seat racing does not represent deselection.
   a. State Team Coaches are expected to be available for seat racing to assist the Selectors in the organisation and delivery of the trials. Coaches are to remain objective and not operate outside of the Selector's instructions.
   b. Coxswains must be available for seat racing across all days.
   c. Selectors reserve the right to include further seat racing or speed order events, if necessary, prior to crews being announced on Wednesday 10 March 2027.

9. **AUSTRALIAN NATIONAL CHAMPIONSHIPS:** All successful athletes are required to compete in the Interstate Regatta and at least one other event at the National Championships unless otherwise negotiated with the Selectors.
   a. State Team coaches are expected to attend the Australian National Championships and be available for pre row/s in the days leading up to the race.

10. **TRAINING:** All athletes are expected to be completing a full training load outside of State Team Event Requirements. Coaches are expected to attend and organise all trainings.
    a. Selectors reserve the right to form training squads for the purpose of training only, based off results from recommended events. Training squads will be announced on 21 November and 19 December 2026.
    b. Squad or crew training will be regularly organised by the crew coach in consultation with the Head Coach and Selectors.
    c. Once selected in squads, it will be an expectation to attend all crew/squad training sessions.

11. **LIGHTWEIGHT ATHLETES:** No adjustments will be made for lightweight athletes contending for heavyweight crews.
    Lightweight athletes to be considered in a lightweight crew are required to be within the following weight ranges:
    a. Ergo tests, prior to 1 February 2027, athletes must be no greater than the following weights – Men 75.0kg and women 62.0kg.
    b. From 1 February 2027, all ergo tests and West Lakes Regattas (excluding South Australian Rowing Championships), athletes must be no greater than FISA maximum weight (Men 73.5kg and Women 60.0kg).
    c. For racing at the South Australian Rowing Championships, athletes must abide by the rules of racing at these respective events (be no greater than FISA maximum weight (Men 72.5kg and Women 59.0kg)).
    d. For the seat racing and/or speed trials athletes must be no greater than FISA maximum weight (Men 72.5kg and Women 59.0kg). The Selectors may require athletes to perform at their planned race weight for seat racing, giving appropriate notice.
    e. For racing at the National Championships, athletes must abide by the rules of racing at these respective events (meet the average crew weights of Ave Crew: Men 70.0kg and Women 57.0kg).

12. **COXSWAINS:** coxswain selection is gender neutral. Coxswains seeking selection must demonstrate they are able to make the target weight.
    a. Coxswains have a target weight of 55kg (or less) at the following events:
       i. South Australian Rowing Championships
       ii. Seat Racing/Speed Order Trials
       iii. Australian Rowing Championships
    b. All coxswains are required to participate at the 2027 South Australian Rowing Championships. In this regatta all coxswains:

i. Must steer an Eight.
ii. If required by the Selectors, have a live tracker attached to the boat and recorded during that race.
iii. Must submit a voice recording of that race.

c. All coxswains must submit an additional voice recording from an 8+ race, recorded at another Rowing SA regatta in February 2027.

13. **BENCHMARKS:** will be used to help make selection decisions by the Selectors. Refer to the Rowing SA 2027 Benchmark Policy for more information.
    a. Selectors reserve the right to not select an athlete/crew if there is a failure to meet minimum benchmarks.

14. **OTHER REQUIREMENTS (Coaches only):** Coaches will need to fulfil the following criteria.
    a. Organise boats and other equipment in line with the Rowing SA 2027 Equipment Policy.
    b. Within reason, be available and participate in meetings and development sessions with the Coaching Team, and Selectors where necessary.
    c. Work as a part of the Coaching Team, one vision one team.
    d. Communicate professionally and appropriately with all stakeholders including but not limited to:
        i. Athletes
        ii. Parents
        iii. Coaches
        iv. Selectors
        v. Rowing SA including the Board.
        vi. Media outlets, only where authorised by Rowing SA
    e. Remain objective, unbiased and respect and uphold the decisions of the Selectors.
    f. Respect confidentiality, especially in regard to selection decisions and information as well as athlete medical and personal information.
    g. Uphold the Rowing SA Values and contribute to the development of the State Team Values and Behaviour Framework and State Team Athlete Experience Standards.
    h. Declare any conflicts of interest in accordance with the Conflict of Interest Policy.

15. **VALUES AND CULTURE:** All athletes, coxswains and coaches must uphold the Rowing SA Values and comply with the Code of Conduct. Nominees are strongly encouraged to attend the State Team Culture, Values, Behaviour Development & Goal Setting Session.

16. **APPEALS AND CONDUCT:** Concerns about a selection decision must be raised in accordance with the Rowing SA 2027 Appeals Policy, starting within 48 hours of Official Notification. Formal Appeals are heard by an Independent Appeals Tribunal under clauses 7 and 8 of the Rowing SA By-Laws. Conduct matters are dealt with under clause 10 of the By-Laws and are not selection appeals.

17. **SELECTION DATA:** To support transparency, Selection Data (as defined in the Selection Policy) will be shared with nominated athletes and coxswains after each selection activity, so they can see their own results and those of other nominees in the Interstate program. Medical, exemption and personal information remains confidential. Refer to section 8 of the Selection Policy.

Please Note: Rowing South Australia ("Rowing SA") 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 Rowing SA Selection Policy.

Approved by the Rowing SA Board, 12 October 2026