



Indoor Rowing Fixture - draft

Team composition

- Team of 10
- 2 people per event
- mixed gender teams ok
- ideal is to have two ergs although can be done on 1 per team
- A school could have multiple teams of ten at a fixture

All 'fixtures' follow the same structure

- Intra School – House competition or year groups within school against each other
- Inter School competition – List on BR website on those who would be willing to host a fixture, can be virtual can be in real life
- County Championships – In person or virtual or school with the most fixtures won in the year
- National – In person

Scoring system

- if you win and event 3 points,
- draw is 1 point,
- loss 0 points .
- The winning team is the team with the most points at the end of the 6 events.

How a fixture works...

- **Event 1 – 10 stroke challenge Rules;** each rower takes 10 strokes, the handle can't stop moving, the distance travelled by both teammates is added together, the team with the greatest distance wins the round (takes 4mins)
- **Event 2 – 'The perfect 100'**, teammates use the same erg and are aiming to get exactly 100m in the quickest time. **Rules;** each rower can only take 1 stroke at a time and they must swap with their partner. If they surpass 100m they press menu - just row to reset the machine. A teacher times the event with a stopwatch, the team that does this the quickest is the winner (takes 5-7mins)
- **Event 3 – 100m** , Time added for both teammates. Lowest time (takes 1min)
- **Event 4 – 2min piece**, time of both rowers added together, lowest time wins **by mutual decision of competing schools this can changed to a more appropriate time, e.g. if only year 8s 3mins, year 9s 4mins** (Takes 2min)
- **Event 5 – Fish Game**, Score added together, highest wins (takes 4min)
- **Event 6 – 5 min relay**, all ten on team partake but only 5 on each rower, distance of both teams of 5 added together (takes 5min)

Time taken for events you have 2 machines, 23 min (faff time needs adding)

No fancy tech needed. Teams call between schools if inter school. After each event let the other school know what you got. Perhaps you have a list of fixtures that have taken place on the BR website and who won each one .