



Qualification Rules of Henley Women's Regatta
16-18th June 2023 (v1.2 22nd Oct)

1) Entries

- 1.1) The committee will examine the withdrawal/substitution of any crew after the close of entries or during the regatta and reserves the right to exclude the club/competitor from all other events at the regatta or in the future.
- 1.2) Any competitor withdrawing from an event will only be allowed to substitute into another event with the permission of the Chairman of the Race Committee.
- 1.3) The rules referring to crews do not include coxes, other than doubling up.
- 1.4) It is expected that crews will have raced in the 2022/23 season. Any crews with zero points risk their entry being rejected.

2) Events

- 2.1) All semi-finals and finals will be raced on **Sunday 18th June**.
- 2.2) Doubling up is not allowed.

Championship events – see regatta rule 7

The Ron Needs Cup – for eights

The Avril Vellacott Cup – for coxless fours

The Redgrave Challenge Vase – for coxless pairs

The Borne Cup – for quadruple sculls

The W. Peer Cup – for double sculls

The George Innes Cup – for single sculls

- Open to members of any eligible club
- Composite crews allowed
- Coxes shall be born before **1st September 2009**
- All other competitors must have been born before **1st September 2006** i.e. be at least J17
- American Division 1 crews, who have qualified for NCAA Championships, are expected to enter these events
- No CVs are required for these events



Championship lightweight events - see regatta rule 7

The Haslam Trophy – for lightweight double sculls

The Parkside Trophy – for lightweight coxless pairs

The Godfrey Rowsports Trophy – for lightweight single sculls

- Open to members of any eligible club
- Composite crews allowed
- No juniors allowed
- American Division 1 crews, who have qualified for NCAA Championships, are expected to enter these events
- The crew average must not exceed 57kg, and no competitor may exceed 59kg
- No CVs are required for these events

Aspirational events - see regatta rule 7

The Colgan Foundation Cup – for academic eights

The Copas Cup – for club eights

The Cathy Cruickshank Trophy – for academic coxless fours

The Lester Trophy – for club coxless fours

The Chairman's Trophy – for quadruple sculls

The Rosie Mayglothling Trophy – for double sculls

The Bernard Churcher Trophy – for single sculls

The Fiona Dennis Trophy – for lightweight single sculls (no competitor may exceed 59kg. Juniors are not allowed to enter this event)

- Open to members of any eligible club
- Composite crews allowed
- Coxes shall be born before **1st September 2009**
- All other competitors must have been born before **1st September 2006** i.e. be at least J17
- All overseas crews are required to submit a rowing CV (per Regatta Rule 3.3) detailing all wins, both rowing and sculling, to be considered for these events

No crew may contain any competitor (except those from developing nations), who has been selected for (including spares) the:

- Olympic Games
- Paralympic Games
- World Rowing Championships
- World Cups



- World University Rowing Championship (FISU)
- World Rowing Under 23 Championships
- Commonwealth Rowing Championships
- European Rowing Championships

No crew may contain any competitor who has, from **2018-2023** inclusive:

- Won gold in any boat type at the British Rowing Senior Championships (or the equivalent in any country)
- Won a plaque in women's, lightweight women's or women's under 23 events at the British Rowing Senior Championships. This exclusion does not apply to the winners of the non-HPP university or college, club, U23 lightweight, or U19 plaques
- Won a medal at the World Rowing Junior / U19 Championships
- Won a medal at the European Rowing Under 23 Championships
- Won a Championship/Aspirational event at HWR in either discipline
- Won a BUCS Regatta gold medal in a Championship openweight event in either discipline (or the equivalent in any country)
- Raced in any Open event at Henley Royal Regatta in either discipline
- Won a Club / Student / Junior event at Henley Royal Regatta
- Been invited to closed GB trial or equivalent in any country (GB clarification: Dec GBRT Trial & Testing or GBRT April Trial)
- Been awarded an Oxford/Cambridge Blue in an open crew (not the lightweight crew)
- Won a senior event at the Home International Regatta in either discipline (**excluding Para categories**)
- For the Fiona Dennis Trophy for lightweight single sculls only: Won a lightweight event at the Home International Regatta, or a lightweight Championship BUCS Regatta event **or been awarded an Oxford / Cambridge blue in the lightweight crew**

The Copas Cup and the Lester Trophy for club crews

- No crew shall contain any competitor who is a registered internal student of an academic institution or school and who has raced in an open regatta (not head race) including BUCS in the current season (i.e. **1st September 2022 – 15th June 2023**) for that club

The Colgan Foundation Cup and the Cathy Cruickshank Trophy for academic crews

- Competitors shall be registered full time students of the university, school or college for the whole of the academic year **2022/23**. **For those with a course start date between 1st January and 1st April 2023, they must be a registered full time student for the whole of 2023.**
- A student (non-junior) studying at an academic institution not registered with their national federation may, upon written approval from the Race Committee Chairman, race in these events for an alternative affiliated institution



Development event - see regatta rule 7

The Frank V Harry Cup – for coxed fours

- Open to members of any one club affiliated to British Rowing, Scottish Rowing, Welsh Rowing or Rowing Ireland
- Crews from Ireland must be of novice or club status level
- Crews are encouraged to use experienced coxes
- Any competitor who has competed in another country and wishes to take part in this event as a member of a UK club is required to contact the Entries Secretary
- Composite crews are not allowed
- Crews may contain a maximum of two juniors who must have been born before **1st September 2007** i.e. be at least J16
- Coxes shall be born before **1st September 2009**
- No crew shall contain any competitor who has represented her country in any international regatta at any level/age (**including developing nations**)

In addition, no crew may contain any competitor who has:

- Previously won any event at HWR
- Previously qualified via the time trial for any event at HWR except Development 4+ or any junior events
- Previously won a round at HWR in any event except Development 4+
- Competed in any non-lightweight Championship event at BUCS Regatta
- Won a gold medal in a Lightweight Championship event at BUCS Regatta
- Won an Intermediate event at BUCS Regatta
- Won a medal or any plaque at the British Rowing Senior Championships (or the equivalent in any country) in either discipline, irrespective of number of crews raced
- Won a medal at National Schools Regatta in a Championship event or won a medal in a J18 event at the British Rowing Junior Championships (or the equivalent in any country) in either discipline, irrespective of number of crews raced
- Placed in the top 50 in the Women's Eights Head of the River Race
- **Been classified as time only in the Women's Eights Head of the River Race and achieved a time which would place them in the top 50 in that year**
- Raced in any event at Henley Royal Regatta in either discipline
- **Been invited to closed Senior or Junior GB trial or equivalent in any country**
- Been awarded an Oxford or Cambridge Blue at any time (Open or Lightweight) **or been selected for Blondie / Osiris**

Para athletes wishing to enter this event should contact the Entries Secretary



Junior events - see regatta rule 7

The Peabody Cup – for junior eights

The Groton School Challenge Cup – for junior coxed fours

The Bea Langridge Trophy – for junior quadruple sculls

The Rayner Cup – for junior double sculls

The Di Ellis Trophy – for junior single sculls

All events are classified as Junior (J18)

- Open to members of any eligible club or academic institution
- Composite crews allowed. Composite crews which include final triallists for the junior team or similar are expected to enter an Aspirational event
- Competitors including coxes must not have attained 18 years of age before **1st September 2022**.
- At least 50% of the crew (excluding cox) must be between **1st September 2004 and 31st August 2007**. i.e. are J or J16. The remaining crew members may be born between **1st September 2007 and 31st August 2008** i.e. are J15
- Coxes shall be born before **1st September 2009**

J16 events - see regatta rule 7

The Nina Padwick Trophy – for J16 quadruple sculls

The West End Amateur Rowing Association Trophy – for J16 coxed fours

- Open to members of any eligible club or academic institution
- Composite crews allowed
- Competitors shall be born between **1st September 2006 and 31st August 2008** i.e. are J15 or J16
- The event is not intended for whole crews made up of J15 competitors i.e. born between **1st September 2007 and 31st August 2008**
- Coxes shall be born between **1st September 2004 and 31st August 2009**. i.e. J14-J18

Para-rowing single sculls events

The Grosvenor Cup – for para-rowing PR3 single sculls

The Vesta Cup – for para-rowing PR2 single sculls

- Open to competitors who have a World Rowing Para classification
- Open to members of any eligible club or academic institution
- Competitors must have been born before **1st September 2006** i.e. be at least J17
- Where there are more than four entries the first round may be run as a time trial on **Friday 16th June**



3) Seeding

- 3.1) All events with 4 or more entries will be seeded from the time trial
- 3.2) The Regatta reserves the right to “seed” crews in other events based on their performance in **2023**



Grid to be read in conjunction with the General Rules and the Qualification rules

Events marked with a * are time barred from 2018 -2023.

Items in red font are changes for 2023

Internal representation / Rowing Achievements	Championship / Championship Lwt	Aspirational	Aspirational Lwt	Development
Olympic / Paralympic Games		Excluded	Excluded	Excluded
World Championship / World Cup		Excluded	Excluded	Excluded
World University Championships (FISU)		Excluded	Excluded	Excluded
World U23 Championship		Excluded	Excluded	Excluded
European Championships		Excluded	Excluded	Excluded
Commonwealth Rowing Championships		Excluded	Excluded	Excluded
U19 / Junior World Championship		Medallist*	Medallist*	Excluded
Youth Olympics				Excluded
European U23 Championships		Medallist*	Medallist*	Excluded
European Junior Championships				Excluded
Home Countries (this exclusion does not apply to Para event winners at Home Countries)		Winner (Open)*	Winner (Lwt)*	Excluded
Coupe de la Jeunesse				Excluded
GB France Match				Excluded
Invited to closed GB trial or equivalent in any country (GB clarification: Dec GBRT Trial & Testing or GBRT April Trial)		Excluded*	Excluded*	Excluded
Invited to closed GB U19 trials (or equivalent in any country)				Excluded
Senior British Championships gold		Excluded*	Excluded*	Excluded
Senior British Championships medallist				Excluded



Internal representation / Rowing Achievements	Championship / Championship Lwt	Aspirational	Aspirational Lwt	Development
Senior British Championships plaque (Open / Lwt / U23)		Excluded*	Excluded*	Excluded
Senior British Championships plaque (U19)				Excluded
Junior British Championships J18 event medallist				Excluded
National Schools Championship event medallist				Excluded
HWR winner at Championship / Elite / Senior / Aspirational level		Excluded*	Excluded*	Excluded
HWR winner in any event				Excluded
HWR qualifier from a time trial in any event except Dev 4+ / J18 / J16				Excluded
HWR winner of a round in any event except Dev 4+				Excluded
BUCs Regatta Championship winner (open event)		Excluded*	Excluded*	Excluded
BUCS Regatta Championship competitor (open event)				Excluded
BUCS Regatta Championship winner (Lwt event)			Excluded*	Excluded
BUCS Regatta Intermediate winner				Excluded
HRR Open event competitor		Excluded*	Excluded*	Excluded
HRR Wargrave / Island event winner		Excluded*	Excluded*	Excluded
HRR Junior event winner		Excluded*	Excluded*	Excluded
WEHoRR placing in top 50 (or time only crew that would have resulted in a top 50 place if had not been T.O.)				Excluded
Oxford / Cambridge Open Blue		Excluded*	Excluded*	Excluded
Oxford / Cambridge lightweight blue (previously only Development exclusion, now excluded from Fiona Dennis Lwt 1x)			Excluded*	Excluded
Irish competitors with Senior or Intermediate status				Excluded



FAQs for the above rules

Q: Is there a summary of all the exclusions for each event?

Yes, see the Summary of Exclusion Rules document, to be read with the Qualification rules.

Q: We raced time only at WEHoRR 2022 due to an ineligible substitute. Our finish time would have placed us 40th, does this rule us out of the Frank V Harry 4+ event?

A: Any athletes in this WEHoRR crew are ineligible for the Frank V Harry 4+ event at HWR because their standard is such that they would have placed in the top 50. Athletes should remember that the WEHoRR placing is a “forever” rule and is not a “for 5 years” rule.

Q: I qualified for the HRR Remenham Challenge Cup in 2019 and the Wargrave Challenge Cup in 2021, do I need to race Championship in 2022 even though we didn't win the Wargrave?

Yes, you need to race in a Championship level event due to having qualified for an Open event at HRR in 2019.

Q: I raced in the Oxford / Cambridge Lightweight crew in 2019, we were awarded a Blue – does this mean I have to race Championship?

A: As a Lightweight blue you are not mandated to race Championship, but you are excluded from the Frank V Harry 4+ **and the Fiona Dennis Lwt 1x**. It is the athletes in the Open crew who need to race Championship level events.



Q: I came 3rd in lightweight 4x at BUCs in 2019 but then we won EUSA that summer. Do I need to race in a Championship event?

A: No, you are not mandated to race Championship based on your BUCs & EUSA result, but you are excluded from Frank V Harry 4 and the Fiona Dennis trophy.

Q: I won Intermediate Club 8+ in 2016, does this mean I can race in the Copas Cup or the Lester Trophy?

A: Previous winners of Intermediate (Club or Academic) are excluded from the Frank V Harry 4+ only (see Qualification rules). This is because up to and including the 2017 regatta, the Intermediate events were our entry level events.

Q: Your rules say that anyone who qualified via a time trial (except from the Frank V Harry 4+ or Junior events) is ineligible for the Frank V Harry 4+ in 2023. I raced in the Cathy Cruickshank Trophy in 2019 but no crews were eliminated from our time trial and we lost in our first side by side race. Am I eligible for the Frank V Harry 4+ in 2023 if I meet all the other Development criteria?

A: Yes, you are eligible for Frank V Harry 4+ in 2023, the time trial was for seeding only and no one was eliminated.

Q: Your rules say that anyone who qualified via a time trial (except the Frank V Harry 4+ or Junior events) is ineligible for the Frank V Harry 4+ in 2023. I raced in the Cathy Cruickshank Trophy in 2019 but no crews were eliminated from our time trial and we won our first round. Am I eligible for the Frank V Harry 4+ in 2023 if I meet all the other Development criteria?

A: No, you are not eligible for the Frank V Harry 4+ in 2023 because you won a round in an Aspirational level event.



Q: I got to the quarterfinal of J4+ in 2019. I then gave up rowing while at university but have now come back to rowing at my local club. I'm training with some people who did a Learn to row course in 2022 and have never raced at HWR. Can we race in the Frank V Harry 4+?

A: No, you are not eligible for the Frank V Harry 4+ in 2023 because you have previously won a round in your Junior 4+.

Q: Why are composite crews allowed in Senior events except the Frank V Harry 4+?

A: Composites were previously allowed in Senior & Elite events, but not in Intermediate. They are now allowed in Aspirational & Championship events (but not Development) to enable clubs with fewer athletes the opportunity to compete at this level. We would expect that, for the leading UK universities and clubs, their first crews may be racing in Championship and the lower crews will race in the Aspirational events

Q: Can overseas crews race in Aspirational events?

A: Some overseas crews may be eligible to race in Aspirational level events. Any crew wishing to race in Aspirational will need to provide a rowing CV per Regatta Rule 3.3. We expect American Division 1 crews to race in Championship. American Division 3 crews can enter Aspirational. Note: CVs are not required for crews entering Championship events.

Q: Why can I only have 2 juniors in the Frank V Harry 4+ event? My club only has 1 eligible athlete but she has been rowing with 3 similarly eligible juniors during the winter.

A: The Frank V Harry 4+ is intended to be an event for Seniors. Clubs with lots of Juniors should enter the Junior 4+ event. The rule is set at 2 juniors to try and enable smaller clubs to form crews to participate in this event.



Q: Why have you not split the Development event into Club and Academic?

A: Having analysed the range and standard of entries over a number of years, offering a Club and Academic event at the Aspirational level rather than Development is appropriate as it reflects the improvement in women's rowing. However, the Committee recognise that the regatta should support the pathway for less experience oarswomen and have offered a coxed 4 event. The Frank V Harry 4+ is the entry level event for the regatta, whether you are training as a student or otherwise.

Q: In the summary of exclusions grid, none of the Development 4+ exclusions are listed as *from 2018-2023, why is this?

A: The Frank V Harry 4+ is our entry level event and the exclusions are based on ability and performance history rather than when you achieved that performance. We appreciate that people take time away from the sport for a variety of reasons, but if you have been successful in the sport historically then you will have a level of skill and ability that will quickly return when you return to training.

Q: I raced at an autumn regatta for my home club in September. I am now at University. Can I race in the Cathy Cruickshank event for that University?

A: Yes, you can race for your university in an Academic event because you are a registered internal student for the year at that university.

Q: I am at University. I have not raced in a regatta for that University. Can I race for a local club in the Copas Cup or Lester Trophy events?

A: Yes, you can race in Club events if you have not raced in a regatta for that university.



Q: I decided not to continue at university after the first term and so have come back home and am rowing with my local club while I job hunt. Can I race for my local club in the Copas Cup or Lester Trophy events?

A: Yes, you can race in Club events. As you are no longer a registered student at university you cannot race in the Colgan Foundation Cup or the Cathy Cruickshank Cup.

Q: I finished my PhD and graduated in January but have continued training with the other students, can I race in the Colgan Foundation Cup or the Cathy Cruickshank Cup Academic events this summer?

A: As you are no longer a registered student at university you cannot race in these Academic events but you can race in Club sweep events or the Academic sculling events.

Q: Why have you retained a minimum entry?

A: The committee believe that a HWR medal should not be won in a straight final. However, we recognise that the number of crews in some events is relatively small and have reduced the minimum to be 3 at CLOSE of ENTRIES. If 1 crew scratches after entries close the event will still run. In addition, the change in criteria will encourage the most competent crews to enter Championship.

Queries to: entries@hwr.org.uk