



Eligibility Rules of Henley Women's Regatta 19-21 June 2026

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, after close of entries, 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) The rules referring to exclusions do not include Beach Sprint achievements.
- 1.5) It is expected that crews will have raced in the **2025/26** season. Any crews with zero points risk their entry being rejected.
- 1.6) *The Regatta will endeavour to offer as many Championship crews as possible a side-by-side race within the timetable constraints.*

2) Events

- 2.1) All semi-finals and finals will be raced on **Sunday, 21 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 *eligible members of any eligible club, see Regatta Rule 3*
- Composite crews allowed
- Coxes shall be born before **1 September 2012**
- All other competitors must have been born before **1 September 2009** i.e. be at least J17
- American Division 1 crews, who have qualified for NCAA Championships, are expected to enter these events
- No international competitor CVs are required for these events (*see Regatta Rule 3.3*)



Championship lightweight events - see Regatta Rule 7

The Haslam Trophy – for lightweight double sculls

The Godfrey Rowsports Trophy – for lightweight single sculls

- Open to *eligible members of any eligible club, see Regatta Rule 3*
- 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 international competitor CVs are required for these events (*see Regatta Rule 3.3*)

The Parkside Trophy for lightweight coxless pairs has been withdrawn.

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 Nina Padwick Trophy – for academic quadruple sculls

The Chairman's Trophy – for *club* quadruple sculls

The Rosie Mayglothling Trophy – for double sculls

The Bernard and Pauline 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 *eligible members of any eligible club, see Regatta Rule 3*
- Composite crews allowed
- Coxes shall be born before *1 September 2012*
- All other competitors must have been born before *1 September 2009* 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, who has been selected (including spares) for 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 or other continental equivalent

No crew may contain any competitor who has, from **2021-2026** inclusive:

- *Won gold in a women's openweight Championship event in any boat type at the British Rowing Club Championships (or the equivalent in any country)*
- Won a medal at the World Rowing Junior/U19 Championships
- Won a medal at the European Rowing Under 23 Championships or other continental equivalent
- 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). For Irish crews: won a Senior openweight event at University Championships
- Won a EUSA gold medal in a Championship openweight event in either discipline
- Won a medal in either discipline at the NCAA regatta for openweight events or IRA Championship for Fiona Dennis Trophy. This exclusion does not apply to Division 3 universities
- *Qualified to race through the Qualifying Races, or won a round in an event with no qualifying races, in any Premier or Intermediate event at Henley Royal Regatta in either discipline*
- Won *any event* at Henley Royal Regatta
- Been invited to closed GB trial or equivalent in any country (GB clarification: December GB Rowing Team Trial and Testing or GB Rowing Team April Trial). Irish competitors who have been to any Irish closed trial should contact the Entries Secretary
- *Been selected for Oxford/Cambridge in the Blue boat*
- *For the Fiona Dennis Trophy for lightweight single sculls only: Won a lightweight Championship BUCS Regatta (or USA IRA Championship) event or been selected for Oxford / Cambridge in the lightweight crew or won a Championship event at the British Rowing Club Championships (or the equivalent in any country) or won a lightweight event at EUSA

The Copas Cup, the Lester Trophy and *the Chairman's 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. **1 September 2025 – 18 June 2026**) for that club

The Colgan Foundation Cup, the Cathy Cruickshank Trophy and *the Nina Padwick Trophy* for academic crews

- Competitors shall be registered full time students of the university, school or college for the whole of the academic year **2025/26**. For those with a course start date between **1 January and 1 April 2026**, they must be a registered full time student for the whole of **2026**.



- 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 *eligible* members of any one *eligible* club affiliated to British Rowing, Scottish Rowing, Welsh Rowing or Rowing Ireland. *See Regatta Rule 3.*
- 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 *1 September 2010* i.e. be at least J16
- Coxes shall be born before *1 September 2012*
- No crew shall contain any competitor who has represented her country in any international regatta at any level/age

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

- Previously won any event at HWR
- Previously qualified via the time trial for any event at HWR except Development 4+ or any Junior or J16 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 a *Championship or* Intermediate event at BUCS Regatta or Irish University Championships
- Won a *Championship or Club event* at the British Rowing Club 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 British Rowing Club 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, irrespective of whether there were Qualifying Races or not
- Been invited to closed Senior or Junior GB trial or equivalent in any country



- *Been selected for Oxford or Cambridge in any crew (Open or Lightweight) including spares.*

Para competitors or competitors 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.

- Open to *eligible* members of any eligible club or academic institution. *See Regatta Rule 3*
- Composite crews which include final triallists for the junior team or similar are expected to enter an aspirational event
- *Any coach wishing to enter a composite crew into a Junior event must contact Entries@hwr.org.uk*
- Competitors including coxes must not have attained 18 years of age before *1 September 2025*
- At least 50% of the crew (excluding cox) must be born between *1 September 2007 and 31 August 2010. i.e. are J18 or J17 or J16*. The remaining crew members must be at *least J15 i.e. born before 1 September 2011*.
- Competitors in the Di Ellis Trophy must be born between *1 September 2007 and 31 August 2009 i.e. are J18 or J17. Any J16 or younger entries will not be accepted.*
- Coxes shall be born before *1 September 2012*

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 or British Rowing Para classification
- Open to *eligible* members of any eligible club or academic institution. *(See Regatta Rule 3)*
- Competitors must have been born before *1 September 2009* 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, 19 June*.