

## SELECTION CRITERIA – ROWING PROGRAM

### PREAMBLE

The Office for Recreation, Sport and Racing (ORSR) is an agency of the Government of South Australia. The South Australian Sports Institute (SASI) is a Division of ORSR.

Whilst all SASI staff are bound by all of ORSR's policies, this selection criteria relates only to the operations of SASI and must be complied with by all SASI staff in addition to ORSR policies. SASI's contracted service providers and ORSR staff must carefully check whether they are captured by this Selection criteria at the section headed 'Scope'.

### SCOPE

This selection criteria is applicable to the SASI Rowing Program(s) and its athletes.

### ELIGIBILITY

#### Eligible Athletes

To be eligible for selection in the SASI Rowing Program(s) the athlete must:

- Be a citizen of Australia (or undertaking steps to become an Australian citizen);
- Be living in South Australia for the duration of the Rowing Program period;
- Be registered and financial with Rowing SA; and
- Meet the minimum Performance Standards to be a categorised athlete as outlined in the NSO Athlete Categorisation Framework.

Eligibility does not guarantee selection into the Program. This will be dependent on Program capacity limits. Athletes will be prioritised according to the Selection Criteria and based on the Selection Panel's opinion as to the athlete's potential to be a senior podium athlete at major international benchmark events.

Achieving the minimum Performance Standards and/or being a categorised athlete does not automatically qualify the athlete for selection in the Program.

#### Ineligible Athletes

Athletes may be ineligible to be selected in the SASI Rowing Program(s) if the athlete has:

- Been convicted of a criminal offence;



- Been de-registered, suspended or denied membership with either their State or National Sporting Organisation;
- Previously breached their SASI Athlete Agreement or other SASI Policies;
- Previously behaved in a manner that has brought (or has the capacity to bring) SASI or the sport into disrepute; taking into consideration previous behaviour or information available to SASI; or
- Been deemed to be a “Graduate” athlete.
  - Athletes who have participated in the Rowing Program previously, who now reside interstate (as part of a National Squad Program) or are selected in a National Squad Program based in Adelaide are deemed to be “Graduate” athletes.

## SELECTION CRITERIA AND PERFORMANCE STANDARDS

This SASI Selection criteria will be published by SASI and made available on the Rowing Program page on the SASI website [www.sasi.sa.gov.au](http://www.sasi.sa.gov.au)

The Selection Criteria and minimum performance standards (refer Appendix A) will be developed in consultation with Rowing Australia and Rowing SA.

## SELECTION PROCESS

The Selection Panel will make their recommendations for athlete selection based on the Selection Criteria detailed in this Selection criteria.

- SASI’s Manager, Sports and Programs shall Chair the Selection Panel.
  - The Panel Chair will provide a list of recommended athletes for selection to the PPMG; formed in consultation with Rowing Australia coaches and the SASI Rowing Program Head Coach(es).

Selection recommendations for the SASI Rowing Program(s) will be submitted for approval to the Performance Program Management Group (PPMG) established under the Rowing Partnership Agreement between SASI, Rowing Australia and Rowing SA. Membership of the PPMG is defined within that Agreement – however, at the time of execution the membership of the PPMG is comprised of:

- Rowing Australia’s Head of Pathways;
- Rowing SA’s Chief Executive; and
- SASI’s Manager, Sports and Programs.

Athletes who are selected will have their selection status reviewed by the Selection Panel no less than once in every 12 month period.

## NOTIFICATION OF SELECTION



Athletes will be notified via letter of their selection and will be required to accept the terms and conditions in the SASI Athlete Agreement and all other relevant SASI policies and processes by the nominated date.

Athletes will also need to attend a compulsory induction/ information session annually at selection.

## ATHLETE OBLIGATIONS

All athletes who have been selected into the SASI Rowing Program will be required to:

- Demonstrate the intent to compete and/or be involved in active training (including injury recovery and rehabilitation);
- Abide, at all times, to the terms and conditions outlined in the *SASI Athlete Agreement* and all other applicable SASI policies; and
- Complete all the obligations / requirements detailed in the *SASI Athlete Agreement*.

## APPEALS

A non-selection appeal must be made in writing **within 7 days** of selections being communicated to the athlete and be addressed to the SASI High Performance Manager.

Once the appeal is accepted, the athlete will be required to provide further information about the grounds on which they seek to make the appeal and provide all supporting evidence.

Athletes may only appeal their non-selection if they believe that the selection process has not been followed. Athletes may only appeal their non-selection based on one or more of the grounds of appeal set out below:

- The applicable Selection Criteria was not **properly applied** by the Selection Panel;
- One or more members of the Selection Panel was affected by **actual bias** which affected the Selection Panel's decision with respect to the athlete making the appeal; or
- There was no material on which the Selection Panel's decision could reasonably be based.

Once received, the appeal will be reviewed by the SASI High Performance Manager and a response will be communicated within 10 working days from the appeal and supporting documentation evidence being received.

## ENDORSEMENT BY ROWING AUSTRALIA

This Selection criteria is endorsed by Rowing Australia as being in accordance with its Selection criteria.

## REVIEW

This Selection criteria will be reviewed at least once in every four year cycle.

## SELECTION CRITERIA APPROVAL AND HISTORY DETAILS



## APPENDIX A

### Selection Criteria for the SASI Rowing Program

#### Scholarship Tiers and Disciplines

The South Australian Sports Institute (SASI) rowing program offers a scholarship program under the guidelines of Rowing Australia's Athlete Categorisation Framework. SASI Rowing Program Scholarships will be offered in the following disciplines for both Male and Female:

- Able bodied
- Para

#### Exceptions

The discipline of Coastal rowing is an exception to the program and is supported through the SASI Individual Athlete Program (IAP) which are open for application at the beginning of September and are offered for the period 1 January – 31 December.

#### Talent Pathway

Rowing Australia's National Talent Pathway (NTP) approaches the talent pipeline with a broad focus to include all aspects of athlete development:

- Traditional pathway development
- Talent identification & transfer
- Underage National Teams including the US-Based Australian Program
- Senior Team representation (World Championship & Olympic)
- National Team retention

It aims to ensure athletes and coaches are exposed to the full continuum of development along the Talent Pathway.

To ensure development focused solutions are tailored appropriately to the local environment, the NTP is delivered through multiple mechanisms that are development focused. These include the School/Club structure, National Training Centres and Rowing Australia's National Talent Pathway Program.

Primary delivery mechanism for senior athletes is via the 2 National Training Centres.

#### Pre-Eligibility

Requirements In order to be considered for categorisation, and in turn receive support, athletes must comply with the following criteria:

- Be eligible and available to represent the Australian Rowing Team in international competition and be actively training towards the relevant BME.
- Be a current member of an Affiliated Club and have an active membership with Rowing SA.
- Have signed a Rowing Australia Athlete Agreement
- Have completed all necessary documentation and requirements for individual SIS/SAS
- Have completed current Australian Rowing Team Individual Learning and Performance Plan that has been approved by the RA High Performance Leadership Team
- Comply with all anti-doping and other selection criteria requirements of Rowing Australia and the Australian Sports Commission
- Complete all medical screening requirements as stipulated by RA
- Maintain a lifestyle conducive to sporting excellence



## **Athlete Numbers and Support**

In order to ensure appropriate support to categorised athletes, as well as ensuring maximisation of medal performances at BME's consideration has been given to the number of athletes that can be supported within the Athlete Categorisation process.

The Olympic Team size is a maximum of 48 athletes and the Paralympic Team a maximum of 9 athletes. Consideration has been given to the number of athletes required across Level 1 and 2(a) and (b) to support the delivery of these teams as well as the capacity of the system to be able to support these athletes. As such the nominal maximum number of athletes to be included within the Categorisation Levels is 75 Olympic and 14 Paralympic aspirants. Further to these numbers consideration will be given to the number of athletes required to support specific Olympic disciplines.

The number of scholarships available within a NTC is generally of a fixed number. Priority will be determined based upon athletes' current performance level and/or assessed future potential.

The system also has limitations around the numbers that can be supported within Level 4 and 5.

Again, note that the provision of services is subject to available resources. The membership of a particular category does not automatically entitle an athlete to receive support, and athletes within the same category may not receive the same level of support.

## **Categorisation Review Periods**

The categorisation of athletes will be subject to ongoing reviews. Membership of the program will be formally reviewed twice per year, at which time athletes may be added, removed or moved to a different category.

System Wide Semi Annual Review – the complete athlete list will be reviewed on two occasions throughout the year. The first review is conducted so as to ensure a commencement of the domestic preparation of athletes on October 1 in any given year.

The second system wide review is considered following the selection of National Teams. National Teams are typically selected by the end of April. Typically, this review would be completed by 1 May in any given year.

Ongoing Individual Performance Monitoring – Athletes will be assessed against their “Individual Learning and Performance Plan” on a monthly basis within their Daily Training Environment. If following a review an athlete is deemed not to be progressing they will be provided opportunity to address any concerns within a 3 month period. Failure to address concerns in an appropriate manner may result in the level of support being changed or an athlete removed completely from the support program.

Any athlete who at any point in time fails to meet the pre-eligibility requirements may also be subject to review of support.

## **Expected Progression**

Underpinning inclusion is the expected progression of athletes. In reviewing athletes' inclusion significant weight will be given to the progression of an athlete in their on-water performances over time together with their progress against other factors addressed in their Individual Learning and Performance Plan.

SASI values athlete demonstrating consistent high performance behaviours, aligned to the SASI values, and supports progression in this space throughout the term of the SASI scholarship.

## **Indicators of Future Potential**

The primary measure of future potential is in boat performances in underage teams and consistent demonstration of high performance behaviours.



**SASI**

Consideration for selection in the SASI Rowing program a rower must have achieved the specified minimum performance standards within the previous 12 months in competition under Championship conditions. In conjunction with the specified minimum performance standards the following areas will be assessed for use in the selection process.

- Competition performances at National level
- Physical/ Physiological data (specific to discipline)
- Technical skills
- Tactical skills
- Performance trajectory
- Psychological skills
- AWE
- Performance history

**Minimum Performance standards**

Agreement type/ squad	General criteria	Performance criteria
<ul style="list-style-type: none"> <li>• Podium</li> <li>• Podium Ready</li> <li>• Podium Potential</li> <li>• Developing</li> <li>• Emerging</li> </ul>	Refer to Rowing Australia Athlete guidelines	Categorisation Framework nomination
<b>Training Agreement</b>	<p>A) Individual athlete or member of a team sport in an Olympic or Paralympic discipline, who is considered capable of progressing to Level 4—Emerging in the next two years</p> <p>B) Individual athlete or member of a team sport who does not satisfy the criteria for the above categories but is considered capable of winning a medal at the 2032 Olympic or Paralympic Games</p>	<p>Athlete achieving A Final at Nationals in an Olympic or Paralympic discipline and considered capable of progressing to at least Level 4 —Emerging in the next two years OR any athlete deemed capable of progressing to level 2B-Podium Potential in the next 4 years assessed against their performance in;</p> <ul style="list-style-type: none"> <li>• Talent Identification Testing Battery</li> <li>• Performance in IPM</li> <li>• Progression against ILPP</li> <li>• Boat speed progression</li> </ul>

**Para-athletes**

Agreement type/ squad	General criteria	Performance criteria
<ul style="list-style-type: none"> <li>• Podium</li> <li>• Podium Ready</li> <li>• Podium Potential</li> <li>• Developing</li> <li>• Emerging</li> </ul>	Refer to Rowing Australia Athlete Categorisation Framework nomination guidelines	Refer to Rowing Australia Athlete Categorisation Framework nomination guidelines



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### RSA Academy

The Rowing SA Academy program is a Rowing South Australia Squad which recognises U19 athletes in the high performance pathway in South Australia.

The RSA Academy underpins the SASI Rowing Program with the purpose of providing extended support to athletes to successfully represent South Australia at national junior events.

Agreement squad	type/	General criteria	Performance criteria
RSA Academy		Individual athletes who have demonstrated foundational potential and are actively developing towards national and international competition readiness. Typically athletes with 6–24 months of structured rowing experience, aged 16–19	Finish positions 1-3 at Rowing SA State Championships and top 50% at National Championships. 2 km Erg Time: <ul style="list-style-type: none"> <li>Year 11: ≤6:30 (M), ≤7:30 (F)</li> <li>Year 12: ≤6:30 (M), ≤7:25 (F)</li> <li>Above Year 12: ≤6:20 (M), ≤7:20 (F)</li> </ul> Ongoing performance monitoring through Individual Performance Metrics (IPM), Individual Long-Term Progression Plan (ILPP), and boat speed progression, with regular testing against SASI Athletes.

### Rowing SA Talent Search Program

The Rowing SA Talent Search program is a Rowing South Australia Squad which recognises identified athletes through the SASI Talent Search program.

The RSA Talent Search program underpins the Rowing SA Academy Program with the purpose of providing an opportunity to athletes to be selected in the Rowing SA Academy.

Agreement squad	type/	General criteria	Performance criteria
Talent Search		Individual athletes aged 14–22 years old, meeting minimum anthropometric suitability (Females ≥176 cm, Males ≥188 cm), with little or no rowing experience but showing raw athletic potential and coachability.	Anthropometric screening: Height and limb length meeting minimum standards. Fitness Benchmarks: <ul style="list-style-type: none"> <li>Beep Test: ≥10.5 (M), ≥9.5 (F)</li> <li>Vertical Jump: ≥45 cm (M), ≥32 cm (F)</li> <li>250m Erg Sprint: ≤44 sec (M), ≤52 sec (F)</li> <li>1 km Row (R24): ≤3:30 min (M), ≤4:00 min (F)</li> <li>2 km Erg Time: ≤7:00 min (M), ≤8:00 min (F)</li> </ul>



		Talent Identification Testing Battery assessing coordination, aerobic capacity, anaerobic power, and strength. Demonstrated motivation and coachability in introductory rowing sessions.
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# Athlete Categorisation Framework

## Nomination Guidelines

As prescribed by the Australian Institute of Sport (AIS), athlete categorisation is a national framework to identify, track and prioritise athletes at each stage of the Performance Journey, to support Australia consistently winning medals at major international events. Athlete Categorisation will be used to determine and inform planning and to prioritise support to best achieve system targets.

This document outlines the agreed minimum performance criteria established for the respective athlete categories for which athletes will be considered, together with the process and timeframe for the allocation of athletes to these categories.

The support provided to athletes as a result of the categorisation process enables athletes to pursue a commitment to performance excellence. Importantly, to be prioritised for support, **an athlete must demonstrate potential for future success – past results alone will not ensure support.**

**The Rowing Australia’s sport-specific matrix, Rowing Australia Way and RA benchmarks are evidence-informed by RA’s WITTW and ADF documents. These documents are reviewed and updated as appropriate, at least every 12 months and/or following Benchmark and/or Pinnacle Events.**

### 1. Glossary of terms

For the purpose of clarity, outlined below are a number of terms, words and abbreviations used throughout this document:

TERM	EXPLANATION
<b>Pinnacle and Benchmark Events</b>	The pinnacle events are the 2028 Los Angeles Olympic and Paralympic Games. The annual benchmark events will be the Senior World Championships and Beach Sprint Finals for seniors and the relevant age World Championship for underage athletes.
<b>Olympic/Paralympic Boat Class</b>	Refers to a specific boat class that is offered on the Olympic/Paralympic Program. These boat classes are: Olympic - M1x, M2x, M4x, M2-, M4-, M8+, CM1x, W1x, W2x, W4x, W2-, W4-, W8+, CW1x, CMix2x Paralympic - PR1M1x, PR1W1x, PR2Mix2x, PR3Mix2x, PR3Mix4+.
<b>Olympic/Paralympic Discipline</b>	Discipline refers to a category of rowing. These categories include: <ul style="list-style-type: none"> <li>Olympic - Women’s Sweep, Women’s Sculling, Women’s Beach Sprint, Men’s Sweep, Men’s Sculling, Men’s Beach Sprint.</li> <li>Paralympic – Women’s PR1, Men’s PR1, Mixed PR2 and Mixed PR3.</li> </ul>
<b>National Training Centre Program (NTC)</b>	An NTC is one of two centres operated by Rowing Australia – the Hancock Prospecting National Training Centre and the Reinhold Batschi National Training Centre. From October 2025, Rowing Australia also runs a PR3 Para Centralised Program from the Reinhold Batschi National Training Centre.
<b>Pathway Centre</b>	A Pathway Centre is a state-based program, underpinning the NTCs, and includes those categorised athletes not housed at an NTC.
<b>Domestic Preparation</b>	Refers to the period of time between the conduct of a pinnacle event and national team selection.
<b>International Preparation</b>	Refers to the period of time between national team selection and the conduct of a pinnacle event.
<b>Daily Training Environment (DTE)</b>	Refers to the daily training location for an individual athlete. Reference may also be made to: <ul style="list-style-type: none"> <li>International DTE which is the location for the preparation of a national team crew between national team selection and the conduct of a pinnacle event; or</li> <li>Domestic DTE which is the training location of an athlete between pinnacle event and selection of national team crews</li> </ul>
<b>ILPP</b>	Individual Learning and Performance Plan
<b>RA</b>	Rowing Australia
<b>IPM</b>	Individual Performance Monitoring

## 2. Talent Pathway

Rowing Australia's long-term high performance plan's centre pieces are the two centralised National Training Centres and a bespoke state-based pathway programs, working with schools, clubs, and states to enhance the development of young and emerging athletes.

These programs have a clear goal of developing athletes capable of transitioning into the National Training Centres and assisting RA achieve its aim of being a leading rowing nation in the world. The programs have a broad focus that includes traditional pathway development incorporating talent identification, a greater focus on national team retention and outcomes, and the US-Based Australian Program. The primary delivery mechanism for senior level athletes is via the RA NTCs.

### 3. Overview of Athlete Categories

a. **Athlete Categories:** The National Performance Categorisation consists of the following tiers and criteria:

CURRENT CYCLE ATHLETES			
PERFORMANCE CATEGORIES	<p><b>PODIUM: Performance Confirmation</b></p> <p>Medaled at pinnacle event or has been the World #1 or medaled at a World Championship event (in current cycle pinnacle event/discipline) in the past 24 months and demonstrates a trajectory capable of winning a medal at current cycle pinnacle event aligned to the WITTW as referenced in the NSO athlete performance matrix.</p>	<p><b>PODIUM READY: Performance Ready</b></p> <p>Displays performance capability aligned with WITTW, demonstrating a trajectory capable of winning a medal at current cycle pinnacle event as referenced in the NSO athlete performance matrix.</p>	<p><b>PODIUM POTENTIAL: Performance Potential</b></p> <p>Displays performance capability to qualify and compete in current cycle pinnacle event, contributing to inspiration and wellbeing outcomes AND performance capability is aligned to WITTW demonstrating a trajectory capable of podium performance as referenced in the NSO athlete performance matrix.</p>

CURRENT CYCLE ATHLETES		
PERFORMANCE CATEGORIES	<p><b>DEVELOPING: Athlete Development Verification</b></p> <p>Displays performance potential aligned with WITTW and demonstrates a trajectory capable of contributing to future (next) cycle outcomes as referenced in the NSO athlete performance matrix.</p>	<p><b>EMERGING: Athlete Development Confirmation</b></p> <p>Displays performance progression informed by the sport specific athlete development framework as it relates to WITTW for future cycle outcomes as referenced in the NSO athlete performance matrix.</p>

*\*Meeting the criteria of the NACF and being identified through an NSO Athlete Categorisation Performance Matrix does not guarantee access to services or support from the NIN. The use of these tools enables the prioritisation of support to the right athletes at the right time. As a general guide, resource and service prioritisation will be given to Podium, Podium Ready, Podium Potential, Developing and Emerging athletes respectively.*

b. Rowing Athlete Categories – the National Performance Categorisation will be applied to Rowing using the following sport-specific matrix:

Category	Rowing Criteria	PARA Rowing Criteria	Beach Sprint Criteria
1. Podium	<ul style="list-style-type: none"> <li>Athletes finishing in the Top 3 at the Olympic Games or Senior A World Championships in the past 24 months, in an Olympic boat class.</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>Athlete must also demonstrate a performance trajectory consistent with winning a medal at the next Olympic Games *see links to RA performance benchmarks.</li> </ul>	<ul style="list-style-type: none"> <li>Athletes finishing in the Top 3 at the Paralympic Games Senior A World Championships in the past 24 months, in a Paralympic boat class.</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>Athlete must also demonstrate a performance trajectory consistent with winning a medal at the next Paralympic Games *see links to RA performance benchmarks.</li> <li>PARA athletes must have confirmed international classification status</li> </ul>	<ul style="list-style-type: none"> <li>Athletes finishing in the Top 3 at the Olympic Games or World Rowing Beach Sprint Finals in the past 24 months, in an Olympic boat class.</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>Athlete must also demonstrate a performance trajectory consistent with winning a medal at the next Olympic Games *see links to RA performance benchmarks.</li> </ul>
2. Podium Ready	<ul style="list-style-type: none"> <li>Athletes finishing 4<sup>th</sup>- 8<sup>th</sup> at the most recent Olympic Games or Senior A World Championships in an Olympic boat class, in the last 12 months.</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>Athletes must also demonstrate a performance trajectory consistent with winning a medal at the next Olympic Games *see links to RA performance benchmarks.</li> </ul>	<ul style="list-style-type: none"> <li>Athletes finishing 4<sup>th</sup>- 8<sup>th</sup> at the most recent Paralympic Games or Senior A World Championships in a Paralympic boat class, in the last 12 months.</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>Athletes must also demonstrate a performance trajectory consistent with winning a medal at the next Paralympic Games *see links to RA performance benchmarks.</li> <li>PARA athletes must have confirmed international classification status</li> </ul>	<ul style="list-style-type: none"> <li>Athletes finishing 4<sup>th</sup>-8<sup>th</sup> at the most recent Olympic Games, or World Rowing Beach Sprint Finals in an Olympic boat class, in the last 12 months.</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>Athletes must also demonstrate a performance trajectory consistent with winning a medal at the next Olympic Games *see links to RA performance benchmarks.</li> </ul>

<p><b>3. Podium Potential</b></p>	<p>Athletes who have achieved one of the following results-</p> <ul style="list-style-type: none"> <li>• Athletes finishing <u>9+</u> at the most recent Olympic Games or Senior A World Championships in an <u>Olympic boat class</u></li> <li>OR</li> <li>• Athletes achieving <u>finish positions 1-3</u> at the most recent Senior A World Championship in a <u>Non-Olympic/Paralympic</u> boat class, in the last 12 months</li> <li>OR</li> <li>• Athletes achieving a gold medal performance at the most recent Under 23 World Championships and recommended by the RA Head of Pathways;</li> <li>OR</li> <li>• NTC or Senior Australian Rowing Team athletes not already categorised. See NTC Invitation guidelines <a href="#">HERE</a>.</li> <li>AND</li> <li>• In addition to achieving one of the above results, athletes must demonstrate a performance trajectory consistent with progressing to <i>Podium Ready</i>, within 4 years as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> </ul> <ul style="list-style-type: none"> <li>• For all athletes categorised as Podium Potential performance tracking will be monitored via the athlete's ILPP.</li> </ul>	<p>Athletes who have achieved one of the following results-</p> <ul style="list-style-type: none"> <li>• Athletes finishing <u>9+</u> at the most recent Paralympic Games or Senior A World Championships in a <u>Paralympic boat class</u></li> <li>OR</li> <li>• Athletes achieving <u>finish positions 1-3</u> at the most recent Senior A World Championships, in a <u>Non-Paralympic</u> boat class, in the last 12 months</li> <li>OR</li> <li>NTC or Senior Para Australian Rowing Team athletes not already categorised. See NTC Invitation guidelines <a href="#">HERE</a>.</li> <li>AND</li> <li>• In addition to achieving one of the above results, athletes must demonstrate a performance trajectory consistent with progressing to <i>Podium Ready</i>, within 4 years as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> </ul> <ul style="list-style-type: none"> <li>• For all athletes categorised as Podium Potential performance tracking will be monitored via the athlete's ILPP.</li> </ul> <ul style="list-style-type: none"> <li>• PARA athletes must have confirmed international classification status.</li> </ul>	<p>Athletes who have achieved one of the following results-</p> <ul style="list-style-type: none"> <li>• Athletes finishing <u>9+</u> at the most recent Olympic Games, or World Rowing Beach Sprint Finals in an <u>Olympic boat class</u></li> <li>OR</li> <li>• Athletes achieving <u>finish positions 1-3</u> at the most recent World Rowing Beach Sprint Finals in a Senior A- <u>Non-Olympic</u> boat class, in the last 12 months</li> <li>OR</li> <li>• NTC or Beach Sprint National Senior Team athletes not already categorised.</li> <li>AND</li> <li>• In addition to achieving one of the above results, athletes must demonstrate a performance trajectory consistent with progressing to <i>Podium Ready</i>, within 4 years as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> </ul> <ul style="list-style-type: none"> <li>• For all athletes categorised as Podium Potential performance tracking will be monitored via the athlete's ILPP.</li> </ul>
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<p><b>4. Developing</b></p>	<p>Athletes who have achieved one of the following results-</p> <ul style="list-style-type: none"> <li>• Athletes achieving finish <u>position 1-6 at the most recent Under 23 World Championship</u>, in an Olympic boat class OR</li> <li>• Athletes must demonstrate a performance trajectory consistent with progressing to <i>Podium Potential</i>, <i>within 4 years</i> as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> <li>• For all athletes categorised as Developing performance tracking will be monitored via the athlete's ILPP</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes must demonstrate a performance trajectory consistent with progressing to <i>Podium Potential</i>, <i>within 4 years</i> as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> <li>• For all athletes categorised as Developing performance tracking will be monitored via the athlete's ILPP.</li> <li>• PARA athletes must also have received an international level classification, confirmed or review.</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes must demonstrate a performance trajectory consistent with progressing to <i>Podium Potential</i>, <i>within 4 years</i> as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> <li>• For all athletes categorised as Developing performance tracking will be monitored via the athlete's ILPP</li> </ul>
<p><b>5. Emerging</b></p>	<p>Athletes who have achieved one of the following results-</p> <ul style="list-style-type: none"> <li>• Athlete achieving finish <u>position 1-6 at the most recent U19 World Championship</u>, in an Olympic boat class OR</li> <li>• Athletes must demonstrate a performance trajectory consistent with progressing to Developing, <i>within 3 years</i> as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> <li>• For all athletes categorised as emerging performance tracking will be monitored via the athlete's ILPP</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes must demonstrate a performance trajectory consistent with progressing to Developing, <i>within 3 years</i> as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> <li>• For all athletes categorised as emerging performance tracking will be monitored via the athlete's ILPP</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>• PARA athletes must also have received a national level classification, confirmed or review</li> </ul>	<p>Athletes who have achieved one of the following results-</p> <ul style="list-style-type: none"> <li>• Athlete achieving finish <u>position 1-6 at the most recent U19 Beach Sprint World Championship</u>, in an Olympic boat class OR</li> <li>• Athletes must demonstrate a performance trajectory consistent with progressing to Developing, <i>within 3 years</i> as assessed against specific RA benchmarks and by recommendation of RA Head of Pathways and State Head Coach and/or program administrator.</li> <li>• For all athletes categorised as emerging performance tracking will be monitored via the athlete's ILPP</li> </ul>

**c. RA Performance Benchmarks**

- [Rowing Performance Benchmarks](#)
- Para Rowing Performance Benchmarks **[link to be inserted]**
- Beach Sprint Performance Benchmarks **[link to be inserted]**

#### 4. Pre-Eligibility Requirements

In order to be considered for categorisation, and in turn receive support, athletes must comply with the following criteria:

- Be an Australian citizen\*, eligible and available to represent the Australian Rowing Team in international competition.
- Be actively training towards and seeking selection for the relevant pinnacle event.
- Be a registered member of Rowing Australia or a member state association.
- Have completed all necessary documentation and requirements for individual SIS/SAS, where relevant.
- Comply with all anti-doping and other policy requirements of Rowing Australia and the Australian Sports Commission.
- Agree to be bound by and comply with all Rowing Australia policies available at <https://rowingaustralia.com.au/policies>, including without limitation the National Integrity Framework and NTC Invitation Guidelines.
- If requested to do so by Rowing Australia, sign a Rowing Australia Participant Agreement. Athletes acknowledge that it is a condition of eligibility for categorisation that RA may make such a request.
- Complete all medical screening requirements.
- Maintain a lifestyle conducive to sporting excellence.
- Abide by the rules and spirit of the sport of rowing.
- Maintain the high standard of personal behaviour expected of an athlete representing or seeking to represent Australia.
- Not bring the sport of rowing, Rowing Australia, or the Australian Sports Commission into disrepute.
- Para athletes should hold a *review* or *confirmed* status international classification. The international classification must align with the sport class for which they are categorised. Any para-athlete without an international classification cannot be categorised higher than *Level 5 – Emerging*.

**If, at any given time, an athlete receives an offer for a position at one of Rowing Australia’s NTCs and declines that invitation, the athlete’s Categorisation and any associated support provided in the DTE will be reviewed if an exemption has not been granted based on exceptional circumstances. This will be assessed on a case-by-case basis.**

**\*Note: If an athlete is actively pursuing Australian citizenship, an exemption to this requirement may be granted by:**

- In the case of Senior athletes, the RA Performance Director; and
- In the case of underage and pathway athletes, the RA Head of Pathways.

#### 5. Athlete Support

In order to ensure appropriate support to categorised athletes, as well as ensuring maximisation of medal performances at pinnacle events, consideration has been given to the number of athletes that can be supported within the Athlete Categorisation process.

Note that the provision of services is subject to available resources. The membership of a particular category does not automatically entitle an athlete to receive support, and athletes within the same category may not receive the same level of support. The prioritisation of this support is based on categorisation level.

#### 6. Categorisation Review Periods

The categorisation process will be led by the RA Head of Pathways and signed off by the RA Performance Director. The categorisation of athletes will be subject to ongoing reviews, and based upon those factors listed in the sport-specific matrix; that is, assessment of performances against RA benchmarks in on and off water monitored activities, such as time trials and ergometers, for example, and ILPPs as discussed between state leads, the RA Head of Pathways, National Pathway Science Lead, coaches and athletes themselves.

Membership of the program will be formally reviewed on two occasions throughout the year, at which time athletes may be added, removed or moved to a different category. The first review is conducted in November so as to ensure a commencement of the domestic preparation of athletes in any given year. This review refers to the section of the criteria table “Rowing Criteria – Domestic” and is based on performance in a pinnacle event. The second system-wide review is conducted in May following the selection of National Teams. This review refers to the section of the criteria “Rowing Criteria – International”.

Recognising that the development and progression of athletes varies greatly between individuals, Rowing Australia has the flexibility to consider the categorisation of athletes outside of these formal review periods on a case-by-case basis. Requests to be considered on this basis will be generated by state Pathway Programs and will take into consideration assessment of performances against RA benchmarks in on and off water monitored activities, such as time trials and ergometers and ILPPs as discussed between state leads, the Head of Pathways, National Pathway Science Lead, coaches and athletes themselves.

Ongoing Individual Performance Monitoring – Athletes will be assessed against their “Individual Learning and Performance Plan” (ILPP) within their Daily Training Environment. If following a review an athlete is deemed not to be progressing, they will be provided opportunity to address any concerns within a three-month period. Failure to address concerns in an appropriate manner may result in the level of support being changed or an athlete being removed completely from the support program.

Any athlete who at any point in time fails to meet the pre-eligibility requirements may also be subject to review of support.

## 7. Selection, appeal and review process

The process for reviewing, considering and finalising the categorisation of athletes will involve:

- state-based applicant screening and selection discussions
- forwarding of state recommendations to Rowing Australia
- conduct of a National Moderation Meeting with the categorisation panel
- The categorisation panel consists of the following;
  - RA Head of Pathways (Chair) In case of a tie the chair will have the deciding vote
  - A representative from the AIS (observer, non-voting position)
  - The Pathway Lead from each state or territory
- Athlete Categorisation inclusion questions should in the first instance be directed to the State Pathway Lead, then followed by the RA Head of Pathways
- final Categorisation recommendations forwarded to the AIS for approval
- publication of confirmed Categorisation list

The table below outlines the specific dates for these processes in the current Categorisation period:

<b>Athlete Categorisation Selection - Timeline</b>	
	<b>Activity</b>
27 October 2025	Categorisation template sent to each state for applicant screening and selection discussion
10 November, 2025	State recommendations forwarded to Rowing Australia
14 November, 2025	National Categorisation Moderation Meeting, recommendations to the Performance Director
17 November, 2025	National Categorisation recommendations forwarded to AIS
TBA	Confirmation and publication of Categorisation

The consideration of adding or removing athletes from the Categorisation list will be conducted outside of these timelines.

The appeal process and timelines for any Senior athlete unsatisfied with the Categorisation outcomes is in accordance with the Rowing Australia SNR Appeals Policy which is published on the Rowing Australia website.

Athletes will be advised in writing of their selection and categorisation. Only those athletes that are currently categorised by the AIS shall be notified in writing of their non-selection.

Athlete selections (and subsequent categorisation) will be notified to the RA community with the announcement on the RA website, within 5 business days of receiving approval from the AIS. Annual selection and athlete categorisation decision communications will be done in alignment with the completion of the processes in November and May, respectively.

## 8. Expected Progression

Underpinning inclusion is the expected progression of athletes. In reviewing athletes’ inclusion significant weight will be given to the progression of an athlete in their on-water performances over time together with their progress against other factors addressed in their ILPP.

## 9. Indicators of Future Potential

The primary measure of future potential is in boat performances in Underage Teams. Senior age athletes are benchmarked against historical data in making a determination on potential for future success. The ILPP is an important piece in determining the future 'medal' potential of an athlete.

## 10. Special Consideration

Should an exceptional circumstance prevent an athlete from achieving the required result for Podium or Podium Ready levels at a pinnacle event and there is compelling evidence that the athlete should be included in one of these categories, the personal and individual circumstances of such athletes can be taken into consideration.

Within the RA Athlete Categorisation Performance Matrix and Guidelines, these policies have been developed to recognise athletes who are identified as having the potential to contribute to performance outcomes at the next pinnacle event where one of the following may apply:

- An athlete is recovering from major injury or illness;
- An athlete is taking time away from competition;
- An athlete is transitioning into a sport from another; and
- An athlete is pregnant or has recently become a new parent.

It is assumed an athlete nominated under an Associated Policy would usually be categorised under the RA Athlete Categorisation Performance Matrix and Guidelines and the athlete will return to the sport under the same categorisation (or similar).

### a. Athletes recovering from major injury or illness

- It is recognised that an athlete may still be a contributor to national performance targets at the next pinnacle event despite suffering/recovering from a major injury or illness.
- Generally, athletes who fall into this category will still be identified within the RA Athlete Categorisation Performance Matrix and Guidelines, if they meet the following minimum criteria:
  - Pre-injury/illness the athlete was categorised;
  - There is an athlete plan with a return to competition focus and timeframes outlined – including working with the AW&E team member (or equivalent);
  - The athlete is meeting the requirements of the agreed rehabilitation plan; and
  - The athlete is tracking against rehabilitation benchmarks to achieve pre-injury/illness performance outcomes.

### b. Athletes taking time away from competition

- It is recognised that on occasion; to contribute to national performance targets at the next pinnacle event, an athlete may require some time away from competition for family, health and/or wellbeing reasons
- Generally, athletes who fall into this category will still be identified within the RA Athlete Categorisation Performance Matrix and Guidelines, if they meet the following minimum criteria:
  - Prior to taking some time away, the athlete was categorised
  - There is an agreed athlete plan focusing on maintaining physical and mental wellbeing as it aligns to the sports needs and performance standards
  - The athlete has an agreed return to sport and competition plan including timeframes and regular pre-determined meetings schedule with the sport PD; and
  - The athlete maintains contact with AW&E staff (or equivalent) on a regular basis to ensure athletes are focused on maintaining their wellbeing

### c. Athlete transitioning into a sport from another

- It is recognised that on occasion, high performing athletes may transition into a sport from another with the expectation they will contribute to national performance targets at the next pinnacle event of the new sport. Usually, a high performing athlete would only transition into a new sport if there was a strong likelihood of success. Generally, athletes who fall into this category should be identified within the RA Athlete Categorisation Performance Matrix and Guidelines of the NEW sport, if they meet the following minimum criteria;
  - the athlete was categorised in the previous sport in the past 24 months
  - the athlete has an athlete plan focusing on contributing to the national performance targets at the pinnacle event within a 4-year period; and
  - the athlete has an individual performance plan with the new sport, agreed milestones and it is meeting profession targets

**d. Athletes who are pregnant or have recently become a new parent**

- It is recognised that athletes may take some time away from intense training and competition when they become pregnant or have recently become a new parent. These athletes may still be on track to contribute to national performance targets at the next pinnacle event.
- Generally, athletes who fall into this category should still be identified within the RA Athlete Categorisation Performance Matrix and Guidelines, if they meet the following minimum criteria:
  - Prior to becoming pregnant (or new parent), the athlete was categorised
  - The athlete has an athlete plan focusing on maintaining physical and mental wellbeing as it aligns to the sport's needs (and informed by specific medical advice as it relates to pregnancy and birth where required);
  - The athlete has an agreed return to sport and competition plan, including timeframes and regular pre-determined meetings scheduled with the RA PD (or equivalent); and
  - The athlete maintains contact with AW&E staff (or equivalent) on a regular basis to ensure athletes are focused on maintaining their overall wellbeing.

## 11. Key Contacts

Should you have questions or require further information, please see the list of key contacts below:

ROLE	NAME	DETAILS
Performance Director	Paul Thompson	<a href="mailto:pthompson@rowingaustralia.com.au">pthompson@rowingaustralia.com.au</a> ; 0459 224 464
Head of Pathways	Jason Lane	<a href="mailto:jlane@rowingaustralia.com.au">jlane@rowingaustralia.com.au</a> , 0412 342 362
Head Coach - Men's NTC	Chris O'Brien	<a href="mailto:cobrien@rowingaustralia.com.au">cobrien@rowingaustralia.com.au</a>
Head Coach - Women's NTC	James Harris	<a href="mailto:jharris@rowingaustralia.com.au">jharris@rowingaustralia.com.au</a>
Head Coach - Para Rowing	James Loveday	<a href="mailto:jloveday@rowingaustralia.com.au">jloveday@rowingaustralia.com.au</a>
Head Coach – Beach Sprint	Laryssa Biesenthal	<a href="mailto:l.biesenthal@rowingaustralia.com.au">l.biesenthal@rowingaustralia.com.au</a>
Pathway Centre ACT - ACTAS	Tom Westgarth	<a href="mailto:headcoach@rowingact.org">headcoach@rowingact.org</a> ;
Pathway Centre New South Wales - NSWIS	Andy Burns	<a href="mailto:andy.burns@nswis.com.au">andy.burns@nswis.com.au</a> ;
Pathway Centre Queensland - QAS	Don McLachlan	<a href="mailto:donald.mclachlan@dtis.qld.gov.au">donald.mclachlan@dtis.qld.gov.au</a>
Pathway Centre South Australia - SASI	Beth Bryan	<a href="mailto:beth.bryan@sa.gov.au">beth.bryan@sa.gov.au</a> ; 0439 643 932
Pathway Centre Tasmania - TIS	Brett Crow	<a href="mailto:brett.crow@tis.tas.gov.au">brett.crow@tis.tas.gov.au</a> ; 0428 138 551
Pathway Centre Tasmania - TIS	Nadia Bleaken	<a href="mailto:Nadia.Bleaken@tis.tas.com.au">Nadia.Bleaken@tis.tas.com.au</a>
Pathway Centre Victoria	Noel Donaldson	<a href="mailto:noel@rowingvictoria.asn.au">noel@rowingvictoria.asn.au</a> ; 0417 115 364
Pathway Centre Western Australia - WAIS	Jamie Hewlett	<a href="mailto:jhewlett@wais.org.au">jhewlett@wais.org.au</a> ; 0432 854 716

1. The RA Athlete Categorisation Performance Matrix and Guidelines is a living document that updates as the performance landscape of sport changes. Whilst the framework will remain largely static over a cycle, key data sets, expertise and performance questions should be considered to review and update the framework before categorising athletes. This should be done after Benchmark event competition review, that may result in updates to the WITTW and HP Strategy.
2. Any amendments to the Matrix and Guidelines shall take effect after review and endorsement by the RA Performance Director and Head of Pathways
3. Amendments will be communicated by:
  - a. Posting on the RA website
  - b. Email distribution to currently categorised athletes; and
  - c. Notification to HP System partners, eg. SIS/SAS, etc.

## ROWING AUSTRALIA INDIVIDUAL PERFORMANCE AND DEVELOPMENT PLAN

<b>Athlete Name</b>		<b>Gender</b>	
<b>Date of Birth</b>		<b>Pathway</b>	
<b>Coach</b>		<b>Category</b>	
<b>NTC/SIS/SAS/Club</b>		<b>Sweep / Scull / Cox</b>	
<b>Date</b>		<b>Age Category</b>	
<b>Overall Rating</b>		<b>Categorisation</b>	

Athlete Self-Assessment vs Coach Assessment

Primer	Yes / No	Comment
Are you studying?		
Are you working?		
Participating in community engagement?		
Have you completed your financial plan?		

Body Weight	Specific Physique Goals
Training Range	
Racing Range	

### KEY RACING RESULTS

Event	Team	Boat Class	Target Result	Actual Result	Comments

### PERFORMANCE BENCHMARKS

Ergometer	Benchmark	Result	PB	Biomechanics	Benchmark	Result	PB	Gym 1RM	Benchmark	Result	PB
7x4min Final Step (m)	0		#N/A	Catch Angle (deg)	-			Power Clean (kg)	#N/A		
2000m (m:ss.0)	0:00.0		#N/A	Finish Angle (deg)	-			Back Squat (kg)	#N/A		
5000m (m:ss.0)	0:00.0		#N/A	Length (deg)	-			Dead lift (kg)	#N/A		
30min R20 (m)	0		#N/A	Effective Length	-			Chin Ups (kg)	#N/A		
Benchmark			90% BM	Catch Slip (deg)	-			Bench Pull (kg)	#N/A		
				Finish Slip (deg)	-			Bench Press (kg)	#N/A		

### GAPS & GOALS ANALYSIS

Gap Analysis				Smart Goals				Review Status			
Gap #	Gap	Area	Priority	Smart Goals	Measure	Timeframe	R2	R3	R4		
1											
2											
3											
4											
5											
6											
7											
8											

### ACTION PLAN

Action Plan						Review Status			
Gap #	Action	Measure	Timeframe	Responsible	Comments	R2	R3	R4	
1									
1									
5									
4									
2									
2									
3									

### FINAL COMMENTS

Athlete	Coach
Is there anything that you feel may effect your ability to achieve your goals?	
If yes, is there any other non-rowing matters that may affect your rowing performance?	

Athlete Signature	Coach Signature	Lead Signature	Date:
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