



**University Sport South Africa – Rowing (USSA-R),
University Sport South Africa (USSA) &
Rowing South Africa (RowSA)**

Selection Policy

**FISU World University Games, 16 – 27 July 2025, Rhine-Ruhr,
Germany**

1. Vision and Objective:

- 1.1. The vision of the University Sport South Africa – Rowing (USSA-R) programme is to have a successful international university rowing team, to further develop student athletes throughout South Africa and to provide these students with exposure to international competition to feed more athletes to the national high-performance rowing team.
- 1.2. The objective of this document is to outline the process by which USSA, with the expertise of USSA-R and the Rowing South African International Commission (RowSA IC), will select its rowing team to compete at the FISU World University Games, held in the Rhine-Ruhr, Germany, from the 16th to the 27th of July 2025.

2. Student Eligibility:

2.1. Bona fide students registered with a member club of University Sport South Africa (USSA) (i.e. a club affiliated with USSA) may be considered for selection. A student participating for an outside club or another tertiary institution without the permission of his/her institution, may not be granted permission to participate in USSA competitions and trials unless well motivated written applications are submitted to the NEC for approval as per clause 3.5.12 of the USSA Regulations.

A bona fide higher education student as stipulated by Article 3.4.1 of the USSA Regulations is defined as a person who is:

- (a) Students officially registered with a member club of USSA at a higher education institution recognised by the appropriate national academic authority in the country (i.e. Department of Higher Education and Training) for a programme of at least 120 SAQA credits regardless of registration status (i.e. full-time or part-time) on NQF Level 5 and approved by that institution's senate. This includes bridging courses, although only one (1) attempt at completing any bridging course will be allowed at any institution. Students enrolled for bridging courses must have a matriculation endorsement or a certificate of exemption issued by the Matriculation Board. This excludes students who are enrolled for short courses or are registered for courses or modules or units of study that are less than 120 SAQA credits.
- (b) Students actively involved in pursuing his/her academic career, i.e. attending lectures, submitting assignments, writing tests and examinations to be promoted to the next level of study.
- (c) In the case of a postgraduate student, a letter from the Registrar (or appointed representative of the Registrar) of the participating institution in question is required for all honours, masters and doctoral students indicating that the student is making satisfactory progress towards the completion of their postgraduate degree

2.2. South African citizens in possession of a valid South African passport (citizens with foreign passports will not be accepted).

2.3. Students between 18 and 25 years of age on 1 January 2025, i.e. born between 1 January 2000 and 31 December 2007.

- 2.4. The participation of former students in USSA events is not permitted. Exceptions may be made by the Selection Committee for students who graduate (complete their studies) in 2024.
- 2.5. Athletes must be attending a tertiary institution that is affiliated to/with USSA (RSA based institution), or an International Institution affiliated to a member of FISU (i.e. NCAA of the USA). A limited number of merit student sportspersons who are South African citizens studying abroad may be considered for selection in national teams for participation at the FISU World University Games. Such persons studying abroad must participate at:
- (a) their University's National University Championship; and
 - (b) the RowSA Final Selection Regatta; or
 - (c) an alternative selection regatta that will be formed to accommodate international championship regattas dates.

3. The Selection Committee:

- 3.1. The USSA-Rowing Selection Committee will comprise of the following:
 - (a) USSA-Rowing RowSA International Commission Representative (appointed by the USSA-Rowing Executive Committee);
 - (b) a nominee of the USSA-Rowing Executive Committee;
 - (c) a representative of the USSA-Rowing Trustees;
 - (d) the Rowing South Africa National Head Coach (or their nominee); and
 - (e) the appointed Team Head Coach (who will form part of this committee following their appointment by the selection committee).
- 3.2. The Selection Committee will be chaired by the USSA-Rowing RowSA International Commission Representative.
- 3.3. The USSA-Rowing Team Manager will be an ex-officio member of the selection committee and will be responsible for documenting and communicating to relevant parties/stakeholders' decisions taken by the selection committee. However, they will not have any voting rights.
- 3.4. The Selection Committee shall not comprise more than 2 representatives from the same institution, alumni or otherwise. If there are more than 2 individuals from the same institution, another will be nominated for the role observed.

4. USSA-Rowing Team Manager:

- 4.1. The position of USSA-Rowing Team Manager will work with the Team Head Coach in managing the USSA-Rowing Squad and have the following roles and responsibilities:
 - (a) Assist with communication to athletes and coaches, the USSA-Rowing Selection Committee, the USSA-Rowing Executive, RowSA IC and the USSA NEC (in collaboration with the USSA-Rowing Executive);
 - (b) Collection of all trial information pertaining to trialling athletes;
 - (c) Administration of team prior to- and during (should a team manager be sent with the team) the competition; and
 - (d) Documenting and communicating to relevant parties/stakeholders' decisions taken by the selection committee.
- 4.2. Appointment of the USSA-Rowing Team Manager prior to the competition will be done by the USSA-Rowing Selection Committee and communicated to the members of USSA-Rowing. The selection committee will delegate the application process and shortlisting process to the Executive Committee and approve the recommendation from the NEC. Preference will be given to university staff and registered students at a tertiary institution.
- 4.3. Nomination of a traveling USSA-Rowing Team Manager will be made by the USSA-Rowing Selection Committee to the RowSA IC for endorsement, with final approval by the USSA National Executive Committee (NEC).

5. Team Coaches Selection Process

- 5.1. Appointment of the USSA-Rowing Head Coach, as well as crew specific coaches and assistant coaches, prior to the competition will be done by the USSA-Rowing Selection Committee with input provided by the RowSA International Commission.
- 5.2. The selection process that will be considered by the selectors in selecting coaches for the USSA Team include the following:
 - (a) ability to operate in a coaching team in a broader high-performance environment;
 - (b) current and past record as a Coach, including performance of domestic and international crews coached in past, including performance of crews at selection events, management of those crews and a proven capacity to relate appropriately with athletes, coaches, officials and USSA Executive;
 - (c) athletes/crews which have been selected as part of the USSA-Rowing Squad;
 - (d) compatibility with athletes;
 - (e) adherence to the USSA, RowSA and USSA-Rowing policies;
 - (f) compatibility to crew combination, technical compatibility and team balance and harmony;
 - (g) potential development of the coach for subsequent National Teams;
 - (h) affiliation to a university rowing club; and
 - (i) valid safeguarding certificate

6. Athlete Selection Principles:

- 6.1. The number of rowers selected in the final team is at the discretion of USSA-Rowing, with final approval from the USSA NEC.
- 6.2. Participation at the following regattas is considered a prerequisite for selection for South African-based athletes, with entries in either the scull (1x) and or pair (2-) at these regattas required:
 - (a) Buffalo Regatta (6 - 8 February 2025) – to be entered into either the U23 or A division.
 - (b) USSA-Rowing National Sprints Regatta (Dates TBC) – to be entered into the A division.
 - (c) SA Senior National Championships (26 – 27 April 2025); and
 - (d) RowSA National Selection Regatta (Date TBC – attendance to this regatta is by invitation from the RowSA International Committee only).
 - i. Final Selection Regatta 1 – for South African-based athletes who attend university in South Africa (Date TBC).
 - ii. Final Selection Regatta 2 – for overseas-based South African athletes who wish to trial for the SA team (Date TBC).
- 6.3. Although not compulsory, participation at RowSA National Status Regattas, as well as provincial championships, for the 2024/2025 season are considered very advantageous for selection and results from these regattas should be communicated to the USSA-Rowing Team Manager. These include, but are not limited to:
 - (a) Gauteng Junior Championships (01 – 03 Nov 2024) - entries into the W1x, M1x, W2- and or M2- will be considered.
 - (b) Gauteng Senior Championships (5 - 6 April 2025) – entries into the A division will be considered.
 - (c) Western Cape Championships (Date TBC) – entries into the A division will be considered.
 - (d) Eastern Cape Championships (Date TBC) – entries into the A division will

be considered.

6.4. Entries into the following boat classes from the above events will be considered:

- (a) 1x; and/or
- (b) 2-; and
- (c) Boat classes that the athletes wish to trial for (e.g. 4-; 2x etc).

6.5. Completion of the following ergometer assessments is a prerequisite for selection consideration:

(a) 22 – 28 Nov 2024: 2000m at max; 5000m at max
6000m water trial (venues tbc)

(b) 27 – 29 Jan 2025: 2000m at max

(c) 10 – 14 Mar 2025: 2000m at max

(d) *Dates TBC: 2000m at max

6.6. The 2000m and 5000m trials must be completed within a 24-hour period..

**Candidates seeking additional consideration for selection to the Senior or Under 23 National Squad are required to complete the 17,000m trial in accordance with the Senior and Under 23 Selection Policies, which outline the applicable standards and criteria for eligibility.

6.7. Should for any reason the prescribed ergometer dates fall outside of the currently scheduled trial dates of either an athlete's Club schedule, or that of the RowSA National Squad, this must be communicated to the USSA-Rowing Team Manager prior to the trials. The Selection Committee will review all trial date requests and decisions communicated back to the relevant athlete.

Athletes should achieve the following standards for ergometer assessments:

- a) The standard altitude of all assessments is sea level, and all assessments will be adjusted accordingly using the altitude adjustment formula.

Category	Minimum Standard (inland)	Minimum Standard (coastal)
Openweight Men	6:20	6:10
Lightweight Men	6:35	6:25
Openweight Women	7:20	7:10
Lightweight Women	7:35	7:25

*Table 1 - Ergometer Assessment
Standard Times*

- 6.8. All assessments must be completed and submitted to the Team Manager no later than 24 hours after the last date for the assessment.
- 6.9. Completion of all ergo assessments are compulsory to be considered for selection.
- 6.10. Should the assessment information not be received by the Team Manager, as required in Article 6.5 the assessment shall be classified as incomplete except in the following circumstances:
- (a) A signed medical certificate is received within 48 hours of the closing date for the assessment. Athletes must then complete the required assessment as soon as the doctor who signed the medical certificate confirms in writing that the athlete may take the ergometer test.
 - (b) Notification of an athlete's inability to complete the assessment reaches the Team Manager prior to the beginning of the assessment period and a new assessment period is agreed upon in writing by the Team Manager.
- 6.11. Depending on time and availability, ideally two selection camps and one final preparation camp will be held for the purpose of athlete training and

identification as well as true and reflective trialling for the formation of crews for the Final National Selection Regatta and the World University Games.

6.12. Should the regattas and assessments be impacted, resulting in them being cancelled for any reason, the selection committee will provide alternative criteria for selection based on the following principles:

- (a) Health and well-being of all involved in the trial process;
- (b) Fairness to all athletes trialling; and
- (c) Availability of equal trial opportunities for all athletes

6.13. Should the camps mentioned in Article 6.11 not take place, for any reason, the Selection Committee will base their decisions on the objective performance information available, they will also use their own experience and judgement when forming crews, assessing crew compatibility, and making selections.

6.14. The USSA-R Selection Committee will work with the RowSA IC to ensure close alignment between the USSA Team selections and those for the Senior and U23 National Squads.

6.15. Participation at the Final National Selection Regatta is by invitation only, as a member of a USSA-Rowing formed crew, as described above.

6.16. The following events are offered at the 2025 World University Games:

- W1x (Women's Single Scull)
- LW1x (Lightweight Women's Single Scull)
- M1x (Men's Single Scull)
- LM1x (Lightweight Men's Single Scull)
- W2x (Women's Double)
- LW2x (Lightweight Women's Double)
- M2x (Men's Double)
- LM2x (Lightweight Men's Double)
- W2- (Women's Pair)
- M2- (Men's Pair)

- W4- (Women's Coxless Four)
- M4- (Men's Coxless Four)
- W8+ (Women's Eight)
- M8+ (Men's Eight)
- Mix4x- (Mixed Quad: 2 men, 2 women)

7. Coxswain Selection Process

- 7.1. Should a coxed crew be selected; the selection of the cox will be based on their skills in steering and on the contribution the Selection Committee and crew coach believe they can make to the crew's performance. The cox may be male or female for either male or female boats.
- 7.2. A cox must weigh a minimum of 55 kilograms, which may include up to 10 kilograms of "deadweight".

8. Appeal Procedure

- 8.1. The Chairperson of the USSA-Rowing Trustees will act as a Permanent Tribunal Chairperson. Should the Chairperson of the USSA-Rowing Trustees not be available they may delegate a nominee, with approval from the USSA-Rowing Executive and the Trustees.
- 8.2. An athlete who has participated fully in this selection process may lodge an objection with the Team Manager:
 - (a) Any objection must be made, in writing, to the Team Manager within 48 hours of notification of a selection decision. The correspondence must be detailed and must contain specific reasons for any grievance or objection.
 - (b) The Team Manager must provide a written response within 96 hours of receiving the request, excluding holidays and weekends.
- 8.3. Should an athlete still not be satisfied with the response of the Team Manager, he or she may submit a written request to the Permanent Tribunal Chairperson to review the selection process.
 - (a) Any request made must be made within 48 hours of the Team Manager's response and must set out, in as much detail as possible, the grievance
or

objection, as well as specific detailed reasons why the written response of the Team Manager does not satisfy the complaint.

- 8.4. Upon receipt of any request, the Permanent Tribunal Chairperson shall request a written representation from the USSA-Rowing Selection Committee, outlining all reasons for the selection decision, and will convene an urgent Appeals Tribunal. Any Appeals Tribunal will consist of the following (none of whom may have been members of the USSA-Rowing Selection Committee):
 - (a) The Permanent Tribunal Chairperson;
 - (b) A representative of the USSA Rowing Executive;
 - (c) A representative of the RowSA International Commission; and
 - (d) A representative of the USSA-Rowing Trustees.
- 8.5. Should an athlete still not be satisfied with decisions of the Appeals Tribunal, he or she may submit a written request to the USSA National Executive Committee to review the selection process.
 - (a) Any request made must be made within 48 hours of the Appeal Tribunal's response and must set out, in as much detail as possible, the grievance or objection, as well as specific detailed reasons why the written response of the Appeal Tribunal does not satisfy the complaint.
- 8.6. Any decision by the USSA National Executive Committee will be binding and final to all parties, including the objecting Athlete, USSA-Rowing Selection Committee, and the Appeals Tribunal.