

# GROA training

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# Agenda

- 2015 changes to rules
- Boat weighing
- Heads races

# Terminology

- We are all officials, not umpires
- An umpire is an official tasked with umpiring a race
- Dead heat – two boats cross line at exactly the same time
  - Progression – PoJ decides course of action
  - Finals – placed at that position (next position skipped)
- Safety plan – addresses land and water safety requirements, emergency procedures etc

# Terminology 2

- The weight carried by an underweight cox, or for an underweight boat is Ballast (previously deadweight)
  - Must be of lead shot, steel shot or sand
  - This implies no liquid and no hard items such as bricks and stones

# Start zone

- Breakage in start zone removed in 2014
- Umpire was obligated to deal with boat clashes in start zone
- Now umpire is obligated to deal with clashes anywhere on the course

# Stop rowing

- If the umpire is of the opinion that a crew or crews are in danger from an obstacle, he or she may either steer the crews around the obstacle or instruct that crews stop rowing by holding the white flag up and calling for the crew “STOP ROWING”.
- The umpire may also call “OBSTACLE” as the reason for steering or the stoppage.

# Closure of course

- The president of the jury shall close the regatta course for training and other boating activities 30 minutes prior to the scheduled start of the first race of the day.
- If safe and appropriate to do so, the president of the jury can open the course for training and other boating activities 30 minutes after the last race of the day has finished.

# Heads racing

- Heads racing section added



# Boat weighing

# Boat weighing

- Boat weight is crew's responsibility
- Scale must be available for test weighing
- A random draw of boats to be weighed done by PoJ
- Selected boats are weighed after racing
- Control commission will notify crews that boat must be weighed and escort them to weighing station
  - Must wait until boat is lifted out of water so that crew cannot wet shoes to make up weight

# Boat weighing 2

- Boat must be emptied of any water
- Tools, sponges, bottles, shoes and any clothing must be removed
- Any fittings such as stroke coaches, cox boxes must be removed
- Speakers, cables and magnetic sensor may be left in
- If any ballast was taken, it must be weighed with boat
- Weight to 0.1 kg
  - Additional digits are truncated - 14.08 is taken as 14.0

# Boat weighing 3

- Weigh boat – if over minimum weight OK
- If underweight crew representative and official to sign *first boat weight*
- Remove boat and weight test weights
  - 10kg for scull, 20kg for pairs and doubles, 40kg otherwise
- Crew representative and official sign *test weight*
- Weigh the boat again, and crew representative and official sign *second boat weight*
- Notify PoJ that boat is underweight
- Crew will be relegated to last place

# Typical weighing form

<b>Boat Weighing Form</b>			
<b>Date</b>	<i>25 January 2015</i>		
<b>Time</b>	<i>10h30</i>		
<b>Race number</b>	<i>12</i>		
<b>Lane number</b>	<i>3</i>		
<b>Event</b>	<i>JM19 8+</i>		
<b>Stroke name</b>	<i>Jones</i>		
<b>Boat name</b>	<i>Dorney</i>		
<b>Minimum weight kg</b>	<i>96</i>		
	<b>Actual Kg</b>	<b>Crew Rep</b>	<b>Official</b>
<b>First boat weight</b>	<i>95.2</i>	<i>Signed</i>	<i>Signed</i>
<b>Test weight</b>	<i>40.0</i>	<i>Signed</i>	<i>Signed</i>
<b>Second boat weight</b>	<i>95.2</i>	<i>Signed</i>	<i>Signed</i>

# Heads races

# Heads races

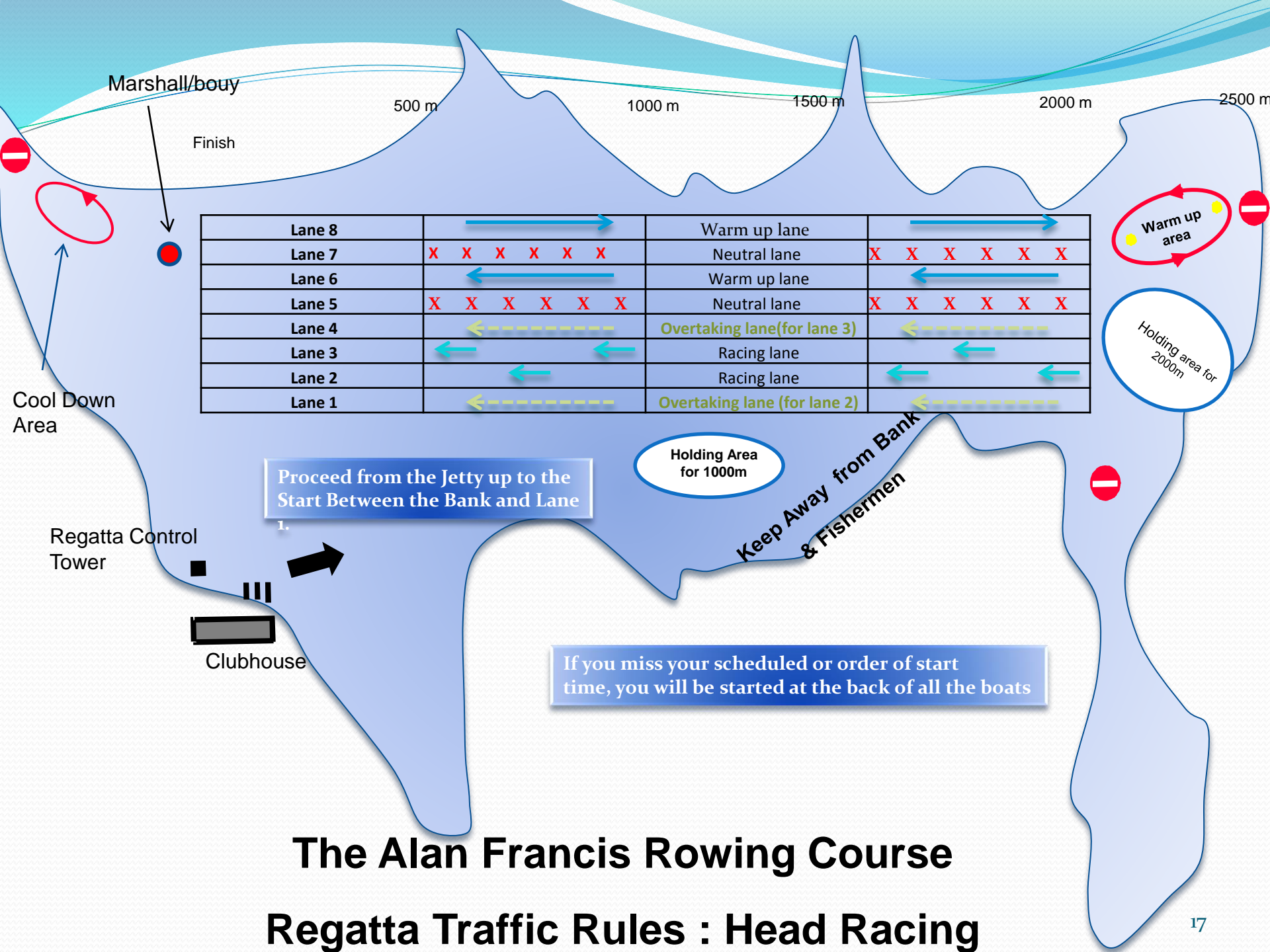
- Also called time trials
- Used
  - to seed crews at Universities and Schools' boat races
  - when there are too many entries
  - in adverse weather conditions
- When seeding is provided, highest seeds start first
- Used for all crews in an event



# Heads races – officials

- 1 or 2 officials marshal crews into order
  - Marshalling is most important
- 1 umpire gets crews to start rowing
  - Started at regular intervals – 15 to 30 seconds apart
- 3 or 4 officials at start
  - 1 official does flag and megaphone
- Remaining officials are spread along course as static umpires
- 3 or 4 officials at finish





Marshall/bouy

500 m

1000 m

1500 m

2000 m

2500 m

Finish

Lane 8		Warm up lane	
Lane 7	X X X X X X	Neutral lane	X X X X X X
Lane 6		Warm up lane	
Lane 5	X X X X X X	Neutral lane	X X X X X X
Lane 4		Overtaking lane (for lane 3)	
Lane 3		Racing lane	
Lane 2		Racing lane	
Lane 1		Overtaking lane (for lane 2)	



Proceed from the Jetty up to the Start Between the Bank and Lane

Keep Away from Bank & Fishermen

If you miss your scheduled or order of start time, you will be started at the back of all the boats

Cool Down Area

Regatta Control Tower

Clubhouse

# The Alan Francis Rowing Course

## Regatta Traffic Rules : Head Racing

# Heads races

- Try to get crews in correct order
- Crews are instructed to start rowing at regular intervals
- Start rowing before start line – running start
- If a crew is being overtaken, they must move out to alternate lane
  
- If the race needs to be re-rowed, all the crews must re-row

# Heads races timing

- All stop watches are synchronized before the race
- Two or three watches required at start and at finish
- When timing start or finish:
  - Important to note bow number
  - Write down time immediately if possible
- Start time is when boat crosses start line
- Times are taken at finish, and elapsed time calculated
  
- Video of start and finish if possible

# Issues with head races

- Missing start or finish time
- Getting order of boats mixed up
- Ideal if start and finish are videoed
- Difficult to manage crews with medical conditions
- Ensure crews move out of way of overtaking crews
- Boats not started in correct order is not an issue
- Stop watches can store a maximum of 99 times

# The Head of the Charles



# Head of the Charles 2014

- 50<sup>th</sup> event, started in 1965
- 11,000 athletes from 776 clubs and 400,000 spectators
- 4800 metres, 6 bridges
- 31 events with 1244 crews on Saturday
- 30 events with 1088 crews on Sunday
- 15 second intervals
- 4 events with 85 boats
  - 29 minutes till next event



# Have fun!

