

# GROA training

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# Agenda

- Fairness
- VLC Sprints
- Rope hold starts
- Radio protocol
- Changes to rules 2014

# Fairness definition



All rowers shall compete fairly, showing respect for their opponents and for the regatta officials. In particular,

- be at the start on time
- follow instructions of the officials at all times, both on and off the water.

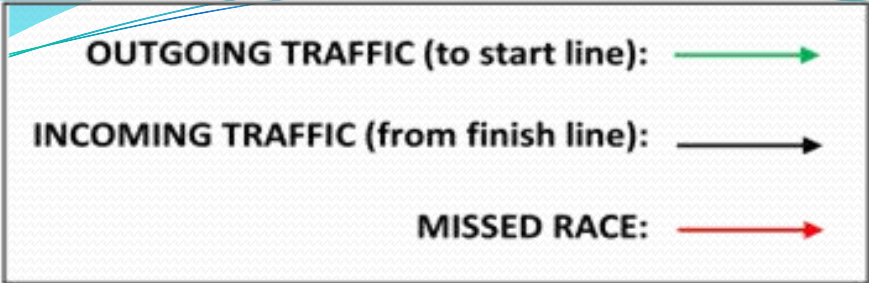
Officials shall

- ensure Rules of Racing applied fairly
- atmosphere of respect to all competitors.

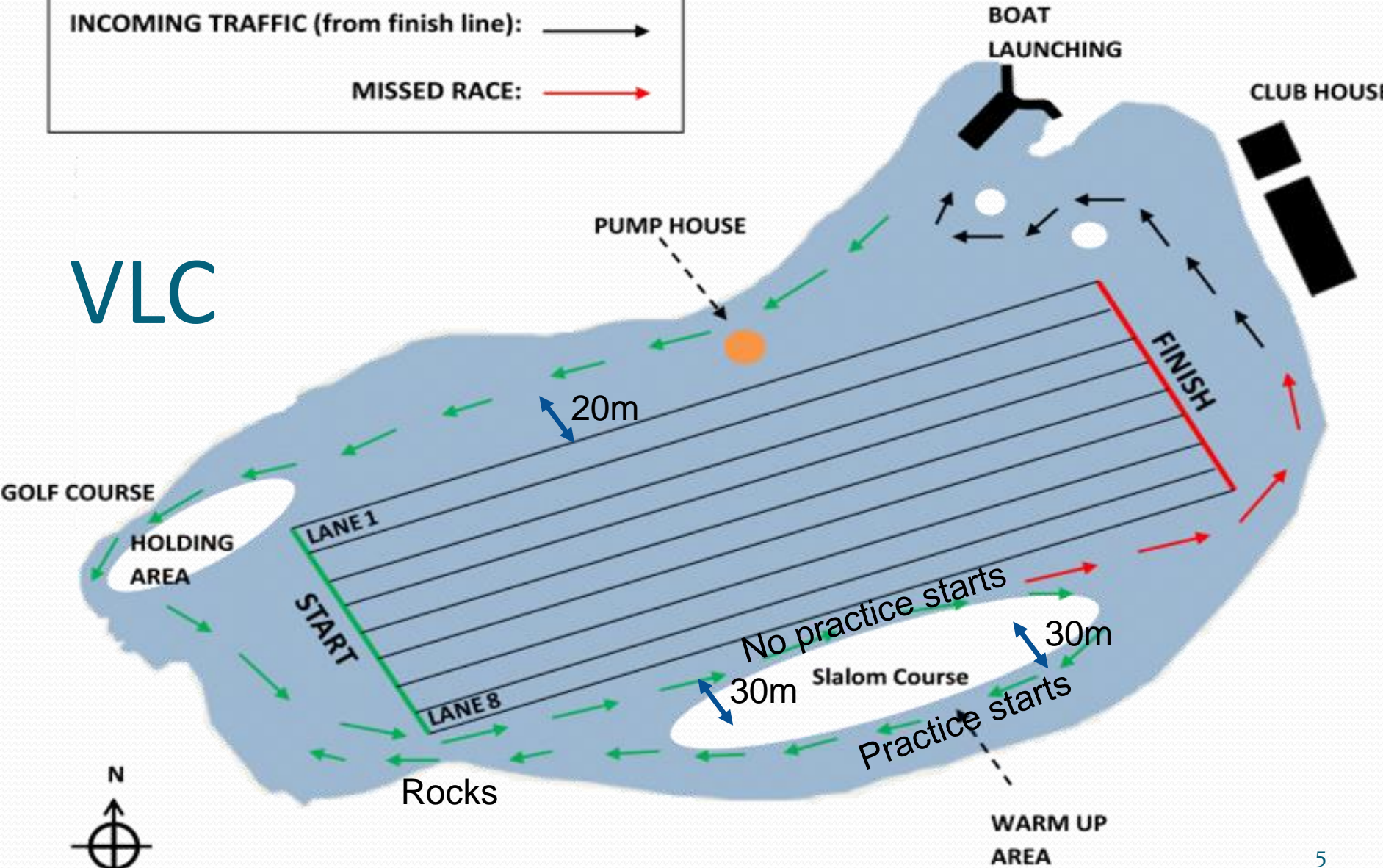
# VLC Sprints

- ID files will be used for random checking of crews
  - If no ID file, selected crews will be relegated to last place
- Athlete weighing
  - Lightweight rowers and coxswains for Senior A events
- Heats with progression dependent on times
  - Aligner keep backup time (pilot also if possible)
- Rope hold starts
- Water rules

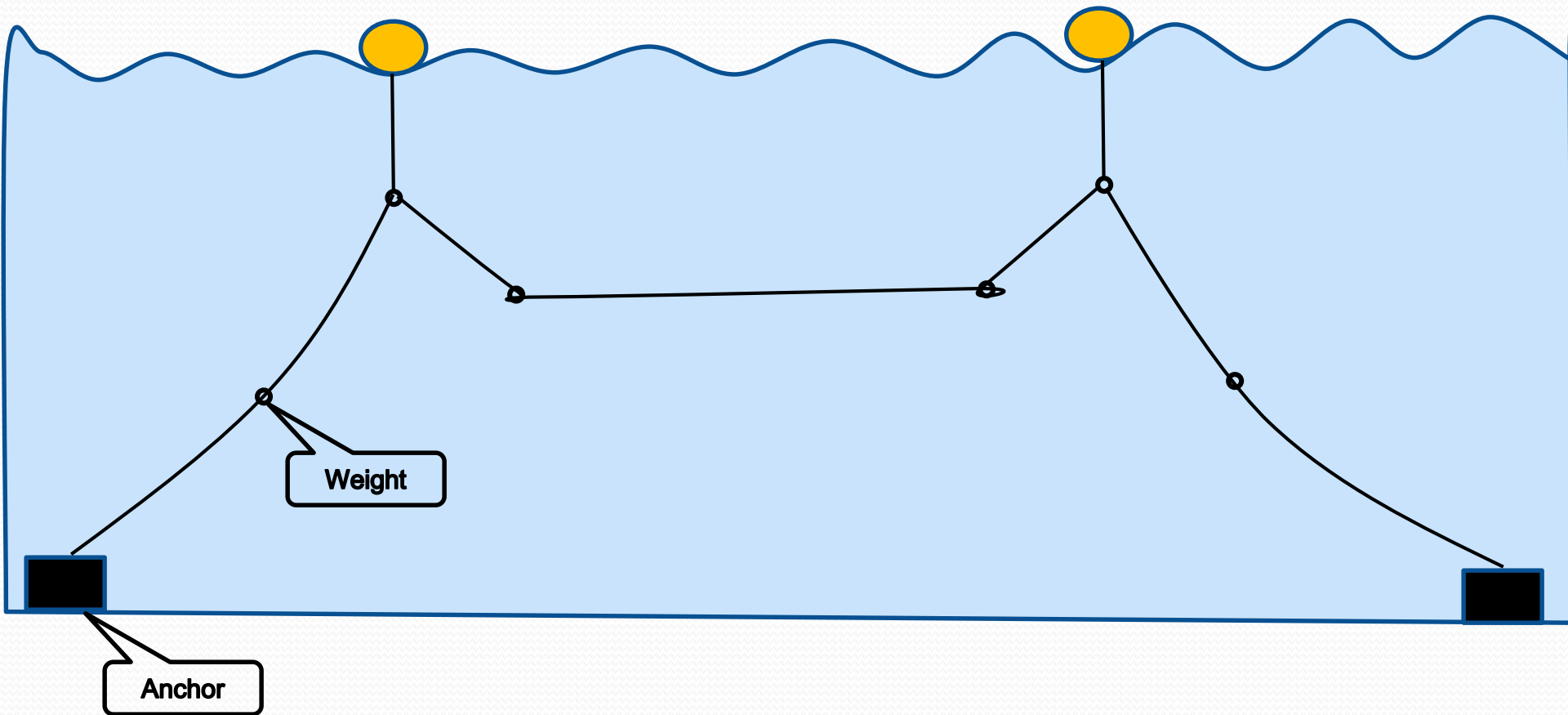




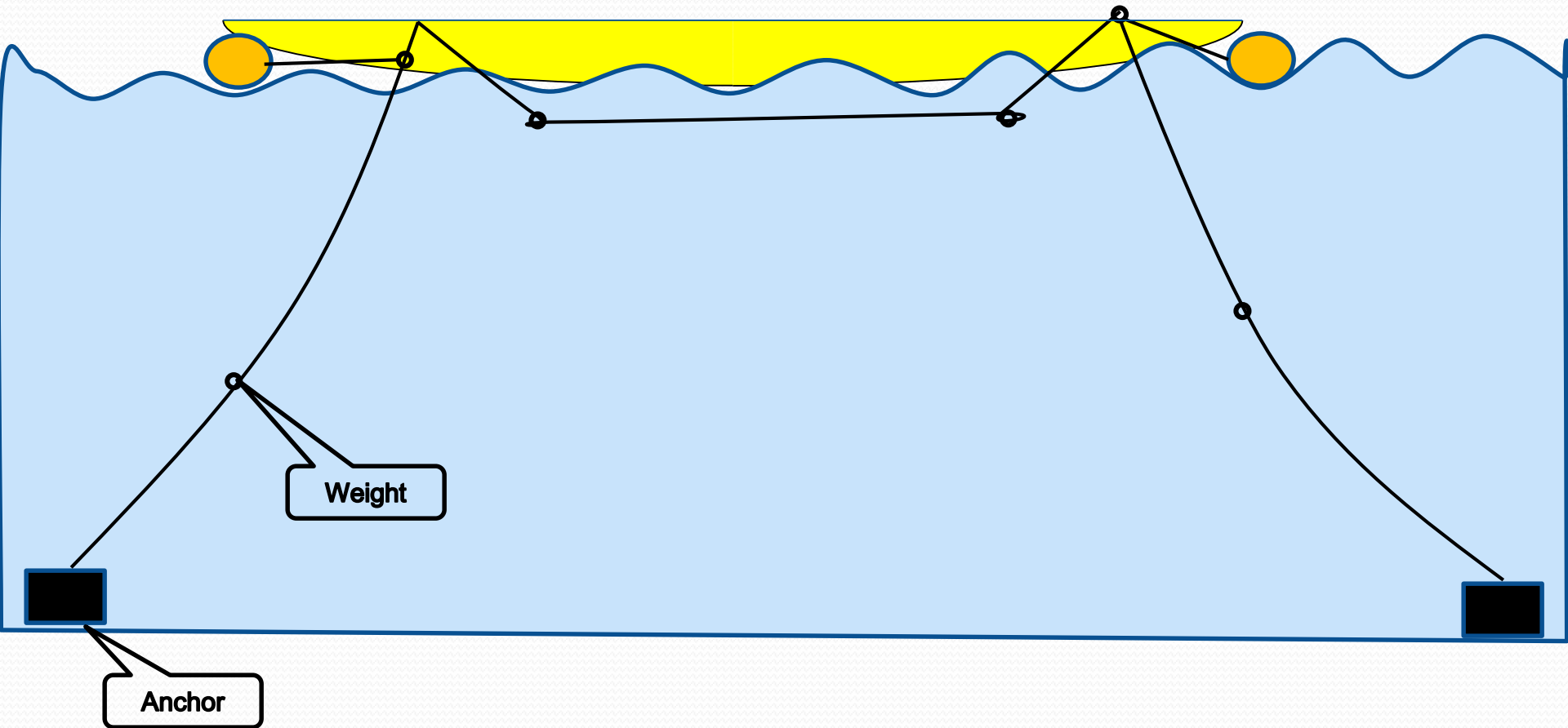
# VLC



# Rope hold starts



# Rope hold starts



# Radio Protocol

- Use only when necessary
- Listen before you speak - Wait until previous call has ended
- Press the PTT button and wait half a second before speaking
- Identify who you are calling then identify yourself
  - Call: President of the Jury, Umpire Michael
  - Reply: PoJ Go or PoJ Send
- Keep it short and simple – speak slowly and precisely  
avoid getting excited - you become unintelligible
- Stay off the air during emergencies
- Switch off radio before putting it back in crate





# Examples

- Pilot calls in race:
  - Stand by for the start of Race number 10,
  - Junior men's U19 eight, Final A,
  - Umpire 4 Michael,
  - Changing to channel 2/3
- On Channel 2/3
  - Race number 10, Umpire 4 Michael
  - Hold radio open for Attention and Go
  - Change radio back to channel 1
- Notify finish if any warnings, DNS, DNF



# Radio Protocol – DON'Ts

- Critique officials over the radio
- Don't engage in unnecessary chatter
- Don't put flat batteries in battery bags



# Radio Protocol - Tips

- Channel 1 and 3 old Kenwood radios
- Channels 1 and 2 on new Motorola radios
- Shield MIC when there is wind
- Check that antenna is screwed in properly
- On new radios, light indicates someone is talking
- When updating entries, break it up into small sections
- Be careful what you say on the radio – anyone could be within earshot of a radio



# Safety



- **Priority 1** means a life is in potential danger
  - Capsized and heads not all visible
  - All racing must stop, rescue responds at maximum speed
  - Radio is used for safety only, until cleared by Safety Officer
- **Priority 2** means a need of possible emergency care
  - Serious but not life threatening
  - Racing continues, do not start any races until all clear
  - Rescue goes at speed taking care as racing is still going on
  - Essential radio comms, until cleared by Safety Officer
- **Priority 3** means no health or life threatening situation
  - Capsized, but heads are all above water
  - Rescue goes as fast as possible without washing competitors

# Changes to Rules of Racing 2014

- Rule changes are considered by SAROC each year and submitted to the RowSA AGM for ratification
- Proposed changes to these rules can be submitted to the chair of SAROC by constituent members for consideration



# Red Card

- Two Warnings (yellow cards) indicates an Exclusion (red card)
  - Applies to current race
  - Warnings from previous heats, reps, semis do not apply
  - Exclusion is for this event
  - May enter other events



# Bow number

- **Must be rigid** and fitted vertically
- White or yellow
- Black lettering of 150 mm
- No alteration of the number is allowed





# Rowers age categories

- JW18 and JM18 are junior rowers competing in provincial or international events and may do so until 31<sup>st</sup> December of the year in which they reach the age of 18.
- For SA, Boys and Girls U13, U14, U15, U16 and U19
  - The rower is classified as Uxx until the 31<sup>st</sup> of December of the year in which they reach the age of xx
- A rower or coxswain may participate as an Under 23 rower until 31 December of the year in which they reach the age of 22



# Undershirts and leggings

- If undershirts and / or leggings are worn by any members of a crew then:
  - Those worn by those crew members shall be uniform (as per hats/caps)
  - They shall be neutral in colour or matching the registered racing uniform
  - They must be devoid of logos, advertising or other markings

# Starting the race

- Call Attention
- Raise the Red Flag
- After a variable pause of **1 to 5 seconds ...**
- **The race is started by the umpire dropping a red flag**
- This must be a definite movement
- Accompanied with the word Go



# Start zone (100m)

- If an interference or clash occurs within the first 100m
  - The umpire **may** stop the race and
  - **May** issue a warning / yellow card to any offending crew
- No breakage zone
  - (unless in local rules such as at Boat Race)

# Masters handicap system

- Example has been corrected
- Winner's time dictates the row in the table
- Time per age category is subtracted from each boat
- Age category is at 1<sup>st</sup> January of season
- Equal or greater than age category A to K
- Mixed gender crews add to women's ages:
  - Age 27 to 35 add 15 years
  - Age 36 to 49 add 12 years
  - Age 50 and older add 10 years



# Example

Actual Winning Time	Age Categories (Time difference in seconds)										
	A	B	C	D	E	F	G	H	I	J	K
	27	36	43	50	55	60	65	70	75	80	85
3:50 - 3:59	0	2	8	17	25	35	45	56	69	84	103

Lane	Club	Age Category	Actual Time (A)	Initial Positions	Handicap per Chart (B)	Handicap Time (A - B)	Final Positions
5	VL	D	03:55	1st	00:17	03:38	2nd
6	Ravens	A	03:58	2nd	00:00	03:58	4th
4	Wemmer	C	04:15	3rd	00:08	04:07	5th
3	Vikings	E	04:18	4th	00:25	03:53	3rd
2	Old Eds	G	04:22	5th	00:45	03:37	1st

- Handicaps are taken from same line and subtracted

# Questions?

