

GROA training

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Agenda

- Penalties
- Application of penalties
- Heads races

Penalties

- Reprimand
- Warning (yellow card)
 - Will still apply if race is re-rowed
 - Violation of traffic rules, late at start, dress code
- Exclusion (red card) - removed from event
 - Late at start, two yellow cards, clashes during race
- Disqualification - removal of crew from all events
 - Flagrant or intentional violation of rules
 - False declaration of name, classification or club membership
- Relegation to last place
 - Underweight boat

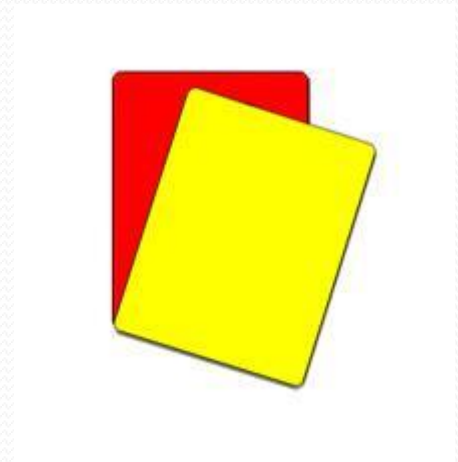
Red Card

- 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



Who can award a penalty?

- Any umpire can recommend a penalty
- Penalties are awarded by
 - Umpire of the race for all other offences
 - Aligner/Judge at the Start can only stop race for a False Start
 - Jury when a protest is heard



Control commission - Boats

- Bow number is too small (150 mm) or wrong colours
- Bow ball
 - Is not white
 - Broken
 - Missing
- Heel straps
 - Too long – should be about 70 mm
 - Missing
- Bung cover missing, taped over
- Boat underweight, repeat offence



Control commission - Athletes

- Athlete weighing
 - Late
 - Did not weigh in
 - Cox does not have ballast at end of race
 - Lightweight crew overweight
- ID book has not been presented
- Crew changes not communicated
 - Random checking of athletes
 - Objection by another crew



At regatta



- Bad behavior
 - Unsportsmanlike conduct or behaviour
 - Use of obscene language or gestures
 - Abusive behavior towards officials, competitors, spectators
 - Malicious damage to property
- Not complying with instructions from any official

On water



- Bow number
 - Missing
 - Wrong number
 - Too small or wrong colours
- Traffic violation
 - Following wrong route
 - Crossing course in wrong place
 - Practicing starts in wrong place

At start



- Late at the start
 - 2 minute rule
 - Holds for boats or athletes
 - Catching up time
- Dress code
 - Racing uniform
 - Caps
 - Undershirts or leggings
- False start
 - More than one crew false starts?

During a race



- Breakage
 - Before the race
 - In start zone
 - Forcing a clash to restart due to a breakage
- Clashes in race
 - Start zone
 - Elsewhere on the course
 - Going off the course
- Electronic receiving or sending of data

Objection at end of race



- Has the crew been disadvantaged?
 - No -> regular race
- Has the disadvantage affected the ranking of the obstructed crew?
 - No -> confirm the result
- Exclude the offending crew - Does this exclusion restore chances of obstructed crew?
 - Yes -> confirm the result
- Re-row those crews whose ranking has been affected

FRA

GBR

CAN

SUI

- What is done if results in finals are:
 - GBR CAN SUI FRA
 - CAN GBR SUI FRA
 - SUI GBR CAN FRA
 - SUI FRA GBR CAN

Heads races

Heads race

Head race means a race where the order of finish is determined by comparison of elapsed times taken to cover the prescribed course

- Boats race one after the other
- The times are taken at start and finish
- Winners are crews with shortest times



The Head of the Charles



Head of the Charles 2014

- 50th 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



Old Eds at HOOCR 2014

- 27 of 47 in Men's Club Eights
 - M. Aling/G. Stobie/B. Hart/K. Thornycroft/A. Glover/P. Smith/J. Stilwell/G. Howarth (K. Holzem)
- 13 of 24 in Men's Lightweight Singles
 - Bruce Turvey
- 21 of 22 in Men's Master Singles and coach
 - Zak Wood



Boat Race at Port Alfred

- Universities
- Schools

- Men – 6.2km
- Women - 4 km



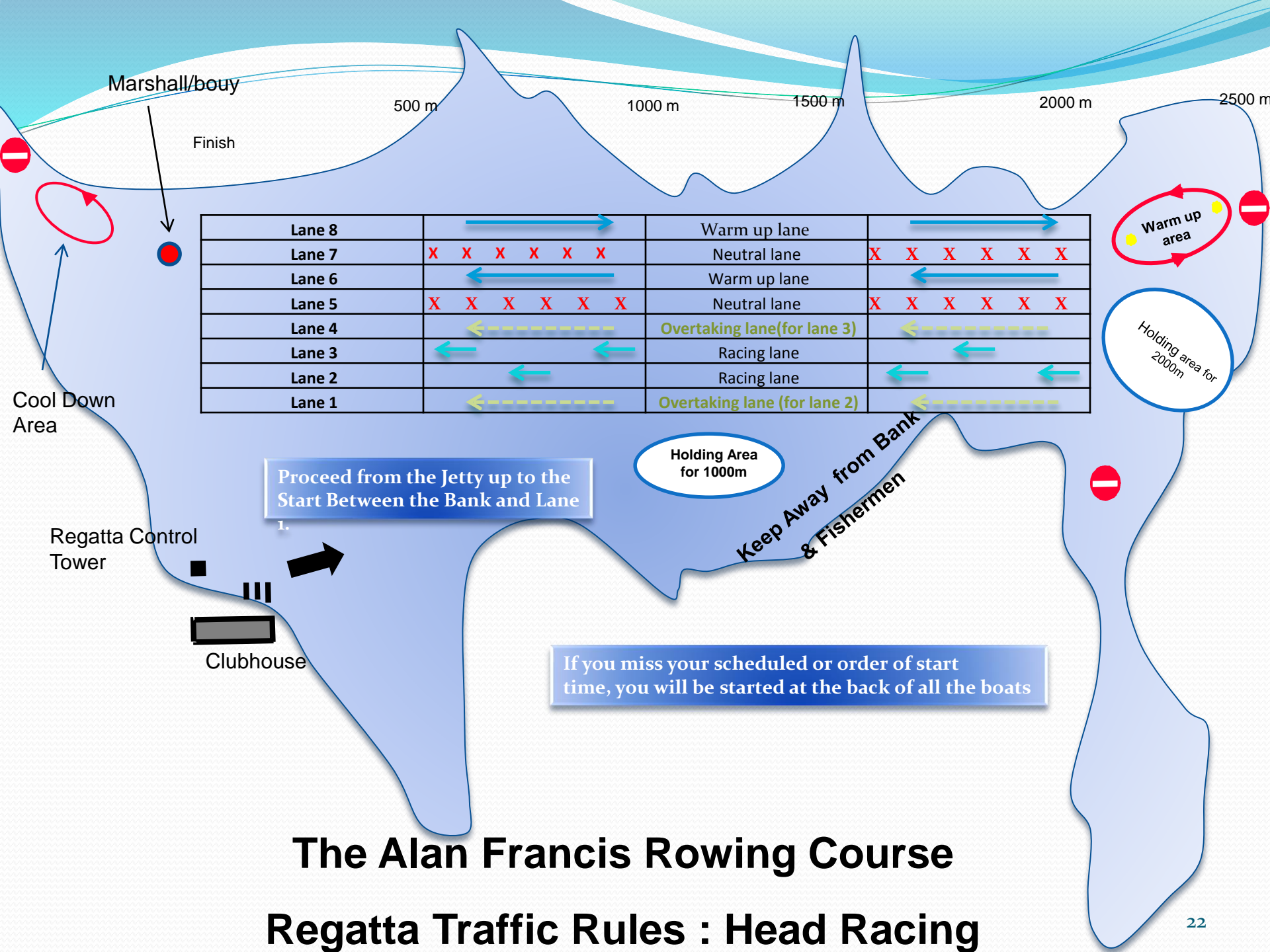
Heads race

- Start rowing before start line – Countdown, Start rowing
- Start time when boat crosses start line - Go
- Time calculated between finish and start
- Crews are seeded to minimize overtaking
- Static umpiring along course

- Backup watches at both ends
- Video of start and finish if possible
- Marshalling is most important

Heads races at Roodeplaat

- Large single sculls entry for championships
- Rock the Boat regattas
- 20 second intervals using 2 lanes
- KES and St Dunstan's regattas



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

Lessons at Roodeplaat

- Athletes not at start of time
- Getting crews into order
- Marshalling
- Gap between events

Luanda - Angola

Won 2 Silver medals at African Champs in Algeria



- LM2x
- M2x



Questions?

