

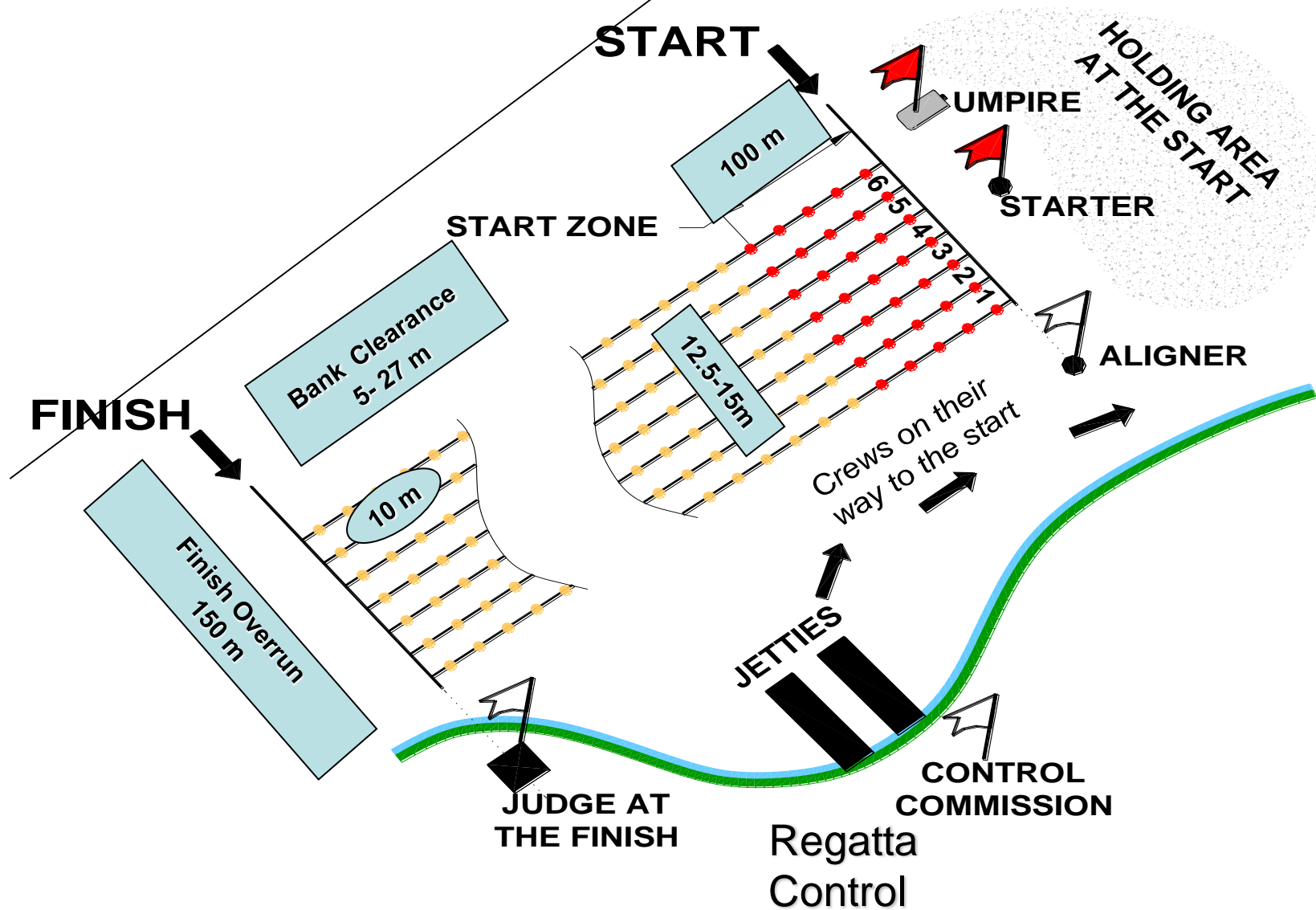
ROWING SOUTH AFRICA



Schools Rowing Training

Version 2013

The Regatta Course



Preparation

- Know and understand the rules of racing
 - Section 4 in Rules of Racing (15 pages)
 - No breakage zone anymore
- Know the course traffic rules
 - Coaches ensure all rowers know the rules
 - Traffic violations may get a **Warning** (yellow card) or **Exclusion** (red card)
- Check local rules published with the regatta invitation

Check your boat

- Check boat's weight
 - Underweight boats relegated to last place
- Check your boat well in advance of race
 - Bow ball properly affixed to boat, not with tape
 - Bung hole covers properly affixed, no tape
 - Shoes independently affixed to foot board max 7 cm long
 - Quick release on shoes using one hand
 - Check all bolts are fastened

Before the race

- Coaches ensure any crew changes are reported as early as possible
- Coxes and lightweight rowers weigh in 1 to 2 hours before first race of each day
- Know what your race is
 - Race number, Event, Stoke name, Lane no
 - e.g. Race 124, JM 2x, Smith, Lane 5
 - Check you have correct lane number

Control commission

- Umpires at Control Commission will check your boat and your IDs
- Coach should accompany boat to control commission, don't leave it up to the crews to be told what's wrong with their boat

Approaching start

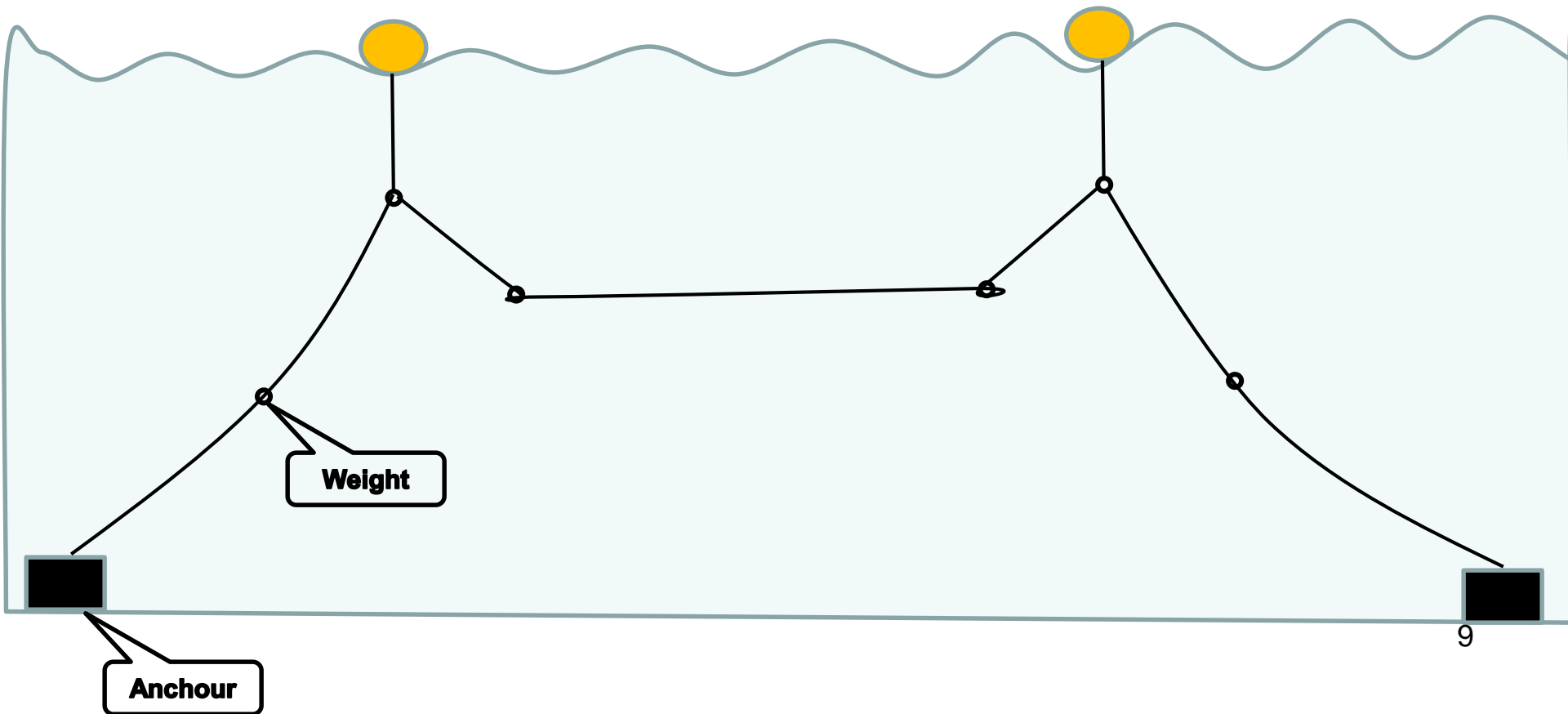
- Check in with aligner
 - Call out your club/school and stroke name
e.g. St Stithians Smith
 - Umpires will record your presence
 - also at 1000m for 2000m races
 - Will look for you for your race if you have been seen
- Do not row between aligner and course

Be at start on time

- Two minute rule
 - Be at the start in the marshalling area well before start of your race (maybe 10 minutes)
 - Must be at start at least 2 minutes before time
 - If you are late you will receive a **Warning** (yellow card)
 - Race time is when we should start race with **Attention ... Go**
 - The umpire is not obliged to wait for late crews – you will be **Excluded** (red card)

Rope hold starts

- In windy conditions only way to get crews aligned
- Need to pull up to get to horizontal rope



At the start

- A cox holding hand up will not be acknowledged by umpire, and umpire is not obliged to wait
 - So don't sit at start with your hand up
- Aligner will call **Touch** and **Back** to line up crews
- When aligned will call **Hold it all crews**
- Starter/Umpire will call **Attention, Go**

False start

- A false or jumped start will force a restart
- First offending crew will get a **Warning** (yellow card)
- Two **Warnings** (yellow cards) means **Exclusion** (red card)

Practical start

- Good idea to get a few rowers to stand up and do an actual alignment and start procedure
- Use flags if possible

Rolling start

- Umpire may decide on rolling start
- Must be used for all heats in the same event
- Umpire gets boats moving together
- Call to crews to get them in line while moving to start
- As crews pass start line, aligner calls “***Prepare to race***”
- The umpire then calls “***Attention***” “***Go***” without a pause
- Crews are not called to stop rowing

During race

- Umpire may tell you to move with a white flag
 - Coxes - acknowledge that you have heard
 - Move boat appropriately
- Red flag means **Stop Rowing**

End of race

- Clear finish line as soon as possible
- Don't lie down unless you need medical attention
- If you are sure you were impeded, put your hand up to raise an **Objection**
- Keep hand up until umpire acknowledges
- Cannot **Protest** if there was no **Objection**

After the race

- If you are not happy with umpire's decision advise coach who will ask head coach to lodge a **Protest**
- A **Protest** cannot be lodged unless there was an **Objection**
- If unhappy with decision on **Protest**, can **Appeal** the decision

General points

- Umpires' responsibility is to ensure **SAFE** and **FAIR** racing
- Obey the umpires
- Be polite and listen to umpires
- If an umpire is rude or abusive, tell your coach
- If you tip, get to surface as fast as possible and hold onto boat if you can't turn it back over

Have Fun

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