

RULES

Race Category Definitions:

Age is age in current calendar year per USRowing rules.

- Junior rower: 18 years old or less or enrolled in secondary school
- Master rower – 23 years or older for team boats
- Master: 27 or older for singles
- Master Team boats – master rowers only. Boat age is average of rowers age
- Junior Team boats – junior rowers only

Mixed events: equal number of male and female rowers in boat, coxswain either gender

Rules & Regulations for Coxswains & Strokes

Before The Race:

Launch & Warm-up:

1. Check in with beach or dock master or control commission; if there is a problem, report it at once and write down the official's name to which you reported the delay.
2. Recheck bow number one last time; make sure bow ball is O.K.
3. Carefully follow normal warm-up pattern.
4. Watch your watch constantly.
5. Be very conscious of races on the course; stop to let them pass if you are near them to avoid a warning
6. Follow traffic pattern religiously

The Race:

At the Start:

1. Be at the starting area 5-8 minutes before race if possible; do not play mind games at the start--get there with time to spare and focus
2. If possible, listen to starter's voice and cadence for previous race to get a sense of how he will call yours.
3. Know the various starting commands.
4. Check in with referee or marshal; identify yourself and race; this is very important in large regattas;
5. Be locked on to stake boats with three minutes to go; get sense of wind at start
6. Get your point and target; compensate for wind or current in keeping point; if there is a long delay,

know where to keep your point to compensate for winds

7. On raising hands: --- vigorously wave bow hands only
8. Check position of your rudder especially after you have backed in
9. Know exactly how to scull bow around; check on where you want blades depending on current/wind
10. Acknowledge any warnings from starter
11. Remember, the movement of the flag starts the race not the voice of the starter

Lateness & False Starts & Breakage:

1. If you are late and permission has been given, don't panic your team on getting to the line
2. False starts: kinds of alignments; misleading other crews; backing down and your rudder
3. Not ready at the start
4. Breakage time or buoys
5. Stopping a race in the zone

The Body of the Race:

1. Lanes: know your own and others on buoyed and non-buoyed courses and when are you out of your water
2. Interference and fouls; leaving your lane; others leaving theirs
3. Referee commands and flags: white and red flags.
4. Steering and over - steering

The Finish of the Race:

1. **Make dead sure you have crossed the line; finish buoys or flags are usually beyond the line**
2. **What five things the referees need to do at the finish: safety, weights, time, look for protests, certify race with white flag.**
3. **Checking your athletes health; lying down in the boat**
4. **Knowing when to leave the finish**
5. **Filing a protest on the water**
6. **Withdrawing a protest**
7. **Meaning of the flags**

After The Race:

Filing a Protest:

1. If and only if you have given verbal notification on water to the referee of your race, a signed written form of the protest must follow usually within hour of your reaching land stating the problem and remedy sought
2. Method and place of delivery; payment of fee
3. Actions of jury, accept, reject, order a new race, or order a change in the finish order.