



A COACHES INTRODUCTION TO COASTAL ROWING

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Nov 2018



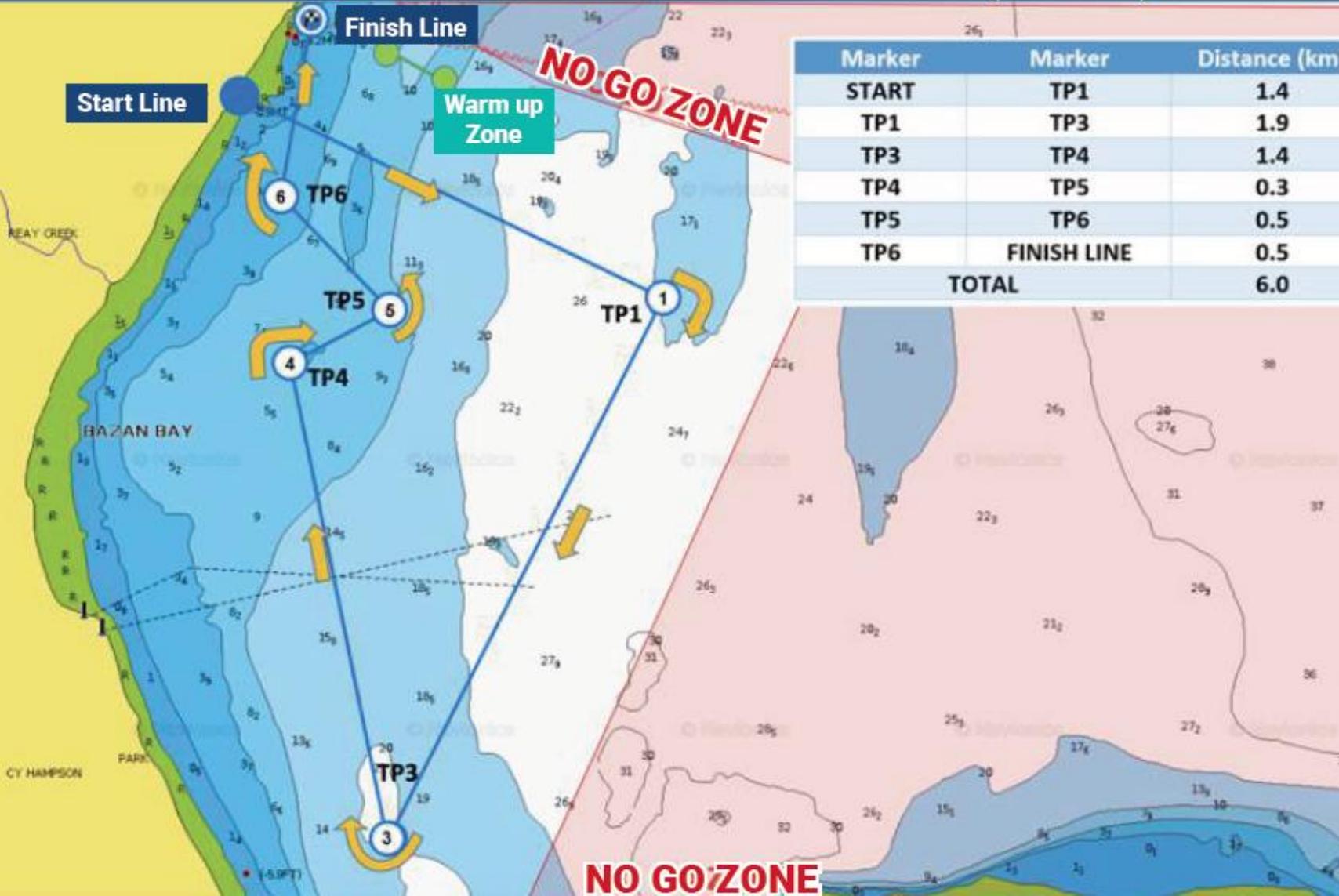


COASTAL DISCIPLINE

1. Endurance format
2. Beach sprint format

ENDURO FORMAT

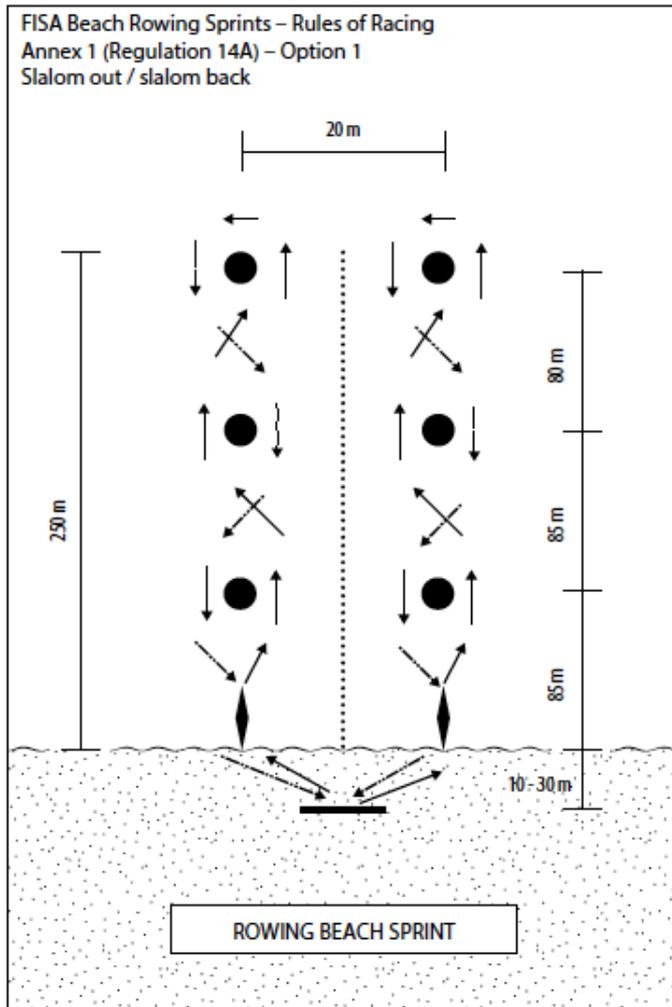
RACE COURSE MAP - A FINALS (6km)



BEACH SPRINT FORMAT

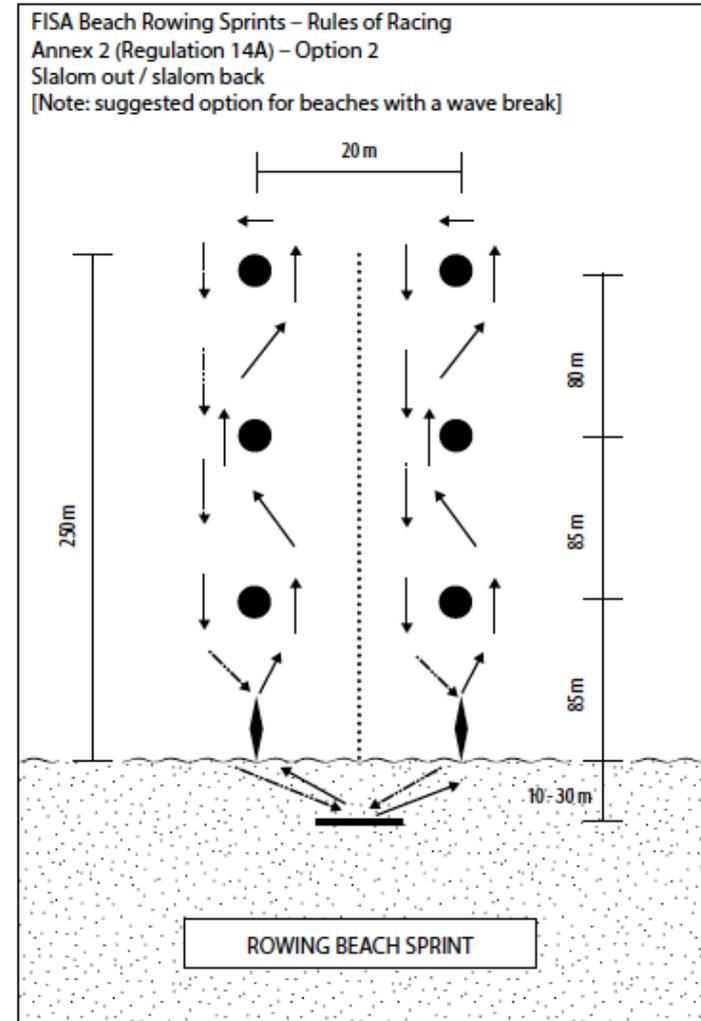
FLAT WATER VERSION

Annex 1 (Regulation 5) – Option 1



WAVE BREAK VERSION

Annex 1 (Regulation 5) – Option 2



History of the Beach Sprint format

2015 Mediterranean Beach Games – Pescara, ITA

2016 Asian Beach Games – Da Nang, VIT

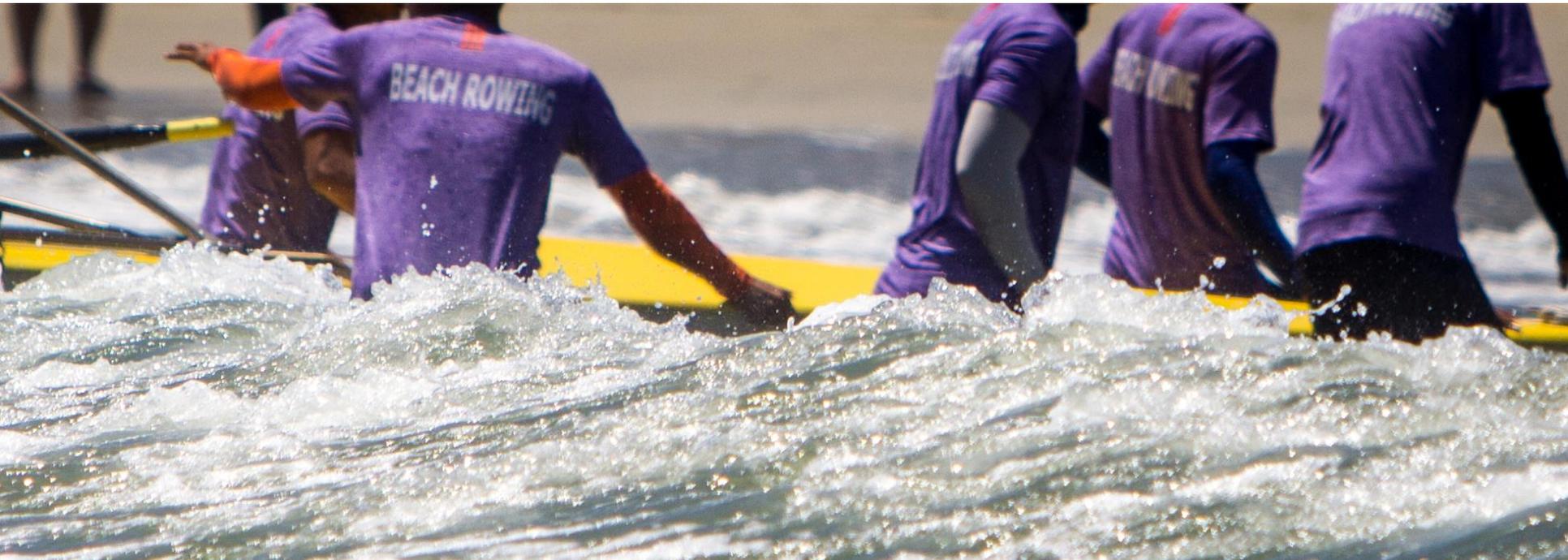
2018 ARF Coastal Championships – Shenzhen, CHA

2018 Commonwealth Beach Regatta - Poole, GBR

2019 Mediterranean Beach Games – GRE

2019 African Beach Games – Cape Verde

2019 World Rowing Beach Sprint Finals – Shenzhen, CHA



The Beach Sprint Rules

“Departures” from the 2000m rowing rules and the Coastal rules.
Need to know all!!

FISA
RULES OF RACING AND RELATED BYE-LAWS

FISA
RULES OF RACING
AND RELATED BYE-LAWS

2017 Edition

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FISA APPENDIX 22 – Coastal Rowing Competition Regulations
Event Regulations and/or Departures from the FISA Rules of Racing

**APPENDIX 22
COASTAL ROWING COMPETITION
REGULATIONS – EVENT REGULATIONS AND/
OR DEPARTURES FROM THE FISA RULES
OF RACING**

Rules applying to International Regattas shall apply to international Coastal Rowing regattas and rules applying to World Championship regattas shall apply to World Rowing Coastal Championship regattas except as provided in these Regulations, which are approved by the FISA Council as Departures from the Rules.

- 1. Rowing, Boats, Regattas (Rule 1)**
A Coastal Rowing regatta is a regatta in which all rowers use Coastal Rowing boats as defined in these Regulations and where the competition course is on the open sea or on a large inland body of water and in accordance with these Regulations.
- 2. Application (Rule 2)**
These Regulations apply to International Regattas for Coastal Rowing and the World Rowing Coastal Championship regatta together with and not in exclusion of the FISA Rules of Racing.
- 3. World Rowing Coastal Championships (Rule 4)**
The World Rowing Coastal Championship regatta shall be held every year.
- 4. Attribution of World Rowing Coastal Championships (Rule 6)**
In principle, three years in advance, the Rowing for All Commission shall select the most suitable candidate to host the World Rowing Coastal Championships and propose it to the Council for approval.
- 5. Right to Participate (Rule 7)**
The World Rowing Coastal Championships are open only to club crews nominated by their member federations.
- 6. Eligibility (Rule 19)**
To compete in a World Rowing Coastal Championship regatta, a rower shall be a member of a club recognised by the member federation.

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FISA APPENDIX 23 – Beach Rowing Sprints Regulations
Event Regulations and/or Departures from the FISA Rules of Racing

**APPENDIX 23
BEACH ROWING SPRINTS REGULATIONS –
EVENT REGULATIONS AND/OR DEPARTURES
FROM THE FISA RULES OF RACING**

Rules and regulations applying to Coastal rowing regattas shall apply to Beach Rowing Sprints regattas except as provided herein and approved by the FISA Council as Departures from the Regulations.

- 1. Rowing, Boats, Regattas (Coastal Regulation 1, Rule 1)**
A Beach Rowing Sprints regatta is a regatta in which all rowers use Coastal Rowing boats as defined in the Coastal Rowing Competition Regulations and where the competition course includes a transition between beach and sea and is in accordance with these Regulations.
- 2. Application (Coastal Regulation 2, Rule 2)**
These Regulations apply to International Beach Sprints Regattas and World Rowing Beach Sprints Regattas and to Beach Sprints regattas held as part of Multi-Sport Games together with and not in exclusion of the FISA Rules of Racing - Coastal Rowing Competition Regulations.
- 3. Age Categories (Coastal Regulation 8, Rule 24)**
The following age categories for rowers are recognised by FISA for Beach Rowing Sprints:
 - Seniors
- 4. Boat Classes (Coastal Regulation 11, Rule 35)**
The following boat classes are recognised by FISA for Beach Rowing Sprints:
 - Solo (C1x)
 - Double Sculls (C2x)
 - Coxed Quadruple Sculls (C4x+)
- 5. Characteristics (Coastal Regulation 15, Rule 42)**
The race course for international Beach Sprints shall provide, as far as possible, fair and equal racing conditions for all crews. This shall require sufficient width of the start area to allow all the crews in each race to start without interference from other crews. The race area should be located on

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Classes

C1x Solo

C2x Double

C4x+ Quad

Male

Female

Mixed

Relay



Principles of Beach Sprint

- The field of play crosses the divide between beach and sea.
- High tempo & beach culture.
- The competitors are close the fans,
- Turning power, rowing speed and steering agility
- 'LAST EIGHT' format is designed to keep rowing's link to endurance conditioning

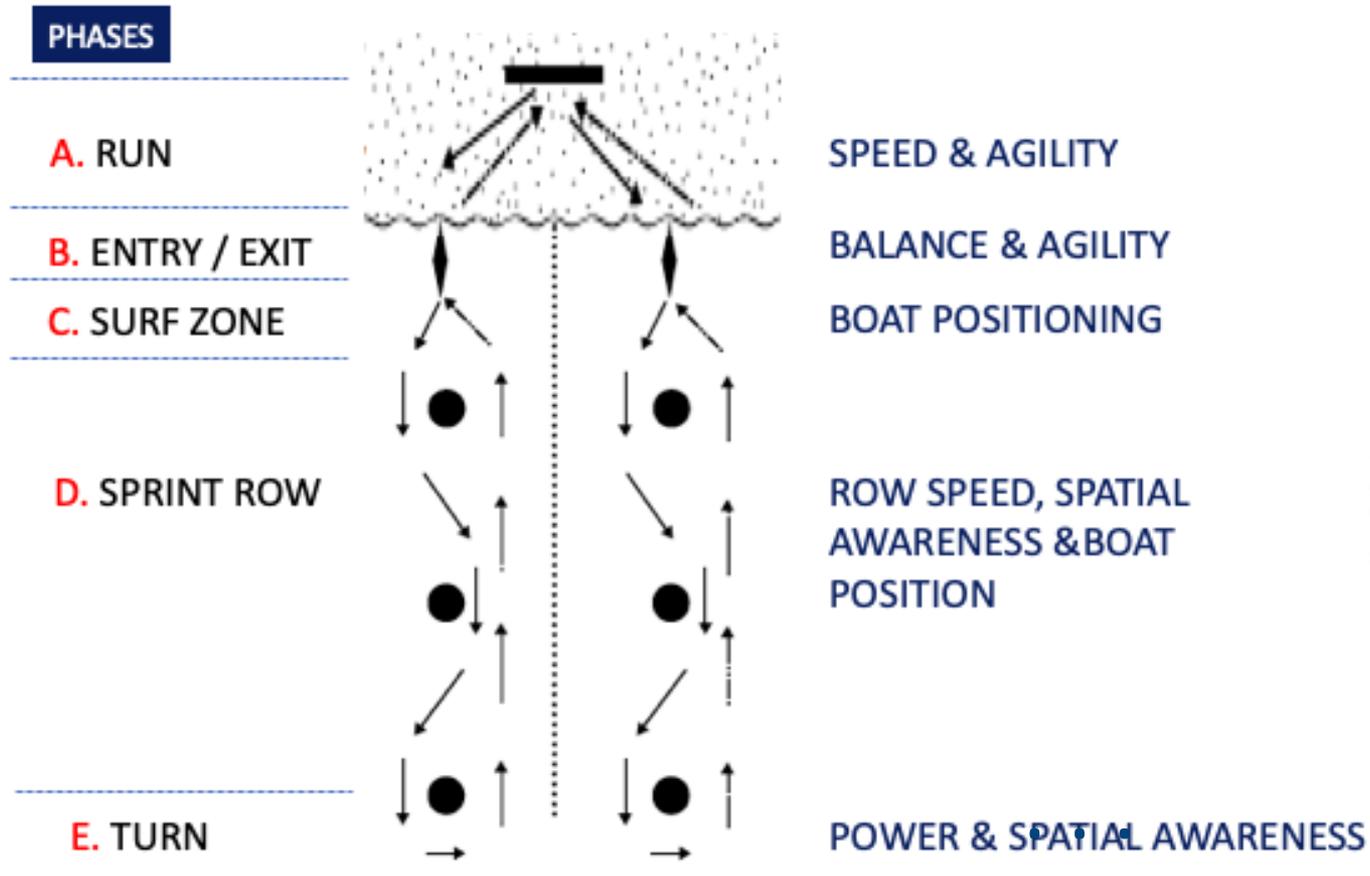


Breakdown

- Rowers Racing Skills
 - Start and boat entry
 - Surf zone
 - Slalom and turn
 - Boat exit and finish
- Boat Handlers Role
 - Boat preparation
 - Entry & exit
 - Steering support
- Race Management
 - The starting sequence
 - Time trial and progression
 - The Last 8 format



COACHING PHASES IN THE BEACH SPRINT FORMAT



START AND BOAT ENTRY



START AND BOAT ENTRY

AIM: To get into the boat and be ready to row

SKILL: Athlete agility – the ability to run and the agility to enter the boat quickly without mistakes.

1. Clean running in the sand
2. The balance to be fast and simple in getting into the boat
3. Accurate placement of the feet into the foot straps, bottom onto the seat and hands onto the sculls
4. Clean first stroke

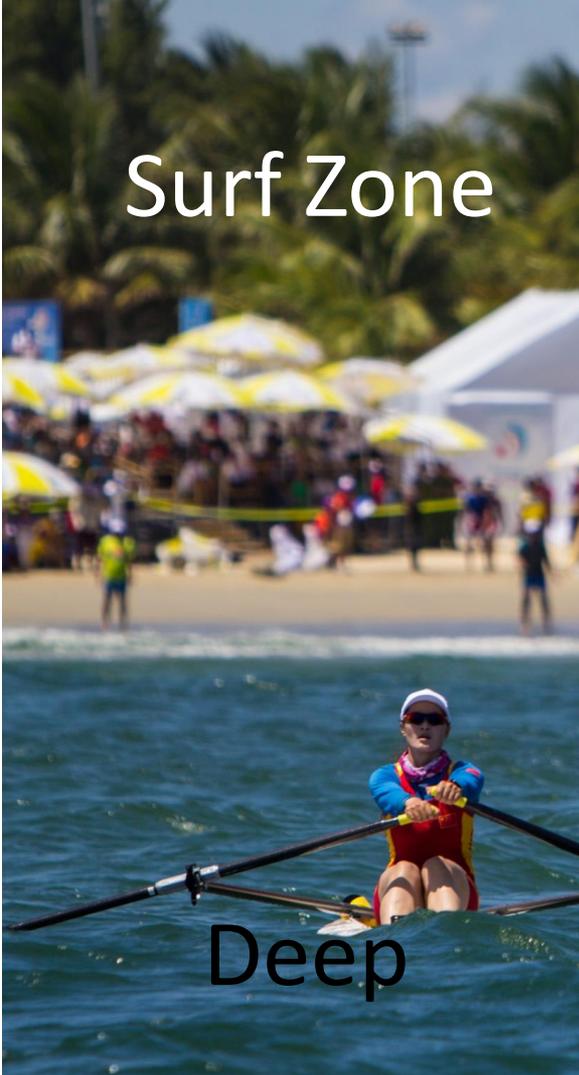


Surf Zone



BEACH ROWING

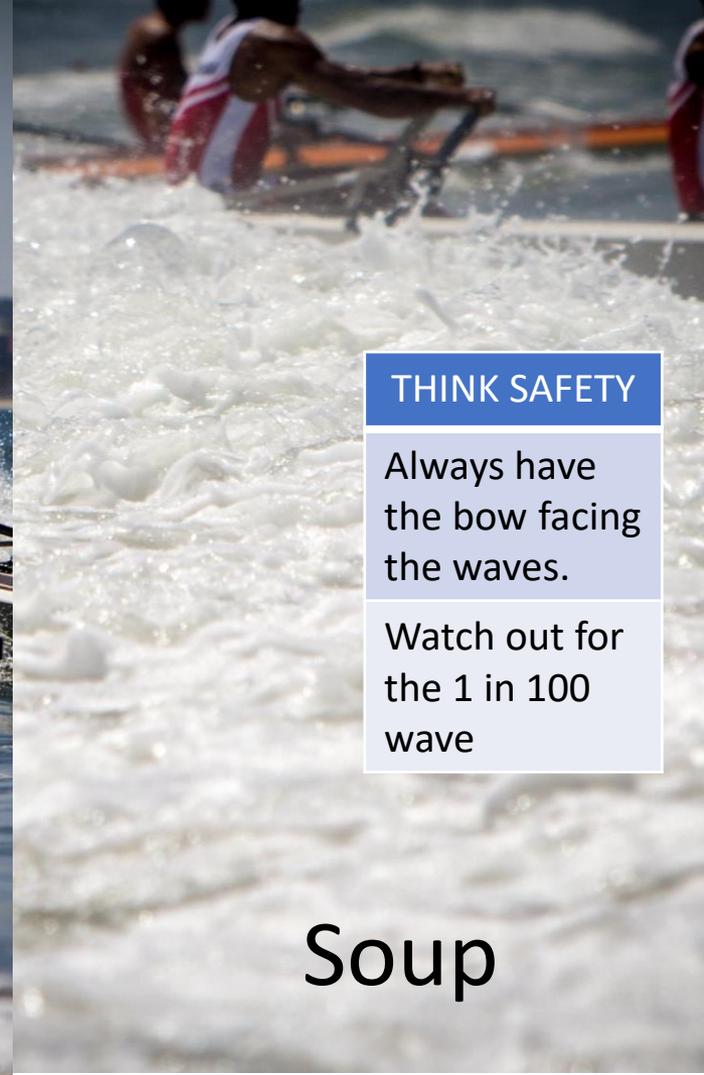
Surf Zone



Deep



Break

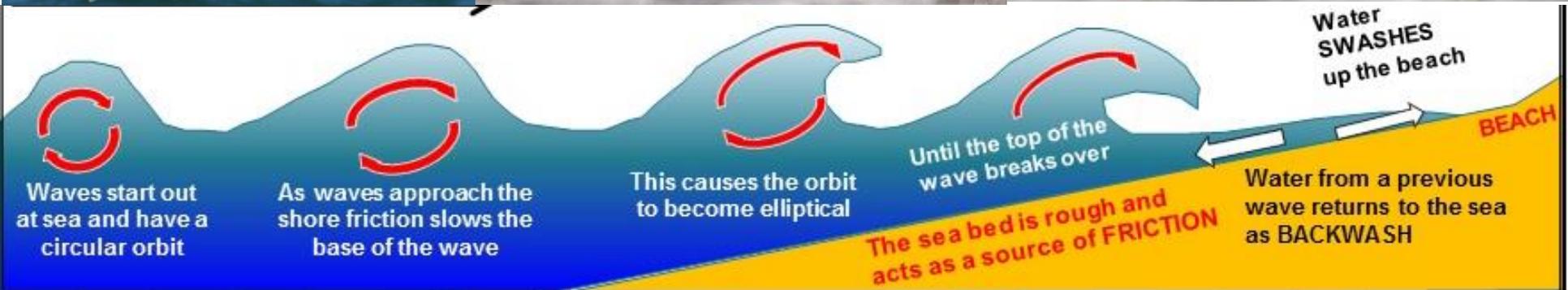


THINK SAFETY

Always have the bow facing the waves.

Watch out for the 1 in 100 wave

Soup



Slalom



Slalom

AIM: to row the shortest line.

SKILL: Boat agility – the skill of putting you boat in the exact place you want it to be with minimum of energy

1. Accurate boat placement – knowing where the marks are
2. Efficient steering - small well timed steering strokes that don't reduce boat speed



A photograph of two male rowers in a blue Swift Racing boat on the water. They are wearing dark blue athletic gear with red and white patterns and blue caps with white accents. The boat is a racing scull with a blue hull and a white base. The rowers are captured in a dynamic pose, leaning forward as they maneuver the boat. The water is a deep blue with white foam from the boat's wake. A yellow buoy is partially visible on the right side of the frame. The text "The turn" is overlaid in white on the right side of the image.

The turn



BEACH ROWING

The turn

AIM: 180° rapid turn

SKILL: Turning Speed– the skill of turning the boat through a 180° turn with speed and ending the turn on the racing line.

1. Accurate boat placement – knowing where the turn is
Power strokes – the strength and technique to rapidly turn the boat
2. Directional awareness– knowing when to stop the turn and get onto the return racing line. Back Marker?
3. Take off – getting the boat up to speed and with small steering strokes



The Return

All steering should be done before the boat enters the surf zone

Return slalom or straight

AIM: to row the shortest line

SKILL: Boat agility – the skill of putting you boat in the exact place you want it to be with minimum of energy and making use of the positive power of the waves

- Accurate boat placement – knowing where the marks are, making sure the boat is directly in line with the lane flag before entering the break zone
- Efficient steering - small well timed steering strokes that don't reduce boat speed
- Surfing – catching waves

Surf Zone – Return

AIM: to arrive on the beach close to the lane flag

SKILL: Rowing surf - the skill to read the surf and take advantage of the forces of the waves to travel from the deep water to the beach.

1. Ability to read the surf to time arrival to take advantage of the waves or to avoid un helpful waves.
2. Controlling the direction of the boat so it is running straight
3. Maintaining speed to land the boat on the sand

THINK SAFETY

If you are traveling slower than the waves you are not in control

In some conditions it may be good to come through the surf zone between waves



THINK SAFETY

Keep the boat stern first into the waves and remove it from the water as quickly as possible. In big conditions avoid watching the runner.

BOAT EXIT

BEACH ROWING

Exit and running finish

AIM: To get out of the boat and one rower over the finish line.

SKILL: Athlete agility – the ability to time the departure from the boat and sprint to the finish line.

1. Balance & timing – ability to time the exit from the moving boat onto land with fatigued legs.
2. Spatial awareness – travel backwards to running forwards around the right marks.
3. Running – slight uphill running through sand and if needed a drive to the flag/buzzer in the sand.



Boat Handlers



Boat Handlers

Important part of the team

1. To hold the boat steady when the crew is boarding and exiting the boat when the crew arrives back at the beach.
2. The boat holder is especially important in rough water to hold the boat.
3. Each team should provide their own boat handlers, who may be coaches, athletes, other team staff, etc.
4. There should be up to two boat handlers per boat; in rough conditions more may be added.



Pool Boats

- Pool Boats are allocated to lanes
- Lane 1 or 2
- The boats are matched A, B, C etc...
 - Lane 1 -> A1, B1, C1 etc...
 - Lane 2 -> A2, B2, C2 etc..



Pit Crews

Tight boat turn arounds mean teams have to work like pit crews to get their allocated boats ready to race in minutes.



PIT CREW

AIM: to get the boat ready in 3-5 minutes

- 1. Damage check** – essential as the rules mean you will abide by your own breakage.
- 2. Water check** - all coastal boats take in water over time.
- 3. Adjust Footplate** – in training measure this in each of the racing boats. In general have more space than river and lake rowing.
- 4. Place in oars** -

Rigging - Same rigging as river and lake rowing – less gearing as less accurate placement.

All boats should have a standard span and pitch (5° pitch / 1° lateral / 160-158cm span).

Oars - Best if crews provided their own oars and can alter these to fine tune gearing.

Team managers/coaches

Fast paced competition, a lot of noise hard to think and talk.

Races on 5 or 7 minute centres

Team managers meeting can be called at anytime – meeting point on start line.

Need to understand progression - Trees

Know who has the fastest time from the previous round to take advantage of lane choice. This will tell you which lane and then which boat you will need to prepare.

Start Sequence

- 3:00 min	Crews are prepared to race and standing in front of the start line area
-2:45 to 1:45min	Crews are introduced to the spectators, once the introductions are complete the crews return to their start positions.
-1:00 min “To the water”	Boat placed ‘ready’ on the water and the runner behind the start line
- 0:30 min “Get ready”	DJ plays ‘start/suspense’ music – starter voice able to be heard above music [Any time after this the starter can start – to allow for wave sets]
“Attention” “GO”	START starter says “Attention” and then Red flag drops and hooter sounds



Time trials and progression

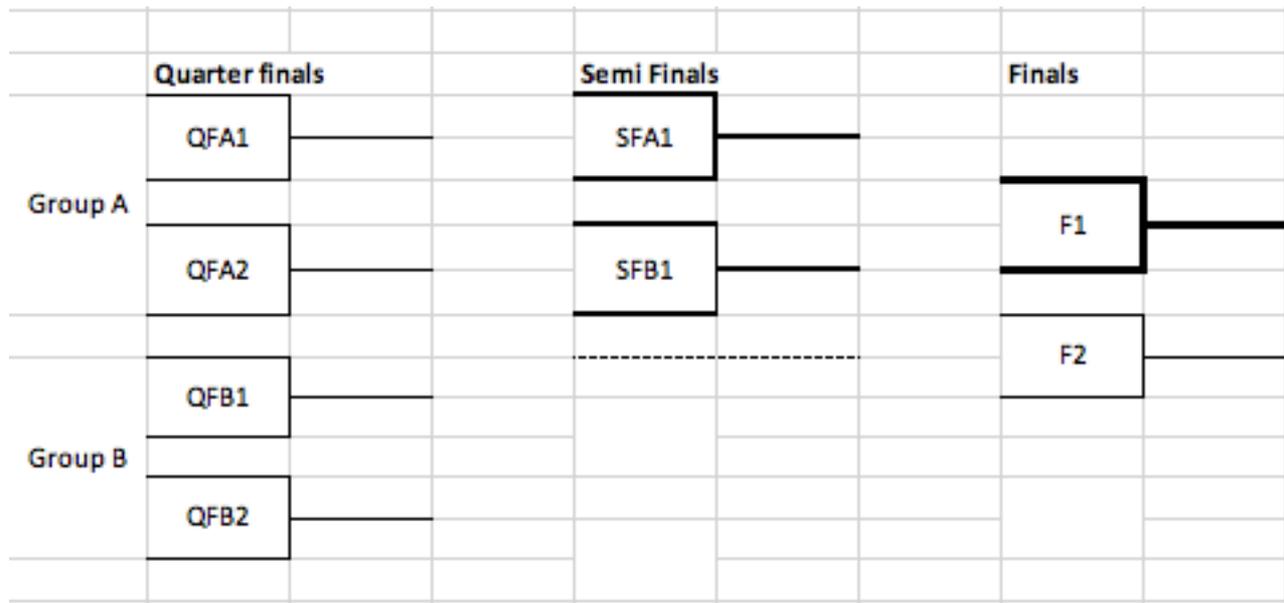
Aim: to reduce the field down to the last 8 crews.

16 entries		Round 1		Round 2		Round 3		Round 4		Round 5	
		TIMETRIAL		REP		QUARTER FINALS		SEMI FINALS		FINALS	
TT	1	R1	TT1	GROUP A	QFA1	1R1	SFA1	1QFA1	F1	1SFA1	
	2		TT16			1R8		1QFA2		1SFB1	
	3	R2	TT2		QFA2	1R4	SFA2	2QFA1	F2	2SFA1	
	4		TT15			1R5		2QFA2		2SFB1	
	5	R3	TT3		GROUP B	QFB1	1R2	SFB1	1QFB1	F3	1SFA2
	6		TT14				1R7		1QFB2		1SFB2
	7	R4	TT4			QFB2	1R3	SFB2	2QFB1	F4	2SFA2
	8		TT13				1R6		2QFB2		2SFB2
	9	R5	TT5	GROUP C		QFC1	2R1	SFC1	1QFC1	F5	1SFC1
	10		TT12				2R8		1QFC2		1SFD1
	11	R6	TT6			QFC2	2R3	SFC2	2QFC1	F6	2SFC1
	12		TT11				2R6		2QFC2		2SFD1
	13	R7	TT7		Group D	QFD1	2R2	SFD1	1QFD1	F7	1SFC2
	14		TT10				2R7		1QFD2		1SFD2
	15	R8	TT8			QFD2	2R4	SFD2	2QFD1	F8	2SFC2
	16		TT9				2R5		2QFD2		2SFD2

Last 8

The racing will run without break from quarterfinals, to semi finals to finals.

Advantage to be in the top half of the draw – ie win the time trail.



Selecting Lanes

The Crew with the fastest time from the previous round has the right to choose their lane.

Must be selected at least 10min before race time.

10.4 Lanes for "The Final Eight"

The lanes for each race in the quarterfinals, semifinals and finals (the final eight remaining crews) only, shall be determined as follows:

- The crew with the faster time in its previous round shall choose which of the two lanes it shall use for the race.*
- The other crew shall use the other lane.*

Q&A

