Beach Sprints

Appendix R19

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It reflects the Rules of Rowing in effect January 31, 2022

The Rules and regulations applying to coastal rowing shall apply to Beach sprints regattas except as provided in the Beach Sprint Regulations and they are approved by the World Rowing council as Departures from the Regulations.

The Coastal Rules in App R18
are the basic deviations,
with special deviations for the
new type of regatta, Beach
Sprints, in App R19.

Safety and Health – Age Categories

- Health and Safety
  - Each rower has to ensure that he/she is in a state of health and fitness which allows him/her to compete in Beach sprints.
  - Each rower has to ensure the ability of swimming

- 2 Categories:

  men and women
  - Seniors
  - Under 19

Safety

App R19 art. 3)

- While the organising committee of a regatta shall take all reasonable steps to provide safe rowing conditions, *the ultimate responsibility for competing safely lies with each individual rower* and where applicable their team officials.

Boat Classes and Equipment

Boat Class	M	MU19	Mixed	W	WU19
Solo C1x	MC1x	U19MC1x	---	WC1x	U19WC1x
Double Sculls C2x	MC2x		MixC2x	WC2x	
		U19MC2x	U19MixC2x		U19WC2x
Coxed Quadruple Sculls C4x+			MixC4x+		

Coastal boats as defined in the Coastal regulations are in use.

- Exceptions:
1. No need to carry life jackets on the boat
2. No requirement to have the 15m buoyant line

Captains' Meeting - Boats types
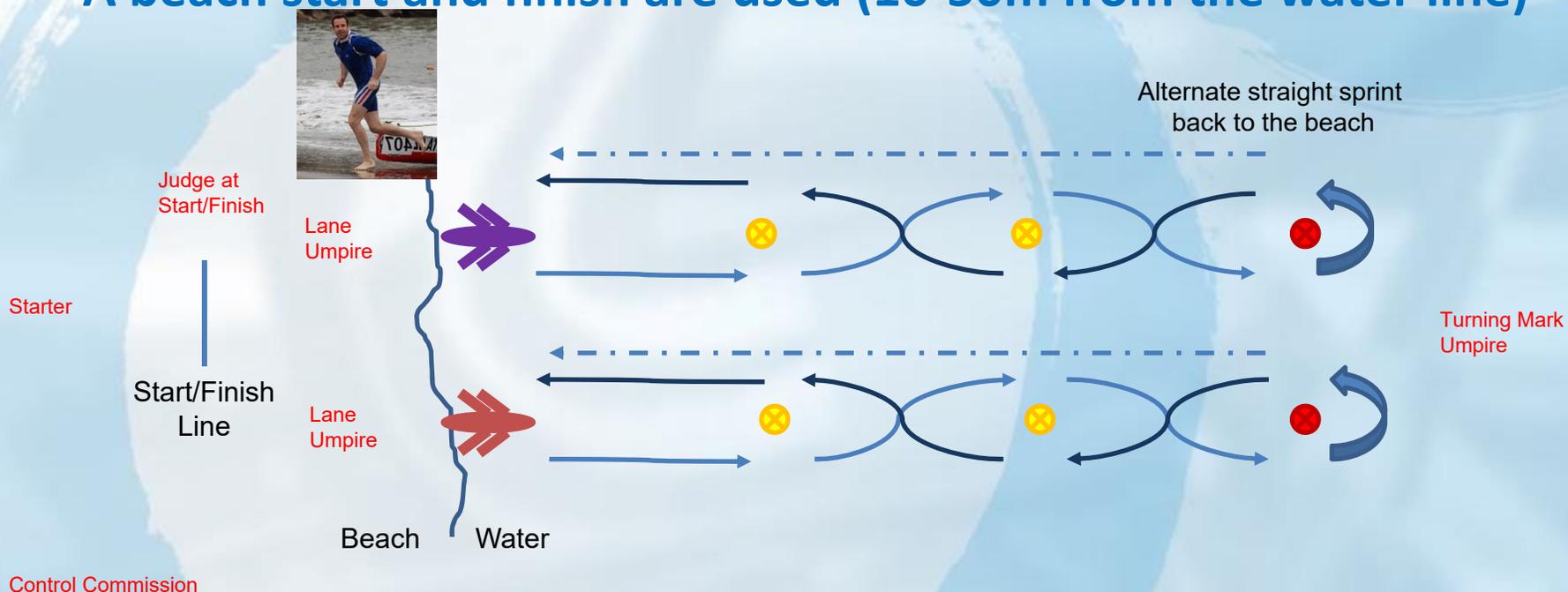# Weighing of Athletes and Boats

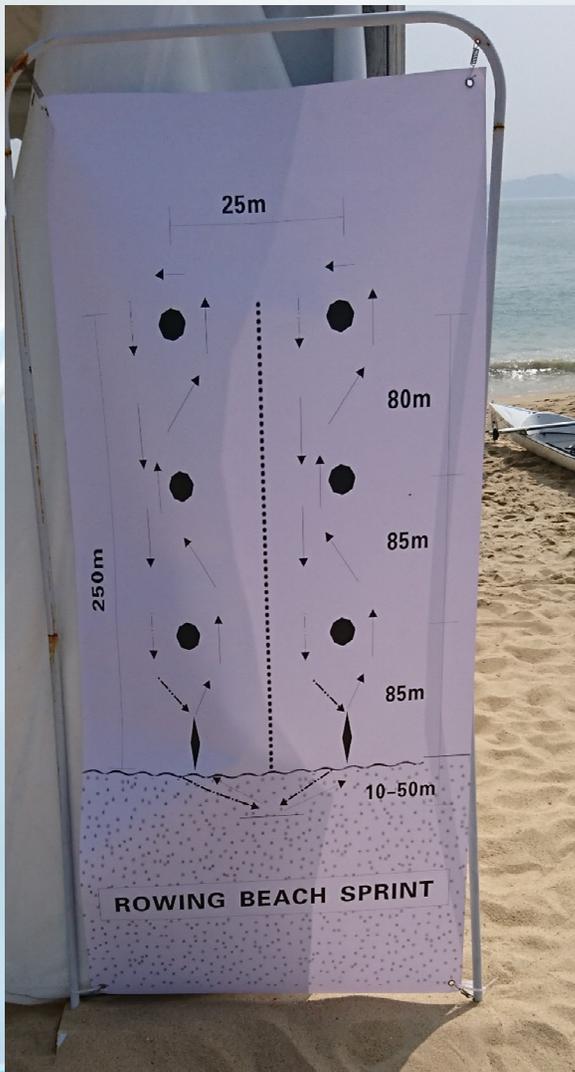The boat types and the procedure of weighing is to be done as foreseen in the Coastal Rowing regulation

Beach Sprints

Crews race head to head over a slalom style course

- **The course is ca. 250m out to the furthest buoy**

- **Three buoys are in each lane -> 2 options:**

  slalom out + slalom in or *slalom out + straight in*

- **A beach start and finish are used (10-50m from the water line)**

Alternate straight sprint back to the beach

Judge at Start/Finish

Lane Umpire

Starter

Start/Finish Line

Lane Umpire

Turning Mark Umpire
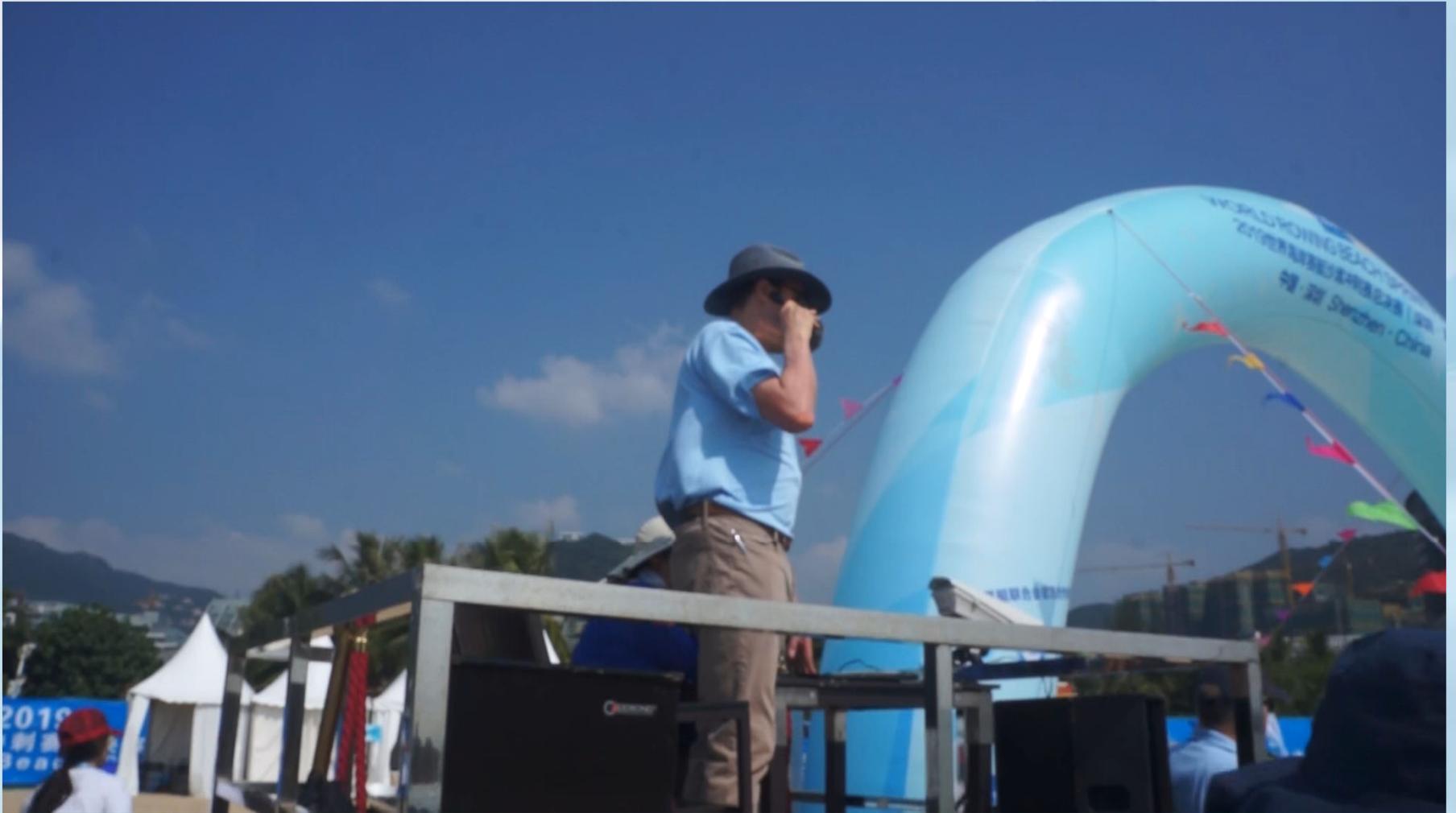
Beach   Water

Control Commission

Layout of the Course

Exact layout and traffic rules of the course

- 10-50 m running
- 85 /85/80 m between the buoys
- Slalom out – straight back
- 10 – 50m running

Race Course

Lane number

In heats: there may be 4 lanes, but they **must** be identical in all the distances of the layout.

In finals: The 8 finalists compete on 2 lanes

- The World Rowing Progression System of RoR art. 57 and App R18 art. 20) are the basics and foresee the following options:
  - Multiple pools of crews
  - Time trials
  - Elimination heats with/without repechages
  - or a combination of these possibilities

  The goal is to come down to the number of **8 finalists**

  The WR Executive Committee may determine that there will be a seeding system to place highest seeded crews on opposite sides of the draw. (App R19 art. 15b)

- Lanes for the Final 8:
  - The Crew from with the fastest time in the previous round shall choose which lane it will use
  - A crew whose previous round was a repêchage will not have priority for choosing lanes
  - The selection should be be made at least 10 minutes before the race
- A designated memeber of the Control Commission shall notify the crew's lane choice to:
  - The other crew
  - The timing and results officials so that they can prepare the start list

  (App R19 art. 15b)

Jury

- **President of the Jury***

- **Starter / Finish Judge***

- **Judge at the Start / Race umpire***

- **Lane Umpires (1 per lane)***   *** = international umpires and also**

- **Turning Mark Umpire**   **senior member of CC**

- **Members of the Control Commission** (*)

- The size of the Jury and the number of the NTOs has to adapt on how many lanes will be used

Jury Tasks – double function

Starter / Finish Judge   R19 Art. 17)

Needs a good coordination with Announcer(s)

Beach Start – Start procedure

Time	Starter & Announcer	Athletes
3 Min.	• **THREE MINUTES**	• All crew members in Start Zone under the control of the starter
2'45'' – 1'45''	• Crews pesentation by announcer	• After introduction crews turn immediately back to their position
1' – 45''	• **ONE MINUTE** or similar, **PUT THE BOATS TO THE WATER**	• Runner to be ready behind Start Line • Crew + Boat handler put the boat into the water
30'' – 20''	• **GET READY** • *Music to stop* • **ATTENTION** • **Red flag** *or traffic light* • **Dropping flag** *or green light* + **HOOTER**	• Start of the race by the runners

- Note: in the last 30'' – 20'' before the start the Starter can start at **any time**:

Why ?

- Because he has to consider the wave situation to give to every crew the «same» water conditions

False Start and consequences

- A false start occurs when before the start command:
  - A runner's feet is across the start line
  - A crew member starts to board their boat or any part of their torso or legs are in or on the boat
- The Judge at the Start is the only one to judge about a false start.
- If so, he raises the red flag and the starter will stop the race in usual manner, with red flag and hooter.
- Consequences for the crew -> Yellow Card
- Being awarded 2 yellow cards for the same race a crew will be EXC by a Red Card

Correct Start position of the boat (before «PUT THE BOAT INTO THE WATER»)

Boat handlers ready to bring the boat into the water

The flag marks the lane and is in line with the buoys

Coming back the runner has to turn around this flag to ensure the correct running distance

What can you see on the picture?

Start Runners and Boat Holders

1. Race course
2. Boat class
3. Boat handlers
4. Turning Mark Umpire
5. Flag

Lane Umpires

- **Placement:** on the beach
- **Task:** responsible for 1 lane,
  - control of boat rounding buoys in correct manner
  - Check that the runner runs on the outside around the red flag (or mark) at the beach to ensure that the distance is the same for all runners

After the start the Judge at the Start shall:

- Act as a Race Umpire

- observe the race together with the Lane Umpires and the turning point Umpire

- Ensure the proper conduct of the race

- Stop the race if necessary

- Impose any penalties

- Order a re-start (in consultation with the President of the Jury)

- Raise the white flag, if race was in order, if not, raise the red flag. The results can be released when there is a white flag or the Race Umpire has made his decision over the infringement

App R19 art. 26)a)

Turning Mark Umpire

shows white flag when all boats turned correctly around the buoy

Running around the flag

The finish runner does not need to be the same person as the start runner

and **Finish Judge** in the background

Red Finish button

Turning around the buoys on the designated side.

Touching is permitted, but the keel of the boat has to pass on the correct side.

- Penalties for not correctly rounding:
  - First 2 buoys: 30 seconds each instance
  - 3rd buoy: 120 seconds

- Runner not passing on correct side of the flag
  - 10 seconds

- A crews rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise sanctioned by the umpire.

- Coxed boats: the coxswain is required to be in the boat during the whole time the crew is rowing.   Penalty for «loosing the cox»: **DNF**

App R19 art.19)

Interference and Penalty

- If a crew causes interferences to it's opponents or their equipment <u>and causes a disadvantage </u>to them

  the penalty may be:

  - EXC

  - Time penalty of 10 sec

  - Time penalty of the estimated time the opponent lost due to the interference

  App R19 art.20)

Note: *All time sanctions are added to the crew's finish time.*

App R19 art. 23b

- Crews must make any effort to keep the boat under control while landing on the beach.

- If the boat capsizes the crew is responsible to ensure that all crew members and equipment are safe before the runner leaves the boat.

Safety has priority over finishing the race

If a dead heat occurs in any round (but not in a final) there has to be a re-row not later than **10 minutes** after the finish of the race.

If it occurs again the next re-row has to take place **15 minutes** after the finish – and so on until there is a ranking desicion.

Finish times are recorded up to 1/100 of a second.

Commercial Publicity, Sponsorship, Advertising and Identifications

- Each rower has to display as in the Coastal Regulation on his **upper part of the shirt/unisuit:**

- In front:
  - Family name and country code

- In the back
  - Country

    App R19 Art. 18)a)

- **On the boat and oars:** as described in App R18 for Coastal Rowing, art. 18)b)

Note: pool boats do not have the right to place any advertising or identifications on boat and oars

General and basic Rules in App R6 Bye-Laws to RoR Art. 38

Adverse Weather Conditions

The <u>President of the Jury</u> together with the <u>Race Director</u> and the <u>Organising Commitee</u> shall take any decisions on:

- any delay, postponement or cancellation of the races or

- Resulting from adverse weather conditions or other matters relating to

- the safety of the rowers and equipment and officials on the water or

- the fairness of the course.

  - App R 19 art. 17) & Coastal Regulation App R18 art. 22) & RoR art. 37 and App R5 Regatta Roles art. 2) b)ii)

Questions?

Thank you!