

Beach Sprints

Appendix R19



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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.



- 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



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

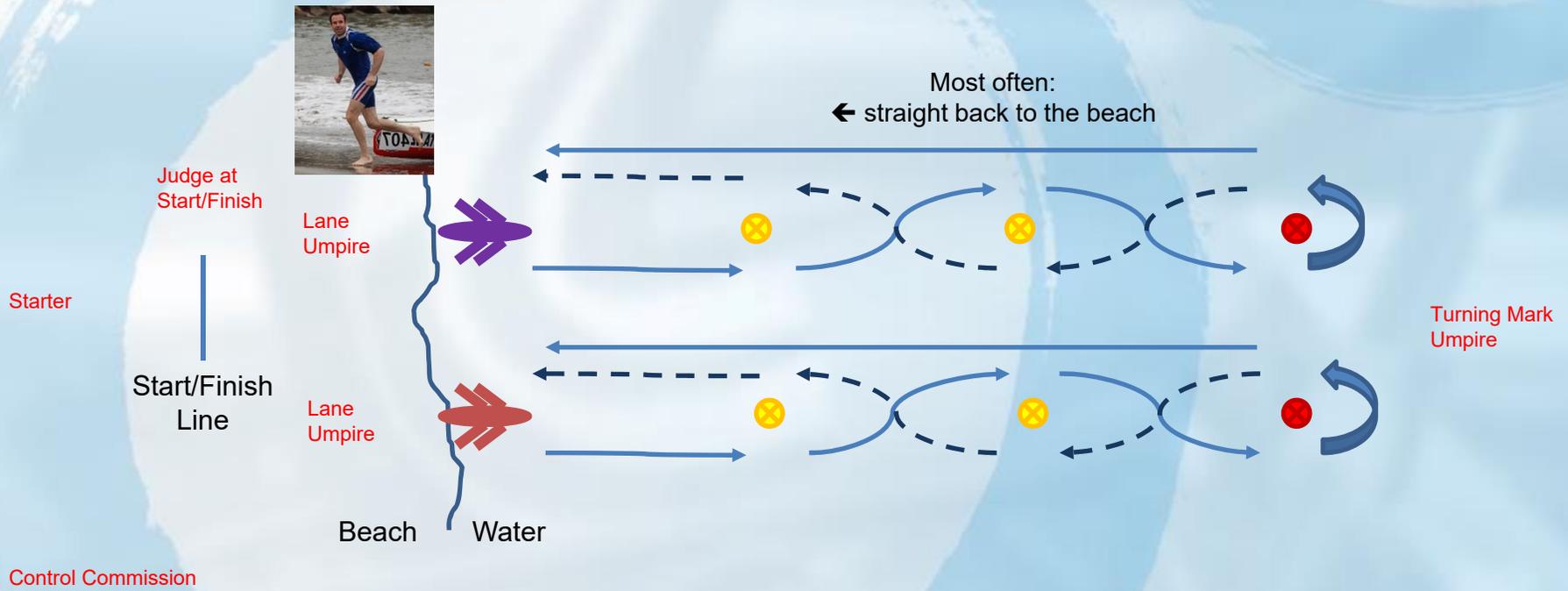


Beach Sprints

Crews race head to head over a slalom style course (a time trial may also be used)

- The course is ca. 250m out to the furthest buoy
- Three buoys are in each lane -> 2 options for the standard racing:
slalom out + straight in or slalom out + slalom in

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

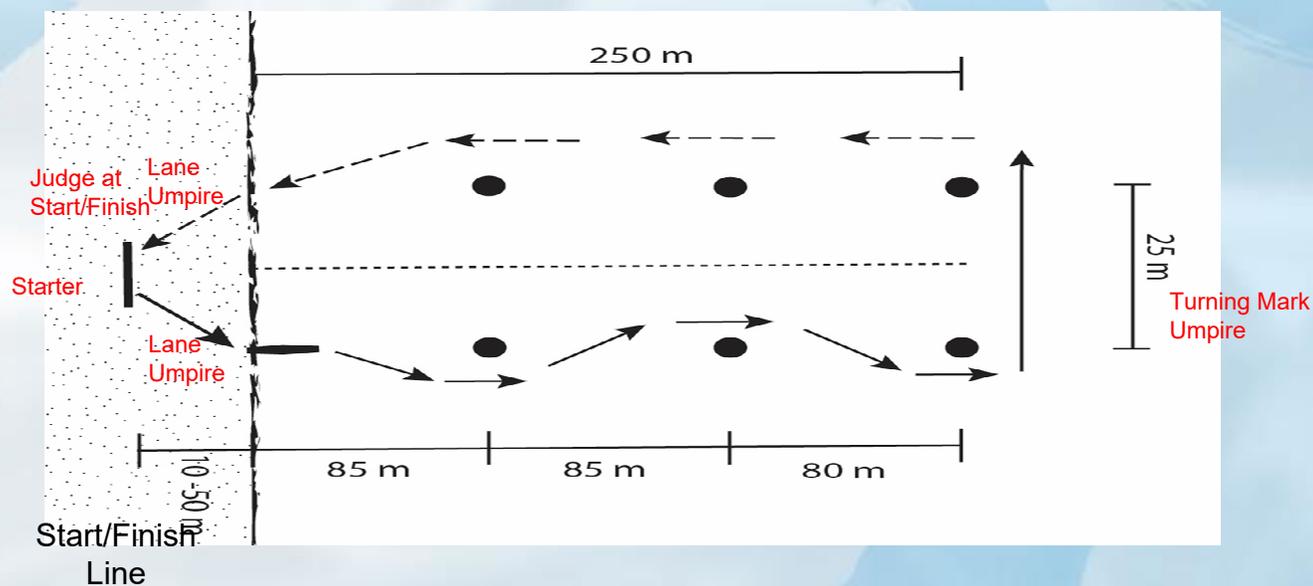


Beach Sprints

A third option is a **Processional Time Trial**

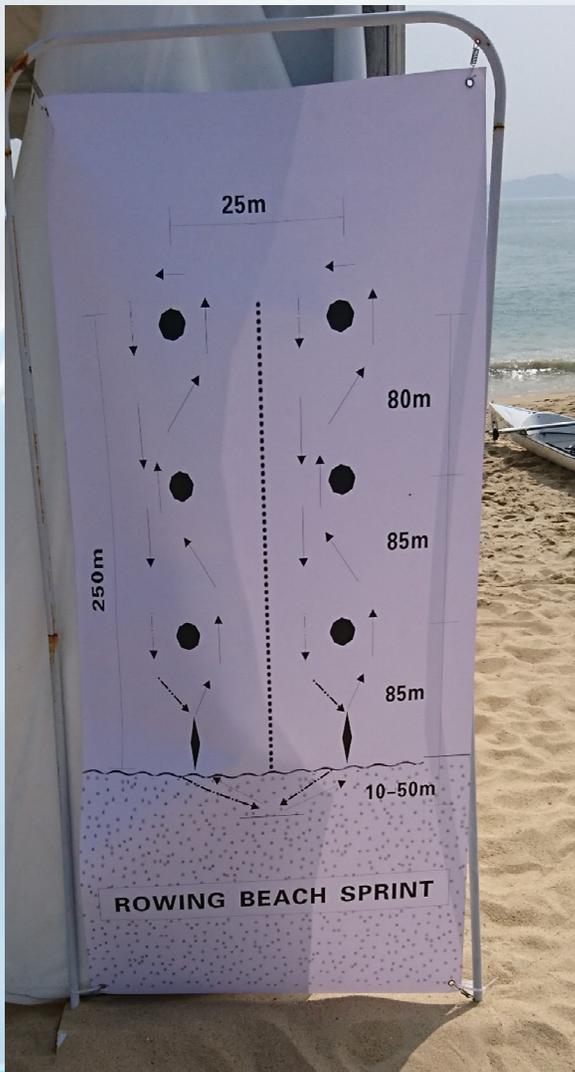
- A processional time trial utilizes the same 2 lane course as options 1 and 2
- Crews start at intervals and race over the same course:
slalom out + cross over to other lane + straight in

A beach start and finish are used



Control Commission

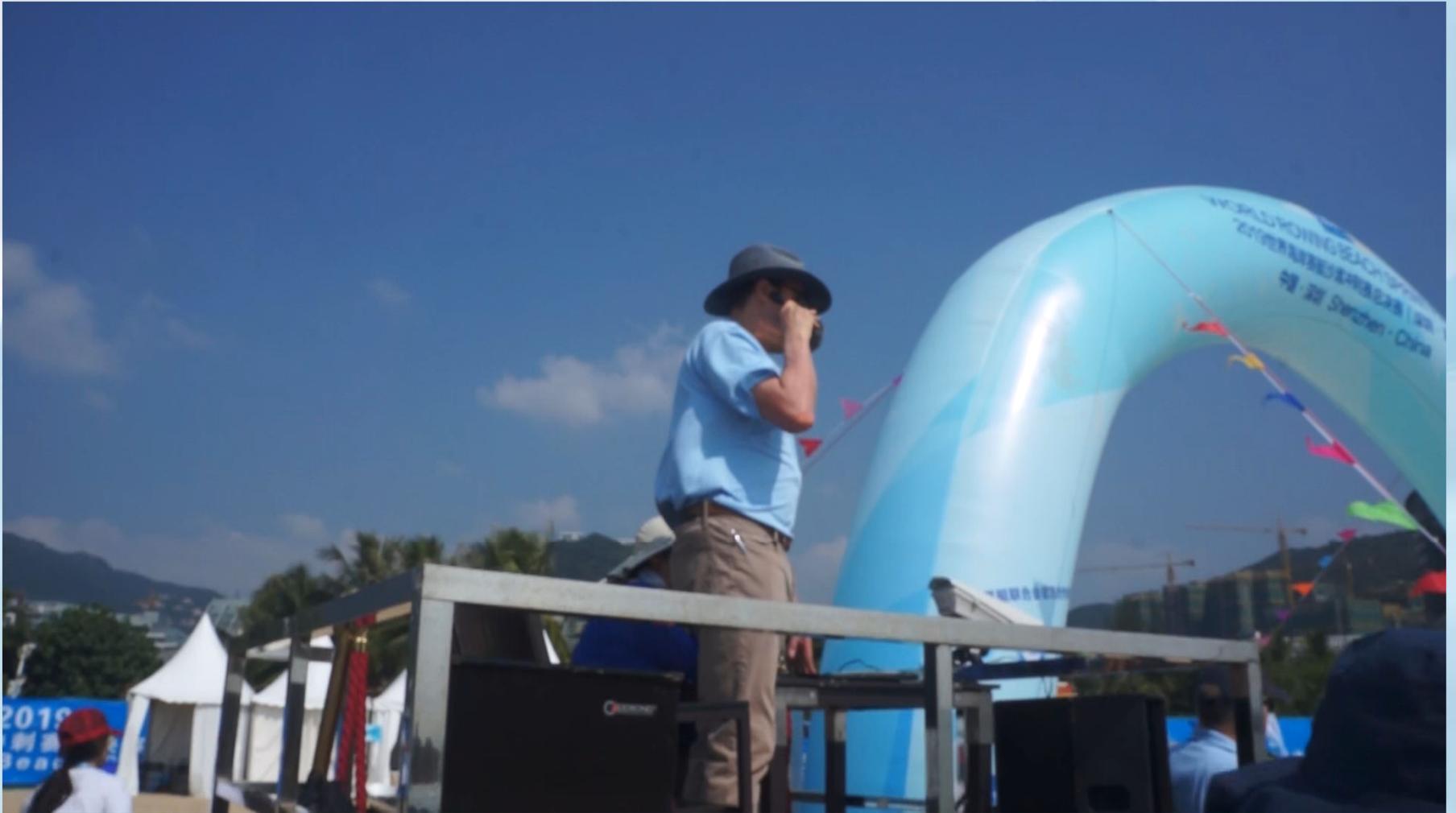
Layout of the Course



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 example (whole Race)



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

Progression System

- 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 (normal course or professional)
 - 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)

Progression System

- Lanes for 2 boat races:
 - 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 made at least 10 minutes before the race
- A designated member 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)



PROGRESSION – 10 ENTRIES

10 entries

| Round 1 | | Round 2 | | Round 3 | | Round 4 | | Round 5 | |
|------------|----|------------|-------|----------------|------|-------------|------|---------|--------|
| TIME TRIAL | | REPECHAGES | | QUARTER FINALS | | SEMI FINALS | | FINALS | |
| LAST 8 | | | | | | | | | |
| TT | 1 | R1 | 7.TT | Q1 | 1.TT | SAB1 | 1.Q1 | FA | 1.SAB1 |
| | 2 | | 10.TT | | 1.R2 | | 1.Q2 | | 1.SAB2 |
| | 3 | R2 | 8.TT | Q2 | 4.TT | SAB2 | 1.Q3 | FB | 2.SAB1 |
| | 4 | | 9.TT | | 5.TT | | 1.Q4 | | 2.SAB2 |
| | 5 | | | Q3 | 2.TT | | | | |
| | 6 | | | | 1.R1 | | | | |
| | 7 | | | Q4 | 3.TT | | | | |
| | 8 | | | | 6.TT | | | | |
| | 9 | | | | | | | | |
| | 10 | | | | | | | | |

PROGRESSION – 16 ENTRIES

16 entries

| Round 1 TIME TRIAL | | Round 2 | | Round 3 | | Round 4 | | Round 5 | | | | | | |
|-----------------------|----|-----------|-------|----------------|------|-------------|------|---------|--------|--|--|--|--|--|
| | | Knock-out | | QUARTER FINALS | | SEMI FINALS | | FINALS | | | | | | |
| | | LAST 8 | | | | | | | | | | | | |
| TT | 1 | 01 | 1.TT | Q1 | 1.R1 | SAB1 | 1.Q1 | FA | 1.SAB1 | | | | | |
| | 2 | | 16.TT | | 1.R8 | | 1.Q2 | | 1.SAB2 | | | | | |
| | 3 | 02 | 2.TT | Q2 | 1.R4 | SAB2 | 1.Q3 | FB | 2.SAB1 | | | | | |
| | 4 | | 15.TT | | 1.R5 | | 1.Q4 | | 2.SAB2 | | | | | |
| | 5 | 03 | 3.TT | Q3 | 1.R2 | | | | | | | | | |
| | 6 | | 14.TT | | 1.R7 | | | | | | | | | |
| | 7 | 04 | 4.TT | Q4 | 1.R3 | | | | | | | | | |
| | 8 | | 13.TT | | 1.R6 | | | | | | | | | |
| | 9 | 05 | 5.TT | | | | | | | | | | | |
| | 10 | | 12.TT | | | | | | | | | | | |
| | 11 | 06 | 6.TT | | | | | | | | | | | |
| | 12 | | 11.TT | | | | | | | | | | | |
| | 13 | 07 | 7.TT | | | | | | | | | | | |
| | 14 | | 10.TT | | | | | | | | | | | |
| | 15 | 08 | 8.TT | | | | | | | | | | | |
| | 16 | | 9.TT | | | | | | | | | | | |

PROGRESSION – 17+ ENTRIES

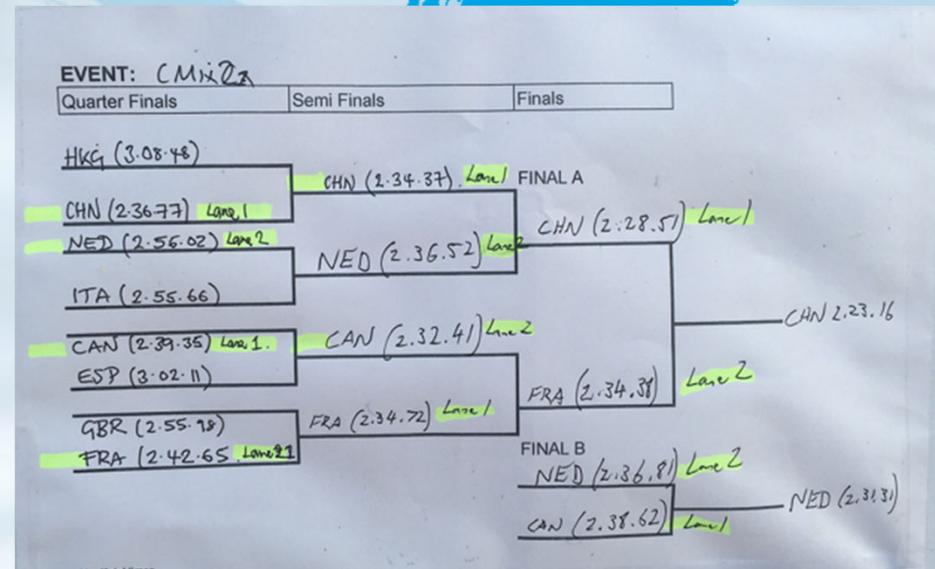
ENTRIES 17+ DIRECT ELIMINATION

| Round 1 | | Round 2 | | Round 3 | | Round 3 | | Round 4 | | Round 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|-------|--------------|--------|-----------|-------|----------------|------|-------------|------|---------|--------|--|--|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| TIME TRIAL 1 | | TIME TRIAL 2 | | Knock-out | | QUARTER FINALS | | SEMI FINALS | | FINALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | LAST 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TT1 | 1 | TT2 | 9.TT1 | O1 | 1.TT1 | Q1 | 1.O1 | SAB1 | 1.Q1 | FA | 1.SAB1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | | 10.TT1 | | 8.TT2 | | 1.O8 | | 1.Q2 | | 1.SAB2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3 | | 11.TT1 | O2 | 2.TT1 | Q2 | 1.O4 | SAB2 | 1.Q3 | FB | 2.SAB1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | | 12.TT1 | | 7.TT2 | | 1.O5 | | 1.Q4 | | 2.SAB2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | 13.TT1 | O3 | 3.TT1 | Q3 | 1.O2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | | 14.TT1 | | 6.TT2 | | 1.O7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7 | | 15.TT1 | O4 | 4.TT1 | Q4 | 1.O3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | | 16.TT1 | | 5.TT2 | | 1.O6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 9 | | 17.TT1 | O5 | 5.TT1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 10 | | 18.TT1 | | 4.TT2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 11 | 19.TT1 | O6 | 6.TT1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 12 | 20.TT1, ... | | 3.TT2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 13 | | | O7 | | | | | | | | | | 7.TT1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 14 | | | | | | | | | | | | | 2.TT2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 15 | | | O8 | | | | | | | | | | 8.TT1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 16 | | | | | | | | | | | | | 1.TT2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 20... | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

'Results and Lane Selection Trees'

From the 'Final 8' (quarter finals, semi finals and finals),

- crews times will be displayed on the Results Tree on the Bulletin Board near the Start/Finish arch to allow crews to determine which crew has the fastest time in the previous round.
- The crew with the fastest time from the previous round chooses the lane they want to race in
 - Exception if the previous round was a repechage



Choosing the lanes

TT 1

A random draw is held for the lanes in the first time trials

TT 2 and knock out races

The crew with the fastest time or ranking from the previous round shall choose which lane to use. The other crew shall use the other lane.

The crew captain shall inform the President of the Jury which lane they choose, no later than **10 minutes** before the start of the race or as soon as possible.

The fastest crew shall choose their lane, but do not have selection of boat.

- President of the Jury*
 - Starter / Finish Judge*
 - Judge at the Start / Race umpire*
 - Lane Umpires (1 per lane)*
 - Turning Mark Umpire
 - Members of the Control Commission (*)
- * = international umpires and also senior member of CC
- 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

3 Min.

Starter & Announcer

- **THREE MINUTES**

Athletes

- All crew members in Start Zone under the control of the starter
- After introduction crews turn immediately back to their position

2'45" –
1'45"

- Crews presentation by announcer

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**



Starter and Judge at the Start



Start and finish position of the boat



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

At the Start

- The boats shall be in the water held by crew members (except solo (C1x)) and **max. two** boat handlers per boat.
- All rowers (except the runner of each crew) must be standing in the water next to their boat
- Rowers must not start boarding their boat until after the start signal is given.
- One rower from each crew shall be the runner – it can be a different runner at the start and at the finish.

Boat Handlers

- Each crew shall have up to TWO boat handlers.
- The POJ may decide to allow more if the waves are big.
- The boat handlers shall be chosen by the athletes team, however if the crew does not have enough boat handlers the OC can help.
- The boat handlers can wear the World Rowing bib or a team uniform.
- Boat handlers can direct their crew with their hands and body. Wearing of special colored gloves or sleeves is OK but they cannot hold things in their hands to direct the crews.
- *Boat handlers cannot go in water deeper than their shoulders*



Beach Start

What can you see on the picture?



Start Runners and Boat Holders



Start Runners and Boat Holders what else can you see on this picture?



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

Judge at the Start - Race Umpire -

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)



- **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



Turning Mark Umpire

shows white flag when all boats turned correctly around the buoy



Running around the flag



Finish Runner

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



Finish runner on the Finish Line



and **Finish Judge** in the background



Red Finish button



Beach Sprints – The Finish

- The finish of the race for each crew shall be the moment their crew member reaches the finish point and presses the red button.
- If they miss the button, they must still press it to finish the race! If they press the button and it does not make a sound, there is a video finish camera as a back up.



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 and causes a disadvantage 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 is out of control, the crew's priority in terms of actions are:
 1. the safety of their crew mates
 2. the control of the boat, and
 3. then finally the race.
- 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

Dead Heats

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 decision.

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 President of the Jury together with the Race Director and the Organising Committee 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)



BEACH SPRINT TIME TRIALS

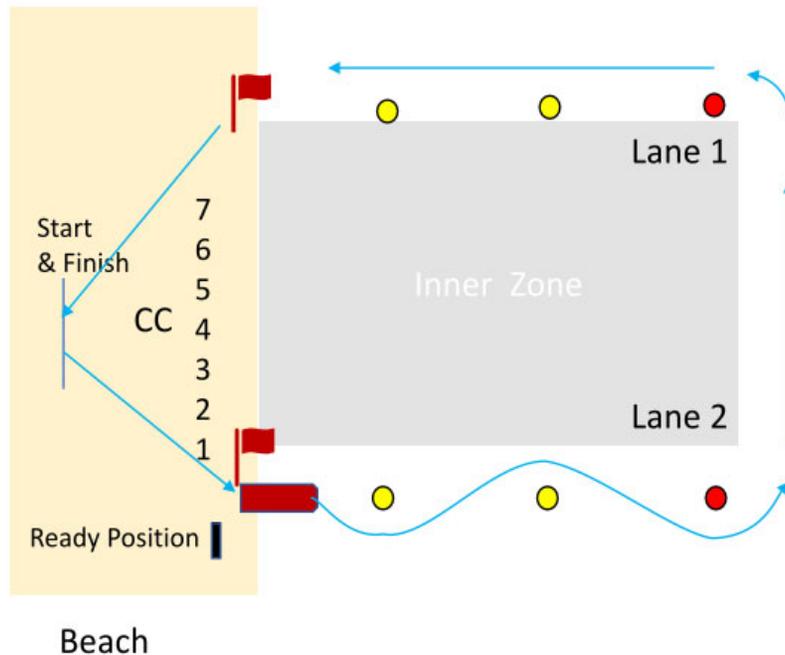


Beach Sprints – Time Trials

Two Options for Beach Sprint Time Trials

- Time trials using the normal Beach Sprint race traffic pattern
- Processional Time Trial ← New in Saundersfoot
 - To be started by flag & voice
 - Timing by chip & “mat” (carpet)

Processional Time Trial



THE COURSE

Run of 10-50m / Row of 525m / Run of 10-50m

1. One of the crew will run from the start line, to the boat on the water in Lane 2 and enter the boat.
2. The crew will race 250m out to the end buoy, passing outside the 1st buoy slalom inside the 2nd buoy.
3. At the end of Lane 2, the crew will turn 90 degrees, passing outside the buoy, and row 25-30m to the Lane 1 end buoy and turn 90 degrees.
4. At the Lane 1 end buoy, the crew will again turn 90 degrees toward the beach, passing outside the buoy.
5. The crew will row 250m straight back to shore in Lane 1, keeping outside of all of the buoys.
6. Once on the shore one of the crew will run around the outside of the Lane Flag, up the beach to the finish line.

Note: The water area inside the Lane Flags, slalom buoys and end buoys, is termed the inner zone. This area is for crews that are being overtaken, have equipment failure or are retiring from the race.

Boat Preparation

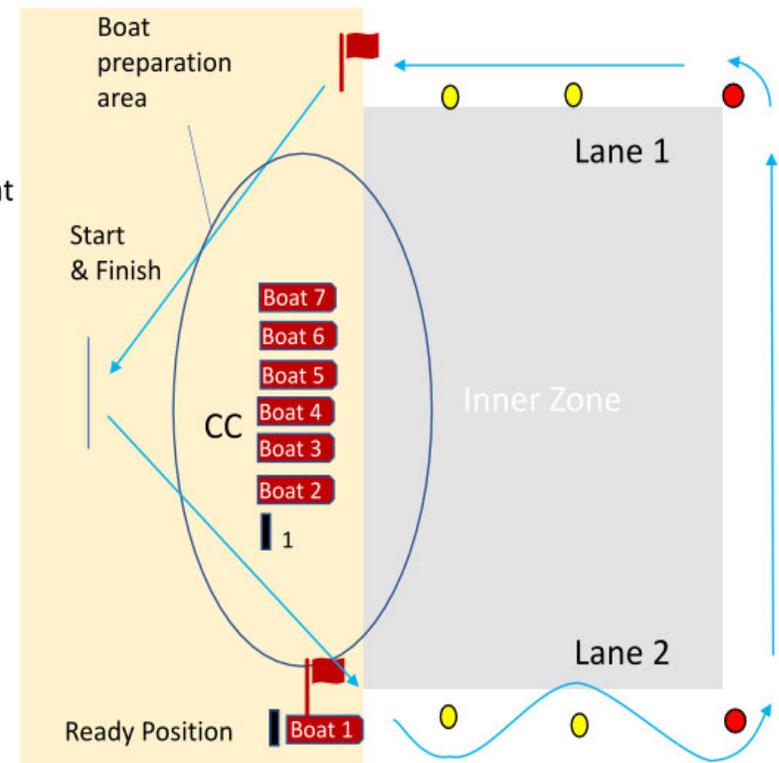
Crews in the time trial must report to Control Commission (CC) to receive their boat, immediately when it comes off the water. Each crew and their boat handlers will have 3-4 minutes to prepare their boat and move it to the ready position.

PRE START TIMING & COMMANDS

7 boats/ 60sec race intervals

This diagram shows the boat positioning at the start of racing

- 1 3min before start**
 All boats on numbered trestles (1-7), Crews (1-7) & their boat handlers standing by their boats.
 Crews 8,9, 10 etc.. should be waiting to report to Control Control (CC) with their oars and boat handlers. CC will inform each crew which empty trestle they should go to. It is each crew's responsibility to be ready. Once ready Boat 1 should go to the 'Ready' position, here they are under the control of the Starter. CC will feed the boats to the Ready Position as soon as it is free.
- 2 30's before start**
 Starter will instruct '**Crew 1 take your boat to the water**'. Runner must be behind the start line.
- 3 Start time**
 Starter will say '**Attention**' '**GO!**'
- 4 30's after first start**
 Starter will instruct '**Crew 2 take your boat to the water**'. Runner must be behind the start line.
- 5 Start time (60s)**
 Starter will say '**Attention**' '**GO!**'
 This will be repeated until all crews have raced.
 Crew 8 will use Boat 1, Crew 9 will use Boat 2, Crew 10 will use Boat 3 etc...
 If a boat is damaged, crews will instructed to take the next available boat.



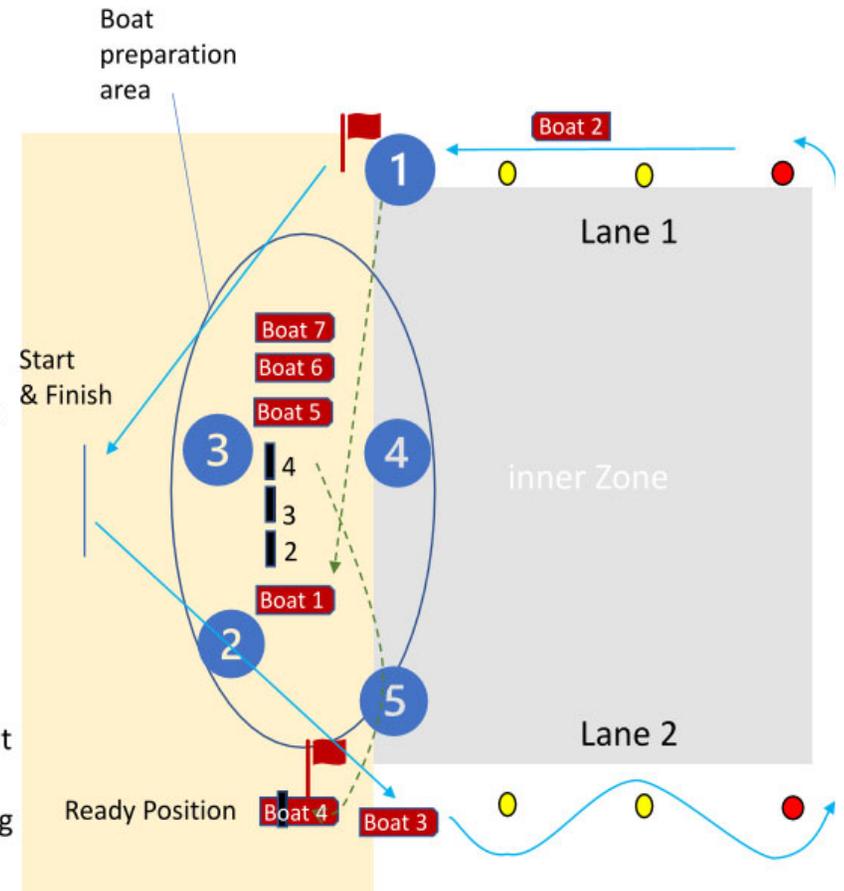
DURING RACING - BOAT PREPARATION

7 boats/ 60sec race intervals

This diagram shows the boat positioning during racing

Boat Preparation

- 1 Crews finishing must exit the boat immediately after they finish (and remove their oars), with the help of their boat handlers.
- 2 The OC boat helpers will carry boat to its numbered trestle. The outgoing boat handlers are expected to assist.
- 3 It is the responsibility of the crew, to prepare their boat, and to check for any damage. The Control Commission marshal will check they have the correct boat.
- 4 The crew have approximately 3-4 minutes to prepare the boat. Once ready they will move their boat to the 'Ready position' trestle. From here they are under the control of the Starter.
- 5 One minute before their start time the crew need to be on the Ready Position and be under the Starters orders. As soon as the previous boat has started, the Starter will instruct them to take their boat to the water. Any crew delaying without good reason will risk the race starting without them, in which case their time will be taken when the Starter say 'GO!'.



Timing Tags

**Timing tags can be used for the time trials
(similar to those used in triathlon)**

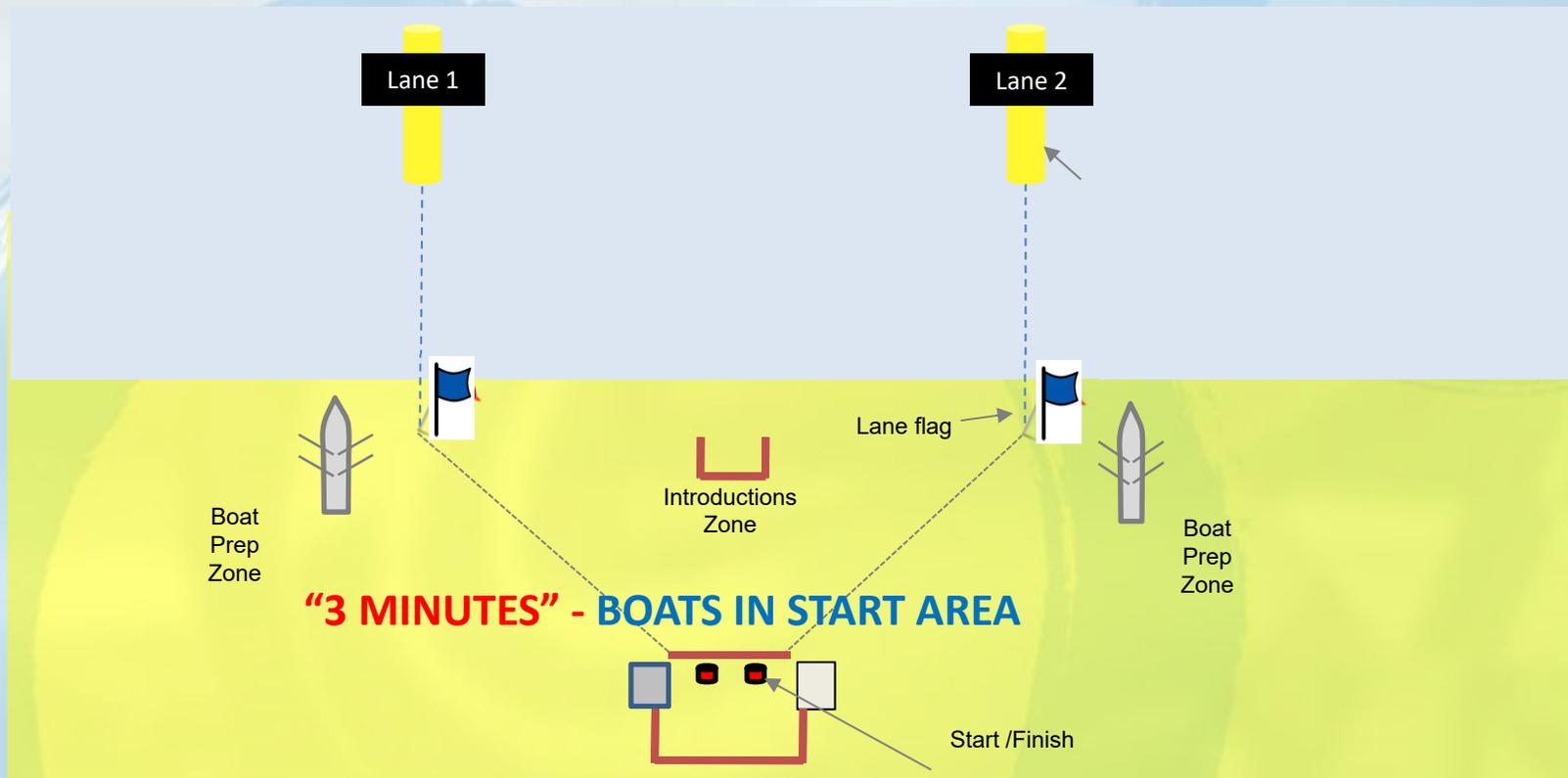
- usually placed around the ankle

**If timing tags are used, then there is no
penalty for a false start since the time
starts when the tag crosses the line at the start**

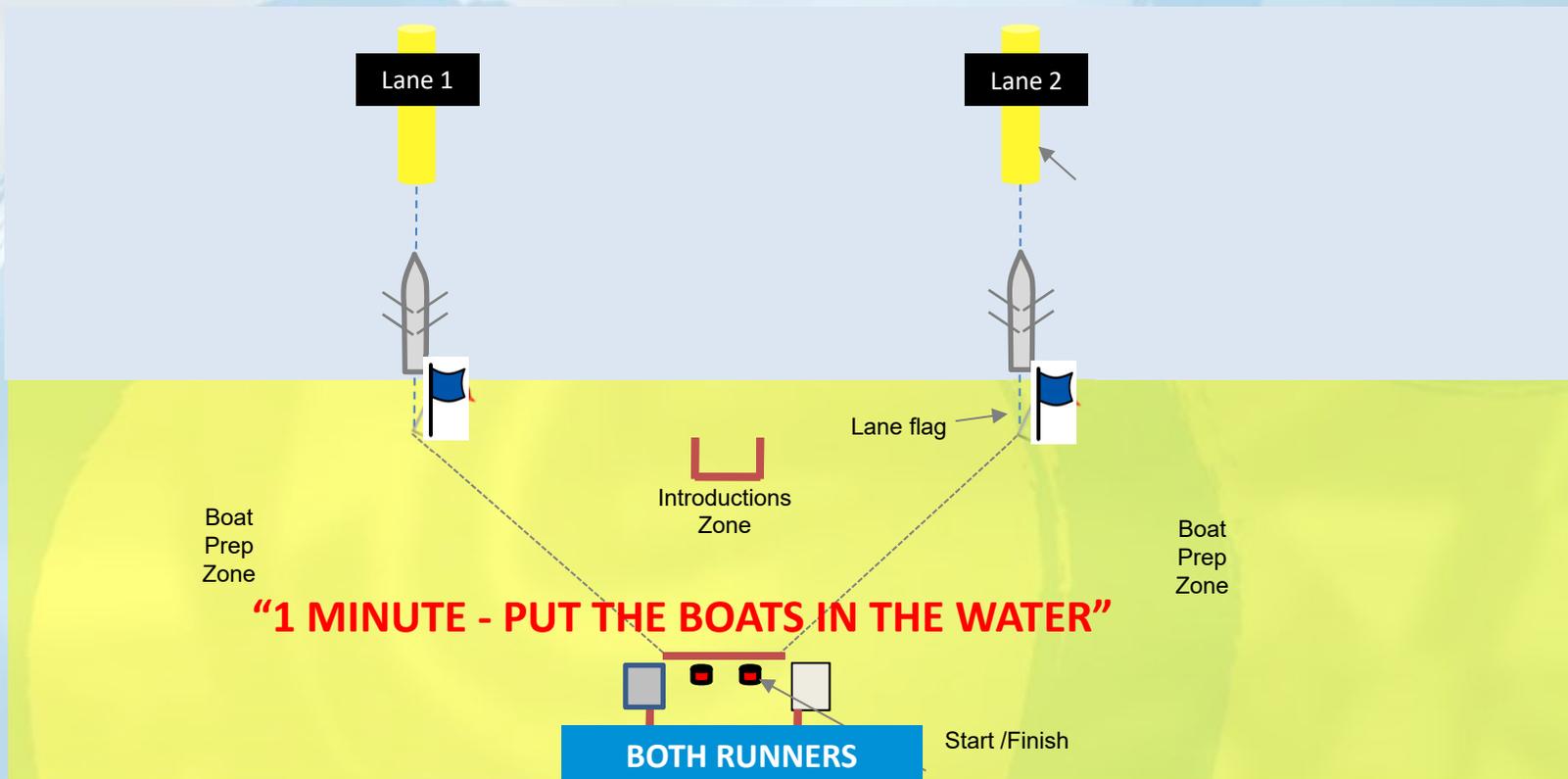
Start Time-trial



HEAD-TO-HEAD - 3 MINUTES BEFORE START



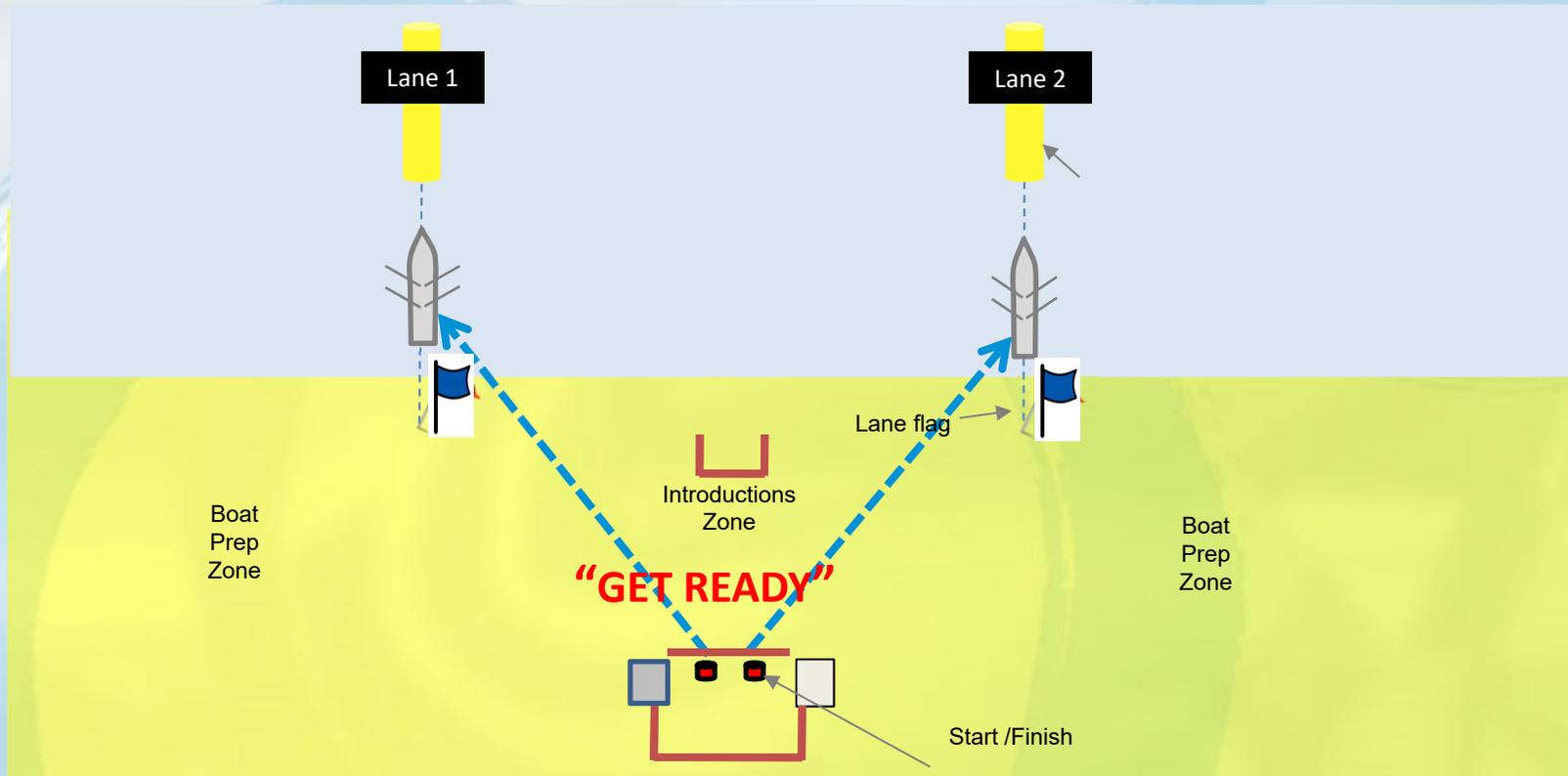
HEAD-TO-HEAD - 1 MINUTE BEFORE START



Start Head-to-Head



HEAD-TO-HEAD – 30 SECONDS



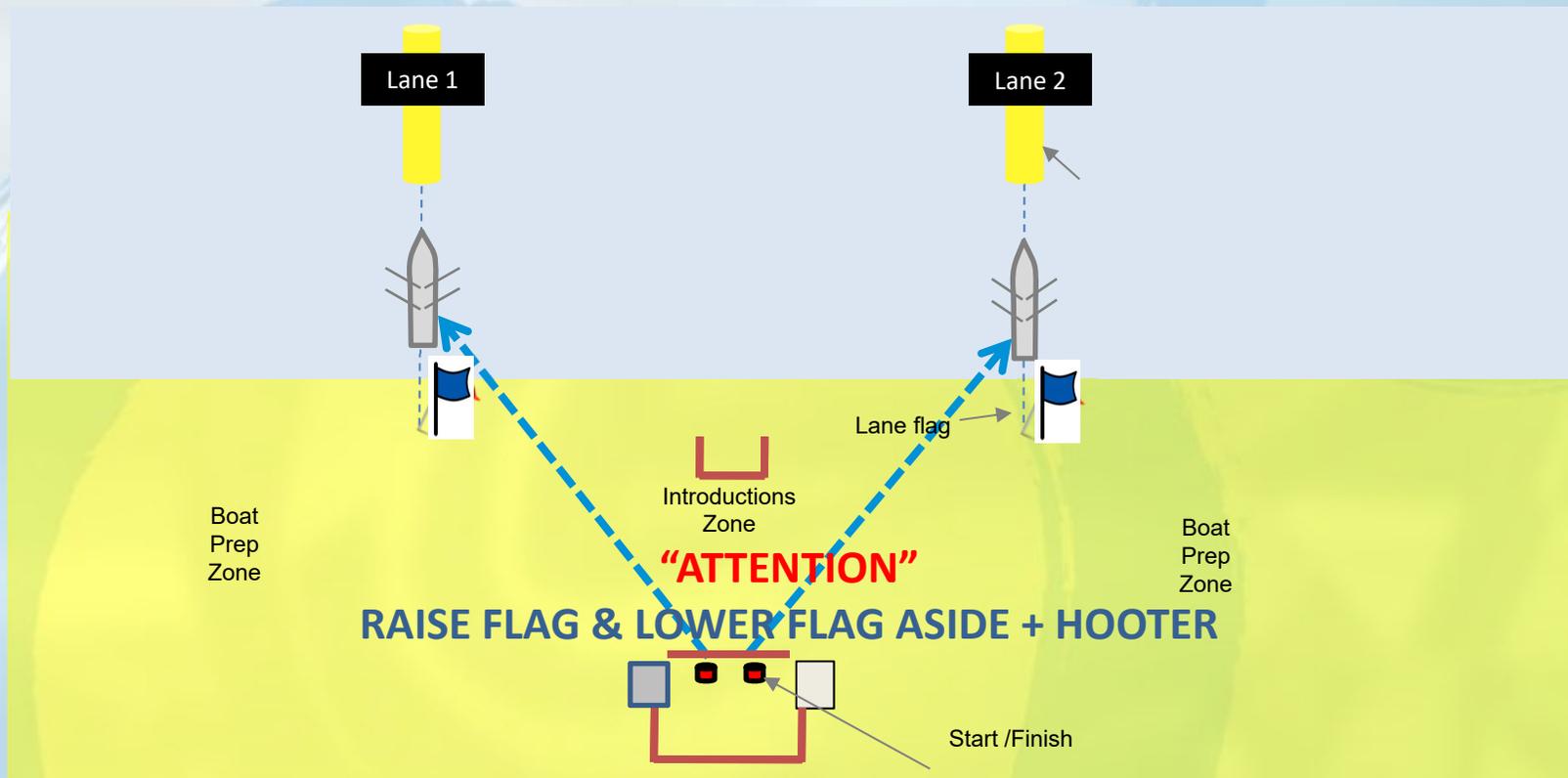
The Start Procedure – HEAD-TO-HEAD

C. 30 seconds before the start

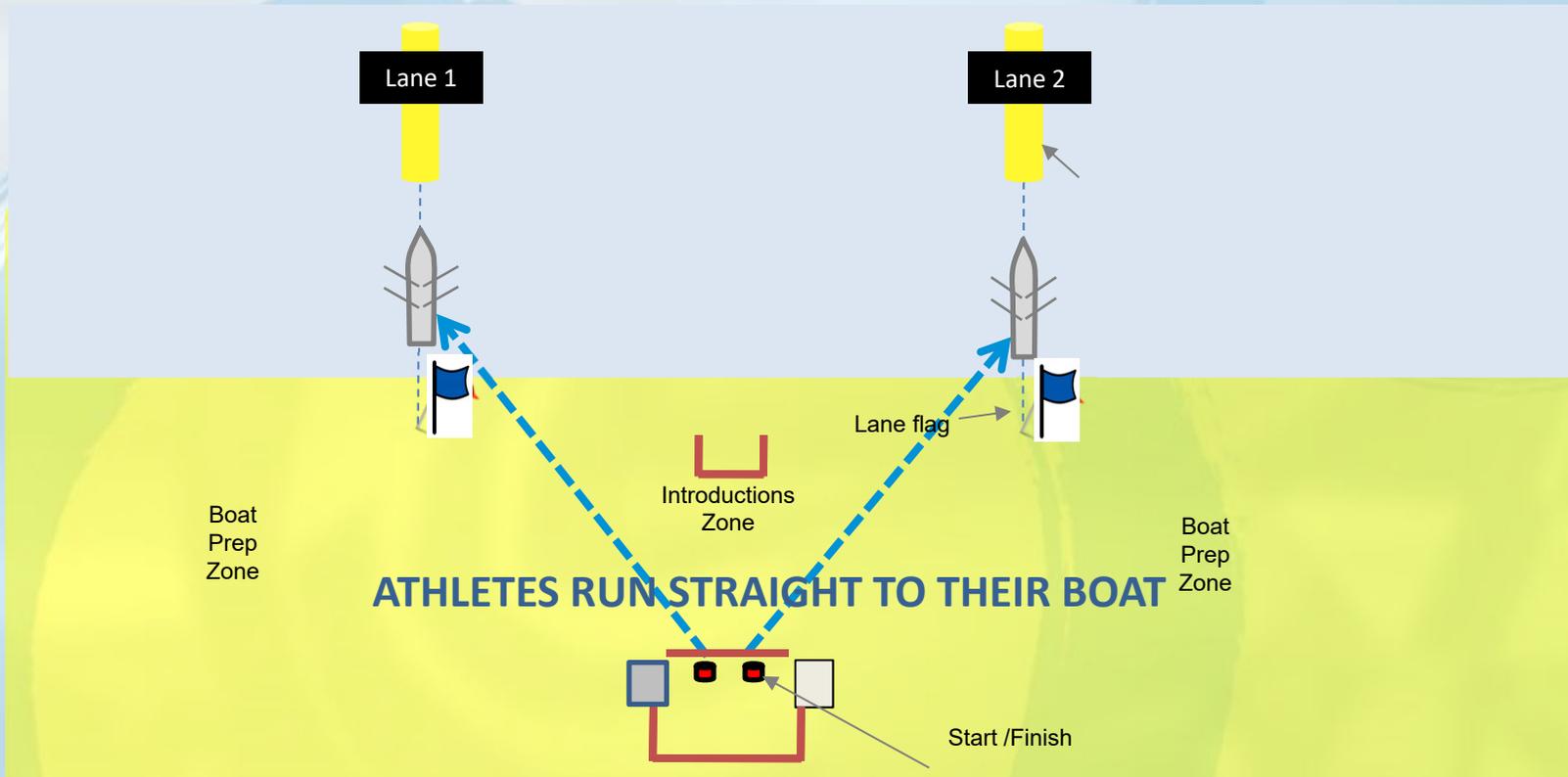
- *The starter shall say 'get ready' – then the Starter could start the race at any time (*).*

() Starter looks carefully to the waves and tries to avoid a big wave when he thinks the runner will reach the boat*

HEAD-TO-HEAD – START SIGNAL

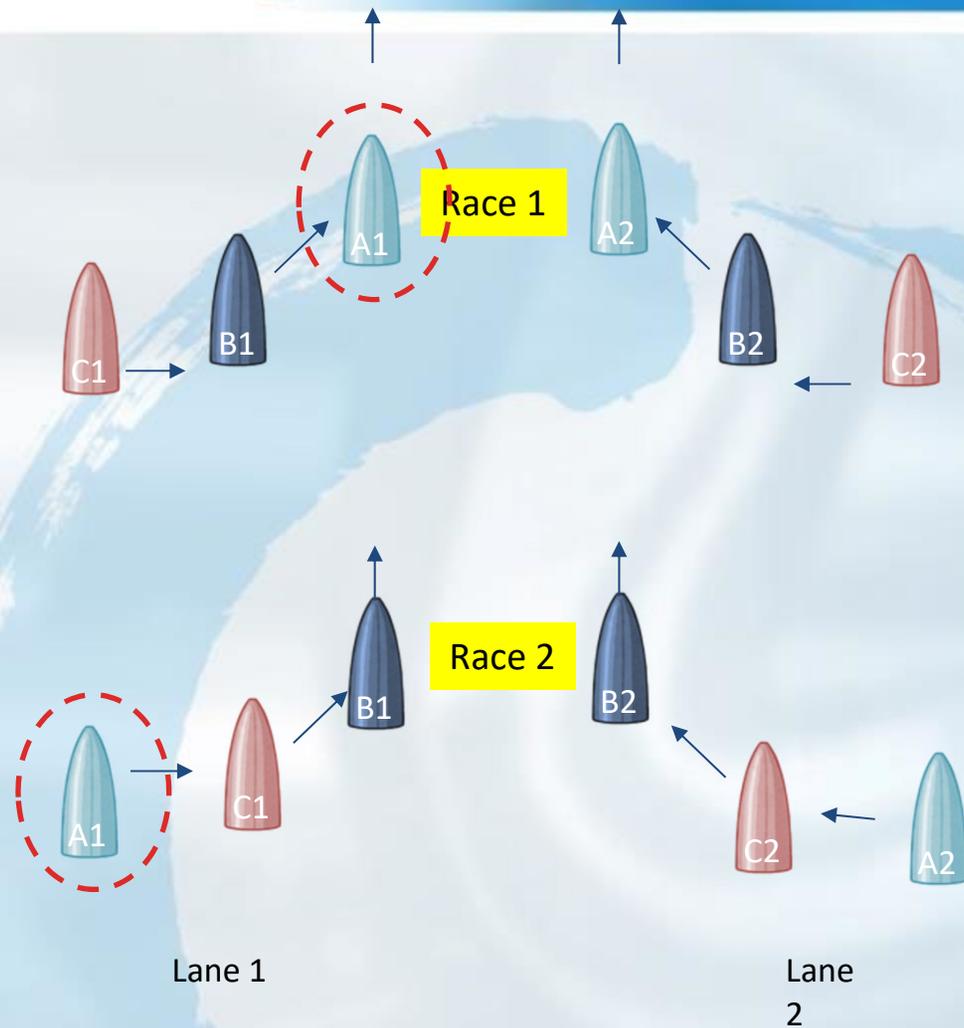


HEAD-TO-HEAD – RUNNING TO THE BOAT



Boats

- For Time trials – we will use the 1-2-3-4-5-6-7 boats (7 boat rotation).
- For Head to Head races we will only use A-B-C boats (3x2 boat rotation).



Pool Boat ROTATION

- Each pool boat is matched in pairs, this is signalled by a letter A, B, C etc...
- Each pool boat is then allocated to a lane – either Lane 1 or 2.
- The labelling will look like this:
 - Lane 1 -> A1, B1, C1 etc...
 - Lane 2 -> A2, B2, C2 etc..
- Boats will be rotated and boats with the same letters will race against each other.
- TT -> 7 boat rotation
- Last 8 -> 3 boat rotation

Coastal Standard Rig

WORLD ROWING STANDARD RIG

| | | Tolerance |
|-----------------|------------------------|-----------|
| Span | 158cm | ± 1cm |
| Gate height | 18cm or max | |
| Ht. diff. | Bowside 1 cm lower | ± 0,5cm |
| Stern pitch | 5° | ± 1° |
| Lateral pitch | 0.5° | ± 0.5° |
| Stretcher angle | 42° (flatter than 45°) | ± 2° |

Recommended – Blade
Length 288-286cm /Inboard - 86-88cm

The pool boats have a standard rig

Crews are not allowed to change – span, pitch, gate height, or stretcher angle.

Are allowed to adjust the foot stretcher and to bring blades and seat pads.

Questions?

Thank you!

