



**De Haan**  
**25/11/2023**

*Presented by Patrick Rombaut, WR Executive Committee member*



# REMINDER

Top Priority:

*«Maintain Rowing's Strong position  
in the Olympic Movement»*

## No more Lightweights

M 1X

W1X

M2X

W2X

M4X

W4X

M2-

W2-

M4-

W4-

M8+

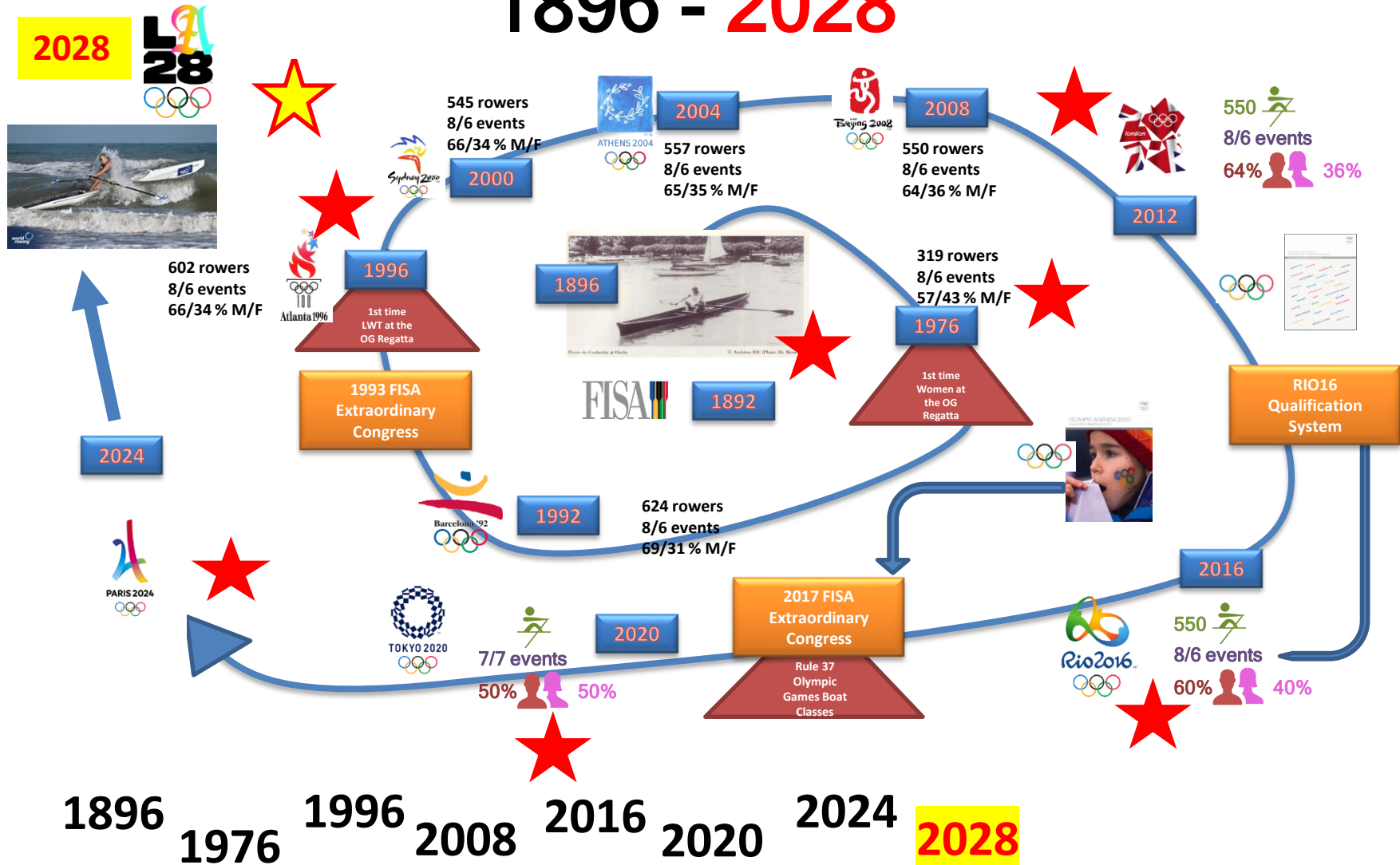
W8+

~~LM2X~~

~~LW2X~~

# Rowing Olympic History

## 1896 - 2028





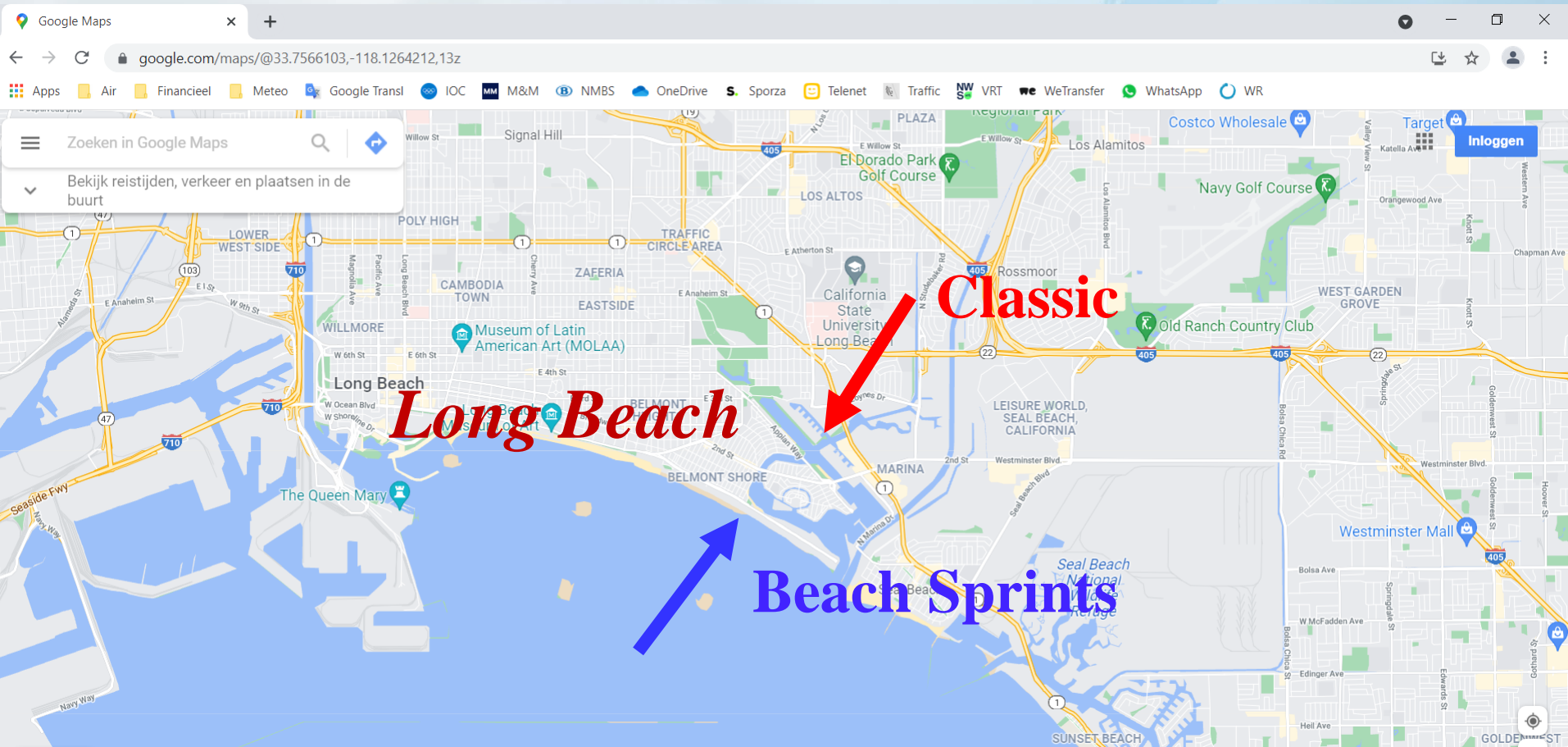
## BEACH SPRINT ROWING BECOMES OLYMPIC!



**3 events proposed: CM 1X – CW 1X – CMix 2X**

**14 -> 15 events (and same n° of athletes)**

**Final decision on quota and events by IOC EB :  
After Paris 2024**





# 2028 Olympic Regatta Courses



# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**
- **CONCEPT**
- **COURSE CHARACTERISTICS**
- **PROGRESSION SYSTEM**
- **START PROCEDURES**
- **THE RACE**
- **THE FINISH**
- **SANCTIONS**



# BEACH SPRINT ROWING

## ■ ENDURANCE vs. BEACH SPRINT

# ENDURANCE vs. BEACH SPRINT

## COASTAL ROWING



### ENDURANCE

6000-8000 meter

Beach or water start/finish

Max. 18 crews per race

Always 2 rounds

No Olympic Status in LA 28



### BEACH SPRINT

500-600 meter

**Always Beach start/finish**

**Max. 2 crews per race**

**Min. 2 rounds**

**Olympic Status in LA 28**

# ENDURANCE vs. BEACH SPRINT

↙ **COASTAL ROWING** ↘  
**ENDURANCE** **BEACH SPRINT**



# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**



# RULES vs. REGULATIONS

- **At this moments still “regulations”**
- **Coastal and Beach Sprint are developing rowing formats**
- **Regular modifications and updates**
- **From 2025 onwards:**
  - **For sure Beach Sprint Rowing will have their Rules**
  - **Olympics 2028**
  - **Olympic cycle (2025-2028) with stable Rules**

# RULES vs. REGULATIONS



Appendix R18

***COASTAL ROWING  
COMPETITION REGULATIONS***

—

***EVENT REGULATIONS AND/OR  
DEPARTURES FROM THE  
WORLD ROWING RULES OF  
RACING***

***Pages 313 - 336***

Appendix R19

***BEACH SPRINT ROWING  
REGULATIONS***

—

***EVENT REGULATIONS  
AND/OR DEPARTURES FROM  
THE WORLD ROWING RULES  
OF RACING***

***Pages 337 - 363***

## APPENDIX R18

### **COASTAL ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/OR DEPARTURES FROM THE WORLD ROWING RULES OF RACING**

#### **Preamble**

- a. 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 Council as Departures from the Rules.*
- b. These Regulations apply to International Coastal Rowing regattas and Beach Sprint Rowing regattas.*
- c. Appendix R19 details departures from these Regulations specific to Beach Sprint Rowing regattas.*

# RULES vs. REGULATIONS

## APPENDIX R19

### **BEACH SPRINT ROWING REGULATIONS – EVENT REGULATIONS AND/OR DEPARTURES FROM THE WORLD ROWING RULES OF RACING**

*Rules and Regulations applying to International Coastal Rowing regattas shall apply to International Beach Sprint Rowing regattas except as provided herein and approved by the Council as Departures from the Regulations.*

### **CONCLUSION**

*Basis  
than  
and than*

***RULES OF RACING***

***Departures from Rules for Coastal (App. R18)***

***Departures from App. R18 for Beach Sprint (App. R19)***



# BOAT CLASSES & 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**

## The pool boats have a standard rig

		Tolerance
Span	158cm	$\pm 1\text{cm}$
Gate height	18cm or max	
Ht. diff.	Bowside 1 cm lower	$\pm 0,5\text{cm}$
Stern pitch	5°	$\pm 1^\circ$
Lateral pitch	0.5°	$\pm 0.5^\circ$
Stretcher angle	42° (flatter than 45°)	$\pm 2^\circ$

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.

Recommended

Blade Length: 288-286cm

Inboard: 86-88cm

# ATHLETES' & BOATS' WEIGHING

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



# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**



# SAFETY FIRST

**Safety is the first priority of the Jury duties.**



# SAFETY FIRST

## 3. Safety and Health of Rowers (Coastal Regulation 5, Rule 14)

- a. Each rower at Beach Sprint rowing events shall ensure that:
  - i. they **have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the particular event**; and
  - ii. they have **a basic swimming ability**, including **being able to swim 50 m** and **keep their head above water unassisted for three minutes**.
- b. For the World Rowing Beach Sprint Championships, all rowers must have completed **a precompetition health screening** as detailed in Bye-Law to Rule 14 2) a).
- c. While the organising committee of a regatta shall take all reasonable steps to provide safe rowing conditions and appropriate safety measures, **the ultimate responsibility for competing safely lies with each individual rower and their team officials**.

# SAFETY FIRST

App R18 art. 19 d)-g)

- **Any member of the Jury may prohibit any crew from going on the water if**
  - He considers the crew constitutes a danger to themselves or to other crews on the water.
  - Final decision up to the President of the Jury
- Capsizing drill to be done regularly by the crews





# RESPONSIBILITIES OF THE ROWERS

- 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***



# SAFETY FIRST – NOT OK !





WRBSF Barletta, Italy

29 Sept. - 1 Oct.

**103**

(Event)

## OFFICIAL COMMUNICATION 4 Coastal U19 Women's Double Sculls

**CJW2x**

**Q**

**Race 124**

### Race 124, CJW2x, Quarterfinal 4, USA Excluded

In Race 124, CJW2x, Quarterfinal 4, USA has been excluded for causing severe collision. ITA will progress to the Semifinals.

Angela Alonso Fernandez, President of the Jury

# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**
- **CONCEPT**



# World Rowing Beach Sprint Finals

**From 2019 onwards...**

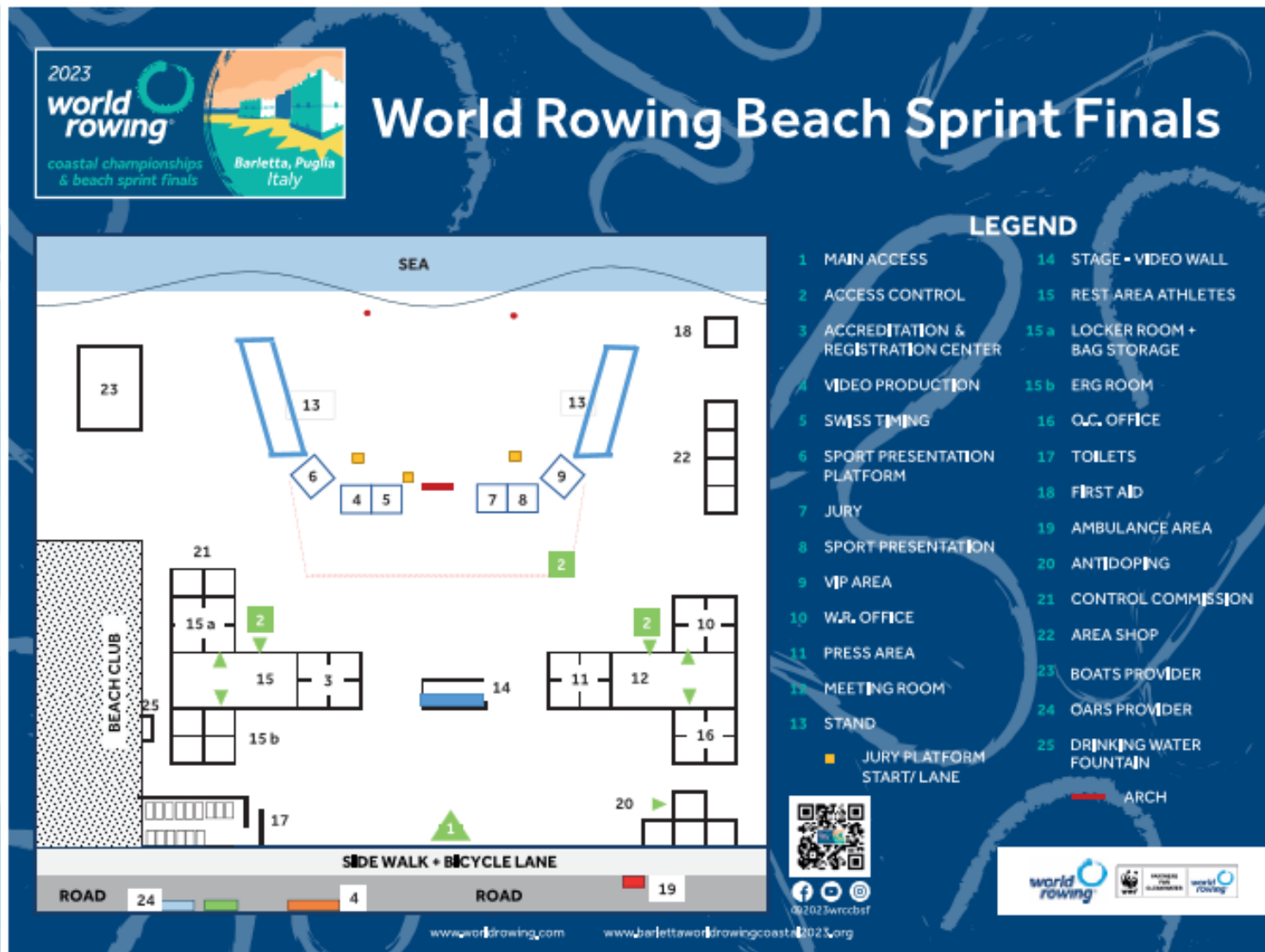


**2020  
CANCELLED**



**2024  
GENOA - ITALY**





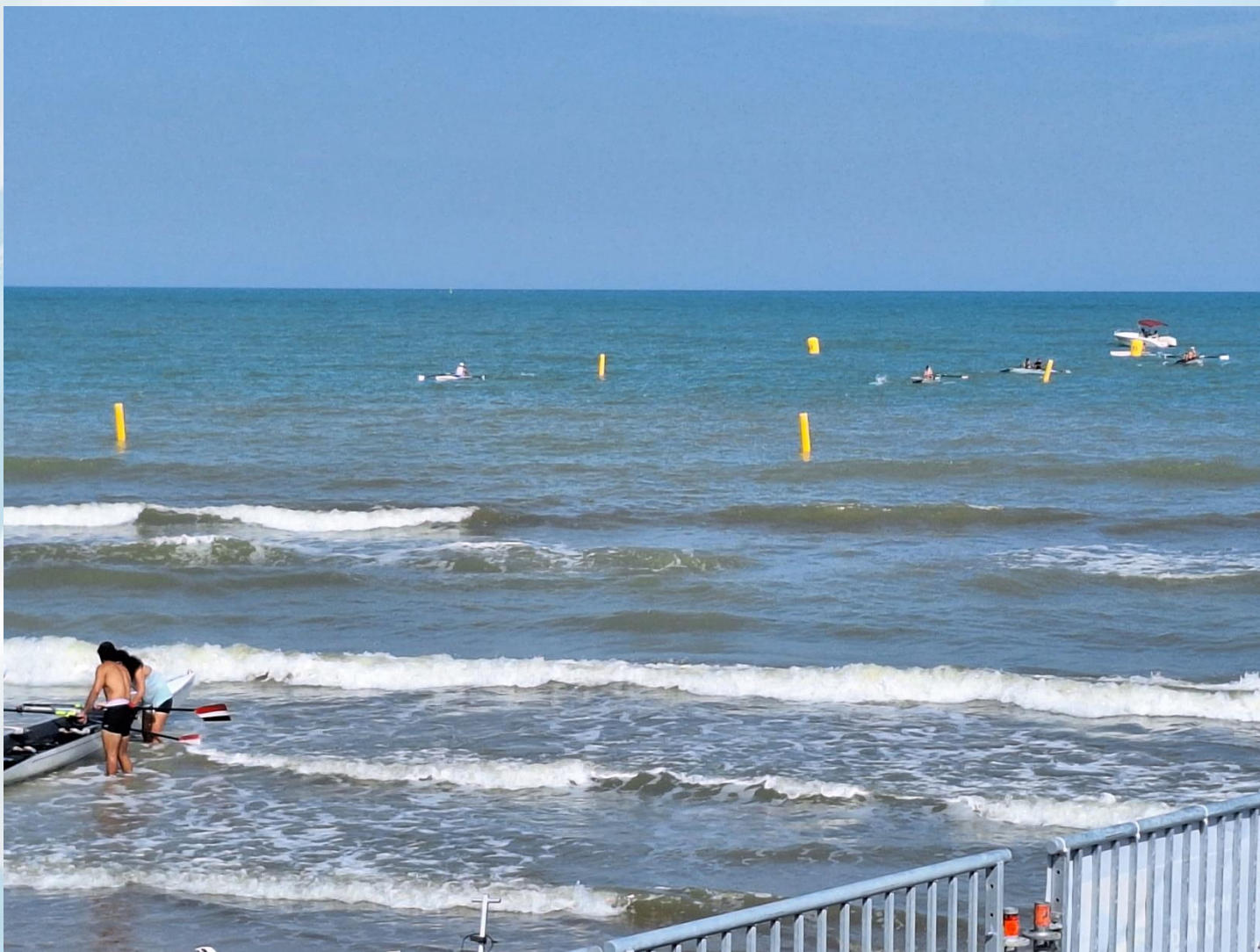








# CONCEPT





# SPORTS PRESENTATION



# SPORTS PRESENTATION



# SPORTS PRESENTATION





# SPORTS PRESENTATION

- Greatest asset to media and other stakeholders:  
From last 8 (Quarter Finals – Q) to Final A in 48 minutes!

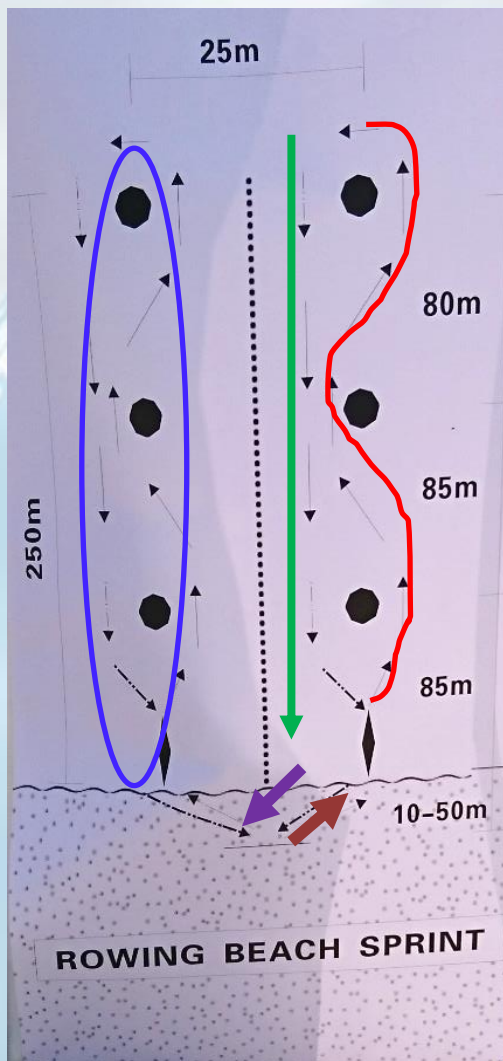
LAST 8		LAST 8	
CJM1x		CJM2x	
14:00	QF1	13:00	QF1
14:05	QF2	13:05	QF2
14:10	QF3	13:10	QF3
14:15	QF4	13:15	QF4
14:22	SF1	13:22	SF1
14:29	SF2	13:29	SF2
14:41	FB	13:41	FB
14:48	FA	13:48	FA
CJW1x		CJW2x	
15:00	QF1	14:00	QF1
15:05	QF2	14:05	QF2
15:10	QF3	14:10	QF3
15:15	QF4	14:15	QF4
15:22	SF1	14:22	SF1
15:29	SF2	14:29	SF2
15:41	FB	14:41	FB
15:48	FA	14:48	FA
CMix4x+		CJMix2x	
16:00	QF1	15:00	QF1
16:05	QF2	15:05	QF2
16:10	QF3	15:10	QF3
16:15	QF4	15:15	QF4
16:22	SF1	15:22	SF1
16:29	SF2	15:29	SF2
16:41	FB	15:41	FB
16:48	FA	15:48	FA



# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**
- **CONCEPT**
- **COURSE CHARACTERISTICS**

# COURSE CHARACTERISTICS



## Exact layout and traffic rules of the course

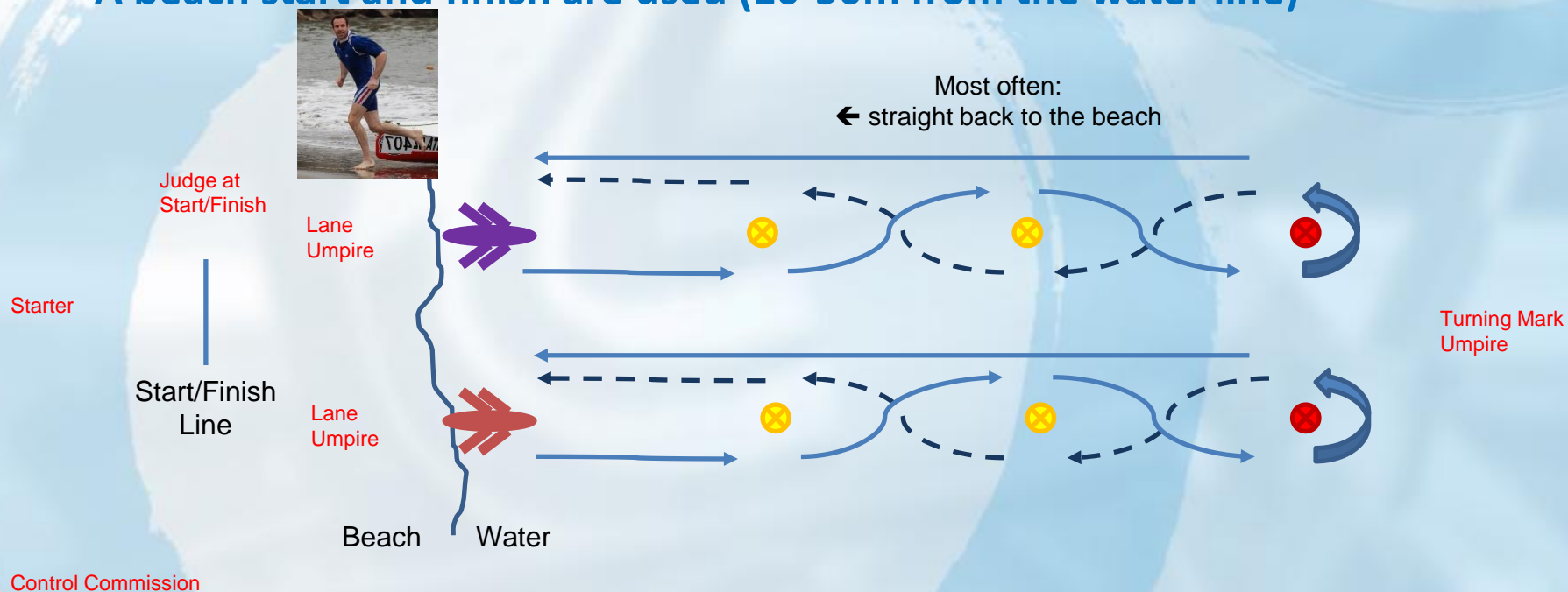
- 10-50 m running
- 85 /85/80 m between the buoys
- Slalom out – straight back
- 10 – 50m running

# COURSE CHARACTERISTICS

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)



# COURSE CHARACTERISTICS

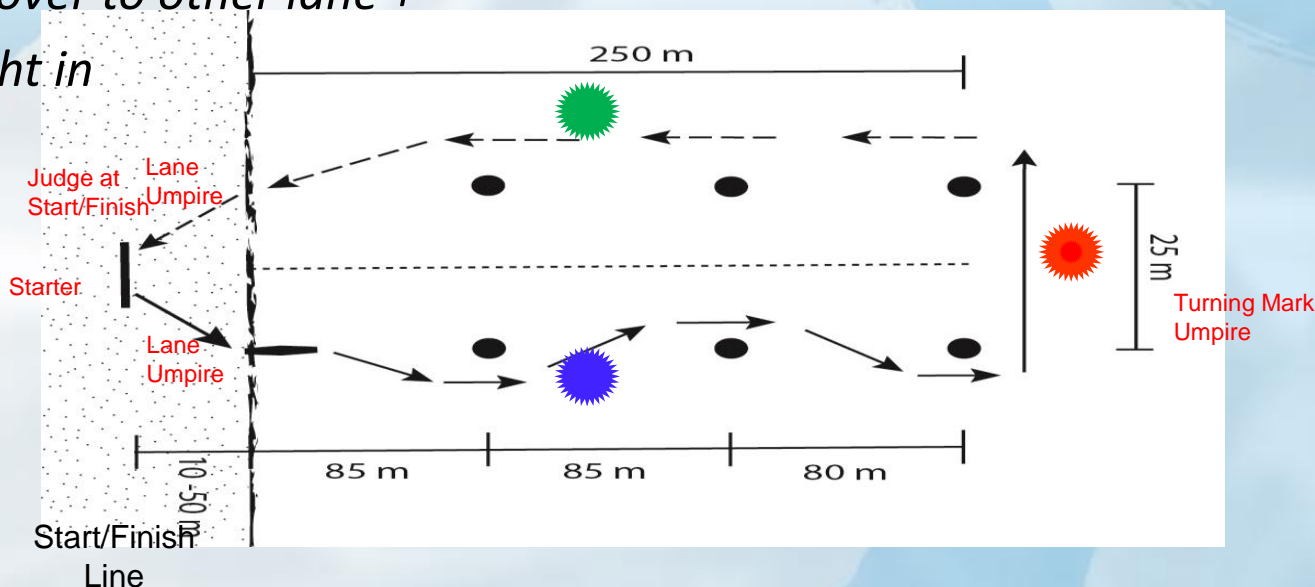
A third option is a **Processional Time Trial**

- A processional time trial utilizes the same 2 lane course as options 1 and 2
- A beach start and finish are used
- Crews start at intervals and race over the same course:

● *slalom out +*

● *cross over to other lane +*

● *straight in*



Control Commission



## Number of lanes:

### In heats:

4 lanes may be used, but they **must** be identical in all the distances of the layout.

### In finals:

The 8 finalists compete on 2 lanes

# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
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- **SAFETY FIRST**
- **CONCEPT**
- **COURSE CHARACTERISTICS**
- **PROGRESSION SYSTEM**

# 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 processional)**
- **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

**Goal is to get:**

- **to the last 4 (if 4 to 7 entries)**
- **to the last 8 (if 8 to 15 entries)**
- **to the last 16 (if 16+ entries)**

**Mix of Time Trials (T) and side by side races  
(K-Q-S-F)**



# PROGRESSION SYSTEM

- **Choice of lanes for the Final 8:**
  - The crew 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 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

## 4 Entries

### Round 1: TIME TRIAL

*All crews to race in Time Trial and are ranked in time order*

*1st and 4th to H1, 2nd and 3rd to H2*

### Round 2: HEATS

*Heat 1 - 1st to Final A and 2nd to Final B*

*Heat 2 - 1st to Final A and 2nd to Final B*

Round 1		Round 2		Round 3	
TIME TRIAL		HEATS		FINALS	
T	1	H1	1.T	FA	1.H1
	2		4.T		1.H2
	3	H2	2.T	FB	2.H1
	4		3.T		2.H2

## 7 Entries

### Round 1: TIME TRIAL

All crews to race in Time Trial and are ranked in time order

1st to SAB1

4th and 5th to R1, 2nd and 7th to R2, 3rd and 6th to R3

### Round 2: REPECHAGE

Repechage 1 - 1st Semifinal AB1 and 2nd eliminated, Repechage 2 - 1st to Semifinal AB2 and 2nd eliminated, Repechage 3 - 1st to Semifinal AB2 and 2nd eliminated

### Round 4: SEMIFINALS

Semifinal AB1 - 1st to Final A and 2nd to Final B

Semifinal AB2 - 1st to Final A and 2nd to Final B

Round 1		Round 2		Round 3		Round 4	
TIME TRIAL		REPECHAGES		SEMIFINALS		FINALS	
		The FINALS					
T	1	R1	4.T	SAB1	1.T	FA	1.SAB1
	2		5.T		1.R1		1.SAB2
	3	R2	2.T	SAB2	1.R2	FB	2.SAB1
	4		7.T		1.R3		2.SAB2
	5	R3	3.T				
	6		6.T				
	7						



# PROGRESSION SYSTEM

9 entries

Round 1		Round 2		Round 3		Round 4		Round 5	
TIME TRIAL		REPECHAGE		QUARTERFINALS		SEMIFINALS		FINALS	
				The FINALS					
T	1	R	8.T	Q1	1.T	SAB1	1.Q1	FA	1.SAB1
	2		9.T		1.R		1.Q2		1.SAB2
	3			Q2	4.T	SAB2	1.Q3	FB	2.SAB1
	4				5.T		1.Q4		2.SAB2
	5			Q3	2.T				
	6				7.T				
	7			Q4	3.T				
	8				6.T				
	9								

# PROGRESSION SYSTEM

13 entries

Round 1		Round 2		Round 3		Round 4		Round 5	
TIME TRIAL		REPECHAGES		QUARTERFINALS		SEMIFINALS		FINALS	
				The FINALS					
T	1	R1	4.T	Q1	1.T	SAB1	1.Q1	FA	1.SAB1
	2		13.T		1.R5		1.Q2		1.SAB2
	3	R2	5.T	Q2	1.R1	SAB2	1.Q3	FB	2.SAB1
	4		12.T		1.R2		1.Q4		2.SAB2
	5	R3	6.T	Q3	2.T				
	6		11.T		1.R4				
	7	R4	7.T	Q4	3.T				
	8		10.T		1.R3				
	9	R5	8.T						
	10		9.T						
	11								
	12								
	13								

# PROGRESSION SYSTEM

16 entries

Round 1		Round 2		Round 3		Round 4		Round 5	
TIME TRIAL		KNOCKOUT		QUARTERFINALS		SEMIFINALS		FINALS	
		LAST 16		The FINALS					
T	1	K1	1.T	Q1	1.K1	SAB1	1.Q1	FA	1.SAB1
	2		16.T		1.K8		1.Q2		1.SAB2
	3	K2	2.T	Q2	1.K4	SAB2	1.Q3	FB	2.SAB1
	4		15.T		1.K5		1.Q4		2.SAB2
	5	K3	3.T	Q3	1.K2				
	6		14.T		1.K7				
	7	K4	4.T	Q4	1.K3				
	8		13.T		1.K6				
	9	K5	5.T						
	10		12.T						
	11	K6	6.T						
	12		11.T						
	13	K7	7.T						
	14		10.T						
	15	K8	8.T						
	16		9.T						



# PROGRESSION SYSTEM

16+ entries

Round 1		Round 2		Round 3		Round 4		Round 5		Round 6	
TIME TRIAL 1		TIME TRIAL 2		KNOCKOUT		QUARTERFINALS		SEMIFINALS		FINALS	
				LAST 16		The FINALS					
T1	1	T2	9.T1	K1	1.T1	Q1	1.K1	SAB1	1.Q1	FA	1.SAB1
	2		10.T1		8.T2		1.K8		1.Q2		1.SAB2
	3		11.T1	K2	2.T1	Q2	1.K4	SAB2	1.Q3	FB	2.SAB1
	4		12.T1		7.T2		1.K5		1.Q4		2.SAB2
	5		13.T1	K3	3.T1	Q3	1.K2				
	6		14.T1		6.T2		1.K7				
	7		15.T1	K4	4.T1	Q4	1.K3				
	8		16.T1		5.T2		1.K6				
	9		17.T1	K5	5.T1						
	10		18.T1		4.T2						
	11		19.T1	K6	6.T1						
	12		20.T1, ...		3.T2						
	13		K7	7.T1							
	14			2.T2							
	15		K8	8.T1							
	16			1.T2							
	17										
	18										
	19										
	20...										

# RESULTS & LANE SELECTION TREE

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



# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**
- **CONCEPT**
- **COURSE CHARACTERISTICS**
- **PROGRESSION SYSTEM**
- **START PROCEDURES**

# Beach Start – Start procedure

**Time**  
3 Min.

## **Starter & Announcer**

- **THREE MINUTES**

2'45" –  
1'45"

- Crews presentation by announcer

1' – 45"

- **ONE MINUTE** or similar, **PUT THE BOATS TO THE WATER**
- **GET READY**
- *Music to stop*

30" –  
20"

- **ATTENTION**
- **Red flag or traffic light**
- **Dropping flag or green light**  
+ **HOOTER**

## **Athletes**

- All crew members in Start Zone under the control of the starter
- After introduction crews turn immediately back to their position
- Runner to be ready behind Start Line
- Crew + Boat handler put the boat into the water
- Start of the race by the runners



# START PROCEDURE

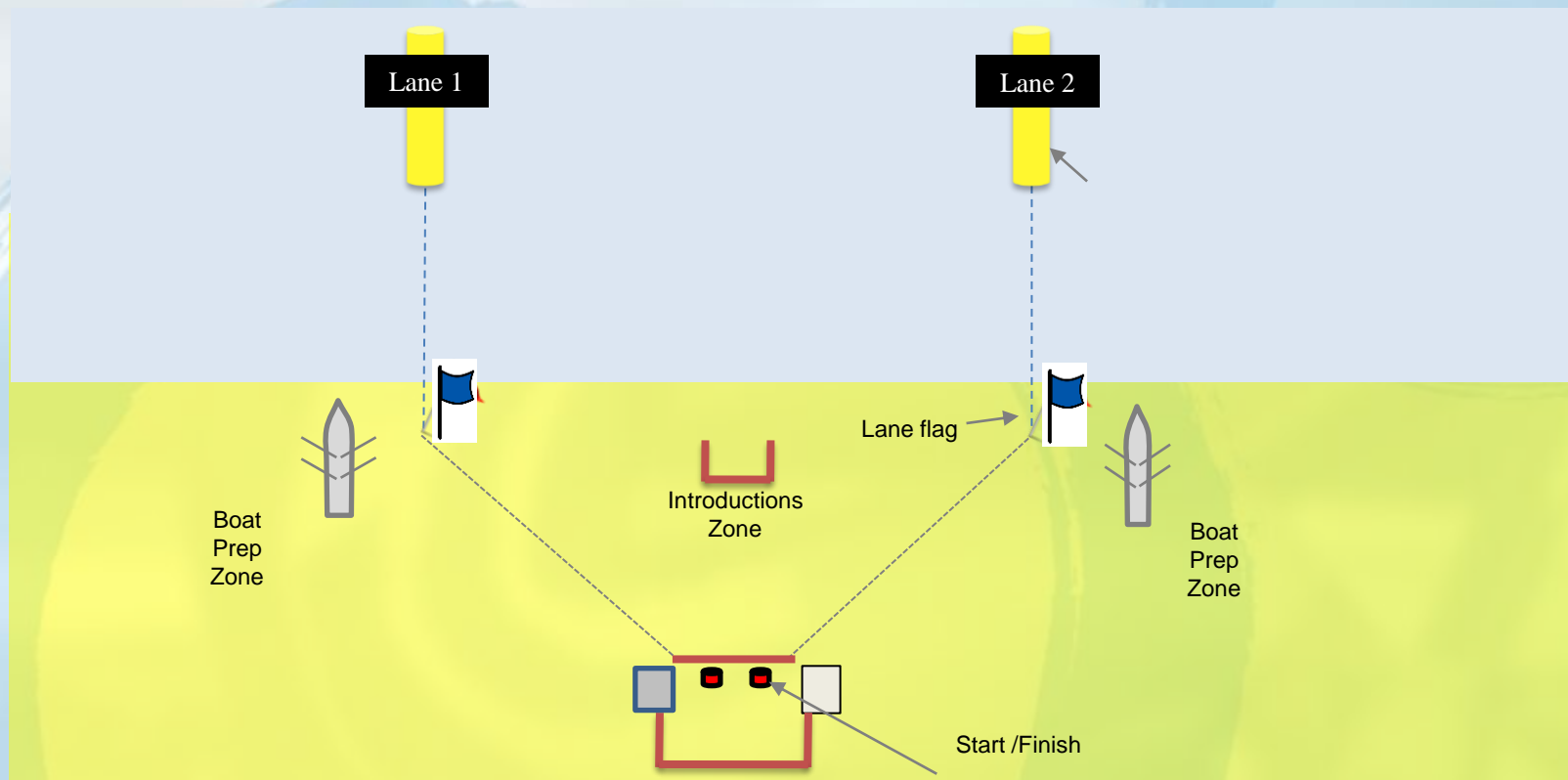
- Note: in the last 30'' – 20'' before the start the Starter can start at **any time**:

## *Why ?*

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

# HEAD-TO-HEAD

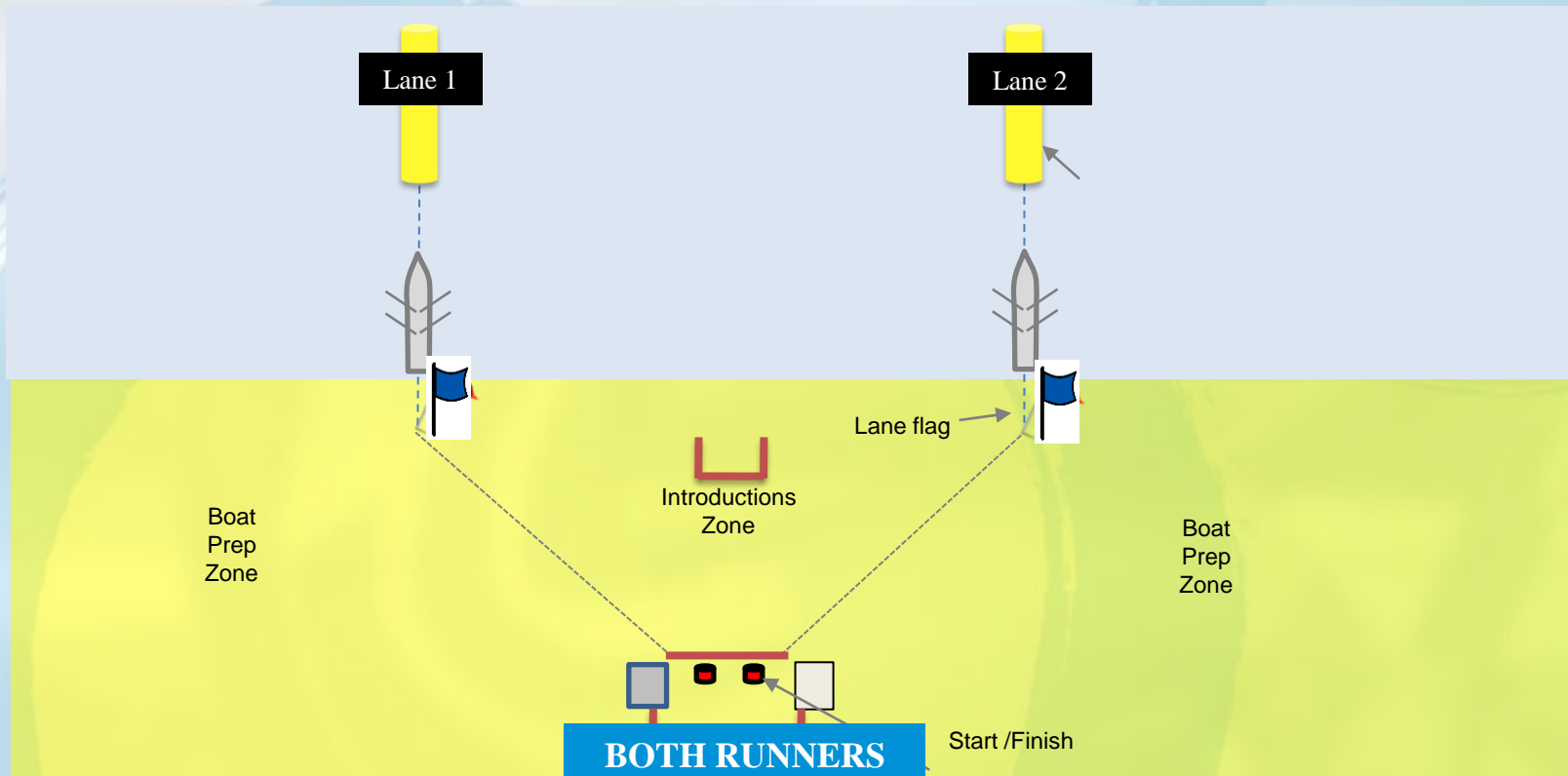
## 3 MINUTES BEFORE START



**“3 MINUTES” - BOATS IN START AREA**

# HEAD-TO-HEAD

## 1 MINUTE BEFORE START



**“1 MINUTE - PUT THE BOATS TO THE WATER”**

# 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.



# START POSITION OF THE BOAT



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

**Boat handlers ready to bring the boat  
to the water**

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

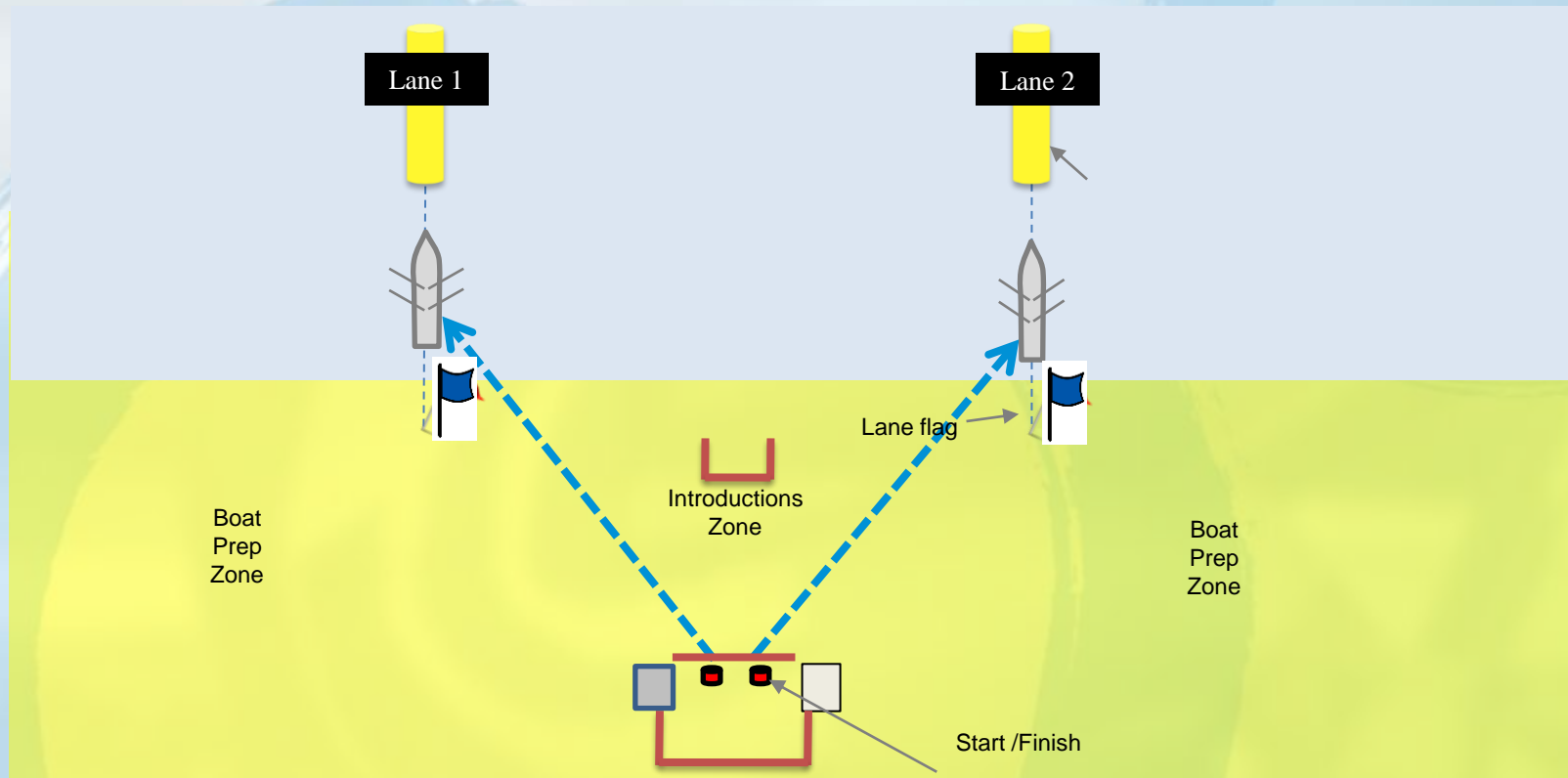
**ONLY COMING BACK back the runner  
has to turn around this flag to ensure  
the correct running distance**

# 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 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*

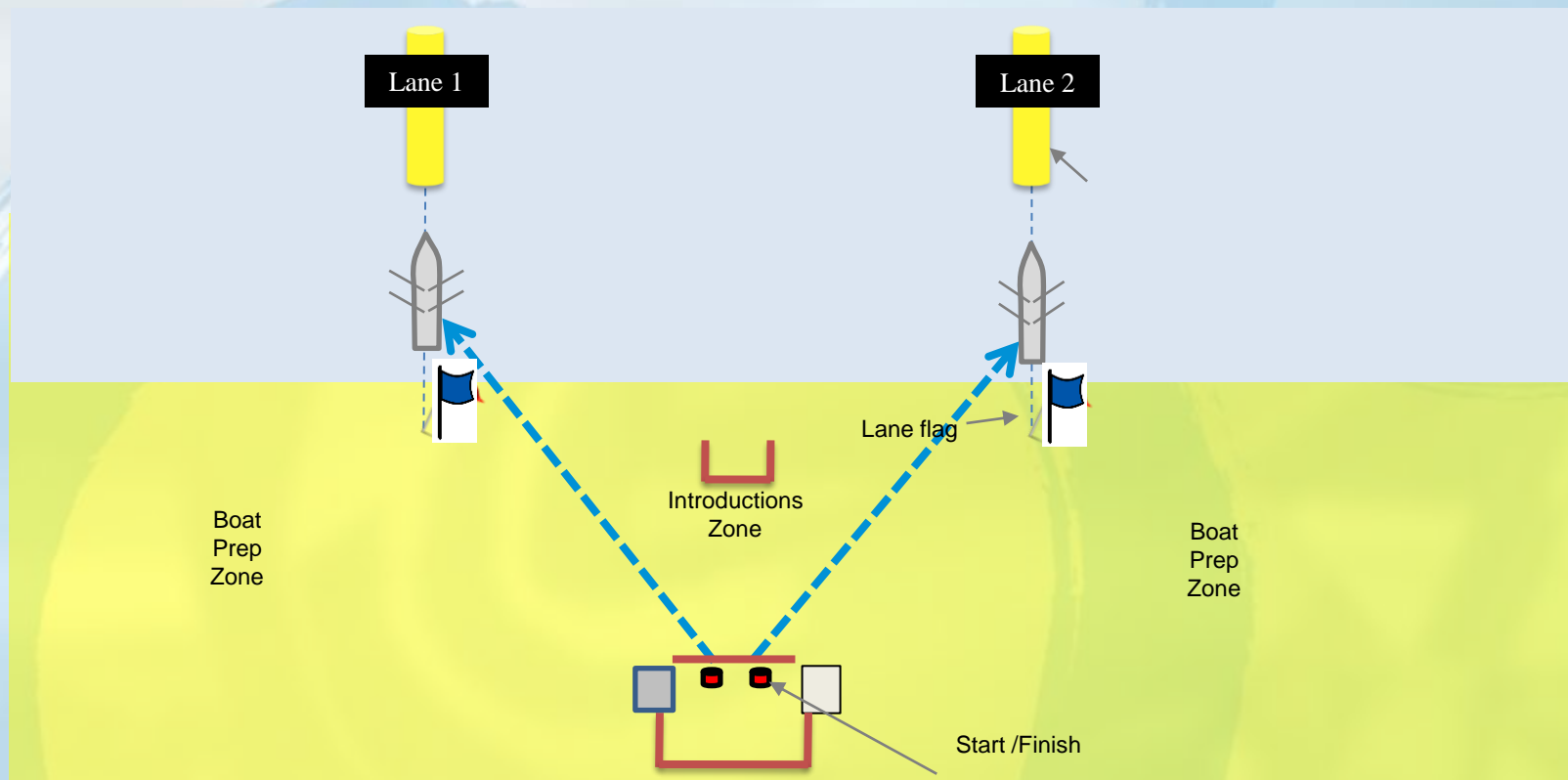


# HEAD-TO-HEAD – 30 SECONDS



**“GET READY”**

# HEAD-TO-HEAD – START SIGNAL

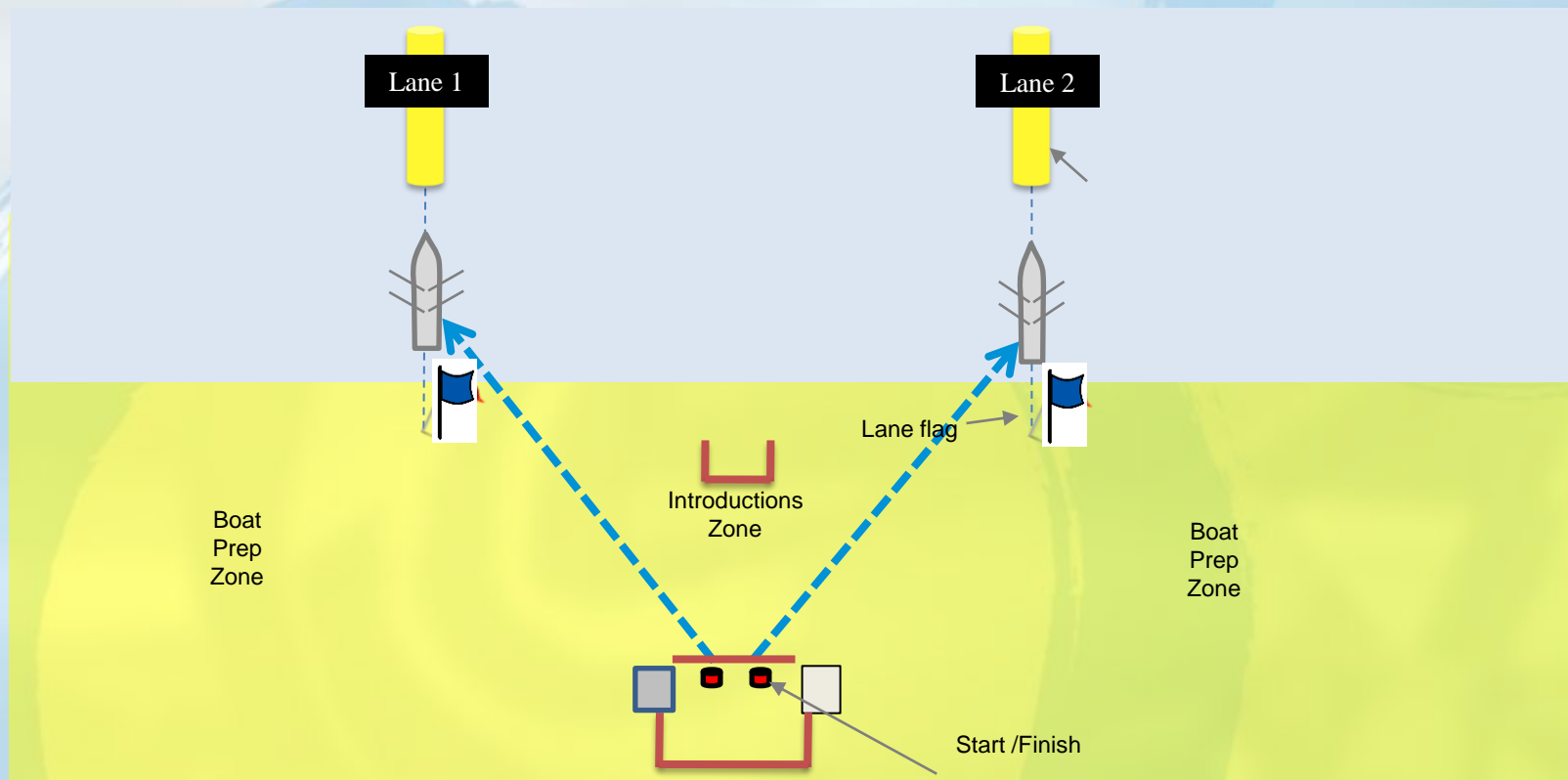


**“ATTENTION”**

**RAISE FLAG & LOWER FLAG ASIDE + HOOTER**



# HEAD-TO-HEAD RUNNING TO THE BOAT



## ATHLETES RUN STRAIGHT TO THEIR BOAT

# RUN TO THE BOATS



# LAST MINUTE BEFORE THE START





# FALSE START & 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**



# BEACH SPRINT TIME TRIALS



## **Two Options for Beach Sprint Time Trials:**

- **Time trials using the normal Beach Sprint race traffic pattern**
  - **2 by 2, each using one buoy line**
- **Processional Time Trial (new from 2022 onwards)**
  - **Individual start, using both bouy lines**

## **Both options:**

- ☐ **to be started by flag & voice**
- ☐ **timing by chip & “mat” (carpet)**

# “CLASSICAL TIMING”

**Start by STARTER – Finish by button**  
**Back up by photo finish camera**





# TIMING TAGS

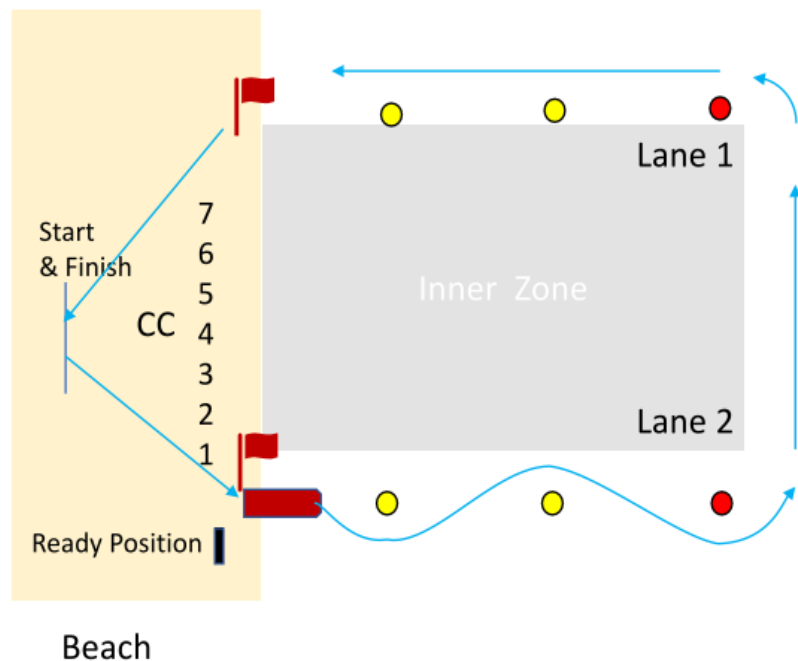
**Timing tags** can be used for the time trials (similar to those used in triathlon - usually placed around the ankle)

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





## 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 1<sup>st</sup> buoy slalom inside the 2<sup>nd</sup> 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.

# PROCESSIONAL TIME TRIALS





# 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

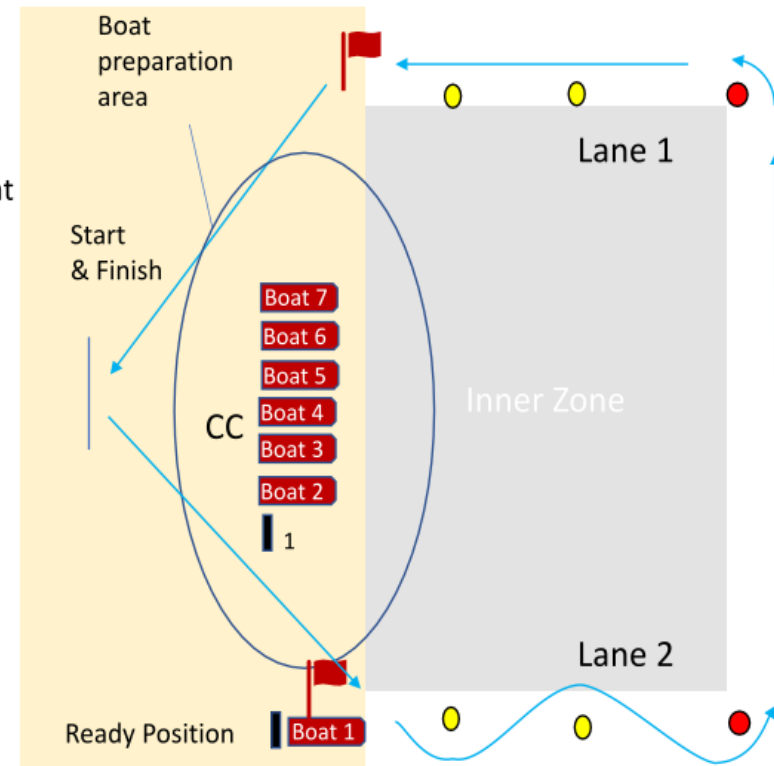
## Start time (60s)

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.



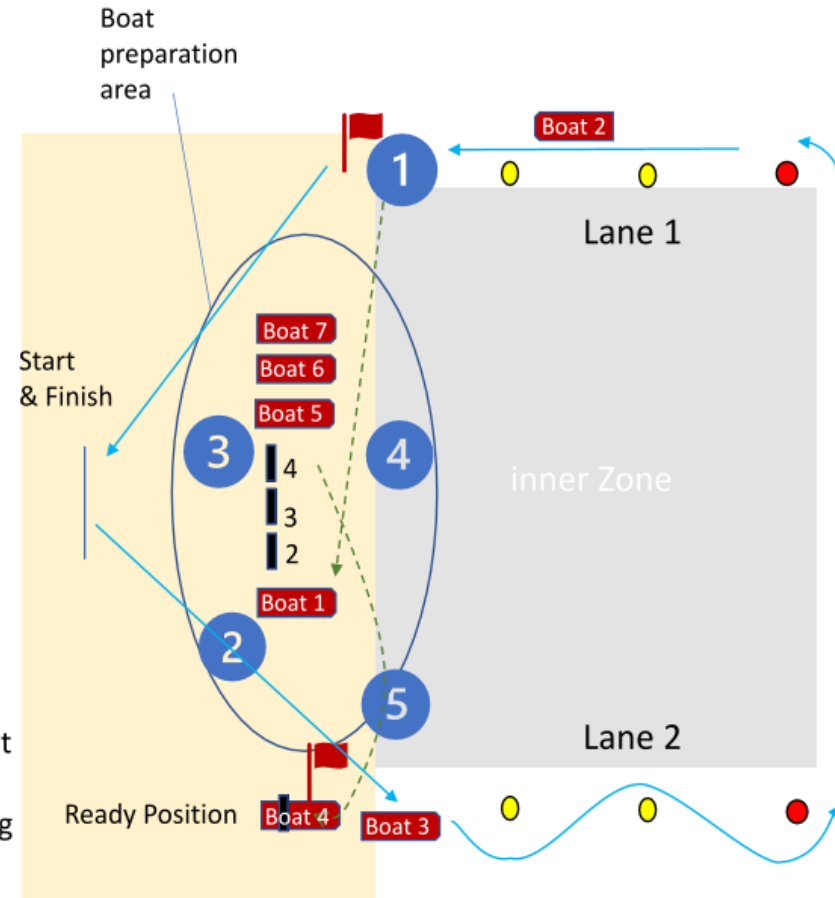
# DURING RACING - BOAT PREPARATION

7 boats/ 60sec race intervals

This diagram shows the boat positioning during racing

## Boat Preparation

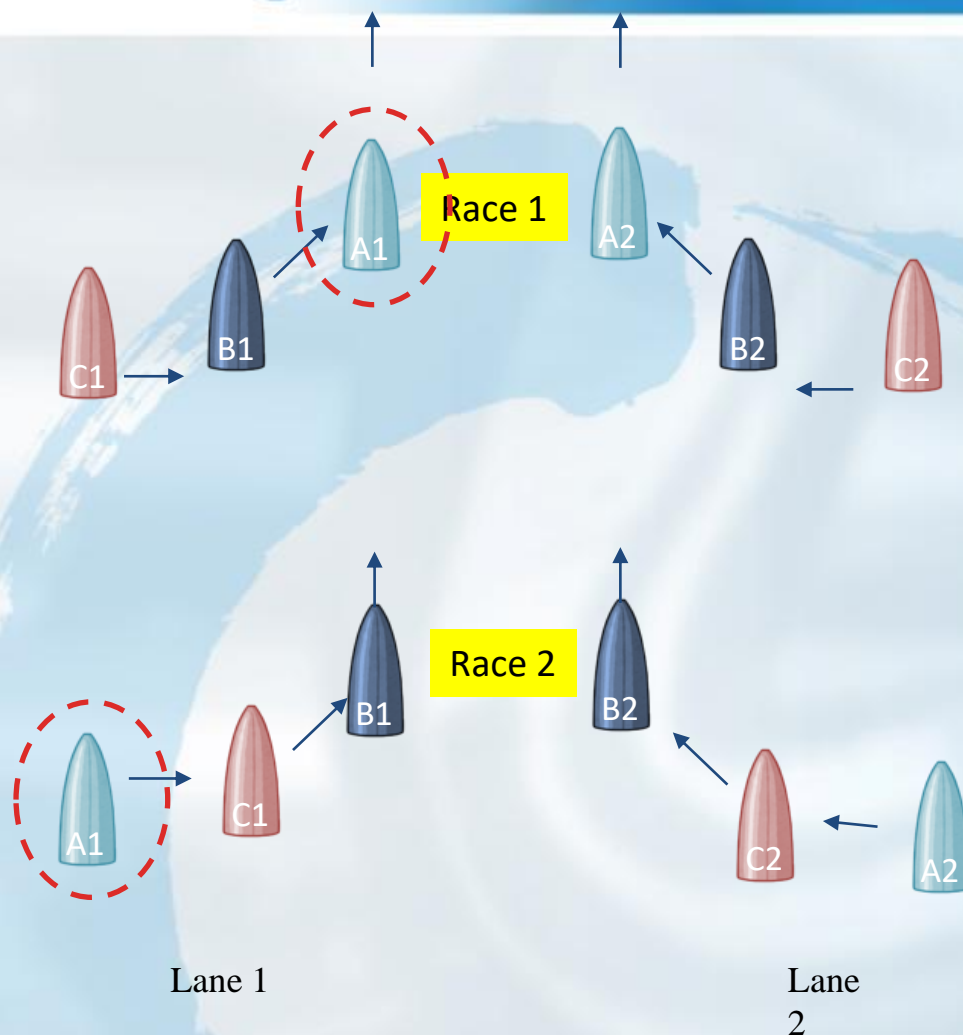
- 1 Crews finishing must exit the boat immediately after they finish (and remove their oars), with the help of their boat handlers.
- 2 The OC boat helpers will carry boat to its numbered trestle. The outgoing boat handlers are expected to assist.
- 3 It is the responsibility of the crew, to prepare 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!'.







# HEAD TO HEAD – POOL BOAT ROTATION



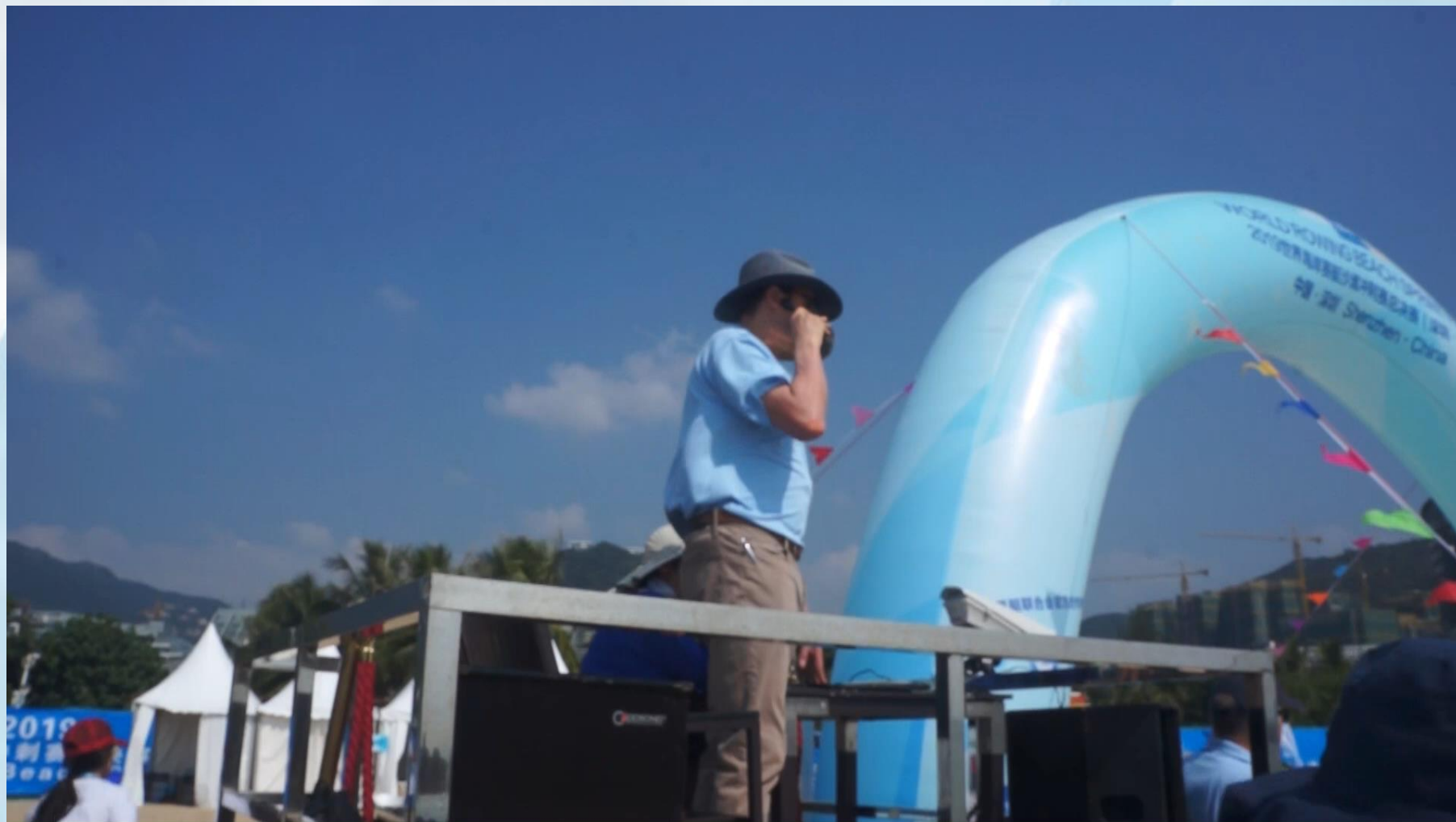
- Each pool boat is matched in pairs, this is signalled by a letter A, B, C etc...
- Each pool boat is then allocated to a lane – either Lane 1 or 2.
- The labelling will look like this:
  - Lane 1 -> A1, B1, C1 etc...
  - Lane 2 -> A2, B2, C2 etc..
- Boats will be rotated and boats with the same letters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

# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**
- **CONCEPT**
- **COURSE CHARACTERISTICS**
- **PROGRESSION SYSTEM**
- **START PROCEDURES**
- **THE RACE**

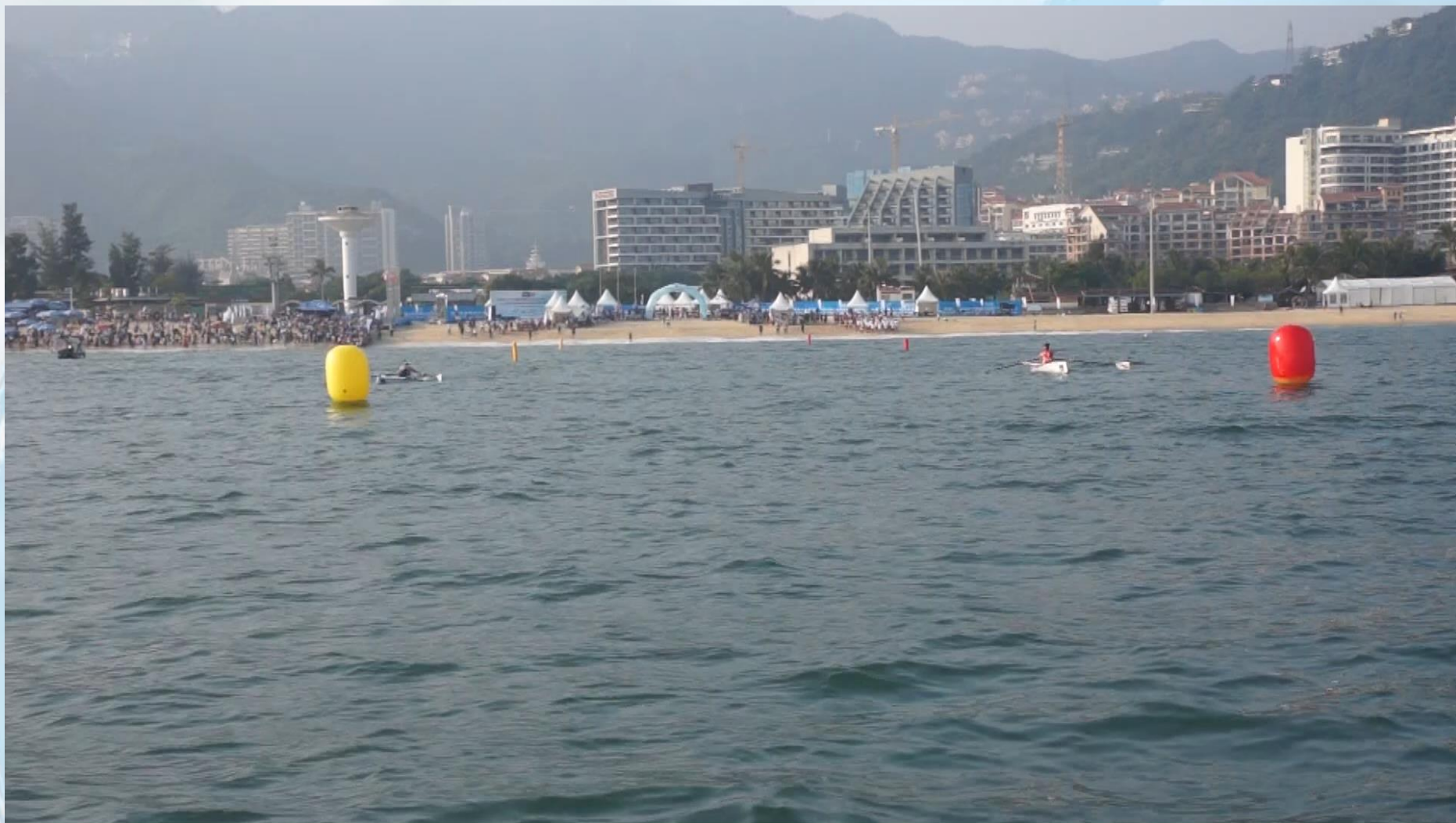


# RACE EXAMPLE





# TURNING MARK UMPIRE



# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**
- **CONCEPT**
- **COURSE CHARACTERISTICS**
- **PROGRESSION SYSTEM**
- **START PROCEDURES**
- **THE RACE**
- **THE FINISH**

# FINISH RUNNER

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





# RUNNING AROUND FINISH FLAG





# 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.**



# THE FINISH

- 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.





# BEACH SPRINT ROWING

- **ENDURANCE vs. BEACH SPRINT**
- **RULES vs. REGULATIONS**
- **SAFETY FIRST**
- **CONCEPT**
- **COURSE CHARACTERISTICS**
- **PROGRESSION SYSTEM**
- **START PROCEDURES**
- **THE RACE**
- **THE FINISH**
- **SANCTIONS**

# RESPONSIBILITIES OF THE ROWERS & SANCTIONS

Turning around the buoys on the designated side.

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

- Sanctions for not correctly rounding:
  - First 2 buoys: **30 seconds** each instance
  - 3<sup>rd</sup> 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 - Sanction for «loosing the cox»: **DNF**



# Interference and Sanctions

- If a crew causes interferences to it's opponents or their equipment and causes a disadvantage to them, the sanction may be:
  - Exclusion
  - Time penalty of 10 sec
  - Time penalty of the estimated time the opponent lost due to the interference

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

# 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**



# Commercial Publicity, Sponsorship, Advertising and Identifications

- On the boat and oars: as described in App R18 for Coastal Rowing

ii. For World Rowing Events, the following identifications should be positioned on each side of the boat as measured from the bow of the boat:

1)

	C1x	C2x	C4x+
Manufacturer symbol	0-15 cm	0-15 cm	0-15 cm
World Rowing/OC sponsor	155-255 cm	215-315 cm	215-335 cm

2) The total area (cm<sup>2</sup>) and length (cm) allowed on each side of the boat for the Manufacturer symbol and World Rowing/organising committee sponsor identifications are:

	C1x	C2x	C4x+
Manufacturer symbol	50 cm <sup>2</sup>	50 cm <sup>2</sup>	50 cm <sup>2</sup>
World Rowing/OC sponsor	1200 cm <sup>2</sup>	1200 cm <sup>2</sup>	1600 cm <sup>2</sup>
	80 cm	80 cm	100 cm

- **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

**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.**

# Questions ?





*Thank you!*

