

# Rowing Officials Training

Introduction to the sport of rowing  
and duties of officials

**SAROC 2016**

ROWING SOUTH AFRICA



# Presented by

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18<sup>th</sup> July 2016

ROWING SOUTH AFRICA



# Agenda

ROWING SOUTH AFRICA



**Background to rowing**



**Progression of officials**



**Structure of RowSA**



**SA Rowing Officials Commission (SAROC)**



**Role of officials**



**Duties of officials**



**Pilot duties and radio protocol**

# Background to Rowing

- First Oxford/Cambridge Race in 1829
- **First Henley Royal Regatta in 1839**
- Olympic Sport since 1896
  - 549 athletes at the London Olympic Regatta (550 Rio)
  - 14 events and 206 boats from 58 nations
- **FISA (International Rowing Federation)**
  - **First International Sport Federation 1892**
- First rowing race in South Africa 1861
- **Ultimate Team Sport**



# Rowing South Africa

- Rowing South Africa (RowSA) governs all aspects of rowing in South Africa
- Represents SA rowing at SASCOC and FISA (International Rowing Federation)
- Interacts with SAIDS (Drug free sport)

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# Structure of RowSA

## Constituent members

**SASRU**  
(SA Schools  
Rowing Union)

**SAJCRA**  
(SA Junior Club  
Rowing Association)

**USSA-R**  
(University Sport  
South Africa- Rowing)

**PROVINCIAL  
ASSOCIATIONS**  
Gauteng  
Western Cape  
Eastern Cape  
Kwa Zulu Natal

## RowSA Council

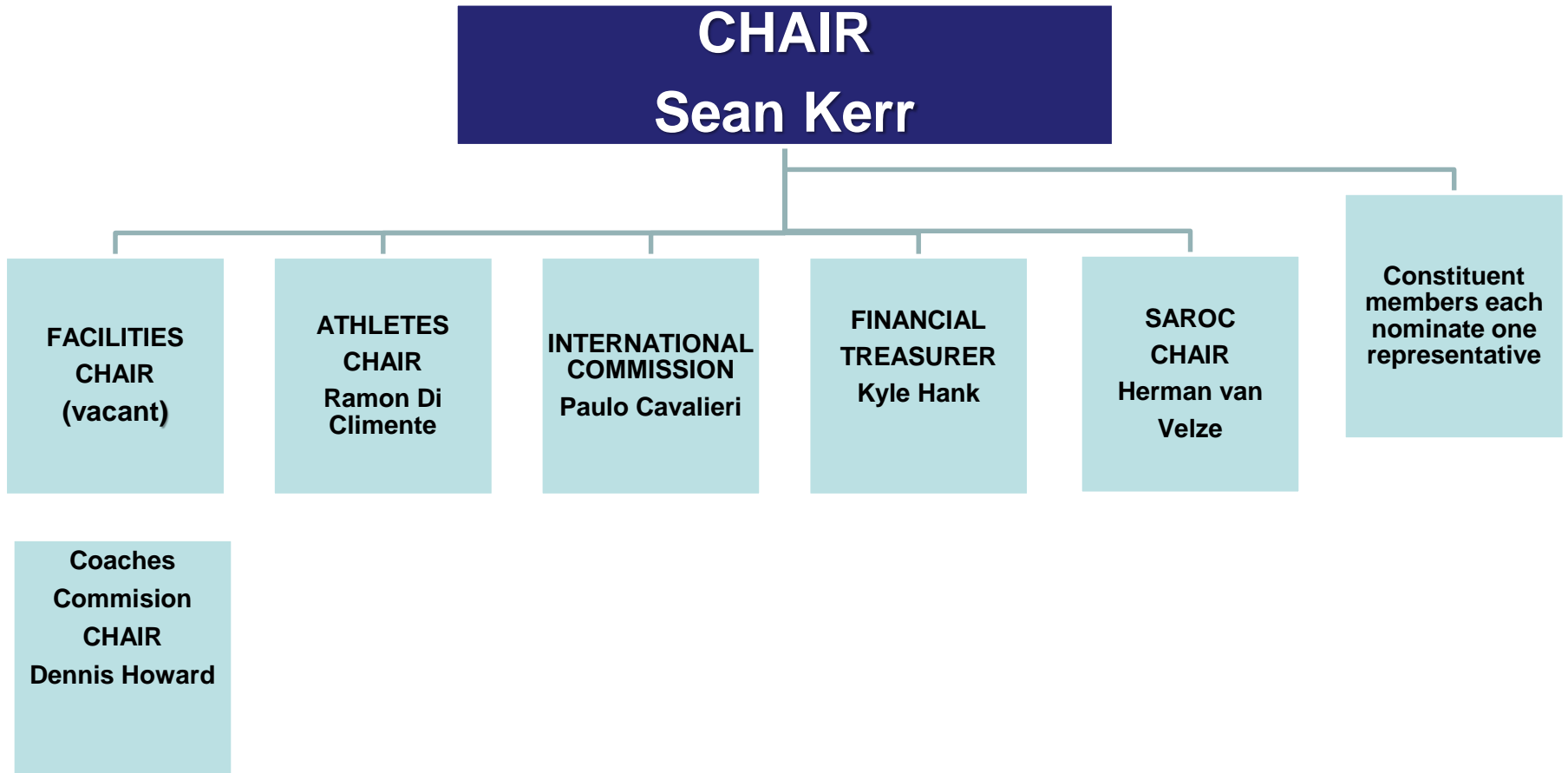
**President (Chairman)**

**PROVINCIAL ASSOCIATIONS**  
2 (+ 2 Alternates) / Affiliated Association

**SASRU : 3 (+3 Alternates)**

**USSAR : 2 (+2 Alternates) SAJCRA: 1**

# EXCO COMPOSITION



ROWING SOUTH AFRICA



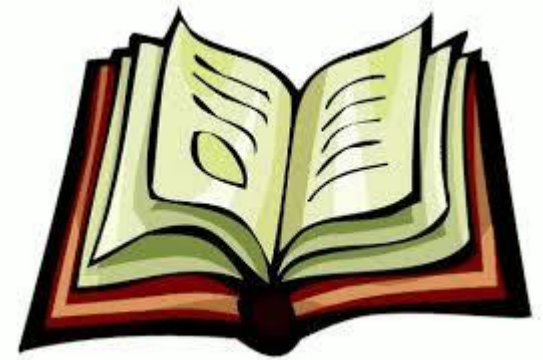
# SAROC: Rules of Racing and Safety

- Apply, review and update the rules of racing
  - Changes to rules – Special/Annual General Meeting of RowSA.
- **Maintain and review safety standards**
- Develop and disseminate official's training manual
- **National examinations and evaluate trainees**
- Maintain register of national officials
- **Organise and conduct seminars**
- Establish standards for rowing courses
- **Ensure that National/ National Championship Regattas are run by national officials**
- Co-ordinate National Regatta Programme



# SAROC Publications

- **Rules of Racing:** Published document and regularly updated – rowsa.co.za
- **Rowing officials Handbook:** Detailed practical guide dealing with safety and role of officials
- SAROC has reviewed and published a number of safety guidelines for the rowing community. Publications that are featured on the RowSA website are:
  - **SAMSA boat safety requirements**
  - SAROC safety officer guidelines
  - **Regatta disaster management plan**
  - Rowing pilots course
  - **RowSA safety guidelines**



# SAROC Code of Conduct

As a Rowing official I have the duty to provide all participating athletes a quality and fair sporting experience in a friendly, supportive, instructive and safe environment

To achieve this I will:

- know latest RowSA Rules of Racing
- be punctual, reliable, impartial and unbiased
- behave appropriately and show respect and tolerance to all.
- contribute in a constructive manner,
- respect other persons rights and dignity
- No aggressive behaviour of any kind (verbal or physical)
- care of all property assigned to me
- sensitive to the needs of all athletes
- take responsible action to ensure the safety of all concerned

# Progression of Officials

- Theory training workshop (one session)
- Trainee official participating in regattas
- Write exam- pass mark 75%
- Complete practical exam
- Intermediate official
- National official in specific role (e.g. judge at the finish, control commission, aligner if preferred)
- National Umpire (official)
- FISA Umpire



# Officials Primary Responsibilities

- **SAFETY, SAFETY, SAFETY**
- **FAIRNESS, FAIRNESS, FAIRNESS**
- **EQUAL RACING**
- **ORDERLY RUNNING OF THE REGATTA**
- **ENSURE ENJOYMENT FOR ROWERS**
- **ADHERENCE TO SAMSA REGULATIONS**

ROWING SOUTH AFRICA



# Fairness definition



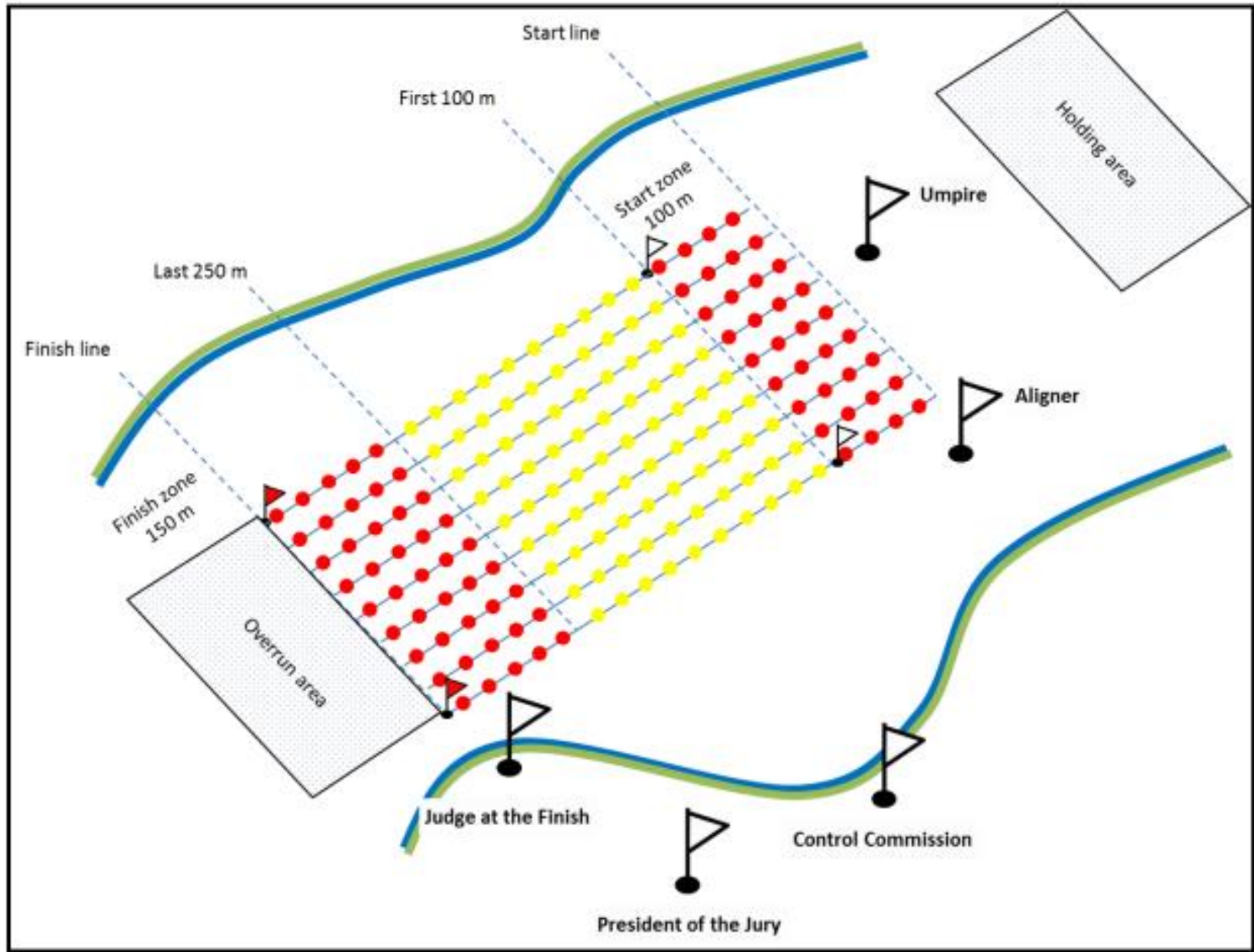
All rowers shall compete fairly, showing respect for their opponents and for the regatta officials. In particular,

- be at the start on time
- follow instructions of the officials at all times, both on and off the water

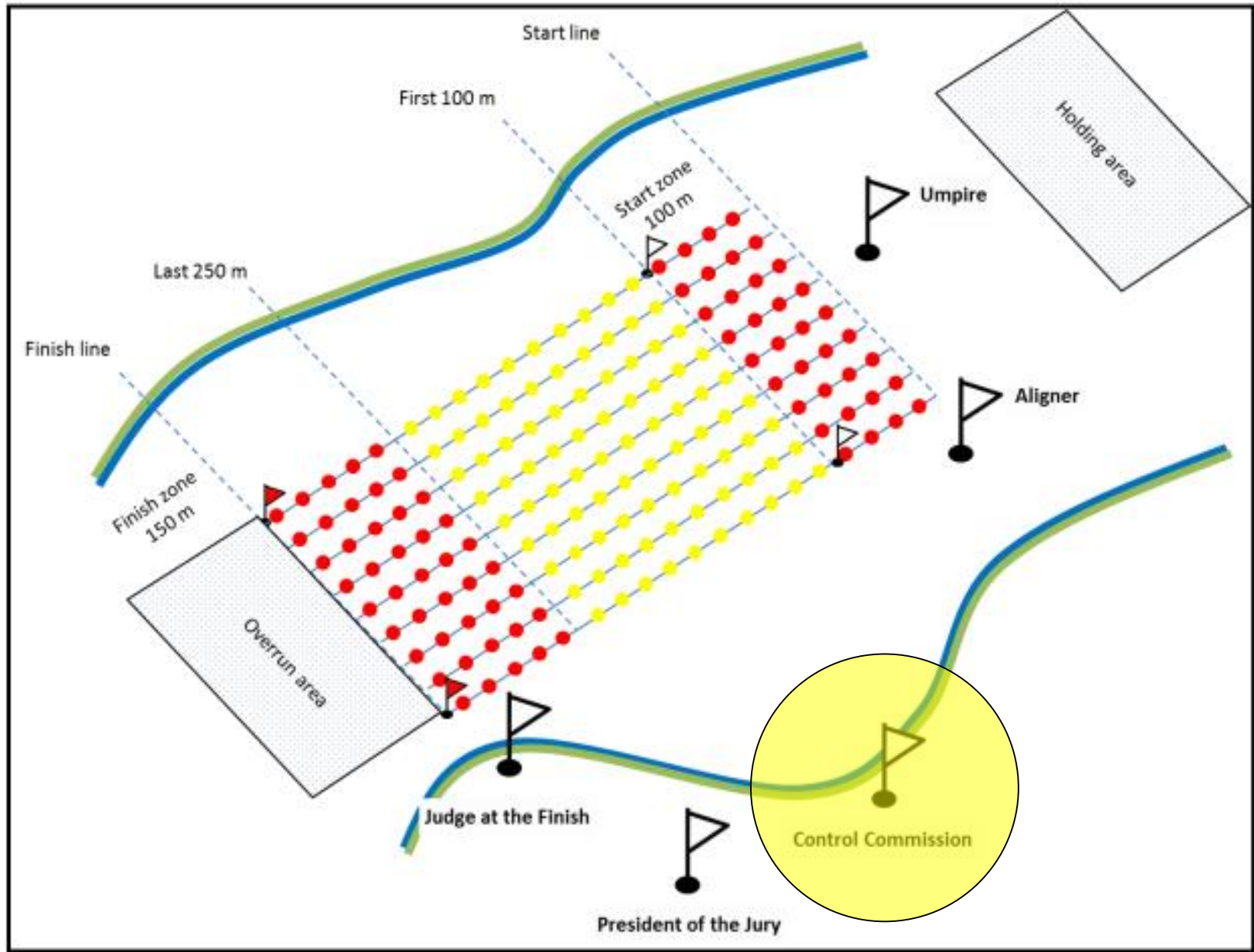
Officials shall

- ensure Rules of Racing applied fairly
- atmosphere of respect to all competitors

# Duties of Officials

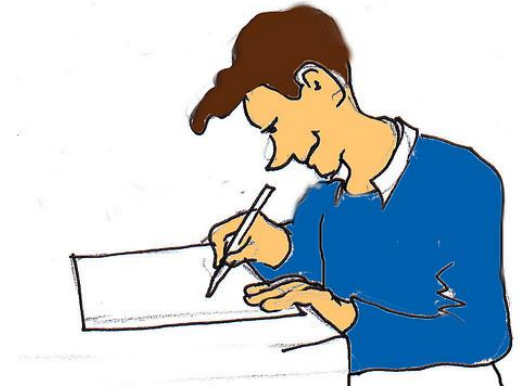


# Control Commission



# Control Commission 1

- Check eligibility of athletes
  - Confirm identity
  - Age category
  - Weigh coxswains and lightweight rowers
  - Dress code
- Administer crew changes and withdrawals
  - Confirm that changes are within rules
  - Disseminate changes to other officials





# Control commission 2

- Check safety and eligibility of boats
  - Bow ball
  - Heel straps
  - Bung covers and water worthiness
  - No transmitting or receiving equipment
  - Bow number
  - (Advertising restrictions)
- Check weight of selected boats after races



# Control commission 3

- Control entry and exit of all boats to the water for competition and training
- Liaison with other officials as to whereabouts of crews

# Doping Control

- Duties of official at control commission:
  - advise the rower of their selection
  - assist the rower to contact either the coach or person identified by the rower to accompany him/her to the doping control station
  - introduce the rower to the responsible person at the doping control station
- Doping tests are conducted by SAIDS
- Therapeutic Use Exemption (TUEs) handled by SAIDS

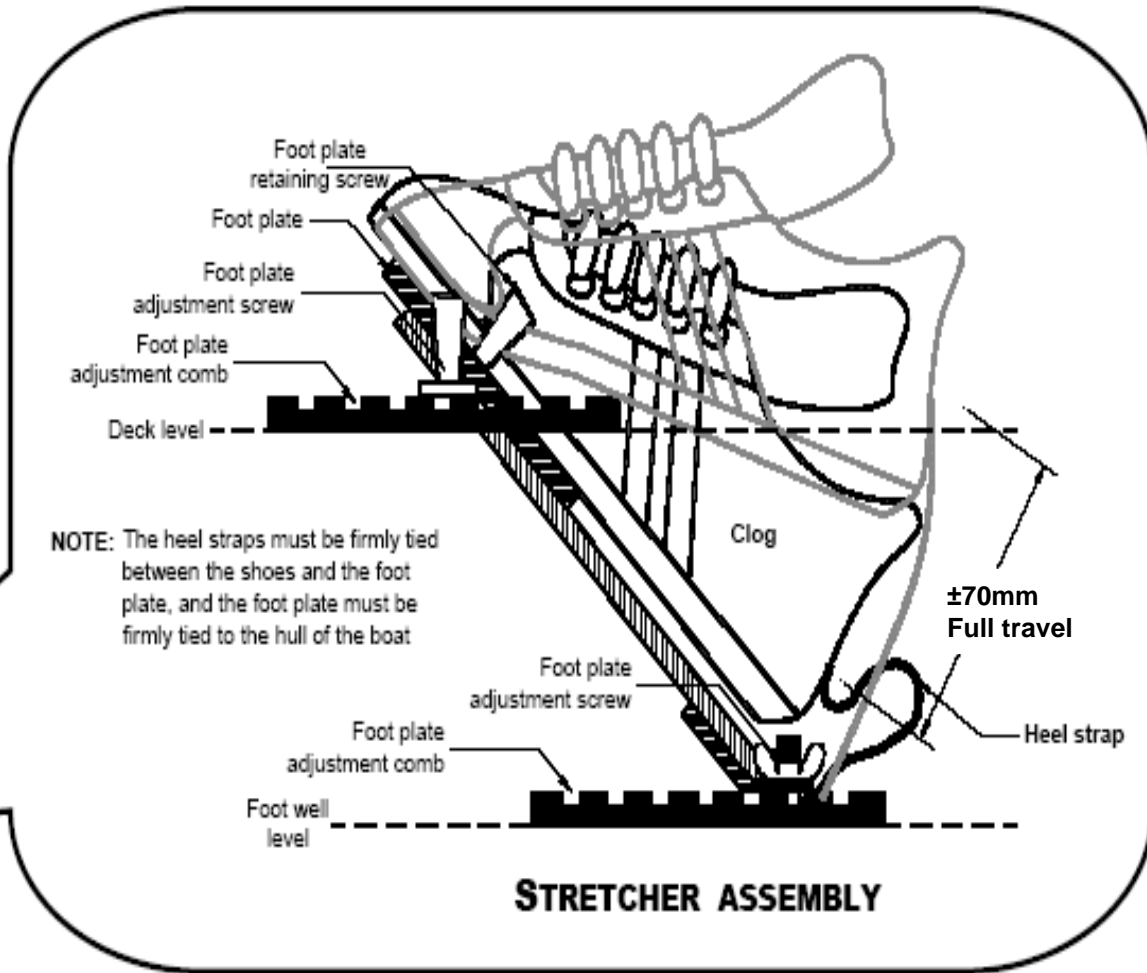
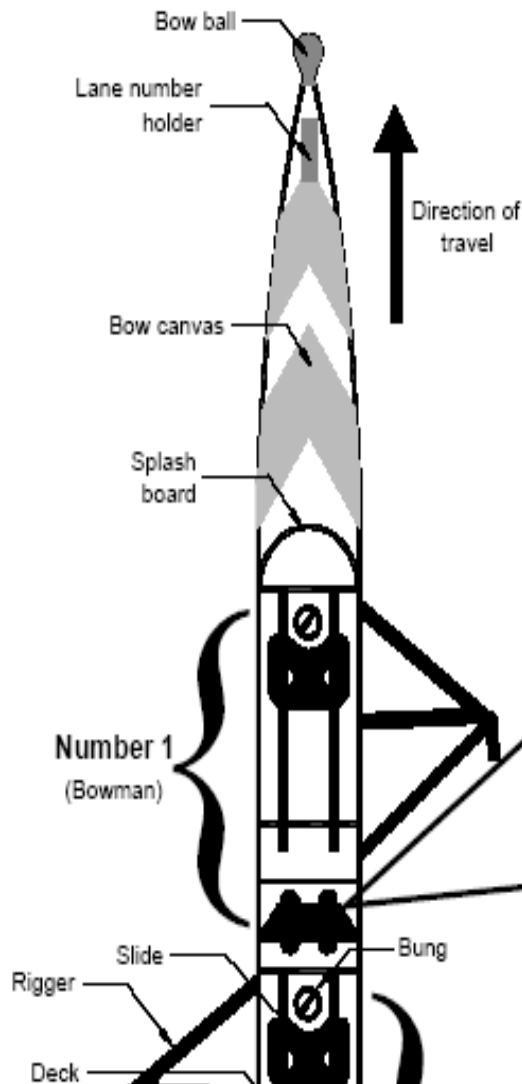


# Rule 1 : Boats and Equipment

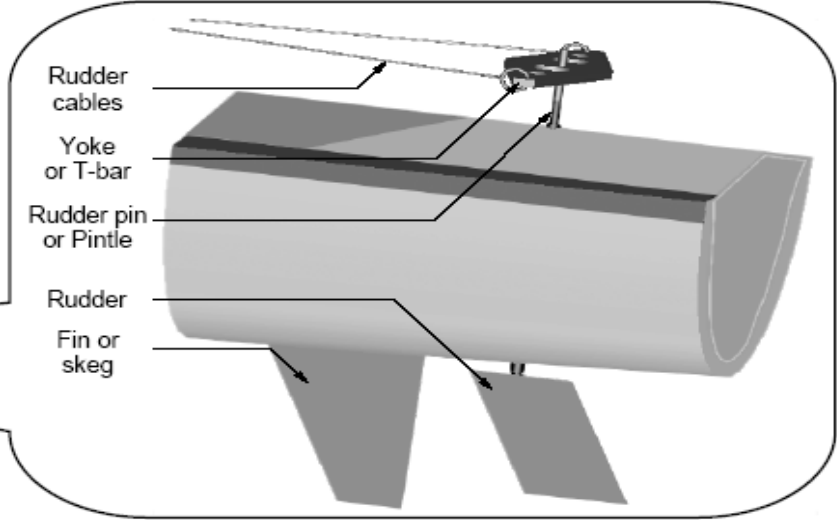
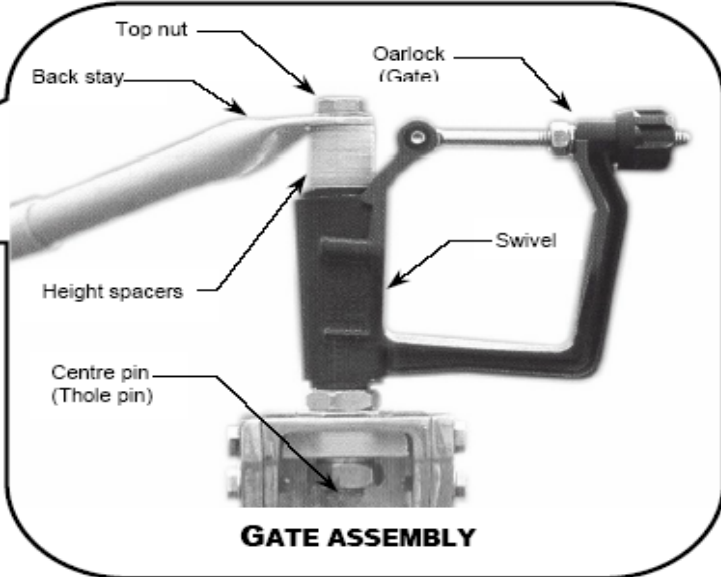
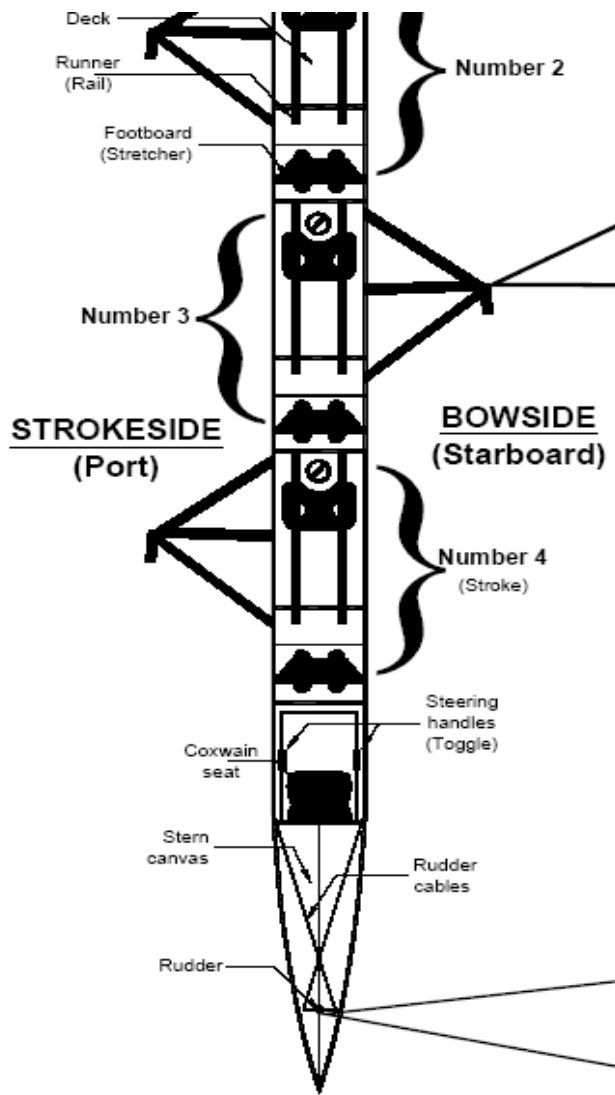
- Classes of boat
- Boat and equipment construction
- Weighing of boats
- Official boat weighing procedure



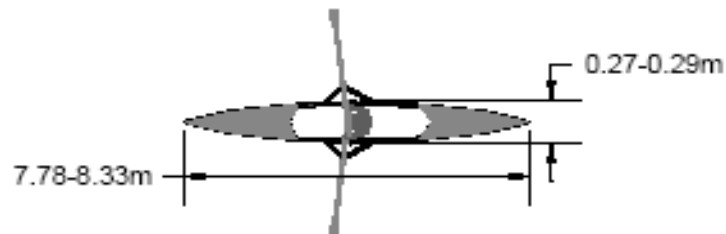
# Know your Boat



# Know your Boat (Continued)

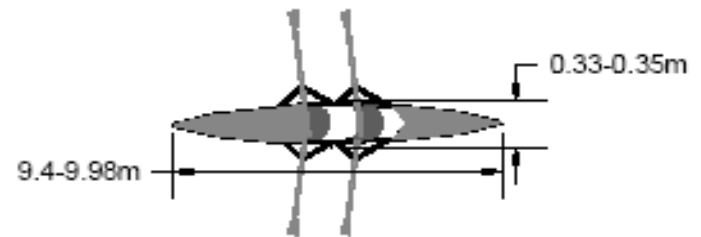


# Boat Classes



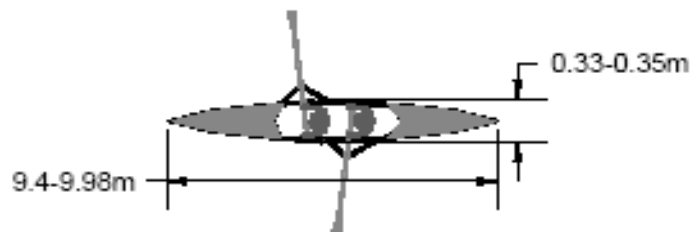
**SINGLE SCULL (1x)**

Mass → 14Kg



**DOUBLE SCULL (2x)**

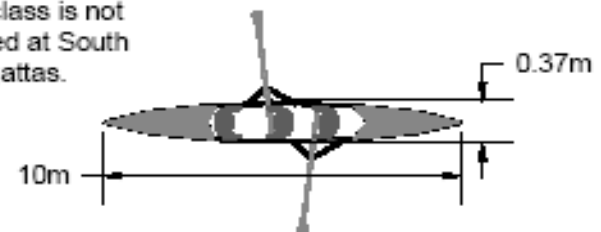
Mass → 27Kg



**COXLESS PAIR (2-)**

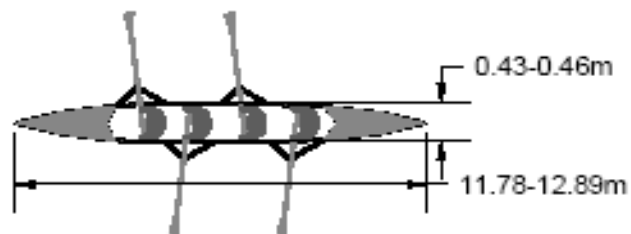
Mass → 27Kg

This boat class is not encountered at South African regattas.



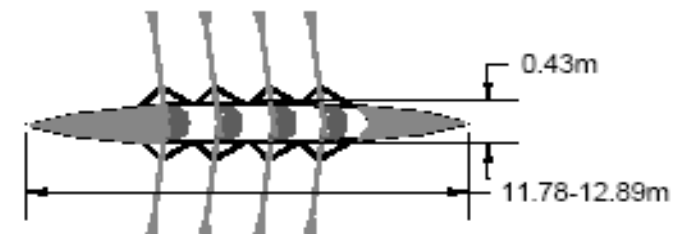
**COXED PAIR (2+)**

Mass → 32Kg



**COXLESS FOUR (4-)**

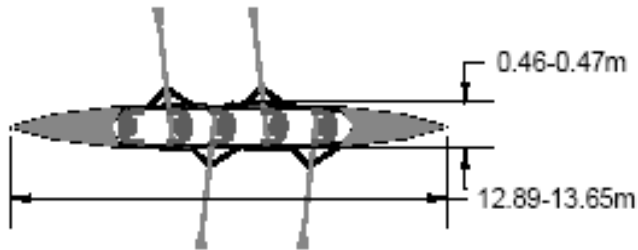
Mass → 50Kg



**COXLESS QUAD (4x)**

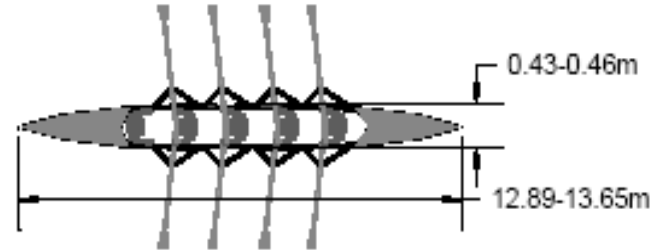
Mass → 52Kg

# Boat Classes (Continued)



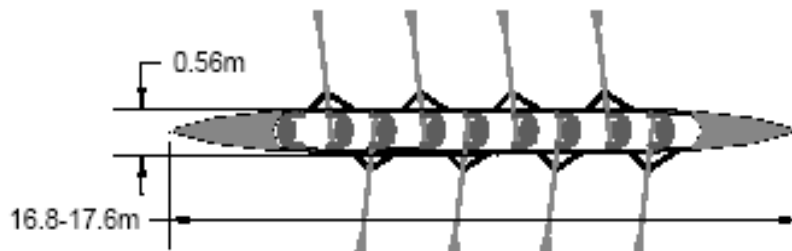
**COXED FOUR (4+)**

Mass → 51Kg



**COXED QUAD (4x+)**

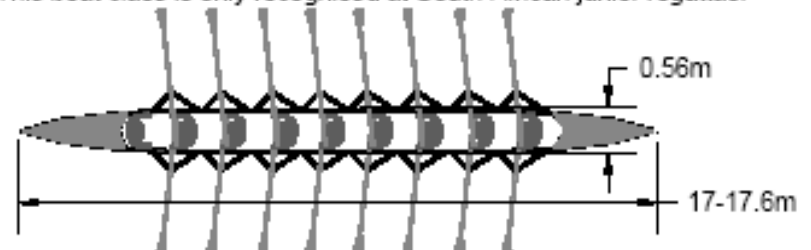
Mass → 53Kg



**COXED EIGHT (8+)**

Mass → 96Kg

This boat class is only recognised at South African junior regattas.



**COXED OCTUPLE (8x+)**

Mass - 98kg



# Boat classes summary

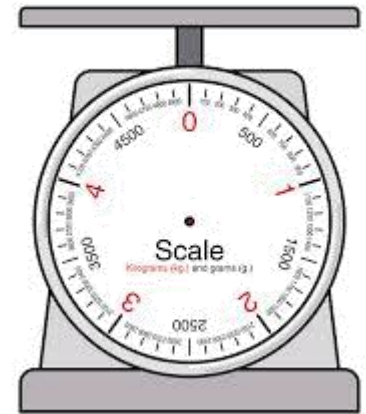
Class	Abbr	Max
Single sculls	1x	14 kg
Pair	2-	27 kg
Double sculls	2x	27 kg
Four	4-	50 kg
Coxed four	4+	51 kg
Quadruple sculls	4x	52 kg
Coxed quadruple sculls	4x+	53 kg
Eight	8+	96 kg
Octuple	8x+	98 kg

# Boat weighing



- Boat weight is crew's responsibility
- Scale must be available for test weighing
- A random draw of boats to be weighed done by PoJ
- Selected boats are weighed after racing
- Control commission notify crews that boat must be weighed
- Escort them to weighing station
  - Must wait until boat is lifted out of water so that crew cannot wet shoes to make up weight

# Boat weighing 2



- Boat must be emptied of any water
- Tools, sponges, bottles, shoes and any clothing must be removed
- Any fittings such as stroke coaches, cox boxes must be removed
- Speakers, cables and magnetic sensor may be left in
- If any ballast was taken, it must be weighed with boat
- Weight to 0.1 kg
  - Additional digits are truncated – 13.99 is taken as 13.9

# Boat weighing 3



- Weigh boat – if over minimum weight OK
- If underweight crew representative and official to sign *first boat weight*
- Remove boat and weight test weights
  - 20kg for smaller boats, 40kg otherwise
- Crew representative and official sign *test weight*
- Weigh the boat again, and crew representative and official sign *second boat weight*
- Notify PoJ that boat is underweight
- Crew will be relegated to last place

# Typical weighing form

<b>Boat Weighing Form</b>			
<b>Date and Time</b>	<i>25 January 2015 10h30</i>		
<b>Club or School</b>	<i>St Thomas</i>		
<b>Race number</b>	<i>12</i>		
<b>Lane number</b>	<i>3</i>		
<b>Event</b>	<i>JM19 8+</i>		
<b>Stroke name</b>	<i>Jones</i>		
<b>Boat name</b>	<i>Dorney</i>		
<b>Minimum weight kg</b>	<i>96</i>		
	<b>Actual Kg</b>	<b>Crew Rep</b>	<b>Official</b>
<b>First boat weight</b>	<i>95.2</i>	<i>Signed</i>	<i>Signed</i>
<b>Test weight</b>	<i>40.0</i>	<i>Signed</i>	<i>Signed</i>
<b>Second boat weight</b>	<i>95.2</i>	<i>Signed</i>	<i>Signed</i>

# Events for athletes

- Junior events
  - JMU19, JMU16, JWU15 and JMU14
  - JWU19, JWU16, JWU15 and JWU14
- Senior events
  - A, B and C
  - Lightweight
  - D novices - rowed for less than a year
- Para events
- Masters events (27 and older)
  - Categories A to K depending on age

# Lightweight rowers

- Maximum weight for lightweight rowers

Weight	Men	Women
Average weight	70kg	57kg
Maximum weight of any rower or single sculler	72.5kg	59kg

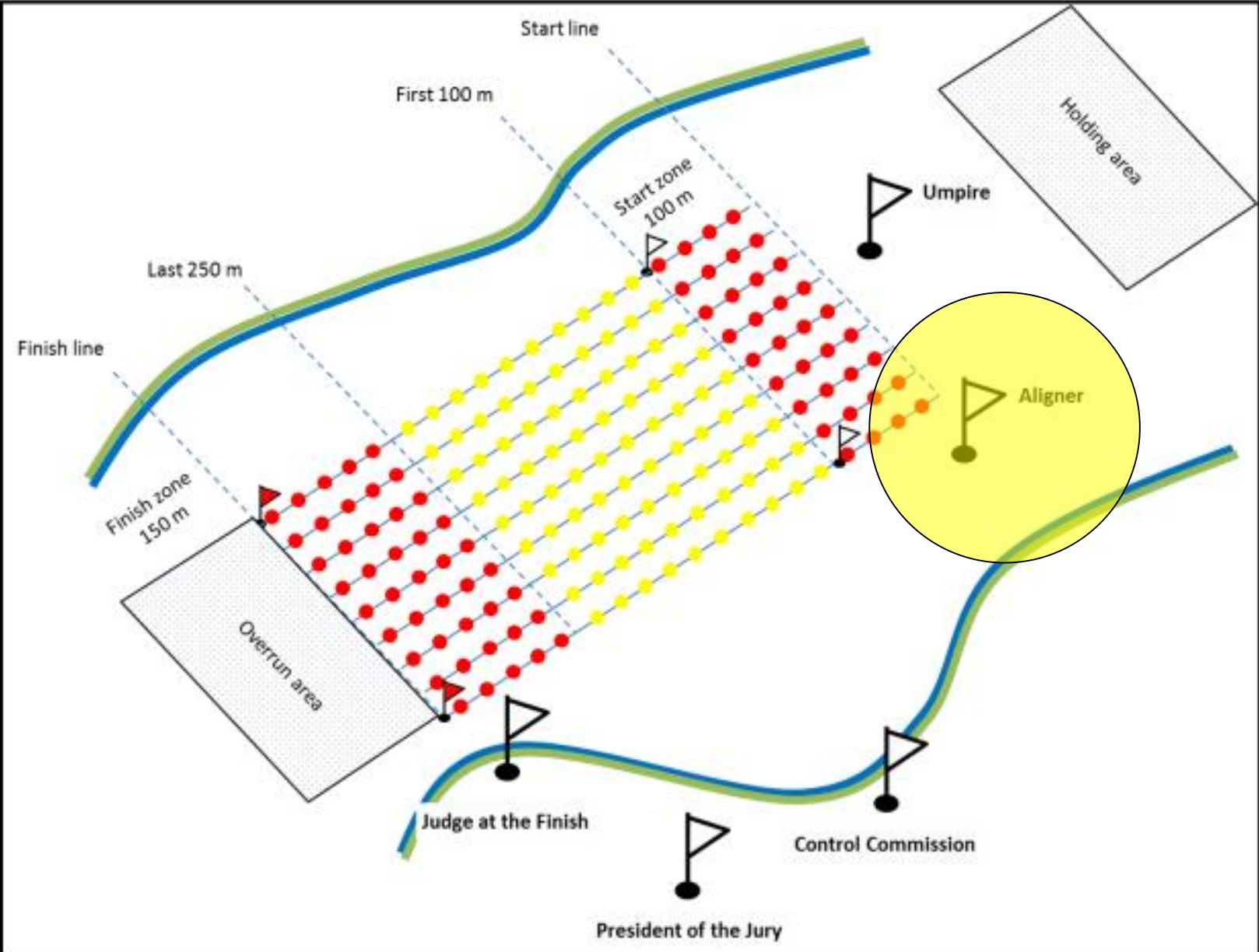
- Weigh in 1 to 2 hours before first race each day
- All crew members must weigh in together
- Crew is excluded if they do not make weight in time

# Coxswains

- JU19 and Senior coxes must be weighed:
  - Minimum weight: **Men 55kg; Women 50kg**
  - Max ballast – **Juniors 15kg; Seniors 10kg**
  - Ballast – **Steel shot, lead shot or sand – no liquids**
  - Weigh in – **1 to 2 hours before first race each day**
  - Breach of weight – **Exclusion**
- Cox is a member of crew (dress code etc.)
- Cox of a junior school shall be a scholar
- Schools crews may be coxed by a scholar of same age category or two categories younger



# Duties of Officials - Aligner

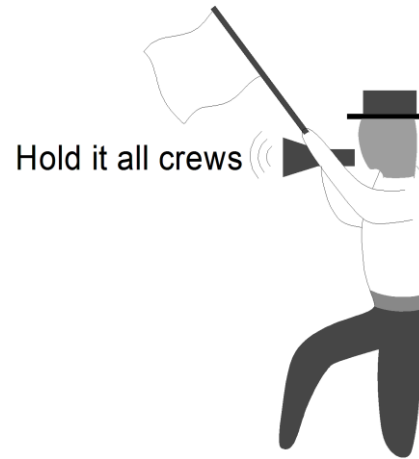


# Judge at Start/Aligners

- **Primary role is to ensure that boats are aligned to ensure fair racing and keeping regatta on time**
- **Note scratching and late entries**
- **Check crews that arrive at start.**
- **Only official that can call a false start.**
- **Back Up time keeper**
- **Monitor Safety i.e. traffic violations**

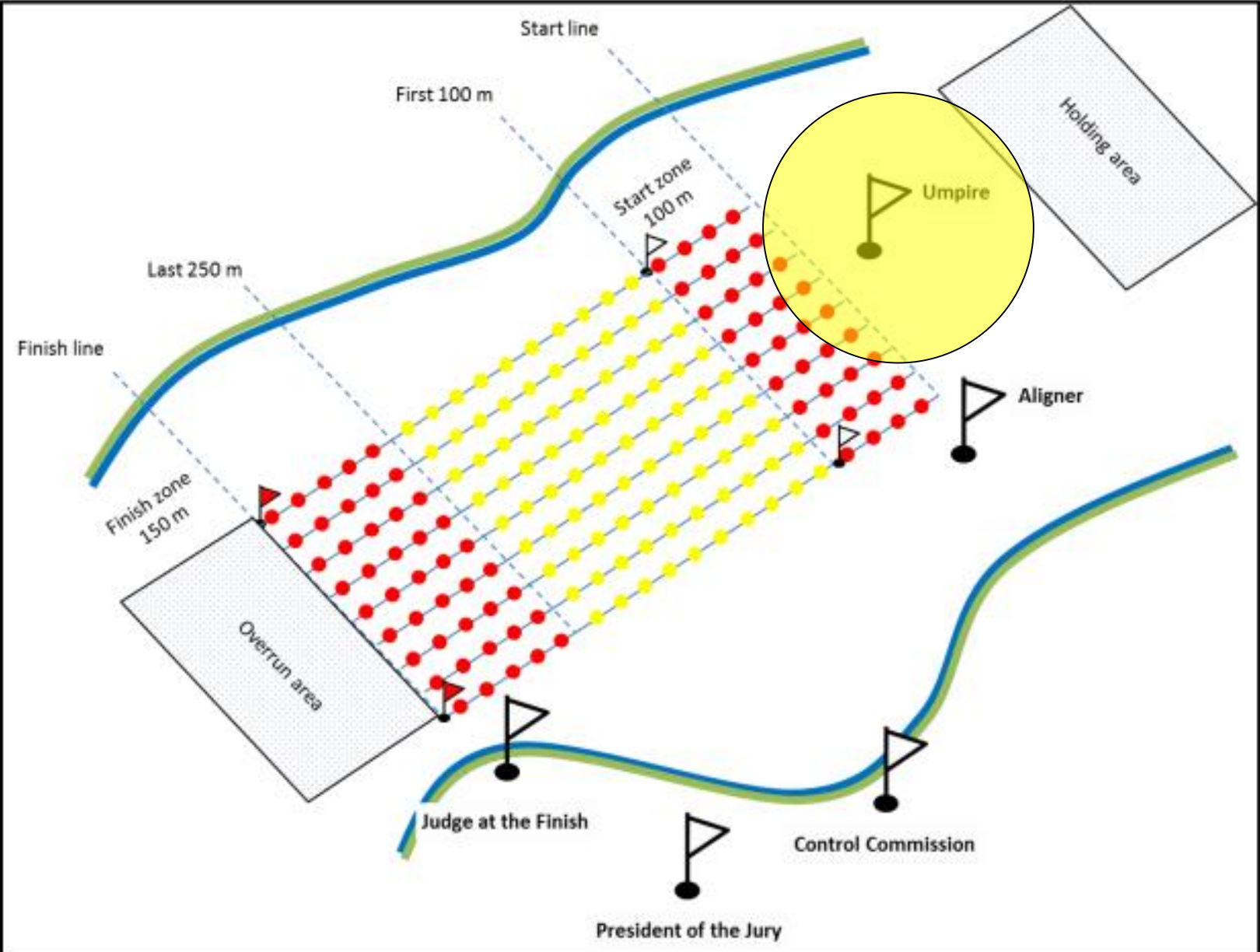


# Aligning Procedure



<b>TOUCH (distance)</b>	<b>to move a crew up the course towards the finish line</b>
<b>BACK (distance)</b>	<b>to move a crew down the course away from the finish line</b>
<b>HOLD IT</b>	<b>to make a crew stop</b>

# Duties of Officials - Umpire



# Traffic Rules

**Training and racing traffic rules**

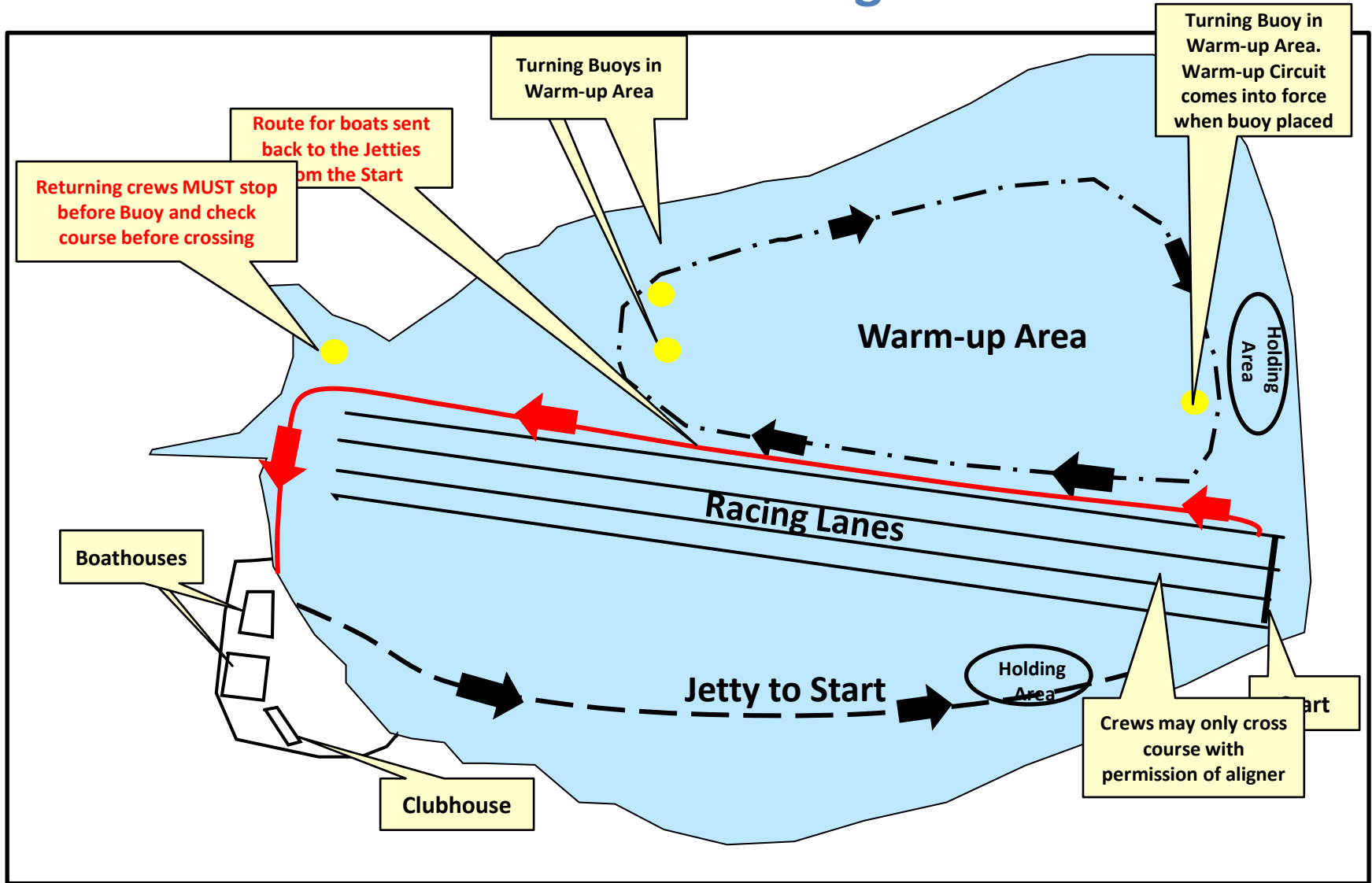
**Organising Committee must publish with their Regatta Notice**

**Display clearly at the venue**

**Traffic rules for racing must cover crews**

- **moving to the start**
- **returning from the finish**
- **crossing of the course,**
- **warm up and cool down areas**
- **return path for boats missing races and sent being sent back to the jetties**

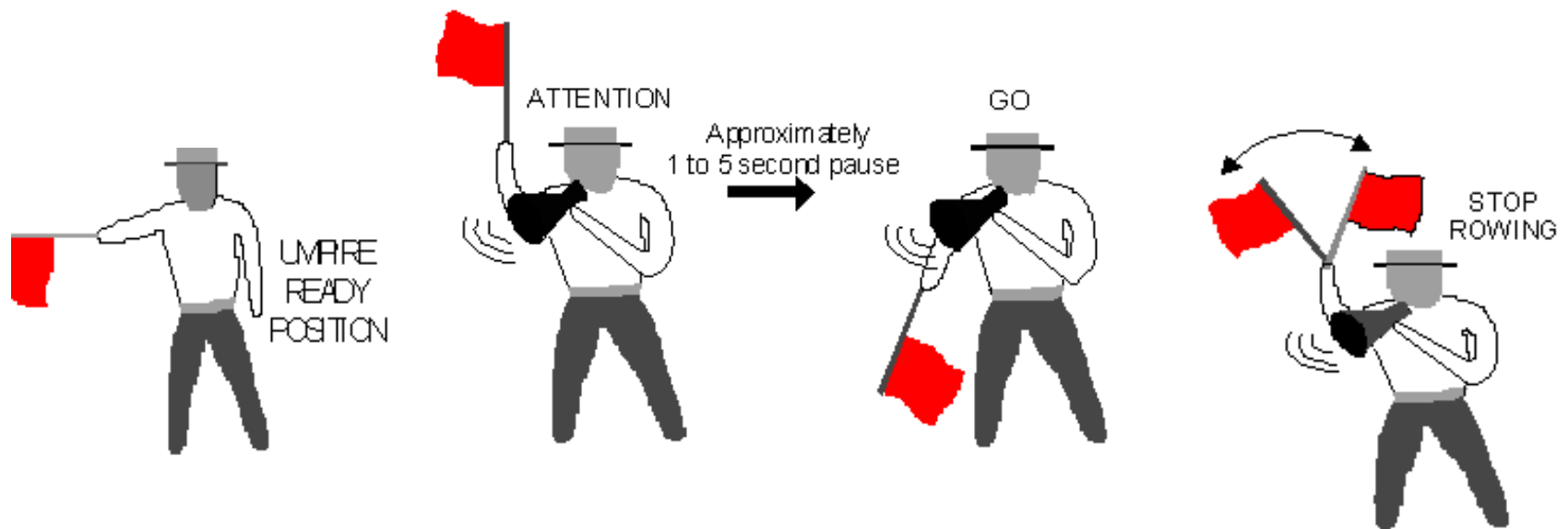
# Wemmer Pan Racing Rules



# Umpire/Starter

## ■ Starter Role:

- Announce race and marshal crews
- Call crews. Club name, stroke name and lane number
- Hand over to Judge at Start/ Aligner



# Umpire /Starter

## Starter Role (Continued):

- **In case of BAD Weather (Strong wind)** when aligning is difficult - use a Rolling start
- **Rolling Start: Umpires decision but the same start procedure must be used for all races in the same event**
- **Inform Crews in that specific event**





# Rolling Start

## Procedure

- Umpire calls crews to start
- Umpire's Red Flag waist high to the side
- When crews close to start line, Aligner without stopping the crews – Raises the white flag
- Aligner Command: "Prepare to Race"
- Umpire Command: "Attention Go" with no pause



# Umpire

- Responsible for the conduct of the race once the Starter has started the race.
- Understand the traffic rules and local rules as published in the regatta notice and displayed at the venue
- Check all equipment supplied and review radio protocol
- **GOLDEN RULE:**
  - (1) *Rower's Safety is your MAIN Concern*
  - (2) *Each competitor must be afforded an equal chance of winning*



# Umpire

- Call crews from holding area and assign lanes according to the regatta program
- After Command “Go” – ensure that white flag is used unless race is to be stopped
- Immediately follow crews in the middle of the course
- Instruct pilot on boat positioning
- Keep all crews clear from wake even laggards
- Crews are allowed to leave their lanes as long as this does not interfere with other boats



# Start Zone (100m)

- Breakage is no longer accepted in start zone

# Umpire actions during a race

## ■ During the Race

- Never steer a crew BUT must call a crew if about to interfere with another crew or obstruction ahead of crew.
  - If 2 crews are called – Name both crews, raise flag **VERTICALLY** with the command **KEEP APART**
  - In the event of a potential collision use the command **STOP ROWING (naming crew)** – may call OBSTACLE
  - After crew stopped - can start rowing again after umpire drops flag directly **forward** with the command **“CONTINUE ROWING”**.
- If re-row ordered (if Umpire decides that result is in doubt because of interference not all crews re-row. Only those whose placing is in doubt)
- Cannot restart race where race was stopped (except if in local rules).

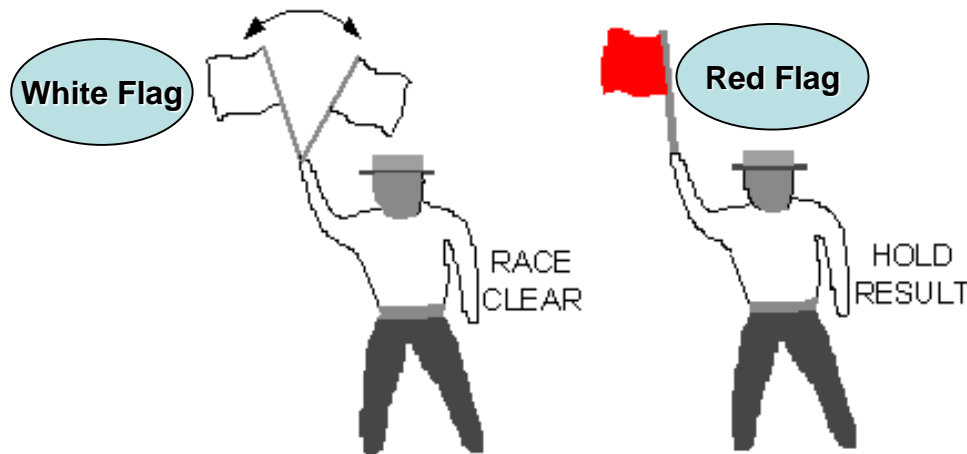
# When there are no buoys

- When there are no lanes markings umpire decides where the lane boundaries are
- On river races, centre of river is the line

# Umpire

## At Finish:

- Wait approx 10 to 15 seconds to determine if objection is raised
- Ascertain the reason for the objection
- Uphold or overrule
- Advise crew of decision
- Consult with relevant officials should that be required
- Advise PoJ of the decision



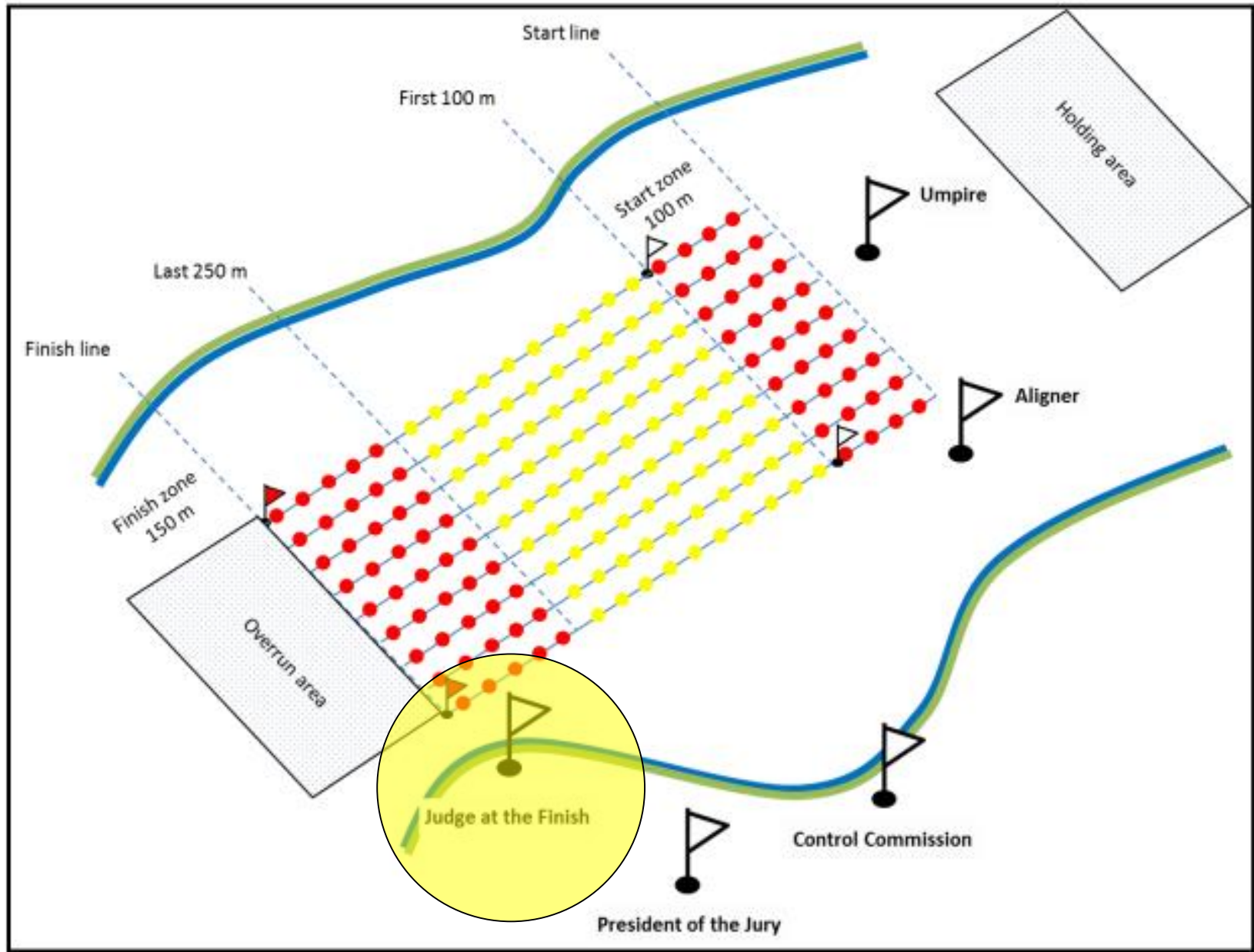
# Penalties

- Types of penalties
  - warning (yellow card)..
  - exclusion (red card)
  - disqualification
  - relegation to last place (underweight boats)





# Duties of officials - Finish



# Judge at the Finish/Timekeepers

- Primary role to Record finishing order of crews and record time for each crew
  - “Hoot” when crew crosses line
  - Note and record lane number
  - Acknowledge Umpire’s clearing of race (2 Hoots or White flag)
  - Hold results if Umpire does not clear race
  - Sign result sheets



# Dead heats

- Two boats cross line at exactly the same time
  - Progression – PoJ decides course of action
  - Finals – placed at that position (next position skipped)



# Finish Tower Stresses

- **Missing the Start time**
  - Check with Aligner for Back-up time
  - Get count down
  - If no time on race and progression event notify Umpire to stop race if possible
- **Heads Races and lane numbers**

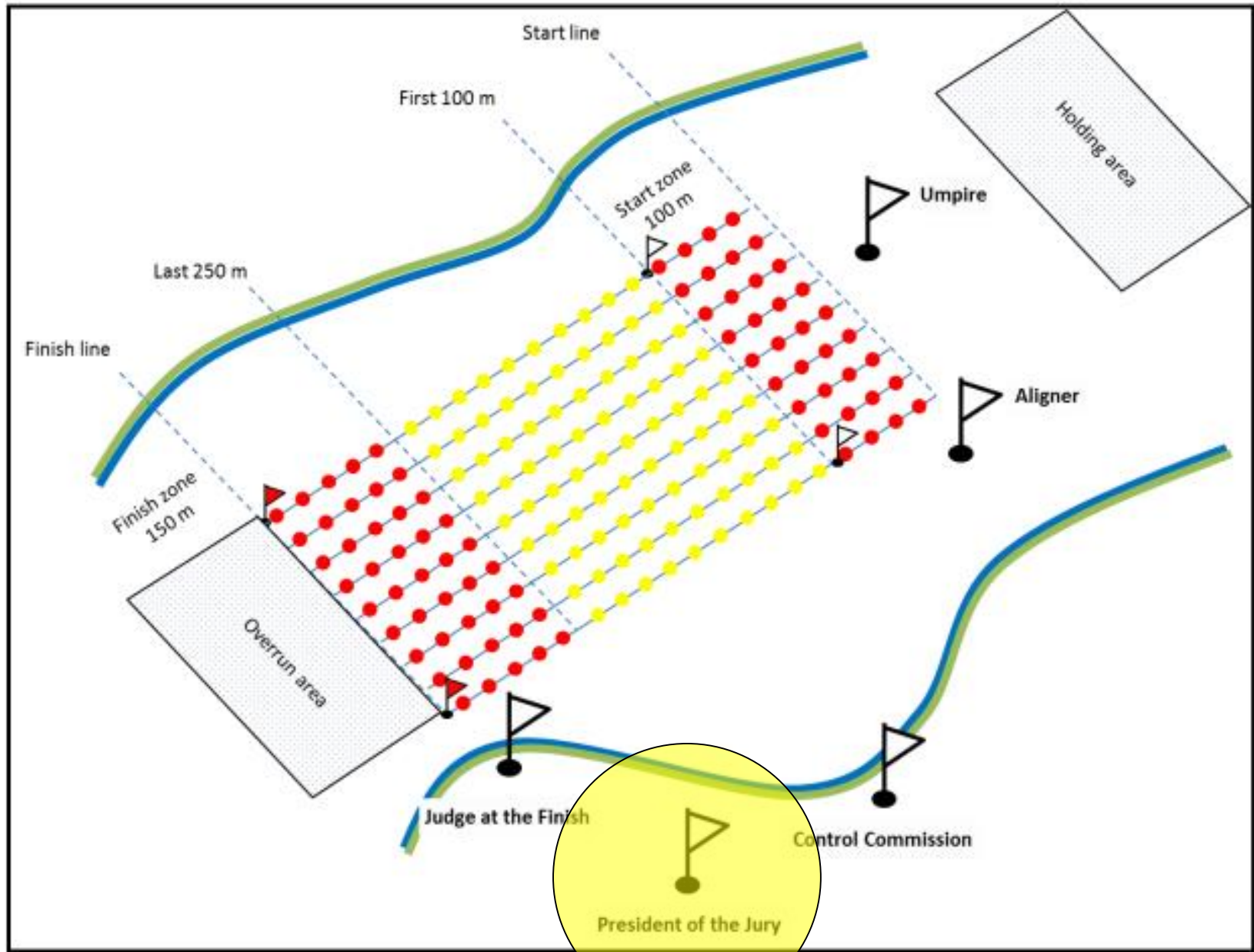


# Abbreviations

- **DNF** – Did Not Finish
- **DNS** – Did Not Start
- **DSQ** – Disqualified
- **EXC** – Excluded
- **BUW** – Boat Under Weight
- **DNA** – Data Not Available



# Duties of Officials - PoJ



# President of the Jury

- Primary Responsibility to coordinate smooth running of the regatta
  - Allocate revised start times
  - Authorise “Holding” of Races
  - Monitor On Land and Water Rescue/Medical
  - Monitor weather conditions – lightning detector
  - Convene Jury meetings in case of a Protest
  - Participate in Fairness Committee
- Prepare regatta report

# Objection at end of race

- Raised hand to indicate to umpire
- Hand should be kept up until noticed
- The umpire will make a decision on the water and communicate with PoJ





# Protest



- A written protest may be submitted if:
  - An objection has been rejected
  - A crew is affected by the umpires decision
  - Disputing published results
- Must be done within one hour of completion of race, the decision or the publishing of results
- President of the Jury will convene the jury to hear protest

# Appeal

- A written appeal must be made directly after the jury's decision has been made
- The Controlling Authority of the regatta will hear the appeal
- The decisions made will be final



# Penalties



- Warning (yellow card)
  - Will still apply if race is re-rowed
  - Violation of traffic rules, late at start, dress code
- Exclusion (red card) - removed from event
  - Late at start, two yellow cards, clashes during race
- Disqualification - removal of crew from all events
  - Flagrant or intentional violation of rules
  - False declaration of name, classification or club membership
- Relegation to last place
  - Underweight boat

# Umpire's pilot

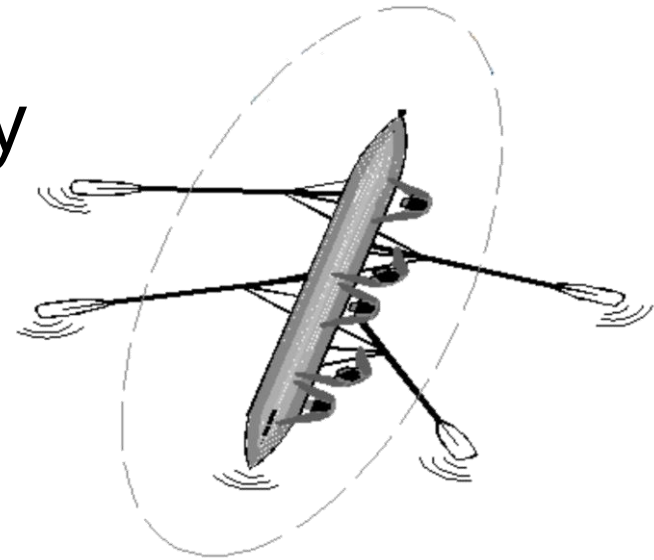
- Ensure that all safety equipment is on board
  - Life jacket for each crew member
  - Torpedo to throw to a rower in water
  - Paddle
  - Rope for towing
  - Bailer
  - Tool kit
  - First aid kit
  - Dead man cut out on engine

# Umpire's Pilot

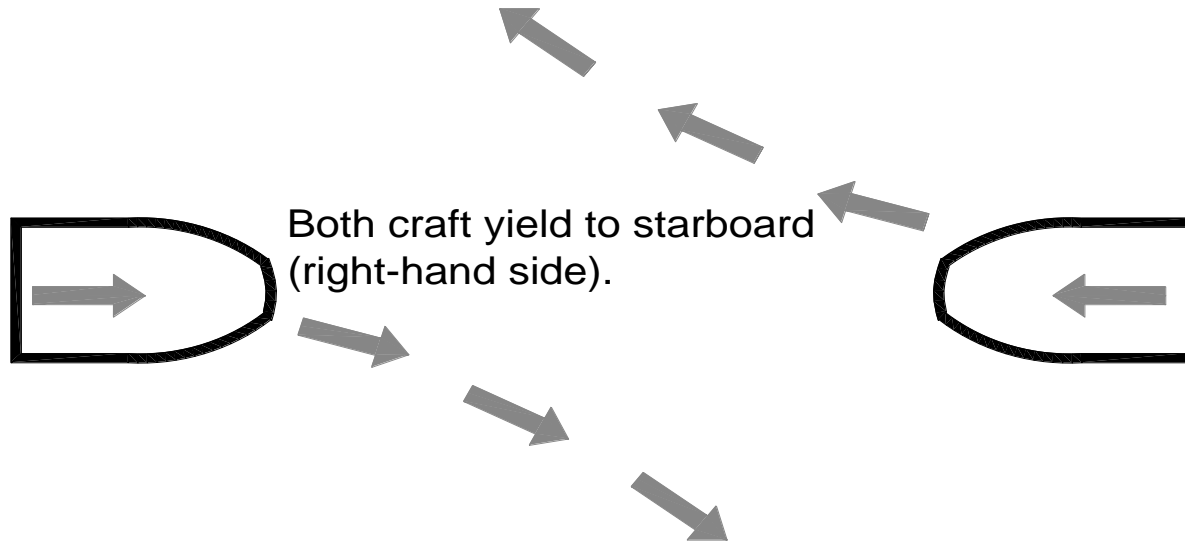
- **Umpire's second pair of eyes and hands**
  - Look out for obstacles and traffic violations
  - **Keep an eye on the crews during the progression of the race and inform Umpire of concerns**
  - Observe all "hand signal requests" from Umpire
  - **Listen to the radio should umpire be called**
- **In control of Radio at the Start and during the race**
  - Announce race to Finish tower: Race number, event and Umpire ID, change over to channel 3
  - **Announce "Flag Up" when start is eminent**
  - Announce "Stand down" when aligning has cause for delay
  - **Announce "Flag Up" when start is eminent again**
  - Hold radio open to transmit start to Finish Tower

# Capsized rowing boat

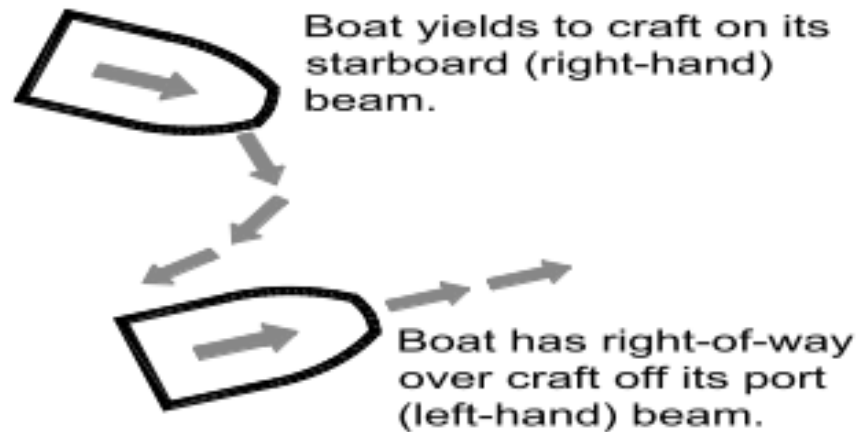
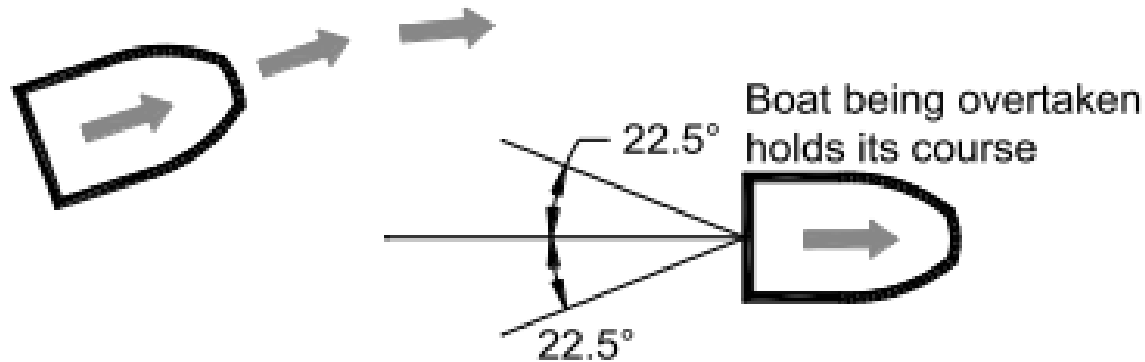
- Abandon your race
- Count the heads! Ensure all rowers are OK
- Notify rescue
- Attend to rescue if necessary
- Approach carefully
- Disengage propeller
- Dive in if necessary
- Use umpire's boat to stabilise rowing boat while crew gets in



# Umpire's Pilot



# Umpire's Pilot

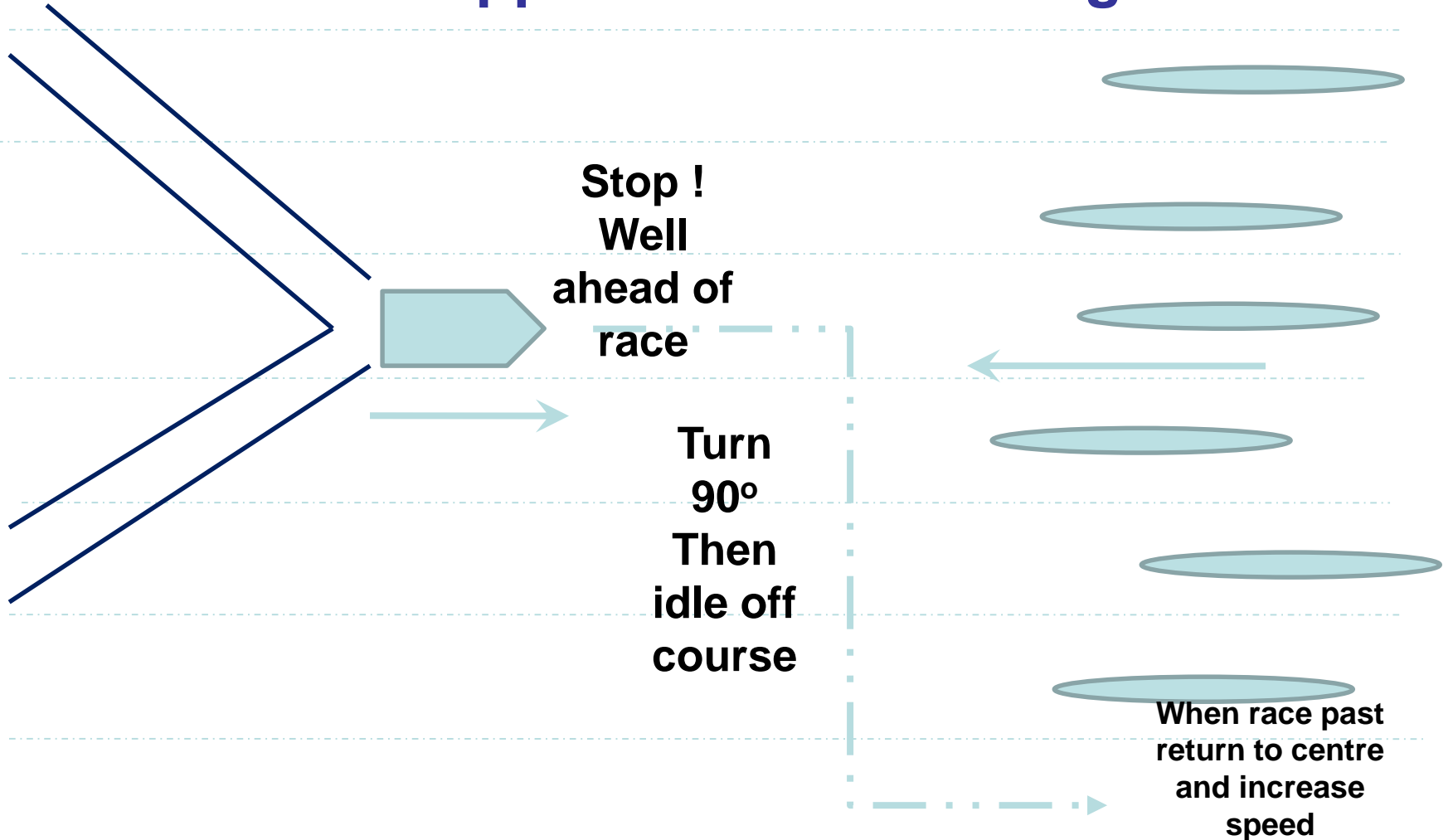




# Basic Boat Piloting Skills

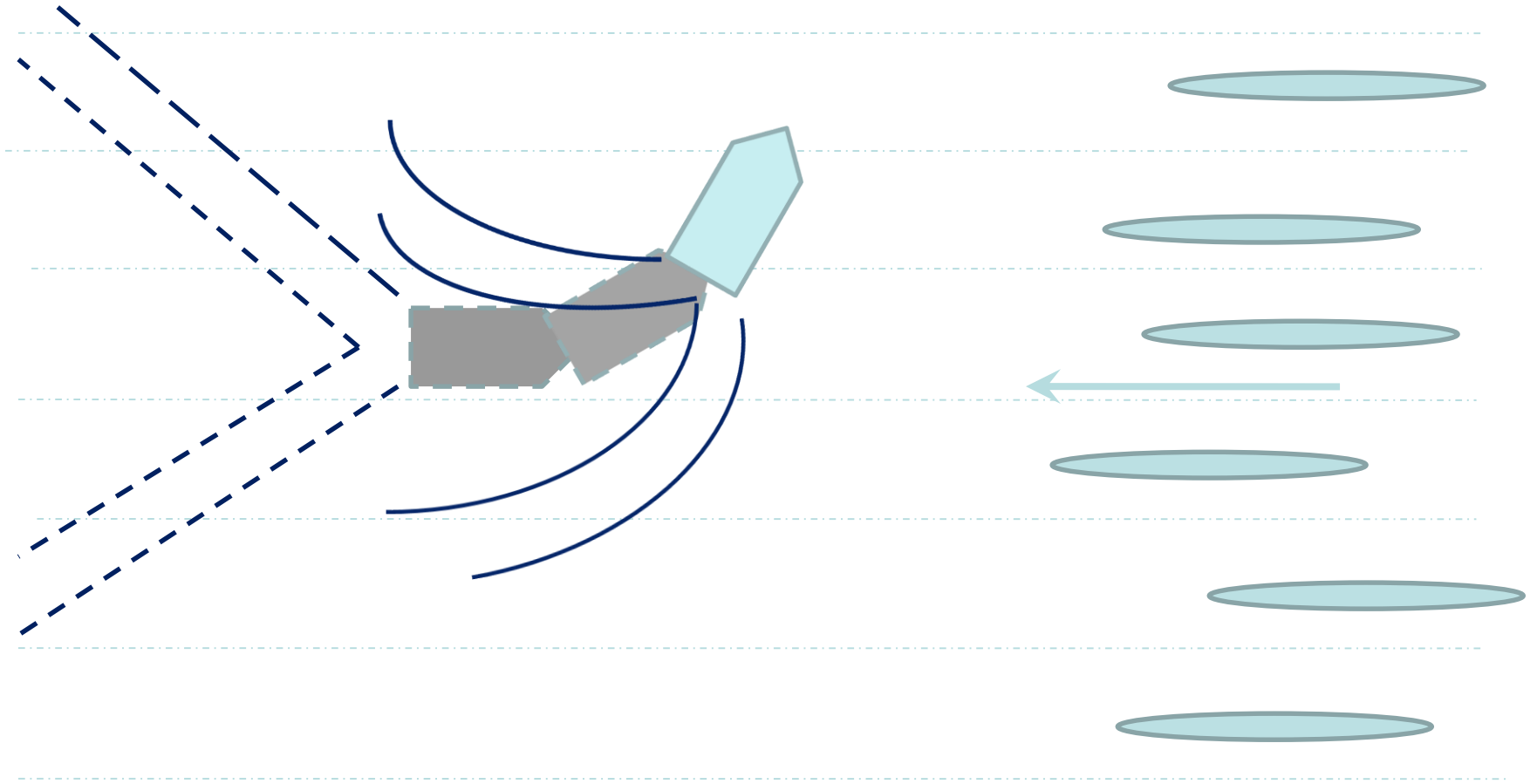
On the Water in General and in a  
Regatta

“How to approach an oncoming race”



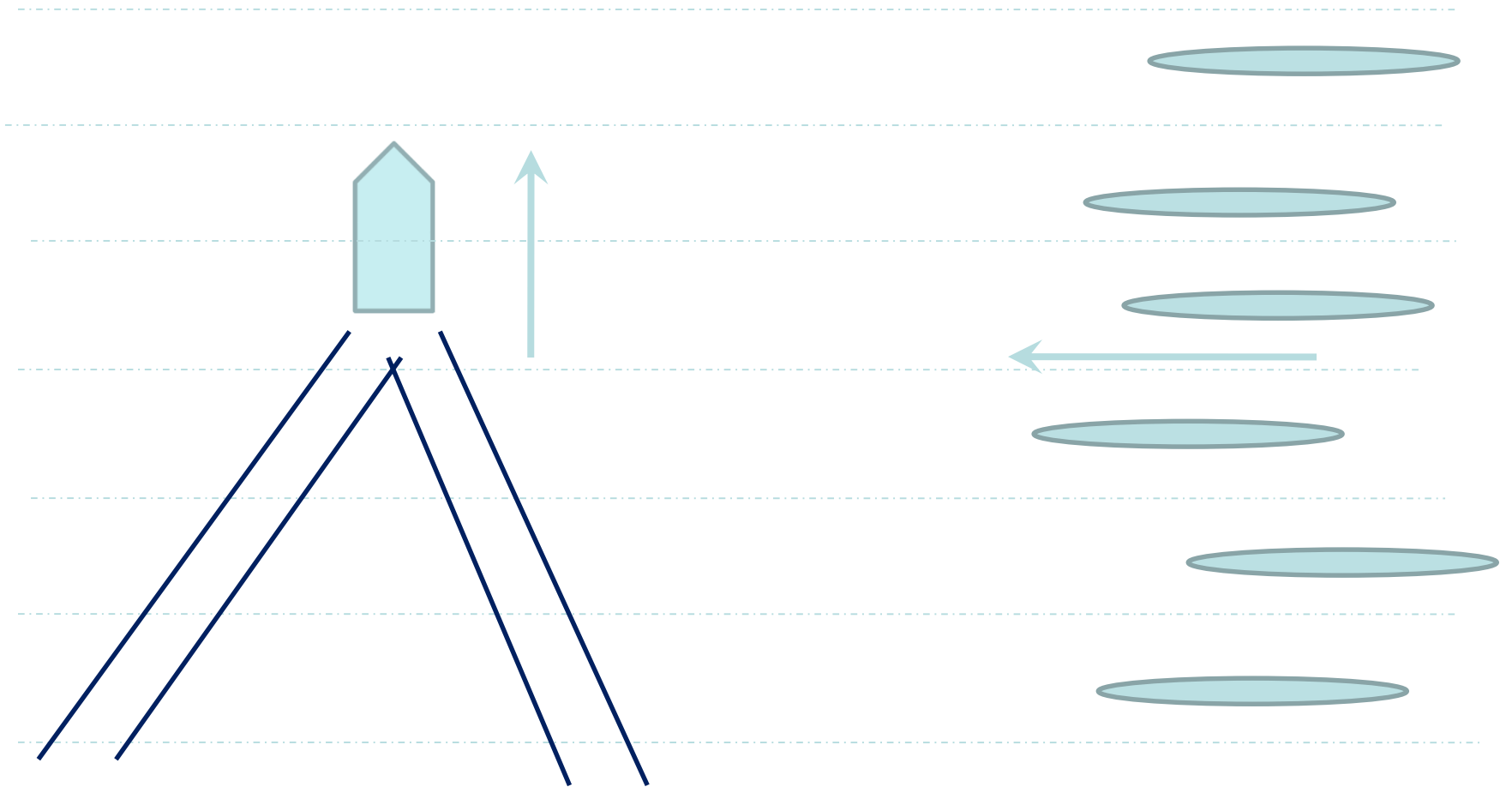
# Basic Boat Piloting Skills

**“DO NOT turn boat whilst under power on the course”**



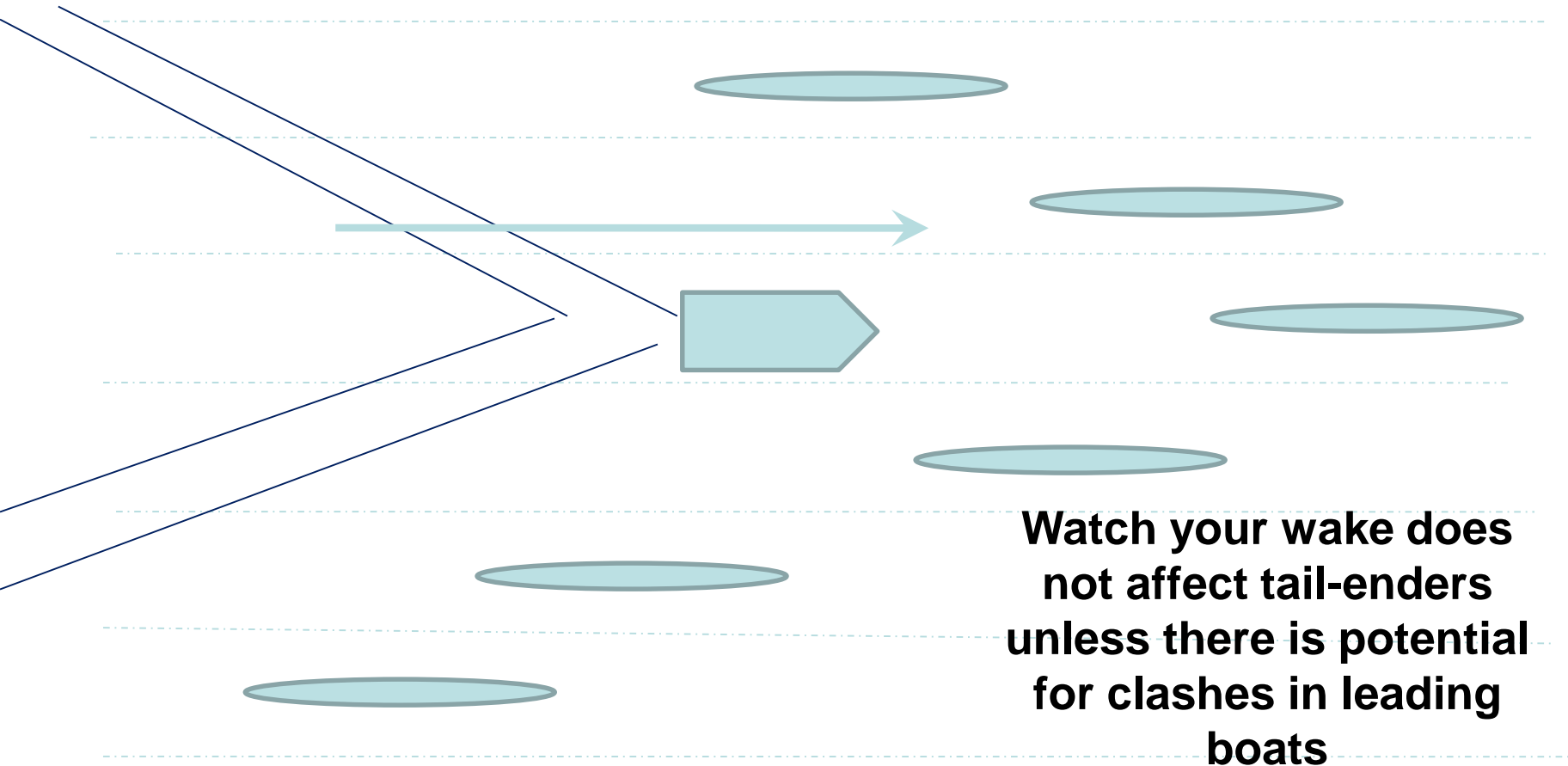
# Basic Boat Piloting Skills

“DO NOT cross course at speed”



# Basic Boat Piloting Skills

“Position when following a Race”



# Radio Protocol

## Guidelines of Use:

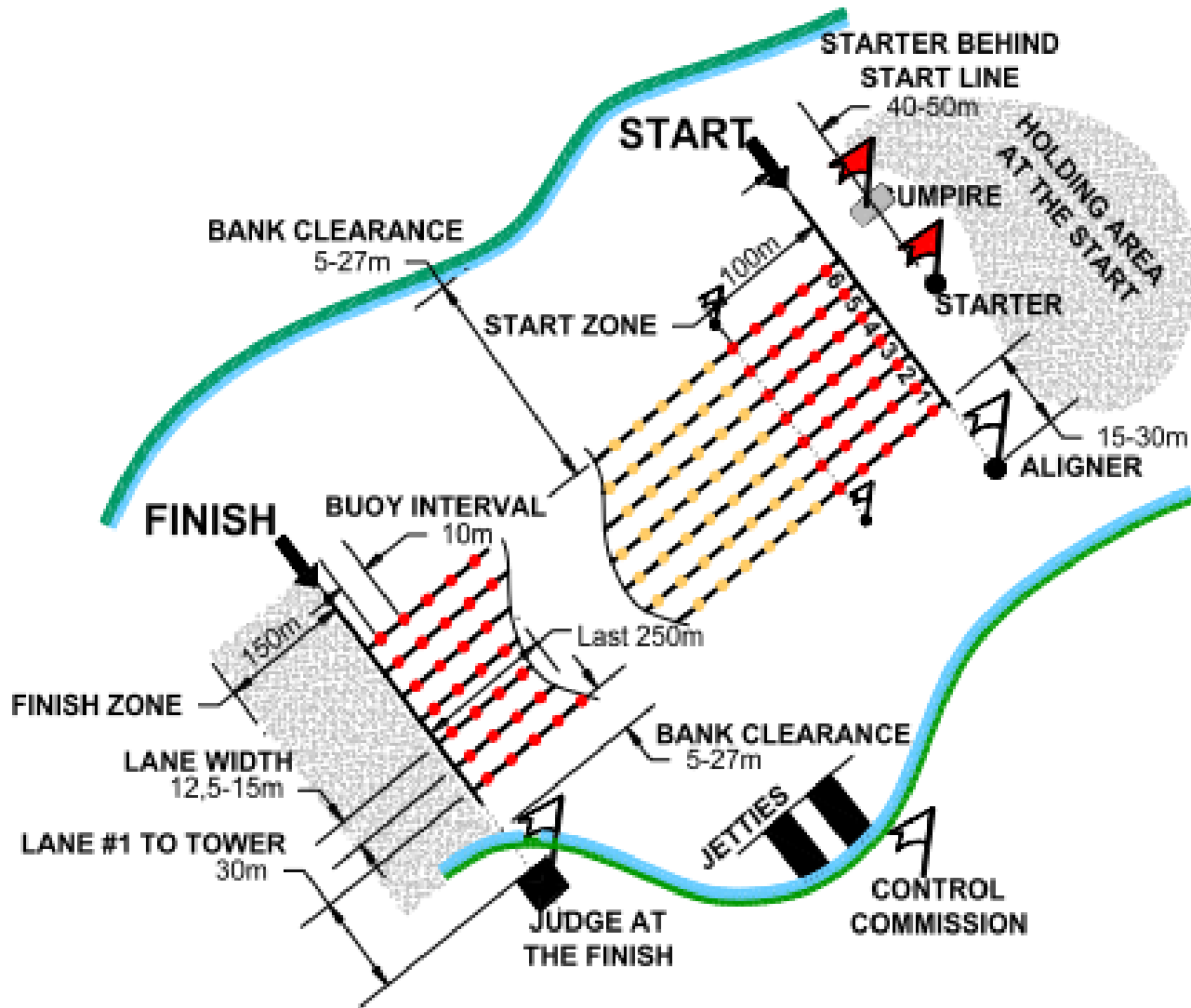
1. Use only when necessary
2. Identify who you are calling then identify yourself. Eg: President of the Jury – Umpire ABC reply is – President Go.
3. Listen before you speak - Wait until previous call has ended before you call your station
4. Keep it short and simple – speak slowly and precisely avoid getting excited - you become unintelligible.
5. Stay off the air during emergencies

## ■ Don'ts

- Critique officials over the radio
- Don't engage in unnecessary chatter



# Course



# QUESTIONS



**Don't forget ...**

**Please help with equipment  
before and after regattas**





**Always approach the slipway slowly and with caution and preferably in Reverse!**

# Have Fun



**Thank you for  
attending**

**ROWING SOUTH AFRICA**

