



RULES OF RACING

Effective from 1 September 2011

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Section 1: GENERAL

These rules, dated September 2011, supersede all versions of the RowSA Rules of Racing previously issued.

1. Introduction

These Rules are established by Rowing South Africa (RowSA) and include the Rules of Racing for Seniors, Adaptive, Masters, Juniors and Schools and shall be known as the RowSA Rules of Racing. Separate rules apply to Indoor Rowing

2. Purpose

The purpose of these Rules is to:

- Provide a basis for safe, fair and equal racing;
- Ensure that due notice is taken of the need for safety, the ensuring of which shall take precedence at all times; and
- Provide a consistent framework for the regulation and organisation of regattas and other water based rowing events.

3. Interpretation

These Rules shall be interpreted to effect the purpose described above. Wherever possible, provisions of these Rules should be interpreted consistently with each other. Where such interpretation is not possible, the more specific should prevail over the general and provisions regarding safety shall take precedence over any other provision.

4. Scope

These Rules shall apply to all rowing and sculling races, and events and regattas that are sanctioned by RowSA and its affiliates. Local regattas are deemed to be subject to these rules unless participating clubs are advised to the contrary in the relevant regatta notification and subject to obtaining approval from SAROC

Section 2: DEFINITIONS

Abreast racing means where all crews are started adjacent to each other.

Abbreviations:

DNF	= Did not Finish
DNS	= Did not Start
DSQ	= Disqualified
EXC	= Excluded
BUW	= Boat Under Weight
DNA	= Data Not Available

Adaptive Rowers

An Adaptive rower is a rower with a disability who meets the criteria set out in the Adaptive Rowing classification regulations. (Refer to FISA Rule Book, on www.worldrowing.com).

Anti-doping rule violation means the presence of a Prohibited Substance or its Metabolites or Markers in a Rower's bodily Specimen as defined by WADA.

Bye laws are information to be read in conjunction with the rules of racing and are not subject to ratification at an AGM of RowSA and may be modified by the RowSA executive in the light of practical considerations. In the rules following, they will be in italics.

Constituent member shall mean a member of RowSA as set out in clause 2 of the RowSA Constitution.

Crew shall mean an entity comprised of one or more competing rowers with or without coxswain who group together for the purpose of competing in a boat in a race or an event at a regatta. A crew shall be considered an entity subject to these Rules, and members of a crew shall be collectively responsible for its conduct at the race, event or regatta. The crew must be composed of RowSA registered members of a club or clubs affiliated to, or recognised by, RowSA and this club or clubs is/are also responsible for the conduct of crews competing under their names.

Crew's water means that each crew shall be assigned a lane, which shall constitute that crew's own water for the duration of the race. A crew that rows in its own water is entitled to protection by the Umpire. A crew that leaves its own water does so at its own risk and peril.

Dead weight shall mean that additional weight that a coxswain may have to take with him/her to bring his/her total weight in racing uniform up to the required minimum weight as specified in the Rules or the additional weight that may have to be carried in a boat to bring the total boat weight up to the minimum weight as specified in the Rules for the boat class.

Disqualification: A crew that is disqualified shall be removed from all subsequent races and events in the same regatta. Disqualification shall be presumed to be appropriate where a crew has acted in flagrant or intentional violation of Rules of Racing concerning safety or fairness.

Doping means the occurrence of one or more of the anti-doping rule violations.

Eliminating heats: Should the number of crews entering into an event exceed that of the available starting positions in a single race, a progression system of heats or head races may be used to determine the finalists.

Event shall mean a race, series of races or timed event, including all heats, *repêchages*, semi-finals and finals, that together determine the winner and, if appropriate, the order of placement in a particular class of competition.

FISA shall mean the 'Federation Internationale des Societes d'Aviron' or "The International Rowing Federation"

Handicap System A handicap system is applied when Masters Rowers of different age categories participate in the same event. The Handicap will be in the form of seconds to be added to or subtracted from the recorded time for each crew based on their category.

Head gear means hats, caps and sweat bands

Head Race shall mean a race in which the participating crews start from the same line in sequential order and where the order of finish is determined by comparison of elapsed times taken to cover the prescribed course. The start shall be a rolling start.

Interference shall consist of physical contact with another crew (including clashing of oars), washing down another crew, or forcing another crew to alter its own course in order to avoid an imminent collision. It shall not be interference if a crew is washed down or obstructed while rowing outside its own water.

Inter Provincial Regatta is a Regatta where the participating crews represent their Province.

Italic type in these Rules shall indicate *Bye-Laws and further information* applicable to the specific Rules of Racing

Lenient disciplinary measures shall normally refer to the issuing of a yellow card.

Local Championship Regatta is a rowing competition starting abreast or against the clock that is intended for the clubs of a province.

The fact that competitors from other provinces may enter such regattas does not render the event a National Championship Regatta.

A Local Championship Regatta shall take place under the authority of a Constituent Member and shall be governed by the RowSA Rules of Racing and Bye-laws or any variation thereof as approved by SAROC.

Local Regatta is a rowing competition starting abreast or against the clock that is intended for limited participation (usually clubs of a province or association).

The fact that competitors from other provinces may enter such regattas does not render the event a National Regatta.

A Local Regatta shall take place under the authority of a Constituent member of RowSA and shall be governed by the RowSA Rules of Racing and Bye laws or any variation thereof as approved by SAROC.

Local Rules: Rules applicable to a Regatta necessitated by the venue or the nature of the Regatta. Approval for local Rules that are in conflict with the Rules of Racing must be obtained through the process prescribed in Section 3 no. 3.

Master Divisions

Masters of all age categories will compete in First, Second and Third Division based on estimated boat speed and past performance. The final placement of the crews will be determined after the application of the handicap system

May when used in describing the duties of officials in these Rules implies the exercise of discretion and judgement in the light of training, knowledge and experience.

National Regatta is a rowing competition starting abreast or against the clock that is intended for clubs of all provinces, nationally based constituent members but is not a Championship regatta.

A National Regatta shall take place under the Authority of a Constituent Member of RowSA and shall be governed by the RowSA Rules of Racing and bye-laws or any variation thereof as approved by SAROC.

SAROC may nominate Technical delegates to supervise and verify the compliance to the Rules of Racing and bye-laws and the Minimum Standards for National Regattas.

National Schools and Junior Championship Regatta is a rowing competition starting abreast or against the clock that is intended for schools, juniors and members of SASRU of all provinces and will take place over the first weekend of March each year.

National Umpire: One who is qualified by examination as approved by RowSA and is licensed to officiate at RowSA affiliated Events and Regattas.

Official warning: A penalty that may be given by an Umpire for any of a number of infringements of the Rules of Racing or the Safety Rules pertaining. A yellow card will be presented to the offending crew by the presiding Umpire for a single offence. Two such warnings for one race shall lead to automatic exclusion in which case a red card shall be presented.

Organising Committee: The group of people who take responsibility for the organisation and running of a Regatta or Event.

President of the Jury: An official designated to ensure consistent application of the Rules of Racing, convene Official's meetings and chair the committee hearing of any protests at the regatta.

Provincial Associations means constituent members of RowSA and whose boundaries are determined by the National Boundaries of the second sphere of government.

Public Warning: A penalty that may be awarded by the President of the Jury/Regatta Control which involves the announcement of an 'Official Warning' and the circumstances of the offence and the name of the crew or club involved, over the public address system at the Regatta.

Qualifying Event is an event whose result may affect the status of a winning competitor (e.g. by gaining points).

Red card/ Exclusion: A crew that is excluded shall be removed from the event. The excluded crew may still compete in other events.

Regatta: A group of one or more events managed by one Organising Committee.

Regatta Controller: An official appointed to manage and control and when necessary adjust the programme of races on the day of the Regatta.

Regatta Entry System means the electronic entry system hosted on the www.regatta.co.za website.

Regatta Season means the season that commences in September and finishes in August of the following year.

Regatta Season for Schools means the period September to March the following year.

Rowing shall imply both sweep-oared and sculling, except where the contrary appears specific.

RowSA means Rowing South Africa.

RowSA National Championship Regatta: is a rowing competition, over any distance whether started abreast or against the clock, which is intended in general for competitors from RowSA affiliates only.

The fact that competitors from other National Federations may enter such regattas does not necessarily render the event an International Regatta.

National Championship Regattas shall be governed by these Rules of Racing and Bye-Laws as amended and shall take place under the authority of RowSA who may nominate Technical Delegates to supervise and verify the application of the RowSA Rules of Racing or any variation of them approved by RowSA.

SAROC means the South African Rowing Officials Commission.

SASRU means the South African Schools Rowing Union.

SAMSA means the South African Maritime Safety Association

SAMSA Regulations means the Merchant Shipping (Small Vessel Safety) Regulations 2007 and subsequent revisions

SASREA means the Safety at Sports and Recreational Events Act, No2 2010 and subsequent revisions

Scholar Rower: *Rowers who is a bona fide learner at a school and who are U19 may participate in Open events at schools regattas and in schools events at regattas, but must be U18 for participation in Provincial or International competition. Subject to this post matric rowers in school regattas or in school events at regattas must be U18. They are classified in age groups at the commencement of the season in September and the age group does not change at the commencement of the of the following academic year in January.*

School Events: includes all events hosted by SASRU for its members

Schools Regattas means Regattas that are hosted by SASRU and its members and/or schools.

Senior Rowers: A Senior rower or coxswain is one who is not a Junior and one who, despite having attained the minimum age for classification as a Master elects to compete as a Senior

Social Regattas are permitted but not supported by RowSA and will therefore not fall under the auspices of RowSA. The Rules of Racing do not necessarily have to be applied. To assist interested participants, it is advised that deviations from the RowSA Rules of Racing must be clearly stated in the regatta notice or invitation to participate. Social Regattas will be noted on the RowSA calendar but the status of these regattas will be clearly indicated as Non RowSA events. The Organiser of the Regatta shall be responsible for the necessary Insurance and comply with the relevant legislation including SAMSA and SASREA

Start Zone means the first 100 metres of the course.

Steering instruction means the directing of a crew by an Umpire.

Stringent Disciplinary measures shall normally refer either the exclusion or disqualification of a rower or a crew.

Technical Delegate/s: National Umpires appointed by SAROC to evaluate and report on the organisation and running of the regatta.

Traffic Rules describe the compulsory direction of travel in various areas and lanes in and around a course that are available for competitors' use during racing and practice on the water.

USSAR means the University Sport South Africa - Rowing.

Unsportsmanlike Conduct or Behaviour shall include; failure to heed the instruction of a Race Official, use of obscene language or gestures; delaying the start of a race without just cause; disregard of the principles of Safety or of fairness; malicious damage to equipment or abusive behaviour towards any official, competitor or spectator.

WADA: The World Anti-Doping Agency.

Water Based Safety for abreast racing (excluding 2 boat abreast river racing) is defined as one (1) rescue boat per 1000m. In the case of adaptive events two (2) rescue boats shall be available at all times irrespective of the distance

Year: Unless otherwise specified a year shall refer to a calendar year.

Yellow Card: A yellow card is equivalent to a false start. All yellow cards shall expire and be of no further effect once the race to which it applies has been successfully completed. If a race is re-rowed, a yellow card applicable to the original race shall also apply to the re-row.

Section 3: SCOPE

3.1 Rowing, Boats, Regattas, Rowers

- 3.1.1 Rowing is the propulsion of a displacement boat, with or without coxswain, by the muscular force of one or more rowers, using oars as simple levers of the second order, and sitting with their backs to the direction of movement of the boat. Rowing on a machine or in a tank, which simulates the action of rowing in a boat, is also considered as rowing.
- 3.1.2 In a rowing boat, all load bearing parts including the axes of moving parts, must be firmly fixed to the body of the boat, but the rower's seat may move along the axis of the boat.
- 3.1.3 A rowing regatta is a sporting competition consisting of one or more events divided, if necessary, into a number of races, in one or more classes of boats for rowers divided, as a general rule, into different categories of gender, age or weight.

3.2 Application

These RowSA Rules of Racing shall apply to:

- 3.2.1 All National Championship-, National-, Local Championship- and Local Regattas as defined except where these are specifically excluded from certain provisions.
- 3.2.2 Any constituent member, club or individual who participates in any capacity in a rowing competition governed by these Rules of Racing is deemed to accept without exception or reservation the application of these Rules of Racing and the related Bye-Laws.
- 3.2.3 FISA Rules of Racing shall apply to All International Regattas as defined in Rule 4.3 held within the borders of South Africa, AND all International Matches as defined in Rule 4.4 held within the borders of South Africa.

3.3 Exceptions

- 3.3.1 In the case of National Championship, National, Local Championship and Local Regattas, the Organising Committee must apply to SAROC for permission to depart from the provisions of the RowSA Rules of Racing.

The permission request should be accompanied by a detailed motivation and full reasons why a departure from the Rules of Racing is requested.

Any such changes authorised by SAROC shall be published on the RowSA (www.rowsa.co.za) and the Regatta (www.regatta.co.za) websites **not less than two weeks prior** to the regatta.

4. Regattas and Matches

(Refer also to the FISA Rules of Racing on www.worldrowing.com)

4.1 FISA World Championship Regattas

The following are deemed to be FISA World Rowing Championships:

- i. World Rowing Championships for men and women in Senior, Lightweight and Adaptive categories.
- ii. World Rowing Junior Championships for men and women. World Rowing Under 23 Championships for men and women and lightweight men and lightweight women.
- iii. Olympic Regattas and Paralympic Regattas shall have the same status as World Rowing Championships. Within the limits of the authority of FISA the same Rules, Regulations and Bye-Laws shall apply.

4.2 Rowing World Cup Regattas

All Rowing World Cup regattas as defined in terms of the FISA Rules of Racing.

4.3 International Regattas

All International regattas as defined in terms of the FISA Rules of Racing.

4.4 International Matches

All International matches as defined in terms of the FISA Rules of Racing.

4.5 Regattas held in South Africa

4.5.1 RowSA National Championship Regattas (NCR)

As defined in the RowSA Rules of Racing

4.5.2 National Regattas (NR)

As defined in the RowSA Rules of Racing

4.5.3 Local Championship Regattas (LCR)

As defined in the RowSA Rules of Racing

4.5.4 Local Regattas (LR)

As defined in the RowSA Rules of Racing

4.5.5 Inter Provincial Regatta (IPR)

As defined in the RowSA Rules of Racing

4.5.6 Social Regattas (SR)

As defined in the RowSA Rules of Racing

4.6 Approval of Regattas

4.6.1 All Provincial Associations of RowSA, SASRU and USSA-R shall, not later than 31 May each year submit to RowSA a list of all regattas proposed to be held in their regions or under their jurisdiction during the Regatta Season i.e. the period 1 September of the same year to 31 August and in some instances, 31 December, of the following year.

4.6.2 Such a list shall show, for each proposed regatta the:

- i. Name of the regatta.
- ii. Proposed class of the regatta.
- iii. Date(s) of the regatta.
- iv. Venue and details of the course.
- v. Organising club or chairperson of the Organising Committee
- vi. Type of races and distance(s).
- vii. Categories of participants to be catered for.
- viii. Sponsoring Association/Controlling Authority.

4.6.3 The Chair of SAROC is responsible, in terms of Clause 4(11) of the RowSA Constitution, to coordinate the submissions and prepare a National Regatta Programme for the Regatta Season and submit the programme for approval at the RowSA AGM.

5. Right to participate in other countries and FISA events

5.1 Men, Women, Adaptive and Junior rowers may compete in all events in other Countries provided the athlete is a bona fide paid-up member of a RowSA affiliated senior or junior club, and whose name and details are registered on the RowSA website as a member of that club.

5.2 Men, Women, Adaptive and Junior rowers may compete in the name of South Africa in FISA events provided the athlete is in possession of an authorised current Republic of South Africa Passport at the time of competition, AND has been duly selected by the National Selection Panel and ratified by RowSA.

Section 4: ORGANISATION AND RUNNING OF REGATTAS

4.1 GENERAL

4.1.1 Controlling Authorities & Organising Committees

All regattas, matches or machine-rowing events held in South Africa shall be organised by a designated Organising Committee (O.C.).

Depending on the class of Regatta, the following controlling authorities are responsible for ensuring that the Organising Committee is competent and that the applicable Rules of Racing and Bye-Laws are adhered to in every respect. Technical delegates may be appointed for the Regatta.

Organising / Controlling Authorities must advise RowSA of the intended Class for the regatta and must submit a report advising of the facilities and standards to be installed/ upheld.

Type	Controlling Authority
International	FISA and RowSA
National Championship	RowSA
National Regattas	Constituent Member
Inter Provincial Regattas	Constituent member appointed by RowSA as Host/organiser
Local /Local Championship	Constituent Member
Social	Organising Committee

4.1.2 Bye-Law to 4.1.1 – Technical Delegates:

- 4.1.2.1 *In general, the duties of the Technical Delegate/s are to ensure that the RowSA Rules of Racing and Bye-Laws as well as the Minimum Standards for Regattas as published by RowSA are complied with and that the regatta is satisfactorily run both from the safety and competitive points of view. These duties may require an inspection in loco one week prior to the Regatta.*
- 4.1.2.2 *In the case of National Regattas and National Championship Regattas, the Technical Delegate/s shall be appointed by the Chairman of SAROC who shall also notify the Organising Committee of the Regatta. The Organising Committee shall notify the President of the Jury, the Safety Officer and the Medical Officer of the appointment of the Technical Delegate/s.*
- 4.1.2.3 *The Organising Committee of National Championship and National Regattas may be requested, where appropriate, to arrange accommodation, meals and local transport for the Technical Delegate/s during the period of their visit. Where necessary RowSA will bear any costs incurred.*
- 4.1.2.4 *The Technical Delegate/s should be present for the entire regatta including any meetings of club representatives or officials that may be held. On arrival they should make themselves known to the Organising Committee, the President of the Jury, the Safety Officer and the Medical Officer.*
- 4.1.2.5 *The Technical Delegate/s should initially inspect the regatta course with a representative of the Organising Committee and should take particular note of safety aspects including traffic rules for training and racing and boat marshalling areas. The Technical Delegate/s shall ensure that boat launching facilities are adequate and that traffic rules are appropriately displayed.*
- 4.1.2.6 *The Technical Delegate/s should report any potential problems to the President of the Jury but it remains the responsibility of the Jury to carry out its responsibilities as envisaged in Rule 9.*
- 4.1.2.7 *The Organising Committee and/or the Jury shall consult the Technical Delegate/s on matters where there are any uncertainties concerning the application of the RowSA Rules of Racing and Racing Bye-Laws.*
- 4.1.2.8 *Legal responsibility for matters of safety lie with the Organising Committee and the Jury and no liability shall be imposed upon the Technical Delegate/s in their capacities as Technical Delegates.*
- 4.1.2.9 *Within seven days of the end of the regatta, the Technical Delegate/s shall send a report to the Chairman of SAROC. The reports should set out comments and criticisms, proposals and*

recommendations of the particular regatta. Reports shall then be copied to the Organising Committee in question.

4.1.3 Duties of the Organising Committee

The Organising Committee shall:

- 4.1.3.1 On the date allocated, organise the regatta or event in agreement with the controlling authority or authorities above.
- 4.1.3.2 Draw up and publish the advance programme and entry forms via the approved regatta entry system and the RowSA website.
- 4.1.3.3 Make available a stretch of water and technical equipment conforming to the requirements for the particular class of Regatta as published in the Rules of Racing and Bye-Laws.
- 4.1.3.4 Appoint a Safety Officer, and a registered Lifesaver service.
- 4.1.3.5 Appoint a Medical Officer/appropriate First Aid service.
- 4.1.3.6 Take all other steps which may be required to ensure the proper organisation of the regatta and its financial control.
- 4.1.3.7 Ensure they Comply with the relevant legislation including SAMSA and SASREA

4.2 Bye-Laws to 4.1.3

Duties of the Organising Committee:

4.2.1 International Regattas:

The duties are clearly laid out in the FISA 2009 Rules of Racing and Bye-Laws and reference should- be made to this document which is available on www.worldrowing.com

4.2.2 South African Regattas:

National Championship Regattas Authority

All National Championship regattas are under the control of RowSA. The Chair of SAROC may appoint Technical Representatives to liaise with the Organising Committee before and during the regatta to ensure that the course, the technical installations and the regatta organisation complies with the standards specified.

National Regattas Authority

All National Regattas are under the control of a Constituent Member of RowSA. The association in question shall appoint a representative to liaise with the Organising Committee during the preparations for the regatta and on the day of the regatta

National Schools and Junior Championship Regattas Authority

National Schools and Junior Championship Regattas are under the control of RowSA in collaboration with SASRU. SASRU shall appoint a representative to liaise with the Organising Committee during the preparations for the regatta and on the day of the regatta.

Local Championship Regattas Authority

All Local Championship Regattas are under the control of a Constituent Member of RowSA. The association in question shall appoint a representative to liaise with the Organising Committee during the preparations for the regatta and on the day of the regatta.

Local Regattas Authority

All Local Regattas are under the control of a Constituent Member of RowSA. The association in question shall appoint a representative to liaise with the Organising Committee during the preparations for the regatta and on the day of the regatta.

Responsibilities of the Organising Committee

The Organising Committee's responsibilities are substantially the same for all Regattas:

Regattas shall be listed on the RowSA National Regatta Programme and shall specify the categories of competitors that will be catered for, the length of the course and number of lanes, points, prizes, trophies, incompatible events and ensure compliance to the Minimum Standards for National Regattas as published by RowSA.

The Organising Committee is responsible for the planning organising, safety and security of the regatta.

Date and Programme

The Organising Committee will determine the venue and order of events for the regatta. The regatta shall be listed on the National Regatta Programme, which is ratified by RowSA at its AGM each year.

Course, Installations, Advance Programme, Jury

The Organising Committee is responsible for the course and all necessary installations and equipment both on land and on water, complying to the Minimum Standards for Regattas as published by RowSA. It shall draw up an advance programme which shall also describe the course (a plan to be provided) and this shall be sent to all clubs and associations affiliated to RowSA. Entry fees shall be specified, entry facility made available on the www.regatta.co.za web site and the dates for closing of entries and the draw shall be specified.

Medical Facilities and Safety

The Organising Committee shall make arrangements for suitably qualified medical personnel to be on duty for the duration of the regatta, as defined in the Bye-laws to Rule 6. It shall also provide rescue boat/s manned by suitably qualified personnel at all times. Finally it shall designate an individual as regatta Safety Officer with specific responsibility for ensuring that all the appropriate safety measures, including traffic rules, have been considered and then implemented for the safe running of the regatta.

Compliance with Rules of Racing

The Organising Committee must liaise with SAROC (National/National Championship Regattas) or Constituent Member Officials Association (Local/Local Championship Regattas) who are responsible for the selection of the Jury and allocation of duties of the Officials to ensure the proper running of the Regatta in accordance with the requirements of the RowSA Rules of Racing

Fairness Committee

For all National/National Championship regattas a fairness committee must be appointed who will be convened to, consider inter alia fair racing in the event of unfair racing conditions. The contingency guidelines should be used as a basis for the deliberations of the fairness committee in the event of unfair racing conditions.

The committee shall include: The President of the Jury, an Umpire, a person appointed by the Organising Committee, the Safety Officer and the Technical Delegate of RowSA. For all SASRU regattas the Organising Committee may appoint additional members to the fairness committee (Refer to Rule 6-4 for adverse weather conditions).

Radio Communication

The Organising Committee shall ensure that suitable radio communication is provided at all times between the President of the Jury (Regatta Control), Control Commission, the start, the finish, Umpires on the water, rescue staff and medical staff on duty.

Language

The language to be used for all communications between officials and between officials and competitors shall be English.

4.3 Payment of Expenses

RowSA does not require expenses to be paid to any officials or competitors.

4.4 Advertising at Regattas

Sponsors and Persons wishing to promote their products and services may do so at Regattas and Venues used by RowSA on the understanding that the advertising in no way interferes with the opportunities afforded to the competitors to compete in a fair manner.

Approval must be obtained from the relevant organising committee and may be subject to any cost and/or restrictions they may impose.

Section 5: RULES

Rule 1: Rowers and Coxswains

Rule 1-1 Eligibility

Regattas that are governed by the RowSA Rules of Racing are open to all competitors that are eligible to compete under the provisions of these rules and the RowSA Constitution.

Rule 1-2 Categories of Rowers

Rule 1-2/1 RowSA Categories

The following categories of rowers are recognised by RowSA:

- i. Juniors, Men (JM) and Women (JW) classified by age and status
- ii. Under 23, Men (BM) and Women (BW) classified by the rowers' status
- iii. Seniors Men (M) and Women (W) A, B, C and D determined by the rowers' status
- iv. Masters, classified by age and status
- v. Adaptive, (A) classified by disability
- vi. Lightweight, classified by weight: Senior Men (LM) and Women (LW) and U 23 Men (BLM) and Women (BLW)

Note: At regattas hosted by schools for its members, Junior men (JM) shall be referred to as Boys and Junior women (JW) shall be referred to as Girls.

Rule 1-2/2 Eligibility of Junior and Scholar Rowers

NOTE: Scholar/Junior rowers will compete during the Regatta and School Regatta Season in the Age category that will be applicable for that scholar/junior rower in the latter half of the Regatta season (January to March/August)

Rule 1-2/2.1 Schools Regattas

Anyone competing in a Schools Regatta must be a Scholar Rower in terms of the age category for Scholar Rowers and be registered on the RowSA Regatta data base. A scholar rower may compete in a Schools Regatta during the year in which he/she turns 19. Grade 12 rowers are not permitted to participate in schools regattas or in school events at Regattas in the start of the rowing season (September to December). This prohibition also applies to Schools Boat Race.

Rule 1-2/2.2 Age Categories applied in Junior Rowing for RowSA

JW13 and JM 13 The rower is classified as J13 until the 31st of December of the year in which he/she reaches the age of 13

JW14/U 14 Girls and JM14/U 14 Boys:
The rower is classified as J14/U14 until the 31st of December of the year in which he/she reaches the age of 14

JW15/U 15 Girls and JM15/U15 Boys:
The rower is classified as J15/U15 until the 31st of December of the year in which he/she reaches the age of 15.

JW16/U16 Girls and JM16/U 16 Boys:
The rower is classified as J16/U16 until the 31st of December of the year in which he/she reaches the age of 16.

JW and JM The rower is classified as JM/JW until the 31st of December of the year in which he/she reaches the age of 18.

JW19 and JM19/Opens:

The rower is classified as J19/Open until the 31st of December of the year in which he/she reaches the age of 19

Junior Rowers: *A rower or coxswain shall be classified as a Junior until 31 December of the year in which he/she reaches the age of 18 or U19 if he/she is still a scholar, but must be U18 for participation in Provincial or International competition. After that date, he/she shall be classified as a senior rower and may also participate as an Under 23 Rower whilst eligible*

Rule 1-2/3 UNDER 23 AND SENIORS

Rule 1-2/3.1 Eligibility of Under 23 Rowers

A rower may participate as an Under 23 rower until 31 December of the year in which he/she reaches the age of 22. During this period a rower may also compete in Senior events.

Rule 1-2/3.2 Eligibility of Senior Rowers

A Senior rower or coxswain is one who is not a Junior and one who, despite having attained the minimum age for classification as a Master elects to compete as a Senior. Rowers may participate both in Senior and Masters events at the same regatta. The classification A, B, C and D apply to the rower's status and is determined by his/her record in winning qualifying events. The definition of a qualifying event and the status rules applicable are covered in the Bye-laws to these Rules.

An Under 23 rower may participate both in Under 23 and Senior events at the same Regatta.

Bye-Law to Rule 1-2/3.1

(A) Classification by Discipline:

This Bye-Law Rule and the Point System apply to all rowers competing in Senior Events

Sweep-oared rowing and sculling are classified separately and every rower whatever his/her age, weight, or gender, has a separate status in each of the two disciplines. The total points owned by the members of a crew as a whole determines that crew's senior classification. .

(B) The Points System:

The sweep-oar and sculling points for each rower will be kept on the RowSA database.

At the beginning of the Regatta season, Clubs will be advised of their members point status. Each club is responsible to advise RowSA, in writing; prior to the first applicable Regatta of the season should they not be in agreement with their members point status.

Points are awarded as follows:

All current and past junior/scholar rowers will be awarded 3 points

Rowers who have rowed in a J18/19 first crew for their school or club will be awarded 3 points

Junior/scholar rowers who have represented their country at an International Regatta will be awarded 1 point.

(Example: Junior/scholar Rower: 3 points, First crew +3 points, Represent Country +1 Total = 7 points)

University student rowers who represent USSAR (or the equivalent controlling body in another country) at an International event shall be awarded 4 points

Any rower who did not row as a junior and has rowed for two regatta Seasons shall be awarded 3 points.

One point is awarded to a rower for a win in a qualifying event as defined in (C) below and the point(s) will be awarded at the close of the regatta at which the qualifying event(s) is/are won and recorded on the rowers' records on the RowSA data base.

One point will be deducted from a rower who has not won a qualifying event as defined in (C) below in the previous Regatta season to a total of not less than three points.

Twelve points will be allocated in respect of the discipline when rowers have competed for their Country's Senior, Lightweight or U23 International Squads.

The maximum number of points that can be held by one rower in each discipline is twelve.

A rower who holds twelve points in a discipline shall be known as a Senior A rower.

(C) Qualifying Events:

An event is deemed to be qualifying event when four or more crews race at a National Championship, National and Local Championship Regatta and the event is none of the following:

Events open only to juniors.

Events open only to Masters.

Events open only to adaptive rowers

Events open only to members of one club.

Head races

Handicap or relay events.

Events in which rowers are allotted to crews by the organisers.

Team sprint events in which a team of rowers race in various boat classes.

Subject to previous approval in each case by SAROC, any other events held under special conditions.

Rule 1-2/3.3 Senior Classes

Senior rowing is open to all registered rowers, whatever their gender, weight or age.

Senior racing is sub-classified by status levels defined by the maximum number of points that may be held by the crew in total, in the appropriate discipline.

Events may be held in the following status levels. The chart below indicates the maximum number of points that may be held by a crew excluding the cox at each status level.

Status level	8+	4x/4+/-	2x/-	1x
Senior A	No limit	No limit	No limit	No limit
Senior B	80	40	20	11
Senior C	40	20	10	5
Senior D	20	10	5	2

Where the status of an event is not specified, it shall be interpreted as Senior A.

Adaptive Class is open to rowers with various and specified disabilities as defined by the Adaptive Classification system

Lightweight Class Lightweight events may be held at any of the Under 23 or Senior status levels

RULE 1-2/4 LIGHTWEIGHT ROWERS (UNDER 23 AND SENIORS)

Lightweight rowers/crews shall meet the following requirements:

Rule 1-2/4.1 Lightweight Men

A Lightweight men's crew (excluding coxswain) shall have an average weight not exceeding 70.0 kg. No individual Lightweight male rower may weigh more than 72.5 kg. A Lightweight male single sculler may not weigh more than 72.5 kg.

Rule 1-2/4.2 Lightweight Women

The Lightweight women's crew (excluding coxswain) shall have an average weight not exceeding 57.0 kg. No individual Lightweight female rower may weigh more than 59.0 kg. A single sculler may not weigh more than 59.0 kg.

Rule 1-2/4.3 Weighing of Lightweight Rowers

Lightweight rowers shall be weighed wearing at least their racing shirts and shorts or equivalent on calibrated scales not less than one hour and not more than two hours before their first race on each day of the competition. They shall present themselves at the weighing centre already wearing the clothes in which they intend racing. If the first race is subsequently postponed or cancelled, the lightweight rower is not required to be weighed again on the same day.

The Official at Control Commission may require on the occasion of the first weighing at a regatta or subsequently the presentation of a Registration Identity card.

Rule 1-2/5 Masters (Men and Women and Mixed)

Rule 1-2/5.1 Men and Women

A rower may compete as a Masters rower (Men and Women) from the beginning of the year during which he/she reaches the age of 27.

Rule 1-2/5.2 Mixed Masters

Mixed crew events may be held for Masters' crews in which half of the crew excluding the coxswain, shall be women and half shall be men. The coxswain may be of either gender.

Bye-Law to Rule 1-2/5 - Masters (Men, Women and Mixed)

A Masters rower may row in a crew in the age category corresponding to the average age that the crew attains during the current year.)

Age Categories:

NOTE: The average and minimum ages excludes the coxswain.

- A Minimum age 27 years and older
- B Average age 36 years and older
- C Average age 43 years and older
- D Average age 50 years and older
- E Average age 55 years and older
- F Average age 60 years and older
- G Average age 65 years and older
- H Average age 70 years and older
- I Average age 75 years and older
- J Average age 80 years and older

Rule 1-2/5.3 S Category

In addition to the age categories above, an S category or Social rowing category is recognised, open to Masters rowers aged over 35 years and who, for various reasons are unable to complete successfully in age category events against crews of greater experience and/or levels of training. A rower who has competed more than four times in the previous two years should be excluded.

Crews competing in the S category may contain up to 25% non-qualifying Masters rowers or members of the crew that are not over 35 years of age but are nevertheless over 27. Such non-qualifying rowers should be included in crews in the spirit of S class and should not appear regularly in such crews except under exceptional circumstances as agreed to by the organising committee

Rule 1-2/5.4 Handicap System for Masters Rowers

Masters Rowing events where Different Age Categories participate in the same event shall be judged on a Handicap system.

The following Handicap System will be applied to all events of 1000metres or less. All crews should start abreast with the handicap being applied at the end of the race.

In calculating the average age of a crew, women shall have the following added advantage:

Age 27-35 = 15 years

Age 36- 49 = 12 years

Age 50 and older = 10 years

Regatta finishing time adjustments for Masters Rowing										
Age Categories Time Differences in seconds										
ACTUAL TIME	A 27	B 36	C 43	D 50	E 55	F 60	G 65	H 70	I 75	J 80
02:30 - 02:39	0.0	1.7	5.2	11.5	16.4	22.3	29.6	36.6	45.0	56.8
02:40 - 02:49	0.0	1.8	5.6	12.2	17.4	23.8	31.6	39.0	48.0	60.7
02:50 - 02:59	0.0	1.9	6.0	12.9	18.4	25.3	33.6	41.4	51.0	64.7
03:00 - 03:09	0.0	2.0	6.3	13.6	19.5	26.8	35.5	43.8	54.0	68.7
03:10 - 03:19	0.0	2.0	6.7	14.4	20.5	28.2	37.5	46.2	57.0	72.6
03:20 - 03:29	0.0	2.1	7.0	15.1	21.6	29.7	39.4	48.6	60.0	76.6
03:30 - 03:39	0.0	2.2	7.4	15.8	22.6	31.2	41.4	51.0	63.0	80.6
03:40 - 03:49	0.0	2.3	7.8	16.5	23.6	32.7	43.4	53.4	66.0	84.6
03:50 - 03:59	0.0	2.4	8.1	17.2	24.7	34.2	45.3	55.8	69.0	88.5
04:00 - 04:09	0.0	2.4	8.5	18.0	25.7	35.6	47.3	58.2	72.0	92.5
04:10 - 04:19	0.0	2.5	8.8	18.7	26.8	37.1	49.2	60.6	75.0	96.5
04:20 - 04:29	0.0	2.6	9.2	19.4	27.8	38.6	51.2	63.0	78.0	100.4
04:30 - 04:39	0.0	2.7	9.6	20.1	28.8	40.1	53.2	65.4	81.0	104.4
04:40 - 04:49	0.0	2.8	9.9	20.8	29.9	41.6	55.1	67.8	84.0	108.4
04:50 - 04:59	0.0	2.8	10.3	21.6	30.9	43.0	57.1	70.2	87.0	112.4
05:00 - 05:09	0.0	2.9	10.6	22.3	32.0	44.5	59.0	72.6	90.0	116.3
05:10 - 05:19	0.0	3.0	11.0	23.0	33.0	46.0	61.0	75.0	93.0	120.3
05:20 - 05:29	0.0	3.1	11.4	23.7	34.0	47.5	63.0	77.4	96.0	124.3
05:30 - 05:39	0.0	3.2	11.7	24.4	35.1	49.0	64.9	79.8	99.0	128.3
05:40 - 05:49	0.0	3.2	12.1	25.2	36.1	50.4	66.9	82.2	102.0	132.2
05:50 - 05:59	0.0	3.3	12.4	25.9	37.2	51.9	68.8	84.6	105.0	136.2
06:00 - 06:09	0.0	3.4	12.8	26.6	38.2	53.4	70.8	87.0	108.0	140.2
06:10 - 06:19	0.0	3.5	13.2	27.3	39.2	54.9	72.8	89.4	111.0	144.1
06:20 - 06:29	0.0	3.6	13.5	28.0	40.3	56.4	74.7	91.8	114.0	148.1
06:30 - 06:39	0.0	3.6	13.9	28.8	41.3	57.8	76.7	94.2	117.0	152.1
06:40 - 06:49	0.0	3.7	14.2	29.5	42.4	59.3	78.6	96.6	120.0	156.1
06:50 - 06:59	0.0	3.8	14.6	30.2	43.4	60.8	80.6	99.0	123.0	160.0
07:00 - 07:09	0.0	4.0	15.0	31.0	44.0	62.0	83.0	101.0	126.0	164.0
07:10 - 07:19	0.0	4.1	15.3	31.7	45.0	63.5	85.0	103.4	129.0	168.0
07:20 - 07:29	0.0	4.2	15.7	32.4	46.1	64.9	86.9	105.8	132.0	171.9
07:30 - 07:39	0.0	4.3	16.0	33.2	47.1	66.4	88.9	108.2	135.0	175.9
07:40 - 07:49	0.0	4.3	16.4	33.9	48.1	67.9	90.9	110.6	138.0	179.9
07:50 - 07:59	0.0	4.4	16.8	34.6	49.1	69.4	92.9	112.9	141.0	183.9
Actual Time = time achieved by Winning Masters Crew in the specific race.										
Adjusted Time: Refer to the winning time line and subtract the age category adjustment from each respective time. In the event of Heats the winning time of the fastest heat is to be used for all heats adjusted calculation.										
The adjusted time gives a fair comparative assessment of performance in each specific race										

Example of Handicap Calculation

Example of Handicap Calculation											
	Club		Age Category	Actual Race Time A		Initial Positions	Handicap per Chart B		Handicap Race Time A - B		Final Positions
Lane 5	VLUJ		D	03:55.5		1 ST	00:17.2		03:38.3		2 ND
Lane 6	Ravens		A	03:58.7		2 ND	00:00.0		03:57.7		4 TH
Lane 4	Wemmer		C	04:15.6		3 RD	00:08.1		04:07.5		5 TH
Lane 3	Vikings		E	04:18.7		4 TH	00:24.7		03:54.0		3 RD
Lane 2	Old Eds		G	04:22.3		5 TH	00:45.3		03:37.0		1 ST
Winning Time	A	B	C	D	E	F	G	H	I	J	
3:50 – 3:59	0.0	2.4	8.1	17.2	24.7	34.2	45.3	55.8	69.0	88.5	

Bye-law to 1-2/5.4 *The Masters' regatta system*

1. *In each of the sculls, doubles, quads and eights there will be four divisions*
 - *First Division for any masters, male or female, of any age, who wants to be seeded into lanes on the basis of the estimated boat speed based on past performances;*
 - *Second Division for any masters, male or female, of any age, who have not won a second division race in that combination, or who entered the first division race, but were not seeded into one of the lanes for that race. If a crew comes last in a First Division Race, all previous wins in a second division race in that combination will be cancelled, and that combination may enter Second Division races again;*
 - *Third Division for any masters F or higher crew, and for mixed and all female crews;*
 - *S Division for any masters crew which the Masters' Reps Committee decides is genuinely a "Social" or a "Novice" crew.*
2. *Unless there are insufficient lanes, First and Second Division races will be run in one event, and the Third Division and S Division will be run in another event, but always with two races. If possible a lane should be left empty between the two races, and the results (handicap and scratch) will be recorded for the two races separately.*
3. *The Third Division race and the First Division race will, if possible, be run at times which enable First Division rowers to also row with older or female rowers in the Third Division race.*
4. *In accordance with the RowSA Rules of Racing, all races will be started scratch (with no handicap) and in all divisions the handicap will be applied at the end on the basis of the average age of the crew and the RowSA masters' handicapping rules (Rule 1-2/5.4). The results and any trophies will be based on the corrected handicap results. Women's crews will be awarded a handicap two age-groups older than they actually are, and mixed crews a handicap one age-group older than they actually are.*
5. *On the Monday evening before a regatta, the representatives of the masters rowers from each of the clubs will meet to discuss and decide –*
 - *The seeding of crews into lanes in all the races. In all First Division and Second Division races that seeding will be based on the most recent published scratch results of masters races, or if a crew does not have a recent published scratch result, then on the basis of the masters' reps committee estimation of the boat speed of the crew in question.*
 - *The correctness or otherwise of crews claiming to qualify to row in Second Division, or S Division.*
 - *To allocate lanes for the Third Division and S Division races.*
 - *In allocating lanes in terms of paragraph 5, the masters' reps committee should try, as far as is possible, to reverse the lane allocation (from fastest to slowest) at the same regatta venue from one regatta for the same class of boat to another.*

6. *The regatta organiser may also invite coxless four and pair entries. If there are a sufficient number of entries, those will be run as separate races on the basis of the same RowSA handicapping system. If not they will be combined with one of the quad or double events, as is appropriate.*

Rule 1-2/5.5: Adaptive Mixed Masters Events

Masters adaptive events may also be held for mixed crews without restriction on the ratio of men and women, as long as at least one rower of each gender is included in the crew.

Rule 1-2/6 Adaptive Rowers

An Adaptive rower is a rower with a disability who meets the criteria set out in the Adaptive Rowing classification regulations. The categories and boat classes are defined in the Regulations for FISA events.

Rule 1-2/6.1 No rower may enter an adaptive event under these Rules unless they have submitted an Adaptive Rower Classification Application Form to RowSA and have been classified as set out in the FISA Classification Guidelines for Adaptive Rowers (“Guidelines”). The Guidelines shall be part of these Regulations.

Rule 1-2/6.2 Adaptive Categories

RowSA recognises the following adaptive categories:

- LTA (legs, trunk and arms)
- TA (trunk and arms)
- AS (arms and shoulders only)

Rule 1-2/6.3 Rowers’ Adaptive Classification

A rower’s adaptive classification and sport class status shall be determined by a RowSA or FISA Classifier and upon receipt of the appropriately designated FISA Classification

Application and presentation of the rower to the Classifier(s) as set out in the Guidelines.

A list of the classifications and sport class status of all classified adaptive rowers shall be maintained by both RowSA and FISA and shall be made available for inspection upon request.

A copy of the current list may be posted on the FISA and RowSA websites.

The list of classifications shall indicate the name, federation, Club and official classification and status of each rower but shall not identify any individual’s disability.

Rule 1-2/6.4 Qualifying Disabilities

For each adaptive classification, adaptive rowers shall have a minimum disability as defined in the Guidelines.

Rule 1-2/6.5 National Classifier

The status of National Classifier may be granted to any person who meets FISA’s requirements for this purpose

Rule 1-2/6.6 Classification Protest Panel

The Classification of any rower may be confirmed or modified by FISA upon a ruling by a Classification Protest Panel convened by FISA for this purpose. The Panel shall be appointed by the Executive Committee in accordance with these. Membership of the Panel shall consist of at least 3 FISA Classifiers, none of whom shall have been involved in the classification of the rower concerned.

Rule 1-2/6.7 Social Regatta, Local Regatta and National Regatta Boat Classes

Adaptive athletes may compete in all boat classes in standard competition. Organisers may include specific exclusive adaptive events at their behest.

RowSA will apply the rules as outlined in the “FISA Adaptive Rowing Rules” for adaptive rowing.

(Refer to www.worldrowing.com)

Rule 1-2/6.8

Adaptive crews may be entered as Composite crews in all Regattas in South Africa as defined in the RowSA Rules of Racing

Rule 1-2/7 Indoor Rowing

The "Rules of Racing for Indoor Rowing Competitions" as published and amended by RowSA from time to time apply to this type of regatta.

Rule 1-2/8 Coxswains

Rule 1-2/8.1 Coxswains are deemed to be members of the crew and therefore must be bona fide members of the club.

Rule 1-2/8.2 In all classes of competition, except Junior rowing, held under the Rules of Racing of RowSA, crews of one specific gender may have coxes of the opposite gender. The coxswain must however meet the requirements of the minimum weight of the coxswain for the specific gender of the crew.

Rule 1-2/8.3 School and junior crews shall be coxed by a person of the same gender as that of the crew.

Rule 1-2/8.4 There shall be no age limit for coxswains in events for Senior and Masters crews.

Rule 1-2/8.5 Junior/school crews must be coxed by a coxswain in the same age category or up to two categories younger.

Rule 1-2/8.6 In the interests of SAFETY, an older, experienced junior/scholar coxswain may cox a J14/U14 crew in Local and Local Championship regattas, but not at National or National Championship Regattas.

Rule 1-2/8.7 The dress code for coxswains requires that the coxswain wears the recognised racing colours of the club.

The penalty for breach of Rule 1-2/8.1 to 8.7 shall be the Exclusion of the crew

Rule 1-2/9 Weight Specification for Coxswains

The minimum total weight for a coxswain (wearing racing shirt and shorts or equivalent) is 55kg for men and 50kg for women and mixed crews.

NOTE: The Minimum weight for coxswains in Junior/Scholar rowing apply only to coxswains of J 19/Schools Open crews.

Rule 1-2/9.1 Maximum ballast

Rule 1-2/9.1.1 A coxswain may carry up to a maximum of 10 kg deadweight to make up this weight which shall be placed in the boat as close as possible to his/her person but not tied or strapped to the coxswain's body. No article of racing equipment shall be considered as part of this deadweight.

Rule 1-2/9.1.2 A coxswain for a J 19/Schools open crew may carry up to a maximum of 15kg deadweight to make up this weight which shall be placed in the boat as close as possible to his/her person but not tied or strapped to the coxswain's body. No article of racing equipment shall be considered as part of this deadweight.

The penalty for Breach of Rule 1-2/9 shall be Disqualification

Rule 1-2/9.2 Ballast Specifications

Only Ballast of lead shot, steel shot or sand may be used and coxswains should provide their own ballast.

Rule 1-2/9.3 Weighing of Coxswains

Rule 1-2/9.3.1 Coxswains shall be weighed wearing racing tri-suit/shirt and shorts or equivalent on tested scales not less than one hour and not more than two hours before their first race on each day of racing. This provision shall be strictly applied in the case of National Championship, Local Championship Regattas and National Regattas.

Rule 1-2/9.3.2 Coxswains may be required to present a RowSA identity card with photograph at the weighing station.

Rule 1-2/9.4 Adaptive Coxswains

Rule 1-2/9.4.1 for adaptive events there is no restriction on coxswains in respect of adaptive eligibility, gender or age.

Rule 1-2/9.4.2 the minimum weights of coxswains shall apply to adaptive events. This refers to the female minimum weight limit of 50kg, which shall be applicable for both male and female coxes

Rule 1-2/9.4.3 Coxes shall have a minimum visual acuity of 50%

Rule 1-2/9.4.4 where an entire crew is adaptively eligible and those restrictions would preclude the safe conduct of the sport, composite crews will be permitted.

Rule 1-2/9.4.5 Composite crews are allowed for a club with visually impaired athletes

RULE 1-3 Rower Identification

Rule 1-3/1 All rowers participating in RowSA sanctioned events must be registered on the official data base of RowSA (www.regatta.co.za).

Rule 1-3/2 Every rower shall, through their club, apply to RowSA for a Registration Card. The application shall include the following information:

- Rowers full name
- Gender
- Date of Birth
- Race
- Name/s of Club/s
- A recent head and shoulders digital photograph (Photographs should be renewed every 2 years for Junior/Scholar rowers and every 5 years for all other rowers)
- Any relevant health issue related to the rower, e.g. asthma etc.

Rule 1-3/3 Every Competitor shall present their Registration Card to the Control Commission for verification prior to going on to the water to race.

Rule 1-3/4 Control Commission may implement a total check of crews and boats prior to embarkation. Crews are liable for exclusion from their event if they cannot present their Registration Cards for checking by Control Commission. In any event Regattas classified as National Championship and National Regattas shall have total examination by Control Commission.

Rule 1-3/5 A facility for the issue of Temporary Registration Cards will be provided at all regattas.

The penalty for Breach of Rule 1-3 is Exclusion of rower and/or crew from the event.

Bye-laws to Rule 1.3/2 and Rule 1-3/3

Clubs have the option to prepare detailed crew lists and collate this information in a file that will be handed to the Judge at Control Commission before the start of the regatta for crew identification

The prepared file containing the information of the individual rowers is required to be downloaded from the RowSA database or of similar specification to ensure consistency and uniformity. Files shall be according to age category and alphabetically ordered.

Control Commission may use this file to check crews and individual rowers prior to going on the water.

Rule 1-4 Health/Safety of Rowers

Rule 1-4/1 Medical Examination for International Competition

RowSA shall be responsible for supervising the health of Juniors, U23 and Senior Rowers participating in International competition as the national team and for carrying out medical examinations.

In addition, every junior must have passed the sculling test and be insured against accidents.

If Juniors participate as club crews in international competition, then the Clubs shall be responsible for ensuring compliance with the above requirements.

Rule 1-4/2 Masters

Each Master competitor shall be responsible for his/her own health and fitness.

Rule 1-4/3 Notification of Health conditions

Rule 1-4/3.1 The Club Administrator is responsible to record all relevant Chronic Health Conditions such as Asthma, Epilepsy or any other condition known to put the rower at risk on the Regatta Data Base.

Rule 1-4/3.2 The Club Representative and/or Coach is responsible to inform the Judge at Control Commission of any Medical Condition that may put the rower at risk during the race to ensure that the Umpire of the race is aware of the rower's medical condition.

Rule 1-4/4 Therapeutic Use Exemption (TUE)

Refer to Rule 13

Rule 1-4/5 Safety during Practice

Refer to the FISA Minimum guidelines for the safe practice of Rowing on www.worldrowing.com

Rule 1-4/6 Sculling test

Refer to Rule 6-2

Rule 1-4/7 Safety during Regattas

All crews, their boat and its equipment are required to report to Control Commission for checking prior to launching (Refer to Rule 2.2 and Rule 6). Failure to do so could result in the crew being excluded from the race or given a warning.

Rule 1-5 Coaches (effective 1 September 2012)

Rule 1-5/1 All coaches of rowers must be over the age of 18 and are required to register with RowSA

Rule 1-5/2 Coaches must have attended a ROWSA approved course on Basic Boating Safety, Boatmanship and Piloting Skills course before being allowed to coach and shall partake in ongoing education as it becomes available

Rule 1-5/3 Coaches should be level 1 First Aid and C.P.R. certified, these certifications should be updated at the required intervals

Rule 1-5/4 Exemption may be granted to Rule 1-5/2 & 3 by application to ROWSA.

Rule 2: Boats and Equipment

Rule 2-1 Classes of Boat

The following classes of boat are recognised by RowSA:

Single Sculls	1x
Double Sculls	2x
Pair	2-
Quadruple Sculls	4x
Quadruple Sculls with coxswain	4x+
Four	4-
Coxed Four	4+
Octuple Sculls with coxswain	8x+
Eight	8+

Rule 2-1.1 Adaptive Boat Classes

The following classes of boat are recognised by RowSA:

Juniors

Boat classes are to be offered at the discretion of the regatta organiser based on entries received.
The race distance is 1000m

Seniors

Legs, trunk and arms, Mixed (LTAMix) - 4+
Legs, trunk and arms, M (LTAM) – All Classes
Legs, trunk and arms, W (LTAW) – All Classes
Trunk and arms, Mixed (TAMix) - 2x (TAMix2x)
Arms and shoulders, Men (ASM) - 1x (AM1x)
Arms and shoulders, Women (ASW) - 1x (AW1x)

Rule 2-2 Boat and Equipment construction

Rule 2-2/1 Free Construction

The construction, design and dimensions of boats and oars shall be unrestricted subject to the limits laid down in the Bye-laws.

Bye-Laws to Rule 2-2/1

Boats and Equipment: Requirements for racing boats in training and competition:

- i. The bows of all boats shall be fitted with a solid white ball shape, minimum diameter 4 cm. If this is an external part it shall be firmly affixed to the bow of the boat, such that it does not significantly deflect if a side force is applied. If this is an integral part of the hull construction, it shall afford equivalent protection and visibility.
- ii. No radio transmission equipment or GPS shall be used, whether for sending or receiving.
- iii. No substance or structures (including riblets) capable of modifying the natural properties of water or of the boundary layer of the hull/ water interface shall be used.
- iv. The minimum weight of the boat shall include only the fittings essential to its use; in particular - riggers, stretchers, shoes, slides and seats. The minimum weight shall not include the oars or sculls, the bow number, any sound amplification equipment and loudspeakers or any other kind of electronic equipment.

Class of boat	Abbreviation	Weight in kg
Single Scull	1x	14
Double Sculls	2x	27

Pair	2-	27
Quadruple Sculls	4x	52
Quadruple Sculls with coxswain	4x+	53
Coxless Four	4-	50
Coxed Four	4+	51
Octuple Sculls with coxswain	8x+	98
Eight	8+	96

- v *To avoid accidents arising from capsizing, all boats shall be equipped with foot stretchers or shoes that allow the rowers to get clear of the boat without using their hands and with the least possible delay. If a heel restraints are used each shoe must be independently restrained they should not allow the heel to lift more than 7cm. Total length of the shoe restraint may not exceed 70mm.*
- vi *The edges of blades must have a minimum thickness throughout as follows: oars 5 mm sculls 3 mm. This thickness shall be measured 3 mm from the outer edge of the blade for oars and 2 mm for sculls.*
- vii *The opening of the coxswain's seat must be at least 70 cm long and it must be as wide as the boat for at least 50 cm. The inner surface of the enclosed part must be smooth and no structure of any sort may restrict the inner width of the coxswain's section.*
- viii *All eights shall be in two sections, with no section longer than 11.9 metres. "All in one" eights purchased prior to 31 December 1997 are exempt from this ruling*
- ix *Boats built or delivered after 1 January 2003 it must carry a manufacturer's plaque visible and permanently affixed inside the boat detailing the:*
- *Name of the boat builder.*
 - *Year of construction.*
 - *Average weight of the crew for which the boat is built.*
 - *Weight of the boat as defined in (v) above on construction or delivery.*

NOTE: Boats delivered before 1 January 2003 must have a plaque permanently fitted advising that the date of manufacture was prior to 2003.

- (xii) *All racing boats must have a bow number holder permanently affixed to the boat close to the bow of the boat. All boats participating in regattas must carry lane/boat numbers, applicable to that specific race, securely fitted in the bow number holder in such a manner that the lane number will remain attached to the boat even if it is no longer secured in the bow number holder. The number plate should be white or yellow with only black lettering of minimum height 150mm and be fitted vertically, No alteration to the number is allowed.*
- (xiii) *Advertising of sponsors may appear once on the bottom of the bow number and the lettering may be no more than 5 cm in height.*
- (xiv) *Buoyancy:*

It is required that all buoyancy compartments as designed and fitted by the builder are watertight.

Boats built and delivered after 1 January 2006 must have sufficient inherent buoyancy to float when fully loaded with both crew and filled with water with the sax boards (gunwales) visible above the water level. For boats built before 1 January 2006 buoyancy equipment must be placed in the boat so as to enable the boat to meet this floatation requirement.

Rule 2-2/2 Adaptive Boats and Equipment Construction

Rule 2-2/2.1 General Aspects

- (a) The use of FISA Standard Adaptive boats is mandatory for all adaptive 1x and 2x events, except in the case of composite crews where at least one rower is not an adaptive rower.
- (b) All boats used in the 4+ event should be stern-coxed.

Rule 2-2/2.2 Standard Adaptive 2x

The FISA Standard Adaptive 2x has a fixed seat and may have stabilizing pontoons. The hull, the pontoons where fitted, and the seat fixing are part of the Standard specifications.

The TA2x boat shall have a seat to which the athlete is strapped at the hips to fix the pelvis so that the rower is not able to use the foot stretcher for leverage. The method of strapping shall be of a design, which allows immediate release with single hand movement in case of emergency.

Rule 2-2/2.3 Standard Adaptive 1x

The FISA Standard Adaptive 1x has a fixed seat and must have stabilizing pontoons. The pontoons must be fixed in position so that when the rower is seated in the balanced boat both pontoons shall be horizontal and shall, at a minimum, touch the water.

In order to ensure that the arms only aspect of the A1x boat class are fully met, the A1x boat shall have a high seat back to which the athlete is strapped so that only the arms and shoulders can move during rowing. The strap should be at the level of the diaphragm, directly below the nipples or breasts, and be tight enough to restrict any trunk movement without causing breathing problems. The method of strapping shall be of a design, which allows immediate release with single hand movement in case of emergency.

Rule 2-2/2.4 Foot-release system and Hand Strapping

All Adaptive TA2x and A1x boats must have a quick single-action foot-release system located within easy reach of the fixed seat to assist rowers to release their feet in case of capsize or accident.

For the A1x, any hand strapping must be able to be released immediately by quick mouth action and abdomen strapping by single quick hand action.

Where multiple straps are used they must be able to be released from the same side.

Rule 2-2/2.5 Additional Equipment, prosthetics, hand straps etc.

Rule 2-2/2.5.1 Where a prosthetic leg is employed with a quick release mechanism, no heel-strap shall be required where it attaches to the footboard.

Rule 2-2/2.5.2 The quick release should be demonstrated to satisfy control commission if requested.

Rule 2-2/2.5.3 In the case of an athlete with a partial or complete hand or finger amputation, it is permissible that a hand-strap be worn. This device must have a quick release capability.

Rule 2-2/2.5.4 Visually impaired athletes in the LTA class must wear goggles with the lens completely obscuring all vision, while competing. Advertising or club colours are permitted on the lens.

Rule 2-2/3: Boat Weights

The minimum weights for Adaptive boats shall include pontoons where used.
The minimum weights of Adaptive boats are:

Class of Boat	Weight in kg
1x	22
2x	36
4+	51

Rule 2-3 Weighing of Boats

Rule 2-3/1 Weighing Scale – The weighing scale shall indicate the weight of the boat to 0.1 kg.

All clubs must have the option to weigh their boats before any event in which the boat is being used. Prior notification of this must be given to Regatta Control.

Rule 2-3/2 Test weighing of boats

Weighing scale(s) shall be available to crews at National Championship, National and Local Championship Regattas.

Rule 2-3/3 Responsibility for the weight of a boat

It is solely the responsibility of the crew that their boat has the required minimum weight.

Rule 2-3/4 Official Boat Weighing Procedure

Rule 2-3/4.1 The person authorized by the President of the Jury shall make a random draw before the start of each days racing. (Normally not less than one and not more than 3 boats per race will be selected)

Rule 2-3/4.2 He/she shall also have the right to include additional boats to this list if there is a suspicion that certain boats are underweight.

Rule 2-3/4.3 He/she shall deliver copies of this draw to the responsible person at the Control Commission. Members of Control Commission shall inform the nominated crews as they leave the water after cooling-down and they, or people appointed for that purpose, shall accompany the crews to the weighing scales.

Rule 2-3/4.4 Once the nominated crew has completed the race, no extra weight of any description can be added to the boat until the boat has been weighed. Normally certain items of equipment shall be allowed to remain fixed in the boat. In this case, the following standard weight allowances shall be subtracted from the measured boat weight:

- one loudspeaker: 0.15 kg,
- one cable: 0.10 kg/seat,
- one bottle holder: 0.10 kg,
- one wire and magnet for stroke coach: 0.10 kg.

The crew shall have the option of removing all such equipment at any time during the weighing procedure.

The member of the Control Commission and the representative of the crew shall identify and agree the number and type of equipment items and record this information in writing. If the member of the Control Commission has concerns that the equipment in a particular boat is much heavier than the standard weight allowances (above), then the crew shall be asked to take this equipment out of the boat before it is officially weighed.

Rule 2-3/4.5 At the official weighing of the boat, the normal wetted surface of the boat is accepted. However, any standing water must be removed before the weighing, in particular any water between the shoulders and under the canvas. All other items (lane number, tools, clothes, sponges, bottles, etc.) must be taken out of the boat before the weighing.

Penalty for breach of Rule 2-3:

The penalty for having raced in an underweight boat shall be that the crew is relegated to last place in the particular race. If the crew races again in an underweight boat in a later round of the same event, then the penalty shall be the exclusion of the crew. No other or later reweighing, except the one mentioned above, shall be considered as valid.

Rule 3: Advertising and Sponsorships

Rule 3-1 Prizes and Sponsorship Contracts

Rule 3-1/1 Competitors may receive cash or other prizes for competition. They may also enter into sponsorship contracts provided these contracts are reviewed and approved by RowSA in advance (RowSA will not approve if contrary to FISA rules).

Rule 3-1/2 Juniors may not receive prizes of cash for personal benefit but may receive any other such prizes as approved by RowSA.

Rule 3-2 Advertising on Equipment and Racing Uniform

Rule 3-2/1 Advertising on Racing Uniform

Such advertising must not interfere with identification of the rowers. No advertising on the back of rowers clothing (tri-suit) is allowed which in any way interferes with clear identification of rowing colours. Racing uniform should not be so covered in advertising logos or slogans as to cause confusion as to the origin and club of the rower.

Rule 3-2/2 Advertising on blades

Racing blades should not carry advertising logos on the spoons as the painting of such is a means to identify the crews.

Rule 3-2/3 Advertising on Boats

Boats may carry sponsors logos and names appropriately fitted

Rule 3-2/4 Advertising on Lane numbers

Advertising of 5 cm in height on the bottom part of the lane number is allowed.
(Refer to the Bye-laws to Rule 2-2/1 (xiii))

Penalty for breach of Rules 3-2/1 and 3-2/2

The Officials at Control Commission may require advertising, which, is in breach of these rules to be removed or covered.

NOTE:

Crews that compete at regattas overseas which are covered by advertising rules different to those above, must obey the rules obtaining in that Country or Regatta.

Rule 4: Club Identification

Rule 4-1 Rowers clothing

Rule 4-1/1 Registration of club colours

Official club racing colours as shown on Tri-suits/T-shirts and blades must be submitted to SAROC for approval and registration. These must not be the same or similar to those of any other club.

Rule 4-1/1.1 Where tri-suits are used for Junior, School 1st crews only, they must be designed in such a way that they approximate as closely as possible the normal racing colours of the club and should be registered with the RowSA Executive Committee through SAROC.

Rule 4-1/1.2 All Registered club Tri-suits/T-shirts must be submitted by the Chair of SAROC, after registration by RowSA, to the RowSA website Administrator for posting on the Official RowSA website www.rowsa.co.za.

Rule 4-1/1.3 One or both rowers in the TA2x event may extend their racing uniform to cover their legs. Where both rowers cover their legs in this manner, such covers shall be identical in colour and design.

Rule 4-1/1.4 Where A1x rowers are using abdomen strapping and this strapping obscures the identifications. These identifications may be repeated on the strapping material.

Rule 4-1/2 Dress Code during Regattas

Refer to Rule 8-5

Rule 4-1/3 Blade colour and design

Rule 4-1/3.1 The blades of the oars shall be painted in a similar manner on both sides.

Rule 4-1/3.2 All Registered blade design and colours must be posted on the Official RowSA website www.rowsa.co.za.

Rule 5: Regatta Participation

Rule 5-1/1 Participation in International regattas

Rule 5-1/1.1 A crew may compete in an international regatta in another country only if authorised in writing by RowSA. Regatta entry fees should be paid through RowSA.

Rule 5-1/1.2 If an Organising Committee allows a crew to enter its regatta without written authorisation from RowSA then RowSA cannot be held responsible for the crew and for its actions.

Rule 5-1/1.3 Masters crews should inform RowSA of their intention to compete in other countries.

Rule 5-1/2 Participation in South African Local, Local Championship, National and National Championship Regattas

A rower may compete in a South African Local, Local Championship, National and National Championship Regatta only if they are registered as a rower of a registered club on the RowSA Regatta data base. Indoor Rowing Regattas may be open to all registered and non-registered rowers at the discretion of the organising committee.

This does not apply to rowers from another country who may be invited to participate by the organisers.

Rule 5-2 Regatta Entries

Rule 5-2/1 Entries

Rule 5-2/1.1 A crew must be entered for a regatta through the website Regatta Entry System on www.regatta.co.za.

Rule 5-2/1.2 The entry shall be valid only if all details of that club's members have been registered prior to the regatta.

Rule 5-2/1.3 Names of the rower should be shown starting with the bow rower and finishing with the stroke rower, followed by the coxswains. For J14/U14 entries in pre-season regattas the requirement for the crew members to be recorded on initial entry of that crew may be waived subject to the full naming of the crew to Regatta Control on the day of racing.

Rule 5-2/1.4 Unless specifically catered for in the regatta programme, mixed gender crews are not allowed in events intended for the single gender. Notwithstanding this rule coxes may be of different gender to that of the intended gender of the crew, except for Juniors/Scholars where the cox will be of the same gender as the crew.

Rule 5-2/1.5 Where allowed and a crew enters and competes in a race intended for the opposite gender then that crew may not be placed in the finishing order and may not receive any prize presented. This practise is not to be encouraged but may be undertaken to provide competition for crews that may be seeking support for competition at higher (e.g. International) levels. Any such incidence should be with the knowledge of the Chair of SAROC and the Regatta Organising Committee.

Rule 5-2/1.6 Composite crews may only be entered if it is explicitly allowed in terms of the Regatta Notice.

Note: This Rule does not apply to Adaptive Crews –Refer to Rule 1-2/6.8

Rule 5-2/2 Junior/Scholar Entries

Rule 5-2/2.1 Scullers should be entered in single sculling events on the basis of their individual placing as determined by prior results. Scullers must also comply with paragraphs Rule 5-2/2.2 and Rule 5-2/2.3 below.

Rule 5-2/2.2 Quad and Four events entered determines the status of the competitor i.e. rowers in the B Quad/ B Four event have B status, etc.

Rule 5-2/2.3 Rowers may compete in 1x, 2x, 2- events in their own status or one status lower.

Rule 5-2/2.4 Clubs not entering the A Quad/Four event may enter scullers in their own status event, or in one status higher or lower.

Rule 5-2/2.5 Clubs may enter crews in a lower status event at any regatta if it is adjudged that the crew would not be competitive in a higher order event, but once having won the lower order event at any major regatta, the crew must be entered in the next higher order event unless the club is already represented in every order event above.

Rule 5-2/3 Participation Restriction

No competitor may compete for two different clubs at the same regatta.

NOTE : It should be noted that in terms of this rule, a Provincial team is not regarded as being a club team.

Rule 5-2/4 False Declaration on Entry system

Any false declaration regarding the name, classification (age or status) or club membership of a competitor shall entail the disqualification of every rower of the crew concerned from all races for which they are entered at the regatta in question.

Rule 5-2/5 Objections against an Entry

Rule 5-2/5.1 Any objection against an entry shall be lodged, not later than two days after the receipt of the list of entries, with the Organising Committee.

Rule 5-2/5.2 After consultation, the Organising Committee and the Controlling Authority shall decide if the objection was valid. In the case of any difference of opinion, the view of the Controlling Authority shall prevail.

Rule 5-3 Draws

Rule 5-3/1 Draw procedure

Rule 5-3/1.1 The organisers in consultation with the RowSA Administrator shall publish not later than 2 weeks prior the first day of the Regatta a clearly delineated provisional programme to enable clubs to plan for their entries and report possible boat clashes

Rule 5-3/1.2 The provisional draw must be published on the Regatta website not later than 4 days prior to the first day of the Regatta

Rule 5-3/1.3 Once the final draw has taken place no changes may be made which affect race time or order unless all competing crews have agreed to the change.

Rule 5-3/1.4 The final draw shall be posted on the Regatta website not less than 2 days prior to the first day of the Regatta

Rule 5-3/1.5 The draw at National Championship and National regattas shall also display the names of all rowers in each crew numbered from the bow as entered on the Regatta website.

Rule 6: Safety Requirements at Regattas

Rule 6-1 Land and Water based Medical Services

Rule 6-1/1 Organisers of regattas must provide land based suitably qualified, Medical services and at least one Rescue Boat service, manned by sufficiently experienced and qualified persons.

Detailed measures to ensure the safety of competitors are included in the Bye-Laws, but an Organising Committee must in addition check the particular safety aspects of their regatta and impose further safety measures as appropriate.

Rule 6-1/2 In all cases, a medical service shall be ready to act both on the land and on the water throughout the duration of the regatta.

The penalty for breach of Rule 6-1 shall be:

The regatta shall not proceed unless the Medical and rescue services are operational.

RowSA may remove a regatta from the South African Regatta Programme if it is not satisfied that the Bye-Laws regarding safety have been observed.

Bye-Laws to Rule 6-1

- *“Suitable qualified medical personnel” shall mean Advanced Life Support currently registered with Health Professions Council of South Africa (H.P.C.S.A).*
- *“Rescue boat manned by suitably qualified personnel” shall mean personnel with a minimum of basic first aid, CPR and life saving. Rescue boat shall be equipped with spine board.*
- .
- *Lightening detectors shall be manned throughout regattas*
- *For training purposes emergency signboards shall be in place at all frequently used rowing venues. In the case of venues not used commonly a laminated sheet containing all emergency contact numbers and procedures shall be visibly exhibited*
- *Signboards shall be 1m/1m double sided and 1,2m off the ground. Details on the signboard are standard and can be obtained from RowSA. This rule shall be effective from the 1/1/2006.*

Rule 6-2 All rowers must have passed the standard Sculling test

All rowers participating in regattas must have passed the Standard Sculling Test as set out below, and in addition, all rowers must be able to swim as specified in item 7 below. The responsibility for the administering of these tests rests with each participating club.

NOTE: By registering a Rower on the Regatta Website the club acknowledges that the Rower has passed the sculling test and accepts responsibility for the ability of the rower's competency in terms of this Sculling Test.

STANDARD SCULLING TEST

- | |
|---|
| <ol style="list-style-type: none">1 Two scullers take boat from boat-house and put on water.2 Scull 50m from jetty/bank and return.3 Turn boat on its axis clockwise and anti-clockwise (maximum lateral movement: ± 1 metre).4 Back a scull to the bank or jetty from a minimum distance of 10m (as for stake-boat start).5 Scull at firm paddle and on command “hold it hard” stop boat within one boat length.6 Two scullers to return boat and blades to boat-house.7 Be able to swim 50m in full kit.8 Rowers to be able to get back in the boat unaided in full rowing kit. |
|---|

Note: All Officials that avail themselves for on-water duties must be able to swim and stay afloat. It is the sole responsibility of the official to have this competency.

Rule 6-3 Traffic Rules

Rule 6-3/1 The Organising Committee must publish with their Regatta Notice and display clearly at the venue the traffic rules to be followed to control the movement of the boats on the water.

These rules must cover:

- Traffic rules for training.
- Traffic rules for racing.
- Traffic rules for crews excluded from a race.
- Traffic rules for emergency evacuation.

Rule 6-3/2 A copy of the traffic rules shall be sent to every competing club, association or federation together with the list of entries and draw.

Rule 6-3/3 Traffic rules for racing shall cover crews moving to the start, returning from the finish, crossing of the course, when applicable, as well as warm up and cool down areas if these are provided as well as the return path for boats missing races and being sent back to the jetties.

Penalty for breach of Rule 6-3

Crews who contravene the recognised traffic rules at a regatta or in training may be penalised by stringent disciplinary measures.

Rule 6-4 Adverse Weather Conditions

- a) **Local Championship and Local Regattas** – The President of the Jury/Regatta Controller shall consult with the appropriate members of the Jury and with the Chairman of the Organising Committee and may make changes to the programme if the weather creates unfair or unrowable conditions.
- b) **National Championship and National Regattas:**
The Organising Committee shall appoint a “Fairness Committee” to make changes to the programme and/or to the Progression System if the weather creates unfair or unrowable conditions. (Refer to Section 4 for the composition of the Fairness Committee)

Bye-Law to Rule 6-4 - Alternative programmes in cases of Adverse Weather Conditions

1. *It is the duty of the Fairness Committee to determine that the weather has created, or is about to create, unfair or unrowable conditions. It is then their responsibility to implement the appropriate programme from the alternatives described below.*

In applying these alternatives the Fairness Committee will always consider (a), (b) and (c) before considering (d) or (e).

- (a) To use the lanes offering the most equal conditions.*
- (b) To delay the racing programme, either to later in the same day or to the next day, if the weather forecast indicates that the conditions are likely to improve.*
- (c) To start racing earlier than previously announced, provided that the announcement of the new times is made at the Team Managers’ Meeting on the previous day.*
- (d) To re-allocate the lanes for each individual race, using the placing from the previous round to put - the crews with the better placing (or the seeded crews for the heats or final where there are no heats or the fastest in the case of a Time-Trial) in the better lanes. For a heat, the unseeded crews shall start in the order of their lanes, as assigned to them in the official draw. Where two or more crews have the same placing in the immediately previous round, (e.g. each were heat winners), then there shall be a draw to determine their lanes.*
- (e) To implement the Time-Trial System for each individual race, e.g. if there were four heats from the official draw, then there shall be four separate Time-Trial Races.*

Rule 6-5 Safety of Adaptive Rowers

TA2x and A1x rowers require special safety procedures, which shall be agreed between RowSA and the Organising Committee.

In particular, the Organising Committee or the President of the Jury may require additional rescue boats to be present on the course for all adaptive events, but particularly for A1x events.

Particular care must be taken in weather conditions, which may generate extreme uncontrolled body temperatures. All rowers may wear a self-inflating or other flotation device for additional safety but adaptive rowers in particular should consider this precaution.

Rule 7: Progression Rules

Rule 7-1 Eliminating Heats

Rule 7-1/1 Should the number of crews entering into an event exceed that of the available starting positions in a single race, a system of heats or head races may be used to determine the finalists.

Rule 7-1/2 The rules for progression into the final should be published before the first heat or head races and may not be changed except by the Fairness Committee

Progression Rules (8 Lanes)

No of Entries	No of Heats	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2 - 8	0	Straight Final	7th Seed	5th Seed	3rd Seed	1st Seed	2nd Seed	4th Seed	6th Seed	8th Seed
9 - 16	2	1st 3 + next fastest 2	1st Fastest	3rd H1	2nd H2	1st H1	1st H2	2nd H1	3rd H2	2nd Fastest
17 - 24	3	1st 2 + next fastest 2	1st Fastest	2nd H2	1st H3	1st H1	1st H2	2nd H1	2nd H3	2nd Fastest
25 - 32	4	1st + next fastest 4	3rd Fastest	1st Fastest	1st H3	1st H1	1st H2	1st H4	2nd Fastest	4th Fastest
+ 33	5+	Fastest 8	7th Fastest	5th Fastest	3rd Fastest	1st Fastest	2nd Fastest	4th Fastest	6th Fastest	8th Fastest

Progression Rules (6 Lanes)

No of Entries	No of Heats	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
2 - 6	0	Straight Final	5th Seed	3rd Seed	1st Seed	2nd Seed	4th Seed	6th Seed
7 - 12	2	1st 2 + next fastest 2	1st Fastest	2nd H2	1st H1	1st H2	2nd H1	2nd Fastest
13 - 18	3	1st + next fastest 3	2nd Fastest	1st H3	1st H1	1st H2	1st Fastest	3rd Fastest
19 - 24	4	1st + next fastest 2	1st Fastest	1st H3	1st H1	1st H2	1st H4	2nd Fastest
+ 24	5+	Fastest 6	5th Fastest	3rd Fastest	1st Fastest	2nd Fastest	4th Fastest	6th Fastest

Rule 7-1/3 The draw for the heats shall be random unless the Regatta Organisers decides and publishes, that the preliminary heats should be seeded.

Rule 7-1/4 Each round of heats shall finish at least two hours before the following round of heats, *repêchages*, or finals of the same event.

Rule 7-2 Crew Changes before the First Heat

Rule 7-2/1 Clubs may substitute up to one half the number of rowers (as well as the coxswain, if applicable) in all crews entered by them, provided that the substitutes are members of the same club and are registered as such in the RowSA data base (or, in the case of composite crews, of one of the clubs concerned) and are of the same status or lower.

Rule 7-2/2 Crew changes must be communicated to the Judge at Control Commission before the first race of the Regatta, unless a crew change is necessitated by unforeseen circumstances.

Rule 7-2/3 No substitute is permitted for a single sculler.

Rule 7-2/4: Adaptive classification: A rower whose Classification has been withdrawn or changed after the close of entries and before the first heat, may be replaced by another eligible rower from the same Club.

Rule 7-3 Crew Changes after the first heat

Rule 7-3/1 No changes in crews or crew membership in crews which have already rowed their first heat, except in the case of serious illness or injury, are permitted.

Rule 7-3/2 A certificate from a medical doctor or the Appointed Medical Services at a regatta must be submitted to the Judge at Control Commission in the event of a crew change referred to in Rule 7-3/1.

Rule 7-3/3 No substitution of a single sculler may take place.

Rule 7-3/4 The crew of a rower whose adaptive classification is withdrawn or changed to make them ineligible for that event after the first heat shall not compete again in that event.

Rule 7-4 Replaced rower may not compete in same event again

Rule 7-4/1 A rower who has been replaced may not return to compete in the same event, even if he/she is restored to health.

Rule 7-5 Withdrawals

Rule 7-5/1 If a club withdraws from an event for which it has entered, it shall give notice thereof before the start of the event in question by lodging a declaration of withdrawal with the Judge at Control Commission or Regatta Control.

Rule 7-5/2 In the event of one or more withdrawals, the Organising Committee/Regatta Control may conduct a new draw after having advised all competing clubs of the intention.

Rule 8: Conduct of Crews

Rule 8-1 Compliance of crews

Rule 8-1/1 All rowers shall compete in their races in accordance with the Rules.

Rule 8-1/2 Crews shall comply with the instructions from officials and of the Organising Committee and they shall observe any traffic regulations in force.

Rule 8-1/3 While warming up or making their way up to the start, crews shall, in particular:

Rule 8-1/3.1 Not cross the finish line (in any direction) while boats from another race are in the process of finishing.

Rule 8-1/3.2 Stop when competing crews approach their position.

Rule 8-1/3.3 Adhere to the traffic rules in warm-up and cool-down areas.

Rule 8-1/3.4 If a crew sustains any damage to its boat or equipment on the way to the start or in any designated holding area the crew can bring this to the attention of the umpire. The umpire shall decide, after having examined the damage, if the claim was justified and suggest appropriate action.

Rule 8-2 At the Start

Rule 8-2/1 A crew shall not enter the Course or the Start Zone until it is clear for the race for which that crew is entered, and the crew has an allotted lane.

Rule 8-2/2 Crews must be in their starting positions attached to the start (if applicable) ready to row two minutes before the time laid down for the start.

Rule 8-2/3 The race may be started without reference to absentees or latecomers.

Rule 8-2/4 The Starter / Umpire may present a yellow card to a crew arriving late at its starting position. The Starter / Umpire may also present a yellow card to crews for breaches of rules. If a crew receives two yellow cards they will then be presented with a red card, in which case the crew will be excluded from the race.

Rule 8-3 During the Race

Rule 8-3/1 Rowers are responsible for their own steering. In the case of races with crews starting abreast, each crew shall have a lane reserved for its own use

Rule 8-3/2 A crew may, at its own risk, leave its lane provided that it does not impede any of its opponents or gain any unfair advantage thereby.

Rule 8-3/3 In cases where a course is not straight, a crew may not cross lane markings if, in so doing, it gains an unfair advantage

Rule 8-3/4 The umpire shall be the sole judge as to the correctness of a crew's course where the course is not fully buoyed.

Rule 8-3/5 A crew not taking part in a race shall not follow the race over all or part of the course, even outside the buoyed area.

Rule 8-3/6 A crew that has been excluded from a race will return to the jetties in accordance with the traffic rules published for the regatta and may not follow the race over all or part of the course.

Rule 8-4 Finish of the Race

Rule 8-4/1 A crew has finished the race when the bow of its boat has crossed the finish line.

Rule 8-4/2 The race shall be valid and the result shall stand even if the crew is incomplete.

Rule 8-4/3 A crew crossing the finish line without its coxswain (in coxed events) shall not be placed.

Rule 8-5 Rowers' Clothing

Rule 8-5/1 Members of the same crew shall compete wearing uniform, registered, clothing.

Rule 8-5/2 If headwear is worn by any members of the crew then the headwear worn by those crew members shall be uniform.

Rule 8-5/3 For composite crews, each crew member must wear his individual club uniform.

Rule 8-6 Coaching

It is prohibited to give any instructions, advice or directions to rowers or crews that are racing through commentary or any other means..

This includes the use of any radio, electronic or other technical device, either directly or indirectly.

Penalty for breach of Rule 8

The umpire for the race shall impose appropriate penalties in any case of breach of the above rules i.e.

- (i) Yellow card shall be given for breaches of traffic rules, dress code, arriving late at the start, delaying tactics.
- (ii) Red card shall be given for breaches of safety rules.
- (iii) Red card may be given to a crew arriving at the start with no / an incorrect lane number.

Rule 9: Duties of The Jury (Panel of Officials) and Rules of Umpiring

Rule 9-1 Role of the Jury

Rule 9-1/1 The safety of rowers and coxswains must be the prime concern of the Jury at all times during the regatta

Rule 9-1/2 The Jury shall ensure that the regatta is run in accordance with these Rules of Racing and, in particular that all crews race under similar conditions.

Rule 9-2 Collaboration with the Organising Committee

The proper running of a regatta requires close collaboration between the Organising Committee and the Jury. The members of the Jury shall, within the scope of their duties, maintain a constant check on the various items of technical equipment on the course.

Rule 9-3 Composition of the Jury

Rule 9-3/1 The Jury may consist of persons carrying out the following duties:

- President of the Jury (customarily though not necessarily the Regatta Controller)
- Starter (who may also be the Umpire)
- Technical delegate (where applicable)
- Judge at the Start (who may also be the Aligner)
- Umpire (who may also be the Starter)
- Senior Judge at the Finish.
- An authorised member of the Organising Committee
- Safety Officer
- Judge at Control Commission

Rule 9-3/2 The President of the Jury, the Starters, the Judges at the Start, the Umpires, the Senior Judge at the Finish and the Judge at Control Commission shall all hold current Officials' licenses appropriate for the class of regatta.

Rule 9-3/3 In the case of National Championship and National Regattas, these shall be RowSA National Umpires', National Officials' or FISA Umpires' Licenses.

Rule 9-4 President of the Jury /Regatta Control

Rule 9-4/1 The President of the Jury/Regatta Control shall allot duties to each member of the Jury and shall supervise their activities.

Rule 9-4/2 The President of the Jury shall ensure proper co-ordination between the Jury and the Organising Committee, in particular with the Safety Officer and with the Medical Officer.

Rule 9-4/2 He/she shall take the chair at meetings.

Rule 9-4/3 He/she shall take decisions in exceptional cases e.g. postponement of races.

Rule 9-4/4 He/she shall participate in the Fairness Committee.

Rule 9-4/5 Should the duties of the Regatta Controller and the President of the Jury be performed by two different Officials the **Regatta Controller** shall be responsible to:

- Manage and control the programme of races on the day of the event.
- Coordinate the supplies for the Officials with the Organising committee
- Coordinate the changeover of Officials
- Coordinate the publishing of Results

Rule 9-5 Starter/Umpire and Aligner/Judge at the Start

Rule 9-5/1 The Starter/Umpire and the Aligner/Judge at the Start shall ensure that the correct starting procedure is followed.

Rule 9-5/2 The Starter/Umpire shall inform the crews of their starting positions.

Rule 9-5/3 The Starter/Umpire shall start the race when the crews are ready and when the Aligner/Judge at the Start indicates that the crews are correctly aligned.

Rule 9-5/4 The Aligner/Judge at the Start alone shall decide if the boats are correctly aligned and if one or more crews have caused a false start.

Rule 9-5/5 Should the Aligner/Judge at the Start deem the start to be faulty, the Starter/Umpire shall stop the race and issue a yellow card to the crew or crews, which, in the opinion of the Aligner/Judge at the Start, caused the false start. He/she shall exclude from the event any crew receiving two yellow cards.

Rule 9-6 Damage while in the Start Zone

Rule 9-6/1 The first 100 metres of the Regatta Course constitutes the Start Zone.

Rule 9-6/2 If a crew, while still in the Start Zone, indicates that it has suffered damage to its boat or equipment, the Umpire shall stop the race.

Rule 9-6/3 The Umpire shall decide on the steps to be taken, after consulting (if necessary) the President of the Jury/Regatta Controller.

Rule 9-7 The Umpire

Rule 9-7/1 The Umpire shall ensure the proper conduct of the race and the safety of the rowers. In particular, he/she shall ensure that no crew gains any unfair advantage or suffers any disadvantage from its opponents or from outside interference.

Rule 9-7/2 If a crew is impeded, the Umpire shall ensure that its chance of winning, is fully restored to it. He/she shall impose appropriate penalties on crews at fault but in principle, only after a previous warning.

Rule 9-7/3 The Umpire shall not give any steering instructions to crews other than to ensure that accidents are avoided and to prevent crews from being impeded by their opponents.

Rule 9-7/4 If necessary, the Umpire may stop the race, impose any necessary penalties and order the race to be re-rowed from the start, either immediately or later. In the latter case, he/she shall decide on the new starting time in consultation with the President of the Jury/Regatta Controller and he/she shall inform the crews concerned.

Rule 9-7/5 The Umpire may also exclude crews after the race has finished or may confine the re-row to such crews, as he/she shall designate.

Rule 9-7/6 Interference A1x rowers wishing to lodge an objection with the Umpire during the race may do so verbally if their hands are strapped, by calling clearly to the Umpire "Objection!" so that the Umpire hears. It is the responsibility of the rower to ensure that the Umpire hears the call and is aware of the objection.

Rule 9-7/7 No objection concerning eligibility or classification of adaptive rowers may be raised on the water.

Rule 9-7/8 Position of the Umpire's launch: The President of the Jury may require that more than one umpire follow the race for adaptive events.

Rule 9-8 Judges at the Finish

Rule 9-8/1 The Judges at the Finish shall determine the order in which the bows of the boat cross the finish line.

Rule 9-8/2 They shall measure the time taken by each crew to cover the course.

Rule 9-8/3 They shall ascertain from the Umpire that the race has been fairly run.

Rule 9-8/4 They shall be responsible for authorising the results sheet.

Rule 9-8/5 In a race where crews start abreast, the time taken to cover the course has no effect on the order of finish.

Rule 9-9 Control Commission

Control commission shall operate both as an administration centre and as launch control with the following responsibilities being addressed at the appropriate location

Rule 9-9/1 The Judges at Control Commission must record all crew changes and withdrawals.

Rule 9-9/2 They are responsible for the weighing of coxwains and lightweight rowers.

Rule 9-9/3 The Officials at control commission are responsible for checking the composition of the crews.

Rule 9-9/4 They are responsible for ensuring that the dress code of the crews is correct.

Rule 9-9/5 They shall advise the crew's of any equipment that appears not to be in order.

Rule 9-9/6 They shall check the ballast of coxswains and boats.

Rule 9-9/7 They shall assist with the identification of rowers selected for drug testing.

Rule 9-9/8 They shall check that each boat has a bow-ball and the correct lane number.

Rule 9-9/9 They shall assist with the identification of crews selected for boat weighing.

Rule 9-9/10 For adaptive rowers and boats the Control Commission should also check the following:

- 1) Accessibility of the pontoon area for rowers, such as those using wheelchairs or assisted by guide dogs, or authorised careers;
 - 2) Compliance of all boats with FISA Standard Adaptive boats specifications;
 - 3) Safety measures in TA 2x and A1x boats including foot stretcher and hands and abdomen strapping;
 - 4) Correct fixing of pontoons on A1x boats in accordance with Rule 2-2/2.4 above;
 - 5) Correct usage of eyewear by visually impaired rowers in the LTA4+ as per Rule 2-2/2.5.4; and,
 - 6) Correct body strapping in the A1x and hip strapping in the TA2x.
- Control Commission should pay particular attention to the safety of visually impaired rowers or those with an intellectual disability when they are on the pontoon or near the water.
- Visually impaired athletes need not wear the eyewear prescribed in Rule 2-2/2.5.4 whilst outside the boat

Rule 9-10: Safety Officer

The Safety Officer is responsible to:

- Ensure that "Appropriate Land and Water based safety" are in place before the regatta commences.
- Consult with Land based safety to determine the positioning of the ambulance.
- Ensure that the Lightning detector is operational at Regatta Control.
- Give his/her contact number to the paramedics and regatta control and request that he/she be contacted in the event of an emergency and become a part of the decision making process.
- Assist in making decisions regarding all safety issues at a regatta, paying particular attention to the weather i.e. lightening.
- Determine when the paramedics can leave the regatta. The paramedics will require the Safety officer to sign them off. Officials are thus responsible for allowing the paramedics to leave the regatta.
- Monitor that the paramedics keep a detailed "patient report sheet" which must include; Name of patient, Club / School, Condition and treatment.
- Ensure that the paramedics are requested and encouraged to provide a "medical note" should they deem a rower unfit to continue rowing.
- Check the Venue and report all concerns to regatta control.
- Ensure that appropriate ballast is used by coxes, as defined in the RowSA Rules of Racing.

NOTE :

- Appropriate water based safety for sprint regattas is defined as one (1) rescue boat per 1000m.
- Appropriate Land based safety is defined as a minimum of one Intermediate Paramedic (I.L.S) and one Basic Paramedic (B.L.S). (This decision must however be taken in consultation with the "Safety Professionals" as the total number of people attending the regatta (rowers and spectators) is of importance as is the distance to the closest hospital).

Rule 9-11 Damage to Equipment

Rule 9-11/1 Should a crew suffer damage to its equipment, the Jury shall decide who is to blame. An incident report must be completed by the race umpire or the official witnessing the incident.

Rule 9-11/2 The parties concerned may refer any dispute arising to the Executive Committee of RowSA not later than three days following the decision of the Jury.

Rule 9-12 Report of the Jury

Rule 9-12/1 The Jury shall remain in office throughout the regatta.

Rule 9-12/2 The Jury may meet at the end of the regatta and shall write the report which shall include the results of each event, as well as a comment on the running of the races and on any incidents and disputes arising. (Copies of Incident reports shall be attached to the report)

Rule 9-12/2 This report, signed by the President of the Jury shall be available not later than twenty-four hours after the last race. This shall conclude the work of the Jury.

Rule 9-12/3 In the case of International regattas, each Organising Committee shall send to FISA, via RowSA, not later than 2 days after the regatta, if possible by fax or e-mail, a succinct report about the regatta. It shall use the FISA standard form for this purpose.

Rule 9-12/4 In the case of National Championship and National regattas, the report shall be sent to the Chair of SAROC.

Rule 9-12/5 In the case of Local Championship and Local regattas, the report shall be sent to the Constituent Member that is the controlling authority of the regatta with a copy to the Chair of SAROC

Rule 9-12/6 In the case of Local Championship and Local regattas, the report shall be sent to the affiliated Association that is the controlling authority of the regatta with a copy to the Chair of SAROC

Bye-Laws to Rule 9

Duties of the Jury and Officials

The duties and powers of the different Officials are as follows:

1 Starter/Umpire

1.1 General Duties

It should be noted that the role of Starter is frequently carried by the Umpire at various regattas. This is acceptable in the case of National Championship, National, Local Championship and Local regattas. In the case of International regattas, the Starter is always an independent member of the Jury and his/her duties are covered in the FISA Racing Bye-Laws. The RowSA Racing Bye-Laws apply specifically to National Championship, National, Local Championship and Local regattas.

Before taking up his/her duties, the Starter/Umpire must be satisfied that he/she is equipped with a red and white flag and a megaphone or similar device that permits satisfactory communication with crews on the water. In addition he/she shall have a bell or siren to provide audible warning of false starts, and a radio to communicate with the Judge at the Finish, Control Commission, Water based safety and the President of the Jury /Regatta Controller. All of these devices shall be in working order.

The Starter/Umpire shall be in possession of an updated programme of events showing start times and crews entered as well as lanes allocated. Should the President of the Jury /Regatta Controller approve any changes to the programme of events these shall be communicated immediately to the Starter/Umpire.

The Starter/Umpire shall ensure that crews on the water and in the Start Zone are obeying the prescribed traffic rules, and other rules such as dress code and take appropriate action according to the Rules of Racing in the case of infringements.

1.2 Wind

The Starter/Umpire shall consider whether the wind or water conditions are likely to create unfair conditions and take whatever steps may be necessary to ensure a fair race.

1.3 Information to Crews

The Starter/Umpire shall inform the crews of the time remaining before the start and tell them as they enter the Course or Start Zone of their lanes. He/she will ensure that, where applicable, the crews are carrying the correct identification number on their boats and that their equipment is in order.

If any crew is not in its starting position two minutes before the start time, the Starter/Umpire may take appropriate action according to the Rules of Racing..

1.4 Starting Procedure

The Starter/Umpire shall ensure that, the Aligner/Judge at the Start and the Judge at the Finish/ Timekeepers are ready before requesting the Aligner/Judge at the Start to proceed. It is acceptable and to be encouraged for the Aligner/Judge at the Start to commence his/her duties as soon as crews are in their start positions as this will facilitate the maintenance of the control of the timing of the regatta. The Starter/Umpire will then hold the red flag in the ready position out from his/her body at an angle that can easily be seen by all crews and the judge at the finish but not yet above the head.

When the Starter awards a Yellow Card to a crew in the LTA4+ event, the coxswain of that crew shall raise his arm to acknowledge that he understands that the penalty has been awarded to his crew

When the Aligner/Judge at the Start is satisfied that crews are aligned and has raised his/her white flag saying "HOLD IT ALL CREWS", the Starter/Umpire shall make a final check on the crews to ensure they are straight before giving the command "ATTENTION" and at the same time raising the red flag above his/her head.

After a pause of between 1 and 3 seconds during which he/she can ascertain that all crews are ready the Starter/Umpire shall give the starting command by quickly dropping the red flag and simultaneously calling "GO". Apart from the visual signal of the dropping of the red flag to the side, the Starter/Umpire shall ensure that the starting commands have been communicated by radio to the Judge at the Finish.

While the Starter/Umpire may take note of raised hands of crews signifying that they are not ready to start, he/she is not obliged to wait for all hands to be lowered before he/she gives the starting commands. If any crew fails to get straight and ready within a reasonable time so as to cause a nuisance to other crews in the race the Starter/Umpire may take any action that he/she considers appropriate.

1.5 Rolling start procedure may be adopted to suit prevailing weather conditions

NOTE: In the event of progression races the same start procedure must be implemented for all races in that event.

Prior to the commencement of the Start procedure, the Competitors should be advised by the Starter/Umpire that the Rolling Start Procedure will be used.

The Starter/Umpire shall hold the red flag "at the ready" waist high position.

Competitors should be lined up at a suitable distance above the start line and on instruction row to the start line with the boats keeping in line with one another. The Aligner/Judge at the Start will bring the crews to the line, level with each other. At the appropriate time the Aligner/Judge at the Start shall raise the white flag and give the instruction "PREPARE TO RACE" while the crews continue to touch up.. The

Starter/Umpire shall call "ATTENTION" raising the red flag above his/her head and instruct, without a pause, "GO" and simultaneously drop the red flag.

1.6 False Start

When the race has begun, the Starter/Umpire should check to satisfy him/herself that it was a good start. Should this not be so, the Aligner/Judge at the Start will raise his/her red flag and the Starter/Umpire will sound the siren, ring a bell or blow a whistle and wave the red flag indicating that the race has been stopped. At the same time he/she should call the crews back to the start.

In the case of a false start, the Aligner/Judge at the Start shall identify the crew or crews at fault and the Umpire shall present those crews with a yellow card when they have returned to the starting position.

1.7 Exclusion

A Crew presented with two yellow cards in the same race shall be presented with red card and excluded from the race

The Starter/Umpire may also exclude a crew, at his/her discretion, for arriving at the starting position after the start time.

1.8 Postponement

Should it be necessary to postpone a race, the Starter/Umpire shall consult with the President of the Jury/Regatta Controller and shall wherever possible inform the crews of the new starting time before their departure from the Start Zone.

2 Aligner/Judge at the Start

In the case National Championship, National, Local Championship and Local regattas the functions of Aligner and Judge at the Start may generally be carried out by one official whose duties are specified below.

2.1 General Duties

Before taking up his duties the Aligner/Judge at the Start must be satisfied that he/she is equipped with both a white flag and a red flag, a megaphone or other device which permits satisfactory communication with the crews and a radio for communication with Control Commission, the Umpire/Starter, Judge at the Finish and with the President of the Jury/Regatta Controller.

He/she shall also satisfy him/herself that the starting line is clearly demarcated and that he/she has unimpeded vision over the full width of the starting line.

2.2 Aligning

The Aligner/Judge at the Start communicates with the crews by name, and preferably also, by lane number. When he/she receives clearance from the Starter/Umpire to proceed, he/she gives instructions to the crews and/or stake boat operators to "TOUCH (distance)" or "BACK" (distance) until he/she is satisfied that all crews are aligned with their bows on the starting line. When he/she is satisfied with the alignment he/she gives the command "HOLD IT ALL CREWS" and raises the white flag. If alignment is subsequently lost before the race has been started, he/she shall lower the white flag and, with the consent of the Starter/Umpire, recommence aligning of crews.

2.3 False Start

*Should the bows of any boat cross the start line after the raising of the white flag and before the dropping of the red flag and the command **"GO"**, the Aligner/Judge at the Start shall inform the Starter/Umpire by waving a red flag and calling **"FALSE START"**.*

After the Starter/Umpire has stopped the race, the Aligner/Judge at the Start shall inform the Starter/Umpire which crew or crews were responsible for the false start.

3 Umpire

3.1 Precedence

Except for the duties specifically assigned to them, both the Starter (if duties are separated) and the Aligner/Judge at the Start are subordinate to the Umpire.

3.2 Duties on the Way to the Start

On the way to the start, the Umpire shall inspect the course installations to ensure that they are in proper order and shall satisfy him/herself that there are no obstacles on the course. He/she will also make certain that any crews on the water are following the prescribed traffic rules. Should he/she find any defect in the installations, he/she shall inform (e.g. by radio from the start if necessary) the President of the Jury/Regatta Controller and he/she shall also inform any crews concerned

3.3 Duties during the Starting Procedure

During the starting procedure, the Umpire's launch should be positioned behind the crews in the centre of the course.

3.4 Duties in the Start Zone

As soon as the race has started, the Umpire's launch shall immediately follow the competitors in the centre of the course. If a crew, while still in the Start Zone, indicates that it has suffered damage to its boat or equipment, the Starter/Umpire shall stop the race and the Umpire shall decide, after having examined the damage, whether the claim was justified and shall if necessary apply any appropriate penalties. Should a crew claim damage or breakage that subsequently cannot be substantiated the crew will be excluded from the race.

If an interference/clash occurred before the crews left the Start Zone, the Umpire shall stop the race and may impose the lesser penalty of a Yellow Card upon the offending crew.

3.5 Position of the Umpire's Launch

During the race, the Umpire must ensure that his/her launch is so placed as best to enable him/her to take action as effectively as possible. The position of the Umpire's launch depends on the progress of the race and the possible positions of the crews in the subsequent races; it may also depend on weather conditions. The Umpire must satisfy him/herself that crews whom he/she may wish to address can hear him/her. Should it be necessary to overtake one or more crews, he/she must see to it that they are not hampered more than is necessary by the wash of the launch.

3.6 Duties during the Race

*If a crew is about to interfere with another by its wash or by leaving its lane, the Umpire shall raise the white flag, call to the crew at fault indicating the required change of direction by lowering the flag to one side. In principle, the Umpire may not steer a crew unless there is an obstruction in its lane. Alternatively, if the umpire wishes to instruct two crews simultaneously to keep apart, he/she may instruct them by raising a white flag vertically, calling out the names of both crews, and calling out **"KEEP APART"***

*An instruction for a crew to continue rowing shall consist of raising a white flag vertically, calling out the crew's name, dropping the flag directly forward, and calling out **"CONTINUE ROWING"**.*

*If, in the opinion of the Umpire a crew or crews are in danger from either an obstacle or from their poor steering he/she shall instruct that crew/s to stop rowing by holding the white flag above his/her head and calling for the crew to stop. In the case of an obstacle he/she may also call **"OBSTACLE"** as the reason for the stoppage.*

It should be noted that a white flag indicates instructions to one or perhaps some of the crews whereas a red flag is an instruction to all crews to stop rowing.

3.7 Penalties

Crews interfering with their opponents may be excluded by the Umpire but, in principle, only after a warning has been given. If the interference took place before the Umpire was able to instruct the offending crew, the Umpire may choose to impose a lesser penalty

Any action taken is entirely at the Umpire's discretion. If a crew is placed at a disadvantage, the first priority is to restore its chances of winning. The imposition of any appropriate penalties takes second place. Should a crew's chance of winning be lost, the Umpire must take the most appropriate of the courses of action provided by the Rules. He/she may, for example, stop the race, impose the appropriate penalty and order the race to be re-rowed. Depending on circumstances, he/she may allow the race to continue and announce his/her decision after the race is over. He/she may not simply penalise the crew at fault while the crew that has suffered interference does not have its chances restored to it. If a race must be re-rowed then it must be from the original start line. It is never acceptable in abreast racing to restart a race from a position down the course from the start line.

In no case may the Umpire alter a placing other than by excluding or disqualifying a crew.

3.8 Type of Heat

The Umpire's decision may be influenced by the type of heat (preliminary heat, repêchage, semi-final or final). He/she must therefore take this factor as well as the position in the subsequent heats into account before each race.

3.9 Postponement

In principle, the Umpire shall decide, in consultation with the President of the Jury/Regatta Controller, if unequal conditions on the different lanes justify postponement of the race. If consultation is not possible, the Umpire shall make the decision alone.

3.10 Safety

The Umpire shall take every care to ensure the safety of the competitors and he/she must do his/her utmost to prevent damage to boats and equipment. When necessary, he/she may call a crew's attention by raising his/her white flag and stop it by giving the command "STOP". Should one or more competitors fall into the water or should any boat capsize or sink, the Umpire must satisfy him/herself that the rescue service is in action and, if not, he/she shall take any necessary measures for the safety of the crew..

3.11 Bad Weather

In the case of squalls or sudden deterioration of the weather, it is the responsibility of the Umpire to decide if the race may be started, is to continue or if it is to be stopped. The safety of the competitors is more important than any of the provisions of the Rules of Racing.

3.12 Dress

When officiating, the Umpire shall stand upright in the launch and wear the prescribed clothing. Decisions on dress shall be taken by the President of the Jury/Regatta Controller, taking weather conditions into account.

3.13 Overall Ability

The Umpire must keep him/herself informed on the Rules of Racing and rowing matters in general.

3.14 Correct Finish

A race is over only when the last crew has crossed the finish line. Even if he/she is satisfied that the race is being properly run, the Umpire must be sure that no crew is objecting before indicating to the Judges at the Finish, by raising his white flag, that the race was in order. .

Before leaving the finish area, he/she shall make sure that the Judges at the Finish have acknowledged his/her signal.

3.15 Objection

Should the Umpire or one of the crews consider the race not to have been properly run, he/she shall raise his/her red flag, consult, when appropriate, the objecting crew, and communicate the necessary information to the Judges at the Finish.. The latter, in such case, may only announce the result of the race after taking into account the Umpire's comments (e.g. an objection by a crew).

4 Judges at the Finish/Timekeepers

4.1 Duties

The duties of the Judges at the Finish/timekeepers are as follows:

- *To determine the order in which the bows of the boats cross the finish line.*
- *To measure the time taken by each crew to cover the course.*
- *To satisfy themselves that the Umpire has indicated, by raising his/her white flag, that the race was properly run and to indicate to the Umpire acknowledgement of his/her signal by raising a white flag or double hoot*
- *To list the crews in their proper order.*

The Senior Judge at the Finish shall sign the official record of the results.

4.2 Position

The judges at the finish must be appropriately placed to enable them view the finishing positions of the crews.

As a general rule, there shall be three judges, plus a Senior Judge at the Finish.

Close finishes may be judged by reference to a video recording. If this is not available or if the crews cannot otherwise be separated then a dead heat may be declared. In this event the President of the Jury/Regatta Controller shall decide on a re-row or other procedure to be followed. A re-row will only take place in the event where only one of the crews could progress to the next stage of the event. If a dead heat occurs in a final both crews will be given the same placing.

4.3 Timing

At least two stop watches with memory facilities shall be used to record the crew times of each race. Should they not tally, the Judge at the Finish shall decide which times to record.

5 Control Commission

5.1 The Judge at Control Commission is responsible for checking inter alia the following points:

- *Crew changes before the race and inform the President of the Jury/Regatta Controller if a stroke change has been recorded.*
- *The provisions of substitutes for competitors where this is approved by the President of the Jury.*
- *Weighing of coxswains.*
- *Deadweight to be carried by coxswains (before and after the race).*
- *Weighing of competitors in lightweight events.*
- *Classification of competitors where necessary.*

The clubs of competitors, the ages of junior and Masters competitors and, where applicable, the average ages of Masters crews.

5.2 Boats and equipment:

- *Provision of a white ball on the bow of each boat (or equivalent construction).*
- *Lane numbers indication on the bow of the boats.*
- *possible use of unauthorised radios for coaching and water soluble chemicals intended to increase the speed of the boat, and structures prohibited by the Bye-Laws to Rule 2-2.*
- *Where applicable, minimum weights of boats.*
- *Painting of oar-blades where required.*
 - *Uniform clothing of competitors and its conformity with the rules regarding advertising.*
 - **Special Checks for Adaptive crews are as follows:**
 - *Accessibility of the pontoon area for rowers, such as those using wheelchairs or assisted by guide dogs, or authorised care givers*
 - *Compliance of all boats with FISA Standard Adaptive boats specifications;*
 - *Safety measures in TA 2x and A1x boats including foot stretcher and hands and abdomen strapping;*
 - *Correct fixing of pontoons on A1x boats in accordance with Rule 2-2/2.4 above;*
 - *Correct usage of eyewear by visually impaired rowers in the LTA4+ as per Rule 2-2/2.5.4; and,*
 - *Correct body strapping in the A1x and hip strapping in the TA2x.*

- *The Control Commission should pay particular attention to the safety of visually impaired rowers or those with an intellectual disability when they are on the pontoon or near the water. Visually impaired athletes need not wear the eyewear prescribed in Rule 2-2/2.6.4 whilst outside the boat*

5.3 Crew membership

Check that crew arriving in the launch area is in accordance with the submitted list on the Programme.

5.4 Doping Tests

Where doping tests are carried out, Control Commission is responsible for seeing that the competitors required to undergo tests are taken to the officials responsible for this immediately after getting out of the boat.

5.5.1 Boat Weights

Where boat weights are checked, Control Commission is responsible to notify the crew that their boat will be checked and accompany them to the Boat weighing area.

5.6 Adaptive Crews

All officials should verbalise commands in addition to the actions taken when addressing adaptive crews. For example where a red flag is waved, the umpire should state in addition “Red Flag!” for the benefit of visually impaired rowers.

Rule 10: Umpires' Licenses

Rule 10-1 National Umpires License:

The issue of National Umpires licenses is part of the portfolio of the SAROC and is subject to ratification annually at the RowSA AGM .

Rule 10-1/1 Any official wishing to obtain a South African Official's License shall:

- Have normal sight and hearing with assistance if required.
- Attend an officials' training seminar organised by SAROC or by another organisation designated by SAROC.
- Assist in duties at several regattas for a period of at least one season.
- Pass the prescribed written examinations, at which point the candidate will be classified as an "Intermediate Official".

After a further period of practical training, of not less than one season where the candidate has participated regularly (not less than 20 hours in a Regatta Season) in Local , Local Championship, National and National Championship Regattas under the supervision of National Umpires, the Provincial Officials Association or a Constituent member may be recommended a Practical Evaluation of the candidate by SAROC. SAROC, in consultation with the Chair of the Provincial Officials Association where the Intermediate Official resides or the relevant Constituent member, will award National Umpire Status or National Official status in a specific discipline, if appropriate.

Rule 10-1/2 National Umpires licenses are valid for a period of four years but are subject to annual review after each Regatta season. The license will remain valid if the holder has performed officiating duties of not less than 20 hours during the preceding Regatta season at RowSA approved Regattas and the holder having attended any seminar according to Bye-law to Rule 10-1/2

Bye-law to Rule 10-1/2 Update Seminars:

Should no major Rules changes occur, the Umpire must attend not less than one SAROC approved seminar in a four year period. If there are however major rule changes the Umpire MUST attend an update seminar during the Regatta season when the changed rules are implemented in order for the license to remain valid. The Chairperson of SAROC shall determine whether any rule change is to be construed as a major rule change.

If the license lapses, the official must participate in at least one Officials training seminar organised by SAROC and demonstrate knowledge of current rules prior to the relevant license be renewed. .

Rule 10-1/3 In exceptional circumstances, after a recommendation by SAROC, the Executive Committee of RowSA may decide to withdraw the Umpire's License from an official that has failed to maintain the required standard. A warning will typically be issued but notwithstanding this, the decision of the Executive Committee shall be final.

Rule 10-1/4 In general a National Umpire License will not be issued to a person over the age of 65 years. In the interests of the health of persons over the age of 65 years a License will only be issued that allows the person to operate in land based duties. However in exceptional circumstance and subject to the issue of a suitable medical certificate then a person older than 65 years and suitably qualified may officiate in on-water based duties.

Rule 10-2 International License

Rule 10-2/1 Any Umpire who has held a National License for at least three years may become an International Umpire provided that:

- he/she has normal sight and hearing, and
- he/she passes the examination held by FISA.
 - *Candidates must be less than 56 years of age on 31 December of the year of the examination to be eligible as a candidate for examination for a FISA Umpire's license.*
-

Rule 10-2/2 The International Umpires' License is valid for a period of four years. Its validity is automatically extended when the holder participates in an Umpires seminar organised by FISA.

Rule 10-2.3 These seminars are normally organised at FISA Championships, some international regattas or at the request of RowSA. In the latter case, RowSA must pay the travel and accommodation expenses of the FISA experts who attend.

Rule 10-3 Expiry - National & International Licenses

The holder of an expired license who wishes to act as an Umpire shall take a fresh examination.

Rule 10-4 Expiry of a National License

The expiry of a national license automatically results in the cessation of validity of an International License.

Rule 11: Objections, Protests and Appeals

Rule 11-1 General Principles

In any case of a protest (Rule 11-3), appeal (Rules 11-5), or where a penalty may be imposed (Rules 12), the following principles shall be observed.

Rule 11-1/1 A Protest to an Umpire's decision or an Appeal against the decision of the Jury shall be submitted in writing by the club representative and shall set out the facts and reasons on which it is based.

Rule 11-1/2 Any rower or other person who may be penalised by any decision is entitled to be advised of the possibility of a penalty and to be heard before the decision is made.

Rule 11-1/3 In the case of a protest or an appeal, any person who was a party to the decision which is the subject of the protest or appeal shall not take part in the deciding of the protest or appeal.

Rule 11-1/4 The lodging of an appeal will not have the effect of suspending any penalty imposed. However, the person penalised may submit a request for suspension and the body deciding the appeal may consider such a possible suspension.

Rule 11-1/5 For International Regattas a decision of the Executive Committee of FISA on any appeal shall be final. Any appeal to a body outside of FISA shall be made only to the Court of Arbitration for Sport in Lausanne, Switzerland.

Rule 11-1/6 Protests and Appeals of Classification in Adaptive rowing

Rule 11-1/6.1 Protest against the classification of another rower

No protest is permitted against the classification of another rower.

Rule 11-1/6.2 Protest against own classification

Rule 11-1/6.2.1 Any protest concerning a rower's own classification from a rower wishing to compete at a RowSA event must be submitted in writing to RowSA within 14 days of the rower receiving notification of the classification.

Rule 11-1/6.2.4. RowSA shall refer any protest against the classification of a rower to a Classification Protest Panel appointed for this purpose by the Executive Committee

A Protest Panel shall examine the classification documentation of the rower concerned and, in case of any doubt, shall undertake an examination of the rower.

Rule 11-1/6.2.5. The final decision shall be made by the Classification Protest Panel and the decision recorded on the Classification Protest Form. The original of the Form shall be held by RowSA and a copy shall be provided to the rower who is the subject of the Protest.

A decision shall be made and issued prior to the commencement of racing in the event in which the subject rower is to compete.

Rule 11-1/6.: Appeal of a Classification Protest

There shall be no further appeal from the decision of the Classification Protest Panel on a protest concerning classification except for an appeal for an error of procedure. An appeal of a decision for an error of procedure must be made to the

Rule 11-2 Objections

Rule 11-2/1 A crew claiming that its race has been improperly run must indicate their Objection to the Umpire by raising their hand immediately after the finish of the race and before getting out of the boat, except when prevented by unavoidable circumstances.

Rule 11-2/2 A crew excluded at the start may raise an objection with the Umpire at the start.

Rule 11-3 Protest

Rule 11-3/1 In the event that the Umpire rejected or accepted an Objection the club representative of the crews affected by the decision may lodge a protest in writing to the President of the Jury, not later than one hour after the race.

Rule 11-3/2 The President of the Jury shall decide if the protest was justified after due process has been followed.

Should the protest necessitate a hearing, the President of the Jury will convene a Jury meeting and follow the procedure as described in the Bye-law to Rule 11-3.

The Jury will make its decision before the next round of heats in the event concerned, and in any case, no later than two hours after the last event of the day. As a general rule, in the case of a protest concerning a final of an event, the issuing of medals for that event will be postponed until after the Jury has made its decision.

Bye-law to Rule 11-3 Protest Hearing Procedures

- (a) *In deciding protests, the Jury shall use the procedures described in this Rule, in order to afford the parties a fair and speedy hearing. The Jury may adopt supplementary procedures for situations not covered in this Rule.*
- (b) *In deciding a protest, the Jury may impose any of the penalties described in Rule 11-4 or take any other action that an individual race official acting in the same situation would be empowered to take.*
- (c) *The Jury shall adjudicate a protest after having conducted a hearing. The decision of the Jury shall be based solely on the testimony and evidence presented before it in the hearing.*
- (1) *The hearing shall not commence until after each crew named or involved in the protest has had a reasonable opportunity to inspect the written protest statement and gather evidence in its favor.*
- (d) *Each crew named or involved in the protest shall have the right to have one representative present at the hearing, except for the actual deliberations of the Jury. This representative may be a coach, manager, or other team member. This representative shall not be a witness at the hearing.*
- (e) *If the protest involves only the interpretation of the RowSA Rules of Racing, and does not involve disputes of fact, the Jury shall decide the protest after having heard the remarks, if any, of each representative of the crews named or involved in the protest. If the protest involves resolution of disputes of fact, the Jury shall decide the protest after having heard relevant testimony and received appropriate evidence.*
- (f) *Witnesses who give evidence before the Jury shall not be present at the hearing except for such time as they are actually giving testimony.*
- (g) *Formal rules of evidence shall not apply, and the Jury may consider any evidence or testimony that it considers to be useful in resolving the issues. Presentation of evidence may be by narrative testimony, tangible evidence, or by questions asked by the Jury. A representative of a crew may request that a question be asked by the Jury.*
- (h) *The order of proceedings of a Jury hearing shall be:*
 - (1) *Introduction of members of the Jury;*
 - (2) *Reading of the protest statement;*
 - (3) *Any further evidence presented by the protesting party;*
 - (4) *Evidence, if any, presented by the crew or crews whose actions are complained of, or who would be affected by the outcome of the protest;*
 - (5) *Verbal &/or written reports of the race officials involved and other necessary witnesses;*
 - (6) *Closing statements, if any, by the representatives of the crews;*
 - (7) *Deliberations of the Jury;*
 - (8) *Announcement of the Jury's decision by the President of the Jury. Upon the request of any party to the protest, the Jury shall provide a written statement of findings and conclusions that formed the basis of its decision.*

Rule 11-4 The Outcome of the Protest

The Jury shall decide on the protest and on the measures resulting from its decision including:

- reprimand
- Yellow Card (applying to the next round in which the crew is concerned)
- relegation (in minimum boat weight violations)
- exclusion (from all the rounds of the event in question)
- disqualification (from all events in the regatta)
- re-row (for a specified number of crews)

After application of the appropriate penalty, if any, the Jury shall take any other appropriate measure to restore the chances of a crew that has suffered a disadvantage

Rule 11-5 Appeals

Rule 11-5/1 An appeal against the decision of the Jury or of the Organising Committee by a person penalised may be made not more than three days after it has been announced.

Rule 11-5/2 In the case of Local Championship, Local Regattas, National Championship and National Regattas the appeal shall be made to the Executive Committee of the affiliated Association that is the controlling authority of the regatta. Following this hearing the appeal may be escalated by the affected parties to the Executive Committee of RowSA.

Rule 11-5/4 In the case of international regattas, the appeal shall be made to the Executive Committee of FISA accompanied by a deposit of SFr 100.

Rule 11-5/5 Decisions taken by the Executive Committees on matters of appeal are final.

Bye-law to Rule 11-5

- (a) *Any crew aggrieved by the decision of the Jury may appeal from that decision to the Executive Committee of RowSA through the Chair of SAROC*
- (b) *The grounds for an appeal shall be limited to actions that affected the outcome of the race, and shall further be limited to:*
 - (1) *Actions that are at variance with the RowSA Rules of Racing or custom or precedent established there under;*
 - (2) *Actions in areas committed to the discretion of race officials that are demonstrably arbitrary or capricious, or where the exercise of discretion is without substantial foundation under the circumstances.*
- (c) *Actions that are not appealable under subsection (b) above but are nevertheless relevant in assessing the professional conduct of race officials may be reported to the SAROC.*
- (d) *An appeal under this Rule shall be filed by e- mail or equivalent method of delivery of an appeal statement to the Chair of SAROC, care of RowSA at row@rowsa.co.za or at the RowSA offices, within three working days of receiving the Jury's decision.*
- (e) *SAROC and the RowSA Executive Committee may hold such proceedings and establish such procedures as may be necessary to ensure fairness and protect the rights of the parties. It may, before deciding the appeal, require a written report from the Jury of the regatta involved stating the basis of its decision.*

Rule 12: Disciplinary Measures

Rule 12-1 Penalties

Rule 12-1/1 The Jury may, after hearing the views of all concerned, impose the following penalties on rowers, coxswains or persons accompanying them who behave in an unsporting or improper manner:

- reprimand
- warning (applying to the next race in which the crew is concerned)
- exclusion
- disqualification

Rule 12-1/2 A rower or a crew excluded, is excluded from all the races of the event in question.

Rule 12-1/3 A rower or a crew disqualified, is disqualified from all events in one or more regattas.

Rule 12-1/4 A disqualification extending beyond the regatta in question can only be made by the Executive Committee of RowSA

Rule 12-1/5 In cases where a club or rowers have behaved in a manner which has caused financial loss or damage to an Organising Committee or to any other person, the Executive Committee concerned may impose sanctions including financial ones, against those implicated, and may order payment of money as recompense to the Organising Committee or other persons.

Rule 12-1/6 Decisions taken by the Executive Committee concerned on matters of penalty are final.

Rule 13: Anti-Doping Rules

IMPORTANT NOTE: RowSA adopts the FISA anti-doping rules as amended from time to time and as contained in the FISA Rule Book.

Rule 13-1 Doping is strictly prohibited

Rule 13-2 Doping Tests

Doping tests by The South African Institute for Drug-Free Sport may be done at National Championship, National, Inter Provincial, Local Championship and Local Regattas.

The testing, selection of athletes, doping procedures, and any consequent hearings and appeals shall comply with the provisions of World Anti-Doping Code and the SA Institute for Drug Free Sport Act 14 of 1997..

Rule 13-3 Selection of Rowers to be Tested

Rowers to be tested will be selected according to the following criteria:

- (i) Race results (e.g., places 1st to 4th)
- (ii) A random draw from amongst all the athletes (drawing the number of the race, the lane, or the place the crew achieves in the race, then the number of the seat in the boat)
- (iii) A combination of (i) and (ii)
- (iv) Where doping is suspected

Rule 13-4 Doping Procedure

The Judge at Control Commission will be advised of the rowers selected to be tested.

Upon completion of the Race an Official at Control Commission will advise the rower of their selection

The Official will accompany the selected rower and assist the rower to contact either the coach or person identified by the rower to accompany him/her to the doping control station.

The Official at Control Commission must introduce the rower to the Responsible person at the doping control station. Once the rower has been introduced to the Responsible person at the Doping control station they have no further responsibility for the rower.

Rule 13-5 Consequences of violation of Rule 13

Rule13-5/1 A violation of Rule 13 in connection with an In-Competition test automatically leads to Disqualification of the individual result obtained in that Competition with all resulting consequences, including forfeiture of any medals, points and prizes.

Rule 13-5/2 An infringement of Rule 13 may result in a penalty that may extend to, In a relevant case, a life ban from all competition.

Rule 13-6 Reporting to FISA

RowSA shall keep FISA and WADA fully apprised as to the status of pending cases and the results of all hearings.

Rule 13-7 Therapeutic Use Exemption- TUE

Rule 13-7/1 Rowers with a documented medical condition requiring the use of a Prohibited Substance or a Prohibited Method must first obtain a Therapeutic Use Exemption ("TUE").

Rule 13-7/2 All Rowers subject to Testing must obtain a TUE from RowSA. RowSA shall promptly report any such TUE's to FISA and WADA.

Rule 13-7/3 All rowers participating in any International Event must obtain a TUE from FISA (regardless of whether the Rower previously has received a TUE from RowSA). TUE's granted by FISA shall be reported to RowSA and to WADA.

Rule 13-7/4 In an acute situation or emergency, the medical decision shall be made by a Medical Doctor at the regatta. After the regatta, the standard TUE process will be followed and the further use of the prohibited substance will only be authorized retroactively if the acute situation or exceptional circumstances are confirmed.

These Rules of Racing were approved by the RowSA Annual General Meeting held on 23 July 2011 in Johannesburg. The effective date is the 1st September 2011 unless stated to the contrary for any specific rule.