



RULES OF RACING

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DEFINITIONS

These definitions are included as explanation to improve consistent interpretation and provide easy reference. They do not constitute the rules, which are presented in Section 3: Rules of Racing and the appendices.

Abbreviations:

DNF = Did Not Finish

DNS = Did Not Start

DSQ = Disqualified

EXC = Excluded

BUW = Boat Under Weight

DNA = Data Not Available

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

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.

Appeal a crew may appeal against the decision of the jury to the executive committee of the controlling authority of the regatta directly after the decision has been announced. The appeal shall be in writing and document the basis of the appeal.

Ballast [see **Deadweight**]

Blade is that part of the oar that enters the water; and is usually painted in the colours of the club represented by the athlete. (synonym = spoon).

Boat race a form of abreast racing where two boats compete against each other, usually on a river.

Bow ball is a small, soft ball no smaller than 4 cm in diameter, securely attached to a boat's bow. Primarily intended for safety, but also used in deciding which boat crossed the finish line first in very close races.

Bye-laws are information to be read in conjunction with the Rules of Racing and may be modified by SAROC, approved by the RowSA Exco, in light of practical considerations. In this document bye-laws are in *italics*.

Club representative is that person delegated by their club to represent their interests at a regatta.

Coastal rowing or offshore rowing is a type of rowing performed at sea.

Composite crew is a crew comprising rowers of different clubs

Constituent member means a member of RowSA (as set out in Clause 2 of the RowSA Constitution) and includes provincial associations, SASRU, SAJRCA and USSA-R.

Controlling authority is either RowSA or the constituent member of RowSA under whose auspices a regatta is held.

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. The crew shall be composed of RowSA-registered members of a club or clubs affiliated to or recognised by RowSA. Both the members of the crew and their club are responsible for the conduct of crew.

Crew's water means 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.

Dead heat means two or more boats cross the finish line at exactly the same time.

Deadweight means either

- a) additional weight a coxswain must carry during a race to bring their total weight in racing uniform up to the required minimum weight specified in these Rules of Racing or
- b) additional weight to be carried in a boat to bring the total weight of the boat up to the minimum weight for the boat class specified in these Rules of Racing.

Disqualification of a crew shall result in the removal of the crew from all subsequent races and events in that regatta. Disqualification shall be presumed to be appropriate where a crew has acted in flagrant or intentional violation of these Rules of Racing concerning safety or fairness.

Doping use of banned performance-enhancing drugs

Draw is the process and result of assigning competitors to races and lanes when compiling regatta programmes.

Ergometer rowing entails rowing on an indoor rower or rowing machine, a machine used to simulate the action of rowing for the purpose of exercise, training for rowing or competition. Ergometer rowing – also referred to as indoor rowing - has become established as a sport in its own right.

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

Exclusion is a disciplinary measure and requires an offending crew be removed from the event from which they have been excluded. A crew is excluded when issued two yellow cards in the same race. A red card is shown to the crew being excluded. Excluded crews may compete in other events in the same regatta [see **Red card**].

Fair racing is an underlying principle of the sport of rowing; and all rowers shall compete fairly, showing respect for their opponents and for the race officials. In particular, they shall be at the start on time and follow instructions of the officials at all times, both on and off the water.

Fairness committee is a committee convened at national championship and national regattas to consider the restoration of fair racing in the event of unfair racing conditions.

False start a start is deemed to be false if the bow of any boat crosses the start line before the dropping of the red flag by the umpire of the race. Only the aligner can call a false start. The offending crew is issued a yellow card.

FISA means the Federation Internationale des Societes d'Aviron, with the English translation being the International Rowing Federation.

Handicap system is applied when masters rowers of different age categories participate in the same event. The handicap is in the form of seconds subtracted from the recorded time for each crew based on their category. In such events the crews start their races at the same time.

Head gear means hats or caps.

Head race means a race where the order of finish is determined by comparison of elapsed times taken to cover the prescribed course.

Heats are raced when the number of crews entering an event exceeds the available starting positions in a single race. A progression system of heats or head races may be used to determine the finalists.

Indoor rowing [see **Ergometer rowing**]

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 to avoid an imminent collision. It shall not be interference if a crew is washed down or obstructed while rowing outside its own water.

Interprovincial regatta is a regatta where participating crews represent their province.

Judge at the start these duties are usually combined with those of the aligner, and in these Rules of Racing this task is referred to as the aligner.

Junior rower a rower is a junior rower until the 31st December of the year in which he or she reaches the age of 18.

Jury is a panel of officials tasked with ensuring fairness and safety of rowers during a regatta and ensuring the regatta is run in accordance with these Rules of Racing.

Local championship regatta is a rowing competition starting abreast or against the clock intended for provinces or clubs. The fact that competitors from other provinces or clubs 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 of RowSA and shall be governed by the RowSA Rules of Racing or any variation thereof as required 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 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 or any variation thereof as requested by the authority of the regatta and approved by SAROC.

Local rules are rules applicable to a regatta necessitated by the venue or the nature of the regatta. Approval for local rules in conflict with these Rules of Racing must be obtained through the process prescribed in section 2.3 Exceptions of these Rules of Racing.

Master division a rower may compete in this division from the beginning of the year during which they reach the age of 27. Masters of all age categories compete in either the 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.

Match is a rowing competition, over any distance whether started abreast or against the clock, which is restricted only to competitors from certain affiliates or clubs.

May when used in describing the duties of officials in these Rules of Racing implies the official may exercise discretion in their decision-making.

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 enter such regattas does not necessarily render the event an international regatta. National Championship regattas shall be governed by these Rules of Racing 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.

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 or any variation thereof as approved by SAROC.

National official is an official qualified by examination, experience and peer review and approved by RowSA who is licensed to officiate at RowSA approved events and regattas.

Oar in these rules refers to the lever used to propel a rowing boat, term used with both sweep oar and scull rowing.

Objection Should one or more crews feel a race had been improperly run, they may raise their hand immediately after the finish of the race and before getting out of the boat, except when prevented by unavoidable circumstances. A crew excluded from the start may make an objection to the umpire at that time.

Official is a person who is nominated as such to officiate at a regatta.

Organising committee is a group of people who take responsibility for organising and assisting in the running of a regatta.

Para-rowers are rowers with a disability who meet criteria set out in the Para-Rowing Classification Regulations, as prescribed by the FISA Rules of Racing.

President of the Jury is an official appointed to manage and control a regatta, ensure the safety of rowers and consistent application of these Rules of Racing, convene official's meetings during regattas and chair the committee hearing any protests [see **Jury**].

Protest The nominated club representative of a crew may protest against an umpire's decision on an objection by submitting such protest in writing to the President of the Jury within 1 hour of the completion of a race

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

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

Racing uniform is the clothing worn by a crew and may be in the form of a tri-shirt, T-shirt and shorts or similar that has been approved and registered by SAROC.

Red card is a disciplinary measure issued to a crew that has been issued two yellow cards in the same race. The crew is excluded from that event, but may still compete in other events in the same regatta [see Exclusion].

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 sex, age or weight.

Regatta entry system means the entry system used to submit entries for a particular regatta.

Regatta season means the season that commences in July and finishes in June the following year.

Reprimand is a disciplinary measure whereby officials formally express their disapproval regarding the actions or behaviour of a rower, coach, representative or spectator.

Rowers includes rowers and coxswains, unless specifically otherwise stated.

Rowing shall imply both sweep-oared and sculling.

RowSA means Rowing South Africa.

SAIDS means the South African Institute for Drug-Free Sport.

SAJCRA means South African Junior Club Rowers Association.

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 (Act No.2 of 2010), and subsequent revisions.

Safety plan a plan to be in place for each regatta that addresses safety requirements land and water-based safety, emergency procedures etc.

Scholar rower is a rower who is a bona fide learner at a school and who is U19. Scholars may participate in open events at schools regattas and in schools events at regattas.

Sculling each rower has two oars (oars used in sculling also referred to as sculls).

Sculling test is a skills and safety competence test that all rowers shall have passed to be eligible to enter regattas in South Africa.

Senior rowers are rowers or coxswains who are not a junior and who, despite having attained the minimum age for classification as a masters rower elects to compete as a senior rower.

Shall when used in describing the duties of officials in these Rules of Racing means the official may not exercise discretion in their decision-making.

Social regattas are permitted, but not supported by RowSA. They do not fall under the auspices of RowSA and these Rules of Racing do not necessarily have to be applied. The organiser of the regatta is responsible for the necessary insurance and shall comply with relevant legislation (including SAMSA and SASREA).

Steering instruction means the directing of a crew by an umpire for reasons of safety.

Sweep oar rowing each rower has one oar.

Technical delegate is a national umpire appointed by SAROC to evaluate and report on the organisation and running of national championship and national regattas.

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.

U23 rower is a rower who is U23 rower until the 31st December of the year in which he reaches the age of 22.

USSA-R means the University Sport South Africa - Rowing.

Unsportsmanlike conduct or behaviour may include failure to heed the instruction of an official, use of obscene language or gestures, delaying the start of a race without just cause, disregard of the principles of safety and fairness, malicious damage to equipment and / or abusive behaviour towards any official, competitor or spectator.

WADA means the World Anti-Doping Agency.

Warning is a disciplinary measure issued by an umpire for false starts, unsportsmanlike conduct, traffic violations and similar lesser offences. When issuing a warning, the umpire shows a yellow card to the offending crew. A crew issued with two warnings in a race shall automatically be excluded from the event. All warnings expire and are of no further effect once the race to which it applies has been successfully completed. If a race is re-rowed, a warning applicable to the original race shall also apply to the re-row [see **Yellow card**].

World Anti-Doping Code is a set of anti-doping rules prepared by WADA. The code is the core document that provides the framework for harmonized anti-doping policies, rules and regulations within sport organizations and among public authorities.

Yellow card is a disciplinary measure awarded for false starts, unsportsmanlike conduct and similar lesser offences. All yellow cards expire and are 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 [see **Warning**].

SECTION 1: GENERAL

These rules were approved at the Rowing South Africa (RowSA) Annual General Meeting (AGM) held on 15 July 2017 in Johannesburg and supersede all previous versions of the RowSA Rules of Racing.

1.1 Introduction

These Rules of Racing were established by RowSA. They shall be known as the RowSA Rules of Racing. Separate rules apply to coastal rowing and indoor rowing.

1.2 Purpose

The purpose of these Rules of Racing is to:

- a) Provide a basis for safe and fair racing.
- b) Ensure notice is taken of the need for safety, which takes precedence at all times and supersedes any other provisions of these Rules of Racing.
- c) Provide a consistent framework for organising and regulating regattas in South Africa.

1.3 Rule Changes

Rule changes are considered by SAROC each year and submitted to the RowSA AGM for ratification. Proposed changes to these rules can be submitted to the chair of SAROC by constituent members for consideration.

SECTION 2: Scope

2.1 Rowing, Boats and Regattas

- 2.1.1 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.
- 2.1.2 In a rowing boat, all load bearing parts including the axes of moving parts, shall be firmly fixed to the body of the boat, but the rower's seat may move along the axis of the boat.
- 2.1.3 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.

2.2 Application

- 2.2.1 These Rules of Racing shall apply to all rowing and sculling races, events and regattas sanctioned by RowSA and its affiliates. National championship, national, local championship and local regattas are deemed to be subject to these rules unless:
- a) Approval is obtained from the South African Rowing Officials Commission (SAROC) to waive these rules and
 - b) Participating clubs are advised to the contrary in the relevant regatta notification
- 2.2.2 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.
- 2.2.3 These Rules of Racing do not necessarily apply to social regattas.

2.3 Exceptions

- 2.3.1 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 these Rules of Racing.
- 2.3.2 The permission request should be accompanied by a detailed motivation and full reasons why a departure from these Rules of Racing is requested.
- 2.3.3 Any such changes authorised by SAROC shall be incorporated in the regatta notice, published on the RowSA (www.rowsa.co.za) and regatta (www.regatta.co.za) websites not less than four weeks prior to the regatta.

2.4 Safety and Fairness

2.4.1 Principles

The principles guiding the organising committee and officials in charge of the regatta shall be:

- a) Safety of all competitors.
- b) Fairness for all competitors.

Each individual competitor and team official shall act at all times in accordance with these principles

2.4.2 Safety

An organising committee shall check all safety aspects of its regatta and impose any further safety measures as appropriate. During the official opening hours of the course, a medical and rescue service shall be ready to act both on land and on the water.

The organising committee shall announce the opening time and the closing time of the course on each day of racing.

All rowers and team officials shall at all times act and compete in accordance with the rules in force relating to the safe use and condition of their boats, oars, sculls and other items of equipment. In addition, it is the responsibility of rowers, coaches and their club to ensure that they shall comply with the instructions of the official's and organising committee on any matter relating to safety.

During the official hours of training and racing no boat (moving or fixed) shall be allowed on the regatta course or in the training areas unless it has the approval of the President of the Jury. The President of the Jury shall determine the position and the movement of all approved vessels, i.e. umpires' launches, rescue boats, television boats, work boats, etc.

The organising committee is responsible for ensuring that no unauthorised rowers or crews shall be permitted on the water at any time during the course opening times, from the first day the course opens until the end of the regatta without the specific approval of the President of the Jury.

2.4.3 Fairness

All rowers shall compete fairly, showing respect for their opponents and for the regatta officials. In particular, they shall be at the start on time and follow instructions of the officials at all times, both on and off the water. The officials shall ensure that the Rules of Racing are applied fairly and in an atmosphere of respect to all competitors.

SECTION 3: RULES OF RACING

RULE 1 Boats and Equipment

Rule 1.1 Classes of Boat

Rule 1.1.1 The following classes of boat are recognised by RowSA:

- a) Single sculls (1x)
- b) Double sculls (2x)
- c) Pair (2-)
- d) Quadruple sculls (4x)
- e) Quadruple sculls with coxswain (4x+)
- f) Four (4-)
- g) Coxed four (4+)
- h) Octuple sculls with coxswain (8x+)
- i) Eight (8+)

Rule 1.2 Boat and Equipment Construction

Rule 1.2.1 The construction, design and dimensions of boats and oars shall be unrestricted unless subjected to specific limits laid down in these Rules of Racing.

Rule 1.2.2 The bows of all boats shall be fitted with a solid white ball with a minimum diameter 4 cm. If fitted to the boat, 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 an integral part of the hull construction, it shall afford equivalent protection and visibility.

Rule 1.2.3 During racing, no processed data or communications may be electronically received in the boat and no data or communication of any sort may be sent electronically from the boat.

Bye-law to Rule 1.2.3: Raw data, such as from speed sensors, GPS location, heart and stroke rate, etc. may be collected, received, processed and / or stored in the boat during racing.

Bye-law to Rule 1.2.3: RowSA may install on each boat a device(s) for the purpose of transmitting real-time race information which shall be owned by RowSA and may be used for any purpose including presentation and promotion of the event and the sport.

The **Penalty** for breach of Rule 1.2.3 may be exclusion of the crew.

Rule 1.2.4 No substance or structures (including riblets) capable of modifying the natural properties of water or the boundary layer of the hull - water interface shall be used.

Rule 1.2.5 The minimum weight of boats shall include the fittings essential to its use; in particular riggers, stretchers, shoes, slides and seats. It shall also include any sound amplification equipment and loudspeakers or any other kind of electronic equipment when such equipment is firmly fixed to the boat. The minimum weight shall not include oars (or sculls) or the bow number.

a) Single sculls (1x)	14 kg
b) Double sculls (2x)	27 kg
c) Pair (2-)	27 kg
d) Quadruple sculls (4x)	52 kg
e) Quadruple sculls with coxswain (4x+)	53 kg
f) Four (4-)	50 kg
g) Coxed four (4+)	51 kg
h) Octuple sculls with coxswain (8x+)	98 kg
i) Eight (8+)	96 kg

Rule 1.2.6 In all boats the foot stretchers, shoes or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay in an emergency. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that where heel restraints are used the maximum length may only be 70mm. In addition, where Velcro or similar materials must be opened before the rower can remove his feet from the shoes or other device, all such materials must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap. Where shoes or other devices holding the feet will not remain in the boat, each shoe or device must be able to be released by the rower without using his hands or with a single quick hand action of pulling on one easily accessible strap or release

Rule 1.2.7 The edges of blade shall have a minimum thickness throughout as follows:

- a) sweep - 5 mm
- b) sculls - 3 mm

This thickness shall be measured 3 mm from the outer edge of the blade for sweep oars and 2 mm for sculls.

Rule 1.2.8 The opening of the coxswain's seat shall be at least 70 cm long and it shall be as wide as the boat for at least 50 cm. The inner surface of the enclosed part shall be smooth and no structure of any sort may restrict the inner width of the coxswain's section.

Rule 1.2.9 All eights shall be in two sections, with no section longer than 11.9 m.

Bye-law to Rule 1.2.10: "All in one" eights purchased prior to 31 December 1997 are exempt from this ruling.

Rule 1.2.10 Boats built or delivered after 1 January 2003 shall carry a manufacturer's plaque permanently affixed inside the boat detailing:

- a) Name of the boat builder.
- b) Year of construction.
- c) Average weight of the crew for which the boat is built.
- d) Weight of the boat on construction or delivery.
- e) Whether the boat meets the flotation requirements specified by FISA.

- Rule 1.2.11 All racing boats shall have a bow number holder permanently affixed to the boat, close to the bow of the boat.
- Rule 1.2.12 All boats participating in regattas shall carry bow numbers applicable to that specific race, securely fitted in the bow number holder in such a manner that the bow number will remain attached to the boat even if it is no longer secured in the bow number holder.
- Rule 1.2.13 The bow number plate shall be white or yellow with only black lettering of minimum height 150 mm. The bow number plate shall be rigid and fitted vertically. No alteration to the number is allowed.
- Rule 1.2.14 It is required that all buoyancy compartments as designed and fitted by the builder are watertight.
- Rule 1.2.15 A boat shall have sufficient inherent flotation when full of water and with a crew of average weight equal to the boat's design weight so that the top of the seat is a maximum of 5 cm below the static waterline.

Rule 1.3 Weighing of Boats

- Rule 1.3.1 The scale used to weigh boats shall indicate the weight of the boat to 0.1 kg.
- Rule 1.3.2 Weighing scale shall be available to crews at national championship, national and local championship regattas to test the weight of their boats.
- Rule 1.3.3 It is solely the responsibility of the crew that their boat has the required minimum weight.
- Rule 1.3.4 Before the start of each day's racing, an official authorized by the President of the Jury shall make a random draw identifying specific crews participating in a specific event and requiring the boats to be weighed.
- Rule 1.3.5 The President of the Jury shall also have the right to include additional crews to this list if there is a suspicion that certain boats are underweight.
- Rule 1.3.6 The authorized official shall deliver copies of this draw to the responsible official at control commission. Members of control commission shall inform the nominated crews that they have been selected for boat weighing. as they leave the water and they (or people appointed for that purpose) shall accompany the boat to the weighing scales.
- Rule 1.3.7 Once the nominated crew has completed the race, no extra weight of any description can be added to the boat until after the boat has been weighed in accordance with the remainder of this Rule 1.3.
- Rule 1.3.8 At the official weighing of the boat, the normal wetted surface of the boat is accepted. Any standing water shall be removed before the weighing, in particular any water between the shoulders and under the canvas. All other items (bow number, tools, clothes, sponges, bottles, etc.) shall be taken out of the boat before weighing.
- Rule 1.3.9 In the event that the result of a boat weighing indicates that a boat is below the minimum weight, the official responsible for weighing that boat shall:
- a) test the scales with the gauged weights ensuring that this is done in the presence of the crew representative
 - b) weigh the boat concerned for a second time ("second testing")

The result of this second testing shall stand.

Rule 1.3.10 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.

RULE 2 Rowers, Coxswains and Coaches

Rule 2.1 Eligibility

Rule 2.1.1 Regattas governed by these Rules of Racing are open to all competitors eligible to compete under the provisions of these rules and the RowSA Constitution.

Rule 2.1.2 All rowers participating in RowSA-sanctioned events shall be registered with RowSA and have passed the sculling test specified in Table 2.1.2.

Table 2.1.2 Requirements of the sculling test

1	Two scullers take boat from the boat-house and put on water.
2	Scull 50 m from the jetty or bank and then return thereto.
3	Turn boat on its axis clockwise and anti-clockwise, with a lateral movement of 1 m.
4	Back a scull to the bank or jetty from a minimum distance of 10 m (as for a 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 50 m in racing uniform.
8	Rowers to be able to get back in the boat unaided in racing uniform.

Rule 2.1.3 The responsibility for administering this test and ensuring their rowers have passed the test rests with the rower's club.

Rule 2.1.4 By registering a rower with RowSA, the club acknowledges the rower has passed the sculling test and accepts responsibility for the ability of the rower's competency in terms of this sculling test.

Rule 2.2 Age Categories of Rowers

Rule 2.2.1 The following age categories of rowers are recognised by RowSA:

- a) Junior boys and girls classified by age and status.
- b) Under 23 men (BM) and women (BW) classified by age.
- c) Lightweight Under 23 men (BLM) and women (BLW) classified by age and weight.
- d) Men (M) and women (W) classified by status.
- e) Lightweight men (LM) and women (LW) classified by weight and status.
- f) Masters (Masters) classified by the rowers age and status.
- g) Para-rower (P) classified by disability.

Rule 2.3 Eligibility of Junior Rowers

- Rule 2.3.1 Junior rowers shall compete during the regatta season in the age category applicable to the latter part of the season i.e. January to June.
- Rule 2.3.2 Scholar rowers shall be eligible to participate as junior rowers until 31st December of the year in which they reach the age of 19.
- Rule 2.3.3 JW18 and JM18 are junior rowers competing in provincial or international events and may do so until 31st December of the year in which they reach the age of 18.
- Rule 2.3.4 Age Categories applied to Junior Rowing in South Africa

Girls U13 and Boys U13	The rower is classified as U13 until the 31 st of December of the year in which they reach the age of 13.
Girls U14 and Boys U14	The rower is classified as U14 until the 31 st of December of the year in which they reach the age of 14.
Girls U15 and Boys U15	The rower is classified as U15 until the 31 st of December of the year in which they reach the age of 15.
Girls U16 and Boys U16	The rower is classified as U16 until the 31 st of December of the year in which they reach the age of 16.
Girls U19 and Boys U19	The rower is classified as U19 until the 31 st of December of the year in which they reach the age of 19.

- Rule 2.3.5 Grade 12 rowers and coxswains are not permitted to row for a school club in regattas in the period September to December.

Rule 2.4 Eligibility of Under 23 Rowers

- Rule 2.4.1 A rower or coxswain may participate as an Under 23 rower until 31 December of the year in which they reach the age of 22¹.
- Rule 2.4.2 While classified as an Under 23 rower, rowers may also compete in senior events.

Rule 2.5 Eligibility of Senior Rowers

- Rule 2.5.1 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 rower, elects to compete as a senior.
- Rule 2.5.2 Senior rowing is open to all registered rowers, whatever their gender or age.
- Rule 2.5.3 The status of senior rowers (A, B, C and D) is determined by the rowers previous experience and record in winning qualifying events. The definition of a qualifying event and the determination of a rower's status are covered in Appendix B Determination of Senior Rowers Status.
- Rule 2.5.4 Rowers and coxswains may participate both in senior and masters events at the same regatta.

¹ The formulation of the age calculation for Under 23 rowers is different to that for Junior Rowers. This is correct.

Rule 2.6 Eligibility of Lightweight Rowers

- Rule 2.6.1 Lightweight rowers apply to both Under 23 and senior rowers.
- Rule 2.6.2 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.
- Rule 2.6.3 A lightweight male single sculler may not weigh more than 72.5 kg.
- Rule 2.6.4 A 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.
- Rule 2.6.5 A lightweight woman single sculler may not weigh more than 59.0 kg.

Rule 2.7 Weighing of Lightweight Rowers

- Rule 2.7.1 Lightweight rowers shall be weighed wearing their registered racing uniform on tested scales not less than one hour and not more than two hours before their first race on each day of the competition.
- Rule 2.7.2 If the first race is subsequently postponed or cancelled, the lightweight rower is not required to be weighed again on the same day.
- Rule 2.7.3 Where a lightweight crew has already officially weighed and has met the required weight and, within the time allowed for weighing, a member of the crew is replaced then the rower replacing the ill or injured rower may be weighed alone, and not together with the remainder of the crew. The average official weight of the crew with the replacement rower shall not exceed the permitted average.

Rule 2.8 Eligibility of Masters Rowers (Men, Women, Mixed)

- Rule 2.8.1 Masters rowers shall compete during the regatta season in the age category applicable on 1 January in that season.
- Rule 2.8.2 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.
- Rule 2.8.3 Masters rowing shall be held in the following crew age categories:
- 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
 - K Average age 85 years and older

- Rule 2.8.4 The handicap system applicable to masters rowing is presented in Appendix C The Masters Handicap System.
- Rule 2.8.5 Age categories do not apply to coxswains of masters crews.
- Rule 2.8.6 Each competitor shall be responsible for his or her own health and fitness.
- Rule 2.8.7 Every masters rower shall be in a position to prove his age by presentation of an official document (passport, identity card or driver's license).

Rule 2.9 Eligibility of Para-Rowers

- Rule 2.9.1 A rower may compete in a para-rowing event if his or her disability meets the criteria set out in the FISA Para-Rowing Classification Regulations (FISA Rules of Racing Appendix 17). The categories, boat classes and rules specific to para-rowing are presented in Appendix 4 – Para-Rowing.

Rule 2.10 Coxswains

- Rule 2.10.1 Coxswains are deemed to be members of the crew and therefore shall be *bona fide* members of the club.
- Rule 2.10.2 The dress code for coxswains requires coxswains to wear the recognised racing colours of the club.
- Rule 2.10.3 Gender, Weight and Age Specifications for Coxswains

The following restrictions apply to coxswains for various crews:

Crew	Gender of Crew	Gender of Coxswain	Minimum weight of Coxswain	Age restrictions for Coxswain
Senior Crews	Any	Any	55 kg	No restrictions
Master Crews	Any	Any	55 kg	No restrictions
J19 Boys	Male	Male	55 kg	Same age category or up to two categories younger
J19 Girls	Female	Female	50 kg	Same age category or up to two categories younger
J19 Mixed	Mixed	Any	55 kg	Same age category or up to two categories younger
Other junior crews	Male	Male	No minimum weight	Same age category or up to two categories younger but see 2.10.4
Other junior crews	Female	Female	No minimum weight	Same age category or up to two categories younger but see 2.10.4
Other junior crews	Mixed	Any	No minimum weight	Same age category or up to two categories younger but see 2.10.4

- Rule 2.10.4 In the interests of safety, an older, experienced junior coxswain may cox an Under 14 crew in local championship and local regattas, but not at national championship and national regattas.

- Rule 2.10.5 Coxswains shall be weighed wearing registered racing uniform on tested scales not less than one hour and not more than two hours before their first race on each day of racing. If the first race is subsequently postponed or cancelled, the coxswain is not required to be weighed again on the same day.
- Rule 2.10.6 The scale used to weigh coxswains shall indicate the weight to 0.1 kg.
- Rule 2.10.7 A coxswain may carry up to a maximum required deadweight of 15 kg.
- Rule 2.10.8 Deadweight carried by the coxswain must be of lead shot, steel shot or sand only.
- Rule 2.10.9 The deadweight shall be placed in the boat as close as practical to the coxswain, but not tied or strapped to the coxswain's body. No article of racing equipment shall be considered as part of this deadweight.

Rule 2.11 Notification of Health Conditions

- Rule 2.11.1 The club representative is responsible to inform the judge at control commission of any medical condition that may put the rower at risk during the race by no later than when the rower crew passes through control commission. The judge at control commission shall then inform the umpire of the race of the rower's medical condition.
- Rule 2.11.2 Each competitor shall be responsible for their own health and fitness.

Rule 2.12 Coaches

- Rule 2.12.1 The responsibility for administering this rule rests with each registered club.
- Rule 2.12.2 All coaches of rowers shall be over the age of 16 and are required to register with their relevant Constituent Member and RowSA.
- Rule 2.12.3 Coaches should have attended a SAMSA or RowSA approved course on basic boating safety, boatmanship and piloting skills before being allowed to pilot a boat and should participate in on going education as it becomes available.
- Rule 2.12.4 Coaches should be Level 1 First Aid and CPR certified; and these certifications should be updated at the required intervals.
- Rule 2.12.5 Exemption may be granted to by application to the relevant constituent member, who shall notify RowSA of such exemptions on an annual basis. No exemption may be given that is contrary to SAMSA regulations.

RULE 3 Club and Rower Identification**Rule 3.1 Registration of Club Racing Uniform and Blades**

Rule 3.1.1 Club racing uniforms and blades shall be submitted to SAROC for approval and publication on the RowSA website. These shall not be the same as any other club.

Rule 3.1.2 Where alternative racing uniforms are used for school 1st crews only, they shall be designed in such a way that they approximate as closely as possible the registered racing uniform of the club. These uniforms shall also be submitted to SAROC for approval and registration.

Rule 3.1.3 The blade of an oar shall be painted the same on both sides.

Rule 3.1.4 Once approved and registered by SAROC, all registered club racing uniforms – including those worn by 1st crews – and blades shall be posted on the RowSA website (www.rowsa.co.za).

Rule 3.2 Rower Identification

Rule 3.2.1 Every rower shall, through their club, apply to RowSA for registration. The application shall include the following information:

- a) Full name
- b) Gender
- c) Date of birth
- d) Race
- e) Nationality
- f) Name of club(s)
- g) Any health issue related to the rower e.g. asthma etc.

Rule 3.2.2 RowSA shall make the registration information available to clubs or rowers within 2 weeks of registration.

Rule 3.2.3 Every club shall bring a file containing the registration information of all their competitors at that regatta to each regatta and have it available at all times for inspection by officials.

RULE 4 Advertising and Sponsorships**Rule 4.1 Prizes and Sponsorship Contracts**

Rule 4.1.1 Competitors may receive cash or other prizes for competition. They may also enter into sponsorship contracts provided these contracts are reviewed and approved by the RowSA Executive Committee in terms of relevant principles and authorities.

Rule 4.1.2 Junior rowers may not receive cash prizes for personal benefit, but may receive any other such prizes approved by the RowSA Executive Committee.

Rule 4.2 Advertising on Racing Uniform and Equipment

- Rule 4.2.1 Advertising on racing uniforms shall not interfere with the identification of the rowers. No advertising on the back of the racing uniform is allowed which in any way interferes with the identification of the rowers colours. Racing uniforms should not be so covered in advertising logos or slogans as to cause confusion as to the origin and club of the rower.
- Rule 4.2.2 Racing blades shall not carry advertising logos.
- Rule 4.2.3 Boats may carry sponsors logos and names.
- Rule 4.2.4 Advertising on bow numbers is allowed on the bottom 5 cm of the bow number.

Rule 4.3 Advertising at Regattas

- Rule 4.3.1 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.
- Rule 4.3.2 Approval shall be obtained from the relevant organising committee and may be subject to any cost and restrictions they may impose.

RULE 5 Racing**Rule 5.1 Conduct of Crews**

- Rule 5.1.1 All rowers shall compete in accordance with these Rules of Racing.
- Rule 5.1.2 Crews shall comply with instructions from officials and shall observe any traffic rules in force.
- Rule 5.1.3 While warming up or making their way up to the start, crews shall in particular:
- a) Not cross the finish line (in any direction) while boats from another race are in the process of finishing.
 - b) Stop when competing crews approach their position.
 - c) Not follow the race over all or part of the course when not taking part in a race, even outside the buoyed area.

Rule 5.2 Rowers' Clothing

- Rule 5.2.1 Members of the same club shall compete wearing the registered racing uniform of their club.
- Rule 5.2.2 For composite crews, each crew member shall wear the registered racing uniform of their club.
- Rule 5.2.3 If headwear is worn by any members of the crew then the headwear worn by those crew members shall be uniform.

- Rule 5.2.4 If undershirts and / or leggings are worn by any members of a crew then the undershirt and leggings worn by those crew members shall be uniform.
- Rule 5.2.5 Undershirts shall be neutral in colour or matching the registered racing uniform and devoid of logos, advertising or other markings.
- Rule 5.3 Withdrawals**
- Rule 5.3.1 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.
- Rule 5.3.2 In the event of one or more withdrawals, the President of the Jury may conduct a new draw after having advised all competing clubs of the intention.
- Rule 5.3.3** In the event that withdrawals allow a combination or elimination of races, the umpire may do so after informing the President of the Jury and the judge at the finish.
- Rule 5.4 Crew Changes before First Heat**
- Rule 5.4.1 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.
 - Are registered as such with RowSA (in the case of composite crews – registered with the club clubs concerned.
 - Are of the same status or lower.
- Rule 5.4.2 Crew changes shall 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 5.4.3 No substitute is permitted for a single sculler.
- Rule 5.5 Crew Changes after First Heat**
- Rule 5.5.1 No crew changes are permitted after a crew has rowed the first heat of a race, except in the case of serious illness or injury.
- Rule 5.5.2 A certificate from a medical doctor or the appointed medical services at a regatta shall be submitted to the judge at control commission.
- Rule 5.5.3 No substitute is permitted for a single sculler.
- Rule 5.5.4 A rower who has been replaced may not return to compete in the same event, even if restored to health.
- Rule 5.6 Boat Launching**
- Rule 5.6.1 All crews shall report to control commission before launching.
- Rule 5.6.2 All crews shall familiarise themselves with the local traffic rules before launching.

Rule 5.7 At the Start

- Rule 5.7.1 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. After having examined the damage and in consultation with the President of the Jury, the umpire shall decide on an appropriate course of action that could include rejecting the claim, effecting repairs or delaying the start of the race.
- Rule 5.7.2 A crew shall not enter the course until it is cleared for the race for which that crew is entered.
- Rule 5.7.3 Crews shall be at the start ready to row two minutes before the start time. Crews arriving after the two minute start time shall be presented a yellow card by the umpire.
- Rule 5.7.4 The race may be started without reference to absent crews or latecomers.
- Rule 5.7.5 The umpire shall start the race when the crews are ready and when the aligner indicates that the crews are correctly aligned. It is the crew's responsibility to ensure their boat is straight in their lane.
- Rule 5.7.6 The race is started by the umpire dropping a red flag.
- Rule 5.7.7 Should the aligner deem the start to be faulty, the umpire shall stop the race and issue a yellow card to the crew or crews which, in the opinion of the aligner, caused the false start.
- Rule 5.7.8 Only the aligner may rule a start to be false.
- Rule 5.7.9 If considered necessary, the umpire may decide to use the rolling start procedure. This decision shall be communicated to the crews and the President of the Jury.
- Rule 5.7.10 The same starting procedure shall be used for all races in that event.

Rule 5.8 During Racing

- Rule 5.8.1 In the case of races with crews starting abreast, each crew shall have a lane reserved for its own use.
- Rule 5.8.2 Rowers are responsible for their own steering.
- Rule 5.8.3 The umpire may steer or stop a crew to prevent it colliding with an obstacle or prevent it from impeding another crew.
- Rule 5.8.4 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 by doing so.
- Rule 5.8.5 Where the course is not fully buoyed, the umpire shall be the judge as to the correctness of a crew's course.
- Rule 5.8.6 A crew that has been excluded from a race will return to the jetty in accordance with the published traffic rules and may not follow the race over all or part of the course.
- Rule 5.8.7 If a race has to be restarted or re-rowed, then it shall be from the original start line.

Rule 5.9 Finish of the Race

- Rule 5.9.1 A crew has finished the race when the bow of its boat has crossed the finish line.
- Rule 5.9.2 The race shall be valid and the result shall stand even if the crew is incomplete.
- Rule 5.9.3 A crew crossing the finish line without its coxswain (in coxed events) shall not be placed.

Rule 5.10 Coaching

- Rule 5.10.1 It is prohibited for coaches or other individuals to give instructions or advice to crews during a race.

Rule 5.11 Head Races

In cases of regattas with many entries in a particular boat class or in adverse conditions, head races may be conducted as a heat in accordance with the draw as a time trial in which all crews in that round shall compete against each other.

- Rule 5.11.1 When used, head races must be conducted for all crews in an event. Where seeding is provided for, the highest seeded crew starts first and the second highest seeded crew shall start second etc. Crews not seeded shall start in the order of their lanes, as given from the official draw.
- Rule 5.11.2 Racing shall take place using a minimum of four lanes with crews starting alternately in the odd numbered lanes only.
- Rule 5.11.3 Head races shall be started from the normal fixed start positions but using a rolling start system for all crews. This means that the start time shall be taken as each crew's bow ball crosses the start line
- Rule 5.11.4 If a crew is being caught by any crew that starts behind them then they must move out of the odd numbered lane to the next highest lane number to allow the overtaking crew to pass safely. Once the crew has overtaken them then the overtaken crew must move back into the original lane.
- Rule 5.11.5 A crew claiming that its race has been improperly run shall indicate their objection to the umpire stationed at the finish of the course.

RULE 6 Objections, Protests and Appeals**Rule 6.1 Objections**

- Rule 6.1.1 A crew claiming that its race has been improperly run shall 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. Such objection may only concern the conduct of the race.
- Rule 6.1.2 A crew excluded at the start may raise an objection with the umpire at the start.

- Rule 6.1.3 If a crew considers that the race was not in order the umpire shall not raise any flag at the end of the race but he shall consult with the objecting crew and consider their objection. The umpire may then decide upon one of a number of alternative actions:
- a) The umpire may reject the crew's objection and raise a white flag to signify that he has decided the race was in order.
 - b) The umpire may accept the crew's objection and raise a red flag to signify that he or she has decided that the race was not in order. In this case, the umpire shall go to the judges at the finish to give them the decision and any necessary explanations. The judges at the finish, in such cases, shall not announce the official result of the race until the umpire has given his or her decision.
 - c) The umpire may decide to seek further information regarding the objection. In this case, he or she shall raise a red flag and then take any necessary further steps to resolve the issues relating to the objection, e.g. consult with other officials, consult with other persons, consult with the President of the Jury etc. The judges at the finish, in such cases, shall not announce the official result of the race until the umpire has given the decision.

Rule 6.2 Protests

- Rule 6.2.1 A crew or crews whose objection has been rejected or who are affected by the acceptance of the objection, or a crew that has been disqualified or excluded or ruled DNS or DNF, as well as crews disputing the published results may lodge a protest in writing to the President of the Jury not later than one hour after the umpire has communicated his or her decision regarding the objection or, in the case of disputing the published results, not later than one hour after the results have been published.
- Rule 6.2.2 The President of the Jury shall convene a jury meeting to decide before the next round of heats in the event concerned and no later than two hours after the last event of the day as to the outcome of the protest and the appropriate course of action. 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.
- Rule 6.2.3 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 6.3 Appeals

- Rule 6.3.1 An appeal against the decision of the jury by a crew penalised may be made to the executive committee of the controlling authority of the regatta directly after the decision has been announced. The appeal shall be in writing and document the basis of the appeal.
- Rule 6.3.2 The executive committee shall adopt procedures necessary to ensure fairness and protect the rights of the parties.
- Rule 6.3.3 Decisions taken by the executive committees on matters of appeal are final.

RULE 7 Penalties

Rule 7.1 Types of Penalties

Rule 7.1.1 An umpire or jury may reprimand or impose the following penalties on rowers, coxswains or persons accompanying them who behave in an unsporting or improper manner or who fail to meet the requirements of these rules:

- a) warning (yellow card)
- b) exclusion (red card)
- c) disqualification
- d) relegation to last place (for underweight boats)

Rule 7.1.2 If a crew receives two yellow cards in the same race, they will then be presented with a red card and excluded from the race.

Rule 7.1.3 A rower or crew that has been excluded may not row in that race.

Rule 7.1.4 A rower or crew that has been disqualified may not row in any events in that regatta.

RULE 8 Anti-Doping Rules**Rule 8.1 General Principles**

Rule 8.1.1 Doping is strictly prohibited.

Rule 8.2 Doping Tests

Rule 8.2.1 Doping tests conducted by the South African Institute for Drug-Free Sport (SAIDS) may be done at national championship, national, inter-provincial, local championship and local regattas.

Rule 8.2.2 The testing, selection of athletes, doping procedures, and any consequent hearings and appeals shall comply with the provisions of SAIDS.

Rule 8.3 Selection of Rowers to be Tested

Rule 8.3.1 Rowers to be tested will be selected according to any of the following criteria:

- a) Race results (e.g. places 1st to 4th)
- b) 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)
- c) Where doping is suspected

Rule 8.4 Doping Procedure

Rule 8.4.1 The judge at control commission will be advised by the SAIDS officials 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 from control commission will accompany the selected rower and assist the rower to contact either their coach or person identified by the rower to accompany him or her to the doping control station. The official at control commission shall 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, the official at control commission has no further responsibility for the rower.

Rule 8.5 Therapeutic Use Exemption (TUE)

Rule 8.5.1 Rowers with a documented medical condition requiring the use of a prohibited substance or a prohibited method shall obtain a therapeutic use exemption (TUE) from SAIDS and shall produce it on demand by testing authorities.

RULE 9 Regattas and Matches**Rule 9.1 International Regattas and Matches**

Rule 9.1.1 All international regattas and matches held in South Africa shall be subject to the current FISA Rules of Racing.

Rule 9.2 RowSA Regattas

Rule 9.2.1 Excluding international and social regattas - or unless specifically stated - regattas held in South Africa are under the jurisdiction of RowSA and are subject to the RowSA Rules of Racing:

- a) National championship regattas
- b) National regattas
- c) Interprovincial regattas
- d) Local championship regattas
- e) Local regattas

Rule 9.3 Approval of Regattas

Rule 9.3.1 The athletes commission in collaboration with SAROC is responsible for coordinating submissions from constituent members, preparing a national regatta calendar for the regatta season and submitting the calendar for approval at the RowSA AGM.

Rule 9.3.2 All constituent members of RowSA shall submit to RowSA by not later than 31 May each year a list of all regattas proposed to be held in their regions or under their jurisdiction during the regatta season.

Rule 9.3.3 Such a list shall show for each proposed regatta the:

- a) Name of the regatta.
- b) Proposed class of the regatta.
- c) Date(s) of the regatta.
- d) Venue and details of the course.

- e) Organising entity
- f) Type of races and distance(s).
- g) Categories of participants to be catered for.
- h) Sponsoring association and / or controlling authority.

RULE 10 Regatta Participation and Entries

Rule 10.1 Participation in International Regattas and Regattas in Other Countries

Rule 10.1.1 Crews may compete in an international regatta in another country only if authorised in writing by RowSA.

Rule 10.1.2 Crews shall inform RowSA of their intention to compete in other countries.

Rule 10.2 Participation in South African Regattas

Rule 10.2.1 A rower may compete in a South African regatta only if registered as a rower with RowSA.

***Bye-law for Rule 10.2.1** This registration requirement may be waived for U14 entries up to 1 February, subject to the full naming of the crew to control commission before the start of racing.*

Rule 10.2.2 Indoor rowing regattas may be open to registered and non-registered rowers at the discretion of the organising committee.

Rule 10.2.3 Rowers from another country may compete in a South African regatta if authorised by their national rowing federation.

Rule 10.3 Regatta Entries

Rule 10.3.1 A crew shall be entered for a regatta using the entry system specified by the organising committee.

Rule 10.3.2 Names of the rower should be shown starting with the bow rower and finishing with the stroke rower, followed by the coxswains.

Rule 10.3.3 Composite and mixed crews may only be entered if allowed in terms of the regatta notice.

Rule 10.3.4 No competitor may compete for two different clubs at the same regatta unless specifically allowed in the regatta notice.

Rule 10.3.5 Any false declaration regarding the name, classification (age or status) or club membership of a competitor shall entail the disqualification of the crew.

Rule 10.4 Regatta Programme and Draw

- Rule 10.4.1 The organising committee shall publish not later than two weeks prior to the first day of the regatta a provisional programme to enable clubs to plan their entries and report possible boat clashes.
- Rule 10.4.2 The provisional programme and draw shall be published not later than four days prior to the first day of the regatta.
- Rule 10.4.3 The draw for each event shall be random, unless the regatta notice stipulates that competitors will be seeded.
- Rule 10.4.4 Should the number of crews entering into an event exceed that of available starting positions in a single event, a system of heats or head races may be used to determine the finalists.
- Rule 10.4.5 The rules for progression into the final shall be published before the first heat or head races, and may not be changed except by the fairness committee. Examples of progressions for six and eight lane rowing courses are presented in Appendix A Rules of Progression.
- Rule 10.4.6 The draw for the heats shall be random, unless the organising committee decides and publishes that the preliminary heats should be seeded.
- Rule 10.4.7 Each round of heats shall finish at least two hours before the following round of heats, semi finals or finals of the same event.
- Rule 10.4.8 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 10.4.9 The final draw for a regatta shall be available not less than two days prior to the first day of the regatta.

RULE 11 Organising Regattas

Rule 11.1 Controlling Authorities

- Rule 11.1.1 All regattas, matches or indoor rowing events held in South Africa shall be organised by a designated organising committee.
- Rule 11.1.2 Controlling authorities of regattas held in South Africa are designated as follows:

National championship regattas	RowSA
National regattas	Constituent member
Interprovincial regattas	RowSA / constituent member
Local championship regattas	Constituent member
Local regatta	Constituent member

- Rule 11.1.3 The controlling authority may appoint a representative to liaise with the organising committee.

Rule 11.1.4 SAROC may appoint a technical delegate to national championship and national or interprovincial regattas to ensure a regatta is run in compliance with these Rules of Racing.

Rule 11.2 Duties of the Organising Committee

Rule 11.2.1 The organising committee shall take all steps required to ensure the proper organisation of the regatta and its financial control on the date allocated in the national regatta calendar and in agreement with the controlling authority.

Rule 11.2.2 The organising committee shall prepare and publish a regatta notice, a provisional programme and entry forms four weeks before the regatta. The regatta notice shall specify:

- a) The events offered
- b) The length of the course
- c) The entry fees of the regatta
- d) Points, prizes and trophies to be awarded
- e) Incompatible events
- f) Local rules
- g) Traffic rules
- h) Permissibility of composite crews
- i) Rules of progression

Rule 11.2.3 The organising committee shall appoint a safety officer and the requisite land- and water-based safety specified in Rule 12.9. They shall also ensure a safety plan is in place.

Rule 11.2.4 The organising committee shall comply with relevant legislation, including that of SAMSA and SASREA.

Rule 11.2.5 The organising committee shall liaise with SAROC or the relevant officials' association regarding the selection of a jury and allocation of duties of the officials during the regatta.

Rule 11.2.6 In the case of national championship and national regattas, the organising committee shall appoint a fairness committee to ensure fair racing in the event of unfair racing conditions. The fairness committee shall comprise the President of the Jury, an official, a person appointed by the organising committee, the safety officer and, if applicable, the technical delegate. The organising committee may appoint additional members to the fairness committee.

Rule 11.2.7 The controlling authority or organising committee is not required to pay for the expenses of any official or competitor.

Rule 11.3 Duties of the Technical Delegate

Rule 11.3.1 The technical delegate is to ensure these Rules of Racing are complied with and regatta is satisfactorily run from both a safety and fairness perspective. These duties may require an inspection *in loco* one week prior to the regatta.

Rule 11.3.2 The technical delegate should be present for the entire regatta, including any meetings of club representatives or officials. On arrival, the technical delegate shall make themselves known to the organising committee, the President of the Jury and the safety officer.

- Rule 11.3.3 Prior to the start of the regatta, the technical delegate shall inspect the regatta course with a representative of the organising committee, taking particular note of safety aspects, traffic rules for training and racing and boat marshalling areas.
- Rule 11.3.4 The technical delegate should report any potential problems to the President of the Jury, but it remains the responsibility of the jury to carry out its responsibilities.
- Rule 11.3.5 The organising committee and the jury shall consult the technical delegate on matters where there are any uncertainties concerning the application of these Rules of Racing.
- Rule 11.3.6 Legal responsibility for matters of safety remain with the organising committee and the jury, and no liability shall be imposed upon the technical delegate.
- Rule 11.3.7 Within seven days of the end of the regatta, the technical delegate shall send a report to SAROC and the organising committee, documenting observations relating to the running of the regatta and recommendations on how to improve the regatta.

RULE 12 Duties of Officials During Regattas**Rule 12.1 Overall Responsibilities of Officials**

Rule 12.1.1 Officials shall ensure the safety of the rowers and consistent application of these Rules of Racing.

Rule 12.2 Duties of the President of the Jury

Rule 12.2.1 The President of the Jury shall:

- a) Allocate duties to officials and shall supervise their activities.
- b) Manage the regatta, ensuring safety and consistent application of these Rules of Racing.
- c) Ensure proper co-ordination between the jury, the organising committee and safety personnel.
- d) Convene jury meetings during regattas and chair the hearing of any protests.
- e) Participate in the fairness committee.
- f) Write a regatta report, documenting any safety incidents, any protests dealt with and providing a brief commentary on the regatta.

Rule 12.2.2 The regatta report shall be signed by the President of the Jury and shall be available not later than two weeks after the regatta:

- a) In the case of national championship and national regattas, the regatta report shall be sent to SAROC.
- b) In the case of local championship and local regattas, the regatta report shall be sent to the constituent member that is the controlling authority of the regatta with a copy to SAROC.

Rule 12.3 Duties of the Jury

Rule 12.3.1 The jury shall ensure the regatta is run in accordance with these Rules of Racing and any modifications to the rules as approved by SAROC and published in the regatta notice.

Rule 12.3.2 The safety of rowers shall be the prime concern of the jury at all times during the regatta.

Rule 12.3.3 The jury shall consist of persons carrying out the following duties:

- a) President of the Jury
- b) Technical delegate (where applicable)
- c) Two officials designated by the President of the Jury
- d) A representative of the controlling authority

Rule 12.3.4 In the case of national championship and national regattas, officials serving on the jury shall be national umpires or national officials.

Rule 12.3.5 The jury shall decide on any protests made in terms of Rule 6.2.

- Rule 12.3.6 In the case of a protest, any member of the jury involved in the dispute shall not be a member of the jury which decides that protest. In such a case, the President of the Jury may call upon one or more substitutes.
- Rule 12.3.7 When necessary, the President of the Jury shall decide on action required regarding the progression of boats involved in a dead heat in preliminary races.
- Rule 12.3.8 The jury shall remain in attendance throughout the regatta.

Rule 12.4 Duties of Control Commission

- Rule 12.4.1 Control commission shall operate both as an administration centre and as launch control with the following responsibilities being addressed at the appropriate location.
- Rule 12.4.2 Officials at control commission shall record all crew changes and withdrawals.
- Rule 12.4.3 Control commission shall carry out its duties near the boat launching area. In particular, control commission is responsible for checking the following:
- a) The correct weighing of coxswains and lightweight crews following procedures required by these Rules of Racing
 - b) Deadweight to be carried by coxswains (before and after the race)
 - c) Composition of the crew, and the provision of substitutes for competitors who are injured or have fallen ill after the first heat of their event
 - d) Where doping tests are carried out, that rowers required to undergo tests are taken to the officials responsible for this immediately after getting out of the boat
 - e) Boats and equipment, including compliance with all safety requirements in accordance with these Rules of Racing, correct bow numbers on each boat, possible use of unauthorised equipment and conformity of boats, blades and racing uniforms with the rules regarding identification and conformity.
 - f) Boat weight verification as per procedure in Rule 1.4.

Rule 12.5 Duties of the Umpire

- Rule 12.5.1 The umpire shall consider whether the wind or water conditions are likely to create unsafe or unfair conditions, and take steps necessary to ensure a safe and fair race.
- Rule 12.5.2 Together with the aligner, the umpire shall ensure that the correct starting procedure is followed.
- Rule 12.5.3 The umpire shall ensure the proper conduct of the race and the safety of the rowers. The umpire shall ensure no crew gains any unfair advantage or suffers any disadvantage from its opponents or from outside interference.
- Rule 12.5.4 If a crew is impeded, the umpire shall ensure that its chance of winning is fully restored to it.
- Rule 12.5.5 The umpire shall impose appropriate penalties on crews at fault, but in principle only after a previous warning.
- Rule 12.5.6 The umpire shall not give any steering instructions to crews other than to ensure accidents are avoided and to prevent crews from being impeded by their opponents.

- Rule 12.5.7 If necessary, the umpire may stop the race, impose any necessary penalties and order the race be re-rowed from the start, either immediately or later. In the latter case, the umpire shall decide on the new starting time in consultation with the President of the Jury and shall inform the crews concerned.
- Rule 12.5.8 The umpire may also allow the race to continue and exclude crews after the race has finished. The umpire may confine any re-row to such crews as he or she shall designate. However, when the umpire considers that the impediment has not affected the result of the race, or considers the effect of the impediment was not significant, he or she may decline to order a re-row of the race or of the crews involved in the incident.
- Rule 12.5.9 During a race, the umpire shall ensure his or her launch is best placed to enable effective action. Should it be necessary to overtake one or more crews, the umpire shall see to it that they are not hampered more than is necessary by the wash of the launch.

Bye-law to Rule 12.5.9 *The position of the umpire's launch depends on the progress of the race, the progression of the crews and weather conditions. The umpire must be satisfied that crews whom he or she wishes to address can hear the instructions.*

Rule 12.6 Duties of the Aligner

- Rule 12.6.1 The aligner shall align the boats using the correct aligning procedure.
- Rule 12.6.2 Once instructed to do so by the umpire, the aligner shall align the boats and inform the umpire when the boats are correctly aligned.
- Rule 12.6.3 Only the aligner shall decide if the boats are correctly aligned and if one or more crews caused a false start. If the aligner deems a start to be faulty, he or she shall immediately inform the umpire.

Rule 12.7 Duties of the Judge at the Finish

- Rule 12.7.1 The judges at the finish shall determine the order in which the bows of the boat cross the finish line, ascertain from the umpire that the running of the race was in order and validate the results.
- Rule 12.7.2 The judges at the finish shall measure the time taken by each crew to cover the course.
- Rule 12.7.3 The judge at the finish shall be responsible for authorising the results sheet.

Rule 12.8 Duties of the Safety Officer

- Rule 12.8.1 The safety officer shall ensure appropriate land- and water-based safety measures are in place before the regatta commences and records are kept of all incidents.
- Rule 12.8.2 The safety officer shall remain in contact with the safety teams and assist in making decisions in the event of an emergency.
- Rule 12.8.3 The safety officer shall provide guidance and input into all matters relating to safety during the regatta, and bring to the attention of the President of the Jury issues of concern.

Rule 12.9 Safety Requirements at Regattas

Rule 12.9.1 No regatta shall start unless the requisite safety plan and land- and water-based safety provisions are in place.

Bye-law to Rule 12.9.1 RowSA may remove a regatta from the South African regatta calendar if it is not satisfied that safety aspects at a regatta have been adequately adhered to.

Rule 12.9.2 A safety plan shall be in place for each regatta that identifies the safety officer, the land-based paramedics, the water-based safety boats pilots, the closest ambulance and rescue services and the closest medical facility to handle any medical emergencies. The safety plan shall provide current telephone numbers for the identified officers and medical services and prescribe rescue protocols and procedures to be followed in an emergency. The safety plan shall additionally prescribe protocols and procedures to be followed off the water in the event of adverse weather with particular reference to lightning. This shall include the designation of venue specific "places of safety" adequate for number of competitors and anticipated spectators.

Rule 12.9.3 The safety plan shall be included with the regatta notice as distributed as well as published on the regatta website prior to the regatta and a hard copy furnished to the President of the Jury, the safety officer, the land and water-based safety officials prior to the commencement of the regatta. Clubs are responsible for the adherence to the safety plan by their athletes and supporters.

Rule 12.9.4 The following minimum land-based resources shall be available for the duration of the regatta:

- a) One intermediate paramedic (I.L.S) and one basic paramedic (B.L.S) per 250 competitors, with cognizance being taken of the total number of people attending the regatta (rowers and spectators) and distance to the closest hospital.
- b) Appropriate medical equipment, including resuscitation equipment, a saline drip, back board and neck brace, bandages and wound dressings and medication for ailments such as asthma, nausea, heat stroke, exhaustion, allergies and headaches.
- c) Designated places of safety to be provided and clearly marked/signposted

Rule 12.9.5 The following minimum water-based resources shall be available for the duration of the regatta:

- a) One rescue boat per 1000m of course.
- b) One crew member per rescue boat with basic first aid training (Level 1 First Aid and CPR certified)
- c) Life jackets for all rescue boat crew and an additional two for rescue purposes.
- d) One rescue torpedo.
- e) Communication devices (radio or cell phone) to contact the safety officer and President of the Jury.
- f) A basic medical kit and safety blanket.

Rule 12.9.6 The safety officer and the land- and water-based safety officials are required to keep a log of any safety incidents or medical emergencies that occur during a regatta and provide written reports to the President of the Jury on completion of their duties.

Rule 12.10 Traffic Rules

Rule 12.10.1 The organising committee shall 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 shall cover:

- a) Traffic rules for training.
- b) Traffic rules for racing.
- c) Traffic rules for crews excluded from a race.
- d) Traffic rules for emergency evacuation.

Rule 12.10.2 The President of the Jury shall close the regatta course for training and other boating activities 30 minutes prior to the scheduled start of the first race of the day. If safe and appropriate to do so, the President of the Jury can open the course for training and other boating activities 30 minutes after the last race of the day has finished.

Rule 12.10.3 Traffic rules for racing shall cover crews moving to the start, returning from the finish, crossing of the course (if applicable), warm up and cool down areas (if provided) and the return path for boats missing races and being sent back to the jetties.

Rule 12.11 Adverse Weather Conditions

Rule 12.11.1 In the event of adverse weather conditions at local championship and local regattas, the President of the Jury shall consult with members of the jury and chair of the organising committee and may make changes to the programme if the weather creates unsafe or unfair conditions.

Rule 12.11.2 In the event of adverse weather conditions at national championship and national regattas, the fairness committee appointed by the organising committee may make changes to the programme if the weather creates unsafe or unfair conditions.

APPENDIX A Rules of Progression

Rule A.1 Applicability of Rules of Progression

Rules of Progression are part of the RowSA Rules of Racing and should be used according to the Applicability and Exceptions defined in Section 2: Scope.

Rule A.2 Rules of Progression for 8 Lane Courses

Rules of progression for a rowing course of 8 lanes shall be based on the following system:

Number of Entries	Heat	A Finals	B Finals (Optional)	Semi-Finals (Optional)
2 to 8 entries 0 heats	Seed 1 to A4	A Final Only		
	Seed 2 to A5			
	Seed 3 to A3			
	Seed 4 to A6 etc			
	No B Final			

Number of Entries	Heat	A Finals	B Finals (Optional)	Semi Finals to Finals
9 to 16 entries 2 heats	Seed 1 to H1 L4	Fastest 1st in heats to A4	Fastest Crew not in A final to B4	1st in Semi Final 1 to A4
	Seed 2 to H2 L4	Next 1st in heats to A5	2nd Fastest crew not in A final to B5	1st in Semi Final 2 to A5
	Seed 3 to H2 L5	Fastest 2nd in heats to A3	3rd Fastest crew not in A final to B3	2nd in Semi Final 1 to A6
	Seed 4 to H1 L5	Next 2nd in heats to A6	4th Fastest crew not in A final to B6	2nd in Semi Final 2 to A3
	Seed 5 to H1 L3	Fastest 3rd in heats to A2	5th Fastest crew not in A final to B2	3rd in Semi Final 1 to A2
	Seed 6 to H2 L3	Next fastest 3rd in heats to A7	6th Fastest crew not in A final to B7	3rd in Semi Final 2 to A7
	Seed 7 to H1 L6	Fastest 4th in heats to A1	7th Fastest crew not in A final to B1	4th in Semi Final 1 to A8
	etc	Next fastest in heats to A8	8th Fastest crew not in A final to B8	4th in Semi Final 2 to A1

Number of Entries	Heat	A Finals	B Finals (Optional)	Semi-Finals (Optional)
17 to 24 entries 3 heats	Seed 1 to H1 L4	Fastest 1st in heats to A4	Fastest Crew not in A final to B4	
	Seed 2 to H2 L4	2nd fastest 1st in heats to A5	2nd Fastest crew not in A final to B5	
	Seed 3 to H3 L4	3rd fastest 1st in heats to A3	3rd Fastest crew not in A final to B3	
	Seed 4 to H3 L5	Fastest 2nd in heats to A6	4th Fastest crew not in A final to B6	
	Seed 5 to H2 L5	2nd fastest 2nd in heats to A2	5th Fastest crew not in A final to B2	
	Seed 6 to H1 L5	3rd fastest 2nd in heats to A7	6th Fastest crew not in A final to B7	
	Seed 7 to H1 L3	Fastest 3rd in heats to A1	7th Fastest crew not in A final to B1	
	etc	Next fastest in heats to A8	8th Fastest crew not in A final to B8	

Number of Entries	Heat	A Finals	B Finals (Optional)	Semi-Finals (Optional)
25 to 32 entries 4 heats	Seed 1 to H1 L4	Fastest 1st in heats to A4	Fastest Crew not in A final to B4	
	Seed 2 to H2 L4	2nd fastest 1st in heats to A5	2nd Fastest crew not in A final to B5	
	Seed 3 to H3 L4	3rd fastest 1st in heats to A3	3rd Fastest crew not in A final to B3	
	Seed 4 to H4 L4	4th fastest 1st in heats to A6	4th Fastest crew not in A final to B6	
	Seed 5 to H4 L5	Next fastest in heats to A2	5th Fastest crew not in A final to B2	
	Seed 6 to H3 L5	Next fastest in heats to A7	6th Fastest crew not in A final to B7	
	Seed 7 to H2 L5	Next fastest in heats to A1	7th Fastest crew not in A final to B1	
	Seed 8 to H1 L5	Next fastest in heats to A8	8th Fastest crew not in A final to B8	

Number of Entries	Heat	A Finals	B Finals (Optional)	Semi-Finals (Optional)
33 to 40 entries 5 heats Progressions from Semis to Finals as above	Seed 1 to H1 L4	Fastest 1st in heats to A4	Fastest Crew not in A final to B4	Fastest 1st in heats to S1 L4
	Seed 2 to H2 L4	2nd fastest 1st in heats to A5	2nd Fastest crew not in A final to B5	2nd fastest 1st in heats to S2 L4
	Seed 3 to H3 L4	3rd fastest 1st in heats to A3	3rd Fastest crew not in A final to B3	3rd fastest 1st in heats to S1 L5
	Seed 4 to H4 L4	4th fastest 1st in heats to A6	4th Fastest crew not in A final to B6	4th fastest 1st in heats to S2 L5
	Seed 5 to H5 L4	5th fastest 1st in heats to A2	5th Fastest crew not in A final to B2	5th fastest 1st in heats to S1 L3
	Seed 6 to H5 L5	Next fastest in heats to A7	6th Fastest crew not in A final to B7	Fastest 2nd in heats to S2 L3
	Seed 7 to H4 L5	Next fastest in heats to A1	7th Fastest crew not in A final to B1	2nd fastest 2nd in heats to S1 L6
	Seed 8 to H3 L5	Next fastest in heats to A8	8th Fastest crew not in A final to B8	3rd fastest 2nd in heats to S2 L6
	etc			4th fastest 2nd in heats to S1 L2
				5th fastest 2nd in heats to S2 L2
				Fastest 3rd in heats to S1 L7
				Next fastest in heats to S2 L7
				Next fastest in heats to S1 L1
				Next fastest in heats to S2 L1
				Next fastest in heats to S1 L8
				Next fastest in heats to S2 L8

Number of Entries	Heat	A Finals	B Finals (Optional)	Semi-Finals (Optional)
41 + entries Head Race Progressions from Semis to Finals as above		1st Fastest in head race to A4	9th Fastest in heat race to B4	1st Fastest in head race to S1 L4
		2nd Fastest in head race to A5	10th Fastest in heat race to B5	2nd Fastest in head race to S2 L4
		3rd Fastest in head race to A3	11th Fastest in heat race to B3	3rd Fastest in head race to S1 L5
		4th Fastest in head race to A6	12th Fastest in heat race to B6	4th Fastest in head race to S2 L5
		5th Fastest in head race to A2	13th Fastest in heat race to B2	5th Fastest in head race to S1 L3
		6th Fastest in head race to A7	14th Fastest in heat race to B7	6th Fastest in head race to S2 L3
		7th Fastest in head race to A1	15th Fastest in heat race to B1	7th Fastest in head race to S1 L6
		8th Fastest in head race to A8	16th Fastest in heat race to B8	8th Fastest in head race to S2 L6
				9th Fastest in heat race to S1 L2
				10th Fastest in heat race to S2 L2
				11th Fastest in heat race to S1 L7
				12th Fastest in heat race to S2 L7
				13th Fastest in heat race to S1 L1
				14th Fastest in heat race to S2 L1
				15th Fastest in heat race to S1 L8
				16th Fastest in heat race to S2 L8

APPENDIX B Determination of Senior Rowers Status

Rule B.1 Status Levels of Senior Rowers

- Rule B.1.1 Sweep-oar rowing and sculling are classified separately and every rower - whatever their age, weight, or gender - has a separate status in each of the two disciplines.
- Rule B.1.2 A record of the sweep-oar and sculling points for each rower will be kept on the RowSA database.
- Rule B.1.3 At the beginning of the regatta season, clubs will be advised by RowSA 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.
- Rule B.1.4 Points are awarded to each rower as follows:
- a) Current junior rowers and past junior rowers shall be awarded 3 points.
 - b) Rowers who have rowed in a first crew for their school or club shall be awarded 3 points.
 - c) Junior rowers who have represented their country at an international regatta will be awarded 1 point.
 - d) University student rowers who have represented USSA-R (or the equivalent controlling body in another country) at an international event shall be awarded 4 points.
 - e) Any rower who did not row as a junior and has rowed for two regatta seasons shall be awarded 3 points.
 - f) One point is awarded to a rower for a win in a qualifying event as defined in Rule B.1.7. Points shall be awarded at the close of the regatta at which the qualifying event was won and recorded on the rowers' records on the RowSA data base.
 - g) One point shall be deducted from a rower who has not won a qualifying event as defined in Rule B.1.7 in the previous regatta season to a total of not less than three points.
 - h) Rowers who have represented their country at an international event at senior or Under 23 level shall be awarded 12 points.

Bye-law to Rule B.1.4 Example of calculating a rower's status

A junior rower (3 points) who rowed in the first crew (3 points) and represented their country (1 point) shall be awarded a total of 7 points.

- Rule B.1.5 The maximum number of points that can be held by one rower in each discipline is 12.
- Rule B.1.6 A rower who holds 12 points in a discipline shall be known as a Senior A rower.

Rule B.1.7 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 not one of the following:

- a) Events open only to juniors.
- b) Events open only to masters.
- c) Events open only to para-rowers
- d) Events open only to members of one club.
- e) Head races
- f) Handicap or relay events.
- g) Events in which rowers are allotted to crews by the organisers.
- h) Team sprint events in which a team of rowers race in various boat classes.
- i) Any other events held under special conditions subjected to previous approval by SAROC.

Rule B.2 Status of Senior Crews

Rule B.2.1 The total points owned by members of a crew as a whole determines that crew's senior classification as set out in Table B.1.

Table B.1 Maximum number of points that may be held by a crew (excluding the cox) at each status level.

Status Level	8+	4+ / 4- / 4x+	2- / 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

APPENDIX C The Masters Handicap System

Rule C.1 The Masters Regatta System

- Rule C.1.1 There will be three divisions in each boat class:
- a) **First** (or **1st**) Division – male, female or mixed of any qualifying age
 - b) **Second** (or **2nd**) Division – male, female or mixed of any qualifying age
 - c) **Third** (or **3rd**) Division – male, female or mixed of any qualifying age
- Rule C.1.2 Crews may compete in any event for which their combined points held is equal to or lower than the maximum permitted for that event, as indicated in Table C.3.1.
- Rule C.1.3 As far as is practicably possible, separate events should be held in each division for all women's crews. Mixed crews (equal number of male and female rowers) should row in the male event unless the regatta organisers have provided for separate mixed crew events, or there are sufficient entries to warrant a separate race. Improperly mixed crews (unequal numbers of male and female rowers) should compete in the male event.
- Rule C.1.4 If there are more entries for any event than there are lanes available for a single race, multiple races will be held to accommodate the entries, with crews being assigned to races based on their average age. Each race in an event will then be deemed to be a final.
- Rule C.1.5 Crews in 1st and 2nd Division Races will be seeded into lanes based on results from the previous regatta, as far as is practicable.
- Rule C.1.6 In boat classes for which there are anticipated to be too few entries to hold races in each division (for example fours and pairs), divisions may be combined and a single race held, provided that should there be three or more entries in each of more than one division, separate races must be held for each event, with as far as possible an empty lane left between the events, and the results computed separately for each race.
- Rule C.1.7 The results and any trophies will be based on the adjusted handicap results computed as per Rule C.4 below.

Rule C.2 Status Levels of Master Rowers

Rule C.2.1 Sweep-oar rowing and sculling are classified separately and every rower – whatever their age, weight or gender – has a separate status in each of the two disciplines.

Rule C.2.2 A record of the sweep-oar and sculling points for each rower will be kept on the RowSA database.

Rule C.2.3 At the beginning of the regatta season, clubs will be advised by RowSA of their members point status. Each club is responsible for advising RowSA in writing prior to the first applicable regatta of the season should they not be in agreement with their members point status. Justification must be provided for changes to be entertained.

Rule C.2.4 Points are awarded to each rower as follows:-

- a) Masters who rowed as juniors and/or seniors shall be awarded 3 points
- b) A rower shall be awarded 2 points after completing their first season as a Master
- c) A rower shall be awarded a further 2 points after completing their second season as a Master.
- d) A rower who did not row either as a senior or as a junior shall be awarded a further 1 point after completing their third season as a Master.
- e) One point is awarded to a rower for a win in a qualifying event as defined by Rule C.2.6 in the previous two regatta seasons for sculling events or three regatta seasons for sweep-oar events. Points are awarded at the close of the regatta season during which the qualifying event was won and recorded on the rowers' records on the RowSA database.
- f) Rowers who have represented their country at an international event at any level within the previous 10 years will be awarded 10 points.

Rule C.2.5 The maximum number of points that can be held by a rower in each discipline is 10.

Rule C.2.6 An event is deemed to be a qualifying event when three or more crews compete in a Masters race at a National Championship, a Regional Championship or a National Regatta, provided that said event is raced over the standard distance of 1000 metres.

Rule C.3 Status of Masters Crews

Rule C.3.1 The total points held by members of a crew as a whole determines that crew's master's classification as set out in Table C.3.1.

Table C.3.1 Maximum number of points that may be held by a crew (excluding the cox) at each status level:

Status level	8x+/8+	4+/-/4x/4x+	2-/2x	1x
First Division	No limit	No limit	No limit	No limit
Second Division	56	28	14	7
Third Division	28	15	7	4

Rule C.3.2 A crew may compete in a higher status level than that indicated by their points held, but may not compete in a lower status level.

Rule C.4 Calculation of Handicaps for Masters Rowing Events

Rule C.4.1 Masters rowing events in which crews of different age categories defined in Rule 2.8.3 participate in the same event shall be judged on a handicap system. The handicap system described herein will be applied to all masters rowing events. All crews shall start abreast with the handicap being applied at the end of the race. Places will be assigned from first to last according to the calculation in Rule C.4.2 below.

Rule C.4.2 Calculation of Percentage of Prognostic Speed

The **percentage of prognostic speed** shall be calculated as accurately as possible with the final result rounded to 2 decimal places.

The *formula* for calculating **Percentage of Prognostic Speed** is:

$$P_p = A_s / P_s * 100$$

where:

P_p = Prognostic Percentage

A_s = Actual Speed

P_s = Prognostic Speed (as per tables below)

The *formula* for calculating **Actual Speed (As)** is:

$$A_s = D / t$$

Where:

A_s = Actual Speed

D = Race Distance

t = Time in Seconds

The complete *formula* for calculating **Percentage of Prognostic Speed** is:

$$P_p = (D / t) / P_s * 100$$

Example:

Given a mens 2x- crew of average age 51 (age category D) which completed a race distance of 702m in 2:26.76 then the formula is applied as follows:

$$D = 702\text{m}$$

$$t = 146.76 \text{ seconds}$$

$$P_s = 4.991 \text{ m/s (as per Table C.4.1: 2x, D crew)}$$

Therefore:

$$\text{Actual Speed is: } 702 / 146.76 = 4.783 \text{ m/s}$$

$$\text{Percentage of Prognostic Speed is: } 4.789 / 4.991 * 100 = 95.84 \%$$

Table C.4.1: Prognostic Speeds for Masters Men by Boat Class

	A	B	C	D	E	F	G	H	I	J	K
M8x+	5,923	5,896	5,799	5,680	5,547	5,395	5,225	5,017	4,730	4,319	3,807
M8+	5,750	5,724	5,630	5,515	5,385	5,238	5,073	4,871	4,592	4,193	3,696
M4x	5,578	5,552	5,461	5,350	5,223	5,081	4,921	4,725	4,454	4,067	3,585
M4-	5,405	5,380	5,292	5,184	5,062	4,923	4,769	4,579	4,316	3,942	3,474
M4x+	5,376	5,352	5,264	5,157	5,035	4,898	4,743	4,554	4,294	3,920	3,456
M4+	5,204	5,180	5,095	4,991	4,873	4,740	4,591	4,408	4,156	3,795	3,345
M2x	5,204	5,180	5,095	4,991	4,873	4,740	4,591	4,408	4,156	3,795	3,345
M2-	4,916	4,894	4,814	4,715	4,604	4,478	4,337	4,165	3,926	3,585	3,160
M1x	4,830	4,808	4,729	4,633	4,523	4,400	4,261	4,092	3,857	3,522	3,105

Table C.4.2: Prognostic Speeds for Masters Women by Boat Class

	A	B	C	D	E	F	G	H	I	J	K
W8x+	5,253	5,229	5,144	5,039	4,918	4,780	4,620	4,408	4,089	3,591	2,869
W8+	5,100	5,077	4,994	4,892	4,775	4,641	4,485	4,280	3,970	3,486	2,785
W4x	4,947	4,925	4,844	4,745	4,632	4,502	4,351	4,151	3,851	3,381	2,701
W4-	4,794	4,772	4,694	4,598	4,489	4,363	4,216	4,023	3,732	3,277	2,618
W4x+	4,769	4,747	4,669	4,574	4,465	4,339	4,193	4,002	3,712	3,259	2,604
W4+	4,616	4,595	4,519	4,427	4,321	4,200	4,059	3,873	3,593	3,155	2,520
W2x	4,616	4,595	4,519	4,427	4,321	4,200	4,059	3,873	3,593	3,155	2,520
W2-	4,361	4,341	4,270	4,182	4,083	3,968	3,835	3,659	3,395	2,980	2,381
W1x	4,284	4,265	4,195	4,109	4,011	3,899	3,767	3,595	3,335	2,928	2,339

Rule C.5 Publication of Masters Results

Results of masters events where handicap has been applied must always include the following information:

Place, Finish Order, Average Crew Age, Age Category, Finish Time, Prognostic Speed, Actual Speed, **Percentage of Prognostic Speed**, Delta (from crew ahead) and Win Delta (from winning crew).

Example:

Place	Finish Order	Boat Class	Boat ID	Boat Age	Age Category	Org. Name	Finish Time	Distance	Time in Seconds	Prog Speed	Actual Speed	% Prog. Speed	Delta	Win Delta
1	1	M2x	Crew 1	51	D	Club 1	2:26.76	702	146.76	4.991	4.783	95.84		
2	5	M2x	Crew 2	65	G	Club 2	2:41.01	702	161.01	4.591	4.360	94.97	1.46	1.46
3	2	M2x	Crew 3	43	C	Club 3	2:32.92	702	152.92	5.095	4.591	90.10	7.84	9.16
4	4	M2x	Crew 4	46	C	Club 2	2:38.65	702	158.65	5.095	4.425	86.85	5.73	14.89
5	3	M2x	Crew 5	34	A	Club 2	2:37.22	702	157.22	5.204	4.465	85.80	1.89	16.47
6	7	M2x	Crew 6	65	G	Club 4	3:03.76	702	183.76	4.591	3.820	83.21	5.55	24.21
7	6	M2x	Crew 7	59	E	Club 3	2:59.64	702	179.64	4.873	3.908	80.19	6.51	29.33

Rule C.6 Mixed Gender Crews**Rule C.6.1 Mixed Crew Events**

An event shall be deemed a Mixed Event when the event includes crew members of both genders.

The handicap shall be applied as follows:

For all crews, the prognostic speed of each crew member (excluding any coxswain), based on their age category and gender for the boat class of the event shall be summed and divided by the number of crew members (excluding any coxswain) to obtain an average prognostic speed. This average prognostic speed shall then be used to calculate the percentage of prognostic speed achieved by the crew.

The prognostic speed as calculated above shall be used in the calculation of the Percentage of Prognostic Speed as per the formula in Rule C.4.2.

Example:

A 4x mixed crew has 3 women aged 50, 43 and 46, and 1 man, aged 37 who completed 1000m in 4:01.00.

The prognostics speeds are: 4.745, 4.844, 4.844 and 5.552.

Average Prognostic Speed is: $19.986 / 4 = 4.997$

The Percentage of Prognostic Speed is: $(1000 / 241.00) / 4.997 = 88.43 \%$

Rule C.6.2 Mixed Events with Single Gender Crews

Should there be insufficient entries, as determined by the regatta organizers, to include separate events, then crews that each consist entirely of a single gender, may be combined in a single event.

The prognostic speeds as per Table C.4.1 and Table C.4.2 shall be used to calculate the Percentage of Prognostic Speed. Results are determined as per Rule C.4.2.

Example:

An event has 3 crews, where the crews are each of a single gender, but 2 crews are male with average ages of 45 and 63 respectively, and the remaining crew is female with an average age of 50.

In this case as per Table C.4.1 and Table C.4.2:

Crew	Boat Class	Age Category	Prognostic Speed
Crew 1:	M4x	C	5.461
Crew 2:	M4x	F	5.081
Crew 3:	W4x	D	4.892

These speeds are then used for Ps in the formula in Rule C.4.2.

APPENDIX D Para-Rowing

Rule D.1 Application of Para-Rowing Rules

Rule D.1.1 RowSA Rules of Racing shall apply to para-rowing events.

Rule D.2 Eligibility of para-rowers

Rule D.2.1 Para-rowing events are open to rowers with various and specified disabilities defined by the para-rower classification system.

Rule D.2.2 No rower may compete in a para-rowing event under these rules unless they have submitted a para-rowing rower classification application form to RowSA and have been classified as set out in the FISA Classification Regulations for Para-Rowing Rowers.

Rule D.2.3 For para-rowing events there is no restriction on coxswains in respect of para-rowing eligibility, gender or age. The minimum weights of coxswains shall apply to para-rowing events.

Rule D.2.4 Masters para-rowing events may also be held for mixed crews without restriction on the ratio of men and women, provided that at least one rower of each gender is included in the crew.

Rule D.3 Para-Rowing Categories

Rule D.3.1 RowSA recognizes the following para-rowing categories:

- a) PR3mixed coxed four (PR3Mix4+)
- b) PR3mixed double sculls (PR3Mix2x)
- c) PR2mixed double sculls (PR2Mix2x)
- d) PR1men's single sculls (PR1M1x)
- e) PR1women's single sculls (PR1W1x)

Where PR3= legs, trunk and arms
 PR2 = trunks and arms
 PR1= arms and shoulders only

Rule D.3.2 In mixed para-rowing events half of the rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be either a man or a woman.

Rule D.3.3 An PR3Mix4+ crew may include a maximum of two rowers whose disability is visual impairment, only one of whom may have a sport class of PR3-B3.

Rule D.3.4 An PR3Mix2x crew may include a maximum of one rower whose disability is visual impairment and that rower may be either PR3-B1 or PR3-B2.

Rule D.4 Boats and Equipment

Rule D.4.1 The use of FISA standard para-rowing boats is mandatory for all para-rowing events.

Rule D.4.2 The minimum weight of para-rowing boats shall be as specified in these regulations.

- Rule D.4.3 Boats used for para-rowing PR3Mix4+ and PR3Mix2x events shall be subject to the same restrictions as those for coxed fours (4+) and double scull (2x) events under these Rules of Racing. No additional restrictions shall apply.
- Rule D.4.4 The FISA standard para-rowing PR2Mix2x has a fixed seat and may have stabilising pontoons. The hull, the pontoons where fitted, and the seat fixing are part of the standard specifications. The seat itself and the rigger design of the standard para-rowing TAMix2x are not restricted.
- Rule D.4.5 The FISA standard para-rowing 1x has a fixed seat and must have stabilising pontoons installed, attached to the riggers at a minimum distance of 60 cm from centre line of pontoon to centre line of boat. The pontoons should 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. The hull, pontoons and the seat fixing are part of the standard specifications.
- Rule D.4.6 The seat itself and the rigger design of the standard para-rowing PR11x are not restricted, except that the design of the seat must be compatible with the standard seat fixing and the design of the rigger must allow the stabilising pontoons to be correctly fixed.

Rule D.5 Strapping

- Rule D.5.1 PR2Mix2x rowers shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.
- Rule D.5.2 PR11x rowers shall use a strap that must be secured to the seat back and around the torso just below the torso and be tight enough to restrict trunk movement whilst not restricting breathing. The point at which the strap is attached to the seat should be no lower than the top edge of the supportive portion of the strap at the front of the torso. Straps will be assessed with the spine straightened by bearing the weight of the upper body through the arms while the buttocks and back remain in contact with the seat. The supportive portion of the back rest of the seat must not be lower than the level of attachment point for the front strap. The back of the seat may be covered with a soft material to prevent injuries, but the covering material must not be thicker than 2 cm. If a bracket is attached to the strap it must not rotate at the attachment point.
- Rule D.5.3 Additionally, the PR1x rower shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.
- Rule D.5.4 All straps must be a minimum width of 50 mm, be of non-elastic material, be without mechanical buckles and must be able to be released immediately by the rower with a single quick hand action of pulling on the free end of the strap.
- Rule D.5.5 The colour of all the straps must be a contrasting colour from the rowers' racing uniform so that the straps can be clearly seen.
- Rule D.5.6 All straps for each rower must be released in the same manner and direction.
- Rule D.5.7 Any hand strapping must be able to be released immediately by quick mouth action.
- Rule D.5.8 Additional strapping may be used by any rower but must be in compliance with this regulation.

Rule D.5.9 To avoid accidents arising from capsizing, all boats shall be equipped with stretchers or shoes that allow the rowers to get clear of the boat without using their hands and with the least possible delay.

Rule D.6 Eyewear for Visually Impaired Rowers

Rule D.6.1 Rowers classified as visually impaired must wear FISA or IBSA approved eyewear at all times when on the water during training, warm up, cool down and competition from the opening day of the course until completion of the final race of their competition.

Rule D.6.2 Such eyewear shall completely block all light. All eyewear must be checked to ensure a secure fit and complete light occlusion by a doctor during classification or by a FISA International Classifier if a doctor is not present.

Rule D.7 Boat Weights

Rule D.7.1 The minimum weights for para-rowing boats shall include pontoons where used. The weight of the PR11x and PR22x boats shall include the strapping which is firmly attached to the boat, the seat and / or to its fittings.

Rule D.7.2 Straps, paddings and other items directly related to para-rowing which are not bolted, screwed or glued directly to the boat or seat shall not be included in the weight of the boat.

Rule D.7.3 Equipment that replaces a part of the body (prosthesis) even if bolted, screwed or glued directly to the boat or seat shall not be included as part of the weight of the boat.

Rule D.7.4 The minimum weights of para-rowing boats are:

a) PR11x	24 kg
b) PR32x	27 kg
c) PR22x	37 kg
d) PR34+	51 kg

Rule D.8 Length of the Course

Rule D.8.1 For para-rowing events the length of the standard course shall be 2000 metres straight.

Rule D.9 Rowers' Clothing and Blade Colours

Rule D.9.1 One or both rowers in the PR2Mix2x event may extend their racing uniform to cover their legs. Where both rowers cover their legs in this manner, such coverings shall be identical in colour and design.

Rule D.9.2 Where PR11x rowers are using chest strapping and this strapping obscures the identifications permitted to be worn on the racing shirt or equivalent, those identifications which are so obscured may be repeated on the strapping material but shall not be visible on both the racing shirt and the strapping at the same time.

Rule D.10 Entries

Rule D.10.1 No entry shall be accepted for a para-rowing event unless the rower concerned has submitted all required medical documentation to the chief classifier by the deadline stipulated by the regatta organizer.

Rule D.10.2 All rowers must be classified by a RowSA-approved classification panel prior to competition. A rower without a sport class or whose sport class has been withdrawn may not compete in para-rowing events.

Rule D.11 Crew Changes

Rule D.11.1 A rower whose sport class has been withdrawn or changed after the close of entries and before the first heat, may be replaced by another eligible rower.

Rule D.11.2 The crew of a rower whose sport class is withdrawn or changed to make them ineligible for that event after the first heat shall not compete again in that event.

Rule D.12 Safety of Para-Rowing Rowers

Rule D.12.1 PR1 and PR2 rowers require special safety procedures which shall be agreed between RowSA and the organising committee.

Rule D.12.2 In particular, the organising committee or the President of the Jury may require additional rescue boats to be present on the course for all para-rowing events, but particularly for AS events.

Rule D.12.3 Particular care must be taken in weather conditions which may generate extreme uncontrolled body temperatures.

Rule D.12.4 In principle the traffic rules shall provide clear separation between fixed seat para-rowing crews and all other crews during training and racing for the safety of all crews.

Rule D.13 Fairness

Rule D.13.1 At all times when on the water during training, warm up, cool down and competition from the opening day of the course until completion of the final race of their competition, all para-rowing rowers must row with the prescribed equipment which must be used according to the boat class and/or classification requirements. Equipment in this context refers to eyewear, strapping and pontoons.

Rule D.13.2 Failure to comply with these requirements may lead to a **penalty** being imposed on the crew, including (but not limited to), where such failure to comply is judged to have taken place during a race, relegation to last place in the particular race or exclusion of the crew. The appropriate penalty in all circumstances shall be at the discretion of the jury.

Rule D.14 Starting Procedure for PR3Mix4+ and PR3Mix2X

Rule D.14.1 The PR3Mix4+ and PR3Mix2X event may include rowers with visual impairment. Therefore, at the start of each race in an PR3Mix4+ and PR3Mix2X event the umpire shall give an additional verbal indication to crews as follows:

- a) After the "HOLD IT ALL CREWS" command and stating the word "ATTENTION", the umpire shall say the words "RED FLAG" at the same time as he raises the red flag. He shall then proceed with the start in the normal way.

Rule D.14.2 When the umpire awards a warning indicated by a yellow card to a crew in the PR3Mix4+ event, the coxswain of that crew shall raise his arm to acknowledge that he understands that the penalty has been awarded to his crew. In the case of a PR32x crew, one of the rowers shall raise his arm in acknowledgement.

Rule D.15 Interference During Race

Rule D.15.1 Rowers wishing to lodge an objection regarding interference 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 D.16 Finish of the Race for PR3Mix4+ and PR3Mix2x

Rule D.16.1 At the finish of the race in the PR3Mix4+ and PR3Mix2x events, when raising the white flag, the umpire shall clearly state the words "WHITE FLAG" for all crews to hear. Should he raise the red flag, he shall similarly clearly state the words "RED FLAG"

Rule D.17 Objections

Rule D.17.1 Rowers wishing to lodge an objection with the umpire 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 D.18 Duties of Control Commission

Rule D.18.1 For para-rowing rowers and boats the control commission should also check the following:

- a) Accessibility of the pontoon area for rowers, such as those using wheelchairs or assisted by guide dogs, or authorised caregivers.
- b) Compliance of all boats with FISA standard para-rowing boats specifications.
- c) Safety measures in PR2Mix2x and PR11x boats including foot stretcher and strapping.
- d) Correct fixing of pontoons on PR11x boats.
- e) Correct use of eyewear by visually impaired rowers in PR3events.
- f) Correct body strapping of rowers in PR1and PR2sport classes.

APPENDIX E Procedures During a Race

Rule E.1 Umpires Duties on the Way to the Start

- Rule E.1.1 On the way to the start, the umpire shall inspect the course installations to ensure they are in proper order and shall be satisfied that there are no obstacles on the course.
- Rule E.1.2 The umpire shall make certain crews on the water are following prescribed traffic rules.

Rule E.2 Bringing Crews onto Line

- Rule E.2.1 In the case of bad weather, it is the umpire's responsibility to decide if a race may be started, should continue or must be stopped.
- Rule E.2.2 The umpire will take the roll call and check that the crews have the correct bow numbers and their equipment is in order.
- Rule E.2.3 When clear to do so, the umpire shall instruct the crews to take up their positions.
- Rule E.2.4 If all crews are not present, the umpire shall not begin starting procedures sooner than two minutes before the scheduled start of the race. If all crews are present and the course is clear, the umpire may get proceedings underway.
- Rule E.2.5 Unless instructed to the contrary by the President of the Jury, the umpire may start the race without reference to absent crews or latecomers. The umpire shall present a yellow card to a crew arriving late at its starting position.

Rule E.3 Aligning the Crews

- Rule E.3.1 The umpire shall ensure the aligner and the judge at the finish are ready before requesting the aligner to proceed. The umpire will then hold the red flag in the ready position out from his or 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.
- Rule E.3.2 At this time the umpires launch shall be positioned behind the crews in the centre of the course.
- Rule E.3.3 The aligner will then bring the crews into line by identifying the crew being addressed, using the commands "TOUCH", "BACK" and "HOLD" and informing the crew of the distance to move.
- Rule E.3.4 When the aligner is satisfied that crews are aligned, the aligner raises the white flag saying "HOLD IT ALL CREWS".

Rule E.4 Starting the Race

- Rule E.4.1 The 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 or her head.
- Rule E.4.2 After a pause of between 1 and 5 seconds the umpire shall give the starting command by quickly dropping the red flag and simultaneously calling "GO." In addition to the visual signal of the dropping of the red flag to the side, the umpire shall ensure the starting commands have been communicated by radio to the judge at the finish.
- Rule E.4.3 While the umpire may take note of raised hands of coxswains or rowers signifying that they are not ready to start, the umpire is not obliged to wait for all hands to be lowered before giving the starting commands.
- Rule E.4.4 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 umpire may take any action considered appropriate.

Rule E.5 Rolling Start

- Rule E.5.1 In the event of windy conditions or rough water, the umpire may decide to use the rolling start procedure. This decision shall be communicated to the crews and the President of the Jury.
- Rule E.5.2 The umpire shall get the crews into their lanes about 100 m above the start line. The umpire shall hold the red flag "at the ready" waist high position and instruct the crews to keep in line with each other as they row to the start line.
- Rule E.5.3 As the crews move to the start line, the aligner shall bring the crews level with each other. As the crews approach the start line, the aligner raises his or her white flag above their head and gives the instruction "PREPARE TO RACE" while the crews continue to touch up.
- Rule E.5.4 The umpire shall call "ATTENTION" raising the red flag above his or her head and without a pause issue the command "GO" and simultaneously drop the red flag.

Rule E.6 False Start

- Rule E.6.1 Should the bow of any boat cross the start line after the raising of the white flag and before the dropping of the red flag, the aligner will inform the umpire by waving the red flag and calling "FALSE START".
- Rule E.6.2 The umpire will sound a siren, ring a bell or blow a whistle and wave the red flag indicating that the race has been stopped. He or she shall call the crews back to the start.
- Rule E.6.3 The aligner 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.

Rule E.7 Postponement

Rule E.7.1 Should it be necessary to postpone a race, the umpire shall consult with the President of the Jury to determine when the race will be rowed. Wherever possible, the umpire shall inform the crews of the new starting time before their departure from the start.

Rule E.8 During the Race

Rule E.8.1 All rowers shall compete in their races in accordance with these Rules of Racing. Crews are responsible for their own steering.

Rule E.8.2 Each crew shall have a lane reserved for its own use and shall remain completely (i.e., including its oars or sculls) within this lane throughout the race. If a crew leaves its lane, then it does so at its own risk and loses the protection of the umpire. If it impedes or interferes with any of its opponents or gains any advantage, it may be penalised.

Rule E.8.3 The umpire shall take every care to ensure the safety of the competitors and prevent damage to boats and equipment. When necessary, the umpire may call a crew's attention by raising the white flag and stop it by giving the command "STOP".

Rule E.8.4 Should one or more competitors fall into the water or should any boat capsize or sink, the umpire shall satisfy him or herself that the rescue service is at hand. If not, the umpire shall take necessary measures to ensure the safety of the crew.

Rule E.8.5 As soon as the race has started, the umpire's launch shall immediately follow the competitors in the centre of the course.

Rule E.8.6 If an interference or clash occurred within the first 100 m, the umpire may stop the race and may issue a yellow card to any offending crew.

Rule E.8.7 A crew causes interference to its opponents if its oars, sculls or boat encroach into the opponent's lane and cause a disadvantage to its opponents by contact, its wash or other distraction, or in any other way.

Rule E.8.8 The umpire alone shall decide if a crew is in its lane or if it is interfering with another crew and causing them a disadvantage. If a crew has caused interference to another crew and has, in the umpire's opinion, affected the finishing position of that crew then it shall be excluded by the umpire. In the situation where a collision between boats or oars or sculls has occurred, the umpire may exclude the crew causing the collision even if no prior warning has been given to that crew.

Rule E.8.9 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.

Rule E.8.10 If a crew is about to interfere with another or by leaving its lane, the umpire shall raise the white flag, call to the crew at fault and indicate the required change of direction by lowering the flag to one side.

Rule E.8.11 If the umpire wishes to instruct two crews simultaneously to keep apart, he or she may instruct them by raising a white flag vertically, calling out the names of both crews and calling out "KEEP APART".

- Rule E.8.12 If the umpire is of the opinion that a crew or crews are in danger from an obstacle, he or she may either steer the crews around the obstacle or instruct that crews stop rowing by holding the white flag up and calling for the crew "STOP ROWING". The umpire may also call "OBSTACLE" as the reason for steering or the stoppage.
- Rule E.8.13 If the umpire is of the opinion that a crew or crews are in danger from another crews poor steering, he or she shall instruct the offending crew to stop rowing by holding the white flag up and calling for the crew to "STOP ROWING".
- Rule E.8.14 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".
- Rule E.8.15 In principle, the umpire may not steer a crew unless there is an obstruction in its lane.
- Rule E.8.16 If during a race a crew considers it is being interfered with by another crew and is thereby suffering a disadvantage, then a member of the crew should, if possible, draw the attention of the umpire to the interference at the time the interference occurs to indicate that it intends to make an objection.

Rule E.9 Finish

- Rule E.9.1 A race is over only when the last crew has crossed the finish line.
- Rule E.9.2 A race is concluded when the umpire so indicates by raising a white flag. The umpire shall be sure that no crew is objecting before indicating to the judge at the finish.
- Rule E.9.3 Before leaving the finish area, the umpire shall make sure the judge at the finish has acknowledged the clearing of the race.
- Rule E.9.4 Should the umpire or one of the crews consider the race not to have been properly run, the umpire shall raise his or her red flag. After consulting with the objecting crew and making a ruling, the umpire shall communicate the necessary information to the judges at the finish.

Rule E.10 Penalties

- Rule E.10.1 Crews interfering with their opponents may be excluded by the umpire but, in principle, only after a warning has been given.
- Rule E.10.2 If the interference took place before the umpire was able to instruct the offending crew, the umpire may choose to impose a lesser penalty.
- Rule E.10.3 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 penalties is secondary.
- Rule E.10.4 Should a crew's chance of winning be lost, the umpire shall take the most appropriate course of action provided by these Rules of Rowing, including:
- a) Stop the race, impose the appropriate penalty and order the race to be re-rowed.
 - b) Allow the race to continue and announce his or her decision after the race is over.
- Rule E.10.5 The umpire shall not simply penalise the crew at fault, while the crew that has suffered interference does not have its chances of winning restored to it.

- Rule E.10.6 If a race shall be re-rowed, then it shall 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.
- Rule E.10.7 In no case may the umpire alter a placing other than by excluding or disqualifying a crew.

APPENDIX F Officials Accreditation

Rule F.1 Officials Accreditation

Rule F.1.1 The coordination of rowing officials accreditation is the function of SAROC.

Rule F.1.2 To obtain a South African official's accreditation, an individual shall:

- a) Have normal sight and hearing (with assistance, if required).
- b) Attend a SAROC approved officials' training seminar.
- c) Assist in duties at several regattas for a period of at least one season.
- d) Pass the prescribed written examination.

At this point, the individual shall be classified as an intermediate official.

Rule F.2 National Officials' Accreditation

Rule F.2.1 The coordination of national officials' accreditation is the function of SAROC and is subject to annual ratification at the RowSA AGM.

Rule F.2.2 After a further period of practical training of not less than one season as an intermediate official and where the individual has participated regularly (not less than 20 hours in a regatta season) under the supervision of national officials, the provincial officials association or constituent member shall nominate to SAROC that a candidate be awarded national official status or national official status in a specific discipline (if appropriate).

Rule F.2.3 National official accreditation is valid for a period of four years, but is subject to annual review by the provincial officials association, constituent members and SAROC after each regatta season. Accreditation 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 attended any seminar required by Rule A6.2.4

Rule F.2.4 The national official shall attend at least one SAROC-approved seminar in a four year period. If there are major rule changes, the official shall attend an update seminar. SAROC shall determine whether any rule change is construed a major rule change.

Rule F.2.5 If a national official's accreditation lapses, the official shall participate in at least one SAROC-approved seminar and demonstrate knowledge of current rules prior to the relevant accreditation being renewed by SAROC.

Rule F.2.6 SAROC may withdraw a national official's accreditation if the official has failed to maintain the required standard.

Rule F.3 Officials Safety

Rule F.3.1 Each official shall be responsible for their own health and fitness.

Rule F.3.2 All officials that avail themselves for on-water duties shall be able to swim and stay afloat. It is the sole responsibility of the official to have this competency.