



TO ALL SCHOOLS & CLUBS

29 February 2016

SOUTH AFRICAN SCHOOLS ROWING CHAMPIONSHIPS 2016

We would like to remind all schools of the following requests from various parties, including the officials:

- 1 Heads Races: there are 100s sculls competing in heads races, please approach Control Commission in batches together with other rowers in your event.
- 2 Every boat **MUST** pass through Control Commission. To get boats and ID's checked. The bow of the boat must enter the control commission area first. Failure to go through will result in exclusion.
- 3 Please remember that each shoe must have a separate heel strap of no longer than 70mm.
- 4 When your crews do boat swaps on the water, the boat must be rechecked by the official and ticked off the launching list.
- 5 The course will be closed for training before and 1 hour after the regattas.
- 6 No warm ups allowed for 1000m races, no practice starts at all, bursts or 3/10's are only allowed between 1000m holding area and 2000m start;
- 7 The 2 minute rule will be strictly applied.
- 8 No late entries will be allowed on the day.
- 9 Each coach must ensure that their rowers, particularly the junior rowers, know their race number and race time before they launch. There is often much confusion at the aligner's station in this regard.
- 10 Bow numbers must be the regulation size and be a black number on a white background; logos should not interfere with the number.
- 11 The aligners **may** have an extra set of bow numbers in case a crew experiences a problem on the way to the start. Most officials and aligners **may** also have tools and have agreed to assist crews if they run into trouble. This must not be abused.
- 12 Crews are reminded to wear the appropriate dress in accordance with the rules of racing and if crews wear caps, the caps must match. This does not, however, mean that every crew member must wear a cap.
- 13 The 100m breakage rule **no longer** applies.

- 14 Unless a formal announcement is made, the regatta will always be on time. Delayed launching is at the coaches own risk. The two minute rule will be applied strictly due to the time pressures in the regatta.
- 15 Normal rules of racing and appeals procedures will apply. That is after an objection on the water, or anywhere else, has been overruled by an official/umpire, a protest in writing must be handed to the President of the jury. The jury will then meet and decide on the issue. Crews dissatisfied with the decision of the jury will be entitled to appeal to the appeals committee.
- 16 Boat weighing and cox weighing will take place. Crews must provide their own ballast.
- 17 Coaches and crews are reminded that TUE forms must be submitted and proof of submission will be required. Drug testing will take place rowers should be alerted to the fact that being selected for testing does not mean that they are suspects!! Testing is random.
- 18 ID card files must be handed in at control commission before the commencement of the regatta. Foreign crews if not on www.regatta.co.za must have files with copies of their passports.
- 19 Random checking of IDs of rowers will take place. If there is no file, athletes selected before racing will receive a warning (yellow card), those selected after racing will be excluded (red card).
- 20 Coaches and crews are reminded that parents are not allowed on the jetties or in the control commission area.
- 21 Only coaches wearing ID cards will be entertained by officials.
- 22 Coaches must advise Control Commission if a rower has a medical condition.
- 23 All rowers must have passed their sculling test.
- 24 All coxes for JMU19 and JWU19 events must weigh in one to two hours before their race. Coxes that weigh in late will receive a warning (yellow card), and those who do not weigh in or fail to take their ballast will be excluded (red card). Random checks may be done on open coxswains and on all boats. Cox weighing is for open crews only.
- 25 Random checks will be made of boats. Any boat that is underweight will be relegated to last place.
- 26 All trailers be moved outside the rowing enclosure by Thursday. AFTER the Regatta ALL TRAILERS must be removed from the trailer parking by Monday 15h00.
- 27 Enjoy the regatta, please be courteous to the officials.

**PAUL CARSTENSEN
SASRU**