

Regatta Days 101

**A quick guide to
CREW!**

Regatta Day 101

OFFICIALS

- ✘ Regattas are designed to follow the rules and procedures of the United States Rowing Association (USRA) and the Florida State Rowing Association (FSRA). It is expected that all Coaches, Rowers and Spectators exhibit sportsmanlike conduct throughout a Regatta. If circumstances arise where a coach, rower or spectator abuses this expectation, including the use of foul language, the officials have the right to disqualify or exclude an individual rower and/or the team from participating in events.
- ✘ **Who are those in Blue?** – They are individuals licensed by the USRA with the main objective is for fairness and safety. At a race, there are approximately 10± officials: head official, a starter, an aligner, an official at the docks, a finish line judge, and officials on the water to follow each race down the course.

PRE-RACE

- ✘ At practice, the team will participate in securing all equipment to the trailer in preparation for travel.
- ✘ Regatta Day begins the day before with a *Pre-Race Dinner* (PRD). PRD's achieve several things such as: Team-bonding, proper athletic diet (carbohydrates), boat meetings and friendship. The PRD's take place at a designated location and everyone is expected to contribute to the pot-luck dinner.

REGATTA DAY

- ✘ **Regatta Days start early and end when the last race is finished (Sun up to Sun Down). There is not a set timeframe for a regatta as many factors play a part in getting each event off in a safe manner such as wind, rain and other unforeseen circumstances.**
- ✘ **ALL Rowers are required to stay throughout the entire Regatta which means till all equipment is secure for transportation.**
- ✘ **Coaches and Coxswains meeting** – at this meeting all coaches and coxswain meet to review the rules and procedures of race days by the officials. **Coaches** will announce changes such as scratches (withdrawals), schedule changes and medical issues of any rowers. **Coxswains** will be given information on the course layout and instructions rules and guidelines of USRA.
- ✘ **Rowers** will meet at the trailer around 45 minutes to an hour to prepare the boats, stretch and go over the last minute instructions for the race (Coach's Pep Talk)
- ✘ **Launch Dock** – a **Dock Master** will complete a safety check of each boat for: Bow balls, Heel ties, and Lane numbers. Once the boat's pass, the boats will be allowed to launch and head to the start line. From this point there can be NO communication with the boats during the race from the coaches.
- ✘ **Start Line** – when the race event is called by the official to the start line, boats will approach in assigned lane order, stern first to the platform for person (**Stake Boat Holder**) to hold the boat in place.

- ⚠️ **Alignment** – an licensed official will align request the stake boat holder to move the boat forward or backward until all boats are even at the start line.
- ⚠️ **Start** – the official starter holds a red flag high in the air and says ATTENTION, GO as the flag drops. This is the start of the race and time watches will be started. Two (2) officials will be in launches and following behind the racing boats watching for safety issues, such as the rower’s health, boat collisions, equipment breakage or any other distress issues.
- ⚠️ **Down the Course** – During this time, you could see a white flag being waived by the official on the water. This is a signal to the crew to move one way or the other to avoid collision. Occasionally, an official will use a red flag and siren immediately for a false start, broken equipment with the first 20 seconds or a major collision of several crews.
- ⚠️ **Finish Line** – a large orange flag will be raised once the finish line officials have the race in view. A horn will sound at each bow crossing and the flag will go up or down. Once all boats have crossed the finish line, the on water officials will look for any distressed rowers and contact paramedics and the Head official if needed. The lead official of that event will give the time of first place to the finish line officials. The time for second place and there on will be determine by splits from the first boat crossing.

AFTER THE RACE

- ⚠️ Once boats are secured at the trailer site, rowers need to return to the team tent to re-hydrate and get necessary nourishment to refuel their body. This also means if a rower has an additional race, they should stay at the tent, rested out of the sun and continue to hydrate themselves.
- ⚠️ After the last race, all rowers will be expected to clean up tent area and to return to the trailer to secure all of the equipment to the trailer in preparation for travel.

TIMES

Average winning times are usually:

Men’s Varsity 8 – 4:30 seconds

Women’s Varsity 8 – 5:10 seconds.

Times could vary drastically depending on such things as water current and wind conditions.

CREW CATEGORIES

- ⚠️ V8/V4 (Varsity 8 or 4) – fastest boat
- ⚠️ JV8/JV4 (Junior Varsity 8 or 4) – second fastest boat
- ⚠️ 3rd 8 - third fastest boat
- ⚠️ Freshmen – either an 8 or 4 boat of all 9th graders.
- ⚠️ Novice – a boat either an 8 or 4 boat of all first year rowing in grades 9-12
- ⚠️ Senior 8 – a boat of all rowers who are a senior in high school and no older the 18 years 9 months of age
- ⚠️ Junior – a boat of rowers under the age of 17 years 9 months of age
- ⚠️ 4+ - a boat of four rowers and a coxswain
- ⚠️ 4X – a boat with four rowers sculling and no coxswain
- ⚠️ 2- - a boat with two rowers with one oar each and no coxswain
- ⚠️ 2X – also known as a double, two rowers each with two oars
- ⚠️ Single (1X) – a individual rower sculling

REGATTA TERMS

- ☒ **START RATING** – this is the number of strokes off the start line which is usually 38 to 44 strokes per minute to get the momentum of the boat forward.
- ☒ **BODY OF THE RACE** – this is when the boat sets into a pattern and is usually 32 to 36 strokes per minute.
- ☒ **SPRINT** – this is the last 20 strokes at a high rating such as the at the start.
- ☒ **MAKING A MOVE** -- a coxswain using a racing strategy to move the boat up on the other crews.
- ☒ **STROKE** – the person closes to the stern of the boat with the main objective is to set the stroking pace of the boat.
- ☒ **COXSWAIN** – the “motivator” of the boat (coach on the water).
- ☒ **BOW SEAT** – person closes to the bow of the boat.
- ☒ **BOW LOADER** – a type of boat that designed for the coxswain to lay in the bow of the boat which helps with weight distribution and wind resistance.
- ☒ **LANE VIOLATION** – is when a crew moves into another lane and impedes the crew from advancing. If this violation occurs, the official can change the order of finish.
- ☒ **PROTEST** – can only be initiated by the coxswain while on the water with notification to the official.
- ☒ **CRAB** – when a rower cannot get their oar out of the water at the finish of the stroke.
- ☒ **JUMPED-SEAT** – is when the rower comes off the seat or the rower forces the seat out of the tracks with improper technique.
- ☒ **CATCH** – is when the blade enters the water.
- ☒ **PULL-THROUGH** – the blade is pulling though the water.
- ☒ **FINISH** – at the end of the stroke cycle when the blade is coming out of the water.
- ☒ **SLIDE** – the rower’s seat moves on a track
- ☒ **FOOT STRETCHER** – where the rower places their feet in flexible shoes.
- ☒ **SWEEP** – a rower has one oar either on the right or left side.
- ☒ **SCULLING** – a rower or rowers have two oars each.
- ☒ **HOT SEAT** – a rower or shell which will be in an upcoming event and has to be at the start line within 30 minutes.
- ☒ **BROKEN EQUIPMENT** – broken equipment is referred to when a fixed part of the racing shell breaks within the first 20 seconds of the race. A “jumped-seat” or a “crab” does NOT constitute broken equipment.