

Jefferson Dad Vail Regatta

Crew Guidelines: Marshalling Area, Practice, Start Procedures and Racing

MARSHALLING AREA INSTRUCTIONS:

1. All crews will proceed to the Marshalling Area beside the starting platform.
 - a. Crews must be in the marshalling area 10 minutes before the scheduled starting time of their race
 - b. Warm-up and practice starts are permitted in the marshalling line area at the discretion of the Marshall
2. Traffic Pattern from the Cuthbert launch area
 - a. Crews launch at the direction of the Dock Master
 - b. Once clear of the launch dock, crews turn immediately to the starboard and cross the finish line area at the direction of the finish marshal.
3. Row upriver staying to starboard and out of lane 1 of the racecourse.
4. Traffic pattern from LaScalla launching area
 - a. Crews launch at the direction of the Dock Master
 - b. Once clear of the launch dock, crews turn immediately to starboard and merge into the flow of traffic to the start area.
5. Start area warmup.
 - a. There are 3 large red ball buoys in a line. You may circle these buoys in a counterclockwise pattern until the Start Marshall calls your race.
 - b. You may go under the Route 130 bridge for additional warm up. This is done single file up to the end of the area, turn to port and return through the bridge. The area is marked with large red ball buoys. Keep to starboard, the buoys will be to your port side in both directions.
 - c. DO NOT stray from the marked area. There are underwater obstructions outside the marked area.
 - d. Crews going above the Rt 130 bridge do so AT THEIR OWN RISK. Races will not be held for equipment damaged about the Rt 130 bridge.
 - e. There is a safety Marshall above the bridge. The Marshall is there for safety and will not call crews to their race. It is YOUR RESPONSIBILITY to be in the starting area next to the starting platform for your race.
6. All crews in the warmup and start areas must respond quickly to Start Area Marshall instructions.
 - a. Prior to the start of a race, the Start Marshall will call the crews for the next race to the start area located next to the Starting Platform
 - b. The Start Marshall will direct crews into their assigned racing lanes. The Start Marshall at the direction of the Starter will direct the crews into their assigned racing lanes. Crews will load into the start platform in lane order 6,5,4,3,2,1, This will enable the starting procedures and schedule to flow smoothly.
 - c. Crews not racing should stay in the area next to loading area following the large red buoys
7. Practice traffic pattern
 - a. Traffic pattern for practice will be in Lanes 1 and 2 upriver and 4,5,6 down river. Lane 3 is not used. There is NO PRACTICE in the racing warm up areas.

8. A crew that capsizes at the starting line or during their race will be EXCLUDED. If a crew capsizes while rowing to the start (outside the marshalling area) they will be permitted to compete provided all of the athletes and the related equipment are deemed to be in good condition. No races will be delayed due to a capsize event.

STARTING PROCEDURES:

2-303 Changing Race Times and Lane Assignments

The Starter may change the schedule of racing or any lane assignments previously made.

2-304 Alignment

- (a) Before the start, the Judge at Start shall cause the bows of all boats to be aligned with the plane of the starting line.
- (b) When the Judge at Start is satisfied with the alignment, he or she shall so indicate by any of the following methods: (1) raising and keeping aloft a white flag, (2) raising and keeping aloft a fluorescent green flag, (3) causing a white light to be illuminated.

2-305 Start

- (a) After the Judge at Start signals that alignment has been achieved, the Starter shall announce the name of each Crew.
- (b) If alignment is lost during the announcement of the Crews, the Starter may suspend the process and resume when the previous condition is restored. If there is a significant delay, the Starter may repeat the entire procedure.
- (c) Once the announcement of the names of the Crews begins, the Starter shall disregard any Crew signaling that it is not ready under this procedure regardless of when such signal is given.

2-306 Starting Commands with Flags

- (a) After the Crews have been announced, the Starter shall start the Race by: (1) calling out “Attention!”, (2) raising the Starter’s flag overhead, and then (3) after a distinct and variable pause, calling out “Go!”. The command “Go!” shall be accompanied by a quick and simultaneous downward motion of the Starter’s flag to one side.
- (b) If, after the Starter’s flag has been raised, the Starter believes for any reason that the start should not occur, he or she shall call out “As You Were!” and gently lower the Starter’s flag directly in front of him or her. The Starter then shall repeat the starting commands in their entirety but may dispense with announcing the Crews.
- (c) Crews may leave the starting line when the Starter’s flag begins to move.

2-307 “Quick Start”

If weather or other conditions prevent use of the normal starting procedure, the Starter may dispense with the announcement of Crews described in Rule 2-305 (“**Start**”). The Starter first shall announce to the Crews that a “Quick Start” will be used. When the Starter determines that the Race may be safely and fairly started, the Starter shall call out “Quick Start!” followed by the starting commands (**Rule 2-306, “Starting Commands with Flags” or Rule 2-306.1, “Starting Commands with Lights”**). Once the announcement of “Quick Start” is made, the Starter shall disregard any Crew signaling that it is not ready.

2-308 False Start

- (a) A Crew commits a false start when its bow crosses the plane of the starting line before the Starter's red flag begins to move or green light illuminates. More than one Crew may be assessed a false start at the same time.
- (b) Crew(s) committing a false start will be assessed a warning. A Crew that receives two warnings, including false starts, applicable to the same Race shall be excluded under **Rule 2-602(c) ("Types of Penalties")**.
- (c) In the event of a false start, the Judge at Start shall raise a red flag or cause a red light to be illuminated. The Starter shall stop the Race by sounding a bell or sound device, waving a red flag or illuminating a flashing red light, and calling "Stop!"
- (d) After a Race has been stopped due to a false start, the Starter shall instruct the Crews and Race Officials how to proceed.

2-309 Failure to Start

If a Crew fails to leave the starting line after the starting commands have been given, the Starter shall stop the Race. If the Crew's failure to start is not justified, the Starter may impose one of the penalties described in **Rule 2-602 ("Types of Penalties")**.

2-310 Broken Equipment

- (a) "Broken Equipment" shall mean a condition in which any Equipment, as defined in **Rule 1-202 ("Other Definitions")**, is not in a normal operable state. The following shall not count as Broken Equipment:
 - 1) A condition that is the obvious result of carelessness or neglect;
 - 2) Crabs and jumped slides (in which a Rower's seat comes off its track);
 - 3) The condition of a Coxswain's sound amplification system (including a COX-BOX), a stopwatch, stroke watch, or similar device.
- (b) If a Crew suffers Broken Equipment after launching but prior to entering the Starting area, it shall stop rowing and immediately signal to the closest Race Official. The Race Official shall inspect the equipment for damage. If the Race Official determines that there is Broken Equipment, the Race Official shall communicate with both the Starter and Chief Referee to determine if the Crew will be able to race.
- (c) If a Crew suffers Broken Equipment after the starting commands but before it has left the Starting area, or 20 seconds has elapsed on courses where the Starting area is not clearly marked with different colored buoys, it may stop rowing and signal to the Referee. The Referee shall stop the Race as described in **Rule 2-407(d) ("Referee's Instructions to Crews")** and inspect the damage. If there is in fact Broken Equipment, the Race may be restarted after the Crew has had sufficient time to make repairs. If there is no Broken Equipment, the Race may be restarted immediately, and the Referee may impose upon the offending Crew one of the penalties described in **Rule 2-602 ("Types of Penalties")**.
- (d) A Crew is deemed to have left the Starting area once its bow crosses the 100-meter mark. If a Crew attempts to claim Broken Equipment after it has left the Starting area, and if the boat can still be operated safely, the Referee shall instruct it to continue rowing as described in **Rule 2-407(c) ("Referee's Instructions to Crews")**.

2-311 Leaving the Starting Area

A Crew that rows out of the Starting area waives any right to object on the grounds that the start was not fair.

GUIDELINES FOR RACING:

Coxswains and crews take note: Act promptly on any instructions a referee may give you during the race. Remember that you, not the referee, are responsible for steering a correct course.

A boat is protected from Interference when rowing in its assigned lane, i.e., all of the boat including the oars are within the lane buoys. If at any time a part of your equipment is not within the lane buoys, you risk interfering with another crew and may be excluded.