

SOUTH NIAGARA ROWING CLUB

INVITATIONAL REGATTA – MAY 17&18 2025

NOTES TO COACHES

Please let your crews know that the Umpires are there to make sure the races are fair and safe – not to be mean, confuse them or wave flags for fun and never to coach!

YELLOW CARDS are for that race/event only – not for other events an athlete may be rowing in this regatta and not for life! One yellow card is a “warning”; a second will result in exclusion of the entire crew from that event, not from the regatta. Please make sure your athletes understand this.

Please ensure boats are 100% race-ready – wing nuts and oar locks tight, bow ball in good repair, if taped, with white tape only. Delays for repairs are at the discretion of the umpires and may not be permitted. There will be no opportunity for repairs once the boats have launched so it's imperative that the boats be race-ready before launching.

Shoes must be tied at no more than 7cm. and all shoes must have a “Quick Release feature, or the boat will not be allowed on the water RCA Rule: 3.5.

If something comes loose or breaks at any time after the start horn has gone off, the umpire will stop the race only for a safety issue, NEVER for a repair. The 100m rule no longer exists.

Make sure athletes are properly dressed for the weather, they may need to wait in the warm-up area and that can be cold. School unisuits and consistent top shirts are nice but being warm is even nicer! Regardless of the temperature, sunscreen is wise.

Athletes can launch 45 minutes before their race but will not be permitted to launch early or with less than 15 minutes before their start time. It is nearly 4000m to the start.

Upbound crews are not required to stop for races. **This is an EXCEPTION to RCA Rule 8.7.2.** Crews should proceed at a paddle rate such that it will not impede the race proceeding down the course. Upbound crews should take caution when approaching the finish line and ensure they stay in the travel lane and not into lane 6. They should also try to avoid passing the finish area when a race is actively crossing the finish

Hot seating is permitted **AT YOUR OWN RISK.** Crews must still check in at control commission as a crew at the designated launch time and obtain their bow marker before proceeding to the dock. Crews and coaches are expected to use the dock with courtesy

of their fellow athletes. It's a quick change and done. No docking of boats or loitering that prevents other crews from fair use of the dock.

THE STARTERS WILL NOT WAIT FOR CREWS WHO CHOOSE TO USE THE HOT SEAT DOCK OR LAUNCH LATE.

U15 1000m RACES – crews to row to the 2000m start and paddle down to the 1000m mark unless directed otherwise by umpires on the course. THIS IS FOR SAFETY PURPOSES.

Crews must not go beyond the large buoy at the end of the marshalling area above the start gates. **THIS IS A SAFETY HAZARD AND OPENS INTO LIVE SHIPPING CHANNEL OF THE WELLAND CANAL.** To do so may result in a warm up area violation and result in a penalty / yellow card.

Starts - crews will be called in and told there is 5 minutes before race time . The starters will call 4 minutes, 3 minutes etc. At the 2-minute call, the crews must be locked on with the boat's stern in the hand of the bow-holder. If they are late to the start the umpires may issue a Yellow card. The starters will call the roll of boats , say "ATTENTION" – red light will go on. After a brief pause the Starters will sound the horn and the green "GO" light will come on . Going over this with your athletes will help calm nerves in the gates!

The start umpires may give instructions to crew having difficulty backing into the gates – it is important the crews listen and follow those instructions.

Under some circumstances – such as weather issues , the Starters may call for a **QUICK START** – in that case, there will be no roll call. The starter will advise crews: "This will be a QUICK START, after a short pause the starter will say QUICK START (pause) ATTENTION (pause) and the Horn will sound. Please advise your crews that this may happen, particularly if the weather is bad and / or the regatta is running late.

If an umpire observes a crew impeding another crew or possibly in line of a pending collision, they will call the crew by club/school name and point the **WHITE** flag in the direction they are to go – stroke is responsible for watching that and communicating to crew and coxie (in a sweep boat). **Crews must obey the umpire's flag.**

If crews hear a horn DURING a race and/or sees a **RED FLAG**, they must **STOP** rowing immediately – this means the race has been stopped for some reason. The race will be re-started or re-run completely. Crews not involved in the stoppage will not be penalized. The umpire(s) will instruct the crews how and when to proceed.

If a crew is lagging behind the rest of a race, the umpire may pass them to stay with the race – this may result in the slower crew(s) being waked – the umpire is responsible to be with the race. The umpires make every effort to minimize any impact on crews if this happens.

WEIGH-INS – 6:00am – 9:30am

- Located in the Quonset Hut (silver building).
- Coxswains and competitors in weight restricted events are required to weigh in.
- Coxswains are required to weigh in at this regatta.
- **Athletes who do not weigh in during the weigh-in window may be excluded from competing.**
- Athletes **MUST** weigh-in as a crew, accompanied by their coach, dressed as they will race.
- A practice scale is available.
- Athletes may only weigh-in once.
- Minimum coxswain weight is 45kg (exception to Rule 2.5). Coxswains required to carry deadweight may purchase sand for \$5 payable to the umpires/volunteers at weigh ins.
- There is also a 1 kg weight allowance for 63kg and 72kg events (exemption to rule 2.10).

Athletes at weigh ins and control commission must present ID if asked.

All crews should row their heats as if it's a final. If weather prevents finals from being raced medals may be awarded based on heat times.

Tammy Jacobsen, Chief Umpire
May 15, 2025