**ST. CATHARINES ROWING CLUB**

**MOTHER’S DAY REGATTA – MAY 11, 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.

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.

If a boat has an equipment issue on the way to and before the start of the race, the umpire may allow a delay for on-water repair or may allow the boat to return to the dock for repair – it is totally the umpire’s discretion . This is why boats must be 100% race-ready when launched. The old “30-minute-to-repair” rule was never a rule.

**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.**

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.

The warmup pattern is counterclockwise: up on the shore side, down on the course side **– MAKE SURE** **THE ATHLETES ARE AWARE – THEY MAY BE YELLOW CARDED IF THEY FAIL TO FOLLOW** “We weren’t told” or “We didn’t know…” will not be accepted as excuses!

There will an Umpire marshaling the athletes to the start – the marshal tower is in place.

The Marshal will call crews to the start in reverse order – Lane 7 – Lane 2

Crews must not go beyond the gates when warming up or cut across the warm-up area – to do so may result in a traffic violation 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!

Please ensure you tell your crews as close to gate as possible and then spin to back in – tell your crews never to back in from 250m. – or even more! - out. The start umpires may give instructions to crew having difficulty backing int 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.

Explain to the athletes that, if the umpire believes they are going off-course, or possibly in line of a pending collision, s/he 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 – 6:30a.m. – 8:30a.m.**

* Located at the far end of the boathouse, above the Ridley bays
* All athletes in weight restricted events are required to weigh in.
* Coxswains are **not** required to weigh in at this regatta.
* Crews MUST weigh-in in order of race time.
* Athletes MUST weigh-in as a crew , accompanied by their coach, dressed as they will race.
* A practice scale is in the Parts Room – just next to the SCRC workshop
* Athletes may only weigh-in once.
* The regatta has been granted an exemption to Rule 2.10: there will be a 2 kg allowance to the weight categories.

**MAXIMUM WEIGHTS ALLOWED FOR MOTHER’S DAY:**

Weight allowances.

Women:

59kg events, max allowed - 61 kg

63kg events, max allowed - 65kg

Men:

66kg events, max allowed - 68kg

72.kg events, max allowed – 74.kg

Coxswains – no weigh in

Louise Hastings

May 5, 2025