



Commercial Regatta - Rules of the River

- I. Bowballs, Heel-restraints, Hatches and Life Jacket are all requirements under Rowing Ireland Rules.
- II. Crews should be at the Boohouse Bend (Start Area) at least five minutes before published race time. In practice, this means launching 25min before your race.
- III. Keep Close to South Station on the way to the start – the Marshal (wearing high vis vest) will inform you as a race approaches – **pull into the Holding Zone** – be careful your oars do not obstruct the oncoming race. Also listen for PA announcements re oncoming races.
- IV. As soon as the race before yours starts, you have two minutes to attach to the stakeboats and align your boat. Be sure you know which station you are on – as this is where delays typically occur. The Umpire may award a false start or disqualify a crew for excessive delays during stakeboat manoeuvring.
- V. Buoys are an integral part of the course; it is necessary for each boat AND its oars to pass the correct side of the three buoys. Infringement of this rule means automatic disqualification, except in the case of a coxless craft, where the umpire may exercise discretion.
- VI. Lateness at the start will result in a false start and or disqualification.

VII. When launching, **check there is no oncoming race** before crossing to the south station.

VIII. In the event of a row-over, row down on station #1 (northerly station).

IX. A few meters after the finish line (hooter sound), commence a clock-wise turn. **Beware of the Weir.**



COMMERCIAL
ROWING REGATTA

