ROWING IRELAND

RULES

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ROWING TOGETHER

AS ONE, FOR ALL

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Preamble

The Constitution of the Irish Amateur Rowing Union Company Limited by Guarantee ("Rowing Ireland") allows Rowing Ireland to maintain in force and amend from time to time, regulations relating to the sport of rowing, competitions, conduct, discipline, administration of Clubs and Branches, and other matters relating to the sport of rowing in Ireland (hereinafter, the "Rules of Rowing Ireland/the "Rules"). Rowing Ireland prescribes that the Rules set out in this document will apply with effect from the date listed on the front cover of the Rules the "Effective Date" and will continue to apply unless amended or superseded in accordance with the Rules and the Rowing Ireland Constitution.

The Rules shall be read and interpreted in conjunction with the Rowing Ireland Constitution. In the event of any conflict between the terms of the Rules and the Rowing Ireland Constitution, the Rowing Ireland Constitution will take precedence.

Rowing Ireland has three divisions – Flatwater, Coastal (Sweep) and Coastal (Scull) and certain sections of the Rules will only apply to a specific division as follows:

Flatwater Rowing	Parts 1-5 apply.
Coastal Rowing (Sweep)	Parts 1 & 6 apply.
Coastal Rowing (Scull)	Parts 1 & 7 apply.

The Rules will apply to all Rowing Ireland clubs and members of affiliated clubs in Ireland.

Definitions

Throughout these rules the following definitions shall apply:

Crew:	Means crew or sculler unless specified otherwise.
Disciplinary Committee:	A committee of not more than seven members appointed in line with the constitution. On the request of the Disciplinary Officer, it shall conduct hearings and determine liability and sanctions in accordance with the rules. The committee may assess responsibility for any such breaches and determine appropriate sanctions in accordance with the rules.
Disciplinary Officer:	An individual appointed by the Board to investigate any alleged or potential breaches of the Rules. The Disciplinary Officer will be named annually on the Rowing Ireland website. The Disciplinary Officer may where appropriate, commence disciplinary proceedings against any individual or club deemed to have broken the rules of Rowing Ireland.
Domestic Events Committee:	The committee appointed by the Board to prepare the calendar of events, to ensure events are run to a suitable standard and any other duties delegated by the Board.
Event:	Shall mean a Regatta or Head unless specified otherwise.
Gender:	In these rules where oarsmen and male officials are referred to, the rules apply equally to oarswomen and female officials, except in those contexts where men's rowing or women's rowing is to be specifically referred to.
Organising Committee:	A committee established to run a Regatta or Head of the River.
Umpires Committee:	The committee appointed by the Board to examine, license and supervise regatta officials and to perform any other duties delegated by the Board.
Voting Rights:	Full Voting Rights The right to vote at any General Meeting of Rowing Ireland. Coastal (Sweep) Voting Rights The right to vote at General Delegate Meetings of the Coastal (Sweep) Division Coastal (Scull) Voting Rights The right to vote at General Delegate Meeting of the Coastal (Scull) Division

Part 1. Administration Byelaws

1.1 Affiliation

Any club, willing to bind itself to observe the rules of Rowing Ireland may become affiliated upon making application in writing accompanied by the affiliation fee in respect of the type of affiliation applied for subject to being elected by a majority of two-thirds of the members present at the meeting of the Board.

Every club applying for affiliation shall forward to the CEO of Rowing Ireland a copy of its rules, the name, address and e-mail address of its Honorary Secretary or other officer of the club, to whom all communications shall be sent. It shall furnish such other information as the CEO may require.

In the event of a club applying for affiliation not being elected, the affiliation fee shall be returned. Details of any new affiliated club shall be notified to all clubs via the Rowing Ireland website. Any club rejected by the Board shall have the right to appeal to the Annual General Meeting, which may approve or reject the application by a simple majority vote.

1.2 Group Affiliation

Any group or association of rowing clubs, which has traditionally organised and participated in regatta circuits outside the jurisdiction of Rowing Ireland may apply to affiliate to Rowing Ireland as a club, subject to the following conditions being complied with to the satisfaction of Rowing Ireland:

1.2.1 All the rowing clubs in each such group or association, must agree to that group or association seeking affiliation to the Rowing Ireland.

1.2.2 The group or association must be prepared to accept and be bound by the Articles of Association of Rowing Ireland and other rules of Rowing Ireland.

1.2.3 The applicant group or association must send a list of all the clubs in that group or association to the Honorary Secretary of Rowing Ireland and if the group or association application is successful these clubs become indirectly affiliated clubs of Rowing Ireland. As such they may compete in regattas or races under the rules of Rowing Ireland, under the colours and name of their group or association. Individual clubs may at any time seek full affiliation in their own right, if they wish to compete in events under the rules of Rowing Ireland, under their own name and colours.

1.2.4 Each group or association shall continue to administer its own organisation and regatta circuit and formulate the rules of racing and regulations for standard boat construction. Each group shall send to the Honorary Secretary of Rowing Ireland (by the 1st December each year) the names of its officers, its clubs, its rules and racing regulations, details of boat specifications and fixtures list for inclusion in Rowing Ireland rule book or annual "blue book" as appropriate.

1.2.5 When any such group or association has been affiliated to Rowing Ireland, it will receive all Rowing Ireland correspondence on behalf of the group or association.

1.2.6 All Clubs affiliated to Rowing Ireland may compete in any event organised by an affiliated group or organisation if invited to do so.

1.3 Communication

Every club on becoming affiliated to Rowing Ireland shall send to the Honorary Secretary of Rowing Ireland the name, address and e-mail address of its Honorary Secretary or other officer of the club, to whom all communications shall be sent. The club shall keep the Honorary

Secretary of Rowing Ireland informed immediately of any change in the relevant contact information.

All notices, sent to the name, address or email address last given, shall be deemed to have been properly sent to the affiliated club, whether received or not. Every affiliated club shall when requested, send to the Honorary Secretary of Rowing Ireland a list of its members, a copy of its balance sheet and a copy of its rules and bye laws and furnish such information as the Honorary Secretary of Rowing Ireland may require.

1.4 Types of Affiliation

There shall be five types of Affiliation to Rowing Ireland. They are:

Senior:	This is a club with full, unrestricted affiliation and with full voting rights.
Schools Club:	This is a club which is associated directly with a school and only competes at Junior level, and which has full voting rights. Any Schools Club entering an event other than at Schools Club level will immediately be invoiced for the difference between the Senior and Junior affiliation fee.
Restricted Third Level:	This is a club which only competes at the University Championships and which does not have voting rights.
Restricted School:	This is a club which only competes at specially designated Schools event(s) and which does not have voting rights.
Restricted Coastal:	This is a club which only competes on the Coastal circuit and at the World Rowing Coastal Championships. It does not have voting rights.

1.5 Affiliation Fees

On or before the 31st day of December every club shall pay to Rowing Ireland an Annual Subscription. The amount of the subscription for each type of affiliation will be determined by the Annual General Meeting from year to year.

A new club established not within ten miles of an open non-institutional club is only required to pay half fees in its first three years.

Only those clubs who have paid their current affiliation fee shall appear on the listing of Affiliated clubs. The non-payment of the current affiliation fee shall render club's ineligible from registering members, entering any event under Rowing Ireland rules or being represented at any meeting of Rowing Ireland.

A percentage of the annual subscription, to be determined by the Board annually, will be transferred to each Provincial Branch in proportion to the number of individuals registered with clubs in each Branch. Such payment shall only occur if the Branch has provided the Board with a full account of its Branch finances for the preceding year and such expenditure is deemed appropriate by the Board.

1.6 Club Colours

Each club shall register its racing uniform colours and designs and the colours and designs of its oar blades with Rowing Ireland who shall not sanction the use of similar colours and designs by different clubs if these would cause confusion.

1.7 Club Constitutions

On request the Hon Secretary of each affiliated Club shall provide the Hon Secretary with a copy of the Club's most recent constitution. Any Club which is found not to adhere to the

objectives of Rowing Ireland may be suspended by a simple majority of the Board of Rowing Ireland pending correction of the situation. Any club thus suspended may appeal to the next AGM of Rowing Ireland at which the suspension will be approved or rescinded by a simple majority vote.

1.8 Registration

Every competitive rower must be registered with Rowing Ireland for the current rowing year. Registration is not complete and valid until the required information is provided and the appropriate fees paid. Associate Registration of Rowing Ireland will be available on payment of an annual subscription to be determined annually by the Board. Rowing Ireland shall keep a database of all currently and previously registered members against which current status may be checked. This database shall be available to club secretaries and event organisers.

For those registering for the first time, registration cards will be issued on request by Rowing Ireland through their club secretary. Subsequent registration cards may be issued on application and at a cost to be determined by the Board of Rowing Ireland.

Rowers who have previously competed for a club not affiliated to Rowing Ireland must submit full details of their participation and wins. The Chair of the Umpires Committee shall determine the status of such rowers in accordance with the rules of Rowing Ireland. Any rower not satisfied with such a determination of their status may appeal to the Board of Rowing Ireland within 28 days of the determination.

1.9 Unsettled Balances

The Board of Rowing Ireland has the power to take any action it deems fit, including suspension, against any club or organising committee which fails to pay, on the due date, monies due by it to Rowing Ireland.

1.10 Discipline

1.10.1 All clubs and members of affiliated clubs ("individuals") are obliged to comply with the Rules of Rowing Ireland and shall be liable to disciplinary action in the event of any breach. In addition, any individual or club proved guilty of:

a) any misbehaviour or unfair practice in connection with rowing, whether relating to boat racing or otherwise,
b) any misbehaviour considered to bring the sport of rowing or Rowing Ireland or its membership into disrepute, shall be liable to such penalties as may be appropriate to such misconduct in the circumstances.

1.10.2 The Disciplinary Officer (whose powers and functions may be delegated to such deputy as he or she may appoint) shall have authority to commence disciplinary proceedings against any individual or club considered by him or her to have breached any Rule of Rowing Ireland which includes conduct under Rule 1.8.1 (a or b).

1.10.3 In such case, Notice of Disciplinary proceedings shall be sent to the club or individual (and if an individual, the notice may be sent to the secretary of that individual's club). The Notice shall state the rule considered to have been breached and shall give a description of the alleged breach. The Notice shall invite the individual or club to respond by either:

a) admitting the breach, or
b) seeking a hearing.

Failure to respond within a period of three working days shall be considered an admission of the breach.

1.10.4 The Disciplinary Officer may at any time prior to a hearing of disciplinary proceedings, impose an interim suspension prohibiting the recipient (if an individual member) from

competing or enjoying other privileges of membership pending the completion of the disciplinary proceedings.

In deciding whether to impose such an interim suspension, the Disciplinary Officer shall consider the gravity of the breach alleged, the possibility of other members of the club being disadvantaged in the event that immediate action is not taken, the reputation of Rowing Ireland and its clubs and members, and such other matters as in his or her opinion appear to be relevant.

If an interim suspension is imposed: -

a) the suspended individual shall be informed in writing with the Notice of Disciplinary Proceedings or in writing thereafter of the decision to impose an interim suspension and in broad terms, the grounds for the interim suspension.
b) prior to the next regatta or head of the river race affecting them, the suspended individual must be offered a hearing date by the Disciplinary Committee, or if that is not possible, an opportunity to address the Disciplinary Officer to argue against the imposition of an interim suspension.

1.10.5 Where a breach is admitted, the Disciplinary Officer shall send notice to the individual or club of the penalty which, if accepted, will be imposed. The individual or club may seek a hearing in relation to the appropriate penalty, but failure to respond within 3 days shall be considered acceptance of the penalty indicated.

1.10.6 Where a hearing is sought by an individual or club, the Disciplinary Officer shall, as soon as reasonably practicable, notify the Disciplinary Committee of the impending hearing. The Secretary of the Disciplinary Committee shall set a date for the hearing and notify both parties of the same.

1.10.7 The Disciplinary Officer and the Disciplinary Committee shall be independent of one another and shall not communicate with each other in relation to any specific case save in writing, and copies of any such communication shall be made available to any club or individual the subject of the disciplinary proceedings on request.

1.10.8 A disciplinary hearing shall be conducted by a panel of either 3 or 5 members of the Disciplinary Committee, selected by its Chairman. The Disciplinary Committee (by which is meant the panel of 3 or 5 where appropriate) shall conduct the hearing in such manner as it deems fit and shall apply such rules of evidence as befit the circumstances. The Disciplinary Officer shall present the case for disciplinary action. In all cases, a written statement from an Umpire, Regatta Secretary or Regatta Observer shall be presumed correct unless shown to be clearly in error.

1.10.9 The Disciplinary Committee shall determine the question of liability and/or penalty at a hearing by simple majority. Penalties shall include fines, disqualification from competitions (which may operate retrospectively), suspension from competitions, suspension from other privileges of membership and in serious cases expulsion from Rowing Ireland. Penalties may be imposed on individuals and clubs.

1.10.10 By way of exception to the foregoing, the Disciplinary Committee shall not suspend a club or remove it from the list of affiliated clubs unless:

a) The notice of disciplinary action contains a statement that the Disciplinary Officer will request that a club suspension be imposed in the event that the breach of rule is proved,
b) A panel of 5 members of the Disciplinary Committee are present to conduct the disciplinary hearing, and
c) A majority of not less than 4 members of that panel of the Disciplinary Committee decide to impose the suspension.

1.10.11 The suspension of a club shall operate to suspend every member of that club for the prescribed period, provided that, not less than four weeks after the date of commencement of suspension, any member may apply to the Disciplinary Committee for permission to join another club, and, provided the member was not an officer of the suspended club and satisfies the Disciplinary Committee that he/she was personally innocent in the matters leading to the suspension of the club, he or she may have the suspension discharged as against him/her.

1.10.12 Where any club or individual is dissatisfied with a ruling of the Disciplinary Committee, he/she/it may appeal to a full meeting of the Board. No member of the Board who sat on the Disciplinary Committee, which adjudicated on the case under appeal, may attend the appeal hearing. At the appeal the Disciplinary Officer shall again present the case for disciplinary action.

1.11 Suspension

The Honorary Secretary of Rowing Ireland shall notify all affiliated clubs and all Event committees of the suspension of a club. For the duration of a suspension the Club or its members may not take part in any Rowing Ireland activity. Such suspension does not include activities of members of any Rowing Ireland committee, umpires or coaches engaged in coaching duties with the National team.

1.12 Amateur Status

There shall be no restriction imposed by Rowing Ireland on expenses paid to a competitor from any source. Competitors may enter into sponsorship contracts provided these contracts are reviewed and approved by the Board of Rowing Ireland in advance, and that these contracts are in compliance with World Rowing rules and do not conflict or compete with the business interests of a sponsor of the Team or overall sport.

1.13 Participation in Irish Events by Overseas Clubs

Overseas clubs may be invited to participate in events under Rowing Ireland rules, provided that the clubs concerned are affiliated to their rowing federation, which in turn must be affiliated to World Rowing

1.14 Supporters Club

The Board of Rowing Ireland is empowered at any time to establish a supporter's club, whose function shall be to support financially or otherwise Irish rowing. Rowing Ireland shall not be responsible for any debts incurred by the Supporters Club.

1.15 Matters not Specifically Provided for

The Board shall decide and arrange all matters which may arise during the year, and which are not specifically provided for in Rowing Ireland Articles of Association, or Rowing Ireland Rules and shall make any bye laws necessary, which shall not conflict with the rules. All such decisions are subject to confirmation by the next Annual General Meeting of Rowing Ireland.

1.16 Interpretation

All questions as to the correct interpretation of the rules shall be referred to the Board whose decision thereon shall be final.

Part 2. Rules for Competitive Rowing

2.1 Regatta

A regatta is the name given to a competitive meeting where there are rowing events in different types and categories of boat. All regattas held in Ireland must be held under the rules of Rowing Ireland. A regatta may be confined to certain categories of competitor. Irish competitors not registered with Rowing Ireland may not participate in a regatta under Rowing Ireland Rules without specific permission in advance being given by the Domestic Events Committee

The Regatta Season shall commence on 1st April each year and finish on 30th September.

2.2 Heads of the River

Heads of the River, timed events and other processional races may be held during the period 1st October – 31st March and may be subject to regulations laid down by the Domestic Events Committee.

A head of the river may be permitted in September provided no regatta is scheduled for that date.

2.3 Informal Races

Informal races between clubs, races between schools and other "At Homes" at which no entry fee is charged may be held without reference to Rowing Ireland.

2.4 Regattas not under Rowing Ireland Rules

No crew or members of an affiliated club may compete at any flatwater regatta in Ireland which is not held under Rowing Ireland rules, nor against any crew the members of which are not registered with Rowing Ireland, without permission in writing from the Domestic Events Committee.

No club or combination of clubs may hold an International Regatta or any International race or any regatta or race purporting to be an International without prior sanction of the Domestic Events Committee.

2.5 Affiliation for Schools Regatta

Eligibility to compete in the school's regatta is confined to second level students who are currently registered for an affiliated school club or a club availing of the restricted schools, affiliation on 1st March in the relevant year.

2.6 Rowing Year

The rowing year shall commence each year on the 1st. January and finish on the 31st of December.

2.7 Fixtures Allocation & Event Licence

Any Organising Committee (OC), which must be an affiliated club or a group of affiliated clubs, which proposes to hold a regatta or head of the river, shall apply for a licence for that purpose.

All applications must be submitted to the Chair of the Domestic Events Committee (DEC) by 1st February or later date agreed by the (DEC) of the year before the event is planned. Should an OC apply for a date after 1st August, the DEC, may at their sole discretion, allocate the event a date provided that it does not clash with a date already allocated to another event.

The fee which is payable for each day of the event will be determined by the Domestic Events Committee and may vary depending on the size of the event.

The appropriate licence fee must be paid within 28 days of a date being granted. Any event which has not paid by the date due shall be removed from the calendar and shall only be reinstated on payment of an amount equal to double the applicable licence fee.

Should an event not take place due to circumstances beyond the control of the committee such as weather, a refund of the licence fee shall be made. The decision of the DEC on whether a refund is due shall be final.

Every application shall also state an alternative date or dates.

An event which has not completed its regatta returns in respect of the previous year will not be granted a date. The proceeds from such licences shall be ring-fenced and shall be used to develop Domestic Events in such a manner as determined by the Board on the recommendation of the Domestic Events Committee.

The committee shall allocate dates in such a manner as to produce a coherent and effective regatta season.

The committee shall determine if each regatta is status, semi-status or non-status. A win at a semi-status regatta will count as half a st**atus win.**

2.7.1 Fixtures Meeting (Flatwater)

The fixtures meeting will in principle take place immediately before the Annual General Meeting but may be scheduled for another appropriate time decided by the DEC. All event committees will be entitled to attend and speak but will not have a vote.

The draft regatta/head programme shall be placed before the Annual General Meeting or EGM for ratification by simple majority. Each club with full voting rights shall be entitled to vote.

2.8 Race Committee

The Race Committee shall consist of three people nominated by the Regatta Committee. The Chairman of the Race Committee must be a licensed Rowing Ireland Umpire and is responsible for the allocation of duties of the Race Officials. The Race Committee will hear appeals to umpiring decisions. It will also decide on all matters relating to racing which are referred to it by the Regatta Secretary.

2.9 Event Prospectus

The prospectus of each regatta and head of the river must be posted on the Rowing Ireland website.

The prospectus must state: -

a) The date(s) of the fixture.
b) The venue and course details.
c) If a regatta is status, semi-status or non-status.
d) The events offered and the entry fee for each event.
e) The time and date at which entries close.
f) The telephone number and e-mail address of the regatta secretary.
g) That races will be run under Rowing Ireland rules.
h) The Safety Statement for the event.
i) The refund policy should the event be cancelled. In the absence of a stated policy should the event be cancelled in its entirety a 100% refund shall be paid to all entered clubs in respect of all entry fees paid. Should part of an event be cancelled clubs will receive a 100% refund in respect of fees paid for races cancelled for which they have paid entry fees. Payments will be made within six weeks.

2.10 Entries

Entries for all regattas or heads of the river must be made through the Rowing Ireland Electronic Entry System.

Entries for a Club, using the unique password allocated to that Club, are deemed to be official entries authorised by the club. This confirms that all those entered are bona fide members of the club and eligible to compete in the events for which they have been entered.

The closing date for all regattas or heads of the river shall be the Thursday week prior to the regatta or head of the river at 19.00. Entries shall not be accepted after the official closing of entries.

No details about the entries for an event, may be released before entries have closed.

If only one entry for an event is received, the organising committee shall offer the competitors the option of moving to alternative events, (one alternative event for each competitor). Entry must be through the Rowing Ireland Electronic System.

2.11 Questionable Entries

Any questionable entry must be investigated, at once, by the Organising Committee and the Chair of the Domestic Events Committee must be informed.

The Organising Committee shall have the power to refuse or return any entry for good reason up to the time of starting and shall immediately acquaint the Chair of the Domestic Events Committee of the reason for such action.

Any competitor who enters or competes in an event for which he/she is not eligible shall be disqualified from that event and may be disqualified from competition for the entire of the current season if the Disciplinary Committee so directs and the following season, subject to the ratification of the Annual General Meeting.

2.12 Regatta Draw/Timetable

The following basic principles must be applied:

2.12.1 The draw for all regattas is performed automatically on the Rowing Ireland Electronic System which produces a randomised list of the crews entered in each event. Using the drawn order, the list is then split into the required number of heats. Under no circumstances can the order be altered. The timetable will be published on the Rowing Ireland website no less than five days before the event.

In the case of single scull entries, the timetable must always contain the name of the sculler.

2.12.2 Lanes always count from the Starters left.

2.12.3 If the number of entries in an event is such as to necessitate a preliminary or eliminating round no crew shall be required to row more than one extra race over and above the number of races required of any other crew. In draws for races on multi-lane courses no crew should have a bye, and in the first round of any event the largest heat may only have one crew more than the smallest heat in that event.

2.12.4 Where heats or semi-finals have differing numbers of crews, the first heat(s) will contain the larger number of boats.

2.12.5 No more than eight boats are permitted to row in any race at a regatta. Where there are more than six boats there must be an assistant umpire in a separate launch. Subject to the preceding paragraphs the Regatta Committee shall have complete discretion in regard to the manner in which crews may be required to qualify for the final race in any event. In particular the Regatta Committee may determine the number of crews which are to row in any heat, semi-final or final of the event. The

Domestic Events Committee, following discussion with the Regatta Committee, may limit the number of crews which may row in any race on a particular course.

2.12.6 A draw that does not accord to these principles is invalid and in such a case the Domestic Events Committee will instruct the regatta committee to produce a new timetable.

2.13 Head Report

Within ten days of each Head of the River race, the Head, Secretary, or some person properly appointed, shall forward to the Rowing Ireland office an electronic listing of the results of the event. In the event of any incidents such as, disqualification, fouls or objections, a report should be included.

2.14 Return of Winning Regatta Crews

The Regatta Secretary is responsible for ensuring details of the winning crews, taking into account substitutions on the day, are made via the Rowing Ireland Electronic System within seven days of the event.

2.15 Observer

The Domestic Events Committee will appoint an Observer to each flatwater event on the Rowing Ireland Calendar of Events. The duty of the Observer is limited to completing a report on the event. The Observer's report for each event shall be supplied to the Chair of the Domestic Events Committee. The Domestic Events Committee, having considered the report, shall provide the Organising Committee with a copy within 14 days together with any recommendations.

2.16 Prizes

In addition to presentation prizes, Organising Committees may offer cash prizes or vouchers to clubs with winning crews. Such cash prizes and vouchers may not be offered to oarspersons.

2.17 Length of Regatta Courses

In regattas the following maximum distances shall apply: -

Senior, Intermediate, Novice, Club, Lightweight, Junior 18 Junior 16 and Para:	not more than 2000 meters.
Junior 15:	not more than 1500 meters.
Junior 14, 13, Masters:	not more than 1000 meters.

2.18 Classes

There shall be separate classes for men and women other than coxswains who may be of either sex. The classes shall be Open, Lightweight, U23 and Junior.

2.19 Open

2.19.1 Open to all.

Competitors shall be graded into five Open grades - Senior, Intermediate, Club 1, Club 2, Novice as determined by points accumulated as follows:

All competitors carry a separate score for both rowing and sculling. Any reference to rower hereafter will be taken to also mean sculler where relevant.

Rower's score (RS) or Sculler's score (SS) is decided by points awarded or deducted. RS/SS can range from zero to a maximum of 1200 points. Coxes do not attract RS/SS.

Sculling and sweep disciplines carry separate scores for each athlete. The scores track separately until the athlete reaches 1000 points in any one discipline. Once a rower or sculler reaches 1000 in any one discipline, they will automatically move to a minimum of 501 points in the other.

A registered rower in their first year of registration will start on zero points. Once a rower achieves 300 points, their score may not subsequently decrease below 300.

All rowers aged sixteen years or older on 31 August of the year of competition and who register before 01 October will be awarded 100 points on their RS and SS for that year, to a maximum of 200 points accumulated over two registration years.

These points will be added on 31 December each year and will be in addition to points gained under any other rule.

Rowers registered only for Coastal Sculling or Coastal Sweep who compete in a Coastal Sculling event during the year will also be awarded 100 points on their RS and SS.No points will be awarded for wins in events at regattas in Ireland. Other points will be awarded for wins and international representation as follows:	
Novice Championship Event at the Irish Rowing Championships	100 points
Selection to compete at the Under 19 European or Under 23 European Championships.	200 points
Selection to compete at the Under 19 World Championships, Youth Olympics or Under 23 World Championships.	200 points

Selection to compete at Olympic Regatta, Senior World Championship, European Senior Championships or World Rowing World Cups will attract maximum points up to 1200 points.

Points will be added or deducted at midnight of the Wednesday week after the event.

Points will not be added or subtracted where:

1. The boat does not start the event.
2. The boat is disqualified.
3. The boat does not finish the event.

Junior 18 and Junior 16 rowers entering non junior events will attract the same points as non-junior rowers. Up to a maximum of 600 points.

Junior 18 and Junior 16 rowers will accumulate a minimum of 100 points per year on their RS and SS to a maximum of 200 points. The points are allocated at the 31 December each year. beginning of each rowing year.

Queries regarding the award or reduction of points must be raised as soon as practicable after an event and, at the latest, must be lodged before the end of the following rowing year.

2.19.2 Time away from Rowing

A deduction will be made to the RS/SS of any athlete who has not competed in the sport in Ireland or abroad for a full calendar year as follows:

- 1 full year unregistered - minus 100 points
- 2 full consecutive years unregistered - minus 200 points.
- 3 full consecutive years unregistered - minus 300 points.
- 4 full consecutive years unregistered - minus 400 points.
- 5 full consecutive years unregistered - minus 500 points.

Once a rower achieves 300 points, they are unable to register again at less than 300 points.

Registered Masters rowers will receive the same deductions provided they have not entered Senior events in each relevant year.

2.19.3 Lightweight

Lightweights shall be classified as follows:

The average weight of a men's crew (excluding coxswain) shall not exceed 70 kg.

No individual oarsman shall weigh more than 72.5 kg.

A single sculler (male) shall not weigh more than 72.5 kg.

For women the average weight of a crew (excluding coxswain) shall not exceed 57 kg.

No individual oarswoman shall weigh more than 59kg.

A single sculler (female) shall not weigh more than 59 kg.

Lightweight Competitors shall be weighed, wearing their racing uniform, on tested scales not less than one hour and not more than two hours before their first heat on each day of competition.

If their first heat is subsequently postponed or cancelled, the lightweight rower is not required to weigh in again on the same day.

Lightweight rowing events may only be held in senior classes.

2.19.4 Under 23

A rower may compete in an U23 rowing event until the 31st of December of the year in which he/she reaches the age of 22. A regatta win or loss shall result in the gaining or loss of points as set out in **2.19.1**

2.19.5 Junior Rowing

A Junior is a competitor who is under the age of nineteen years on the 31st of August of the year of competition.

The following Junior categories apply: -

Junior 18A: A competitor who qualifies under the age limit above.

Junior 18B: A competitor who qualifies under the age limit above and who has not accumulated more than one and a half status wins at Regattas in any of the following classes: Senior, Lightweight, Intermediate, Novice or Junior 18. A rower who has won a championship is ineligible to row Junior 18B.

Note: A Junior 18 B moves to Junior 18 A ten days after he/she reaches one and a half status wins at Senior, Lightweight, Intermediate, Club, Novice or Junior18.

Junior 16: A competitor who is under the age of seventeen years on 31 August of the year of competition.

Junior 15: A competitor who is under the age of sixteen years on 31 August of the year of competition.

Junior 14: A competitor who is under the age of fifteen years on 31 August of the year of competition.

Junior 13: A competitor who is under the age of fourteen years on 31 August of the year of competition.

Any person under fifteen years of age on 31 August of the year of competition, may only compete in races as a sculler or coxswain.

2.19.6 Masters Rowing

A rower may compete as a Master from the beginning of the year during which he attains the age of 27.

A Masters rower shall be placed in the age category corresponding to the age he or she attains during the current year.

Age Categories:

A	Minimum Age: 27 years or more
B	Average Age: 36 years or more
C	Average Age: 43 years or more
D	Average Age: 50 years or more
E	Average Age: 55 years or more
F	Average Age: 60 years or more
G	Average Age: 65 years or more
H	Average Age: 70 years or more
I	Average Age: 75 years or more
J	Average Age: 80 years or more
K	Average Age: 83 years or more
L	Average Age: 86 years or more
M	Average Age: 89 years or more

Age categories do not apply to coxswains. Each competitor shall be responsible for his/her own health and fitness.

Masters' events are run on a staggered start or corrected time basis for heads, in accordance with operating notes. (See appendix A)

2.20 Racing Grades

Racing grades for all boats will be determined by the maximum permitted cumulative points allowable per boat per grade as follows:

	Max Points Per Boat			
Grade	**8+/X**	**4X/+/-**	**2-/X**	**1X**
Senior	9600	4800	2400	1200
Intermediate	5600	2800	1400	700
Club 1	4000	2000	1000	500
Club 2	2000	1000	500	250
Novice	N/A	N/A	N/A	N/A

The Novice grade is for those competitors who are in their first two years of registration and have less than 200 points at the beginning of the season. Registration as a coastal Sculling

and Coastal Sweep rower is not taken into account unless the person has competed in a Coastal Sculling event.

In all other grades scullers in crew boats and all sweep rowers can compete in any grade of competition so long as the total points of all competitors in the boat does not exceed the maximum points allowable for that grade.

2.21 Invitation Events

Any Regatta Committee may offer invitation events which will not affect status. Invitation Events may not however be offered in any of the established status changing grades in order to make them non-status. The purpose of invitation events is to permit regatta committees to offer fun events at regattas. Should the Domestic Events Committee consider that the invitation events at a particular event are not appropriate or are being offered in order to circumvent status rules they will have the power to have such events removed from the regatta prospectus.

2.22 Separate Classes

All competitors carry a separate class for both rowing and sculling.

2.23 Restriction on Competition

No person shall be permitted to compete for more than one club at the same fixture other than as a coxswain.

2.24 Restriction Applying to Junior 16 and Younger

There must be an interval of at least one hour between any two races for each individual Junior 16 or younger rower. This requirement is not to apply to regattas with courses less than 600 meters in length.

2.25 Composite Crews

Composite crews are permissible in all Senior, Lightweight, Masters and Para events. They are not permissible in any other class.

2.26 Coxswains

Clubs are permitted to use coxswains from any Club provided they are registered with Rowing Ireland for that season. In the case of a Junior 18 crew, the coxswain must also be within the Junior age limit.

2.27 Substitutions

Every crew is entitled to substitute up to half the number of its oarsmen/women, and the coxswain, provided that the replacements are members of the same club (or group of clubs in the case of composite crew), and that each of them is qualified to row in that crew.

An electronic substitution must be performed by the club on the Rowing Ireland Electronic System, or if on the day of the regatta, a completed substitution form must be presented to the Regatta Secretary at least one hour before the crew's first race.

It is the responsibility of the Regatta Secretary to ensure all paper substitutions are entered on the Rowing Ireland Electronic System.

After a crew has rowed a heat, a substitution may only be made in the case of a serious illness, certified by a doctor.

2.28 Withdrawal of Crews

Once a crew has competed in a heat in a regatta it may not withdraw from that event for any reason other than medical. An automatic fine of €50 per crew will be levied on the club of the

absent crew / sculler. This fine must be paid to Rowing Ireland within 30 days of the event. The club of the sculler / crew may appeal the fine within 10 working days of the fine being levied to the Domestic Events Committee whose decision will be final.

2.29 Traffic Violations

All rowers shall comply with the directions of officials and marshals. In particular they will follow any traffic pattern in use. Any rowers not complying with such directions or instructions will be reported to the starter who may award a warning equivalent to a false start by advising the crew "Crew name – Traffic Violation – warning".

2.30 The Start

2.30.1 The Start

Crews must attach themselves to their start pontoons at least two minutes before the starting time of their race. When the starter announces "Two minutes" this shall signify to the crews that they are formally under starter's orders. Before giving the start command the starter shall ensure that the umpire and the judge at the start are ready. When the boats are aligned, and the crews are ready to race the starter shall make a roll-call by announcing – in lane order – the names of each of the crews in the race.

Once the rollcall begins the crews must make sure that their boats are straight. Each crew is responsible for being both straight and ready to race at the end of the rollcall. Once the roll call begins the starter shall take no further notice of any crew which indicates that it is not ready or that it is not straight.

After the last crew has been named in the rollcall the starter shall check that the judge at the start still has the white flag raised and shall then say: "Attention". The starter shall then raise the red flag. After a clear pause the starter shall give the start by dropping the red flag quickly to one side and simultaneously saying "Go". The pause between the raising the flag and the start command (dropping the red flag and saying "Go") shall be variable. If the starting procedure is interrupted for any reason external to the crews or a false start, then the starter must begin the procedure again starting with the roll-call except in the case of a weather change when a quick start may be used.

2.30.2 Quick Start

In exceptional circumstances the starter may decide not to use the normal start with the rollcall. If so, the starter must inform the crews that the "Quick Start" shall be used. Once the normal start has been used the starter shall not change to the quick start for the same race. For the quick start, instead of the rollcall the starter shall say:

"Quick Start – Attention". The starter shall then raise the red flag. After a clear and variable pause the starter shall give the start by dropping the red flag quickly to one side and simultaneously saying "Go".

2.30.3 Starting Procedure (with traffic lights)

Crews must attach themselves to their start pontoon at least 2 minutes before the starting time of their race. At this stage the traffic lights on the start pontoon are in a neutral state. When the starter announces "Two minutes" this shall signify to the crews that they are formally under starter's orders. The announcement of "Two minutes" shall also be an instruction to the crews to prepare to race i.e., remove additional clothing, check equipment etc.

Before giving the start command, the starter shall ensure that the umpire and the judge at the start are ready. When the boats are aligned, and the crews are ready to race the starter shall make a roll-call by announcing – in lane order – the names of each of the crews in the race. Once the rollcall begins the crews must make sure that their boats are straight. Each crew is responsible for being both straight and ready to race at the end of the rollcall.

Once the roll call begins the starter shall take no further notice of any crew which indicates that it is not ready or that it is not straight. After the last crew has been named in the rollcall the starter shall check that the judge at the start still has the white flag raised and shall then say: “Attention”. The starter shall then press a button (or switch) to change the traffic lights from the neutral position to red. After a clear pause the starter shall give the start by pressing a button which shall, at the same moment:

a) change the red light to green.
b) make an audible signal through the loudspeakers.
c) start the timing system for the race (if provided)
d) freeze the picture on the aligner’s monitor (if provided)
e) release the Alignment Control Mechanism (if provided)

The pause between the red light and the start command (the green light and the audible signal) shall be variable. If the starting procedure is interrupted for any reason external to the crews or a false start, then the starter must begin the procedure again starting with the rollcall.

2.30.4 Late at the Start

A crew which is not attached and ready to race two minutes before the scheduled race time, may at the discretion of the starter be awarded a warning equivalent to a false start by advising the crew “Crew name – Late at the Start – warning”.

2.30.5 False Start

In the event that a crew commences rowing before the Starter has given the starting command by dropping the red flag (or activating the green light if a traffic light system is used), they will be deemed to be guilty of a false start. The Starter or aligner can stop a race as a result of a false start. They shall do so by waving a red flag, ringing a bell and calling “Stop Rowing”. The Starter shall decide which crews, if any, a false start warning should be applied to. Any warning will be applied by advising the crew “Crew name – False Start – warning”. In the event of a crew receiving a second warning as a result of either a traffic violation, late at the start or false start they shall be excluded from the race.

2.31 Number of Crews to Qualify

With the exception of where only one crew is present and has a “row over”, at least one crew should be eliminated in each qualifying race. If the number of crews to qualify equals the number of crews present at the start of a race, the Starter shall advise them that the number of crews to qualify has been reduced. Failure by the starter to advise the crews will not alter the fact that at least one crew must be eliminated. This rule does not apply where qualification is based on time.

2.32 Licensing of Umpires

The Umpires Committee shall be responsible for examining and approving candidates for appointments as licensed umpires. Such umpires may be licensed for a period of up to five years.

The Board may extend the function of the Umpires Committee to include the examining and approving of other race officials if it deems this necessary. Only licensed umpires may act as a starter, judge, aligner or umpire for any race held under the Rowing Ireland rules.

International Umpires Licensed by World Rowing. may be invited to officiate at races rowed under Rowing Ireland rules. In exceptional circumstances, with the permission of the Chair of the Umpires Committee, national umpires from other countries affiliated to World Rowing. may be invited to officiate at races rowed under Rowing Ireland rules. Any regatta committee that uses unlicensed umpires at its event, may be refused a fixture in the following year.

The Umpires Committee shall approve the candidature of any suitable Irish Umpires who wish to sit the World Rowing. International Umpires Examination.

2.33 Revocation of Licence

The Umpires Committee may revoke the licence of any Umpire at any time at their discretion, either on a temporary or permanent basis or otherwise.

Any such official may appeal such revocation to the Board within 14 days of such notice being issued.

The Board may request additional information in respect of the revocation or call for written submissions from the Umpires Committee, the official in question or both and shall by a simple majority, either restore the Umpire's licence for its due term or confirm the Umpires Committee's revocation.

2.34 The Umpire

It is the Umpire's function to ensure that every competitor has a fair chance to win his/her race. He/she follows the race and ensures that no crew interferes with the course of another crew. He/she will direct the steering of a crew only if that crew is about to interfere with the course of another crew, is gaining unfair advantage or in the case of danger to the rowers or their equipment. If the Umpire has to direct the course of a crew, he/she does so by raising the white flag, calling the crew, and indicating with the flag the direction in which it should move. If the Umpire has to stop a crew, he/she raises the white flag, calls the name of the crew and gives the order "Stop rowing". If an Umpire needs to stop a race, he/she waves the red flag and calls "All crews – stop rowing". To control a race the Umpire may need to stay in touch with the leading crews, even if this means passing the slower crews in the race.

2.35 The Race

2.35.1 Each boat should keep to its own course throughout a race. The umpire is the judge of the true course of each crew, any boat which leaves its own water does so at its peril and will be disqualified by the Umpire if it interferes with the course of another crew or is deemed to obtain an unfair advantage.

2.35.2 On a multi lane straight course on still water, buoys are an indication of the course, a boat departing from its lane is liable to disqualification by the umpire only if he/she considers that its action interferes with the course of another crew, or that the crew gains an unfair advantage. On other courses, buoys or markers may be placed to equalize stations. Each such buoy or marker is an integral part of the course and should be described as such on the Regatta Programme. Where a buoy or marker is an integral part of the course, it is necessary for each boat and its oars to pass the correct side of the buoy or marker, Infringement of this rule means automatic disqualification, except in the case of a coxless craft, where the umpire may use discretion.

2.35.3 A foul occurs when two boats or their oars come into contact during a race. In such a case the umpire must penalise the offending boat, but he/she must also ensure that an innocent boat is not deprived of its chance to win its race. If the foul is so slight that it does not affect the result, the race should be allowed to continue, otherwise the first concern of the umpire must be to restore the chance to win of any innocent crew involved in the foul, he/she may stop the race and order a re-row or may recommend to the Regatta Secretary that the crew should pass through to the next round with the winner or other qualifiers. A crew that has wilfully encroached on the course of another crew, and has caused a foul, or that has carelessly done so, shall be disqualified.

2.35.4 Every boat shall abide by its accidents but if during a race, a boat shall be interfered with by an outside boat or person, the umpire shall have the power, if he/she thinks

fit to restart the boats according to his/her discretion, or to order them to row again on the same or another day.

2.35.5 Any competitor refusing to abide by the decision of the umpire or to follow his/her directions shall be disqualified.

2.35.6 No instruction, advice, direction or coaching may be given to a crew from outside the boat during a race, whether direct or by means of radio transmission, electric, electronic or other technical device, other than proper directions from the umpire of the race.

2.35.7 A crew has finished the race when the bow of its boat has crossed the finish line. If one or more rowers fall into the water, they shall continue to be part of the crew and the race still valid. A crew crossing the finish line without its coxswain shall not be placed. A sound signal will indicate the crew has crossed the finish line.

2.36 Objections and Protests

2.36.1 Objections

It is a crew's right to make an objection to an umpiring decision. The umpire should always check at the end of a race, that no coxswain or other competitor has a hand up to indicate an objection before he/she indicates “Race Alright” with the white flag to the judges. In the event of an objection, the umpire should raise the red flag as an indication to the Judge not to announce the result. An objection must be registered before the crew leaves the water. After an objection the umpire must give a clear decision, which must be announced to all the crews involved. This decision may be deferred for a short time, provided this is explained to the crews. No result shall be announced for a race until the umpire’s decision has been made and given to all the crews in the race.

2.36.2 Protests

A crew or its representative may in addition make a protest against an umpiring decision in writing to the Race Committee not later than thirty minutes after the end of the race. The Race Committee shall liaise with the race umpire concerned and shall make its decision as soon as possible before the next round of races in the event concerned and, in any event, not later than two hours after the finish of the race.

2.36.3 Objections to Qualification

Objections to qualification of a competitor must be made in writing to the secretary of the regatta at the earliest moment practicable. No such objection shall be considered unless lodged before the prizes are distributed and accompanied by a fee of €20/£20 (twenty euro or pounds), which will be forfeited if the objection is not upheld.

Should the Disciplinary Officer subsequently become aware of a breach of the qualification rule he/she shall arrange for the matter to be investigated and if deemed appropriate shall take action in accordance with the Disciplinary Proceedings.

2.37 The Finish Judge

The Finish judge's function is to determine the order in which crews finish a race, and the margin between the crews. There is no minimum margin. If the judge can distinguish one crew passing the finish line before another, he/she gives the verdict accordingly. If he/she cannot distinguish which crew crosses the finish line first, he/she announces a dead heat.

There is only one place from where a judgement can be made, looking through the sighting mark of the finish post on one side of the course to the finish post on the far side of the course. Both these posts should be fixed, and the area of the finish should be cordoned off from spectators so that there are no distractions for the finish judge(s).

2.38 Dead-Heats

Where there is a dead heat in a final, the Regatta Secretary will decide whether to order a re-row between the crews concerned over the full course or a shortened course. He/she will also consider allowing the crews to share the trophy. In the case of Junior 16, 15, 14 and 12 events a re-row may only be held if both crews agree.

2.39 Safety

Safety must be a major consideration of all clubs and regattas at all times. All clubs should insist that all their rowing members are competent swimmers and every person using their boats must be instructed in safety drill.

No boat may be launched at any competitive rowing event or during training which does not have the following safety devices fitted in the proper manner, nor may such a boat go into a stake boat or starting installation of a competitive rowing event:

a) The bows of boats shall be fitted with a white ball, 4cm in diameter, in soft rubber or similar materials, unless the bow is so constructed as to afford equivalent protection and visibility.
b) All boats shall be equipped with foot stretchers or shoes that allow the rowers to get clear of the boat with the least possible delay. Where shoes will remain in the boat each shoe shall be independently restrained such that when the heel reaches the horizontal position the foot will be released from the shoe. Where laces, Velcro or similar materials must be opened before the rower can remove his feet from the boat, they must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap.
c) Hatch covers on buoyancy compartments must be in place.
d) Coxswains, when in the boat, must at all times wear a lifejacket or buoyancy aid, the design of which must be acceptable to the Safety Committee. The use of self-inflating lifejackets or buoyancy aids by coxswains is specifically prohibited.
e) Any other safety requirements which the Board may advise from time to time.

2.40 Dress

All crew members and scullers must wear uniform dress in their clubs registered colours and designs while racing and should row with oars painted in the registered colours and designs also. In composite crews, competitors must wear the registered uniform of their own club. Undergarments (of a similar length) may be worn uniformly under the official uniform, provided that the colour of the undergarment is the same as the body of the official uniform or plain white.

Failure to comply with this rule will be subject to report by the Observer or any licensed umpire. The Disciplinary Officer may impose a fine on the club. Persistent non-compliance may result in the club being referred to the Disciplinary Committee by the Disciplinary Officer.

2.41 Victories Outside Ireland

The Secretary of any affiliated club wishing to compete outside Ireland must apply for permission before entering the event. Only paid-up registered members of Rowing Ireland may be included in such crews. Failure to do so may result in a fine being imposed by the Disciplinary Officer.

All regatta victories must be notified to the office within 14 days of the event. Should it subsequently be discovered that a win was not notified within this period, the Club may be subject to a fine by the Disciplinary Officer. In the event of a recurrence of non-compliance, the Club may be referred to the Disciplinary Committee.

All overseas wins by clubs count as full status wins, provided the event is conducted on a course length at least 1500m with at least three participating crews. All foreign and domestic

victories while part of the Irish team, count towards change of status. The Chair of the Umpires Committee shall have discretion to designate certain overseas races with only two crews participating as private races which do not affect status.

2.42 Payment of Entry Fees

Clubs are liable for the payment of entry fees in respect of all crews, or the club's portion of any composite crew entered regardless of whether the crew rows or not. In the event of non-payment, of all or part of the entry fees, the event committee may decline to accept entries from a defaulting club in subsequent seasons.

Rowing Ireland encourages all clubs to consider paying entry fees electronically. All entry fee payments must be paid electronically, failing which the entry will not be valid.

2.43 General Conduct

Any rower who publicly uses language or acts in any way that could be found objectionable to other rowers, officials, or members of the public, may be excluded from his/her race by the umpire, or subsequent races, by the Event Committee, following a complaint.

2.44 Entries of One Crew or One Club

Any race at a Regatta where there is only one entry or where the actual crews starting represent only one club, shall be deemed to be a private race not affecting class.

This rule does not apply to Championships of Ireland.

Part 2: Appendix A. Masters Rowing Handicap Events Operating Notes

Introduction

Racing under a standard handicapping system has been introduced as a means of expanding the opportunities for Masters Competition in Regattas and Heads.

An Age/Performance characteristic has been established on which a table of time differentials between Masters age Categories is based. This enables competitors in dissimilar categories to compete against one another on fair terms.

The Characteristic is the same for typical Regatta distances and for Heads.

Handicap Table

Table 1 sets out time differentials (handicap) for each age category relative to Masters category A over a range of Standard Times. These are in two groups, the first related to Regatta distances and the second related to Heads.

The Standard Time is that which it is expected a Masters A or a Senior crew or sculler would take to cover the course on the day of the event when all local conditions are accounted for.

The table may be used for any category of boat and for men or women.

Operating Notes – Regattas

1. It is recommended that if there are sufficient entries to warrant two races, separate races should be held between crews in the younger categories and crews in the older categories. Should there be insufficient entries for multiple races, the crews should be combined in one race and the appropriate handicap applied.
2. **The Course** – Crews should be started and finished level. Stake boats should be used if possible. The handicap time differential will be applied at the Start with the older crew being started ahead of the younger crew by the amount of the handicap.
3. **Standard Time** – The Regatta Secretary will consult Table 3 to determine the Standard Time to be observed and the appropriate handicaps from Table 1. This information will be made available to the competitors.
4. **Start Procedure** – The start procedure recommended is based on counting out loud the handicap being given. Once the Starter has seen that the crews are ready, he will say "Attention – Category "X" Go – 10 – 9 – 8 ……3 – 2 – 1 – Category "Y" Go" etc. The second or subsequent crews will start on the second or subsequent "Go". A stopwatch should be used to ensure an accurate countdown. The Starter should explain to the crews the method he is to adopt.
5. **Readiness** – Between the start of the first and the last crew it is the responsibility of the subsequent crews to maintain themselves straight and ready for the start.
6. **False Start** – In the event of the second or subsequent crews having a false start, they will be deemed to be disqualified. Should the first crew have a false start the race should be stopped in the normal manner.
7. **Umpires** – When competing crews are at different points along the course in the early stages Umpires should be alert to either crew gaining advantage by departing from its allotted station.
8. **The Finish** – This will be judged in the normal way. The crew finishing first will be declared the winner.

Operating Notes – Heads

1. **Application** – Heads which offer Masters categories, may wish to create a generalised category for Masters using the handicap table.
2. **Standard Time** – This will be determined from the finish time of the fastest crew in that boat type on the day.
3. **Corrected Time** – The Handicaps for each category will be determined from Table 2 once the Standard Time is known and will be deducted from the finish time of each crew to produce a corrected result from which the finishing order may be determined.

Table 1

MASTERS HANDICAPPING DATA

Regatta Distances – Time Differentials – Secs

Standard Time Mins:Secs	**A**	**B**	**C**	**D**	**E**	**F**	**G**	**H**	**I**	**J**	**K(83)**	**L**	**M**
1:00	0	1	2	5	7	9	12	15	18	21	23	25	26
1:10	0	1	2	5	8	11	14	17	21	25	27	30	32
1:20	0	1	3	6	9	12	16	20	24	28	30	33	35
1:30	0	1	3	7	10	14	18	22	27	32	35	38	41
1:40	0	1	4	8	11	15	20	25	30	35	38	41	44
1:50	0	1	4	8	12	17	22	27	33	39	42	46	49
2:00	0	1	4	9	13	18	23	29	36	43	47	51	55
2:10	0	1	5	10	14	20	25	32	39	46	50	54	59
2:20	0	1	5	11	15	21	27	34	42	50	54	59	63
2:30	0	2	5	11	17	23	29	37	45	53	57	62	67
2:40	0	2	6	12	18	24	31	39	48	57	61	66	71
2:50	0	2	6	12	19	26	33	42	51	60	64	70	75
3:00	0	2	6	14	20	27	35	44	54	64	70	76	82
3:10	0	2	7	14	21	29	37	47	57	67	73	79	85
3:20	0	2	7	15	22	30	39	49	60	71	77	84	90
3:30	0	2	7	16	23	32	41	52	63	74	81	87	94
3:40	0	2	8	17	24	33	43	54	66	78	85	92	99
3:50	0	2	8	17	25	35	45	56	69	82	90	97	105
4:00	0	2	8	18	26	36	47	59	72	85	93	100	108
4:10	0	2	9	19	27	38	49	61	75	88	96	104	111
4:20	0	2	9	19	28	39	51	64	78	91	99	107	115
4:30	0	2	9	20	29	41	53	66	81	94	102	110	118
4:40	0	2	10	21	30	42	55	69	84	97	105	113	122
4:50	0	2	10	22	31	44	57	71	87	100	108	117	125

Example: 1000m – Coxed Four – Standard Time 3.20

Handicap between C – D = 8 secs. Between F – G = 9 secs

Table 2

Long Distance Events – Time Differentials – Min / Secs

Standard Time Mins:Secs	A	B	C	D	E	F	G	H	I	J	K(83)	L	M
5:00	0	0:02	0:10	0:22	0:32	0:45	0:59	1:14	1:30	1:46	1:55	2:05	2:14
6:00	0	0:03	0:11	0:24	0:35	0:49	1:04	1:21	1:38	1:55	2:05	2:15	2:26
7:00	0	0:03	0:13	0:27	0:39	0:54	1:10	1:27	1:46	2:05	2:16	2:27	2:38
8:00	0	0:04	0:14	0:29	0:42	0:58	1:15	1:34	1:55	2:16	2:28	2:41	2:53
9:00	0	0:05	0:16	0:31	0:45	1:02	1:20	1:41	2:03	2:25	2:38	2:51	3:04
10:00	0	0:05	0:17	0:34	0:48	1:06	1:26	1:48	2:11	2:34	2:48	3:01	3:15
11:00	0	0:06	0:19	0:36	0:52	1:11	1:31	1:54	2:19	2:44	2:59	3:14	3:28
12:00	0	0:07	0:20	0:38	0:55	1:15	1:36	2:01	2:27	2:53	3:08	3:24	3:39
13:00	0	0:07	0:22	0:41	0:58	1:19	1:42	2:08	2:36	3:04	3:15	3:30	3:46
14:00	0	0:08	0:23	0:43	1:01	1:23	1:47	2:15	2:44	3:13	3:30	3:48	4:05
15:00	0	0:09	0:25	0:45	1:05	1:28	1:52	2:21	2:52	3:23	3:41	4:00	4:18
16:00	0	0:09	0:26	0:48	1:08	1:32	1:58	2:28	3:00	3:32	3:51	4:10	4:29
17:00	0	0:10	0:28	0:50	1:11	1:36	2:03	2:35	3:08	3:41	4:01	4:20	4:40
18:00	0	0:11	0:29	0:52	1:15	1:40	2:08	2:42	3:17	3:52	4:13	4:34	4:55
19:00	0	0:11	0:31	0:55	1:18	1:45	2:14	2:48	3:25	4:02	4:24	4:46	5:08
20:00	0	0:12	0:32	0:57	1:21	1:49	2:19	2:55	3:33	4:11	4:34	4:56	5:19
21:00	0	0:13	0:33	0:59	1:24	1:53	2:24	3:02	3:41	4:20	4:43	5:07	5:30
22:00	0	0:13	0:35	1:02	1:28	1:58	2:30	3:08	3:49	4:30	4:54	5:18	5:43
25:00	0	0:15	0:39	1:09	1:37	2:10	2:46	3:29	4:14	4:59	5:26	5:53	6:19
30:00	0	0:19	0:47	1:20	1:54	2:32	3:12	4:02	4:55	5:48	6:19	6:51	7:22
40:00	0	0:25	1:01	1:44	2:26	3:14	4:06	5:10	6:17	7:24	8:04	8:44	9:24
50:00	0	0:32	1:16	2:07	2:59	3:57	4:59	6:17	7:39	9:01	9:50	10:38	11:27

Table 3

Regatta Standard Times (1000m)

Regatta – Standard Times for Normal Conditions

	8	4X/4-	4+	2X	2-	1X
Men	3:00	3:10	3:20	3:30	3:30	3:40
Women	3:20	3:30	3:40	3:50	3:50	4:00

Regatta – Standard Times for Strong Headwinds

	8	4X/4-	4+	2X	2-	1X
Men	3:20	3:30	3:30	3:40	4:00	4:10
Women	3:50	4:00	4:10	4:20	4:30	4:40

Part 3. Rules for the Championships

3.1 Title

The Irish Rowing Championships

3.2 Categories.

The Championships are held in the following categories:

- Senior Championships of Ireland
- Intermediate Championships of Ireland
- Club Championships of Ireland
- Novice Championships of Ireland
- Lightweight Championships of Ireland
- Junior Championships of Ireland
- Para Championships of Ireland

3.3 Eligibility.

All the Championships shall be contested annually and are open only to the following:

a) Clubs Affiliated to Rowing Ireland on 1st March.
b) Rowers and Coxswains registered with rowing Ireland on the 1st June.
c) Rowers who have previously competed in and completed two regattas under Rowing Ireland rules during their lifetime.

3.4 Senior Championships.

The Senior Championships are open to all.

The Senior Championships are as follows:

1 The Senior Challenge Cup for Men's Eights (Inaugurated 1912)
2 The W.J. Stevens Cup for Men's Coxless Fours (Inaugurated 1996)
3 The Ian Cumiskey Cup for Men's Quad Sculls (Inaugurated 1996)
4 The Michael Phelan Trophy for Men's Coxless Pairs (Inaugurated 1978)
5 The John Hall Cup for Men's Double Sculls (Inaugurated 1978)
6 The John McGeehan Cup for Men's Single Sculls (Inaugurated 1981)
7 The Kevin Barry Cup for Women's Eights (Inaugurated 1995)
8 The Metropolitan Cup for Women's Coxless Fours (formerly coxed fours) (Inaugurated 1976)
9 The Heather & Mike Thomas Memorial Trophy for Women's Quad Sculls (Inaugurated 1998)
10 The David Gourley Cup for Women's Coxless Pairs (Inaugurated 1980)
11 The Peadar Casey Trophy for Women's Double Sculls (Inaugurated 1992)
12 The Craigavon Cup for Women's Single Sculls (Inaugurated 1976)

3.5 Intermediate Championships.

The Intermediate Championships are open to boats with the following maximum points as at the 1st January:

Max Points per Boat	8+	4+	2X/-	1X
Grade - Intermediate	5600	2800	1400	700

The Intermediate Championships are as follows: -

1 The IARU Trophy for Men's Eights (Inaugurated 1934)
2 The Paddy Hyland Cup for Men's Coxed Fours (Inaugurated 1973)
3 The Andrew and John O'Brien Trophy for Men's Coxless Pairs (Inaugurated 1992)
4 The Jimmy Smith Challenge Cup Men's Double Sculls (Inaugurated 2009)
5 The Micky O'Brien Cup for Men's Single Sculls (Inaugurated 1981)
6 The Jubilee Trophy for Women's Eights (Inaugurated 1998)
7 The Una O'Driscoll Memorial Trophy for Women's Coxed Fours (Inaugurated 1981)
8 The Willie Henn Trophy for Women's Double Sculls (Inaugurated 2009)
9 The Athlunkard Cup for Woman's Intermediate Coxless Pairs (Inaugurated 2013)
10 The Sanita Pušpure Cup for Women's Single Sculls (Inaugurated 1995)

3.6 Club Championships.

The Club Championships are open to boats with the following maximum points as at the 1st January:

Max Points per Boat	8+	4+	1X
Grade – Club	2000	1000	250

The Club Championships of Ireland are as follows: -

1 The Glenbrook Wine Jug for Men's Eights (Inaugurated 1945)
2 The Jack Gleazer Memorial Cup for Men's Coxed Fours (Inaugurated 1973)
3 The Men's Single Sculls (Inaugurated 1981)
4 The Karen Fogarty Memorial Trophy for Women's Club Eights
5 The UL Plate for Women's Coxed Fours (Inaugurated 1980)
6 The Women's Single Sculls (Inaugurated 1984)

3.7 Novice Championships.

The Novice Championships are for those competitors aged sixteen years or older on 31 August of the year of competition, who are in their first two years of registration and have less than 200 points at the beginning of the season.

The Novice Championships of Ireland are as follows: -

1 The Tommy O'Donnell Cup for Men's Eights (Inaugurated 2014)
2 Men's Coxed Quads (Inaugurated 2014)
3 The Terry O'Brien Memorial Cup for Women's Eights (Inaugurated 2014)
4 Women's Coxed Quads (Inaugurated 2014)

3.8 Lightweight Championships.

The Lightweight championships are open to those who qualify as Lightweight under the appropriate Rule in Section 2 and are as follows: -

1 The Jimmy Bermingham Cup for Men's Single Sculls (Inaugurated 1983)
2 The Michael Johnston Cup for Women's Lightweight Single Sculls (Inaugurated 2013)

3.9 Junior Championships.

The Junior Championships are open to oarsmen/women who qualify as Juniors under the appropriate rule in section 2 and are as follows: -

1 The Schools Union Trophy for Men's Eights (Inaugurated 1970)
2 Robert Storrs Rose Bowl for Men's Coxed Fours
3 The Fr. Eddie Diffley Cup for Men's Coxless Pairs (Inaugurated 1978)

4 The Walter McGuire Trophy for Men's Quadruple Sculls (Inaugurated 1995)
5 The Michael Buckley trophy for Men's Double Sculls (Inaugurated 1978)
6 The F.J. Stratford Cup for Men's Single Sculls (Inaugurated 1974)
7 The Junior Championship Cup for Women's Eights (Inaugurated 1989)
8 The Fr. Murt Curry Cup for Women's Coxless Fours (Formerly Coxed Fours) (Inaugurated 1981)
9 The Sean Hackett Memorial Cup for Women's Quadruple Sculls (Inaugurated 1996)
10 The Ulster Bowl for Junior Women's Double Sculls
11 The King's Hospital Challenge Cup for Women's Coxless Pairs (Inaugurated 1992)
12 The Frank Durkin Cup for Women's Single Sculls (Inaugurated 1985).

3.10 Para Championships.

The Para Championships are open to those athletes who have been classified as Para.

The Para Championships are as follows:

1 PR1 men's single sculls
2 PR1 women's single sculls
3 PR2 men's single sculls
4 PR2 women's single sculls
5 PR2 mixed double sculls
6 PR3 men's pair
7 PR3 women's pair
8 PR3 mixed double sculls
9 PR3 mixed coxed four

3.11 Coxswains.

Coxswains in The Championships must be of a minimum weight as follows: -

- Championships 55 kg.

Coxswains shall be weighed wearing their racing uniforms (one-piece or equivalent) not less than one hour and not more than two hours before their first race in each event each day. Coxswain's must provide photo identification at weigh-in. Acceptable forms of identification include current Rowing Ireland registration card, passport, drivers licence or College ID Card. Any shortfall in this weight shall be made up by a maximum of 15kg ballast which shall be carried close to the coxswain. Coxswains who do not attain the minimum weight with the maximum ballast will be ineligible to compete. The coxswain shall produce the ballast on request by an official at any time up to and including disembarking from the boat at the conclusion of the race.

Failure to produce the required ballast on request will result in automatic disqualification.

Coxswains must be a registered member of the club for which they are coxing.

3.12 Championship Courses.

Championships must be held on suitable courses, which must be multi-lane and buoyed. The Rowing Ireland Annual General Meeting determines the venues of the Championship Regattas.

3.13 Organisation.

The organisation of the regatta(s) will be undertaken by the Championship Committee. The chair of the Championship Committee is appointed by the Board of Rowing Ireland.

3.14 Umpiring at Championships.

The Umpires Committee is responsible for the conduct of racing at the Championship Regatta. The members of the championship umpiring teams will all be licensed umpires, with a Chief Umpire appointed by the Umpires Committee in charge. The Regatta Secretary will liaise with the Chief Umpire about arrangements for the Championships.

3.15 Declaration.

Declaration will take place at the Captain's Meeting(s), the place and time of which the Regatta Secretary will circulate to all clubs. A representative of each club competing must attend the meeting and confirm its participation in the event during the meeting. Any crew not so declared shall not be included in the race.

Any club so declaring and subsequently failing to compete shall be liable to a fine by the Disciplinary Officer unless the club provides an explanation acceptable to the Disciplinary Officer

3.16 Presentation Prizes.

Rowing Ireland is responsible to provide suitable presentation prizes for Championship winners. In the case of Junior Championships appropriate prizes will also be presented to crews or scullers who finish second and third provided that there is at least one losing crew or sculler.

3.17 Entry Fees.

The Board shall determine the entry fees for all The Championships.

For all events at a Championship Regatta the appropriate entry fee must be paid on or before the closing date and time for entries.

3.18 Limit to Numbers Racing.

No more than eight crews may row in any one Championship race. Where the Race Committee decides that the conditions do not permit fair racing, the number of crews racing may be reduced on that committee's recommendation.

3.19 Other Events.

Championship races take precedence over all other races at a regatta.

3.20 Championship Trophies.

Championship Trophies will be retained by Rowing Ireland and will not be held by winning clubs. Trophies will be made available for photographs on the day of the Regatta. The CEO may at his/her sole discretion provide a club with a trophy for a function or promotional event provided that the club undertakes to insure the trophy and takes every precaution to ensure that it is not damaged while in its custody.

3.21 Interpretation.

All interpretations of these Rules for Championships must be in accordance with the Rowing Ireland Articles of Association and Rules of Rowing Ireland.

3.22 Championship Extinction.

If less than three crews shall start in the final of any event (save for Novice) for two successive years, that event shall cease to be a Championship but may be reinstated by a simple majority vote of the Board. Such a reinstatement must be ratified by a simple majority vote of an AGM.

3.23 Single Crew Finals.

In the event that only one crew enters an event, or should all crews other than one withdraw, that event will not be deemed a Championship and no prizes will be awarded.

3.24 Composite crews at the Irish Rowing Championships.

Composite crews entered or competing, as permitted under the appropriate rule in section 2, will be limited to two clubs maximum in each boat. Composites in doubles or pairs are not permitted.

3.25 Irish Team Rowers.

Any rower who has been selected to row in a World Cup Regatta, Senior European Championship, Senior World Championship or Olympic Regatta in any given year, may in that year only compete at senior level in the Irish Championships. Selection in a Para event at any of the above regattas does not impose any restriction on such athletes.

Rowers selected to compete at the European Under 23 Championships or Under 23 World Championships may not in that year compete in any Club Championship event.

Part 4. Rules for University Rowing and The University Championships

4.1 University Committee.

The Chair of the University Rowing Committee shall chair all meetings. He/she will be nominated annually by the University Rowing Committee. The University Rowing Committee shall consist of the captain or representative of each College or University Boat Club entitled to participate in the University Championships.

4.1.1 University Matters

Matters regarding university rowing and the University Championship shall be decided on by the University Rowing Committee, the Domestic Events Committee and the Board of Rowing Ireland.

4.2 Club Eligibility

The Boat Clubs of any Irish Third Level institution which is affiliated to Rowing Ireland on 1st March in the relevant year are eligible to participate in the University Rowing Championships.

4.3 Competitor Eligibility for National University Events

(As per the Student Sport Ireland Eligibility Criteria for Domestic Events)

Student Status

For an individual to be eligible to participate:

4.3.1 A student must be registered, enrolled and hold a student card for his/her respective institution, and

4.3.2 A student must be a member of the respective institution's club and/or have the permission of their institution to compete under its name, and

4.3.3 The Institution must hold membership of Student Sport Ireland.

Furthermore

4.3.4 A student who has their studies suspended or who has taken a leave of absence must wait until they recommence their studies to be eligible to compete again.

Course Requirements

4.3.5 In the Republic of Ireland: All students must be registered, at a minimum, on a level 6 programme and studying in an academic year at least 30 Credits of a programme leading to a major award. (Q.Q.I. National Framework of Qualifications)

4.3.6 In Northern Ireland: All students must be registered, at a minimum, on a Level 4 programme and studying in an academic year at least 60 credits of a programme leading to a major award. (OFQUAL's Northern Ireland Qualification Framework)

4.3.7 A visiting student doing a Study Abroad Course (e.g. Erasmus) at an SSI member institution is eligible during this time provided that he/she and his/her study programme meet the requirements of Guidelines 1 and 2 above.

Academic Progression

4.3.8 Students will only be eligible to compete in Student Sport Ireland Competitions where, Academic progression in a programme is shown.

An exemption to **3.1** is where a student is taking a year to repeat modules (up to 30 credits) or a full academic year; in this instance the student is only eligible to compete on the first repeat attempt.

Age Restrictions

4.3.9 A student must be 18 years or older to compete in Student Sport Ireland national third level sports competitions on the island of Ireland.

Institution Requirements

4.3.10 A student may only compete for one institution in all sports in any one academic year.

Year of Grace

4.3.11 There is no year of grace/ year down in Student Sport Ireland Competitions.

Permission to Compete

4.3.12 Suspension by a National Governing Body will apply to the relevant Student Sport Ireland competition.

Academic Year

4.3.13 For the purpose of Student Sport Ireland competitions, the academic year is defined as September to August. Students in any institution with an academic calendar not running concurrently with this will be eligible for the academic year during which they enter and any subsequent academic year's subject to meeting criteria in Guideline 1.

Anti-Doping

4.3.14 A student who is serving a suspension for any anti-doping rule violation will not be eligible to participate in any Student Sport Ireland Competitions.

Transgender Student

4.3.15 The participation of transgender students in Student Sport Ireland competitions will be guided in the first instance by the policy of the National Governing Body of that sport. Where the National Governing Body has no policy, Student Sport Ireland will be guided by the International Governing Body of that sport.

At all times the safety of all participants is paramount for Student Sport Ireland. The participation of any transgender student will be considered on that basis.

Sabbatical Officer of a Student Union

4.3.16 A Sabbatical Officer of a Student Union who is intermitting during an undergraduate or postgraduate course of study will be eligible to compete in Student Sport Ireland competitions for one sabbatical year only.

Appeals Process

4.3.17 Please follow this link to refer to the SSI Appeals Procedure. (See Appendix B)

https://www.studentsport.ie/international/appeals-procedure/

Review of Criteria

The criteria will be reviewed by an Eligibility Working Group established by the board as deemed necessary.

Abbreviations

QQI = Quality and Qualifications Ireland

OFQUAL = The Office of Office of Qualifications and Examinations Regulation

4.4 University Championships

The University Championships of Ireland Regatta (Instituted in 1974) shall be organised by an Organising Committee. These Championships shall include competition in a number of events

and the winners of each individual event shall be recognised as the Irish University Champion in that event. They shall be held annually, the date to be selected by the University Rowing Committee and submitted for confirmation to the Annual General Meeting of Rowing Ireland.

The University Championship of Ireland Regatta should be run according to Student Sport Ireland event hosting guidelines and full accounts of the previous year's regatta should be available upon request of the University Committee at the AGM.

4.5 Championship Eligibility

The University Championships of Ireland Regatta is a Non-Qualifying Regatta. Events may be held in any of the Rowing Ireland Championship Classes and in any of the World Rowing. categories as determined by the University Rowing Committee from time to time. Eligibility to row in the Irish Rowing Championship Regatta in a specific grade determines eligibility to row in the same year, in the same grade at the University Championship Regatta. The University Rowing Committee holds the responsibility which must be ratified by the board of Rowing Ireland.

4.6 Overseas Crews

The University Championship of Ireland Regatta shall not be open to crews of overseas Universities or Colleges. However, the University Committee reserves the right to invite overseas Universities or Colleges to compete, provided that they are affiliated to their National Rowing Federation(s), which in turn must be affiliated to World Rowing. While they may compete in all events, and if successful may receive the relevant trophy, they will not be eligible to take part in the Centenary Trophy for the Overall University Championship competition, Wylie Cup or the Bank of Ireland Cup.

4.7 Organising Principles

The University Rowing Championships shall be subject to the following principles:-

a) The regatta shall be run under Rowing Ireland Rules.
b) It shall be held over a straight, multi-lane course of 2000 meters, or as near 2000 meters as the University Rowing Committee deems acceptable from time to time.
c) Only Umpires licensed by Rowing Ireland or World Rowing are authorised to officiate at the regatta.
d) The allocation of the regatta shall be decided by the University Rowing Committee, in the light of dates, courses available, local organisation and other relevant matters.
e) The organisation of the regatta is the responsibility of the University Rowing Committee and it shall form a University Championship of Ireland Regatta Organising Committee.
f) The Chair of the University Rowing Committee shall also be a member of the Regatta Organising Committee.
g) Participants in the Regatta should be in a position to prove their eligibility if reasonably challenged to do so by an official of the University Rowing Committee or Organising Committee.
h) The date of the regatta should be within the regatta season and as close to the start of the season as may be feasible.

4.8 Trophies –

The trophy of the Irish University Rowing Championship Competition the Centenary Trophy 1917 presented by Old Collegians Boat Club shall be the property of Rowing Ireland.

The cup presented by Mr. Justice Wylie for the encouragement of Inter-University Rowing shall be known as the Wylie Challenge Cup and shall be the property of Rowing Ireland. It shall be offered for the overall winners of the University Rowing Championship.

The Cup, presented in 1922 by the Right Hon. Mr. Justice Wylie, for the encouragement of Inter-University Rowing shall be known as the Wylie Challenge Cup and shall be the property

of Rowing Ireland. It shall be offered for competition in the Men's rowing events of the University Championships of Ireland Regatta as stated in Rule 4.9, following, as shall the Bank of Ireland Cup in the case of Women's events.

The Championship Trophies will be retained by Rowing Ireland and will not be held by the winning clubs. Trophies will be made available for photographs on the day of the regatta. The CEO may at his/her sole discretion provide a club with a trophy for a function or promotional event provided that the club undertakes to ensure the trophy and takes every precaution to ensure that it is not damaged while in its custody.

In the event of Inter-University Rowing ceasing, Rowing Ireland reserves the right of making such use of the Wylie and Bank of Ireland Cups, in the interest of Irish Rowing as may be considered most fit.

The 'Centenary Trophy', presented in 2017 by Old Collegians Boat Club shall be offered for competition to the best overall club at the University Championships of Ireland Regatta.

The Wylie Challenge Cup, presented in 1922 by the Right Hon. Mr. Justice Wylie, shall be offered for competition in the men's eights rowing events at the University Championships of Ireland Regatta.

The Bank of Ireland Cup presented in 1981 by the Bank of Ireland, shall be offered for competition in the women's eights rowing events at the University Championships of Ireland Regatta.

The Championship Trophies are the property of Rowing Ireland and will be retained by Rowing Ireland and will not be held by the winning clubs. Trophies will be made available for photographs on the day of the regatta. The CEO may at his/her sole discretion provide a club with a trophy for a function or promotional event provided that the club undertakes to ensure the trophy and takes every precaution to ensure that it is not damaged while in its custody.

4.9 Scoring System

4.9.1 The Scoring system for the Overall Irish University Championship shall be as follows:

Boat Class Points

Boat Class	1st Points	2nd Points	3rd Points
Single Scull	3	2	1
Double Sculls / Pairs	4	3	2
Fours / Quads	5	4	3
Eights	6	5	4

4.9.1(a) Boat Classes Offered

The Classes offered will be chosen by the University Rowing Committee annually but will be limited to 12 for each male & female event and, where possible, will reflect the Irish Rowing Championship boat classes.

4.9.1(b) Para Rowing

If at least two entries are received in the Para Rowing events offered at the Irish Rowing Championships, the University Rowing Committee shall include an event in that boat class and award points accordingly.

4.9.1(c) One Crew Entering an Event

In the event that only one crew enters an event, or should all crews other than one withdraw, that event will not be deemed a Championship and no prizes or points will be awarded.

Overall, Winner

Based on cumulative university results e.g., DUBC & DULBC would combine points for overall university score when compared to UG & UCD etc. Male & female points will be combined to achieve overall university totals and once all points are collated the winning University will be announced with each participant University or College receiving an overall ranking. All scores will be published.

In the event of an equality

The University or College amongst those still tying with the most wins will take the Championship. In the event of a further equality The University or College amongst those tying with the most wins at senior level will win the Championship If there is still an equality. The Championship will go to the University / College which has been most successful in the largest Senior boat i.e., 8 or failing that, in the next largest boat in the following order of precedence 4+,2-,2x,1x. Intermediate crews, Club Crews and then Novice crews follow in the same order of precedence, if a result has still not been obtained.

4.9.2 The Scoring system for the Wylie Challenge Cup shall be as follows: -

The winning University or College in each case of the Men's Senior, Intermediate, Club and Novice eights shall score a point. In the event of a row over a point shall be awarded. The University or College scoring the highest number of points wins the Wylie Challenge Cup. In the event of an equality of points the University or College which has been successful in the Senior eight will win the cup.

4.9.3 The Scoring system for the Bank of Ireland Cup shall be as follows: -

The winning University or College in each case of the Women's Senior, Intermediate Club, and Novice eights shall score a point. In the event of a row over a point shall be awarded.

The University or College scoring the highest number of points wins the Bank of Ireland Cup. In the event of an equality of points the University or College which has been successful in the Senior eight will win the cup.

4.10 International Representation

Those wishing to compete in International University events must be eligible under Rule 4.3 above and shall participate in the national trailing system as part of the Rowing Ireland high performance strategy.

Any crews invited to compete for International University events by organisations other than Rowing Ireland must seek permission to do so from Rowing Ireland, prior to the relevant competition entry.

4.11 Interpretation

Notwithstanding anything contained in the above Rules, interpretation of such Rules must be in accordance with the Rowing Ireland Articles of Association and other Rules of Rowing Ireland.

Part 4. Appendix A. Appeals Procedure.

Student Sport Ireland Appeals Procedure
Student Sport Ireland has an Appeals Procedure in respect of its operations. The following are the main details;

What does our Appeals Procedure cover?
This appeals procedure applies to members, student athletes, coaches, managers, and employees[1], wishing to appeal the decisions of committees under the remit of Student Sport Ireland. Other related appeals outside of the remit of Student Sport Ireland will be dealt with by the relevant organisation such as FISU, EUSA, or alternatively can be progressed independently.

How do I appeal?
You can appeal by making a submission in writing to the Student Sport Ireland Hon. Secretary through your University or College in the case of Students and members, and for coaches and managers through the relevant sporting body.

Principles of the appeals procedure

- We will treat your appeal properly, fairly and impartially;
- We promise that lodging an appeal will have no implications for your dealings with the Student Sport Ireland;
- The Appeals Process will involve a reconsideration of the issue under appeal by a committee of persons not involved in the original decision making process;
- Appeals will be considered and a decision made and notified to you within four weeks of receipt of your appeal. Where it is not possible to meet this target, we will inform you and continue to do so until the matter is resolved and
- You will have the opportunity to present your case, in person, accompanied by individual (s) of choice (to be named in advance) before the appeals panel if requested.

Process

- The written submission should clearly outline the basis for the appeal including why they believe that the decision is incorrect;
- The written submission should also include supporting documentation if applicable;
- Student Sport Ireland will process the appeal and will confirm the receipt of the appeal submission with the relevant University/College as soon as possible but within 5 working days;
- The Appeal will then be presented to the relevant appeals committee if required;
- The Appeal Committee will review the appeal and make a recommendation. The recommendation will be notified to the applicant and
- The decision of the Appeal Committee will be final and will be communicated to the Board of Student Sport Ireland and the applicant.

The Appeal Committee shall consist of two Student Sport Ireland members, one of whom will chair the appeal and one external (non-member) of Student Sport Ireland.

[1] Employees should refer to Grievance Procedures and Disciplinary Procedures for further information.

Part 5. Rules for Para Rowing

5.1 Equipment

5.1.1 Boats must be standard Para Rowing single sculls that comply with World Rowing regulations.

5.1.2 Boats must have fixed seats.

5.1.3 PR1 rowers must use stabilizing pontoons which must be installed and attached to the riggers at a minimum distance of 60 cm from centre line of pontoon to centre line of boat PR2 rowers may use stabilizing pontoons.

5.1.4 AS rowers must use a seat back to which is fixed a chest strap. The chest strap should be positioned so that the front of the strap is just below the nipple line for male athletes or just under the breasts for female athletes. The mounting point of the strap should be no lower than the top edge of the strap as it passes across the chest. The strap should be tight when the athlete is seated fully upright, sitting against the seat back and with his/her lungs expanded.

5.1.5 PR1 rowers must use a seat back to which is fixed a chest strap. This strap must be secured to the seat back and around the trunk.

5.1.6 Additional strapping is allowed. All strapping must be of Velcro (no clasps or buckles) and a minimum width or 50mm. Where multiple straps are used, they must all be handed the same way.

5.1.7 Leg strapping must be used for both AS and TA categories that prevents the knees from lifting and should be positioned across the upper leg as close to the knees as possible.

5.2 Classification

5.2.1 Classification - Rowing Ireland adopts in full the Paralympic Ireland Classification Policy and Standards.

5.2.2 All athletes competing in Para Rowing events at Rowing Ireland regattas must be classified according to the World Rowing classification guidelines.

5.2.3 All athletes competing in National competition in the mixed 1x event must be classified according to the World Rowing classification guidelines. There is no requirement for Para Athletes competing in able bodied crews to be classified.

5.2.4 Athletes involved in the Para Rowing HP programme should be classified at the earliest opportunity. (Note: this is to avoid unnecessary expense in taking unclassified athletes to competition to find that they are ineligible to row in the event entered as well as to assist in making correct decisions on crew formation)

5.2.5 A classification panel consists of 1 Medical and 1 Technical Classifier who must have completed the World Rowing Basic Classifier Training Course as a minimum, and both Classifiers must be present throughout the classification process. This Panel may only give a sport class status of NEW (N)

5.2.6 Any athlete wishing to compete Internationally must also undergo International Classification by a Panel consisting of World Rowing Level 1 classifiers from a different federation. This panel may give a sport class status of CONFIRMED (C) or REVIEW(R) (note: this is normally carried out at international competition)

5.2.7 Rowing Ireland shall ensure that athletes' Para Rowing classifications are displayed on the Rowing Ireland Electronic System

5.2.8 Documentation: Copies of Pages 1(Consent form) page 2 (Declaration of Medical Conditions that may require Emergency Measures) and Page 3 (Para Rowing Application Form, that records the outcome of the classification) are held by Rowing Ireland, the Athlete, and the Medical and Technical classifiers carrying out the classification. Copies of the complete classification paperwork, including any medical documentation is forwarded to Paralympics Ireland for secure storage. A copy will also be forwarded to World Rowing, Head of Classification for purposes of recording classification activity in Ireland and monitoring the work of National Classifiers.

5.2.9 Other than the outcome of the classification, all other information that is given by the athlete must be treated as confidential by the Classifiers, Rowing Ireland, Paralympics Ireland and World Rowing

5.2.10 An athlete undergoing classification may request to have another person present during the classification. Any athlete under the age of 18 must have a responsible adult of their choice present.

5.2.11 In the event of an athlete disputing the outcome of the classification they have the right to appeal the decision within 2 hours of the decision being given, or 2 weeks if done outside competition period (as per World Rowing Policy). A new classification process will be done at the first available opportunity by a different Classification panel. Athletes will be liable for the full cost of reclassification. Original classification outcome will stand until new classification panel can be organised.

Table 1

Timing of Delayed Start

AS Women	Scratch			
AS Men	40 Seconds	Scratch		
TA Women	61 Seconds	21 Seconds	Scratch	
TA Men	83 Seconds	43 Seconds	22 Seconds	Scratch

(Column 2 is used when there are no AS women in the race. Column 3 is used when there are no AS women and no AS men in the race)

As per **5.4.5** above, this table is subject to annual review by the Para Rowing sub-Committee.

Athletes with an LTA classification (minimal disability/visually impaired) will race in able bodied events.

Part 6. Coastal Rowing (Sweep)

These are the specific rules and procedures relating to the sport of Coastal Rowing. For the purpose of these rules all fully paid-up clubs which have availed of the coastal (sweep) membership and any fully affiliated club which practises coastal rowing shall be described as “Coastal Clubs”.

6.1 Annual Delegate Meeting

6.1.1 The Annual Delegate Meeting (ADM) shall constitute the main policy making body for Coastal Rowing within Rowing Ireland. An ADM will be convened annually, ideally in November. All Coastal Clubs shall be invited. A quorum shall consist of a quarter of the relevant affiliated Coastal Clubs.

6.1.2 Not less than 42 days’ notice of the ADM shall be given. The accidental omission to give notice of a meeting to, or the non-receipt of notice of a meeting by, any Club entitled to receive notice shall not invalidate the proceedings of that meeting.

6.1.3 The Committee shall distribute to Coastal Clubs its report, income and expenditure account for the year and resolutions, not less than 14 clear calendar days before the date fixed for the commencement of the ADM.

6.1.4 Any proposal to be put before the ADM by any Club shall be notified to the Secretary of the Coastal Rowing Committee in writing not less than 28 days before such meeting.

6.1.5 Each proposal shall deal with one subject.

6.1.6 Resolutions proposing amendments to the Rules for Coastal Rowing Ireland may be submitted by resolution of the Coastal Committee or by any Club subject to the Resolution having been approved in writing by the proposing Club.

6.1.7 The Coastal Committee may alter or amend any proposition which offends against the Memorandum and Articles of the Company but not otherwise and may composite any 2 or more proposals which, in the opinion of the Coastal Committee, constitutes in substance the same proposal or which deals with the same subject matter and is to the same effect. The Coastal Committee shall inform, in writing, any Club whose proposal is altered, amended or composited and shall then arrange for the final ADM agenda to be prepared and furnished to each Club entitled to receive notice in accordance with these Articles not later than 14 clear days before the commencement of the ADM. This provision shall be subject to the agreement of the proposing Club, which shall have the option of withdrawing its motion.

6.2 Extraordinary Delegate Meeting

6.2.1 An Extraordinary Delegate Meeting (EDM) may be called for at any time by a minimum of ten Coastal Clubs, or on a resolution passed by the Coastal Committee. The requisition shall set out the purpose for which the meeting is requested. On receipt of the requisition the Honorary Secretary shall within twenty-one days issue a notice in writing to all Coastal Clubs giving details of the date, time and venue of the proposed meeting and details of the matters to be considered.

6.2.2 A minimum of fourteen clear days’ notice of such meeting must be given. The accidental omission to give notice of a meeting to, or the non-receipt of notice of a meeting by, any Club entitled to receive notice, shall not invalidate the proceedings of that meeting.

6.2.3 The only business that may be considered at any such meeting shall be the business for which the meeting shall have been called as stated in the requisition.

6.2.4 Where the business for which the meeting shall have been called includes a resolution proposing amendments to the Rules for Coastal Rowing, the approval in writing of either the Coastal Committee or the Coastal Clubs calling the EDM shall be required.

6.2.5 The Coastal Committee may alter or amend any proposition which offends against the Memorandum and Articles of the Company but not otherwise and may composite any 2 or more proposals which, in the opinion of the Committee, constitute in substance the same proposal or which deal with the same subject matter and are to the same effect. The Committee shall inform, in writing, any Club whose proposal is altered, amended or composited in accordance with this rule and shall then arrange for the EDM agenda to be prepared and furnished to each Club entitled to receive notice in accordance with these Articles, not later than 4 clear days before the commencement of the EDM. This provision shall be subject to the agreement of the proposing Club, which shall have the option of withdrawing its motion.

6.3 Proceedings at Delegate Meetings:

6.3.1 The Committee shall be responsible for arranging the timetable and order of business at the ADM, subject to the standing orders agreed by the membership at a general meeting and subsequently circulated.

6.3.2 The following shall be the order of business at the ADM:

a) Receive and consider the Annual Report of the Committee for the past year.
b) Receive and consider the income and expense statement for the past year.
c) Elect Committee members.
d) Agree a venue and date for the Irish Coastal Rowing Championships.
e) Any other business ruled in order by the Chair.

6.3.3 The Chair of the Coastal Committee shall preside at all Delegate Meetings or, in his absence, the members shall elect a Chair from among those present. The Chair shall have a casting vote.

6.3.4 Voting rights shall apply as follows: Each Club shall have one vote. Voting by proxy shall not be allowed. No objection shall be raised to the qualification of any voter except at the meeting or adjourned meeting at which the vote objected to is tendered, and every vote not disallowed at the meeting shall be valid. Any objection made in due time shall be referred to the Chair whose decision shall be final and conclusive.

6.3.5 A resolution put to the vote of a meeting shall be decided by poll which shall be determined by a simple majority of those present and voting. A resolution to amend the rules for Coastal Rowing shall be determined by a weighted majority of two thirds of those present and voting. If a resolution is passed at a Delegate Meeting, the effect of that resolution shall be immediate on completion of the ADM unless otherwise decided at the meeting.

6.4 Coastal Rowing Committee

6.4.1 The Committee shall consist of eight Seven members as follows:

a) Chair nominated by the Board of Rowing Ireland
b) Secretary elected at the ADM
c) Committee of six Five elected at the ADM

6.4.2 Nominees for a position on the committee must be proposed and seconded by Coastal Clubs and must be notified to the Secretary of the Coastal Committee 21 clear days prior to the date of the ADM. Every nominee must be a member of a Club. A full list of candidates shall be forwarded to all Coastal Clubs 14 days prior to the ADM.

6.4.3 Election shall be by simple majority of those present and voting at the meeting. No voting by proxy shall be allowed. In the event that there are more than seven candidates, Club delegates shall vote using ballot papers identifying their preferences. In the event that

insufficient nominations are made before the ADM, the meeting may take nominations from the attending Delegates and elect from those nominated.

6.4.4 Should the Chair vacate the position, a new Chair will be appointed by the Board. In the event that a vacancy arises amongst the general membership of the committee, the remaining members shall have the power to co-opt a replacement.

6.4.5 Committee members may serve a maximum of five terms in any seven-year period. The Chair will remain as an additional member of the Committee for one year after leaving office. The Chair may remain as an additional member of the Committee for one year after leaving office even if this results in him/her serving more than five years in a seven-year period.

6.5 Sub Committees & Working Groups

6.5.1 The Coastal Committee shall establish a Championship Committee for the purpose of organising the Irish Coastal Rowing Championships and any other tasks included in their terms of reference. The Coastal Committee shall also have the ability to establish any other sub-committee or working group (special action group with a limited timespan) as are required to ensure the effective administration of coastal rowing. The Chair of the Coastal Committee shall be ex-officio a member of all sub-committees and working groups.

6.6 Race categories, distances and race order

6.6.1 Race categories and distances.

First Course - 800 metres

Category	Exemptions/Restrictions
Coastal four Under 12	Men &/or Women
Coastal four Under 12 Women	Women
Coastal four Under 14	Men &/or Women
Coastal four Under 14 Women	Women
Coastal four Under 16 Women	Women
St. Ayles Skiff Women	Women
St. Ayles Skiff Men	Men
St. Ayles Skiff Mixed	Maximum Two Men
Donegal Skiff Mixed	Maximum Two Men
Traditional Under 14	Men &/or Women
Traditional Under 14 Women	Women
Traditional Under 16 Women	Women

Second Course - 1,500 metres

Category	Exemptions/Restrictions
Coastal four Under 16	Men &/or Women
Coastal four Under 18	Mens &/or Womens
Coastal four Under 18 Women	Women
Coastal four Masters Women	Women
Coastal four Masters Men	Men
Coastal four Masters Mixed	Maximum Two Men

Category	Exemptions/Restrictions
Coastal four Veteran Women	Women
Coastal four Veteran Men	Men
Coastal four Veteran Mixed	Maximum Two Men
Coastal four Pre-Veteran Women	Women
Coastal four Pre-Veteran Men	Men
Coastal four Pre-Veteran Mixed	Maximum Two Men
Coastal four Senior Mixed	Maximum Two Men
Timber Yawl Women	Women
Timber Yawl Men	Men
Traditional Under 16	Men &/or Women
Traditional Under 18	Men &/or Women
Traditional Under 18 Women	Women
Traditional Junior Men	Men
Traditional Junior Women	Women
Traditional Senior Men	Men
Traditional Senior Women	Women
Open Classic Men	Men
Open Classic Women	Women
Coastal four Under 21 Women	Women
Coastal four Junior Women	Women (crew may contain only one rower who placed in the top three in an intermediate or senior race in the current season)
Coastal four Intermediate Women	Women (crew may contain only one rower who placed in the top three in a senior race in the current season)
Coastal four Senior Women	Women

Multi-Turn Course - 2,300m (Row the 1,500m course once and row the 800m course once)

Category	Exemptions/Restrictions
Coastal four Under 21 Men	Men
Coastal four Junior Men	Men (crew may contain only one rower who placed in the top three in an intermediate or senior race in the current season)
Coastal four Intermediate Men	Men (crew may contain only one rower who placed in the top three in a senior race in the current season)
Coastal four Senior Men	Men

Straight Line Course - 750 metres

Category	Exemptions/Restrictions
Open Sprint Men	Men
Open Sprint Women	Women

Circuit Courses

Category	Exemptions/Restrictions
Seine Boat Race Men	Men
Seine Boat Race Women	Women
Celtic Longboat Men	Men
Celtic Longboat Women	Women

6.6.2 Exemptions/Restrictions

Exemptions/Restrictions listed in 6.6.1 do not apply to coxswains.

6.6.3 Race Order

The provisional race timetable will be published by the Championship Committee a minimum of 3 months before the Championships.

6.7 Eligibility

6.7.1 Insurance

It is the responsibility of Clubs to ensure they have adequate insurance in place to compete in any regatta run under Rowing Ireland rules.

6.7.2 Closing Date for Entries

The closing date for entries shall be 19.00 on the Thursday week before the Championships. Entry fees must be received within two days of the close of entry. Entries may only be made through the Tracker regatta system.

Clubs are liable for the payment of entry fees in respect of all crews entered - if in the event of a race not going ahead due to insufficient entries, the fee for this race is refundable. In the event of non-payment, of all or part of the entry fees, the event committee may decline to accept entries from a defaulting club in subsequent seasons.

6.7.3 Composite Crew

A composite crew may contain one member from another club. The composite rower must wear their own club colours. Composite crews must be declared at the time of entry. Masters crews can consist of composites from up to five clubs.

Composite crews will be described using the names of both clubs that are represented. The crew will row under the boat number of the club providing most of the crew and will be listed first on the entry list.

6.7.4 Eligibility

The Irish Coastal Rowing Championships are open to members of Coastal Clubs and who are registered with Rowing Ireland. Clubs must compete in a minimum of two of their local/regional Coastal Regattas.

6.7.5 Eligibility for Age Restricted Races

Category	Restriction
All underage races	A rower who has not attained the age of the category before the 1st January of the year of competition
Pre-Veteran Men	From the beginning of the year during which the rower attains the age of 35
Pre-Veteran Women	From the beginning of the year during which the rower attains the age of 30 (increasing by one year, each year, from 2019 until it reaches 35 years in 2023)
Pre-Veteran Mixed	As above
Veteran Men	From the beginning of the year during which the rower attains the age of 45
Veteran Women	From the beginning of the year during which the rower attains the age of 40 (increasing by one year, each year, from 2019 until it reaches 45 in 2023)
Veteran Mixed	As above
Masters Men	From the beginning of the year during which the rower attains the age of 55
Masters Women	From the beginning of the year during which the rower attains the age of 50 (increasing by one year, each year, from 2019 until it reaches 55 in 2023)
Masters Mixed	As above

6.7.6 Restriction on Competition

While a competitor may register for multiple clubs, no competitor shall be permitted to compete for more than one club at the same fixture.

6.7.7 Age of Coxswains

A crew containing a rower eligible to row U18 must be coxed by an adult. The minimum age for Coxswains in adult races is 16 years of age on the day of race.

6.7.8 Single Crew Finals

In the event that only one crew enters an event, or should all crews other than one withdraw, that event will not be deemed a Championship and no prizes will be awarded.

6.7.9 Open Classic and Sprint Races

The Open Classic and Sprint races are open to Antrim Gigs and four-oared fixed seat, coxed timber boats that are not fitted with outriggers. An outrigger is considered to be any fixing that provides a fulcrum to an oar outside of the boundaries of the gunwales of the boat. Reasonable tolerance will be granted by the Coastal Committee where the oarlock cannot be fitted directly onto the gunwale due to the construction of the boat.

6.7.10 Traditional Races

The Traditional Races are open to crews competing in East Coast Skiffs, Kerry 4 Oars, Slaney Cotts and any other such class of traditional Irish rowing boat as may be deemed by the Championship Committee.

6.7.11 Timber Yawl Races

The Timber Yawl Races are open to crews competing in Timber Yawls.

6.7.12 St. Ayles Skiff Races

The St. Ayles Skiff Races are open to crews competing in St. Ayles Skiffs.

6.7.13 Donegal Skiff Races

The Donegal Skiff Races are open to crews competing in Donegal Skiffs.

6.7.14 Celtic Longboat Races

The Celtic Longboat Races are open to crews competing in either Celtic Longboats or Pembrokeshire Longboats.

6.7.15 Multiple Entries

Clubs may enter as many crews per category as they wish subject to the following conditions. To be eligible to enter a second crew in the Junior, Intermediate or Senior categories a Club must have entered at least one crew in the other two categories. The same applies for third and subsequent crews.

6.7.16 Substitutions

Every crew is entitled to substitute up to half the number of its oarsmen/women, and the coxswain, provided that the replacements are members of the same club (or clubs in the case of composite crew), and that each of them is qualified to row in that crew. A substitution may be made using a rower from another club only in the case a serious illness, certified by a doctor or medic. An electronic substitution must be performed, or a completed substitution form must be presented to the Regatta Director at least one hour before the crew's first race. After a crew has rowed a heat, a substitution may only be made in the case of a serious illness, certified by a doctor or medic. Exceptions may be granted for family emergencies and is at the discretion of the Regatta Director.

6.7.17 Registration Cut-Off

Rowers must be registered for the Championships on or before the closing time for Championship entries.

6.7.18 ID Checking

A system will be put in place for ID checking.

6.8 Course specifications

6.8.1 Course Lengths

First line of turning buoys shall be laid 400 metres from the start-line.

Second line of turning buoys shall be laid 750 metres from the start-line.

Two race recall buoys will be located 50m from the start-line and outside of the rowing course.

6.8.2 Lane Numbers

The lane closest to the shore will be deemed to be lane number 1.

All courses must be set in a straight line, i.e. all three sets of buoys to be in line with each other.

6.8.3 Monitoring of Buoys

All starting and turning buoys must be continually monitored for the duration of the championships. Any faults that are identified must be rectified as soon as practicable.

6.8.4 Spacing of Buoys

A minimum of 18 metres must be maintained between lanes.

6.8.5 Identification of Turning Buoys

All buoys should be clearly numbered. Buoys should be colour coded as follows:

Buoy 1, 5, 9, 13 – Black
Buoy 2, 6, 10,14 – Red
Buoy 3, 7, 11 – Yellow
Buoy 4, 8, 12 – Brown

6.8.6 Finish line

Two large buoys are to be positioned at the inner and outer extremities of the finish line, where practical.

6.8.7 Stewards Boats

There must be a minimum of two stewards boats on the water at all times. One boat must remain in a position behind the turning buoys while the other will follow the race from an appropriate distance.

6.8.8 Lane Draws

The draw for all regattas is performed automatically on Tracker which produces a randomised list of the crews entered in each event.

Declaration will take place at the Captain's Meeting(s), the place and time of which the Regatta Secretary will circulate to all clubs. A representative of each club competing must attend the meeting and confirm its participation in the event during the meeting. Any crew not so declared shall not be included in the race.

Following declaration, the number of heats (if required) is determined and populated using the list with any scratched or undeclared crews removed. In no circumstances can the order be altered.

Any club so declaring and subsequently failing to compete shall be liable to a fine by the Disciplinary Officer unless the club provides an explanation acceptable to the Disciplinary Officer

Lane allocations for finals following heats will take place after the heats with crews seeded from the centre lanes out. The exact seeding method will be published in advance of each regatta. Lane allocations for finals without heats will be as per Tracker. Where heats have differing numbers of crews, the first heat(s) will contain the larger number of boats.

6.9 Equipment specification including boats, oar blades and safety equipment

6.9.1 Identification Numbers

Each boat must carry the identification number of the club using the boat. The number must be displayed on both sides of the bow and on the coxswain's back. The boat number must be black on a white background and must be at least 20cm high X 10cm wide with the stems being a minimum of 2cm thick. Identification numbers will be allocated by the Coastal Committee.

Where a club has multiple crews in a race, the boat number must be followed by a letter A, B, C, as relevant to the number of crews.

6.9.2 Club Colours

Club colours should be registered with Rowing Ireland. Rowers and coxswains must wear their club colours while racing.

All crews who are being presented with prizes must wear club colours during the prize giving ceremony.

6.9.3 Personal Floatation Devices (PFDs)

Sufficient PFDs must be carried in each boat. Where PFDs are not being worn, they must be stowed in a convenient position adjacent to each person.

All U16 competitors must wear a PFD. Any crew containing an U16 competitor who is not wearing a suitable PFD will be disqualified.

All coxswains must wear a PFD whilst on the water. PFD must be worn over all other clothing. Any crew whose Coxswain is not wearing a suitable PFD will be disqualified.

6.9.4 Oars for Under 16's

All competitors eligible to row U16 must row with Macon/Spoon Oars.

6.9.5 Gate Positions on Coastal Four

The centre of the gate pin must be 250+/-5mm from the stern-side edge of the corresponding seat.

6.9.6 Boat Scrutiny

The coastal committee may examine any boat to ensure it is in compliance with the rules.

6.9.7 Hatch covers on buoyancy compartments must be in place.

6.10 Racing

6.10.1 Race Starter

At least two race starters shall be appointed by the Championship Committee.

6.10.2 Ten Minute Warning

An audible warning is sounded immediately after the conclusion of a race to signal ten minutes until the commencement of the next race. It will be accompanied by an announcement by the starter. Extensions to the ten minutes can only occur in exceptional circumstances and is at the discretion of the Regatta Director.

6.10.3 Two Minute Warning

Crews must attach themselves to their starting rope at least two minutes before the start of their race. When the starter announces "Two minutes" and activates a yellow strobe light this shall signify to the crews that they are formally under starter's orders. Each crew is responsible for being both straight and ready to race at the end of the two minutes.

6.10.4 Start of Race

Race will be started by the Starter announcing "all boats ready" followed by a short variable length pause followed by simultaneous visual (dropping of a flag or shining of a light) and audible signals.

6.10.5 Hand raised before the race start

A member of the crew may raise their hand to signal to the starter that they are not ready. The starter will acknowledge the signal. A member of the crew must keep their hand raised until the crew are ready to start. If in the opinion of the starter this privilege is being abused he may warn the offending crew and start the race. The starter will restart the start sequence once all crews are ready.

6.10.6 Coxswains

Coxswains must hold the starting rope until the starting signal is given.

Coxswains must remain seated at all times during the race.

6.10.7 Race Recall

If there is an incident before the race recall buoy that affects the progress of a boat, the starter may recall the race. Such incidents are limited to failure of equipment or interference from other boats.

If one or more coxswains releases the starting rope before the starting signal is given, the starter may recall the race if no boat has reached the recall buoy. The offending boats will have a false start called against them. Any crew that has a second false start will be subject to a ten second penalty and their result in the race amended accordingly.

If a false start occurs and the race is not recalled, a ten second penalty will be imposed on any crew whose coxswain releases the starting rope before the starting signal.

6.10.8 Turning

All boats must round their own buoy only, to starboard. They must make a full 180° turn. Boats coming out of the turn have right of way over incoming boats. However, if a boat exiting a turn does so at too wide an angle and impedes an incoming boat on a correct course then the outgoing boat will be deemed to be the offender and will be disqualified.

6.10.9 Racing Line

Boats must remain in lane throughout the race.

6.10.10 Boats in Collision

Reckless or negligent behaviour by a coxswain leading to a collision shall be punishable by disqualification of the crew. If it is deemed that a coxswain's continued participation in the regatta is a risk to the safety of his crew or other crews, the coxswain can be suspended from coxing for the remainder of the regatta.

6.10.11 Determination of Finishing Places

Race results are determined in accordance with the order in which boats touch the finishing line. The finishing line is defined as the line running parallel to the starting buoys and within 10 metres of them as seen on the official camera.

When the order of finish between two or more crews is too close for any difference to be determined, then the result shall be declared a dead heat between the crews involved. If there is a dead-heat, the following procedure shall operate: In a heat, if a dead-heat occurs between crews and if only one of the crews would progress into the next round, then, on the condition that sufficient lanes are available for this purpose, all crews involved in the dead-heat shall progress to the next round. If there are not sufficient lanes available then the Regatta Director, in the presence of the concerned Club Captains, shall conduct a random draw between the crews involved in the dead heat to determine which of those crews shall so progress, up to the number of boats available for this purpose. In a final, if a dead-heat occurs between crews, then they shall be given equal placing in the final order and the next placing(s) shall be left vacant. If the tied placing is for a medal position, then additional medals will be provided.

6.10.12 Finishing Signal

An audible signal will be sounded as each boat finishes the race.

6.10.13 Heats

At least one crew must be eliminated from a heat. Where a crew or crews withdraws and the total number of remaining crews is less than or equal to the number of lanes, all heats in that

category will be cancelled. The lane allocation for the final will be as per the order in which the crews were drawn on Tracker.

In a category where there are three or more heats and, where a crew or crews withdraws, removing the requirement for one or more of the heats, the lanes for the heats will be reallocated as per Tracker such that the lowest possible number of heats will be raced.

6.11 Stewarding, Results and Appeals/Objections

6.11.1 Club Captain

Each club must appoint a Club Captain who will be the only person permitted to speak on behalf of the Club.

6.11.2 Club Captains' Meeting

A meeting will be held for Captains and Stewards before racing. Each club is entitled to have two representatives attend. Captains will be given the opportunity to ask questions and have any issues clarified. The timing of the Captains meeting will be published with the race order documents. The lane draw will take place at the captains meeting.

6.11.3 Race Results

Provisional results will be announced at the conclusion of each race. If objections or appeals are submitted within thirty minutes of the announcement of the provisional results the result will remain provisional pending a final decision by the Hearing Committee. A valid objection or appeal should be submitted on the appropriate form and signed by the Club Captain and accompanied by the correct fee. If there are no disqualifications and no objections or appeals submitted within the allowed time, the results shall become final.

6.11.4 Stewards

A Chief Steward will be appointed by the Championship Committee to oversee and coordinate stewarding.

Stewards are expected to enforce rules 6.9.3**,** 6.9.4, 6.10.6, 6.10.8, 6.10.9, 6.10.10.

All clubs must nominate suitable persons to act as stewards.

Each steward will be provided with guidelines before they begin stewarding.

If an incident occurs, then the stewards will be expected to give an accurate account of the incident.

The stewards will indicate "Race Alright" with the white flag to the start-line. In the event of an incident that affected the result of a race or compromised the safety of competitors, the stewards should raise the red flag as an indication to the start-line not to announce the result.

Following the stewards decision, Clubs involved have the right to appeal that decision to the Hearing Committee.

If a crew is disqualified from a race, the Club Captain must be notified of the disqualification and informed of the Club's right to appeal the decision to the Hearing Committee within the permitted time.

The Decision of the Hearing Committee is final.

6.11.5 Hearing Committee

The Hearing Committee will consider objections to steward's decisions or appeals lodged by clubs. The Championship Committee will appoint three members of the Hearing Committee, designating one as the Chair, and two substitutes. The Hearing Committee will consider each objection or appeal and issue a decision in a timely manner. No member of the Hearing Committee may adjudicate on a decision involving their own club. In order to reach a decision, they may call upon stewards, witnesses, video or other evidence they deem

necessary. The Club Captain or a representative nominated by the Club will be the point of contact for liaising with the Hearing Committee. The decision of the Hearing Committee is final.

6.11.6 General Conduct

Any competitor who publicly uses language or acts in any way that could be found objectionable to other rowers, officials, or members of the public, may be excluded from his/her race by the stewards and Hearing Committee, following a complaint.

6.11.7 Objections and Appeals

All objections and appeals to race incidents must be received on an official objection/appeal form with the appropriate fee. Objection/appeal forms will be available at the Club Captains' meeting. All objections and appeals shall be adjudicated on by the Hearing Committee. Appeals received within two races of the start of the affected race shall be adjudicated on after the disputed race has finished. The objection fee will be refunded if an objection is upheld or if the objection is denied but deemed to have been reasonable and made in good faith. The objection fee will be set by the Coastal Committee and will be published in advance of the Championships.

6.11.8 Bye into a Final

The Hearing Committee at their discretion may grant a crew that was unfairly knocked out of a heat by way of third-party interference a bye into a final, subject to there being an available lane. Alternatively, if the incident occurred early enough during the first heat, a bye into a subsequent heat may be granted.

6.12 Prizes

6.12.1 Club of the Championships

Club of the Championships will be awarded to the club that wins the most Coastal four finals. In the event of a tie, second, third and subsequent placings will be considered until a winner is decided. Results of composite crews will not be considered.

6.12.2 Medals

Official Irish Coastal Rowing Championships medals shall be awarded to the first three crews in each race. The committee reserves the right to withhold medals if a crew fails to attend the medal ceremony.

6.12.3 Return of Winning Regatta Crews

The Regatta Secretary is responsible for ensuring details of the winning crews, taking into account substitutions on the day, are made via the electronic entry system within seven days of the event.

6.13 Interpretation

All interpretations of the Rules for Coastal rowing must be in accordance with the Rowing Ireland Articles of Association and Part 1 of the Rules of Rowing Ireland. Any queries regarding interpretation should be referred to the Coastal Rowing Committee whose decision will be final.

6.14 Participation at non-Rowing Ireland events

Clubs and their members may only participate in coastal rowing races organised by Rowing Ireland, its clubs, or a clubs own association rowing event. Clubs must request, and receive permission, from the Coastal Committee to participate in any other coastal rowing race. Participation at non-authorised events will render the club ineligible to compete in the Irish Coastal Championships in that season, or in the following season if the infringement occurs after the Irish Coastal Championships in a given year. Clubs may submit events to be included on the exempted events list subject to the approval of the Coastal Committee.

Part 7. Coastal Rowing (Scull)

These are the specific rules and procedures relating to the sport of Coastal Rowing. For the purpose of these rules all fully paid-up clubs which have availed of the coastal (scull) membership and all fully affiliated clubs shall be described as “Coastal Clubs”.

7G Governance Rules

7G.1 Annual Delegate Meeting

7G.1.1 The Annual delegate Meeting (ADM) shall constitute the main policy making body for Coastal Rowing within Rowing Ireland. An ADM will be convened annually, ideally in November. All Coastal Clubs shall be invited. A quorum shall consist of a quarter of the relevant affiliated Coastal Clubs.

7G.1.2 Not less than 42 days’ notice of the ADM shall be given. The accidental omission to give notice of a meeting to, or the non-receipt of notice of a meeting by, any Club entitled to receive notice shall not invalidate the proceedings of that meeting.

7G.1.3 The Coastal Committee shall distribute to Coastal Clubs its report, income and expenditure account for the year and resolutions, not less than 14 clear calendar days before the date fixed for the commencement of the ADM.

7G.1.4 Any proposal to be put before the ADM by any Club shall be notified to the Secretary of the Coastal Committee in writing not less than 28 days before such meeting.

7G.1.5 Each proposal shall deal with one subject.

7G.1.6 Resolutions proposing amendments to the Rules for Coastal Rowing Ireland may be submitted by resolution of the Coastal Committee or by any Club subject to the Resolution having been approved in writing by the proposing Club.

7G.1.7 The Coastal Committee may alter or amend any proposition which offends against the Memorandum and Articles of the Company but not otherwise and may composite any 2 or more proposals which, in the opinion of the Coastal Committee, constitutes in substance the same proposal or which deals with the same subject matter and is to the same effect. The Board shall inform, in writing, any Club whose proposal is altered, amended or composited and shall then arrange for the final ADM agenda to be prepared and furnished to each Club entitled to receive notice in accordance with these Articles not later than 14 clear days before the commencement of the ADM. This provision shall be subject to the agreement of the proposing Club, which shall have the option of withdrawing its motion.

7G.2 Extraordinary Delegate Meeting

7G.2.1 An Extraordinary Delegate Meeting (EDM) may be called for at any time by a minimum of ten Coastal Clubs, or on a resolution passed by the Coastal Committee. The requisition shall set out the purpose for which the meeting is requested. On receipt of the requisition the Honorary Secretary shall within twenty-one days issue a notice in writing to all Coastal Clubs giving details of the date, time and venue of the proposed meeting and details of the matters to be considered.

7G.2.2 A minimum of fourteen clear days’ notice of such meeting must be given. The accidental omission to give notice of a meeting to, or the non-receipt of notice of a meeting by, any Club entitled to receive notice, shall not invalidate the proceedings of that meeting.

7G.2.3 The only business that may be considered at any such meeting shall be the business for which the meeting shall have been called as stated in the requisition.

7G.2.4 Where the business for which the meeting shall have been called includes a resolution proposing amendments to the Rules for Coastal Rowing, the approval in writing of either the Coastal Committee or the Coastal Clubs calling the EDM shall be required.

7G2.5 The Coastal Committee may alter or amend any proposition which offends against the Memorandum and Articles of the Company but not otherwise and may composite any 2 or more proposals which, in the opinion of the Committee, constitute in substance the same proposal or which deal with the same subject matter and are to the same effect. The Committee shall inform, in writing, any Club whose proposal is altered, amended or composited in accordance with this rule and shall then arrange for the EDM agenda to be prepared and furnished to each Club entitled to receive notice in accordance with these Articles, not later than 4 clear days before the commencement of the EDM. This provision shall be subject to the agreement of the proposing Club, which shall have the option of withdrawing its motion.

7G.3 Proceedings at Delegate Meetings:

7G.3.1 The Committee shall be responsible for arranging the timetable and order of business at the ADM, subject to the standing orders agreed by the membership at a general meeting and subsequently circulated.

7G.3.2 The following shall be the order of business at the ADM:

a) Receive and consider the Annual Report of the Committee for the past year.
b) Receive and consider the income and expense statement for the past year.
c) Elect Committee members.
d) Agree a venue and date for the Irish Coastal Championships.
e) Any other business ruled in order by the Chair.

7G.3.3 The Chair of the Coastal Committee shall preside at all Delegate Meetings or, in his absence the members shall elect a Chair from among those present. The Chair shall have a casting vote.

7G.3.4 Voting rights shall apply as follows: Each Club shall have one vote. Voting by proxy shall not be allowed. No objection shall be raised to the qualification of any voter except at the meeting or adjourned meeting at which the vote objected to is tendered, and every vote not disallowed at the meeting shall be valid. Any objection made in due time shall be referred to the Chair whose decision shall be final and conclusive.

7G.3.5 A resolution put to the vote of a meeting shall be decided by poll which shall be determined by a simple majority of those present and voting. A resolution to amend the rules for Coastal Rowing shall be determined by a weighted majority of two thirds of those present and voting. If a resolution is passed at a Delegate Meeting, the effect of that resolution shall be immediate on completion of the ADM unless otherwise decided at the meeting.

7G.4 Coastal Rowing Committee

7G.4.1 The Committee shall consist of six members as follows:

- Chair nominated by the Board of Rowing Ireland
- Secretary elected at the ADM
- Committee of four elected at the ADM

7G.4.2 Nominees for a position on the committee must be proposed and seconded by Coastal Clubs and must be notified to the Secretary of the Coastal Committee 21 clear days prior to the date of the ADM. Every nominee must be a member of a Club. A full list of candidates shall be forwarded to all Coastal Clubs 14 days prior to the ADM.

7G.4.3 Election shall be by simple majority of those present and voting at the meeting. No voting by proxy shall be allowed. In the event that there are more than seven candidates, Club delegates shall vote using ballot papers identifying their preferences. In the event that

insufficient nominations are made before the ADM, the meeting may take nominations from the attending Delegates and elect from those nominated.

7G.4.4 Should the Chair vacate the position, a new Chair will be appointed by the Board. In the event that a vacancy arises amongst the general membership of the committee, the remaining members shall have the power to co-opt a replacement.

7G.4.5 Committee members may serve a maximum of five terms in any seven-year period. The Chair will remain as an additional member of the Committee for one year after leaving office even if this results in him/her serving more than five years in a seven-year period.

7G.4.6 An Irish Junior Coastal Championship may be offered in a given year. The coastal committee shall have the right to award the hosting of this event to an affiliated club or clubs.

7G.4.7 An Irish Masters Coastal Championship may be offered in a given year. The Coastal Committee shall have the right to award the hosting of this event to an affiliated club or clubs.

7G.5 Sub Committees & Working Groups

7G.5.1 The Coastal Committee shall establish a Championship Committee for the purpose of organising the Irish Coastal Championships and any other tasks included in their terms of reference. The Coastal Committee shall also have the ability to establish any other sub-committee or working group (special action group with a limited timespan) as are required to ensure the effective administration of Coastal rowing. The Chair of the Coastal Committee shall be ex-officio a member of all sub-committees and working groups.

7R Rules Common to both Endurance and Beach Sprints

7R.1 Classes of Boat

Racing is offered in the following classes of boat:

- Solo (C1x)
- Double Sculls (C2x)
- Coxed Quadruple Sculls (C4x+)

See **Appendix A** for boat construction requirements.

7R.2 Age Categories

The following age categories for rowers are recognised:

- Seniors – open to all over sixteen on 1st January
- U21 – A competitor who is under the age of twenty-two years on the 31st of August of the year of competition.
- Junior - open to those under 18 on 1st January
- Junior 16 – open to those under 16 on 1st January
- Masters 40 – open to crews where the average age is 40 years.
- Masters 50 – open to crews where the average age is 50 years.
- Novice – rowers over sixteen on 1st January and in their first year of participation

Junior events may only be offered where the organising committee are confident there are sufficient safety provisions are in place.

7R.3 Coxswains

The minimum age for all coxswains of junior crews is 18 years of age on the day of the competition, i.e. their 18th birthday must have fallen on or before the day of the race.

7R.4 Events

All Coastal events run by Rowing Ireland clubs must be run under Rowing Ireland rules and only clubs affiliated to Rowing Ireland or another federation affiliated to World Rowing may participate. Clubs wishing to run an event should apply to the Coastal Committee for a licence to run an event for which a licence fee set by the Coastal Committee will apply. All Coastal regattas must be run on Tracker.

Entries for all regattas or heads of the river must be made through the Rowing Ireland Electronic Entry System. Entries for a Club, using the unique password allocated to that Club, are deemed to be official entries authorised by the club. This confirms that all those entered are bona fide members of the club and eligible to compete in the events for which they have been entered. The closing date for all events shall be the Wednesday week prior to the regatta or head of the river at 19.00. Entries shall not be accepted after the official closing of entries.

No details about the entries for an event, may be released before entries have closed.

7R.5 Payment of Entry Fees

Clubs are liable for the payment of entry fees in respect of all crews entered regardless of whether the crew rows or not. In the event of non-payment, of all or part of the entry fees, the event committee may decline to accept entries from a defaulting club in subsequent seasons.

7R.6 Scratching

Crews entered in the regatta will be assumed to be competing unless a representative of the club has officially scratched the crew. A club failing to scratch a crew at least one hour before its race may be liable to a fine of €50.

In the event of a competitor scratching from a final for which he/she has qualified, they will not be permitted to participate in any other event on that day unless the scratching arises from the compressing of the published timetable.

In the event of a scratching the fastest non-qualifying crew in the heat from which the scratched crew qualified will be offered the opportunity to participate in the final.

7R.7 Composite crews.

Crews may contain members from a maximum of two clubs. Rower must wear their own club colours. Composite crews must be declared at the time of entry. Unlimited composites are however are permitted in any event designated by the Coastal committee as an international trial.

7R.8 Restriction on Competition

While a competitor may register for multiple clubs, no competitor shall be permitted to compete for more than one club at the same fixture.

7R.9 Return of Winning Regatta Crews

The Regatta Secretary is responsible for ensuring details of the winning crews, taking into account substitutions on the day, are made via the electronic entry system within seven days of the event.

7R.10 Insurance

It is the specific responsibility of the club entering a crew in an event to ensure that the boat has adequate insurance regardless of whether it is owned by the club or privately owned.

7R.11 Club Colours

Club colours should be registered with Rowing Ireland. Rowers and coxswains must wear their club colours while racing.

7R.12 Substitutions

Every crew is entitled to substitute up to half the number of its oarsmen/women, and the coxswain, provided that the replacements are members of the same club (or clubs in the case of composite crew), and that each of them is qualified to row in that crew. An electronic substitution must be performed, or a completed substitution form must be presented to the Regatta Director at least one hour before the crew's first race. After a crew has rowed a heat, a substitution may only be made in the case of a serious illness, certified by a doctor or medic. Exceptions may be granted for family emergencies and is at the discretion of the Regatta Director.

7R.13 International Coastal Participation

Crews wishing to participate in the World Coastal Championships, or any other competition organised by FISA, must obtain the approval of Rowing Ireland. In principle only crews who perform their Coastal rowing with Rowing Ireland will be approved. Competitors entering the above or any other competition held outside Ireland must be registered members of affiliated clubs.

7R.14 Interpretation

All interpretations of the Rules for Coastal rowing must be in accordance with the Rowing Ireland Articles of Association and Part 1 of the Rules of Rowing Ireland. Any queries regarding interpretation should be referred to the Coastal Rowing Committee whose decision will be final.

7R.15 Requirements for Coastal Rowing Boats and Equipment

All boats must meet the safety requirements set down by World Rowing and in particular:

7R.15.1 Boats must meet the minimum flotation standards set down by World Rowing;

7R.15.2 Boats must carry a life jacket for every crew member, of a type which meets recognised international standards. Coxswains must wear a life jacket at all times in the boat;

7R.15.3 Boats must have a towing eye located approximately 100mm above the loaded waterline on the bow fitted with a 15m buoyant line. Both the towing eye and the line shall be of sufficient strength to allow safe towing of the swamped boat with crew members on board in strong wind and sea conditions. The loose end of the line must be within hand-reach of a rower for the purpose of throwing to a rescue boat if required;

7R.15.4 Any ballast must be fixed securely to the structure of the boat;

7R.15.5 During racing, for safety reasons each boat shall be permitted to carry such radio or telecommunication equipment as permitted or required by the Organising Committee or by other maritime authorities for such events;

7R.15.6 The Organising Committee may at its discretion refuse permission for a particular boat or crew to go on the water or to participate in the regatta if it believes the boat is unsafe.

7R.15.7 Coastal boats are not required to have bow balls. Any fixture close to the bow should be made of material or positioned in such a way to limit injury in the event of a collision.

7R.16 Boat Registration Numbers

7R.16.1 All boats entering into a Coastal event under Rowing Ireland rules must have a number clearly visible on both sides of the bow of the boat. The individual numbers and/or letters making up the registration identification on the boat shall each be a minimum of 20cm high by 3cm wide and shall be black on a white background.

7R.16.2 Boat numbers will be allocated by the Rowing Ireland Coastal Committee and the number will be permanently assigned to the boat to which it is registered. Rowing Ireland shall maintain a register of all numbers issued. An additional registration fee will be imposed on any crew/individual failing to register their boat in accordance with these rules or failing to properly display the registration identification at all times.

7R.16.3 For races with beach finishes which require one or more crew members to exit the boat and cross the finish line on foot, every crew member crossing the finish line must clearly display their crew number on their person in a manner visible to the finish judges.

7R.17 Crew Captains' Meeting

Before the start of the competition each day, a meeting must be convened by the Organising Committee in which all coxswains and Crew Captains must participate. At this meeting, the Race Director will explain and provide to all participants all information reasonably required for the safe running of the event (including local maritime rules, tidal movements, currents, specific topography, known dangers and safety rules.

7R.18 Rowers' Obligations

All rowers and coxswains must:

a) be familiar with and respect local maritime rules in addition to the Rules of Racing;
b) wear appropriate life jackets or have an individual life jacket on board within easy and convenient reach for their personal use at all times when on the water. Coxswains shall wear a life jacket at all times when on the water;
c) know what to do in the event of their boat swamping or capsizing and if their boat requires to be towed.

7R.19 Crew Captain's obligations

7R.19.1 According to international maritime law, all sea-going vessels must have one person responsible for safety and navigation. In Coastal Rowing, this will be one member of the crew who will be designated the "Crew Captain". The designated Crew Captain, for every boat shall be indicated when the entry is made on Tracker.

The Crew Captain shall be responsible to:

7R.19.2. Before every outing:

- take responsibility for assessing the risks and the ability of the crew to cope with the prevailing and forecast conditions;
- familiarize him/herself with the current and expected weather conditions;
- notify the Control Commission of the crews departure,
- check the condition of the boat and the safety equipment on board.

7R.19.3 During the outing:

- ensure that the crew respects all navigational and safety rules;
- require that all members of the crew wear their life jackets as necessary;
- make necessary decisions for the safety of the crew if the weather deteriorates;
- monitor any changes in the weather or water conditions which might affect the safety of the crew.

7R.19.4 After the outing:

- inform the Control Commission of the return of the crew.

7R.20 Special Coastal Rowing Safety Considerations

7R.20.1 General Rules

Rowing at sea outside of channels and ports requires special attention to weather conditions, tides, water currents and general maritime traffic. Rowers and coxswains must familiarize themselves with general international maritime navigation rules as well as the specific conditions of the area. Safety measures and local rules must be vigorously applied by the Organising Committee and the Jury and must be strictly observed by the crews.

7R.20.2 Important notes for rowing at sea.

Rowing boats must not hinder the passage of:

- boats that can only navigate safely in a narrow channel or access lane;
- boats with mechanical propulsion in a traffic lane;
- ships with heavy cargo;

7R.20.3 Avoiding collisions:

When two rowing boats are on a potential collision course, both boats should move to starboard to give way to the other boat.

For clarification, the "starboard" means the right-hand side of the boat when you are facing the bow. However as rowers will be seated in a position facing the stern of the boat with their backs to the bow of the boat turning to 'starboard' will require the rower to steer the boat to the left.

7R.20.4 Shelters

Shelters are ports and bays where boats can easily find refuge in adverse weather conditions and where the crew members can be safely disembarked. Such shelters must be made known by the Organising Committee to all crews as part of the information to crews. Shelters may be very dependent on the tidal, wind and current conditions. Depending on the conditions, an area may be considered a shelter at a certain time of day only and may be

dangerous and inaccessible at other times. Whatever the route followed by the rowers, they must be aware of all the possibilities of access to the shelters in accordance with the navigational limits imposed on their boat.

7R.21 Capsizing

Crews should regularly practice their capsize drill and familiarise themselves with all the steps to ensure the safety of the crew.

7R.22 Restriction on participation at Regattas

Clubs may only participate in Coastal races organised by Rowing Ireland or its clubs. Clubs must request, and receive permission, from the Coastal Rowing Committee to participate in any other Coastal rowing event. Participation at non-authorised events will render the club ineligible to compete in the Irish Coastal Championships in that season.

7E Rules for Endurance Rowing

7E.1 Coastal Regatta

A Coastal rowing competition is a competition in which all competitors use Coastal rowing boats as defined in these Rules and where the competition course is on the open sea or on a large inland body of water and in accordance with these Rules. These Rules apply to all Coastal competitions run under Rowing Ireland rules.

7E.2 Event Prospectus

The prospectus of each event must be posted on the Rowing Ireland website. The prospectus must state:-

a) The date(s) of the fixture.
b) The venue
c) The length of the course
d) A plan of the course(s) showing the location of all course markers together with their description and their GPS position.
e) The maximum number of boats which can be accommodated on the start line at one time in any category.
f) The events offered and the entry fee for each event.
g) The time and date as which the entries close
h) The contact details of the regatta secretary.
i) That races will be run under the Rowing Ireland Rules
j) The Safety Statement for the event.

7E.3 Progression System

The Organising Committee shall publish the progression system after the close of entries, and before the captains' meeting.

The progression system is limited by a range of factors including the number boats available, the space on the start line, the extent of on water safety provision, and local marine conditions.

Where possible any changes to the progression system made by the Organising Committee must be communicated to crews.

In any heat at least one crew must be eliminated. Should the number of crews starting drop to or below the number previously indicated as qualifying, the last crew will be eliminated.

7E.4 The Draw and Determining the Lanes

7E.4.1 Where a system of preliminary heats is required, a draw for the first round shall take place at the Crew Captains' meeting on the day before the first heat takes place, or earlier if appropriate. The draw shall be to decide which crews take part in which heats. There shall be no lanes allocated.

7E.4.2 No heat shall have more than one crew more than another and the first heat(s) will have the larger number of crews.

7E.4.3 However, for beach starts where the line of the start is not perpendicular to the first turning marker, crews' starting positions will be allocated as follows:

- by a random draw; or
- where there has been a preliminary round the positions shall be allocated based on the ranking of crews in the preliminary round with the higher ranking crews at the end nearest to the first turning marker; or if there is seeding of crews, the higher seeded crews shall, in the first round of the event only, be allocated starting positions at the end nearest to the first turning marker.

7E.5 Masters Rowing

7E.5.1 For Masters 40 and Masters 50 crews, averaging will be used based on the age a competitor attains during the year of competition. The youngest a competitor may be is 35. Age categories do not apply to the cox. Each competitor shall be responsible for his/her own health and fitness.

7E.5.2 If there are less than three entries in either, Masters 40 and Masters 50 crews will compete in the same race on a handicap basis for a single prize. If there are three or more entries in both categories, Master 40 and Master 50 crews will compete in the same race without any handicap, racing for separate category prizes.

7E.5.3 Start Procedure – The start will involve the Masters 50 crews starting once the hooter sounds and the last ball drops. After the Masters 50 crews depart one ball will be re-hoisted. Once the appropriate handicap has been allowed, the single ball will drop and the hooter sounded to indicate the start for the Masters 40 crews.

7E.5.4 The handicap to be applied for each category is listed below. As the handicaps are based on a 4000m course. They should be adjusted if a shorter or longer course is used.

7E.5.5 The Finish – This will be judged in the normal way. The crew finishing first will be declared the winner.

7E.5.6 The handicaps can be used for both heads and regattas.

7E.5.7 The following are the handicaps to be used for each event:

Handicap for a 4000m race

	Master 50	Masters 40
Men 4X+	Go	+31 Seconds
Women 4X+	Go	+31 Seconds
Men 2X	Go	+32 Seconds
Women 2X	Go	+34 Seconds
Mixed 2X	Go	+32 Seconds
Men 1X	Go	+35 seconds
Women 1X	Go	+35 Seconds

7E.6 Course Characteristics & Design

7E.6.1 The racecourse for Coastal regattas shall provide, as far as possible, fair and equal racing conditions for all crews. This shall require sufficient width of the start line to allow all the crews in each event to start at the same time (except in the case where there are preliminary heats, the process for which shall have been notified to all teams at the time of their entry).

7E.6.2 Wherever possible, the Organising Committee shall design the course so that the action and competing boats can be seen by spectators on shore.

7E.6.3 In principle there is no specified racing distance and this may vary from regatta to regatta. However, the length of the course in each case shall be shown in the Regatta Calendar and shall be notified to all participants in the Regatta Prospectus. The course may be straight, rectangular, triangular or point to point or of such other shape as may be suited to the location. Where possible it is recommended that Senior and Masters races are run over a 4000m course.

7E.6.4 The racing distance may be changed by the President of the Jury in the case of adverse weather conditions, in consultation with the organising committee.

7E.6.5 For safety purposes the layout of the course shall not allow boats to be travelling in opposite directions in the same water.

7E.6.6 The course may be covered more than once. In principle there should be no turning marker closer than one kilometre (1 km) from the start if the required angle of the turn at that marker is greater than 45 degrees. Where an event has separate preliminary heats, the courses used for the respective heats may be different from one heat to the next but must be of the same racing distance and the racing conditions of each course on the day must be similar.

7E.7 Course Markers

7E.7.1 A plan of the course(s) showing the location of all course markers together with their description and their GPS position, must be included in the Regatta Prospectus and also in the instructions issued to all crews upon arrival at the regatta. The plan shall also be on public display;

7E.7.2 For safety purposes, wherever buoys are used to mark the turning points, the Organising Committee should, wherever possible, use floating marker-type buoys rather than existing solid moorage buoys and beacons;

7E.7.3 The Organising Committee shall take all necessary precautions in setting out the course markers and the course to avoid any risks of boats grounding in shallow waters, including by clearly marking such areas and placing warning buoys in the appropriate locations.

7E.8 Start and Finish Lines

7E.8.1 The start line and finish line shall be visually marked by the alignment of two landmarks or buoys;

7E.8.2 The orientation of the start or finish line shall in principle be perpendicular to the route to be taken to or from the next or previous turning point respectively;

7E.8.3 For all races, except for races against the clock, the start line shall be wide enough to allow all competitors in the race to align and start at the same time;

7E.8.4 The finish line may either be on the water, or if such an option is possible, on the beach. Where a beach finish is provided, the finish may be a finish line or a flag situated at a designated point on the beach. A crew shall have finished the race when one or more members of the crew has crossed the line or touched the flag or button as required.

7E.9 Number of Lanes

Coastal Rowing regattas shall normally be raced without limit to the number of crews in each race. This will be subject to the dimensions of the start line, the length of the course and all safety considerations, including weather conditions and provision of safety boats. There shall be no delineated lanes. Where there is a limit on the width of the start line, the Organising Committee shall indicate in the Regatta Prospectus and in the information to crews the maximum number of boats which can be accommodated on the start line at one time in any category.

7E.10 Adverse Weather Conditions

The President of the Jury, in consultation with the Race Director and the Organising Committee, shall take all decisions on any delay, postponement or cancellation of races, or of changes to the course, resulting from adverse weather conditions or other matters relating to the safety of competitors and officials on the water or the fairness of the course. This may include reducing the maximum number of boats in races. If the number of boats in a race is reduced under this Regulation, the President of the Jury may use the ranking in the preliminary heats to seed the races or, if there have been no preliminary heats, prior experience may be used.

7E.11 At the Start

Crews must be in the vicinity of the start line two minutes before the designated start time. The Starter may start the race without reference to absentees.

7E.12 The Starting Procedure – floating

7E.12.1 Each boat shall be at liberty to find its own position on the Start line, but it is the responsibility of each crew to ensure that it does not interfere with other boats. Where such interference occurs or is going to occur, each crew must take appropriate avoiding action but shall follow the instruction of the Starter or Umpire whenever such instructions are given.

7E.12.2 The Starter may be assisted by other umpires under the authority of the Starter. The position of the Starter shall in principle be approximately 50 - 100 meters behind the line of the Start and shall be such that the Starter has a clear view of all boats and the starting signals are clearly visible to all crews on the Start line. A clearly distinguishing jacket should be worn by the Starter.

7E.12.3 There shall be a Judge at the Start who shall be positioned exactly on the line of the Start. The Judge at the Start shall be responsible to identify any boats which are on the course-side of the Start Line at the time the start signal is given. He shall immediately notify the Starter and Umpires of his decision in this regard and the offending crews shall be notified.

7E.12.4 The starting procedure shall be as follows:

- It shall be the responsibility of each crew to ensure that no part of their boat is on the course-side of the Start Line at the time the start signal is given and the Judge at the Start shall not be obliged to give any instructions to crews in this regard prior to the start signal being given. Crews in the Start area shall at all times closely follow the instructions of the Starter or Umpire. Any crew not following such instructions may be penalized. After giving the 3-minute, 2-minute and 1-minute signals respectively, the Starter may start the race at the given time without reference to the position of any crew;
- Three minutes before the start, the Starter shall simultaneously:
  - Hoist three balls one above the other (each ball shall have a white cross on a red background, shall be clearly visible from the start line and shall not be smaller than 50cm in diameter) and sound a hooter in 3 clear, short blasts;
- Two minutes before the start time, the Starter shall:
  - Simultaneously lower one of the three raised balls and sound two clear, short blasts of the hooter
- One minute before the start, the Starter shall:
  - Simultaneously lower one of the two remaining balls and sound one clear, short blast of the hooter
  - At the Start time, the Starter shall give the signal to start by:
  - Simultaneously lowering the one remaining ball and sounding one long blast of the hooter

Summary table of starting sequence				
Time	**Visual signals**		**Audio signals**	
-3 minutes		3 balls (red with white cross)		3 short blasts of hooter
-2 minutes		2 balls (red with white cross)		2 short blasts of hooter
-1 minutes		1 balls (red with white cross)		1 short blast of hooter
START	**drops**	Dropping the single ball (red with white cross)	**LONG**	Long blast of hooter
Mass false start	Waving	Starter waving red flag	*repeated*	Repeated short blasts of hooter

7E.12.5 Following the commencement of the three-minute warning, all boats shall remain within the vicinity of the start line. At the expiry of the 3 minutes the start can be given even if some boats have not reached the start position.

Each crew shall be responsible to be aware of the time remaining before the start. It is the responsibility of crews to be close to the start line at the start time of the race and not to cause a false start. There will be no instructions given to crews concerning alignment unless the Judge at the Start considers that too many boats are over the start line and that the race cannot be started in a safe or fair manner.

Should the Judge at the Start consider that many crews are on the course-side of the start line at the designated start time, or should the Starter find that many crews are late to the start through reasons beyond their control; the Starter may delay the Start at his sole discretion. Alternatively, he may start the race on time and if appropriate may award penalties as provided in these Regulations and Rules.

7E.13 The Starting Procedure - Beach Starts

- The boats shall be lined up on the beach near the water's edge.
- The Starter shall direct the crews to float and hold their boats approximately 8 m apart at the edge of the water. In a normal beach start, all crew members shall be holding their boat standing in the water next to their boats and can only start to board their boat after the start signal has been given.
- The Starter shall then order the crews to get ready and bring their boats into line. The Judge at the Start shall be the sole judge of whether the boats are in line.
- If a running start is used, one nominated crew member from each crew shall be a runner. The runners will start behind a set running start line located on the beach and when the start signal is given, shall run to their boat to join other crew members. The remaining crew members shall be holding their boats and standing in the water next to their boats and can only start to board their boat after the start signal has been given.
- Boat holders may be used for the solo and other boats at the discretion of the Starter.
- It is the responsibility of each crew to ensure that it does not interfere with other boats. Where such interference occurs or is going to occur, each crew must take appropriate

avoiding action but shall follow the instruction of the Starter or Umpire whenever such instructions are given. A crew causing interference may be penalised by the Starter or the Umpire.

- The Starter may be assisted by other umpires under the authority of the Starter. The position of the Starter shall be such that the Starter has a clear view of the running start line (in case of running starts) and all boats and the starting signals are clearly visible to all race competitors. A clearly distinguishing jacket should be worn by the Starter.
- The Starter shall inform the crews when there is five minutes, four minutes and three minutes remaining before the start time.
- There shall be a Judge at the Start who shall be positioned in such location as to be able to properly carry out his responsibilities. In the case of a running start, the President of the Jury may allocate two Judges at the Start for this purpose.
- The Judge at the Start shall be responsible to identify any nominated runner who crosses the set running start line before the start signal is given (in the case of a running start) and any crew whose member(s) start to board their boat before the start signal is given.

7E.13.1 The starting procedure for beach starts shall be as follows:

- Crews must be at their start positions (and in the case of a running start, nominated runners must be at the running start line) and under the control of the Starter two minutes before the starting time of their race.
- The Starter may penalise a crew which is late to the start and may start the race without reference to absentees.
- When there is two minutes to the start, the Starter shall say “Two minutes!”
- At the Start time, the Starter shall give the signal to start by standing clearly visible and dropping in one downward motion the raised start flag, simultaneously sounding a hooter in one long blast.
- The official start of the race will be the moment the flag starts to be dropped.

7E.14 Delays at the Start

Where the start of any specific boat category is delayed for any reason, the Starter shall inform that boat category or categories of the delay. Where the whole race is to be delayed the Starter may begin the countdown process again after announcing this to the waiting crews.

7E.15 False Start

7E.15.1 Floating Start - A crew commits a false start when any part of its crew, boat or equipment is on the course-side of the Start Line at the time the Start signal is given.

7E.15.2 Beach Start - A crew commits a false start if, in the case of a running start, the crew’s nominated runner crosses the set start line before the start signal is given and, in all cases, if any crew member starts to board their boat before the start signal is given.

7E.16 Consequences of a false Start

7E.16.1 Individual false start - A crew committing a false start shall be allowed to continue with the race but shall be awarded a time penalty of 120 seconds and where possible shall be immediately informed of the penalty by the Umpire.

7E.16.2 Mass false start - If in a race the Judge at the Start indicates that a number of boats have committed a false start, the Starter may decide to stop the race and give the start again or he may allow the race to continue and award penalties to all boats concerned. If he decides to stop the race, the Starter shall do so by sounding repeated short blasts on the hooter.

Where there is a mass false start caused by weather conditions or other external influences, but the Judge at the Start considers the start to have been fair, he may advise the Starter to allow the race to continue with or without penalties to individual crews.

7E.17 Responsibility of Rowers

All crews shall compete in accordance with the rules. If a crew does not comply with the rules, including if it impedes or interferes with another boat or gains any advantage thereby, it may be penalised. A crew, which for any reason does not complete the full course as designated by the Organising Committee, including not rounding all or any of the turning markers, is responsible to declare this to the Finish Judge or other Umpire or to the Organising Committee at the end of the race. The result of such crew shall show DNF.

7E.18 Interference

A crew causes interference to another crew if it changes course to prevent another crew from passing, if it does not give way when required under this regulation, or causes a collision with another crew through not giving way when required by this regulation.

7E.19 Rules of Giving Way during Racing

When three or more boats are on the same line and a coxswain reasonably considers that there is not enough room between his boat and the others the coxswain may call by its boat number one of the crews and say “(Boat Number --!)” –“Attention!” – “Give Way!!”, and the boat called must change its course sufficiently to leave the crowded boat enough room or it may be penalised by the Umpire. No boat or boats may deliberately or otherwise cause interference to another boat which is on a course towards a turning marker or other course mark. If two or more crews co-operate to cause disadvantage to another crew or crews or to assist another crew or crews, all crews of the club(s) involved in such cooperative action may be disqualified.

7E.20 Collisions

In case of collisions (of boats or oars) the Umpire shall decide if anyone is at fault and may penalise the crew responsible for the collision by awarding a time penalty of 30 seconds or may disqualify the crew or take other appropriate measures under the rules.

7E.21 Overtaking

It is the responsibility of a crew overtaking another crew to avoid interfering with the crew being overtaken; A crew which is being overtaken must maintain its course and shall not interfere with the overtaking crew. If a crew being overtaken obstructs or interferes with the overtaking crew by changing its course or in any other manner, the Umpire may penalise the crew causing obstruction or interference or hindrance by awarding a time penalty of up to 60 seconds, or may exclude the crew or take other appropriate measures under the rules.

7E.22 Rounding of a Turning Marker

At the turning marks, rules relating to interference and overtaking under this regulation shall apply. A boat has right of way over another boat at a turning mark if, before either boat begins to turn the mark, it has an overlap of the other boat and is on the inside of the turn. The right of way shall continue until the turn is completed by both boats. An overlap for the purpose of this regulation shall mean that the bow of one boat is overlapping the stern of another and the extent of that overlap is not relevant to this relation. Where a boat has right of way under this regulation, the other boat or boats shall give way or shall be subject to penalties for interference.

In order to be placed in the final ranking for the event, all crew must round all turning markers and must complete the full course as designated by the Organising Committee.

7E.23 Finish of the Race

A crew has finished the race when the bow of its boat has crossed the finish line. All crew members must start and finish the race.

Where a beach finish is provided, a crew shall have finished the race when one or more members of the crew has crossed the line or touched the flag on the beach as required. For beach races all crew members must start and arrive at the beach.

A crew in contravention of these requirements shall not be ranked in the race.

7E.24 Dead Heats

When the order of finish between two or more crews is too close for any difference to be determined, then the result shall be declared a dead heat between the crews involved. If there is a dead-heat, the following procedure shall operate:

- In any preliminary round, if a dead-heat occurs between crews and if only one of the crews would progress into the next round, then, on the condition that sufficient boats are available for this purpose, all crews involved in the dead-heat shall progress to the next round. If there are not sufficient boats available then the President of the Jury and the Race Director, in the presence of the concerned Crew Captains, shall conduct a random draw between the crews involved in the dead heat to determine which of those crews shall so progress, up to the number of boats available for this purpose.
- In a final, if a dead-heat occurs between crews, then they shall be given equal placing in the final order and the next placing(s) shall be left vacant. If the tied placing is for a medal position, then the Organising Committee shall provide additional medals.

7E.25 Protests

A crew or crews whose objection has been rejected or who are affected by the acceptance of the objection or a crew that has been disqualified or excluded or ruled DNS or DNF, as well as crews disputing the published results, may lodge a protest in writing to the President of the Jury not later than one hour after the Umpire has communicated his decision regarding the objection or, in the case of disputing the published results, no later than one hour after the results have been published. It shall be accompanied by a deposit of EUR 50 or equivalent, which amount shall be refunded if the protest is allowed.

The Board of the Jury shall decide if the protest was justified. It will make its decision before the next round of races in the event concerned, and, in any case, no later than two hours after the last race of the day. In the case of a protest concerning the final of an event arising from an objection, the medal presentation of that event will not be postponed. If the subsequent decision of the Board of the Jury changes the final result of the event, then the official result shall be changed accordingly and, where the medal placings are affected, then the medals shall be re-awarded as necessary in accordance with the decision.

The Board of the Jury shall decide on the protest and on the measures resulting from its decision including:

a) reprimand
b) time penalty
c) relegation
d) exclusion (from all the rounds of the event in question)
e) disqualification (from all events in the regatta)

After application of the appropriate penalty, if any, the Board of the Jury may also take any other available measures to restore the chances of a crew that has suffered disadvantage, including, where appropriate, and where there are preliminary rounds, to allow the crew

concerned to proceed to the next round if the Board of the Jury considers that but for the interference the crew would have so progressed of its own accord.

7E.26 The Jury

In principle, the Jury shall consist of persons carrying out the following duties:

a) President of the Jury
b) Starter
c) Judge at the Start
d) Race Umpire
e) Turning Mark Umpires / or Supporting Umpires
f) Judges at the Finish, one of whom shall be the Chief Judge
g) Control Commission, one of whom shall be Head of Control Commission

The Jury shall be appointed by the organising committee. In the case of the Irish Coastal Rowing Championships the Jury shall be appointed by the Rowing Ireland Coastal Committee

7E.27 President of the Jury

The President of the Jury shall allot duties to each member of the Jury and shall supervise their activities. He shall take the chair at meetings and ensure proper co-ordination with the Organising Committee. He shall co-operate closely with the Race Director.

7E.28 The Starter and the Judge at the Start

These shall ensure that the correct starting procedure is followed. There shall be no Aligner. Except for a beach start, the Judge at the Start shall not be required to give instructions to any crew on their alignment at the Start. It is wholly the responsibility of the crews not be on the course side of the start line at the time the start signal is given.

7E.29 The Umpire

The President of the Jury, in consultation with the Race Director, shall decide the number of Umpires to supervise each race. Where there is more than one Umpire, the Umpires shall have equal status in their areas of responsibility. The Umpire shall ensure the proper conduct of the race and the safety of the rowers. In particular, he shall observe whether any crew gains any advantage or suffers any disadvantage from its opponents or from external factors and shall impose appropriate penalties on crews at fault. The Umpire shall not give any steering indications to crews. Nevertheless, he shall endeavour to ensure that accidents are avoided. If necessary, the Umpire may impose penalties during the race. He may also stop the race, impose any necessary penalties and order the race to be re-started, either from the start or from some other point (in which case he may order the crews to re-start in the positions they held at the time the race was stopped) either immediately or later. In the latter case, he shall decide on the new starting time in consultation with the President of the Jury and he shall inform the crews concerned. Where the Umpire has serious doubt whether the impediment affected the result of the race or considers the effect of the impediment was not significant, he may decline to take any action or he may take such action as he sees fit in the circumstances.

The Umpire may also allow the race to continue and impose penalties after the race has finished. However, in principle, if a crew is to be awarded a time penalty the Umpire should make every attempt to advise the crew at the time the penalty is awarded by saying to the crew: “(Boat Number!)” – “(*reason for penalty*)!” - “Time Penalty! (x *seconds)*!”

7E.30 Turning Mark Umpires / or Supporting Umpires

Record the number of crews passing key turning points during the race and communicating this to Race Control.

7E.31 Judges at the Finish

The Judges at the Finish shall determine the order in which the bows of the boats cross the finish line. In the case of a beach finish, they shall determine the order in which the designated rower or rowers cross the finish line or touch the flag as required. They shall ascertain that the race was in order. They shall be responsible for validating the results.

7E.32 Control Commission

In addition to its other duties, the Control Commission at Coastal rowing events shall check the correct display of the boat registration numbers and that the numbers required to be worn by crew members are correctly displayed. The Senior member of the Control Commission shall ensure that at all times a list is maintained showing what racing boats are on the water.

7E.33 Board of the Jury

The Board of the Jury, which will consist of the President of the Jury and two other members appointed by the President of the Jury in advance of racing, shall hear any protests from crews. It shall also take any decisions in exceptional cases.

7E.34 Penalties

The Jury shall impose appropriate penalties in any case of breach of the rules. The penalties available to the Jury are:

a) reprimand

b) time penalty

c) relegation where specifically provided in these Rules

d) exclusion (from all the rounds of the event in question)

e) disqualification (from all events in the regatta)

The Umpire may also order that a crew which has been interfered with be allowed to proceed to the next round of an event (where such rounds are held) if he considers that but for the interference the crew would have so progressed of its own accord.

7C Coastal Championship Rules

7C.1 Championship Regatta

The title of the regatta is The Irish Coastal Championships

7C.2 Categories

The following Open categories will be offered:

Men's Coxed Quad – CM4X+
Men's Double Scull – CM2X
Men's Solo – CM1X
Women's Coxed Quad – CW4X+
Women's Double Scull – CW2X
Women's Solo – CW1X
Mixed Double – CMix2X
Men's Junior 18 Coxed Quad – JCM4X+
Women's Junior 18 Coxed Quad – JCW4X+

7C.3 Club Eligibility

The Championships shall be contested annually and are open only to the following:

a) Clubs affiliated to Rowing Ireland
b) Clubs which are a member of an association which is affiliated to World Rowing

7C.4 Competitor Eligibility

Quad crews may not have any member younger than 16 on the day of the race, with the exception of the Junior 18 quads who may include members who are 15 on the day of the race, and all quads must have a captain within the crew who is at least 18. Double crews may not have a member younger than 16 on the day of the race and must have a captain within the crew who is at least 18. Single crews may not be any younger than 18 on the day of the race.

7C.5 Coxswains

Coxswains in the Championships must be of a minimum weight as follows:-

- Men's Championships 55 kg.
- Women's Championships 55 kg.

Coxswains shall be weighed wearing their racing uniforms (one-piece or equivalent) not less than one hour and not more than two hours before their first race in each event each day. If requested, coxswains must provide photo identification at weigh-in. Acceptable forms of identification include a Rowing Ireland registration card, passport, drivers license or College ID Card. Any shortfall in this weight shall be made up by a maximum of 15kg ballast which shall be carried close to the coxswain. Coxswains who do not attain the minimum weight with the maximum ballast will be ineligible to compete. The coxswain shall produce the ballast on request by an official at any time up to and including disembarking from the boat at the conclusion of the race. Failure to produce the required ballast on request will result in automatic disqualification.

7C.6 Championship Courses

Championships must be held on suitable courses as determined by the Coastal Rowing Committee. The Coastal Rowing Annual Delegate Meeting will determine the venue and date of the Championship Regatta.

7C.7 Organisation

The organisation of the regatta(s) will be undertaken by the Coastal Championship Organising Committee. The Coastal Committee will appoint the Championship Committee and will appoint a number of members of the Host Club to the Championship Committee.

7C.8 Race Director & Safety Advisor

7C.8.1 The Coastal Championship Committee shall appoint a Race Director who is very familiar with local water conditions and who has experience of Coastal rowing events. The Race Director shall be responsible for ensuring the event is run in a safe and fair manner. The Race Director shall cooperate closely with the President of the Jury and the Safety Advisor.

7C.8.2 The Safety Advisor shall be responsible all communications with the local maritime authority and shall ensure that all safety requirements, including rescue services, are in place before the start of races and that all local maritime rules and regulations are met. He/she shall cooperate closely with the President of the Jury and the Race Director.

7C.9 Umpiring at Championships

Umpiring at the Championships will be carried out by experienced individuals familiar with Rowing Ireland's Coastal rules. From a future date agreed by an ADM, umpiring will be carried out by umpires licensed by the Coastal Committee or by World Rowing.

7C.10 Closing Date for Entries

The closing date for entries shall be 19.00 on the Wednesday week before the Championships. Entry fees must be received within two days of the close of entry. Entries will only be accepted through the Rowing Ireland Tracker system.

7C.11 Presentation Prizes

Irish Coastal Championship medals will be presented to the first, second and third placed crews. A pennant will be awarded to the club of the winning crews. The committee reserves the right to withhold medals if a crew fails to attend the medal ceremony.

7C.12 Entry Fees

The Coastal Committee shall determine the entry fees for the Championships.

7C.13 Other Events

No other events may take place at the Championship Regatta without the express permission of the Coastal Committee

7C.14 Merchandising Rights

Rowing Ireland owns the rights to all merchandising opportunities in relation to the regatta. It may however at its discretion award these to a third party including the Host Club.

7C.15 Single Crew Finals

In the event that only one crew enters an event, or should all crews other than one withdraw, that event will not be deemed a Championship and no prizes will be awarded.

7S Rules for Beach Sprints

7S.1 Event Prospectus

The prospectus of each event must be posted on the Rowing Ireland website. The prospectus must state:-

a) The date(s) of the fixture.
b) The venue
c) A plan of the course(s)
d) The progression system
e) The events offered and the entry fee for each event.
f) The time and date at which entries close.
g) The contact details of regatta secretary.
h) The races will be run under the Rowing Ireland rules.
i) The safety statement for the event.

7S.2 Course

The racecourse shall provide, as far as possible, fair and equal racing conditions for all crews. This shall require sufficient width of the start area to allow all the crews in each race to start without interference from other crews. The race area should be located on an evenly-shelving sandy beach free of rocks or other obstructions which might damage boats in the beach start and beach finish.

The course shall comprise (1) a land section – (2) a water section – (3) a land section.

The first section of the course shall be a straight line from a point on the beach (the start/finish line) to the water edge, a distance of between approximately 10 and 50 metres.

The second section of the course shall comprise, for each lane, a series of three buoys in each racing lane, the first buoy positioned approximately 85 metres from the water edge, the second buoy a further 85 metres out and the third buoy a further 80 metres out, all in a straight line. The number of lanes shall be a minimum of two lanes and up to four lanes.

The third section of the course shall be approximately between 10 and 50 metres distance on land from the water edge back to the start/finish line.

The distances stated here shall be a general guide but will depend on local conditions. In particular, the first buoy should be positioned slightly beyond, and clear of, any wave break.

7S.3 Course Markers

A plan of the course showing the location of all course markers shall be included in the Prospectus.

For safety and visibility purposes, the buoys used to mark the turning points should be inflatable or other soft-surface type which will not cause damage to boats and equipment and shall each be approximately 150cm high. The first two buoys from the beach in each lane shall be approximately 30cm diameter and the farthest turning buoy shall be between 50cm and 100cm diameter. The 3 buoys in one lane shall be the same colour. The buoys shall be a different colour in each adjacent lane;

The organising committee shall take all necessary precautions in setting out the course markers and the course to avoid any risks of boats grounding in shallow waters;

The organising committee shall ensure that the distances between buoys in each lane are equal and in particular that the distance of the farthest buoy from the beach in each lane is equal;

If the course is located in waters that are affected by significant tidal movements the organising committee shall make arrangements for regular repositioning of the course as necessary. For safety purposes the layout of the course shall not allow boats to be travelling in opposite directions in the same water.

7S.4 Start and Finish Lines

The start line shall be visually marked on the beach in a clear, fixed manner which will keep its position under all race situations. The width of the start line shall be a minimum of 2 metres. The distance from the start line to each boat shall be equal for all rowers.

The width of the Finish Line shall be a minimum of 2 metres. Where only two racing lanes are in use, the Finish Line may be a narrow "funnel" design to bring the runners of each crew together at the finish. However, where 3 or more racing lanes are in use, the Finish line should be of such length to ensure that the runner from every crew has an equal distance from the designated finishing point of their boat to reach the Finish Line. The designated finishing point of each boat at the water's edge shall be marked by a flag in line with the lane buoys and runners shall be required to pass on the outside of this flag in their run to the Finish Line after leaving the boat, to ensure equal distance to the finish line.

The method of marking the Finish Line, may be any one of the following, or a similar arrangement:

- A clear line on the beach which the runner from each crew must cross;
- A tape which the runner from each crew must run through;
- One flag or similar device for each crew, standing upright in the sand, and which must be picked up by the runner from each crew;
- One button or similar device for each crew, which must be pressed by the runner from each crew and which, upon being pressed, shall emit a sound or visual display, at the same time recording the elapsed race time for that crew.

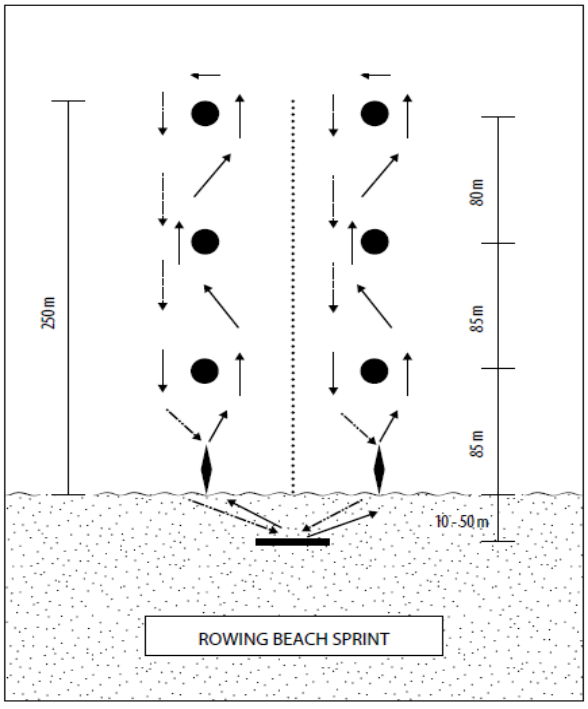
The organising committee shall decide the method of marking the finish and this shall be notified in the Prospectus.

The orientation of the start and finish line shall in principle be perpendicular to the rowing course.

7S.5 Race Format

When all crews are in their boats, they shall race from the beach in a slalom fashion around each of the three buoys in turn in their respective racing lanes, turning around the last buoy. After rounding the last buoy they shall then race directly in a straight line back to the designated point on the beach. (Note: Crews not taking a straight-line course back to the beach or arriving at the beach at other than the designated point shall not be penalised as long as they do not interfere with another crew and they otherwise comply with the requirements of these regulations.) Crews must ensure that they go around each of the three buoys in turn in the correct direction on the outward sector.

The layout of a beach sprint course is shown.



7S.6 Progression System

The progression system shall be decided by the organising committee and may be in the format of Time trials or Elimination heats in order to bring the number of crews remaining in the medal competition in each event down to eight (8). In all cases the order in which crews are drawn on Tracker should be utilised to ensure fairness.

The Final Eight Crews

After the preliminary rounds are completed and the final eight remaining crews in an event are determined, then racing shall in all cases be conducted on two lanes with 4 quarterfinals, 2 semi-finals and then finals following a consistent time schedule without additional rest breaks between races. The race for 3rd and 4th positions shall take place before the race for 1st and 2nd positions.

If there are less than eight crews entered the following shall apply:

- Seven crews – crew seven receives a bye to the semi-finals.
- Six crews – crews five and six receive a bye to the semi-finals.
- Five crews – crews three, four and five receive a bye to the semi finals.
- Four crews – all crews participate in the semi-finals.
- Three crews – crew three receive a bye to the final.

The progression system shall be described in the Prospectus.

7S.7 The Draw and Determining the Lanes

Where the first round is in the form of time trials, the results of the time trials shall be adopted to determine the following round heat and lane allocations.

7S.8 Adverse Weather Conditions

The President of the Jury, in consultation with the Race Director and the organising committee, shall take all decisions on any delay, postponement or cancellation of races, or of changes to the course, resulting from adverse weather conditions or other matters relating to the safety of rowers and equipment and officials on the water or the fairness of the course.

7S.9 The Start

During the start procedure, the boats shall be lined up in the water in the allotted start position and shall be held by crew members (except solo (C1x)) and up to two boat handlers per boat.

7S.10 Boat Handlers

There shall be up to two boat handlers per boat. The boat handlers shall be provided by the clubs. The role of the boat handler is to support the departure and arrival of the crew from and to the beach. The boat handlers for each crew should wear matched uniforms and in a colour which is different from the crew (alternatively the boat handlers may wear a coloured bib). In rougher conditions and at the discretion of the President of the Jury the number of boat handlers may be increased. Boat handlers may not board the boat at any time but may assist the crew in any other way, including rudder fixing, etc. When the boat returns to the beach the boat handlers may “catch” the boat to slow its progress when it reaches the beach and a crew member disembarks to run to the finish line.

a) The boat handlers shall at all times remain in shallow water not above their shoulder height. The boat handlers shall comply with any instructions of the race officials and shall at all times be subject to the rules of racing. The boats should be held reasonably in line and shall be positioned so that the centres of boats are in a line with the buoys in their lane. All rowers (except the runner of each crew) must be standing in the water next to their boat and shall not start boarding their boat until the start signal is given.

The Judge at the Start, with the advice of the Aligner, shall determine whether the boats are reasonably in line and shall take such action as necessary to ensure this.

b) One nominated crew member from each crew shall be a runner. (The runner at the start may be different from the runner at the finish but in both cases must be a member of the crew.) The runners shall stand behind the start line which shall be clearly marked on the beach. The remaining crew members (except for solo (C1x)) shall be standing in the water holding their boats. No crew members shall start to board their boats before the start signal has been given. When the start signal is given the runners shall run to their boats to join the other crew members. The other crew members may start to board their boats as soon as the start signal is given.

c) c. The boat handlers will support the crews in holding the best pointing for the boat for the crew members to board and depart.

7S.11 The Start Procedure

The Starter may be assisted by other umpires under the authority of the Starter. The starting signals should be clearly audible and visible to all rowers. A clearly distinguishing jacket should be worn by the Starter. The Starter shall inform the crews when there is three minutes remaining before the start time. There shall be a Judge at the Start who shall be positioned in such location as to be able to properly carry out his responsibilities. Where he considers it necessary, the President of the Jury may instruct another Umpire to assist the Judge at the Start in his duties. The Judge at the Start shall be responsible to decide if any crew has caused a false start.

The starting procedure shall be as follows:

-3:00 All crew members should be in the start zone and under the control of the starter.

The Starter may penalise a crew which is late to the start and may start the race without reference to absentees.

-2:45-1:45 Crews are introduced to the spectators, once the introductions are complete the crews return to their start positions.

-1:00-0:45 When there is one minute to the start, the Starter shall say “One Minute, Get Ready”. After this the runners will position themselves behind the start line and the Starter shall instruct the other members of the crew and/or the boat handlers to “put the boats in the water.”

-0:30-0:20 When there are between 20 and 30 seconds to the start, the Starter shall alert the crews by saying “Get ready!”, after which alert the Starter may start the race at any time, having taken into account the wave conditions and any other factors.

-0:20s and 0:00 The start music stops. To give the start signal, the Starter shall first say “Attention!”; After a clear pause, The Starter shall then either raise the red flag, or where the start is given using traffic lights, shall press a button to change the traffic lights from the neutral position to red; After a clear and variable pause, the Starter will then start the race by either dropping the red flag quickly to one side and simultaneously sounding a hooter in one long blast;,

A crew commits a false start if the crew’s nominated runner crosses the start line before the start signal is given or if any crew member starts to board their boat before the start signal is given. The Judge at the Start shall be the sole judge of a false start.

7S.12 False Start

Where a false start is committed, whether by a runner or other crew member, the Judge at the Start shall immediately raise a red flag and the Starter shall stop the race by waving a red flag and sounding repeated blasts on the hooter until all crews have stopped. The Judge

at the Start shall inform the Starter which crew has caused a false start and the Starter shall award the crew a Yellow Card.

A crew causing two false starts shall be excluded from the event by the Starter.

7S.13 Responsibility of the Rowers

When turning around the buoys, crews are permitted to touch the turning buoys with their boat or oars, but the keel of the boat must pass around the designated side of the buoy.

In order to finish the race a crew must correctly round all designated turning markers in the correct direction and must complete the full course as designated by the organising committee.

A crew not correctly rounding any buoy on the course shall be awarded a time penalty as follows:

- Not correctly rounding the first or second buoy from the beach – 30 seconds each instance;
- Not correctly rounding the third buoy from the beach – 60 seconds

For coxed boats, the coxswain is required to be in the boat for the whole time the crew is rowing; otherwise the crew shall not be ranked in the race and shall be shown on the results as DNF.

Crews returning to the beach must make every effort to keep their boat under control in an upright position with the crew members in contact with the boat until reaching the beach. In the event the boat capsizes while returning to the beach, the crew is responsible to ensure that all crew members and equipment are safe, and such responsibility shall have priority over finishing their race.

Upon their boat reaching the beach, one crew member shall disembark and run in the designated route to the finish point of the race.

Crews shall at all times be aware of the weather and water conditions and the safety of themselves and others. Crews rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise penalized by the umpire.

7S.14 Interference

A crew causes interference to its opponents if its oars, sculls or boat encroach into the opponent's water and cause a disadvantage to its opponents by contact or by causing the other crew to change course to avoid such contact. The Umpire alone shall decide if a crew is interfering with another crew and causing them a disadvantage. If a crew has caused interference to another crew and has, in the Umpire's opinion, affected the result of that crew, then the Umpire may exclude the crew or alternatively may award a time penalty of 5 seconds or such other time as he deems appropriate against the crew causing the interference or take other appropriate measures under the rules.

7S.15 Finish of the Race

The method of marking the Finish Line and the finish of the race may be any one of the following, or a similar arrangement:

- A clear, straight line on the beach which the runner from each crew must cross;
- A tape which the runner from each crew must run through;
- One flag or similar device for each crew, standing in the sand, and which must be picked up (or "caught") by the runner from each crew to mark the finish (in the case of flags, a different colour flag shall be used for each crew, ideally to match the colour of the buoys in their respective lanes);

- One button or similar device for each crew, which must be pressed by the runner from each crew and which, upon being pressed, shall emit a sound or visual display, at the same time recording the elapsed race time for that crew.

The organising committee shall decide which type of finish shall be used and this shall be notified in the Prospectus. The finish point for all crews shall be an approximately equal distance from the water where the boats would reach the shore in their designated course.

There shall be a flag or similar marker placed at the water's edge for each lane in line with the lane buoys and an equal distance from the finish line. Each runner shall pass on the outside of the flag when running from their boat to the finish line. A runner not passing on the correct side of the flag shall receive a penalty of 5 seconds. The finish of the race for each crew shall be the moment their crew member (the runner) reaches the finish point and completes the action as required to mark the finish of the race.

7S.16 Dead Heats

If there is a dead-heat in any round other than a final, the crews which have dead-heated shall be required to race again over the same course not later than 10 minutes after the finish of the race which was a dead-heat. If they again dead-heat they shall be required to race again within a further 15-minute period and so on until a decision is reached. If a dead-heat occurs in a final the crews concerned shall be given equal ranking and the next ranking shall be left vacant.

7S.17 Composition of the Jury

The Jury will be made up of a minimum of 6 members.

- President of the Jury
- Starter / Race Umpire
- Judge at the Start / Judge at the Finish
- Lane Umpires
- Turning Mark Umpire

7S.18 Penalties

In any case of breach of the rules, a member of the Jury may impose appropriate sanctions. The sanctions available are:

a) Reprimand; which is a formal admonishment that the conduct of the rower or crew is in breach of the Rules and that this breach may be taken into account when considering an appropriate sanction for any further breach during that regatta. This will be an appropriate sanction where the breach does not warrant a high level of sanction.
b) Time penalty, which is a sanction awarded to a crew which is in breach of these Regulations which requires a crew to spend the awarded time penalty in a designated penalty box. If the penalty box is not available, the awarded penalty times will be added to the crew's finish time.
c) Disqualification or Exclusion (EXC) which excludes the crew from all the rounds of the event in question.

7S.19 The Starter and the Judge at the Start

The Starter and the Judge at the Start shall ensure that the correct starting procedure is followed. Both shall ideally be in an elevated position (on a podium or stand) from where they have a clear view of the start/finish line and the racing course and can be clearly seen by all crews. The Judge at the Start shall determine if any crew causes a false start.

7S.20 The Umpire

The President of the Jury, in consultation with the Race Director, shall decide the number of Umpires to supervise each race. Where there is more than one Umpire, the Umpires shall have equal status in their areas of responsibility. The Race Umpire shall have precedence over the Lane Umpires and the Turning Mark Umpire. He shall in general not communicate with crews during the race but will make decisions based on his observations and on the advice of the Lane Umpires and the Turning Mark Umpire. The Lane Umpires shall be positioned on the beach in an elevated position to give them a clear view of their lane, each in line with their lane. The Race Umpire shall ensure the proper conduct of the race and the safety of the rowers. In particular, he shall observe whether any crew gains any advantage or suffers any disadvantage from its opponents or from external factors and shall impose appropriate penalties on crews at fault. The Race Umpire shall not give any steering indications to crews. If necessary, the Race Umpire may stop the race, impose any necessary penalties and order the race to be re-started from the start immediately. If for any reason, such as equipment damage, the re-start must be delayed, he shall decide on a new starting time in consultation with the President of the Jury and he shall inform the crews concerned. Where a crew suffers interference or other impediment and the Race Umpire considers the impediment did not affect the result of the race, or considers the effect of the impediment was not significant, he may decline to take any action or he may take such action as he sees fit in the circumstances. The Lane Umpires shall ensure the boats are held in line with their lane while waiting for the start signal and shall notify the Judge at the Start if they consider the boats are not correctly in line when the start signal is given (a faulty start) or if any crew member starts to board the boat before the start signal is given (a false start). They shall give such notification by raising a red flag.

The Turning Mark Umpire shall be stationed in a boat at the farthest point of the course and shall observe the race and shall determine whether all crews go around all buoys correctly as required. He shall indicate to the Race Umpire by raising a flag after the crew in their lane has rounded the farthest buoy from the beach; and after the crew in their lane has reached the beach on the return sector. The flag shall be raised as follows:

- A white flag if the crew has rounded all buoys correctly;
- A red flag if the crew has not rounded the buoys correctly.

The Turning Mark Umpire shall also show a red flag if he considers there has been any other infringement of the Rules, including interference. He shall as soon as possible after the finish of the race inform the Race Umpire of the detailed reasons for showing the red flag. When all crews have finished the race the Race Umpire shall indicate if the race was in order by raising a white flag. If the race was not in order the Race Umpire shall raise a red flag.

The Judge at the Finish shall not release any results of the race until the Race Umpire makes a determination on the infringement indicated by the red flag.

7S.21 Judges at the Finish

The Judge at the Finish shall determine the order in which the runners of each crew finish the race. He shall ascertain that the race was in order. He shall be responsible for validating the results.

7S.22 Board of the Jury

The Board of the Jury, which will consist of the President of the Jury and two other members appointed by the President of the Jury in advance of racing, shall hear any protests from crews. It shall also take any decisions in exceptional cases.

Part 7 - Appendix A Construction of Coastal Rowing Boats

Construction of Coastal Rowing Boats

Coastal boats used in Coastal competitions must meet the following three measurement requirements:

1 Maximum permitted length over all;

2 Minimum permitted weight of boat

3 Minimum permitted width of the boat measured at the following two locations, all measurements taken externally at the station of maximum overall beam:

- width overall;
- width at the Secondary Beam Measurement Point which shall be located at the specified height from the deepest point of the boat at that station.

The maximum permitted length and minimum permitted weights are as follows:

	Maximum Length	Minimum Weight
C1x	6.00 m	35 kg
C2x	7.50 m	60 kg
C4x+	10.70 m	130 kg

There is no minimum length for Coastal Rowing boats.

The minimum permitted widths are as follows:

		Secondary Beam Measurement Point	
Boat Type	**Width Overall (1)**	**Height of Measurement Point above Deepest Point of Boat (2)**	**Width at Measurement Point (2)**
C1x	0.75m	0.19m	0.55m
C2x	1.0m	0.23m	0.70m
C4x+	1.3m	0.30m	0.90m

In Coastal Rowing Boats, all rowers must be seated in line over the axis of the boat and all coxed boats shall be designed so that the coxswain is required to sit upright to the stern of the rowers.

Boats must meet the minimum flotation standards such that when full of water with a crew of average weight equal to the design weight of the boat seated in the rowing position should float such that the top of the seat is a maximum of 5cm below the static waterline.

In addition, boats should be constructed with three (3) watertight compartments. These compartments may have watertight hatches or ports for access to these areas.

Boats must be designed and constructed so that the hulls are self-bailing; self-bailing shall mean that water in the boat will automatically be removed through hull bailers by the forward movement of the boat, or by a cockpit floor properly pitched aft to an open transom.

It shall be the sole responsibility of the club using a boat to ensure that it complies with these requirements

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