

ROWING

All rules are as per the British Rowing Rules of Racing and "Row Safe" with notable exceptions.

ROW 1 Definitions

- ROW 1.1 Beginner: (VL points awarded) – Only open to students in their first year of rowing, regardless of discipline. No funded athletes may compete. (where a funded athlete is defined as an individual who receives direct / individual funding ... not someone who happens to be part of a funded coaching programme)
- ROW 1.2 Intermediate: (VL points awarded) - Any crew from any university can enter. No athletes who have raced in Championship of that boat type at that event can race.
- ROW 1.3 Championship: (VL & BUCS points awarded) - Open to all. If there is an Intermediate event in that category then only one entry per university. If no Intermediate event then multiple entries are permitted from one university, but only the highest placed crew receives the BUCS points. All crews will receive VL points. No athletes who have raced in Intermediate of that boat type at that event can race.
- ROW 1.4 Students cannot compete in both Intermediate and Championship statuses in the same boat type, for example, a student in an I4+ cannot race in a C4+. N.B. students may race in 4+ and 4- at different statuses
- ROW 1.5 Lightweights: as a championship event a lightweight competing as such may not enter a Beginner or Intermediate event of the same boat type.
- ROW 1.6 Institutions may enter boats into the Intermediate category without entering a Championship boat

ROW 2 Weights

- ROW 2.1 Coxswains: Women's crews: 50kg, Men's crews: 55kg
- ROW 2.2 Lightweight's: Head weight: Men 75kg, Women 61.5kg, Regatta weight: Men 72.5kg, Women 59kg
- ROW 2.3 N.B. Lightweight crews are not averaged. The lightweight weigh-in will be from two hours before the beginning of the racing day up to 1 hour prior to the published start time of each category. If racing in more than one lightweight event the competitor need only weigh in once. Crews need to weigh in all together. All Lightweight rowers must produce photo identification at weigh-in.

ROW 3 Substitutions

- ROW 3.1 A reserve list must be completed in addition to an Institutions' entries – there will be no charge for reserve names, but the inclusion of an individual on the reserve list allows event organisers to accept that individual being substituted into a boat with the confidence of insurance cover via the Athletic Union.
- ROW 3.2 An unlimited number of substitutions can be made up until before the crew's first race. However, these substitutions must be made from either the reserve list or between already

competing crews (as long as this does not contravene any existing regulations regarding doubling up). Failure to adhere to this regulation will result in a fine.