



## **ROWING – updated Dec. '11**

**Please note that these regulations have not changed but this is a clarification in response to questions from the membership.**

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

### **ROW 1 Definitions**

\* Rowing = sweep & sculling

\*\* funded rower = a rower who receives direct / individual funding, not someone who happens to be part of a funded coaching programme

ROW 1.1 Beginner: – Only open to rowers who started rowing this academic year, regardless of discipline. No funded rowers may compete. Beginners are eligible to row in Intermediate or Championship categories in line with ROW 1.2 & ROW 1.3

ROW 1.2 Intermediate: Any crew from any university can enter. No rowers who have raced in Championship of that boat type at that event can race. Institutions may enter boats into the Intermediate category without entering a Championship boat

ROW 1.3 Championship: (BUCS points awarded) - Any crew from any university can enter. No rowers who have raced in Intermediate of that boat type at that event can race. 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.

ROW 1.4 Lightweights: unless otherwise stated – all Lightweight events are considered Championship events, on that basis a lightweight competing as such may not enter an Intermediate event of the same boat type.

### **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. N.B. Lightweight crews are not averaged.

ROW 2.3 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 rower 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 a rower on the reserve list allows event organisers to accept that rower 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. Substitutions must be made from either the reserve list or between already competing crews (as long as this does not contravene any other regulations). Failure to adhere to this regulation will result in a fine. ( pls. note that this regulation does not apply to entries in single scull events ).