



# ***Beach Rowing Sprint Regulations - Event Regulations and/or Departures from the RAM Rules of Racing - Coastal Rowing Competition Regulations .***

*Rules and regulations applying to Coastal rowing regattas shall apply to Beach Rowing Sprint regattas except as provided herein and approved by the Executive Board members*

## ***Regulation 1 – Rowing, Boats, Regattas (Coastal Regulation 1, Rule 1)***

*A Beach Rowing Sprint regatta is a regatta in which all competitors use Coastal Rowing boats as defined in the Coastal Rowing Competition Regulations and where the competition course includes a transition between beach and sea and is in accordance with these Regulations.*

## ***Regulation 2 – Application (Coastal Regulation 2, Rule 2)***

*These Regulations apply to International Beach Sprint Regattas and World Rowing Beach Sprint Regattas and to Beach Sprint regattas held as part of Multi-Sport Games together with and not in exclusion of the RAM Rules of Racing - Coastal Rowing Competition Regulations.*

## ***Regulation 3 – Age Categories (Coastal Regulation 8, Rule 24)***

*The following age categories for rowers are recognised by RAM for Beach Rowing Sprints:*

1. Seniors

## ***Regulation 4 – Classes of Boat (Coastal Regulation 10, Rule 35)***

*The following classes of boat are recognised by RAM for Beach Rowing Sprints:*

*Solo (C1x)*

*Double (C2x)*

*Coxed Quadruple Sculls (C4x+)*

*Coxed Four (C4+)*

## ***Regulation 5 – Course Characteristics (Coastal Regulation 14, Rule 42)***

*The race course for Beach Sprints 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 length of course shall be as provided in Regulation 6.*

*The course shall comprise a land section - a water section - 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 30 and 50 metres*
- *The second section of the course shall comprise, for each lane, a series of 3 lane 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 85 metres out, all in a straight line. The number of lanes so provided shall depend on the nature of the event, but in general shall be a minimum of two lanes and up to four lanes. (See Regulation 16)*
- *The third section of the course shall be the approximately between 30 and 50 metre 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 location and conditions. Substantial change from these dimensions is permitted with the prior approval of RAM*

### 5.1. Course Markers

- i. A plan of the course(s) showing the location of all course markers shall be included in the Notice of Regatta and also in the instructions issued to all crews upon arrival at the regatta. The plan shall also be displayed at the Control Commission;
- ii. 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 x 30cm diameter. The 3 buoys in one lane shall be the same colour. The buoys shall be a different colour for each lane.;
- iii. 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.
- iv. 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.
- v. For safety purposes the layout of the course shall not allow boats to be travelling in opposite directions in the same water.

### 5.2. Start and Finish Lines

- i. 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 25m. The distance from the start line to each boat shall be equal for all competitors.
- ii. 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 method of marking the Finish Line and therefore the finish of the race, 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 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 Notice of Regatta and included in all information given to teams.

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

The diagrams at Annex 1 and Annex 2 to these Regulations show the general layout of the course.

### **Regulation 5A – Race Format**

There are two options for the format of the rowing section of Beach Sprints. The organising committee shall decide which format shall be used and this shall be notified in the Notice of Regatta and shall be included in all information to teams and displayed at the venue. The same format should be used for all events at a regatta.

Option 1 – "Slalom out / slalom back" –

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 and again racing slalom fashion around each buoy back to the beach, ensuring that they go around each buoy in turn in the correct direction. The diagram at Annex 1 refers.

Option 2 – "Slalom out / straight back" –

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. Crews must ensure that

they go around each of the three buoys in turn in the correct direction on the outward sector. The diagram at Annex 2 refers.

**Regulation 6 - Length of the Course (Coastal Regulation 15, Rule 43)**

*Beach Sprints – In principle the course should include a run on the beach of between approximately 30 and 50m to start and to finish the race with an on-water distance of approximately 250m from the beach to the farthest turning buoy. The race will then comprise a 30 - 50m run from the start line to the water, a 250m row out, a similar 250m row back and a 30 - 50m beach run to the finish. See Regulation 5 for the layout of the course. The distances stated here shall be a general guide but will depend on local conditions. Substantial changes from these dimensions are permitted with the prior approval of RAM.*

**Regulation 7 - Number of Lanes (Coastal Regulation 16, Rule 44)**

*There shall be a minimum of 2 lanes up to, in principle, a maximum of 4 lanes. The number of lanes shall depend on the available space at the beach and on the water.*

*In all cases, the beach running distance should be equal for all crews. Additional lanes can be provided if a competition format so requires. The number of lanes shall be notified in the technical handbook or notice of regatta.*

**Regulation 8 - RAM Advertising Rules and Rowers Clothing (Coastal Regulation 17, Rule 51)**

*In addition to the requirements of the Coastal Rowing Competition Regulations, each crew member shall display on their racing shirt or equivalent the three-letter school code and their family name (in Romanised text) in the following manner and format:*

<b>Racing Shirt</b>	<b>Font</b>	<b>Height</b>	<b>Width</b>	<b>Case</b>	<b>example</b>
<i>FRONT: Family name (short)</i>	<i>Arial</i>	<i>50mm</i>	<i>120-150mm</i>	<i>Uppercase</i>	<i>BATTEN</i>
<i>FRONT: Family name (long)</i>	<i>Arial</i>	<i>50mm</i>	<i>150mm</i>	<i>Lowercase</i>	<i>Batten-Ball</i>
<i>FRONT: Country code</i>	<i>Arial</i>	<i>50mm</i>	<i>60-100mm</i>	<i>Uppercase</i>	<i>GBR</i>
<i>BACK: Country code</i>	<i>Arial</i>	<i>100mm</i>	<i>150mm</i>	<i>Uppercase</i>	<i>GBR</i>

**Regulation 9 - RAM Progression System (Coastal Regulation 19, Rule 67)**

*The progression system for Beach Sprint rowing shall be decided by the Organizing Committee and may be in the format of:*

- *multiple pools of crews; or*
- *time trials; or*
- *elimination heats which may or may not include repechages,*

*in order to bring the number of crews remaining in the competition in each event down to eight (8).*

*“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 quarter-finals, 2 semi-finals and then finals following a consistent time schedule without additional rest breaks between races. The race for 3<sup>rd</sup> and 4<sup>th</sup> positions shall take place before the race for 1<sup>st</sup> and 2<sup>nd</sup> positions.*

*For World Rowing Beach Sprints, the Organising Committee shall obtain the approval of RAM for the progression system to be adopted.*

*The progression system shall be described in the Notice of Regatta and confirmed at the Crew Captains’ meeting. The organising committee in the case of international Beach Sprints, and RAM in the case of World Rowing Beach Sprints, may place a limit on the number of crews from which entries will be accepted and the method of limiting numbers (i.e. order of entry or random draw of crews or any other method) shall be included in the Notice of Regatta and in all information given to crews before the regatta.*

**Regulation 10 - The Draw and Determining the Lanes (Coastal Regulation 20, Rule 68)**

*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 determine which crews take part in which heats and which lanes each crew shall use.*

*If there is seeding of crews at the World Rowing Beach Sprints, the highest seeded crews shall be placed at opposite sides of the draw and then descending seedings should follow the same principle. When the final eight crews remaining in the event are determined, the top four seeded crews in descending order (or less if there are less than four seeded crews) remaining in the final eight crews shall be drawn alternatively on opposite sides of the draw for the last eight. The remaining places shall be allocated by random draw for the remaining crews. (i.e. seeds 1 and 3 shall be on one side of the Draw and 2 and 4 on the other side.)*

**Lanes for "The Final Eight"**

The lanes for each race in the quarterfinals, semifinals and finals (the final 8 remaining crews) only, shall be determined as follows:

- the crew with the faster time in its previous round shall choose which of the two lanes it shall use for the race. The other crew shall use the other lane.

Such determination shall be made not later than 10 minutes before the scheduled start time of the race and shall be confirmed by the Crew Captain to the President of the Jury who shall also notify the Crew Captain of the other crew in that race.

### **Regulation 11 – Adverse Weather Conditions (Coastal Regulation 21, Rule 71)**

*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 equipment and officials on the water or the fairness of the course.*

### **Regulation 12 - The Start (Coastal Regulation 23, Rule 73)**

#### **12.1. The Start**

- i. 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.*

#### **- Boat Handlers**

*There shall be up to two boat handlers per boat. The boat handlers shall, in principle, be provided by the teams and are recognised as official support crew members. 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 that conform to the rules, 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.*

*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.*

*Where a crew does not supply its own boat handlers, the Organising Committee shall provide them.*

- ii. The boats should be held reasonably in line and shall be positioned so that the centres of boats are not less than 15 metres apart. 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 after 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.*

- iii. 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.*

*iv. The boat handlers will support the crews in holding the best pointing for the boat for the crew members to board and depart. The boat handlers must not board the boat or move in to any position where the typical water surface is above their shoulders when standing on the sea bed.*

## **12.2. The Start Procedure**

*The Starter may be assisted by other umpires under the authority of the Starter. The position of the Starter shall be elevated and such that he has a clear view of the start line and all boats. The starting signals should be clearly audible and visible to all 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. Where he considers it necessary, the President of the Jury may allocate two Judges at the Start for this purpose.*

*The Judge at the Start shall be responsible to decide if any crew has caused a false start.*

*The starting procedure for beach sprints shall be as follows:*

- i. Crews must be at their start positions (and runners must be at the running start line) and under the control of the Starter two minutes before the starting time of their race.*
- ii. The Starter may penalise a crew which is late to the start and may start the race without reference to absentees.*
- iii. When there is two minutes to the start, the Starter shall say "Two minutes!" When there is one minute to the start, the Starter shall say "One minute!"*

*When there are 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. To give the start signal, the Starter shall say "Attention!" and shall then raise a red flag to the vertical position above his head. After a clear pause, the Starter shall then give the signal to start by dropping in one fast downward motion the red flag, simultaneously sounding a hooter in one long blast.*

*The official start signal will be the moment the red flag starts to move downwards.*

### **Regulation 13 - False Start (Coastal Regulation 24, Rule 74)**

*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.*

## **13.1. Consequences of a False Start**

*Where a false start is committed, whether by a runner or other crewmember, 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 or receiving two Yellow Cards applying to the same race shall be excluded from the event by the Starter.*

**Regulation 14 – Responsibility of the Rowers (Coastal Regulation 25, Rule 76)**

*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 and must complete the full course as designated by the organising committee.*

*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.*

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

**Regulation 15 - Interference (Coastal Regulation 26, Rule 77)**

*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 against the crew causing the interference or take other appropriate measures under the rules.*

*It is each crew's responsibility to remain in their proper course and their water and to not cause interference to other crews.*

*A crew causing interference may be penalised by the Umpire.*

**Regulation 16 - Finish of the Race (Coastal Regulation 27, Rule 79)**

*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 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);*
- *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 Notice of Regatta and shall be included in all information to teams and displayed at the venue.*

*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. The finish of the race for each crew shall be the moment their crew member reaches the finish point and completes the action is required to mark the finish of the race.*

*In the case of World Rowing Beach Sprints, the Organising Committee shall obtain the approval of RAM for the method of marking the finish.*

*Timing – Finish times shall be recorded to 1/10<sup>th</sup> of a second.*

**Regulation 17 – Dead Heats (Coastal Regulation 28, Rule 80)**

*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 15 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.*

**Regulation 18 – Composition of the Jury (Coastal Regulation 30, Rule 92)**

The Jury will be made up of a minimum of 8 members of whom at least 3 shall be International Technical Officials (ITO) and the remainder shall be National Technical Officials (NTO).

- The President of the Jury\*
- Starter / Race Umpire \*
- Judge at the Start / Judge at the Finish \*
- Aligner
- Turning Mark Umpires (2)
- Members of Control Commission, one of whom shall be the senior member (2)

The Starter shall also act as the Race Umpire. The Organising Committee may also appoint an Assistant Starter.

The Judge at the Start shall also act as the Judge at the Finish.

There shall be one Turning Mark Umpire for each crew (lane). This will mean that additional Turning Mark Umpires will be required if additional lanes are to be used.

- The President of the Jury, the Starter/ Race Umpire and the Judge at the Start / Judge at the Finish shall each hold an International Umpire's licence.

If a Beach Sprint regatta has large entries requiring more than 2 lanes then the number of Jury members may be increased accordingly.

International Beach Sprint regattas – the Jury shall be appointed by the organizing committee.

World Rowing Beach Sprint regattas – the Jury shall be appointed and supervised by the RAM Umpiring Commission.

**Regulation 19 - Penalties (Coastal Regulation 31, Rule 81)**

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

- i. reprimand
- ii. time penalty
- iii. Yellow Card (applying to the next round in which the crew competes)
- iv. relegation where specifically provided in these Rules
- v. Red Card or exclusion (from all the rounds of the event in question)
- vi. disqualification (from all events in the regatta) .

**Regulation 20 - Control Commission (Coastal Regulation 37, Rule 95)**

In addition to its other duties, the Control Commission at Beach Rowing Sprint regattas shall check the correct display of the boat registration numbers and that the rower names and national federation acronyms required to be displayed on the uniform of each rower (Regulation 8) are correctly displayed.

**Regulation 21 - The Starter and the Judge at the Start (Coastal Regulation 38, Rule 96)**

The Starter and the Judge at the Start shall ensure that the correct starting procedure is followed. The Starter shall be in an elevated position (on a podium or stand) from where he has a clear view of the start 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 and if so shall follow the procedure outlined in Regulation 13.

The Aligner shall ensure the boats are held generally in line while waiting for the start signal and shall notify the Judge at the Start if he considers the boats are not generally 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). He shall give such notification by raising a red flag, upon which the Judge at the Start shall follow the procedure outlined in Regulation 13.

**Regulation 22 (Coastal Regulation 39),**

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.

For Beach Rowing Sprint regattas, the Starter shall act also as the Race Umpire, will be positioned on land, elevated as necessary, so as to have a clear view of all crews during the race. 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 Aligner and the Turning Mark Umpires.

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.

If necessary, the 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 Umpire has considered 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 Turning Mark Umpires shall be stationed in boats 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. They shall indicate to the Umpire by raising a flag

- (1) after the crew in their lane has rounded the farthest buoy from the beach; and
- (2) 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. They 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.

**Regulation 23 - Judges at the Finish (Coastal Regulation 40, Rule 98)**

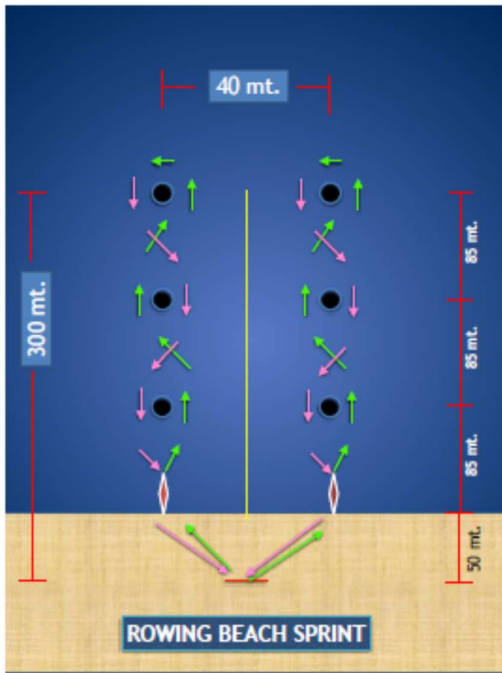
The Judge at the Finish shall determine the order in which the runners of each crew finish the race. He shall ascertain that the race was in order. He shall be responsible for validating the results.

**Regulation 24 - Health of Rowers (Coastal Regulation 41, Rule 99)**

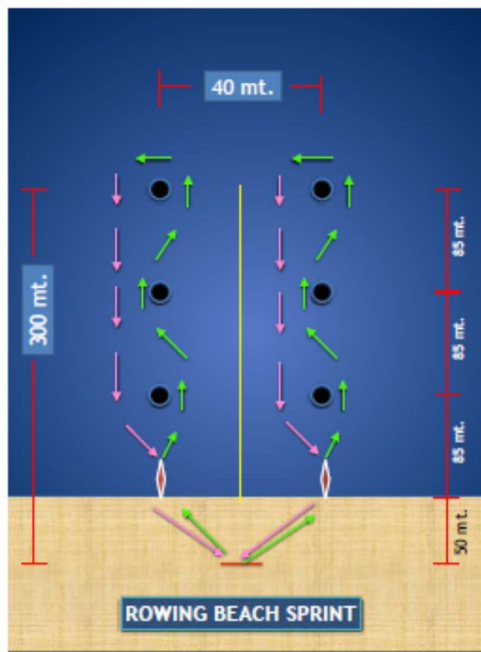
Each competitor shall be responsible for his own health and fitness. For Beach Rowing Sprint rowers, it is a personal responsibility of the rower to undergo a pre-competition health screening which includes a questionnaire, an annual physical examination and ECG following the recommended procedure. Rowers must be prepared to present a written confirmation that the screening has been carried out, signed by a doctor.



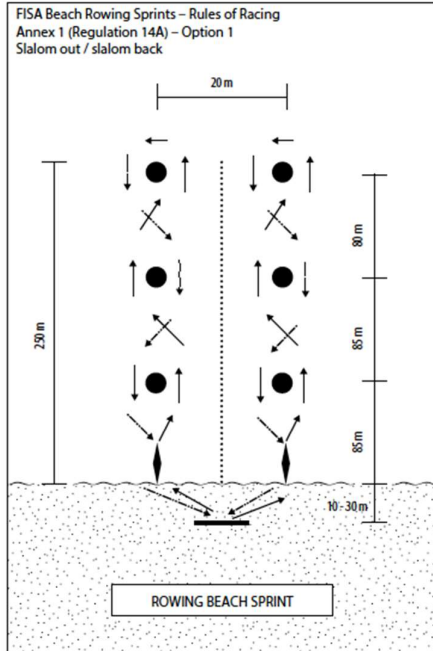
**Annex 1 (Regulation 14A) – Option 1**



**Annex 2 (Regulation 14A) – Option 2**



**Annex 1 (Regulation 5) – Option 1**



**Annex 1 (Regulation 5) – Option 2**

