

Beach Sprints



WORLD ROWING RULE BOOK - Appendix R19

“Coastal Rowing” Formats

In recent years 2 new formats:

COASTAL ROWING

ENDURANCE (18-30min)

Coastal Rowing Regulations = App R18

BEACH SPRINT ROWING

SPRINT (1,5-2 min)

Beach Sprints Regulations = App R19.

Cf. <https://worldrowing.com/technical/rules/2021-rule-book/>

The World Rowing Rule Book App is now available

<https://worldrowing.com/video/2021-world-rowing-beach-sprint-finals-how-to-beach-sprint/>

History and future

Those formats has known a huge boost.

By doing so they are «in the picture» for the future.

| | WRCC | WRBSF | ERCC | ERBSF | YOG/OG |
|------|---------------|---------------|------------------|------------------|-----------------|
| 2007 | Mandelieu | | | | |
| 2008 | San Remo | | | | |
| 2009 | Plymouth | | | | |
| 2010 | Istanbul | | | | |
| 2011 | Bari | | | | |
| 2012 | Rijeka | | | | |
| 2013 | Helsingborg | | | | |
| 2014 | Thessaloniki | | | | |
| 2015 | Lima | | | | |
| 2016 | Monaco | | | | |
| 2017 | Thonon | | | | |
| 2018 | Sidney | | | | |
| 2019 | Hong Kong | Shenzen | | | |
| 2020 | Oeiras | Oeiras | | | |
| 2021 | Oeiras | Oeiras | | | |
| 2022 | Saundersfoot | Saundersfoot | San Sebastian | San Sebastian | |
| 2023 | | | La-Seyne-sur-Mer | La-Seyne-sur-Mer | |
| 2024 | | | | | |
| 2025 | | | | | |
| 2026 | | | | | Dakar (BS) |
| 2027 | | | | | |
| 2028 | | | | | Los Angeles (?) |

- Health and Safety

- Each rower has to ensure that he/she is in a state of health and fitness which allows him/her to compete in Beach sprints.
- Each rower has to ensure the ability of swimming
- While the organising committee of a regatta shall take all reasonable steps to provide safe rowing conditions, *the ultimate responsibility for competing safely lies with each individual rower* and where applicable their team officials.

- **Gender Categories:**

- **Men**
- **Women**
- **Mixed**

- **Age Categories:**

- **Seniors**
- **Under 19**

Boat Classes and Equipment

| BOAT CLASS | M | W | Mixed | MU19 | WU19 | U19 Mixed |
|------------------------------------|---|---|-------|------|------|-----------|
| <i>Solo C1x</i> | V | V | | V | V | |
| <i>Double Sculls C2x</i> | V | V | V | V | V | V |
| <i>Coxed Quadruple Sculls C4x+</i> | | | V | | | |

Coastal boats as defined in the Coastal regulations are in use.

- Exceptions:**

- 1. No need to carry life jackets on the boat**
- 2. No requirement to have the 15m buoyant line**

Coastal Rowing Boats

Boat classes for WRBSF

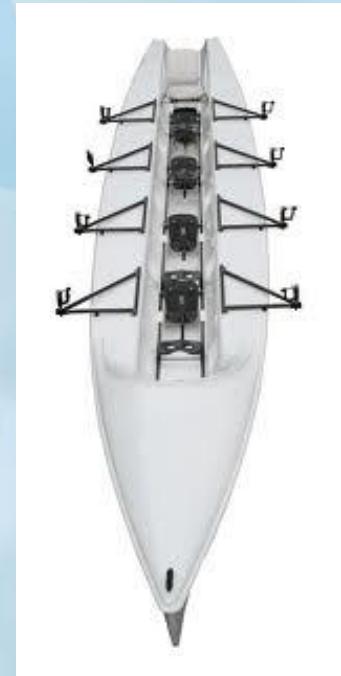
Solo (C1X)



Double (C2X)



***Coxed Quadruple
sculls (C4X+)***



Coastal Rowing Boats

Construction requirements



Coastal Rowing Boats

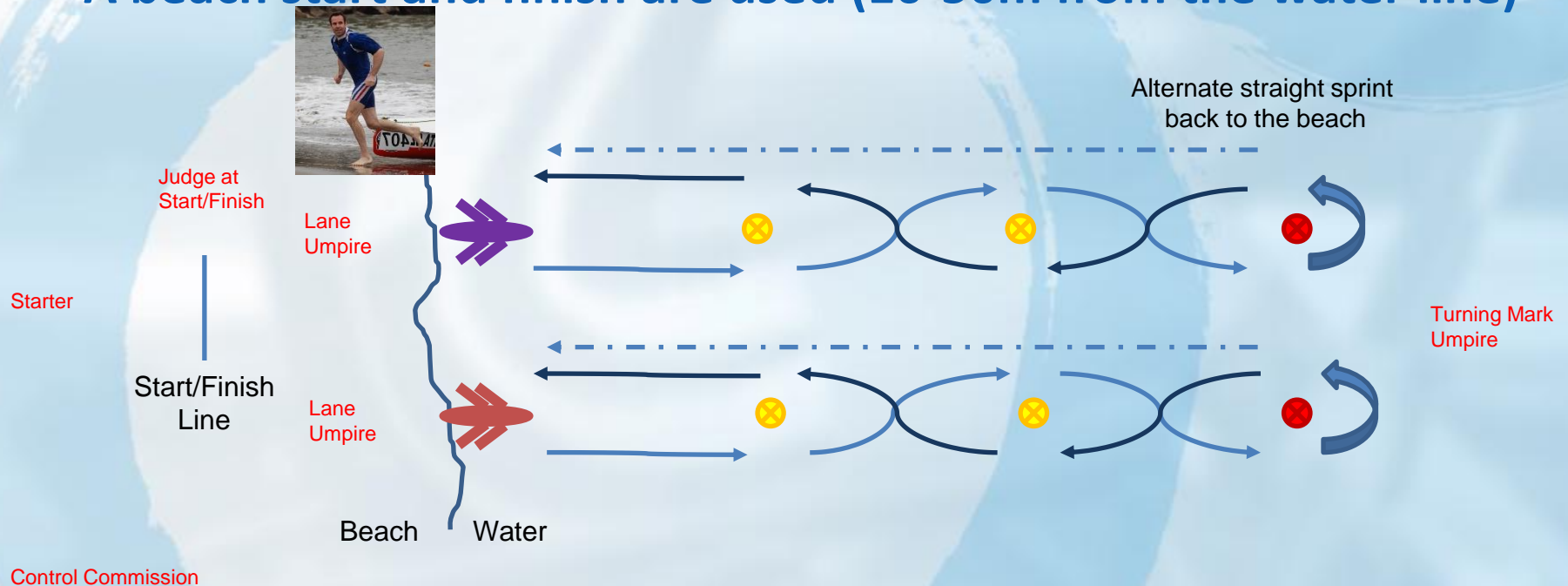
Boat weighing



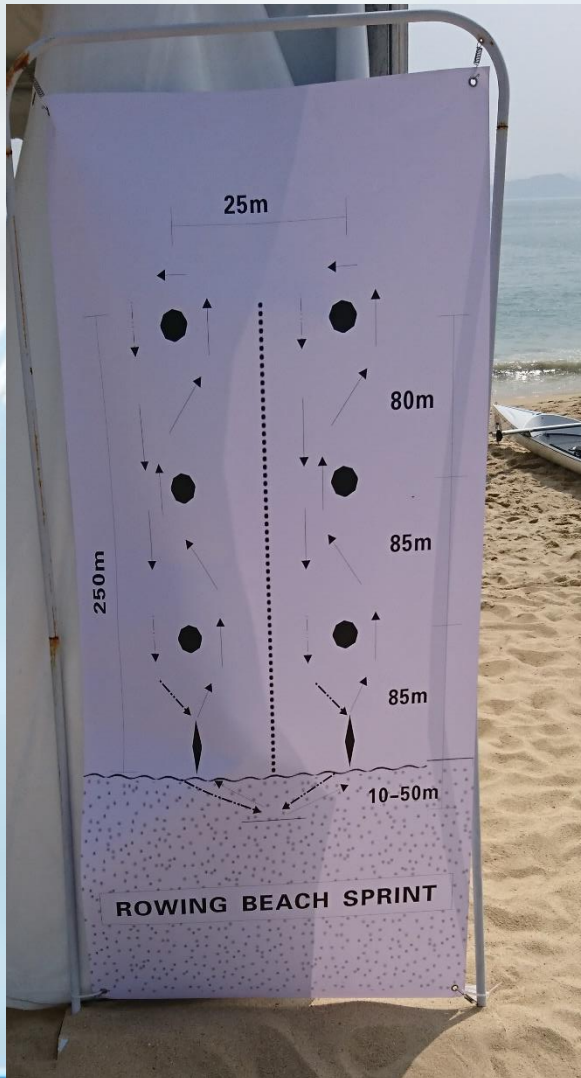
The Course

Crews race head to head over a slalom style course

- The course is ca. 250m out to the furthest buoy
- Three buoys are in each lane -> 2 options:
slalom out + slalom in or slalom out + straight in
- A beach start and finish are used (10-50m from the water line)



Layout of the Course



Exact layout and traffic rules of the course

- 10-50 m running
- 85 /85/80 m between the buoys
- Slalom out – straight back
- 10 – 50m running

Number of lanes

In heats: There may be a maximum of 4 lanes.

Must be identical in all the distances of the layout.

In finals: The 8 finalists compete on 2 lanes.

From Quarter Finals onwards.

Progression System

- The World Rowing Progression System are the basics and foresee the following options:

- Multiple pools of crews;
- Time trials;
- Elimination heats with/without repechages;
- or a combination of these possibilities,

The goal is to come down to the number of 8 finalists.

Seeding system to place highest seeded crews on opposite sides of the draw.

Progression System (2)

- Lanes for the Final 8:
 - The Crew from with the fastest time in the previous round shall choose which lane it will use;
 - A crew whose previous round was a repêchage will not have priority for choosing lanes;
 - The selection should be made at least 10 minutes before the race,
- A designated member of the Control Commission shall notify the crew's lane choice to:
 - The other crew;
 - The timing and results officials so that they can prepare the start list;

Jury

- **President of the Jury**
- **Starter / Finish Judge**
- **Judge at the Start / Race umpire***
- **Lane Umpires (1 per lane)**
- **Turning Mark Umpire**
- **Members of the Control Commission**

Race example (whole Race)



Beach Start – Start procedure

| Time | Starter & Announcer | Athletes |
|-----------------|--|--|
| 3 Min. | <ul style="list-style-type: none"> • THREE MINUTES | <ul style="list-style-type: none"> • All crew members in Start Zone under the control of the starter |
| 2'45'' – 1'45'' | <ul style="list-style-type: none"> • Crews presentation by announcer | <ul style="list-style-type: none"> • After introduction crews turn immediately back to their position |
| 1' – 45'' | <ul style="list-style-type: none"> • ONE MINUTE or similar, PUT THE BOATS TO THE WATER | <ul style="list-style-type: none"> • Runner to be ready behind Start Line |
| 30'' – 20'' | <ul style="list-style-type: none"> • GET READY • Music to stop • ATTENTION • Red flag or traffic light • Dropping flag or green light + HOOTER | <ul style="list-style-type: none"> • Crew + Boat handler put the boat into the water |
| | | <ul style="list-style-type: none"> • Start of the race by the runners |

Beach Start – Start procedure

- Note: in the last 30'' – 20'' before the start the Starter **can start at any time:**

Why ?

- Because he has to consider the wave situation to give to every crew the «same» water conditions

False Start and consequences

- A false start occurs when before the start command:
 - A runner's feet is across the start line
 - A crew member starts to board their boat or any part of their torso or legs are in or on the boat
- The Judge at the Start is the only one to judge about a false start.
- If so, he raises the red flag and the starter will stop the race in usual manner, with red flag and hooter.
- Consequences for the crew -> **Yellow Card**
- Being awarded 2 yellow cards for the same race a crew will be EXC by a **Red Card**

Starter and Judge at the Start



Start and finish position of the boat



**Correct Start position of the boat
(before «PUT THE BOAT INTO THE
WATER»).**

**Boat handlers ready to bring the
boat into the water.**

**The flag marks the lane and is in
line with the buoys.**

**Coming back the runner has to
turn around this flag to ensure
the correct running distance.**

Beach Start

What can you see on the picture?



The Start



Start Runners and Boat Holders



Start Runners and Boat Holders what else can you see on this picture?



1. Race course
2. Boat class
3. Boat handlers
4. Turning Mark
Umpire
5. Flag

Lane Umpires

- Placement: on the beach
- Task: responsible for 1 lane
 - control of boat rounding buoys in correct manner.
 - Check that the runner runs on the outside around the red flag (or mark) at the beach to ensure that the distance is the same for all runners



Judge at the Start - Race Umpire

After the start the Judge at the Start shall:

- Act as a Race Umpire.
- Observe the race together with the Lane Umpires and the turning point Umpire.
- Ensure the proper conduct of the race.
- Stop the race if necessary.
- Impose any penalties.
- Order a re-start (in consultation with the President of the Jury).
- Raise the white flag, if race was in order, if not, raise the red flag. The results can be released when there is a white flag or the Race Umpire has made his decision over the infringement.

Turning Mark Umpire

Shows white flag when all boats turned correctly around the buoy



Running around the flag



Finish Runner

The finish runner does not need to be the same person as the start runner.



Finish buttons



Finish runner on the Finish Line



and **Finish Judge** in
the background



Red Finish button

The Finish



The Finish



Finish runners on the Finish Line



Dead Heats

If a dead heat occurs in any round (but not in a final) there has to be a re-row not later than 10 minutes after the finish of the race.

If it occurs again the next re-row has to take place 15 minutes after the finish – and so on until there is a ranking decision.

Finish times are recorded up to 1/100 of a second.

Turning around the buoys on the designated side.

Touching is permitted, but the keel of the boat has to pass on the correct side.

- Penalties for not correctly rounding:
 - First 2 buoys: **30 seconds each instance.**
 - 3rd buoy: **120 seconds.**
- Runner not passing on correct side of the flag
 - **10 seconds.**
- A crews rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise sanctioned by the umpire.
- Coxed boats: the coxswain is required to be in the boat during the whole time the crew is rowing. Penalty for «loosing the cox»: **DNF.**

Interference and Penalty

- If a crew causes interferences to it's opponents or their equipment and causes a disadvantage to them the penalty may be:
 - **EXC**
 - **Time penalty of 10 sec**
 - **Time penalty of the estimated time the opponent lost due to the interference**

Note: All time sanctions are added to the crew's finish time.

Responsibilities of the rowers (2)

- Crews must make any effort to keep the boat under control while landing on the beach.
- If the boat capsizes the crew is responsible to ensure that all crew members and equipment are safe before the runner leaves the boat.

Safety has priority over finishing the race

Commercial Publicity, Sponsorship, Advertising and Identifications

- Each rower has to display as in the Coastal Regulation on the upper part of the shirt/unisuit:
 - In front:
 - ✓ Family name and country code
 - In the back:
 - ✓ Country
- On the boat and oars: as described in App R18 for Coastal Rowing, art. 18)b)

Note: pool boats do not have the right to place any advertising or identifications on boat and oars

Adverse Weather Conditions

The President of the Jury together with the Race Director and the Organising Committee shall take any decisions on:

- any delay, postponement or cancellation of the races or
- Resulting from adverse weather conditions or other matters relating to
- the safety of the rowers and equipment and officials on the water or
- the fairness of the course.

Questions ?



Thank you!

