

SOUTHWEST COASTAL ROWING LEAGUE RULES OF RACING

The Southwest Coastal Rowing League will generally follow the FISA rules for coastal rowing but with the following amendments. These are to suit the league so that as always, every regatta will be friendly, fair and competitive!

1. League Categories for Racing.

- a) Women
Open to any female of any sculling status
- b) Men
Open to anyone of any sculling status
- c) Masters
All crew except coxswain must be over the age of 50 years and the average age of the crew must be no less than 55 years. 50% of the crew to be male except for single sculler.
- d) Mixed
Open to any age and sculling status. 50% of the crew to be male.

2. Type of boats.

To qualify for league status, boats must be of FISA regulation for coastal rowing.

Each race category can consist of any type of the following boats

- a) Coxed Quadruple Sculling,
- b) Double Sculling.
- c) Single Sculling.

3. Regattas

Each of the four founder member clubs will run two regattas per season, 8 regattas in total, 4 in the Spring/Summer and 4 in the Autumn/Winter.

3.1 Length of Races

The Men's and Women's race will be rowed over an 8K course

The Masters and Mixed race will be rowed over a course no longer than 6K and no shorter than 4K.

4. Allocation of Points for each league category will be as follows;-

- 1st Place will receive 6 points,
- 2nd Place will receive 5 points,
- 3rd Place will receive 4 points,
- 4th Place will receive 3 points,
- 5th Place will receive 2 points,
- 6th Place will receive 1 point.

5. Individual League Trophy Winners.

The individual league trophy winners will be the crew that accumulates the most points in each league at the end of the last race of the Autumn/Winter series.

- 5.1 If 2 or more clubs have the same points tally in any category.
 - A) The club with the most wins over the season will receive the trophy. If still equal,
 - B) The club who has attended the most regattas will receive the trophy. If still equal,
 - C) The trophy will be shared.

6. Overall Double/Single Trophy
The Best overall single/double trophy will be awarded to the club/crew that scores the most points during the season.

7. Victor Ludorum Trophy
The Victor Ludorum Trophy for the most successful club of the season will be calculated as follows;-
The Top three positions in each of the four league categories will score the following points
1st Place 3 points,
2nd Place 2 points,
3rd Place 1 Point.
The club with the most points will receive this trophy.

Rules regarding racing.

8. Clubs with more than one boat entered in a race.
Clubs with more than one boat in a race must identify A, B, C crews before each race.

9. The Start Procedure.
It is advised that all boats should carry a VHF radio as the start instructions will be given over the radio along with flag and horn.
The Start procedure will be;-
5 minute warning of race start over radio. All crews proceed to the starting area.
3 minute warning - Radio and 3 short blasts from a horn,
2 minute warning - Radio and 2 short blasts from a horn,
1 minute warning - Radio and 1 short blast and flag lifted,
Start - Radio, 1 long blast and flag dropped.

10. False start
In the event of a mass False start the Starter may decide to stop the race and give the start again or may allow the race to continue and award penalties to the individual boats concerned. If he decides to stop the race, the Starter shall do so by waving the start flag and sounding repeated short blasts on the hooter.
The penalty for the individual boats crossing the start line before start order.
The offending crew will be told by a safety boat crew to stop rowing until all other boats have passed.
Exception; If another crew are a long way off the start line due to equipment failure or late arrival, the offending crew does not have to wait for this crew to catch up, common sense to be used by safety boat crew.
If the offending crew ignores safety boat instruction a 2 min time penalty will be added or the crew could be disqualified if offence warrants it.

11. Missed buoy turn/wrong side. Safety boat will instruct crew to do a 360°turn when it is safe to do so. If offending crew ignores safety boat, crew could be disqualified.

12. Adjudicating protest committee.
Each club shall nominate 1 person at every regatta to adjudicate on any rule infringement. The committee, one from each of the competing clubs and the safety boat driver will talk and decide on any rule infringement. Their decision is final.
- 12.1. Any crew (coxswain) can approach this committee and report a rule infringement directly on coming ashore. They must abide by the committee's decision.

13. Administration of the league and Facebook group page will be jointly done by all 4 founder clubs.