



## GENERAL RULES & SAFETY PROCEDURES

THE BELOW REPRESENTS A SUMMARY OF THE RULES AND SAFETY POLICIES. ALL COMPETITORS AND COACHES MUST READ IN FULL AT [WWW.HOSR.ORG](http://WWW.HOSR.ORG) TO ENSURE A SAFE AND FAIR REGATTA.

- **Practice Note:** Friday practice is Noon-5:30pm (all crews must be off water by 6pm). There is *no practice* on Saturday afternoon following racing.
- The row up to the start for ALL BOATS is upstream along the EAST (Kelly Drive) bank, keeping to the EAST of the continuous buoy line.
- When crews cross the finish line, they must immediately come to a paddle and be prepared to turn to port, around the buoy marker, to head back upriver. Please be aware that there is a dam beyond the finish and safety lines. Competitors must be alert and listen to finish area marshals.
- The row back for Boathouse Row starters is straight back to the boathouses from the finish, watching for crews turning and heading upstream. The row back for the Three Angels Statues and Canoe House starters is upstream along the EAST BANK.
- A crew that strays onto the RACECOURSE during warm-up or recovery and interferes with a crew racing shall be penalized. Please be aware of buoys denoting areas of equipment/debris – stay clear.

### Equipment

It is the competitor's responsibility to have its equipment in compliance with USRowing rules. Boats may be checked before launching to confirm compliance.

- **Bow Cards** – Each boat must display the correct bow marker as assigned, firmly affixed to the bow and clearly visible on both sides. Shirt number card must be worn visibly on the back of each single sculler, each bow seat rower in all other boats, and each stern-seated cox. Boats without a bow number or with an incorrect bow number will not be permitted to launch.
- **Bow Ball** - Every boat shall have a supple or plastic ball, of white or fluorescent color, firmly attached and mounted on its bow. The bow ball shall be at least 4 cm in diameter.
- **Foot Stretchers** - In all boats, the foot stretchers, shoes or other devices holding the feet of the Rowers shall be a type which allows the Rowers to get clear of the boat with not delay. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5 cm) above the foot board to which it is anchored.
- **Coxswain Seat** - A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to USRowing requirements.

### General Dock Rules

- Crews must follow the directions of the dockmasters at all times. Failure to comply may result in assessed penalties or disqualification.
- For safety and efficiency, only one coach/teammate should assist with launching and recovery.
- Docks are parallel to the shore therefore only one side may be used.
- Depending on the dockmasters' call, a dock or section of the dock may be used for launching, landing or both. Look for signage and listen carefully to the dockmasters for specific instructions. Launching crews may take priority over landing crews at the dockmasters' discretion.

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## Prior to Launching

All crews must be prepared for the following before approaching the dock with boat:

- **Oars** – Must be ready at the dock area. Representatives must follow a crew down to dock with oars.
- **Oarlocks** – Must be open and hanging loosely.
- **Shoes** – Boat representative(s) should be prepared to collect athletes' shoes. For large groups, a basket is suggested. Some dock areas may be wet; please proceed with caution. Competitors should wear proper shoes.

## Commission Control

All boats will be checked [by USRA officials](#) for the following prior to entering the dock area:

- Appropriate bow number card and shirt number card(s)
- Appropriate bow ball
- Attached and tied heel ties

## Launching

- **Launch times** from event start time will be enforced as follows and may be changed based upon conditions: 45-50 min. from Boathouse Row, 40 min. from Angels, and 15 min. from Canoe House. Crews must be in marshalling area (Strawberry Mansion Bridge) 10 minutes before race time.
- **Boats shall launch in bow number order.**
- Crews are expected to shove within **one minute** after stepping on the dock.
- Crews may be asked by the dockmasters to tie-in after launching from the dock.

## On the Course

- Please be aware of designated bridge arches that must use during warm-up, on the course, and return to dock. Please see maps and photos at [www.hosr.org/course-map/](http://www.hosr.org/course-map/)
- Crews should proceed directly to the marshaling area, with no stopping to watch races; be alert for officials/marshals, providing direction on the course.
- **Immediately above Strawberry Mansion Bridge begins the marshaling area for the start. Please work with other crews and marshals, acting promptly when requested, to get in correct racing order in the starting area and into the shoot. Even bow numbers will proceed down the shoot in lane 4; odd bow numbers in lane 5.**
- Review Section 14 of the Rules regarding steering and overtaking crews. A boat is deemed to be overtaking another boat when it has moved to within one boat length of open water of the boat being overtaken. An overtaking boat has the right of way to pass on the side of its choice, if a safe pass can be accomplished. A boat being overtaken must yield to the overtaking boat.
- An objection regarding a perceived incident occurring during racing must be registered with an on-water marshal at the finish line. Within one hour after landing, the crew with objection must go to Regatta Headquarters at the Three Angels festival site to fill out a formal written protest.

## Landing

- Landing crews should await dockmasters' call to proceed to dock and follow direction for placement on dock. Crews are expected to land and exit dock within **one minute** of landing.
- Boat representative should be ready to assist with shoes and oars upon the boat arriving at dock.
- Pending directions from the dockmasters, crews may be asked to put on their shoes *after* leaving the dock to speed dock operations.



RESULTS

LIVE STREAM



ROW HARD AND GOOD LUCK!