

SHETLAND YOAL ROWING ASSOCIATION – CONSTITUTION

Appendix 1 – Racing Rules

Introduction

The individual category points series leagues are to consist of 6 point scoring regattas, spread broadly geographically throughout Shetland, to be held each season, as far as possible, on alternate weekends, beginning on the 3rd weekend in May and finishing on the last weekend in August each year. The overall points series will also include, but not limited to, Brae to Aith, Round Trondra and Interclub. All points scoring events must be entry free.

Club venues not selected to hold a points scoring event one year will be given priority in holding a points scoring event in the succeeding year.

In the event of two or more clubs requesting an event on the same weekend, consideration will be first given to any pertaining special circumstances such as a club anniversary or special community event. Failure to reach an agreement will be resolved by drawing lots or by the toss of a coin.

Clubs awarded a point scoring event in any one year will not normally be considered as host for the Annual Championships event in that year.

Affiliated clubs must have a SYRA conforming yoal and an actively participating rowing team competing in league events the previous year before they will be considered for holding a points scoring event.

All point scoring league races are to be held over a distance of 1,000 metres.

1.0 Racing Rules & Procedures

1.1 Age categories:

1.1.1 Over 40 year olds races:

- all crew must attain their 40th birthday in calendar year of competition.
- no restriction on coxswain.

1.1.2 Under 21 year olds races:

- all crew must be under 21 years old at the start of the calendar year.
- no restriction on coxswain.

1.1.3 Under 16 year olds races:

- all crew must be under 16 years old at the start of the calendar year.
- no restriction on coxswain.

1.1.4 Open Mens & Womens races:

- without age restriction on crew or coxswain.

Clubs may opt for either of the following starting procedures:

1.2 Starting & Racing Procedure – Standing Starts.

- 1.2.1 Positions will be drawn on the line.
- 1.2.2 Boats may be towed to the start line.
- 1.2.3 VHF Radios should be used by each coxswain to listen to start instructions.
- 1.2.4 Start and finish lines to be at 90 degrees to the course of the race.
- 1.2.5 Course length to be 1 kilometre where practical. Clubs planning to race any other distance should seek the approval of the SYRA Executive Committee. It should be noted, however, that race lengths may be shortened on the day in view of adverse weather conditions – especially in the junior categories.
- 1.2.6 Start line will be between two buoys with a third marker at one side for crews to use as a guide to their position on the line. Where practical, fixed points on land should be used with buoys on the water to mark the start and finish gates.
- 1.2.7 Host clubs should supply plasticised cards for all competing clubs detailing race order, start times, lane draws, start and finish markers, VHF channel and any other pertinent information.
- 1.2.8 Lane draws for all regatta races, will be seeded, based on the immediately preceding regatta results for that race. Team seeded one will be the centre starting goal, with teams seeded second and third to their immediate left and right. Teams seeded fourth and fifth, will be next to left and right, and so on. For the first regatta of the year, seeding will be based on previous year`s league positions.
- 1.2.9 All goals to assemble approx. 50 metres back from the starting line.
- 1.2.10 Starter to call goals up to the line by raising a white flag and verbally by VHF.
- 1.2.11 Goals must assemble on the line in their drawn positions and adjust their positions as directed by the starter. *Note:* The coxswain, not the bow of the goal, should be in alignment with the start markers.
- 1.2.12 If a goal is warned to move astern twice at the start line and fails to comply they may be disqualified from that race.
- 1.2.13 If a goal is asked to come up to the line and fails to comply the starter will use his/her discretion to start the race regardless.
- 1.2.14 The white flag will be lowered when the starter considers the goals in line and a 5 second countdown given to the start gun
- 1.2.15 In the event of a recall there will be a further 2 shots and announcement by VHF.
- 1.2.16 Goals should try to remain in their drawn lanes during the race. Any goal that impedes another's progress by changing course may be disqualified by the starter or under the complaints procedure.

- 1.2.17 All race finishes MUST be videoed to ensure that team positions can be determined accurately.
- 1.2.18 Boats must finish between the two finish buoys or they may be disqualified.
- 1.2.19 The starter may use his/her discretion to disqualify any yoal at the start line which is deemed to be trying to gain an unfair advantage.

1.3 Starting & Racing Procedure – Flying Starts.

- 1.3.1 Yoals to line up well behind the line in lane order.
- 1.3.2 Starter to announce over VHF radio that the 30 second gun will be fired in approx. 1 minute. At this point the flag is to be raised and the yoals are under starters orders. It will be up to the individual yoal to be within 30 seconds of the start line when the gun is fired.
- 1.3.3 A 30 second gun is fired.
- 1.3.4 A 10 second hooter is sounded.
- 1.3.5 Countdown given over VHF radio and start gun fired at 0 seconds.
- 1.3.6 Boats over the line before the 10 second hooter will be disqualified.
- 1.3.7 Boats over the line between the 10 second gun and the start gun will have a 1 minute penalty added to their finish time.
- 1.3.8 The starter has the power to disqualify boats who start early to gain an advantage,
- 1.3.9 A video camera should be on the start line to determine if any yoal is over the line early.

2.0 Points Series

- 2.1 Boats are allowed to drop only one result from the points series leagues.
- 2.2 Two yoals constitute a race.
If a team turns up to row and no other team in that category turns up for them to row against, provided the full crew is in the boat and ready to race at the appointed time, then they shall be allocated 5 points.
- 2.3 Where one race in any category is held at a particular venue, points will be awarded as follows:

1 st place	-----	25 points
2 nd place	-----	22 points
3 rd place	-----	20 points
4 th place	-----	19 points
5 th place	-----	18 points
6 th place	-----	17 points
7 th place	-----	16 points
8 th place	-----	15 points, and so on downward.
Non-finisher	-----	0 points
Disqualified	-----	0 points

- 2.4 Where a heat system in any category is held at a particular venue, points will be awarded as follows:
- 2.4.1 The final will comprise the 1st and 2nd goals from the two heats plus the four fastest losers.
 - 2.4.2 The eight goals in the final will be awarded points as in the single race system above.
 - 2.4.3 The other boats will be awarded points following on from this in order of their times in the heats.
 - 2.4.4 A crew may have one substitute member who did not row in their heat.
- 2.5 Only races at affiliated clubs may count for the points series.
- 2.6 Races at pointed events should have prizes for 1st, 2nd and 3rd positions.
- 2.7 Championship points will be included if/when a point scoring regatta is cancelled and cannot be rescheduled or another organized.

3.0 Fun Races

Where possible, given consideration to time constraints and weather, points scoring events should include a "fun" or "hat" race on the day. Guidelines are as follows:

- 3.1 Races should comprise of "mixed" sex crews.
- 3.2 "Mixed" sex crews should have a minimum of 1 female rower in a 3 rower configuration, 1 female in a 4 rower configuration and 2 females in 6 rower configuration.
- 3.3 Races may comprise of any configuration of rowers – coxed or coxless.
- 3.4 Prizes and trophies awarded shall be at the event organizers discretion.

4.0 Under 12 year old races

- 4.1 Clubs will include a race for under 12 year olds in regattas.
- 4.2 All crew must be under 12 years old at the start of the calendar year.
- 4.3 The race will be held over up to 500 metres approximately, as dictated by prevailing conditions.
- 4.4 The under 12 race will be a point scoring race:
 - 1st place.....13 points
 - 2nd place.....11points
 - 3rd place.....10 points
 - 4th place9 points, and so on downward.