

SOUTH COAST ROWING CHAMPIONSHIPS

RULES AND RECOMMENDATIONS

RULES May 2017

The Regattas

1. These Regattas shall be called "**The South Coast Rowing Championships**" and "**The South Coast Open and U16 Rowing Regattas**"

The Administration

2. A Council shall be formed called "The South Coast Rowing Championship Council", comprising of three delegates, one from each of three Clubs in each Association, Coast ARA, Hants & Dorset ARA and the West of England ARA. To be responsible for the general arrangements of each yearly Championship, overseeing the Rules and Recommendations of these Championships and to act as Trustees for the trophies in its possession, these to be raced for each year. There shall be one vote only per delegate.
3. The Annual General Meeting shall be held in January each year. The Council shall elect a Chairman from the delegates to take the Chair for a three year term on rotation between the three Associations. The Chairman shall have control of the meeting, and shall retain the power to vote, but shall not have a casting vote. In the event of equality of votes, the motion shall be deemed to be "Not carried". In the event of the Chairman being absent from a meeting, then the remaining two delegates from their Association shall elect a temporary Chairman to chair the meeting.
3. (a) An Honorary Secretary/Treasurer shall be elected by the Council in addition to the nine delegates and shall be present in this capacity at all meetings but shall not have the power to vote. He/she shall hold office for a period of four years and shall be eligible for re-election. The Council shall open a deposit account to which all monies shall be deposited. This account will be held by the Honorary Secretary/Treasurer and produced at each AGM, together with a Financial Statement for the year ending December 31st. All correspondence shall go through the Honorary Secretary/Treasurer to the Council.

(b) At its AGM the Council may from time to time honour previous delegates by awarding them as Life Members to the Council in appreciation of their past services. These Life Members may attend all meetings of the Council, but shall have no power to vote.

(c) All items submitted for inclusion on the AGM agenda and significant proposed changes to these Rules must be submitted in writing to the Honorary Secretary/Treasurer of the Council not later than 30th November each year and the Honorary Secretary/Treasurer will circulate all the relevant information to all the delegates by 31st December. All proposed Rule Changes shall only be considered by the Council at its AGM unless via an Extraordinary Meeting.
4. The three Council members representing each Association shall be nominated by their respective Associations at their Annual General Meetings and shall hold office for the ensuing year. In the absence of a nominated Council Member, at any meeting of the Council, their Association may provide a substitute who shall be entitled to exercise their voting right.

5. Special Meetings of the South Coast Rowing Championship Council shall be convened by the Honorary Secretary/Treasurer and the Chairman of the Council or upon a written request of any one Association. The date, place and time of such meetings to be announced within four weeks of any written request being received and held within six weeks.
6. Each Association shall contribute £375.00 per annum, or such other sum as shall be unanimously agreed by the Council at the previous Annual General Meeting. This annual fee to include the individual Championship race entry fee of £120.00. These fees to be paid to the South Coast Rowing Championship Council funds by 30th May, which shall be banked by the Honorary Secretary/Treasurer of the Council in the deposit account. These fees shall be non-returnable. The Secretary of the Association organising the Championship Regatta can claim up to the total of £735.00 from the Council funds to go towards the cost of that year's Championships, without reference to the Council. The remaining funds from these contributions are to be used to offset the cost of insuring the Championship trophies and for the Council's administration.
 - (a) Any sums not claimed, and any interest, may be disbursed at the discretion of the South Coast Rowing Championship Council.
7. Each Association is to be responsible for the expense of running its own Championship Regattas, but the three Associations shall share the cost of insuring the Championship trophies equally. In the event of the South Coast Rowing Championships ceasing, all the trophies shall be returned to the Association donating those trophies.

In accordance with Rule.6. any additional funds should be raised within the host Association, and the other two Associations should not be asked to sell raffle tickets, etc.

8. The Council at its meetings may make recommendations generally as guidance for local organising committees on all matters relating to the organisation of the South Coast Rowing Championships, and may also as a condition for approving the venue of a particular Championship Regatta issue directives relating to such organising committee. If that organising Championship Regatta committee considers they are unable to comply with such general recommendations or directives, they should notify the Honorary Secretary/Treasurer to the Council in writing with their reasons for being unable to comply with these directives. Thereupon the Honorary Secretary/Treasurer shall notify all the Council members, and if requested, call a Special Meeting of the Council under Rule 5.
9. The South Coast Rowing Championships shall be held in rotation, West of England ARA, Hants & Dorset ARA and Coast ARA. The actual order or sequence and the venue of each Championships shall be approved by the Council at its AGM. The Association having the honour to host these South Coast Rowing Championships shall notify the Honorary Secretary/Treasurer to the Council two months prior to the Annual General Meeting two years in advance of the Championships of the proposed venue. The Honorary Secretary/Treasurer will immediately notify all the delegates. This is to enable any representations from Clubs to be considered. At this Annual General Meeting the organising committee hosting the Championships on behalf of its Association two years hence, will submit a written resume, with a detailed chart of the proposed course, length, tides, start time and date, together with the proposed alternative course. The Championships will be advertised to be held no later than the second weekend in September. Upon receiving the resume, the Council will vote to grant these Championships to the host Association at the proposed venue. Once permission is granted by the Council, all responsibility for hosting these Championships go to that Association.

Failure to submit these details will result in the next Association in rotation being offered the opportunity to host these Championships.

10. At the next Annual General Meeting of the South Coast Rowing Championship Council this organising committee will submit a fully detailed resume, consisting of all arrangements confirmed and a date for the Council viewing of the course and facilities.
11. The organising committee or host Association shall specify at the AGM the type of boat to be used (i.e. coastal or river) and these shall be used in the Championship and Open events. Championship crews may row their own boats or make their own arrangements to borrow boats for use in practice and for Championship races provided such boats are constructed in accordance with the class of boats specified for use in these Championships. If any crew has difficulty in obtaining a suitable boat of Championship standard they should notify the organising committee by the closing date for entries. It shall then be the responsibility of the promoting Association to ensure that a suitable boat is available for them, to practice and race during the week of the Championships. The club must be notified of the boat allocation at least ten days before the Championships.
 - (a) The organising committee shall specify that all boats must race in the position that they are drawn. The positions shall be numbered from the starboard/right hand side, number one or from the port/left hand side. It is the responsibility of the organising committee to advise the Council accordingly and this must be published no later than the end of March of the year of that Championships. If the alternative course is in a different direction to the main venue, then this must also be published at the same time.
12. The organising committee will appoint a Championship Water Safety Advisor who will publish a Water Safety and Emergency procedure. The Council members shall appoint one representative from each Association who will assist the Water Safety Advisor to inspect all boats to be used at the Championships. These inspections will take place at the discretion of the organising committee and as early as possible, but before crews go afloat on the morning of these Championships. At these inspections a water safety clearance sticker or equivalent will be attached to each boat upon being successfully inspected. These stickers will be provided by the organising committee. In the event of finding a boat unfit or unsuitable, the officers shall have the power to prevent a boat from going afloat until suitable repairs have been made and the boat has been re-inspected and issued with a clearance sticker or equivalent.
 - (a) Failure by an Association to provide an official to assist the Championship Water Safety Advisor or failure of the official to complete their duties shall result in a financial penalty of £100 per official per day, payable by that Association to the South Coast Rowing Championship Council.
13. The three South Coast Rowing Championship Council delegates nominated by the Association responsible for organising the Championship, Open and U16 Regattas shall be ex-officio members of that organising committee. These three delegates are appointed to ensure that arrangements are in accordance with these Rules and in particular to advise on and approve the order of rowing and the timing of events in the programme.
14. At each Annual General Meeting of the South Coast Rowing Championship Council, each Association will submit the name of its delegate who will be responsible for liaising with the organising committee once the Championships have started upon any matters arising at these Championships on the purport of the Rules and any changes made to the programme, including postponement or abandonment.

The Championship, Open and U16 Regatta arrangements

15. The Championship Events course, where possible, shall be a straight 2000 metres (one and quarter miles) maximum, and 1650 metres (one mile) minimum, with stake boat start where conditions permit. These six Championship events will be held for Men's Senior, Men's Junior/Senior, Men's Junior, Ladies' Senior, Ladies' Junior and Veteran coxed fours. The draw for lane positions shall be made at the Friday evening reception preceding the Championships.

(a) The Open Events course, where possible, shall be a straight 2000 metres (one and quarter miles) maximum, and 1650 metres (one mile) minimum. These Open events will be offered for Men's Senior, Men's Junior/Senior, Men's Junior, Men's Novice, Ladies' Senior, Ladies' Junior, Ladies' Novice, Veteran 40+ and Veteran 50+ coxed fours. However, the organising committee is not bound to hold those races for which there are insufficient entries, or if there is insufficient time in the Regatta programme. The draw for lane positions will be done by the organising committee after the closing date for entries and printed in the programme.

(b) The U16 Regatta course, where possible, shall be a straight 1100 metres maximum, 900 metres minimum. The events offered must include Boys U/16 coxed Quad Sculls, Girls U/16 coxed Quad Sculls, Boys U/14 coxed Quad Sculls and Girls U/14 coxed Quad Sculls. Other events may be offered if time and conditions permit.

(c) In the supporting events priority should be given in the following order to Men's Open Senior coxed fours, Ladies' Open Senior coxed fours, Open Veteran coxed fours, Men's Open Junior/Senior coxed fours, Men's Invitation Junior coxed fours, Ladies' Invitation Junior coxed fours, Men's Invitation Novice coxed fours, and Ladies' Invitation Novice coxed fours. Additional events should only be included if these will not interfere with the remainder of the programme. The core events of the U16 Regatta should be Boys' Under 16 coxed quadruple sculls, Boys' Under 14 coxed quadruple sculls, Girls' Under 16 coxed quadruple sculls and Girls' Under 14 coxed quadruple sculls.

(d) A draft copy of the draw for a Championship Regatta, including time of heats and the names of crews participating in those heats and the date, time and venue for the Captains' Briefing to be in the post at least seven days prior to the event, and should be sent to all participating Clubs, officials of the day, and all Council members. Any invitations, information, etc., should be sent to the foregoing also.

(e) If the course is not completely straight, facilities should be available for coxswains/strokes to be taken over the course prior to the Championship Regatta.

(f) Before any crews are boated for the Championship, Open or U16 Regatta, separate and adequate safety boats shall be on station and no race shall commence until such time as they are. All safety aspects detailed in the South Coast Rowing Championships Water Safety Guidelines and the British Rowing Water Safety Code, are adhered to.

16. All Open and U16 races to be non-status, restricted to the three Associations. The Novice races are to be rowed where possible, and Clubs shall enter Novices as defined in the Rules of their Association, but any oarsperson who has won either the Men's or Ladies' Novice Fours at these Championships shall not be eligible to compete in either race in subsequent years. The local organising committee may offer races for Men's and Ladies' single sculls and coxless pairs at Junior, Junior/Senior and Senior status. A race will only be permitted if there are three or more

entries submitted by the closing date for entries, or if there is insufficient time for the Regatta programme.

17. Priority shall be given to Championship races to ensure that they are rowed when conditions are most favourable, and at the time as stated in the programme. No race will be delayed for any late arriving crews. All Clubs must ensure that all their rowing personnel are present at the start of racing and that no race will be delayed due to missing crew members.
18. The Council members together with the organising committee shall have a meeting on the Friday before the Championship Regatta to discuss all the arrangements made and may view the course and facilities.
19. If unsettled weather conditions exist on the Friday and are likely to extend to the Championship Day, if it is felt necessary, an early Saturday morning meeting will be called consisting of the South Coast Rowing Championship Council and the organising committee at a venue fixed by the Honorary Secretary/Treasurer or the Council Chairman. This meeting will be agreed upon at the Friday meeting and announced at the Friday evening reception. This meeting shall be called to deal with alterations and use of alternative Championship course, so to give early notice to Clubs and crews travelling on the Championship morning.
20. If it is decided by the Saturday early morning meeting that it is necessary to use the alternative Championship course, it shall be used on the same day as announced for the Championships. In the event of neither course being rowable on the Saturday, and only then, will this meeting consider the possibility of rowing all the Championship races and as many Open and U16 races as possible on the Sunday. If racing is to be held on the Sunday the South Coast Rowing Championship Council together with the organising committee will agree upon the racing programme and any other arrangements necessary.
 - (a) If after the racing has started on the Saturday, and the weather conditions change as to force a suspension of racing, a meeting will be held to consider the postponement or abandonment of these Championships. This decision will only be made on the day (after racing has been suspended) by the organising committee, the Chairman of the South Coast Rowing Championships Council, the three elected Council delegates, together with the Championship Water Safety Advisor. After this decision has been made, a meeting will then be called consisting of the organising committee and the South Coast Rowing Championship Council to consider the possibility of holding all or some of the races remaining unfinished on the Sunday.
21. Each Association shall nominate Four Officials to act at these Championships as:
 - one Starter who will, together with the other two Associations' Starters, start all Championship and Open races;
 - one Judge who will, together with the other two Associations' Judges, judge all races;
 - one Championship Umpire, who will together with the other two Associations' Umpires, umpire all Championship races and together with one Non-Championship Umpire from each of the other two Associations, will assist the Championship Umpires with the Open races. The organising committee should inform these officials as to what clothing they should wear and in particular how they will be expected to board the Umpires' boats.
 - (a) Each Association shall supply officials for the U16 Regatta, the same as per rule 21.
 - (b) Officials officiating at these Championships, Open and U16 Regatta must have officiated at three or more regattas of their own Association during that season.

(c) Failure by an Association to provide these four officials, or failure of the official to complete their duties, shall result in a financial penalty of £100 per official per day, payable by that Association to the South Coast Rowing Championships Council

22. It shall be the duty of the Honorary Secretary/Treasurer to the Council to forward to the local organising committee and all Council delegates by 31st May each year an updated copy of these Rules and Recommendations or directives in force thereunder.

Entry conditions

23. (a) Oarspersons rowing in Championship events shall be barred from competing in the Open Regatta,” in Fours Events (Pairs and Single Sculls events are exempt)” but are allowed to compete in more than one Championship event if selected by their Association. No crew or oarsperson is allowed to enter for more than two Open events, and no late entries will be accepted. But crews can be switched if affected by Championship results after the closing date for entries. Any crew entered in the supporting events, before being selected to represent their Association in the Championship events, shall be entitled to a full refund of their supporting event entry fee.
- (b) The U16 Regatta shall be regarded as a separate regatta in which competitors will be permitted to enter more than one event but will be subject to meeting the regatta timetable. Entrants in the U16 Regatta may also enter the Championship Regatta but will be subject to the conditions laid down in Rule 23(a). But any selected Championship crew will not be allowed to race in the same Championship Four or in any other Open Fours race.
24. The entrance fee for the Championship races shall be £2.50 per seat. For Open and U16 events the entrance fee shall be £4.00 per seat including a levy of £0.50 per seat. The levy shall be collected by the organising committee, and paid to the South Coast Rowing Championship Council by 31st October. A fine of £25 per week will be imposed for late payment.
25. (a) Each Association has the right to nominate the crews that will represent them in the six Championship events, and are not bound to nominate their Champion crew or runner-up. Crews must come from Clubs affiliated to the Association that they are representing and must all be registered members of that Club. In the event of a crew in a Championship race becoming incomplete before the start of the Championships, the Association concerned shall have the right to nominate a substitute oarsperson from the same Club, or to replace the entire crew by another crew from another Club.
- (b) If one of the Associations cannot fulfil their full representation, even if the Association can only submit one crew in any one status, then the other two Associations may enter an additional crew in that status without charge. The Association that cannot fulfil their representation must try to give the other two Associations as much notice as possible, being not later than the closing date of entries for the Championship of their failure to fulfil.
- (c) That all competitors in the Championship events must have competed in at least three Championship Regattas within their Association, in the current season of the South Coast Rowing Championships, for the club that they are representing in order to qualify to compete in the South Coast Rowing Championships.
- (d) That all competitors in the Open events, except those of Novice status, must have competed in at least three Championship Regattas within their Association in the current season of the South Coast Championship Regatta, or have been a registered Association member for 12 months for the Club that they are representing to qualify for entry into the South Coast Rowing Championships. Novices must have competed in at least one Championship Regatta within their Association in the current season of the South Coast Championship Regatta, or have been a registered Association member for 12 months for the Club that they are representing.

(e) That all crews in the U16 Regatta must come from clubs affiliated to the Association that they are representing, and must all be registered members of that club.

(f) No oarsperson who transferred between two Clubs less than four weeks before the published date of the South Coast Rowing Championships will be allowed to compete in any Open or Invitation event at the Championships for their new Club.

(g) Any crew selected by their Association to represent them, but the crew refuses, that crew will not be accepted in any other race at that Championship.

26. All Clubs are responsible for putting in their own entries (together with entry fee) for all Open and U16 races before the closing date for entries set by the organising committee. The closing date for the Open and U16 entries must not be earlier than three weeks prior to the date of the Championships. The organising committee shall notify each Association Secretary of the closing date, so that each Association can submit its selected Championship crews before the closing date for entries. Clubs entering crews in supporting events before selection to represent their Association shall be entitled to a refund of the entry fee on having to withdraw from the supporting event on being selected and the Championship entry fee being paid by the Association.
27. Any oarsperson who has raced for Championship points for one Association during the season, shall not be permitted to represent another Association at the South Coast Rowing Championships unless he has transferred his membership from one Club to another in accordance with the Rules of the Associations. This shall not affect the right of crews from Clubs affiliated to two Associations to be selected by either Association to represent them at the South Coast Rowing Championships.
28. The Open Veteran coxed fours for The Sidney De Haan Cup and the Open Veteran Coxed Fours for the CARA Presidents Cup shall be open to male and/or female rowers over the age of forty and fifty years respectively by the end of the calendar year of the Championships. Entries from composite crews will be permitted but any composite crew must include at least three oarspersons registered with the same Club.
29. The Championship Veteran coxed fours shall be for male and/or female rowers over the age of forty by the end of the calendar year of the Championships. Entry shall be in accordance with Rule 25.
30. Any changes to crew personnel and crews scratched after the closing date for entries must be notified to the organising committee on the official form provided. Only two changes per crew are allowed and changes in crew personnel for Championship events must be notified before the draw for positions. Changes to crew personnel in the Open and U16 Regatta events must be submitted before the Captains' Briefing on regatta morning. Only in exceptional circumstances will the Council consider changes to crew personnel after these deadlines. Failure to notify these changes or scratchings, or non-arrival at the start by the required time, will result in a fine of £25 and will be considered a disciplinary offence reportable to the South Coast Rowing Championships Council. Any fine imposed will be levied against the offending club and must be paid within 28 days to the Honorary Secretary/Treasurer of the South Coast Rowing Championships Council. The Council will preside over all disciplinary matters at their January meeting.

Racing Rules and procedures.

Preparation

31. All Clubs shall register their Club colours and designs with the Championship organising committee. All competitors must race in these registered coloured vests and any waterproof undergarments to be worn under the racing vests, must be in accordance with their own Association rules. The race officials shall disqualify any incorrectly attired oarspersons.

The Championship organising committee shall publish these colours and designs in the programme.

32. At every Championship Regatta there shall be a Captains' Briefing, of all pre-race information, immediately after the early morning Council meeting. It shall be mandatory that Captains of competing Clubs, or a nominated representative from the same Club, attend the Captains' Briefing. Where the Championships and the U16 Regatta are held on different days a separate Captains' Briefing will be held for each regatta at which attendance shall be mandatory at both meetings for Captains of competing Clubs or their nominated Club representative. Failure to attend will automatically disqualify a Club from competing in the relevant regatta. However, on payment of a penalty of £25 to Council an individual briefing will be arranged but no Club will be permitted, for safety reasons, to go afloat without the relevant briefing.
33. All boats must race in the lane position that they are drawn (see Rules 11(a), 15, 15(a), (b) and (c)).
34. All crews must go afloat wearing their correct numbers, which must be clearly visible bow and stern, securely fixed with either safety pins or ties. These numbers, which will be printed in the programme, will be supplied by the Championship organising committee and will be individually numbered, so that crews will use that number throughout the Regatta. All coxswains must wear lifejackets when afloat and Clubs will be responsible for supplying these to water safety standards. Clubs shall be responsible for ensuring that their coxswains are capable of performing their duties adequately and with safety.
35. All crews shall be allocated a lane number. Each Club shall be responsible for ensuring that their competing crews go afloat bearing the correct lane number plainly visible. This number shall be clean and firmly affixed to the bow of the boat. Numbers shall be made of wood, metal or other solid material to a maximum of 9 inches (228mm) and a minimum of 8 inches (203mm) square, painted on both sides with day-glow yellow numbers 6" high x 1" wide (153mm high x 25mm wide) on a black background or black numbers on a white background.
36. A crew is allowed to make only two changes to personnel, provided that these changes are notified in writing as per Rule.30. No other substitutions are allowed.
37. All competitors row at their own risk. It is the Captain's/Club's responsibility for the number of events an individual athlete competes in, taking prevailing conditions into account.
38. All finals will be run as per programme.
39. Where possible, both the Start and Finish lines will be clearly marked by two posts, securely fixed ashore so as to be clearly visible to all competing crews, starters, umpires and

judges respectively. Both at the Start and Finish areas must be roped off allowing no room for the spectators. The organising committee will provide suitable shelter with table and chairs for the officials.

The Start

- 40 (a) All crews must come under Starter's orders no later than 5 minutes before the published start time of their race and any crew arriving late shall be liable to disqualification by the Starter, whose decision shall be final.

(b) The Starter shall have full control of the start, with power to disqualify. If the starter considers the start false he shall at once recall all the boats to their stations and any boat refusing to start again shall be liable to disqualification.
41. The Starter shall raise the red flag, two feet by two feet square, to notify crews to come under starters orders and any boat not at the start at this signal being given shall be liable to be disqualified and/or the race started in their absence. Any boat taking up a position other than as advertised in the programme or directed by the Starter or Umpire shall be liable to be disqualified.
42. The raising of an arm by a crew member or coxswain on the start is an indication to the Starter that the crew considers it is not ready to start for some reason, but the decision when to start rests entirely with the Starter, who will state his intention to start with the command "Hands Down".
43. When the Starter is ready after he has satisfied himself that all the boats are in their proper positions and that the crews are ready, the starter shall lower the red flag and replace it by raising a yellow flag, two feet by two feet square. The race shall be started by a pistol, cannon or a suitable audible device, coinciding with the dropping of the yellow flag, which will be accompanied by a verbal command of "Set - Go". The "Go" to coincide with the dropping of the Yellow flag and the firing of the pistol, cannon or suitable audible device. The dropping of the Yellow flag being the overriding signal.
44. If after the yellow flag has been raised and the line shall become unsatisfactory or an obstruction shall appear on the course, the red flag will be re-hoisted and the yellow flag lowered to indicate that the start is delayed and all crews must obey any instructions given by the Starter or Umpire or the crew/crews may be liable to disqualification.
45. Any boat failing to obey any instructions by the starter to get back behind the starting line or starting over the line or starting to row before the dropping of the yellow flag, the offending crew or crews will be given an "Official Warning" and that crew must acknowledge this warning by the raising of a hand. Only one "Official Warning" will be given per crew, any further "Official Warning" to that crew during the event will lead to immediate disqualification without appeal. The crew must then immediately leave the course, failure to do so is a disciplinary offence reportable to the South Coast Rowing Championship Council.
46. Once the race has started to the satisfaction of the Starter, the control of the race shall pass to the Umpires.

The Race

47. Each boat shall keep to its “own water” throughout the race. A boat’s “own water” is the parallel course from its assigned station at the start until the finish. The Umpire shall be the sole judge of a boat’s “own water” during the race. But providing the crew allows at least one length of clear water it may cross the path of a competitor, but any boat failing to keep to its own water does so at its own risk in the event of a foul or interference occurring. If a boat whilst in the water of another boat comes into contact with, or impedes another boat, it shall constitute an offence of impediment to that boat.
48. It shall be considered a foul when after the race has started, any competitor by oar, boat or person comes into contact with an oar, boat or person of another competitor, unless in the opinion of the Umpire it will not influence the result of the race.
49. The Umpires may caution any competitor when they consider there is a possibility of a foul occurring and may give warnings of any obstructions on the course, but the Umpires shall not otherwise during a race direct the course of a competitor.
50. The Umpire shall have power to disqualify any boat committing a foul or otherwise deliberately interfering with the proper course of other competitors and they shall be the sole judge of a boat’s proper course during a race. The jurisdiction of the Umpires shall extend over the whole race, from the start to the finish and their decision shall not be overruled, but they may reconsider their decision following representations being made, but once they have announced their decision on such representations it is absolutely final, without further appeal.
51. If the Umpires have disqualified a crew or is otherwise dissatisfied with the proper conduct of a race they shall hoist a red flag in which case the Judges shall make no announcement of the result until the decision of the Umpires has been notified to them.
52. Every boat shall abide by its accidents, but if during a race a boat shall be fouled or interfered with or the course otherwise obstructed, the Umpires shall have the power to;
 - a. Disqualify the offending crew or crews and allow the race to continue.
 - b. To stop the race and order the crews other than any that they have disqualified, to return to the start to re-row at a time determined by the Regatta Controller.
 - c. If they are unable to reach an immediate decision, they may allow the race to continue and consider any representations made to them at its end, when they may exercise their power to disqualify and/or order a re-row, but they should always reach their decision as quickly as possible and avoid deferring their decision.
53. During a race, crews must not be raced by other boats outside the race or receive outside instructions other than the Umpires under Rule 46 and any crew receiving any extraneous assistance may be disqualified. Extraneous assistance shall include help given to crews once a race has started, to empty out or re-launch, or replace equipment other than handing over spares or tools for the crew to carry out all repairs themselves.

The Finish

54. The whole course must be completed by the competitor before they can be held to have finished a race, unless they are prevented from doing so by damage resulting from a foul, then the Umpires shall have the discretion to deem them to have completed the course.

Boats shall have completed the course when the bow reaches the finishing line. If a competitor other than a coxswain falls out of a boat, that crew may still be placed, but if the coxswain leaves the boat the crew will be deemed to have not completed the course.

55. A dead heat for first place in a final shall be decided by a row-off between the dead heated crews, to be rowed on the same day over the same course at a time laid down by the Regatta Officials and any competitor refusing to re-row shall be adjudged to have lost the re-row.
56. The Judges shall decide the order the boats cross the finishing line and such decision shall be final and without appeal, but they may reserve or reconsider their decision in the same manner as the Umpires.
57. A crew wishing to protest regarding an incident during the course of the race shall notify the Umpires immediately at the conclusion of the race before going ashore or if this is not possible, one member of the crew protesting accompanied by the Club Captain or another senior official of the Club concerned shall immediately notify the Judges, who shall communicate the same to the Umpires for their decision. Any protest accompanied by abusive language or other improper conduct may be rejected without consideration.
58. All winning crews must report to the Judges at the finish immediately after the race before coming ashore for the recording and verification of crew names. If this is not possible then the crew must report to the judges immediately upon coming ashore.
59. Any crew disqualified for whatever reason in a heat of an event or otherwise is disqualified from taking any further part in that event.
60. In the Open and U16 events involving heats the draw for lanes should take place after the completion of the heats by drawing the club names and should not be predetermined by the position they finished in the heat. The draw should be undertaken by the Judges or Regatta Control as decided by the organising committee, and advise the Council at the March meeting.
61. A post-Regatta meeting is to be held no later than 30 minutes after the last race. All Council Delegates and the officials of the day are to attend. Life Members of Council may attend.

Trophies, prizes and medals

62. The medals and ribbons produced by the Council shall be awarded for the Championship events only and awarded to the winning crew including the coxswain. Past winners shall not be entitled to purchase the same. Each Association shall purchase from the South Coast Rowing Championships Council enough medals to cover their hosted Championship Regattas. Championship pennants will be provided by the organising committee for Championship, Open and U16 events for all winning crews, one pennant per crew.
63. The Eileen and Eric Crow Memorial Challenge Cup shall be presented annually to the Association whose Clubs score the most points on the basis of five points for a win, three points for a second, and one point for a third, in the Championship races only.

64. The Port of Dartmouth Royal Regatta Sesquicentennial Trophy shall be presented annually to the Club scoring the most points in coxed four races on the basis of five points for a win, three points for a second, one point for a third, in the Open Regatta.
65. The Pat Sherwin Memorial Trophy shall be presented annually to the Club scoring the most points on the basis of five points for a win, three points for a second, one point for a third in the U16 Regatta. All boats to score.
66. In the event of a re-row following a dead-heat, the winner of the re-row shall be awarded the five points, the second three points, and the third in the re-row or third in the original final, the one point towards the respective aggregate trophies.
67. The Mayor of Bideford's Cup will be presented annually to the winners of the Ladies' Invitation Junior coxed fours. This race is open to Junior Ladies.

Discipline.

68. Any crew reported for a breach of discipline at a Championship, Open and U16 Regattas shall be called to account for their actions by the full committee of the South Coast Rowing Championships Council. Any motion to suspend or fine a crew or individual from competing in South Coast Rowing Championships must be passed by a majority vote of the delegates in attendance and entitled to vote. Any crew or individual reported to the South Coast Rowing Championships Council for a breach of discipline, the individual, their Club and Association must be given at least four weeks notice of the meeting at which the proposed motion of sanction will be considered, with reason for the proposed sanction and must be given the opportunity to attend the meeting to present their case.

The spirit of the Rules.

69. These Council Rules encompass the Championship events, the Open and U16 (for rowers younger than 16 years) Regattas. In the event of ambiguity, Council will make a final decision in the spirit of these Rules.
70. The Rules of all three Associations under which the supporting races are held prohibit composite crews, and therefore it automatically follows that composite crews cannot be accepted in these events, and members of a crew must belong and be entitled to race for the Club entering the crew, with the exception of Open Veteran (Rule 28) which permits composite crews. Also U16 and U14 Quad Sculls are permitted to race with composite crews, providing that the crew must include at least three oarspersons registered with the same club.

RECOMMENDATIONS

- A. Sufficient non-Championship boats should be available from the Monday preceding the Championship Regatta to enable the crews to train over the Championship Regatta course.
- B. In the supporting events not more than eight crews should be started in a heat where possible.

C. The West of England ARA should provide boats where possible capable of being rigged Coast side.

D. At every Championship Regatta there shall be an Officials' Briefing of all pre-race information. Additionally the officials should be given the opportunity of viewing the course prior to the Championship Regatta. Coxswains should also be given the opportunity to join the officials for the course viewing. At the Officials' Briefing a draw should be made by the starters for the starting of Championship races.

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NOTES i. Wherever the context so admits in these Rules and Recommendations, all words denoting the masculine gender shall be deemed to include the feminine.

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08.05.2017