

Rules of Rowing – Changes

Notes on Changes from version July 2017 to version July 2018

1 Changes to Wording

1.1 Textual Changes

Trivial corrections and punctuation and formatting changes that do not alter any meaning are not recorded.

The following textual changes should be noted.

#	2017	2018
1	<p>Rule 1.2.6 All boats shall be equipped with foot stretchers or shoes that allow rowers to get clear of the boat without using their hands and with the least possible delay.</p> <p>Rule 1.2.7 If heel restraints are used, each shoe shall be independently restrained and the heel should not lift more than 70 mm.</p>	<p>Rule 1.2.6 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 no delay in an emergency. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that where heel restraints are used the maximum length may only be 70mm. In addition, where Velcro or similar materials must be opened before the rower can remove his feet from the shoes or other device, all such materials must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap. Where shoes or other devices holding the feet will not remain in the boat, each shoe or device must be able to be released by the rower without using his hands or with a single quick hand action of pulling on one easily accessible strap or release</p>