

SCHOOL RULES APPLICABLE TO ALL REGATTAS

INTRODUCTION

In accordance with The Constitution of the South African Schools' Rowing Union (SASRU) and the resolution adopted unanimously by schools at its 2008 Annual General Meeting] SASRU hereby promulgates the Rules of School Racing and the Rules applicable to all School Regattas In addition, the RowSA Rules of Racing apply except where these are superseded by the SASRU rules as set out hereunder.

1. TERMINOLOGY & AGE-GROUPS

All regattas run under the SASRU Rules of racing shall be called "Schools Regattas"

In accordance with normal practice in rowing: the terminology "Junior Women" or "Junior Men" shall be used in all School Regattas

Age-groups are defined as: "Under Fourteen" (U14); "Under Fifteen" (U15); "Under Sixteen" (U16); and "Open" and age-group sub-divisions are defined as "A", "B", "C" etc; except in the case of the Open division when subdivisions are defined as "1st", "2nd", "3rd" etc.

Junior Men	Distance	8+	4+ 4-	2-	8x	4x	2x	1x
Open	2000m	1st; 2nd; 3rd	1st; 2nd; 3rd	1st; 2nd; 3rd		1st; 2nd; 3rd	1st; 2nd; 3rd	1st; 2nd; 3rd
U16	2000m	A;B;C	A;B;C	A;B;C		A;B;C	A;B;C	A;B;C
U15	1000M				A;B;C	A;B;C	A;B;C	A;B;C
U14	1000M				A;B;C	A;B;C	A;B;C	A;B;C

Junior Women	Distance	8+	4+	2-	8x	4x	2x	1x
Open	2000m		1st; 2nd; 3rd	1st; 2nd; 3rd		1st; 2nd; 3rd	1st; 2nd; 3rd	1st; 2nd; 3rd
U16	2000m		A;B;C	A;B;C		A;B;C	A;B;C	A;B;C

U15	1000M				A;B;C	A;B;C	A;B;C	A;B;C
U14	1000M				A;B;C	A;B;C	A;B;C	A;B;C

2. ELIGIBILITY: AGE AND GRADE

The rower must be 18 years or younger and be enrolled as a full-time learner at a registered South African school or be able to provide proof of enrolment in a school-level education system. Rowers still at school and who are U19 may participate in Open events at schools regattas, but must be U18 for participation in Provincial or International competition. Post-matric rowers in school regattas must be U18.

Grade 12 rowers at rowing schools and Junior Clubs are not permitted to participate in school regattas in the September to December part of the season. This restriction also applies to the Schools Boat Race.

Learners enrolled in an online schooling programme must participate for a Junior Club and are subject to the rules relating to Junior Clubs

3. ELIGIBILITY: SCHOOLS AND CLUBS

If a Rower attends a school where rowing is offered as a sport, they are obliged to row under the school colours with other rowers from the same school. No composite crews are allowed in any school rowing club boats.

If a rower attends a school where rowing is not offered as a sport, they are entitled to row for a Junior Rowing Club and may row as part of a composite crew (i.e. rowers who may be enrolled at different schools, but who are all members of the same junior rowing club) provided that:

Club rowers must submit an annual enrolment form to the Junior Club from the school where they are learning, stating at the minimum:

- Name, Address and Contact details of the school
- Rower's First Name
- Rower's Surname
- Grade they are currently enrolled in
- Date of Birth
- A letter from the school stating that they do not offer rowing as a school sport

The junior rowing club must be registered as a club with SASRU and RowSA and be up to date with membership fees. (A discretion exists with the SASRU Executive Committee

to waive/ reduce these fees for development clubs that comply with transformation criteria for the allocation of discretionary funds.)

Junior Clubs should compile a list of members with the above details and submit it as a single PDF document to SASRU.

Where a club has more than 5 rowers of the same gender in an age group from the same school, the group are to be entered under their junior club colours without composite crews in Fours and Quads.

In the event that a Junior Club has more than 15 rowers from any one school they should be encouraging those members to form their own independent school rowing club. Junior Clubs should seek assistance from SASRU with this.

After 1st October each year members of junior clubs may not change clubs for the remainder of that school season, unless the rower is moving out of province.

Any club or rower that deliberately breaches the rules, will be suspended for the following season.

4. SCHOOL ROWING SEASON

The formal school rowing season comprises the period September to March of the following year. Pre-season and off-season programme run before September and Provincial and National selections and participation at the U16 and Open level continues beyond March each year.

School rowers are classified into age-groups at the commencement of the season in September and the age-group does not change at the commencement of the following academic year in January.

The annual South African Schools' Rowing Championship takes place over the first weekend of March each year.

5. EVENTS, CATEGORIES AND DISTANCES

In the SASRU recommended order of events, certain events are incompatible - as at the South African Schools' Rowing Championships

- eights/octuples and doubles;
- fours and quads;
- pairs and singles.

This makes it possible to row these events very close together, maximising the time-interval between age-group events.

6. DRESS AND UNIFORM

All competitors must compete in their school or club's recognised colours and attire.

Where tri-suits are used for some crews only, they must be designed in such a way that they approximate as closely as possible to normal racing colours.

7. COXSWAINS

A coxswain is deemed to be a member of the crew and therefore a boys' crew may not be coxed by a girl nor may a girls' crew be coxed by a boy.

A coxswain may cox crews only in the same age-group division or higher but not lower, e.g. an U16 cox may cox only U16 or open crews. However, in the interest of safety, an older experienced coxswain may cox a novice under 14 crew in the September to February part of the season, thus excluding the SA Schools Rowing Championships

The minimum total weight for a coxswain in an Open event (wearing a racing shirt and shorts or equivalent) is 55 kg for boys and 50 kg for girls. An under-weight coxswain must carry additional deadweight to make up his/her minimum total weight which shall be placed in the boat as close as possible to his/her person. No article of racing equipment shall be considered as part of this deadweight. While good sportsmanship dictates that this rule should be adhered to in all regattas, it is in practice strictly enforced only at major and championship regattas as well as at Boat Race.

8. EQUIPMENT

All boats must conform to the minimum mass regulations as set out hereunder:

- Single Sculling Boats - 14kg;
- Doubles and Pairs - 27kg;
- Coxed Fours - 51kg;
- Coxed Quads - 53kg;
- Eights - 96kg

All boats participating in regattas may be required to carry lane numbers securely fixed to the bow of the boat. The RowSA Rules of Racing shall apply to equipment.

9. REGATTA ENTRIES

Regatta entries are normally made via the website www.regatta.co.za. Regatta organisers may, however, prescribe alternative methods of entry.

No competitor may compete for two different schools/clubs at the same regatta.

In the case of a bona fide incapacitation of any competitor in a crew, representation can be made to regatta control who may authorise a substitute from a lower division crew without excluding the substitute from rowing in his own event.

Coaches and MICs should enter crews in events they are competitive in and should crews dominate a category, they should be moved up a category.

No boy may enter or participate in a girls' event or girl in a boys' event.

By entering your school or club and its members, you acknowledge the indemnity/waiver in respect of that event, namely that you accept that the event is entered strictly at "own risk" and that you indemnify the regatta organisers, SASRU, sponsors, officials, staff of the event against any claim whatsoever nature and howsoever arising, including loss, damage or injury, which may result from your school's/club's and/or rowers participation and/or attendance.

10. POINTS, PRIZES AND TROPHIES

Organisers of regattas may elect:

- To use no points scoring system at all;
- To use a "nominations" system;
- To use the SA Schools Championships system, viz points are awarded for A-category events only.(See below)
- Where a points system is used boys and girls events must be scored separately and separate prizes and/or trophies should be presented for boys and girls.

The presentation of medals and certificates is at the discretion of the regatta host. No distinction is made in the awarding of points or medals between school and junior club rowers. No duplicate medals will be awarded.

11. SAFETY

All rowers participating in regattas must have passed the Standard Sculling Test as set out below. The responsibility for the administering of these tests rests with each participating school/ junior club.

All boats in use at practices and participating in regattas must be fitted with bow-balls.

All rowing boats must be fitted with approved heel straps as a safety precaution.

Rowers must not tie feet into boats in such a way that their feet cannot be removed, shoes must comply with World Rowing quick release rule.

Organisers of regattas must provide at least one Rescue boat manned by sufficiently experienced persons.

Organisers of regattas must ensure that competent first-aid services are provided at all regattas.

The wearing of hats is strongly recommended.

12. STANDARD SCULLING TEST

Two scullers take boat from boat-house and put on water.

Scull 50m from jetty/bank and return.

Turn boat on its axis clockwise and anti-clockwise (maximum lateral movement: + 1 metre).

Back stern of boat to bank or jetty from a minimum distance of 10m (as for stake-boat start).

Scull at firm paddle and on command "hold it hard" stop boat within one boat length.

Two scullers to return boat and blades to boat-house

Be able to swim 50m in a rowing kit.