



# 52<sup>e</sup> Heineken Roeivierkamp 2024

## APO Regulations

March 2024

### GENERAL INFORMATION

- The competition is held under the rowing competition regulations of the Royal Dutch Rowing Federation (KNRB). The regulations are effective with the following exceptions and special provisions:
- The competition consists of time trials over a minimum of two and a maximum of four distances, namely: 250, 750, 2500, and 5000 meters.
- On Saturday, the race will begin with the 2500m, followed immediately by the 250m. On Sunday, the 5000m will be rowed first, and the day will conclude with the 750m.
- Teams must compete in all distances for which they are qualified, under penalty of exclusion from the event.
- The timetable specifies exactly when and where participants must be for each event. It is of utmost importance to adhere to the timetable.
- Master teams start the 5000 meters in groups; divisions 30-21, divisions 53-44, and divisions 43-37 start together. Grouping on Sunday will be determined based on Saturday's results.
- Business eights do not start the 5000 and 750 meters (division 35).
- In the Club divisions, only a limited number of the highest-ranked teams will row the 5000 meters.
  - In the DCI8+ (division 54), only the top 15 ranked teams start the 5000m.
  - In the HCI8+ (division 34), only the top 15 ranked teams start the 5000m.
- The concluding distance (750 meters) is exclusively rowed by the men's and women's competition teams, boys 18 8+, boys 18 4\*, girls 18 8+, and girls 18 4\*.
- In case of exceptional circumstances, the race management reserves the right to make adjustments to the schedule before or during the race weekend. If circumstances prevent all blocks from being rowed, race management reserves the right to prioritize certain divisions over others.
- Contrary to provision 33.4 of the Rowing Competition Regulations (RvR), the withdrawal penalty after the draw is set at €40 for a 4\* and €50 for an 8+ (and not in accordance with the established registration fee as specified in the RvR).
- In addition to provision 40.6 of the Rowing Competition Regulations, it is determined that the administrative costs for making a replacement are set at €7.50 per replacement.
- Teams are requested to carefully read the latest instructions on the website [www.roeivierkamp.com](http://www.roeivierkamp.com).

### START ORDER

- The highest number always starts first, the lowest number last.
- For the 2500 meters and 5000 meters, teams start one after the other.
- For the 250 meters and 750 meters, teams start in pairs.
- The starting order for Saturday is determined by drawing lots.
- The starting order for Sunday is determined based on the standings in the overall ranking.
- The race management reserves the right to change the starting order of pairs (250 meters and 750 meters) at its

discretion.

### **START PROCEDURE FOR 2500 METERS AND 5000 METERS**

- All participating teams must be behind the starting line 5 minutes before the scheduled start time. If you arrive late, you will be stopped at the Rozenoord bridges, 5 minutes before the start of the 2500 meters and 15 minutes before the start of the 5000 meters. You risk being excluded from the respective distance if you do not appear on time.
- The start procedure is as follows: Teams row in a light paddle until the pre-start and build from there to race pace. The start passed at race pace. Teams start one after the other.
- The starting difference between teams is 15 seconds.
- The starting difference between different divisions is 30 seconds.
- Each team must ensure they are well within reach of the pre-start in good time.
- At the starting line, the final starting difference is recorded. Penalty points may be awarded if the starting difference is more than 20 or less than 10 seconds.
- The race management reserves the right to change the prescribed starting difference between teams at its discretion.

### **2500 METERS FOLLOWED BY 250 METERS**

- After finishing the 2500 meters (for Nereus), proceed in very calm strokes to starboard towards the city.
- Pairs form between Nereus and De Hoop.
- Follow instructions from officials at all times.
- Boats pass under the Ceintuurbaan bridge to the turning point, where pairs round and head towards the starting line for the 250 meters.

### **START PROCEDURE FOR 250 METERS AND 750 METERS**

- Teams start in pairs.
- If a division has an odd number of teams, the team with the highest race number starts alone in the starboard lane.
- Teams with odd numbers start in the starboard lane.
- Times for each team are recorded separately.
- Pairs paddle side by side in light strokes towards the pre-start. An official instructs teams to line up next to each other and determines when to build up to the start. Follow the instructions of the official(s) carefully! The start is passed at full speed.
- The starting difference between successive pairs is 20 seconds.
- In case of extreme weather conditions, the start procedure may be modified.
- Boats pass under the Ceintuurbaan bridge to the turning point, where pairs round and head towards the starting line for the 750 meters.

### **750 METER**

- The concluding distance (750 meters) is exclusively rowed by the men's and women's competition teams, boys 18 8+, boys 18 4\*, girls 18 8+, and girls 18 4\*:
- The highest numbers gather closest to De Hoop, the lowest further upstream towards/ past the Berlage bridge, divided into five zones.
- Pairs form before De Hoop. Odd numbers on the starboard side and even numbers on the port side.
- At the signal of the officials, the fleet heads towards the city. The pairs are called upon to pass De Hoop. In calm strokes, they pass De Hoop in their lanes in pairs.
- Boats pass under the Ceintuurbaan bridge to the turning point, where pairs round and head towards the starting line for

the 750 meters.

## STEERING INSTRUCTIONS

- A presentation for coxswains is available at [www.roeivierkamp.com](http://www.roeivierkamp.com). The content regarding navigation and behavior rules in the presentation is assumed to be known. Additionally, there will be a moment for questions on Friday evening before the race. It is highly recommended to carefully review the presentation. The time and location for questions will be communicated via the website.

## RACE NUMBERS, STICKERS, AND BOW PLATES

- A set of race numbers consists of: three race numbers and one bow plate.
- A different set of race numbers is required for each distance, except for the 2500m/250m.
- All matters regarding race numbers and bow plates, including distribution and return, are handled at the units on the race site around Nereus. Refer to the exact location on the maps on the website or at the race site.
- When receiving the bow plates, a SEPA direct debit authorization form must be signed, granting permission for the collection of a deposit of €20. This collection will only be carried out if a participating team fails to return the bow plate to the designated pick-up location before 19:00 on Sunday evening, March 17, 2024.
- The entire deposit will be refunded upon return of the three different bow plates. The organization will retain €10 for each missing bow plate. Unfortunately, we cannot refund the deposit for two or more unreturned bow plates. It is only possible to collect race numbers for the next upcoming block.
- Saturday:
  - Race numbers and bow plates for the 2500m/250m are distributed on Saturday morning. This can be done from 2 hours before the start of a block. Refer to the timetable for more information.
- Sunday:
  - New race numbers and the bow plate must be exchanged two hours before the start of a block on Sunday, for both the 5000m and the 750m. Refer to the timetable for more information.
  - All bow plates must be returned by Sunday 19:00 at the latest.
- Coxswains and bow rowers must always prominently display the team's numbers on their backs, both on warm-up and race clothing. Additionally, a boat must be equipped with a bow plate. The bow rower receives two race numbers, which must be worn so that his or her race number is clearly visible before, after, and during the races.
- Starting with incorrect race numbers may result in exclusion, as well as starting without them.

## OVERTAKING AND PASSING

- During the 2500 & 5000 meters, it is allowed to overtake and pass on both port and starboard sides throughout the race.
- Chapter VIII - regulations for the races - 'A', 'B', and 'C' (RVR):
  - The overtaking team is free to choose its course.
  - The overtaken team may not obstruct the overtaking team and must yield in time so that the overtaking team can freely choose its course.
  - However, the overtaking team may not abuse its right of way by forcing the overtaken team into a position where rowing becomes impossible or otherwise endangering the overtaken team.
  - The overtaken team must yield before the bow of the overtaking team has reached the stern of the overtaken team.
  - Safety and sportsmanship should be the guiding principles in how both the overtaken and overtaking teams treat each other.
- Failure to comply with these provisions may result in penalty points or exclusion.

## PROTESTS, COLLISIONS, AND EQUIPMENT MALFUNCTIONS

- Protests regarding irregularities during the long distances (2500 meters and 5000 meters) are signaled by raising an arm during or shortly after the irregularity and again when passing the finish line by the coxswain. Protests are recorded by the umpires from the riverside. A representative of a team must report to the race secretariat at Nereus immediately after the relevant race but within one hour. Later protests will not be considered. The team responsible for the irregularity may be

excluded from one or more distances or penalized with penalty points.

- Protests regarding irregularities during the short distances (250m and 750m) are signaled by raising an arm during or shortly after the irregularity and again when passing the finish line by the coxswain. Immediately after the finish, the protesting team must dock at the Berlagebrug rowing pontoons opposite Nereus, where an umpire will receive the protest. You should remain on the water awaiting the jury's decision. If the protest is upheld, the protesting team may rerun the race. This should happen as soon as possible, but within 20 minutes of the irregularity occurring, and definitely not at a later time. The protesting team must remain on the water! Later protests cannot result in rerunning the relevant distance. The team responsible for the irregularity may be excluded from one or more distances or penalized with penalty points.
- Collisions must be avoided at all times. The team responsible for a collision may be excluded.
- Equipment malfunction only permits rerunning if it occurs during the 250 and 750 meters and if the race schedule allows. Reruns can only take place immediately after the block. The decision to exclude or rerun is made by the umpires in consultation with the race management.
- Protests regarding the officially assigned time to a team can only be submitted in writing to the secretariat. It is not possible to submit protests based on provisional (unofficial) times.

## **PENALTY POINTS**

- In deviation from the regulations of rowing competitions of the KNRB, penalty seconds are not awarded during the race, but penalty points are assigned instead. The penalty that the jury can award is three-quarters of a point, which is equivalent to 15 seconds on the 5000m distance.

## **THE COURSE**

- The starting line for all distances is indicated by a marker with a skip ball on both sides of the course. The finish line is always in front of the A.S.R Nereus boathouse. The course for the 250m and 750m distances is buoyed on both sides. The course for the 2500m and 5000m distances is not buoyed. The return rowing lane to Skøll and Willem III passes through the eastern bridge opening of the Utrechtse bridge. This return lane is marked and forbidden territory during the race. Coxswains are required to take the passages of the bridges that are allowed for the respective bridge and distance. If a crew uses the middle passage of the Berlage bridge, they must finish on the east side of the results pontoon. Although not marked as the finish, it is considered a valid finish.
- The Berlage bridge may not be passed through the far right and far left bridge openings for all distances. The Utrechtse bridge must only be passed through the middle bridge opening. The Rozenoord bridge can be passed through both bridge openings during the 5000m, however, the left bridge opening is not allowed during the 2500m.

## **TIMEKEEPING**

- The distances are rowed against the clock. For each crew, the time taken to complete the course is recorded to the nearest tenth of a second. The calculation of the total points is done by converting the achieved times back to the 250 meters.

## **MIXED CREWS CORRECTION**

- For Mixed crews, the time is corrected by 1.25% per rowing woman. The basis for this correction lies in the fact that the difference between the world records for Men's Eight and Women's Eight is 35.7 seconds. To give women the same result as men, a correction of 10.03% is necessary, which corresponds to 1.25% per woman.

## **WEIGH-IN**

- The weigh-in takes place for both lightweight rowers and coxswains of all crews except Masters, Business Eights, M18, J18, M16, J16 (Div: 53-44, 43-37, 36, 35, 30-21, 20, 19, 14, 9, 8).
- The weigh-in only occurs on Saturdays.
- **Lightweight Rowers**
  - Weigh-in takes place 2 to 3 hours before the start of the respective block in the weight room at Nereus. Weighing is conducted as determined in the Rules of Rowing Competitions.

- A rower belongs to the lightweight subcategory if the average weight of the rowers in a crew, dressed in rowing attire, is not higher than 70 kg, and the weight of each rower individually is not higher than 72.5 kg. The maximum weight of a lightweight single sculler is 72.5 kg.
  - A female rower belongs to the lightweight subcategory if the average weight of the rowers in a crew, dressed in rowing attire, is not higher than 57 kg, and the weight of each rower individually is not higher than 59 kg. The maximum weight of a lightweight single sculler is 59 kg.
  - In deviation from the above, a rower, respectively, rower who competes in a Beginner or First-Year field during the period from January 31 to April 1 belongs to the lightweight subcategory if he or she, dressed in rowing attire, does not exceed a weight of 72.5 kg, respectively, 59.0 kg. In this case, there is no maximum average weight for a crew.
  - Teams that have been found to be too heavy may, in some cases, still participate in their own category but cannot compete for the win.
- **Coxswain**
    - All teams may be steered by either a coxswain or a coxswoman. Weighing takes place 2 to 1 hour before the start of the respective block in the weight room at Nereus. The weight of coxswains complies with the criteria in article 7 of the Rules for Rowing Competitions, which is 55 kilograms.
    - To reach the minimum weight, they may carry a maximum of 15.0 kg of ballast. This ballast must be placed as close to them in the boat as possible and, if desired, shown to a race official. No part of the racing equipment can be considered part of this ballast.
    - In addition to weight, there are also age requirements for coxswains. These are in line with the RvR, but an exception is made to article 7, paragraph 2: 'a coxswain must be at least 12 years old on the day of the race.' The adjustment to this is 15 years. This minimum age must be reached or surpassed to participate in the race.

## **WINNER**

- The winner of each distance is the team that achieves the fastest time per division; the overall ranking (4 or 3 distances) is won by the team with the lowest total points. A prize, typically a symbolic trophy called a "blik," is available for the winners of the overall ranking per division. "Blikken" can be collected during the award ceremony at Nereus.
- In case of a tie, the team with the fastest total time on the long distances (2500 and 5000 meters) wins.

## **NAVIGATION PROHIBITIONS**

- During the weekend, there is a complete interruption of navigation at the following times:
  - Saturday, March 18, 2023
    - 9:00-12:15 (Torontobrug – Het Kalfje)
    - 12:45-18:30 (Torontobrug – Het Kalfje)
  - Sunday, March 19, 2023
    - 9:00-15:30 (Torontobrug – De Naald)
    - 16:00-18:30 (Torontobrug – De Omval)
- The above provisions may be deviated from to the extent that the requirements of good seamanship and sportsmanship demand it in exceptional circumstances.

## **WEATHER CONDITIONS**

- If weather conditions do not permit the completion of the entire race program, the race organizers reserve the right to adjust the race program at their discretion, prioritizing certain fields over others.

## **THEFT**

- The risk of loss or theft of rowing equipment and other belongings is the sole responsibility of individuals throughout the entire race weekend. Under no circumstances can the organization be held liable for the loss of property.