

PATRAS



II ΜΕΣΟΓΕΙΑΚΟΙ ΠΑΡΑΚΤΙΟΙ ΑΓΩΝΕΣ  
II MEDITERRANEAN BEACH GAMES  
II JEUX MEDITERRANEE DE PLAG

عاب شاطئ البحر الأبيض المتوسط الثانية



## Beach Rowing Sprint Captain's Manual

# GREETINGS FROM THE GREEK ROWING FEDERATION

In a few days the opening ceremony of the 2nd Mediterranean Beach Games Patras 2019 will take place.

The people of the Mediterranean will have the opportunity to compete in this new form of racing, the “Rowing Beach Sprint”.

This new race format that perfectly combines the two elements - sea and beach - fits perfectly within the grounds of the Mediterranean Sea!

Greece is a country full of islands and spreads along many kilometers of coastline. The inclusion of Beach Rowing in the Mediterranean Beach Games schedule is of great importance as the event provides the opportunity for the further promotion of our sport.

Beach Rowing can have various formats which is an advantage for all kinds of athletes. It can be appealing to those who aim at a high competitive level but also to those who simply want to have fun and live the experience of an exciting sport. This is also the reason why we strongly believe in the rapid development of Beach Rowing.

Believing that the Olympic Spirit will serve as a success factor for everyone, I send my warmest wishes to both the athletes and the organizing committee.

Ioannis Karras

President of the Hellenic Rowing Federation

# BEACH SPRINTS REGATTA CONTACT INFORMATION

Function	Name	Contact
Technical Delegate	Athanasios Mitrousis	mitrousis1@yahoo.gr
Competition Manager	Nikolaos Gountoulas	ddmnikos@yahoo.gr
Boat pool	Filippi	
FISA representative	Richard Mouchel	
President of the Jury	Marios Zalamitsos	marmargrc@gmail.com
Athletes services SPVR	Iraklis Markelis	iraklismarkelis@gmail.com

# The Venue Hera



 **MAGNETIC GATES CHECKPOINT & SECURITY OFFICE**

 **PRESS CONFERENCE CENTER & PRESS CENTER**

 **LOUNGES (VIP & T.O. & ATHLETES)**

 **ACCREDITATION OFFICE**

 **MEDICAL CENTER**

 **ACR VEHICLES PARKING**

 **VENUE OPERATIONS**

 **TICKET BOOTH**

 **WAREHOUSE**

 **ATHLETES' CHANGING ROOMS**

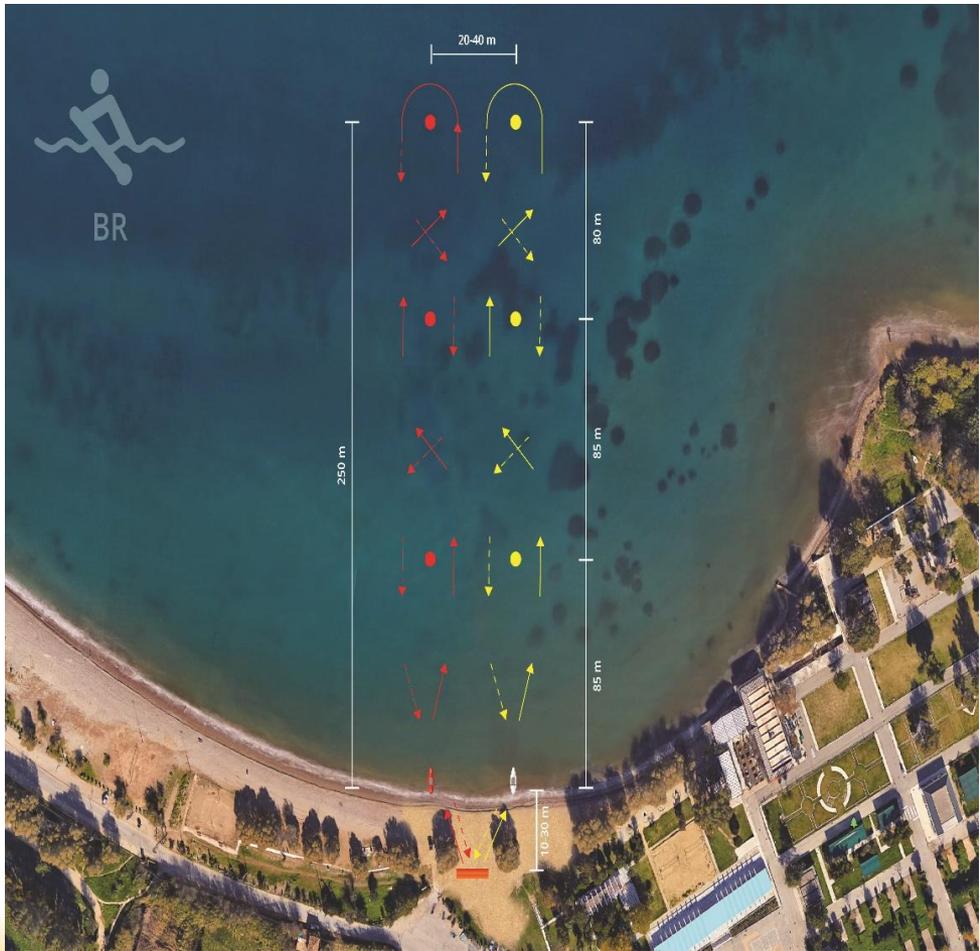
 **T.O. CHANGING ROOMS**

 **COMPETITION MANAGEMENT**

# OVERVIEW OF THE VENUE



# OVERVIEW OF THE COURSE





# Beach rowing sprint provisional general schedule

Sat 24/ 8/19	Official training day ITO'S MEETING CAPTAIN'S MEETING	10:00- 20:00 !!! 19:00 20:00 Venue meeting point, opposite to athlete's lounge.
Sun 25/8/19	Racing day 1 Opening ceremony	9:00- 12:40 20:30 Arthemis Venue
Mon 26/8/19	Racing day 2	9:00-10:50 & 15:00- 17: 10
Tue 27/8/19	Racing day 3 Medal ceremony	9:00- 11:10 12:30

# Official training day time table

BOAT CLASS			
CW1X	TIME	LANE 1	LANE 2
	9:00- 9:30	ALG	FRA
	9:30- 10:00	ITA	GRE
	10:00- 10: 30	TUN	CRO
CM1X	10:30-11:00	ALB	ALG
	11:00- 11: 30	GRE	FRA
	11:30- 12:00	ITA	ESP
	12:00- 12:30	CRO	TUN
RELAY	12:30- 13:00	FRA	GRE
	13:00-13:30	ESP	ITA
	13:30- 14:00	TUN	
CW2X	13:30- 14:00		MON
	14:00-14:30	FRA	GRE
	14:30-15:00	ITA	TUN
CM2X	15:00- 15:30	FRA	ITA
	15:30-16:00	MON	GRE
	16:00 16:30	POR	ESP
	16:30-17:00	TUN	
CW4X	16:30-17:00		FRA
	17:00-17:30	GRE	ITA
	17:30-18:00	TUN	ESP
CM4X	18:00-18:30	TUN	ESP
	18:30-19:00	GRE	FRA
	19:00-19:30	ITA	
	19:30-20:00		

# Beach rowing competition day 1

## Time trials

TIME	EVENT	
9:00	CW1X TT1	CW1X
9:10	CW1X TT2	
9:20	CW1X TT3	
9:30	CM1X TT1	CM1X
9:40	CM1X TT2	
9:50	CM1X TT3	
10:00	CM1X TT4	
10:10	CW2X TT1	CW2X
10:20	CW2X TT2	
10:30	CW2X TT3	
10:40	CM2X TT1	CM2X
10:50	CM2X TT2	
11:00	CM2X TT3	
11:10	CM2X TT4	
11:20	CW4X TT1	CM4X
11:30	CW4X TT2	
11:40	CW4X TT3	
11:50	CM4X TT1	CM4X
12:00	CM4X TT2	
12:10	CM4X TT3	
12:20	RELAY TT1	RELAY
12:30	RELAY TT2	
12:40	RELAY TT3	

# Beach rowing competition day 2

## Heats & Semi-finals

HEATS			SEMIFINALS		
TIME	EVENT		15:00	CW1X SFA1	CW1X
9:00	CW1X HA1	CW1X	15:10	CW1X SFB1	
9:10	CW1X HB1		15:20	CM1X SFA1	CM1X
9:20	CM1X HA1	CM1X	15:30	CM1X SFA2	
9:30	CM1X HA2		15:40	CM1X SFB1	
9:40	CM1X HB1		15:50	CM1X SFB2	
9:50	CM1X HB2		16:00	CW2X SF1	CW2X
10:00	CW2X R1	CW2X	16:10	CW2X SF2	
10:10	CM2X HA1	CM2X	16:20	CM2X SFA1	CM2X
10:20	CM2X HB1		16:30	CM2X SFB1	
10:30	CM2X HB2		16:40	CM2X SFB2	
10:40	CW4X R1	CW4X	16:50	CW4X SF1	CW4X
10:50	CM4X R1	CM4X	17:00	CW4X SF2	
11:00	RELAY R1	RELAY	17:10	CM4X SF1	CM4X
			17:20	CM4X SF2	
			17:20	RELAY SF1	RELAY
			17:30	RELAY SF2	

# Beach rowing competition day 3

## Finals

<b>FINALS</b>		
TIME	EVENT	
9:00	CW1X F2	CW1X
9:10	CW1X F1	
9:20	CM1X F2	CM1X
9:30	CM1X F1	
9:40	CW2X F2	CW2X
9:50	CW2X F1	
10:00	CM2X F2	CM2X
10:10	CM2X F1	
10:20	CW4X F2	CW4X
10:30	CW4X F1	
10:40	CM4X F2	CM4X
10:50	CM4X F1	
11:00	RELAY F2	RELAY
11:10	RELAY F1	

# Pool Boats



Boats and oars will be provided by the OC. Technical support will be provided to the crews from a team of six professionals that will be in the rowing venue during the official training and competition days. No private boats will be allowed.

Pool Boat Manager:  
Valentinos  
Athanasopoulos  
Equipment SPVR.

# BOATS & ATHLETE'S WEIGHT IN

The boat weigh-In tent is located near the starting area ( See Venue's Map) Test scales are not available however boats may be weighed on the official scales except during racing.

The Boat Weigh-In tent is open: Saturday, Sunday, Monday and Tuesday, 8:00-17:00.

All pool boats are weighed before the start of the event with weight added to the boat if necessary. The amount of added weight is noted on the boat. Athletes are responsible for confirming that the boat carries the correct weight.



# RACES & EVENT MANAGEMENT

## ITO'S

- 5
- GRE,  
GRE,ITA,ESP,FRA

## NTO'S

- 8
- GRE

## VOLUNTEERS

- 40  
DEDICATED  
VOLUNTEERS

# THE COMPETITION PROGRESSION SYSTEM

## **After Final 8 is determined by the Time trials .**

Racing on two lanes - 4 quarter-finals, 2 semi-finals, finals

Following consistent time schedule without additional rest breaks between races.

The race for 3rd and 4th positions shall take place before the race for 1st and 2nd positions.

## **Lanes for “The Final Eight”**

The lanes for each race in the quarterfinals, semifinals and finals (the final 8 remaining crews) only, shall be determined as follows:

The crew with the faster time in its previous round shall choose which of the two lanes it shall use for the race. The other crew shall use the other lane.

Make lane choice not later than 10 minutes before the scheduled start time of the race - Crew Captain to confirm to the President of the Jury who shall also notify

- The Crew Captain of the other crew in that race.

# THE COMPETITION PROGRESSION SYSTEM

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Racing on two lanes - 4 quarter-finals, 2 semi-finals, finals

Following consistent time schedule without additional rest breaks between races.

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- The Crew Captain of the other crew in that race.



# THE COMPETITION PROGRESSION SYSTEM BY EVENT

## CM1X 8 Entries

8 entries								
Round 1		Round 2		Round 3		Round 4		
TIMETRIAL		HEATS		SEMI FINALS		FINALS		
TT	1	GROUP A	HA1	TT1	SFA1	1HA1	F1	1SFA1
	2			TT8		1HA2		1SFB1
	3		HA2	TT4	SFA2	2HA1	F2	2SFA1
	4			TT6		2HA2		2SFB1
	5	GROUP B	HB1	TT2	SFB1	1HB1	F3	1SFA2
	6			TT7		1HB2		1SFB2
	7		HB2	TT3	SFB2	2HB1	F4	2SFA2
	8			TT5		2HB2		2SFB2

# THE COMPETITION PROGRESSION SYSTEM BY EVENT

## CW2X 5 Entries

5 entries								
Round 1		Round 2		Round 3		Round 4		
TIMETRIAL		REP		SEMI FINALS		FINALS		
TT	1	R1	TT4	SF1	TT1	F1	1SF1	
	2		TT5		1R1		1SF2	
	3			SF2	TT2	F2	2SF1	
	4				TT3		2SF2	
	5					5°	2R1	

# THE COMPETITION PROGRESSION SYSTEM BY EVENT

## CM2X 7 Entries

7 entries								
Round 1		Round 2			Round 3		Round 4	
TIMETRIAL		HEATS			SEMI FINALS		FINALS	
TT	1	GROUP A	HA1	TT4	SFA1	TT1	F1	1SFA1
	2			TT6		1HA1		1SFB1
	3					F2	2SFA1	
	4						2SFB1	
	5	GROUP B	HB1	TT2	SFB1	1HB1	F3	2HA1
	6			TT7		1HB2		1SFB2
	7		HB2	TT3	SFB2	2HB1	7th	2SFB2
		TT5	2HB2					

# THE COMPETITION PROGRESSION SYSTEM BY EVENT

## CW4X 5 Entries

5 entries								
Round 1		Round 2		Round 3		Round 4		
TIMETRIAL		REP		SEMI FINALS		FINALS		
TT	1	R1	TT4	SF1	TT1	F1	1SF1	
	2		TT5		1R1		1SF2	
	3			SF2	TT2	F2	2SF1	
	4				TT3		2SF2	
	5					5°	2R1	

# THE COMPETITION PROGRESSION SYSTEM BY EVENT

## CM4X 5 Entries

5 entries								
Round 1		Round 2			Round 3		Round 4	
TIMETRIAL		REP			SEMI FINALS		FINALS	
TT	1	R1	TT4	SF1	TT1	F1	1SF1	
	2		TT5		1R1		1SF2	
	3			SF2	TT2	F2	2SF1	
	4			TT3	2SF2			
	5					5°	2R1	

# THE COMPETITION PROGRESSION SYSTEM BY EVENT

## RELAYS 5 Entries

5 entries								
Round 1		Round 2			Round 3		Round 4	
TIMETRIAL		REP			SEMI FINALS		FINALS	
TT	1	R1	TT4	SF1	TT1	F1	1SF1	
	2		TT5		1R1		1SF2	
	3			SF2	TT2	F2	2SF1	
	4				TT3		2SF2	
	5					5°	2R1	

# RACE PREPARATION

## TRAINING

- Designated official training times. **Please be on time**
- NTOs must be present at all training times
- Safety boats and lifesavers on duty
- Marshals on duty
- Control Commission on duty to control proper use and return of boats
- 2 lanes for training
- SAFETY IS THE PRIORITY

## CAPTAIN'S MEETING

- Held one day before the first day of competition
- All Team Managers must attend
- Information on – racing, training, safety
- transport, accommodation, meals all other issues
- Questions from team managers

## THE DRAW

- The draw shall determine which crews take part in which heats and which lanes each crew shall use.
- Methods
- Computer – suitable for large number of events and many entries
- Manual – suitable for smaller events with less entries
- Manual draw using ping pong balls
  - - One ball for each NOC entered (name on ball)
  - - Bag or box to hold balls for draw
  - - Draw event by event, heat by heat

# THE RACE START

## START

- Start and Finish Lines visually marked on the beach clear, fixed , secure.
- Distance from start line to each boat shall be equal for all competitors.
- Where only two racing lanes used, the Finish Line may be a narrow “funnel” design to bring the runners of each crew together at the finish.
- 2019 Mediterranean Beach Games:
- Finish Line will be marked in the sand. Each runner needs to cross it with more than 50% of the body to finish the race.

## STAR PROCEDURE SCRIPT

- The Starter shall inform the crews when there is five minutes , four minutes, three minutes, remaining before the start time.
- Crews must be at their start positions (and runners must be at the running start line) and under the control of the Starter two minutes before the starting time of their race.
- The Starter may penalized a crew which is late to the start and may start the race without reference to absentees.
- The starting procedure shall then be as follows:
  - Starter shall say “Two minutes!”
  - Starter shall say “One minute!”
  - Starter shall alert the crews by saying “Get ready!”, the Starter may then start the race at any time - wave conditions - other factors.

## THE STARTER SIGNAL

- To give the start signal, the Starter shall say
  - “Attention!”
  - Starter will then raise a red flag to the vertical position above his head.
  - After a clear pause, the Starter shall then give the signal to start by dropping in one fast downward motion the red flag, AND simultaneously sounding a hooter in one long blast.
  - The official start signal will be the moment the red flag starts to move downwards.
  - “5 minutes!” “4 minutes!” “3 minutes!” “2 minutes!” (crews must be at their starting positions, “1 minute!”
  - (30s before the race) “Attention!”
  - Raise RED FLAG (pause) Drop red flag and” BAAAP!” (horn) – START SIGNAL

# THE RACE START

## The boats

- During the start procedure, the boats shall be lined up in the water in the allotted start position and held by crew members (except solo (C1x)) and up to two boat handlers per boat.
- The boats should be held reasonably in line and not less than 15 metres apart.
- The Judge at the Start, with the advice of the Aligner, shall determine whether the boats are reasonably in line.

## The rowers

- All rowers (except the runner of each crew) must be standing in the water next to their boat.
- Rowers must not start boarding their boat until after the start signal is given.
- One rower from each crew shall be the runner – it can be a different runner at the start and at the finish.

## The boat handlers

- Up to two boat handlers per boat - in principle, provided by the teams and recognised as official support crew members.
- They should support the departure and arrival of the crew from and to the beach.
- Should wear matched uniforms that conform to the rules, and in a colour which is different from the crew (alternatively the boat handlers may wear a coloured bib).
- In rough water conditions the President of the Jury can decide if the number of boat handlers may be increased.
- Boat handlers may not board the boat but may assist the crew, e.g. rudder fixing, pushing, etc.
- Boat handlers may “catch” the boat to slow it down when it reaches the beach and a crew member disembarks to run to the finish line.

# THE RACE START

## Boat handler

- CAUTION – Safety of boat handlers!
- The boat handlers must remain in water not above their shoulder height and follow instructions of race officials.
- Where a crew does not supply its own boat handlers, the Organising Committee shall provide them.

## The runner

- One crew member from each crew shall be a runner. (The runner at the start may be different from the runner at the finish but in both cases must be a member of the crew.)
- The runners shall stand behind the start line which shall be clearly marked on the beach.
- The remaining crew members (except for solo (C1x)) shall be standing in the water holding their boats. No crew members shall start to board their boats before the start signal has been given.
- When the start signal is given the runners run to their boats to join the other crew members.
- The other crew members may start to board their boats as soon as the start signal is given.
- The boat handlers will support the crews in holding the best pointing for the boat for the crew members to board and depart.

## The false alarm

- A crew commits a false start:
  - if the crew's runner crosses the start line before the start signal; or
  - if any crew member starts to board their boat before the start signal is given.
- The Judge at the Start shall be the sole judge of a false start.

# THE FINISH LINE

## The Finish line

- A clear, straight line on the beach; and
- one flag for each crew, standing in the sand, and which must be picked up by the runner from each crew to finish their race (a different colour flag shall be used for each crew – same colour as the marker buoys in that lane);
- The finish point for all crews shall be an approximately equal distance from the water where the boats would reach the shore in their designated course.
- The finish of the race for each crew shall be the moment their crew member reaches the finish point and picks up their correct flag.
- Timing – Finish times shall be recorded to 1/10th of a second.

## Judge at the finish

- The Judge at the Finish:
- shall determine the order in which the runners of each crew finish the race;
- shall ascertain that the race was in order;
- shall be responsible for validating the results

## Penalties

- The Jury shall impose appropriate penalties in any case of breach of the rules.
- The penalties available to the Jury are:
- reprimand
- time penalty
- Yellow Card (applying to the next round in which the crew competes)
- relegation where specifically provided in these Rules
- Red Card or exclusion (from all the rounds of the event in question)
- disqualification (from all events in the regatta) .

# FISA RULEBOOK



STATUTES AND RELATED BYE-LAWS

## FISA STATUTES AND RELATED BYE-LAWS

2017 Edition

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### •COMPETITION REGULATIONS

•Beach Rowing competition will be held in accordance with the FISA regulations which are in force since January 1<sup>st</sup>, 2019, special dispensations by the ICMG excepted. Any case not covered by the aforesaid rules will be decided as follows:

- General cases will be settled according to ICMG rules
- Technical questions will be decided according to FISA rules.

Every difference that is coming up before or during the competitions will be appointed by the Competition Director according to the pre-mentioned regulations, except ICMG special distributions.



PATRAS



2019

II MEDITERRANEAN  
BEACH GAMES