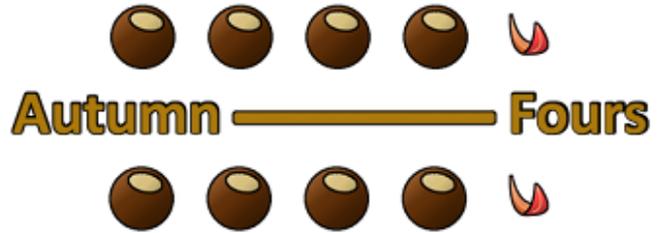# Autumn Fours

Competitor Instructions 2016

Format

All competitions will be run as knock-out tournaments with crews progressing through rounds if they win. If the entry allows, a repechage system will be run. The racing will be side-by-side from a standing start just upstream of Longbridges Boathouse to Coxes' Stone (the finish line for Bumps). Crews will be allocated either the City or County station (the City station is the Boathouse Island side of the Isis, the County station is the towpath side). The Senior Umpire may deem a staggered start necessary to make the stations even, taking into consideration the stream and bends in the course. This will be decided on the day, and communicated to crews as they line up.

The Rules of Racing can be found on the OURCs website as Appendix A to the Constitution; both the General Rules (A1) and the Rules of Autumn Fours (A2) apply. Specific rules of note are: the finish is judged on the bows; crews may be disqualified if they leave their lane; and should a race be stopped before one crew has reached the finish line, the Race Committee can award the race to the crew they feel had an insurmountable lead at the time.

Safety

All crew members must have their names on the OURCs swim test database or have otherwise been confirmed to have passed a swim test. All coxes must be wearing a well fitting, done-up life-jacket. Coxes of bow-loading boats must not wear automatic lifejackets. All boats must meet all EA and BR regulations, notably those covering bow balls, heel restraints, EA licences and BR codes. Lights (bright, solid white lights on bow and stern such that the boat is visible through 360°) will be mandatory for any crew boating after 4:30pm (one hour before sunset). Crews arriving at the start without lights after 5pm may be excluded from racing.

In the event of adverse weather or stream conditions, the Senior Umpire may deem that entries be limited to crews and coxes of a certain status.

Circulation

To make their way to the start, or to return to their boathouse after racing, crews must stay in the transit lane. From the Head to the bottom of Boathouse Island, the transit lane will run along the City side of the river. From Univ Boathouse to Longbridges, it will run down the County side of the river. Crews may cross from the top section of the transit lane to the bottom one at the Crossing Point level with Christ Church Boathouse, but only when given permission by a marshal. Crews intending to land at Univ after a race should stop on the top third of Boathouse Island and cross only with the permission of a marshal. From Longbridges to Haystacks Corner, where crews will be warming up, there is normal

circulation, with boats keeping to their bowside bank. Crews will spin, under the control of the local marshal, when level with the Sea Scouts' Boathouse to head downstream, and wherever the Senior Umpire deems safe, taking account of the stream, to head back upstream. A map of the circulation pattern for the Isis is available on the Autumn Fours section of the OURCs website (http://www.ourcs.org.uk/).

If you meet a non-racing crew in a head-on situation coxes should turn to STARBOARD (bow-side or cox' right).

Racing Crews should be paired up with their opposition on the correct stations outside Longbridges Boathouse, ready to race, at their scheduled race time. Crews will then be brought up to the start, told to come forward to start and aligned. Coxes should hold one arm in the air to show the starter that they are not ready to start, and lower it when they are straight and ready. When the crews are aligned and both coxes are ready, or the Senior Umpire determines that conditions dictate that the race must be started, the race will be started with the calls "Crew A…, Crew B…, Attention…, GO". No re-runs will be held for crews experiencing equipment failures during racing. The course will be buoyed along its length. Crews must remain wholly (i.e. hull and blades) in their lane, and must not venture into the transit lane. Should they leave their lane at any point, and in the Race Committee's opinion gain an advantage from so doing, they will be disqualified. Should a klaxon sound during racing crews must stop racing immediately and HOLD IT HARD. At this point the Senior Umpire will make one of three decisions:
• Bring the crews level and restart the race from any point on the course.
• Award the race to a crew who appears to have had an insurmountable lead.
• Disqualify a crew and award the race to the other crew.
The finish line is straight across the river from Coxes' Stone to Christ Church Meadow. The winner of the race will be the first crew to get their bow across the finish line.

Cyclists
Only one cyclist may follow each crew during each race. It is not expected that there will be many pedestrians on the towpath, but coaches must keep a good look-out as they watch their crew during races. Fines will be applied to crews with additional bank-riders. During the final rounds, where the light may be fading, particularly in poor weather conditions, cyclists must have lights. Crews may be penalised for bank riders without lights if the conditions demand them.

Emergencies
There will be First Aid cover at Longbridges which can be brought to any point on the Isis in a launch. Get the nearest marshal to radio Race Desk if assistance is needed. Access to the Isis for emergency services vehicles can be gained via Christ Church Meadow or the lane to Longbridges Boathouse. Race Desk has the means of facilitating this access.

Finances
All debts owed to OURCs, including outstanding fines, bills and race entry fees, must be paid before the first crew from your college races. For instructions on payment please contact the OURCs Treasurer (treasurer@ourcs.co.uk) Questions If you have any further questions, please contact the race secretary William Frost at secretary@ourcs.co.uk in advance, or ask a marshal on the day, who will radio Race Desk if need be.