

TORPIDS COXING INSTRUCTIONS

Safety: check lifejackets (on top of all other clothing), bowball securely attached, heel restraints, EA licence plate. You will need lights ready to turn on if racing in the last two divisions, or if it gets dark early. Coach on the bank, or at least a representative (coach for novice coxes). No chucking coxes in.

Timing: you need to be at the river at least 1 hour before your race time, so on the first day, meet in the Lodge 1.5 hours before. Rowers shouldn't eat lunch less than 3 hours before racing. Cox and coach should have accurate watches, including seconds. As the division *two* before yours comes racing past, the division before yours will push off, then the racers come in. When they're off the raft, put your boat out, with blades in gates but drawn in. Psych and warm up, and be waiting ready to push off just after the last racing crew of the division *before* yours comes past. Ideally be near your bungline as the 5-minute gun goes, and you must at least be through the bottom of the Gut by this point. You must be holding the bungline as the 1-minute gun goes. 60-70 seconds later the start gun goes.

Warmup rules: Top half of the river (Head to Long Bridges) is keep-left, ie to strokeside. *Leave masses of space in the middle of the river for cruisers to go up and down.* Try to avoid going anywhere near them and you must **NOT** turn directly in front of them. See instructions for your boathouse. Crossover as you go through the first bit of the Gut, onto bowside. Gut down to Haystacks, keep-right (bowside) as for normal rowing. Beside the bunglines, you may have to move into the centre to avoid spinning crews. If crews coming towards you are on their bowside bank, you should give way to them as they're in the right place.

Problems: If you have an equipment problem or clash, please inform OURCs at once – via the nearest marshal if necessary. For reasonable cause the Senior Umpire may delay a division for your crew, but s/he will NOT do this if not told at once about your problem, or if there isn't enough time. For breakages, pull into the nearest boathouse and borrow tools, telling a marshal as soon as possible.

Racing line: The best, where possible, is up the towpath side to the Gut, straight line as much as you can through the Gut and onto the Green Bank. Up two-thirds of the Green Bank then cross to the towpath, up past Univ raft to the Head. However, you may want to delay crossing to Univ or cross early, for strategic reasons. Crews for the next division on all rafts **MUST NOT** let their shells or blades impede racing crews.

Bumps: In Torpids, **ONLY THE CREW WHICH GETS THE BUMP STOP RACING.** The eight getting the bump winds down at once, and moves out of the racing line. The eight being bumped carries on racing, and is still able to be bumped again. If you get snarled without bumping, restart at once. If you're stuck in the bank, you are bumped as soon as the next racing crew passes you completely. Bumps with blades-on-blades are most effective, and boat-on-boat hardest to get. Coxes acknowledge with the hand furthest away from the chasing crew, or left hand if in doubt. Keep the arm up for several strokes. Penalties may be awarded for late concessions or crews ignoring acknowledgement. Bumping crews stay clear of all racing crews and follow the last racing crew up to the boathouses in the racing line.

After racing: See instructions for your boathouse. General rule is – if you're beyond your boathouse, join the circulation pattern to return. If you bump out before it, you can probably go straight in if you don't delay.

Tech/Pen bumps: Technical bumps are awarded against crews who do not start in accordance with the rules. Read the rules. Penalty bumps are given for dangerous conduct or illegal interference.

Disputes: If there is any problem with an OURCs decision, your coach/representative must appeal to the OURCs desk as soon as possible – either in person or via a marshal's radio. Read the OURCs rules. *Only one representative per crew.* Only if you think OURCs have broken the rules of racing in making their decision may you appeal again to the Senior Umpire, within 10 minutes.

Rowing On marshalling: Before racing, same circulation as bumps, but do not turn on the top stretch – go straight from your boathouse down through the Gut, and on to Haystacks. Turn here or where told by a marshal, and proceed back in the normal circulation (stick to bowside) up to the Gut, getting into racing order. Take any line you like from the start to the finish. After racing, stick to the left-hand-bank (strokeside) to return to your boathouse. Crews from City or Falcon switch to normal circulation below the Gut.

KLAXONS: If a klaxon is sounded, it is up to the coach and cox to stop the crew **AT ONCE**, whatever you think happened. Claims that you did not hear it will NOT be accepted.