

Frequently Asked Questions on Uniforms, Equipment and Contest Delays Women's Rowing – 2021

(This document is based on the USRowing Rules of Rowing and NCAA Women's Rowing Championship Manuals and specific to the NCAA Women's Rowing Championships.)

What are the uniformity requirements for uniforms worn by student-athletes during competition?

All Competitors in a Crew shall wear identical clothing. Such clothing shall cover the torso of the body and may include sweat gear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. (Rule 3-201)

The enforcement of the covering of the torso and the same color and design is enforced from slings to slings (e.g., from the time the crew picks the boat up to go to the field of play until the boat is placed back in the slings after competition).

NCAA Bylaws indicate that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2.25 in², including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, and parallelogram).

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2.25 in²) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes, and any and all credentialed personnel in the bench area during the conduct of competition, which includes any practices and pregame or postgame activities.

What are the uniformity requirements for uniforms worn by student-athletes during training?

During training, all competitors in a crew shall wear identical clothing. Such clothing shall cover the torso of the body and may include sweat gear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. (Rule 3-201)

During training, the color and design need not be the official institution issued uniform for use during racing, but it must be identical in color and design for that crew for that practice. It may vary from practice to practice as long as each member of the crew is identical for that session. The enforcement of the covering of the torso and the same color and design is enforced from slings to slings (e.g., from the time the crew picks the boat up to go to the field of play until the boat is placed back in the slings after competition).

What about head gear?

Individual Competitors in a Crew may choose whether or not to wear a hat or other headgear, which may be of the individual Competitor's own choosing and need not be identical with those worn by other Crew members. (Rule 3-201)

Individual competitors in a crew may choose whether or not to wear a hat or other headgear, but it must be similar in color (e.g., hat, visor, scrunchie, bandana or other item worn on the head that is visible from a distance must be in the same color family).

What are the uniform requirements for coxswains?

Coxswains must be weighed in dry (including hair) wearing their team uniform (unisuit), without shoes or other foot gear. Additional layers may be worn during competition provided it is in the team colors. If a jacket is worn on top of the uniform, it is preferred that the outer layer have the logo or name of the institution.

What are the rules with visible undergarments worn under the uniform?

Any visible undergarments must be worn under the uniform and be in the school color(s). Individual competitors in a crew may choose whether or not to wear undergarments, but those that do must be similar and in a color of the school. If a competitor chooses to remove a layer (undergarment or jacket) while on the field of play (warmup area or racecourse), their torso must remain covered at all times.

What are the rules on non-compliance of appearance and uniforms?

During training, a first non-compliance of appearance and uniforms is recorded and communicated to that team's assigned committee member and relayed to the team coach. Any issues must be corrected before the next training session. Non-compliance during competition will not prohibit the individual from participation but any issue(s) must be corrected before the next competition or before an awards ceremony for a final.

What are the uniformity requirements for oars?

Oars, whether Sweep or Scull, must be uniform throughout the Crew. Only the Club colors may appear on oar blades. Unpainted oars are also permitted for all boats if all Rowers use such oars. (Rule 3-202)

Teams must make sure their blade design is correct as shown at www.oarspotter.com. If it is not correct, schools are to submit the updated design at www.oarspotter.com/submit.html no later than one week before the beginning of the national championships. All crews are to compete with blades that match what is on oarspotter.com for their school.

What are the rules regarding bow numbers?

Each boat shall be capable of having mounted on its bow an identifying card of sufficient size and contrast such that a Race Official can easily identify the Crew. Recommended standards for the card include:

1. (a) A square or rectangular shape
2. (b) Waterproof and opaque
3. (c) A minimum height of 5 inches for any numbers and letters
4. (d) A white background with black numbers and letters or a black background with white numbers and letters (Rule 3-110)

What are the rules regarding boat identification?

All boats are required to have the name of the institution in letters at least two inches high on each side of the boat. It is preferred that the name be placed near the coxswain on the boat. Manufacturers normal identification may appear on equipment; all other identification is limited to the name of the institution and a boat name. This supercedes USRowing Rule 3-203 about sponsorship and identifications on equipment.

What are the rules on non-compliance with boat identification?

A boat will not be allowed on the water for training or racing until the institutional name appears on both sides of the boat.

What are the rules regarding boat construction and design?

Except as specifically limited in these rules, there shall be no limitations on the design and construction of boats, oars and other equipment. (Rule 3-101)

A boat in the sport of Rowing shall have all of its load bearing parts, including the axes of moving parts, firmly fixed to the body of the boat, but the seat of a Rower may move along the axis of the boat. The use of "sliding riggers," in which the fulcrum of the oar is not stationary with respect to the body of the boat, is strictly forbidden. (Rule 3-102)

All boats shall comply with the following minimum weights:

<i>Category</i>	<i>Weight (kg.)</i>
1x	14
2x	27
2-	27
2+	32
4-	50
4+	51
4x	52
4x+	53
8+	93* (NCAA specific, 96 standard)
8x	97

The minimum weight of the boat shall include seats, rudders, skegs, fins, and riggers. For the purposes of determining the minimum weight of boats, the following definitions shall apply:

- “Attached” shall mean glued, taped, “Velcro-ed” or any other form of attachment such that if the boat is picked up or turned over, the item shall not fall out.
- “Firmly Fastened” shall mean a glued, screwed, bolted, welded or any other form of fastening such that it is not possible to change or manipulate the item during the time on the water or that the equipment or boat shall be damaged by forceful removal of the item.

The minimum weight of the boat shall also include: loud speakers if they are firmly fastened to the boat and associated wiring for such speakers; any housings or fixings that are firmly fastened to the boat for the purpose of holding electronic or other equipment; cables and wires required to connect the firmly fastened equipment, and seat pads that are attached to the seat.

The weight of a boat shall not include oars, the bow number or any other item not firmly fastened to the boat. (Rule 3-103)

Every boat shall have a supple or plastic ball, of a white or fluorescent color, firmly attached and mounted on its bow, unless equivalent provision for visibility and protection against puncture injury is included in the boat’s basic construction. The bowball shall be at least 4 centimeters in diameter. (Rule 3-105)

No substance or structures (including riblets) capable of modifying the natural properties of water or the boundary layer of the hull/water interface shall be used during a Race. (Rule 3-106)

The blade of an oar shall have the following minimum thickness: Sweep oar, 5 mm. (measured 3 mm. from the tip of the blade); Scull oar, 3 mm. (measured 2 mm. from the tip of the blade). (Rule 3-107)

In all boats, the foot stretchers, shoes or other devices holding the feet of the Rowers shall be a type which allows the Rowers to get clear of the boat with no delay.

(b) Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5 cm) above the foot board to which it is anchored. (Rule 3-108)

A boat in which the body of the Coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

- The opening through which the Coxswain enters and exits shall be at least 2.30 feet (70 cm.) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm.), the opening shall be as wide as the inner hull of the boat itself.
- The inner surface within which the Coxswain’s body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit. (Rule 3-109)

Are there any playing rules that specify protocols for student-athletes and/or coaches during the national anthem?

No. The national anthem will be performed each day of competition before the first race of the day at approximately 8 a.m. Due to the size of the field of play and the warmup time required, many of the student-athletes are already on the field of play at the time of the national anthem and will not hear it. When possible, announcements to crews in the starting area will not be made during the anthem.

What are the rules regarding contest delays?

At the NCAA Rowing Championships, for any potential weather delays, teams will be notified by their assigned committee member via phone or text and an email will be sent by the NCAA to all head coaches.

Jules Zane
jules.zane@usrowing.org
(609) 786-9024