

SARK TO JERSEY RACE RULES

A. RACING

A1. CREW: No person will be able to compete unless the organisers are in possession of a completed insurance warranty (by completing the race entry form) and for under 18's, a parents' or guardians' written consent is required. No member of any crew will be under 14 years of age on the date of the race.

Any alterations to crew lists supplied with the entry form must be notified to race control prior to the start. Failure to do so, may result in disqualification.

A women's crew shall not contain any male rower. Mixed crews shall not contain more male rowers than female rowers. A men's crew may contain female rowers.

A female crew may have a male coxswain or visa-versa, but this may affect the eligibility for certain trophies.

Once the race has started coxswains may not take the place of any rower.

No relief crew may be carried.

At all times during the race a boat shall not foul or impede any other boat.

A2. CHECK IN: All crews must report to race control on arrival at Dixcart Bay at least one hour before the race start time. Further, if you arrive in Sark with your boat damaged, please advise race control.

A3. SAFETY EQUIPMENT SCRUTINY : Compulsory equipment, VHV radio, Compass and lifejacket/buoyancy aids will be checked on arrival at Bonne Nuit. All crews must have their equipment checked by a scrutineer on the shore in Bonne Nuit Bay. Any crew not carrying or declaring their safety equipment to the scrutineers may be disqualified from the race

A4. RETIREMENT: In the event of any crew or crew member retiring from the race, race control must be informed as soon as reasonably possible. No crew member can be replaced once the race has started.

A5. THE INTER-ISLAND: Competition for the Le Poidevin Trophy will be competed for by all classes on a points system as follows: In any class the entries from each Island will be totalled and the Island submitting the least starters in a class will determine the number of points for that class. e.g. 5 singles Guernsey, 4 singles Jersey therefore 4 points available for that class. The first singles will receive 4 points, second 3 points, third 2 points & fourth 1 point.

A6. COMPETITOR HELPERS: Each Jersey crew must provide at least one helper (minimum age 18) on race day for a minimum of 4 hours.

A7. MEDICAL CONDITIONS: It is each rower's responsibility to inform their guard boat skipper and race control of any known medical conditions.

A8. PATERNOSERS PASSAGE: A race turn 'Marker Boat' will be in place to the west of the Paternosters. All rowing boats must pass to the west and within 100 meters of the marker boat to be checked off. This is a safety measure. Guard boats and other motor boats must not to impede the any rowing crew.

A9. OUTSIDE ASSISTANCE: Spare equipment (oars, seat fittings, rowlocks, pins etc) may be carried by a support vessel and be changed if a breakage occurs during the race.

The support vessel must not tie up to, or attach to the rowing boat in any way during or after the repair process.

The support vessel shall not impede any other boat.

A10. GUARD BOATS: All quad crew entries are required to provide a guard boat for the duration of the race. Singles and doubles crew entries will be permitted to share a single guard boat.

The name, size and colour of which must be given on the entry form and the guard boat skipper's name and contact details must be included.

The guard boats will be required to provide a safe 'corridor' on the outer edges of the race course.

Guard boats may leave the 'corridor' to provide assistance to crews in case of emergency or to facilitate repairs, but must not impede any other crews and return to the 'corridor' after the incident has been resolved.

All guard boats must remain clear of the passage between Cheval Rock and the Bonne Nuit pier so as not to impede or interfere in any way with any rowing crews course.

Shared guard boats must ensure to support both of their crews and stay in the corridor for the slower crew.

All Jersey skippers must attend a safety briefing as specified by the organising committee.

Competitors are reminded that the organisers do not accept responsibility for providing guard boats or tows to Sark.

Entries without guard boats may not be allowed to start the race.

B. SAFETY – ALL BOATS

B1. LIFEJACKET OR BOUYANCY AID: One lifejacket or buoyancy aid per crew member must be carried, coxswains and non-swimmers are to wear their life jackets at all times. Lifejackets or buoyancy aids must be of an approved type and subject to British Standards requirements, furthermore each lifejacket must be in good order and of a size suitable for the intended wearer.

B2. MINIMUM COMPULSORY EQUIPMENT TO BE CARRIED: 3 flares, which must be of an approved type and be 'in date', 2 to be orange smoke. A whistle or audible warning device, a sharp knife and a working torch. All non-wash deck type boats must carry a suitable hand bailer or manual bilge pump.

B3. VHF RADIO: A VHF radio must be carried by all crews throughout the race. The radio must remain on and tuned into channel 6 for the duration of the race.

B4. COMPASS: All boat must be fitted with a serviceable working compass, electronic navigation aids are permitted, and may be carried.

B5. BOUYANCY: Adequate buoyancy must be fixed in place so as to support the boat and crew on an even keel if waterlogged. The minimum buoyancy requirement is 22.5 litres volume per crew member. This equates to approximately 22,500 cubic centimetres

B6. TOWING RING: A firmly fitted and adequate towing ring with minimum 6mm diameter rope attached, minimum length of 12m must be provided forward, the rope to be fixed in place for the duration of the race.

B7. MARKINGS: A race number will be the boat number entered into the race. If duplicate boat numbers are present, the race organiser will inform one of the boats to change their race number. This number must be displayed on both sides of the boat at the bow within the first three feet of the boat in black on a white background. Also, a black number on a fluorescent background must be placed on the bow or stern buoyancy tank, to be read from the bow. All numbers must be in a plain font type and be at least 230mm high and at least 40mm in thickness, the whole number must be completely visible above the waterline.

If the number can be inverted, e.g. 9, it must have a black line 25mm thick placed underneath it

Boats losing their number between the start and finish risk disqualification.

B8. COMPETENCY: Any crew or individual entering the Sark to Jersey race without the approval of an established rowing club may be asked to prove their competency to complete the race to the satisfaction of the Jersey Rowing Club's Committee. If it is deemed that a crew is not sufficiently competent to race in the conditions on the day

of the race, or during the race a crew is not competent enough to complete the race, the crew may be withdrawn.

C. SLIDING SEAT BOATS

C1. DIMENSIONS: The dimensions of sliding seat boats shall be defined under FISA Rules, Appendix 22, 13.1. (Rule 39), and be as follows:

- **Singles:** Length - Max : 6.0 metres Beam - Min: 0.75 metres
- **Doubles:** Length - Max: 7.5 metres Beam - Min: 1.0 metres
- **Open:** Length - Max: 10.7 metres Beam - Min: 1.3 metres

C2. HULL SHAPE: Hull shape shall be as defined under FISA Rules, Appendix 22, 13.1. (Rule 39)

C3. SLIDING SEAT: Boats shall either be of a wash deck construction or have venturi type or electric bailers fitted.

C4. OUTRIGGERS: Shall be permitted on sliding seat boats only.

D. FIXED SEAT BOATS

D1. FIXED SEAT BOATS: Must be a conventional sea-going craft.

D2. HULL SHAPE: No external projections of the hull above the water line except for fitting or moulding flange. One reverse shear of 3.7cm is permitted above the water line. On all fixed seat boats the pin or gate shall be within 2.5cm from the outer hull skin.

D3. DIMENSIONS LENGTH: The Maximum length excluding the rudder shall be - Singles 4.9m. Doubles 6.1m. Fours 9.15m. And will have a minimum internal depth of 38cm throughout the whole rowing cockpit measured from garboard to gunwale.

D4. DIMENSIONS BEAM: All boats of 4.3m and under must have a beam of not less than 1.07m. All others, except entries in the open class, must have a beam of not less than 25% of the overall length, beam to be measured at gunwale height to the outside surface of the skin.

D5. WORKBOATS: Are defined as standard heavy craft, purpose built for fishing etc. eligibility subject to scrutiny.

D6. FOURS CLASS BOATS: Shall be open to boats with up to four rowers each using one oar only, plus a coxswain.

D7. FITTINGS: On all classes, rowlocks or gates must be attached directly onto the gunwales. No outriggers are permitted. Seats must be fixed, with no sliding fittings. It

is also recommended that coxed boats have a pump fitted in addition to carrying a baler and that all the non-coxed boats i.e. singles or pairs, should have automatic pumps fitted.

D8. OPEN CLASS BOATS: The open class for fixed seat boats shall be open to fixed seat boats that fall outside the above criteria.

Open Whalers may be entered in the open class only.

D9. BREACH OF RULES: The Sark race committee may disqualify or impose penalties for any breach of the Sark race rules, these decisions shall be final.

Note: Please check your car insurance before you tow a rowing boat. Some insurance companies do not automatically cover towing.