



MANCHESTER INDOOR ROWING CHAMPIONSHIPS



Competitor Check

At the start of the competition ALL participants must be checked, by their accompanying member of staff, for the following:

- No jewellery
- No chewing gum/sweets/tongue studs
- Long hair is tied back
- T-shirt is tucked in
- **No hooded tops are to be worn**
- Training shoe laces tied or tucked in
- **Inhaler users have a usable device with them**

Please ensure that you give your Registration Sheet to the Levenshulme HS Official before the race begins

Ready to Row

Each competitor must:

- Have taken part in a pre-race warm up
- Have undertaken a pre-race competitor check
- Be sitting to the rear of the seat
- Have a supporter from their team securing each foot on the footrests **at all times** when they are rowing

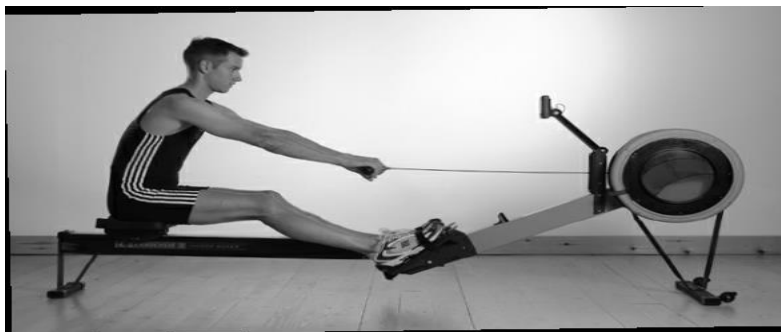
Please Note: the foot-straps will not be fastened during races. They must be pulled tight over the competitor's foot when they are rowing by a member of their team

Starting to Row

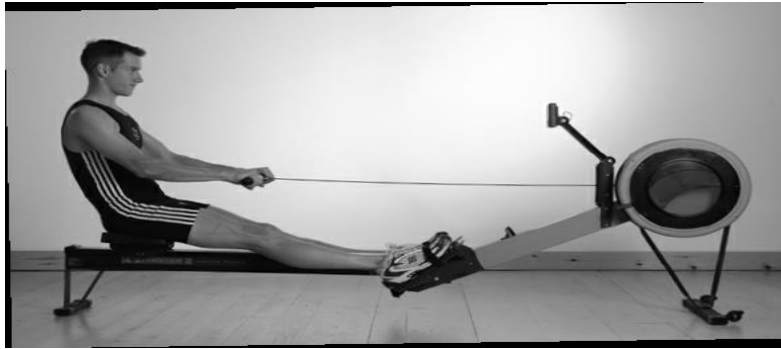
The pictures show each phase of rowing - from the start, through the pull into the glide, and back to the start. Please ensure that all your competitors have an understanding of the importance of correct technique. This will help to reduce the possibility of injuries during the competition.



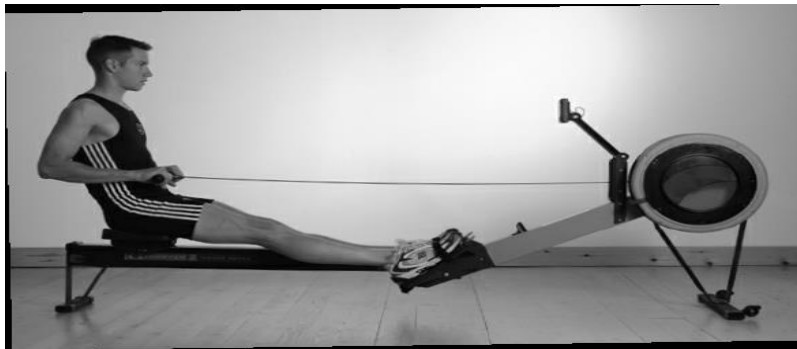
- Keep the arms straight
- Push down with the legs
- Slight forward lean



- Keep arms straight
- Drive with the legs
- Keep forward lean



- Arms bend fast pulling the handle past the knees into the body
- Slight backward lean



- Keep backward lean
- Flat legs
- Handle tight against base of ribs
- Flat wrists



- Fully extend arms
- Quick move into forward lean



- Keep arms extended
- Keep forward lean
- Slide seat towards feet



- Press body tight to the legs (crunch-up)
- Keep arms straight
- Keep forward lean
- Slide the seat as close to the heels as possible
- Start next stroke

Please ensure that all competitors have been told:

- **To keep their arms extended during the leg-drive until the legs are straight**
- **To keep the forward lean until the arms bend at the end of the leg-drive**
- **To pull the handle to the base of the ribs**
- **To extend the arms before starting the crunch**

Some very common faults

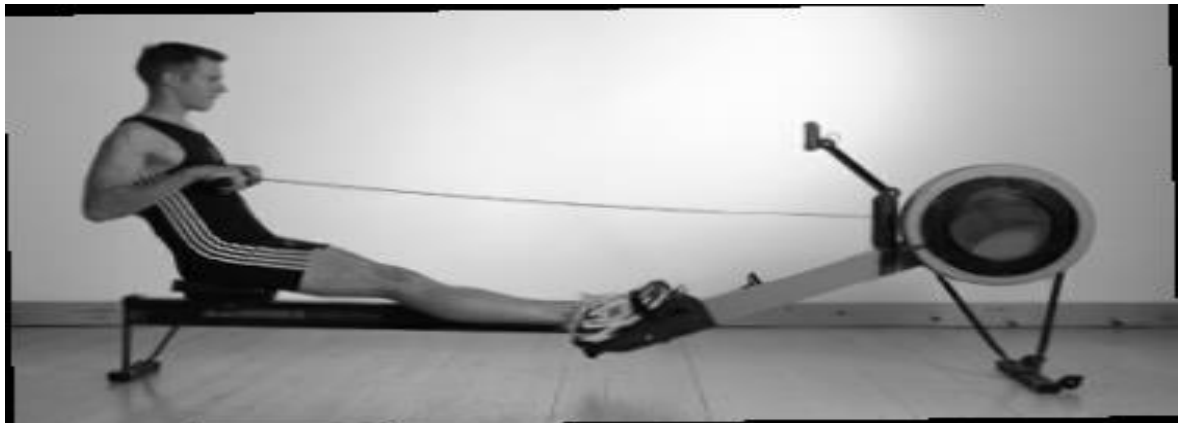
The pictures below show some of the most common faults in Rowing. Please bring these to the attention of your team.

Picture 1



- Arms are bent during the leg-drive phase
- Arms should not bend until the legs are straight

Picture 2



- Wrists are starting to bend – they should be kept locked throughout

Picture 3



- Rower is leaning back too far
- Wrists are bent

Picture 4



- The back is not braced at the start of the leg-drive

Picture 5



- Rower is leaning back to early
- A slight forward lean should be maintained during the leg-drive
- Handle should be above the knees

Picture 6



- The arms are not extended in the Recovery
- This will cause the handle to hit the knees

Picture 7



- The Rower is over-reaching in the Recovery
- This will increase the pressure on the spine
- The seat should be closer to the rower's heels

Picture 8



- The Rower is pulling his body towards the handle

- The Rower should have a slight backward lean at this point

Change Over

There are 4 members in each team:

- 1 - Rowing
- 2 - Securing one of the Rower's feet
- 3 - Securing the other foot
- 4 - Ready to take the handle and row next

At the change over:

- 4 - Takes the handle and gets onto the seat
- 3 - Stays in place to secure the foot
- 2 - Moves to the 'next to row' position
- 1 - Secures the other foot of the rower

Each member of the team will row for 2 minutes before changing to the next rower. When 1 minute 50 seconds has passed, there will be a 10 second countdown. On the call of "Change", the next rower will take their place.

The final rower must not exceed the 10 second countdown. A whistle and a call of "Stop Rowing" will signal the end of the race. Anyone who continues to row after the "Stop Rowing" call will be awarded 1 penalty for each stroke taken.

1 penalty = a 10 metre deduction from the total distance covered.

Team Manager Responsibilities

Before the start of any race, make sure that you have completed the Registration sheet and hand it in to the Levenshulme HS Official.

Please ensure that

- your team have been thoroughly briefed with regards to using the correct technique
- your team has taken part in a warm-up
- all your team are in position at the start of the race
- when your team(s) have finished, please encourage them to take part in a cool-down session
- anyone who uses an inhaler has it with them by the side of the machine
- no-one is wearing jewellery and **long hair is tied back**

Penalties

Penalties are awarded to any team who continue to row after “Stop Rowing” has been called.

1 penalty will be awarded for each extra stroke taken
1 penalty = a deduction of 10 metres

I hope that you enjoy the competition

Registration Time	RACE TIMETABLE	
9.30am		
10.00am		
10.30am		
11.00am		
11.30am		
12.00noon		
12.30pm		
1.00pm		
1.30pm		
2.00pm		
2.30pm		
3.00pm	Competition Closes	