



RULES for Aberdeen Heads of the River races (November 2022 version)

- (1) Crews must be clear of the jetty **15 minutes** before their start time; they must also be downstream of the QE Bridge at least **10 minutes** before their start time. Any crew breaching *either* of these rules will be awarded a 15 second time penalty at the end of the race. Two penalties will apply if both rules are broken. The launching area will be very busy during this time and it is your responsibility to allow for this.
- (2) Clubs must collect their pack of bow slot numbers from the ABC Boathouse before racing. A deposit will be charged and a subsequent charge of £5 per non-returned number. If paper numbers are being used, these must be worn on the back of bow, visible while racing. Paper numbers do not need to be returned.
- (3) Crews will gather in order on the City Bank above the Victoria Bridge with the lowest number nearest the bridge.
- (4) On order from the marshal, all crews will strip off and then move down through the Victoria Bridge.
- (5) On command, crews will turn round the moored starting launch by pulling harder on stroke side and holding on bow side. Make a tight turn rather than spinning. The start timing line is at the downstream edge of Victoria Bridge.
- (6) The Southernmost (Boathouse) arch of the QE bridge is out of bounds
The Northernmost (City) arch of the Railway Bridge is out of bounds.
The northernmost (City) arch of King George VI (KG VI) Bridge is out of bounds.
- (8) **Crews being overtaken must give way to faster crews and move to the outside of bends. or risk disqualification** (but see rule 11).
- (9) At the end of the race, all crews must finish on the South (Boathouse) side of the river **but beware of a new shingle bank developing in this area and do not hug the boathouse-side shore too tightly**. Crews must then move to the finish marshalling area on the North (City) side of the river. For safety reasons, crews will only be allowed downstream of the KG VI Bridge when instructed by marshals (after last crew has passed upstream). Any crew breaking this rule may be liable for disqualification.
- (10) The race will be held under *Scottish Rowing* rules.
- (11) If *Time Only* events are offered, crews in this must give way to entrants in contested events and must pass them on outside of bends. They must adhere to all other rules of racing or risk disqualification. Any crew which is disqualified will not be advised of its time. Results will be published on <https://cofd.co.uk>