



Rowing Club de Port Marly

Rules for the « Course des Impressionnistes »

Loop(s) of 21 km on the Seine at Port Marly

This race, organised by the RCPM on the 1st May every year, is a long distance competition against the clock in 21 km loop around the river Seine.

There are two separate tests :

- a 21 km race loop for long boats 4s and 8s
- a marathon (42 km) for sculls involving two successive 21 km loops, over the same course.

General rules

Eligibility

To take part in the Impressionists Race it is mandatory to be a licensed member of a rowing club. Entrance is open to composite crews from different clubs. Given the fact that it is a timed race over a long distance, it is the responsibility of clubs to ensure:

1. That all rowers are able to provide a medical certificate confirming their ability to undertake a rowing competition, and the corresponding upgrade certificate for rowers in J15 to J18 categories who want to compete in the higher categories.
2. That rowers have the sufficient level of training to enable them to complete a race of one and a half hours for the 21km race or 3 and a half hours for the sculling marathon.
3. That crews are experienced, particularly the coxless boats, since the course has some areas requiring particular vigilance.

Food and rehydration are not provided by the organiser, so crews must bring their own, in accordance with FFA anti-doping rules.

Categories of boats, rowers and crews

21km race in 4s and 8s :

The 21km loop is open to all crews in the following categories:

Coxed eights, both sweep and scull; coxed 4s both sweep and scull; coxless 4s both sweep and sculls and coxed 4 tub sweep or scull with no weight restriction according to the race list in the pre-programme.

Each boat must carry at least one safety jacket and a bailer.

Crew categories :

- **Juniors J16** : 15-16 years
- **Juniors J18** : 17-18 years (can include J16 with the relevant medical certificate allowing them to compete in this category)
- **Seniors** : elite rowers aged 19 years and above (can include juniors with the relevant medical certificate allowing them to compete in this category)
- **Seniors-masters**: non-elite rowers aged 19 years and above and veterans as defined by the FISA categories A-F (27 years and above). (can include juniors with the relevant medical certificate allowing them to compete in this category).

Mixed crews are defined as follows (not including cox) :

- Male crews are 100% male
- Female crews are 100% female
- Mixed crews must be 50% male and 50% female. However, crews not respecting these quotas are allowed to compete: those with more than 50% men will be put in a male category.

Coxes can be male or female and can be in a different age category from the crew (coxes aged 13 and above are accepted). They will not be counted in the crew category providing that they do not row.

Composite crews are allowed with no restriction of department, zone or country. There is no limit on the number of foreign rowers in a crew.

Sculling marathon

The marathon is open to all senior (19 or over) or veteran (27 or over) scullers in FISA categories A, B, C, D, E, F. The event is not open to juniors competing in a category above their actual age.

Fees, races, categories and prizes

Fees are detailed in the pre-program, and must be paid by all contestants, including coxes.

Races are categorised according to boat type (4 or 8, with or without cox, sculling or rowing), crew composition (male, female or mixed), and age category (*juniors* J15-J16; *juniors* J17-J18; *seniors (elites)* : ages 19 and above; *veterans* : ages 27 and above; *masters* : *non elites crews including seniors and veteran categories*). The list of races is available in the **pre-program**.

Prizes are awarded in each category according to the number of participants. There will be no prize in a race with fewer than 3 crews entered.

Races with less than 3 participating crews will be regrouped as follow :

- Female crews regrouped with mixed crews
- Mixed crews regrouped with male crews
- Coxed crews regrouped with coxless crews
- Regrouping of adult (senior, masters) and junior racing categories.

Ranking can take into consideration a **time handicap** in the following cases:

- General ranking of the Marathon, depending on age groups of participants
- Ranking of sweep boats in the same category as sculling boats.

A trophy will be awarded to the **best team in each race** and a medal to each of its crew members.

The following challenges will be awarded a trophy :

- **The Urs Burkard challenge** for best Marathon result.
- **The Best Overall Race Time challenge** for the fastest crew overall.
- **The Best Turnout challenge** for the club that has contributed the most rowers.
- **The Long Distance challenge** for the club that has travelled the furthest to attend the competition.

Team forfeit

No penalty is applied to a forfeiting team.

All forfeits announced more than 5 days before the competition will allow the reimbursement of competition fees. All forfeits past this deadline will not be reimbursed.

Specific race regulations

Team identification

Teams will be given an identifying competitor numbers. This number must be worn by the rower at the front of the boat.

Team clothing

Teams must wear their club's kits.

Changing rowers and cox

The cox can, during the race, switch with a rower. The position change must be done on the water, as close to the bank as possible so as to not disturb other participants. The time required for this switch is still counted.

Boating

Access to the pontoons and the boat launches is dictated by the referees. Teams should present themselves in numerical order and proceed to the start line when instructed.

The Start

The start is given from a barge located immediately where the RCPM inlet meets the Seine (see map).

- The start for the **long boats 21 km race** is a **running start**: crews which are ready may take their start 10 minutes before or after their allotted start time. They must however confirm their competitor number with the timekeepers at the start.
- The Start for **the Marathon** is a **grouped standing start**. Participants will begin at rest from inside the departure zone. Important : be sure to leave at least 15 minutes to get to the start after boating. Timing, for all competitors, is taken from the grouped start.

The course

Crews must follow the course which is indicated on the map given to them before departure. As a general rule, crews should row close to the bow-side bank. At risk of disqualification, crews must respect the following rules :

- Keep all guiding buoys on stroke side to avoid collisions with boats coming in the other direction
- Turn around buoys at the 2 turning points (upstream and downstream), no short cut is allowed
- When overtaken, keep to the bow side bank
- Respect river signs when passing under bridges
- Keep on the bow side bank, including in the bends of the river

Timing

The race is timed.

If a crew is judged too slow and risks obstructing race organisation, the referee may order them to turn around. For example, if it took such a crew more than half an hour to race the first five kilometres.

Given the length of the race, boats may not be shared by two different crews.

Club delegates meeting

Club delegates must be present to collect race numbers at least an hour before the departure of the race concerned.