

## Guidance on Lent Early Mornings 2016

*This is a summary of the rules and regulations covering early morning rowing during Lent Term 2016. A copy of the relevant rules can be found in the last section of this document. The full set of rules and regulations can be found on the CUCBC website in the handbook (<http://www.cucbc.org/handbook>). In the instance of conflicting information between this document and the handbook, the handbook should be taken as correct.*

### **Boating Restrictions**

We are enforcing EMTR2b (Early Morning Traffic Restrictions rule 2b):

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*Only first eights may boat within the first 15 minutes after Lighting Down or after the allowed boating time on Saturdays and Sundays. All other crews may boat 15 minutes after Lighting Down.*

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First fours may not boat in this protected period (EMTR3). They must wait until 15 minutes after Lighting Down.

### **Spinning Restrictions**

In the first 15' after Lighting Down, spinning is banned except at Baitsbite Lock (EMTR6)

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*During the Lent Term, and in addition to any other restrictions the CUCBC Executive Committee may introduce, fours or eights boating on weekday mornings must not spin before Baitsbite Lock in the 15 minute period after Lighting Down. Boats wanting to spin at the Penny Ferry or on the Long Reach may only do so from 15 minutes after Lighting Down.*

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If you boat at Lighting Down, there is an expectation that you will proceed straight to Baitsbite Lock (without unnecessarily stopping) and then either spin or going over the lock.

### **Full Crew Full Slide**

In the first 15' after Lighting Down, rowing above Chesterton is restricted to full crew, full slide (EMTR7).

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*During the Lent Term all crews must maintain full slide, full crew rowing until Chesterton footbridge, where they may begin exercises providing they*

*allow room for other crews to overtake. This will apply in the 15 minutes after Lighting Down only.*

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Before anybody starts chanting “half crew half slide isn’t in the rules it’s just guidance”, this is written into the rules. If you are behind a slower crew, you should drop rowers out, shorten the stroke etc. to reduce speed instead of stopping. Please remember the ban on coaching from the bank before 0730 i.e. this decision needs to come from the cox and it needs to be communicated to the crew efficiently and quietly.

You should obviously still give way to crews coming upstream.

### **Summary**

The restrictions neatly separate into first eights and other.

#### First Eights

You can boat in the first 15 minutes after Lighting Down on weekdays (and from 1100 at weekends). However, within the first 15’ after Lighting Down on weekdays, you must row full crew full slide whilst above Chesterton Footbridge, and you must not spin anywhere other than at Baitsbite Lock.

#### Other

You cannot boat in the first 15 minutes after Lighting Down. Neither can you boat before 1115 on weekends.

## Early Morning Traffic Restrictions

1. That the CUCBC Executive Committee shall introduce restrictions on the number of boats that may be on the water between Lighting Down and 0830hrs on Mondays to Fridays and during the first 15 minutes after the allowed boating time on Saturdays and Sundays in Full Michaelmas and Lent Term as necessary.
2. That from the date on which restrictions are introduced until further notice, at the discretion of the CUCBC Executive Committee, either
  - a. Each Club will only be permitted to have two boats on the river at any one time in the restricted period on Mondays to Fridays, or
  - b. Only first eights may boat within the first 15 minutes after Lighting Down or after the allowed boating time on Saturdays and Sundays. All other crews may boat 15 minutes after Lighting Down.
3. That this rule will apply to IVs and VIIIs but not to singles, pairs or tubs and will only apply during the hours stated above.
4. That fines for a breach of this rule will accrue to the Club, rather than the crew concerned and that any club in breach of this rule will be fined £50 for a first offence, £100 for a second offence, a training ban of one week for the whole club for a third offence and disqualification of the whole club from all events organised or insured by CUCBC (including College Regattas and Lent Bumps) in that Term for any subsequent offences.
5. That the normal appeal procedures will apply to penalties incurred as a result of breaching these rules.
6. During the Lent Term, and in addition to any other restrictions the CUCBC Executive Committee may introduce, fours or eights boating on weekday mornings must not spin before Baitsbite Lock in the 15 minute period after Lighting Down. Boats wanting to spin at the Penny Ferry or on the Long Reach may only do so from 15 minutes after Lighting Down.
7. During the Lent Term all crews must maintain full slide, full crew rowing until Chesterton footbridge, where they may begin exercises providing they allow room for other crews to overtake. This will apply in the 15 minutes after Lighting Down only.

The existing rules relating to novice boating time (0730hrs) and noise remain in force.