



## 3.0 BOAT RIGGING POLICY

### 1.0: PURPOSE

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Wendouree Ballarat Rowing Club (WBRC) maintains a fleet of boats on behalf of members. This document outlines the boat rigging principles adopted by WBRC.

### 2.0: RESPONSIBILITY

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The Captain is responsible for determining the rigging set up of each boat. A number of factors determine the rigging of a boat, these include:

- Size of the crew rowing to the size of the boat
- Adjustments to this boat to accommodate the crew

### 3.0: ADJUSTMENTS TO BOAT RIGGING

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For ALL adjustments to boat rigging and shoe heights (but not shoe position) the Captain's permission must be sought. Any adjustments made during the competitive season must be returned to normal settings at the end of the season.

### 4.0: OARS

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The club maintains all oars with standard grips to cater for both male and female club rowers. Oars are allocated according to boat weight.

As both men and women and School boy/girl and Masters rowers share club oars it is not always possible to have the ideal oar grips for your needs. A further complicating factor is the priority given to School boy/girl and Masters crews depending on the time of the year (which competitive season).

Under certain circumstances it may be possible to adjust oar grips, but only with the Captain's permission. The Captain will weigh up the request with other club members equipment needs and will take into account:

- The competitive season  
School boy/girl competitive season is Mid Jan – Nationals (March)  
Masters competitive season is Feb- Nationals (May)
- Who the equipment is shared with



If boats / oars are shared between a Masters and a School boy/girl crew, the School boy/girl crew will have priority until the end of their competitive season including States or Nationals competitions, similarly, Masters crews then have priority until the Masters State and National competitions are over. If boats/oars are shared between two crews from School boy/girl or Masters squads then special consideration will need to be given to any changes to the boats. This will be done in consultation with the coaches but remains the Captain's decision.

## 5.0: RIGGERS

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Spread, span, oar length and oar inboard setting are all set according to the following tables. If you wish to adjust the standard settings you must obtain the Captain's permission before making any changes. At the end of the period of use/ season, all settings must be returned to the standard settings.

**TABLE 1** – Heavyweight Men -> Standard (WBRC) measurements for sculling and sweep rowing

| Boat | Spread/Span<br>In cms | Inboard<br>In cms | Oar Length<br>In cms |
|------|-----------------------|-------------------|----------------------|
| 1x   | 158 – 160             | 88 – 90           | 288 - 290            |
| 2x   | 158 – 160             | 88 – 90           | 288 - 290            |
| 4x   | 156 - 158             | 87 – 89           | 290                  |
| 2-   | 86                    | 116               | 376                  |
| 2+   | 87                    | 117               | 376                  |
| 4-   | 85                    | 115               | 376                  |
| 4+   | 85.5                  | 115               | 376                  |
|      |                       |                   |                      |
| 8+   | 84                    | 114               | 377                  |

**TABLE 2** Lightweight Men -> Standard (WBRC) measurements for sculling and sweep rowing

| Boat | Spread/Span<br>In cms | Inboard<br>In cms | Oar Length<br>In cms |
|------|-----------------------|-------------------|----------------------|
| 1x   | 159 – 160 - 162       | 88 – 90           | 288 - 290            |
| 2x   | 158 – 160 - 162       | 87 – 88 – 89      | 288 - 290            |
| 4x   | 156 - 158             | 87 – 88 – 89      | 288 - 290            |
| 2-   | 86                    | 116               | 372 - 376            |
| 2+   | 87                    | 117               | 372 - 376            |
| 4-   | 85                    | 115               | 372 - 376            |
| 4+   | 85.5                  | 115               | 372 - 376            |
| 8+   | 84                    | 114               | 372 - 376            |

**TABLE 3** Heavyweight Women -> Standard (WBRC) measurements for sculling and sweep rowing

| Boat | Spread/Span<br>In cms | Inboard<br>In cms | Oar Length<br>In cms |
|------|-----------------------|-------------------|----------------------|
| 1x   | 158 – 160             | 88 – 90           | 288                  |
| 2x   | 158 – 160             | 87 – 88 – 89      | 288                  |
| 4x   | 156 - 158             | 87 – 88 – 89      | 288 - 290            |
| 2-   | 86                    | 116               | 372                  |



|    |      |     |     |
|----|------|-----|-----|
| 2+ | 87   | 117 | 372 |
| 4- | 85   | 115 | 372 |
| 4+ | 85.5 | 115 | 372 |
| 8+ | 84   | 114 | 372 |

**TABLE 4** Lightweight Women -> Standard (WBRC) measurements for sculling and sweep rowing

| Boat | Spread/Span<br>In cms | Inboard<br>In cms | Oar Length<br>In cms |
|------|-----------------------|-------------------|----------------------|
| 1x   | 158 - 163             | 86 – 90           | 284 - 286            |
| 2x   | 158 – 160             | 87 – 89           | 286 - 288            |
| 4x   | 157 - 159             | 87 – 89           | 368 - 372            |
| 2-   | 86                    | 116               | 372                  |
| 2+   | 87                    | 117               | 372                  |
| 4-   | 85                    | 115               | 368 - 372            |
| 4+   | 85.5                  | 115               | 372                  |
| 8+   | 84                    | 114               | 372                  |

## **6.0: RIGGER HEIGHTS AND STANDARD MEASUREMENTS**

Rigger heights determine the height of the work and affect the height of:

- swivel over the seat
- swivel from the water
- seat over the water



As a crew is allocated a boat, the captain will determine the required heights for the users of the boat and will take into account rower comfort and mechanical efficiency of the rower. As club boats are often shared the settings may be compromised to accommodate all crews using that boat.

Standard Measurements (distance from vertical distance between the lowest point of the seat and the horizontal sill of the swivel)

- Sweep - 15 to 18 cms
- Scull – 14 to 16 cms

Sculling (Bowside oarlock)

Swivel should be set from 0.5 to 1.5 cms higher than the stroke side gate due to the hand height difference at the cross over point.

## **7.0: FOOTSTRETCHER ANGLE, HEIGHT AND PLACEMENT**

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Foot stretcher angle and height must not be adjusted without prior permission from the captain.

Standard Angle of footstretcher -  $\sim 42^\circ$  (range from 42 - 45°)

Standard Height – 15 to 18cms (subjective evaluation: knees should be level with their armpits at the catch)

Standard placement - (measured from the point where the pin(s) is perpendicular to the midline of the boat)

- Short Rower – 60cms
- Medium Rower – 63cms
- Tall Rower – 65cms

\*NOTE: all rowers within a crewed boat should set their finish arc at the same point to ensure the crew is rowing in the same arc