

Rowing Terminology

Equipment

SHELL: The body of the boat.

BLADE: Another name for an oar.

SPOON: Painted part of the blade which goes in the water.

LOOM: Long stem of the blade.

GATE: Metal bit at the top of the swivel which holds the blade in place.

HANDLE: Wooden bit of the blade which you hold on to.

GUNWALE (pronounced gunnel): – The top outside edge of the boat

Parts of the stroke:

SQUARED: Blade perpendicular to the water.

FEATHERED: Blade parallel to the water.

CATCH: The part of the stroke where the blade is put into the water.

FINISH: The part of the stroke where the blade is taken out of the water.

DRAW: The part of the stroke where the spoon is pulled through the water

DRIVE: The phase of the stroke during the draw when the legs are driving downward.

TAP DOWN: When the rower pushes the handle down to lever the blade out of the water.

HANDS AWAY: After tapping down, moving the handle away from the body before you start the next stroke.

RECOVERY: The part of the stroke where the rower moves up the slide for the next catch. Remember to breathe.

FRONTSTOPS: Where you take the catch on a full slide stroke.

BACKSTOPS: Where you take the finish, legs flat, sitting back.

SLIDE: Each rower sits on a seat which moves on small wheels. These wheels run up and down the slide-runners. The slide is adjustable and there is one pair of runners for each rower.

Instructions / Frequent Terminology:

SIT THE BOAT: Blade feathered/flat on the water, holding the boat steady.

BACKING: Doing a reverse stroke to make the boat travel backwards (sometimes easier for novice rowers if the blades are flipped 180°). Often performed when starting a piece, getting level with the start line or turning a boat.

TAP: When the rower takes a stroke with arms only. This is normally to assist with positioning the boat before the start of a piece.

ARMS ONLY ROWING: Rowing with arms only. Not using the body swing, legs or the slide.

ARMS AND BODIES ROWING: Rowing with the arms and body swing only. Not using the legs or the slide.

ROWING TO HALF SLIDE: Taking the catch halfway to frontstops instead of at full slide. Also 1/4, 3/4 slide etc.

ROWING SQUARED BLADES: Rowing a complete stroke cycle without feathering the blade.

INSIDE HAND: In sweep rowing, the hand furthest along the handle and nearest the gate (it does the squaring and feathering).

OUTSIDE HAND: In sweep rowing, the hand nearest the top of the oar handle and furthest away from the gate. (This hand does the pulling and tapping down).

LIGHT WEIGHT: Not pushing very hard. (Not to be confused with light weight rowing class)

FULL WEIGHT: Pushing as hard as possible. 100% pressure.

HALF WEIGHT: Pushing with approximately 50% pressure.

RATING: The number of strokes taken in a minute. Measured by a RATE METER.

- *Note: Weight / pressure refers to the amount of physical effort put into each stroke.*
 - *Increasing the weight does not mean row faster or take more strokes.*

- *Increasing in the rating refers to taking more strokes per minute.*

STROKE SIDE: To the left hand side of the boat when coxing. The right side of the boat when rowing.

BOW SIDE The right hand side of the boat from the cox's seat, and to the left side of the boat when rowing.

STROKE (1): The person sitting nearest the cox, who sets the rhythm and rate.

STROKE (2): One completion of rowing stroke cycle i.e. to take a stroke (arms, bodies, legs...legs, bodies, arms).

EASY / EASY OAR: Stop rowing, let the boat run with blades off the water.

REST: Drop the blade back onto the water after the EASY / EASY OAR call.

CHECK THE BOAT: Blades squared in the water to slow the boat.

CHECK THE BOAT HARD: Shouted at top volume to avoid a crash: emergency stop.

TAKE THE RUN OFF: To stop rowing and hold the blades at a 45 degree angle in the water to slow the boat down.

SCRATCH ON/ PARALLEL ROW : This is when 3 rows with 2's blade or 2 with bow's blade. Paddling with another rower's blade very close to the boat moves the boat sideways very quickly.

SOCK UP AND NUMBER OFF WHEN READY: When out on the water, put your feet into the foot stretchers, make any adjustments and shout your seat number when ready. Seat numbers should be shouted in numerical order, i.e. from Bow, 2, 3, 4, 5...Stroke etc.

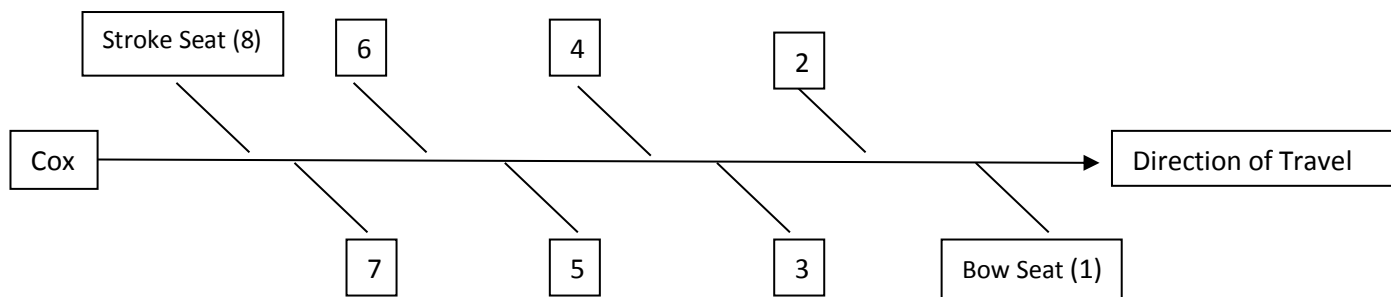
SCRATCH: To cancel a crew entered into a regatta.

RIGGER JIGGER: A spanner used for altering the rigging on a boat.

CATCH A CRAB: When a blade gets stuck in the water and the handle knocks the rower flat.

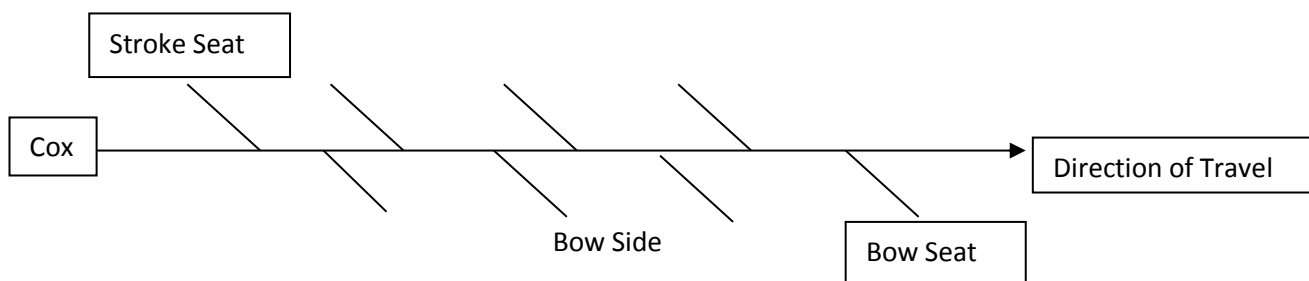
COXWAIN (Cox / Coxon): In coxed boats (eights, fours and quads) the oar-less crew member who steers the boat and makes calls to the crew.

SEAT NUMBERS: In all boats, seats are numbered from the front of the boat (i.e. the back of the boat from a rowers perspective). Bow seat is seat number one. Bow is the seat at the very front of the boat which has no other seat behind it. The person in front of bow seat is seat 2 and the rower in front of them is seat 3 etc. this order is continued until you reach the rower at the back of the boat (or front from a rowers perspective). This is the stroke or the stroke seat. This is named because they set the stroke rhythm for the crew. See diagram below.

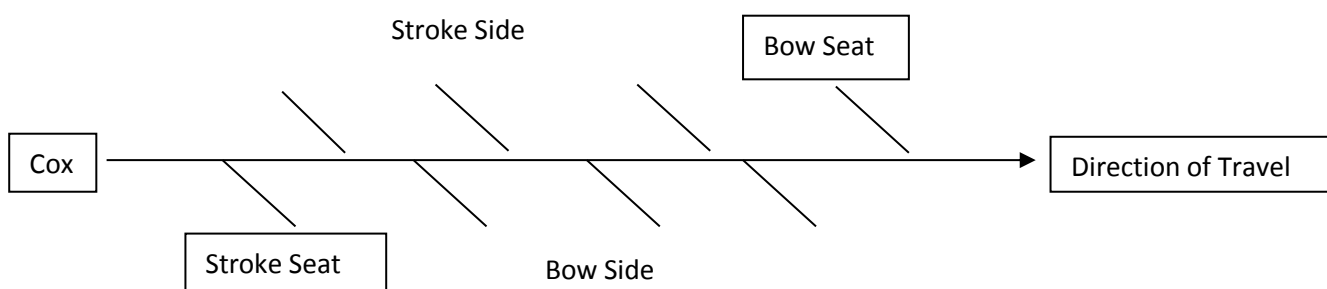


Rigging a boat

STROKE RIGGED: A boat where the rower in stroke seat rows on stroke side. (Sweep boats only)



BOW RIGGED A boat where the rower in stroke seat rows on bow side. (Sweep boats only)



TANDEM RIGGED: A sweep boat line-up where two consecutive rowers are on the same side.

