

# GLOSSARY

## The Boats - Sometimes called "shells"

### Sweep

*In a sweep boat, each rower has one oar.*

### Eight (8+)

A shell with 8 rowers. Along with the single scull, it is traditionally considered to be the blue ribbon event.

### Four (4-) or (4+)

A shell with 4 rowers. Coxless fours (4-) are often referred to as straight fours, and are commonly used by lightweight and elite crews and are raced at the Olympics. In club and school rowing, one more frequently sees a coxed four (4+) which is easier to row, and has a coxswain to steer.

### Pair (2-) or (2+)

A shell with 2 rowers. The Coxless pair (2-), often called a straight pair, is a demanding but satisfying boat to master. Coxed pairs (2+) are rarely rowed by most club and school programs.

### Sculling

*In a sculling boat, each rower has two oars, one on each side of the boat.*

### Quad (4x)

A shell having 4 rowers with two oars each.

### Double (2x)

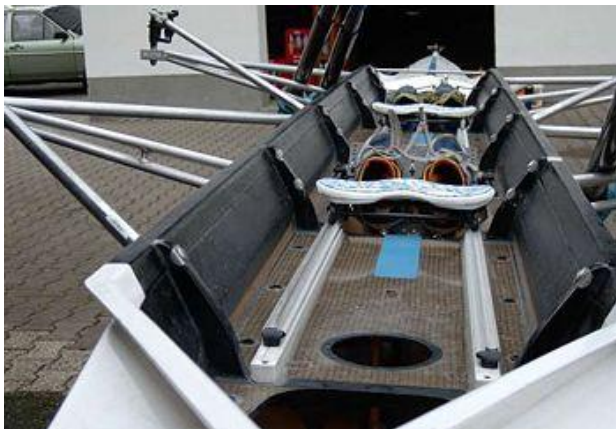
A shell for two scullers.

### Single (1x)

A shell designed for an individual sculler. Very good for skill development, particularly beginners, and a very competitive class at world events.

## Equipment / Parts of the boat

The term "Rigging" is used to describe how the boat is outfitted, including all of the apparatuses (oars, outriggers, oarlocks, sliding seats, etcetera) attached to a boat that allow the rower to propel the boat through the water.



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## *Blade*

The spoon or hatchet shaped end of the oar or sweep.

## *Bow*

The front section of a shell.

## *Ergometer (also ergo or erg)*

An indoor rowing machine.

## *Foot stretcher*

An adjustable footplate which allows the rower to easily adjust his or her physical position relative to the slide and the oarlock.

## *Gunwales*

(pronounced: gunnels) The top rail of the shell (also called Saxboard)

## *Hull*

The actual body of the shell.

## *Launch*

A motorboat used by rowing instructors, coaches or umpires.

## *Oar*

A slender pole which is attached to a boat at the Oarlock. One end of the pole, called the "handle," is gripped by the rower, the other end has a "blade," which is placed in the water during the propulsive phase of the stroke. The blade portion of the oar is similar to a razor blade or a piece of paper

## *Oarlock*

The rectangular lock at the end of the rigger which physically attaches the oar to the boat. The oarlock also allows the rower to rotate the oar blade between the "square" and "feather" positions.



*An Oarlock attached to a Rigger*

## *Port or Portside*

(US) The left side of the boat when facing forward.

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## *Rigger*

A "Rigger" is the rowing slang name for an Outrigger. It is a projection from the side (gunwale) of a racing shell.[1] The oarlock is attached to the far end of the rigger away from the boat. The rigger allows the racing shell to be narrow thereby decreasing drag, while at the same time placing the oarlock at a point that optimize leverage of the oar.

## *Seating*

Seating positions in a racing shell are generally numbered from the bow to the stern in English-speaking countries, unlike many non-English-speaking countries which count from the Stroke forward. Generally the forward most rower is called the "Bow" and the aftmost rower the "Stroke", regardless of the number of rowers in the boat, with all other seats simply being numbered. So for instance the crew of an eight (with coxswain) would number off from the bow: "Bow", "Two", "Three", "Four", "Five", "Six", "Seven", "Stroke", whereas a four (with or without coxswain) or a quad would number off: "Bow", "Two", "Three", "Stroke".

## *Shell*

The boat used for rowing.

## *Slides (or tracks)*

Hollow rails upon which a rower or sculler's sliding seat will roll. Older shells might be convex rails with double wheels.

## *Starboard (or Starboard side)*

(US) The right side of the boat when facing forward.

## *Stern*

The rear section of a shell.

## The Commands

### *"Back it"*

To have the rowers place their blades at the release position, squared, and push the oar handle towards the stern of the boat. This motion causes the shell to move backwards.

### *"Blades Down" or "Drop"*

Used to tell the rowers to place their blades flat on the water.

### *"Check it/her down"*

Square the oars in the water to stop the boat.

### *"Count Down" (or "number off")*

Tells the crew to call out their seat number, starting at the bow, when ready to row.

### *"Down on port/starboard"*

Means that the boat is leaning to one side or the other. Rowers on the side that is down must raise their hands, and the other side must lower their hands.

### *"Give her ten" (or "power ten")*

Commands the crew to row 10 strokes of special effort. It is frequently given when a crew is attempting to pass another boat.

### *"Hands on"*

Tells the rowers to grab the boat next to their seats, so that the boat can be moved.

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***"Hard on port/starboard" (or "port/starboard pressure")***

The rowers on that side of the boat must row harder (and the opposite side must row slightly easier) in order to facilitate a sharper turn.

***"Heads" or "Heads Up"***

Off the water, a shout to alert others to watch out for a boat being carried.

***"Hold Water"***

(USA) Emergency stop, also used after the command way enough. It instructs the rowers to square their blades in the water to stop the boat.

***"In 2..."***

Most water commands are appended prior to the command to take place after two strokes. For example "In 2, Power 10" or "In 2, Weigh-enough."

***"Let it/her run"***

To stop rowing after a given piece of on the water rowing length, but to put the handles of the oars either to the gunwales or out in front of the rower, in such a manner that the oar paddles are parallel to the water yet not touching it. This allows the boat to glide for a distance leaving no paddle wake in the water.

***"Paddle"***

Tells a crew to row with just enough pressure to move the boat. The paddle command is also used to bring a crew down from full pressure at the end of a workout piece or race.

***"Power 10" (or "10 firm")***

The command to take 10 strokes at more than full pressure. Used for passing and gaining water in a race. (sometimes "Power 5", "Power 20", or "Power 30")

***"Ready all, Row"***

Begin rowing.

***"Set ready"***

Commands the crew to move to the finish position and prepare to row.

means Three seat takes Two seat's oar and does the same. This is easier than having one seat take a stroke since it can move the boat in a more parallel direction.

***"One foot up & out"***

The command for exiting a team boat.

***"On the square"***

To row without feathering the blades on the recovery.

***"Weigh enough" (or "Wain... 'nuff", or "Way enough")***

(USA) The command to stop whatever the rower is doing, whether it be walking with the boat overhead or rowing.

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## The Stroke

### *Body Angle*

Amount of forward lean of rower's body from hips at the catch.

### *Bury the blade*

Submerge the blade totally in the water.

### *Catch*

The part of the stroke at which the oar blade enters the water and the drive begins. Rowers conceptualize the oar blade as 'catching' or grabbing hold of the water.

### *Crab*

A rowing error where the rower is unable to timely remove or release the oar blade from the water and the oar blade acts as a brake on the boat until it is removed from the water. This results in slowing the boat down. A severe crab can even eject a rower out of the shell or make the boat capsize (unlikely except in small boats). Occasionally, in a severe crab, the oar handle will knock the rower flat and end up behind him/her, in which case it is referred to as an 'over-the-head crab.'

### *Drive*

The propulsive portion of the stroke from the time the oar blade enters the water ('catch') until it is removed from the water ('release').

### *Feather*

To turn the oar so that its blade is parallel with the water (opposite of *square*).

### *Finish*

That portion of the pull-through just as the oar is taken from the water.

### *Hands away*

At the close of the drive phase, the hands move away from the body.

### *Inside hand*

The oarsmen's hand nearest the oar lock. This is the feathering hand.

### *Lay-back*

What the rowers have when they sit with their legs flat and lean towards the bow of the boat with their body.

### *Leg Drive*

Power applied to the stroke, at the catch, by the force of driving the legs down. Often heard being yelled from the coach boat.

### *Outside hand*

The hand of a rower that is placed on the end of the oar handle.

### *Pull through*

The portion of the stroke from the catch to the finish (when the oar is in the water). This is the propulsive part of the stroke.

### *Ratio*

The relationship between the time taken during the propulsive and recovery phases of a rowing or sculling action.

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## *Recovery*

The non-work phase of the stroke where the rower returns the oar from the release to the catch.

## *Release*

At the end of the drive portion of the stroke. It is when the oar blade(s) is removed (or released) from the water.

## *Run*

Distance a shell travels during each stroke.

## *Rushing*

Term for when rowers move too quickly along their tracks into the catch. The boat will lose the feeling that it is gliding or "running out."

## *Set*

The balance of the boat. Affected by handle heights, rowers leaning, and timing, all of which affect the boat's balance, after which the coxswain tells rowers to "set the boat".

## *Skying*

Term used to describe a blade that is too high off the surface of the water during the recovery. The rower's hands are too low causing an upset to the balance of the boat (the "set").

## *Square*

To turn the oar so that its blade is perpendicular to the water (opposite of *feather*).

## *Stroke*

1. One complete cycle through the process above.
2. The rower in the stern of a multi-person shell, whose timing is followed by the other rowers.

## *Stroke rate*

The number of strokes executed per minute by a crew. (also *rating*)