

# **J14 Omnium Event**

**Detail of tests, exercises and races at  
2018 Junior Championships**

## 1. Overview

- 1.1 J14 Single Sculls and J14 Double Sculls will consist of an omnium of events (races, skills tests and manoeuvrability exercises) on the Friday with points from individual races, tests and exercises contributing to the overall ranking of each sculler or crew. This ranking will be used to determine the winners of the gold, silver and bronze medals.
- 1.2 Each sculler and crew will be assigned to a group. They will boat in these groups and will proceed around the course in these groups carrying out the various races, skills tests and manoeuvrability exercises.
- 1.3 Each sculler and crew will undertake a number of races, tests and exercises from the menu in Sections 2–4.
- 1.4 The tests to be undertaken will be selected by the Organising Committee based on the course conditions on the day and will be published at 09:00 on Friday, 20th July 2018.
- 1.5 Each test will be timed and/or scored or awarded a pass, intermediate or fail. These times and scores will be converted to points.
- 1.6 Scullers and crews with most points will be crowned champions.

## 2. Detail of skills tests and standard required

- 2.1. Each sculler and crew will undertake a number of tests from the following menu:

### Hands off at the catch

<b>Description</b>	At full slide, full reach, take one hand off the handle at a time (right off and hand must pause and be still). Complete twice on each side. Having core engaged is recommended.	
<b>Scoring</b>	Pass	two completed on each side
	Intermediate	not being still / stable
	Fail	not completed
<b>Video</b>	<a href="https://youtu.be/UxnjtdofPfc">https://youtu.be/UxnjtdofPfc</a>	

### Standing 360 in a boat

<b>Description</b>	Stand up. Athlete turns round (360°) in boat. Sit down. Repeat opposite way round.	
<b>Scoring</b>	Pass	one 360° turn in each direction completed in less than 45 seconds
	Intermediate	one 360° turn in each direction completed in 45–90 seconds
	Fail	incomplete or not achieved within 90 seconds
<b>Video</b>	<a href="https://youtu.be/3IMcVSqFSxE">https://youtu.be/3IMcVSqFSxE</a>	

## Standing rigger dips

<b>Description</b>	Stand up (lock handles together and pull to help). Then rock the boat, dipping the riggers in the water, by moving the sculling handles up and down. Use feet to help rock boat, keep blades on surface.
<b>Scoring</b>	Number of rigger dips within 30 seconds. An overall ranking given to determine points.
<b>Video</b>	<a href="https://youtu.be/K-vj-5dO700">https://youtu.be/K-vj-5dO700</a>

## Sequencing

<b>Description</b>	Each of the following to be completed five times before moving on to the next: a) tap blades in and out - arms only, no body movement. b) drive legs flat, no change in body angle from catch (learn where legs lose traction and therefore where hips should open) c) add hips, extend duration of leg drive. d) make shoulders break elbows, to get timing of arm pull. e) add arm pull but release (light hands) at end.	
<b>Scoring</b>	Pass	five of each completed to a good standard
	Intermediate	two to four of each completed to a good standard
	Fail	none or one of each completed to a good standard
<b>Video</b>	<a href="https://youtu.be/r6uXMgZc6nl">https://youtu.be/r6uXMgZc6nl</a>	

## Roll ups

<b>Description</b>	Starting from backstops, a controlled recovery, blades off water (feathered), ending with entry (at full slide/reach). NO propulsive movement.	
<b>Scoring</b>	Pass	three well executed in 60 seconds
	Intermediate	one or two well executed in 60 seconds
	Fail	not completed
<b>Video</b>	<a href="https://youtu.be/HBo2QVNvZL8">https://youtu.be/HBo2QVNvZL8</a>	

## Back down stop

<b>Description</b>	Back boat down firmly. Square blades and get pulled out to the catch position. Stop boat (dead) by driving into footplate / engaging glutes / suspending. No pulling allowed (i.e. hands stay apart). Full suspension off seat not required (but ok if done).	
<b>Scoring</b>	Pass	well executed from a maximum of six attempts
	Intermediate	some pulling or not stopping
	Fail	pulling / not stopping dead / not suspending
<b>Video</b>	<a href="https://youtu.be/stekhumdB3E">https://youtu.be/stekhumdB3E</a>	

### 3. Detail of manoeuvrability exercises and standard required

3.1. Each sculler and crew will undertake a number of exercises from the following menu:

#### Attaching to a stakeboat with left and right turns

<b>Description</b>	Start one boat length from stakeboat. Back down into marshal's hands (allowed to reach but not move). Staying attached, tap boat round 30° left, then 30° right then back to straight.	
<b>Scoring</b>	Pass	completed within 45 seconds
	Intermediate	completed within 45–70 seconds
	Fail	not completed or detaching from stakeboat
<b>Video</b>	<a href="https://youtu.be/Kw_IGQ540eA">https://youtu.be/Kw_IGQ540eA</a>	

#### 360 degree boat spinning

<b>Description</b>	Using powerful (whole body) strokes, turn the boat round as close to on the spot as possible, returning to the start position	
<b>Scoring</b>	Pass	one 360° turn completed in under 30 seconds
	Intermediate	one 360° turn completed in 30-50 seconds
	Fail	not completed within 50 seconds
<b>Video</b>	<a href="https://youtu.be/K5xja-4_vqQ">https://youtu.be/K5xja-4_vqQ</a>	

#### Slalom with emergency stop

<b>Description</b>	From a standing start scull along 150-250m navigating around buoys and at end perform a controlled emergency stop.	
<b>Scoring</b>	Scullers / crews will be timed and an overall ranking given to determine points. A 5 second time penalty will be incurred for each buoy struck by a competitor's hull. A 10 second time penalty will be incurred for missed buoys. A 5 second time penalty will be incurred for no emergency stop.	
<b>Video</b>	unavailable	

### 4. Detail of races and standard required

4.1. Each sculler and crew will undertake the following races:

#### 500m race

<b>Description</b>	Scullers / crews will be started side by side to perform their fastest 500m piece. Assume this will be a free start.	
<b>Scoring</b>	Scullers / crews will be timed and an overall ranking given to determine points.	

ENDS

Version 3, issued on 9<sup>th</sup> July 2018.