



## 2018 BC Games Skills Event

Below is a list of the selected skills that will be tested at the 2018 BC Summer Games Skills Event. For the 2018 Skills Event, points will be awarded to each boat over five skills event stations, and the boat with the highest score will win.

There will be independent volunteer judges that will score each crew at each station. Each judge will be assigned to a skill to ensure consistent scoring across all crews. Umpires will be accompanying the judges in the safety boats throughout the course and will be providing instructions and commands to all crews at each station.

### **Back & Lock**

#### ***Instructions***

1. The Umpire will call each zone to the start, providing a 5 minute warning;
2. The crew must be locked at the start prior to the 2 minute warning;
3. The crew must maintain locked status for 10 seconds;
  - a. To be locked a crew must remain aimed within 30 degrees of the course.

#### ***Scoring***

1. Zero points if the crew is not locked before the 2 minute warning;
2. 2 points will be awarded for each second the crew remains locked, up to 20 points.

### **Start & Emergency Stop**

#### ***Instructions***

1. The crew will complete a racing start on the umpire's call of "*Attention Go*";
2. Within the first 15 strokes the Umpire will call: "*Stop rowing*";
3. The crew will perform an emergency stop.

#### ***Scoring***

1. The crew will be timed from the command until the boat has completely stopped;
2. Each second taken to come to a complete stop equals 1 point;
3. The total time spent stopping will be subtracted from 20 to give a final score:
  - a.  $[20 \text{ points}] - [\text{time to stop}] = [\text{points awarded}]$ ;
  - b. Any times over 20 seconds will be assessed zero points.

### **Backing**

#### ***Instructions***

1. The crew will approach the umpire boat approximately 50 meters down lane 2;
  - a. The crew will be orientated with their stern facing the finish line;
2. The Umpire will instruct the crew to begin using: "*Attention Go*";
3. The crew will be timed backing down 50 meters to the finish line.

#### ***Scoring***

1. When the Umpire starts the crew a timer will be started;
2. Each second taken to complete the 50 meters equals 1 point;



3. The total time spent backing will be subtracted from [Fastest BC Summer Games athlete's 50m backing time + 20] to give a final score:
  - a.  $[\text{Fastest athlete's time} + 20] - [\text{your time to complete}] = [\text{points awarded}]$ ;
  - b. the fastest 2x and 1x backing time are awarded 20 points
  - c. Any times over [Fastest athlete's time + 20] seconds will be assessed zero points.

### **Full Circle in Both Directions**

#### ***Instructions***

1. The crew will start with their stern facing the umpire;
2. The Umpire will instruct the crew "*Attention Go*"
  - a. The crew will complete a 360-degree turn in one direction;
  - b. The Umpire will announce when the first circle is complete;
  - c. The crew will complete a 360-degree turn in the other direction.

#### ***Scoring***

1. Zero points will be awarded if the crew does not complete their first circle;
2. A time will be taken for each crew to complete the exercise;
3. Each second taken to complete the exercise equals 1 point;
4. The total time spent will be subtracted from [Fastest BC Summer Games athlete's 50m backing time + 20] to give a final score:
  - a.  $[\text{Fastest athlete's time} + 20] - [\text{your time to complete}] = [\text{points awarded}]$ ;
  - b. the fastest 2x and 1x spin time are awarded 20 points
  - c. Any times over [Fastest athlete's time + 20] seconds will be assessed zero points.

### **Square Blade Rowing**

#### ***Instructions***

1. The crew will row into this exercise;
2. When the crew enters the course the Umpire will call: "*On*"
3. The next stroke the crew will go onto the square;
4. The crew will row on the square at full slide for the next 10 strokes;
5. The exercise is complete after the 10th stroke.

#### ***Scoring***

1. The maximum score is 20 points:
  - a. 1 point will be awarded for each stroke completely squared;
  - b. 1 point will be awarded for each stroke taken without touching the water.