



Rowing British Columbia

IMPLEMENTATION OF THE 'ONE-HAND' SHOE RELEASE RULE



Rule 3.5 in the Rules of Racing

- This was not enforced in calendar 2018. 2018 was a year of observation and education.
- The new rule is now in force
- Highlights of the new rule:
 - If the shoes stay in the shell, each shoe must have it's own heel-tie, to a max of 7 cm
 - If laces, Velcro or similar materials are used to secure the shoe, there must be a single strap that can be pulled with one hand to release the securing materials



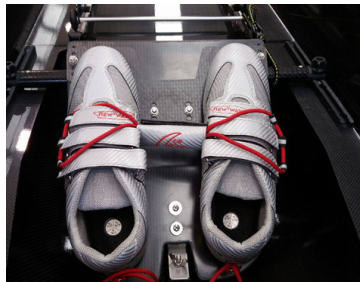
Where shoes do not remain in the boat

- Each shoe or device must be able to be released by the rower without using his/her hands or with a single quick hand action of pulling on one easily accessible strap or release device.
- There are now two Shimano systems that meet this requirement
 - Pivot
 - Flex



Where shoes remain in the boat

- Each shoe or device must be able to be released by the rower without using his/her hands or with a single quick hand action of pulling on one easily accessible strap or release device.



Bat Logic System

- First seen locally at the 2018 NRCs.
- The release clips are intended for quick on-land substitution of shoes on the foot stretcher, and are NOT a safety device
- The shoes require heel-ties and a single-handed release.

